# Programme Overview:  
**Day 1: 10 Oct 2019, Thu**

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<tr>
<th>Time</th>
<th>Programme Overview</th>
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</table>
| **Session 1**<br>0800 – 1000 (Beyond Quality to Value) | - Mindfulness Session 1  
- Symposium and Panel Discussion #1: *Value Creation in Healthcare*  

1000 – 1030 | Morning Teabreak + Open Mike Presentations                                                                                                     |
| **Session 2**<br>1030 – 1215 (Opening Ceremony) | **SHBC Opening Ceremony**  
- GOH: Mr Edwin Tong, Senior Minister of State, Ministry of Law & Ministry of Health  
- Keynote: Prof Gabriel M Leung, Sustainable Healthcare through Innovation  
- SHBC Prize Ceremony 1                                                                                                         |
| 1215 – 1330 | Networking Lunch + Poster Village + Open Mike Presentations                                                                                       |
| **Session 3**<br>1330 – 1515 (Beyond Hospital to Community) | - Mindfulness Session 2  
- SHBC Prize Ceremony 2  
- Symposium and Panel Discussion #2: *Transforming Current Models of Care*                                                                 |
| 1515 – 1545 | Afternoon Teabreak + Open Mike Presentations                                                                                                       |
| **Session 4**<br>1545 – 1725 (Beyond Healthcare to Health) | - NHG Research Awards  
- Symposium and Panel Discussion #3: *Empowerment through Digital Technology*                                                                 |
### Session 1: 0800 – 1000hrs [Day 1: 10 Oct 2019, Thu]

<table>
<thead>
<tr>
<th>SN</th>
<th>Symposium</th>
<th>Duration</th>
<th>Speakers/ Programme</th>
<th>Topics</th>
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</thead>
</table>
| 1  |  | 20 mins  | Dr Daphne Khoo  
Executive Director, Agency for Care  
Effectiveness, MOH, Singapore | Defining Value In Singapore Healthcare |
| 2  | Symposium 1:  
*Value Creation in Healthcare*  
(Beyond Quality to Value) | 20 mins  | Prof Des Gorman  
Professor of Medicine; Associate  
Dean, Faculty of Medical & Health  
Sciences, University of Auckland, New  
Zealand | Creating Value Through Disruptive  
Innovation |
| 3  |  | 20 mins  | Dr Steven Safyer  
President, Chief Executive Officer,  
Montefiore Medicine, USA | Transforming Healthcare for Value: The  
Montefiore Experience |
| 4  |  | 30 mins  | Panel Discussion:  
Value Creation in Healthcare | Moderator: Dr Jamie Mervyn Lim, TTSH  
Panelist: Dr Daphne Khoo, Prof Des  
Gorman, Dr Steven Safyer, Ms Lim Yee  
Juan |

### Session 2: 1030 – 1215hrs [Day 1: 10 Oct 2019, Thu]

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<tr>
<th>SN</th>
<th>Opening Ceremony Schedule <em>subject to changes</em></th>
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<tr>
<td>1</td>
<td>Welcome Address by Prof Philip Choo, Group CEO, NHG</td>
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<td>2</td>
<td>Opening Ceremony Video</td>
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| 3  | Opening Address by Mr Edwin Tong, Guest-of-Honour  
*Senior Minister of State, Ministry of Law & Ministry of Health* |
| 4  | MOU Signing |
| 5  | Citation of Keynote Speaker by Dr Wong Kirk Chuan, COO (Pop Health), NHG |
| 6  | SHBC Keynote Address: Sustainable Healthcare Through Innovation By the “3 Beyonds‘ by Prof Gabriel M Leung  
Dean, Li Ka Shing Faculty of Medicine, The University of Hong Kong |
| 7  | Keynote Speaker ‘Token of Appreciation’ by Adj A/Prof Tan Cher Heng,  
SHBC 2019 Organising Chairman |
| 8  | Prize Presentations by Mr Edwin Tong  
1. Singapore Clinician Investigator Award  
2. GCEO’s Distinguished Research Mentor  
3. Medical Humanities |
| 9  | End of Opening Ceremony & Lunch |
### Session 3: 1330 – 1515hrs [Day 1: 10 Oct 2019, Thu]

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<tr>
<th>SN</th>
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<tr>
<td>1</td>
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<td>5 mins</td>
<td>Mindfulness Session 2</td>
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<td>2</td>
<td>-</td>
<td>10 mins</td>
<td>SHBC Scientific Competition Award Ceremony 2</td>
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| 2  | Symposium 2: *Transforming Current Models of Care* (*Beyond Hospital to Community*) | 20 mins | Prof Matteo Cesari  
Professor of Geriatrics, University of Milan, Italy | How Does Care Delivery Need To Transform To Improve Outcomes In Older Adults |
| 3  | Symposium 3: *Empowerment through Digital Technology* (*Beyond Healthcare to Health*) | 20 mins | A/Prof Anders Ahlsson  
Managing Director, Cardiovascular Division, Karolinska University Hospital, Sweden | Integrated Care Path: A New Model Of Care Delivery |
| 4  | -         | 20 mins  | Prof Kevin Grumbach  
Chair, Department of Family and Community Medicine, UCSF School of Medicine, USA | Patient Centeredness: From Medical Home to Community |
| 5  | -         | 30 mins  | Panel Discussion:  
How Others Do it: Integrating Care for Ageing Population | Moderator: Dr Wong Kirk Chuan, NHG  
Panelist: Prof Matteo Cesari, Prof Anders Ahlsson, Prof Kevin Grumbach & Prof Gabriel M Leung |

### Session 4: 1545 – 1730hrs [Day 1: 10 Oct 2019, Thu]

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<tr>
<td>1</td>
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<td>10 mins</td>
<td>NHG Research Awards</td>
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</table>
| 2  | -         | 20 mins  | Ms Janet Campbell  
Vice President of R&D Relations, Epic, USA | Enhancing Patient Experience Through Digital Technology |
| 3  | Symposium 3: *Empowerment through Digital Technology* (*Beyond Healthcare to Health*) | 20 mins | Prof Robert JT Morris  
Chief Technology Strategist, MOHT, Singapore | Using Technology to Improve Management of Chronic Diseases and Mental Health in Singapore |
| 4  | -         | 20 mins  | Mr Paul Cobban  
Chief Data and Transformation Officer, DBS | Lessons From A Successful Digital Transformation Journey |
| 5  | -         | 30 mins  | Panel Discussion:  
Innovating Practice in the Era of Digitalisation | Moderator: A/Prof Thomas Lew, TTSH  
Panelist: Ms Janet Campbell, Prof Robert JT Morris, Mr Paul Cobban and Dr Eric Wong (NHG) |
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<tr>
<th>Theme</th>
<th>River of Life</th>
<th>NHG Staff Values</th>
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<tr>
<td></td>
<td>Living Well</td>
<td>Living with Illness</td>
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<td>0830-1000</td>
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<td>1000-1030</td>
<td>Morning Teabreak + Open Mike Presentations</td>
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<td>1030-1200</td>
<td>Networking Lunch + Open Mike Presentations</td>
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<td>1200-1330</td>
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<tr>
<td>1500-1530</td>
<td>Afternoon Teabreak + Open Mike Presentations</td>
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**PROGRAMME OVERVIEW:**
**DAY 3: 12 OCT 2019, SAT**

Venue: Ng Teng Fong Centre for Healthcare Innovation

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<tr>
<th>Time</th>
<th>Programme - 12 October 2019, Saturday</th>
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| **Session 9**  
0900 - 1030 | **NHG Celebrates TTSH 175th**  
Caring for Central Singapore: Our Pioneers in Healthcare  
• GOH: Prof Philip Choo, **Group Chief Executive Officer, NHG**  
Speakers:  
1. **Prof Chew Chin Hin**, Honorary Postgraduate Advisor; Adjunct Professor of Medicine; Emeritus Consultant, TTSH  
2. **Prof Low Cheng Hock**, Emeritus Senior Consultant, Dept of General Surgery, TTSH  
3. **Ms Kwek Puay Ee**, Executive Secretary, Singapore Nursing Board  
4. **Mr Liak Teng Lit**, Former Director of Pharmacy, NUH; Former CEO, TPH, CGH, AH, KTPH  
5. Panel Discussion: TTSH @ 175: How Did We Get To Where We Are Now?  
   Moderator: Prof Chin Jing Jih, Chairman, Medical Board, TTSH & Central Health |
| 1030 - 1100 | **Morning Teabreak** |
| **Session 10**  
1100 - 1300 | **Training Professionals for Tomorrow’s Healthcare**  
Speakers:  
1. **Prof Des Gorman**, Professor of Medicine; Associate Dean, Faculty of Medical & Health Sciences, University of Auckland, New Zealand  
2. **Dr Faith Chia**, Senior Consultant; Designated Institutional Official, TTSH  
3. **Ms Lim Hong Yee**, Centre Director, CAPE; Head of Department, Pharmacy, TTSH  
4. **Mr Yong Keng Kwang**, Chief Nurse, TTSH  
5. **Ms Lynette Ong**, Director, Kaizen Office; Associate Director, Centre for Healthcare Innovation, TTSH  
6. Panel Discussion: TTSH Beyond 175: Our Next 25 Years  
   Moderator: Mr David Dhevarajulu, Executive Director, Centre for Healthcare Innovation, Director, Transformation Office, Tan Tock Seng Hospital |
| 1300 - 1400 | **Networking Lunch** |
| **Session 11**  
1400 - 1505 | **Primary Care Forum GP Symposium**  
Speakers:  
1. **Professor Lee Yung Seng**, Senior Consultant, Department of Paediatrics, Khoo Teck Puat-National University Children's Medical Institute, National University Hospital  
2. **Dr Lawrence Tan**, Consultant; Department of Geriatric Medicine, KTPH |
| 1505 - 1530 | **Networking Teabreak** |
Primary Care Forum GP Symposium

Speakers:
1. Dr Mark Chan Peng Chew, Senior Consultant, Geriatric Medicine, TTSH
2. Dr Donald Poon, Medical Oncologist, Dr D.Y.H Poon & Associates Medical Oncology Clinic

Programme Summary:
Acute Medicine in the 21st Century

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<tr>
<td>Day 2: 11 Oct 2019, Friday</td>
<td>Garnet 214</td>
<td>0830 - 1500</td>
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Track Synopsis

A day of delving into the nuts and bolts of the practice of Acute Medicine in Singapore. Combining sharing sessions, revelations of the successes and challenges, and hands-on education.

