Bringing specialist care closer to you!

Admiralty Medical Centre on track to open in 2017

Residents in Woodlands and Admiralty will have easier access to specialist diabetes care and day surgery services when Admiralty Medical Centre (AdMC) opens in 2017.

The medical centre will take up two floors of Kampung Admiralty, a mixed development that integrates healthcare, community wellness and elder living in the heart of Admiralty.

At the Topping Out Ceremony in September, Mr Khaw Boon Wan, Minister of Transport and MP for Sembawang GRC, described Kampung Admiralty as being a modern kampung, as it will have modern facilities while retaining the old world charm of a kampung.

It will house Singapore’s first automated bicycle parking system, providing secure and convenient storage to over 500 bicycles. Other facilities will include a childcare centre, Active Ageing Hub and studio apartments for the elderly.

AdMC will provide day surgery and treatment for a range of conditions including:

- Cataract Removal
- Colonoscopy
- Diabetes
- Hand Surgery
- Hearing Loss

A longan tree was raised to the rooftop garden during the Topping Out Ceremony. It will be one of several species of native fruit trees that will be planted at AdMC.
Escaping a world of silence

Technology brings hope and hearing to deaf mother of three

In June 2016, Madam Rohanah Bte Nordin’s world was plunged into silence.

The 50-year-old housewife, who was already deaf in her right ear, suffered a series of infections in her left ear which caused sudden and severe hearing loss.

“I felt very sad and depressed,” recalls the mother of three sons. “I didn’t dare go out of the house alone and I cried every day.”

“Before she lost all her hearing, I remember we used to chit-chat and I would call her twice a day to talk when I am working,” Mr Zainal Bin Osman, her husband, reminisces. “But when she lost her hearing, I could only text her.”

Worried that she would never hear again, Mr Zainal sought medical advice.

Tests at the Department of Ear, Nose and Throat (ENT) at Khoo Teck Puat Hospital showed that the infections had left scar tissue which had blocked her inner ear.

“Unfortunately there was nothing we could do to help restore hearing in Mdm Rohanah’s left ear so we switched our attention to her right ear to try to find a solution,” says Dr Annabelle Leong, Consultant ENT surgeon with a specialist interest in hearing loss.

Nine years earlier, Mdm Rohanah had undergone unsuccessful surgery in another hospital on her right ear to repair a damaged eardrum. She had been deaf in her right ear ever since, but modern technology now offered her a ray of hope.

A cochlear implant is not an instant cure for hearing loss as patients need to undergo several months of rehabilitation with the audiologist.

“When the cochlear implant is first turned on, the patient usually says that the sounds are not natural and describes them as ‘robotic,’ ” says Ms Heng Yih Meei, Principal Audiologist, ENT, KTPH.

“During speech therapy sessions, patients learn to adapt to the new sound signals and then combine lip reading with listening with the cochlear implant. Over time, the brain learns to recognise and familiarise with environmental sounds and the sounds gradually become more natural in quality.”

During each rehabilitation session, the audiologist also fine-tunes the signals transmitted by the implant to optimise the sounds that patients hear.

Ms Heng says that patient motivation and family support and commitment are the key ingredients for success. Listening, speech and language are learnt through daily exposure and interaction.

“The more patients practise with their loved ones, the faster the brain learns to recognise different sounds and words, resulting in improved hearing.”
The right ear was found to be suitable for a cochlear implant. This is a medical device that is surgically inserted into the inner ear (cochlea) to help people who are deaf or very hard of hearing sense sound again. Standard hearing aids do not usually benefit patients with such poor hearing.

“A cochlear implant does the work of the damaged inner ear, generating electrical signals that stimulate the hearing (auditory) nerve to transmit sound to the brain,” explains Dr Leong.

Madam Rohanah went for her cochlear implant surgery in September 2016. She became emotional when it was turned on and she heard sound again in her right ear for the first time in many years. Madam Rohanah now comes back to the hospital every two to four weeks for hearing rehabilitation (specialised speech therapy) and will continue to do so for the next three to six months. So far, her progress has been very encouraging and is expected to further improve.

