A SHARED Vision FOR ONE United FUTURE

CLINICAL CARE
Healthy living made easier via new NUH apps

EDUCATION
Honouring the dedication of teachers

RESEARCH
Reducing the effects of a heart attack

COMMUNITY
Bringing health screenings closer to home

7
8
11
13
Hitting the Mark

Congratulations to the NUH team that emerged winners at the HIT Challenge 2017.

Two National University Hospital (NUH) teams won the first and second prizes at the Global Health Innovation Technology (HIT) Challenge 2017 held on 19 September 2017 at the Sands Expo and Convention Centre. In the competition, participants from different Asian countries had to identify real healthcare problems and present solutions that are innovative, engaging and sustainable.

Coming up tops was the team made up of Neo Hong Jye, Fadzilah Kamsin and Tiong Hui Fen, while the duo of Tan Yiyan and Lynn Lim took second place. To read their winning pitches, visit http://2017.hitchallenge.org/
United in Healthcare

Eminent thought leaders gathered at the 2nd Raffles Dialogue to share insights on novel approaches in tackling critical global health concerns.

Global health challenges, including epidemics, ageing, the rise of chronic diseases and growing antibiotic resistance, are fast approaching crisis levels. Confronted by the mounting socio-political and economic climates, the need for the international medical community to find new solutions to these problems is greater than ever. To explore the critical role of innovation in human well-being and security, over 200 opinion leaders and health experts came together for the 2nd Raffles Dialogue from 4 to 6 September 2017. The conference was jointly hosted by NHUHS and NUS.

Among the key themes that emerged from the Dialogue were the need for more engagement with all stakeholders, preparing the next generation of talent, and Singapore’s possible role as a regional and global healthcare model.

Building Bonds

Pioneer Polyclinic played host to a group of nurses from Chongqing, China. Pioneer Polyclinic hosted a group of nurses, nurse managers and nursing lecturers from Chongqing City, China on 30 August 2017. Organised by Nanyang Polytechnic International, the visit was part of a three-week training programme for nurses from Chongqing. The visitors were also intrigued by how rapidly the nation’s primary health care system is changing and growing, with National Electronic Health Record (NEHR) being a prime example of such partnerships.

Excellence on the Field

NTFGH’s Lai Pui San did our nation proud with her silver medal win at the 2017 SEA Games. Congratulations to Lai Pui San, Engineering Assistant (Biomedical Engineering) at NTFGH, who won a silver medal with the women’s national Rugby Sevens team in the 2017 SEA Games.

First-Ever ‘Live’ Satellite Transmission of Heart Surgical Procedures

Marking an important milestone for the NUHCS interventional cardiology programme.

The National University Heart Centre, Singapore (NUHCS) performed its first-ever ‘live’ satellite transmission of percutaneous coronary intervention (PCI) for EuroPCR 2017, the first annual meeting of the European Association for Percutaneous Cardiovascular Interventions, held in Paris, France on all May 2017. It was the world’s largest Interventional Cardiology meeting with over 12,000 international delegates.

Our case was selected in the ‘First-Ever Live’ Satellite Transmission, Professor Tan Huay Cheem and Associate Professor Mark Chan carried out a difficult yet successful PCI in Paris, France on all May 2017. It was the world’s largest Interventional Cardiology meeting with over 12,000 international delegates.

Riding for a Cause

A pair of NUH doctors embarked on a motorcycle road trip to create breast cancer awareness.

In 2014, Associate Professor Philip Iau and Assoc Prof Mikael Hartman from the breast cancer team at NUH set off on a journey by motorcycle from Singapore to Stockholm, Sweden. The 10-day journey brought them across different Asian countries where they met breast cancer patients and learnt how cultural factors shape attitudes to the disease. To share their experiences and create more awareness of breast cancer, Assoc Prof Iau penned The Long Ride from Singapore.

The book is available online and from major bookstores at $20, with all proceeds going to the Asian Breast Cancer Foundation.
We Are One

In the wake of its reorganisation, the NUHS cluster has a newly-updated vision, mission and core values.

Early this year, Singapore’s public healthcare sector launched a major reorganisation that grouped the six Regional Health Systems island-wide into three integrated clusters. As part of this transformation, NUHS merged with JurongHealth Services to provide more integrated care to residents in the Western region of Singapore.

