

The background is a solid dark blue. On the left, there is a large, light blue circular graphic that is partially cut off by the right edge. Inside this circle is a smaller, dark blue circle. The text 'ANNUAL REPORT' is written in white, bold, sans-serif capital letters inside the dark blue circle. Below this, separated by a thin white horizontal line, is the text 'SPORT & EXERCISE MEDICINE (SEM)' in white, sans-serif capital letters. To the right of the dark blue circle, the number '18' is written in a large, dark blue, sans-serif font. A thin white horizontal line extends from the right side of the dark blue circle, passing under the number '18'.

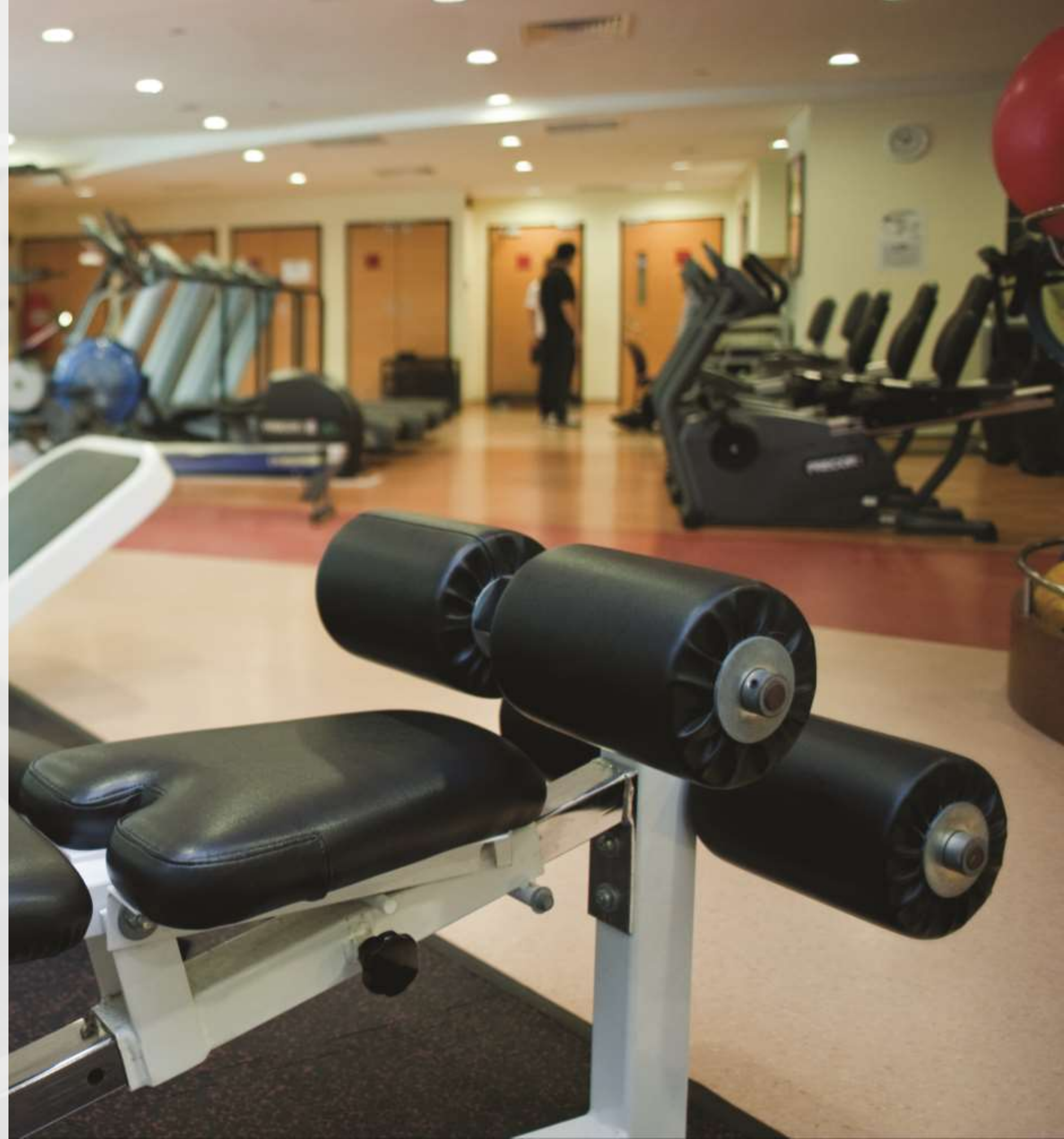
# ANNUAL REPORT

SPORT & EXERCISE  
MEDICINE (SEM)

# 18

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**Adjunct Associate Professor  
Benedict Tan**  
Chief, CGH Sport & Exercise Medicine  
Head, SingHealth Duke-NUS  
Sport & Exercise Medicine Centre

### SPORT AND EXERCISE MEDICINE (SEM)

In 2018, our Department's name was changed from 'Sports Medicine' to 'Sport and Exercise Medicine'. Sport and Exercise Medicine (SEM) more accurately reflects the scope of the Department, and reminds us that SEM is not limited to elite sports and competitive athletes. SEM also benefits sedentary individuals looking to start an active and healthy lifestyle, the very young to the very old, and also those with chronic conditions looking to exercise as an effective intervention to manage chronic diseases.

In line with the name change, the Department's two centres are now Singapore Sport and Exercise Medicine Centre @CGH (previously called Changi Sports Medicine Centre, CSMC) and Singapore Sports Medicine Centre (original name remains, and still located at Novena Medical Centre).

### SINGHEALTH DUKE-NUS SPORT AND EXERCISE MEDICINE CENTRE (SDSC)

The reorganisation of Singapore's public healthcare system brought Changi General Hospital (CGH) into the SingHealth Duke-NUS Academic Medical Centre family.

Leveraging on the collective expertise across SingHealth, the SingHealth Duke-NUS Sport and Exercise Medicine Centre (SDSC) was formed to drive SEM across the SingHealth cluster. The SDSC serves to provide and improve integrated, multidisciplinary SEM care, and is tasked to push the frontiers of clinical services, education and R&D in SEM.

As part of the SingHealth family, we now have a wider geographical reach and expanded capabilities. These will enable us to better serve our patients and respond to the evolving healthcare needs of the nation.

It has been another fruitful year for the department. As we celebrate our achievements, I would like to take this opportunity to thank the team for their hard work, our partners and senior leadership for their support. Together, we will continue to advance SEM in Singapore and beyond.



MILESTONES

2000

2000

2000  
CGH ran a sports clinic once a week.

2003  
CGH launched Changi Sports Medicine Centre (CSMC).

2004

CSMC introduced the Extracorporeal Shockwave Therapy for muscle-tendon pathologies – a first in the public healthcare system.

2004

2004

2005

2006

2006  
Singapore Sports Medicine Centre (SSMC) was established.

2007

CSMC became the first accredited centre for Sports Medicine Advanced Specialist Training in Singapore.