“I miss hearing the normal voices of my husband and my sons. I can now communicate with them helped by my cochlear implant but I really hope one day to hear their voices like I used to before I lost my hearing,” Madam Rohanah says.

Helping needy patients to manage costs

A cochlear implant alone costs about $30,000 and is not claimable under Medisave. The surgery costs an additional $4,000. Despite this, Madam Rohanah only paid $1,500 out-of-pocket after deductions from medical insurance, various government subsidies and Medisave for the surgery.

Patients who need extra support may also qualify for assistance from the Alexandra Health Hearing Implant Fund, which provides financial support to needy patients with hearing loss.

How a cochlear implant works

1. Sound processor behind ear picks up sounds and converts them into digital code.

2. The digitally coded sound is transmitted to the implant under the skin.

3. Implant converts the digitally coded sound to electrical signals and these are sent to the cochlea in the ear via a special silicon covered wire (electrode array).

4. The electrical signals stimulate the hearing nerve which transmits sound to the brain.
AHS clinicians recognised for their exceptional contributions

Two of our clinicians, Professor C Rajasoorya and Professor Sum Chee Fang were recently lauded with the inaugural Distinguished Senior Clinician Award. This award, given by the Ministry of Health, recognises veteran doctors or surgeons for their contributions in clinical, education and research practice.

Inspirational teacher almost pursued a career in bionics!

Prof C Rajasoorya is a Senior Consultant, Department of General Medicine and Education Director for the Education Development Office. He has served in public and restructured hospitals for the past 35 years.

Surprisingly, it was an American television programme that inspired Prof Raja to go into Medicine. Growing up, he enjoyed watching the Six Million Dollar Man and wanted to pursue a career in bionics. So he planned to study Medicine followed by a degree in engineering.

Some of Singapore’s pioneer physicians trained and mentored him while he was a medical student and junior doctor. They instilled in him a love of clinical medicine and he shelved his plans to pursue bionics.

Prof Raja went to the University of Auckland in New Zealand for his Fellowship with the intent of sub-specialising in diabetes. But when he arrived he was offered a research project on acromegaly instead - a condition that presents with symptoms associated with excess growth hormone. Five previous Fellows had failed to complete the project so Prof Rajasoorya took up the challenge, applied his clinical and computing skills and succeeded. Prof Raja went on to achieve international recognition in the field of hypothalmo-pituitary and adrenal disease.

Despite his success, Prof Raja has remained committed to public healthcare and our organisation since he joined Alexandra Hospital as a Registrar in 1987. His pursuit of clinical excellence and patient care has earned him the respect of both staff and patients.

For the past 12 years, he has focused on patient care and his other passion – medical education. Many of our senior physicians have benefited from Prof Raja’s guidance. He continues to share the art and science of Medicine with today’s medical students and junior doctors who will become the leaders of tomorrow.

Prof Raja has helped me to enjoy internal medicine for the first time. He teaches us that we not only learn from tutors, but from every single patient – every patient has something to teach us, and this learning never ends.

Carolyn Bala, Final Year Medical Student, NUS Yong Loo Lin School of Medicine

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Professor C Rajasoorya

• Published more than 60 research papers
• Editor of the Singapore Medical Journal for several years
• Chairman of the Medical Board in Alexandra Hospital (2000-2004)
• Winner of the Ministry of Health’s inaugural National Outstanding Clinician Educator Award
A/Prof Sum is an Endocrinologist and Senior Consultant in the Department of Medicine. His name is synonymous with diabetes management and research in Singapore and his caring reputation precedes him.

A/Prof Sum learnt the art of medicine from observing senior physicians while working at Singapore General Hospital (SGH). His mentors also sparked A/Prof Sum’s life-long interest in research by posing questions. He and his fellow registrars would spend hours in the library, digging through journals to find answers.

