

# ANNUAL REPORT 16

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## SPORTS MEDICINE

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5 Tampines Central 1  
Tampines Plaza #08-01/05  
Singapore 529541

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# CONTENTS

- 03** Message
- 05** CGH Sports Medicine – At A Glance
- 08** Milestones
- 10** A Year in Review
- 12** A Leading Multi-disciplinary Sports Medicine Centre in Singapore
- 14** A Centre of Learning & Teaching
- 16** Playing an Integral Role in the Sports Eco-system
- 18** Building Strong and Long-lasting Partnerships
- 22** Reaching Out to the Community

# MESSAGE FROM THE CHIEF



**Dr Benedict Tan**  
Chief, CGH Sports Medicine

2016 has been a year of achievements for the Sports Medicine department, as we focus on our commitment to deliver an integrated and seamless Sports Medicine care – from injury prevention, treatment, performance enhancement to education; both on and off the field, in the community, and even in schools.

#### **Delivering Excellence in Patient Care**

Changi Sports Medicine Centre was awarded the CGH STAR Achievement Award, which recognises excellent performance in the 2016 Internal Patient Satisfaction Survey and achievement of consistently good patient feedback in the past 12 months. This is a great encouragement and affirmation that the team is on the right track, and we are grateful to be acknowledged for our work.

#### **Playing an Integral Role in the Sports Eco-System**

The effort of building a supportive and sustainable sports eco-system cannot be undertaken alone. CGH Sports Medicine continues to support our national athletes both on and off the field – providing medical care at Changi Sports Medicine Centre, Singapore Sports Medicine Centre and Singapore Sports Institute, as well as offering medical cover at sporting events.

Our doctors served as the Chief Medical Officers for the Singapore contingent to the Rio 2016 Olympics and Paralympics. We are honoured to be part of the team that witnessed Joseph Schooling's historic feat of winning Singapore's first-ever Olympic gold medal, Yip Pin Xiu's world record breaking gold medal wins, and the many achievements of Team Singapore at the Games.

#### **Building Strong and Long-Lasting Partnerships**

Developing long-lasting and strong relationships with committed and like-minded partners, not just from healthcare but from all sectors, have helped us lay the foundation to deliver the right care at the right setting, even outside of CGH.

On 17 March 2016, CGH and SAF renewed a Memorandum of Understanding to collaborate in the provision of Sports Medicine clinical services, training of SAF Medical Officers, and development of programmes. The partnership, which was officially formed in 2011, has benefitted more than 1,000 SAF personnel annually.

We are also working with the Ministry of Education to train all Physical Education teachers in youth sports injury management. Through e-learning and workshops, the teachers will gain practical and useful knowledge to prevent and manage their students' sports injuries.

Since the Ministry of Health declared 'War on Diabetes' in April 2016, we have worked closely with the Eastern Health Alliance, Health Promotion Board, People's Association and Southeast Community Development Council to support the fight against diabetes. Other than giving health and exercise prescription talks to the community and healthcare providers, our doctors are involved in the Health Peers Training for grassroots leaders and volunteers, who will support diabetic patients as health peers.

#### **Pursuing Meaningful and Translational Research**

The department's research "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 study is the biggest ever conducted on elite sailors.

This landmark research will be useful for the development of injury prevention programmes and equipment. Based on the study, we are collaborating with the University of Technology & Design and Singapore Sailing, to develop injury prevention devices for sailors.

#### **Looking Ahead**

With the recent announcement by the Ministry of Health to reorganise the public healthcare system, Eastern Health Alliance, which CGH is a member of, will be merged with Singapore Health Services (SingHealth).

Our department will spearhead Sports Medicine for the new SingHealth cluster. We are gratified to be acknowledged for our work and tasked with this responsibility. This will bring significant opportunities to advance the field of Sports Medicine in Singapore.

