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PEOPLE

Our Nightingale

Sumathi talks about her journey to nursing

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KIND, nurturing and caring are the perfect words to describe Sumathi Subramaniam, a nurse serving with St John's Ambulance.

She was recently awarded the Selangor Vocational Service Award 2013 by the Petaling Jaya Rotary Club to celebrate her work as a caregiver to hundreds of chronic kidney disease patients throughout her career.

The 31-year-old from Kuala Lumpur says her nursing dreams began at a very young age.

"I remember my mother told me when I was only seven, I would grow up to be a nurse," says the soft-spoken

mother who is expecting her second child.

Since then, she stuck through her childhood dream to give a helping hand to the community.

However, there was an obstacle when she barely made it through college as she did not have the funds.

"When I enrolled, I only paid RM2,000. I sat through college for the three years and when I had to sit for my final examination, the college barred me because I couldn't afford to pay for my fees," recalls Sumathi.

The Malaysian Community and Education Foundation granted Sumathi a full scholarship to complete her Diploma in Nursing at Mahsa (Malaysian Allied Health Science) University College in Petaling Jaya.

The fresh graduate registered with St John Ambulance and has since served seven years with the non-for-profit organisation.



NOBLE PROFESSION: (from left) Rosmah Mohd Said from National Kidney Foundation; Siti Zamidah Mohammad from MAA Medicare Dialysis, Kajang; Hazlina Helmi from Rawang Dialysis Centre; Petaling Jaya Rotary Club president Captain H.S. Dharan, Sumathi and Siti Fatimah Basir from National Kidney Foundation with their vocational service awards

While spending long hours at the centre with a handful of patients to nurse back to health, she completed her Degree in Nursing from Masterskill University College in Cheras with help from her brother, Sukumaran, who fully supported his sister's dream to serve the community.

St John Ambulance then acknowledged her passion and dedication to her patients by granting her a scholarship where she then enrolled for a six-month Post Basic Renal course at KPJ

“Do everything with the kindness of your heart”

**SUMATHI SUBRAMANIAM
NURSE**



University in Nilai.

Sumathi received the St John Ambulance award in 2010 for Best Performance after years of service and dedication as a caregiver with the institution.

Sumathi is reticent about her personal life, saying only:

"I enjoy cooking in my free time. It is therapeutic and it takes off all the pressure from my hectic work schedule.

"I am very grateful that my family is very supportive of my nursing career.

"They are understanding and support me through my good and bad days. I am truly grateful to have such support from my loved ones."

Sumathi hopes to continue providing the best care for her patients as long as she is physically able.

"My advice to the younger generation of nurses is to do more and expect less. Do everything with the kindness of your heart and let your patients know that you care for them. They will remember you as an important part of their life."

