



PGAHI Training Calendar

April 2023 – March 2024

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Legend:

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

Professions	Course/Lecture Title	Course Objectives	Course Outline	Target Audience & Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Mode of Learning	Duration	Date(s)	Month(s)	Course in-charge
DIET	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	\$540	\$600	Skills & Knowledge-based	Live zoom only	12 hours (3 half days)	16, 18 & 23	May-23	jayaraj.bala.krishnan@sgh.com.sg
DIET	Medical Nutrition Therapy for Weight Management (Medical and Surgical)	1) Understand the pathophysiology of overweight/ obesity 2) Apply the current evidence-based recommendations for assessment and management of overweight/ obesity 3) Understand the effectiveness of various dietary interventions, and the use of pharmacotherapy in weight management 4) Implement appropriate nutrition-related care for pre- and post-bariatric surgery 5) Understand physiological and metabolic changes associated with weight loss, causes of weight loss plateau and potential causes of weight regain 6) Use appropriate behavioural modification strategies for successful weight loss	1) Overview of overweight/obesity- aetiology and health risk 2) Diagnosis and assessment 3) Medical weight management: 4) Surgical weight management 5) Nonsurgical approaches to obesity 6) Weight loss maintenance 7) Managing weight in specific situations: women planning pregnancy, people with diabetes and older adults 8) Behavioural modification strategies and counselling	Dietitians	\$470	\$520	Skills & Knowledge-based	Live zoom only	8 hours (2 half days)	23 & 25	Jan-24	jayaraj.bala.krishnan@sgh.com.sg
DIET	Geriatric Neurology Nutrition Workshop for Dietitians NEW	1) Equip dietitians with current nutrition knowledge and skills on Geriatric Neurology 2) Update dietitians on the latest clinical nutrition recommendations, principles and practices on the management of geriatric neurology patients 3) Enable dietitians to appreciate challenges in managing complex geriatric neurology cases 4) Enable dietitians to integrate patient centered care principles into nutrition practices	1) Overview of geriatric neurology nutrition 2) Physiological changes of ageing in relation to neurological conditions impacting nutritional status 3) Consideration of specific nutrient needs across age categories in geriatric patients 4) Understanding key nutritional issues in geriatric neurology patients 5) Application of latest evidenced-based nutritional guidelines and medical nutrition therapy in the management of geriatric neurology patients and its complexities 6) Nutritional considerations in geriatric neurology patients with multiple comorbidities 7) Understanding and application of patient centered care into nutrition care practices 8) The dietitian's role as an inter/multidisciplinary approach in acute care setting and transitional care	Dietitians	\$470	\$520	Skills & Knowledge-based	Live zoom only	8 hours (2 half days)	6 & 7	Jun-23	jayaraj.bala.krishnan@sgh.com.sg
OT	A Safer Home: Risks Identifications and Home Modifications	1) Understand fall risks factors 2) Demonstrate the ability in selection of home assessment tools for varied client groups 3) Be equipped with skills in home assessment and home modifications for varied 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) Hands On for Home Modifications 6) Community Resources & Home Visit Report 7) Practical session at a mock-up room	Occupational Therapists Case Managers Community Nurses	\$790	\$880	Skills & Knowledge-based	Classroom	10.5 hours (1.5 days)	9 & 10	Nov-23	matthew.lu.e.y@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 Risk Assessment 3) Manual Handling 4) Anthropometry 5) Office Ergonomics 6) Ergonomics Programme Development	Occupational Therapists Physiotherapists Occupational Health and Safety Professionals	\$700	\$780	Skills & Knowledge-based	Live Zoom + Classroom	13.5 hours (1.5 days)	TBC	TBC	matthew.lu.e.y@sgh.com.sg