A/Prof Sum ran a successful private practice for 7 years in Gleneagles Hospital. A few years later, Prof Raja succeeded in bringing A/Prof Sum back into public healthcare, and he joined Alexandra Hospital (AH) in 2001. With his expertise on diabetes care, research track record and encouraging leadership style, the multi-disciplinary diabetes centre he set up in AH attracted healthcare professionals who shared his vision of holistic patient care.

Over the years the team has grown in size and expertise. But A/Prof Sum’s influence on diabetes management has extended beyond our organisation, chairing national committees in the fight against diabetes.

Despite his many responsibilities, he continues to make time to pass on his knowledge to the next generation of healthcare professionals. He currently teaches both medical and nursing students.

In April this year, A/Prof Sum handed over the leadership of the Diabetes Centre to Prof Tavin. The seamless transition is a testament to A/Prof Sum’s leadership and dedication to his team.

The ‘doctor who never goes home’ inspires those who have worked with him

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Dr Ester Yeoh, Consultant Endocrinologist, KTPH

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**Associate Professor Sum Chee Fang**

- Known in SGH as ‘the doctor who never goes home’ due to his dedication to his patients and profession, a trait that continues till today
- Published his first research paper in the British Medical Journal in 1988
- Has published more than 70 papers to his name over the past 30 years
- Served in several professional bodies including the College of Physicians and the Endocrine and Metabolic Society of Singapore.
One-in-a-million clinician and mentor

Associate Professor Pang Weng Sun is this year’s recipient of Singapore’s highest teaching accolade – the National Outstanding Clinician Educator Award.

A caring clinician, whom colleagues describe as “one-in-a-million”, A/Prof Pang is a passionate teacher who nurtures the human touch in those he teaches. The Senior Consultant Geriatrician is currently Chairman, Medical Board, Yishun Community Hospital, Executive Director of the Geriatric Education and Research Institute, and Vice-Dean, Clinical Affairs, Lee Kong Chian School of Medicine, Nanyang Technological University. A/Prof Pang has dedicated his career to developing medical services to meet the needs of Singapore’s ageing society.

A pioneer in the fields of geriatric and palliative medicine, he is one of the founding practitioners who built, shaped and developed the training of both specialties and services. Besides impacting service development in the community, especially community hospitals and nursing homes, A/Prof Pang also taught extensively in both geriatric and palliative medicine for community hospitals and nursing staff, including doctors and nurses.

A/Prof Pang had been a great role model to many clinicians, medical students and senior doctors alike, and he continues to be a mentor to many. He spends time and effort to teach, advise, coach and counsel individual doctors, inspiring many to become better doctors, exemplary in both clinical capabilities and character.

“Prof Pang is a great role model to many junior doctors. His empathy towards patients is infectious and his patience with them is exemplary. Many of us have been impacted by his mentorship and guidance.”

Dr Terence Tang
Head & Senior Consultant, Dept of Geriatric Medicine, KTPH
A KTPH project to make cataract surgery faster and cheaper for patients (featured in previous issue) has won an inaugural National Healthcare Innovation & Productivity Medal 2016.

The team received the award from Dr Amy Khor, Senior Minister of State for Health at the National Seminar on Productivity in Healthcare 2016. The award-winning project focuses on nurse-led peri-operative care for cataract surgery patients who have the procedure under topical anaesthesia.

This is a three year collaborative project by the hospital’s Ophthalmology & Visual Sciences, Anaesthesia and Nursing Departments. Selected patients can now undergo cataract surgery under topical anaesthesia (using eye drops to numb the eye) and are monitored by a trained nurse instead of an anaesthetist. This frees up the anaesthetist to focus on more complex cases, reduces patient bill size by 12% and waiting time for surgery by approximately 2 weeks.