To enable full integration across all NUHS member institutions, a review of its vision, mission and core values was conducted. This endeavour kicked off on 8 April 2017 with a Visioning Session involving 140 member leadership. A number of key themes emerged during the session, such as the importance of providing a seamless and integrated system capable of meeting the needs of each patient, leveraging on NUHS to better differentiate the NUHS cluster, as well as offering a unified patient experience.

After further discussion and refinement by the NUHS Executive Group and the Board, NUHS’ Chief Executive Professor John EL Wong unveiled the new vision, mission and core values to NUHS staff during Townhall sessions on 21 and 23 November 2017, at the Kent Ridge Campus and JurongHealth Campus respectively.

With this new vision, mission and core values, NUHS, as an academic health system, aims to improve the health of the population in the Western region of Singapore through better and more cost-effective care, nurture the next generation of healthcare professionals, undertake world-class research and empower people to take ownership of their health.

One NUHS

**OUR VISION**
A Healthy Community
Shaping medicine • Transforming care

**OUR MISSION**
To advance health by synergising care, education and research, in partnership with patients and the community

**OUR TAGLINE**
Building a healthy community — with you, for you

Through this shared identity, NUHS aims to bind its staff together through a culture of synergy in diversity, and inspire them to achieve a common purpose: to improve the health of our community. Ultimately, NUHS seeks to provide better and more cost-effective care, nurture the next generation of healthcare professionals, undertake world-class research and empower people to take ownership of their health.

Our Core Values

**INTEGRITY**
We do the right thing, always.
One day, Mr Thanggaraju A/L Vengharatamam, a housekeeper at NUH went to work earlier than usual because he wanted to help a doctor find his wedding ring. The ring had been lost in the operating theatre the day before. After combing through many bags of used scrub, he eventually found and returned it to the grateful surgeon. This was a great example of doing the right thing — even when no one is looking.

**COMPASSION**
We understand what our patients and their loved ones are going through; we will do all we can to help them.
A Staff Nurse at NTUH’s Oncology Clinic, Ms Li Fei’s dedication to patients goes beyond treating their medical needs. She happily sits at their bedside to read to them, offers comfort and cheer, and even pays a visit if they are transferred to a different hospital. To thank her for her unstinting support, some bereaved family members have written to Ms Li after the patient passed away.

**RESPECT**
We value the contributions, views and interests of others, and treat all with dignity.
Associate Professor Gerald Koh of SSHSPH is highly regarded by his students. He derives great satisfaction from nurturing students and helping them embrace new concepts and ideas. As a community general surgeon, Assoc Prof Koh is also passionate about serving the elderly — many of whom are socially disadvantaged — and does his utmost to improve the quality of their care.

**TEAMWORK**
We depend on each other to get the job done, and others can count on us.
It was a team effort that enabled three NUH staff and two medical students to save a man’s life at an MRT station. NUH Medical Officer Dr Peng Kalling, Senior Staff Nurse Ms Neethana Esses Bathi, Nurse Ms Hazel Tan and two off-duty others can count on us.

**PATIENT-CENTREDNESS**
We design and deliver care around the needs of our patients and their caregivers.
Consider Dr Justin Chong, a Family Physician who helped him through his exams when he was a resident. Dr Chong often stays back after work to hold practice sessions for those preparing for their exams. This in turn allows him to gain new knowledge to become a better doctor, and bolsters his love of lifelong learning.

**EXCELLENCE**
We pursue the highest standards in all that we do; we continually learn and innovate for better outcomes.
Dr Justin Cheng, a Family Physician at NUH’s Jurong Polyclinic, goes the extra mile for his colleagues. Inspired by tutors and seniors who helped him through his exams when he was a resident, Dr Cheng often stays back after work to hold practice sessions for those preparing for their exams. This in turn allows him to gain new knowledge to become a better doctor, and bolsters his love of lifelong learning.

**Our Core Values**

- **INTEGRITY**: We do the right thing, always.
- **COMPASSION**: We understand what our patients and their loved ones are going through; we will do all we can to help them.
- **RESPECT**: We value the contributions, views and interests of others, and treat all with dignity.
- **TEAMWORK**: We depend on each other to get the job done, and others can count on us.
- **PATIENT-CENTREDNESS**: We design and deliver care around the needs of our patients and their caregivers.
- **EXCELLENCE**: We pursue the highest standards in all that we do; we continually learn and innovate for better outcomes.

