



**ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)
FY2020 | COURSE BOOKLET**

Centre for Allied Health and Pharmacy Excellence (CAPE) through Allied Health Integrative Network (AHINet) has presented a wide range of courses to cater to the needs of Doctors ,Allied Health Professionals, Community Care Professionals and Nurses in acute and community settings.

These courses aim to equip healthcare professionals with the knowledge and skills to meet the challenges of caring for patients in an ever-changing healthcare environment. The training will be conducted through lectures, discussions and learning activities such as roleplay, hands-on practicum etc.

If you have enquiries about our training programmes, or if you would like to join our mailing list, contact us at:
AHINet@ttsh.com.sg

Visit us at **www.facebook.com/AHINet** to get updates on our initiatives, events, and professional development programmes.

*Disclaimer : Information provided is accurate at time of inclusion and may be subjected to changes without prior notice.

Trunkology Workshop

25 - 26 APRIL 2020

About The Course:

Trunk rehabilitation is often overlooked as a vital element of rehabilitation as therapists may be more focused on retraining of self care, mobility and providing caregiver training in the early phase of recovery. Hence, this workshop aims to provide participants with a deeper understanding of the science, biomechanics and rehabilitation of trunk control (coined as trunkology) in the neurological population.

Learning Objectives:

- Gain an understanding of the anatomy of the trunk.
- Gain an understanding of the neuromuscular control of the trunk.
- Recognize common deviations in trunk control and relate them to functional implications.
- Perform comprehensive assessment of trunk control, integrate clinical findings and patient's impairments, activity.
- Limitations and participation restrictions to formulate appropriate treatment plans.
- Perform appropriate treatment techniques for improving trunk control.
- Evaluate the effects of trunk rehabilitation.

Duration: 2 days.

Prerequisite: Nil.

Target Audience:

Physiotherapists specializing in the areas of neurological and geriatrics rehabilitation can attend the workshop.

Fees:

SGD 525

Speakers:

Associate Professor Wee Seng Kwee
Senior Principal Physiotherapist

Step Up with Otago (SUO) Training Workshop

APRIL 2020

About The Course:

This workshop aims to provide participants with an understanding of the rationale behind the Otago Exercise Programme (OEP), an evidence-based fall prevention programme for older adults.

Learning Objectives:

- Appreciate the underpinning knowledge of falls in frailter, older people and the evidence base underlying the OEP.
- Recognize the different components in a typical OEP class (e.g. warm up, strength, balance, cool down), as well as the skillset necessary for safe and effective delivery of these components.
- Develop skills to plan, prepare and conduct exercise in a group setting.
- Deliver the OEP exercises safely and effectively, using a standardized teaching approach.
- Evaluate effectiveness of own teaching and leading skills (through reflective practice and peer feedback).

Duration: 3 days.

Prerequisite: Nil.

Target Audience:

Physiotherapists and therapy assistants who conduct exercise classes for older adults in acute and community hospitals, day care, day rehab and senior activity centres.

Fees:

Early Bird: SGD 1100.

Regular: SGD 1300.

Speakers:

Faezah Ghazali
Senior Physiotherapist

Mary Ann Tay
Senior Physiotherapist

Sujata Singh
Senior Physiotherapist

Natalie Yee Zimin
Senior Physiotherapist

Cheryl Marcos Daoang
Senior Therapy Assistant

Exercise Instruction and Manual Handling for Therapy Assistants

APRIL 2020

About The Course:

This course is designed to enhance the skill of exercise instruction for common upper and lower limb therapeutic exercises.

Learning Objectives:

- Understand the rationale and objectives of common exercises prescribed.
- Instruct and supervise performance of exercises accurately.
- Identify common faulty and compensatory movement patterns during exercise and how to correct them.
- Progress or regress exercises to achieve optimal exercise effectiveness.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Therapy assistants and health professionals working in outpatient, rehabilitation or long term care settings.

Fees:

Early Bird: SGD 420.

Regular: SGD 470.

Speakers:

Rethinam Ganesan
Senior Physiotherapist

Knee Osteoarthritis in Older Adults: Management in the Community

16-17 MAY 2020

About The Course:

Osteoarthritis is the 5th highest cause of disability-adjusted life years in the older age group, based on the 2004 Singapore Burden of Disease Study (Leung et al, 2013). Its link to disability means that prevention and management is key for osteoarthritis, in order to contain economic and social costs as well (Song et al, 2006). In addition, its prevalence, particularly knee osteoarthritis is expected to rise with the ageing population and growing obesity levels. Current evidence-based interventions include self-management education, physical activity and exercise, injury prevention, weight management and healthy nutrition should be delivered to individuals with osteoarthritis (Leung et al, 2013).

