

Training Calendar (1 April 2024 - 31 March 2025)

Message from Director

Dear Colleagues

With our healthcare landscape continuously evolving, it's important for healthcare professionals to stay abreast of knowledge and skills to optimise performance and resources to improve care and ensure sustainability. The SGH Postgraduate Allied Health Institute (PGAHI) is dedicated to provide you with enriching learning experiences with our high quality programmes that are relevant and up-to-date for your professional development and clinical practice.

Being a pioneering training institute for Allied Health Professionals in Singapore, we continually strive for excellence and collaborate with experts, both local and overseas, to offer a wide range of programmes. Besides clinical based courses which are Skills & Knowledge-based, PGAHI also provides courses and lectures in areas such as Leadership & Communications, Research and Pedagogy. With this broad range of training programmes that are facilitated by respected leaders and experienced practitioners, I believe there will be something that would meet your training and development needs. PGAHI also leverages on technology for continuous learning and ensures sustainability of learning without compromising on the quality through blended learning, synchronous learning via Zoom platform and asynchronous learning via SingHealth eLearning Portal.

Have a look at our e-training calendar. I am confident that you would be able to find suitable courses from our comprehensive suite of programmes, all put together specially for you. visit our webpage www.sgh.com.sg/pgahi for the latest programme and updates.

“UnitiCuramus, Semper Discimus” – Together we heal, forever we learn.



Patrick Ker
Director, SGH-Postgraduate Allied Health Institute





PGAHI Training Calendar

April 2024 – March 2025

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Legend:

AHP Allied Health Professionals	DIET Dietitian	MSW Medical Social Worker	OT Occupational Therapist
PATH Pathologists' Assistant	PHARM Pharmacist	PT Physiotherapist	POD Podiatrist
PSY Psychologist	RAD Radiographer	ST Speech Therapist	

Professions	Course/Lecture Title	Course Objectives	Course Outline	Target Audience & Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Mode of Learning	Duration	Date(s)	Month(s)	Course in-charge
DIET	Geriatric Neurology Nutrition Workshop for Dietitians NEW	1) Equip dietitians with current nutrition knowledge and skills on Geriatric Neurology 2) Update dietitians on the latest clinical nutrition recommendations, principles and practices on the management of geriatric neurology patients 3) Enable dietitians to appreciate challenges in managing complex geriatric neurology cases 4) Enable dietitians to integrate patient centered care principles into nutrition practices	1) Overview of geriatric neurology nutrition 2) Physiological changes of ageing in relation to neurological conditions impacting nutritional status 3) Consideration of specific nutrient needs across age categories in geriatric patients 4) Understanding key nutritional issues in geriatric neurology patients 5) Application of latest evidenced-based nutritional guidelines and medical nutrition therapy in the management of geriatric neurology patients and its complexities 6) Nutritional considerations in geriatric neurology patients with multiple comorbidities 7) Understanding and application of patient centered care into nutrition care practices 8) The dietitian's role as an inter/multidisciplinary approach in acute care setting and transitional care	Dietitians	\$590	\$650	Skills & Knowledge-based	Live zoom only	8 hours (2 half days)	9 - 10	Dec-24	jayaraj.bala.krishnan@sgh.com.sg
DIET	Medical Nutrition Therapy for Diabetes (For Dietitians)	1) Equip dietitians with essential nutrition knowledge on diabetes. 2) Update dietitians with the latest and current principles and nutrition recommendations for people with diabetes, type 1, type 2 and other forms of diabetes. 3) Update dietitians with knowledge on the principles of advanced carbohydrate counting. 4) Understand the role of dietitians in the management of physical activity and exercise.	1) Nutrition in diabetes 2) Applying nutritional guidelines – An 'ideal diet' for diabetes? 3) Blood glucose lowering medications – implications for diet 4) Carbohydrate counting principles 5) Understanding hypoglycaemia and its treatment 6) Other forms of diabetes – nutritional considerations 7) Advanced CHO counting 1 and 2 8) Physical activity/ exercise 9) Managing the young adult with diabetes 10) Meeting the demands of pregnancy and diabetes 11) Managing patients with poor intake – Considerations for patients on enteral feeding 12) Sick Day Management – The Dietitian's role	Dietitians	\$620	\$690	Skills & Knowledge-based	Live zoom only	12 hours (3 half days)	9, 14 & 16	May-24	jayaraj.bala.krishnan@sgh.com.sg
DIET	Medical Nutrition Therapy for Weight Management (Medical and Surgical)	1) Understand the pathophysiology of overweight/ obesity 2) Apply the current evidence-based recommendations for assessment and management of overweight/ obesity 3) Understand the effectiveness of various dietary interventions, and the use of pharmacotherapy in weight management 4) Implement appropriate nutrition-related care for pre- and post-bariatric surgery 5) Understand physiological and metabolic changes associated with weight loss, causes of weight loss plateau and potential causes of weight regain 6) Use appropriate behavioural modification strategies for successful weight loss	1) Overview of overweight/obesity- aetiology and health risk 2) Diagnosis and assessment 3) Medical weight management: 4) Surgical weight management 5) Nonsurgical approaches to obesity 6) Weight loss maintenance 7) Managing weight in specific situations: women planning pregnancy, people with diabetes and older adults 8) Behavioural modification strategies and counselling	Dietitians	\$590	\$650	Skills & Knowledge-based	Live zoom only	8 hours (2 half days)	18 & 20	Mar-25	pgahi@sgh.com.sg
