



Changi
General Hospital

SingHealth

ANNUAL REPORT

SPORT AND EXERCISE
MEDICINE (SEM)

21/22

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MESSAGE FROM CHIEF SEM

As the trusted care partner innovating healthcare for tomorrow, Changi General Hospital (CGH) is proud to showcase the significant progress that has been made in the field of sport and exercise medicine over the past two years.

Despite the unprecedented challenges posed by the global pandemic, the sport and exercise medicine field has continued to make significant strides in research, education, innovation, and clinical practice. This report provides an overview of the progress made, highlighting the achievements and breakthroughs that have shaped our understanding of the role of physical activity in promoting health and well-being.

We have continued to advance our clinical and research programmes, focusing on areas such as sports injury prevention and management, exercise prescription for chronic disease, and sports performance optimisation. We have implemented innovative approaches to care, such as telemedicine and virtual rehabilitation programmes, which have been critical in providing access to high-quality care during and post-pandemic.

We are proud of our achievements and are grateful for the unwavering support of our staff, partners, and stakeholders who have contributed to our success. Their dedication and commitment have enabled us to remain at the forefront of the sport and exercise medicine field in Singapore and the region. As the Caring General Hospital, we remain focused on providing quality care to patients, athletes, and the general public, as we strive to improve health and well-being of our population.

Yours sincerely,



Clinical Assistant Professor Ivy Lim
Chief and Senior Consultant,
Department of Sport and Exercise Medicine
Changi General Hospital

MILESTONES

2000

2004

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

2007

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

2011

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

2017

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

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.

2019

Expansion of Sport and Exercise Medicine (SEM) across SingHealth via central employment of SEM ASTs and Physicians.

CGH SEM launched clinic at SSI and 2 SEM services at Singapore General Hospital (SGH) and Sengkang General Hospital (SKH).

2021

CGH SEM supported Team Singapore at the Tokyo Olympics.

CGH SEM launched Performing Arts Medicine Clinic in SSMC@Novena.

2022

2000 2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022

2000

Changi General Hospital (CGH) ran a sports clinic once a week.

2003

CGH launched Changi Sports Medicine Centre (CSMC).

2006

Singapore Sports Medicine Centre at Novena (SSMC@Novena) was established.

2008

CGH Department of Sport and Exercise Medicine (CGH SEM) developed a training and career track for Resident Physicians (Sports Medicine).

2012

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

2016

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

CGH and LKCMedicine launched Graduate Diploma in Sports Medicine – the first and only in Singapore and Asia.

CSMC was renamed to Singapore Sport and Exercise Medicine Centre at Changi General Hospital (SSMC@CGH).

2018

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

2020

Telemedicine first adopted at SSMC@SSI to support national athletes during the COVID-19 circuit breaker.

2022

CGH SEM launched a SEM service at KK Women's and Children's Hospital (KKH), which was later renamed as SSMC@KKH.

SEM Service at SGH was renamed to SSMC@SGH.



FOOTPRINT



2000
Changi General Hospital (CGH) ran a sports clinic once a week.

2003
CGH launched Changi Sports Medicine Centre (CSMC), which was subsequently renamed to Singapore Sport and Exercise Medicine Centre at Changi General Hospital (SSMC@CGH) in 2018.

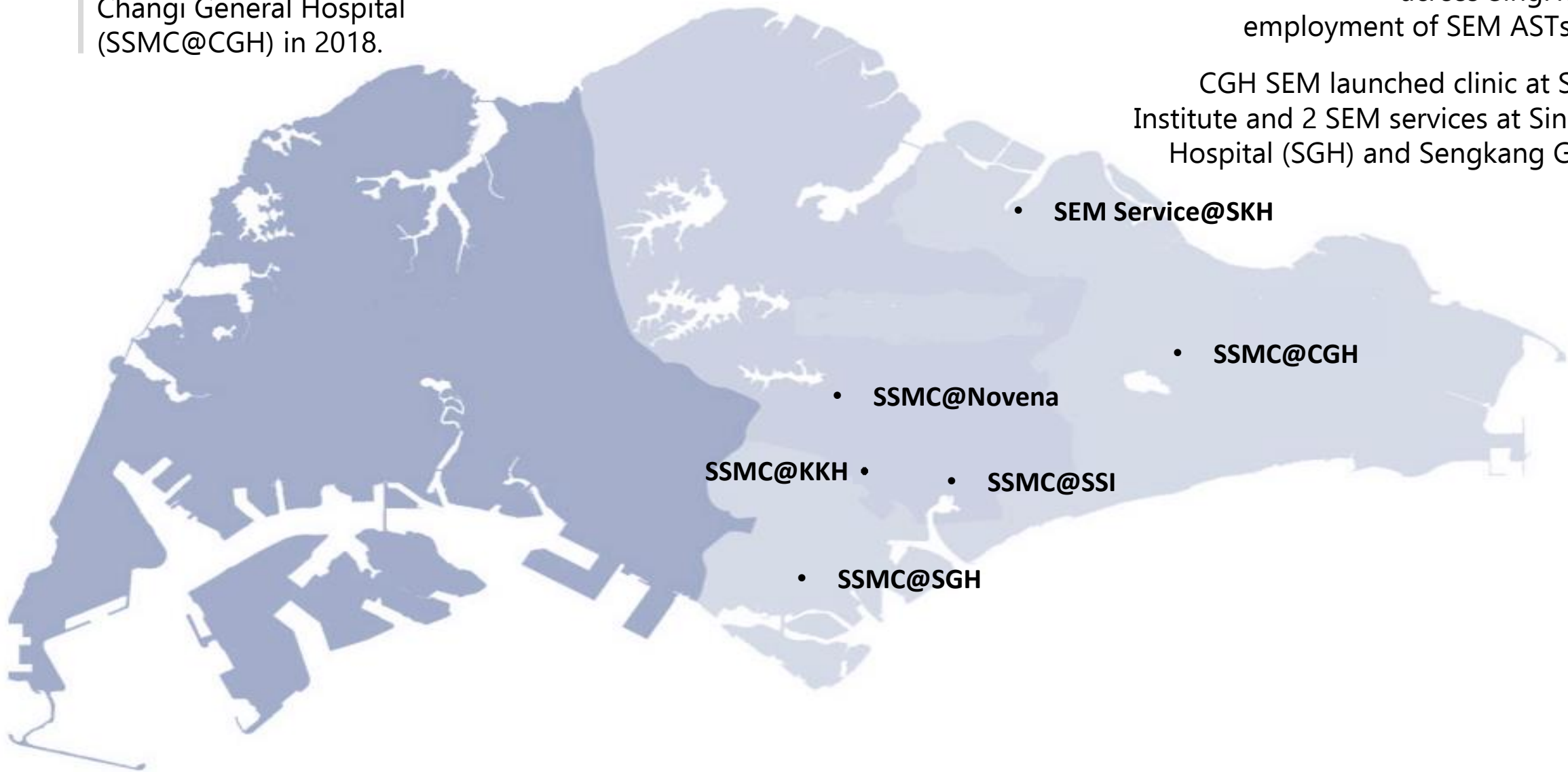
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Singapore Sports Medicine Centre (SSMC) at Novena was established.

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Expansion of Sport and Exercise Medicine (SEM) across SingHealth via central employment of SEM ASTs and Physicians
CGH SEM launched clinic at Singapore Sport Institute and 2 SEM services at Singapore General Hospital (SGH) and Sengkang General Hospital (SKH).

2021
CGH SEM launched Performing Arts Medicine Clinic (PAMC) in SSMC@Novena and SSMC@CGH.

2022
CGH SEM launched a SEM service in KKH.



MILESTONES

Renewal of MOU between Sport Singapore and Exercise Is Medicine® Singapore

Exercise is Medicine® (EIM) is a global initiative of The American College of Sports Medicine (ACSM) to promote physical activity and exercise as a standard part of disease prevention and treatment medical paradigm. Changi General Hospital (CGH) has been the host for EIM since 2011 to bring forth this same vision and ideal.

22 June 2022 marked an important milestone in Exercise is Medicine® Singapore's (EIMS) history. The three healthcare clusters in Singapore – SingHealth, National University Health System (NUHS), and National Healthcare Group (NHG), came together with MOH Office for Healthcare Transformation (MOHT), Health Promotion Board (HPB) and EIMS. As the Chairman of Exercise is Medicine® Singapore, Adjunct Associate Professor Benedict Tan, Senior Consultant, Department of Sport and Exercise Medicine, Changi General Hospital (CGH SEM), signed a Memorandum of Understanding (MOU) with Sport Singapore (SportSG) to mark ongoing and future partnerships to foster plans and improve partnerships, with the aim of bringing about a healthier and fitter Singapore.

This MOU is a renewal of the partnership with SportSG and expansion of Active Health lab services – in support of the Healthier SG vision, to activate and enhance the adoption of active and health lifestyles of the Singapore population.



MOU Signing Ceremony between Sport Singapore and Healthcare Partners



▶ From L-R: Dr Fadzil Hamzah (EIMS Community Programmes Director), Dr Chiang Hock Woon (previous Deputy CEO of SportSG), Adj A/Prof Tan (EIMS Chairman), Ms Ivy Ng (EIMS secretariat)



2021/22

TWO YEARS IN REVIEW



**CLINICAL
EXCELLENCE**

MEDICAL SUPPORT

Medical Coverage for Singapore Tennis Open, ATP 250

ATP Tour is a worldwide top-tier tennis tour for men organised by the Association of Tennis Professionals (ATP), comprising ATP Masters 1000, ATP 500, ATP 250 and the ATP Cup. Singapore was granted a single-year license for the Singapore Tennis Open, an ATP 250 indoor-hard court event that was held at the OCBC Arena on 22 to 28 February 2021.

SSMC@CGH's urgent support was sought to cover ATP250. Led by Clin Asst Prof Ivy Lim, Chief and Senior Consultant, Department of Sport and Exercise Medicine, Changi General Hospital (CGH SEM), the team was given three days' notice to organise and engage 11 Sport & Exercise Medicine physicians as official Tournament Physicians to provide medical coverage from 18 to 28 February 2021.

As one of the first sporting events to be organised after the easing of COVID-19 measures one year into the pandemic, the event showcased Singapore's capabilities to deliver medical support within short notice with no compromise on quality and safety.

