

Training Calendar (1 April 2025 - 31 March 2026)

Message from Director

Dear Colleagues

Greetings to you!

Thank you for visiting the e-training calendar of SGH Postgraduate Allied Health Institute (PGAHI).

The rapidly evolving healthcare landscape underscored the critical need for adaptable, well-trained allied healthcare professionals (AHPs). At PGAHI, we recognize that the role of AHPs is pivotal in delivering high-quality, patient-centered care. We also emphasize on the importance of lifelong learning and professional development, so that AHPs can excel in their careers and contribute meaningfully to the healthcare community; in support of national health initiatives like Healthier SG (HSG). Developing allied health support staff to augment AHPs in delivering high-quality patient-centered care is equally important. Hence, we strive to empower AHPs and support staff with the knowledge and skills necessary to meet the evolving demands of the healthcare landscape through our training programmes.

To help you to select relevant training areas, the programmes are further categorized into Advanced Skills Practice, Transdisciplinary Care, Tech Enhanced Care, Person and Family-Centred Care & HSG.

PGAHI is committed to excellence and innovation by integrating technologies and evidence-based practices into our training. We also aim to provide our learners with a comprehensive and immersive learning experience through our collaborative partnerships with local and overseas faculty. All of us at PGAHI are excited to embark on this learning journey with you. Visit our webpage at www.sgh.com.sg/pgahi for the latest programmes and updates.

Together, we can shape the future of healthcare and make a lasting impact on the lives of those we serve.



Goh Soo Cheng
Director, SGH-Postgraduate Allied Health Institute





PGAH I Training Calendar

April 2025 – March 2026

All information stated is correct as of 3 February 2025 and subject to change without notice.
 Fees are in Singapore Dollars (inclusive of 9% GST) unless otherwise indicated.
 SingHealth staff and selected Professional Association bodies will be entitled to a discounted rate.
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Besides the following programmes, PGAH I also offers Clinical Attachments for AHPs. For more information, please visit: <https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