We do the right thing, always.
A Close Look at Age-Related Macular Degeneration

More than 25 per cent of Singaporeans have age-related macular degeneration (AMD), a chronic disease of the macula — a small area at the retina centre. Besides leading to symptoms such as blurred or distorted vision, AMD is one of the primary causes of severe and irreversible vision loss, especially among those aged over 50.

To raise awareness of the disease, NUS organised an eye screening and talk at the NUS Medical Centre on 23 September 2017. The activities were held in conjunction with Awareness of Macular Diseases Week 2017, which was officially launched at Khoo Teck Puat Hospital on 16 September 2017 by Dr Li Lin Bee Wah, Adviser to Nee Soon GRC GROs and Member of Parliament (MP) for Nee Soon GRC.

Almost 100 members of the public paid a nominal fee of $10 to get their eyes checked. The one-hour talk on AMD and diabetes was free and conducted in English, Mandarin and Malay.

CLINICAL CARE

Macular was conducted in English, Mandarin and Malay. One of its two mobile apps that NUH has developed to help Singaporeans keep track of their diet and medications. Both nBuddy and myMeds were conceptualised in consultation with NUH healthcare professionals and are available for free download at the Google Play Store and Apple App Store.

Advice on AMD

While there are no established preventive measures, the general advice is to:

- Quit smoking and cut down on alcohol consumption
- Treat your high blood pressure and high cholesterol
- Maintain a healthy weight
- Increase intake of green leafy vegetables
- Guard against prolonged unprotected eye exposure to UV rays by wearing sunglasses or a cap
- Undergo regular eye examinations

Where the Experts Are

The second Child Development Unit under NUHKids opens in Keat Hong.

Need a professional assessment of your child’s development? Want to improve parent-child interaction and optimise your child’s growth potential? These are but some of the services available at the Child Development Unit (CDU) – a clinic under NUH’s paediatric arm, NUHKids (also known as Khoo Teck Puat-National University Children’s Medical Institute).

The first clinic opened operations at Jurong Medical Centre in 2006 and CDU @ Keat Hong opened on 6 August 2017. At the official opening ceremony, Dg Choong Shang Chee, Head of NUH’s Developmental and Behavioural Paediatrics, gave an address and Mr Zaqy Mohamad, MP for Choa Chu Kang GRC, also graced the event.

Running the clinics are a multi-disciplinary team of healthcare professionals, from paediatrics and occupational therapists to nurses and social workers. Patients of CDUs range from newborns to seven-year-olds. They can be assessed and receive treatment for a variety of developmental, learning and behavioural difficulties such as autism, learning disabilities and temperament issues. Parents, who are seen as partners for supporting their children’s growth, can also register for workshops and talks at the CDUs.

Making Strides

WALK-ON@S3 improves stroke survivors’ fitness and their quality of life.

After suffering his second stroke in September 2016, Mr Eric Erh (pictured right) was largely immobile for eight months, and suffered other complications like pressure sores and urinary tract infections. Erh (pictured right) was largely immobile for eight months, and suffered other complications like pressure sores and urinary tract infections. After suffering his second stroke in September 2016, Mr Eric Erh (pictured right) was largely immobile for eight months, and suffered other complications like pressure sores and urinary tract infections. After suffering his second stroke in September 2016, Mr Eric Erh (pictured right) was largely immobile for eight months, and suffered other complications like pressure sores and urinary tract infections.

Feedback from the 10 participants who have completed the programme has been positive. All participants have made progress in terms of their body power, stamina and gait speed. Besides improving their fitness levels, the sessions have also allowed stroke survivors like Mr Erh to regain their self-confidence.

Health Buddies in Your Smartphone

Planning meals and managing medications are made easy with NUH mobile apps.

You may not be able to input ‘Nasi Padang’ in most calorie-tracing apps. But you can find the Malay dish along with other local food options in the NutriPlastic Buddy (nBuddy) app. After all, it is one of two mobile apps that NUH has developed to help Singaporeans keep track of their diet and medications. Both nBuddy and myMeds were conceptualised in consultation with NUH healthcare professionals and are available for free download at the Google Play Store and Apple App Store.

nBuddy

Users will find it easier to track their diet with the app’s database of food commonly found in Singapore. Besides the recording function, the app allows users to plan their meals which are then evaluated. If the selected food choice receives a thumbs-down, users will get a timely recommendation for a healthier alternative.

