

PGAHI Training Calendar

April 2022 – March 2023

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<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/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Mode of Training	Duration	Date(s)	Month(s)	Course In-charge
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	Nil	\$430	\$480	Skills & Knowledge-based	e-Learning	12 hours	10 - 17	Nov 2022	javaraj.bala.krishnan@sgh.com.sg
OT	A Safer Home: Risks Identifications and Home Modifications	1) Learn the importance of Home Evaluation in Falls Prevention. 2) Equip newly graduated therapists with knowledge and skills in providing Home Evaluation and to be able to make appropriate recommendations for people with chronic diseases, progressive illness leading to physical, cognitive disabilities and vision impairment. 3) Use learnt knowledge to empower clients with methods to enhance health, mobility and function through self-management strategies 4) Provide consultation as a specialist or expert in complex cases or situations related to course of learning	1) Overview of fall risks factors and fall risks assessment 2) Selection of home assessment tools for varied client groups (clients with physical, cognitive and vision impairment) 3) Home assessment and home modifications for varied clients group 4) Home assessment report writing	Nil	\$410	\$450	Skills & Knowledge-based	e-Learning	7 hours	24 & 25	Nov 2022	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 2) Musculoskeletal Systems and Disorders 3) Ergonomics Risk Assessment 4) Manual Handling 5) Anthropometry 6) Office Ergonomics 7) Ergonomics Programme Development	Occupational Health and Safety Professionals, OT and PT	\$500 (main session) \$570 (main session + follow-up)	\$550 (main session) \$630 (main session + follow-up)	Skills & Knowledge-based	Hybrid (e-Learning & Classroom)	9 hrs (main session only) 13.5 hrs (main session + extended learning session)	22 - 23 21	Sep 2022 Oct 2022	matthew.lu.e.y@sgh.com.sg
OT	Prescription of Motorised Mobility Aids (PMAs)	1) Gain understanding in prescribing appropriate motorised mobility aids for clients with varied medical conditions. 2) Use learnt knowledge to empower clients with methods to enhance health, mobility and function through self-management strategies	1) Common motorised mobility aids available for patients 2) Prescription of appropriate devices for patients of varied medical conditions 3) Managing motorised mobility aids 4) Possible adaptations to existing motorised mobility and accessories available.	Nil	\$410	\$450	Skills & Knowledge-based	e-Learning	7 hours	2 & 3	Feb 2023	joyce.lee.g.l@sgh.com.sg
OT	Principles of Resistance Band Exercises	1) Understand the scientific basis for elastic resistance exercise 2) Understand the principles for prescription and progression of resistance band exercises 3) Demonstrate the appropriate use of elastic resistance for different patient groups 4) Using learnt knowledge to empower clients with methods to enhance health, mobility and function through self-management strategies	The course provides evidence-based and clinically relevant exercise progressions using case discussions: 1) Understand the scientific basis for elastic resistance exercise 2) Understand the principles for prescription and progression of resistance band exercises 3) Demonstrate the appropriate use of elastic resistance for different patient groups	Nil	\$290	\$320	Skills & Knowledge-based	e-Learning	7 hours	TBC	TBC	joyce.lee.g.l@sgh.com.sg
OT	Sensory Re-training for Neurological Condition NEW	1) Apply knowledge in using sensory re-training for various neurological conditions 2) Use learnt knowledge to empower clients with methods to enhance health, mobility and function through self-management strategies	1) Understand the theory behind sensory re-training 2) Techniques for sensory re-training 3) Apply the techniques for various neurological conditions	Nil	\$360	\$400	Skills & Knowledge-based	e-Learning	6 hours	23 & 24	Aug 2022	joyce.lee.g.l@sgh.com.sg
OT	Spasticity and Contracture Management NEW	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	Nil	\$250	\$280	Skills & Knowledge-based	e-Learning	4.5 hours	22	Jun-22	joyce.lee.g.l@sgh.com.sg
OT	The Art of Stroke Rehabilitation for Occupational Therapists NEW	1) Learner will be able to conduct functional assessments to determine required therapy interventions 2) Learner will be able to select appropriate and specific outcome measures to enable evaluation of therapy progress and outcomes 3) Learner will be able to plan therapy interventions based on medical condition(s), indications and contraindications 4) Learner will be able to deliver appropriate interventions to facilitate clients' occupational performance based on findings, goals and treatment plans	1) Assessment of the client with stroke covering motor, sensory, cognitive and perceptual domains - Standardised assessments - Clinical assessments 2) Selecting outcome measures for stroke rehabilitation 3) The clinical reasoning process - from assessment to intervention - Introduction of the Rehab Framework – The Rehab Journey 4) Occupational therapy interventions covering motor, sensory, cognitive and perceptual domains 5) Integration of learning - Barriers to participation and communication - MOH One Rehab Framework and the care continuum - application of clinical reasoning through case studies	Nil	\$540	\$600	Skills & Knowledge-based	e-Learning	16 hours	TBC	Feb 2023	joyce.lee.g.l@sgh.com.sg