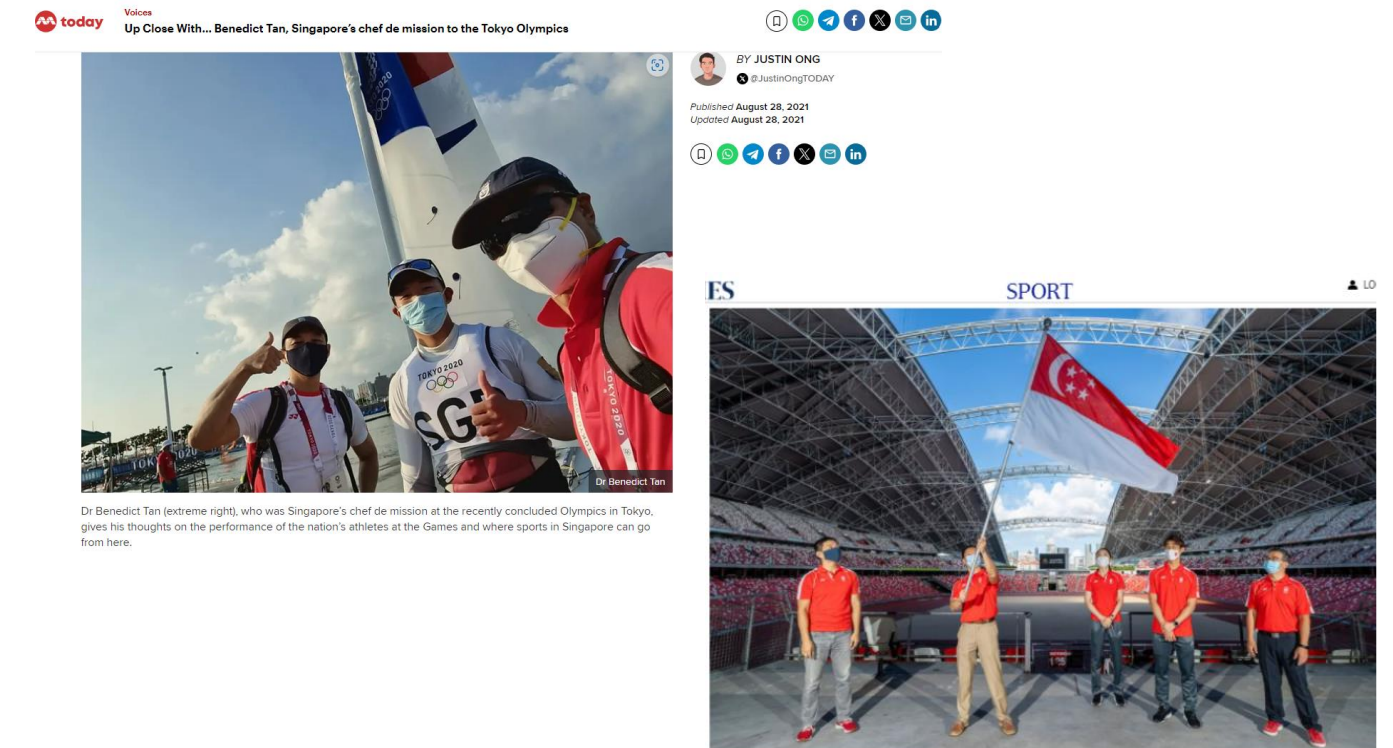


MEDICAL SUPPORT

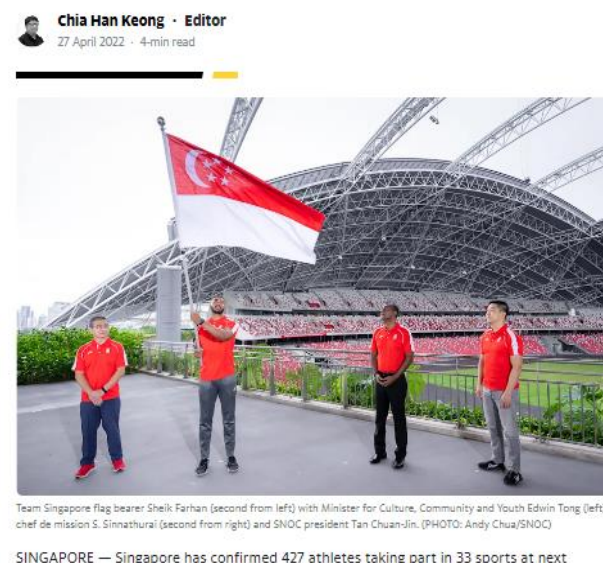
SSMC@SSI supported Team Singapore in Tokyo Olympics and Paralympics

Supported by SSMC@SSI on home ground with medical care through screenings and vaccinations, Team Singapore won two gold medals in the Paralympics. CGH medical personnel provided medical coverage at the 2020 Summer Olympics in Tokyo (officially known as the XXXII Olympiad) from 23 July to 8 August 2021 and the 2020 Summer Paralympics from 24 August to 5 September 2021.

In addition, Adj A/Prof Benedict Tan, Senior Consultant, Department of Sport and Exercise Medicine, Changi General Hospital (CGH SEM), led Team Singapore as Chef de Mission of Tokyo Olympics 2020.



▲ Sources: Today and The Straits Times



▲ Source: Yahoo! News

Supporting our National Athletes at the 2021 Southeast Asian Games

Due to COVID-19 pandemic, the rescheduled 2021 Southeast Asian Games (SEA Games) took place in Hanoi, Vietnam from 12 May to 23 May 2022. Adjunct Associate Professor Kelvin Chew, Senior Consultant, CGH SEM was appointed the Chief Medical Officer for Team Singapore.

The 2021 SEA Games saw a total of 427 Singaporean athletes across 33 sports. Team Singapore eventually won 164 medals, 47 of them gold. The SEA Games continues to be one of the major sporting events medically supported by CGH SEM.

MEDICAL SUPPORT

Special Olympics Singapore

SSMC@CGH is a proud supporter and partner of the Special Olympics Singapore (SOSG). A group of volunteers comprising Sport & Exercise Medicine doctors, nurses and patient service associates, came together to organise pro-bono medical screenings for two major events.

Special Olympics Unified Cup 2022

SOSG sent 24 participants to Detroit, Michigan, to participate in the Special Olympics Unified Cup, which is a football competition that brings athletes - with and without intellectual disabilities - together as teammates, breaking down barriers and creating a powerful community of acceptance and inclusion. Of the 24 participants, 10 unified partners was screened pro-bono on Saturday, 12 March 2022.

Special Olympics World Games Berlin 2023

Over 30 athletes were screened in three sessions between December 2022 to January 2023. These athletes will represent Singapore in the Special Olympics World Games Berlin 2023, alongside thousands of athletes.

The Special Olympics World Games are the world's largest inclusive sports event, where athletes with intellectual disabilities compete across 26 sports.



▶ Clin Asst Prof Ivy Lim receiving a certificate of appreciation from the SOSG representative



▶ CGH volunteers at the 2021 screening



▶ CGH volunteers at the 2022 screening


LICENCES

Renewal of Clinical Licence for SSMC@SSI

CGH SEM developed and operates Sport Singapore’s Sports Medicine Clinic. It rebranded as SSMC@SSI in September 2019, which serves national athletes.

The clinic licence, awarded by Ministry of Health, has been renewed for five years from September 2021 to September 2025.





MINISTRY OF HEALTH
Singapore

LICENCE

UNDER THE PRIVATE HOSPITALS AND MEDICAL CLINICS ACT
(CHAPTER 248)

This licence No.

19M0229/02/215

is issued to

CHANGI GENERAL HOSPITAL PTE LTD

(Licensee)

to operate a

Medical Clinic

(Licence Type)

at

3 STADIUM DRIVE # 0 - 0 SINGAPORE SPORTS HUB

(Address)

SINGAPORE 397630

known as

SSMC@SSI

(Name of Premises)

subject to the provisions of the Private Hospitals and Medical Clinics Act, the Regulations made thereunder and the terms and conditions imposed by the Director of Medical Services.

This licence is valid from

06-SEP-2021

to

05-SEP-2026

unless revoked

under the provisions of the Act.

DIRECTOR OF MEDICAL SERVICES

SINGAPORE

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ENHANCEMENTS

Expansion of SEM Services

Since the successful expansion of Sport and Exercise Medicine (SEM) services by Changi General Hospital, to Singapore General Hospital (SGH) and Sengkang General Hospital (SKH) in 2019, our SEM doctors started a service for the pediatric and adolescent population for patients with sports injuries and weight management issues at KK Women's and Children's Hospital (KKH) in July 2022.

The SEM services at SGH and KKH later ran a full suite of services, and were renamed as SSMC@SGH in March 2022, and SSMC@KKH in October 2022.

As of December 2022, CGH SEM conducted:

- 9 clinic sessions at SGH
- 3 clinic sessions at SKH
- 1 clinic session at KKH



Adoption of Telemedicine in SEM

Telemedicine can improve access to care for patients, by helping to bridge the constraints of distance, time and cost. Doctors and Allied Health Professionals may interact with other healthcare professionals, providers, caregivers, and/or patients virtually over a distance, with the use of information communication technologies (ICT) such as video, audio or text.

With the acceleration of technology during the COVID-19 pandemic, the physiotherapists and Rehabilitative Trainers at SSMC@SSI started telemedicine consultation since circuit breaker in May 2020, and clocked a total of 695 service hours.

The telemedicine service for Sport and Exercise Medicine commenced in end 2021.



VALUE DRIVEN CARE

Value Driven Care – Plantar Fasciitis

As part of the measures to facilitate better decision-making in patients, so as to keep Singapore's healthcare system sustainable and affordable, Ministry of Health (MOH) uses data to drive value-driven care, through collecting, benchmarking, and analysing various quality and cost indicators.

Along with MOH's aim to improve outcomes for patients through treatment that is clinically and cost effective, CGH SEM embarked on a Value Driven Outcome (VDO) project on plantar fasciitis.

In the first phase, an VDO analysis was applied to the current plantar fasciitis treatment pathway. In the second phase, the SingHealth Duke-NUS Sport & Exercise Medicine Centre (SDSC) developed an improved treatment pathway for plantar fasciitis. The new pathway will then be assessed and compared with the original pathway in the third phase.

- Phase II completed: a multidisciplinary panel was convened to formulate a treatment pathway through the Delphi method for arriving at a consensus
- Heading into Phase III: Validate new pathway through the same VDO analysis
- In Phase III, the team aims to arrive at a consensus on a standardised treatment pathway, through reviewing the literature and by expert opinion, and subsequently validate the new pathway through the same VDO analysis.