“This gives users the knowledge and flexibility to make better choices in real-time,” says NUH dietitian Dr Lim Su Lin. “Other diet apps typically do not provide an immediate guide on food choices. By the time one has exceeded his or her calorie limit for the day, it is too late.”

Another version of the app, nBuddy Diabetes, is more suitable for users with pre-diabetes or Type 2 diabetes. It provides in-depth analysis of carbohydrate content in dishes according to individual requirements – diabetics have to watch their carbohydrate intake to maintain regular blood sugar levels.

Features:

- Exercise and activity tracker
- Daily meal and calorie report
- Weight tracker
- Food database with over 7,000 food items and growing
- Real-time recommendations
- Support chat channel with dietitian

One-Stop Shop

The CDUs offer an extensive range of facilities, programmes and services to provide holistic care for children and empower parents. Examples of what’s available are:

- Assessment-cum-therapy rooms with one-way mirrors
- An occupational therapy gym with swings, a rock wall and padded floor
- Programmes for children to learn how to regulate their emotions, behaviours and relationships with others
- Assessment and therapy services
- Financial counselling sessions with medical social workers

The clinics are located at:

- Child Development Unit @ Keat Hong
  Keat Hong Community Club, 2 Choa Chu Kang Loop #03-01, Singapore 689616
- Child Development Unit @ Jurong Medical Centre
  60 Jurong West Central 3, Singapore 648564

Making Strides

WALK-ON@S3 improves stroke survivors’ fitness and their quality of life.

After suffering his second stroke in September 2016, Mr Eric Erh (pictured right) was largely immobile for eight months, and suffered other complications like pressure sores and urinary tract infections. Erh (pictured right) was largely immobile for eight months, and suffered other complications like pressure sores and urinary tract infections. After suffering his second stroke in September 2016, Mr Eric Erh (pictured right) was largely immobile for eight months, and suffered other complications like pressure sores and urinary tract infections. After suffering his second stroke in September 2016, Mr Eric Erh (pictured right) was largely immobile for eight months, and suffered other complications like pressure sores and urinary tract infections.

Features:

- Exercise and activity tracker
- Daily meal and calorie report
- Weight tracker
- Food database with over 7,000 food items and growing
- Real-time recommendations
- Support chat channel with dietitian

For more information, visit

www.nus.edu.sg/nushealth/promo/medications/
Taking on Healthcare Gaps Together

Cross-faculty NUS students collaborate in the first Medical Grand Challenge.

A multidisciplinary approach is often required for healthcare issues, given their encompassing complexity and multifaceted nature. Recognising this, a team of cross-faculty NUS students launched the inaugural Medical Grand Challenge for their peers in August 2016. During the year-long challenge, 17 teams collaborated and were given a seed grant of $500 to each develop creative solutions for unmet healthcare needs. They were also guided by mentors with expertise in a range of fields, from clinicians and engineers to entrepreneurs and investors.

“We hope that the Medical Grand Challenge sparks a lifelong interest in innovation, thinking out-of-the-box and solving real-life problems,” said Associate Professor Yeeh Khay Guan, Dean of NUS Medicine.

WINNING IDEAS

The Medical Grand Challenge concluded on 18 August 2017 with the announcement of the winning teams — who stood out in terms of their business strategy, creativity, design quality and healthcare impact. The top three teams bagged cash prizes of $20,000, $15,000 and $10,000 respectively. Winners of the “Change Maker Prize” for the most creative and impactful project, as well as the “People’s Choice Award” for the most popular project, won $5,000 cash each.

Poster-Perfect

NUS Medicine fourth-year undergraduate Sheryn Tham (picture below) represented her team to present and win the best poster prize at the 27th Congress of the World Society of Cardiovascular and Thoracic Surgeons in Asara, Kazakhstan. Held from 3 to 7 September 2017, the annual congress is an international forum for the development of cardiothoracic science.

Sheryn’s team comprised fellow student Chew Yi He and members from NUSHC, Chain See Peng, Chen Jia Ye, Lowell Leong Choon Kiat and Theodoros Kofidis. Based on a study of 307 patients from 2013 to 2016, they found that the minimally invasive coronary artery bypass grafting surgery reduces the need for post-surgery blood transfusion, compared to conventional open-heart surgery.

Evidence+
Out of the Shadows

New research shines the spotlight on a type of heart failure that is difficult to diagnose and treat.