2007

2008

2008  
CGH SEM developed a training and career track for Resident Physicians (Sports Medicine).

CGH partnered with Singapore Sports Institute to provide Sports Medicine care for the national athletes.

2011

CGH inked a MOU with SAF to collaborate in Sports Medicine.  
  
CSMC launched Exercise is Medicine Singapore with American College of Sports Medicine.

2011

2012

2012

CGH signed a MOU with SportSG to collaborate in the Active Health initiative.

CGH SEM trained over 2,500 MOE teachers in youth sports injury management.

2015

CGH SEM started training all SAF medical officers and SingHealth Family Medicine Residents in exercise prescription.

2015

2016

2016  
CGH SEM's research on sailing injuries and illnesses was published in the British Journal of Sports Medicine.

CGH and Lee Kong Chian School of Medicine launched the Graduate Diploma in Sports Medicine – the first and only in Singapore and Asia.

2017

The War on Diabetes Health Peers Programme was launched and awarded the Prime Minister's Community Initiative Award.

2018

2016

2017

2018

2018  
SingHealth Duke-NUS Sport & Exercise Medicine Centre (SDSC) was launched.





The background of the slide is a photograph of a gym interior. In the foreground, there is a Cybex leg press machine with black padding and white metal frames. The brand name 'CYBEX' is visible on the machine's frame. In the background, other gym equipment like treadmills and weight racks are visible, though slightly out of focus. A large teal-colored triangular overlay covers the right side of the image, creating a modern, professional look.

# 2018

## A YEAR IN REVIEW





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# CLINICAL EXCELLENCE

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# SINGHEALTH DUKE-NUS SPORT & EXERCISE MEDICINE CENTRE

## FORMATION OF SINGHEALTH DUKE-NUS SPORT & EXERCISE MEDICINE CENTRE (SDSC)

SingHealth Duke-NUS Disease Centres were formed as a strategic model of care for patients with conditions that require multi-disciplinary teamwork. The structure enables professionals from different disciplines and institutions to work closely together to provide quality clinical care throughout the care continuum and improve outcomes.

With CGH joining the SingHealth family, and benefitting from CGH's leadership in SEM, the SingHealth Duke-NUS Sport & Exercise Medicine Centre (SDSC) was formed in 2018.

The SDSC serves to provide integrated, multi-disciplinary SEM care, and is tasked to push the frontiers of clinical services, research and education.

Adj A/Prof Ben Tan has been appointed Head of the SDSC. This is concurrent to his role as Chief, Department of Sport & Exercise Medicine, CGH.





# MAJOR GAMES & SPORTING EVENTS

## SUPPORTING OUR NATIONAL ATHLETES AT THE 2018 ASIAN GAMES, ASIAN PARA GAMES & YOUTH OLYMPIC GAMES

CGH SEM is committed to support our athletes both on and off the field, including providing medical support to our national athletes at Major Games.

Dr Leonard Lim was appointed as the Chief Medical Officer for Team Singapore for this year's Asian Para Games (APG). Held in Jakarta from 6 to 13 October, the APG saw 44 Singapore para athletes competing across 10 sports.

Around the same time, the 3rd Summer Youth Olympic Games was held in Buenos Aires, Argentina, from 6 to 18 October. 18 youth athletes represented Singapore from 8 sports. Dr Fadzil Hamzah was the Chief Medical Officer for Team Singapore.



*Dr Ben Tan at the Asian Games in his capacity as SNOC Vice-President.*

Singapore fielded its largest Asian Games contingent of 265 athletes across 21 sports at the 18th Asian Games, hosted by Indonesia from 18 August to 2 September. Adj A/Prof Ben Tan was at the Games to support Team Singapore in his new role as one of four vice-presidents of the Singapore National Olympic Council (SNOC).

SEM is honoured to witness and be part of Team Singapore's success every step of the way.



*Dr Fadzil Hamzah (first from the right) with Team Singapore at the Youth Olympic Games.*



*Dr Leonard Lim (first from the left) with the Sports Medicine and Sports Science team for the Singapore contingent at the 2018 Asian Para Games.*





Adj Asst Prof Ivy Lim (front row, 4<sup>th</sup> from the right) at the Asian Fencing Championship, held from 17 to 22 June 2018, in Bangkok, Thailand. Photo: Thailand Fencing Federation

## ASIAN FENCING CHAMPIONSHIP

The 2018 Asian Fencing Championship saw over 400 athletes from more than 30 countries competing.

Adj Asst Prof Ivy Lim, who is the first Singaporean to sit in the Fencing Confederation Asia (FCA) Medical Commission, was appointed by FCA to be one of the medical delegates for the Championship.

## FORMULA 1™ SINGAPORE GRAND PRIX

Adj A/Prof Kelvin Chew continued to serve as the Chief Medical Officer for the 2018 FORMULA 1™ Singapore Grand Prix.

Dr Ng Chung Sien and Dr Victor Tan from CGH SEM were also part of the medical team that saw through the successful event.



The medical team for the 2018 FORMULA 1™ Singapore Grand Prix; The medical team conducting simulation training.

Dr Chew currently serves as the Chairman of the Singapore Motorsport Association Medical Commission, and is a member of the Federation Internationale de L'Automobile Medical Commission.

Dr Chew is also part of a small group of selected trainers worldwide that is appointed to train and accredit FORMULA 1™ World Championship Chief Medical Officers, their Deputies and the extrication teams.





# RESEARCH & INNOVATION



# RESEARCH & INNOVATION

## PHYSIOLOGIC LIMITS OF CARDIAC REMODELLING IN ASIAN COMPETITIVE ATHLETES – A SINGLE CENTRE STUDY

CGH Cardiology and SEM's study was published in the July issue of the Annals, Academy of Medicine, Singapore.

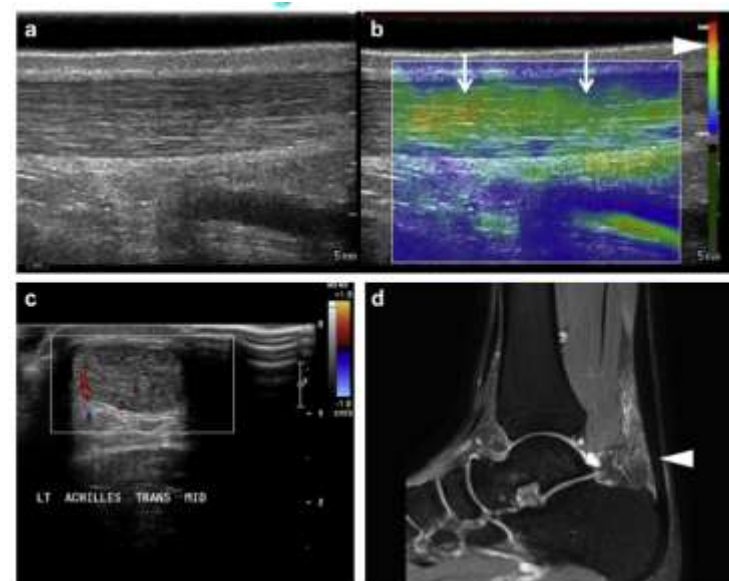
Exercise-induced cardiac remodelling varies between ethnicities, gender and type of sports. This has been well studied in non-Asian athletes. However, to date, none has been published for South East Asian (SEA) athletes.