OT	Treatment Approaches for Persons with Parkinson Disease NEW	Learner will be able to: 1) Conduct functional assessments and select appropriate outcome measures for sensory impairments, motor impairments and spasticity to determine required therapy interventions. 2) Select and deliver appropriate interventions taking into consideration the patient's rehabilitation and recovery trajectory to facilitate clients' occupational performance based on findings, goals and treatment plans. 3) Implement a presented upper limb rehabilitation program for both therapists and therapy assistants to suit their practice setting.	1) Overview of Parkinson Disease - a refresher 2) Occupational Therapy assessments for Parkinson Disease 3) Occupational Therapy intervention for Parkinson Disease - Motor symptoms - Non-motor symptoms - Optimising the physical environment - Self-management strategies - Addressing the psychosocial components 4) Integration of learning - Barriers to participation and communication - application of clinical reasoning through case studies	Nil	\$290	\$320	Skills & Knowledge-based	e-Learning	7 hours	TBC	TBC	joyce.lee.g.l@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.	1) Self-paced Online Learning: Overview of coagulation tests used in anticoagulant monitoring Anticoagulation in Venous Thromboembolism Antithrombotic Therapy in Cardiovascular Diseases Anticoagulation in Special Populations Perioperative Management and Reversal Setting up Outpatient Anticoagulation Service and Service Evaluation Case studies and questions 2) Live Interactive Session: Case study discussions Discussion panel with the experts	Expertise with experience in anticoagulation from various institutions including doctors and pharmacists	\$690	\$770	Skills & Knowledge-based	e-learning	2 days	6 - 7	Mar 2023	Chua.sok.hong@sgh.com.sg

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PHARM	Clinical Reasoning Approach to Pharmacotherapy (Gastroenterology & Hepatology)	1) To understand the concepts of clinical reasoning framework; 2) To enhance clinical reasoning and decision making skills in the management of chronic diseases and conditions; and 3) To critically evaluate current evidences and integrate findings into daily clinical pharmacy practice	1) Develop clinical reasoning skills of practising pharmacists and all HCPs in managing chronic diseases and conditions; 2)The proposed model shall integrate both clinical reasoning processes using case based discussions.	Pharmacists, Healthcare Professionals with foundational pharmacotherapy knowledge	\$180	\$200	Skills & Knowledge-based	e-learning	1 day	20	Aug 2022	Chua.sok.hong@sgh.com.sg
PSY	Basics of Group Psychotherapy: Theory and Experiential Learning	1) Identify stages of group development 2) Identify group dynamics and resistance 3) Process the here-and-now 4) Gain direct experience of group theories through experiential learning	1) The value and therapeutic factors of group psychotherapy 2) A group leader's tasks at each stage of group development 3) Essential components of pregroup meetings 4) Overview of group process and its utility 5) Examples of group resistance and how to address them	Open to Healthcare Professionals	\$180	\$200	Skills & Knowledge-based	e-learning	4 hours	3	Jun 2022	tessa.koh.m.h@sgh.com.sg
PT	Advance Respiratory Care and Exercise Prescription in Chronic Lung Disease	At the end of the course, participants should acquire: 1) Advanced understanding of the pathophysiology, diagnosis and management approach of patients with COPD, chronic suppurative lung diseases and ILD 2) Advanced skills to assess and provide holistic management for patients with chronic lung disease 3) The ability to gather, interpret and synthesise information to evaluate the impact of chronic respiratory disease on quality of life 4) Latest knowledge and skills to update existing pulmonary rehabilitation programme or to implement new programmes	1) COPD, Asthma, Bronchiectasis and interstitial lung disease (ILD), dysfunctional breathing and hyperventilation syndrome – pathophysiology, diagnosis, assessment & medical management 2) Physiotherapy assessment & management of patients with restrictive lung dysfunction 3) NIV in chronic lung diseases - indication, prescription & monitoring with practical session 4) Physiotherapy management in COPD - adjuncts & IMT, cough assist, vest 5) Common medication for people with chronic lung disease 6) Physiotherapy assessment & management strategies in patients with dyspnoea secondary to lung disease and dysfunctional breathing 7) Overview of pulmonary rehabilitation: indications & programme structures/ phases 8) Literature update: Evidence for Pulmonary Rehabilitation 9) Commonly used outcome measures, exercise testing, prescription and progression in pulmonary rehabilitation 10) Energy Conservation 11) Nutrition 12) Anxiety management and Smoking Cessation 13) Advance Care Planning and Community Services	Suitable for physiotherapists with working experience who are starting to specialise in cardiopulmonary physiotherapy	\$610	\$680	8	e-Learning	20 hours	28, 29 1, 2, 3	Jul 2022 Aug 2022	joyce.lee.g.l@sgh.com.sg