This workshop aims to provide a multi-dimensional perspective to the holistic management of osteoarthritis in older adults living in the community. Evidence-based approaches, including assessments and interventions for osteoarthritis will be shared. There will be practical sessions, interactive case studies and discussions to apply learnt knowledge and skills, in order to promote active learning amongst participants.

Learning Objectives:

This workshop aims for participants to acquire the knowledge and skills to:

- Describe the pathophysiology, risk factors, assessment and diagnosis of knee OA.
- Understand the multi-dimensional approaches to knee OA intervention and management.
- Apply evidence-based physiotherapy approaches in managing knee OA.
- Apply self-management and educational strategies during physiotherapy interventions.

Speakers:

Mary Ann Tay
Senior Physiotherapist

Natalie Yee Zimin
Senior Physiotherapist

Eng Xue Wen
Senior Physiotherapist

Duration: 2 days.

Prerequisite: Nil.

Target Audience:

The course is recommended for physiotherapists who work with older adults in the acute, community or private settings.

Fees:

Early Bird: SGD 820.
Regular: SGD 900.

Clinical Applications of Wheelchair Seating & Mobility

21 - 22 MAY 2020

About The Course:

The provision of wheelchair mobility device as a means to enhance the quality of life of individuals through improved mobility has now been considered to be an intervention of great importance. A proper seating and mobility evaluation involves not only the assessment, but the consideration of many client factors.

Learning Objectives:

- Identify typical postures and to understand the effect non-typical postures have on seating comfort and function.
- Demonstrate the correct way to take measurements from a wheelchair user for a wheelchair.
- Understand the implications wheelchair configuration have on seating posture, comfort and function.
- Outline the considerations when prescribing a pressure relief cushion.
- Describe the purpose of pressure mapping
- Interpret pressure mapping assessment and apply it to clinical setting.

Duration: 2 days.

Prerequisite: Nil.

Target Audience:

Occupational therapists.

Fees:

Non-SAOT members: SGD 600.

SAOT members: SGD 540.

Speakers:

Chia Rui Min

Senior Occupational Therapist

Abigail Lum Kai Mun

Senior Occupational Therapist

Hong Yun

Principal Occupational Therapist

High Technology Eye Gaze Devices for Alternative and Augmentative Communication in Hospital Setting

JUNE 2020

About The Course:

Provides an overview of augmentative and alternative communication (AAC) tools that are available for use in a hospital setting, especially the use of high technology eye gaze devices.

The course also aims to familiarize and equip our allied health/nursing colleagues with strategies and skills in using high technology eye gaze devices through hands-on practical sessions.

Duration: 3 / 4.5 hours.

Prerequisite: Nil.

Target Audience:

The course is suitable for doctors/allied health/nursing colleagues who may come into contact with individuals with potentially complex communication needs e.g. Post-stroke (locked-in syndrome), motor neuron diseases, patients who are tracheostomised or ventilated, and/or in potentially challenging situations e.g. ICU.

Fees:

SGD 100 (8am to 11am).
SGD 120 (8am to 1pm).

Speakers:

Tan Xuet Ying
Senior Speech Therapist

Speech Therapy in the Community : What can you do?

JUNE 2020

About The Course:

An overview of various communication and swallowing difficulties that can occur

Knowledge of management strategies for communication and swallowing difficulties in the community setting, including therapy tasks

Hands-on sessions to practice management strategies for communication and swallowing difficulties in the community, including how to conduct therapy tasks.

Duration: 4 hours.

Prerequisite: Nil.

Target Audience:

This course is suitable for allied health professionals working in rehab settings in multidisciplinary teams, nursing staff working in community settings and healthcare staff caring for people with communication and swallowing difficulties.

Fees:

To be confirmed.

Speakers:

Tania Teo
Speech Therapist

Return to Work (RTW): Competencies for Occupational Therapists

17 - 18 JULY 2020

About The Course:

This interactive 2-day workshop will equip participants with the skills and knowledge to assess and match clients' physical and cognitive functional abilities to their job demands, conduct workplace assessment and develop RTW goals to facilitate RTW. At the end of the workshop, participants will develop competencies and increase their confidence in enabling clients to RTW.

Learning Objectives:

- Apply bio-psychosocial and occupational therapy models in RTW assessment and interventions.
- Understand the impact of various barriers and facilitators in RTW outcomes.
- Select and conduct clinic and workplace-based assessments to evaluate work ability and set appropriate RTW goals.
- Design and select therapeutic interventions and strategies to improve work ability and achieve RTW goals.
- Develop communication and negotiation to facilitate RTW.

Duration: 2 days.

Prerequisite: Nil.

Target Audience:

Occupational therapists who are interested in helping clients to return to work.

Fees:

Non-SAOT members: SGD 600.