Easier sleep test with new mobile app

Obstructive sleep apnoea (OSA) is a disorder characterised by repetitive episodes of breathing cessation due to upper airway obstruction during sleep. The gold standard test to confirm OSA is an overnight sleep study, also known as a polysomnography. This test is expensive, uncomfortable, difficult to interpret and labour-intensive. So, a team from KTPH set out to leverage smartphone technology to design a convenient and accurate sleep apnoea testing device.

The system consists of an oximeter — a medical device that monitors the oxygen saturation of a patient’s blood — that is linked to a smart phone. The smart phone is worn on the arm of a patient with or unaware of OSA for a sleep test at home. The system can automatically alert the patient, next-of-kin and/or relevant clinicians locally or remotely in real-time when the oxygen reading in the blood (SpO2) is below a critical level.

This user-friendly and automated mobile system has the potential to reduce healthcare cost and enhance patient safety. Its commercial potential is promising although future clinical studies are required.

Developed by Dr Edwin Seet (Head and Senior Consultant) and Dr Tan Leng Zoo (Consultant) from Anaesthesia, as well as Dr Daniel Chia of the Transformation Office, this innovation clinched the third prize at the International Anaesthesia and Sleep Conference held in Chicago from 20-21 October 2016.
Mr Tamotharan, or Mr Tamo as he prefers, is a living example of successful diabetes management.

The 73-year-old was diagnosed with Type 2 diabetes when he was 40 years old. He was initially very worried, “My parents had diabetes and I saw them suffering,” he recalls. However, he did not let the diagnosis bring him down, on the contrary, it spurred him to find out more about the disease and how to manage it.

From day one, Mr Tamo has taken his medication regularly and managed his diet carefully. He rattles off, “Less sugar, no soft drinks. Lots of veggies and a little bit of rice.” He also monitors his blood sugar at regular intervals throughout the day, taking measures to control hyper- and hypoglycaemic episodes (high and low blood sugar levels).

His effort and diligence have paid off and he has been living with diabetes for 33 years without complications. The sprightly senior still leads an active lifestyle, making it a point to walk for half an hour every day, a tradition he has maintained since his diagnosis.

By sharing his story, Mr Tamo hopes it will inspire other people with diabetes to live well, cope well, and love life!

“You must first understand and learn how diabetes works, only then will you know how to control the disease. You must take care of yourself, if not who is going to take care of you?”

Mr Tamotharan, 73

Diabetes: Live well, Cope well, Love life!
Take charge of your Diabetes!

Remember **DIABETES** and you will know what you need to take care of yourself.

- **D**iet & dental: Healthy eating is a key element to successful diabetes self management. Healthy eating needs good teeth - brush up & visit your dentist regularly!
- **I** will take charge: You are the one managing your time! Good time management is important for you to meet your appointments, mealtimes and medicines.
- **A**1c: This is the 3 month average of how you are doing with diabetes. Know your target and get this checked at your doctor’s clinic.
- **B**lood glucose (BG), blood pressure (BP) & BMI: Do your own checks and record your blood glucose, blood pressure and weight to stay on track.
- **E**xercise: Every step counts! Make physical activity an essential part of your daily routine.
- **T**ablets: Know your medications for diabetes and all your other medical conditions. Remember to take them as instructed.
- **E**motional Health: Love yourself and take care of your emotional health. Join a diabetes community or support group.
- **S**creening: Keep track of your once-a-year kidney, eye and foot screening.
Antibiotics are LIFE-SAVING drugs

Antibiotics only treat BACTERIAL infections

Some ear infections DO NOT require an antibiotic

Most sore throats DO NOT require an antibiotic

Green coloured mucus is NOT a sign that an antibiotic is needed

There are potential RISKS when taking any prescription drug

PREVENTION is better than cure!
Protect yourself from pneumonia and influenza. Ask your doctor about vaccination.

Adapted from Centers for Disease Control and Prevention’s 6 Smart Facts about Antibiotics Use Advisory
Know your supplements

This is the first in a four-part series on supplements, brought to you by KTPH Pharmacy. Look out for the feature on Glucosamine in our next edition!