PT	Advanced Critical Care Physiotherapy – Options for Acute Respiratory and Rehabilitation Care	At the end of the course, participants should acquire: 1) Advanced understanding of the pathophysiology, diagnosis and management approach of patients with COPD, chronic suppurative lung diseases and ILD 2) Advanced skills to assess and provide holistic management for patients with chronic lung disease 3) The ability to gather, interpret and synthesise information to evaluate the impact of chronic respiratory disease on quality of life 4) Latest knowledge and skills to update existing pulmonary rehabilitation programme or to implement new programmes	1) Advanced understanding and working knowledge of intensive care medicine 2) New generations of mechanical ventilators and patients monitoring devices, and their physiotherapy implications 3) Emerging body of evidence supporting the roles of physiotherapy in pulmonary care and exercise rehabilitation in critical care setting	Physiotherapists with some working experience in ICU	\$860	\$960	Skills & Knowledge-based	Hybrid (e-Learning & Classroom)	20.4 hours	31 1, 2, 5, 6	Aug 2022 Sep 2022	joyce.lee.g.l@sgh.com.sg
PT	Clinical Reasoning in Musculoskeletal Physiotherapy (Will not be offered in FY22)	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 2 - 5 years of working experience in the Musculoskeletal field.	\$540	\$600	Skills & Knowledge-based	e-learning	18 hours	27, 28, 31 1	Oct 2022 Nov 2022	tessa.koh.m.h@sgh.com.sg
PT	Clinical Reasoning in Stroke Rehabilitation	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	Nil	\$500	\$550	Skills & Knowledge-based	e-Learning	16 hours	16, 17, 20, 21	Mar 2023	joyce.lee.g.l@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 S5514 Code of Practice for Office Ergonomics	1) Introduction to ergonomics 2) Musculoskeletal Systems and Disorders 3) Ergonomics Risk Assessment 4) Manual Handling 5) Anthropometry 6) Office Ergonomics 7) Ergonomics Programme Development	Occupational Health and Safety Professionals, OT and PT	\$500 (main session) \$570 (main session + follow-up)	\$550 (main session) \$630 (main session + follow-up)	Skills & Knowledge-based	Hybrid (e-Learning & Classroom)	9 hrs (main session only) 13.5 hrs (main session + extended learning session)	22 - 23 21	Sep 2022 Oct 2022	matthew.lu.e.y@sgh.com.sg
PT	Evidence-based Practice in Phyiotherapy	At the end of the course, participants should be able to: 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) Observation studies, quasi-experimental studies, experimental studies and review studies 5) 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	Nil	\$540	\$600	Skills & Knowledge-based	e-Learning	18 hours (8 hours self-paced learning; 10 hours live online)	10, 17, 24, 31	May 2022	joyce.lee.g.l@sgh.com.sg
PT	Fundamentals of Chronic Pain Management for Clinicians NEW	1) Understand the differences between pain and nociception 2) Describe clinical distinctions between acute and persistent pain 3) Appreciate the various contributors to pain within the biopsychosocial model 4) Develop an understanding of a multidisciplinary team in self-management of a patient with chronic pain 5) Discuss essential concepts/details of mechanisms that contribute to pain 6) Integrate a biopsychosocial approach to assessment and management of pain problem 7) Learn about existing psychological approaches to chronic pain 8) Describe available treatment options for the management of pain and the underlying principles for their mode of action 9) Be able to apply knowledge obtained towards clinical cases	1) Introduction to pain 2) Assessment of pain 3) Pain mechanisms 4) Treatment of pain 5) Psychological approaches for chronic pain management 6) Medical management of chronic pain (pharmacological and interventional/procedural) 7) Physiotherapy management of chronic pain 8) Case studies	Open to healthcare professionals dealing with patients with chronic pain	\$350	\$390	Skills & Knowledge-based	e-Learning	8 hours	6, 7	Jun 2022	tessa.koh.m.h@sgh.com.sg

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PT	Introduction to General Movement Assessment and Early Intervention for Preterm Infants NEW	1) Understand the basics of Precht General Movement Assessment and its basic application in neonatal period 2) Understand the difference of application of the assessment in acute and community settings for preterm infants 3) Differentiate the typical and atypical movement of preterm infants at term age	1) Introduction to General Movement Assessment (GMA) 2) GMA in acute setting – the Neonatal Intensive Care Unit 3) Neurodevelopmental Care and Early Intervention practices for Preterm Infants in Children's Hospital 4) GMA in community-based setting - the practices in CerebralPalsy Alliance	Nil	\$320	\$350	Skills & Knowledge-based	e-Learning	4 hours	21 - 22	Jul-22	joyce.lee.g.l@sgh.com.sg
