

## *Pain Management in the Older Adults*

10<sup>th</sup> Nov 2022 | THURSDAY | 1.00 PM - 5.00 PM

11<sup>th</sup> Nov 2022 | FRIDAY | 1.00 PM - 5.00 PM

### Synopsis

Internationally and in Singapore, prevalence of chronic and persistent pain in older adults above 65 years old is 1 in 5. Pain in the older adults is associated with significant suffering, disability, social isolation, and greater costs and burden to health care systems.

Pain in the older adults is multifaceted and the approach to management of pain in older adults needs to be coordinated and comprehensive. Multi-disciplinary approach incorporating pharmacological and non-pharmacological interventions is efficacious but is underused as older adults with pain are under-represented, resulting in these older adults being offered fewer treatment options.

This workshop aims to equip the Allied Health Professionals and Pharmacists with knowledge and awareness of a multi-disciplinary approach to pain management in the older adults.

### Learning Objectives:

At the end of the workshop, participants would be able to:

- Understand the multi-disciplinary approach to assess and manage older adults with pain
- Expand on knowledge of treatment strategies for older adults with pain
- Select appropriate treatment strategies for older adults with pain

### Target Audience:

Allied Health Professionals and Pharmacists working with older adults across a variety of settings: inpatient, outpatient, community settings

### Faculty:

**Ms Rae Quek**

[Senior Physiotherapist]

**Ms Gee Siang Ying**

[Senior Physiotherapist]

**Dr Tan Huei Nuo**

[Senior Consultant &  
Head, Geriatric Department]

**Ms Tan Keng Teng**

[Senior Principal Pharmacist]

**Ms Adeline Yeo**

[Senior Occupational Therapist]

### Course Fee:

SGD 340 (Early bird closing 8<sup>th</sup> Sept 2022)

SGD 420 (Regular closing 13<sup>th</sup> Oct 2022)

### Platform:

This virtual workshop will be conducted via online platform (Zoom Cloud Meetings app).

Upon successful registration, you will receive a link for the virtual workshop closer to date.

### Enquiries:

For enquiries please email:

[AHInet@ttsh.com.sg](mailto:AHInet@ttsh.com.sg)

### Registration:

Please register with  
QR code provided.



**ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)**

**PROGRAMME**

<b>10<sup>th</sup> Nov 2022 (Thursday)</b>	
<b>1300-1315</b>	Welcome and Introduction
<b>1315-1415</b>	Overview of Pain in the Older Adults - <i>Ms Rae Quek</i>
<b>1415-1420</b>	<b>BREAK</b>
<b>1420-1520</b>	Medical Management and Considerations for Pain in Older Adults (Lessons learnt from the Elderly Pain Clinic) – <i>Dr Tan Huei Nuo</i>
<b>1520-1530</b>	<b>BREAK</b>
<b>1530-1630</b>	Special Considerations of Pharmacological Management for Pain in Older Adults – <i>Ms Tan Keng Teng</i>
<b>1630-1700</b>	<b>Day 1 Reflections and Wrap Up</b>
<b>1700</b>	<b>End of Day 1</b>

<b>11<sup>th</sup> Nov 2022 ( Friday)</b>	
<b>1300-1315</b>	Day 1 Recap
<b>1315-1400</b>	Biopsychosocial Model of Pain & Implications to Practice for Older Adults – <i>Ms Adeline Yeo</i>
<b>1400-1445</b>	Managing Pain in Older Adults with cognitive impairment – <i>Ms Rae Quek</i>
<b>1445-1500</b>	<b>BREAK</b>
<b>1500-1530</b>	Motivation and Empowering the Older Adult in Pain – <i>Ms Gee Siang Ying</i>
<b>1530-1615</b>	<b>GROUP ACTIVITY</b> Case Discussions
<b>1615-1645</b>	<b>GROUP ACTIVITY</b> Group Presentations for Case Discussions
<b>1645-1700</b>	<b>Wrap Up</b>
<b>1700</b>	<b>End of Day 2</b>

## **FACULTY**



**Ms Rae Quek**

Ms Rae Quek is a Senior Physiotherapist at Tan Tock Seng Hospital. She graduated from Singapore Institute of Technology-Trinity College Dublin with BSc (Hons) in Physiotherapy in 2015. She currently runs the Physiotherapy's service in the Centre of Geriatric Medicine where she works with older adults with various geriatric conditions.

Ms Rae is passionate about the delivery of education and has been actively involving in delivery of talks and workshops to external parties since 2018.

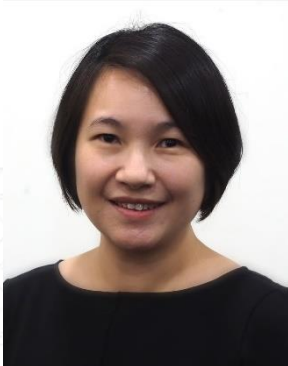


**Ms Gee Siang Ying**

Ms Gee Siang Ying is a Senior Physiotherapist at Tan Tock Seng Hospital. She graduated from The National University of Malaysia-UKM with BSc (Hons) in Physiotherapy in 2015. She has accumulated clinical experience working with patients with various geriatric conditions across acute, subacute and community hospital (Integrated Care Hub (ICH) trial ward) settings.

Ms Siang Ying has special keenness in Dementia care and Frailty care. She is actively involved in the planning of the Geriatric care stream in ICH trial wards.

## **FACULTY**



**Dr Tan Huei Nuo**

Dr Tan Huei Nuo is a Senior Consultant and Head of Department of Geriatric Medicine in Tan Tock Seng Hospital. Her subspecialty interest is in pain management in older adults. She runs the Elderly Pain Clinic in the Pain Management Clinic of Tan Tock Seng Hospital and works hand-in-hand with the other disciplines and healthcare professionals to care for older adults with chronic pain problems.



**Ms Tan Keng Teng**

Ms Tan Keng Teng is a clinical Geriatric Pharmacy Specialist. She has more than 10 years' experience working with the interdisciplinary team caring for older adults.

She also has a Masters in Health Professions Education and is involved in training of pharmacists and other healthcare professionals in both clinical and educational areas.



**Ms Adeline Yeo**

Ms Adeline Yeo is a Senior Occupational Therapist at Tan Tock Seng Hospital. She graduated from Trinity College Dublin with BSc (Hons) in Occupational Therapy in 2017. She has accumulated clinical experience working with patients with geriatric, cardio-pulmonary and neurological conditions. She is currently based in the outpatient clinic setting, working with patients with hands and upper limb conditions as well as chronic pain conditions.