



# The Joy of Helping Others

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I have been in the nursing for fourteen years; for the first time of my life, the internship for Continuing Professional Development deeply touched my heart with the case of “adult care”.

Upon looking for a case that would be applicable to my practice, I found this patient. She was a patient who had

problem of healing wounds because of her diabetes which required long-term dialysis treatment. I chose this patient because her case was compatible with my years of experiences in nursing practice. During the treatment, the doctor was considering amputating her legs, but the patient refused and felt helpless. I empathically

told the patient and her family members, “Please trust me, I will not give up and I will do my best to help you.”

Then I applied what I learned from school and researched information related to this disease, and discussed the treatments with my instructor. After many discussions with the medical team about nutrition and pain management, we started an experiment. Surprisingly, after two weeks, the wounds began to heal.

At that moment, I was so excited and I enthusiastically shared the result with the patient, instructor, classmates and the medical team. I really appreciated everyone’s support and cooperation. I thanked the patient and family for giving

me this opportunity to help and the patient and her family kept on thanking me. Then we all started crying with joyful tears. That was an unforgettable experience in my life. The internship is now completed, but my concern for the patient is still ongoing.

Because of the accomplishment, I am willing to devote my life to nursing. When I shared this feeling with my husband, I cried again with joy. My husband was so surprised that a tough person like me would have such emotion. It is the joy of helping others. I deeply feel the meaning of the saying, “It is more blessed to give than to receive.”



Continuing professional development allows those who already have vast experience in nursing practice to learn more from different perspectives. Not only does it enrich their professional practice, it also enriches their hearts. Ray-Chin is the first one on the right