Researchers from NUHCS have discovered that a protein that protects the heart from injury could be the key to understanding a form of heart failure that is challenging to diagnose and treat.

Following a year-long study involving 657 men and women, the researchers found that the protein thymosin beta-4 (TB4) is elevated in women with a form of heart failure called preserved ejection fraction (HFpEF). The heart of a patient with HFpEF has trouble relaxing after a heartbeat, researchers suggest that it can also be used as a biomarker to check if patients are responding to cardiac treatment. "I think the way it will eventually be used is when, while initiating a therapy, you watch the TB4 level to make sure you are doing the right thing," said Assistant Professor Chester Drum, who led the study.

The team's findings were published in the Journal of the American Heart Association.

More Harm than Good

Two studies show that complementary and alternative medicine (CAM) may not be the best choice when facing chronic illnesses.

Two research teams from NUH and NCIS studied the use of CAM to better understand its impact on disease treatment and management.

The first study explored the use of CAM related to rheumatoid arthritis. The study's lead author, NUH's Dr Marjani Lahiri and her team found that using CAM led to a delay in patients seeking medical help for early inflammatory arthritis or the early stage of rheumatoid arthritis. Thus, they pointed out, led to poorer treatment outcomes. "There's a window of opportunity for treatment of early rheumatoid arthritis," said Dr Lahiri, adding that the earlier rheumatoid arthritis is treated, the better the outcome.

The second CAM-related study found that a boodlet, discussing the safety of such treatments may prevent cancer patients from turning to such therapies, which often use herbs like gingko. Although seemingly harmless, these herbs can cause certain chemotherapy drugs to work less well, said the study's lead author Dr Chong Wain Qian from NCIS.

Some patients also turn to alternative therapies instead of going for chemotherapy and radiotherapy treatments. Because all cancers have a better chance of control and survival outcomes when treated early, by the time these patients return for chemotherapy, their cancer would have progressed and impaired some of their organ functions, explained Dr Chong.

Silver Insights:

Colours of Ageing is a comprehensive review of three decades of research on the mental health of Singapore's elderly. Authored by Singapore's mental health doyen Professor Kua Ee Heok, the title has been described as a "fluid blend of scientific findings, memoir and anecdotes" by The Straits Times. In the book, Prof Kua charts the evolution of the research and treatment of mental health in the Republic's elderly. The subject is one that is close to Prof Kua's heart, as the former chief executive and medical director of the Institute of Mental Health. He is currently the Tan Geok Yin Professor of Psychiatry and Neuroscience at the Department of Psychological Medicine, NUS Medicine, and a Senior Consultant Psychiatrist at NUH.

Understanding microbial biofilms:

A new textbook edited by Dr Jaya Seneviratne of FoS provides a wide-ranging survey of microbial biofilms and their role in human health and disease. Microbial Biofilms: Omics Biology, Antimicrobials and Clinical Implications includes contributions from fellow faculty members, among them, Professor Finbarri Allen, Foo, Associate Professor Kelvin Foo and Dr Interchab Islam. The title is intended to serve as guide for students, as well as a reference material for researchers, clinicians and industry professionals.

ADD TO YOUR BOOKSHELF

A new study could be the first step towards reducing the debilitating effects of a heart attack.

The study — the first in the world to understand the role of fibronectin in heart failure — was published in Nature Communications.

S

S

Sing heart, explain that the next step is to test agents that could target this compound and block its function. If successfully blocked, heart muscle cells can regenerate, like skin cells, and the heart may be able to heal itself following a heart attack.

The study’s lead author, Associate Professor Roger Foo believes that this could turn the consequences of a heart attack. "There has always been a suspicion that the heart holds the key to its own healing," said Assoc Prof Foo, who is a principal investigator at CRS and NLMH's Cardiovascular Research Institute and senior consultant at NUHCS.

The study — the first in the world to understand the role of fibronectin in heart failure — was published in Nature Communications.

DID YOU KNOW?

Heart disease claims about 16 lives a day.

RESEARCH

Helping Hearts Heal

A new study could be the first step towards reducing the debilitating effects of a heart attack.
Staying Connected

NUHS CE visits St Joseph’s Home.

On 31 July 2017, Professor John EL Wong, Chief Executive of NUHS visited the revamped St Joseph’s Home with other members of NUHS senior management. The visit was a chance for NUHS to better understand the evolving needs of St Joseph’s Home, which currently runs to JurongHealth Campus for dietetics, speech therapy and podiatry services. Two organisations recently initiated a collaborative agreement to continue working towards common goals.