This is the first such study for SEA athletes, and the key finding is that cardiac remodelling, or Athletes Heart Syndrome, only occurs in elite athletes with significant high training load for years. In such cases, more advanced screenings are then required to differentiate athlete's heart from other heart conditions.

## EMERGING TECHNOLOGICAL ADVANCES IN MUSCULO-SKELETAL ULTRASOUND

Adj A/Prof Kelvin Chew's paper was published in the January issue of the PM&R, the Official Journal of the American Academy of Physical Medicine and Rehabilitation.

The study is done together with Dr Cindy Lin (University of Washington Medical Center), Dr Ooi Chin Chin (Singapore General Hospital), and Dr Eric Chan (SingHealth Family Medicine).



## EXTRACORPOREAL SHOCKWAVE THERAPY

Two studies by Dr Victor Tan, Dr Fadzil Hamzah and Adj A/Prof Ben Tan were presented at the International Society For Medical Shockwave Treatment (ISMET) Congress, which was attended by over 120 delegates from 20 nations.



*Dr Fadzil Hamzah & Dr Ben Tan at the ISMET Congress, held from 11 to 14 April 2018, in Auckland, New Zealand.*

### Comparison of Visual Analogue Scale (VAS) Outcomes of Extracorporeal Shock-Wave Therapy-Treated Anterior and Posterior Plantar Fasciitis

Plantar fasciitis is a common condition affecting 10% of the population. This study is the first to classify plantar fasciitis into two types – anterior and posterior; characterizing the morphological distinctions between the two.

The findings can help physicians refine treatment plans, leading to quicker recovery times and improved outcomes.

### Observational Study of VAS and Plantar Fasciitis Thickness Outcomes in Patients Undergoing r-ESWT in a Single Centre

r-ESWT is used in the treatment of ligamentous, tendinous or muscular injuries. However, it has not been well-studied.

Findings of this study suggest that r-ESWT improves clinical symptoms of patients with plantar fasciitis, and should be considered as a clinical service that can be provided by physiotherapists.

## SAILING INJURY & PREVENTION

In 2016, a joint-research by CGH SEM, Andalusian Centre of Sport Medicine, and University of Washington Medical Centre, titled 'Injury and Illness Surveillance at the International Sailing Federation Sailing World Championships 2014', was published in the British Journal of Sports Medicine. Commissioned by World Sailing, this is the biggest study conducted on elite sailors.

From this study, CGH SEM followed-up with two projects to address the issue of high injury rate in competitive sailing.

### 1. Expert Panel On Sailing-specific Conditioning

World Sailing set up an expert panel to design and validate a sailing-specific conditioning programme, aimed at reducing sailing injuries. Dr Ben Tan, the World Sailing Medical Commission Chairman, also chairs the panel which includes SEM physicians, sports scientist, physiotherapist, strength & conditioning coaches, from Australia, Portugal, UK and USA. Several countries have already volunteered to be part of a multi-centre trial.

### 2. Sailing Injury Prevention Device

To address the rise in lower limb sailing injuries, CGH is collaborating with the Singapore University of Technology & Design (SUTD) and Singapore Sailing to develop a novel quick-release foot-strap. Dr Ben Tan is the Principal Investigator; Prof Foong Shaohui from SUTD is the Co-Investigator, contributing his engineering expertise; and Singapore Sailing provides practical feedback and opportunities for on-water trials.

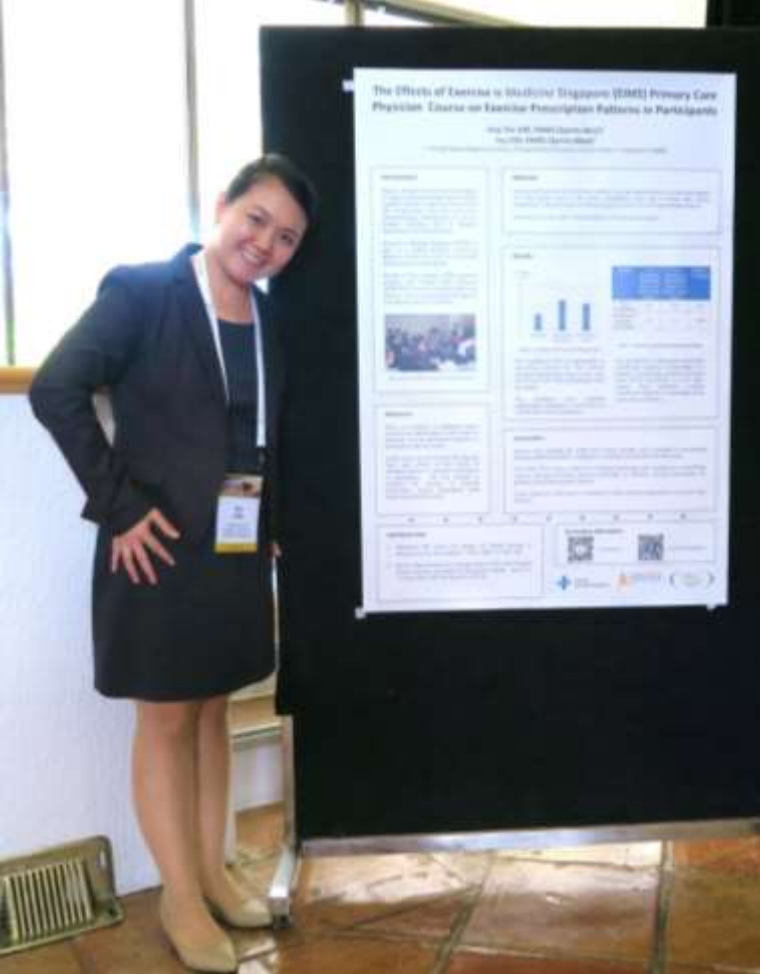
The prototype was unveiled at the 2018 World Sailing Annual Conference to a worldwide audience.

The above encapsulates how we bring together expertise and combine the strengths of strategic partners, to translate research into practical and impactful policies and solutions internationally.

