

IGA NEWSLETTER

ACTIVE AGER SPOTLIGHT

Mdm Fu Oi Lan, 71, Semi-retiree

At 71, Madam Fu Oi Lan is a shining example of resilience and active ageing. Just this August, she underwent a major lower spinal surgery. After three months of recovery at home, Madam Fu has joyfully returned to her routine – working as a part-time home cleaner and attending weekly church services.



Her passion for giving back remains unwavering. Not only has she resumed volunteering in her church's monthly mission trips to Batam, where she supports school programmes that benefit underprivileged children, she also sponsors the living expenses of the children. Before the surgery, Madam Fu even graced the stage of Marine Parade Active Ageing Centre with Traditional Chinese Opera performances during the Mid-Autumn Festival.

Despite the challenges of recovery, Madam Fu stays committed to her health. She dedicates an hour daily to exercising at home and embraces a healthy eating lifestyle to support her well-being. Grateful for her successful surgery, she counts her blessings as she prepares to celebrate her 72nd birthday next month.

Madam Fu's story reminds us that age is no barrier to living meaningfully and staying active. Her determination and positive outlook inspire us all to keep moving forward, no matter the obstacles faced.



RESEARCH & TRANSLATION



Inpatient Nursing Frailty Assessment (INFA)

Imagine being older and in the hospital – frailty can make recovery harder and increase risks like falls or poor nutrition. Yet, outside of geriatric wards, specialised care is often limited. That's where the INFA programme steps in.

INFA helps nurses spot early signs of frailty through regular checks for issues like functional decline, delirium, falls, sensory impairment, malnutrition and swallowing difficulties. This means timely referrals and interventions for patients who need extra support.

To make INFA work well in real-life hospital settings, our team uses an implementation research approach – a research method that studies how best to introduce and sustain new practices. Before launching INFA, we interviewed nurses and doctors to understand challenges and success factors, then designed strategies to support staff during the rollout in pilot wards.

So far, about 90% of frail inpatients in the study have been screened through INFA – giving them access to early care that can make a big difference. As part of TTSH's Frailty-Ready Hospital initiative, INFA is paving the way for better, practical care for older patients.

Stay tuned for more updates on this exciting transformation!



ADL+ 2.0:

Enhanced AI-assisted multidomain digital intervention for prevention of cognitive decline in community-dwelling older adults

Dementia is on the rise – by 2050, an estimated 187,000 people in Singapore will be living with the condition.

That's why we launched ADL+ 2.0, a research programme that combines technology and AI to help older adults maintain and improve their brain health.

Backed by a 5-year grant from the Ministry of Health, our team works with valued partners to develop and test ADL+ 2.0 in real-world settings using an implementation science approach. We've just crossed the 1-year mark in Phase 1, with over 100 older adults participating and trying out different parts of the programme. Here's a glimpse of what they've experienced so far:



Mobile App

- Dashboard to engage participants
- Games that mirror daily routines
- 6 Wells educational resources – Think, Eat, Move, Sleep, Connect and Sleep Well



Group-based sessions

- 10-week curriculum backed by science
- Sharing of 6 Wells knowledge by trained facilitators
- Hands-on activities to transfer knowledge to daily life

Stay tuned for more updates as we move into the next phase!





Namaste Care Workshop

Bringing Comfort and Connection

Have you ever wondered what it means when South Asians or yogis say "Namaste"? Signifying deep respect, Namaste means "I bow to you" and acknowledges the inner light within each person.



So, what is Namaste Care (NC)?

Inspired by the same spirit, NC is a gentle, multisensory approach to meaningfully engage and connect with persons living with dementia (PLWDs). For those in moderate to advanced stages, NC uses activities to stimulate the five senses while honoring their unique personhood. This connection, non-verbal yet profound, brings dignity and comfort to PLWDs.

IGA has previously conducted NC workshops for the Agency for Integrated Care (AIC) and community partners. This year however, we proudly introduced the NC Workshop for caregivers of PLWDs. The session was led by Adj Asst Prof Noorhazlina Bte Ali, Senior Consultant Geriatrician, who first learned about Namaste Care from its founder, Prof Joyce Simard, during her advanced dementia training in the United States in 2014.