SDSC PF VDC Phase 2 Project

SingHealth Duke-NUS Sport and Exercise Medicine Centre Consensus Statement:

Plantar Fasciitis Diagnosis and Management

Tan AKV¹, Tan B¹, Tian HH¹, Zhang M¹, Mehta K², Yeo NEM³,

Kuah BP⁴, Hyunh E⁴, Kathiwala H⁵, Lim AT¹, Hamzah F¹, Lim T¹

¹Dept of Sport and Exercise Medicine, Changi General Hospital

²Dept of Orthopaedic Surgery, Changi General Hospital

³Dept of Orthopaedic Surgery, Singapore General Hospital

⁴Dept of Podiatry, Changi General Hospital

⁵Dept of Rehabilitative Services, Changi General Hospital

The VDC approach to improving the management pathway for PF comprises:

- Phase 1: Analysis of various clinical outcome indicators, patient experiences, and costs^{4,5} involved in the treatment of patients with PF, where

$$VDC = \frac{\text{clinical improvement} + \text{patient satisfaction}}{\text{financial cost} + \text{intangible cost}}$$

The results are summarised below:

$$VDC = \frac{VAS \text{ improvement } 2.8/10 + \text{patient satisfaction score } 3.5/5}{\$842 + \text{total average lead time } 95 \text{ days}}$$

- Phase 2: Expert consensus of a management pathway aimed at enhancing VDC, via the Delphi method. This paper pertains to phase 2.
- Phase 3: Validation of the consensus pathway

Above: Excerpt of paper, with contributions from CGH Departments of Sport and Exercise Medicine, Orthopaedic Surgery, Podiatry and Rehabilitative Services.

PERFORMING ARTS MEDICINE

Subspecialties – Performing Arts Medicine

Recognising the unique health needs specific to performing artists, Changi General Hospital Department of Sport and Exercise Medicine (CGH SEM) launched the Performing Arts Medicine initiative in December 2021 to provide treatment in a timely manner for optimised health outcomes.

In conjunction with the initiative, a Performing Arts Medicine Clinic (PAMC) at the Singapore Sport and Exercise Medicine Centre at Novena (SSMC@Novena) was set up to offer comprehensive evaluation and treatment of medical conditions that dancers, instrumentalists and vocalists at all performance levels may experience.

Led by sports physicians with interest in dance medicine and instrumental medicine, together with an Ear, Nose and Throat surgeon with interest in voice, PAMC evaluates each patient's condition and customises a treatment plan.

PAMC is located at SSMC@Novena, a multidisciplinary one-stop sport and exercise medicine centre in Singapore for injury management, screening, and testing.



Clinical Assistant Professor Mandy Zhang
Consultant
Department of Sport and Exercise Medicine
Changi General Hospital
Dance Lead for PAMC



Adjunct Assistant Professor Lim Ang Tee
Consultant
Department of Sport and Exercise Medicine
Changi General Hospital
Instrumental Lead for PAMC



Clinical Associate Professor Peter Lu
Senior Consultant
Department of Otorhinolaryngology-Head & Neck Surgery
Changi General Hospital
Voice Lead for PAMC

樟宜综合医院新医疗计划 提供表演艺术者及时治疗

李谊萱 报道
yxlee@sph.com.sg

樟宜综合医院将专门为舞蹈员、乐器演奏者和声乐表演者推出一站式医疗服务，通过更及时的治疗为患者带来更好的效果。

樟宜医院上周推出的表演艺术医疗计划，旨在满足新加坡表演艺术者的健康需求。

新成立的表演艺术医疗诊所（Performing Arts Medicine Clinic）为受伤的舞蹈员、乐器演奏者和声乐表演者提供全面服务如诊断和物理疗法，也会和该医院的跨学科护理团队合作，为病患可能遇到的医疗状况进行全面评估和治疗。

樟宜医院运动医学顾问医生林洪智说，舞蹈员和乐器演奏者经常感到肌肉骨骼疼痛，但许多人选择不接受治疗。表演艺术医疗诊所提供这方面的检查，能让患者提早接受治疗。

设声带诊疗室

表演艺术医疗诊所也设有声带诊疗室。樟宜综合医院耳鼻喉和头颈外科高级顾问医生卢国坤副教授说，过度使用声带是声乐表演者的常见疾病。诊所用视屏内窥镜做喉部检查，可对患者进行药物治疗、言语治疗或外科手术。

樟宜医院运动医学顾问医

生张家嘉说，表演艺术医疗计划将为表演艺术家提供一站式服务，从筛查和足尖准备到损伤诊断和管理，还配合物理治疗、心理学、饮食和营养、骨科和足病学等其他学科，帮助表演者发挥艺术潜力。

从小就热爱热爱芭蕾舞的林嘉怡（18岁）是张家嘉的病患之一。刚从新加坡艺术学院毕业的林嘉怡，18个月前身体多处疼痛，决定寻求治疗。通过X光和超声波扫描，林嘉怡被诊断出髌腱炎。

她接受了局部冲击波疗法，并调整动作，避免跳跃。同时，张家嘉与林嘉怡一起观看舞蹈视频，找出哪些动作会加重疼痛，并讨论该避免或改动作。

刚开始，林嘉怡不听医生劝告，如常练习，为舞蹈考试做准备，但膝盖越来越痛，只好休息三个月。

林嘉怡说：“医生有舞蹈知识，知道舞蹈对身体的需求，所以会提供更好的诊断。诊所也提供的服务很完善，设备也很齐全。我在这里接受治疗感到安心也自在。”

她也鼓励其他舞蹈员听从身体，尽早接受治疗，否则康复期会变更长。

表演艺术医疗诊所所有两处，分别设在樟宜综合医院和诺维娜新加坡运动医学中心。



樟宜综合医院运动医学顾问医生张家嘉（左）检查林嘉怡的舞蹈动作，避免伤势恶化。（樟宜综合医院提供）

Source: Lianhe Zaobao, December 2021



**RESEARCH &
INNOVATION**

INNOVATION

Patent Granted – Sailing Injury Prevention Device

In 2016, a joint-research paper by Changi General Hospital Department of Sport and Exercise Medicine (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 an innovation project to address the rise in lower limb sailing injuries. CGH SEM collaborated with the Singapore University of Technology and Design (SUTD) and Singapore Sailing to develop a novel quick-release foot-strap. Adj A/Prof Benedict Tan, Senior Consultant, CGH SEM, 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 patent for a Foot-securing Assembly and Related Method was granted on 10 June 2021.



Adj A/Prof Ben Tan (in white) with the team at one of the sea-trials

RESEARCH ON THE EFFECTS OF COVID-19

Research Report [Article]

A Pandemic within the Pandemic? Physical Activity levels substantially decreased in countries affected by COVID-19

*Published in Int. J. Environ. Res. Public Health, Singapore, 19 February 2021
By Adj A/Prof Benedict Tan, Clin Asst Prof Mandy Zhang*

Along with 12 international clinicians, Adj A/Prof Benedict Tan, Senior Consultant, Department of Sport and Exercise Medicine, Changi General Hospital (CGH SEM), and Clin Asst Prof Mandy Zhang, Consultant, CGH SEM, study on 'A pandemic within the pandemic? Physical activity levels substantially decreased in countries affected by COVID-19' was accepted on 19 February 2021 and published in Int. J. Environ. Res. Public Health.

Governments restricted public life during the COVID-19 pandemic, inter alia closing sports facilities and gyms. As regular exercise is essential for health, this study examined the effect of pandemic-related confinements on physical activity (PA) levels.

A multinational survey was performed in 14 countries. Results showed that times spent in moderate-to-vigorous physical activity (MVPA) as well as in vigorous physical activity only (VPA) were accessed using the Nordic Physical Activity Questionnaire. Data were obtained for leisure and occupational PA pre- and during restrictions. Compliance with PA guidelines was calculated based on the recommendations of the World Health Organization (WHO). In total, 13,503 respondents were surveyed.

Results suggest PA levels have substantially decreased globally during the COVID-19 pandemic. Key stakeholders should consider strategies to mitigate loss in PA in order to preserve health during the pandemic.

Brief Research Report [Article]

Drastic Reductions In Mental Well-being Observed Globally During the COVID-19 Pandemic: Results From The Asap Survey

*Published in Front. Med., 26 March 2021
Sec. Infectious Diseases: Pathogenesis and Therapy
By Adj A/Prof Benedict Tan, Clin Asst Prof Mandy Zhang*

Adj A/Prof Benedict Tan, Senior Consultant, CGH SEM and Clin Asst Prof Mandy Zhang, Consultant, CGH SEM conducted a survey titled 'Drastic Reductions in Mental Well-being Observed Globally During The COVID-19 Pandemic: Results From The Asap Survey' with 20 international clinicians, and the paper was accepted and published in Frontiers in Medicine, Section Infectious Diseases – Surveillance, Prevention and Treatment on 17 February 2021.

The primary aim of conducting the survey was to learn from unprecedented impact COVID-19 has resulted in, so as to better prepare for similar crises in the future.

The pandemic has been managed using a variety of containment strategies, one of which was implementing confinement measure. The health impact of confinement measures made by countries were unclear, hence a multinational survey investigating changes in mental and physical well-being during the first wave of the pandemic was conducted. A total of 14,975 individuals from 14 countries were surveyed. Studies showed that 14.2% of the participants met the cutoff for depression screening pre-restrictions, which tripled to 45.2% during restrictions.

The survey also assessed the coping mechanism and resilience of the target group, by understanding their exercise, nutrition and mental health during COVID-19.