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 Title	Course Objectives	Course Outline	Target Audience & Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Sub-category	Mode of Learning	Duration	Date(s)	Month(s)	Course in-charge
DIET	Geriatric Neurology Nutrition Workshop for Dietitians	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	\$670	\$740	Skills and Knowledge-based	Advanced Skills Practice HealthierSG	Online Synchronous	8 hours (2 half days)	6 - 7	May-25	muhammad.sufi.ms@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	\$710	\$790	Skills and Knowledge-based	Advanced Skills Practice HealthierSG	Online Synchronous	12 hours (3 half days)	TBC	Aug-25	muhammad.sufi.ms@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	\$670	\$740	Skills and Knowledge-based	Advanced Skills Practice HealthierSG	Online Synchronous	8 hours (2 half days)	26 & 28	Aug-25	muhammad.sufi.ms@sgh.com.sg
OT	Bobath Normal Movement	1) Describe the concepts and basic components of normal movement 2) Understand the wide postural and tonal variation in the normal population 3) Draw on improved analysis, assessment and facilitation skills to more effectively treat neuromuscular disorders	1) Concepts of normal movement used in the assessment and treatment of adults with neurological or neuromuscular impairments 2) Course consists of a theoretical introduction to normal movement, practical sessions and a patient demonstration	Occupational Therapists & Physiotherapists with adult neurology experience.	\$2,070	\$2,300	Skills and Knowledge-based	Advanced Skills Practice	Classroom	21 hours	TBC	TBC	joyce.lee.g.l@sgh.com.sg
OT	Empowerment through Oncology Rehabilitation: The Occupational Therapist's Role in Caring for Cancer Survivors	1) Define the Occupational Therapists' role in the four phases of oncology rehabilitation 2) Conduct functional assessments and select appropriate interventions and outcomes measures, taking into consideration the patient's rehabilitation and recovery trajectory 3) Perform outcome measures to quantify and monitor functional impairments and goals 4) Devise tailored intervention strategies to enhance independence and quality of life for cancer survivors 5) Explore effective communication strategies for collaborating with oncology healthcare teams and patients' families.	1) Part 1. Epidemiology and trajectory of cancer and its treatment a) Staging and Prognosis b) Common cancer treatments, procedures, and related side effects c) Critical clinical issues and red flags during assessment/intervention d) Understand the four phases of oncology rehabilitation 2) Part 2. Rehabilitation of the cancer patient across the care continuum a) Physical and psychosocial acute, long-term, and late sequelae of cancer treatment and its impact on function b) Assessment and management of musculoskeletal issues; lymphoedema; cancer related fatigue; pain c) Assessment and management of psychological distress, body image issues, cognitive impairments d) Self-management of cancer as a chronic health issue 3) Part 3. Vulnerable groups and palliative management a) Rehabilitation during palliative phase b) Approaching patients and families during end-of-life care	Occupational Therapists with less than 2 years of experience working with oncology patients	\$1,130	\$1,250	Skills and Knowledge-based	Advanced Skills Practice Transdisciplinary Care	Classroom	16 hours	9 & 10	Feb-26	joyce.lee.g.l@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 S5514 Code of Practice for Office Ergonomics	1) Introduction to Ergonomics and Musculoskeletal Disorders 2) Ergonomics Assessment 3) Manual Handling 4) Anthropometry 5) Office Ergonomics 6) Ergonomics Programme Development	Occupational Therapists, Physiotherapists, Occupational Health & Safety Professionals, Industrial Nurses and Staff from Safety Network	Main Session only \$680 Main + Extended Learning Sessions \$800	Main Session only \$750 Main + Extended Learning Sessions \$880	Skills and Knowledge-based	Advanced Skills Practice	Online Synchronous + Classroom	Main Session only 7 hours (1 day) Main + Extended Learning Sessions 11 hours (1.5 days)	Main Session 17 Extended Learning Session 22	Main Session Sep 2025 Extended Learning Session Oct 2025	muhammad.sufi.ms@sgh.com.sg
OT	Prescription of Powered Mobility Aids	1) Explain features of Powered Mobility Aids (PMAs) and operate them proficiently 2) Identify clients' capacities and abilities to use PMAs 3) Evaluate clients' needs for PMAs	1) Common types of different PMAs and their features 2) Customisation of PMAs 3) Evaluation on the suitability of clients who need PMAs 4) Practical considerations of using PMAs 5) Assessment of appropriate PMAs for clients 6) Funding schemes for PMA prescription 7) Practical skills in driving PMAs in the community including taking public transport	Occupational Therapists	\$1,220	\$1,350	Skills and Knowledge-based	Advanced Skills Practice	Classroom	14 hours	22 - 23	Jan-26	muhammad.sufi.ms@sgh.com.sg