PT	Physiotherapy Assessment & Management of Cervical Disorders	At the end of the course, the participants should be able to: 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 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 1-2 years of outpatient musculoskeletal experiences	\$520	\$580	Skills & Knowledge-based	Hybrid (e-Learning & Classroom)	16 hours	6,7*,13*,14 *Classroom-based	Feb 2023	tessa.koh.m.h@sgh.com.sg
PT	Physiotherapy Assessment & Management of Lower Quadrant Disorders	At the end of the course, participants should be able to: 1) Efficiently perform a physical assessment of the hip and knee. 2) Discuss and clinically reason through the differential diagnoses 3) of common lower quadrant dysfunction. 4) Formulate an effective treatment plan for lower quadrant dysfunctions. 5) 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 4) Introduction to musculoskeletal imaging for the knee 5) Assessment & management of the hip complex 6) Introduction to musculoskeletal imaging for the knee 7) Assessment & management of running injuries	Physiotherapists with 2-5 years of working experience in the area of musculoskeletal physiotherapy	\$590	\$650	Skills & Knowledge-based	e-Learning	18 hours	4, 5, 6, 8	Jul 2022	tessa.koh.m.h@sgh.com.sg
PT	Principles of Resistance Band Exercises	1) Understand the scientific basis for elastic resistance exercise 2) Understand the principles for prescription and progression of resistance band exercises 3) Demonstrate the appropriate use of elastic resistance for different patient groups 4) Using learnt knowledge to empower clients with methods to enhance health, mobility and function through self-management strategies	The course provides evidence-based and clinically relevant exercise progressions using case discussions: 1) Understand the scientific basis for elastic resistance exercise 2) Understand the principles for prescription and progression of resistance band exercises 3) Demonstrate the appropriate use of elastic resistance for different patient groups	Nil	\$290	\$320	Skills & Knowledge-based	e-Learning	7 hours	TBC	TBC	joyce.lee.g.l@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) Ineffective secretion clearance 3) Inadequate respiratory volume 4) Increased work of breathing Hands-on demonstration via Zoom for the following topics: 5) Manual assisted Cough, MIE, Smart vest, Acapella, Bubble PEP 6) Breath stacking, insufflation 7) EzyPAP 8) Bagging / Manual hyperinflation 9) Positioning, breathing techniques, energy conservation 10) Outcome measures	Nil	\$520	\$580	Skills & Knowledge-based	e-Learning	16 hours	10, 11, 14, 15	Nov 2022	joyce.lee.g.l@sgh.com.sg
PT	SENSE MAKING: Advance X-Ray and CT Imaging of the Chest for Physiotherapists	1) Understand the common terms used in CXR and Chest CT. 2) Understand the relevant technical parameters and scanning protocols used for CXR and Chest CT. 3) Recognise core radiological anatomy of CXR and Chest CT. 4) Distinguish between normal and abnormal radiological appearances of chest and lung pathologies. 5) Apply the acquired knowledge in their routine clinical practice for better patient management and outcome.	1) Normal anatomy and normal variant in CXR and chest CT. 2) Radiological appearances of chest pathologies in CXR and chest CT. 3) Learn to navigate the image viewer in chest CT.	1) Knowledge in human chest anatomy 2) Knowledge in basic chest radiography	\$410	\$450	Skills & Knowledge-based	e-Learning	2 half days	25 1	Oct 2022 Nov 2022	Chua.sok.hong@sgh.com.sg
PT	Sensory Re-training for Neurological condition NEW	1) Apply knowledge in using sensory re-training for various neurological conditions 2) Use learnt knowledge to empower clients with methods to enhance health, mobility and function through self-management strategies	1) Understand the theory behind sensory re-training 2) Techniques for sensory re-training 3) Apply the techniques for various neurological conditions	Nil	\$360	\$400	Skills & Knowledge-based	e-Learning	6 hours	23 & 24	Aug 2022	joyce.lee.g.l@sgh.com.sg
PT	Spasticity and Contracture Management NEW	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	Nil	\$250	\$280	Skills & Knowledge-based	e-Learning	4.5 hours	22	Jun-22	joyce.lee.g.l@sgh.com.sg
PT	Telepulmonary Rehabilitation NEW	1) Literature updates on the evidence of pulmonary rehabilitation in people with chronic lung diseases 2) Considerations in setting up a pulmonary rehabilitation telerehab programme 3) Participate in a telerehab simulation session	1) Literature updates on exercise recommendations in people with chronic lung disease, after exacerbations; delivery of exercise 2) Challenges/Evolution in endurance and strength, exercise testing and prescription 3) Tips on optimising compliance, facilitating behaviour change and motivational interviewing in a group setting 4) Delivering quality pulmonary rehab telerehab programme 5) Home based assessments behind the screen 6) Principles in establishing and delivering high quality low cost home based and telerehab programmes; safety considerations 7) Simulation of a pulmonary rehab telerehab session	Nil	\$430	\$480	Skills & Knowledge-based	e-Learning	8 hours	12 & 13	Sep-22	joyce.lee.g.l@sgh.com.sg
