Keeping Cool Under Pressure

Frontliners faced tremendous pressure during the peak of the Covid-19 pandemic last year, and for radiographer Sarah Tan, it reminded her of the importance of her profession.

Even though the work was physically and mentally draining, Ms Tan felt comforted having her colleagues by her side. She says: "Even though we had to make sacrifices, such as cancelling our annual leave, it was necessary and worthwhile to ensure the safety of our families, loved ones and our countrymen."

**Inspired to contribute**
When she was in junior college, Ms Tan was put on a one-week attachment at Alexandra Hospital as part of a school programme. While working in the emergency department, she was struck by how radiography plays a significant role in medical diagnosis.

After her A Levels, Ms Tan decided to pursue a Bachelor of Radiography and Medical Imaging (Honours) at Monash University in Melbourne. She received MOH Holdings’ Healthcare Merit Scholarship in 2014. After 1½ years of performing general X-ray imaging, she is now undergoing training to specialise in ultrasound imaging.

Ms Tan believes that her commitment to healthcare has been strengthened by her experience at the Covid-19 frontlines. She says of the healthcare profession: "The gains may sometimes not be immediate and tangible, but it is very meaningful."

**Emotional support**
Ms Tan admits she was initially fearful of getting infected and spreading the virus to her family. She confided in her parents, who encouraged her to have courage and faith. It also helped that her fiancé works in the healthcare sector and could empathise with her concerns.

Ms Sarah Tan shares why MOH Holdings’ Healthcare Merit Scholarship put her at ease.

**Visit** [https://www.healthcarescholarships.sg](https://www.healthcarescholarships.sg) for more information.

Ms Sarah Tan, radiographer, Ng Teng Fong General Hospital

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**ENCOURAGING GROWTH**

Ms Sarah Tan shares why MOH Holdings’ Healthcare Merit Scholarship put her at ease.

- **Holistic development**
  MOH Holding’s Healthcare Merit Scholarship places great emphasis on holistic learning. It is not just about achieving academic results, but also about taking up leadership positions and managing projects well.

- **Building soft skills**
  Ms Tan attended several developmental programmes for scholarship holders, including the Healthcare Induction Camp which was held on Pulau Ubin.
  To hone her problem-solving skills, teamwork and adaptability, she and other participants had to overcome multiple challenges with limited resources.

- **A meaningful career choice**
  Ms Tan feels that a career in healthcare may be challenging but it is ultimately rewarding. Sacrifices are sometimes necessary, which is why one needs to have genuine passion before joining the healthcare profession.