OT	Sensory Retraining for Neurological Conditions	1) Understand the anatomy and physiology of the sensory /motor system 2) Identify appropriate resource(s) to search for desired information 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	\$1,890	\$2,100	Skills and Knowledge-based	Advanced Skills Practice	Classroom	21 hours	TBC	TBC	joyce.lee.g.l@sgh.com.sg
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) Integrate the above (1 to 3) 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	\$990	\$1,100	Skills and Knowledge-based	Advanced Skills Practice	Classroom	14 hours	26 & 27	Feb-26	muhammad.sufi.ms@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	\$750	\$830	Skills and Knowledge-based	Advanced Skills Practice	Classroom	7 hours	10	Oct-25	muhammad.sufi.ms@sgh.com.sg
PHARM	Clinical Reasoning Approach to Pharmacotherapy (Infectious Diseases)	1) To understand the broad overview of clinical reasoning 2) To apply the components of clinical reasoning in pharmacotherapy practice for the management of common infective conditions, such as urinary tract infections, pneumonia, skin and soft tissue infections, and intra-abdominal infections 3) To critically evaluate current evidence and apply into daily clinical practice to optimize antimicrobial use	The course focuses on developing clinical reasoning skills in pharmacotherapy of common infective conditions. Learners will experience applying clinical reasoning processes specific to managing commonly seen infective conditions through a series of case-based discussions.	Pharmacists	\$720	\$800	Skills and Knowledge-based	Advanced Skills Practice	Classroom	9 hours (2 half days)	12 & 13	Nov-25	muhammad.sufi.ms@sgh.com.sg
PHARM	Drug Information Skills for Pharmacy Technicians	1) List evidence-based drug information resources 2) Interpret appropriate resource(s) to search for desired information 3) Interpret and apply information obtained to aid medication reconciliation, 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/ image identification b) indications and goals of therapy c) side effects and management d) drug interactions and management	Pharmacy Technicians	\$520	\$580	Skills & Knowledge-based	Advanced Skills Practice	Classroom	4 hours (1 half day)	12	Dec-25	chua.sok.hong@sgh.com.sg
PHARM	Pharmacy Preceptor Training	1) Understand the goals of preceptorship, the roles and responsibilities and expectations of a preceptor 2) Understand self-leadership in order to effectively lead others 3) Discuss the importance of ethical practice, professionalism, interpersonal and communication skills 4) Learn and practice how to precept and coach (include learning styles, teaching approaches, questioning, clinical reasoning) 5) Learn and practice how to give feedback objectively and effectively 6) Learn and practice how to do assessment in the developmental continuum 7) Discuss the importance of motivational skills including handling of Generation Z 8) Learn the changes involved transitioning to the new assessment methodology 9) Discuss the challenges of precepting and how to overcome them 10) Discuss the key success factors for the preceptor in achieving optimal training for the trainee	The course frames the partnership journey of the preceptor and the trainee in the developmental experience for the learner, from preparation, onboarding into real world practice and the lived experience of precepting and nurturing the trainee into a full-fledged pharmacist.	Pharmacists	\$540	\$600	Skills and Knowledge-based	Advanced Skills Practice	Classroom	8.5 hours (1 day)	1st run: 10 2nd run: 17 3rd run: 20	1st run: May-25 2nd run: May-25 3rd run: Jun-25	javarai.bela.krishnan@sgh.com.sg khoon.sin.may@sgh.com.sg chua.sok.hong@sgh.com.sg
PT	Advanced Respiratory Care & Exercise Prescription in Onco Surgical Population	1) Describe the current state of science and practice in preoperative rehabilitation and prescribe an appropriate prehabilitation exercise program 2) Gather, interpret and synthesize information to evaluate the impact of surgery and its associated medical management on the patient's pulmonary function 3) Understand pathogenesis, diagnosis and management approach of patients with postoperative pulmonary complications (PPC) 4) Apply advanced skills to assess and provide holistic physiotherapy management for patients undergoing complex surgery such as transplant, head and neck surgery and bariatric surgery.	1) Preoperative Assessment 2) Postoperative Considerations 3) Thoracic Surgeries 4) Major Abdominal Surgeries and Solid Organ Transplant Special Surgery – Head & Neck and Bariatric	Physiotherapists with 2 – 3 years of working experience	\$1,040	\$1,150	Skills and Knowledge-based	Advanced Skills Practice	Online Synchronous	20 hours	20, 21, 22, 25 & 26	Aug-25	javarai.bela.krishnan@sgh.com.sg

