

# Knee Osteoarthritis(OA) in Older Adults: Management in the Community

18 June 2021 | Friday | 8.30 AM - 5.00 PM

## SYNOPSIS:

Osteoarthritis (OA) is the 5th highest cause of disability-adjusted life years in the older age group. With the prevalence of Knee Osteoarthritis expected to rise with the ageing population and growing obesity levels, prevention and management is key to contain economic and social costs.

This workshop aims to provide a multi-dimensional and holistic management of Knee Osteoarthritis in older adults living in the community. Musculoskeletal assessments and interventions for Knee Osteoarthritis will be shared, drawing from the latest updates in the management of patients with Knee Osteoarthritis overseas. As the effective management of the patient with Knee Osteoarthritis often also requires consideration of many other lifestyle and psychosocial factors, subject experts will also delve on how to manage such patients more holistically with diet, weight management and finally surgical interventions if conservative treatment fails.

Practice makes perfect. Group discussions, practical sessions, and interactive case studies will be used to apply the learnt knowledge and skills in order to promote active learning amongst participants.

## LEARNING OBJECTIVES:

This workshop aims for participants to acquire the knowledge and skills to:

- 1) Describe the pathophysiology, risk factors, assessment and diagnosis of Knee Osteoarthritis.
- 2) Understand the impact of Knee Osteoarthritis on the older adult.
- 3) Understand the multi-dimensional approaches to Knee Osteoarthritis intervention and management.
- 3) Apply evidence-based physiotherapy approaches in managing Knee Osteoarthritis.
- 4) Apply self-management and educational strategies during physiotherapy interventions.
- 5) Integration of the functional and musculoskeletal assessment and treatment of Knee Osteoarthritis.

## TARGET AUDIENCE:

The course is recommended for physiotherapists who work with older adults in the acute, community (centre based/home therapy) or private settings. It would be most beneficial for therapists who wish to gain greater knowledge and refresh their clinical skills for this population of patients, and to better integrate the musculoskeletal and functional assessment and management of Knee Osteoarthritis.

## COURSE FEE:

Early bird before 23<sup>rd</sup> April 2021 :

SGD 340

Regular 21<sup>st</sup> May 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/6045a4fde1788a0012b2498d>



ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)

**PROGRAMME: 18<sup>th</sup> June 2021**

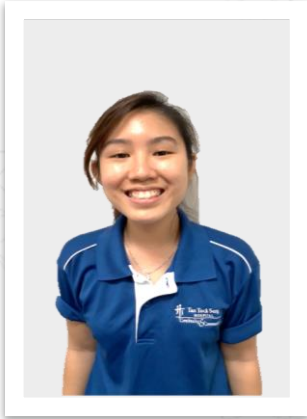
Time	Programme
<b>0830- 0840</b>	<b>Introduction</b>
<b>0840-0925</b>	<b>WEBINAR</b> (Mr Daniel Cen) Pathophysiology, Risk Factors and Diagnosis Musculoskeletal Subjective/ Objective Assessment
<b>0925-0955</b>	<b>GROUP ACTIVITY</b> (Mr Daniel Cen & Ms Eng Xue Wen) Musculoskeletal Subjective Assessment
<b>0955-1005</b>	<b>BREAK</b>
<b>1005-1050</b>	<b>WEBINAR</b> (Ms Swapna Tony) Weight management in patients with Knee Osteoarthritis
<b>1050-1135</b>	<b>WEBINAR</b> (Ms Quek Wei Lin) Diet for patients with Knee Osteoarthritis
<b>1135-1230</b>	<b>WEBINAR</b> (Ms Eng Xue Wen) Impairment- based Manual therapy Evidence-Based Exercise Prescription
<b>1230-1330</b>	<b>LUNCH</b>
<b>1330-1400</b>	<b>WEBINAR</b> (Ms Rachel Ho) Implications of Knee Osteoarthritis on the older adult.
<b>1400-1440</b>	<b>WEBINAR</b> (Ms Rachel Ho) Physical Activity and Exercise for the older adult with Knee Osteoarthritis
<b>1440-1450</b>	<b>BREAK</b>
<b>1450-1550</b>	<b>WEBINAR</b> (Dr Kelvin Tan) Failing conservative treatment – When is a Total Knee Replacement necessary?
<b>1550-1650</b>	<b>GROUP ACTIVITY</b> (Ms Eng Xue Wen, Mr Daniel Cen & Ms Rachel Ho) Holistic consideration of patients with Knee Osteoarthritis & alternative management strategies
<b>1650-1700</b>	<b>SUMMARY AND CLOSING</b>