While we reflect and celebrate our achievements in the past year, we would also like to recognise the contributions of our colleagues and partners, as we move forward together as one SingHealth family.

*Thank you.*



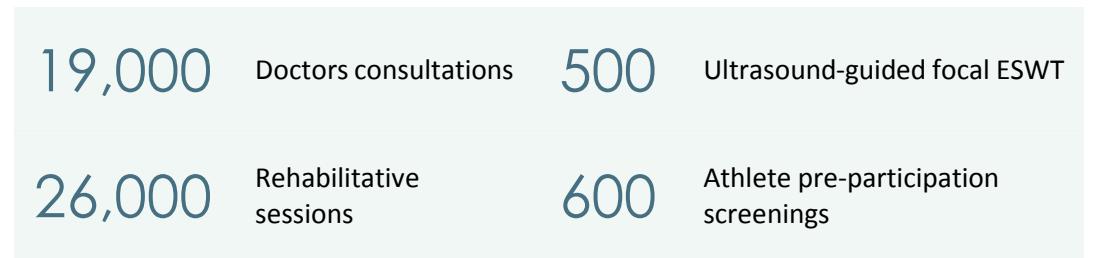
# CGH SPORTS MEDICINE - AT A GLANCE

## SINGAPORE'S LARGEST SPORTS MEDICINE CENTRE

Changi General Hospital (CGH)'s Sports Medicine department runs Changi Sports Medicine Centre (CSMC) and Singapore Sports Medicine Centre (SSMC).

CSMC is the largest Sports Medicine centre in Singapore, and SSMC is the largest Sports Medicine centre in the private healthcare sector. Both centres have a combined footprint of more than 13,000 sqft. CSMC also has access to a hydrotherapy pool.

In 2016, CSMC and SSMC saw around 19,000 doctor consultations, 26,000 rehabilitative sessions, 600 athlete pre-participation screenings, and 500 ultrasound-guided focal ESWT.



## A MULTIDISCIPLINARY SPORTS MEDICINE TEAM

CGH Sports Medicine has the largest headcount among all the Sports Medicine providers in Singapore, with 10 full-time Physicians practicing Sports Medicine. CSMC and SSMC also have a dedicated team of Physiotherapists.

Both centres have a multidisciplinary team under one roof, providing patients an integrated, quality-assured and seamless Sports Medicine care. The team is made up of:



...and continues to grow.

## A CENTRE OF LEARNING & TEACHING

1<sup>st</sup>

CSMC is the first fully accredited centre for Sports Medicine training in Singapore. The centre has the largest number of accredited supervisors for specialist training in Sports Medicine.

>900

Since 2012, CGH Physicians have trained more than 900 local and international Physicians and Allied Healthcare Professionals in exercise prescription.

6

CGH Sports Medicine has published 6 books, covering topics on sports safety and injury prevention, exercise prescription, weight management, marathon, and more.

## PLAYING AN INTEGRAL ROLE IN THE SPORTS ECO-SYSTEM

CGH Sports Medicine works closely with key sports institutions such as the Football Association of Singapore, Singapore Sports School and Sport Singapore, to provide our elite athletes quality-assured and prompt Sports Medicine care.

CSMC and SSMC also provide medical cover and our Physicians have served as Chief Medical Officers in various major and international sporting events such as the FORMULA 1™ Singapore Grand Prix and ONE Fighting Championship.

CGH Physicians were appointed as the Chief Medical Officers for Team Singapore, for the Rio 2016 Olympics and Paralympics, as well as the upcoming 2017 Special Olympics World Winter Games.

Our Physicians also sit in international medical commissions such as the Federation Internationale de L'Automobile, Fencing Confederation of Asia, and World Sailing.

