

## ***Core Competencies in Managing Adult Patients Post Total Knee Replacement (TKR)***

27<sup>th</sup> April 2022 | WEDNESDAY | 8.00 AM – 5.00 PM  
28<sup>th</sup> April 2022 | THURSDAY | 12.00 PM – 5.00 PM

### **Synopsis**

Based on recent research findings and guided by clinical reasoning, this workshop will follow the patient's care continuum from acute to later rehabilitation stages.

The focus of this course is to boost participants' confidence in screening patients for red flags, objective assessments, and subsequently choosing accurate manual therapy techniques and suitable exercise therapy progressions for this patient group throughout the care continuum.

### **Learning Objectives**

At the end of the course, participants should be able to:

- Appreciate the different aspects of TKR surgery from prosthesis selection to post-operative considerations from a surgeon's perspective.
- Develop knowledge of assessment and clinical reasoning skills to treat and manage patients after TKR surgery, through different stages of rehabilitation.
- Identify and recognise factors affecting outcomes of TKR patients throughout the care continuum.
- Be confident with the clinical reasoning process required throughout the rehabilitation journey in TKR patients.

### **Target Audience**

This course is suitable for physiotherapists who are keen to refine and advance their clinical skills on the management of TKR patients and improving their clinical outcomes.

### **Course Fee:**

SGD 460 (Early bird closing 17 March 2022)

SGD 550 (Regular closing 7 April 2022)



### **Platform:**

This workshop will be delivered online through a virtual platform. It comprises of talks by an orthopedic surgeon and a group of physiotherapists, as well as guided case discussions to put clinical reasoning into practice and promote active learning.

This dynamic workshop also includes online pre-readings, self-assessments and post-course re-assessments to ensure participants can internalise the course material provided.

### **Faculty:**

**Dr Kelvin Tan Guoping**  
[Orthopedic Consultant]

**Mr Ashton Neoh Eng Chuan**  
[Principal Physiotherapist]

**Ms Wong Jiayen**  
[Senior Physiotherapist]

**Ms Chong Jia Rui Melissa**  
[Senior Physiotherapist]

**Mr Ooi Xiang Jing**  
[Senior Physiotherapist]

### **Enquiries:**

For enquires, please email:

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

### **Registration:**

Please register with  
QR code provided.



**ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)**

**Core Competencies in Managing Adult Patients Post Total Knee Replacement (TKR)  
PROGRAMME**

27 <sup>th</sup> April 2022 (Wednesday)	
0800-0815	Welcome and Introduction
0815-0845	Latest TKR directions – <i>Ms Wong Jiayen</i>
0845-0915	The Role of Physiotherapy at Acute Stage – <i>Ms Melissa Chong</i>
0915-1045	Deeper Understanding on TKR – <i>Dr Kelvin Tan</i>
1045-1100	<b>Break</b>
1100-1130	Screening and Exclusion of Red Flags – <i>Mr Ashton Neoh</i>
1130-1200	Understanding Factor Related to Post-op Pain – <i>Mr Ashton Neoh</i>
1200-1300	<b>Lunch Break</b>
1300-1430	Objective Assessment, Functional Assessment and Outcome measures for Patients Post TKR – <i>Mr Ooi Xiang Jing</i>
1430-1530	Gait Analysis in TKR – <i>Ms Wong Jiayen</i>
1530-1545	<b>Break</b>
1545-1700	<b>GROUP ACTIVITY</b> Case Study 1
1700	<b>END OF DAY 1</b>

28 <sup>th</sup> April 2022 (Thursday)	
1200-1330	Exercise Prescription for TKR patient – <i>Mr Ooi Xiang Jing</i>
1330-1430	Pain Management and Neuropathic Pain – <i>Mr Ashton Neoh</i>
1430-1445	<b>Break</b>
1445-1600	<b>LIVE DEMONSTRATION</b> Manual Therapy and Modalities – <i>Mr Ooi Xiang Jing &amp; Ms Melissa Chong</i>
1600-1700	<b>GROUP ACTIVITY</b> Case Studies Discussion
1700	<b>END OF DAY 2</b>