OT	Gait Rehabilitation NEW	1) Identify musculoskeletal dysfunction that contributes to gait abnormalities. 2) Discuss normal joint motion throughout the kinetic chain through the phases of gait. 3) Identify evidence-based practices for best rehab outcomes with specific diagnoses. 4) Identify contributors to abnormal movement patterns. 5) Discuss the movement analysis model, the purpose and usefulness when developing effective rehab tasks and programs. 6) Discuss comorbidities and the impact each on gait function. 7) Identify how gait impacts ADLs and community participation and develop techniques to assist patients to function within the community. 8) Differentiate specific musculoskeletal and neurological dysfunction leading to gait dysfunction. 9) Systematically analyze gait abnormalities and prioritize treatments focused on improving function. 10) Analyze movement patterns associated with specific tasks that involve gait. 11) Develop task-specific treatment plans and gait training exercises to improve functional gait. 12) Identify upper extremity factors that contribute to gait dysfunction and develop techniques to address the upper extremity 13) Demonstrate manual skills to perform soft tissue mobilization (including mobilization with movement and muscle bending), strengthening exercises (including NDT techniques), proprioceptive activities and stretching techniques.	1) What is gait training? 2) Muscle Activity in Gait 3) Neuroanatomy and the Gait Cycle 4) Functional Gait Movement Analysis 5) Developing a customized treatment program 6) Physician Interviews - Factors and Diagnoses Affecting Gait and Gait Training 7) Exercises and Manual Therapy to Enhance Gait 8) Strengthening Lab 9) Soft tissue mobilisation Lab 10) Movement analysis, Gait analysis 11) Muscle activity and case studies 12) Treatment strategies and Lab Demo	Occupational Therapists Physiotherapists	\$670	\$740	Skills & Knowledge-based	Live zoom + self paced on e-learning portal	12.5 hours	TBC	Jun-23	joyce.lee.g.l@sgh.com.sg
OT	Prescription of Motorised Mobility Aids (PMAs)	1) Explain features of powered mobility aids 2) Identify clients' capacities and abilities to use powered mobility aids 3) Evaluate clients' needs for powered mobility aids 4) Operate powered mobility aids	1) Common types of different powered mobility aids and their features 2) Customisation of powered mobility aids 3) Evaluation on the suitability of clients who need powered mobility aids 4) Practical considerations of using powered mobility aids 5) Assessment of appropriate powered mobility aids for clients 6) Training clients to drive powered mobility aids 7) Funding schemes for prescription of powered mobility aids 8) Practical skills in driving powered mobility aids in the community including taking public transport	Occupational Therapists with little or no experience in prescribing powered mobility aids	\$880	\$980	Skills & Knowledge-based	Classroom	14 hours (2 days)	20-21	Jul-23	matthew.lu.e.y@sgh.com.sg
OT	Management of Clients with Upper Limbs Conditions	1) Understand the etiology of the following conditions: Osteoarthritis, Rheumatoid arthritis, Repetitive stress injuries (e.g. trigger finger and dequervain's tenosynovitis) 2) Provide evidence-based intervention strategies for these conditions	1) Common rheumatology conditions: Osteoarthritis and Rheumatoid arthritis 2) Common repetitive stress injuries: Carpal Tunnel Syndrome, Trigger finger, Dequarvain Tenosynovitis, elbow tendonitis) 3) Evidence based management for 1) and 2) including splint fabrication practice	Occupational Therapists	\$1,260	\$1,400	Skills & Knowledge-based	Classroom	10.5 hours (1.5 days)	24 -25	Aug-23	joyce.lee.g.l@sgh.com.sg
OT	The Art of Stroke Rehabilitation for Occupational Therapists	1) Conduct functional assessments to determine required therapy interventions 2) Select appropriate and specific outcome measures to enable evaluation of therapy progress and outcomes 3) Plan therapy interventions based on medical condition(s), indications and contraindications 4) 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 a) Standardised assessments b) Clinical assessments 2) Selecting outcome measures for stroke rehabilitation 3) The clinical reasoning process a) From assessment to intervention b) Introduction of the Rehab Framework – The Rehab Journey 4) Occupational therapy interventions covering motor, sensory, cognitive and perceptual domains 5) Integration of learning a) Barriers to participation and communication b) MOH One Rehab Framework and the care continuum c) Application of clinical reasoning through case studies	Occupational Therapists	\$860	\$950	Skills & Knowledge-based	Classroom	14 hours (2 days)	20 - 21 Feb	Feb-24	joyce.lee.g.l@sgh.com.sg



