

## MODEL WORKER

### Phoe Shan

Staff Nurse II  
Institute of Mental Health

*Nominated by the Healthcare Services Employees' Union*

Phoe Shan has served the Institute of Mental Health (IMH) for over a decade. During his years of service, the staff nurse has gone beyond his duties to play an impactful role in patients' recovery journey. Brother Phoe Shan's passion to learn and grow exemplifies the Labour Movement's mission for workers to be future-ready and his accumulated expertise contributes to IMH's vision of adding years of healthy life.

One such example is seen in his dedication to the rehabilitation needs of patients under his care. To better support patients involved in gardening activities at the hospital's hydroponics garden, Brother Phoe Shan picked up the techniques through self-learning and experimentation so that he could bring them through the entire process from seed sowing to transplanting, pruning, and harvesting. Other than developing a green thumb, the patients gained confidence in trying out new activities and improved mental wellness such as better sleep. Brother Phoe Shan also witnessed patients exhibiting positive effects such as showing enthusiasm on the grounds and feeling a sense of accomplishment when the harvest is in full bloom and ready to be plucked.

Bringing the harvest into the kitchen, Brother Phoe Shan also showed the patients how to turn these greens into tasty salads. During festive seasons, he demonstrated recipes to produce sweet treats such as cupcakes and chocolate chip cookies. These functional skills that Brother Phoe Shan imparts are valuable activities for enjoyment and relevant for future work opportunities. Beyond the classroom, Brother Phoe Shan also leads evening walks and cycling sessions around the hospital for those looking for leisure outdoor activities.

Other than patient care, the multi-skilled nurse also contributed to enhancing work life for his fellow colleagues by initiating and organising the inaugural Myanmar New Year & Water Festival at IMH. The lively activities celebrated cultural diversity at the workplace and served as a platform for employees to bond and share. Though the event was halted due to COVID-19, he plans to resume the festivities soon.