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PRESS RELEASE

ALEXANDRA HEALTH FORUM AND NURSING FEST 2016

Healthcare For The Future:

Shifting Paradigms for Population, Patients and Professionals

1. The Alexandra Health Forum and Alexandra Health Nursing Fest 2016 will be launched at Khoo Teck Puat Hospital on Thursday 25 August at 11 am. The theme for this year's event is "Healthcare For The Future - Shifting Paradigms for Population, Patients and Professionals"
2. Held from 25 to 27 August, the biennial Forum seeks to showcase the best practices and new models of care in the healthcare industry. A total of 100 top projects selected from more than 200 submissions on clinical research, basic science research and quality improvement will be presented at the forum.
3. Dr Amy Khor, Senior Minister of State for Health and Environment & Water Resources, is the Guest-of-Honour and will deliver a speech at the launch of the event.
4. Mr Liak Teng Lit, Group Chief Executive Officer, Alexandra Health System, said: "The theme for this year's forum is a rallying cry for us to rethink healthcare for the future and the meaning of better quality of life. The healthcare model of the future should focus on developing services beyond hospitals into the community and homes. This will help to improve our quality of life and death significantly. To achieve this vision, healthcare professionals, patients, as well as the general population need to have a paradigm shift. If all of us can work together, we can and should look towards the future with great optimism and anticipation."

Key projects showcased at Alexandra Health Forum 2016

5. Some of the projects which will be showcased at the forum include:
 - i) Easing caregivers into their role

Patients who suffer from chronic illnesses such as diabetes mellitus, or have undergone major surgeries such as orthopaedic or neurosurgery may experience frequent hospital re-admissions (more than three times per year). Some of the reasons for these re-admissions include anxiety of the caregiver, transition to primary and community care, and the follow-up care which includes rehabilitation care. The home environment and family support are also important contributing factors. Such re-admissions can be avoided if healthcare workers educate and support the caregivers to ease into their roles to care for the patient in the home environment.

ii) Young, reckless diabetics, take heed!

A study of 116 young patients with Type 1 diabetes showed that 45 percent of the patients do not monitor their blood glucose levels at least three times a day. This raises their risks of complications such as kidney failure, blindness or amputation of lower limbs. The study also revealed that the common reasons associated with poor diabetes control such as the lack of knowledge are untrue for this group of patients. This should be considered when developing diabetes education efforts for them.

More details of these projects are available in [Annex A](#).

Background of the forum

6. The Alexandra Health Forum, held in conjunction with the Alexandra Health Nursing Fest, is a biennial forum which started in 2012. It is a merger of the Nursing Fest, which started in 2007, and the Health Forum to celebrate the spirit of different healthcare professionals in the community coming together.
7. Now in its third iteration, the event gathers some of the best minds in the industry to share ideas that have helped improve the healthcare systems in Singapore and globally. Since 2012, more than 480 projects have been submitted to the organising committee for evaluation and recognition. More than 600 local and foreign healthcare leaders and administrators are expected to attend this year's event.

**ALEXANDRA HEALTH SYSTEM
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Annex A: Factsheet of key projects showcased at the forum

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Factsheet of key projects showcased at the forum

1) Easing caregivers into their role

Patients who suffer from chronic illnesses such as diabetes mellitus, or have undergone major surgeries such as orthopaedic or neurosurgery may experience frequent hospital re-admissions (more than three times per year). Some of the reasons for these re-admissions include anxiety of the caregiver, transition to primary and community care, and the follow-up care which includes rehabilitation care. The home environment and family support are also important contributing factors. Such re-admissions can be avoided if healthcare workers educate and support the caregivers to ease into their roles to care for the patient in the home environment.

In April 2012, Khoo Teck Puat Hospital pioneered the “Alexandra Health System Transitional Care Programme”. A multidisciplinary team of doctors, nurses and therapists visits the patient at their home after they are discharged. During the visit, they will assess the possible causes of frequent hospital re-admissions before recommending a care plan to the caregiver. Sometimes, they would change the feeding tube, urinary catheter, dress wounds or care for the tracheostomy or stoma.

The plan may also include guiding the caregiver on feeding the patient, dressing their wounds or linking them up with grassroots organisations and voluntary welfare organisations that provide specialised home care services, such as bathing a bedridden patient.

A study conducted from 1 April 2012 to 31 March 2014 showed that patients under the programme had a shorter hospital stay of 4.2 days when they are re-admitted 180 days after they were discharged, leading to an average reduction of \$2,765 in the bill size for a patient*. Patients under the programme also saw a reduction in \$1,406 in the bill size compared to multiple visits by ambulance to the specialist outpatient clinics.

The Alexandra Health System Transitional Care Programme has served 2,400 patients as of March 2016.

**Out of pocket savings would differ for each patient due to the different financial medical plans each of them has.*

2) Young, reckless diabetics, take heed!

Patients with Type 1 diabetes are generally diagnosed at a younger age compared to their Type II peers. As a result, they will live with the condition for a longer period, and often find it difficult to maintain an optimal blood glucose level. This raises their risks of getting complications such as kidney failure, blindness and amputation of lower limbs.

A study of 116 patients showed that 48 of them did not monitor their blood glucose levels at least three times a day. This means that they may be injecting insulin at inappropriate dosages or consuming too little or too much sugar, which also increases their risk of getting diabetes-related complications.

Although they were aware of the benefits of testing and were not instructed not to do so, they were reluctant to do the testing. *Top reasons for not doing so:

- Too troublesome
- No time for monitoring
- Too lazy to monitor

The study also reported that only 10 of those studied, did not monitor their blood glucose levels because they could not afford the glucose test strips.

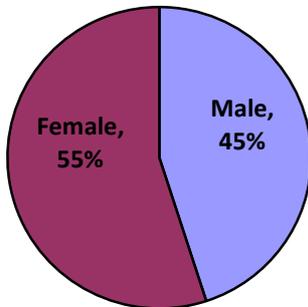
In conclusion, the study showed that the common reasons associated with poor diabetes control such as lack of knowledge or awareness, are untrue for this group of patients. This should be considered when developing diabetes education efforts for them.

**Patients could indicate more than one reason if it applied to them*

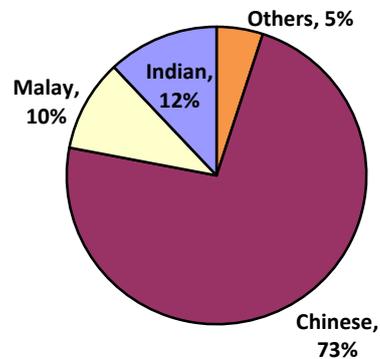
Profile of patients studied:

- Diagnosed between 9.3 and 33.9 years old
- Had Type 1 diabetes between 4.4 and 24.6 years with a blood glucose level reading between 9.7 percent to 6.9 percent
- All of them were on insulin at a total daily dose of 0.74 ± 0.26 units/kg

By gender



By race



Diabetes management:

- 93 patients took at least three insulin injections per day, and said that they adjusted their insulin dosage based on their food intake
- 67 patients reported never missing their insulin injections

Carbohydrate consumption:

- 98 patients (84 percent) of them estimated their carbohydrate consumption when injecting insulin in order to achieve a more accurate dosage. Within this group, 48 of them (49 percent) knew how to estimate correctly.

Patients with diabetes are advised to estimate their carbohydrate consumption and measure their blood glucose levels before injecting an appropriate dosage of insulin in order to prevent hypoglycaemia. Therefore, they should check their blood glucose levels before meal times, bed time or before high risk activities such as driving.