OT	A Safer Home: Risk Identification and Home Modification for Occupational Therapists	1) Understand fall risk factors 2) Demonstrate the ability in selection of home assessment tools for various client groups 3) Be equipped with skills in home assessment and home modifications for various clients group 4) Be equipped with knowledge of home assessment report writing	1) Effectiveness of Home Modifications & Influencing Factors 2) Fall Risks Assessment 3) Home Assessment 4) Home Modifications for Varied Conditions 5) Practical Fieldwork Session 6) Community Resources & Home Visit Report	Occupational Therapists	\$880	\$980	Skills & Knowledge-based	Classroom	7 hours (1 day)	15	Nov-24	morgan.sea.r.q@sgh.com.sg
OT	Ergonomics	1) Understand the principles of Ergonomics 2) Apply tools and methodologies to assess risk factors in office and industrial settings 3) Employ methodologies in evaluating manual handling. 4) Comprehend anthropometry and its application in workplace design 5) Use of Singapore Standard SS514 Code of Practice for Office Ergonomics	1) Introduction to Ergonomics and Musculoskeletal Disorders 2) Ergonomics Risk Assessment 3) Manual Handling 4) Anthropometry 5) Office Ergonomics 6) Ergonomics Programme Development	Occupational Therapists Physiotherapists Occupational Health and Safety Professionals	Main Session only \$630 Main + Extended Learning Sessions \$750	Main Session only \$700 Main + Extended Learning Sessions \$830	Skills & Knowledge-based	Live Zoom + Classroom	Main Session only 7 hours (1 day) Main + Extended Learning Sessions 11 hours (1.5 days)	6 Sep 24 (Main) 4 Oct 24 (Extended Learning Session)	Sep-24 (Main) Oct-24 (Extended Learning Session)	joyce.lee.g.l@sgh.com.sg
OT	Management of Clients with Upper Limbs Conditions (Cancelled)	1) Understand the etiology of the following conditions: a) Osteoarthritis b) Rheumatoid Arthritis c) Repetitive Stress Injuries (e.g. Carpal Tunnel Syndrome, Trigger Finger, DeQuervain's Tenosynovitis, Elbow Tendonitis) 2) Propose or apply evidence-based intervention strategies to manage the abovementioned conditions	1) Common Rheumatology conditions (Osteoarthritis and Rheumatoid Arthritis) 2) Common Repetitive Stress Injuries (Carpal Tunnel Syndrome, Trigger Finger, DeQuervain's Tenosynovitis, Elbow Tendonitis) 3) Evidence based management for i) and ii) including splint fabrication practice.	Occupational Therapists	\$1,350	\$1,500	Skills & Knowledge-based	Classroom	10.5 hours (1.5 days)	TBC	May/ Jun 2024	joyce.lee.g.l@sgh.com.sg
OT	Prescription of Motorised Mobility Aids (PMAs)	1) Explain features of powered mobility aids 2) Identify clients' capacities and abilities to use powered mobility aids 3) Evaluate clients' needs for powered mobility aids 4) Operate powered mobility aids	1) Common types of different powered mobility aids and their features 2) Customisation of powered mobility aids 3) Evaluation on the suitability of clients who need powered mobility aids 4) Practical considerations of using powered mobility aids 5) Assessment of appropriate powered mobility aids for clients 6) Training clients to drive powered mobility aids 7) Funding schemes for prescription of powered mobility aids 8) Practical skills in driving powered mobility aids in the community including taking public transport	Occupational Therapists with little or no experience in prescribing powered mobility aids	\$1,080	\$1,200	Skills & Knowledge-based	Classroom	14 hours (2 days)	22 - 23	Jan-25	pgahi@sgh.com.sg
OT	Sensory Re-training for Neurological Conditions	1) Understand the anatomy and physiology of the sensory /motor system 2) Understand and explain the interaction between sensory input and motor output 3) Create meaningful strategies through the integration of sensory information 4) Apply clinical interventions based on current neuroscience	1) Bringing sensory information to perception 2) Using body schema as a basis of feedforward movement 3) The diversity of receptors in hands and feet 4) Drive sensory summation in patients therapeutically	Occupational Therapists & Physiotherapists	\$610	\$680	Skills & Knowledge-based	Live zoom only	8 hours (2 half days)	TBC	TBC	joyce.lee.g.l@sgh.com.sg
OT	Spasticity and Contracture Management	1) Discuss the neuropathology of spasticity and contracture 2) Use the International Classification and Functioning (ICF) model to list impairments, activity limitations and participation restrictions associated with spasticity and contractures 3) Discuss the medical management of spasticity and contractures 4) Discuss early identification and treatment of post stroke spasticity 5) Articulate current evidence-based management of spasticity and contracture using a multimodal approach 6) Use the Modified Ashworth Scale and the Tardieu Scale to grade severity of spasticity 7) Design a rehabilitation program to maintain joint range and achieve patient-centred goals after botulinum toxin injection and/or serial casting	1) Neuropathology and medical management of spasticity and contracture 2) Prediction & prognostication of spasticity and motor neural recovery after stroke 3) Evidence-based management of spasticity and contracture using a multimodal approach 4) Assessment of spasticity (Ashworth and Tardieu Scale) 5) Evidence-based management of upper limb spasticity 6) Case studies: Clinical decision tree for spasticity management of upper and lower limbs	Doctors, Physiotherapists and Occupational Therapists who are currently managing patients with neurological conditions and are planning to specialise in neurology rehabilitation.	\$390	\$430	Skills & Knowledge-based	Live zoom only	5 hours	28	Jun-24	joyce.lee.g.l@sgh.com.sg