## BUILDING STRONG AND LONG-LASTING PARTNERSHIPS

CGH Sports Medicine collaborates with both public and private organisations to advance the field of sports and Sports Medicine in Singapore. Our partners include:

- American College of Sports Medicine
- Fencing Singapore
- Football Association of Singapore
- Health Promotion Board
- MEDICA
- Ministry of Education
- People's Association
- Singapore Armed Forces
- Singapore Sailing Federation
- Singapore Sports School
- Singapore University of Technology & Design
- Special Olympics Committee
- Sport Singapore and more...



# MILESTONES

## 2000

- CGH started a Sports Clinic that ran once a week.

## 2003

- CGH officially launched Changi Sports Medicine Centre (CSMC) on 12 September 2003.
- CSMC launched Singapore's most comprehensive, multidisciplinary weight management programme.

## 2004

- CSMC was the first to introduce the Extracorporeal Shockwave Therapy (ESWT) for patients with muscle-tendon pathologies in the public healthcare system.

## 2005

- CSMC expanded to accommodate the demand for Sports Medicine care.
- CGH Chief of Sports Medicine, Dr Benedict Tan, chaired the Sports Medicine Workgroup to establish Sports Medicine as a new subspecialty in Singapore. He is currently the co-chairman of the Sports Medicine Subspecialty Committee.

## 2006

- Singapore Sports Medicine Centre was established. It is the largest and most comprehensive Sports Medicine centre in the private healthcare sector.

## 2007

- CSMC was appointed as the first accredited site for Sports Medicine training in Singapore.
- Dr Benedict Tan chaired the National Sports Safety Committee, establishing the National Sports Safety Guidelines.

## 2008

- The department established a training programme and career track for Resident Physicians (Sports Medicine) in CGH.
- Dr Kelvin Chew, Senior Consultant, was appointed as the Chief Medical Officer for the FORMULA 1™ Singapore Grand Prix since 2008 till present.

## 2009

- Dr Benedict Tan published 'Run for Your Life' – a systematic training guide for endurance runners.

## 2010

- CSMC provided medical cover and CGH Physicians served as the Chief Medical Officers for the ONE Fighting Championship since 2010 till today.



## 2011

- CGH signed a Memorandum of Understanding with the Singapore Armed Forces to collaborate in military Sports Medicine.
- CSMC launched 'Exercise is Medicine Singapore' with the American College of Sports Medicine. CSMC was appointed as the EIM National Centre for Singapore and the EIM Regional Centre for South East Asia.

## 2012

- CSMC partnered with Singapore Sports Institute to offer fast-tracked Sports Medicine care for the national athletes.
- CSMC collaborated with the Ministry of Education to publish the 'Sports Safety & Injury Prevention Manual for Teachers'.

## 2013

- Dr Roger Tian, Consultant, published 'Boys to Men' - a guide which helps pre-enlistees prepare for National Service.

## 2014

- CGH Physicians were appointed as the Chief Medical Officers for Team Singapore for the Commonwealth and Asian Games.
- CGH Physicians collaborated with the National Parks Board to develop the first Exercise is Medicine (EIM) compliant fitness corner at the Simei Park Connector.

## 2015

- Dr Kelvin Chew was appointed as a member of the FIA (Federation Internationale de L'Automobile) Medical Commission.
- Dr Ivy Lim, Consultant, was appointed as a member of the Fencing Confederation of Asia Medical Commission. She was the first Singaporean to be appointed in the medical commission.
- Dr Darren Leong, Senior Resident Physician, served as the Chief Medical Officer for Team Singapore for the Special Olympics World Games.
- CSMC began training all SAF Medical Officers and physiotherapists, as well as SingHealth Family Medicine Residents in exercise prescription.
- CSMC published the 'Exercise Prescription Guide'.



# A YEAR IN REVIEW

# 2016



## JANUARY

- CGH and the Singapore Armed Forces renewed the Memorandum of Understanding to collaborate in Sports Medicine.
- CSMC was appointed to provide pre-participation screenings for the Singapore Sports School's youth athletes.
- The second EIM-compliant fitness corner was opened at Nee Soon South.