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PT	Clinical Reasoning for Lower Back Pain NEW	1) Learn clinical reasoning, applied hands-on management and approaches to manage people with low back pain 2) Explore the realities of manual therapy, the movement behaviours we can help, and the clinical reasoning that underpins how to make sensible decisions about low back pain	1) Clinical reasoning in the lumbar spine 2) Rationale for treatment selections 3) Case studies 4) Lumbar spine pain/ movement exploratory techniques 5) Context of safety/ pathology in the assessment of spinal pain 6) Motor control and implications to clinical practice 7) How to change movement behaviours 8) Analysis of movement behaviour and relevance in clinical practice 9) Functional re-training	Physiotherapists	\$1,980	\$2,200	Skills and Knowledge-based	Advanced Skills Practice	Classroom	21 hours	10, 11 & 12	Jul-25	joyce.lee.g.l@sg.h.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 3) Task Analysis and Treatment: Sit to stand and Standing, Walking 4) Incorporating intensity of practice in clinic 5) Normal Gait & Pathological Gait 6) Management of behavioural and mood disorders after stroke Outcome measures in stroke	Physiotherapists working with stroke patients in any settings	\$1,040	\$1,150	Skills and Knowledge-based	Advanced Skills Practice	Online Synchronous + Classroom	16 hours	12, 13, 16 & 17	Mar-26	muhammad.sufi.ms@sg.h.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) Rationalize and prioritize 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) Introduction to the Musculoskeletal Clinical Translation Framework 6) Tissue and Fracture Healing	Physiotherapists with 2 to 5 years of working experience in the Musculoskeletal field	\$1,040	\$1,150	Skills and Knowledge-based	Advanced Skills Practice	Online Synchronous	18 hours	27, 28, 29, 30	Oct-25	javarai.bala.krishnan@sg.h.com.sg
PT	Geriatric Rehabilitation	1) Recognise frailty in the older persons and discuss the appropriate management 2) Conduct a comprehensive assessment and management for falls, interpret results and discuss the appropriate management 3) Understand the principles of exercise prescription for the geriatric population and design an appropriate exercise program 4) Identify common types of cognitive changes and outline strategies to manage and communicate with older persons with cognitive impairment and dementia 5) Understand the person-centric approach in management of dementia patients with behavioral and psychological symptoms. 6) Update the technology in supporting older persons rehabilitation in various settings. 7) Increase awareness of age friendly environment to ensure home and community safety in older adults. 8) Conduct healthy conversations to promote a person-centred approach to health behaviour change in older persons 9) Identify the primary functional problems and associated impairments in the older persons with acute/chronic pain, oncological conditions and non specific giddiness, and understand their management	1) Assessment and management of frailty, falls, non specific giddiness and common movement disorders in the geriatric population. 2) Use of technology in older persons rehabilitation 3) Age friendly environment for home and community safety in Singapore 4) Use of healthy conversations in older adults 5) Considerations and strategies for rehabilitation in older persons with - Osteoporosis and sarcopenia - Cognitive impairment and dementia - Oncological conditions - Non specific dizziness	Physiotherapists working with geriatric population in any settings	\$750	\$830	Skills and Knowledge-based	Advanced Skills Practice Tech Enhanced Care	Classroom	16 hours	5, 6, 9 & 10	Mar-26	khoon.sin.may@sg.h.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 S5514 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 & Safety Professionals, Industrial Nurses and Staff from Safety Network	Main Session only \$680 Main + Extended Learning Sessions \$800 \$790	Main Session only \$750 Main + Extended Learning Sessions \$880 \$880	Skills and Knowledge-based	Advanced Skills Practice	Online Synchronous + Classroom	Main Session only 7 hours (1 day) Main + Extended Learning Sessions 11 hours (1.5 days)	Main Session 17 Extended Learning Session 22	Main Session Sep 2025 Extended Learning Session Oct 2025	muhammad.sufi.ms@sg.h.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 4) Assess the external validity and generalizability of a research study	1) Processes of evidence based medicine (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	\$790	\$880	Skills and Knowledge-based	Advanced Skills Practice	Classroom + Self-paced on Learning Management System	18 hours (8 hours self-directed learning; 10 hours classroom)	1st run: 6, 13, 20, 27 2nd run: 2, 9, 16, 23 Sep 2025	1st run: May 2025 2nd run: Sep 2025	joyce.lee.g.l@sg.h.com.sg khoon.sin.may@sg.h.com.sg
