

EVENTS

THROWBACK - A collection of events lined up by CAPE's Learning Communities for our Allied Health Community in the past months ...

JUL- SEPT 21

OCT- DEC 21

TECH-ENABLED CARE SERIES

REMOTE REHABILITATION via mobile application

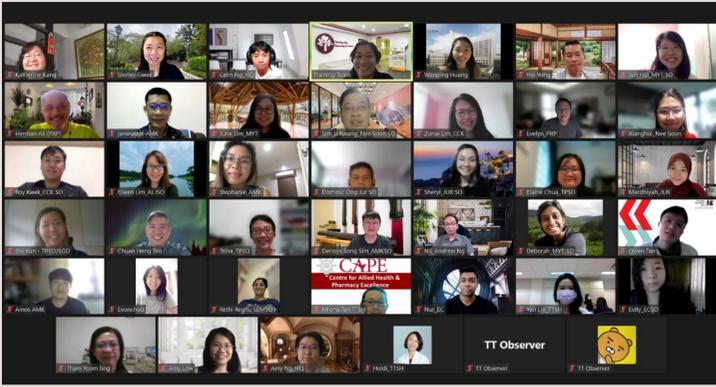
Ms Jaclyn Chow, Senior Physiotherapist was invited on 29 September 2021 to share with close to 60 participants on the development of the **Heart-Track™**, a novel cardiac rehabilitation digital system in which care is delivered via a mobile application for patients who had undergone post-percutaneous coronary intervention to complete their exercise rehabilitation at their own pace and convenience.



Using **Design Thinking approach** as an important tool in the development of Heart-Track™, the speaker offered insights into the pain points and challenges faced, the ideation to create a new model of care and how user-/patient-centric solutions were identified to achieve the best possible outcomes.

COMMUNITY-CARE SERIES

WHAT MATTERS TO YOU Workshop Series



Throwback to the Training Series for our Community –Supported by the Division of Central Health (DCH), Dr Huang Wanping, Principal Psychologist has brought the **“What Matters to You”** Workshop Series to 100 over Silver Generation Officers from the Silver Generation Division at the Agency for Integrated Care (AIC) since July 2021.

The workshops focus on how to conduct meaningful what matters conversations to find out the priorities of the senior, how to use information from these conversations to engage, motivate and influence behaviour change, in order to achieve outcomes that truly matter to the senior. Taking a person-centred approach leveraging on relationship-based care, aligning the choices they make and the actions they take to what matters, the goal is to help our seniors lead lives they deem meaningful and fulfilling. This is an ongoing collaboration between Division of Central Health, Allied Health Division and CAPE, on building capability in the community with our partners - Agency for Integrated Care.

Such collaboration is ever more crucial and essential now during this pandemic as some elderly have been socially isolated for a while. It is important to continue to engage and reach out to them through various means to address what matters to them.

CAPE's Learning Community's CoP Series focus on Community Care, Trans-Disciplinary Care and Technology-Enabled Care as its innovative tracks. So, do join our network and keep a look-out to our upcoming events if you are interested in them.

CAPE CENTRE FOR Allied Health & Pharmacy Excellence
CENTRE FOR ALLIED HEALTH & PHARMACY EXCELLENCE
ALLIED HEALTH CONGRESS 2021
TRANSFORMING FOR TOMORROW: FROM IDEATION TO PRACTICE
16 - 17 NOVEMBER 2021

Together with over **200 delegates**, we were privileged to tune in to over **620 minutes** of presentations over 2 days of CAPE's inaugural conference on 16 & 17 November 2021 for our Allied Health and Pharmacy community. Over **40 invited faculty** (Speakers and Moderators) has too generously shared and exchanged their commentary from transformed care models to understanding of how massive movements may be achieved under wise leadership over **240 minutes** of interactive and open panel discussions.

Voices of our Delegates

"Enjoyed the content: Innovation, future plans for community care, and embracing change!"
"Inspirational presentation by Prof Sim"
"Great sharing on mindsets and methodology behind innovation..."
"Not the usual Conference. Very diverse topics"
"Can relate the topics to their work"

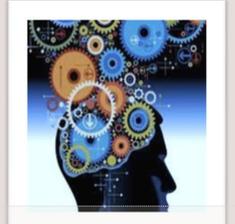


Hereby, we would like to **Thank You everyone** for being integral in making the inaugural CAPE Allied Health Congress 2021 a success! We are certainly heartened by your encouraging comments towards our congress.