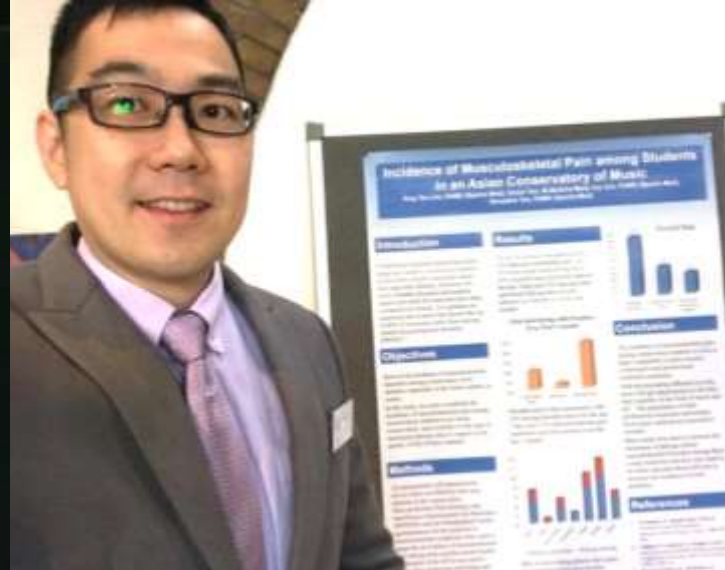


*Dr Ben Tan at the World Sailing 2018 Annual Conference, held in Sarasota, USA, where he shared the findings of his study, and unveiled the quick-release foot-strap prototype.*

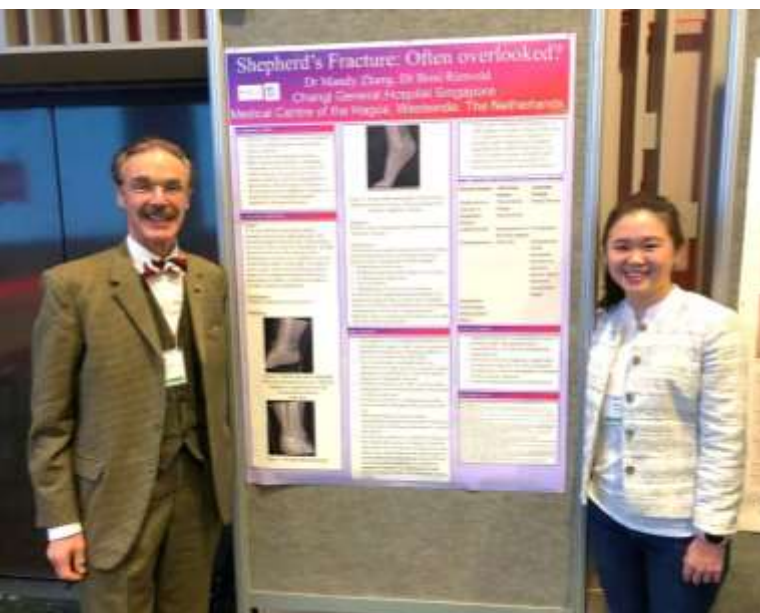




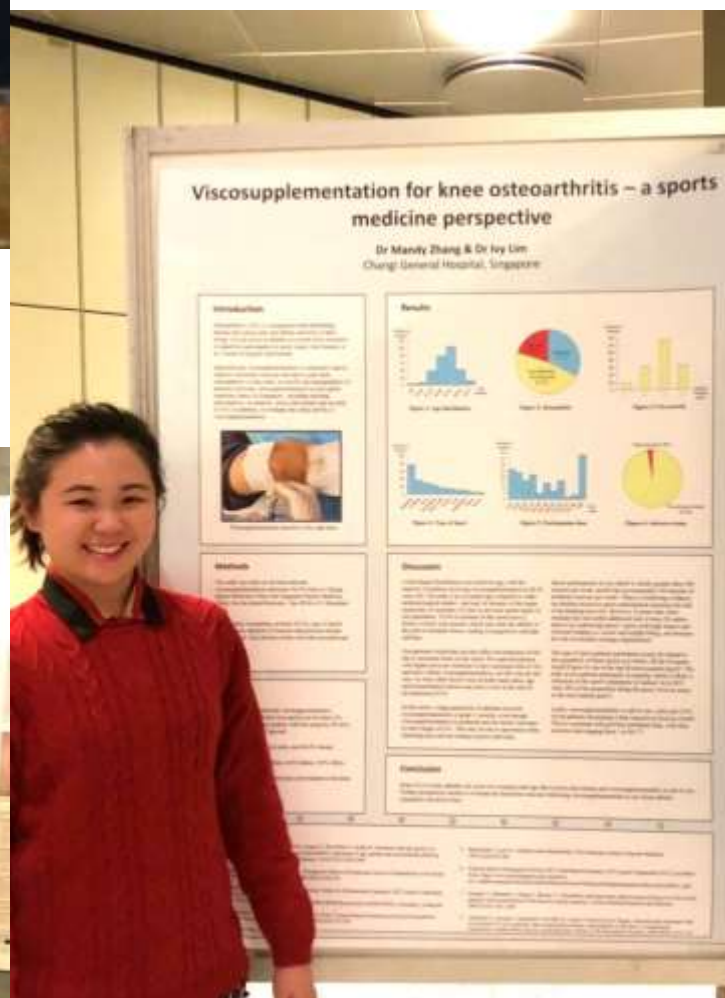
*Dr Ivy Lim at the ACSEP Scientific Conference, held from 9 to 11 February 2018.*



*Dr Leonard Lim at the ICPAM, held from 29 to 31 March 2018.*



*Dr Mandy Zhang with Dr Boni Rietveld at the IADMS Conference, held from 25 to 28 October 2018.*



*Dr Mandy Zhang at the Scandinavian Congress of Medicine & Science in Sports, held from 1 to 3 February 2018.*

## RESEARCH POSTER PRESENTATIONS

### **The Effects Of Exercise Is Medicine Singapore (EIMS) Primary Care Physician Course On Exercise Prescription Patterns In Participants, by Dr Leonard Lim & Adj Asst Prof Ivy Lim**

The EIMS Course educates doctors on exercise prescription for chronic conditions. The study aims to elicit the effects of the course in changing patterns of exercise prescription in participants.

*Presented at the Australasian College of Sport & Exercise Physicians (ACSEP) Scientific Conference.*

### **Viscosupplementation For Knee Osteoarthritis – A Sports Medicine Perspective, by Dr Mandy Zhang & Dr Ivy Lim**

The study profiles the demographics of patients receiving viscosupplementation, and also evaluates the safety profile of the treatment.

*Presented at the ACSEP Conference and Scandinavian Congress of Medicine & Science in Sports.*

### **Shepherd's Fracture: Often Overlooked, by Dr Mandy Zhang & Dr Boni Rietveld**

This joint-study with Dr Boni Rietveld (Medical Centre of the Hague, Westeinde, The Netherlands) is believed to be the first report on a dancer for Shepherd's fracture.

*Presented at the International Association for Dance Medicine & Science (IADMS) Conference.*

### **Incidence Of Musculoskeletal Pain Among Students In An Asian Conservatory Of Music, by Dr Leonard Lim, Dr Victor Tan, Dr Ivy Lim & Adj A/Prof Ben Tan**

The study concludes that the incidence of musculoskeletal pain among conservatory students in Asia is high, comparable to their western counterparts and professional orchestral musicians.

