An Art of Empathy in Nursing

By

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To demonstrate how poetry as an art of empathy, being a healing therapy can help to strengthen the nurses’ power in resilience by overcoming barriers to sustain the joy in nursing and thus becoming good effective nurses.
WHAT IS POETRY?

- an expression of the soul
- a gateway to the heart
- a beauty of words
- a rejuvenation to the mind

POETRY, A HEALING THERAPY FOR NURSES IN NURSING

- one of the best forms of relaxation in a hectic life nurse
- transforms oneself into different characters & situations
- opens the heart, mind & soul into humanity
- put oneself into another set of footprints - empathy
HOW DOES POETRY HELP?

Poetry helps you to explore emotions through reflections and handle it.

Poetry is therapeutic, a meditation.  
Poetry is mesmerizing, a prayer.  
Poetry heals through motivation & inspiration.  
Poetry is a heart exercise – makes you stronger & resilient.
POETRY FOR SELF-WORTH

- NURSES OUR HEROES
- WHEN THE DAY IS DONE
- BE GRACIOUS
Nurses Our Heroes

Yes! Nurses! We salute you! You are our heroes!
Away from the usual
Compassion, caring and kindness
You are special! You are brave!
You are out of the ordinary!
You have guts! You are a fighter!
You are humane yet human!
You have cried, yet focused and motivated
You are always in the front line
For all medical emergencies
You have kept your calm
At the sight of the limbless
You have nursed patients in the isolation rooms
You have dressed the dead in the morgue
If not for your bravery,
Where would patients be? I asked
Yes, you are out of the world,
Chosen, heroic and noble
Nurses! You are our heroes!
Yes! Nurses, we salute you!

Composed by Bridget Eu Yoke Lin, 9th May 2009
When the Day is Done

We hopefully did the best of what we knew best
We hopefully did the best of our best
To undoubtedly care for all patients to the best
O! what a challenge! O! what a trust!
This test of perseverance indeed a must

At the start of the morning till the end of day
And when the night is over
Our sacrifices we have offered, or energy we have spent
Our steadfast duty has now been accomplished
The compassion we have shared

And it’s time to kneel & humbly pray to thank God
For the day is over and the day is done
A sense of accomplishment, a sense of fulfillment
Our only wish is no more test, on silent mode, we snooze to rest!

And all this relief…..

When the Day is Done!

Composed by Bridget Eu Yoke Lin
Ipoh, Perak, Malaysia
12th May 2011
Be Gracious

In the course of Nursing, there are vast oceans to fare
And rocky mountains to climb
But be gracious to this challenge!
Be humble when you feel unappreciated
And be gracious you have endured it!
Be humble when complaints hurled
And be gracious you have embraced it!
Be humble when you feel tested
And be gracious you have responded in good faith!

Be humble when you receive compliments
But be proud you have achieved it!
Be humble when you are respected
But be proud you have earned it!
Be humble with the joys of Nursing
But be proud you have provided it!

For these are the virtues in Nursing, the Divine Duty in your Soul
The essence of time and the wisdom of experience
In such compassionate virtues will protect
Your integrity and your strength!

Therefore, be humble & be proud, my fellow nurses
For at the end of day, you will emerge in honor
Gracious and yet strong as any King or Queen should be
In your own respectable way and triumphantly say
Yes! I dare to love!
And I dare to serve!

Composed by Bridget Eu Yoke Lin
Ipoh, Perak, Malaysia
3rd August 2015
NEVER SAY DIE
IF ONLY I COULD I WOULD
Never Say Die
(A Patient’s Perspective)

Each day, I will say
Pain, please go away
Do not return even for a day
Will anyone know my fears?
Will anyone wipe my tears?

Never will I lose hope
Never will I ask why
As I believe in the Almighty
Who will only give hope
Who will never say die

So I dare say without a sigh
As I keep my hopes on high
Pain will ease someday
I will hold on dear for this day
And say to myself, Never say die

Composed by Eu Yoke Lin
Ipoh, Perak, Malaysia
21/6/2016
If only I could, I would
(A patient’s perspective)
I could not see and you guided me
I could not hear but you listened to me
I could not speak and you spoke for me
I could not eat by myself but you fed me
I could not hold myself up and you held me
I could not walk and you supported me
I could not care for myself and you cared for me
My pain could not be relieved but you tried to soothe
My family could not be present but you could
At my dying bed, who would be there but you could
The hands that held me brave,
Yes! Nurses, to thee they belong
There are lots of “Thank you” I want to say
But my speech is impaired
There are lots of grateful actions
I want to show but my body is frail
And if only I could, I would!
Shout to the whole world of your
Kindness, Patience and Compassion
Or write in the stars of the night for all to see
But if only I could, I would!
And surely would want to say with all
My heart and soul
“Thank you” to all you wonderful nurses
May God bless you all through and through

By Bridget Eu Yoke Lin, 12\textsuperscript{th} May 2010
POETRY FOR INSPIRATION & MOTIVATION

✓ A THOUSAND MILES
✓ AT 3 A.M.
A Thousand Miles

I have walked a thousand miles or more
Through the corridors of a span of career in all
As I swerved, swayed and turned the corners
I have met strong faces
A mother with a fourteen year-old amputee son
As I put my arms on her shoulders
She said, “My son still has one leg”

I have met brave faces
A leukemia boy on oxygen
As I reached for his hand
His bright teeth shone with a smile

I have met kind faces
The patients in their hospital beds
As I greet them “Good Morning”
They said, “Your lovely nurses had worked through the night”

As I see God in all their faces
I said to myself
I am not afraid to walk another mile
Perhaps, with God’s grace, another a thousand miles

Composed by Bridget Eu Yoke Lin
Ipoh, Perak, Malaysia
7th January 2014
At 3 a.m.

At 3 a.m. when all was dark
A light shone through where triaged patients park
Oxygen, stethoscopes and caring hands in need
The patients saved, well to feed

At 3 a.m. when all was dark
A light shone through the Intensive Block
Wheezing sounds and machines bleep
Code Blue response, patient saved, none to weep

At 3 a.m. when all was dark
A light shone through the Maternity Room
Doctors and midwives busy, husbands in Waiting Room
The mothers’ joy, the babies in boom

At 3 a.m. when all was dark
A light shone through the patients’ beds
A check that patients were not in pain
And blankets for those who shivered in beds

At 3 a.m. when all was dark
A light shone through as Florence Days
This light was never dim since those days
As nurses of the world kept vigil for patients’ sake

At 3 a.m. when all was dark
At 3 a.m. when all asleep
At 3 a.m. round the clock, 12 midnight
Doctors, nurses, awake, day and night

Composed by Bridget Eu Yoke Lin
Ipoh, Perak, Malaysia
12th April 2015
The lighthouse of inspiration for Nurses through poetry.
Why A Scream?
By Bridget Eu Yoke Lin
[Published in her book ‘When Footsteps Merge’]

I do not ask to be here in this world
But here I am in a stranger’s womb
Awaiting for my destiny
To remain in or out of this womb

My tears, no one will ever see or know
For I am hidden in a stranger’s womb
My fate, I will never know
To be born alive or to make my tomb in this womb

It all depends on the outside world
But I sincerely hope someday
I can call Daddy or Mummy when I have grown
And that is, if I am allowed to grow.............
“I shall pass through this world but once, 
Therefore if a kindness I may show to any fellow, let me do it now, for I shall not pass this way again”
Stephen Grellet