Track Lead:
Adj Asst Prof Endean Tan
Consultant, Department of General Medicine; Head, Acute Internal Medicine Service, Tan Tock Seng Hospital

Track Champion:
Ms Geraldine Ng
Advanced Practice Nurse, Department of General Medicine, Tan Tock Seng Hospital

Ms Li Lihong
Advanced Practice Nurse, Department of General Medicine, Tan Tock Seng Hospital

Session 1 – Acute Medicine & Acute Frailty in TTSH: Creation of New Services from Scratch

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<tr>
<th>Time</th>
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<th>Speaker</th>
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| 0830 – 0930 (60 mins) | Welcome Address | Adj Asst Prof Endean Tan
Consultant, Department of General Medicine; Head, Acute Internal Medicine Service, Tan Tock Seng Hospital |
| | TTSH Acute Internal Medicine Service (AIMS) – Introduction, Operations, Outcomes | Adj Asst Prof Endean Tan
Consultant, Department of General Medicine; Head, Acute Internal Medicine Service, Tan Tock Seng Hospital |
### Session 2 – Acute Medicine: the Singapore Story

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| 0930 – 0950 (20 mins) | Emergency Department Intervention for Frailty (EDIFY) | Ms Tan Hongyun  
Advanced Practice Nurse, Department of Geriatric Medicine, Tan Tock Seng Hospital |
| 0950 – 1000 (10 mins) | Q&A                                      | Adj Asst Prof Endean Tan  
Consultant, Department of General Medicine;  
Head, Acute Internal Medicine Service, Tan Tock Seng Hospital |

**Welcome Address**  
Adj Asst Prof Endean Tan  
Consultant, Department of General Medicine;  
Head, Acute Internal Medicine Service, Tan Tock Seng Hospital

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| 1040 – 1055 (15 mins) | Acute Medicine                          | Dr John Soong  
Associate Consultant, Division of Internal Medicine, University Medicine Cluster, National University Hospital |
| 1055 – 1110 (15 mins) | Acute Medicine                          | Asst Prof Audrey Wong  
Consultant, Division of Internal Medicine, University Medicine Cluster, National University Hospital |
| 1110 – 1125 (15 mins) | KTPH’s Acute Medical Unit Journey – Our Highs And Lows | Dr Thofique Adamjee  
Consultant, Department of General Medicine, Khoo Teck Puat Hospital |
| 1125 – 1150 (25 mins) | Sharing of Acute Medical Ward Experience in SGH | Dr Tharmmambal Balakrishnan  
Consultant, Department of Internal Medicine, Singapore General Hospital |
| 1150 – 1200 (10 mins) | Q&A                                      | Adj Asst Prof Endean Tan  
(Moderator) |

### Session 3 – Acute Medicine Education: Cases & Exams

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**Welcome Address**
Adj Asst Prof Endean Tan
Consultant, Department of General Medicine; Head, Acute Internal Medicine Service, Tan Tock Seng Hospital

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<tbody>
<tr>
<td>1330 – 1430 (60 mins)</td>
<td>Cases &amp; Exams</td>
<td>Adj Asst Prof Endean Tan</td>
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<td>Consultant, Department of General Medicine; Head, Acute Internal Medicine Service, Tan Tock Seng Hospital</td>
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<tr>
<td>1430 – 1500 (30mins)</td>
<td>Q&amp;A</td>
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**Session 4 – Nursing Empowerment in Acute Medicine**

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<td></td>
<td>Welcome Address</td>
<td>Ms Li Lihong</td>
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<td>Advanced Practice Nurse, Department of General Medicine, Tan Tock Seng Hospital</td>
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<tr>
<td>1530 – 1550 (20mins)</td>
<td>Team Building and Capabilities</td>
<td>Adj Asst Prof Endean Tan</td>
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<td>Consultant, Department of General Medicine; Head, Acute Internal Medicine Service, Tan Tock Seng Hospital</td>
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<tr>
<td>1550 – 1630 (40mins)</td>
<td>Nursing Perspectives</td>
<td>Ms Li Lihong</td>
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<td>Advanced Practice Nurse, Department of General Medicine, Tan Tock Seng Hospital</td>
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<tr>
<td>1630 – 1700 (30mins)</td>
<td>Q&amp;A</td>
<td>Ms Li Lihong</td>
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<td>(Moderator)</td>
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Programme Summary:
Allied Health Workforce Transformation & Innovation

This track, hosted by Centre for Allied Health and Pharmacy Excellence (CAPE), aims to bring allied health professionals together to share initiatives on allied health care redesign and workforce transformation. With the rapidly ageing population and the growing burden of chronic diseases, there is a corresponding increase in manpower demand for professional staff. Growing the Allied Health Professionals (AHPs) workforce in tandem with the demand has become increasingly challenging given the shrinking workforce. More sustainable strategies that adopt a different model of manpower need to be considered. The allied health professionals aim to reduce deliver higher value-based care through these innovation initiatives which include transdisciplinary model of care, therapy role redesign, process redesign and technology enabled care. This track will adopt an interactive style of sharing these initiatives, with the aim of bringing together a community of practice to co-learn and co-create.

Track Lead:
Ms Doreen Yeo
Chairperson, Allied Health Services & Pharmacy Organisation
Tan Tock Seng Hospital

Track Champions:
Ms Miona Tan
Assistant Manager, Centre for Allied Health and Pharmacy Excellence (CAPE)
Tan Tock Seng Hospital

Ms Gan Yi Ming
Senior Principal Physiotherapist
Tan Tock Seng Hospital

Session 1

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<th>Time</th>
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<th>Speaker</th>
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| 1330 – 1335  (5 mins) | Opening Note                                        | Ms Lim Hong Yee
Clinical Director, Centre for Allied Health and Pharmacy Excellence (CAPE), Tan Tock Seng Hospital |
| 1335 – 1345 (10 mins) | Improving Collaborative Care through a Transdisciplinary Model in Physiotherapy and Occupational Therapy | Ms Roselyn Choo
Principal Physiotherapist, Tan Tock Seng Hospital |
| 1345 – 1355 (10 mins) | A Journey towards Transdisciplinary Care of Patients in IMH | Dr Ong Lue Ping
Head; Department of Psychology
Institute of Mental Health |
| 1355 - 1405 (10 mins) | How A Transdisciplinary Model Of Care In The Home Setting Has Impacted Patient Care And The Workforce | Mr Jason Peh Jiesheng
Senior Occupational Therapist, Rehabilitation Services, Khoo Teck Puat Hospital |
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| 1405 – 1415 (10 mins) | Transdisciplinary Care Practice in Allied Health in the Community | Ms Ng Lip Chin  
Principal Occupational Therapist, Renci Hospital |
| 1415 – 1425 (10 mins) | Disruption through Digitisation & 3D-printing | Mr Khalid Anuar  
Head, Foot Care & Limb Design Centre, Tan Tock Seng Hospital |
| 1425 - 1435 (10 mins) | Innovations And Technology In Allied Health In The Community - How This Is Transforming Our Care Delivery And Bringing Benefits To The Population | Ms Angel Lim  
Physiotherapist, NTUC Health |
| 1435 – 1445 (10 mins) | Transforming Care In Post-Surgical Rehabilitation Through Games And Mobile Applications | Miss Li Kun Man  
Senior Physiotherapist, Tan Tock Seng Hospital |
| 1445 – 1455 (10 mins) | Improving Rehabilitation Outcomes with Exoskeleton | Amelia Ho Chiu Yi  
Physiotherapist, Rehabilitation Centre, Tan Tock Seng Hospital |

**Session 2**

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| 1525 - 1535 (10 mins) | Creating Value Through Therapy Assistant (TA) Role Redesign In A Community Hospital | Mr Halim Zul Fahmi  
Senior Physiotherapist, Rehabilitation Department, Yishun Health |
| 1535 - 1545 (10 mins) | Transformation of Therapy Support Workforce at the Institute of Mental Health | Mr Desmond Koh  
Senior Manager, Operations Institute of Mental Health |
| 1545 - 1555 (10 mins) | Workforce Transformation At the System Level: Sharing the Story of Pharmacy Transformation | Ms Yvonne Tan  
Senior Pharmacist, Tan Tock Seng Hospital |
| 1555 - 1605 (10 mins) | Realising The Potential Of Therapy Support Workforce: Developing Upskilled Competencies & Higher Job Roles For Our Therapy Assistants | Mr Damiri Mohamed Hosain  
Senior Occupational Therapist, Tan Tock Seng Hospital |
| 1605 – 1650 (45 mins) | World Cafe: Co-Learn & Co-Create | Small Group Discussion & Networking  
Stall 1: Transdisciplinary Care (Roselyn Choo, Ong Lue Ping, Jason Peh, Ng Lip Chin)  
Stall 2: Tech-Enabled Care (Khalid, Angel Lim, Li Kun Man, Amelia Ho)  
Stall 3: Role Redesign (Halim Zul Fahmi, Desmond Koh, Yvonne Tan & Shermin Pang, Damiri Hosain) |
1650 – 1700
(10 mins)
Wrap-Up & Closing Brief
Ms Lim Hong Yee
Clinical Director, CAPE
Tan Tock Seng Hospital

Programme Summary:
Crisis & Complex Care

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<td>Garnet 217</td>
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Track Synopsis

Precision medicine promises to transform the way patients are treated by using information about patient's genes-proteins signature and environment to prevent, diagnose and treat diseases. This session aims to describe the current situation, evolving landscape and perspectives about precision oncology in Tan Tock Seng Hospital (TTSH).

The various applications of precision medicine from early cancer detection to targeted treatment will be discussed, with focus on the use of liquid biopsy approaches. With the advent of the ability to analyze genomic sequence data in a timely fashion and at an ever-decreasing cost, the use of next generation sequencing (NGS) to identify targetable alterations is rapidly developing and has entered the mainstream of clinical practice. Our hematologists have been utilizing molecular tools for the diagnostic workup of patients with Myeloproliferative Neoplasms (MPNs). The molecular landscape of MPNs and their experiences in utilizing NGS for evaluation will be presented.

Precision medicine has begun moving in the prevention direction. Patient-tailored screening programs, preventive measures and proactive treatment are possible for patients of a high-risk group. This session will highlight the development of a microRNA biomarkers panel to assess an individual's risk for stomach cancer. In addition, the TTSH Cancer Genetics and Genomics Clinic (CGGC) was set up in December 2017 to provide counselling service for inherited cancer syndromes diagnosis, risk assessment and treatment recommendation. Our oncologist leading the CGGC will share the experience in genetic counselling and the impact of hereditary cancer testing on clinical care.