PT	Extracorporeal Shockwave Therapy NEW	1) Understand Extracorporeal Shockwave Therapy (ESWT) - Radial & Focused ESWT 2) Gain an understanding of ESWT's mechanisms, indications and contraindications. 3) Learn about evidenced based practice and clinical protocols of Extracorporeal shockwave therapy. 4) Gain hands-on practice with shockwave therapy. 5) Understand use of shockwave therapy in lower limb conditions and in conjunction with exercise and loading.	1) Extracorporeal Shockwave Therapy - Radial & Focused Extracorporeal Shockwave Therapy (ESWT) theory and technology 2) Patient selection based on ESWT's indication and contraindications 3) Use of ESWT in Lower Limb Conditions and in Running Injury Rehab 4) Hands on practical session with ESWT	Podiatrists & Physiotherapists	\$1,620	\$1,800	Skills and Knowledge-based	Advanced Skills Practice Tech Enhanced Care	Classroom	8 hours	TBC	TBC	javarai.bala.krishnan@sg.h.com.sg
PT	Introductory Course on Incontinence and Pelvic Floor Muscles Training NEW	1) Identify the common types of urinary incontinence and their symptoms in male and female 2) Recognise the relationship between the urinary and bowel system 3) Execute subjective assessment to identify common types of urinary incontinence in male and female 4) Execute objective assessment to identify common types of urinary incontinence in male and female 5) Prescribe appropriate pelvic floor exercise parameters to treat urinary incontinence in male and female	1) Anatomy of the male and female lower urinary tract system and the pelvic floor muscles 2) Physiology of the lower urinary tract system and the pelvic floor muscles 3) Common types of urinary incontinence affecting male and female 4) Pathophysiology of urinary incontinence in men and women 5) Relationship between the bowel and lower urinary tract 6) Introduction to bowel incontinence 7) Subjective assessment for common urinary and bowel incontinence 8) Non-invasive assessment of the pelvic floor function 9) Using exercise prescription principles in pelvic floor muscles training	Physiotherapists with 3 or more years of working experience	\$770	\$850	Skills and Knowledge-based	Advanced Skills Practice	Classroom	8 hours	5	May-25	joyce.lee.g.l@sg.h.com.sg
PT	Physiotherapy Assessment and Management of Lumbopelvic Disorders	1) Plan, prioritise and perform a competent assessment of patients with lumbopelvic pain 2) Formulate effective physiotherapy management plans for patients with lumbopelvic pain, using an evidence-informed approach. 3) Design and implement physiotherapy management plans for patients post-lumbar spinal surgery	1) Lumbar Spine assessment and management 2) Clinical Reasoning Framework 3) Spinal Manipulation and Back Pain 4) SA Assessment and Management 5) Scoliosis Assessment and Management 6) Medical Imaging of the Lumbar Spine 7) Surgical Management of the Lumbar Spine 8) Post-Operative Physiotherapy management following lumbar spinal surgery	Physiotherapists with 2 - 5 years of working experience in the Musculoskeletal field	\$1,150	\$1,280	Skills and Knowledge-based	Advanced Skills Practice	Online Synchronous + Classroom	18 hours	29, 30 & 2-3	Jan 2026 & Feb 2026	khoon.sin.may@sg.h.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	\$670	\$740	Skills & Knowledge-based	Advanced Skills Practice	Classroom	4.5 hours	4	Oct 25	chua.sok.hong@sg.h.com.sg
PT	Problem Solving in Respiratory Care	1) Assess, identify and prioritise respiratory problems amenable to physiotherapy techniques, followed by identifying the indications, precautions and contraindications to physiotherapy interventions. 2) Explain, anchored on scientific basis, the rationale of various cardiorespiratory therapy techniques 3) Formulate physiotherapy plan involving physiotherapy techniques and adjuncts that are suitable for different respiratory issues 4) Demonstrate practical skills to manage the various respiratory physiotherapy adjuncts	1) Clinical reasoning model 2) Increased work of breathing 3) Positioning, breathing techniques, energy conservation 4) Outcome measures 5) Ineffective secretion clearance 6) Inadequate respiratory volume 7) Adjuncts and techniques: Manual assisted Cough, Mechanical Insufflation-Exsufflation, Smart vest, Acapella, Cornet, Aerobika, Bubble PEP, Breath stacking, Bagging / Manual hyperinflation	Physiotherapists who encounter patients with a broad range of breathing problems in both the acute care (but NOT critical care) and community setting.	\$990	\$1,100	Skills and Knowledge-based	Advanced Skills Practice	Online Synchronous + Classroom	16 hours	20, 21, 24 & 25	Nov-25	chua.sok.hong@sg.h.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 with 2-3 years of working experience and limited knowledge on Computed Tomography, who have an interest in reading or interpreting chest imaging	\$680	\$760	Skills & Knowledge-based	Advanced Skills Practice Transdisciplinary Care	Online Synchronous	10 hours (2 half days)	28 4	Oct-25 Nov-25	muhammad.sufi.ms@sg.h.com.sg
PT	Sensory Retraining 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	1890	\$2,100	Skills and Knowledge-based	Advanced Skills Practice	Classroom	21 hours	TBC	TBC	joyce.lee.g.l@sg.h.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	\$750	\$830	Skills and Knowledge-based	Advanced Skills Practice	Classroom	7 hours	10	Oct 2025	muhammad.sufi.ms@sg.h.com.sg