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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) Understand the scientific basis for balance and stability devices 5) Describe the use of balance and stability devices 6) 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	\$540	\$600	Skills & Knowledge-based	Classroom	7 hours (1 day)	13	Oct-23	matthew.lu.e.y@sgh.com.sg
PHARM	Clinical Reasoning Approach to Pharmacotherapy	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	\$310	\$340	Skills & Knowledge-based	Classroom	6 hours (1 day)	14	Oct-23	chua.sok.hong@sgh.com.sg
PHARM	Deconstructing Storytelling for Serious Games: How To Engage, Yet Keep It Real? NEW	1) Understand the elements of a good story 2) Learn how to do storyboarding 3) Gain an insight into how to create a simple "play-your-own-adventure" game story	1) Understand what are the ingredients of a good game story 2) Walkthrough of a game storyboard 3) Hands-on session	Healthcare Educators	\$290	\$320	Pedagogy/ Research	Live zoom only	3 hours	TBC	Mar-24	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 programme 2) Gather, interpret and synthesize information to evaluate the impact of surgery and its associated medical management on the patient's pulmonary function 3) Demonstrate advanced understanding of the 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 a) Thoracic Surgeries b) Major Abdominal Surgeries and Solid Organ Transplant c) Special Surgery – Head & Neck and Bariatric	Physiotherapists with 2 to 3 years of working experience	\$720	\$800	Skills & Knowledge-based	Live zoom only	20 hours (5 half days)	14 - 20	Sep-23	joyce.lee.g.l@sgh.com.sg
PT	Clinical Reasoning in Musculoskeletal Physiotherapy	1) Outline contemporary biopsychosocial approaches for management of musculoskeletal disorders. 2) Formulate differential diagnoses of musculoskeletal disorders and evaluate the most likely diagnosis. 3) Rationalise and prioritise treatment selections for effective management of musculoskeletal disorders.	1) Introduction to Clinical Reasoning Frameworks for Musculoskeletal Physiotherapy 2) Understanding Pain 3) Pain Pharmacology and Management 4) Clinical Reasoning: Subjective Interview 5) Musculoskeletal Clinical Translation Framework 7) Tissue and Fracture Healing 8) Group Discussions and Case Studies	Physiotherapists with 2 - 5 years of working experience in the Musculoskeletal field.	\$950	\$1,050	Skills & Knowledge-based	Live zoom only	18 hours (4 half days)	26-27 & 30-31	Oct-23	tung.chee.keong@sgh.com.sg
PT	Clinical Reasoning for Physiotherapy Management in Stroke	1) Understand acute stroke medical management for cerebral infarcts and haemorrhage. 2) Understand medical management of stroke patients in sub-acute and chronic phases. 3) Use the International Classification of Functioning, Disability and Health (ICF) model as a framework for clinical reasoning in management of people after stroke. 4) Prioritise physiotherapy interventions based on analysis of impairments contributing to activity limitations. 5) Implement strategies to manage patients with behavioural and mood disorders after stroke. 6) Standardise and interpret outcome measure to measure efficacy of clinical intervention in stroke rehabilitation.	1) Hyperacute stroke management 2) Medical management of stroke patients in sub-acute and chronic phases 3) Stroke impairments 4) Task Analysis and Treatment: Sit to stand and Standing, Walking 5) Incorporating intensity of practice in clinic 6) Normal Gait & Pathological Gait 7) Management of behavioural and mood disorders after stroke 8) Outcome measures in stroke	Physiotherapists working with stroke patients in any setting	\$810	\$900	Skills & Knowledge-based	Live Zoom + Classroom	16 hours (4 half days)	29 & 1, 4, 5	Feb-24 Mar-24	matthew.lu.e.y@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 and Musculoskeletal Disorders 2) Ergonomics Risk Assessment 3) Manual Handling 4) Anthropometry 5) Office Ergonomics 6) Ergonomics Programme Development	Occupational Therapists Physiotherapists Occupational Health and Safety Professionals	\$700	\$780	Skills & Knowledge-based	Live Zoom + Classroom	13.5 hours (1.5 days)	TBC	TBC	matthew.lu.e.y@sgh.com.sg