Chairperson & Track Champion:
Dr Goh Liuh Ling
Senior Principal Scientific Officer, Personalized Medicine Service;
Tan Tock Seng Hospital

Session 1 – Precision Medicine & Precision Oncology

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|      | Welcome Address     | Dr Goh Liuh Ling
Senior Principal Scientific Officer, Personalized Medicine Service, Tan Tock Seng Hospital |
Programme Summary:
Crisis & Complex Care: Cancer Rehabilitation: The New Normal

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**Track Synopsis**

Rapid advances in the field of cancer treatment allow for better survival rates and even offer the possibility of cure in some situations. As the number of cancer survivors increase, so do the rehabilitation needs and these can range from simple reconditioning to the more complex difficulties faced by patients who might have undergone surgery, chemotherapy and radiation.

While many patients are happy to be “cured” initially, the impairments faced sometimes mean that life is never quite the same again. Although some patients undergo multiple short sessions of rehabilitation, these often take place independently of one another. The lack of a coordinated survivorship program may mean the difference between achieving quality of life, and the “new normal”.

In this series of talks, we look at how research in the field of cancer rehabilitation can help with some common symptoms following treatment. We will also get to see how the rehabilitation process involves lifestyle change and carries on into the community long after treatment has ended.

**Session 2 – Cancer Rehabilitation: The New Normal**
Programme Summary:
Crisis & Complex Care: Palliative Care in Jeopardy

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Track Synopsis

Be part of the classic game show "Jeopardy!" as we get nurses from the various NHG institutions to compete against each other to tackle questions related to palliative care!

1. Slow Medicine? Soul Medicine!
2. There’s an end to cure but no end to care
Session 3 – Palliative Care in Jeopardy

| Track Champions: | Ms Jamie Lim  
Advanced Practice Nurse, Nursing Services;  
Tan Tock Seng Hospital |
|------------------|--------------------------------------------------|
|                  | Dr Eugene Teoh  
Senior Nurse Educator, Nursing Service (Education & Practice);  
Tan Tock Seng Hospital |
|                  | Ms Zhao Yue  
Nurse Educator, Nursing Service (Education & Practice);  
Tan Tock Seng Hospital |

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|           | Welcome Address               | Ms Zhao Yue  
Nurse Educator, Nursing Service (Education & Practice);  
Tan Tock Seng Hospital |
| 1330 – 1500 (60 mins) | Palliative Care in Jeopardy | |

Programme Summary:  
Crisis & Complex Care: Innovations in the Cancer Journey

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Track Synopsis

Hospital admission is often the last option for anyone seeking medical treatment. Most are more comfortable being themselves in their own homes. Patients, especially older adults, will be much happier receiving treatment from clinics and monitored in their own homes. Such arrangements are getting increasingly possible from new services, technologies and innovations using cloud based support and tele consultations. Newer form of biopsies, like “liquid biopsies” can detect cancer cells and provide quicker and less hassle diagnosis and monitoring. In this track, we seek the look at the possibilities now and in future to allow hospital free management of cancers.

Session: Innovations in the Cancer Journey
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|              | Welcome Address                                                     | Dr Tan Jit Seng  
Senior Home Care Physician  
Lotus Eldercare Health Services, Lotus Eldercare Private Limited |
| 1530 – 1550  | Advances in Liquid Biopsy for Cancer Diagnosis and Treatment Selection | Dr Tan Min-Han  
Medical Director, Lucence Diagnostics |
| (20 mins)    |                                                                     |                                                                         |
| 1550 – 1610  | Exercise in Cancer Rehabilitation: An Overview                     | Dr Wong Chin Jung  
Consultant, Department of Rehabilitation Medicine, Tan Tock Seng Hospital |
| (20 mins)    |                                                                     |                                                                         |
| 1610 - 1630  | Long Term Management, The Possibilities                            | Dr Tan Jit Seng  
Senior Home Care Physician  
Lotus Eldercare Health Services, Lotus Eldercare Private Limited |
| (20 mins)    |                                                                     |                                                                         |
| 1630 – 1700  | Q&A                                                                 | All Speakers +  
Dr Lavina Bharwani  
Senior Consultant, Department of Medical Oncology, Tan Tock Seng Hospital |
| (30 mins)    |                                                                     |                                                                         |

**Programme Summary:**

**Dermatology**

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<tr>
<td>Day 2: 11 Oct 2019, Friday</td>
<td>Garnet 213</td>
<td>0830 - 1700</td>
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**Track Synopsis**

Skin disease affects patients of all ages and may complicate existing co-morbidities. Healthcare professionals from all disciplines may need to address patient’s skin issues.

This track aims to impart knowledge to healthcare professionals and caregivers to assist them in alleviating suffering of those with skin diseases they look after.

**Track Leads:**

Dr Tee Shang-lan  
Senior Consultant, National Skin Centre
### Session 1 – Dermatology Through the Ages

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<tr>
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<th>Programme/Topic</th>
<th>Speaker</th>
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<tr>
<td></td>
<td>Welcome Address</td>
<td>Dr Madeline Ho</td>
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<tr>
<td></td>
<td></td>
<td>Senior Consultant, National Skin Centre</td>
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<tr>
<td>0830 – 0855</td>
<td>Common Hair and Nail Conditions in Children</td>
<td>Dr Lucinda Tan</td>
</tr>
<tr>
<td>(25 mins)</td>
<td></td>
<td>Consultant, National Skin Centre</td>
</tr>
<tr>
<td>0855 – 0920</td>
<td>Photoaging Skin: Prevention and Treatment</td>
<td>Dr Suzanne Cheng</td>
</tr>
<tr>
<td>(25 mins)</td>
<td></td>
<td>Senior Consultant, National Skin Centre</td>
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<tr>
<td>0920 - 0945</td>
<td>Dermatology Issues in the Silver Years</td>
<td>Dr Joel Lim</td>
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<tr>
<td>(20 mins)</td>
<td></td>
<td>Associate Consultant, National Skin Centre</td>
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<tr>
<td>0945 – 1000</td>
<td>Q&amp;A</td>
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### Session 2 – Essentials of Inpatient Dermatology

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<tr>
<td></td>
<td>Welcome Address</td>
<td>A/Prof Martin Chio Tze Wei</td>
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<td>Senior Consultant, National Skin Centre</td>
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<tr>
<td>1030 – 1055</td>
<td>Common Skin Conditions for Inpatient Referral</td>
<td>Dr Su Peiqi</td>
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<tr>
<td>(25 mins)</td>
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<td>Consultant, National Skin Centre</td>
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<tr>
<td>1055 –1120</td>
<td>Approach to the Suspected Cutaneous Drug Reaction</td>
<td>Dr Heng Yee Kiat</td>
</tr>
<tr>
<td>1120 - 1145</td>
<td>Quiz Time: What’s Malignant and What’s Not?</td>
<td>Dr Martin Chio Tze Wei</td>
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<tr>
<td>1145 – 1200</td>
<td>Q&amp;A</td>
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</table>
Session 3 – Controversies in Dermatology

Chairperson
Dr Tee Shang-Ian
Senior Consultant, National Skin Centre

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<td>Welcome Address</td>
<td>Dr Tee Shang-Ian</td>
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<td>Senior Consultant, National Skin Centre</td>
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<tr>
<td>1330 – 1355</td>
<td>Diet and the Skin - Science or Myth?</td>
<td>Dr Tricia Chong</td>
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<tr>
<td>(25 mins)</td>
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<td>Associate Consultant, National Skin Centre</td>
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<tr>
<td>1355 –1420</td>
<td>Can We Do Without Antibiotics in Dermatology Care?</td>
<td>Dr Benson Yeo</td>
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<tr>
<td>(25 mins)</td>
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<td>Consultant, National Skin Centre</td>
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<tr>
<td>1420 - 1445</td>
<td>Are Tests for Skin Allergy Truly Indicated?</td>
<td>Dr Tee Shang-Ian</td>
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<tr>
<td>(20 mins)</td>
<td></td>
<td>Senior Consultant, National Skin Centre</td>
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<tr>
<td>1445 – 1500</td>
<td>Q&amp;A</td>
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Session 4 – Collaborative Practice in Dermatology

Chairperson
Dr Tee Shang-Ian
Senior Consultant, National Skin Centre

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<td></td>
<td>Welcome Address</td>
<td>Dr Tee Shang-Ian</td>
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<td></td>
<td></td>
<td>Senior Consultant, National Skin Centre</td>
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<tr>
<td>1530 – 1555</td>
<td>Enhancing Primary Care of Skin Disease: Teledermatology and Beyond</td>
<td>Dr Kong Jing Wen</td>
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<tr>
<td>(25 mins)</td>
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<td>Consultant, Hougang Polyclinic, National Healthcare Group Polyclinics</td>
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### Programme Summary: Education & Pedagogies

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<td>Peridot 204</td>
<td>0830 - 1700</td>
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#### Track Synopsis

Looking back over ten years of residency programmes in NHG, we seek to learn lessons from our past, our present and at the challenges the future has for us. This track will invite members involve in education and training from NHG to share their experience with us. We start with the past as educators and ex-residents share with us their experience of residency and insights into what could have been improved. After which we move to the present, where various family groups share with us unique aspects and features of their post-graduate training. We end with prominent education thinkers and philosophers sharing with us challenges that lie ahead, as we look towards improving our post-graduate training.