RESEARCH ON THE EFFECTS OF COVID-19

Scientific Report

Healthcare workers' self-regulatory eating behaviours are associated with being stress-free during the COVID-19 lockdown in Singapore

Published in Pub.Med, 28 September 2022

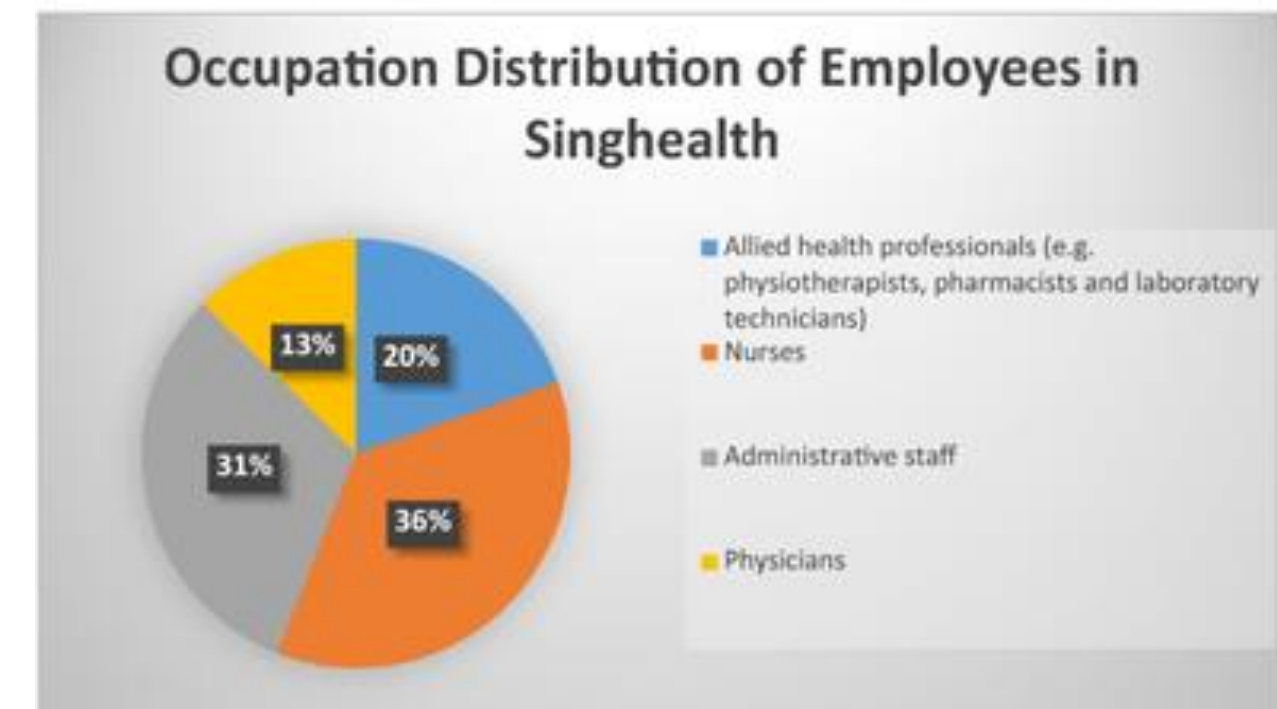
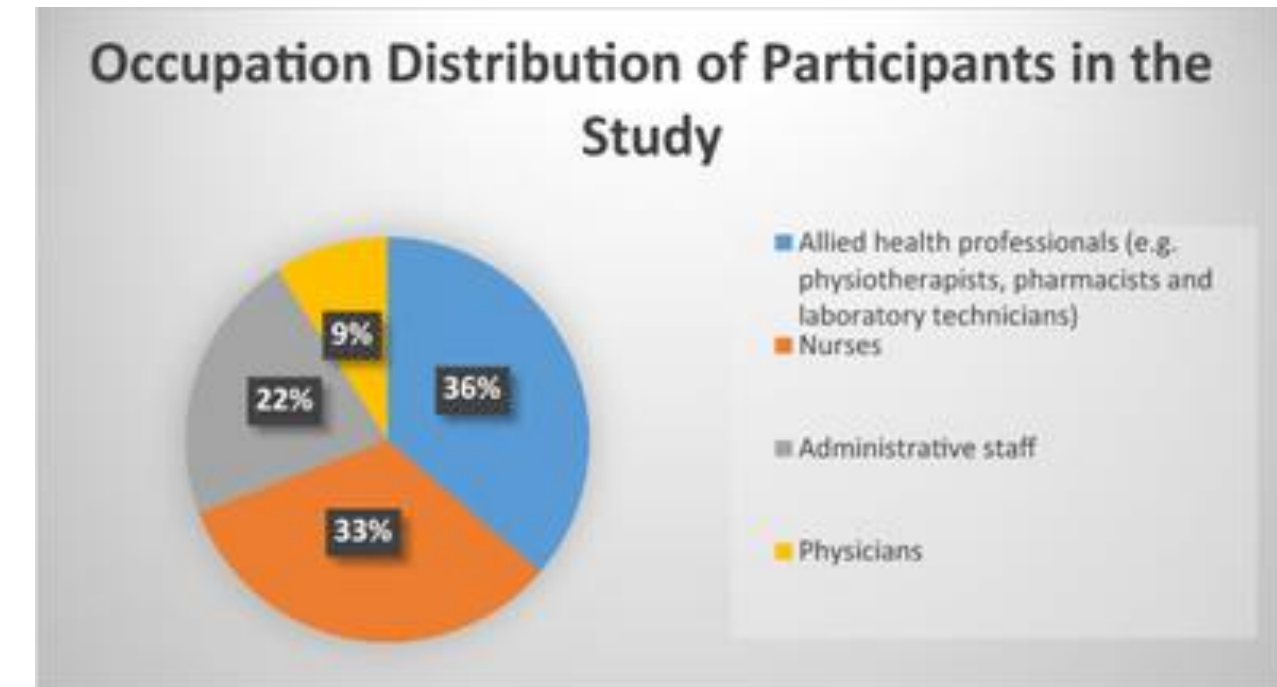
Scientific reports vol.12(1):16257

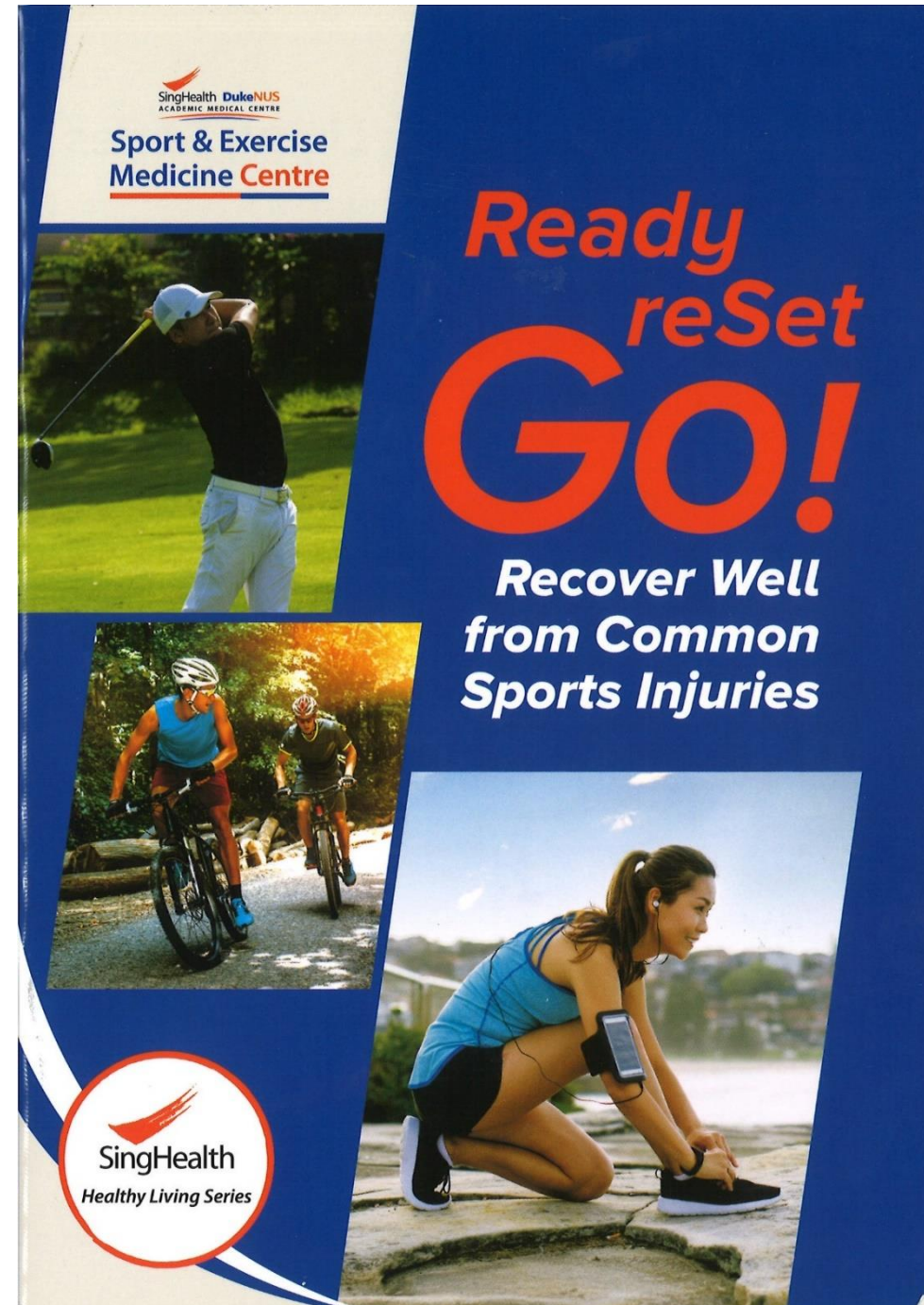
By Dr Fadzil Hamzah, Adj A/Prof Benedict Tan

Along with authors from Obstetrics & Gynaecology, Physiology, Clinical Trials & Research Unit, Psychological Medicine, and Dietetic & Food Services, Dr Fadzil Hamzah, Senior Staff Physician, Department of Sport and Exercise Medicine, Changi General Hospital (CGH SEM), and Adj A/Prof Benedict Tan, Senior Consultant, CGH SEM, sought to examine the impact of the COVID-19 pandemic and the Circuit Breaker measures on dietary behaviours of healthcare workers.

The survey was conducted over four weeks in May to June 2020, with 707 participants taking part in the survey.

Results show that due to the measures and modification of work scope and work areas, there were significant changes in the dietary behaviours of the healthcare workers before the circuit-breaker, and during the circuit-breaker period, with many reducing the intake of vegetables, while increasing the intake of unhealthy food choices, such as canned drinks and convenience food. Healthcare workers who maintained a self-regulatory eating behaviour were also found to have a higher probability of being stress-free.





Patient Education Booklet

The SingHealth Healthy Living Series aim to bring health information to the public. The booklets cover a range of medical conditions and are written with the aim of empowering individuals in understanding medical conditions and the various treatment options available.

Titled 'Ready reSet Go! Recover Well from Common Sports Injuries', the Sport and Exercise Medicine instalment of the booklet was published with contributions from Changi General Hospital Department of Sport and Exercise Medicine doctors. 'Sharing Knowledge' is the focus of this edition, with chapters written to provide reliable sport and exercise medicine information for patients.

It brings together some common problems and diagnosis in sport and exercise medicine, concussion in sports, managing your weight, exercise prescription and other treatment modalities.

Copies are available in all Singapore Sport and Exercise Medicine Centre (SSMC) clinics.