SAOT members: SGD 540.

Speakers:

Heidi Tan

Senior Principal Occupational Therapist

Joanna Giam

Senior Occupational Therapist

Soh Yanming

Principal Occupational Therapist



Introduction to Myofascial Pain Therapy: An Occupational Therapist Perspective

30 JULY 2020

About The Course:

Myofascial pain is defined as chronic pain caused by multiple trigger points and fascial restrictions. When clients develop pain as a result of injuries or diseases, it can decrease their occupational performance.

This 1-day workshop covers the foundational knowledge on myofascial pain and treatment techniques in enabling the client to continue active participation in activities of daily living. There is also inclusion of case study practical to facilitate theoretical application and hands-on learning.

Learning Objectives:

- Understand trigger point development and its implication to myofascial pain syndrome.
- Learn basic clinical assessment technique to identify trigger point/myofascial pain.
- Apply basic treatment technique to treat trigger point/myofascial pain through practical session.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Occupational therapists.

Fees:

Non-SAOT members: SGD 300.

SAOT members: SGD 270.

Speakers:

Dinnie Ng

Senior Occupational Therapist

Celestine Lim

Senior Occupational Therapist



Core Competencies in Managing Adult Patients post Knee Replacement Surgery

JULY 2020

About The Course:

This one and a half days workshop will cover the theoretical and practical aspects of physiotherapy assessment and management of patients after Total Knee Replacement (TKR). Based on recent research findings and guided clinical reasoning, the workshop will follow the care continuum of patients from acute to the later stages of rehabilitation.

Learning Objectives:

- Appreciate the different aspects of total knee surgery from selection of prosthesis to post-operative considerations from a surgeon's perspective.
- Develop knowledge of assessment as well as clinical reasoning skills to treat and manage patients after TKR surgery, through different stages of rehabilitation.
- Translate clinical knowledge into practical skills through case scenario discussions
- Identify and recognize factors affecting outcome of TKR patients throughout the continuum.

Duration: 1.5 day.

Prerequisite: Nil.

Target Audience:

Physiotherapists and therapy assistants in the acute, and intermediate and long term care setting.

Fees:

Early Bird: SGD 650.
Regular: SGD 710.

Speakers:

Janius Tsui
Senior Physiotherapist

Ashton Neoh
Senior Physiotherapist

Rachel Tang
Senior Physiotherapist



Basic Vestibular Rehabilitation Workshop

July 2020

About The Course:

Vestibular rehabilitation adopts an exercise-based approach in the management of dizziness and balance disorders associated with vestibular pathology. This course aims to equip physiotherapists with the knowledge and skills to evaluate and treat common vestibular disorders, such as benign paroxysmal positional vertigo (BPPV), and unilateral and bilateral vestibular loss resulting from peripheral vestibular dysfunctions, traumatic brain injury and stroke.

Learning Objectives:

- Gain an understanding of the anatomy and physiology of the vestibular system
- Recognize clinical signs and symptoms of common vestibular dysfunctions and relate them to functional implications
- Distinguish between peripheral and central causes of dizziness and imbalance
- Perform vestibular assessment, integrate clinical findings and patients' symptoms to formulate appropriate treatment plans
- Perform appropriate treatment techniques for benign paroxysmal positional vertigo, unilateral and bilateral vestibular loss, and central vestibular disorders
- Evaluate the effects of vestibular rehabilitation

Duration: 3 days.

Prerequisite: Nil.

Target Audience:

This course is appropriate for physiotherapists specializing in the areas of vestibular rehabilitation, neurology, geriatric, medical and musculoskeletal rehabilitation.

Fees:

Early Bird: SGD 1000

Regular: SGD 1200

Speakers:

Associate Professor Wee Seng Kwee
Senior Principal Physiotherapist

Tee Lee Huan
Principal Physiotherapist

Seah Wei Wei
Principal Physiotherapist

Christina Chia
Principal Physiotherapist

Acute Desaturation

1 AUGUST 2020

About The Course:

Acute desaturation is one of the critical emergency situations that demand immediate medical attention and intervention. Failure to respond in time with the appropriate clinical decision and intervention can result in a rapid deterioration of the patient's condition.

With a wide variability and complex interplay of physiological processes involved, management of patients with acute desaturation can be challenging and daunting even to the experienced clinician. A sound understanding of acute cardio-pulmonary care is vital in ensuring the best possible outcomes for these patients.

Learning Objectives:

This workshop aims to equip physiotherapists and other healthcare staff with confidence and adequate knowledge in managing patients with acute desaturation in the clinical setting. Participants will have the opportunity develop and sharpen clinical reasoning skills through simulation, advanced case study discussions as well as lectures. Simulation will be conducted at SIMTAC laboratory where participants have the opportunity to immerse themselves in realistic case scenarios of desaturation both in the ICU and general ward setting using the high fidelity 3G SimMan.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

The course is suitable for physiotherapists, respiratory therapists and nurses working in acute care units

Fees:

Early Bird: SGD 420.