#### Track Leads:
- **Mr Benny Li**
  Principal Pharmacist, National Skin Centre
- **Dr Phua Dong Haur**
  Senior Consultant (Emergency Medicine), Tan Tock Seng Hospital

#### Session 1 – Past: 10 Years of Residency

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<tr>
<th>Time</th>
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</table>
| 0830 – 0850 (20 mins) | Reflection of my Residency Journey | Dr Hong Qiantai
  Associate Consultant,
  Department of General Surgery,
  Tan Tock Seng Hospital |

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<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1555 –1620 (25 mins) | The Nurse-led Warts Clinic – A Model of Tiered Care in the National Skin Centre | Ms Norlaila Kamarudin
  Nurse Clinician, National Skin Centre |
### Session 2 – Present: What We Do & Want to Share with You

<table>
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<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 0850 – 0910 (20 mins) | An Emergency Medicine Perspective | Dr Quek Yong Jing Daniel  
Associate Consultant,  
Emergency Medicine,  
Tan Tock Seng Hospital |
| 0910 – 0930 (20 mins) | The Accidental Educator | Adj A/Prof Sarah Lu  
Associate Designated Institutional Official (ADIO);  
Consultant, Department of General Surgery,  
Tan Tock Seng Hospital |
| 0930 – 1000 (30mins) | Q&A | - |

### Session 3 – Present: What We Do & Want to Share With You 2

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<thead>
<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1030 – 1050 (20 mins) | From PSLE to Residency | Dr Ong Chin Fung  
Associate Designated Institutional Official (ADIO);  
Senior Consultant,  
Population Health Community Transformation,  
Khoo Teck Puat Hospital |
| 1050 – 1110 (20 mins) | The Pre-Professional Clinical Nursing Education Learning Journey of Nursing students in NHGP, Have We Done Enough? | Ms Christie Anna  
Nurse Educator, Nursing Services,  
National Healthcare Group Polyclinics |
| 1110 - 1130 (20 mins) | How Do You Become a Pharmacist? | Mr Benny Li  
Principal Pharmacist,  
National Skin Centre |
<p>| 1130 – 1200 (30 mins) | Q&amp;A | - |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1350 – 1410  | Occupational Therapy – Becoming an Enabler | Ms Kelly Tang  
Senior Occupational Therapist, Khoo Teck Puat Hospital                                      |
| 1410 – 1430  | The Making of a Clinical Psychologist     | Adj A/Prof Clare Yeo  
Senior Principal Clinical Psychologist, Department of Psychology, Institute of Mental Health     |
| 1430 - 1500  | Q&A                                       |                                                                                                  |

**Session 4 – Innovation – What the Future Holds**

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<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1530 – 1550  | Welcome Address                           | Mr Benny Li  
Principal Pharmacist, National Skin Centre                                                        |
| 1550 – 1610  | “Liddat Also Can Ah”: Context & Assumptions In IPE & IPCP | A/Prof Nigel Tan  
Senior Consultant, Department of Neurology, National Neuroscience Institute                      |
| 1610 – 1630  | Redefining Medical Education             | Dr Vaikunthan Rajaratnam  
Senior Consultant, Department of Orthopaedic Surgery, Khoo Teck Puat Hospital                  |
| 1630 – 1700  | Q&A                                       | -                                                                                               |
Programme Summary:
Empowerment through Digitalisation

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<td>0830 - 1200</td>
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Track Synopsis

As traditional healthcare immerses in an increasingly digital environment, we all know doing more of the same will not solve traditional problems, yet going in cold with untested new initiatives may do more harm than good. At the heart of this digital transformation opportunity, we will, during the first half of this track, bring together various perspectives on the problem statements, the opportunities, pitfalls and key drivers for successful and sustainable digital transformation. During the second half, we will bring to stage smart solutions at various maturity, and explore the thinking behind these solutions and more importantly the aspirations beyond them. By the end of the session, we want each delegate to be able to bring home at least one novel idea.

Track Leads:

Dr Tay Seow Yian
Senior Consultant, Emergency Department, Tan Tock Seng Hospital

Dr Sun Yan
Deputy Director, Health Services & Outcome Research National Healthcare Group

Mr Lim Seng
Assistant Director, Office of Clinical Information, Tan Tock Seng Hospital

Chairperson

Dr Ng Yih Yng
Consultant, Emergency Department, Tan Tock Seng Hospital
### Session 1 – Key Drivers For Success

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<tbody>
<tr>
<td>0830 – 0850</td>
<td>Welcome Address</td>
<td>Dr Ng Yih Yng, Consultant, Emergency Department, Tan Tock Seng Hospital</td>
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<tr>
<td>0850 – 0910</td>
<td>A Collaborative Digital Approach to Further Enabling Transitional Care</td>
<td>Mr Lim Cher Wee, Chief Operating Officer, MOH Office of Healthcare Transformation</td>
</tr>
<tr>
<td>0850 – 0910</td>
<td>Epic’s Novel Use of Sustainable Digital Technology to Solve Traditional Problems</td>
<td>Janet Campbell, Vice President of R&amp;D Relations, Epic, USA</td>
</tr>
<tr>
<td>0910 – 0930</td>
<td>Digitally Transforming the Patient Healthcare Experience</td>
<td>Dr Ng Yih Ying, Consultant, Emergency Department, Tan Tock Seng Hospital</td>
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<tr>
<td>0930 – 1000</td>
<td>Q&amp;A</td>
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### Session 2 – Session 2: Smart Solutions for Sustainability

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<tbody>
<tr>
<td>1030 – 1050</td>
<td>Enhancing the Patient and Caregiver Journey with Digital Technology</td>
<td>Mr Shunfu Chen, Director, Ambulatory Services &amp; Outpatient Ops, Woodlands Health Campus</td>
</tr>
<tr>
<td>1050 – 1110</td>
<td>AI for Ageless Aging</td>
<td>Prof Miao Chunyan, Chair Professor, School of Computer Science and Engineering, Nanyang Technological University</td>
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<tr>
<td>1100 - 1130</td>
<td>Disruptive Food Innovation Challenges – Creating Safer and Personalized Puree Meals with 3D Food Printing</td>
<td>Ms Gladys Wong, Senior Principal Dietitian, Khoo Teck Puat Hospital</td>
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<tr>
<td>1130 – 1150</td>
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Programme Summary: 
Digital Innovations through Medical Technologies and Serious Games

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<td>Day 2: 11 Oct 2019, Friday</td>
<td>Opal 103 - 104</td>
<td>1330 - 1500</td>
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**Session 1 – Digital Health Medical Technologies: Replacement or Enhancement of Healthcare Professionals?**

In the current digital health era, healthcare professionals in recent years have been exploring the use of these enabling technologies to facilitate healthcare delivery. However, some wonder whether they will be in danger of being replaced by these technologies as they potentially can fulfill some of the "work" duties of healthcare support staff and even direct patient care due to the ability to "diagnose through algorithms" or "treat through focused intervention instructions". The speakers in this track are all domain experts in their field, either in public institutions or the private setting and all of them have interest or are generating business through the use of these digital health technologies. They will share their experiences on whether it enhances their work or potentially "threatens their existence".

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<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1330 – 1350  | Digital Application For Pre And Post Op Surgical Care | Dr How Kwang Yeong  
Consultant, Tan Tock Seng Hospital |
| 1350 – 1410  | Enhancement Rehabilitation Care Through Digital Healthcare Applications | Mr Ashton Neoh  
Senior Physiotherapist, Allied Health Services & Pharmacy-Physiotherapy, Tan Tock Seng Hospital |
| 1410 - 1430  | The Future of Medicine – Implications for Southeast Asia | Dr Snehal Patel  
CEO; Co-founder, MyDoc |
| 1430 – 1500  | Q&A                                            | All Speakers                                                           |
Programme Summary:
Games for Health Innovations Centre (ALIVE)
Mini-Symposium: Learn and Explore with Alive through Play (LEAP) 2019

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<td>Day 2: 11 Oct 2019, Friday</td>
<td>Opal 103 - 104</td>
<td>1530 - 1700</td>
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Session 2 – Games for Health Innovations Centre (ALIVE) Mini-Symposium: Learn and Explore with Alive through Play (LEAP) 2019

In this year’s mini edition of the ALIVE symposium, we hope to emphasize ALIVE’s intention to continue to LEAP (Learn and Explore with ALIVE through Play) forward with NHG and other healthcare, academic and industry partners through continual showcasing and sharing of our clinicians’ and partners’ excellent work and experiences in the field of healthcare serious games. This year, we will “level up” to illustrate that even resuscitation can be gamified; community health complexities can be simplified and how “serious” games can be utilized from an industry perspective.

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<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1530 – 1550      | Research Methodology Serious Game      | Dr Xie Huiting  
Nurse Clinician, Institute of Mental Health                                              |
| 1550 – 1610      | Central Health Powering Communities Serious Game | Mr Edwin Phua  
Assistant Manager  
Planning & Development, Central Health  
Tan Tock Seng Hospital                                      |
| 1610 – 1630      | The Pursuit of Gamification            | Dr Koh Wee Lit  
CEO Red Hare Studios                                         |
| 1630 – 1700      | Q&A                                    | All Speakers                                                                                 |
Programme Summary: 
Humanities in Healthcare

Track Synopsis

This track will look at empathy in the consultation room and beyond. The track is divided into three activities focusing on:

1. The Understanding of Empathy. Symposium 'Empathy under threat'
2. The Experience of Empathy. Workshop 'Mindfulness to reduce stress'
3. The Expression of Empathy. Workshop 'A sneak peek into motivational interviewing engagement'

Traditionally medical literature has focused on the role of empathy in doctor-patient consultations. During the symposium 'Empathy under threat' we will learn more about how this has developed in Singapore from 4 speakers representing patient advocates, researchers and educators.

Beyond the consultation health care professionals and the people they work with continue to benefit from empathy and compassion in their everyday lives at work and at home. Whether this is in the context of helping a loved-one through a period of loss or motivating a colleague to seek help, empathy and compassion are potent elements in a functional supportive workplace and community. The workshop 'Sneak peek into motivational interviewing engagement' equips the participants with some skills that can be added to the empathic practitioner's tool kit.

The workshop 'Mindfulness to reduce stress' underscores the need to turn an empathic gaze inwards, towards the need for self-compassion and its value in ensuring a sustainable self. The practice of mindfulness continues to gain interest and exposure in the medical literature, this very popular workshop is accessible and enables participants to experience this approach for themselves.
Session 1 – Empathy under Threat

Amidst advancing technologies, a heightened drive for efficiency, a growing population with access to ever increasing repertoire of health care options, empathy and compassion remain central to the delivery of modern patient centred care in Singapore.

This symposium will provide an overview of empathy and compassion from the different perspectives of patient, researcher and medical educator. We start by tracing the roots of empathy, what it is and go some way towards answering the question ‘is empathy innate or is it learned?’ We will explore the value of empathy and compassion as seen through the eyes of a patient advocates from the perspective of chronic illness and ask what steps we can take to make things better. Finally contemplate the expressions of empathy from the doctors of tomorrow.

Participants will be able to refresh their understanding of empathy and compassion in Singapore’s Health Care Setting, familiarise themselves with current thought and research directions, and reflect on their own roles in ensuring empathy and compassion in professional and personal contexts.