PT	Evidence-based Practice in Physiotherapy	1) Conduct efficient and systematic search of medical literature that relates to a clinical question 2) Appraise the quality of a clinical research based on its methodology 3) Interpret the results of common types of clinical research: Observation studies, experimental studies and systematic review studies 4) Assess the external validity and generalizability of a research study	1) Processes of evidence-based medicine (EBM) and study design 2) Question formulation PICO 3) Pragmatic literature search 4) Descriptive statistics & Statistical inferences 5) Binary data & Continuous data 6) Correlation 7) Treatment effect 8) Regression 9) RCT appraisal 10) Systematic reviews & Meta-analysis	Practising physiotherapists who aspire to be an evidence-based practitioner	\$630	\$700	Skills & Knowledge-based	Classroom + self paced on e-learning portal	18 hours	9, 16, 23, 30	May-23	joyce.lee.g.l@sgh.com.sg
PT	Gait Rehabilitation NEW	1) Identify musculoskeletal dysfunction that contributes to gait abnormalities. 2) Discuss normal joint motion throughout the kinetic chain through the phases of gait. 3) Identify evidence-based practices for best rehab outcomes with specific diagnoses. 4) Identify contributors to abnormal movement patterns. 5) Discuss the movement analysis model, the purpose and usefulness when developing effective rehab tasks and programs. 6) Discuss comorbidities and the impact each on gait function. 7) Identify how gait impacts ADLs and community participation and develop techniques to assist patients to function within the community. 8) Differentiate specific musculoskeletal and neurological dysfunction leading to gait dysfunction. 9) Systematically analyze gait abnormalities and prioritize treatments focused on improving function. 10) Analyze movement patterns associated with specific tasks that involve gait. 11) Develop task-specific treatment plans and gait training exercises to improve functional gait. 12) Identify upper extremity factors that contribute to gait dysfunction and develop techniques to address the upper extremity 13) Demonstrate manual skills to perform soft tissue mobilization (including mobilization with movement and muscle bending), strengthening exercises (including NDT techniques), proprioceptive activities and stretching techniques.	1) What is gait training? 2) Muscle Activity in Gait 3) Neuroanatomy and the Gait Cycle 4) Functional Gait Movement Analysis 5) Developing a customized treatment program 6) Physician Interviews - Factors and Diagnoses Affecting Gait and Gait Training 7) Exercises and Manual Therapy to Enhance Gait 8) Strengthening Lab 9) Soft tissue mobilisation Lab 10) Movement analysis, Gait analysis 11) Muscle activity and case studies 12) Treatment strategies and Lab Demo	Occupational Therapists Physiotherapists	\$670	\$740	Skills & Knowledge-based	Live zoom + self paced on e-learning portal	12.5 hours	TBC	Jun-23	joyce.lee.g.l@sgh.com.sg
PT	Geriatric Rehabilitation	1) Recognise frailty in the older person and discuss the appropriate management 2) Conduct a comprehensive assessment for falls, interpret results and discuss the appropriate management 3) Identify common types of cognitive changes in the older person and outline strategies to manage challenging behaviors 4) Understand the pharmacokinetic changes in the elderly and the issues related to polypharmacy. 5) Incorporate knowledge of pathology and biomechanics of osteoporosis in effective prevention and intervention. 6) Identify the primary functional problems, associated impairments in the older persons with fractures and other common geriatric conditions, and understand their management.	