ALEXANDRA CAMPUS – A CAMPUS FOR ALL AGES

In line with NUHS’ efforts to look after the health of residents living in the West, Prof Wong and Associate Professor Iason Pua also met Member of Parliament for Tanjong Pagar GRC (Queenstown Division) Dr Chia Shi-Lu and the Ministry of Health’s Deputy Secretary (Development) Ms Yeoh Zuin Woon on 26 August 2017 to give Dr Chia an update on the Alexandra Campus Masterplan Development. The NUHS Regional Health System (RHS) team also shared updates on various projects, among them the Primary Care Network Queenstown, ongoing community health screening for residents and an upcoming Community Health Post programme. Given Queenstown’s high proportion of senior citizens, the group also discussed the NUHS Geriatrics Services Hub, a programme helmed by the Alexandra Geriatrics team that aims to work with partners to care for the precinct’s elderly.

Towards a Heart-Healthy Singapore

A mid-day event that inspired the public to be more mindful of their cardiac health.

The usual lunchtime crowds at one-north were treated to an array of tips about heart health on 8 September 2017, thanks to a collaboration between NUHCS and JTC Corporation. The event was held in conjunction with World Heart Day, which fell on 29 September 2017. For many opportunites, the highlight of the event was a ‘live’ cooking demonstration by celebrity speaker and nutritionist Suria Mohd. This wasn’t the only event that NUHCS held to mark World Heart Day; on 30 September 2017, Singaporeans of all ages learnt how to reduce their risk of cardiovascular disease at Bedok Town Square. NUHCS collaborated with the Singapore Heart Foundation for this event, which was held in conjunction with National Heart Week. Memorable activities at this year’s edition of the annual carnival included a Build-a-Poke-Bowl workshop, health screenings and chair aerobics workout demonstrations.

Art with a Heart

Healing and inspirational benefits of creative outpourings.

JurongHealth Campus kicked off its Arts&Health Festival on 31 July 2017 with an exciting line-up of performances, activities and exhibitions around the campus. The festival lasted two days and featured a collaboration of 30 paintings by artist Ranae Lee-Nasir and a community art exhibition. Titled Love Blossoms From a Seed, it showcased a collection of 30 paintings by artist Ranae Lee-Nasir and a community art exhibition. Titled Love Blossoms From a Seed, it included a workshop, health screenings and chair aerobics workout demonstrations.

Making Health Screenings Convenient

An outreach initiative which got Yuhua residents thinking about their well-being.

Regular health screenings help prevent and detect chronic diseases, but hawkers and shopkeepers often put off these check-ups because they are either “too busy” or the screening venues are “not convenient”. To address these issues, NUHCS joined the Yuhua Constituency Street 31 Shop Proprietors and Hawkers Association to bring health screenings closer to them at the Yuhua Market & Hawker Centre. Held on 15 August 2017, the screening included tests for common chronic conditions such as high blood pressure, high cholesterol and diabetes; and functional screening such as eye, dental and hearing checks. FIT (faecal immunochemical test) kits were also distributed for colorectal cancer screening.

This is part of NUHCS’ larger efforts to build a healthy and engaged population in the western region of Singapore. Community health screenings will be rolled out to all 26 constituencies in western Singapore this year.

HAPPY Seniors for a Healthy Nation

A recent study authored by Associate Professor Roshma Merchant, Division Head of Geriatric Medicine at NUH Medicine, found that more than one-third of 1051 participants aged 65 and above from Bukit Panjang were considered “pre-frail” or on the verge of becoming frail. Six per cent of participants were considered frail.

These results prompted Assoc Prof Merchant to launch the Healthy Ageing Promotion Programme For You (HAPPY) programme. The comprehensive multi-component intervention initiative aims to help seniors maintain good physical and mental health. One feature of HAPPY include dual-task exercises, which offer a combination of physical exercise and mind training performed in groups. Participants also engage in cognitive tasks of varying complexity and receive advice on healthy ageing and diet. Senior volunteers are being trained to run the programme, to ensure its sustainability.

HAPPY was modelled after Cognicise, a programme that was shown to improve and stabilise mild cognitive impairment in Japanese seniors.