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Research Officer,  
Geriatric Education & Research Institute |
| 0850 – 0910 (20 mins) | What Do You Need To Make Things Better?                | Ms Emma J Cartwright  
PhD Candidate,  
Lee Kong Chian School of Medicine |

Track Lead: Dr Tanya Tierney  
Assistant Dean, Head of Student Welfare, Lead Clinical Communication,  
The Office of Medical Education Lee Kong Chian School of Medicine

Track Champion: Dr Diana Andrea Barron  
Deputy Clinical Communication, The Office of Medical Education,  
Lee Kong Chian School of Medicine

Chairperson: A/Prof Amanda Connell  
Associate Professor, Singapore Institute of Technology
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<th>Time</th>
<th>Session</th>
<th>Presenter &amp; Information</th>
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| 0910 – 0930 (20 mins) | The Role of Narratives in Building Empathy and Aiding Holistic Healing in Patients with Chronic Illness | Ms Pavitar Gill  
Patient Voices |
| 0930 – 0950 (20 mins) | Keeping Them Human; Safeguarding Empathy In The Midst Of The Hidden Curriculum | Dr Tanya Tierney  
Assistant Dean, Head of Student Welfare, Lead Clinical Communication, The Office of Medical Education, Lee Kong Chian School of Medicine |
| 0950 – 1000 (10mins) | Q&A                                                                     | -                                        |
Session 2 – Mindfulness to Reduce Stress

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The workshop ‘Mindfulness to reduce stress’ underscores the need to turn an empathic gaze inwards, towards the need for self-compassion and its value in ensuring a sustainable self. In this workshop, we will cover the following:

- What is Mindfulness?
- The connection between body and mind
- Regulating the stress response system to reduce chronic stress
- Psychosomatic effects of stress
- Mindfulness Practices
- Calming on Demand

Track Champion: Adj A/Prof Angie Chew
Executive Director; Principal Mindfulness Trainer
Brahm Centre

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<td>1330 – 1700 (3 hrs)</td>
<td>Mindfulness to Reduce Stress</td>
<td>Adj A/Prof Angie Chew</td>
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<td>Executive Director; Principal Mindfulness Trainer</td>
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Session 3 – Sneak Preview to Motivational Interviewing

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Motivational Interviewing (MI) is an evidence-based non-judgemental and non-confrontational counselling method that works on facilitating and engaging intrinsic motivation within the client in order to change negative behavior. The approach was developed by Professor William R Miller, PHD and Professor Stephen Rollnick, PHD to engage clients who are hesitant about making positive behavioural changes. The workshop is a sneak preview to equip participants with the basic understanding of MI skills in engaging conversations about change across a range of health-related issues. The course will introduce participants to the theory, spirit and principles in using MI to help people make positive changes, and help participants understand the practice and application of the skills in a real life setting.

Track Champions:

A/Prof Griva Konstandina  
Associate Professor, Health Psychology and Behavioural Medicine,  
Lee Kong Chian School of Medicine

Mr S.B Viknesan  
Senior Counsellor, National Addictions Management Service,  
Institute of Mental Health

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<tr>
<th>Time</th>
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<th>Speaker</th>
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</table>
| 1330 – 1700 (3 hours) | Sneak Preview to Motivational Interviewing | A/Prof Konstadina Griva  
Associate Professor, Centre for Population Health Sciences, Lee Kong Chian School of Medicine  
Mr S.B Viknesan  
Senior Counsellor, National Addictions Management Service,  
Institute of Mental Health |
Programme Summary:
Healthcare Finance Transformation

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Track Synopsis

Financial incentives play an important role in aligning payers and providers to achieve better value and sustainability in healthcare. In this session, participants will learn about the types of incentives that have been introduced both locally and in the U.S., their effectiveness so far, as well as delve into insights about how financial incentives might evolve as we move into the future of value-driven healthcare.

Session 1 – Distinguished Speakers Lectures

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<td>0830 – 0900</td>
<td>Welcome Address</td>
<td>Ms Lim Yee Juan&lt;br&gt;Group Chief Financial Officer, National Healthcare Group</td>
</tr>
<tr>
<td>(30 mins)</td>
<td>Financial Incentives for Sustainable Healthcare: Current Thinking, Future Possibilities (US perspective)</td>
<td>Dr Steven Safyer MD&lt;br&gt;President, Chief Executive, Montefiore Medicine, USA</td>
</tr>
<tr>
<td>(30 mins)</td>
<td>Healthcare Finance Transformation Panel Discussion</td>
<td>All Speakers&lt;br&gt;Moderator: Ms Lim Yee Juan&lt;br&gt;Group Chief Financial Officer, National Healthcare Group</td>
</tr>
<tr>
<td>0930 – 1000</td>
<td>(30 mims)</td>
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Session 2 – Health$en$e Board Game

Not sure what “funding for value” in healthcare is about? Come and experience it in our Board Game workshop! Participants will have the opportunity to play the role of a Chief Financial Officer of a healthcare system and learn to manage patient flow across different healthcare settings while keeping track of their funds. Are you game for this?
Programme Summary:
Leadership and Organisation Development Track

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<tr>
<th>Date</th>
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</table>

**Track Synopsis**

**YOU’RE INVITED to join us to explore about Leading Innovation and Change in Healthcare!**

Innovation involves change and leads to change. Implementing and sustaining the change successfully results in evolving, growing and thriving communities of people.

How do you as a leader lead successful and sustainable change? How do you help people cope with the pace, speed and complexity of change? How do you as a leader balance the tensions involved in the change and reap the upsides of polarities?

Join us and our speakers at the Leadership and Organisation Development track at SHBC 2019 to discover.

<table>
<thead>
<tr>
<th>Prof Des Gorman</th>
<th>Mr Michael Jenkins</th>
<th>Ms Hyun Jung, Kim</th>
<th>Ms Kuik Shiao-Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professor of Medicine, Faculty of Medical and Health Sciences, University of Auckland</td>
<td>CEO, Human Capital Leadership Institute</td>
<td>Head, Leadership Lab, Johnson &amp; Johnson</td>
<td>Founding Director, The Thought Collective</td>
</tr>
</tbody>
</table>


**LEADERSHIP AND ORGANISATION DEVELOPMENT TRACK | SHBC 2019**

Friday, 11 Oct, 8:30 AM to 5:00 PM
Garnet 214 – 215, Max Atria Singapore Expo
Programme Summary: Living with Frailty: Unravelling the Impact of Metabolic Diseases

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Day 2: 11 Oct 2019, Friday</td>
<td>Garnet 212</td>
<td>0830 - 1700</td>
</tr>
</tbody>
</table>

**Track Synopsis**

As frailty gains further traction in our healthcare landscape, take this opportunity to engage with plenary speaker Prof Matteo Cesari and our multidisciplinary panel of local experts. Aligned with NHG’s River of Life framework towards developing a frailty-ready healthcare system, the Living with Frailty (Metabolic) track builds upon our accrued insights in sarcopenia and muscle health; embraces the complexities in related upstream conditions of diabetes and osteoporosis; all against the backdrop of applying evidence based practice in the real world of frail older adults.

**Track Lead:**

A/Prof Lim Wee Shiong  
Senior Consultant, Department of Geriatric Medicine; Research Lead, Institute of Geriatrics and Active Ageing (IGA), Tan Tock Seng Hospital

**Track Champions:**

Dr Alvin Tan  
Consultant, Department of Endocrinology, Tan Tock Seng Hospital

Dr Michael Yam  
Senior Resident, Department of Orthopaedic Surgery, Tan Tock Seng Hospital

Ms Tan Keng Teng  
Principal Pharmacist (Specialist), Department of Pharmacy, Tan Tock Seng Hospital

Ms Jasmine Kang  
Assistant Director of Nursing; Advanced Practice Nurse (Geriatrics), Department of Nursing Service, Tan Tock Seng Hospital

Ms Kalene Pek  
Assistant Director, Institute of Geriatrics and Active Ageing (IGA), Tan Tock Seng Hospital
Session 1 – Sarcopenia and Muscle Health: Why Now, Why Here, and Making it Happen

| Track Champions | A/Prof Lim Wee Shiong  
Senior Consultant, Department of Geriatric Medicine;  
Research Lead, Institute of Geriatrics and Active Ageing (IGA),  
Tan Tock Seng Hospital |
|-----------------|-------------------------------------------------------------------|
| Ms Kalene Pek   | Assistant Director, Institute of Geriatrics and Active Ageing (IGA),  
Tan Tock Seng Hospital |

| Chairperson     | A/Prof Ding Yew Yoong  
Senior Consultant, Department of Geriatric Medicine,  
Tan Tock Seng Hospital |

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<thead>
<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 0830 – 0850     | Welcome Address                             | A/Prof Ding Yew Yoong  
Senior Consultant, Department of Geriatric Medicine, Tan Tock Seng Hospital |
| (20 mins)       |                                             |                                                                         |
| 0850 – 0910     | Sarcopenia: From Theory to Practice         | Prof Matteo Cesari  
Professor, University of Milan                                          |
| (20 mins)       |                                             |                                                                         |
| 0910 – 0930     | Sarcopenia: Insights from the Gerilabs Study | A/Prof Lim Wee Shiong  
Senior Consultant, Department of Geriatric Medicine, Tan Tock Seng Hospital |
| (20 mins)       |                                             |                                                                         |
| 0930 – 0950     | Use It Or Lose It: Exercise As Medicine For Muscle Health | Ms Lee Sin Yi  
Principal Physiotherapist, Department of Physiotherapy, Tan Tock Seng Hospital |
| (20 mins)       |                                             |                                                                         |
| 0950 – 1000     | Muscle Healthy Diet: Facts, Myths and Opportunities | Dr Lim Yen Peng  
Head; Senior Principal Dietitian, Department of Nutrition & Dietetics, Tan Tock Seng Hospital |
| (10 mins)       |                                             |                                                                         |
|                 | Q&A                                         |                                                                         |
# Session 2 – War Against Diabetes: Helping our Seniors Win the Fight

**Track Champion**

Dr Alvin Tan  
Consultant, Department of Endocrinology,  
Tan Tock Seng Hospital

**Chairperson**

A/Prof Daniel Chew  
Senior Consultant, Head, Department of Endocrinology,  
Tan Tock Seng Hospital

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| Welcome Address | A/Prof Daniel Chew  
Senior Consultant; Head, Department of Endocrinology, Tan Tock Seng Hospital |
| 1030 – 1055     | Personalised Diabetes Management: Navigating the Complexities of Diabetes Care | Dr Seow Cherng Jye  
Consultant, Department of Endocrinology, Tan Tock Seng Hospital                                                  |
| 1055 – 1120     | It's Not Just Medications: Addressing the Psychosocial Aspects of Diabetes Care | Ms Kitty Lee  
Senior Medical Social Worker, Department of Care & Counselling, Tan Tock Seng Hospital                          |
| 1120 - 1145     | Caring for our Older Adults with Diabetes in the Community              | Ms Esther Bong  
Staff Nurse, TOUCH Diabetes Support                                                                               |
| 1145 – 1200     | Q&A                                                                    | -                                                                                                                  |
### Session 3 – Osteoporosis Update: Insights from the Inside