1) Assessment and management of frailty, falls, non-specific giddiness and common movement disorders in the geriatric population 2) Exercise prescription and design for the geriatric rehabilitation 3) Reaction and response to polypharmacy in the older person 4) Considerations and strategies for rehabilitation in older persons with: a) Lower limb and spinal fractures b) Osteoporosis c) Cognitive impairment and dementia d) Other common geriatric conditions	Physiotherapists working with the geriatric population	\$590	\$650	Skills & Knowledge-based	Live zoom only	16 hours (4 half -days)	6, 7, 10, 11	Jul-23	joyce.lee.g.l@sgh.com.sg



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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) Spondyloarthopathy and Back Pain 4) Thoracic spine and SIJ Assessment and Management 5) Medical Imaging of the Lumbar Spine 6) Surgical Management of the Lumbar Spine 7) Post-Operative physiotherapy management following lumbar spinal surgery	Physiotherapists with 2 - 5 years of working experience in the Musculoskeletal field	\$860	\$950	Skills & Knowledge-based	Live Zoom + Classroom	18 hours (4 half days)	11-12 & 15-16	Jan-24	matthew.lu.e.y@sgh.com.sg
PT	Physiotherapy Management of Parkinson's Disease	1) Discuss the pathophysiology of Parkinson's disease (PD). 2) Differentiate between PD and other atypical parkinsonian syndromes. 3) Discuss the medical management of people with PD. 4) List the criteria for deep brain stimulation. 5) Discuss the non-motor symptoms of PD and their impact on patients and caregivers. 6) Perform a competent physiotherapy assessment of the patient with PD. 7) Discuss the rationale underlying various treatment approaches in people with PD. These include resistance training, cognitive movement strategies and use of cues. 8) Design and implement high intensity treatment programs for people with PD using an evidence-based approach. This includes identifying individuals who are at risks of falls. 9) Design and implement a comprehensive exercise class for people with PD.	1) Physiotherapy assessment of patients with Parkinson's 2) Mobility and gait problems, and falls in PD 3) Atypical parkinsonism syndromes 4) Current trends in medical and surgical management 5) Non-motor symptoms and their management 6) Managing behavioural and cognitive changes in PD 7) Incorporating music in rehabilitation 8) Palliative issues in advanced stage PD 9) Exercise programmes for people with PD 10) Designing and implementing exercise programmes including high intensity training for people with PD	Physiotherapists managing people with Parkinson's	\$1,130	\$1,250	Skills & Knowledge-based	Live zoom + self paced on e-learning portal + classroom	20 hours	28-Jan	Sep-23	joyce.lee.g.l@sgh.com.sg
PT	Point-of-care Ultrasound (POCUS) for Shoulder NEW	1) Understand basic ultrasound physics and knobology 2) Identify sonoanatomy and common pathologies of the shoulder 3) Appreciate clinical application of ultrasound in evaluation and management of shoulder injuries 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, tendinosis, bursal effusion) 5) Guided hands-on ultrasound practical	Physiotherapists	\$530	\$590	Skills & Knowledge-based	Classroom	5 hours (1 day)	TBC	TBC	tung.chee.keong@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 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	Physiotherapists who encounter patients with broad range of breathing problems in both the acute care (but NOT critical care) and community setting	\$880	\$980	Skills & Knowledge-based	Live Zoom + Classroom	16 hours (4 half days)	30 Nov & 1, 4, 5	Nov-23 & Dec-23	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) 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	\$490	\$540	Skills & Knowledge-based	Live zoom only	9 hours (2 half days)	24 & 31	Oct-23	chua.sok.hong@sgh.com.sg
