



**Lathy D/O Prabhakaran  
Senior Nurse Clinician  
Tan Tock Seng Hospital  
Age: 52**

Lathy was spurred to take up Respiratory Nursing when her infant son was diagnosed with Asthma. Since then, she has contributed extensively to this specialised field.

She pioneered the Nurse-led Asthma Clinic at Tan Tock Seng Hospital (TTSH), where patients are first assessed by nurses using a detailed clerking template before seeing the doctor. She also trains nurses, medical students and GP clinic assistants on asthma care and the use of inhaler devices.

Lathy also developed TTSH's smoking cessation programme to help healthcare staff identify and refer smokers for counselling, and follow up to reduce default rates on counselling appointments. With a multi-disciplinary team, she spearheaded the Asthma and Smoking Apps to help smokers self-manage their condition.

She implemented the asthma counselling service at the Emergency Department (ED) where patients with asthma conditions are educated on self-care for asthma. This enhanced psycho-educational support for patients and reduced asthma ED attendances and hospital admissions.

Lathy's passion for research has seen her publish at least 11 original papers as its first author, and co-author another five. She has received many awards for Quality Improvement Projects.

She serves on many national committees on respiratory care, and has volunteered with the Singapore Asthma Association. She was recognised for her contributions with the National Day Commendation Medal in 2014 and Healthcare Humanity Award in 2008.