## MARCH

## APRIL

- Dr Benedict Tan and Dr Darren Leong's study on injury and illness surveillance on elite sailors was published in the British Journal of Sports Medicine.
- Dr Ng Chung Sien provided medical support for the SCC Rugby 7s tournaments.
- Dr Benedict Tan presented at the ACSM's 63rd Annual Meeting and 7th Exercise is Medicine World Congress.

## JUNE

## JULY

- Dr Darren Leong and Dr Lim Ang Tee served as the Chief Medical Officer for the Singapore contingent to the Rio 2016 Olympics and Paralympics respectively.
- Dr Kelvin Chew was the Chief Medical Officer for the FORMULA 1™ Singapore Grand Prix.
- CSMC and SSMC Physicians and Allied Healthcare Professionals partnered with MEDICA, organiser of the world's largest medical fair, to bring in the inaugural MEDICAL FAIR ASIA MEDICINE + SPORTS CONFERENCE.
- SSMC was appointed to provide Procter & Gamble's staff one-to-one sports training and dietetic consultations at their headquarters.

## SEPTEMBER

## OCTOBER

- CGH Physicians worked with the Ministry of Education to develop an online learning module to educate all Physical Education teachers in youth sports injury and management. CGH Physicians will be conducting workshops to train all PE teachers in 2017.
- CGH Sports Medicine partnered with the Singapore University of Technology & Design and Singapore Sailing, to develop devices to reduce injury rates amongst elite sailors.
- CSMC provided medical cover for the ONE Fighting Championship. Dr Lim Baoying served as the Chief Medical Officer.

## DECEMBER

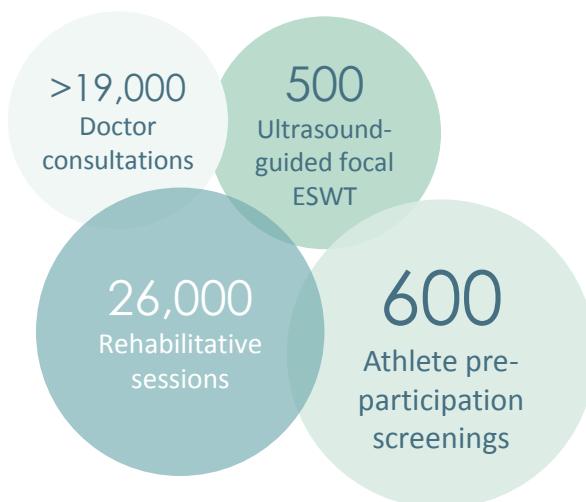
# A LEADING MULTIDISCIPLINARY SPORTS MEDICINE CENTRE IN SINGAPORE

Established in 2003, Changi General Hospital (CGH)'s Sports Medicine department operates Changi Sports Medicine Centre (CSMC) and Singapore Sports Medicine Centre (SSMC), with the aim of providing an integrated, multidisciplinary Sports Medicine care that is quality-assured, affordable and accessible. Both centres offer a comprehensive approach in sports injury treatment and prevention, performance enhancement and weight management under one roof.

With a combined footprint of more than 13,000 sqft, CSMC and SSMC are the largest Sports Medicine centres in the Singapore public and private healthcare sector respectively. CSMC has a fully equipped gym, an outdoor running track, and even access to a hydrotherapy pool.

CSMC and SSMC have their own multidisciplinary teams, including a dedicated group of Physiotherapists, Exercise Physiologists, Massage Therapist, Orthopaedic Surgeons, Bariatric Surgeons, Endocrinologist, Cardiologist, Podiatrists, Dieticians, and Psychologist. The team is situated under one roof, which allows for fast-tracked referral and facilitates communication amongst the clinicians and Allied Healthcare Professionals, resulting in better patient care, outcome and experience.