**Track Champion & Chairperson**

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td></td>
<td>Welcome Address</td>
<td>Dr Michael Yam&lt;br&gt;Senior Resident, Department of Orthopaedic Surgery, Tan Tock Seng Hospital</td>
</tr>
<tr>
<td>1330 – 1350</td>
<td>Surgical Concerns in Osteoporosis and Complications of its Treatment</td>
<td>Dr Daniel Hap&lt;br&gt;Senior Resident, Department of Orthopaedic Surgery, Tan Tock Seng Hospital</td>
</tr>
<tr>
<td>1330 – 1350</td>
<td>Surgical Concerns in Osteoporosis and Complications of its Treatment</td>
<td>Dr Daniel Hap&lt;br&gt;Senior Resident, Department of Orthopaedic Surgery, Tan Tock Seng Hospital</td>
</tr>
<tr>
<td>1350 – 1410</td>
<td>Rehabilitation and Bone Health</td>
<td>Ms Ivy Ho Wei Fang&lt;br&gt;Senior Physiotherapist, Pain Management Clinic, Tan Tock Seng Hospital</td>
</tr>
<tr>
<td>1410 – 1430</td>
<td>Fracture Liaison Service</td>
<td>Ms Fadzleen Johari&lt;br&gt;Nurse Clinician, Office of Clinical Governance, Tan Tock Seng Hospital</td>
</tr>
<tr>
<td>1430 – 1450</td>
<td>Osteoporosis: An Update</td>
<td>Dr Chew Chee Kian&lt;br&gt;Consultant, Department of Endocrinology, Tan Tock Seng Hospital</td>
</tr>
<tr>
<td>1450 – 1500</td>
<td>Q&amp;A</td>
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Information Correct as of 30 Sept 2019
Session 4 – Evidence Based Practice in the Real World of Frail Older Adults

<table>
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<tr>
<th>Date</th>
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<th>Time</th>
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<tbody>
<tr>
<td>Day 3: 12 Oct 2019, Saturday</td>
<td>Garnet 212</td>
<td>1530 - 1700</td>
</tr>
</tbody>
</table>

Track Champions & Chairpersons:

- **Ms Jasmine Kang**
  Assistant Director of Nursing; Advanced Practice Nurse (Geriatrics), Department of Nursing Service, Tan Tock Seng Hospital

- **Ms Tan Keng Teng**
  Principal Pharmacist (Specialist), Department of Pharmacy, Tan Tock Seng Hospital

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<tr>
<th>Time</th>
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</table>
| **Welcome Address** |                                                      | **Ms Jasmine Kang**  
Assistant Director of Nursing; Advanced Practice Nurse (Geriatrics), Department of Nursing Service, Tan Tock Seng Hospital  
**Ms Tan Keng Teng**  
Principal Pharmacist (Specialist), Department of Pharmacy, Tan Tock Seng Hospital |
| 1530 – 1550 (20 mins) | Evidence Balanced Practice in the real World of Frail Older Adults | **Dr David Ng**  
Associate Consultant, Department of Geriatric Medicine, Tan Tock Seng Hospital |
| 1550 – 1610 (20 mins) | Frailty in the Eyes of the Beholder | **Ms Zhu Birong**  
Advanced Practice Nurse (Geriatrics), Department of Nursing Service, Tan Tock Seng Hospital |
| 1610 – 1630 (20 mins) | Frailty: The Exercise Rehabilitation Imperative | **Ms Faezah Ghazali**  
Senior Physiotherapist, Department of Physiotherapy, Tan Tock Seng Hospital |
| 1630 – 1650 (20 mins) | Frailty and PolyPharmacy: Less is More? | **Ms See Lin Li**  
Senior Pharmacist, Department of Pharmacy, Tan Tock Seng Hospital |
| 1650 – 1700 (10 mins) | Q&A | - |
Programme Summary: Mental Health

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Time</th>
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<tbody>
<tr>
<td>Day 2: 11 Oct 2019, Friday</td>
<td>Peridot 201</td>
<td>0830 - 1700</td>
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</table>

Track Synopsis

The centrestage of SHBC 2019 is Sustainable Healthcare through Innovation, built on the MOH Beyond Healthcare 2020 plan and the NHG River of Life framework. This year’s Mental Health and Dementia Track focuses on Living Well with Illness. The 4 sessions in this track will highlight how a sustainable healthcare can be built through identifying gaps in the current provision of care and addressing them through integration, collaboration and innovation.

The first session “Dementia Care in Singapore: How Can We Do Better?” is a panel discussion aiming to critically apprise the current framework in the continuum of care for dementia patients and propose ways to improve and add value to the current care model.

This will be followed by the second session on “Hoarding and Mental Health” which will illustrate how patients can have complex needs requiring healthcare workers to collaborate effectively with the social sector and their families to integrate care in the community beyond the hospital setting.

Since the commencement of MOH Beyond Healthcare 2020 plan and NHG River of Life framework, there has been much development and innovation in the area of Mental Health Care in the community. In the afternoon session we will be sharing some of the efforts thus far and further showcasing how we are integrating physical health, mental health, nursing care and social services in the community.

In the last session of the track “E-Mental Health: Where are we now and where are we heading”, we will shift our focus to how we are using technological innovation in enhancing our current provision of mental health care. This session will also share how children can maintain mental wellness in this digital age and prevent the development of mental illness.

Track Leads:

Dr Chris Tan Ze Jia  
Associate Consultant, North Region,  
Department of Geriatric Psychiatry  
Institute of Mental Health

Dr Wei Ker-Chiah  
Chief, West Region  
Institute of Mental Health

A/Prof Tan Bhing Leet  
Associate Professor; Programme Director; Deputy Cluster Director,  
Health and Social Sciences,  
Singapore Institute of Technology
# Session 1 – Dementia Care in Singapore: How can we do better?

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</thead>
</table>
| 0830 – 1000 (90 mins) | Panel Discussion: Dementia Care in Singapore: How can we do better? | Dr Vanessa Mok Wai Ling  
Consultant, Clinical Advisor,  
SHP Geriatric Service: Memory & Cognition,  
Changi General Hospital  
Ms Janet Koh Hui Kheng  
Caregiver to Mdm Ng Sook Cheng  
NC Koh Hui Mien  
Memory and Dementia Care Team, Khoo Teck Puat Hospital  
Lim Si Huan  
Senior Clinical Psychologist, Aged Psychiatry Community Assessment and Treatment Service,  
Institute of Mental Health  
Dr Chew Yat Peng  
Senior Counsellor, O’Joy Care Services  
Mr Stephen Chan  
Head Caregiver Support Centre, Alzheimer’s Disease Association |

# Session 2 – Hoarding and Mental Health

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
</tr>
</thead>
</table>
|            | Welcome Address | Dr Chris Tan Ze Jia  
Associate Consultant, North Region,  
Department of Geriatric Psychiatry  
Institute of Mental Health |
1030 – 1050
(20 mins)
When Tidying the Space Sparks Distress: Research Updates on Hoarding Behaviour
A/Prof Mythily Subramaniam
Director, Research Division, Institute of Mental Health

1050 – 1110
(20 mins)
Is Hoarding a form of OCD?
Ms Jackki Yim Hoon Eng
Senior Clinical Psychologist, Institute of Mental Health

1110 - 1130
(20 mins)
Community Intervention and Management of Hoarding Behaviour
Ms Melissa Sng Siok Yen
Nurse Clinician, Community Mental Health Team, Institute of Mental Health

1130 – 1150
(20 mins)
Adult Protection Service for Hoarding Behaviour*
Ms Ravina Said Abdul Rahman
Senior Assistant Director, Adult Protection Service, Ministry of Social and Family Development

1150 – 1200
(10 mins)
Q&A

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Session 3 – Development of Mental Health Care in the Community

**Chairperson**

Dr Wei Ker-Chiah
Chief, West Region
Institute of Mental Health

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<thead>
<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1330 – 1350   | Consultation Liaison Psychiatry in an Increasingly Diverse Healthcare Ecosystem | Adj A/Prof Rochelle Kinson
Head of Service, Psychiatry, Woodlands Health Campus                      |
| 1350 – 1410   | Roles of Community Psychiatric Nursing in the Community    | Ms Khoo Xiaofen
Nursing Lead, Community Mental Health Team Institute of Mental Health     |
| 1410 – 1430   | Integration of Psychiatric Care and Social Services in the Community | Mr Low Mun Heng
Senior Assistant Director, Community Reintegration, AMKFSC Community Services |
<table>
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<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1430 – 1450 (30mins) | Assertive Community Treatment For Persons With Severe Alcohol Dependence In Singapore | Mr Jayson Davamoni-Thomas  
Senior Occupational Therapist,  
National Addictions Management Services,  
Institute of Mental Health |
| 1540 – 1500 (10 mins) | Q&A                                                                             | -                                                                                                 |

### Session 4 – E-Mental Health: Where are we Now and Where are we Heading

**Chairperson**

A/Prof Tan Bhing Leet  
Associate Professor; Programme Director; Deputy Cluster Director,  
Health and Social Sciences, Singapore Institute of Technology

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<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
|            | Welcome Address                                                                 | A/Prof Tan Bhing Leet  
Associate Professor; Programme Director; Deputy Cluster Director, Health and Social Sciences, Singapore Institute of Technology |
| 1530 – 1550 (20 mins) | Managing your Child’s Digital Diet                                             | Dr Jiow Hee Jhee  
Program Director,  
Singapore Institute of Technology (SIT) |
| 1550 – 1610 (20 mins) | Therapist, One Click Away                                                       | Dr Sharon Lu Huixian  
Senior Clinical Psychologist,  
Institute of Mental Health |
| 1610 – 1630 (20 mins) | Use of Smartphone Application in Attention Bias Modification for Individuals with Addictive Disorders | Dr Melvyn Zhang  
Associate Consultant,  
National Addictions Management Service, Institute of Mental Health |
| 1630 – 1650 (20 mins) | Using Virtual Reality to improve Community Functioning of Persons with Cognitive Impairment | A/Prof Tan Bhing Leet  
Associate Professor; Programme Director; Deputy Cluster Director,  
Health and Social Sciences, Singapore Institute of Technology |
| 1650 – 1700 (10 mins) | Q&A                                                                             | -                                                                                                 |
Programme Summary: Palliative Care – It Takes A Kampung!