Regular: SGD 470.

Speakers:

Lawrence Xu
Principal Physiotherapist

Saboor Rahman Iqbal
Senior Physiotherapist

Audrey Lee
Senior Physiotherapist

Adeline Chi
Senior Physiotherapist

Intensivist (TBC)
Respiratory Consultant (TBC)

Core Competencies in Neurological Physiotherapy - Essential Assessments

22-23 AUGUST 2020

About The Course:

Physiotherapy management of the neurological patient often pose a clinical challenge for clinicians as these patients present with multiple movement complexities across a myriad of clinical presentations. Systematic and comprehensive assessment of these patients is essential to provide clinicians with key information required for the analysis and accurate diagnosis of movement impairments to enable treatment to be targeted and more effective.

This workshop aims to equip participants with the knowledge and skills to conduct essential assessments for neurological patients in a systematic manner as a foundation for physiotherapy treatment planning and goal setting.

Learning Objectives:

Following the course, participants will be able to conduct basic physiotherapy assessment and select appropriate outcome measures for patients with neurological conditions.

Duration: 1.5 day.

Prerequisite: Nil.

Target Audience:

The course is suitable for physiotherapists managing neurological patients in the acute, and intermediate and community setting.

Fees:

Early Bird: SGD 650.

Regular: SGD 710.

Speakers:

Rachel Yzelman
Principal Physiotherapist

Yee Zhi Rong
Senior Physiotherapist



Stroke Rehabilitation for the Budding Occupational Therapist

AUGUST 2020

About The Course:

In Singapore, stroke is among the top causes of hospitalization and disability. The Occupational therapist plays a vital role in the rehabilitation of the stroke patient. Managing the myriad of deficits in a patient affected by stroke can be challenging for a novice OT or an OT newly rotated into a neuro caseload.

This workshop aims to provide a holistic overview of the etiology of stroke, medical interventions and a comprehensive understanding of how to carry out Occupational therapy assessments and interventions.

Learning Objectives:

- Gain an understanding of medical management of stroke and identify the role of OT in this process.
- Carry out a comprehensive neuro assessment to accurately identify deficits post stroke
- Plan and execute rehabilitation sessions for targeted deficits post stroke (UL and ADL facilitation).
- Provide patient and family education to work with them towards functional recovery.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Occupational therapists of 0-2 years experience with stroke caseload.

Fees:

Non-SAOT members: SGD 300.

SAOT members: SGD 270.

Speakers:

Chia Pei Fen

Principal Occupational Therapist



Promoting Better Conversation with Individuals with Communication Disorders

AUGUST 2020

About The Course:

The course aims to provide an overview of communication disorders in individuals post-stroke/brain injury and how it impacts on our everyday conversations. The course also aims to familiarize and equip our allied health/nursing colleagues with communication strategies that can help promote better conversations through theory and hands-on practical sessions.

Learning Objectives:

- Overview and understanding of communication disorders that can result from stroke or brain injury.
- Understanding the elements of conversation and how it works.
- Understanding of how communication disorders impact on everyday conversation.
- To be able to list and practice use of communication strategies to improve conversational success with individuals with communication disorders.

Duration: 4.5 hours.

Prerequisite: Nil.

Target Audience:

The course is suitable for allied health/nursing colleagues who would like to learn more about strategies to improve conversations with individuals with communication disorders post-stroke/brain injury.

Fees:

SGD 125.

Speakers:

Jasmine Boo
Senior Speech Therapist

Sheena Koh
Speech Therapist



Orientation and Mobility for Adults – An Introduction

10 & 17 SEPTEMBER 2020

About The Course:

This is an introductory course on Orientation and Mobility (O&M) for adults. Essential components of O&M will be introduced, followed by practical sessions which will be the bulk of the course.

Participants will have the opportunity to go under blindfold and practice teaching each other to orientate to space, use human guide, and learn basic cane skills. Participants will also practice environmental assessments as it relates to mobility. There will be opportunities to discuss modifications for persons with physical and/or cognitive impairments and hearing loss although the main focus in this introductory course will be O&M for adults with only vision loss.

Learning Objectives:

- Explain to clients what O&M is.
- Assess if adult clients will benefit from O&M.
- Teach human guide techniques to adult clients.
- Identify and correct poor cane use.

Duration: 2 days.

Prerequisite: Nil.

Target Audience:

Occupational therapists and physiotherapists working with adults and older adults in the acute, subacute and community settings.

Fees:

Non-SAOT members: SGD 600.