Dr Noorhazlina taught the caregivers practical skills in engaging and caring for their loved ones at home. Through interactive discussions, presentations, and hands-on learning, participants even practiced soothing massage techniques to create meaningful connections with PLWDs. Kudos to these unsung heroes for their enthusiasm and commitment in improving the quality of lives of their loved ones.

**SCAN HERE FOR
IGA EDUCATIONAL
RESOURCES**



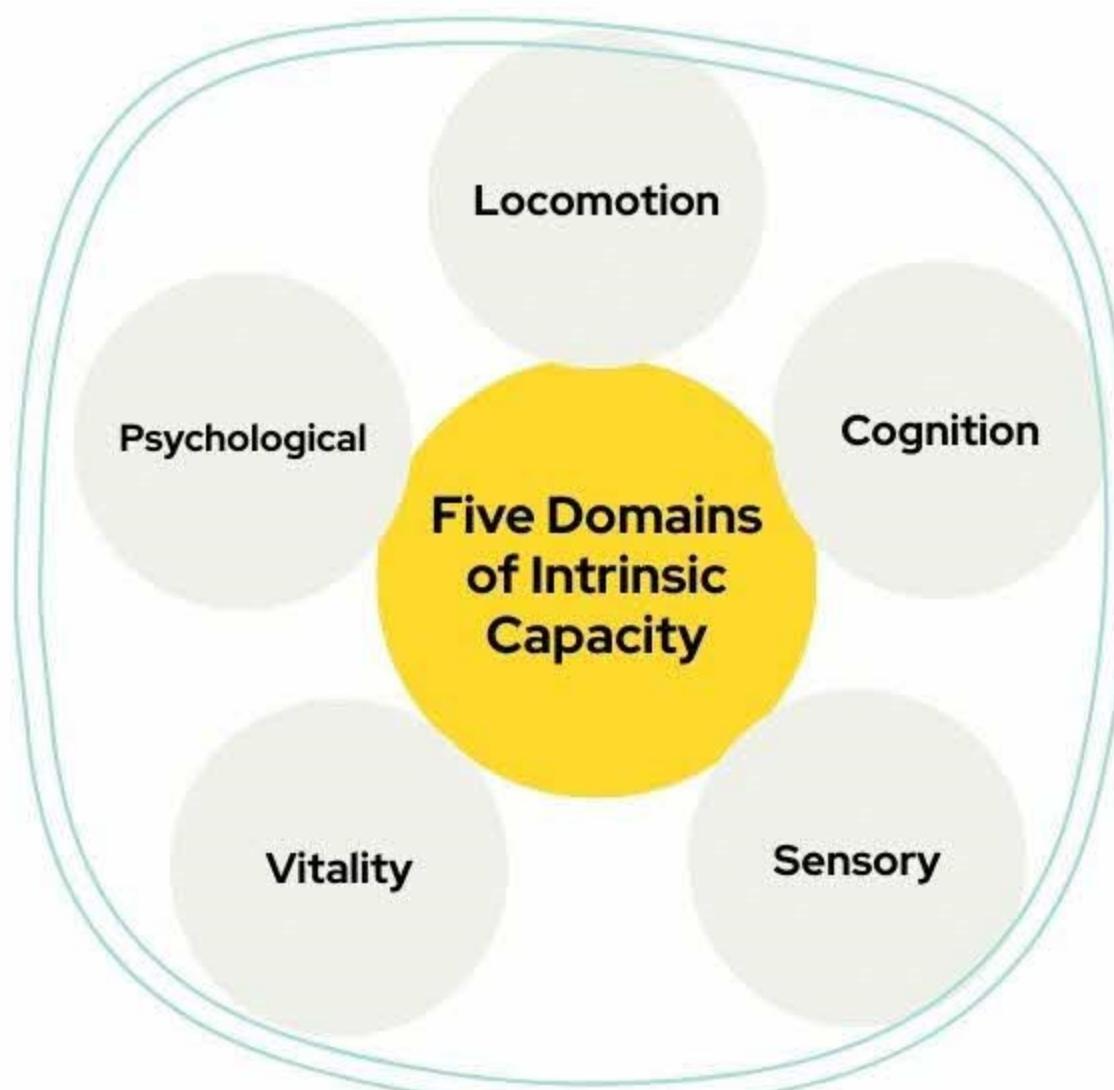
Seniors Masterclass

Unlocking Your Intrinsic Capacity for Healthy Ageing

DID YOU KNOW???

