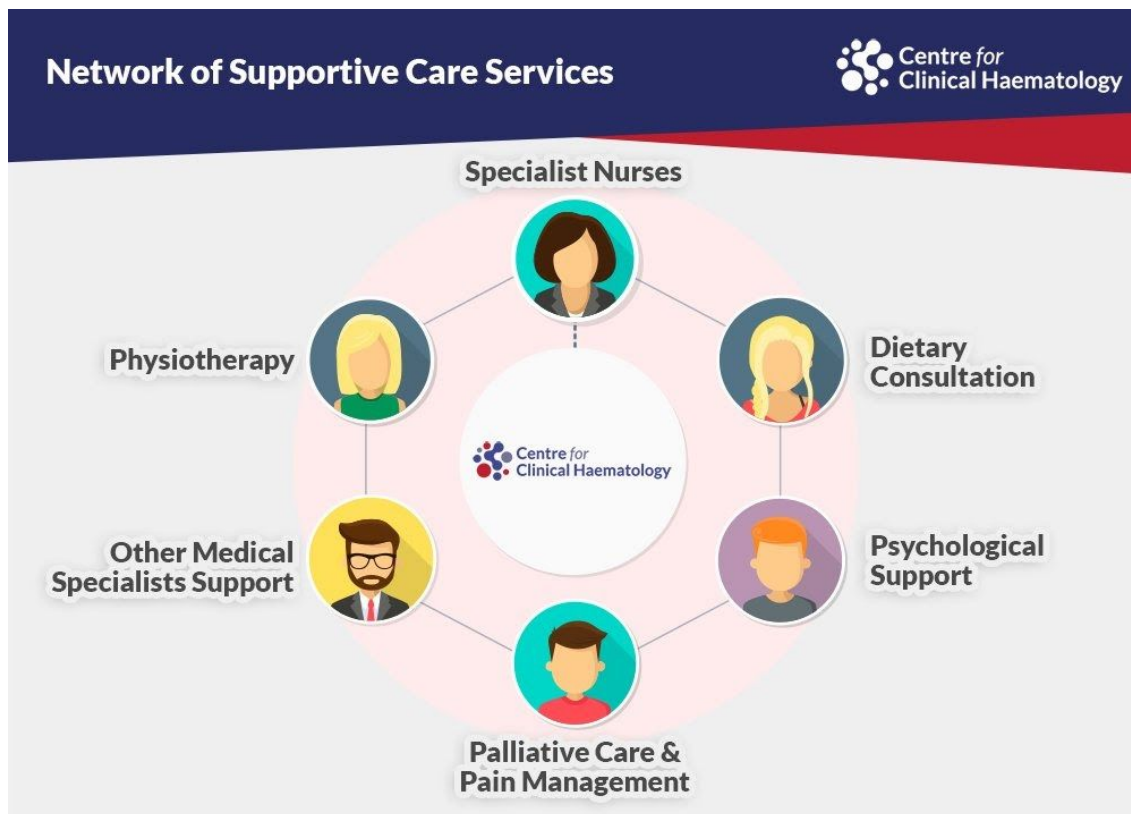


Supportive Care

At the Centre For Clinical Haematology (CFCH), we are committed to providing the best medical treatment and outcome for our patients. Treatment and cure are of course our primary goals, but the patient's journey and experience during and after treatment are also our priority.

Our mission is for patients to recover and be able to resume a normal quality of life. To achieve this, we have a network of expert professionals from various disciplines with whom we work closely together to provide our patients with holistic and supportive care.



Specialist Nurses

At CFCH, we have a team of skilled and experienced nurses who are highly specialised in the field of haematology. In addition to treatment, their key roles include:

- Ensuring that patients and relatives are well informed
- Providing support, advice and education
- Coordinating care
- Advocating for patients

Dietary Consultation

It is important for patients undergoing treatment to eat well to maintain their strength and energy. Some forms of treatments can cause nausea, vomiting and a poor appetite.

We work closely with specialised dieticians who consult patients to:

- Understand and identify their unique nutritional needs – For instance, a cancer patient’s dietary needs may include high-fat, high-calorie foods to help them maintain their weight.
- Plan how to meet their nutritional needs – In cases where a patient suffers from loss of appetite or difficulty in swallowing solid food; a liquid diet of nutritious milkshakes may be recommended.
- Provide timely reviews based on the different stages of his treatment/condition – For example, the nutritional needs of a cancer patient undergoing chemotherapy may be different when nearing the end of their treatment.

Psychological Support

When a patient undergoes treatment to recover their physical health, their mental well-being should not be neglected. Serious illnesses may trigger different negative psychological reactions in patients such as fear, anxiety, depression and loneliness. A negative state of mind may affect the patient’s response to treatment and their rate of recovery.

Patients would benefit from receiving the psychological support of a counsellor to help them cope with their emotional distress. Counselling can help with issues such as:

- Reaction to illness
- Changing relationships with family and friends
- Fears, anxieties or stresses

Palliative Care and Pain Management

Palliative care and pain management are integral parts of cancer treatments. During a patient's treatment, they may experience symptoms including discomfort, pain, nausea and vomiting as part of their disease or as part of their treatment. At CFCH, we work closely with palliative care specialists who can help manage these symptoms to improve quality of life.

Physiotherapy

Patients undergoing treatments may experience functional problems such as muscle weakness, stiffness in joints and muscles, fatigue, pain and oedema.

A physiotherapist can help patients manage and regain strength, physical function, and independence in their daily routine activities. Patients will be recommended an effective and safe exercise program where they are closely guided by a qualified physiotherapist.

Support from Medical Specialists

Haematological disorders may affect other systems of the body. We work collaboratively with other medical specialists including cardiologists, dentists, nephrologists and respiratory physicians to provide timely health assessments and appropriate treatment.

Disclaimer:

The information on the Centre For Clinical Haematology website is intended for educational use. It should not be considered or used as a substitute for medical advice, diagnosis or treatment from a qualified health professional.