SAOT members: SGD 540.

Speakers:

Eileen Lim Yi Jin

Senior Occupational Therapist

Facilitating Occupation through Oncology Care Continuum

25 SEPTEMBER 2020

About The Course:

Cancer cases have been rising over the years. In Singapore, about 35 people are diagnosed with cancer every day. Living with cancer can pose many challenges in one's life journey.

Providing quality rehabilitation care to patients with cancer require specific skills and knowledge to enable and facilitate patient's continued engagement in their valued activities in spite of their limitations.

Learning Objectives:

- Knowledge of the continuum of therapy for cancer patients from diagnosis to end of life.
- Knowledge to describe the impact of cancer and side effects of treatment on occupation.
- Skills to support patients, in different stages of cancer continuum, to manage disease and/or treatment related symptoms and participate in occupation.
- Knowledge to adopt a rehabilitative palliative care approach in occupational therapy interventions.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Occupational therapists who have an interest in oncology care.

Fees:

Non-SAOT members: SGD 300.

SAOT members: SGD 270.

Speakers:

Nurul Ain Rahmat

Senior Occupational Therapist

Neo Cui Fang Josephine

Senior Occupational Therapist



Move Now and Combat the Chronic Diseases

SEPTEMBER 2020

About The Course:

Exercise is a powerful adjunct to medical intervention in the management of chronic diseases. The benefits reaped from staying active are indisputable and have been widely reported. Learn more about how you can help patients to adopt a physically active lifestyle to prevent and treat chronic diseases.

Learning Objectives:

- Evidence behind exercise and physical activity in the management of these conditions.
- Prescribing physical activity & exercise: dosing it right for effectiveness. How do I determine the dose?
- Practical applications: how do I apply principles and devise a suitable physiotherapy program in my setting?
- Prevention & Treatment: Role of physical activity & exercise. Is there a difference in my approach?
- Other aspects that contribute to effective rehabilitation: role of nutrition, motivation and empowerment. What else is needed for this to be effective?

Duration: 1.5 day.

Prerequisite: Nil.

Target Audience:

Physiotherapists who work with patients with chronic diseases.

Fees:

Early Bird: SGD 650.

Regular: SGD 710.

Speakers:

Swapna Tony

Principal Physiotherapist

Cheryl Heng

Senior Physiotherapist

Keith Chua

Senior Physiotherapist

Rethinam Ganesan

Senior Physiotherapist

Falls Assessment, Management and Prevention for Older Adults in Primary and Community Settings

OCTOBER 2020

About The Course:

This workshop aims to provide participants with up-to-date and evidence-based knowledge and skills on how to manage falls and balance impairments in older adults in the primary care and community setting. There will be practical sessions, interactive case studies and discussions to apply learnt knowledge and skills, in order to promote problem-based learning amongst participants.

Learning Objectives:

- To apply the basic knowledge about balance and mobility into the functional assessment for older adults.
- To be able to choose and support the selection of appropriate functional assessments for older adults.
- To be able to develop a suitable exercise program designed to promote balance and mobility in older adults, based on the functional assessments.

Duration: 2 half-days.

Prerequisite: Nil.

Target Audience:

Physiotherapists who work with older adults with falls and balance issues in the acute, community or private settings.

Fees:

Early Bird: SGD 420.

Regular: SGD 470.

Speakers:

Lee Sin Yi
Senior Physiotherapist

Faezah Ghazali
Senior Physiotherapist



Critical Concepts of Managing Back Pain

DECEMBER 2020

About The Course:

Lower back pain (LBP) is one of the most common musculoskeletal dysfunctions encountered in the clinical setting. Despite its common occurrence, it often proves to be one of the most challenging conditions to manage, for both the novice and practiced clinician. As physiotherapists, how can we help them manage their pain while continuing to improve the presenting movement dysfunction?

Learning Objectives:

- Equip physiotherapists working in a musculoskeletal setting with updated concepts and knowledge on managing LBP via an evidence-based practice approach.
- Improve the understanding and management of clinical patterns of LBP through the use of a multifactorial clinical reasoning framework.
- The use of an integrated treatment approach, incorporating the use of functional assessment and movement correction, as well as therapeutic exercise.

Duration: 2 days.

Prerequisite: Nil.

Target Audience:

Physiotherapists working in musculoskeletal settings, and seeing patients presenting with back or/and hip pathologies.

Fees:

Early Bird: SGD 820.

Regular: SGD 900.

Speakers:

Jason Loh

Senior Physiotherapist

Chen Yanzhang

Senior Physiotherapist

High Technology Eye Gaze Devices for Alternative and Augmentative Communication in Hospital Setting

DECEMBER 2020

About The Course:

Provides an overview of Augmentative and Alternative Communication (AAC) tools that are available for use in a hospital setting, especially the use of high technology eye gaze devices. The course also aims to familiarize and equip our allied health/nursing colleagues with strategies and skills in using high technology eye gaze devices through hands-on practical sessions.