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Professions	Course/Lecture Title	Course Objectives	Course Outline	Target Audience & Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Mode of Learning	Duration	Date(s)	Month(s)	Course in-charge
OT	The Art of Stroke Rehabilitation for Occupational Therapists	1) Understand different frameworks for motor, spasticity, sensory and cognitive rehabilitation post-stroke. 2) Understand the recovery trajectory of stroke patients. 3) Conduct functional assessments and select appropriate interventions and outcomes measures, taking into consideration the patient's rehabilitation and recovery trajectory. 4) Apply different rehabilitation frameworks and share insights during case study discussions.	1) Overview of Core Components of Stroke Rehab – Motor, Spasticity, Sensory and Cognition 2) Recovery Trajectory through a Stroke Survivor's Lens 3) Goal Setting Frameworks 4) In-Depth Discussion of the above via case studies	Occupational Therapists	\$860	\$960	Skills & Knowledge-based	Classroom	14 hours (2 days)	20 - 21	Feb-25	joyce.lee.g.l@sgh.com.sg
OT	The Science of Resistance Bands for Strength, Balance and Stability	1) Understand the scientific basis for the use of elastic resistance 2) Describe the therapeutic goals which can be achieved with elastic resistance (strength training, stability training and flexibility) 3) Learn and demonstrate a variety of ways to appropriately use elastic resistance to achieve therapeutic goals 4) Plan a sequence of exercises with appropriate dosing for relevant patient populations	1) Scientific principles of elastic resistance training 2) Set-up and positioning for resistance band training 3) Dosing and intensity of resistance band exercises 4) Training balance and stability with resistance bands and balance and stability devices 5) Designing an exercise program for different patient populations	Occupational Therapists Physiotherapists	\$680	\$750	Skills & Knowledge-based	Classroom	7 hours (1 day)	11	Oct-24	pgahi@sgh.com.sg
PHARM	Anticoagulation Management	1) Understand the various coagulation tests used for monitoring of anticoagulants including the clinical uses and limitations 2) Describe the key differences between the pharmacology and pharmacokinetics of oral anticoagulants and their therapeutic applications 3) Develop a management plan for warfarin and direct oral anticoagulants in patients with various thromboembolic conditions 4) Evaluate the use of anticoagulants and antiplatelet for the management of cardiovascular conditions and stroke 5) Evaluate the use of anticoagulants in special populations such as elderly, pregnancy and renal impairment 6) Establish and evaluate the performance of a new anticoagulation service and adapting with new care delivery during the COVID-19 pandemic	Self-paced online learning: 1) Overview of coagulation tests used in anticoagulant monitoring 2) Anticoagulation in Venous Thromboembolism 3) Antithrombotic Therapy in Cardiovascular Diseases 4) Anticoagulation in Special Populations 5) Perioperative Management and Reversal 6) Setting up Outpatient Anticoagulation Service and Service Evaluation 7) Case studies and questions Live Interactive Session: 1) Case study discussions 2) Discussion panel with the experts	Pharmacists and All Healthcare Professionals	\$900	\$1,000	Skills & Knowledge-based	Live zoom + self paced on e-learning portal	31 hours (13 live Zoom over 2 days; 18 hrs self-directed learning)	3 - 4	Mar-25	morgan.sea.r.q@sgh.com.sg
PHARM	Drug Information Skills for Pharmacy Technicians NEW	1) List evidence-based drug information resources 2) Identify appropriate resource(s) to search for desired information 3) Interpret and apply information obtained to aid patient counselling or answer drug enquiries	1) Quick summary of commonly used evidence-based resources 2) Role-play of real-life case scenarios (fish bowl model) with assessment rubric done by participants, checked by facilitators a) drug availability b) side effects and management c) commonly encountered drug-drug interaction and management	Pharmacy Technicians	\$450	\$500	Skills & Knowledge-based	Classroom	4 hours	11	Dec-24	chua.sok.hong@sgh.com.sg
PT	Advanced Critical Care Physiotherapy – Options for Acute Respiratory and Rehabilitation Care	1) Demonstrate advanced clinical reasoning skills particularly in the ability to gather, interpret and synthesise appropriate information in cardiopulmonary physiotherapy in critical care setting 2) Outline the principle and rationale for ventilator hyperinflation, and perform ventilator hyperinflation in a simulated setting 3) Explain the principle and rationale for critical care mobility 4) Demonstrate competency in prescribing selected pulmonary modalities for patients in critical care settings	1) System support and advance monitoring in Critical Care 2) Respiratory Physiotherapy in Critical Care 3) Specialised ICU 4) Exercise and mobility training in Critical Care 5) Airway clearance adjuncts 6) Case study – Spinal Cord Injuries & Neuromuscular Disease 7) Mobilisation of mechanically ventilated patient	Physiotherapists with at least 3 months experience in ICU	\$1,220	\$1,350	Skills & Knowledge-based	Live Zoom + Classroom	20 hours (5 half days)	22-23, 26-28	Aug-24	joyce.lee.g.l@sgh.com.sg
PT	Advanced Respiratory Care & Exercise Prescription in Chronic Lung Diseases	1) Understand the pathophysiology, diagnosis and management of patients with various chronic lung diseases 2) Demonstrate skills to gather interpret and synthesise information to evaluate the impact of chronic lung disease on quality of life 3) Apply advanced skills to assess and provide holistic management for patients with chronic lung disease 4) Design an exercise programme for patients with chronic lung disease based on the latest evidence on pulmonary rehabilitation.	1) Introduction to Chronic Lung Diseases 2) Escalation of care in acute and chronic respiratory failure 3) Physiotherapy assessment and management in chronic lung disease including airway clearance, dysfunctional breathing 4) Multidisciplinary team approach in pulmonary rehabilitation 5) Incorporate behavioural change strategies to enhance self-management	Physiotherapists with 2 to 3 years work experience	\$900	\$1,000	Skills & Knowledge-based	Live zoom only	20.5 hours (5 half days)	26, 27 1, 2, 3	Jun-24 Jul-24	joyce.lee.g.l@sgh.com.sg
PT	Clinical Reasoning in Musculoskeletal Physiotherapy	1) Outline contemporary biopsychosocial approaches for management of musculoskeletal disorders. 2) Formulate differential diagnoses of musculoskeletal disorders and evaluate the most likely diagnosis. 3) Rationalise and prioritise treatment selections for effective management of musculoskeletal disorders.	1) Introduction to Clinical Reasoning Frameworks for Musculoskeletal Physiotherapy 2) Understanding Pain 3) Pain Pharmacology and Management 4) Clinical Reasoning: Subjective Interview 5) Musculoskeletal Clinical Translation Framework 7) Tissue and Fracture Healing 8) Group Discussions and Case Studies	Physiotherapists with at least 1 year of clinical experience in musculoskeletal physiotherapy.	\$950	\$1,050	Skills & Knowledge-based	Live zoom only	18 hours (4 half days)	17, 18, 21, 22	Oct-24	jayaraj.bala.krishnan@sgh.com.sg
PT	Clinical Reasoning for Physiotherapy Management in Stroke	1) Understand acute stroke medical management for cerebral infarcts and haemorrhage. 2) Understand medical management of stroke patients in sub-acute and chronic phases. 3) Use the International Classification of Functioning, Disability and Health (ICF) model as a framework for clinical reasoning in management of people after stroke. 4) Prioritise physiotherapy interventions based on analysis of impairments contributing to activity limitations. 5) Implement strategies to manage patients with behavioural and mood disorders after stroke. 6) Standardise and interpret outcome measure to measure efficacy of clinical intervention in stroke rehabilitation.	1) Hyperacute stroke management 2) Medical management of stroke patients in sub-acute and chronic phases 3) Stroke impairments 4) Task Analysis and Treatment: Sit to stand and Standing, Walking 5) Incorporating intensity of practice in clinic 6) Normal Gait & Pathological Gait 7) Management of behavioural and mood disorders after stroke 8) Outcome measures in stroke	Physiotherapists working with stroke patients in any settings	\$950	\$1,050	Skills & Knowledge-based	Live Zoom + Classroom	16 hours (4 half days)	13, 14, 17, 18	Mar-25	pgahi@sgh.com.sg
PT	Ergonomics	1) Understand the principles of Ergonomics 2) Apply tools and methodologies to assess risk factors in office and industrial settings 3) Employ methodologies in evaluating manual handling. 4) Comprehend anthropometry and its application in workplace design 5) Use of Singapore Standard SS514 Code of Practice for Office Ergonomics	1) Introduction to Ergonomics and Musculoskeletal Disorders 2) Ergonomics Risk Assessment 3) Manual Handling 4) Anthropometry 5) Office Ergonomics 6) Ergonomics Programme Development	Occupational Therapists Physiotherapists Occupational Health and Safety Professionals	<u>Main Session only</u> \$630 <u>Main + Extended Learning Sessions</u> \$750	<u>Main Session only</u> \$700 <u>Main + Extended Learning Sessions</u> \$830	Skills & Knowledge-based	Live Zoom + Classroom	<u>Main Session only</u> 7 hours (1 day) <u>Main + Extended Learning Sessions</u> 11 hours (1.5 days)	6 Sep 24 (Main) 4 Oct 24 (Extended Learning Session)	Sep-24 (Main) Oct-24 (Extended Learning Session)	joyce.lee.g.l@sgh.com.sg
PT	Evidence-based Practice in Physiotherapy	1) Conduct efficient and systematic search of medical literature that relates to a clinical question 2) Appraise the quality of a clinical research based on its methodology 3) Interpret the results of common types of clinical research: Observation studies, quasi-experimental studies, experimental studies and review studies 4) Assess the external validity and generalizability of a research study	1) Processes of evidence-based medicine (EBM) and study design 2) Question formulation PICO 3) Pragmatic literature search 4) Descriptive statistics & Statistical inferences 5) Binary data & Continuous data 6) Correlation 7) Regression 8) RCT appraisal 9) Systematic reviews & Meta-analysis	Practising physiotherapists who aspire to be an evidence-based practitioner	\$700	\$780	Skills & Knowledge-based	Classroom + self paced on e-learning portal	18 hours (8 hours self-directed learning; 10 hours classroom over 4 sessions)	3, 10, 17 & 24	Sep-24	joyce.lee.g.l@sgh.com.sg