EDUCATION

COLLABORATIONS WITH EDUCATIONAL INSTITUTIONS

Graduate Diploma In Sports Medicine (GDSM)

The Nanyang Technological University's (NTU) Lee Kong Chian School of Medicine (LKCMedicine), in partnership with Changi General Hospital Department of Sport and Exercise Medicine (CGH SEM), developed and launched the GDSM programme in January 2019.

Jointly led by Associate Professor of Exercise Physiology Fabian Lim from LKCMedicine and Adjunct Associate Professor Roger Tian, Senior Consultant, CGH SEM, who services as the Course Director (Clinical), this programme aims to equip clinicians to better prevent and treat the growing number of musculoskeletal and sports-related injuries in a population which is rapidly ageing and staying active longer. Topics covered include areas such as sports nutrition, biomechanics and physiology.

The third batch of 24 students graduated in January 2021, and the fourth batch of 23 students graduated in September 2022.



Photos: Nanyang Technological University (NTU)

Sports Medicine Theory Course (SMTTC)

SMTTC is a six month non-accreditation programme comprising six modules, targeted at primary care physicians seeking a fundamental understanding of sport and exercise medicine. Modules are available online to the students on a monthly basis and students are required to attain at least 60% in an online, self-administered and open-book quiz to progress from one lecture to the next within each module. Students will then receive a Certificate of Completion of all six modules.

This course is ideal for busy medical practitioners who receive patients with sports or exercise-related injuries and with chronic diseases as the learning could be done at the participants' own pace at their own time.

COLLABORATIONS WITH EDUCATIONAL INSTITUTIONS

Incorporating Exercise Prescription into Medical Undergraduate Curriculum

The board of Exercise is Medicine Singapore and Changi General Hospital Department of Sport and Exercise Medicine (CGH SEM) worked with Duke-NUS to incorporate Exercise Prescription as part of Phase IV Family Medicine of Duke-NUS Medical Undergraduate Curriculum. The Exercise Prescription Course for Medical Practitioners is designed to provide doctors with the skills to effectively and confidently prescribe exercise for their patients, within the time constraints that busy practitioner faces. With the COVID-19 pandemic measures in place, the commencement of the course was postponed to November 2022.

NTU Lee Kong Chian School of Medicine

National Technological University Singapore's Lee Kong Chian School of Medicine (LKCMedicine) incorporated Exercise Prescription into its undergraduate curriculum, following inputs from CGH SEM's doctors.

NUS Yong Loo Lin School of Medicine

An adult learning course on Exercise Prescription was rolled out in NUS Medicine – NUS Yong Loo Lin School of Medicine (NUS-YLL).

The course was developed based on the principle that regular participation in physical activity is integral in the prevention and treatment of diseases and should therefore be regularly assessed as part of all medical care. The course will cover the bolts and nuts of exercise prescription for healthy individuals as well as patients with chronic health conditions. The course content is largely based on clinical evidence established by contemporary research work and the Exercise is Medicine® (EIM) chapter of the American College of Sports Medicine (ACSM).



Department of Physiology
Yong Loo Lin School of Medicine

**Exercise
is Medicine**
Singapore

**Exercise Prescription
Course for Medical
Practitioners**



COLLABORATIONS WITH EDUCATIONAL INSTITUTIONS



► Clin Asst Prof Mandy Zhang and Adj Asst Prof Lim Ang Tee in the panel discussion (right)

No Pain, More Gain Symposium

Organised by a graduating student from Yong Siew Toh Conservatory of Music, Changi General Hospital (CGH) healthcare professionals partnered Sports Medicine Association Singapore and Performing Arts Medicine Singapore for a Health and Wellness symposium titled: 'No Pain, More Gain: The Path to Musician's Longevity'.

The speakers touched on giving practising musicians a better understanding of the common health issues that could potentially affect performance, preventive measures to take, and where to seek help for playing-related injury.

NAFA Students' Visits

As part of the Performing Arts Medicine initiative, SSMC@Novena hosted over 70 students from Nanyang Academy of Fine Arts (NAFA) over three sessions between August and November 2022.

The dance students toured the facilities and had engaging sessions led by Clin Asst Prof Mandy Zhang, Consultant, Department of Sport and Exercise Medicine, CGH, Ms Jasmine Teo, Physiotherapist, SSMC@Novena physiotherapist, and Ms Dorcas Sholanke, podiatrist, SSMC@Novena.



► NAFA students learning from SSMC@Novena's podiatrist, doctor and physiotherapist

CONFERENCES & MEETINGS

SingHealth DUKE-NUS Sport & Exercise Medicine Conference 2021

The inaugural SingHealth DUKE-NUS Sport & Exercise Medicine conference was conducted on 6 March 2021 with SingHealth's Group Chief Executive Officer Professor Ivy Ng, as the Guest of Honour.

The theme for the conference is 'Physical Activity – The New Vital Sign: Systematic Exercise Intervention in the Chronic Disease Paradigm'. The conference focused on global initiatives in the promotion of exercise, the role of exercise in oncology and obstetrics and gynaecology.

The conference was well-received with over 400 participating professionals and students.



SMAS Annual Symposium – Emerging Frontiers: Performing Arts & Esports Medicine

Changi General Hospital Department of Sport and Exercise Medicine (CGH SEM) doctors hold council positions in the Sports Medicine Association of Singapore (SMAS), the registered society for Sports Medicine and sports professionals in Singapore.

In 2021, Clin Asst Prof Mandy Zhang, Consultant, CGH SEM and Dr Joshua Li, Associate Consultant, CGH SEM organised a virtual SMAS Annual Symposium on 25 September 2021, with focus on two emerging frontiers in Sport and Exercise Medicine – Performing Arts and eSports Medicine.

The morning session on Performing Arts Medicine saw 206 unique attendees, while the afternoon session on eSports Medicine saw 133 attendees.



CONFERENCES & MEETINGS

3rd Medical Fair Asia 2022

The Medical Fair Asia + Sports Conference made its return to Singapore after two years. Jointly organised by Messe Dusseldorf and led by Dr Joshua Li, Associate Consultant, Department of Sport and Exercise Medicine, Changi General Hospital (CGH SEM), clinicians from SSMC@CGH lent their support for two of the four conference sessions.

Topics included exercise and return to play after COVID-19, bridging the doctor-dance relationship, injury prevention and recovery strategies for dancers, incidence of musculoskeletal problems in the musician, hearing problems in performance artists, and more.

The full day programme included an insightful dialogue on innovative approaches in prevention, training, regeneration and rehabilitation.



► Speakers from CGH, SSMC@Novena and SMAS include Ms Adda Sue, Adj Asst Prof Lim Ang Tee, Clin Asst Prof Mandy Zhang, Dr Joshua Li, Prof Peter Lu, Mr Tye Lee Tze, Dr Fadzil Hamzah, and Dr Lim Baoying



► EIMS team at the regional meeting in Tokyo, Japan

Exercise Is Medicine® Asia Regional Meeting

EIM® Singapore (EIMS) co-hosted the 6th EIM Asia Meeting with EIM Japan in Tokyo, Japan. With it being the first hybrid meeting, representatives from many Asian countries like Japan, Singapore, Malaysia and Thailand, attended the meeting in person, while the other EIM representatives attended the meeting online.

Adj A/Prof Benedict Tan, Senior Consultant, CGH SEM and Chairman of EIMS, shared about post COVID-19 course corrections in Singapore, Dr Fadzil Hamzah, Senior Staff Physician, CGH SEM and EIMS Community Programmes Director, shared about the outreach programmes conducted by EIMS over the past year. Dr Ng Chung Sien, Senior Staff Physician, CGH SEM and EIMS Education Director, shared over Zoom on the 2024 education plans. Dr Chiang Hock Woon, Deputy Chief Executive Officer of Sport Singapore (SportSG) was also invited as a guest to share on SportSG's initiatives and plans.

Many ideas were shared and discussed, with the next meeting planned for 2024.

COMMUNITY PROGRAMMES



COLLABORATIONS

Sundown Marathon 2021 Webinar Series

Sundown's webinar series began in 2020 to educate participants with the right set of tips for their virtual runs.

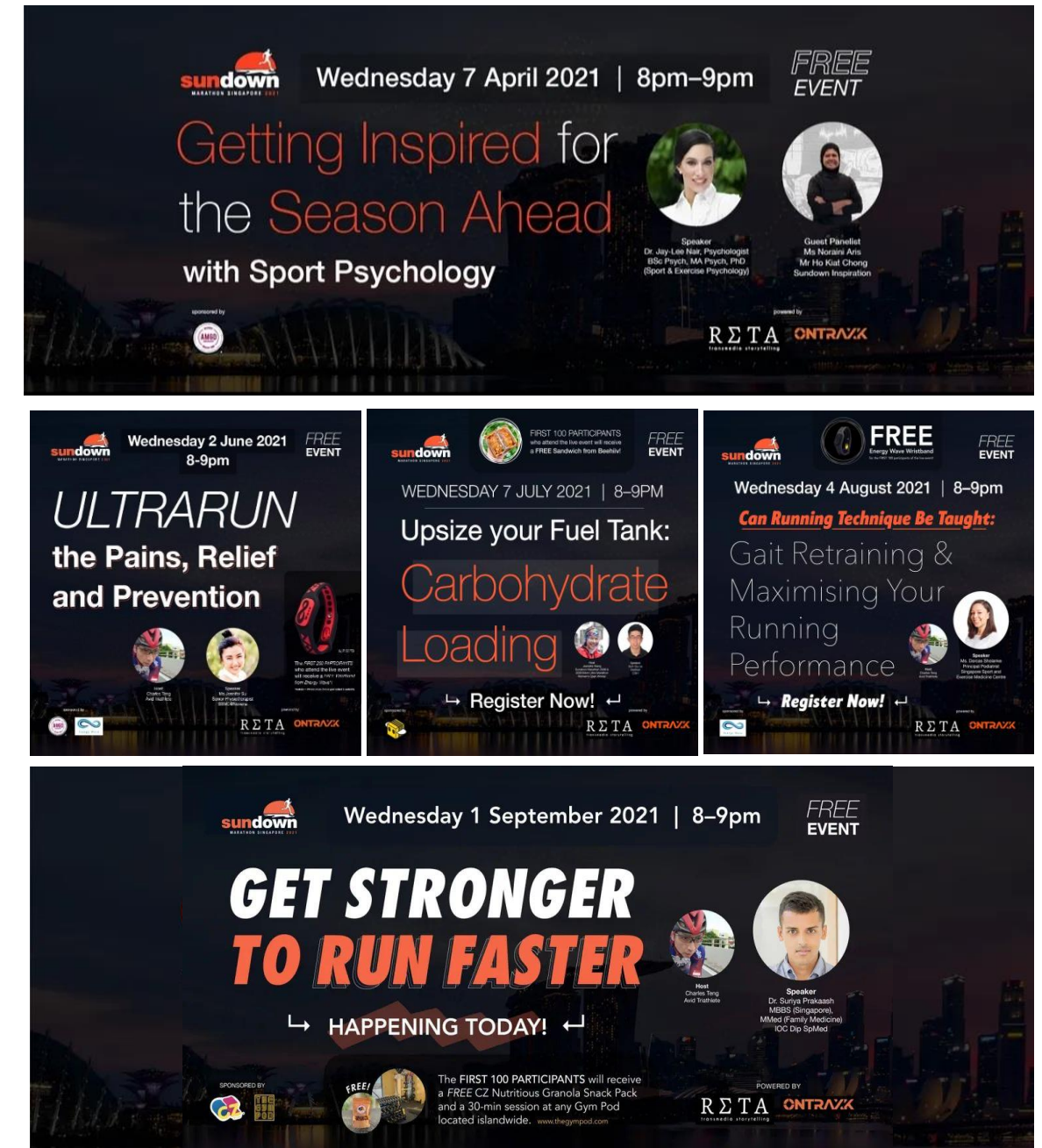
Continuing from the successful first season of the webinar which was helmed by Sundown Marathon's ambassador, Adj A/Prof Benedict Tan, Senior Consultant, Department of Sport and Exercise Medicine, Changi General Hospital (CGH SEM), the second season saw several speakers from SSMC@CGH and SSMC@Novena sharing on sports psychology, physiotherapy, carbohydrate loading, gait retraining and sports training.