PT	The Science of Resistance Bands for Strength, Balance and Stability	1) Understand the scientific basis for the use of elastic resistance 2) Describe the therapeutic goals which can be achieved with elastic resistance (strength training, stability training and flexibility) 3) Learn and demonstrate a variety of ways to appropriately use elastic resistance to achieve therapeutic goals 4) Understand the scientific basis for balance and stability devices 5) Describe the use of balance and stability devices 6) 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	\$540	\$600	Skills & Knowledge-based	Classroom	7 hours (1 day)	13	Oct-23	matthew.lu.e.y@sgh.com.sg
PT	Trans-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) Treatment and Management Principles for Complex Chronic Non-Cancer Pain 4) Pharmacological Management of Complex Chronic Non-Cancer Pain 5) Interventional Procedures in Pain Management 6) Non-Pharmacological Management of Complex Chronic Non-Cancer Pain 7) Putting It Together: Complex Chronic Non-Cancer Pain Management in Practice	Healthcare professionals	\$1,080	\$1,200	Skills & Knowledge-based	Live Zoom + Classroom	24 hours (6 half days)	8-10 & 22-24	Jan-24	chua.sok.hong@sgh.com.sg
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: Oculomotor examination 5) Benign paroxysmal positional vertigo management (Cupulolithiasis and canalithiasis) 6) Assessment of gait and balance 7) Exercises used in Vestibular Rehabilitation	Physiotherapists	\$810	\$900	Skills & Knowledge-based	Classroom + self paced on e-learning portal	16 hours (5 half days)	15, 16, 21, 22 & 13	Nov-23 & Dec-23	matthew.lu.e.y@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) 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	\$490	\$540	Skills & Knowledge-based	Live zoom only	9 hours (2 half days)	24 & 31	Oct-23	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	Healthcare professionals who are using ultrasound	\$590	\$650	Skills & Knowledge-based	Classroom	6.5 hours (1 day)	28	Oct-23	chua.sok.hong@sgh.com.sg



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Professions	Course/Lecture Title	Course Objectives	Course Outline	Target Audience & Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Mode of Learning	Duration	Date(s)	Month(s)	Course in-charge
AHP	A Safer Home: Risks Identifications and Home Modifications	1) Understand fall risks factors 2) Demonstrate the ability in selection of home assessment tools for varied client groups 3) Be equipped with skills in home assessment and home modifications for varied 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) Hands On for Home Modifications 6) Community Resources & Home Visit Report 7) Practical session at a mock-up room	Occupational Therapists Case Managers Community Nurses	\$790	\$880	Skills & Knowledge-based	Classroom	10.5 hours (1.5 days)	9 & 10	Nov-23	matthew.lu.e.y@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	\$890	\$990	Skills & Knowledge-based	Classroom	14 hours (2 Full days)	24 - 25 2 - 3	Aug-23 Nov-23	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).	\$630	\$700	Pedagogy/ Research	Live zoom only	14 hours (4 half days)	22 - 25 23 - 26	May-23 Oct-23	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	\$560	\$620	Pedagogy/ Research	Live zoom only	14 hours (4 half days)	24 - 27 24 - 27 25 - 28 20 - 23	Apr-23 Jul-23 Sep-23 Nov-23	jayaraj.bala.krishnan@sgh.com.sg , matthew.lu.e.y@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.	Healthcare Professionals	\$970	\$1,080	Skills & Knowledge-based	Live zoom only	21 hours (3 days)	6, 7 & 8	Nov-23	tung.chee.keong@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) Share personal examples and stories of resilience 2) Review current research and thinking on resilience 3) Review current research and thinking on Growth Mindset - Carol Dweck 4) Myths and common thinking associated with mistakes and failures 5) Social contexts and its impact on attitudes and perceptions 6) Cultivating strategies for resilience training 7) Personal Examples 8) Examples from Resilience Training 9) Examples from Carol Dweck 10) Examples from Solution Focused Practice 11) Integration and practical applications 12) Practice - developing conversations with clients 13) Practice - self-coaching for resilience	Healthcare Professionals	\$360	\$400	Skills & Knowledge-based	Live zoom only	6 hours (2 half days)	28 & 29	Aug-23	matthew.lu.e.y@sgh.com.sg