1. **What is it for?**
   It is used to treat iron-deficient anemia or low iron stores in the body.

2. **How is it taken?**
   Take iron tablets on an empty stomach. However, you may take it with food if it causes an upset stomach.

3. **What should you look out for?**
   Common side effects include constipation, darkening of stools, nausea/vomiting, stomach pain.

4. **When should you stop?**
   Treatment usually lasts for 3 to 6 months after anemia is corrected to completely replenish iron stores.

5. **Where else can you get it from?**
   Beef or other red meats, dark green leafy vegetables, nuts and seeds.

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**Recommended Dietary Allowance For Normal Healthy People**

<table>
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<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
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<tr>
<td>18-60 years old</td>
<td>6mg</td>
<td>19mg</td>
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<tr>
<td>&gt; 60 years old</td>
<td>6mg</td>
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**Try including these in your diet!**

- **Chicken**
  1.0 mg of iron per 90g
- **Fish**
  1.0 mg of iron per 50g
- **Egg**
  0.7 mg per medium sized egg
- **Brown Rice**
  0.9 mg of iron per cup
- **Green leafy vegetables**
  2.0 mg of iron per half cup
- **Firm tofu**
  2.7 mg of iron per 90g
RETURN YOUR TRAY, MAKE SOMEONE’S DAY...

REMIND OTHERS TO DO THE SAME...

CLEAR IT, SORT IT, LEAD THE WAY...

Graciousness starts with you today! 😊
Creating kampung care and camaraderie

Wellness Kampung is for the community, for our residents. This initiative aims to enable a support network for residents to inspire each other to adopt healthier lifestyles, in a close-knit “kampung” setting.”

Dr Wong Sweet Fun, Chief Transformation Officer of AHS shared this in her speech at the official opening of Wellness Kampung on 15 September 2016. Wellness Kampung, an initiative comprising three wellness and care centres for residents in the north, was launched in partnership with St Luke’s ElderCare and Nee Soon GRC and is a fruit of Alexandra Health System’s (AHS) vision to shift healthcare beyond the walls of the hospital and into the community.

The centres were officially opened by A/Prof Muhammad Faishal Ibrahim, MP for Nee Soon GRC (Nee Soon Central).

Mdm Zauridah Binte Suboh, 42, a volunteer at Wellness Kampung @ 765 Yishun Central told AHS, “The centre allows me to meet new friends and take part in activities not usually available to me. By becoming a volunteer, I hope to contribute back and make a difference to the lives of the elderly residents here.”

Wellness Kampung

The three Wellness Kampungs are located at:
- Nee Soon Central Block 765
- Nee Soon East Block 260
- Chong Pang Block 115

They are open from 8.30am to 5.00pm from Mondays to Fridays.

Activities at Wellness Kampung

Physical Activities:
- Daily group exercise (Low Impact Aerobics, Qi Gong, Zumba, Theraband)

Social Activities:
- Art and craft sessions
- Basic English
- Calligraphy
- Chess
- Community gardening
- Computer Class
- Quilt Blankets
- Social Dance
- Singing

Health Literacy and Intervention Activities:
- Community nurse posts and free health screening
- Health literacy talks
- Share-A-Pot programme (see next page for more information)
- Weekly cooking class
very Wednesday afternoon, a delicious smell of soup wafts from the kitchen of Wellness Kampung @765, while a group of elderly folks engage in various exercises.

This is the weekly Share-A-Pot programme, a community-based project that hopes to improve the nutrition and health of community-dwelling seniors.

It is founded on the principles of good nutrition, working hand-in-hand with physical activity in a social environment to “build bones, brawn (muscle), brain (cognitive reserve) and bonds.”