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PT	Physiotherapy Assessment & Management of Cervical Disorders	1) Plan, prioritise and perform a physical examination for the cervical, upper cervical and cervico-scapular region 2) Discuss and demonstrate differential diagnosis of common cervical, upper cervical, and cervico-scapular dysfunctions 3) Understand the importance of thoracic spine function on cervical spine disorders 4) Provide effective management strategies based on a clinical reasoning framework 5) Formulate a treatment plan and exercise programme that will address relevant impairments and maximise recovery and function 6) Appreciate the principles of spinal surgery and imaging and their implications on physiotherapy management	1) Cervical Assessment & Management 2) Cervical surgeries, imaging 3) Assessment of nervous system 4) Post op Cervical Management, progression, precautions 5) Cervicogenic headache, dizziness, and the upper cervical spine 6) Influence of the Thoracic spine on neck pain 7) Exercises for motor control 8) Case studies	Physiotherapists with 1 to 2 years of outpatient musculoskeletal experience.	\$1,130	\$1,250	Skills & Knowledge-based	Classroom	18 hours (4 half days)	17, 18, 19, 20	Feb-25	pgahi@sgh.com.sg
PT	Physiotherapy Assessment & Management of Lower Quadrant Disorders	1) Efficiently perform a physical assessment of the hip and knee. 2) Discuss and clinically reason through the differential diagnoses of common lower quadrant dysfunction. 3) Formulate an effective treatment plan for lower quadrant dysfunctions. 4) Interpret basic radiological findings for the knee	1) Assessment & management of the knee 2) Rehabilitation for the injured patient post ACL injury 3) Updates for rehabilitation post total knee arthroplasty Introduction to musculoskeletal imaging for the knee 4) Assessment & management of the hip complex Introduction to musculoskeletal imaging for the knee 4) Assessment & management of running injuries	Physiotherapists with at least 1 year of clinical experience in musculoskeletal physiotherapy.	\$1,040	\$1,150	Skills & Knowledge-based	Live Zoom + Classroom	18 hours (4 half days)	6, 7, 10 & 11	Mar-25	joyce.lee.g.l@sgh.com.sg
PT	Point-of-Care Ultrasound (POCUS) of the Shoulder for Physiotherapy Practice	1) Understand basic ultrasound physics and knobology 2) Identify normal sonoanatomy of the shoulder 3) Recognize sonographic appearances of common pathologies of the shoulder 4) Acquire guided hands-on ultrasound scanning experience in small group sizes	1) Basic ultrasound physics and knobology 2) Imaging technique of the shoulder 3) Normal sonoanatomy of the shoulder 4) Sonographic appearances of common pathologies of the shoulder (rotator cuff tears, calcific tendinitis, bursal effusion) 5) Guided hands-on ultrasound practical	Physiotherapists	\$590	\$650	Skills & Knowledge-based	Classroom	4.5 hours	5	Oct-24	chua.sok.hong@sgh.com.sg
PT	Problem Solving In Respiratory Care	At the end of the course, participants should acquire: 1) The skills to assess, identify indications, precautions and contraindications & prioritise the respiratory problems amenable to physiotherapy techniques 2) Advanced knowledge on the rationale and scientific basis supporting the various cardiorespiratory therapy techniques 3) Abilities to identify physiotherapy techniques and adjuncts that are suitable for different respiratory issues 4) Practical skills to manage the various respiratory physiotherapy adjuncts	1) Clinical reasoning model 2) Increased work of breathing a) Positioning, breathing techniques, energy conservation b) Outcome measures 3) Ineffective secretion clearance 4) Inadequate respiratory volume 5) Adjuncts and techniques: Manual assisted Cough, Mechanical Insufflation-Exsufflation, Smart vest, Acapella, Cornet, Aerobika, Bubble PEP, Breath stacking, Bagging / Manual hyperinflation	This course is suitable for physiotherapists who encounter patients with a broad range of breathing problems in both the acute care (but NOT critical care) and community setting.	\$920	\$1,020	Skills & Knowledge-based	Live Zoom + Classroom	16 hours (4 half days)	21, 22, 25 & 26	Nov-24	chua.sok.hong@sgh.com.sg
PT	SENSE MAKING: Advance X-Ray and CT Imaging of the Chest	1) Understand the common terms used to describe Chest X-ray and Chest CT findings 2) Understand the relevant terminologies, technical parameters and scanning protocols used for Chest X-ray and Chest CT 3) Recognize core radiological anatomy on Chest X-ray and Chest CT 4) Distinguish normal from abnormal radiological appearances of various thoracic pathologies	1) Normal anatomy and normal variant in CXR and chest CT 2) Radiological appearances of chest pathologies in CXR and chest CT 3) Navigate the image viewer to fully appreciate CXR and chest CT images	1) Physiotherapists with 2-3 years of working experience who require reading or interpreting of chest imaging in their practice on a regular basis 2) Radiographers who have an interest in reading or interpreting chest imaging	\$590	\$650	Skills & Knowledge-based	Live zoom only	9 hours (2 half days)	22 & 29	Oct-24	chua.sok.hong@sgh.com.sg
PT	Sensory Re-training for Neurological Conditions	1) Understand the anatomy and physiology of the sensory /motor system 2) Understand and explain the interaction between sensory input and motor output 3) Create meaningful strategies through the integration of sensory information 4) Apply clinical interventions based on current neuroscience	1) Bringing sensory information to perception 2) Using body schema as a basis of feedforward movement 3) The diversity of receptors in hands and feet 4) Drive sensory summation in patients therapeutically	Occupational Therapists & Physiotherapists	\$610	\$680	Skills & Knowledge-based	Live zoom only	8 hours (2 half days)	TBC	TBC	joyce.lee.g.l@sgh.com.sg
PT	Spasticity and Contracture Management	1) Discuss the neuropathology of spasticity and contracture 2) Use the International Classification and Functioning (ICF) model to list impairments, activity limitations and participation restrictions associated with spasticity and contractures 3) Discuss the medical management of spasticity and contractures 4) Discuss early identification and treatment of post stroke spasticity 5) Articulate current evidence-based management of spasticity and contracture using a multimodal approach 6) Use the Modified Ashworth Scale and the Tardieu Scale to grade severity of spasticity 7) Design a rehabilitation program to maintain joint range and achieve patient-centred goals after botulinum toxin injection and/or serial casting	1) Neuropathology and medical management of spasticity and contracture 2) Prediction & prognosis of spasticity and motor neural recovery after stroke 3) Evidence-based management of spasticity and contracture using a multimodal approach 4) Assessment of spasticity (Ashworth and Tardieu Scale) 5) Evidence-based management of upper limb spasticity 6) Case studies: Clinical decision tree for spasticity management of upper and lower limbs	Doctors, Physiotherapists and Occupational Therapists who are currently managing patients with neurological conditions and are planning to specialise in neurology rehabilitation.	\$390	\$430	Skills & Knowledge-based	Live zoom only	5 hours	28	Jun-24	joyce.lee.g.l@sgh.com.sg
PT	The Science of Resistance Bands for Strength, Balance and Stability	1) Understand the scientific basis for the use of elastic resistance 2) Describe the therapeutic goals which can be achieved with elastic resistance (strength training, stability training and flexibility) 3) Learn and demonstrate a variety of ways to appropriately use elastic resistance to achieve therapeutic goals 4) Plan a sequence of exercises with appropriate dosing for relevant patient populations	1) Scientific principles of elastic resistance training 2) Set-up and positioning for resistance band training 3) Dosing and intensity of resistance band exercises 4) Training balance and stability with resistance bands and balance and stability devices 5) Designing an exercise program for different patient populations	Occupational Therapists Physiotherapists	\$680	\$750	Skills & Knowledge-based	Classroom	7 hours (1 day)	11	Oct-24	pgahi@sgh.com.sg
PT	Vestibular Rehabilitation	1) Discuss the anatomy and physiology of the vestibular system. 2) Describe the possible causes of dizziness/vertigo and imbalance 3) Differentiate between central, peripheral and other causes of dizziness/vertigo, including benign paroxysmal positional vertigo (BPPV), vestibular neuritis and cervicogenic dizziness. 4) Describe typical laboratory-based tests of vestibular and hearing function and interpret common findings. These include calorics and hearing tests. 5) Perform a basic bedside evaluation of a patient with dizziness/vertigo. These include oculomotor and positional tests, with and without the use of frenzel lenses. 6) Form a basic evaluation of balance under varying sensory conditions and interpret the findings. 7) Develop an evidence-based treatment program for balance and dizziness, including BPPV, with measurable, functional outcomes from assessment findings	1) Anatomy and Physiology of the Vestibular System 2) Common Vestibular Disorders and Differential Diagnosis 3) Elements of a Vestibular Assessment including in Acute Settings 4) BPPV: Pathophysiology and Efficacy of Treatment - (PC/AC Management); Epley's Manoeuvre 5) HC BPPV/ HC Canal Manoeuvres – Cupulolithiasis and Canalolithiasis 6) culomotor Examination 7) Assessment of Gait and Balance 8) Vestibular Function Tests: Hearing Test, Calorics, VEMPS, VNG & VBT 9) Exercises used in Vestibular Rehabilitation and Progression of Treatment	Physiotherapists	\$860	\$950	Skills & Knowledge-based	Live Zoom + Classroom + self paced on e-learning portal	18 hours (8 hours classroom and live Zoom; 10 hrs self-directed learning)	20 10	Nov-24 Dec-24	pgahi@sgh.com.sg