Duration: 3 / 4.5 hours.

Prerequisite: Nil.

Target Audience:

The course is suitable for doctors/allied health/nursing colleagues who may come into contact with individuals with potentially complex communication needs e.g. post-stroke (locked-in syndrome), motor neuron diseases, patients who are tracheostomised or ventilated, and/or in potentially challenging situations e.g. ICU.

Fees:

SGD 100 (8am to 11am).
SGD 120 (8am to 1pm).

Speakers:

Tan Xuet Ying
Senior Speech Therapist



Amputee Multidisciplinary Rehabilitation Programme

FEBRUARY 2021

About The Course:

The loss of a lower limb has severe effects on a person's physical function, mobility, and ability to perform activities of daily living. As a result, this impacts negatively on their mental well being, social participation and integration. The goal of amputee rehabilitation is to help the amputees to regain their ambulation successfully with the use of a prosthesis and to re-integrate back into society.

Learning Objectives:

The workshop is categorized into 3 parts with respective learning objectives - participants will gain an understanding of :

- Pre-prosthetic amputee assessment, management and goals setting.
- Gait and prosthetic components for a transtibial and transfemoral amputation.
- Prosthetic training of amputee patients.

Duration: 2 days.

Prerequisite: Nil.

Target Audience:

Physiotherapists and Prosthetists/Orthotists who works in all areas of practice, from acute setting to Outpatient rehabilitation and community setting.

Fees:

Early Bird: SGD 820.

Regular: SGD 900.

Speakers:

Yvonne Hwong
Principal Physiotherapist

Tan Zhen Yan
Senior Physiotherapist

Quek Mei Sing
Senior Physiotherapist

Sujata Sharlene Singh
Senior Physiotherapist

Davina Koh
Principal Physiotherapist

Beyond Transition to Community – Bridging the Transitional Gap

FEBRUARY 2021

About The Course:

Transition to community life remains a challenge for people with acquired disabilities. Resuming community activities and individual's social roles are the most problematic areas of recovery, even with an adequate level of functional independence.

Learning Objectives:

This course aims to equip healthcare professionals who are keen to understand the philosophy, approaches and the interventions to aid people with disabilities to transit safely and purposefully into their home and community.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Healthcare professionals especially allied health practitioners who are keen to learn more about community based care.

Fees:

SGD 350.

Speakers:

Lena Lye
Senior Medical Social Worker

Derek Tan
Senior Physiotherapist



Frailty in the Older Adult and Impact on Occupation

12 MARCH 2021

About The Course:

As people age, they move along a continuum that stretches from robustness at one end to frailty and care dependence at the other end. An ongoing and holistic assessment of an older person's needs is required when developing and refining an effective individual care plan that will fulfil the person's life goals.

Frailty results in reduced participation in activities of daily living which affects a person's quality of life. Hence, it is crucial for healthcare professionals to equip themselves with the knowledge of frailty and their role in delaying the transition to frailty.

Learning Objectives:

- Understand the concepts of frailty.
- Identify and assess frailty in clinical setting.
- Understand the implications of frailty on functions.
- Understand roles of occupational therapists for managing frail elderly.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Occupational therapists who are interested to acquire knowledge and skills to help elderly clients to age in place and improve quality of life.

Fees:

Non-SAOT members: SGD 300.

SAOT members: SGD 270.

Speakers:

Lim Yee Jay
Occupational Therapist

Gue Ling Jia
Occupational Therapist



Supporting Seniors in Self-management of Chronic Conditions in the Community

19 MARCH 2021

About The Course:

Older adults with chronic conditions may experience problems in their daily lives due to the impact of the diseases, such as falls which may result in hospitalization and disabilities.

Self-management programmes held overseas in the community have helped individuals to gain skills and confidence to live well with one or more chronic conditions.

Learning Objectives:

- Introduction to self-management support for person with chronic illnesses.
- Discuss the differences between patient education and self management.
- Identify tools and strategies for self management support for elderly with chronic diseases in the community.
- Demonstrate self management strategies to a person with chronic diseases for symptoms management using case studies.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Health coaches, center supervisors, programme coordinators of senior activity centers and social day care centers.

Fees:

Non-SAOT members: SGD 300.

SAOT members: SGD 270.