Vulnerable seniors in the neighbourhood are identified and encouraged to drop in at these sites for a hearty bowl of soup (high in protein and calcium). Before or after doing so, they are encouraged to participate in physical activity of sufficient intensity. Exercise is known to stimulate a prolonged increase in muscle synthesis for as long as 24 hours after. It has also been shown to be effective to reduce the risk of dementia, and can improve the quality of life for people, including elderly with dementia. These activities are held in social spaces for them to linger on to chit chat or engage in leisure activities.

Participants will be registered with the centre to form an informal social security network. In the event that a regular does not turn up, concerned neighbours and friends can keep a look-out for them and extend assistance. They will also have preliminary and regular periodic physical, functional and psycho-social assessments. Any decline can be picked up for early attention and intervention.

In collaboration with community partners, Alexandra Health (AHS) initiated Share-A-Pot since September 2014. As of 31 Aug 2016, thirteen sites are active, with 830 registered and about 500 regular seniors. Ultimately, Share-A-Pot hopes to kindle a sense of community and create local communities that give and receive.

We invite both participants and volunteers to join us at our Share-A-Pot sessions! Please contact shareapot@alexandrahealth.com.sg for more information.

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<th>Time</th>
<th>Phone</th>
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<td>AM</td>
<td>6250 3634</td>
</tr>
<tr>
<td></td>
<td>Woodgrove Zone 1 RC</td>
<td>AM</td>
<td>6894 5890</td>
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<tr>
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<td></td>
<td>Agape Village</td>
<td>PM</td>
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<td>Thu</td>
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<td>AM</td>
<td>6257 2588</td>
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<tr>
<td></td>
<td>All Saints Home (Yishun)</td>
<td>PM</td>
<td>6351 1400</td>
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<tr>
<td>Fri</td>
<td>Wellness Kampung @ 260</td>
<td>PM</td>
<td>6257 4802</td>
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Pre-registration is not required. 无需预约即可参加。
Visit any Share-A-Pot session for the first time & get a free pedometer! 首次参加即可免费获得计步器!
We are looking for volunteers. If you are interested, please contact the individual sites. 有兴趣当义工可联络以上中心。
Fish Bone Noodle Soup

**Ingredients**
- 1 soup spoon of white vinegar
- 3 stalks of spring onion
- 2 tomatoes
- 2-3 pieces of preserved plums
- 1 packet of rice noodles (dry thin bee hoon)
- 1 packet of tofu
- 1 small piece of ginger
- 1 chilli
- 1kg of chopped fish trimmings, bones and head
- 100g salted vegetables
- 15 stalks
- 500g
- 10 pcs
- 0.5 bottle
- Ginger
- Spring Onion
- Salted Vegetables
- Tomatoes
- 4 packets
- Tofu
- 1 bunch
- Chilli
- Pepper
- Preserved plums
- 1-2 packets
- Rice noodles (dry thin bee hoon)

**Method**
1. Boil water in a pot, ensure it is enough to submerge all the ingredients.
4. Cut ginger into thin slices.
5. Thaw and wash and cut fish bones into small chunks. Fry fish bones and sliced ginger with an air fryer until light golden brown.
7. Once water boils, put in all the ingredients except tofu and rice noodles.
8. Bring to a boil for 20 min. Turn to low heat and simmer for 2 hours.
9. Slice tofu into bite-sized cubes. Add tofu into soup 20 min before serving.
11. Skim off excess oil and season with salt and pepper to taste.
12. Serve soup with rice noodles, cut chilli and soya sauce.

**Tip:** Adding vinegar helps calcium leach out from the chicken bones, fortifying the soup!

This soup recipe is rich in calcium and protein. Consuming protein after exercise boosts muscle synthesis and recovery while high calcium intake is associated with lower risk of fractures!
At life’s final moments, what are the things that matter most? For a doctor who assists patients with end-of-life planning, taking photos of his family is his way of living a good life to the very end.

“This photo was taken when my grandmother was in better health. I took the photo to remember what she was like, to remind myself that living well is capturing precious moments of the love and bonds in my family,” said Dr Chong Chern Hao, Associate Consultant from Woodlands Integrated Health Campus.