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POD	Local Anaesthesia Techniques for Foot and Ankle	1) Critically evaluate the indications/contraindications for local anaesthetic injection therapy in the lower limb. 2) Critically appraise the pharmacological principles surrounding the safe use of local anaesthetics for injection. 3) Demonstrate advanced anatomical knowledge associated with local anaesthetic injection administration. 4) Learn different techniques (eg. ring block, skin infiltration) for different procedure (nail surgery, wound debridement, wart treatment). 5) Effectively communicate with patients & colleagues the role of local anaesthetic injection therapy. 6) Clearly identify appropriate pre and post injection care 7) Safely carry out the pre-requisite number of injections, including appropriate aseptic technique.	Theory 1) Revision on Neuroanatomy, neurophysiology, medical history, physical and psychological 2) Literature review on local anaesthesia for foot & ankle 3) Pharmacology of local anaesthetics and vasoconstrictors 4) Local anaesthetics and dosing 5) Safety considerations 6) Local and systemic complications 7) Handling emergencies Practical 1) Blocks in the Foot & Ankle (Demo with Q&A session) 2) Self-Directed Learning and Hands-on	Podiatrists	\$1,350	\$1,500	Skills & Knowledge-based	Classroom	7 hours (2 half-days)	9 & 16	Jan-25	jayaraj.bala.krishnan@sgh.com.sg
RAD	SENSE MAKING: Advance X-Ray and CT Imaging of the Chest	1) Understand the common terms used to describe Chest X-ray and Chest CT findings 2) Understand the relevant terminologies, technical parameters and scanning protocols used for Chest X-ray and Chest CT 3) Recognize core radiological anatomy on Chest X-ray and Chest CT 4) Distinguish normal from abnormal radiological appearances of various thoracic pathologies	1) Normal anatomy and normal variant in CXR and chest CT 2) Radiological appearances of chest pathologies in CXR and chest CT 3) Navigate the image viewer to fully appreciate CXR and chest CT images	1) Physiotherapists with 2-3 years of working experience who require reading or interpreting of chest imaging in their practice on a regular basis 2) Radiographers who have an interest in reading or interpreting chest imaging	\$590	\$650	Skills & Knowledge-based	Live zoom only	9 hours (2 half days)	22 & 29	Oct-24	chua.sok.hong@sgh.com.sg
RAD	Ultrasound Elastography	1) Describe the principles of strain and shear wave elastography 2) Discuss the best practices for performing strain and shear wave elastography 3) Discuss the clinical application of strain and shear wave elastography in the evaluation of chronic liver diseases, musculo-tendinous pathologies and breast lesions 4) Recognize the normal and abnormal features of liver, musculo-tendinous and breast tissues evaluated using ultrasound elastography	1) Musculo-tendinous elastography: principle, technique, applications, potential pitfalls and diagnostic performance 2) Liver elastography: principle, technique, applications, potential pitfalls and diagnostic performance 3) Breast elastography: principle, technique, applications, potential pitfalls and diagnostic performance 4) Demonstration and practical hands-on	1) Radiographers practising in ultrasound 2) Healthcare professionals involved in ultrasound work	\$840	\$930	Skills & Knowledge-based	Classroom	6.5 hours (1 day)	26	Oct-24	joyce.lee.g.l@sgh.com.sg
RAD	"What's the Attraction About MRI?" -Back To Basics- NEW	This classroom course covers the basic of MRI theory and clinical application to supplement the On-Job Training (OJT) to novice or newly joined MRI radiographer. 1) Describe the different types of pulse sequences and its relevant theory 2) Describe the major components of the MR system and the operating mechanism. 3) Explain the origin and attribute of various MRI hazards and the preventive measures 4) Recognise MR artefacts and apply appropriate remedy 5) Interpret the imaging parameter and its effect on image weightage 6) Discuss the use of contrast agents in MRI 7) Rationalise the use of pulse sequences for various clinical indication	1) Basic MR Physics 2) MR Instrumentation 3) MR Safety - scenario based 4) Artefacts 5) Clinical - Neuro/Body/MSK 6) Pattern Recognition	Radiographers practising MRI between 1 – 2 years	\$1,130	\$1,250	Skills & Knowledge-based	Classroom	21 hours (3 days)	18 & 19 2	Jul-24 Aug 24	chua.sok.hong@sgh.com.sg
AHP	A Safer Home: Risk Identification and Home Modification (Basic) NEW	1) Understand fall risk factors 2) Demonstrate the basic ability to identify suitable equipment for various client groups (e.g. clients with physical, cognitive and vision impairments) 3) Be equipped with basic skills in home assessment and home modifications for varied client groups	1) Effectiveness of Home Modifications 2) Falls Risk Assessment 3) Basic Home Assessment for Community Healthcare Professionals 4) Basic Home Modification for Community Healthcare Professionals 5) Adaptive Aids and Exercise Equipment Prescription 6) Practical Session at ADL Room	Community Nurses, Case Managers and other community healthcare professionals	\$680	\$750	Skills & Knowledge-based	Classroom	7 hours (1 day)	21	Feb-25	pgahi@sgh.com.sg
AHP	Applied Suicide Intervention Skills Training (ASIST)	1) Acquire knowledge and skills to deal with person at risk of suicide with greater confidence and competence. 2) Recognise and assist persons at risk of suicide using an effective suicide intervention model.	1) Introduction Module - Sets the tone, norms & expectations of the learning experience. 2) Attitudes Module - Sensitises participants to their own attitudes towards suicide. Creates an understanding of the impact that attitudes have on their intervention process. 3) Knowledge Module - Provides participants with the knowledge & skills to recognize & assess the risk of suicide. 4) Intervention Module - Presents a model for effective suicide intervention. Participants develop their skills through observation, supervised simulation experiences & role-plays. 5) Resources Module - Generates information about resources in the local community. Promotes a commitment by participants to build local resources into helping networks.	Healthcare Professionals	\$1,040	\$1,150	Skills & Knowledge-based	Classroom	14 hours (2 days)	23 - 24 14 - 15	May-24 Nov-24	jayaraj.bala.krishnan@sgh.com.sg
AHP	Biostatistics for Research (SPSS) Advance	Equip participants with the knowledge and skills to design a database and perform data processing and analysis. There will be exercises for participants to practice.	1) Basic and Intermediate Revisit 2) Multinomial, Ordinal & Conditional Logistic Regression 3) Linear Regression vs General Linear Model (GLM) 4) Linear Mixed Models & GLM 5) Repeated Measures GLM vs Mixed Model 6) Generalized Estimating Equations (GEE) 7) Poisson Regression & Weighted Logistic Regression 8) ROC Analysis – Development of Risk Score Models 9) Principal Components Analysis, Factor & Reliability Analysis 10) Exercises and Q&A (at the end of each training day)	This course is recommended for participants who have previously enrolled for the Biostatistics for Research (Basic/Intermediate) Course. Participants should have statistical knowledge and have computer skills (Microsoft Windows and Excel).	\$740	\$820	Pedagogy/ Research	Live zoom only	14 hours (4 half days)	21 - 24	Oct-24	pgahi@sgh.com.sg
AHP	Biostatistics for Research (SPSS) Basic and Intermediate	Equip participants with the knowledge and skills to design a database and perform basic data processing and analysis.	1) Defining Data 2) Introduction to Clinical Research Methodology 3) Quantitative Analysis: Parametric and Non-Parametric tests 4) Merging files, Exporting files from Excel & Access, Syntax commands 5) Recording data, logical and compute statements, Charts & graphs 6) Qualitative Analysis: Determining associations between categorical variables – Chi square, Fisher's Exact and McNemar test. Use of Odds Ratios and Relative Risks 7) Correlation & Linear Regression Association between Quantitative Variables 8) Logistic Regression 9) Survival Analysis 10) Kaplan Meier and Cox regression for Analysis of Quantitative Data with Censoring 11) Exercises & Q&A (at the end of each training day)	Participants should have statistical knowledge and have computer skills (Microsoft Windows and Excel). This course is not suitable for beginners in statistics	\$680	\$760	Pedagogy/ Research	Live zoom only	14 hours (4 half days)	22 - 25 22 - 25 (Cancelled) 24 - 27	Apr-24 Jul-24 (Cancelled) Feb-25	jayaraj.bala.krishnan@sgh.com.sg