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<th>Date</th>
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<th>Time</th>
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<tbody>
<tr>
<td>Day 2: 11 Oct 2019, Friday</td>
<td>Garnet 218 - 219</td>
<td>0830 - 1700</td>
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</table>

Track Synopsis

Palliative medicine integrates science and art to care for patients as a whole. The “whole” care of the patient requires a team of healthcare professionals working together across disciplines to support patients living with life limiting illnesses. Advocacy of care which focuses on patient needs, values and living well is everyone’s responsibility. It should occur across the continuum of end stage illness, in all healthcare settings, involving all healthcare professionals.

Track Lead:
Adj A/Prof Allyn Hum
Senior Consultant, Palliative Medicine, Tan Tock Seng Hospital
Centre Director, The Palliative Care Centre for Excellence in Research and Education (PalC)

Session 1 – Spiritual Care: The Missing Piece in Holistic Care

Chairpersons:
Dr Lee Chung Seng
Consultant, Palliative Medicine, Tan Tock Seng Hospital

Dr Tricia Yung
Consultant, Department of Palliative Medicine
Tan Tock Seng Hospital

Ms Candice Tan
Senior Medical Social Worker, Department of Care & Counselling, Tan Tock Seng Hospital

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<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>0830 - 0835</td>
<td>Welcome Address</td>
<td>Dr Lee Chung Seng&lt;br&gt;Consultant, Palliative Medicine, Tan Tock Seng Hospital</td>
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<td>(5 mins)</td>
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<tr>
<td>0835 - 0855</td>
<td>Introduction To The Concept Of Spirituality, Its Importance And Assessment</td>
<td>Dr Tan Yew Seng&lt;br&gt;Senior Consultant, Palliative Medicine, OncoCare Cancer Centre</td>
</tr>
</tbody>
</table>
0855 - 0915 (20 mins)  The SPIRITED study: Impact Of A Spiritual Care Educational Program  
Dr Tricia Yung  
Consultant, Department of Palliative Medicine  
Tan Tock Seng Hospital

0915 - 0935 (20 mins)  Spiritual Care Practices For Older Adults Facing Health Stressors: Opportunities & Challenges In Research  
Dr Yu Chou Chuen  
Research Manager, Education Research, Geriatric Education & Research Institute (GERI)

0935 - 1000 (20 mins)  Q&A  
All speakers to be seated on the stage

Session 2 – Spiritual Care in a Multicultural Community: Patient and Caregiver Perspectives

Chairperson: A/Prof James Alvin Low  
Senior Consultant, Joint Faculty, Department of Geriatric Medicine, Khoo Teck Puat Hospital; Geriatric Education & Research Institute (GERI)

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<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1030 - 1035 (5 mins) | Welcome Address                                                               | A/Prof James Alvin Low  
Senior Consultant, Joint Faculty, Department of Geriatric Medicine, Khoo Teck Puat Hospital; Geriatric Education & Research Institute (GERI) |
| 1035 - 1200 (85 mins) | Panel Discussion: Sharing Of Experiences Caring For Patients With Spiritual Issues | A/Prof James Alvin Low  
Senior Consultant; Joint Faculty, Department of Geriatric Medicine; Geriatric Education, Khoo Teck Puat Hospital; Geriatric Education & Research Institute (GERI)  
Sr. Geraldine Tan Fdcc  
Executive Director, St. Joseph’s Home, Catholic Welfare Services  
Dr Helen Ko  
Senior Lecturer, S R Nathan School of Human Development, Singapore University of Social Sciences  
Dr Matthew Matthews  
Senior Research Fellow, Institute of Policy Studies, National University of Singapore  
Dr Ng Wai Chong  
Chief, Clinical Affairs, Tsao Foundation |
# Session 3 – Complex Patient Care: A Multi-disciplinary Approach in the ICU

**Chairperson:**

Dr Chia Siew Chin  
Consultant, Department of Palliative Medicine,  
Tan Tock Seng Hospital

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<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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</table>
| 1330-1335 (5 mins) | Welcome Address                                                                 | Dr Chia Siew Chin  
Consultant, Department of Palliative Medicine,  
Tan Tock Seng Hospital             |
| 1335 - 1355 (20 mins) | Palliative ICU Care: Past, Present and Future                                     | Adj Asst Prof Poi Choo Hwee  
Senior Consultant,  
Department of Palliative Medicine,  
Tan Tock Seng Hospital             |
| 1355 – 1500hrs (65 mins) | Panel Discussion: “Wholistic” Care For Patients With Complex Needs In The ICU: The Kampung Approach | Dr Chia Siew Chin  
Consultant, Department of Palliative Medicine,  
Tan Tock Seng Hospital             
Adj Asst Prof Poi Choo Hwee  
Senior Consultant,  
Department of Palliative Medicine,  
Tan Tock Seng Hospital             
Dr Anantham Devanand  
Head, SingHealth Lung Centre,  
Singapore General Hospital         
Dr Chan Yeow  
Senior Consultant,  
Department of Anaesthesiology,  
Intensive Care & Pain Medicine,  
Tan Tock Seng Hospital             
Ms Janet Chua  
Senior Medical Social Worker,  
Department of Care & Counselling,  
Tan Tock Seng Hospital             |
## Session 4 – Palliative Care in The Community: What Lies Ahead

<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>1530-1535 (5 mins)</td>
<td>Welcome Address</td>
<td>Adj A/Prof Allyn Hum&lt;br&gt;Senior Consultant, Palliative Medicine, Tan Tock Seng Hospital&lt;br&gt;Centre Director, The Palliative Care Centre for Excellence in Research and Education (PalC)</td>
</tr>
<tr>
<td>1535 - 1555 (20 mins)</td>
<td>Transformation of Norms: Advance Care Planning Implementation</td>
<td>Dr Tan Woan Shin&lt;br&gt;Principal Research Analyst, Health Services &amp; Outcomes Research, National Healthcare Group</td>
</tr>
<tr>
<td>1555 – 1645hrs (50 mins)</td>
<td>In Search Of The Palliative Care Approach In The Community</td>
<td>Ms Chee Wai Yee&lt;br&gt;Senior Director, Grief Matters, Montfort Care</td>
</tr>
<tr>
<td>1645 – 1700hrs (15 mins)</td>
<td>Q&amp;A</td>
<td>All speakers</td>
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</table>
Programme Summary:
Primary Care Forum 2019

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<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Day 2: 11 Oct 2019, Friday</td>
<td>Peridot 205 - 206</td>
<td>0830 - 1700</td>
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Track Synopsis

The Primary Care Forum is an annual conference for primary care professionals. This year's theme is titled Primary Care: Innovative Communities, Co-design for Quality.

In this era of increasing non-communicable disease burden and an ageing population, healthcare systems have become aware of the need to go upstream beyond looking after patients at the door of the medical home to how health and wellness can be imbued in the broader community. During the forum, our invited speakers will explore further how healthy living can be promoted through innovative means for the population at large.

Primary care continues to be focused on patient-centeredness to deliver high quality care. Designing healthcare with the patient in mind is a concept that has been gaining traction in Singapore. We hope to hear from several experts the nuts and bolts on how to use consumer experience as a factor in designing a care delivery system in our push for excellent patient-centered primary care.

We are delighted to have Professor Kevin Grumbach who is Hellman Endowed Professor and Chair of the Department of Family and Community Medicine at the University of California, San Francisco.

At our Saturday General Practice Symposium, we will have various specialists speak on a range of topics focusing on metabolic conditions across age groups, from paediatric to geriatric, reflecting the clinical breadth our GPs encounter in day to day practice.

We look forward to you joining us at Primary Care Forum 2019.

Chairperson:
Dr Darren Seah
Family Physician; Consultant; Director,
Family Medicine Development,
National Healthcare Group Polyclinics

Session 1 – PCF Opening & Plenary 1: The Interplay of Primary Care and Social Determinants

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<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
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| 0830 – 0840 (10 mins) | Welcome Address | Associate Professor Chong Phui-Nah
Family Physician, Senior Consultant,
Chief Executive Officer, National Healthcare Group Polyclinics and Primary Care |
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<thead>
<tr>
<th>Time</th>
<th>Programme/Topic</th>
<th>Speaker</th>
</tr>
</thead>
</table>
| 0840 – 0855 | Guest-of-Honor Opening Address         | Mr Chan Heng Kee  
Permanent Secretary (Health), Ministry of Health |
| 0855 – 0935 | The Interplay of Primary Care & Social Determinants | Professor Kevin Grumbach MD  
Hellman Endowed Professor and Chair, University of California, San Francisco, Department of Family and Community Medicine |
| 0935 – 0940 | Q&A                                    | -                                                                     |

### Session 2 – Symposium 1: From Health to Health: Heading Upstream

**Chairpersons:**
- Dr Karen Ng  
Family Physician, Consultant, Director, Clinical Services, National Healthcare Group Polyclinics
- Dr David Ng  
Family Physician, Consultant, Clinic Head, Toa Payoh Polyclinic, National Healthcare Group Polyclinics

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| 0940 – 1010 | Running Successful Community-based Health Initiatives | Dr Mary Ann Tsao  
Chairman, Tsao Foundation |
| 1010 – 1040 | Ensuring a Healthy Living Space: Kampung Admiralty | Ms Pearl Chee  
Director, WOHA |
| 1040 – 1100 | Morning Tea                            | -                                                                     |
| 1100 – 1130 | Getting a Fitness Boost: The Step Challenge Way | Mr Maurice Tan  
Deputy CEO, Health Promotion Board |
Session 3 – PCF Plenary 2: Co-designing for Health: Giving Voice to the Patient

**Chairperson:**
Dr Tung Yew Cheong  
Family Physician, Senior Consultant, Director, Quality & Patient Safety, National Healthcare Group Polyclinics

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|            | **Welcome Address**                  | Dr Tung Yew Cheong  
Family Physician, Senior Consultant, Director, Quality & Patient Safety, National Healthcare Group Polyclinics |
| 1345 – 1425| **Co-Desiging for Health: Giving Voice to the Patient** | Professor Kevin Grumbach MD  
Hellman Endowed Professor and Chair, University of California, San Francisco, Department of Family and Community Medicine |
| 1425 – 1430| **Q&A**                              | -                                                                      |