Over 550 participants attended the five monthly talks conducted between April to September 2021.

Collaboration with ActiveSG

CGH developed a revamped medical referral pathway for post-treatment obese patients to Active Health Lab for step-down weight management. In this step-down care, patients will undergo a six-week programme with Active Health coaches, in order to develop healthy habits and maintain the weight loss.

Clinicians from CGH SEM also discussed with Sport Singapore and People's Association in developing the Health Up! programme. Health Up! is an inter-agency collaboration led by SingHealth to promote health among residents in the East of Singapore through health screening and adoption of healthy lifestyles.



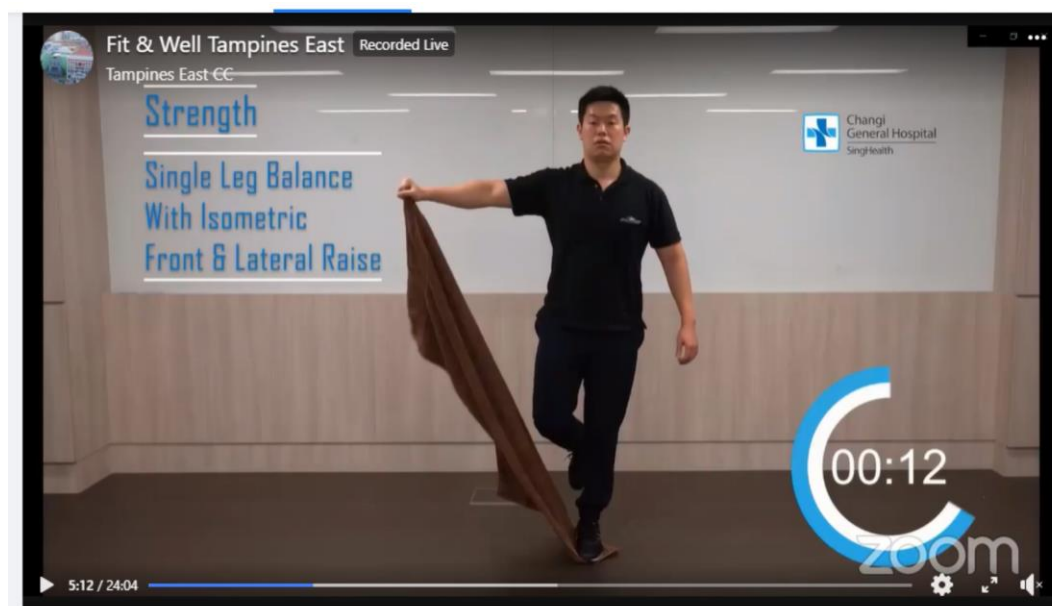
COMMUNITY OUTREACH

ExPRO Fitness 2021 & 2022

Exercise is Medicine® Singapore (EIMS) continued to partner Fitness SG for the ExPRO Fitness Conference, the first and largest virtual fitness conference in Singapore. The virtual initiative was curated with exercise professionals at the core, strengthening their competitive advantage and creating new opportunities for the fitness industry in Asia.

For the second year running, Dr Fadzil Hamzah, Senior Staff Physician, Department of Sport and Exercise Medicine, Changi General Hospital (CGH), together with Mr Seishen Gerard Ratnagopal, Clinical Exercise Physiologist, Rehabilitative Services (Sports Science), CGH, were invited to be the guest speakers for at the ExPRO two-day event on 7 and 8 May 2021 that took place virtually.

On 21 June 2022, the annual ExPRO Fitness Conference event took place at Downtown East D'Marquee, Singapore. Dr Fadzil and Mr Goh Qiu Le, Dietitian, Dietetics, CGH, spoke at the conference on how to prevent and treat diseases through physical activities and exercise.



▶ Video demo by Mr David Hoi, Clinical Exercise Physiologist, Rehabilitative Services (Sports Science), CGH

EIMS x People Association Fit & Well Programme

To encourage residents and the general public to be active and fit amidst the pandemic, SSMC@CGH collaborated with Tampines East Community Club to organise a 12-week online outreach programme fitness programme for the public. Led by Dr Fadzil Hamzah, the initiative was supported by EIMS and People's Association (PA).

Over the 12 weeks, topics included a live online exercising demonstration by clinical exercise physiologists, and the allied health professionals conducted educational talks, mindfulness sessions, and a virtual supermarket exercise on food labelling.

HEALTH INTEGRATION WITH COMMUNITIES

M³ Pre-natal Programme

Led by M³@Tampines, and supported by People's Association and Health Promotion Board, Changi General Hospital Department of Sport and Exercise Medicine Centre (CGH SEM) established an eight-week pre-natal programme for newly-wed couples from the Islamic Religious Council of Singapore (MUIS) database.

Under the programme, Muslim couples will attend 2.5 hour sessions on the weekends, with the focus on exercise sessions, and interactive workshops, forums and lectures on physical and mental health.

The physical activity levels, dietary habits, mental well-being, confidence scores and health knowledge are taken into the outcome measures.

Health Peers Programme

In line with Ministry of Health's (MOH) nationwide effort in the 'War of Diabetes', CGH launched Health Peers Programme (previously known as Eastern Health Alliance Health Peers Programme), in partnership with community stakeholders, South East Community Development and government agencies.

The programme equips volunteers, known as Health Peers, with skills and knowledge in communication, approach to physical activity, diet and nutrition to diabetes. The Health Peers will then encourage residents to lead healthier lives by creating awareness on diabetes prevention and management.

Outside of the clinical setting, CGH SEM supports various community efforts to promote healthy living and physical activity. This is in line with the three shifts in MOH's plan 'Beyond Healthcare 2020' in ensuring that the healthcare system is future-ready

EIM On Campus

Exercise is Medicine[®] on Campus (EIM-OC) calls upon universities and colleges to promote physical activity as a vital sign of health. EIM-OC encourages faculty, staff and students to work together toward improving the health and well-being of the campus community by making movement a part of the daily campus culture.

In order to achieve this, Exercise is Medicine[®] Singapore (EIMS) and CGH SEM provided expert opinion in improving health and exercise in an academic setting.

Result of the efforts became apparent when Republic Polytechnic became the first EIM-OC Singapore institution, and EIMS achieved a Gold award from the Global EIM team.



▶ Dr Fadzil Hamzah, Senior Staff Physician, CGH SEM (right) as a speaker

HEALTH INTEGRATION WITH COMMUNITIES

Physical Activity @ Workplace

A cluster-wide survey on the physical activity levels and mental health burden of healthcare workers during the COVID-19 lockdown was led by Dr Fadzil Hamzah, Senior Staff Physician, Department of Sport and Exercise Medicine, Changi General Hospital (CGH SEM) in 2020 during the Circuit Breaker with a focus on physical activity, dietary and mental well-being.

Associations between increased stress and depression due to the lack of exercise was drawn, and the survey results showed that improving overall physical activity and health practices can increase the resilience of our workers

reCGHarge+

The six-week pilot programme – **reCGHarge+ Your Health** was thus established by CGH and completed on 11 November 2022. 71 CGH staff signed up for this programme, where they underwent six weeks of holistic wellness programmes in CGH with a focus on physical health, mental health and dietetic health.

The aim is to empower participants with simple yet effective tools and strategies to manage their physical and mental health better and build resilience.