*Presented at the International Conference On Performing Arts Medicine (ICPAM).*



A close-up photograph of a silver stethoscope resting on an open book. The stethoscope's chest piece is prominent in the foreground, with its binaurals extending towards the top right. The book's pages are visible, showing some text. A teal-colored graphic overlay with a wavy pattern covers the left side of the image. The word 'EDUCATION' is written in white, bold, sans-serif capital letters on this teal background.

# EDUCATION



# GRADUATE DIPLOMA IN SPORTS MEDICINE



*The teaching faculty and first batch of GDSM trainees.*



*Dr Lim Baoying conducting a workshop on SEM physical examination techniques for the GDSM trainees.*

## LAUNCH OF GRADUATE DIPLOMA IN SPORTS MEDICINE (GDSM)

There is increasing demand for sport and exercise medicine services, and rising incidences for age-related musculoskeletal injuries. These are in tandem with the ageing population, and with more people taking up exercise to stay healthy.

NTU Lee Kong Chian School of Medicine, in partnership with CGH SEM, developed and launched the Graduate Diploma in Sports Medicine (GDSM) programme for medical doctors interested in extending their training in this growing area of need. The GDSM programme is the first of its kind in Singapore and Asia.

The programme was over-subscribed by almost 4 times. As the largest SEM centre, over 70% of the trainees are attached to SSMC@CGH as part of the programme.

Adj A/Prof Roger Tian, Dr Leonard Lim, and Adj A/Prof Ben Tan serve as the Course Director (Clinical), Deputy Course Director (Clinical), and Chairman of the Advisory Committee respectively.

For their contribution to the programme, Dr Ben Tan, Dr Roger Tian and Dr Kelvin Chew have been appointed as Adjunct Associate Professor, and Dr Ivy Lim has been appointed as Adjunct Assistant Professor to NTU Lee Kong Chian School of Medicine. Other CGH SEM physicians, cardiologist, radiologist and physiotherapists are also involved and are part of the teaching faculty.

This initiative is underscored by CGH SEM's belief that SEM expertise should not be limited to institutions, but also reside at primary care level, to increase access to SEM for all Singaporeans.



# SEM CONTINUOUS MEDICAL EDUCATION

## SPORT & EXERCISE MEDICINE (SEM) DISTINGUISHED GUEST SERIES

Continuous education is vital to ensure that the SEM team stays relevant and up-to-date on the latest SEM developments and trends.

CGH SEM regularly invites renowned experts to conduct lectures and workshops that are open to all. The department is pleased to invite the following speakers as part of the SEM Distinguished Guest Series in 2018:

### **Prof James Skinner (USA)**

‘Exercise Prescription for Healthy & At-Risk Populations’, 31 August 2018

### **Dr Jeni Saunders (Australia)**

‘Managing Sacroiliac Joint Dysfunction’, 13 October 2018

### **Helmut Hoffmann (Germany)**

‘Basic Aspects of Function-Based Rehabilitation Conception’, 19 November 2018



*Prof James Skinner (Professor Emeritus at Indiana University; former President of the American College of Sports Medicine) with Adj Asst Prof Ivy Lim.*



*Helmut Hoffmann with Rosena Johnston (Senior Principal Physiotherapist, Clinical Lead, SSMC@CGH). Hoffmann is a sport scientist with over 30 years of experience as a rehabilitation and athletic coach (for FC Bayern Munich, German National Football U-Teams).*





## MANAGING SACROILIAC JOINT DYSFUNCTION – LECTURE & WORKSHOPS

In 2017, CGH SEM hosted Dr Jeni Saunders, a Sport and Exercise Physician with extensive experience working with elite and national sports teams, to give a lecture on sacroiliac joint dysfunction.

Following the successful lecture, CGH SEM and Rehabilitative Services collaborated with Dr Saunders and Dr Barbara Hungerford (Consultant Physiotherapist, Director of Sydney Spine & Pelvis Physiotherapy Centre), to organise a series of lecture and workshops on 12 & 13 October, for physicians and physiotherapists interested to learn more about managing sacroiliac joint dysfunction.

*Dr Jeni Saunders speaking on 'Managing Sacroiliac Joint Dysfunction'.*



*Dr Saunders conducting a workshop for physicians.*



*Dr Barbara Hungerford conducting a workshop for physiotherapists.*



# EXERCISE IS MEDICINE

## EXERCISE IS MEDICINE (EIM) ASIA REGIONAL MEETING

The 2018 EIM Asia Regional Meeting was hosted by the Chinese University of Hong Kong, Department of Sports Science and Physical Education. The meeting was attended by EIM representatives from Australia, China, Hong Kong, Japan, Malaysia, Myanmar, Singapore, South Korea, Sri Lanka, Taiwan, Thailand, and USA.

Adj A/Prof Ben Tan shared his experience on how to set up a successful EIM centre to effectively complement the public system, and the future development of EIM in Asia. The meeting provided opportunities for the various institutions to learn from each other in advancing the EIM global movement.



*Dr Ben Tan and Dr Fadzil Hamzah, with other EIM National Centers directors from all over the world, come together each year to share and discuss best practices in making physical activity promotion a standard in clinical care.*

## 65<sup>TH</sup> AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM) ANNUAL MEETING AND 9<sup>TH</sup> WORLD CONGRESS ON EIM

Dr Fadzil Hamzah shared the podium with speakers from Brazil and Taiwan in a colloquium session titled 'Government Health Initiatives Incorporating EIM.' Chaired by Dr Benedict Tan, the session highlighted the importance of collaborations with like-minded organisations, community partners, as well as support from the government.

Dr Fadzil shared with the international attendees the successful collaborations with Sport Singapore (Active Health Initiative) and South East Community Development Council (War on Diabetes Health Peers Programme).



*EIM representatives at the EIM Asia Regional Meeting held on 19 and 20 January 2018, in Hong Kong.*



*Dr Ben Tan (3<sup>rd</sup> from the right) and Dr Fadzil Hamzah (3<sup>rd</sup> from the left) at the ACSM Annual Meeting and EIM World Congress, held from 28 May to 1 June 2018, in Minneapolis, USA.*





*Physicians from Sri Lanka flew in to attend the EIMS Exercise Prescription Course, held from 13 to 14 May 2018.*



*Dr Ng Chung Sien (EIMS Course Director) conducting the Exercise Prescription Course.*



*The exercise gym practicum is conducted by an Exercise Physiologist.*

## LAUNCH OF EIM SRI LANKA

As Chairman of EIM Southeast Asia Regional Centre, Adj A/Prof Ben Tan aims to promote EIM around the region.

EIM Sri Lanka was launched on 24 November 2018, in conjunction with the 4<sup>th</sup> Scientific Sessions of the Sri Lanka Sports Medicine Association. Dr Ben Tan was the Chief Guest for the inauguration ceremony, and was also a speaker for the Scientific Sessions.