AHP	Deconstructing Storytelling for Serious Games: How To Engage, Yet Keep It Real? NEW	1) Understand the elements of a good story 2) Learn how to do storyboarding 3) Gain an insight into how to create a simple "play-your-own-adventure" game story	1) Understand what are the ingredients of a good game story 2) Walkthrough of a game storyboard 3) Hands-on session	Healthcare Educators	\$290	\$320	Pedagogy/ Research	Live zoom only	3 hours	TBC	Mar-24	chua.sok.hong@sgh.com.sg
AHP	Developing Leadership Capabilities & Effectiveness	1) Understand principles and insights into leadership 2) Apply knowledge and skills learnt 3) 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	\$580	\$640	Leadership/ Communications	Classroom	14 hours (2 days)	22 & 29	Aug-23	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)	\$230	\$260	Skills & Knowledge-based	Live zoom only	3.5 hours	14	Sep-23	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 Counselling 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	\$410	\$450	Skills & Knowledge-based	Live zoom only	7 hours (2 half days)	14 - 15	Nov-23	jayaraj.bala.krishnan@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 a) Defining PCC using VIPS framework b) Identifying barriers to implementing VIPS in care setting 3) Using the Enriched Model of Dementia to address responsive behaviours a) Defining responsive behaviours b) Adopt the Enriched Model of Dementia to explain the responsive behaviours c) Formulate PCC interventions to address the responsive behaviours 4) Assessment: Presentation of Case Study Apply the Enriched Model of Dementia to influence behaviour to promote dignity and respect for people with dementia	Healthcare Professionals working in Dementia Care setting	\$680	\$760	Skills & Knowledge-based	Live Zoom + Classroom	11.5 hours (1 full day theory, 1 half-day case presentation)	<u>1st Run</u> 18 & 16 <u>2nd Run</u> 14 & 20	<u>1st Run</u> May-23 & Jun-23 <u>2nd Run</u> Sep-23 & Oct-23	matthew.lu.e.y@sgh.com.sg
AHP	Influencing Behaviour in Dementia Care Through Person-Centred Approach (Part 2)	1) Review the Person-centred approach (PCA) using the Enriched Model of Dementia 2) Care to influence responsive behaviours of persons with dementia. 3) Explain the case for Person-centred Care to promote culture change 4) Consider person-centred care principles to influence care practices 5) Apply strategies to promote adoption of person-centred care culture and/or practices	1) Reflections and Experiential Activity 2) Review of Enriched Model of Dementia Plans 3) The need for Person-centred Care a) Explaining the case for a person-centred care b) Defining the person-centred care principles and culture c) Applying person-centred care principles into care practices 4) Apply strategies to promote a person-centred care culture a) Fundamentals of culture change to promote person-centred care b) Select and prioritise care practices for quick wins c) Develop action plans and strategies to promote person-centred care practices 5) Assessment: Case studies in Person-centred Care	Participants are required to complete Influencing Behaviour in Dementia Care Through Person-Centred Approach (Part 1)	\$1,360	\$1,510	Skills & Knowledge-based	Live Zoom + Classroom	15.5 (1 1/2 days theory, 1 half-day case presentation)	18-19 & 23	Jan-24 & Feb-24	matthew.lu.e.y@sgh.com.sg
AHP	Introduction to Solution Focused Brief Therapy (Part 1)	1) Acquire knowledge of the core skills, mind-set and philosophy of Solution Focused Brief Therapy (SFBT) 2) Appreciate the relevance of SFBT to their clinical practice (specifically within the healthcare setting) 3) Develop competence through practical applications of the solution focused model during the course	1) Overview of history, development, philosophy & mindset of SFBT 2) Basic framework for first session, second session and subsequent session protocol 3) Key questioning techniques 4) Stages of Solution Building 5) Applying EARS process 6) Dealing with client setbacks, relapses & challenging situations 7) Final review of SF process 8) Sharing of participants' experiences in using the skills learnt, focusing on developing competence and confidence in using this approach 9) Follow-up coaching including brief review, practice sets, case presentations and reflecting team format	Healthcare Professionals	\$650	\$720	Skills & Knowledge-based	Live zoom only	12 hours (4 half days)	4 - 7	Sep-23	jayaraj.bala.krishnan@sgh.com.sg
