

TTSH steps up community care plans to help seniors stay out of hospitals

It announces new training, partnership initiatives on its 175th birthday celebration

Lester Wong

Tan Tock Seng Hospital (TTSH) celebrated its 175th anniversary yesterday by announcing a range of initiatives aimed at helping seniors stay out of hospital and get help closer to home.

These include training health-care staff at community hospitals and volunteers to provide better lo-

calised care for seniors in their neighbourhoods, and beefing up TTSH's community health teams.

Speaking at the TTSH Founder's Day dinner at the Marina Bay Sands Convention Centre, President Halimah Yacob commended its efforts to bring care closer to the 1.4 million residents in Singapore's central region.

"This is especially pertinent for Singapore as we face an ageing pop-

ulation. It is important for the health teams to be anchored in the community to help Singaporeans manage their chronic conditions well and keep them safe at their homes," said President Halimah.

One initiative TTSH started in November last year was a pilot with the Tsao Foundation, where it shares information about seniors on the foundation's Community for Successful Ageing programme who are admitted into TTSH.

These updates allow teams from both parties to identify seniors who might need early intervention and support, and also to provide tar-

geted care after they are discharged. About 160 seniors have benefited from the initiative so far.

TTSH will also train the health-care staff of Kwong Wai Shiu Hospital's new Chronic Sick Unit, expected to be launched in the fourth quarter of next year, so that they can perform more complex procedures such as tracheotomies.

A tracheotomy is an incision made in the windpipe to relieve an obstruction to breathing. A tube is sometimes inserted to help a patient to breathe.

Kwong Wai Shiu residents will then be able to receive appropriate

care without having to be sent to an acute hospital for non-emergencies.

"The future hospital is neither one that waits for patients to fall ill and come to its doors, nor one that discharges patients and leaves them without support in the community," said TTSH chief executive officer, Dr Eugene Soh. "Healthcare must evolve from a facility-centric to person-centric model."

TTSH is currently working with about 70 partners in the central area of Singapore, with each of the seven neighbourhoods under its jurisdiction served by a community health team comprising doctors,

nurses, health coaches and operations staff. Its first community pharmacist is set to start providing services in Hougang, benefiting residents who require close monitoring of their medications.

The hospital's Centre for Health Activation has also launched a programme called Charge Up! with community partners to train volunteer caregivers in para-clinical skills such as medicine management and gait assessment. Charge Up! has trained 80 volunteers so far.

The community health teams also operate 80 health posts located within partners' premises for better access and communication, where they run various programmes to educate and improve the fitness of elderly patients.

Founded in 1844 by philanthropist Tan Tock Seng, TTSH was first known as the Chinese Pauper's Hospital and was located in Pearl's Hill. The hospital moved to its fourth and current location at Novena in 2000.

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S'pore, China hold 10-day bilateral army exercise

The Singapore Armed Forces and China's People's Liberation Army (PLA) are conducting a 10-day bilateral army exercise.

Exercise Cooperation, which is running for the fourth time since the first edition in 2009, involves about 240 soldiers from the Singapore Army's 3rd Singapore Division and 1st Commando Battalion, as well as the 74th Army Group of the PLA's Southern Theatre Command Army (STCA).

In a statement yesterday, the Ministry of Defence (Mindef) said the soldiers will engage in professional exchanges and tactical training, such as rappelling and urban operations training. The exercise, which started yesterday, will culminate in a combined urban raid as part of the final mission exercise.

At the opening ceremony in Jurong Camp, Brigadier-General Frederick Choo, commander of 3rd Singapore Division, said the exercise is one of the cornerstones of the strong defence relations between the two countries. The cultural exchange between the soldiers from both armies is also a key highlight of the exercise, he added.

STCA deputy political commissar Liu Jia added that the exercise will help both armies enhance counter-terrorism capability, and deepen communication, cooperation and friendship. Exercise Cooperation underscores the warm and friendly bilateral relations between Singapore and China, Mindef said.

Choo Yun Ting



Exercise Cooperation involves about 240 soldiers from the Singapore Army's 3rd Singapore Division and 1st Commando Battalion, as well as the People's Liberation Army's Southern Theatre Command Army's 74th Army Group. PHOTO: LIANHE ZHAOBAO

Army unveils new recovery vehicle with enhanced features

The Singapore Army unveiled a new recovery truck yesterday with enhanced safety and efficiency features.

Called the wheeled recovery vehicle (WRV), the truck has a recovery capacity of 35 tonnes, meaning it can secure and recover all wheeled vehicles used by the Singapore Army, including the Terrex Infantry Fighting Vehicle and the Mobility 3rd Generation (M3G) Raft.

In comparison, its predecessor, the MB 2636A Recovery Truck, had a capacity of only 26 tonnes and could not recover heavier new-generation vehicles like the Terrex, which comes in several variants and can weigh up to 35 tonnes.

The WRV will be progressively rolled out into operational service from the end of this year and is making its first public appearance at this year's National Day Parade as part of the mobile column.

The new truck is equipped with a rotator crane that enables its two-man crew to perform recovery operations from different angles or positions, giving them more options when in constricted spaces.

The WRV is also a dual-action vehicle that can lift and winch concurrently, whereas its predecessor could do only one task at a time.

"This means the WRV can deal with a multitude of recovery scenarios more efficiently, such as when vehicles are bogged down in very

challenging terrain," said Military Expert 6 (ME6) Mok Shao Wei, commanding officer of the 3rd Army Maintenance Base and operations manager of the WRV.

"Previously what might take two MB 2636A vehicles will now need only one WRV," said ME6 Mok.

The WRV also boasts a host of safety features to prevent mishaps during operations.

These include three rear-view cameras for better visibility when the vehicle is reversing, and five emergency stop buttons, easily accessible by operators – two more than its predecessor. The buttons are located around the vehicle.

Lester Wong

On track to better recovery

The wheeled recovery vehicle (WRV) strengthens recovery support for the Singapore Army's motorised forces in urban operations and cross-country terrain.

TECH SPECS

LENGTH 10.8m
WIDTH 2.5m
HEIGHT 3.7m

CRANE CAPABILITY
Lifting and winching

SUSPEND-TOWING CAPACITY
35 tonnes

ENHANCED SURVIVABILITY

• Armoured cabin with improved crew protection

BETTER RECOVERY

Stronger lifting capabilities:

• The WRV's 35-tonne recovery capacity, enabled by its rotator crane and winch, allows the recovery of all army wheeled vehicles

Flexible recovery:

• The WRV's rotator crane enables recovery of vehicles in tight spaces from different angles
• The WRV is a dual-action vehicle that can perform lifting and winching operations at the same time



ENHANCED SAFETY

• Multifunctional controller alerts operators on vehicle anomalies during its functional check

• Rear-view cameras provide better visibility
• Five emergency stop buttons

Source: MINDEF PHOTOS: MINDEF SUNDAY TIMES GRAPHICS

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Alcohol: 43%
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Type: Blended



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Type: Blended



Yamazaki 12 Years (With Black Box)
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Type: Single Malt



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Vol: 700ml Alcohol: 43%
Type: Blended Malt



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Type: Blended Malt



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