NUH Physiotherapy Day

Physiotherapists marked the occasion by sharing tips on how to manage weight through a healthy lifestyle. Participants then walked the talk by sweating it out at game booths and athletics classes.

HAPPY Seniors for a Healthy Nation

A recent study authored by Associate Professor Roshma Merchant, Division Head of Geriatric Medicine at NUH Medicine, found that more than one-third of 1051 participants aged 65 and above from Bukit Panjang were considered “pre-frail” or on the verge of becoming frail. Six per cent of participants were considered frail.

These results prompted Assoc Prof Merchant to launch the Healthy Ageing Promotion Programme For You (HAPPY) programme. The comprehensive multi-component intervention initiative aims to help seniors maintain good physical and mental health. One feature of HAPPY include dual-task exercises, which offer a combination of physical exercise and mind training performed in groups. Participants also engage in cognitive tasks of varying complexity and receive advice on healthy ageing and diet. Senior volunteers are being trained to run the programme, to ensure its sustainability.

HAPPY was modelled after Cognicise, a programme that was shown to improve and stabilise mild cognitive impairment in Japanese seniors.

Making Health Screenings Convenient

An outreach initiative which got Yuhua residents thinking about their well-being.

Regular health screenings help prevent and detect chronic diseases, but hawkers and shopkeepers often put off these check-ups because they are either “too busy” or the screening venues are “not convenient”. To address these issues, NUHCS joined the Yuhua Constituency Street 31 Shop Proprietors and Hawkers Association to bring health screenings closer to them at the Yuhua Market & Hawker Centre. Held on 15 August 2017, the screening included tests for common chronic conditions such as high blood pressure, high cholesterol and diabetes; and functional screening such as eye, dental and hearing checks. FIT (faecal immunochemical test) kits were also distributed for colorectal cancer screening.

This is part of NUHCS’ larger efforts to build a healthy and engaged population in the western region of Singapore. Community health screenings will be rolled out to all 26 constituencies in western Singapore this year.

HAPPY Seniors for a Healthy Nation

A recent study authored by Associate Professor Roshma Merchant, Division Head of Geriatric Medicine at NUH Medicine, found that more than one-third of 1051 participants aged 65 and above from Bukit Panjang were considered “pre-frail” or on the verge of becoming frail. Six per cent of participants were considered frail.

These results prompted Assoc Prof Merchant to launch the Healthy Ageing Promotion Programme For You (HAPPY) programme. The comprehensive multi-component intervention initiative aims to help seniors maintain good physical and mental health. One feature of HAPPY include dual-task exercises, which offer a combination of physical exercise and mind training performed in groups. Participants also engage in cognitive tasks of varying complexity and receive advice on healthy ageing and diet. Senior volunteers are being trained to run the programme, to ensure its sustainability.

HAPPY was modelled after Cognicise, a programme that was shown to improve and stabilise mild cognitive impairment in Japanese seniors.

Making Health Screenings Convenient

An outreach initiative which got Yuhua residents thinking about their well-being.

Regular health screenings help prevent and detect chronic diseases, but hawkers and shopkeepers often put off these check-ups because they are either “too busy” or the screening venues are “not convenient”. To address these issues, NUHCS joined the Yuhua Constituency Street 31 Shop Proprietors and Hawkers Association to bring health screenings closer to them at the Yuhua Market & Hawker Centre. Held on 15 August 2017, the screening included tests for common chronic conditions such as high blood pressure, high cholesterol and diabetes; and functional screening such as eye, dental and hearing checks. FIT (faecal immunochemical test) kits were also distributed for colorectal cancer screening.

This is part of NUHCS’ larger efforts to build a healthy and engaged population in the western region of Singapore. Community health screenings will be rolled out to all 26 constituencies in western Singapore this year.

HAPPY Seniors for a Healthy Nation

A recent study authored by Associate Professor Roshma Merchant, Division Head of Geriatric Medicine at NUH Medicine, found that more than one-third of 1051 participants aged 65 and above from Bukit Panjang were considered “pre-frail” or on the verge of becoming frail. Six per cent of participants were considered frail.

These results prompted Assoc Prof Merchant to launch the Healthy Ageing Promotion Programme For You (HAPPY) programme. The comprehensive multi-component intervention initiative aims to help seniors maintain good physical and mental health. One feature of HAPPY include dual-task exercises, which offer a combination of physical exercise and mind training performed in groups. Participants also engage in cognitive tasks of varying complexity and receive advice on healthy ageing and diet. Senior volunteers are being trained to run the programme, to ensure its sustainability.