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AHP	Biostatistics for Research (STATA) Basic and Intermediate	Equip participants with the knowledge and skills to design a database and perform basic data processing and analysis.	<ol style="list-style-type: none"> Setting up a database in STATA Importing Excel into STATA Merging files Basic descriptive Graphs Computing and Recoding Randomised Controlled Trials Epidemiological Studies Sample size calculations Univariate analysis Multivariate regression 	Participants should have statistical knowledge and have computer skills (Microsoft Windows and Excel). This course is not suitable for beginners in statistics	\$680	\$760	Pedagogy/ Research	Live zoom only	14 hours (4 half days)	23 - 26	Sep-24	pgahi@sgh.com.sg
AHP	Compassion Focused Therapy	<ol style="list-style-type: none"> Understand the flows of compassion: compassion to others, being open to compassion from others and compassion to self Understand how CFT may be applied to clients with different problems in which there is a non-affiliative relationship with self and/or others (e.g. anxiety, depression, shame, etc.) 	<ol style="list-style-type: none"> Evolutionary functional analysis advances our understanding of mental health difficulties and in particular, the importance of the evolution of attachment, caring and affiliation as part of the human affect motivation and regulation system. Three system affect regulation model (threat, drive and affiliative-soothing) which informs compassion-focused interventions. Key compassion-focused skills including the use of the breath and body postures, the practice of compassion focused imagery, the use of compassionate mind training to build the "compassionate self", employing the "compassionate self" to engage with areas of personal difficulty and building supportive social relationships. 	Healthcare Professionals	\$1,260	\$1,400	Skills & Knowledge-based	Live zoom only	21 hours (3 days)	3 - 5	Jul-24	morgan_sea.r.q@sgh.com.sg
AHP	Cultivating a Growth Mindset in Building Resilience	<ol style="list-style-type: none"> Explore current thinking on resilience and growth mindset Examine our thinking and beliefs associated with growth and change Cultivate a mindset that facilitates resilience Develop skills and strategies for our personal growth and that of our clients 	<ol style="list-style-type: none"> Review current research and thinking on resilience and Growth Mindset - Carol Dweck Myths and Common thinking associated with mistakes and failures Social contexts and its impact on attitudes and perceptions Cultivating strategies for resilience training Personal Examples Examples from Resilience Training, Carol Dweck and Solution Focused Practice Integration and practical applications Practice - developing conversations with clients Practice - self-coaching for resilience 	Healthcare professionals	\$520	\$580	Skills & Knowledge-based	Live zoom only	6 hours (2 half days)	24 - 25	Jun-24	eileen_low@sgh.com.sg
AHP	Deconstructing Storytelling for Serious Games: How To Engage, Yet Keep It Real?	<ol style="list-style-type: none"> Understand the elements of a good story Learn how to do storyboarding Gain an insight into how to create a simple "play-your-own-adventure" game story 	<ol style="list-style-type: none"> Understand what are the ingredients of a good game story Walkthrough of a game storyboard Hands-on session 	Healthcare Educators	\$380	\$420	Pedagogy/ Research	Live zoom only	3 hours	13	Mar-25	chua_sok.hong@sgh.com.sg
AHP	Developing Leadership Capabilities & Effectiveness	<ol style="list-style-type: none"> Understand principles and insights into leadership Apply knowledge and skills learnt Develop into not merely good, but an extraordinary and effective leader 	<ol style="list-style-type: none"> Great Leaders Make a Great Difference Character is the Essence of Leadership Leadership Principles and Skills Leadership Styles: Using the Right One Leadership and Teams Legacy of Leadership: Develop Your People 	Heads of departments, individuals managing teams, or high potentials for leadership positions are welcome to attend this course	\$860	\$950	Leadership/ Communications	Classroom	14 hours (2 days)	20 & 27	Aug-24	chua_sok.hong@sgh.com.sg
AHP	Diabetes Nutrition Course	<ol style="list-style-type: none"> Educate multidisciplinary diabetes healthcare providers with basic yet important nutrition knowledge on diabetes Debunk misconceptions surrounding diet and diabetes Emphasize the importance of using self-blood glucose monitoring as a tool to better achieve the control of blood glucose level and to see how different foods affect blood glucose levels 	<ol style="list-style-type: none"> Nutrition in diabetes management Diabetes nutrition recommendations – current updates Eating with Diabetes Meal Planning with Diabetes Armchair supermarket tour 	Healthcare Professionals (excluding Dietitians)	\$370	\$410	Skills & Knowledge-based	Live zoom only	3.5 hours	19	Sep-24	morgan_sea.r.q@sgh.com.sg
AHP	Effective Visual Communication Techniques to Enhance Patient Communications for the Adult Population New	<p>By the end of the workshop, attendees will be able to:</p> <ol style="list-style-type: none"> Understand the benefits of basic visual communication techniques and how they can enhance patient conversations. Apply basic experiential knowledge in at least three effective visual communication techniques including: <ol style="list-style-type: none"> the use of story-telling, metaphors, and analogies to facilitate meaningful conversations with patients/caregivers, using visual resources such as picture cards to assist in conversations with persons having difficulties in self-expression. grounding and navigating conversations using simple diagrams, Identify ways in which visual communication techniques can enhance patient care in attendee's own setting. 	<ol style="list-style-type: none"> Introduction of visual communication techniques and how they can enhance patient conversations Practical applications of visual communication techniques in Clinical Practice Experiential <ol style="list-style-type: none"> Introduction to basic visual communication techniques Experimental and role-playing Micro-exhibition and Presentation <p>Some patient groups that may benefit from the creative techniques covered in this course include patients and/or caregivers where the use of visual-prompts aids:</p> <ul style="list-style-type: none"> understanding of complicated medical information or instructions; better articulate their thoughts and feelings; or serve as visual reminders to recall important medical advice. <p><i>Note: This workshop is specific for the adult population only.</i></p>	This entry-level workshop is ideal for patient-facing healthcare professionals who are interested in incorporating basic visual communication techniques into clinical situations to support patient communication.	\$630	\$700	Skills & Knowledge-based	Classroom	7 hours (1 day)	20	Sep-24	pgahi@sgh.com.sg
AHP	Essential Counselling Skills Course	<ol style="list-style-type: none"> Understanding what counselling is Acquire effective counselling skills Application of a problem-solving structure to facilitate positive intervention. 	<ol style="list-style-type: none"> Introduction to Counseling Person of a helper: Building self-awareness Seven Principles of Casework Basic Attending Behaviours Basic listening skills The Problem-Solving Approach (PADI) 	Healthcare Professionals	\$580	\$640	Skills & Knowledge-based	Live Zoom only Classroom	7 hours (2 half days & 1 full day)	26 - 27 27	Sep-24 Feb-25	jayaraj_bala.krishnan@sgh.com.sg
AHP	Essential Medical Terminology and Symptomatology	<ol style="list-style-type: none"> Increase knowledge in human body structure and functioning Understand the common symptomatology and diagnostic investigations carried out Comprehend & decipher the entries made by doctors in patient records Enhance understanding of the impact of physiology on psycho- social-emotional health essential to holistic case management. 	<ol style="list-style-type: none"> Basic anatomy of the human body How body structure relates to function How dysfunction relates to social handicaps & psychological stress Medical symptomatology & what brings patients to hospital Common investigations – when & why some tests are chosen over others 	Healthcare Professionals	\$630	\$700	Skills & Knowledge-based	Live zoom only	14 hours (4 half days)	22 - 25	Apr-24	jayaraj_bala.krishnan@sgh.com.sg