Dr Chong’s photo was awarded the top entry in the Alexandra Health System Living Well Photo Contest held from 3 to 5 Oct to commemorate the World Hospice and Palliative Care Day held annually on 8 Oct 2016. To view the other photos contributed by healthcare professionals from Alexandra Health System and community partners, please access the KTPH Facebook page photo album.

The global art project, Before I die was also exhibited at the KTPH Main Lobby from 22 to 29 Oct. A group of NUS medical and nursing students had set up chalkboards to allow visitors, patients and their families to write down their wishes before they die.

The art exhibition and photo contest were organised by the Alexandra Health System Advance Care Planning Team.

The multidisciplinary group of doctors, nurses, allied health professionals and administrators was formed in January 2013 to help patients and their families live a good life to the very end.

Workshops on palliative care and Advance Care Planning are held frequently for healthcare professionals and volunteers. If you are keen to join us, please email us at ktph.advancecareplanning@alexandrahealth.com.sg
Helping hands, safer homes

Approximately 350 befrienders from the Mosque Befrienders Scheme attended the MUIS’ Befrienders Learning Day at the Singapore Expo. The event aimed to help befrienders be more effective in approaching needy zakat (tithe) recipients. The interactive “Learning through Experience” session was jointly organised by HPB, KTPH, Club Heal and the Muslim Health Professionals Association (MPHA).

As part of its involvement, a group of KTPH staff, including nurses, physiotherapists and occupational therapists taught these befrienders what to do during home visits to the needy. They shared on three main topics — Assisted Daily Living, Usage of wheelchairs and walking aids, and Home safety.

Participants learnt about redesigned items for daily activities (e.g. use of bendable spoons, redesigned mugs, magnifier, etc.), watched demonstrations on the use of wheelchairs and walking aids, and received basic training on transfer techniques. They were also given a basic introduction to home safety such as grab bars, non-slip solutions etc.

Preparing for times of crisis

With terrorist attacks happening with increasing frequency all over the world, Singapore needs to remain vigilant and prepared for times of crisis. As a healthcare institution, we must be ready to handle such situations should they arise.

Some 1600 staff members across various departments of KTPH rallied together to go through a simulated bomb attack to ensure the hospital is well prepared for civil emergencies.

The Kingfisher Exercise held on 15 October 2016 was a culmination of months of practice drills and dry runs. Staff geared up in hazmat suits braved the blazing heat to ‘decontaminate’ casualties, while doctors and ward staff assessed patients for discharge or transfer to create space for casualties.

“As a public hospital, it is everyone’s responsibility to remain responsive and steadfast. Our duty is to serve especially in moments when our nation is in crisis. This exercise was a demonstration of AHS’ commitment.”

Yen Tan,
Chief Operations Officer, KTPH
Serving the nation through Healthcare

The Singapore National Day Awards are a means of recognising various forms of merit and service to Singapore. This year, two AHS board members and 20 AHS staff were recipients of this distinguished award. We would like to thank them for their significant contributions to our nation.

Congratulations to recipients of the National Day Award 2016

The Public Service Medal
Mr Anthony Seah
Board Member, AHS

The Commendation Medal (Military)
Mr Tan Boon Khai
Board Member, AHS

The Public Administration Medal (Bronze) and The Long Service Medal
Dr Wong Sweet Fun
Chief Transformation Officer, Hospital Administration

The Public Administration Medal (Bronze) (Military)
A/Prof Kenneth Mak
Senior Consultant, General Surgery

The Commendation Medal
Mr Donald Wai
Director, Hospital Planning

The Efficiency Medal
Ms Lilian Eileen Cheah
Nurse Manager, Ward D87

Ms Foo Tock Cheng
Senior Patient Service Associate, Dental Clinic

The Long Service Medal
Mr Abdul Jamal Bin Yahaya
Senior Staff Nurse, ICU 2 (Surgical)

