

# An Integrated Care Continuum: Following cardiac patients from ICU to Community

8<sup>th</sup> & 9<sup>th</sup> May | Saturday & Sunday | 9.00 AM - 13.00 PM

## SYNOPSIS

In recent years, there has been a shift in care delivery towards coordinated care across the care continuum. Being involved across all levels of patient care acuties, physiotherapists are inevitably positioned at this frontier of change. However, given the complex needs of these patients, the management of patients with cardiovascular conditions across a broad care spectrum can be challenging.

Therefore, a strong comprehension of the pathophysiology for cardiac conditions is imperative in creating the foundation for clinical reasoning and exercise prescription in various clinical settings. It is also indisputably critical to adhere to evidence-based exercise training to achieve optimal patient outcomes such as improved cardiovascular fitness and quality of life. With every treatment implemented, evaluation of its effectiveness should be measured and monitored with well-validated outcome measures.

This two half-days workshop aims to equip physiotherapists and other healthcare workers with evidence-based recommendations on rehabilitation of cardiac patients across the spectrum of care, from critical care to the community. Participants will be taught how to utilise clinical reasoning skills to determine readiness for active rehabilitation in the critical care setting. The application of theory and practice of the various phases of cardiac rehabilitation will be imparted as patients transit from intensive care to acute inpatient setting and eventually to community-based care. With a holistic approach to cardiac care in mind, participants will also be equipped with the knowledge on exercise training principles, effective delivery of patient education and secondary prevention strategies.

## LEARNING OBJECTIVES:

- To understand the physiology of the cardiovascular system and the pathophysiology of myocardial infarction and heart failure.
- To acquire knowledge on the medical management and investigations of decompensated heart failure and myocardial infarction.
- To develop clinical reasoning and skills required to determine readiness for active rehabilitation in the critical care setting.
- To deliver a holistic cardiac rehabilitation programme which includes patient education and evidence-based exercise training for the cardiac patients.
- To instil strategies to empower patient for exercise continuity in the community.

## Target audience

Physiotherapists working in acute or subacute settings that are involved in the care of cardiac patients

## Course Fee

Early bird (before 13 March 2021):

SGD 340

Regular (before 10 April 2021): SGD

410

## Platform:

This workshop will be conducted via 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

## Registration:

Please register with QR codes provided

<https://form.gov.sg/604726c7ff1015001152a021>



ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)

## Programme List

### Day 1

Time	Topic
0900 – 0915	Welcome and Introduction
0915 – 0945	Anatomy & Physiology of the Heart (Ms. Abigail Chan)
0945 – 1045	Myocardial Infarct and Heart Failure – Pathophysiology, Medical Diagnosis and Management (Dr Violet Hoon)
1045 – 1100	Break
1100 – 1145	Physiotherapy in the Cardiac Intensive Care Unit (Ms. Lim Si Min)
1145 – 1245	Break-out session: Case scenarios (Ms. Lim Si Min, Mr. Keith Chua )
1245 - 1300	'Q & A' Session Debriefing and Conclusion

### Day 2

Time	Topic
0900 – 0930	Patient education : Risk factor modification and lifestyle changes for Cardiac Patients (Sister Yvonne Chow)
0930 – 1000	Physiotherapy Assessments and Outcome Measures in the Outpatient Setting (Ms. Abigail Chan)
1000 – 1100	Evidence-Based Exercise Prescription and Progression for Cardiac Patients (Mr. Keith Chua)
1100 – 1115	Break
1115 – 1145	Strategies for Empowerment and Maintenance in the Community (Ms. Lim Si Min)
1145 – 1245	Break-out session: Case scenarios (Mr. Keith Chua, Ms. Abigail Chan)
1245– 1300	'Q & A' Session Debriefing and Conclusion

**\*\* Webinar will start on time at 0900h. You may start signing in at 0845.**

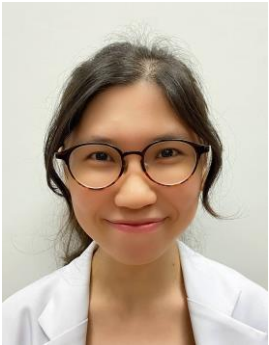
Platform: This webinar will be conducted via Zoom Cloud Meetings app. For ease of accessing the lecture, please download the Zoom Cloud Meetings app. Upon registration, you will receive a link for the webinar closer to date.

ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)



**Keith Chua**  
*Senior Physiotherapist*

**Mr Keith Chua** is a Senior Physiotherapist at Tan Tock Seng Hospital for 6 years. He has a keen interest and experience with cardiac patients across the continuum of care from intensive care to outpatient setting. Keith is currently involved in a hospital-wide multidisciplinary workgroup aimed at improving care for heart failure and post percutaneous intervention patients. He was awarded the individual HMDP award to undergo cross border training in cardiac rehabilitation targeting patients with heart failure from Mayo clinic and Cleveland.



**Lim Si Min**  
*Senior Physiotherapist*

**Ms Lim Si Min** is a Senior Physiotherapist at Tan Tock Seng Hospital. She has a special interest and great passion in the management of patients with cardiac conditions. She is knowledgeable and accomplished in the management of critically ill patients in the cardiac intensive care unit and high dependency unit. She is also at the forefront of pushing for early and enhanced mobilisation using a multidisciplinary model of care in the field of cardiac critical care. She is currently leading the upskilling of therapist assistants to review medically stable cardiac patients in the acute setting.



**Abigail Chan Hsin Yin**  
*Physiotherapist*

**Ms Abigail Chan** graduated from the University of South Australia and is part of the cardiopulmonary unit in TTSH. Her special interest lies in managing patients with cardiac conditions in the outpatient setting. She is involved in a project to empower cardiac patients to perform self-directed exercises, thus breaking away from the conventional model of cardiac rehabilitation.

ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)



**Dr Violet Hoon**

*Consultant (Cardiology)*

Dr Hoon is a Consultant Cardiologist in the Department of Cardiology, Tan Tock Seng Hospital. She is the Head of Cardiac Rehabilitation Services and part of the team in the Heart Failure Service. Her clinical interest is in Cardiac Rehabilitation and Heart Failure. Her most recent work is on improving healthcare delivery via digitalisation of cardiac rehabilitation and optimising care for patients with heart failure with innovation and new care models.



**Yvonne Chow**

*Cardiac Senior Nurse Clinician*

**Ms Yvonne Chow** is a senior cardiac rehabilitation nurse clinician in Tan Tock Seng Hospital since 2010. She had graduated from Nursing with an advanced Diploma in Chronic Disease Management and Bachelor of Health Science (Nursing) from Curtin University. In 2012, she was awarded for HMDP by MOH and attached to Mayo clinic, in Arizona USA for her clinical observation. She has recently received CCRP (Certification of Cardiac Rehabilitation Professional) specialty certification by AACVPR.