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AHP	Grief Sensitivity Training - How to relate effectively with grieving patients and caregivers NEW	This course aims to enable participants to: 1) Understand what is loss and grief 2) Identify the 40+ major losses in life 3) Identify Healthy & Unhealthy Coping Mechanisms 4) Understand the 6 Misconceptions of Grief 5) Understand the Grief Process 6) Understand the Common Responses to Loss & Grief 7) Recognise what Grief Recovery Looks Like 8) Understand the Importance of Holding Space 9) Recognise the Limitations of Advice & Solutions 10) Listening to the Heart of the Issue 11) Understand what to say and what not to say	1) Introduction 2) Mental Health & Grief: What's the Connection? 3) What is Loss? 4) What is Grief? 5) Healthy & Unhealthy Coping Mechanisms (with activity) 6) The 6 Misconceptions of Grief (with activity) 7) The Grief Process 8) Common Responses to Loss & Grief 9) How does Grief Recovery Looks Like? 10) The Art of Holding Space 11) Micro-Listening Skills for Holding Space (with activity) 12) Why Offering Advice & Solutions Doesn't Work 13) Listening for the Heart of the Issue 14) What to Say & What NOT to Say to Grievers (with activity)	Healthcare Professionals	\$880	\$980	Skills & Knowledge-based	Classroom	14 hours (2 days)	27 - 28	Jun-24	morgan.sea.r.q@sgh.com.sg
AHP	Hello, Can You Hear Me? - Helping Your Patient Who Has a Hearing Loss New	By the end of the course, attendees will be able to: 1) Identify different technological solutions that would benefit patients with hearing loss 2) Acquire knowledge of care and maintenance of hearing devices 3) Apply relevant skills in supporting patient with hearing loss in a clinical setting 4) Acquire understanding of the hearing-impaired journey - from diagnosis to intervention. 5) Spot the red flags where patient might have trouble hearing 6) Understand why patient needs accommodations in communication	This course comprises of theory and practical/hands-on components. The topics covered include: 1) Identifying different hearing devices 2) Know different parts of hearing devices 3) Troubleshooting of hearing devices for patient 4) Simple maintenance of hearing devices 5) Identify poor listening environments for the hearing impaired with hearing devices 6) Gain understanding of the process of diagnosis to intervention. Including a tour of the SGH Hearing Center. 7) Know the signs that a person may have hearing loss 8) Communication options available for the hearing-impaired person 9) Acquire skills in communicating with a hearing-impaired patient through role play 10) Case study discussion 11) Hands-on activity with hearing device	Healthcare Professionals	\$700	\$780	Skills & Knowledge-based	Classroom	7 hours (1 day)	22	Aug-24	morgan.sea.r.q@sgh.com.sg
AHP	Influencing Behaviour in Dementia Care through Person-Centred Approach (Part 1)	1) Define what it means to be person-centred in a care setting. 2) Use person-centred approach to address responsive behaviours of persons with dementia. 3) Apply the Enriched Model of Dementia to influence behaviour to promote dignity and respect for people with dementia.	1) Experiential Activity 2) Unpacking Person-centred Care (PCC) Principles a) Defining PCC using VIPS framework b) Identifying barriers to implementing VIPS in care setting 3) Using the Enriched Model of Dementia to address responsive behaviours a) Defining responsive behaviours b) Adopt the Enriched Model of Dementia to explain the responsive behaviours c) Formulate PCC interventions to address the responsive behaviours 4) Assessment: Presentation of Case Study Apply the Enriched Model of Dementia to influence behaviour to promote dignity and respect for people with dementia	Healthcare Professionals working in Dementia Care setting	\$860	\$950	Skills & Knowledge-based	Live Zoom + Classroom	11.5 hours (1 full day theory discussion, 1 half-day case presentation)	1st Run (Cancelled) 16 & 12 2nd Run 10 & 13	1st Run (Cancelled) Aug-24 & Sep-24 2nd Run Jan-25 & Feb-25	pgahi@sgh.com.sg
AHP	Introduction to Interpersonal Psychotherapy NEW	1) Understand the IPT model and its principles 2) Learn about IPT tools and techniques as well as their applications	1) Introduction and Theoretical Origins 2) Assessment and Initial Sessions 3) Techniques 4) Problem Areas 5) Concluding Treatment	Healthcare Professionals	\$540	\$600	Skills & Knowledge-based	Classroom	7 hours (1 day)	5	Jul-24	jayaraj.bala.krishnan@sgh.com.sg
AHP	Introduction to Solution Focused Brief Therapy (Part 1)	1) Acquire knowledge of the core skills, mind-set and philosophy of Solution Focused Brief Therapy (SFBT) 2) Appreciate the relevance of SFBT to their clinical practice (specifically within the healthcare setting) 3) Develop competence through practical applications of the solution focused model during the course	1) Overview of history, development, philosophy & mindset of SFBT 2) Basic framework for first session, second session and subsequent session protocol 3) Key questioning techniques 4) Stages of Solution Building 5) Applying EARS process 6) Dealing with client setbacks, relapses & challenging situations 7) Final review of SF process 8) Sharing of participants' experiences in using the skills learnt, focusing on developing competence and confidence in using this approach 9) Follow-up coaching including brief review, practice sets, case presentations and reflecting team format	Healthcare Professionals	\$770	\$850	Skills & Knowledge-based	Live zoom only	12 hours (4 half days)	2 - 5	Sep-24	pgahi@sgh.com.sg
AHP	Motivational Interviewing (Building Skills)	1) Deepen reflective listening skills 2) Listen and interact with change and sustain talk 3) Expand working knowledge of motivational interviewing (MI) 4) Learn the basics of coding MI practice 5) Develop an ongoing personal learning plan	1) Importance of MI Spirit 2) Four Processes of MI 3) Emphasis on Change Talk - Depth, Strength and Momentum 4) Work with Sustain Talk and Discord 5) Search for the Mechanisms Of Action in MI 6) Motivational Interviewing Treatment Integrity code (MITI) 4.2.1 7) How to increase proficiency in MI - Working with coded and un-coded transcripts - Reflective practice - Deepening reflections - Fine tuning listening skills	Healthcare Professionals who completed the Motivational Interviewing: Foundational Skills course.	\$630	\$700	Skills & Knowledge-based	Live zoom only	8 hours (2 half days)	10 - 11	Mar-25	jayaraj.bala.krishnan@sgh.com.sg
AHP	Motivational Interviewing (Foundational Skills)	1) Introduce the theory and foundational skills of motivational interviewing (MI) through didactic and experiential processes. 2) Acquaint with the history of MI and underlying theories and key foundational skills.	1) Motivational Interviewing: 30 Years of asking questions about change 2) The underlying assumptions, ideas and theories of MI 3) What is MI and is not MI 4) The Spirit of MI 5) The foundational Skills 6) Interacting with Change & Sustain Talk 7) Working with discord 8) Planning for Change 9) Exploring cultural considerations for MI	Healthcare Professionals	\$790	\$880	Skills & Knowledge-based	Live zoom only	16 hours (4 half days)	24 - 27 12 - 15 4 - 7 3 - 6	Jun-24 Aug-24 Nov-24 Mar-25	morgan.sea.r.q@sgh.com.sg