Speakers:

Sabrina Ow Yong

Principal Occupational Therapist

Hengky Lee

Senior Occupational Therapist



Behavioral Management Strategies with Persons with Brain Injury

MARCH 2021

About The Course:

Trauma is the 5th leading cause of death in Singapore and a leading cause of mortality and morbidity worldwide. Following traumatic brain injury (TBI), patients can experience various complications and neurobehavioral sequelae. Post-traumatic agitation is one of the common complications affecting ~60% of survivors. Other common behavioral complications following TBI include apathy, emotional lability, irritability, socially inappropriate behavior and sexual disinhibition. These can cause distress and anxiety to loved ones or healthcare professionals and may negatively affect rehabilitation progress and discharge destination.

Learning Objectives:

- Assessment of the brain injured patients using Ranchos Los Amigo Los Level of Cognitive Functioning Scale and Agitated Behavioral Scale and Post Traumatic Amnesia charting.
- Assessment of various challenging behaviors using video analyses and/role play.
- Application of various behavioral management and rehabilitation strategies for agitated brain injured patients.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Healthcare professionals working with persons with brain injury that display challenging behaviors.

Fees:

SGD 450.

Speakers:

Tegan Kate Plunkett
Senior Occupational Therapist

Stephanie Yeo Hui Zhen
Senior Occupational Therapist

Ruth Ong Choo Li
Senior Physiotherapist

Lee Jia Wen
Senior Speech Therapist



Advanced Vestibular Rehabilitation Workshop

MARCH 2021

About The Course:

Vestibular rehabilitation adopts an exercise-based approach in the management of dizziness and balance disorders associated with vestibular pathology.

This advanced level course will include topics such as Persistent Postural-Perceptual Dizziness, advanced techniques in BPPV management, motion sickness, cervicogenic dizziness, vestibular migraine associated dizziness, and cervicogenic dizziness. The effects of ageing on the vestibular system, medical conditions and their relation to vestibular system function, concussion management and post-trauma vision syndrome will also be discussed.

Duration: 2 days.

Learning Objectives:

- Understand the assessment and management of patients with complex vestibular disorders from a psychosocial perspective.
- Acquire advanced skills and knowledge for comprehensive evaluation of patients with complex dizziness presentations.
- Fine-tune clinical reasoning skills to enhance differential diagnosis for disorders of the central and peripheral vestibular systems.
- Improve knowledge and understanding of common vestibular disorders such as cervicogenic dizziness, persistent postural perceptual dizziness, post-concussion syndrome, migraines and motion sickness.
- Develop effective and evidence-based treatment approaches for patients with complex dizziness disorders.

Speakers:

Assistant Professor Wee Seng Kwee
Senior Principal Physiotherapist

Tee Lee Huan
Principal Physiotherapist

Seah Wei Wei
Principal Physiotherapist

Christina Chia
Principal Physiotherapist

Chen Yan Zhang
Senior Physiotherapist

Prerequisite: Participants have attended courses in basic vestibular rehabilitation and have clinical experience in treating patients with vestibular dysfunction prior to attending this workshop.

Target Audience:

Physiotherapists who have basic knowledge in vestibular rehabilitation.

Fees:

Early Bird: SGD 820.
Regular: SGD 1000.

Pharmacy Clinical Attachment – Antimicrobial Stewardship

ALL YEAR ROUND

About The Attachment:

This clinical attachment aims to provide quality Antimicrobial Stewardship Programme (ASP) training to registered secondary and tertiary care pharmacists seeking to incorporate antimicrobial stewardship in their practice settings. The supervised attachment by a faculty of experienced pharmacists and infectious diseases physicians will allow participants to gain confidence in application of stewardship principles.

Duration: 4 – 6 weeks (depending on availability).

Learning Objectives:

- Recognize commonly acquired inpatient infections and recommend appropriate empiric or culture directed therapy according to guidelines / best practice.
- Design customized treatment plans utilizing patient factors, pharmacokinetic and pharmacodynamics principles of anti-infectives to optimize care.
- Identify contemporary management strategies to address the challenges of stewardship.
- Develop effective communication skills for inter-professional interactions.
- Assess outcomes and impact of antimicrobial stewardship.

Prerequisite: Pharmacists who completed or currently undergoing antimicrobial stewardship / infectious diseases course, looking to apply and consolidate their knowledge in a practice setting.

Contact:

Ng Tat Ming
Principal Pharmacist

Target Audience:

Hospital pharmacists looking to further their knowledge to enhance their care of patients with infectious diseases.

Fees:

\$525 per person/week
One-time administrative fee of \$70
(all fees exclusive of 7% GST)

Pharmacy - Medication Management Befriender Training Workshop

TO BE CONFIRMED

About The Course:

The workshop aims to provide participants with basic knowledge and skills to assist residents with chronic disease within the community, in managing their medical conditions and medications.

Duration: 3 hours.