When CSMC was first launched, the centre saw a few hundred doctor consultations a month. Now, CSMC and SSMC see a combined number of:



Both centres also offer customised corporate services. Starting in 2016, SSMC offered Procter & Gamble's staff one-to-one sports training and dietetic consultations on-site at their headquarters.

The team is constantly seeking to improve and provide the best care possible. CSMC was awarded the 2016 CGH STAR Achievement Award, which recognises excellent performance in patient satisfaction and experience.



(TOP) Singapore Sports Medicine Centre  
(BOTTOM) Changi Sports Medicine Centre



# PLAYING AN INTEGRAL ROLE IN THE SPORTS ECO-SYSTEM

CGH Sports Medicine embraces Singapore's vision to create a strong sporting culture in Singapore and elevate the stature of Singapore's sports scene internationally.

## PARTNERING OUR SPORTS INSTITUTIONS

CGH Sports Medicine works closely with key sports institutions such as the Football Association of Singapore, Singapore Sports School and Sport Singapore, to provide our elite athletes quality-assured and prompt Sports Medicine care.

CGH Physicians are also appointed as Visiting Physicians to Singapore Sports Institute (SSI). In addition, CGH is part of the Singapore Sports Medicine Network, providing fast-tracked Sports Medicine services for the national athletes at both CSMC and SSMC.

Many CGH Physicians sit in the committee of various National Sports Associations and sports organisations, such as the Football Association of Singapore, National Sports Safety Committee, Olympic Pathway Taskforce, Singapore Disability Sports Council, Singapore Ice Skating Association, Singapore Motorsport Association, Singapore Rugby Union, Singapore Sailing, Special Olympics and others, to share their Sports Medicine expertise.

CGH Physicians also sit in international medical commissions such as the Federation Internationale de L'Automobile, Fencing Confederation of Asia, and World Sailing.

## SUPPORTING OUR ATHLETES AND SPORTING EVENTS

Over the years, CGH Sports Medicine have provided medical covers and supported various sporting events. In 2016, the events include the FORMULA 1™ Singapore Grand Prix, ONE Fighting Championship and SCC Rugby 7s tournaments.

The Singapore National Olympic Council appointed Dr Darren Leong as the Chief Medical Officer for the Singapore contingent to the Rio 2016 Olympic Games and the upcoming 2017 Special Olympics World Winter Games. Dr Lim Ang Tee was also appointed as the Chief Medical Officer for Team Singapore for the Rio 2016 Paralympic Games. CGH Sports Medicine is proud of their contributions to the success of Team Singapore.



# BUILDING STRONG AND LONG-LASTING PARTNERSHIPS

CGH Sports Medicine recognises the importance and benefits of building strong and long-lasting partnerships between committed and like-minded partners. The department has collaborated with organisations such as the American College of Sports Medicine, Fencing Singapore, Singapore Armed Forces, Singapore Sports School, Special Olympics Committee, Sport Singapore and more, to advance the field of sports and Sports Medicine in Singapore. The department continues to establish new partnerships as well as explore more collaboration opportunities with existing partners.

## AMERICAN COLLEGE OF SPORTS MEDICINE & EXERCISE IS MEDICINE

Exercise is Medicine (EIM) is the American College of Sports Medicine's global initiative to promote physical activity as a standard part of preventing and treating diseases.

In 2011, CSMC was appointed as the National Centre for EIM Singapore (EIMS), and the Regional Centre for South East Asia. EIMS engages both healthcare professionals and the public through workshops, talks, events and community outreach programmes.

As the EIM Regional Centre for South East Asia, CSMC takes the lead to promote Exercise is Medicine around the region.

In December 2016, New Taipei City delegates visited CSMC to learn from its experience in setting up EIMS and promoting exercise prescription to the healthcare community and public.

New Taipei launched its 'Fit for Age' initiative, which focuses on the concept of Exercise is Medicine to promote healthy aging. EIMS supported this initiative by traveling to New Taipei to train and certify 370 Physicians and Allied Healthcare Professionals in exercise prescription.