Dr Azman Johan
Senior Consultant, Respiratory Medicine

Dr Chan Keen Loong
Head & Senior Consultant, Psychological Medicine

Ms Hamidah Bte Abdul Hamid
Senior Staff Nurse, Home Care Service

Ms Hasmah Bte Tomin
Senior Staff Nurse, Ward B105

Mr Jamal Bin Rashid
Senior Staff Nurse, Geriatric Outpatient Clinic

Ms Kamisah Bte Hassan
Assistant Nurse Clinician, Day Surgery Centre

Ms Lau Bee Leng
Senior Supervisor, Customer Contact Centre

Ms Lim Siew Khim
Senior Staff Nurse, Medical Records Office

Dr Lim Tow Poh
Senior Consultant, Urology

A/Prof Lim Su Chi
Senior Consultant, Diabetes

Ms Mary Getrude
Nurse Manager, Ward B75

Ms Norizah Bte Aziz
Nurse Manager, Nursing Administration

Mr Jamal Bin Rashid
Senior Staff Nurse, Geriatric Outpatient Clinic

Ms Seow Geok Huay
Assistant Nurse Clinician, Ward B95

Ms Tan Soon Kiow
Principal Assistant Nurse, ICU 1 (CCU)
Sowing the seeds of health together

At AHS is committed to improving the health of residents in the north and this is only possible with support from grassroots organisations. Over the years, AHS has worked closely with the Nee Soon East Constituency on various events and platforms. Regular engagements include our Ageing in Place Community Care Team, Community Nurse Posts, Population health screening and health carnivals. In 2014 and 2015, Project Vision @ Nee Soon GRC, Tri-Generational Homecare @ NorthWest and Operation We Clean up were jointly organised by the two teams as well.

In acknowledgement of our effort, Nee Soon East Citizens’ Consultative Committee (NSECCC) has nominated and conferred the People’s Association Community Spirit (PACS) Awards 2016 - Community Partnership (GRO) Merit Award to AHS. This is the second year AHS has received this award.

This award is given to private or public organisations that have supported the grassroots organisations, constituency’s programmes and activities. It recognises organisations that have partnered PA in building greater social capital and supported their staff in their involvement in the grassroots movement.

Overweight pumpkin steals the show!

In our health-promoting hospital, bigger is never better. Unless you’re a pumpkin grown on the rooftop garden, of course!

Weighing 11kg with a circumference of almost 170cm, this gigantic pumpkin grown on KTPH’s rooftop garden recently picked up the first prize at the Community Garden Edibles 2016 competition. It was so heavy that a harness had to be constructed for it to be held up!

At the same ceremony, KTPH was also awarded the Community in Bloom Award for 2016! For attaining our third consecutive platinum banding, Chief Gardener Rosalind Tan received the Diamond Award on behalf of the hospital.

Spearheaded by the National Parks, the Community in Bloom Awards is a biennial competition that hopes to promote and encourage the gardening movement by recognising and rewarding the efforts of community gardeners. Community gardens are split into four categories by location — public housing estates, private housing estates, educational institutions and organisations — and judged on Community Involvement, Garden Quality, and Environment Quality and Biodiversity.

KTPH would like to thank all the volunteer gardeners for all the hard work put into tending the rooftop garden and congratulate them on achieving these awards!
Wishing You a Happy & Healthy Christmas

Wine
150 ml / 125 kcal
6 BUS STOPS

Candy Cane
2 sticks / 100 kcal
4 BUS STOPS

Fruit Cake
1 slice / 239 kcal
11 BUS STOPS

Deli Ham
2 slices / 60 kcal
3 BUS STOPS

Fruit Punch
225 ml / 100 kcal
5 BUS STOPS

Cookies
3 pieces / 180 kcal
8 BUS STOPS

Log Cake
1 slice / 387 kcal
18 BUS STOPS

Chocolate
2 pieces / 44 kcal
2 BUS STOPS

Number of steps needed to burn off calories
Equivalent walking distance in bus stops