Intrinsic Capacity (IC) – a concept introduced by the World Health Organization (WHO) – is all about the physical and mental abilities that help us stay healthy and thrive as we age.

This year, with support from the National Silver Academy (NSA), we were thrilled to launch the Seniors Masterclass on IC, featuring two exciting courses designed to empower seniors on their healthy ageing journey.



[E-learning] Intrinsic Capacity 101:
Understanding Your Physical and Mental
Abilities

IC 101 is a bite-sized, interactive online course that introduces the five key aspects of IC: cognition, locomotion, vitality, sensory and psychological. Seniors learn at their own pace, making it easy and enjoyable.



IC 102 turns their knowledge into action through six weekly in-person workshops where seniors apply practical strategies for healthy ageing. Focusing on one IC aspect per session, healthcare professionals guide these seniors through interactive discussions, hands-on activities and goal-setting exercises.



Beyond learning, these sessions sparked friendships and peer support, with participants creating a chat group to share tips and encouragement! It's more than a course – it's a community!

Here's to a future filled with vitality, connections, and lifelong learning. Come join us on this healthy ageing journey!



INFLUENCE & IMPACT

Visits to Chang Gung and National Health Research Institute, Taiwan

In November, five members of the IGA team had the privilege of visiting Chang Gung and National Health Research Institute (NHRI) in Taiwan.