Leading up to the launch, physicians from Sri Lanka flew in to Singapore to be trained and certified in exercise prescription, and also to learn more about setting up a EIM programme locally.

The global EIM movement is pleased to welcome EIM Sri Lanka to the family.



*Dr Ben Tan was invited as Chief Guest for the Scientific Sessions of the Sri Lanka Sports Medicine Association, and witnessed the launch of EIM Sri Lanka.*



# CONFERENCES

## 2<sup>ND</sup> ASEAN SPORTS MEDICINE CONFERENCE - BUILDING A HEALTHIER NATION THROUGH SPORTS

Adj Asst Prof Ivy Lim was invited as a plenary speaker and was also one of the International Advisors for the 2<sup>nd</sup> ASEAN Sports Medicine Conference.

Dr Lim spoke on 'Urban Evolution: Exercise is Medicine' to more than 150 delegates from over 13 countries. As chronic diseases become more prevalent, it is vital to promote physical activity and exercise as a standard part of a disease prevention and management.

## INTERNATIONAL SYMPOSIUM ON FRAILTY INTERVENTION

Adj A/Prof Ben was invited to speak to nearly 500 healthcare professionals at the International Symposium On Frailty Intervention.

The conference brought together doctors, nurses, physiotherapists, occupational therapists, exercise physiologists, trainers, nutritionists, social workers and others, to tackle the problem of frailty in the elderly from a multi-disciplinary approach.

SEM plays a key role in the management of frailty. Dr Ben shared on how exercise prescription can be promoted systematically, as well as the progress and management of exercise risks.



*Dr Ivy Lim speaking at the 2nd ASEAN Sports Medicine Conference, held on 24 and 25 March 2018, in Kuala Lumpur, Malaysia.*



*Dr Ben Tan speaking at the International Symposium On Frailty Intervention, held from 28 to 29 April 2018, in Taiwan.*





*Panellists at the 6<sup>th</sup> World Cities Summit, held on 10 July 2018. From the left: Dr Gillian Koh (Deputy Director, Research, Institute of Policy Studies), Mr Michol Dalcourt (Founder, Institute of Motion), Dr Chiang Hock Woon (Deputy CEO, SportSG), Dr Ben Tan, Dr Vincent Chua (Associate Prof, NUS). Photo: SportSG*



*Dr Lim Baoying (left) conducting the knee injections workshop at the SMAS Annual Symposium, held on 12 May 2018.*



*Dr Mandy Zhang (left) at the SMAS Annual Symposium, speaking on the topic “5 common sports injuries affecting sports participation”.*

## WORLD CITIES SUMMIT 2018: BUILDING SOCIAL RESILIENCE THROUGH SPORT & PHYSICAL ACTIVITY

The World Cities Summit attracts city mayors and policy makers from all over the world to come together to exchange ideas and learn about new trends and developments in city planning and management.

At the 6<sup>th</sup> World Cities Summit, Sport Singapore (SportSG) hosted a forum on “Social Resilience Through Sport & Physical Activities”. Adj A/Prof Ben Tan was one of the panellists, and shared on how sports can generate greater social cohesion and cultivate resilient citizens.

## SPORTS MEDICINE ASSOCIATION SINGAPORE (SMAS) ANNUAL SYMPOSIUM

This year’s SMAS Annual Symposium brought together healthcare professionals, individuals from sport and academia, and members of the public to discuss “Metabolic and Endocrine Conditions in Sport”.

Physicians from SEM – Adj Asst Prof Ivy Lim, Dr Leonard Lim, Dr Ng Chung Sien, Dr Lim Baoying and Dr Mandy Zhang, were involved as organisers, speakers, and also conducted knee injections workshop for the symposium.

Dr Ivy Lim and Dr Leonard Lim currently serve as the President and Vice-President of the Sports Medicine Association Singapore (SMAS) respectively.



## MEDICAL FAIR ASIA MEDICINE + SPORTS CONFERENCE

The 2<sup>nd</sup> Medical Fair Asia Medicine + Sports Conference was held on 29 August. It is part of Medical Fair Asia 2018, a 3-day event targeted at the healthcare, sports and fitness industry.

CGH SEM physicians presented a series of talks in the session “Tailored Exercise Programs for Patients and Athletes”. The physicians include Adj Asst Prof Ivy Lim, Dr Leonard Lim, Dr Darren Leong and Dr Ng Chung Sien.

Adj A/Prof Kelvin Chew presented on the topic “Platelet-Rich Plasma: An Orthobiologic Treatment for Tendinopathies”. Dr Ivy Lim was also one of the panellists, alongside renowned Prof James Skinner, to discuss the role of physical activity in healthcare.



*Dr Ivy Lim speaking at the 2<sup>nd</sup> Medical Fair Asia Medicine + Sports Conference, held on 29 August 2018.*



*Dr Mandy Zhang speaking at the SOAR Expert Forum.*

## STOP OSTEOARTHRITIS AGONY RIGHT (SOAR) EXPERT FORUM

Dr Mandy Zhang was invited to speak at the SOAR Expert Forum between Thailand, Malaysia and Singapore.

She spoke on the difference in the underlying etiology for knee OA in athlete and non-athlete, exercise prescription for knee OA. She also shared the findings of her study on ‘Viscosupplementation for OA Knees in Athletes – Sports Medicine Perspective’.



*The SOAR Expert Forum between Thailand, Malaysia and Singapore, held from 24 to 25 November 2018, in Bangkok, Thailand.*



A red apple and a stethoscope are positioned on a background of an ECG (heart rate) line. A large, semi-transparent teal shape, resembling a heart, is overlaid on the left side of the image. The text 'COMMUNITY PROGRAMMES' is written in white, bold, uppercase letters on the teal background.

# COMMUNITY PROGRAMMES



# WAR ON DIABETES – HEALTH PEERS PROGRAMME

## TRAINING OF HEALTH PEERS FOR THE WAR ON DIABETES

Diabetes is a serious challenge to Singapore. It is estimated that nearly one million Singaporeans could be affected by diabetes by 2050.

In line with MOH's nationwide effort in the War on Diabetes, CGH launched the Health Peers Programme, in partnership with community stakeholders (South East Community Development Council) and government agencies, such as the Health Promotion Board.

The programme is developed by CGH healthcare professionals, including SEM physician, dietitian and clinical psychologist. It equips volunteers, known as Health Peers, with skills and knowledge in communication, approach to physical activity, diet and nutrition in diabetes. The Health Peers will then reach out to residents to encourage them to lead healthier lives by creating awareness on diabetes prevention and management.

Since the launch of the programme on 7 January 2017, it has reached out to over 900 residents and trained more than 300 Health Peers. The Health Peers include grassroots leaders, volunteers, and students from ITE East, Temasek Polytechnic and Singapore Polytechnic.

Following its success, the programme has been expanded to more constituencies and residents in the east. CGH is also collaborating with National University Health System (NUHS), and has rolled-out the Health Peers Programme to the western part of Singapore.