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PSY Psychologist	RAD Radiographer	ST Speech Therapist	

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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 Canalithiasis 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	\$1,040	\$1,150	Skills & Knowledge-based	Advanced Skills Practice	Live Zoom + Classroom + self paced on e-learning portal	18 hours (8 hours classroom and live Zoom; 10 hrs self-directed learning)	19 10	Nov-25 Dec-25	jayaraj.bala.krishnan@sgh.com.sg
POD	Extracorporeal Shockwave Therapy	1) Understand Extracorporeal Shockwave Therapy (ESWT) - Radial & Focused ESWT 2) Gain an understanding of ESWT's mechanisms, indications and contraindications. 3) Learn about evidenced based practice and clinical protocols of Extracorporeal shockwave therapy. 4) Gain hands-on practice with shockwave therapy. 5) Understand use of shockwave therapy in lower limb conditions and in conjunction with exercise and loading.	1) Extracorporeal Shockwave Therapy - Radial & Focused Extracorporeal Shockwave Therapy (ESWT) theory and technology 2) Patient selection based on ESWT's indication and contraindications 3) Use of ESWT in Lower Limb Conditions and in Running Injury Rehab 4) Hands on practical session with ESWT	Podiatrists & Physiotherapists	\$1,620	\$1,800	Skills and Knowledge-based	Advanced Skills Practice Tech Enhanced Care	Classroom	8 hours	TBC	TBC	jayaraj.bala.krishnan@sgh.com.sg
RAD	Fundamentals of Video Fluoroscopic Swallow Study (VFSS)	1) Assess the patient's clinical presentation and adopt positioning and image acquisition techniques to optimise the diagnostic fluoroscopic swallow study 2) Explain and relate the presentation of normal and abnormal swallowing functions on a fluoroscopic video 3) Explain and apply dose reduction, radiation protection and safety practices to patients and staff 4) Apply the appropriate communication strategies to achieve effective collaboration	1) Enhance technical skills 2) Promote interprofessional collaboration 3) Increase knowledge of swallowing disorders 4) Strengthen radiation safety practices 5) Build problem-solving skills 6) Improve patient-centred care	1) Radiographers 2) Speech Therapists - Minimum 6 months experience in adult dysphasia assessment and management	\$990	\$1,100	Skills and Knowledge-based	Advanced Skills Practice Transdisciplinary Care	Classroom + Self-paced on Learning Management System	12 hours (5 hours self-directed learning; 7 hours classroom)	11	Jul-25	chua.sok.hong@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 with 2-3 years of working experience and limited knowledge on Computed Tomography, who have an interest in reading or interpreting chest imaging	\$680	\$760	Skills & Knowledge-based	Advanced Skills Practice Transdisciplinary Care	Online Synchronous	10 hours (2 half days)	28 4	Oct-25 Nov-25	muhammad.sufi.ms@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) Recognise 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	Course Only \$1,080 OPTIONAL Course + 1 Observership \$1,260 Course + 2 Observerships \$1,440	Course Only \$1,200 OPTIONAL Course + 1 Observership \$1,400 Course + 2 Observerships \$1,600	Skills & Knowledge-based	Advanced Skills Practice	Online Synchronous + Classroom	8 hours (2 half days)	Course Only 7 & 11 OPTIONAL Observership(s) To be arranged	Course Only Oct-25 OPTIONAL Observership(s) Oct-25	joyce.lee.g@sgh.com.sg
RAD	What's the Attraction About MRI?	This classroom course covers MRI theory and its clinical application to supplement the On-Job Training (OJT) to MRI radiographers. After completing this course, participants will be able to: 1) Describe the different type of pulse sequences and its relevant theory 2) Describe the major components of MR system 3) Explain the origin and attribute of MR hazards and preventive measures 4) Recognise MR artefacts and apply appropriate remedy 5) Interpret imaging parameters and its effect on image weightage 6) Discuss the use of contrast agents in MRI 7) Rationalize the use of pulse sequences for various clinical indications 8) Recognise pathological conditions, anomalies and variations in anatomy 9) Correlate radiological findings with clinical information	1) Basic MR Physics 2) MR Instrumentation 3) MR Safety - scenario based 4) Artefacts 5) Clinical - Neuro/Body/MSK 6) Pattern Recognition	1) Radiographers 2) Radiologists 3) Medical Physicists	\$1,260	\$1,400	Skills & Knowledge-based	Advanced Skills Practice	Classroom	21 hours (3 days)	9, 10 & 17	Oct-25	jayaraj.bala.krishnan@sgh.com.sg
ST	Fundamentals of Video Fluoroscopic Swallow Study (VFSS)	1) Assess the patient's clinical presentation and adopt positioning and image acquisition techniques to optimise the diagnostic fluoroscopic swallow study 2) Explain and relate the presentation of normal and abnormal swallowing functions on a fluoroscopic video 3) Explain and apply dose reduction, radiation protection and safety practices to patients and staff 4) Apply the appropriate communication strategies to achieve effective collaboration	1) Enhance technical skills 2) Promote interprofessional collaboration 3) Increase knowledge of swallowing disorders 4) Strengthen radiation safety practices 5) Build problem-solving skills 6) Improve patient-centred care	1) Radiographers 2) Speech Therapists - Minimum 6 months experience in adult dysphasia assessment and management	\$990	\$1,100	Skills and Knowledge-based	Advanced Skills Practice Transdisciplinary Care	Classroom + Self-paced on Learning Management System	12 hours (5 hours self-directed learning; 7 hours classroom)	11	Jul-25	chua.sok.hong@sgh.com.sg
AHP	A Safer Home: Risks Identifications and Home Modifications	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	\$950	\$1,050	Skills & Knowledge-based	Advanced Skills Practice Transdisciplinary Care	Classroom	7 hours (1 day)	14	Nov-25	khoon.sin.may@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	\$1,150	\$1,280	Skills and Knowledge-based	Advanced Skills Practice Transdisciplinary Care Person & Family Centred Care	Classroom	14 hours (2 days)	26 - 27	Jun-25	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).	\$880	\$980	Skills and Knowledge-based	Advanced Skills Practice Tech Enhanced Care	Online Synchronous	14 hours (4 half days)	24 - 27	Nov-25	jayaraj.bala.krishnan@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	\$790	\$880	Skills and Knowledge-based	Advanced Skills Practice Tech Enhanced Care	Online Synchronous	14 hours (4 half days)	21 - 24 12 - 15	Apr-25 Jan-26	muhammad.sufi.ms@sgh.com.sg
AHP	Compassion Focused Therapy	1) Understand the flows of compassion: compassion to others, being open to compassion from others and compassion to self 2) 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.)	1) 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. 2) Three system affect regulation model (threat, drive and affiliative-soothing) which informs compassion-focused interventions. 3) 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	\$1,400	\$1,550	Skills & Knowledge-based	Advanced Skills Practice Transdisciplinary Care Person & Family Centred Care	Live zoom only	21 hours (3 days)	TBC	Jul-25	elileen.low@sgh.com.sg
AHP	Cultivating a Growth Mindset in Building Resilience	1) Explore current thinking on resilience and growth mindset 2) Examine our thinking and beliefs associated with growth and change 3) Cultivate a mindset that facilitates resilience 4) Develop skills and strategies for our personal growth and that of our clients	1) Review current research and thinking on resilience and Growth Mindset - Carol Dweck 2) Myths and Common thinking associated with mistakes and failures 3) Social contexts and its impact on our attitudes and perceptions 4) Cultivating strategies for resilience training 5) Personal Examples 6) Examples from Resilience Training, Carol Dweck and Solution Focused Practice 7) Integration and practical applications 8) Practice - developing conversations with clients 9) Practice - self-coaching for resilience	Healthcare professionals	\$590	\$650	Skills and Knowledge-based	Advanced Skills Practice	Online Synchronous	6 hours (2 half days)	TBC	TBC	elileen.low@sgh.com.sg