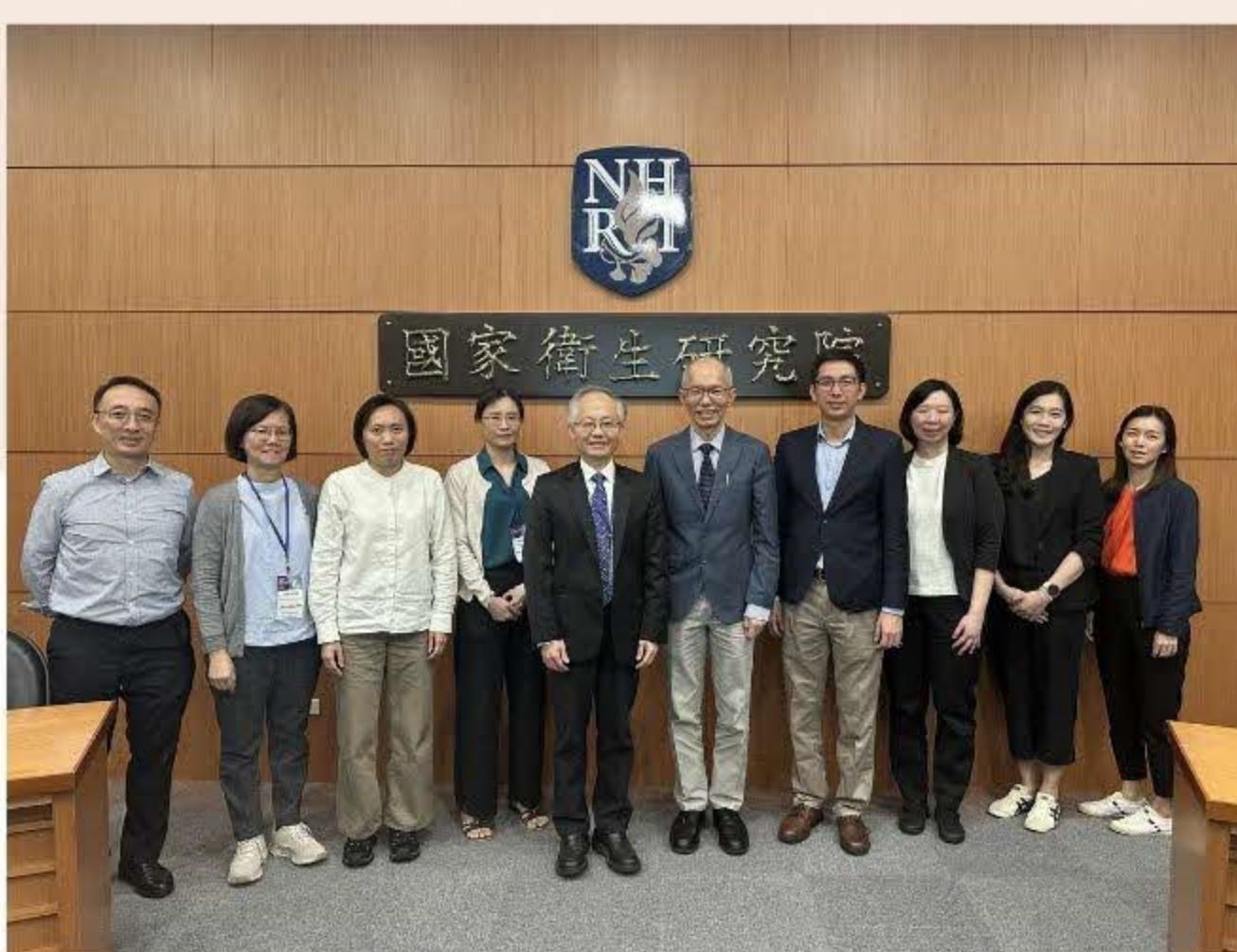


We were warmly hosted by A/Prof Wang Jeng, Director of Chang Gung Geriatric and Long Care Research Centre, and her dedicated team. Over two days, we toured their extensive healthcare network – from an acute hospital and long-term care facility to a nursing home and an active ageing centre. A highlight was visiting Taiwan's first integrated continuing care retirement village, a pioneering model of senior living.

We also visited Chang Gung University of Science and Technology, with state-of-the-art

facilities for training future healthcare professionals. It was an eye-opening experience to see such a well-integrated system designed to meet the needs of an ageing population, and to engage with passionate individuals committed to giving back to the community.

The second part of the trip took us to Miaoli for the International Conference for Healthy Ageing and Mental Wellbeing, organised by NHRI's National Centre on Geriatrics and Welfare Research led by Prof Hsu Chih-Cheng. The visit concluded with a joint symposium where both organisations shared research insights and best practices.



This fruitful trip strengthened connections with like-minded professionals and opened doors for future research collaborations to advance geriatric care and promote healthy ageing.

GRANTS

- Ng Teng Fong Healthcare Innovation Programme (NTF HIP) Strategic Research Programme
IC-Health: Building Intrinsic Capacity for Healthy Ageing and Preventing Functional Decline
Programme Director Dr Chew Linghui Justin
- NTF HIP Category 2: Clinical Research
Muscle Ultrasound for Sarcopenia Diagnosis – From Bench to Bedside
Dr Chia Jia Qian
- NTF HIP Category 1: Innovation
Use of PreSAGE® for Delirium Detection and Monitoring in Acute Inpatient Wards
Dr Lim Jun Pei
- NHG Health Sustainable Care and Financing Committee (SCFC)
Community Fall to Fit
Dr Joanne Kua Ee Chia

AWARDS



1) Journal of Cachexia, Sarcopenia and Muscle

Top Cited Article (among work published between 1 Jan 2023 and 31 Dec 2023)

