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NURSES' TESTIMONIALS



Jannah bt Ahmad is a nurse for the oncology section of the day care ward at Hospital Tuanku Ja'afar Seremban. We invited Nurse Jannah to share with us about her experience and involvement for the distribution of 'My Journal' books.

EMPOWERED: How well has 'My Journal' been received by the cancer patients?

Jannah: The cancer patients find that 'My Journal' provide the answers they were looking for when they had the disease – information on diet, healthy lifestyle, side effects on cancer treatments.

EMPOWERED: How are the reactions of the patients when they receive a free copy of 'My Journal'?

Jannah: They were happy that they got the complimentary 'My Journal'. They could get all the information they needed without having to pay for it.

EMPOWERED: Did 'My Journal' help newly diagnosed patients come to terms with their disease and help them cope better with their illness? Do you think the book helped patients better understand the treatments and tests they need to undergo?

Jannah: With information that they read in the book, they had more confidence and were better prepared before coming in to the hospital to receive further treatments.

EMPOWERED: Which section of 'My Journal' was useful to them?

Jannah: The sections about information of food and dietary requirements as well as side effects of cancer treatments were useful to them. People can always surf the internet for information, but those information may not be accurate. 'My Journal' which is written by Dr. Christina, an oncologist, is not only correct but credible as well.

EMPOWERED: Can you please give us a special message from you to EMPOWERED or Dr. Christina Ng who wrote & prepared for 'My Journal'?

Jannah: Hospital Tuanku Ja'afar Seremban is very happy to be the recipient of this cancer educational aid and we want to express our thanks to EMPOWERED and Dr. Christina.

EMPOWERED: Can you please give a special message to those struggling with cancer?

Jannah: Be strong and courageous. Be positive.



Asiah bt Mohamed was the second nurse that we interviewed at the oncology section of the day care ward at Hospital Tuanku Ja'afar Seremban. We invited Nurse Asiah to share with us about her experience and involvement for the distribution of 'My Journal' books.

EMPOWERED: How well has 'My Journal' been received by the cancer patients?

Asiah: A lot of cancer information from the internet may not be factually right and the cancer patients were confused and did not know how to sieve information from the internet. Thankfully, 'My Journal' provided all the good, correct and accurate information and since it's written by Dr. Christina, an oncologist, the information is not only credible, but reliable as well.

Before 'My Journal' came into the picture, the cancer patients had zero information about cancer. Yes, some of them referred to the nurses here, but it's good to have cancer educational aid like 'My Journal' for accurate references.

EMPOWERED: How are the reactions of the patients when they receive a free copy of 'My Journal'?

Asiah: The patients were very glad that they were able to receive it for free.

EMPOWERED: Which section of 'My Journal' was useful to them?

Asiah: The section on preparation for side effects, food and dietary requirements were useful to them.

EMPOWERED: What do you personally feel about this cancer educational aid? Do you find it helpful for cancer patients?

Asiah: Yes, after reading it, they are much better prepared for their next cancer treatments like chemo and radiotherapy sessions.

EMPOWERED: Can you please give us a special message from you to EMPOWERED or Dr. Christina Ng who wrote & prepared for 'My Journal'?

Asiah: We would like to express our sincere thanks to EMPOWERED and Dr Christina for supporting the cancer patients by providing the complimentary cancer educational aid, 'My Journal'.

EMPOWERED: Can you please give a special message to those struggling with cancer?

Asiah: Stay strong and positive.