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PGAHI Training Calendar

April 2025 – March 2026

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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 Title	Course Objectives	Course Outline	Target Audience & Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Sub-category	Mode of Learning	Duration	Date(s)	Month(s)	Course in-charge
AHP	Deconstructing the "Art" and "Science" of Serious Games Stories: How To Engage, Yet Keep It Real	1) Understand the elements of a good story 2) Gain an insight into how to leverage on Gen AI to create a "play-your-own-adventure" game story	1) Identify the ingredients of a good game story 2) Walkthrough on how to create a simple "play-your-own-adventure" game story 3) Hands-on session	Healthcare professionals and healthcare educators who are interested in using serious games in their area of work	\$680	\$750	Pedagogy/ Research	Tech Enhanced Care	Classroom	7.5 hours (1 day)	12	Mar-26	jvarai.bala.krishnan@sgh.com.sg
AHP	Developing Leadership Capabilities & Effectiveness	1) Understand principles and gain insights into leadership 2) Apply knowledge and skills learnt in daily practice 3) Develop into exemplary and effective leaders	1) Great Leaders Make a Great Difference 2) Character is the Essence of Leadership 3) Leadership Principles and Skills 4) Leadership Styles: Using the Right One 5) Leadership and Teams 6) Legacy of Leadership: Develop Your People	Heads of departments, individuals managing teams, or high potentials for leadership positions	\$900	\$1,000	Leadership/ Communications	NA	Classroom	14 hours (2 days)	19 & 26	Aug-25	chua.sok.hong@sgh.com.sg
AHP	Diabetes Nutrition Course	1) Educate multidisciplinary diabetes healthcare providers with basic yet important nutrition knowledge on diabetes 2) Debunk misconceptions surrounding diet and diabetes 3) 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	1) Nutrition in diabetes management 2) Diabetes nutrition recommendations – current updates 3) Eating with Diabetes 4) Meal Planning with Diabetes 5) Armchair supermarket tour	Healthcare Professionals (excluding Dietitians)	\$430	\$480	Skills and Knowledge-based	Transdisciplinary Care	Online Synchronous	3.5 hours	18	Sep-25	chua.sok.hong@sgh.com.sg
AHP	Effective Visual Communication Techniques to Enhance Patient Communications for the Adult Population	By the end of the workshop, attendees will be able to: 1) Understand the benefits of basic visual communication techniques and how they can enhance patient conversations. 2) Apply basic experiential knowledge in at least three effective visual communication techniques including: 2.1) the use of story-telling, metaphors, and analogies to facilitate meaningful conversations with patients/caregivers, 2.2) using visual resources such as picture cards to assist in conversations with persons having difficulties in self-expression. 2.3) grounding and navigating conversations using simple diagrams. 3) Identify ways in which visual communication techniques can enhance patient care in attendee's own setting.	1) Introduction of visual communication techniques and how they can enhance patient conversations 2) Practical applications of visual communication techniques in Clinical Practice 3) Experiential 3.1) Introduction to basic visual communication techniques 3.2) Experimental and role-playing 3.3) Micro-exhibition and Presentation	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. 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: • understanding of complicated medical information or instructions; • better articulate their thoughts and feelings; • or serve as visual reminders to recall important medical advice. Note: This workshop is specific for the adult population only.	\$720	\$800	Skills and Knowledge-based	Transdisciplinary Care Person & Family Centred Care	Classroom	7 hours (1 day)	24	May-25	eileen.low@sgh.com.sg
AHP	Essential Counselling Skills Course	1) Understanding what counselling is 2) Acquire effective counselling skills 3) Application of a problem-solving structure to facilitate positive intervention.	1) Introduction to Counseling 2) Person of a helper: Building self-awareness 3) Seven Principles of Casework 4) Basic Attending Behaviours 5) Basic listening skills 6) The Problem-Solving Approach (PADI)	Healthcare Professionals	\$680	\$750	Skills and Knowledge-based	Advanced Skills Practice Transdisciplinary Care Person & Family Centred Care	Online Synchronous + Classroom	7 hours (2 half days & 1 full day)	30 1 - 2	May-25 Dec-25	jvarai.bala.krishnan@sgh.com.sg
AHP	Grief Semblivity Training - How to relate effectively with grieving patients and caregivers	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	\$990	\$1,100	Skills & Knowledge-based	Advanced Skills Practice Transdisciplinary Care Person & Family Centred Care	Classroom	14 hours (2 days)	TBC	Jun 2025	khoo.sin.may@sgh.com.sg
AHP	Hello, Can You Hear Me? - Helping Your Patient Who Has a Hearing Loss	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 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	\$780	\$900	Skills and Knowledge-based	Transdisciplinary Care Person & Family Centred Care	Classroom	7 hours (1 day)	21	Aug-25	eileen.low@sgh.com.sg
AHP	Introduction to Interpersonal Psychotherapy	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	\$610	\$680	Skills and Knowledge-based	Advanced Skills Practice	Classroom	7 hours (1 day)	6	Mar-26	jvarai.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 SABS 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	\$840	\$930	Skills and Knowledge-based	Advanced Skills Practice Person & Family Centred Care	Online Synchronous	12 hours (4 half days)	8 - 11	Sep-25	jvarai.bala.krishnan@sgh.com.sg
AHP	Medical Physicist Residency Programme NEW	1) Clinical Training (to provide hands-on experience in clinical settings) 2) Quality Assurance / Control (Understand and implement quality assurance / control procedures for medical equipment) 3) Radiation Safety (Gain expertise in radiation safety protocols and procedures to ensure safety of staff, patients and members of the public) 4) Patient Care 5) Research Skills (Develop research capabilities in medical physics, including conducting studies, analyzing data and contributing to scientific literature) 6) Interdisciplinary Collaboration (Foster collaboration with doctors, radiographers, nurses and other healthcare professionals) 7) Professional Development (Communication, Ethics, Leadership) 8) Regulatory Compliance (Understand and ensure adherence to regulatory standards and guidelines) 9) Equipment Lifecycle (Procurement, Commissioning, Daily Use, Decommissioning)	Module 1: Clinical Awareness Module 2: Radiation Protection Module 3: Research, Development and Teaching Module 4: Professional Development and Management Module 5: Equipment Procurement, Acceptance Testing and Commissioning Module 6: Radioactivity Measurements and Internal Dosimetry / Dose Audit (unsealed sources for NM, x-ray for DDR/DVIR) Module 7: Quality Control of Radiology Equipment (including image quality assessment) Module 8: Radionuclide Therapy using Unsealed Sources Module 9: Clinical Computing and Networking Module 10: Clinical Applications and Patient Dose Optimization Module 11: Preparation and Quality Control of Radiopharmaceuticals	Medical Physicists, with minimum Bachelors degree in Physics or equivalent	\$13,500	\$15,000	Skills and Knowledge-based	Advanced Skills Practice	Classroom	18 months	TBC	TBC	eileen.low@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.	\$700	\$780	Skills and Knowledge-based	Advanced Skills Practice Person & Family Centred Care	Online Synchronous	8 hours (2 half days)	16 - 17	Mar-26	khoo.sin.may@sgh.com.sg