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AHP	Personal Well-Being through Mindful Self-Compassion	1) Understand the science of personal well-being through mindful self-compassion 2) Motivate yourself with kindness rather than criticism 3) Manage healthcare professional fatigue 4) Manage transference and counter-transference of in the healthcare profession 5) Application of Mindful Self-compassion in Crisis situation 6) Practice the art of gratitude and self-appreciation	1) Introduction to Well-Being through Mindfulness Self-Compassion for healthcare professionals in workplace 2) Science of Mindful Self-Compassion 3) Practice of various Mindfulness Self-compassion exercises 4) Application of the exercises taught and aligning them to personal daily workplace challenging moments 5) Reflection and sharing of the experiences in implementing the practices in daily work 6) The Art of Gratitude	Healthcare Professionals	\$1,060	\$1,180	Skills & Knowledge-based	Live zoom only	21 hours (3 days)	2, 9 & 16	Sep-24	pgahi@sgh.com.sg
AHP	Positive Leadership	1) The case for positive leadership 2) How to imbue positive meaning into work and leadership 3) The importance of empathy and psychological safety in healthcare 4) The importance of positive emotions, energy management and positive energy 5) How to give and receive growth-promoting feedback	1) The Case for Positive Leadership 2) Positive Meaning in Work 3) Positive Relationships, including Team 4) Psychological Safety and Empathy 5) Cultivating Supportive Feedback Culture 6) Leading with Emotional and Energy Awareness	Healthcare professionals with leadership position only	\$760	\$840	Leadership/Communications	Live zoom only	14 hours (2 days)	10 & 11	Feb-25	pgahi@sgh.com.sg
AHP	Recognising and Managing Cognitive Issues in the Elderly	1) Define and identify common cognitive impairments in elderly population which can be caused by different factors 2) Know the common diagnostic criteria for Mild Cognitive Impairments & Dementia (e.g., Alzheimer's Disease) 3) Understand the common symptoms & presentation 4) Appreciate an overview of management strategies for some of the common cognitive issues	1) What are the common cognitive impairments in elderly population which can be caused by different factors? 2) What are the symptoms of Mild Cognitive Impairments & Dementia? 3) What are the other factors (e.g., delirium, geriatric depression, etc.) that can cause cognitive impairments in elderly population? 4) What are the common management strategies? 5) Case discussion	Healthcare Professionals	\$470	\$520	Skills & Knowledge-based	Live zoom only	6 hours (2 half days)	20 & 27	May-24	morgan.sea.r.q@sgh.com.sg
AHP	The Neuropsychology of Neurological Conditions	At the end of course, participants will: 1) Have a basic understanding of the various dimensions in neuropsychology 2) Have a basic understanding of the various cognitive domains 3) Understand Parkinson's disease & its neuropsychological features 4) Understand epilepsy and its' neuropsychological features 5) Understand head injury/traumatic brain injury and its neuropsychological features	<u>Session 1: Basic Concepts in Neuropsychology & Introduction to Parkinson's disease</u> 1.1 <u>Introduction to Neuropsychological Dimension & Domains</u> a. Cognitive domains – features of memory processing, attention, speech & language, processing speed, visuo-construction and executive function b. Behaviour dimension – common behavioural changes in neuropsychology, e.g. mood, affect, delusions & hallucination, irritability, agitation/aggression, lability and disinhibition c. Emotional dimension – changes from pre-morbid to post-morbid settings in emotional lability and emotional expression d. Functional/Physical dimension – changes in activities in daily living skills (ADLs) 1.2 <u>Parkinson's disease</u> a. Definition & Features of Parkinson's Disease (PD) b. Cognitive deficiencies in PD c. Functional changes in PD – and impact in daily life d. Behavioural features of PD <u>Session 2: Understanding Epilepsy & Head Trauma</u> 2.1 <u>Epilepsy</u> a. Definition, terms & types b. Cognitive deficiencies in epilepsy c. Behavioral features of epilepsy 2.2 <u>Head trauma</u> a. Definition & terms – common types of deficiencies seen in common brain injuries b. Some possible cognitive deficits seen in brain injuries c. Some possible behavioural features seen in brain injuries	Healthcare Professionals	\$470	\$520	Skills and Knowledge based	Live zoom only	6 hours (2 half days)	24 & 31	Jul-24	morgan.sea.r.q@sgh.com.sg
AHP	Treatment Approaches for Persons with Parkinson Disease NEW	At the end of the course, participants should be able to: 1) Describe the motor and non-motor symptoms of PD 2) Describe the medical and surgical management of PD 3) List common impairments and activity limitations experienced by people with PD (PwP) 4) List common assessments to assess impairments, mobility and falls risk in PwP 5) List and select common assessments to assess motor and non-motor impairments, functional performance and participation in PwP 6) Understand the role of the multidisciplinary team in the management of PD (including PT, OT, ST, dietician, MSW and nursing) 7) Discuss briefly the physiotherapy treatment strategies for PwP 8) Select and deliver appropriate occupational therapy intervention strategies for PwP	1) Overview of the motor and non-motor symptoms of PD 2) Medical and Surgical Management of PD 3) Role of the multidisciplinary team in the management of PD	Physiotherapts, Occupational Therapists and other healthcare professionals working with PwP	\$900	\$1,000	Skills & Knowledge-based	Live Zoom + Classroom + self paced on e-learning portal	18 hours (14 hours live Zoom and classroom over 2 days; 4 hours self-directed learning)	TBC	Aug-24	joyce.lee.q.1@sgh.com.sg