TRANS-DISCIPLINARY CARE SERIES

WORKFORCE TRANSFORMATION JOURNAL CLUB – Is Driving Trans- Disciplinary Culture a Solution towards a better Healthcare Tomorrow?

In the recent lunch-time Workforce Transformation Journal Club organised on 16 Dec 2021, over 30 AHPS discussed in depth WHY, WHAT, WHO, WHEN, HOW culture may drive Trans-Disciplinary Care delivery and whether Trans-Disciplinary Care can be a feasible and realistic solution to patients based on current gaps in traditional healthcare systems



Let us know if you have a burning proposal which you are interested for the AHSP Community to discuss in our future events. Pen your ideas to CAPE@tths.com.sg

CAPE FUND - Project Story



Equipping and Empowering patients or caregivers for self-management of toenails

Many patients and their caregivers have expressed being daunted by the task of managing mildly pathological toenails as they do not want to hurt themselves or their loved ones. The fear toward carrying out this personal care task is engendered due to the lack of appropriate tools, as well as a lack of knowledge and skills on how to carry out this task.

These patients are usually referred to Podiatry for long-term management of their toenails. The significant direct costs for these services over the remaining lifetime of these patients, in combination with the wrong-siting for personal care in an acute hospital setting, are the main drivers that propagated this project idea.

Supported by CAPE FUND, this pilot project aims to empower eligible patients or their able-bodied caregivers with the right instrument and training to manage their toenails independently and safely.

Stringent criterion was also set up to exclude patients with severe nail pathologies or at moderate to high risk of amputation.

A group of 20 patients and caregivers underwent a comprehensive 6-month training programme in late 2020, with timely assessments to ensure the trainee's proficiency. More than 70% of trainees successfully completed training. Surveyed trainees found the course to be manageable, safe and reported high satisfaction.

Hence with safe empowerment, patients and their caregivers may too carry out enhanced personal care tasks like cutting of mildly pathological toenails to a good functional level.



A Caregiver practicing nail cutting skill while being observed by a Podiatrist

“The commitment

demonstrated by the participants and the project team, despite the COVID-19 restrictions, were pivotal to the success of the project.

Mr Kenneth Koh, Senior Podiatrist



A Podiatrist delivering personalised coaching of theoretical knowledge



UPCOMING

COURSES by CAPE FOR OUR COMMUNITY!

Interested to take up courses to help seniors age gracefully? Community Care professionals may now anticipate new courses from CAPE at Centre for Healthcare Innovation (CHI) @ Tan Tock Seng Hospital.

DATE	COURSE
03 Mar 2022	Approaches to optimise Nutrition Care for Adults in Intermediate and Long term Care (ILTC) Facilities
17 Mar 2022	Nutrition Considerations in Home Enteral Nutrition (HEN)
24-25 Mar 2022	Physiotherapy Management of Knee Osteoarthritis
06 Apr 2022	Speech Therapy in the Community: What can You do?



Register Now
<https://lms.wizlearn.com/AIC>

For more information on courses, simply scan the QR code (right) to access the Learning Management System (LMS) and filter to “Tan Tock Seng Hospital (TTS)” as the Learning Institute of your choice to find out more about the courses offered.

The Centre for Allied Health and Pharmacy Excellence (CAPE) was launched in May 2019 to spur strategic transformation of the Allied Health and Pharmacy Professionals through innovation, thought leadership development and training integration with partners across health and community sectors. CAPE provides an exciting platform for allied health professionals and pharmacists to drive innovation and training in health-social care integration so as to optimise independence and quality of life for our population. Through CAPE, we hope to collaborate, co-learn and co-create with partners across health-social sectors in the 3 identified key areas of community, trans-disciplinary and tech-enabled care. We also hope to build thought leadership and continuously innovate our roles and care models as future-ready Allied Health & Pharmacy professionals.

Presented by