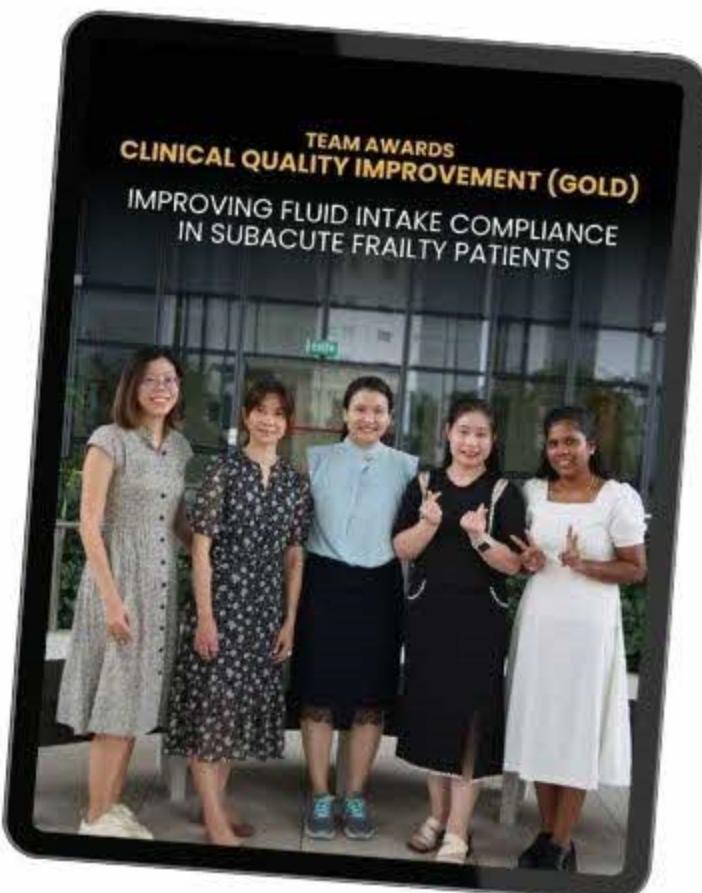
Arai H, Maeda K, Wakabayashi H, Naito T, Konishi M, ..., Chew J, ..., Lim WS, et al. Diagnosis and outcomes of cachexia in Asia: Working Consensus Report from the Asian Working Group for Cachexia. *J Cachexia Sarcopenia Muscle*. 2023 Oct;14(5):1949-1958. doi: 10.1002/jcsm.13323. Epub 2023 Sep 5. PMID: 37667992; PMCID: PMC10570088.

2) Tan Tock Seng Hospital Community Care Excellence Award

Clinical Quality Improvement Award (Gold)

Improving Fluid Intake Compliance in Subacute Frailty Patients

Ms Goh Cheng Jee, Dr Khin Khin Win, Ms Sun Sijia, Ms Lua Chong Ying, Ms Alagar Sivarani



3) NHG Quality Day

The Excellence in Action Award (EIAA)

Frailty Ready Hospital-Mobility Protocol

Dr Natesan Selvaganapathi, Ms Agnes Teo, Ms Nio Bee Hong, Ms Lim Wee Keng, Ms Avril Ho, Ms Nur Fadhilah

4) Singapore Health and Biomedical Conference 2025

SHBC Best Poster Award (Health Professions Education) - Gold

Expert physicians provide more fluent, flexible, and expansive management scripts than novice doctors

A/Prof Joyce Yap

5) Singapore Health and Biomedical Conference 2025

Singapore Young Investigator Award (Health Services Research) - Silver

Forging Towards a Frailty-Ready Hospital: Identifying and Addressing Anticipated Barriers and Facilitators to Implementing an Integrated Nurse-led Frailty Assessment and Management Programme within a Hospital in Singapore

Mr Araviiinthansai Subramaniam

6) Singapore Health and Biomedical Conference 2025

Health Professions Education Research Investigator Award - Silver

Using AI to Enhance Clinical Case Discussion Tutorials in Medical Education

A/Prof Wong Teck Yee

7) Asian Conference for Frailty and Sarcopenia 2025, Kaohsiung city, Taiwan

Best Poster Award

Social frailty complements intrinsic capacity in predicting frailty risk: evidence of a synergistic relationship among community-dwelling older adults

Dr Kenneth Yong



8) Healthcare Humanity Awards 2025

Collaboration Award

TTSH@Home

9) NHG Distinguished Achievement Award

A/Prof Ding Yew Yoong

10) World Artificial Intelligence Conference 2025

Super AI Leader (SAIL) Award

ADL+: A Digital Toolkit for Cognitive Assessment and Intervention

Prof Miao Chunyan



IN THE NEWS

Live on One FM 91.3 Is frailty & sarcopenia reversible?

Tune in as Dr. Chia Jia Qian, Consultant in TTSH Geriatric Medicine, shares insights on frailty and sarcopenia – medical conditions that, fortunately, can be reversed!