## MEDICA

On 1 September 2016, the established MEDICA MEDICINE + SPORTS CONFERENCE came to Asia for the first time. CGH Physicians played key roles in the organising committee.

Dr Benedict Tan was the Opening Keynote Speaker for the event. Dr Tan and other CSMC and SSMC Physicians and Allied Healthcare Professionals were invited to speak at the conference as well.



In March 2017, EIMS went to New Taipei City to conduct Exercise Prescription training for 370 Physicians and Allied Healthcare Professionals.



## SINGAPORE ARMED FORCES

On 29 November 2011, CGH and SAF signed a Memorandum of Understanding (MOU) to collaborate and advance the field of Sports Medicine in Singapore.

Other than providing fast-tracked clinical services for SAF personnel, the partnership has seen an exchange of professional expertise in:

- Jointly-conducted workshops for all SAF Medical Officers (MOs) to learn how to better diagnose and treat servicemen with joint and musculoskeletal conditions;
- Development of treatment guidelines which helps SAF MOs better assess and treat servicemen;
- Training of regular SAF MOs specialising in Sports Medicine by providing attachment opportunities at CSMC.

On 17 March 2016, CGH and SAF renewed the MOU. In addition to existing collaborations, both parties will look into developing and improving programmes for injury prevention and soldier performance enhancement.

Since the renewal of the MOU, CSMC has been working closely with SAF to share valuable feedback and information, improve existing processes, and develop programmes that will benefit SAF personnel.



(TOP) On 17 March 2016, CGH and SAF renewed the Memorandum of Understanding to collaborate in the field of Sports Medicine.

(BOTTOM) The CGH-SAF Memorandum of Understanding was first inked on 29 November 2011.

# REACHING OUT TO THE COMMUNITY

## EXERCISE IS MEDICINE SINGAPORE

Physical inactivity is a major public health problem and one of the leading causes of death worldwide. It contributes to a variety of chronic diseases and health complications, including obesity, heart disease, diabetes and hypertension.

As the National Centre for Exercise is Medicine Singapore (EIMS), CSMC conducts talks and workshops to educate both the public and healthcare professionals, and supports various community projects such as the EIM Fitness Corner and the Inclusive Gym @ Enabling Village.

### EIM Fitness Corner

In 2014, EIMS collaborated with the National Parks Board to develop and build the first EIM compliant fitness corner at the Simei Park Connector. The fitness corner features a variety of equipment that caters to a broad spectrum of users, from the physically fit to those with chronic health conditions.

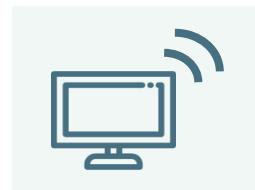
The second fitness corner was launched on 10 January 2016 at Nee Soon South. EIMS continues to work with the community partners to build more of such fitness corners around Singapore to encourage physical activity amongst the population.

### Inclusive Gym @ Enabling Village

Launched on 17 September 2015, the Inclusive Gym is equipped with features to make it suitable for people with disabilities, the seniors and the able-bodied. The fitness instructors were trained by KK Women's and Children's Hospital and CSMC, to design exercise programmes for the elderly and people with disabilities.

## MEDIA ENGAGEMENT

CGH Physicians' opinions are often sought by the media. In 2016, CGH Physicians shared their expertise on various media platforms such as:



### Television & Radio

- First Look Asia (Channel News Asia)
- Hello Singapore (Channel 8)
- Sports World (Channel News Asia)
- Talking Point (Channel 5)
- The Red Dot (Channel 5)
- 最爱Life礼 (Radio Love 97.2FM)