HAPPY was modelled after Cognicise, a programme that was shown to improve and stabilise mild cognitive impairment in Japanese seniors.

Making Health Screenings Convenient

An outreach initiative which got Yuhua residents thinking about their well-being.

Regular health screenings help prevent and detect chronic diseases, but hawkers and shopkeepers often put off these check-ups because they are either “too busy” or the screening venues are “not convenient”. To address these issues, NUHCS joined the Yuhua Constituency Street 31 Shop Proprietors and Hawkers Association to bring health screenings closer to them at the Yuhua Market & Hawker Centre. Held on 15 August 2017, the screening included tests for common chronic conditions such as high blood pressure, high cholesterol and diabetes; and functional screening such as eye, dental and hearing checks. FIT (faecal immunochemical test) kits were also distributed for colorectal cancer screening.

This is part of NUHCS’ larger efforts to build a healthy and engaged population in the western region of Singapore. Community health screenings will be rolled out to all 26 constituencies in western Singapore this year.

HAPPY Seniors for a Healthy Nation

A recent study authored by Associate Professor Roshma Merchant, Division Head of Geriatric Medicine at NUH Medicine, found that more than one-third of 1051 participants aged 65 and above from Bukit Panjang were considered “pre-frail” or on the verge of becoming frail. Six per cent of participants were considered frail.

These results prompted Assoc Prof Merchant to launch the Healthy Ageing Promotion Programme For You (HAPPY) programme. The comprehensive multi-component intervention initiative aims to help seniors maintain good physical and mental health. One feature of HAPPY include dual-task exercises, which offer a combination of physical exercise and mind training performed in groups. Participants also engage in cognitive tasks of varying complexity and receive advice on healthy ageing and diet. Senior volunteers are being trained to run the programme, to ensure its sustainability.

HAPPY was modelled after Cognicise, a programme that was shown to improve and stabilise mild cognitive impairment in Japanese seniors.
COMMUNITY HEALTH INITIATIVES BLOSSOM

NUS STUDENT-LED INITIATIVES BRING HEALTH SERVICES CLOSER TO COMMUNITIES.

TIME FOR A CHECK-UP
About 1,102 Singaporeans and Permanent Residents aged 40 years old and above were screened for frailty, mental and oral health as well as chronic illnesses like cardiovascular disease and various cancers, at a free comprehensive health screening in Jurong on 21 and 22 October 2017. The screenings were held as part of Public Health Service, an annual community initiative.

Organised by students of NUS Medicine, PHS aims to promote good community health through preventive measures, and spread awareness of the need and ways of looking after one’s health through education programmes. The initiative also enlists the support of NUS students from Nursing, Pharmacy, Dentistry and Social Work, Nanyang Technological University’s Lee Kong Chian School of Medicine, Duke-NUS Medical School, as well as volunteer doctors.

Among the new tests introduced this year are mental health screenings for dementia and depression for people age 60 years old and above, as well as consultation and registration for social support services to residents in need of financial help. Explaining the importance of such services, co-director of PHS 2017 Ms Sarah Tham, said, “Over the past few years, we have found out that it is not enough to screen for purely physical ailments. Mental health is a huge component of healthcare, which affects a person’s physical health and his ability and willingness to keep healthy, and it also inflicts stress on caregivers as well.”

NO ONE LEFT BEHIND
Despite the importance of such screenings, they can be foregone by the elderly and residents of rental blocks with lower socio-economic status. These vulnerable groups may not actively seek treatment for diagnosed conditions.

To help them, the community has stepped in with the Neighbourhood Health Service (NHS) — a project initiated in 2008 by NUS Medicine, Nursing and Social Work students. Free health screenings are either conducted at common spaces like the void deck or in the homes of less-mobile residents. This year’s health screenings were conducted at Eunos Crescent and Kampong Glam in September and October respectively.

COMMUNITY HEALTH INITIATIVES BLOSSOM

- Total estimated number of residents screened under PHS and NHS: 23,000
- 84.9% of the 218 residents flagged out for follow-up during NHS 2015 were either reconnected to the healthcare system or kept an eye on via phone calls and house visits
- PHS 2017 involved 910 volunteers, providing a total of 6,908 volunteer hours

For more info, visit www.neighbourhoodhealthservice.com