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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	\$860	\$960	Skills and Knowledge-based	Advanced Skills Practice Person & Family Centred Care	Online Synchronous	16 hours (4 half days)	16-19 18-21 12 - 15	Jun 2025 Aug 2025 Jan 2026	hoo.sin.may@sgh.com.sg
AHP	Multi-Disciplinary Management of Complex Chronic Non-Cancer Pain	1) Outline contemporary concepts of pain and review pain taxonomy 2) Gain an overview of the assessment, measurement and diagnosis of complex chronic pain disorders 3) Understand the complexity of chronic pain and its contributing factors 4) Manage complex chronic non-cancer pain to meet the bio-psycho-social needs of patients from a multi-disciplinary perspective	1) Pain concepts 2) Assessment, measurement and diagnosis of complex chronic non-cancer pain 3) Pharmacological management of complex chronic non-cancer pain 4) Interventional procedures in pain management 5) Non-pharmacological management of complex chronic non-cancer pain 6) Putting it together: complex chronic non-cancer pain management in practice	Healthcare Professionals	\$900	\$1,000	Skills & Knowledge-based	Advanced Skills Practice	Online Synchronous	15 hours (3 half days)	19, 20 & 21	Jan-26	chua.sok.hong@sgh.com.sg
AHP	PEERS Program for Young Adults	NEW 1) Guide mental health professionals, medical professionals, and/or educators on the administration and implementation of the PEERS® for Young Adults intervention in a clinical-type setting. 2) Provide a model for an evidence-based social skills treatment for Young Adults with ASD, ADHD, Anxiety, Depression and other social difficulties.	1) How to use appropriate conversational skills 2) How to choose appropriate friends 3) How to appropriately use electronic forms of communication 4) How to appropriately use humor and assess humor feedback 5) How to start, enter, and exit conversations between peers 6) How to organize successful get-togethers with friends 7) How to be a good sport when playing games/sports with friends 8) How to handle arguments and disagreements with friends and in relationships 9) How to handle rejection, teasing, bullying, and rumors/gossip 10) How to change a bad reputation	Healthcare professionals	\$1,890	\$2,100	Skills & Knowledge-based	Advanced Skills Practice Person & Family Centred Care	Online Synchronous	21 hours (3 days)	4 - 6	Feb-26	jayraj.bela.krishnan@sgh.com.sg
AHP	Person-centred Interaction Observation Tool	NEW 1) Evaluate Staff-Client Interaction Using the PCIO Tool 2) Analyse Person-centred Interactions to improve client well-being 3) Promote person-centred care practices through evidence-based interventions and care interactions	1) Assess the care experience and responses of clients who have cognitive impairment who often have difficulties expressing or communicating their needs e.g. clients with dementia or intellectual disabilities who exhibit refusal or "aggressive" behavior 2) Assess the engagement of clients during therapy and activity to determine the effectiveness of interventions e.g. varying client engagement during different activities or therapy 3) Determine the knowledge and skills gaps of care staff to provide necessary training and support to develop required competencies 4) Review the effectiveness of interventions and programs for impact evaluation. E.g. effectiveness of behavior management strategies, reminiscence activity, caregiver training program	Healthcare Professionals who manage care/services/programmes or any direct care staff	\$1,440	\$1,600	Skills & Knowledge-based	Advanced Skills Practice Person & Family Centred Care	Classroom	11 hours (1.5 days)	4 & 18	Aug 2025	joyce.lee.k.l@sgh.com.sg
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	\$1,170	\$1,300	Skills & Knowledge-based	Person & Family Centred Care	Online Synchronous	21 hours (3 days)	TBC	TBC	elteen.low@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	\$830	\$920	Skills and Knowledge-based	Advanced Skills Practice	Online Synchronous	14 hours (2 days)	TBC	TBC	muhammad.sufi.ms@sgh.com.sg
AHP	Radiopharmacy Level 2A Training Program	NEW 1) Understand the basic Radiopharmacy knowledge and aseptic procedures 2) Understand the principles of radiation, be familiar with radiation safety rules and management of spills and waste 3) Demonstrate the proper operation of Biological Safety Cabinet 4) Demonstrate the ability to perform receipt of Radiopharmaceutical cold kits and 99Mo/99mTc-Generators 5) Demonstrate competency in elution and maintenance of 99Mo / 99mTc-Generators 6) Be equipped with basic skills to perform Equipment Performance Checks 7) Be competent in performing 99mTc - Radiolabelling and QC of radiopharmaceuticals 8) Correctly identify radiopharmaceutical dosage required for specified scan 9) Demonstrate the ability to calculate the radioactivity for Radiolabelling 10) Be competent in dispensing unit and multiple 99mTc - radiopharmaceutical doses according to calibration time 11) Be equipped with basic skills to perform radiation monitoring 12) Acquire knowledge to have good record keeping and documentation	1) Basic Radiopharmacy knowledge and aseptic procedures 2) Radiation Safety 3) Receipt of Radiopharmaceutical cold kits and 99Mo/99mTc-Generators 4) Elution, Maintenance and QC of 99Mo/99mTc-Generators 5) Equipment Performance Checks 6) 99mTc - Radiolabelling and QC of radiopharmaceuticals 7) Calculations of Radioactivity and 99mTc - Radiolabelling of Cold Kits and QC 8) Syringe labelling and calculation /calibration of unit dose 9) Dispense unit and multiple 99mTc - radiopharmaceutical doses 10) Radiation Monitoring and radioactive decontamination 11) Record Keeping / Documentation	Radiochemistry Technologists/NM Technologists/Radiographers/Medical Physicists	\$5,100	\$5,670	Skills and Knowledge-based	Advanced Skills Practice	Classroom	160 hours (4 weeks)	2 - 27 1 - 26 1 - 26 2 - 27	Jun 2025 Sep 2025 Dec 2025 Mar 2026	elteen.low@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	\$520	\$580	Skills & Knowledge-based	Advanced Skills Practice Transdisciplinary Care Person & Family Centred Care	Live zoom only	6 hours (2 half days)	19 & 26	May-25	hoo.sin.may@sgh.com.sg
AHP	The Differences Between the 3Ds – Delirium, Dementia & Depression	1) Recognise the features of the 3Ds 2) Differentiate between the 3Ds 3) Learn about possible mis-diagnosis 4) Diagnose which of the 3Ds patients have 5) Learn to manage the elderly patients who have one/two or all of the 3Ds	Day 1 1) Clinical features, signs and symptoms of the 3Ds 2) Case illustration and discussion among the participants Day 2 1) Management strategies for each of the 3Ds and the long-term prognosis and outcome of the 3Ds 2) Case presentation and discussion among the participants Day 3 1) Manage the behavioural symptoms of the 3Ds, using non-pharmacological method 2) Apply Person Centred Care (PCC) approach in managing the behavioural symptoms 3) Apply pharmacological approach to management of behavioural symptoms	Healthcare Professionals, Allied Health and Nursing Professionals	\$770	\$850	Skills & Knowledge-based	Transdisciplinary Care	Online Synchronous	13.5 hours (3 half days)	10, 11 & 12	Sep-25	chua.sok.hong@sgh.com.sg
AHP	The Leadership Pearls Series	NEW The Leadership Pearls Series provide: 1) Key management thinking in contemporary times 2) Essential leadership skills to enhance leadership effectiveness	1) Leadership is influence 2) Leadership is responsibility 3) Leadership is vision 4) Leadership is serving others 5) Leadership is a conversation 6) Leadership is relationship management	New Leaders Emerging Leaders Hi-potentials	\$1,100	\$1,220	Leadership/Communication	NA	Online Synchronous	21 hours (6 half days) [Attend either: 5 topics (17.5 hours) or 6 topics (21 hours)]	17, 24 & 31	Jul-25	chua.sok.hong@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	Session 1: Basic Concepts in Neuropsychology & Introduction to Parkinson's disease 1.1 Introduction to Neuropsychological Dimension & Domains 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 Parkinson's disease 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 Session 2: Understanding Epilepsy & Head Trauma 2.1 Epilepsy a. Definition, terms & types b. Cognitive deficiencies in epilepsy c. Behavioral features of epilepsy 2.2 Head trauma 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	\$520	\$580	Skills and Knowledge based	Advanced Skills Practice Transdisciplinary Care Person & Family Centred Care	Live zoom only	6 hours (2 half days)	23 & 30	Jul-25	hoo.sin.may@sgh.com.sg

* This course may be applicable to doctors or nurses.