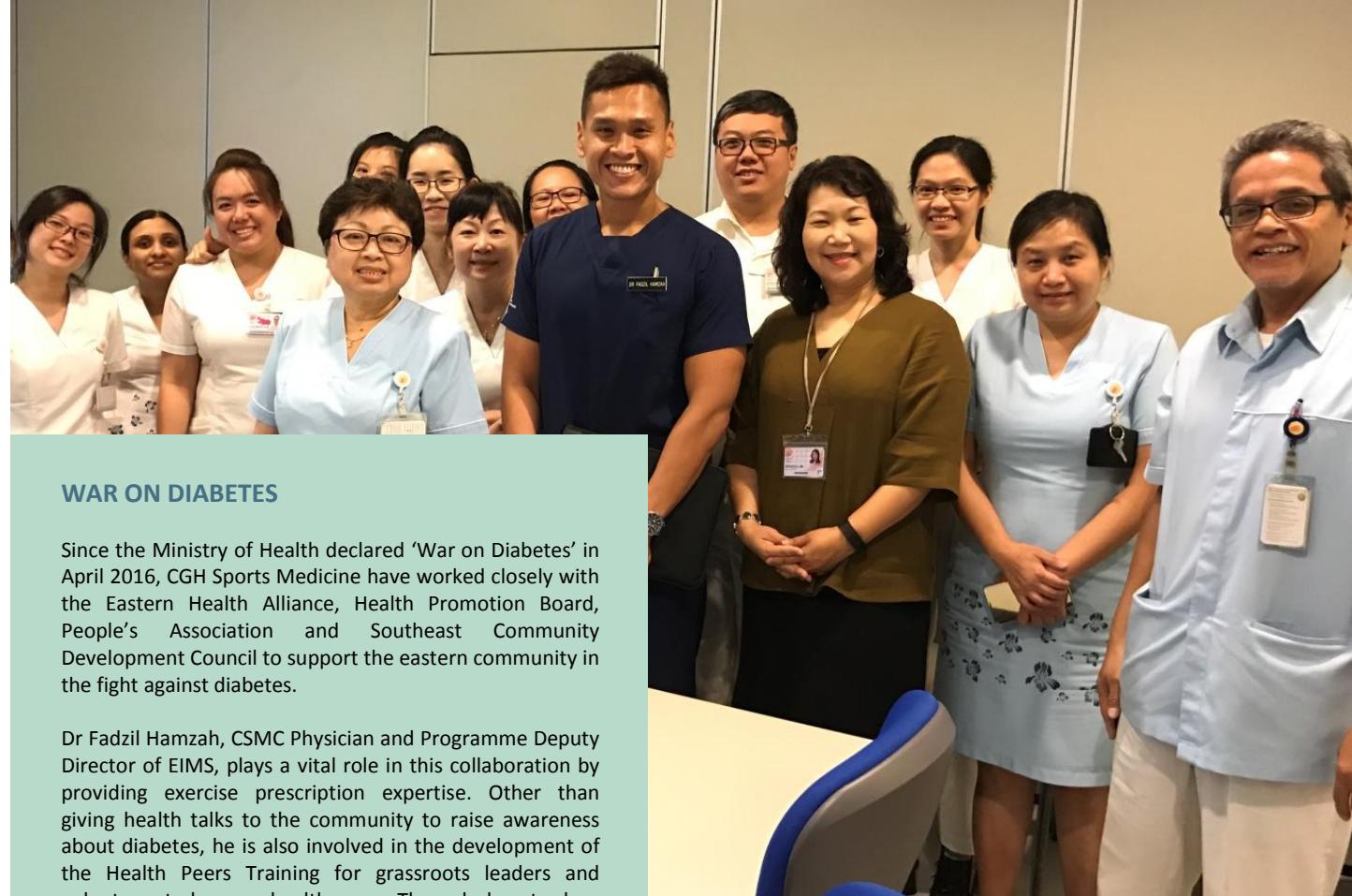
### Newspaper & Magazine

- Her World
- Lianhe Wanbao
- Lianhe Zaobao
- My Paper
- Shape
- Simply Her
- The New Paper
- The Straits Times
- Today
- zbCOMMA



### Newsletters

CGH Sports Medicine publishes newsletters on Exercise is Medicine and weight management. The newsletters provide useful and practical information to educate and encourage the public to lead a healthier lifestyle.