*Dr Fadzil Hamzah conducting the Health Peers training for Siglap constituency.*



*Health Minister Gan Kim Yong speaking to the Health Peers on 20 January 2018, where he announced the move to expand the programme.*



*CGH chefs conducting cooking demonstration as part of the Health Peers training.*



*Siglap grassroots leaders and volunteers at one of the workshops.*



*Dr Fadzil conducting a workshop for the Bukit Batok constituency, as part of the collaboration with NUHS.*





## SINGAPORE MINISTERIAL CONFERENCE ON DIABETES

At the recent Ministerial Conference on Diabetes, there was a call for countries to take decisive actions in their fight against diabetes. The Conference was attended by Health Ministers from various regions, senior government officials, academics as well as representatives from the WHO and World Bank. CGH was invited to showcase its Health Peers Programme at the Conference.



*The Health Peers team at the Singapore Ministerial Conference on Diabetes, held on 26 & 27 Nov 2018.*

## PEOPLE'S ASSOCIATION (PA) COMMUNITY SPIRIT AWARDS

CGH's efforts in the War on Diabetes was recognised at the PA Community Spirit Awards, where it received the Community Partnership Excellence Award for its Health Peers Programme.

On behalf of CGH, Dr Fadzil Hamzah, the leader of the multidisciplinary healthcare team that developed and piloted the programme, received the award with Dr Eugene Shum (CGH Chief Community Development Officer).



*Dr Eugene Shum and Dr Fadzil Hamzah with PA Deputy Chairman, Minister Chan Chun Sing, at the PA Community Spirit Awards ceremony held on 23 October 2018.*



## COMMUNITY OUTREACH

Outside of clinical settings, the SEM department supports various community efforts to promote physical activity and healthy living. This is in line with the MOH 'Beyond Healthcare 2020' key thrust of moving 'Beyond Healthcare to Health', where sport and exercise medicine can play a vital role.

Dr Fadzil Hamzah, who is the Director (Community), SingHealth Duke-NUS Sport & Exercise Medicine Centre, is heavily involved in community health promotion outreach efforts for the eastern population.



***Pre-Ramadan Health Talk for Siglap residents, 28 April 2018.***

*Dr Fadzil Hamzah shared practical tips on modifying physical activity and exercise, as well as dietary routines in the fasting month, with the Muslim residents in Siglap.*



***"Diabetes and You" Health Talk to 150 Bedok residents, 26 May 2018.***

*Dr Fadzil (second from the left) with Mr Lim Swee Say, MP for East Coast GRC. Dr Fadzil shared practical tips on diabetes prevention and management, and how to live actively and healthily with diabetes. The health talk was held in conjunction with the Ramadan Grocery and Porridge Distribution Day.*





***Exercise Demonstration at Nee Soon South Fitness Corner, 20 May 2018.***

*Dr Fadzil with Er. Dr. Lee Bee Wah, MP for Nee Soon GRC, at the official launch of the fitness corner.*

***“Physical Activity and You”  
Health Talk for Siglap and  
Changi residents,  
18 November 2018***

*Dr Fadzil giving a health talk  
for the residents of Siglap  
and Changi.*

*Dr Maliki Osman, Mayor of  
South East District, graced  
the event.*





# SingHealth EXCELLENCE AWARDS 2018

Guest-of-Honour

**Mr Amrin Amin**

Senior Parliamentary Secretary  
Ministry of Home Affairs  
Ministry of Health

14 May 2018

SingHealth DukeNUS  
ACADEMIC MEDICAL CENTRE

Singapore General Hospital

National Cancer Centre Singapore

Singapore National Eye Centre

Changi General Hospital

Maritime Dental Centre Singapore

SingHealth Community Hospitals

Sengkang General Hospital

National Heart Centre Singapore

Polyclinics Singapore

KK Women's and Children's Hospital

National Neuroscience Institute

PUBLICITY,  
AWARDS &  
RECOGNITION



## MEDIA OUTREACH

The SEM department engages the media to increase public awareness on the benefits of physical activity.

SEM physicians' opinions are also often sought by various media outlets, including newspaper, magazine, radio, and online platforms.



### ***Tackling Chronic Pain Through Exercise***

*Adj Asst Prof Ivy Lim gave a series of interviews, including radio interviews with 96.3HAO FM and 938NOW, on how exercise prescription can help people suffering from chronic pain.*

### ***Prime Time With Claressa, Money FM 89.3***

*Adj A/Prof Kelvin Chew spoke about common sports injuries for winter sporting activities and golf, and also shared the benefits of exercise in the management of chronic conditions such as hypertension and diabetes.*



### ***The Straits Times Podcast***

*The Straits Times launched a new podcast series for 2018, tackling health tips and the impact of national policies with expert guests.*

*Dr Fadzil Hamzah was invited as the guest for an episode targeting the newly diagnosed diabetics; how can they work in an exercise routine and balance it with their condition.*



# AWARDS & RECOGNITION

## CGH Uplift Award – STAR Achievement Award

### Presented to SSMC@CGH

For the clinic's excellent achievement and sustained improvement in the Internal Patient Experience Survey.

## CGH Departmental Quality Award – Nursing (Clinics)

### Presented to SSMC@CGH

For the outstanding services and quality provided by the team for the period of April 2017 to March 2018.

## SingHealth Excellence Awards – Distinguished Visionary Leader Award

### Presented to Adj A/Prof Ben Tan

The SingHealth Excellence Awards is the highest honour for SingHealth employees who have made outstanding contributions.

## College of Family Physicians Singapore – Appreciation of Contribution to the Master of Medicine (Family Medicine) College Programme

### Presented to CGH SEM Department

In recognition of the department's contribution in teaching.

## College of Family Physicians Singapore – Resource Person Appreciation to the Master of Medicine (Family Medicine) College Programme

### Presented to Dr Leonard Lim

In recognition of Dr Lim's contribution in teaching.

## Singapore Medical Association Long Service Award

### Presented to Dr Ben Tan

For Dr Tan's contribution to the Singapore Medical Journal Editorial Board since 2006.