Learning Objectives:

- Demonstrate ability to provide simple advice on medication handling (e.g. medication storage, how to read expiry dates).
- Demonstrate skill in performing basic medication management skills such as creating a medication list based on medication labels and packing pill box according to the medication list.
- Describe simple advice on managing common side effects.
- Identify red flags during visits and seek appropriate help for urgent side effects.

Prerequisite: Nil.

Target Audience:

Befrienders or Volunteers in the community.

Fees:

To be confirmed.

Speakers:

Elaine Lim Bee Tin
Senior Pharmacist

Florence Ho Man Wah
Senior Pharmacist



Management of the Diabetic Foot in the Community

TO BE CONFIRMED

About The Course:

With the aging population and a higher incidence of patients with chronic diseases such as diabetes, healthcare professionals such as nurses, therapists and therapy aides are needed to have specific skills sets to manage a list of problems they may face when treating their patients in the community. Nurses, therapists and therapy aides working in the community are often called upon to manage the feet of their patients. This may include simple diabetic foot screening and toenail cutting.

This 1.5 day course will comprise of lectures, workshops with hands-on practice and a competency test. For nurses or therapists who would need to teach their junior staff, an additional half day course on train-the-trainer is available for sign up.

Learning Objectives:

- Carry out a simple diabetic foot screening to classify and stratify their patients' foot status.
- Provide toenail cutting services when appropriate.

Duration: 1.5 / 2 days.

Prerequisite: Nil.

Target Audience:

Enrolled nurses, assistant nurses, therapists, therapy aides, assistants based in nursing homes, home nursing, polyclinics etc.

Fees:

1.5 day: SGD 150.

2 days: SGD 200.

Speakers:

Ng Chuan Guan
Senior Podiatrist

Leow Yen Yong
Podiatrist



The Right Foundation: Orthoses Modifications and Considerations

TO BE CONFIRMED

About The Course:

This 1-day master class provides an in-depth exploration of various orthoses modifications, linking it to potential biomechanical compensations and equipping participants with assessments that will enable them to better understand and predict such compensations.

The focus of using case discussions as examples throughout the workshop will keep it clinically relevant for the practicing podiatrist. To make it even more relevant to practice, registrants will also vote to decide the focus of one of the lecture sessions.

Learning Objectives:

- Help participants master an in-depth and holistic assessment approach that is relevant to their practice.
- Apply a targeted management for orthoses prescription and modification.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Practicing podiatrists and other healthcare professionals.

Fees:

SGD 300.

Speakers:

Wong Hui Jing Trina
Senior Podiatrist



Orthotic Management of the Fractured Spine

TO BE CONFIRMED

About The Course:

Healthcare professionals such as nurses, orthotists, therapists and therapy aides play a pivotal role in the patient's recovery process. Specific skills sets are required when treating spinal trauma patients in the wards, including specialised spinal nursing skills, proper fitting and use of spinal orthoses to protect the spine during the recovery process and Physiotherapy to enable a safe return to normal activities. This course is designed to better prepare nurses, therapists and therapy aides with the necessary skills sets to safely handle a patient with a spinal fracture and in the use (Donning and Doffing) and care of the spinal orthoses for such fractures.

This half day course will comprise of lectures and workshops with hands-on practice.

Learning Objectives:

- Understand the surgeons' choice route of treatment and the options available.
- Better understand the physiotherapy management of spinal fractures in conservative and surgical setting.
- Safely fit a spinal orthoses on a patient with a spinal fracture.

Duration: 0.5 day.

Prerequisite: Nil.

Target Audience:

Enrolled nurses, assistant nurses, therapists, therapy aides/assistants, orthotists based in hospital etc.

Fees:

SGD 100.

Speakers:

Rie Nagai

Senior Prosthetist/Orthotist

Joseph Lim

Senior Prosthetist/Orthotist

The Healthcare Professional's Guide to Transtibial Prosthetics

TO BE CONFIRMED

About The Course:

Lower limb amputations as a result of vascular complications are the leading cause of amputation in the developed world. With increasing rates of chronic diseases that may result in amputation, such as diabetes and peripheral vascular disease, most healthcare professionals are likely to encounter at least one lower limb prosthesis user during the course of their careers.

Below knee amputations (transtibial amputations) are the most common level of lower limb amputation and are likely to be encountered by different groups of healthcare professionals in a variety of settings.

Learning Objectives:

- Acquire background knowledge on transtibial prosthetics
- Learn basic skills on the use, fitting and function of this type of prostheses.

Duration: 1 day.

Prerequisite: Nil.

Target Audience:

Medical staff, allied health professionals, therapy assistants and other healthcare professionals involved in the care of transtibial prosthetic users.

Fees:

SGD 250.

Speakers:

Vanessa Ng
Senior Prosthetist/Orthotist

Ng Li Bing
Prosthetist/Orthotist