PT	Virtual reality, Optokinetic Training and Telehealth for Patients with Vestibular Disorders: A Paradigm Shift NEW	At the end of the course, participants will be able to: 1) Discuss how to prepare for a physiotherapy vestib telehealth service for patients with vestibular disorders 2) Perform a vestibular assessment of patients with vestibular disorders via Telehealth 3) Develop and implement a treatment plan for patients with vestibular disorders via Telehealth 4) Assess and treat patients with BPPV via Telehealth 5) Identify red flags and have a follow-up strategy 6) Discuss the efficacy of virtual reality including optokinetic training in patients with vestibular disorders 7) Discuss ways to implement virtual reality and optokinetic training in current clinical practice	1) The use of the newer methods of vestibular rehabilitation including virtual reality, optokinetic training and the use of Telehealth in the delivery of vestibular rehabilitation. 2) Clear structure and guidance on the use of these modalities including performing virtual examinations of the vestibular and balance system.	Intermediate practitioners who are already treating patients with vestibular disorders	\$720	\$800	Skills & Knowledge-based	e-Learning	16 hours	TBC	Jan or Feb 2023	joyce.lee.g.l@sgh.com.sg

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PT	Vestibular Rehabilitation	1) Outline 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) Vestibular Function Tests 4) Elements of a vestibular assessment including in acute settings 5) Oculomotor examination 6) Benign paroxysmal positional vertigo management (Cupulolithiasis and canalithiasis) 7) Assessment of gait and balance 8) Exercises used in vestibular rehabilitation	Nil	\$500	\$560	Skills & Knowledge-based	e-Learning	17 hours	16, 17, 22, 23 14	Nov 2022 Dec 2022	joyce.lee.g.l@sgh.com.sg
POD	Podopaediatrics - The Growing Foot NEW	1) Understand the basic principles of child development milestones in order to recognise normal and abnormal development 2) To gain a greater appreciation for the different factors involved in both the assessment and management of a child 3) Be able to conduct a physical examination of children's feet and acknowledge structural differences and child gait patterns 4) Be able to implement relevant management plans to common paediatric foot abnormalities, such as flat feet, in-toe and club foot 5) To be able to differentiate the different needs and approaches for implementing management plans for children as opposed to adults	1) Overview of child developmental milestones and ontogeny 2) Clinical assessment of pediatric patients and identification of abnormalities 3) Conditions affecting the lower limb in children 4) Treatment approaches in clinical practice for the various types of conditions including: - Physical therapy - Serial casting - Role of orthotics	Nil	\$590	\$650	Skills & Knowledge-based	e-Learning	14 hours	7 to 10	Nov 2022	tessa.koh.m.h@sgh.com.sg
RAD	SENSE MAKING: Advance X-Ray and CT Imaging of the Chest for Physiotherapists	1) Understand the common terms used in CXR and Chest CT. 2) Understand the relevant technical parameters and scanning protocols used for CXR and Chest CT. 3) Recognise core radiological anatomy of CXR and Chest CT. 4) Distinguish between normal and abnormal radiological appearances of chest and lung pathologies. 5) Apply the acquired knowledge in their routine clinical practice for better patient management and outcome.	1) Normal anatomy and normal variant in CXR and chest CT. 2) Radiological appearances of chest pathologies in CXR and chest CT. 3) Learn to navigate the image viewer in chest CT.	1) Knowledge in human chest anatomy 2) Knowledge in basic chest radiography	\$410	\$450	Skills & Knowledge-based	e-Learning	2 half days	25 1	Oct 2022 Nov 2022	Chua.sok.hong@sgh.com.sg
RAD	The Missing Link: Appreciate Radiographic Projections through Image Interpretation (Cancelled)	1) Identify and describe acute abnormality in the upper and lower extremities. 2) Recognise normal variants that mimic acute abnormalities in the upper and lower extremities. 3) Apply image interpretation knowledge to upper and lower extremities during radiographic positioning.	1) Upper Extremity: image interpretation, common pitfalls and normal variants. 2) Lower Extremity: image interpretation, common pitfalls and normal variants. 3) Radiographic projection modifications to demonstrate upper and lower extremities abnormalities.	At least 3 years of experience in general radiography	\$450	\$500	Skills & Knowledge-based	e-Learning	2 half days	TBC	Oct 2022	Chua.sok.hong@sgh.com.sg