## WAR ON DIABETES

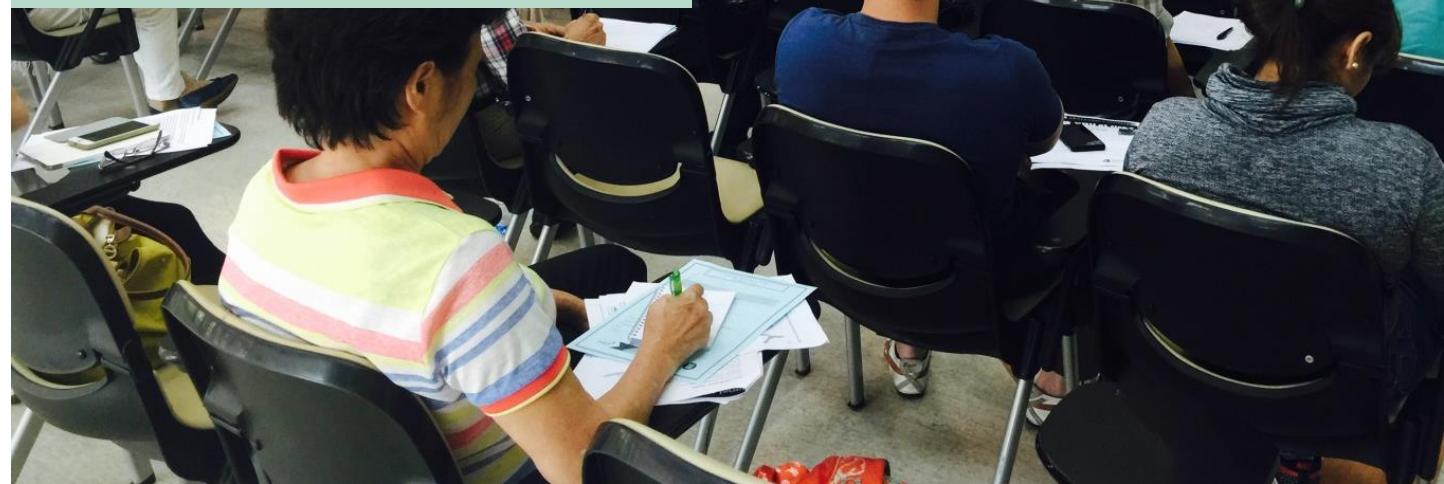
Since the Ministry of Health declared 'War on Diabetes' in April 2016, CGH Sports Medicine have worked closely with the Eastern Health Alliance, Health Promotion Board, People's Association and Southeast Community Development Council to support the eastern community in the fight against diabetes.

Dr Fadzil Hamzah, CSMC Physician and Programme Deputy Director of EIMS, plays a vital role in this collaboration by providing exercise prescription expertise. Other than giving health talks to the community to raise awareness about diabetes, he is also involved in the development of the Health Peers Training for grassroots leaders and volunteers to become health peers. Through door-to-door house visits, these health peers will motivate and support diabetic patients through dietary and physical activity counselling. The first of such training sessions rolled out in January 2017.

Dr Fadzil also conducts talks on physical activity and exercise prescription in diabetes for various institutions, including the Association of Diabetes Educators of Singapore, National Skin Centre and St. Luke's Hospital.

## TALKS & EVENTS

CGH Physicians are often invited to share their expertise with the public through talks, forums, and events, such as 50PLUS Expo, HPB's Healthy Lifestyle Festival, Singapore Convention on Health, Fitness and Sports, and Sports & Fitness Asia.





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