Session 4 – PCF Symposium 2: From Ideas to Reality: Quality by Design

**Chairpersons:**
Dr Doraisamy Gowri  
Family Physician, Senior Consultant, Director, Care Integration, Primary Care Transformation Office, National Healthcare Group Polyclinics

Dr Irwin Chung  
Family Physician, Associate Consultant; Director, Primary Care Academy, National Healthcare Group Polyclinics
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|            | **Welcome Address**                         | Dr Doraisamy Gowri  
Family Physician, Senior Consultant, Director, Care Integration, Primary Care Transformation Office, National Healthcare Group Polyclinics |
|            |                                             | Dr Irwin Chung  
Family Physician, Associate Consultant; Director, Primary Care Academy, National Healthcare Group Polyclinics                       |
| 1430 – 1500| **Beyond Aesthetics: Transforming User Experiences** | Mr Jacks Yeo  
Deputy Executive Director, DesignSingapore Council Singapore                                                       |
| 1500 - 1530| **Designing Healthcare with the Patient in Mind** | Ms Chong Pue Kim  
Director, Infrastructure, TTSH                                                                                                 |
| 1530 – 1600| **Afternoon Tea**                           | -                                                                                                                                         |

**Session 5 – NHGP Quality Day (Closed door event by invitation only)**

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| 1615 – 1645| **Defining Quality in the Tourist Experience** | Mr Keith Tan  
CEO, Singapore Tourism Board                                                                                                      |
| 1645 – 1710| **Service Excellence and Quality Improvement Awards Presentation** | -                                                                                                                                         |
Programme Summary:
Research Celebrations, Collaborations, & Connections

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<tr>
<td>Day 2: 11 Oct 2019, Friday</td>
<td>Opal 101 - 102</td>
<td>0830 - 1200</td>
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**Track Synopsis**

Join us to celebrate with our graduates from the NHG-LKCMedicine Clinician-Scientist Preparatory Programme (CSPP)! In addition, hear from our experienced clinical researchers across healthcare professions on insights into their research journeys. The track also aims to bring together like-minded clinical researchers to foster inter-institutional and inter-disciplinary collaborations.

**Session 1 – NHG LKCMedicine Clinician-Scientist Preparatory Programme (CSPP) Graduation Ceremony**

**Track Lead:**
A/Prof Angela Chow
Head & Senior Consultant,
Department of Clinical Epidemiology, Tan Tock Seng Hospital

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| 0830 – 0845 (15 mins) | Welcome Address & Introduction                             | A/Prof Angela Chow  
Head & Senior Consultant 
Department of Clinical Epidemiology 
Tan Tock Seng Hospital |
| 0845 - 0900 (15 mins) | NHG-LKCMedicine Clinician: Scientist Preparatory Programme (CSPP) Graduation Ceremony  
Graduates (Certificates presented by A/Prof Angela Chow / Prof Lim TH – TBC):  
- Dr Kee Kok Wai (NHGP)  
- Dr Ngo Wei Kiong (TTSH)  
- Dr Cao Taige (NSC)  
- Dr Chia Po Ying (TTSH / NCID) | Prof Lim Tock Han  
Dy Group CEO (Education & Research) 
National Healthcare Group |
### Session 2 – Insights into the Clinician’s Research Journey

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| 1030 – 1130     | **Challenges Faced by Researchers and Overcoming It** *(Notes from the Field on the DYNAMIC trial, an Influenza Vaccine Phase IV Trial in Singapore Elders)* | Dr Sapna Sadarangani  
Consultant  
Department of Infectious Diseases  
National Centre for Infectious Diseases  
Tan Tock Seng Hospital |
|                 | **Intangible Rewards in Research**                                              | Dr Xie Huiting  
Senior Nurse Educator  
Department of Nursing  
Institute of Mental Health |
|                 | **What's Next After A Research Is Completed?**                                 | A/Prof Chan Mei Leng  
Principal Occupational Therapist  
Department of Occupational Therapy  
Tan Tock Seng Hospital |
|                 | **How Does Research Help in Sustaining Healthcare Through Innovations?**      | Adj. A/Prof Tey Hong Liang  
Head & Senior Consultant Research Division  
National Skin Centre |
|                 | **Bridging Academic and Clinical Research**                                    | A/Prof Yeo Tsin Wen  
Associate Professor of Infectious Disease  
Principal Investigator, Malaria, Tuberculosis & Global Health Laboratory  
NTU/LKCMedicine |
| 1130 – 1200     | **Panel Discussion & Closing Speech**                                         | Moderator: A/Prof Angela Chow  
Head & Senior Consultant, Department of Clinical Epidemiology  
Tan Tock Seng Hospital |
Programme Summary:  
Caring for Central Singapore: Our Pioneers in Healthcare

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<td>Level 2, Hall 1 &amp; 2 Centre for Healthcare Innovation</td>
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Walk down memory lane as we hear from invited healthcare luminaries their experiences in their line of work and their reflections in the ever changing healthcare landscape. Hear from Professors, Chew Chin Hin and Low Cheng Hock on their reflections on the medical and surgical services during their time; Mr Liak Teng Lit and Sister Kwek Puay Ee how their clinical experiences had subsequently shaped their leadership roles in our healthcare system. Join us and be inspired with the legacies left by our seniors.

Session 1

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| 0900 - 0915  | Reflections: TTSH Medicine and Related Units in Earlier Days | Prof Chew Chin Hin  
Honorary Postgraduate Advisor; Adjunct Professor of Medicine; Emeritus Consultant, Tan Tock Seng Hospital |
| 0915 - 0930  | Milestone of Surgery in TTSH                          | Prof Low Cheng Hock  
Emeritus Senior Consultant, Dept of General Surgery, Tan Tock Seng Hospital |
| 0930 - 0945  | TTSH Nursing in the Early Days                        | Ms Kwek Puay Ee  
Executive Secretary, Singapore Nursing Board                                |
| 0945 - 1000  | Pharmacy 70s-90s: From Third World To First           | Mr Liak Teng Lit  
Former Director of Pharmacy, NUH, Former CEO, TPH, CGH, AH, KTPH           |
| 1000 - 1030  | Panel Discussion: TTSH @ 175: How Did We Get To Where We Are Now? | Moderator: Prof Chin Jing Jih  
Chairman, Medical Board  
Tan Tock Seng Hospital & Central Health                                    |
Programme Summary: Training Professionals for Tomorrow’s Healthcare

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Join us in the Training Professionals for Tomorrow’s Healthcare session and learn from our panel of experts on training the future of the healthcare workforce. We will explore themes related to the current implementations on the ground and healthcare planning from a system’s point of view.

Hear from our multi-professional experts from medical, nursing, allied health and administration roles, on their current approaches on the NHG Education framework of the Professional for Tomorrow’s Healthcare (PTH). The PTH model, modified from a similar model by Sir Michael Barber (UK), reads as follows: PTH = E [K1 + K2 + F +L] .

Our keynote expert, Prof Des Gorman from New Zealand, will share his expert views on the healthcare workforce for the future. We will wrap up the session with an engaging Panel Discussion where our experts will share their thoughts on the workforce transformation for the next 25 years.

Session 2

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| 1100 - 1120  | Welcome Address                                      | Mr David Dhevarajulu  
Executive Director, Centre for Healthcare Innovation; Director, Transformation Office, Tan Tock Seng Hospital |
| 1120 - 1135  | Healthcare Workforce for the Future                 | Prof Des Gorman  
Professor of Medicine; Associate Dean, Faculty of Medical & Health Sciences, University of Auckland, New Zealand |
| 1135 - 1205  | Training the Doctors of Tomorrow’s Healthcare        | Dr Faith Chia  
Designated Institutional Official, Group Education, National Healthcare Group |
| 1205 - 1220  | What It Takes To Be A Future Ready Allied Health Professional | Ms Lim Hong Yee  
Centre Director, Centre for Allied Health & Pharmacy Excellence (CAPE), Head of Department, Pharmacy, Tan Tock Seng Hospital |
| 1220 – 1300  | Fostering Collective Leadership through Shared Governance – Our Insights after 6 Years | Mr Yong Keng Kwang  
Chief Nurse, Tan Tock Seng Hospital |
|              | Transforming Leaders, Transforming Care              | Ms Lynette Ong  
Director, Kaizen Office  
Associate Director, Centre for Healthcare Innovation, Tan Tock Seng Hospital |
|              | Panel Discussion: TTSH Beyond 175: Our Next 25 Years | All Speakers  
Moderator: Mr David Dhevarajulu  
Executive Director, Centre for Healthcare Innovation; Director, Transformation Office, Tan Tock Seng Hospital |
Programme Summary:  
Primary Care GP Symposium

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<td>Level 2, CHI</td>
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At our Saturday General Practice Symposium, we will have various specialists speak on a range of topics focusing on metabolic conditions across age groups, from paediatric to geriatric, reflecting the clinical breadth our GPs encounter in day to day practice.

### Session 3

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|                 | **Welcome Address**                      | **Dr Richard Lee**  
Family Physician, Consultant; National Healthcare Group Polyclinics      |
|                 | **Dr Eng Soo Kiang**                     | Unity Family Medicine Clinic                                              |
| 1400 - 1430     | **Childhood Obesity: Getting Round to It** | **Professor Lee Yung Seng**  
Senior Consultant, Department of Paediatrics, Khoo Teck Puat-National University Children’s Medical Institute, National University Hospital |
| (30 mins)       |                                          |                                                                         |
| 1430 – 1500     | **Eating Right: Nutritional Tips for the Elderly** | **Dr Lawrence Tan**  
Consultant, Department of Geriatric Medicine, Tan Tock Seng Hospital  |
| (30 mins)       |                                          |                                                                         |
| 1500 - 1505     | **Q&A**                                   |                                                                         |
| (5 mins)        |                                          |                                                                         |
## Session 4

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|               | Welcome Address                      | Dr Richard Lee  
Family Physician, Consultant;  
National Healthcare Group Polyclinics  
Dr Eng Soo Kiang  
Unity Family Medicine Clinic          |
| 1530 - 1600   | Managing Dementia: What Not to Forget?| Dr Mark Chan Peng Chew  
Senior Consultant, Geriatric Medicine, Tan Tock Seng Hospital                               |
| (30 mins)     |                                       |                                                                                            |
| 1600 - 1630   | Cancer (Runs) in the Family?          | Dr Donald Poon  
Medical Oncologist, Dr D.Y.H Poon & Associates  
Medical Oncology Clinic                |
| (30 mins)     |                                       |                                                                                            |
| 1630 - 1635   | Q&A                                  |                                                                                            |
| (5 mins)      |                                       |                                                                                            |