RAD	Ultrasound Elastography Course	1) Describe the principles of strain and shear-wave 2) Differentiate between strain and shear-wave elastography 3) Discuss the clinical application of strain and shear-wave elastography in the evaluation of liver fibrosis & cirrhosis, 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) Practical demonstration	1. Participants should preferably have knowledge in basic ultrasound 2. Participants should preferably have basic skill in performing ultrasound scan	\$360	\$400	Skills & Knowledge-based	e-Learning	1 half day	29	Oct 2022	Chua.sok.hong@sgh.com.sg
AHP	A Safer Home: Risks Identifications and Home Modifications	1) Learn the importance of Home Evaluation in Falls Prevention. 2) Equip newly graduated therapists with knowledge and skills in providing Home Evaluation and to be able to make appropriate recommendations for people with chronic diseases, progressive illness leading to physical, cognitive disabilities and vision impairment. 3) Use learnt knowledge to empower clients with methods to enhance health, mobility and function through self-management strategies 4) Provide consultation as a specialist or expert in complex cases or situations related to course of learning	1) Overview of fall risks factors and fall risks assessment 2) Selection of home assessment tools for varied client groups (clients with physical, cognitive and vision impairment) 3) Home assessment and home modifications for varied clients group 4) Home assessment report writing	Nil	\$410	\$450	Skills & Knowledge-based	e-Learning	7 hours	24 & 25	Nov 2022	joyce.lee.g.l@sgh.com.sg
AHP	Basics of Group Psychotherapy: Theory and Experiential Learning	1) Identify stages of group development 2) Identify group dynamics and resistance 3) Process the here-and-now 4) Gain direct experience of group theories through experiential learning	1) The value and therapeutic factors of group psychotherapy 2) A group leader's tasks at each stage of group development 3) Essential components of pregroup meetings 4) Overview of group process and its utility 5) Examples of group resistance and how to address them	Open to Healthcare Professionals	\$180	\$200	Skills & Knowledge-based	e-learning	4 hours	3	Jun 2022	tessa.koh.m.h@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	\$500	\$560	Pedagogy & Research	e-Learning	14 hours	25 - 28 25 - 28 19 - 22 21-24	Apr 2022 Jul 2022 Sep 2022 Nov 2022	javarai.bala.krishnan@sgh.com.sg matthew.lu.e.y@sgh.com.sg
AHP	Biostatistics for Research (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).	\$590	\$650	Pedagogy & Research	e-Learning	14 hours	23 - 26 17 - 20	May 2022 Oct 2022	javarai.bala.krishnan@sgh.com.sg

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AHP	Breaking the Silence: Communicating with Children & Adults with Hearing Loss NEW	At the end of the course, participants will be able to: 1) identify the types and degree of hearing loss in children and in adults and technological solutions that would benefit patients with hearing loss. 2) acquire different communication modes available for people with hearing loss. 3) list the challenges faced by the hearing impaired population. 4) know support available for patients with hearing loss. 5) apply relevant skills to support patients with hearing loss.	Day 1: Understanding and Diagnosing Hearing Loss in Children & Adults 1) Introduction to hearing loss: types and degree of hearing loss. 2) Diagnosing hearing loss in children and adults. 3) Technology available for varying degrees of hearing loss. 4) Putting it all together: Interpreting a patient's audiogram, identifying hearing challenges in patients and knowing where to direct them. 5) Information on the support available for the hearing impaired in Singapore. 6) The link between untreated hearing loss and dementia/ cognitive decline. 7) Techniques to communicating with a hearing-impaired person in day-to-day interactions. Day 2: Intervention for Children with Hearing Loss 1) Communication options available for the hearing-impaired person. 2) Introduction to the Auditory-Verbal Approach: Teaching children with hearing loss to listen and talk. 3) Understanding the importance of parent participation in a child's listening journey. 4) Children: Understanding the importance of early intervention and understanding neuroplasticity. 5) Auditory-Verbal techniques to develop speech and spoken language through audition. 6) Case Studies (2 case studies: 1 ideal case study; 1 Late starter)	Any healthcare professional working with people with hearing loss.	\$380	\$420	Skills & Knowledge-based	e-Learning	8 hours (4 hours per session)	10-11	Nov 2022	sharon.ho.shu.phing@sgh.com.sg
AHP	Clinical Reasoning Approach to Pharmacotherapy (Gastroenterology & Hepatology)	1) To understand the concepts of clinical reasoning framework; 2) To enhance clinical reasoning and decision making skills in the management of chronic diseases and conditions; and 3) To critically evaluate current evidences and integrate findings into daily clinical pharmacy practice	1) Develop clinical reasoning skills of practising pharmacists and all HCPs in managing chronic diseases and conditions; 2)The proposed model shall integrate both clinical reasoning processes using case based discussions.	Pharmacists, Healthcare Professionals with foundational pharmacotherapy knowledge	\$180	\$200	Skills & Knowledge-based	e-learning	1 day	20	Aug 2022	Chua.sok.hong@sgh.com.sg