*Dr Ben Tan receiving the SingHealth Distinguished Visionary Leader Award.*



*The SSMC@CGH team receiving the CGH STAR Achievement Award.*



*Dr Leonard Lim receiving the Resource Person Appreciation token from the College of Family Physicians Singapore.*



*SSMC@CGH was presented the CGH Department Quality Award for Nursing (Clinic), for the clinic's outstanding services and quality.*





# CGH SPORT & EXERCISE MEDICINE

– AT A GLANCE



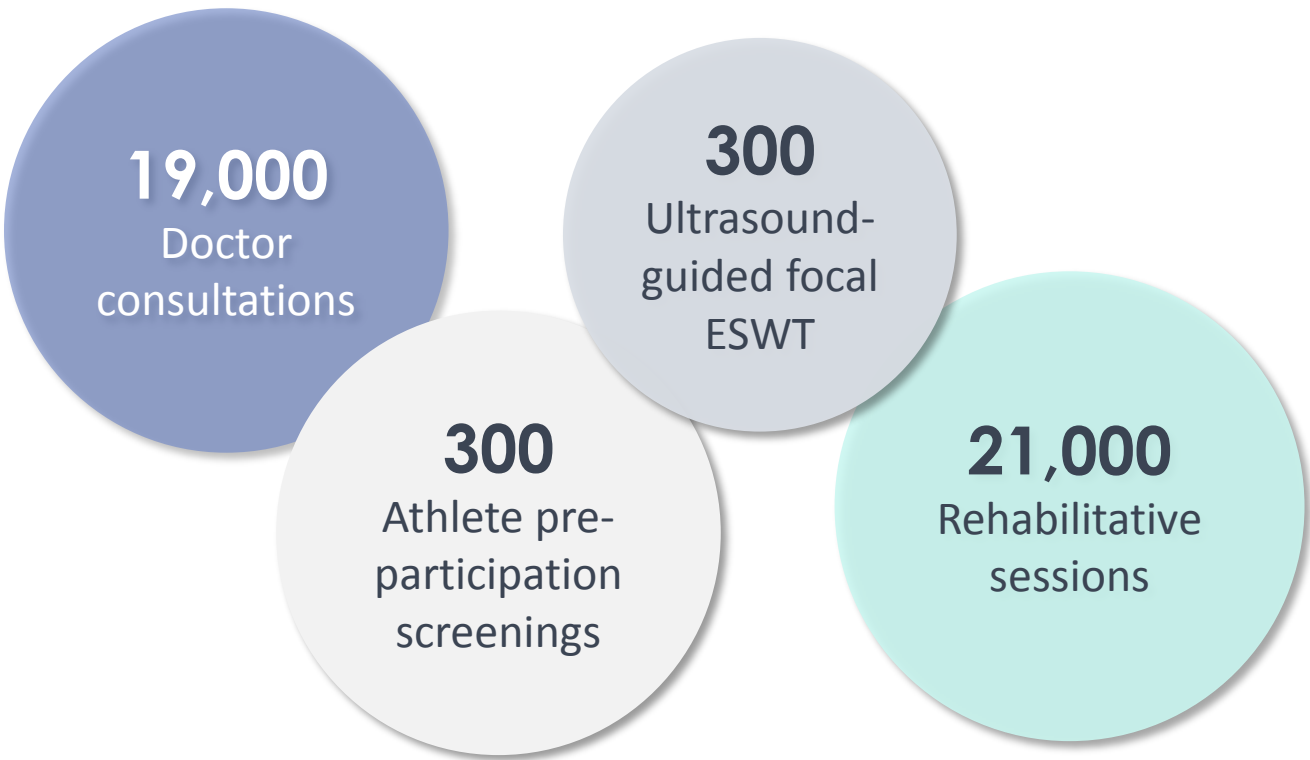
# CGH SPORT & EXERCISE MEDICINE – AT A GLANCE

## SINGAPORE’S LARGEST SPORTS MEDICINE CENTRE

Changi General Hospital (CGH)’s Sport & Exercise Medicine (SEM) department runs Singapore Sport & Exercise Medicine Centre @ CGH (SSMC@CGH) and Singapore Sports Medicine Centre (SSMC) at Novena.

SSMC@CGH is the largest SEM centre in Singapore, and SSMC (at Novena) is the largest SEM centre in the private healthcare sector. Both centres have a combined footprint of more than 13,000 sqft. SSMC@CGH also has access to a hydrotherapy pool.

In 2018, SSMC@CGH and SSMC (at Novena) saw over:



## A MULTIDISCIPLINARY SEM TEAM

CGH SEM has the largest headcount among SEM providers in Singapore, with 11 full-time physicians practicing Sport and Exercise Medicine.

Both centres have a multidisciplinary team under one roof, providing patients an integrated, seamless Sports Medicine care.







The department's physicians serve as lecturers or supervisors to medical students from institutes such as Duke-NUS Medical School, Lee Kong Chian School of Medicine, SingHealth (Family Medicine Residency Programme), Yong Loo Lin School of Medicine, Nanyang Polytechnic and others.

## A CENTRE OF LEARNING

1

SSMC@CGH is the first accredited centre for Sports Medicine Advanced Specialist Training in Singapore.

The SEM department has the largest number of accredited supervisors and training positions for Advanced Specialist Training in Sports Medicine.

4

30

Since 2012, SSMC@CGH has trained over 30 medical officers.

SSMC@CGH has provided over 400 attachments and observerships.

400

1300

CGH physicians have trained over 1,300 local and international physicians, allied healthcare and fitness professionals in exercise prescription.





## SUPPORTING OUR ATHLETES & THE SPORTS ECO-SYSTEM

- 1** The department works with sports institutions such as the Football Association of Singapore and Sport Singapore, to provide athletes quality-assured and prompt Sports Medicine care, at SSMC@CGH, SSMC (at Novena) and Singapore Sports Institute.
- 2** CGH physicians supports Team Singapore as Chief Medical Officers or as part of the medical team for major games, including the ASEAN Para Games, Commonwealth Games, Olympic Games, Paralympic Games, SEA Games, Special Olympics World Games, and Youth Olympic Games.
- 3** The department provides medical coverage for major competitions and events such as ONE Fighting Championship, FORMULA 1™ Singapore Grand Prix, World University Floorball Championships, and others.
- 4** CGH physicians sit in committees of National Sports Associations and other organisations such as the Football Association of Singapore, National Sports Safety, Singapore Bowling Federation, Singapore Disability Sports Council, Singapore Ice Skating Association, Singapore National Paralympic Council, Singapore Rugby Union, Singapore Sailing and more.
- 5** CGH physicians are appointed as members of international medical commissions, including the Federation Internationale de L'Automobile, Fencing Confederation of Asia, and World Sailing.



# THE SSMC TEAM

As SEM is a multidisciplinary field, it is vital that the team is cohesive and collaborative, and that there are available platforms for cross-communication. CGH SEM has:

- Monthly multidisciplinary rounds for clinical sharing.
- Bi-monthly leadership meetings, where HODs across disciplines (e.g. SEM, physiotherapy, exercise physiology, nursing, podiatry, dietitian, operation, administration) discuss clinical and operational matters.
- Bi-monthly town hall, for discussion and updates to all team members and stakeholders across disciplines.
- Annual Strategic Planning Meeting where HODs discuss future strategic directions and plans.
- Team bonding activities, such as annual team building day, festive celebrations and gatherings.



*The 2018 SSMC annual team bonding day.*



*The 2018 Annual SEM Strategic Meeting with SEM physicians and HODs from other relevant disciplines.*

*2018 Lunar New Year gathering for the SSMC (Novena) team.*



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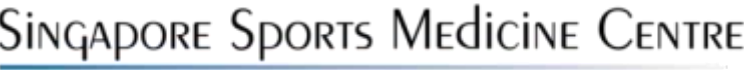
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