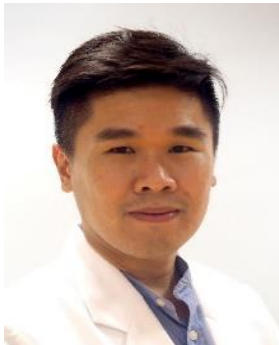
## **SPEAKERS**



### **DR KELVIN TAN GUOPING**

MBBS, MRCS (Edin), M.Med (Ortho), FRCS (Edin) (Ortho)  
Consultant

Dr. Kelvin Tan is currently the Head of Adult Reconstruction Service for the Department of Orthopaedic Surgery (TTSH). He is also the TKR Clinical Champion and the hospital Enhanced Recovery After Surgery (ERAS) TKR Clinical Lead, spearheading various ERAS TKR initiatives including day surgery knee replacement. Dr. Kelvin completed his Orthopaedic fellowship training under renowned Orthopaedic Professor Ross Crawford in Brisbane, Australia, 2017. His practice includes primary and revision hip and knee surgeries, complex hip reconstruction, including impaction bone grafting for failed hip replacements/congenital hip dysplasia, and peri-prosthetic fracture fixation. He is a strong advocate in the use of advance technology such robotics and computer navigation in performing hip and knee replacement, including unicompartmental (partial) knee replacement. Dr. Kelvin has a keen interest in teaching and is currently an Adjunct Assistant Professor with the National University of Singapore Yong Loo Lin School of Medicine and is also a Core Clinical Faculty Member of the National Healthcare Group Orthopaedic Residency program.




### **MR ASHTON NEOH ENG CHUAN**

Mr. Ashton is a Principal Physiotherapist in Tan Tock Seng Hospital, Singapore. He has extensive clinical experience in the inpatient orthopaedic setting and outpatient musculoskeletal clinic. He has Masters in Clinical Physiotherapy (Manipulative Therapy) from Curtin University, Australia, Masters in Clinical Investigation (MCI) from NUS, and is certified as a Mulligan Practitioner. He has been actively involved in the TKR innovation and clinical research. His papers were presented at many local and overseas conferences and accepted for publications. He works closely with orthopaedic surgeons, nurses, and other healthcare professionals for quality improvement projects, to improve clinical care standards and treatment delivery across the patients' TKR journey. Ashton is also passionate about teaching and mentoring and has won the AHS Star Teacher Award in September 2017. He is now leading the TKR One-Rehab Pathway for TTSH, and leading Innovative TKR model of care with Dr Kelvin Tan. He was awarded Public Sector Transformation Exemplary Innovator Award in 2021 in recognition of his outstanding achievement in healthcare innovation.

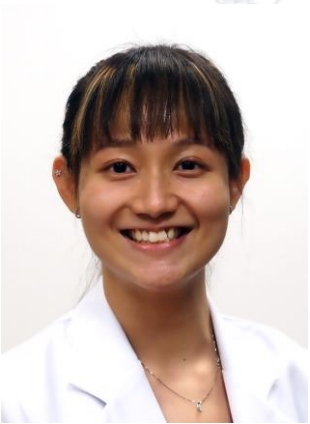
## **SPEAKERS**

### **MS WONG JIAYEN**



Ms Jiayen is a Senior Physiotherapist at Tan Tock Seng Hospital, Singapore. She has a Master of Advanced Clinical Physiotherapy, graduating top in her cohort in the sports stream. She has extensive clinical experience in the public, private, and sports settings. Helming the role of education co-lead in her team, she has a passion for teaching and grooming the next generation of physiotherapists within the musculoskeletal field. She has also been actively involved in TKR-related innovation and quality improvement projects and had presented her work at an overseas conference in 2019. She currently co-leads the TKR One-Rehab Pathway for TTSH.

### **MS CHONG JIA RUI MELISSA**



Ms Melissa is a Senior Physiotherapist in Tan Tock Seng Hospital. She has clinical experience working with patients with various orthopaedic conditions. She works closely with patients after joint reconstructive surgeries, including those after TKR and hip arthroplasties as well as trauma patients in the inpatient setting. She is also actively involved in quality improvement projects and is leading the Therapist Assistants (TA) upskilling program to enhance productivity and improve care delivery of TKR patients. In addition, she was also involved in conducting TKR pre-operative education classes.

### **MR OOI XIANG JING**



Mr Xiang Jing is a Senior Physiotherapist in Tan Tock Seng Hospital, Singapore. He has significant clinical experience in the inpatient orthopaedics as well as outpatient musculoskeletal clinic. He has a Bachelors in Physiotherapy from Glasgow Caledonian University, where he was awarded First Class Honours. Xiang Jing is currently involved in a TKR innovation project and clinical research, assisting to design a mobile application for patients with TKR. He believes in the use of technology on top of current physiotherapy practices to offer the best outcomes for his patients. Xiang Jing's interest lies in outpatient musculoskeletal clinic, particularly in pre and post-operative rehabilitation.