AHP	Compassion Focused Therapy (CFT)	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.	Open to Healthcare Professionals	\$790	\$880	Skills & Knowledge-based	e-learning	21 hours	9, 10 & 11	May 2022	tessa.koh.m.h@sgh.com.sg
AHP	Cultivating a Growth Mindset in Building Resilience NEW	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	Day 1 1) Welcome and Introductions 2) Personal best hopes from this workshop 3) Share personal examples and stories of resilience 4) Review current research and thinking on resilience 5) Review current research and thinking on Growth Mindset - Carol Dweck 6) Myths and common thinking associated with mistakes and failures 7) Social contexts and its impact on attitudes and perceptions 8) Summary and takeaways Day 2 1) Cultivating strategies for resilience training 2) Personal Examples 3) Examples from Resilience Training 4) Examples from Carol Dweck 5) Examples from Solution Focused Practice 6) Integration and practical applications 7) Practice - developing conversations with clients 8) Practice - self-coaching for resilience 9) Summary and takeaways	Nil	\$300	\$330	Skills & Knowledge-based	e-learning	6 hours	1 & 2	Aug 2022	tessa.koh.m.h@sgh.com.sg
AHP	Developing Leadership Capabilities & Effectiveness	1) Understand principles and insights into leadership 2) Apply knowledge and skills learnt Develop into not merely good, but an extraordinary and effective leader	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 are welcome to attend this course.	\$460	\$510	Leadership & Communications	e-Learning	2 days	1st run - 11 & 18 2nd run - 14 & 21	Oct 2022 Feb 2023	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	Nil	\$180	\$200	Skills & Knowledge-based	e-Learning	3.5 hours	15	Sep 2022	jayaraj.bala.krishnan@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)	Nil	\$340	\$380	Skills & Knowledge-based	e-Learning	7 hours	31 - 1 2 - 3	Oct/Nov 2022 Mar 2023	jayaraj.bala.krishnan@sgh.com.sg
AHPs	Fundamentals of Chronic Pain Management for Clinicians NEW	At the end of the course, the participants should be able to: 1) Understand the differences between pain and nociception 2) Describe clinical distinctions between acute and persistent pain 3) Appreciate the various contributors to pain within the biopsychosocial model 4) Develop an understanding of a multidisciplinary team in self-management of a patient with chronic pain 5) Discuss essential concepts/details of mechanisms that contribute to pain 6) Integrate a biopsychosocial approach to assessment and management of pain problem 7) Learn about existing psychological approaches to chronic pain 8) Describe available treatment options for the management of pain and the underlying principles for their mode of action 9) Be able to apply knowledge obtained towards clinical cases	1) Introduction to pain 2) Assessment of pain 3) Pain mechanisms 4) Treatment of pain 5) Psychological approaches for chronic pain management 6) Medical management of chronic pain (pharmacological and interventional/procedural) 7) Physiotherapy management of chronic pain 8) Case studies	Open to healthcare professionals dealing with patients with chronic pain	\$350	\$390	Skills & Knowledge-based	e-Learning	8 hours	6-7	Jun 2022	tessa.koh.m.h@sgh.com.sg

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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 through a) Defining PCC using VIPS framework and 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 a) Apply the Enriched Model of Dementia to influence behaviour to promote dignity and respect for people with dementia	Nil	\$580	\$650	Skills & Knowledge-based	e-Learning	11.5 hours	1st run: 14 - 15 16 2nd run: 16 - 17 16	1st run: Jul 2022 Aug 2022 2nd run: Jan 2023 Feb 2023	matthew.lu.e.yi@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	Nil	\$560	\$620	Skills & Knowledge-based	e-Learning	12 hours	5 - 8	Sep 2022	javaraj.bala.krishnan@sgh.com.sg
AHP	Introduction to Solution Focused Brief Therapy (Part 2)	1) Learn the process and be able to conduct a second and subsequent solution building session 2) Be able to use the format and key questioning techniques 3) Be able to identify different client patterns of change and be ready with SF tools 4) Be able to deal with setbacks and relapses and follow up sessions effectively 5) Develop confidence and competence in doing solution focused brief therapy	1) Review First Session Process in Solution Focused Brief Therapy 2) Objectives and Expectations 3) Demo and practice of first session process 4) Solution Building for Follow up Sessions: EARS 5) Demo and Practice Follow up session 6) Common Client Patterns of Change 7) Dealing with Setbacks, relapses 8) Relapse Prevention Plan 9) Demo and Practice	Healthcare professionals who completed the Introduction to Solution Focused Brief Therapy (Part 1) course	\$680	\$750	Skills & Knowledge-based	e-Learning	12 hours	3 - 6	Oct 2022	javaraj.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	Nil	\$540	\$600	Skills & Knowledge-based	e-Learning	16 hours	20 - 23 1 - 4 30 - 2	Jun 2022 Aug 2022 Jan/Feb 2022	javaraj.bala.krishnan@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.	\$450	\$500	Skills & Knowledge-based	e-Learning	7 hours	13 - 14	Feb 2023	javaraj.bala.krishnan@sgh.com.sg