► Clin Asst Prof Mandy Zhang and Dr Fadzil Hamzah with CGH management

reCGHarge+ Your Health
Program for CGH Staff

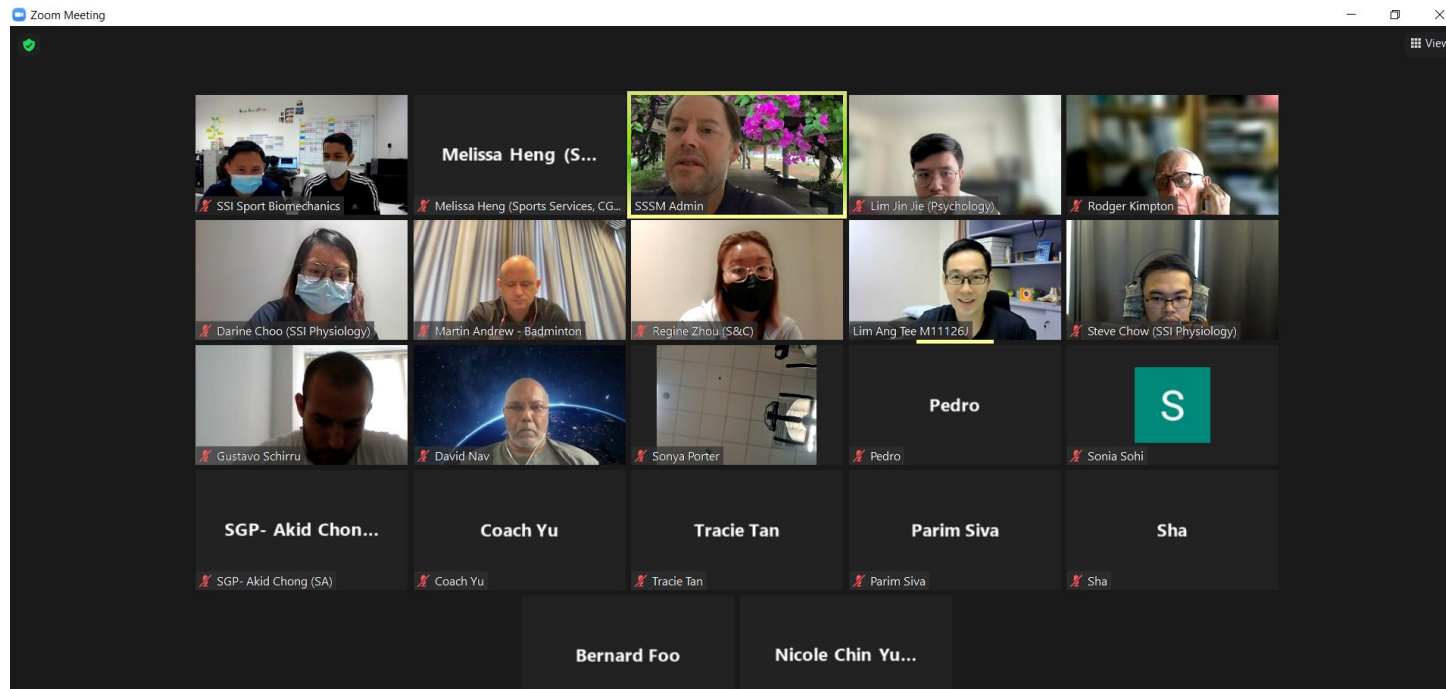


► Dr Fadzil conducting the bike fitting

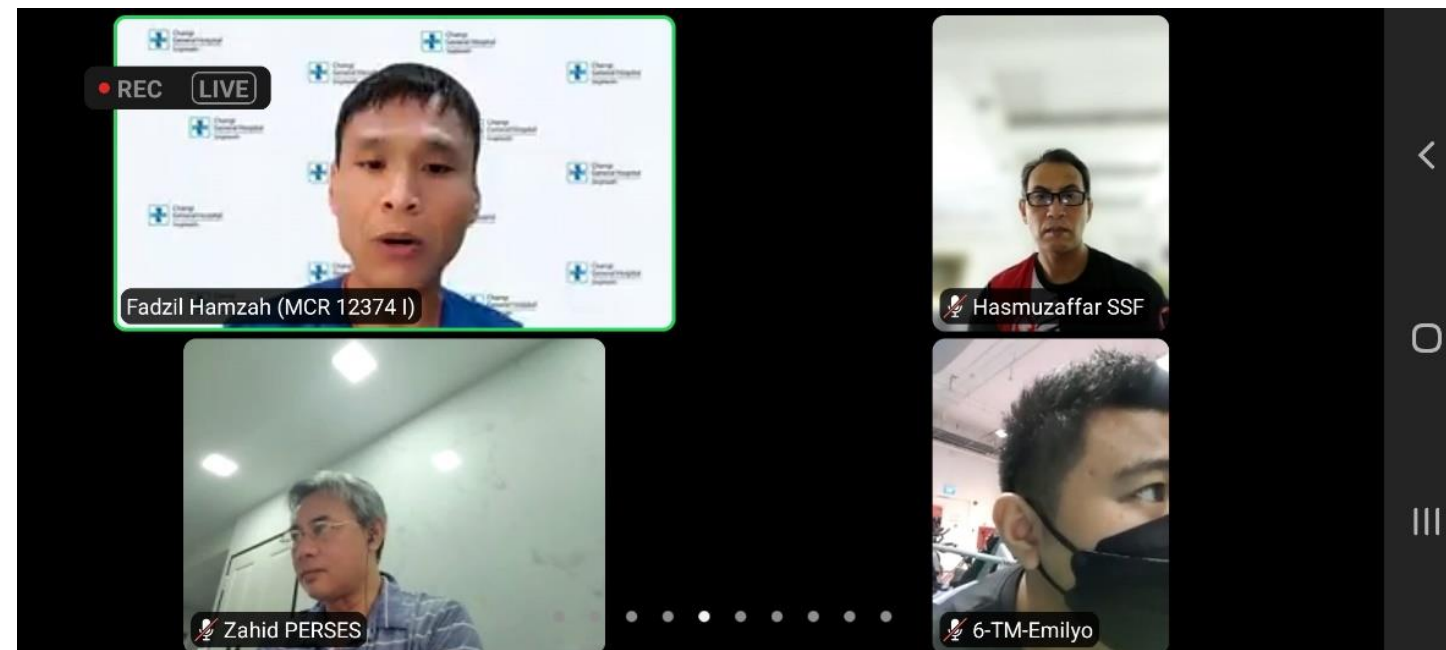


► Group photo with participants

S.M.A.R.T. HOUR



► Adj Asst Prof Lim Ang Tee, Consultant, Department of Sport and Exercise Medicine, Changi General Hospital (CGH SEM), and Dr Scott Xu Cunzhi, Registrar, CGH SEM addressing the coaches' questions during the SMART Hour on 13 July 2022 for the Commonwealth Games 2022.



► Dr Fadzil Hamzah, Senior Staff Physician, CGH SEM attending the SMART Hour on 8 April 2022 'Ramadan Edition'.

The S.M.A.R.T. Hour

- Sit down with a cup of tea/coffee
- Make a list of your burning sport science questions
- Ask your questions
- Reflect on the answers
- Transcend your challenges!

Launched in 2020 at the start of COVID-19, by Singapore Sport Institute (SSI) Sport Science & Sport Medicine and SSMC@SSI, this interactive platform allowed SSI sport scientists to offer continued support to the spexScholars, high performance athletes and support staff under difficult circumstances.

Through this programme, it allowed sport scientists, medical staff, coaches and athletes to continue working together, offering creative insights into possible solutions, and supporting each other to transcend sporting challenges, be it physical or psychological.

Sessions

1. 8 April 2022 – "Ramadan Edition" Q&A with athletes (in preparation for Tokyo Olympics 2021)
2. 13 July 2022 – Q&A sharing session with coaches (in preparation for Commonwealth Games 2022)
3. 20 July 2022 – Q&A sharing session with coaches (in preparation for ASEAN Para Games 2022)



PUBLICITY & RECOGNITION

IN THE NEWS: PRINT

The SEM department engages the media frequently to increase awareness of physical activity. As more people incorporate exercise into their lifestyle and the number of sports-related injuries increase over the years, our SEM physicians' opinions are increasingly sought by various media outlets, such as newspaper, magazine, radio, and online platforms to educate the public on the field of SEM.



林艾微
林婉维 / 译

2020年世界卫生组织体育
活动指导原则建议，
孕妇只要没有任何禁忌
症，都应定期运动，每
周至少做150分钟中等
强度的有氧体育活动。

孕妇多运动好处多

咨询一开始，陈太就问我她可否预约一年后再来看诊。这要求让我觉得好奇，问她为什么。“我怀孕了！我想，在宝宝六个月大之前我恐怕做不了运动。到时候我才回来找你。”

32岁的陈太定期到我这里来做体重管理，患有多囊卵巢综合征（polycystic ovary syndrome），这是一种由激素过多引发的病症，会影响排卵和受孕概率。陈太太的BMI指数处于肥胖范围，因此妇科医生也建议她减肥，以提高受孕的机会。

她的体重管理计划为期六个月，过程中她接受了一组跨学科团队的咨询，成员除了我之外，还有营养师和运动生理学家。她成功减去了5%体重，BMI指数也从“肥胖”改善为“超重”。她也开始严格执行快步走、慢跑和游泳的计划，每周五天、每天一小时，从中体验到运动的好处。

一项以本地孕妇为研究对象的调查显示，其中有23.9%孕妇超重，10.8%属于肥胖。这可能是由多重因素造成的，一些妇女在怀孕前本就超重或肥胖，怀孕期间体重又大幅增加。根据指导原则的建议，本就超重的女性在整个妊娠期的体重增幅应介于6.8至11.3公斤左右；而孕前BMI指数正常的女性，妊娠期的体重增幅则可达11.3至15.9公斤。这些研究也显示，超重或肥胖的妇女在妊娠期间更容易出现并发症，如妊娠糖尿病、高血压、早产、剖宫产、产后出血、血栓形成、新生儿并发症等。

Dr. Fadzil Hamzah, a male doctor with glasses, wearing a white lab coat over a dark shirt.

林艾微
林婉维 / 译

Dr Fadzil Hamzah

Berita Harian
Community
initiatives by MOH-
HPB Malay
Community
Outreach group

Dr Fadzil Hamzah, a male doctor with glasses, wearing a white lab coat over a dark shirt.

林艾微
林婉维 / 译

Clin Asst Prof Ivy Lim Lianhe Zaobao Exercising during Pregnancy

Dr Fadzil Hamzah, a male doctor with glasses, wearing a white lab coat over a dark shirt.

林艾微
林婉维 / 译

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林艾微
林婉维 / 译

Dr Fadzil Hamzah

Dr Fadzil Hamzah, a male doctor with glasses, wearing a white lab coat over a dark shirt.

Reduce intensity at first sign of issue, get checked

Dr Fadzil Hamzah, a male doctor with glasses, wearing a white lab coat over a dark shirt.

林艾微
林婉维 / 译

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Dr Fadzil Hamzah Berita Harian Helping Malay/Muslim community ease into endemic

Dr Fadzil Hamzah, a male doctor with glasses, wearing a white lab coat over a dark shirt.

林艾微
林婉维 / 译

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Dr Fadzil Hamzah, a male doctor with glasses, wearing a white lab coat over a dark shirt.

Perluas lagi jangkauan pada masyarakat ketika dilanda arus Omicron

Dr Fadzil Hamzah, a male doctor with glasses, wearing a white lab coat over a dark shirt.

林艾微
林婉维 / 译

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林婉维 / 译

Dr Fadzil Hamzah

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IN THE NEWS: TV & RADIO



Adj A/Prof Benedict Tan
CNA TV interview
Sports Safety



Clin Asst Prof Mandy Zhang
MeWatch Body & Soul
S9 Exercising Responsibly



Dr Victor Tan
Channel 8 Hello Singapore
Exercising Safely



Dr Victor Tan
Channel 8 TV News
Reaping Benefits of Exercise



Adj A/Prof Benedict Tan
CNA TV interview
Ep 1 To Achieve Happiness



Clin Asst Prof Ivy Lim
Capital 958 FM interview
Updated Physical Activity Guidelines

IN THE NEWS: TV

'Make Every Move Count' Docuseries

In the four-part 'Make Every Move Count' docuseries, shown on Mediacorp, ActiveHealth SG hopes to inspire individuals by showing how real life profiles adopt the refreshed Singapore Physical Activity Guidelines, and embark on the Active Health journey through a comprehensive suite of assessments, programmes and coaching support.