AHP	Motivational Interviewing (Foundational Skills)	1) Introduce the theory and foundational skills of motivational interviewing (MI) through didactic and experiential processes. 2) Acquaint with the history of MI and underlying theories and key foundational skills.	1) Motivational Interviewing: 30 Years of asking questions about change 2) The underlying assumptions, ideas and theories of MI 3) What is MI and is not MI 4) The Spirit of MI 5) The foundational Skills 6) Interacting with Change & Sustain Talk 7) Working with discord 8) Planning for Change 9) Exploring cultural considerations for MI	Healthcare Professionals	\$720	\$800	Skills & Knowledge-based	Live zoom only	16 hours (4 half days)	19 - 22 14 - 17 15 - 18	Jun-23 Aug-23 Jan-24	jayaraj.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.	\$590	\$650	Skills & Knowledge-based	Live zoom only	8 hours (2 half days)	11 - 12	Mar-24	jayaraj.bala.krishnan@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 & anxiety, etc.) that can cause cognitive impairments in elderly population? 4) What are the common management strategies? 5) Case discussion	Healthcare Professionals	\$340	\$380	Skills & Knowledge-based	Live zoom only	6 hours (2 half days)	10 & 15	May-23	tung.chee.keong@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	\$900	\$1,000	Skills and Knowledge based	Live zoom only	21 hours (3 days)	4, 11 & 18	Sep-23	matthew.lu.e.y@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	\$720	\$800	Leadership/ Communications	Live zoom only	14 hours (2 days)	19 & 29	Feb-24	jayaraj.bala.krishnan@sgh.com.sg



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AHP	The Neuropsychology of Neurological Conditions	At the end of course, participants will: 1) Have a basic understanding of the various dimensions in neuropsychology 2) Have a basic understanding of the various cognitive domains 3) Understand Parkinson's disease & its neuropsychological features 4) Understand epilepsy and its' neuropsychological features 5) Understand head injury/traumatic brain injury and its neuropsychological features	<u>Session 1: Basic Concepts in Neuropsychology & Introduction to Parkinson's disease</u> 1.1 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 <u>Session 2: Understanding Epilepsy & Head Trauma</u> 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	\$340	\$380	Skills and Knowledge based	Live zoom only	6 hours (2 half days)	14 & 21	Jun-23	tung.chee.keong@sgh.com.sg
AHP	Trans-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) Treatment and Management Principles for Complex Chronic Non-Cancer Pain 4) Pharmacological Management of Complex Chronic Non-Cancer Pain 5) Interventional Procedures in Pain Management 6) Non-Pharmacological Management of Complex Chronic Non-Cancer Pain 7) Putting It Together: Complex Chronic Non-Cancer Pain Management in Practice	Healthcare professionals	\$1,080	\$1,200	Skills & Knowledge-based	Live Zoom + Classroom	24 hours (6 half days)	8-10 & 22-24	Jan-24	chua.sok.hong@sgh.com.sg
AHP	Transfer Techniques (Train-the-Trainer)	1) Share and demonstrate good ergonomics during transfer 2) Use various types of assistive transfer devices 3) Demonstrate various patient transfer techniques 4) Develop problem solving skills to select appropriate patient transfers technique	1) Work-related Musculoskeletal Disorders 2) Principles in Safe Handling of Load 3) Proper body mechanics in manual lifting and patient handling 4) Practical session to master various transfers. 5) Transfers practice: a) Bed to Wheelchair; b) Wheelchair to couch / armchair / chair; and c) Position of patient for transfer with use of hoist 6) MCQ assessment of theory 7) Scenario assessment	Allied Health Professionals who are engaged with patient handling/ transfers	\$1,530	\$1,700	Skills & Knowledge-based	Classroom	14 hours (2 days)	17 - 18	Oct-23	joyce.lee.g.l@sgh.com.sg