AHP	PEERS Program for Adolescents	1) Guide mental health professionals, medical professionals, and/or educators on the administration and implementation of the parent-assisted PEERS® for Adolescents intervention in a clinical-type setting. 2) Provide a model for an evidence-based social skills treatment for teens in middle school and high school (age 11-18) with ASD, ADHD, Anxiety, Depression and other social difficulties, particularly with respect to friendships.	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	Professionals in the mental health or medical field with a degree or certification in the field of psychology or a related mental health field, including B.C.B.A, M.S.W, L.C.S.W, M.A, M.S, M.F.T.M.D, R.N, L.V.N, PhD, Psy.D, Ed.D, M.P.H, S.L.P, O.T, R.T.	\$1,300	\$1,440	Skills & Knowledge-based	e-Learning	21 hours	8 - 10	Feb 2023	javaraj.bala.krishnan@sgh.com.sg
AHP	PEERS Program for Young Adults	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	Professionals in the mental health or medical field with a degree or certification in the field of psychology or a related mental health field, including B.C.B.A, M.S.W, L.C.S.W, M.A, M.S, M.F.T.M.D, R.N, L.V.N, PhD, Psy.D, Ed.D, M.P.H, S.L.P, O.T, R.T.	TBC	TBC	Skills & Knowledge-based	e-Learning	21 hours	8 - 10	Mar 2023	javaraj.bala.krishnan@sgh.com.sg
AHP	Personal Well-Being through Mindful Self-Compassion	1) Understand the science of mindful self-compassion 2) Motivate self with kindness rather than criticism 3) Manage fatigue at work 4) Manage transference and counter-transference of healthcare professionals 5) Understand Mindful Self-Compassion in Crisis situation 6) Practise the art of gratitude and self-appreciation	1) Introduction to Mindfulness and Self-Compassion in workplace 2) Science of Mindful Self-Compassion 3) Mindfulness Self-Compassion exercises 4) Application of the exercises taught with alignment to personal challenging moments encountered at work everyday 5) Reflection and sharing of experiences in implementing practices in daily work 6) The Art of Gratitude	Nil	\$610	\$680	Skills & Knowledge-based	e-Learning	21 hours	4, 11 & 18 6, 13, 20	Aug 2022 (Run 1) Oct 2022 (Run 2)	tessa.koh.m.h@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	\$640	\$710	Leadership & Communications	e-Learning	14 hours	10 & 18	Jan 2023	javaraj.bala.krishnan@sgh.com.sg
AHP	Recognising and Managing Cognitive Issues in the Elderly NEW	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 & anxiety, etc.) that can cause cognitive impairments in elderly population? 4) What are the common management strategies? 5) Case discussion	Open to Healthcare Professionals	\$140	\$150	Skills & Knowledge-based	e-Learning	3 hours	20	April 2022	tessa.koh.m.h@sgh.com.sg

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AHP	The Neuropsychology of Neurological Conditions NEW	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> <u>1.1 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) <u>1.2 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> <u>2.1 Epilepsy</u> a. Definition, terms & types b. Cognitive deficiencies in epilepsy c. Behavioral features of epilepsy <u>2.2 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	Open to Healthcare Professionals	\$250	\$280	Skills & Knowledge-based	e-Learning	6 hours	4 & 18	May 2022	tessa.koh.m.h@sgh.com.sg
AHP	Transfer Techniques (Train-the-Trainer)	1) Demonstrate good ergonomics during transfer 2) Learn the use the various types of assistive transfer devices 3) Learn and demonstrate various patient transfer techniques 4) Share knowledge on good ergonomics for transfer 5) Develop problem solving skills to select appropriate patient transfer techniques to aid staff teaching 6) Using learnt knowledge to empower clients with methods to enhance health, mobility and function through self-management strategies 7) Provide consultation as a specialist or expert in complex cases or situations related to course of learning	1) Work-related Musculoskeletal Disorders 2) Principles in Safe Handling of Load 3) Proper body mechanics in manual lifting and patient handling 4) Techniques in manual handling and transferring 5) Skills to train in techniques of lifting and manual handling and transfers of patients	Nil	\$310	\$340	Skills & Knowledge-based	e-Learning	7 hours	TBC	TBC	joyce.lee.e.l@sgh.com.sg
AHP	Ultrasound Elastography Course	1) Describe the principles of strain and shear-wave 2) Differentiate between strain and shear-wave elastography 3) Discuss the clinical application of strain and shear-wave elastography in the evaluation of liver fibrosis & cirrhosis, 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) Practical demonstration	1. Participants should preferably have knowledge in basic ultrasound 2. Participants should preferably have basic skill in performing ultrasound scan	\$360	\$400	Skills & Knowledge-based	e-Learning	1 half day	29	Oct 2022	Chua.sok.hong@sgh.com.sg