Catch the series here: <https://go.gov.sg/activehealth-ch8>



Adj/A Prof Benedict Tan
Chairman, EIMS

In the premiere, Adj/A Prof Ben Tan was interviewed by host Gurmit Singh on Channel 5.

Adj/A Prof Tan weighed in on physical and mental benefits of exercise, spoke about various aspects of physical health and how building up muscles gets more important with age.



Clin Asst Prof Ivy Lim
Director of Public Outreach, EIMS

The second episode with Clin Asst Prof Ivy Lim aired on Channel 8 in Mandarin, hosted by Lee Teng.

Clin Asst Prof Lim spoke about tackling sedentary behavior at the workplace, and shared tips on exercising safely, and ways to move more and snacking smart at work.



Adj Asst Prof Lim Ang Tee
Deputy Director of Research, EIMS

The third episode of this series with Adj Asst Prof Lim Ang Tee aired on Channel 8 in Mandarin, hosted by Lee Teng.

Adj Asst Prof Lim shared exercise, nutrition and sleep tips, with the aim for individuals to adopt a holistic health and wellness approach to manage sarcopenia.



Dr Fadzil Hamzah
Director of Community Programmes, EIMS

The last episode of this series with Dr Fadzil Hamzah aired on Channel 5 in English, hosted by Gurmit Singh.

Dr Hamzah spoke about managing chronic conditions with exercise, explaining what happens in the body when one exercises and tips to start low, go slow, to help manage diabetes.



CGH SPORT AND EXERCISE MEDICINE: AT A GLANCE

CGH SPORT & EXERCISE MEDICINE: AT A GLANCE

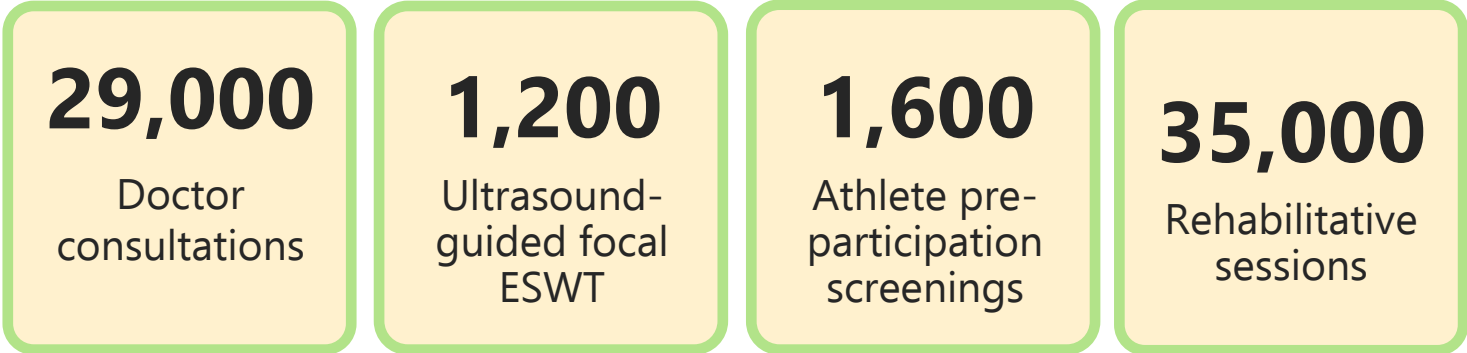
Singapore's Largest Sports Medicine Centre

Changi General Hospital Sport and Exercise Medicine (CGH SEM) department runs SSMC@CGH, SSMC@Novena and SSMC@SSI located at Singapore Sports Hub.

SSMC@CGH is the largest SEM Centre in Singapore; SSMC@SSI is the premier institution for elite sports; and SSMC@Novena is the most comprehensive in the private sector. All three centres have a combined footprint of more than 19,000 sqft., growing from 13,000 sqft. in 2018.

In 2020, CGH SEM has its footprint across SingHealth at Singapore General Hospital (SGH) and Sengkang General Hospital (SKH) with the aim to improve accessibility and provide seamless patient-centric care.

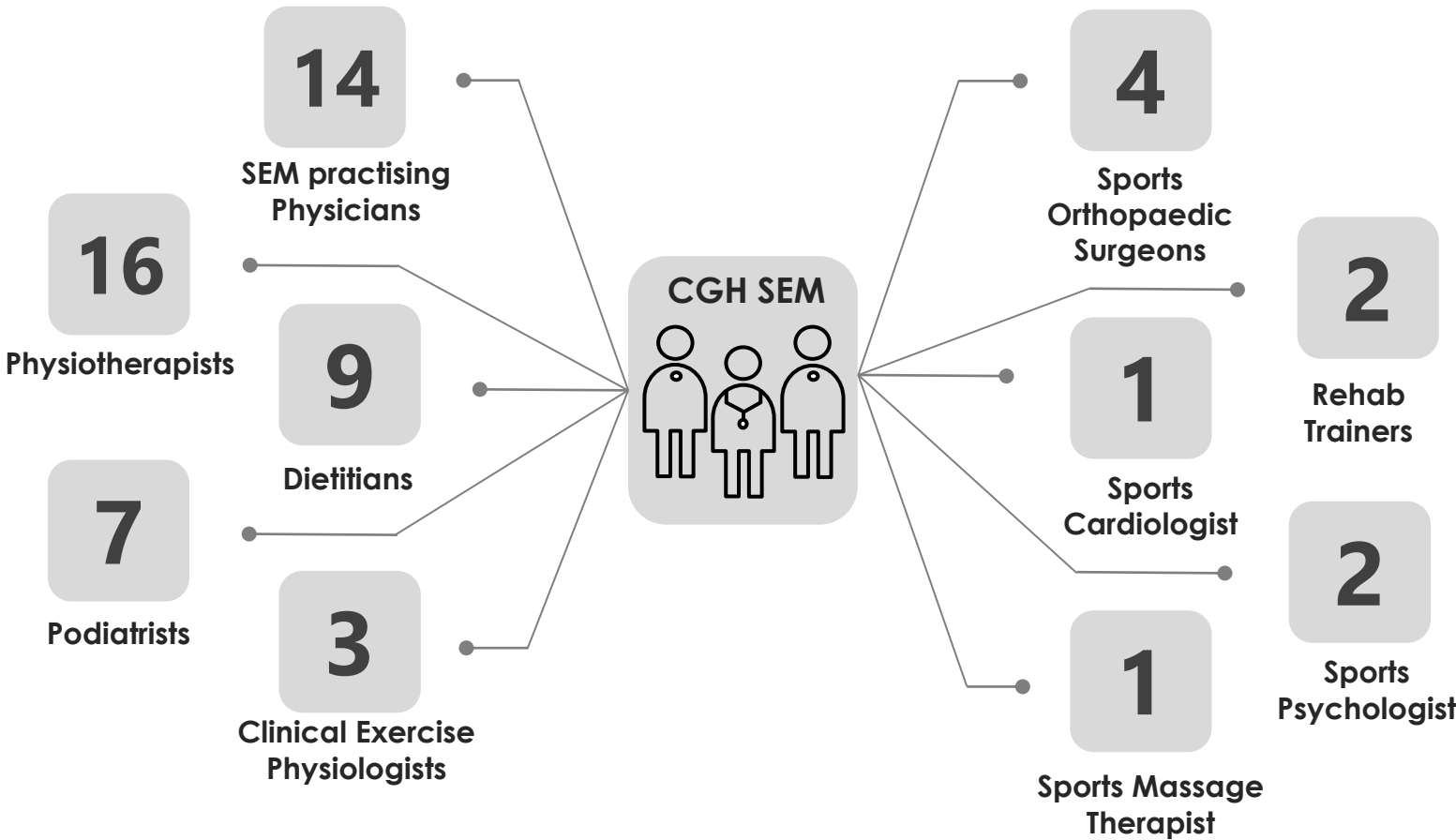
In 2021 and 2022, SSMC at CGH, Novena, and SSI, together with the SEM Services at SGH, SKH and KKH saw over:



A Multidisciplinary SEM Team

CGH SEM has the largest headcount among SEM providers in Singapore, with 14 full-time physicians practising Sport and Exercise Medicine, 40 allied health professionals, five nurses, and 24 patient service associates and administrative staff.

All centres and SEM services have a multidisciplinary team under one roof, providing patients an integrated, seamless sport and exercise medicine care.



A Centre Of Learning

1

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

Changi General Hospital Department of Sport and Exercise Medicine (CGH SEM) has the largest number of six accredited supervisors and training positions for SpMed AST. We currently account for 75% of the trainees in Singapore.

6

50

Since 2012, SSMC@CGH has trained 50 medical officers.

SSMC@CGH has provided over 600 attachments and observerships.

600

1,500

CGH physicians have trained over 1,500 local and international physicians, allied healthcare and fitness professionals in exercise prescription.

CGH SEM 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.



Photo: Nanyang Technological University (NTU)



Supporting our Athletes & the Sports Ecosystem

1

Changi General Hospital Department of Sport and Exercise Medicine (CGH SEM) 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@Novena and SSMC@SSI.

2

CGH SEM provides medical coverage for major competitions and events such as FORMULA 1™ Singapore Grand Prix, World University Floorball Championships, Tennis Open and others.

3

CGH physicians are appointed as members of international medical commissions, including the Federation Internationale de L'Automobile, World Sailing, Fencing Confederation of Asia, and Asia Rugby.

4

CGH physicians support 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.

5

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.

THE SSMC TEAM

As a multidisciplinary field, Changi General Hospital Department of Sport and Exercise Medicine (CGH SEM) recognises the importance of having a cohesive and collaborative team for vibrant and efficient partnerships. Thus, in CGH SEM, we have the following platforms to promote effective communication:

- 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;
- Quarterly SEM Directors' meeting for strategic planning;
- Quarterly SingHealth Duke-NUS Sport and Exercise Medicine Centre EXCO meeting;
- Annual Strategic Planning Meeting where HODs discuss future strategic directions and plans, and;
- Team bonding activities, such as annual team building day, festive celebrations and gatherings.



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