**\*\* Workshop will start on time at 0830hrs. You may start signing in at 0815.**

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)**

**SPEAKERS PROFILE:**

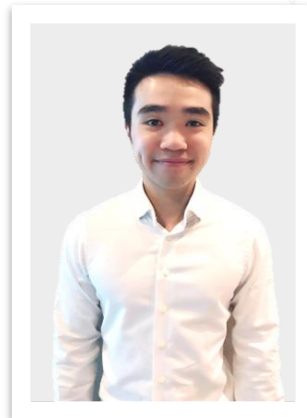


**RACHEL HO**

*Senior Physiotherapist*

Ms Rachel is a Senior Physiotherapist at Tan Tock Seng Hospital (TTSH), with years of experience working with the geriatric population in both the acute inpatient setting as well as in the community under the Continuing and Community Care Department of TTSH. She is very experienced in providing physiotherapy treatment to patients across the care continuum, and running exercise training for volunteers in the community. She is a strong advocate for holistic patient centered management and patient education to empower patients and caregivers to self-manage their condition.

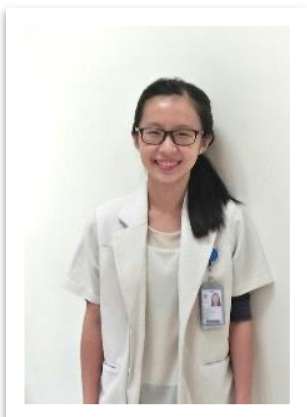
Rachel is also a certified OTAGO exercise leader, certified by TTSH and the Later Life Training (UK).



**DANIEL CEN**

*Senior Physiotherapist*

Mr. Daniel Cen is a Senior Physiotherapist at Tan Tock Seng Hospital, Singapore. Having worked in major hospitals and private practices, both in Australia and Singapore, he has extensive clinical experience in managing a multitude of acute and chronic musculoskeletal conditions in both the inpatient and outpatient setting. He has a particular interest in sports pre- and post-op rehabilitation, strength and conditioning, injury prevention and corrective exercises.



**ENG XUE WEN**

*Senior Physiotherapist*

Ms. Xue Wen is a Senior Physiotherapist at Tan Tock Seng Hospital, Singapore. She has extensive clinical experience in the inpatient acute hospital setting and subacute rehabilitation center, working with patients with a range of orthopaedic, neurological and cardiopulmonary conditions. Her interest lies in the outpatient musculoskeletal clinic, with a particular interest in the sports rehabilitation clinic. Xue Wen is also involved in clinical research investigating the effects of exercises in sarcopenia prevention and reversal in the high-risk elderly population.



**ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)**

**SPEAKERS PROFILE:**



**DR KELVIN TAN GUOPING**

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

Dr. Kelvin completed his medical degree at the National University of Singapore (NUS) in 2007. He was a Member (2009) and subsequently a Fellow of the Royal College of Surgeons of Edinburgh in 2015 after completing his advanced surgical training. He completed his Orthopaedic fellowship training under renowned Orthopaedic Professor Ross Crawford in Brisbane, Australia, 2016/2017. His practice's emphasis 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. Dr. Kelvin has a particular interest in using robotics and computer navigation in primary hip and knee replacement, including unicompartmental (partial) knee replacement. Besides being a clinician, Dr. Kelvin is also an appointed Clinical lecturer for the National University of Singapore and is also a Faculty Member of the National Healthcare Group Orthopaedic Residency program.



**SWAPNA TONY**

*Principal Physiotherapist*

Ms Swapna Tony is a Principal Physiotherapist at Tan Tock Seng Hospital with more than 15 years of clinical experience in outpatient cardiopulmonary and weight management area. Swapna is currently in-charge of the cardiopulmonary outpatient team. She has experience conducting webinars and has presented at numerous workshops and local conferences on the topic of chronic diseases. She has also organized various health fairs to improve the awareness of obesity and exercises. In 2019, she was awarded the team Health & Manpower Division Planning (HMDP) award to observe obesity management in the Joslin School of Diabetes in Boston.



**QUEK WEI LIN**

*Senior Dietitian*

Ms Quek Wei Lin is a Senior Dietitian at Tan Tock Seng Hospital. She is well-versed in chronic disease management with speciality in diabetes management, weight management and bariatric surgery. She was awarded the Health & Manpower Division Planning (HMDP) to observe the well-recognised 'WHY WAIT' weight management program in Joslin School of Diabetes. With the belief that there is no one size fit all approach in the management of chronic conditions, she has a keen interest in adopting and exploring behavioural techniques. Patient centred care has always been her keystone value. This involves helping patients identify how their eating habits affect their health in order to facilitate development of better lifestyle habits to improve health outcomes. She also actively participates in the promotion of community health and has developed programs such as the multidisciplinary CONNECT program for adults with OA knees and Tan Tock Seng Hospital's only weight management multidisciplinary group program.