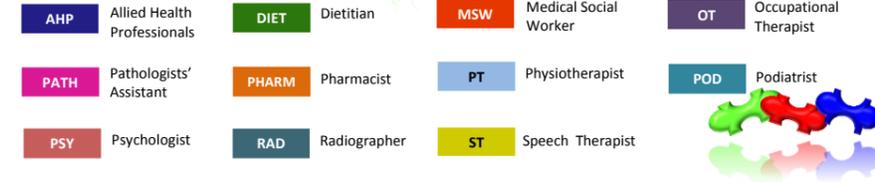


# APRIL 2018 – MARCH 2019

## PGAHI TRAINING CALENDAR

Legend:



All information stated is correct as of 16 August 2017 and subjected to change without notice.

Fees are in Singapore Dollars (*inclusive of 7% GST*) unless otherwise indicated.

SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.

PGAHI reserves the right to update, change or replace any information.

We strongly encourage you to check this page periodically for changes.

Besides the following courses, PGAHI also offers Clinical Attachments for AHPs. For more information, please visit:

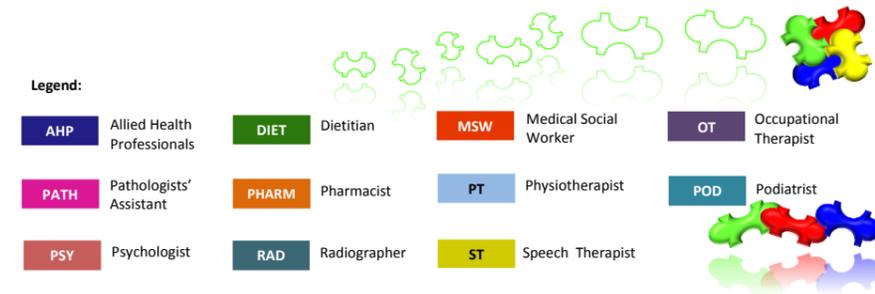
<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
DIET	<b>Medical Nutrition Therapy for Diabetes (For Dietitians)</b>	<ol style="list-style-type: none"> <li>To equip dietitians with essential nutrition knowledge on diabetes management.</li> <li>To update dietitians with the latest and current principles and nutrition recommendations for people with diabetes, type 1, type 2 and other forms of diabetes.</li> <li>To update dietitians with knowledge on the principles of advanced carbohydrate counting.</li> <li>Understand the role of dietitians in the management of physical activity, exercise and sick day</li> </ol>	<ol style="list-style-type: none"> <li>Nutrition in diabetes</li> <li>Applying Nutritional guidelines – An ‘ideal diet’ for diabetes?</li> <li>Blood glucose lowering medications – implications for diet</li> <li>Carbohydrate counting principles</li> <li>Understanding hypoglycaemia and its treatment</li> <li>Other forms of diabetes – nutritional considerations</li> <li>Advanced CHO counting 1 and 2</li> <li>Role of dietitians in the management of physical activity and exercise</li> <li>Managing the young adult with diabetes</li> <li>Meeting the demands of pregnancy and diabetes</li> <li>Managing patients with poor intake – Considerations for patients on enteral feeding</li> <li>Sick Day Management – The Dietitian’s role</li> </ol>	Nil	\$400	Skills & Knowledge-based	1 day and 2 half days (1 run)	22, 24, 26	Jan 2019	<a href="mailto:amelia.lim.i.t@sgh.com.sg">amelia.lim.i.t@sgh.com.sg</a>
OT	<b>A Safer Home: Risk Identifications and Home Modifications</b>	Healthcare Professionals especially Occupational Therapists play an important role in assessment of Falls and Environmental Modifications. This workshop outlines the importance of Home Evaluation in Falls Preventions. Newly graduated therapists will be equipped with knowledge and skills in providing Home Evaluation and be able to make appropriate recommendations for people with chronic diseases, progressive illness leading to physical, cognitive disabilities and vision impairment.	<ol style="list-style-type: none"> <li>To gain an overview of fall risks factors and fall risks assessment</li> <li>Demonstrate the ability in selection of home assessment tools for varied client groups (clients with physical, cognitive and vision impairment)</li> <li>Be equipped with skills in home assessment and home modifications for varied clients group</li> <li>To equip with knowledge of home assessment report writing</li> </ol>	Nil	\$520	Skills & Knowledge-based	2 days (1 run)	24 - 25	Jan 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
OT	<b>Bands, Balls and Balance</b>	The workshop will enable the participant to: <ol style="list-style-type: none"> <li>understand the scientific basis for elastic resistance exercise prescription and progression</li> <li>demonstrate the appropriate use of elastic resistance devices</li> <li>understand the scientific basis for proprioceptive training and progression</li> <li>demonstrate appropriate use of proprioceptive training devices</li> <li>apply principles of clinical progressions using elastic resistance and proprioceptive training devices</li> </ol>	<p>The “Bands, Balls and Balance” workshop includes lectures and hands-on lab activities using elastic resistance bands, exercise balls and balance training devices. The workshop provides evidence-based and clinically relevant exercise progressions. Participants will learn the scientific basis for use of these devices and enhance their clinical decision making and problem solving skills.</p> <p>The workshop will cover the following:</p> <ol style="list-style-type: none"> <li>The Science of Elastic Resistance Training</li> <li>Hands on: Elastic Resistance Lab</li> <li>Progressive Proprioceptive Training Lecture</li> <li>Proprioceptive Lab – Balls and Balance</li> <li>Clinical Progressions and Functional applications</li> </ol>	Nil	\$280	Skills & Knowledge-based	1 day (1 run)	28	Nov 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
OT	<b>Basic Bobath Certification*</b>	At the end of this course, participants are expected to: <ol style="list-style-type: none"> <li>Understand the principles of the Bobath Concept.</li> <li>Understand current neurophysiology relevant to the application of the Bobath concept.</li> <li>Understand the range of normal movement and appreciate major causes of deviations of normal movement and posture.</li> <li>Analyse movement in terms of efficiency and recognise potential causes for lack of efficiency.</li> <li>Use enhanced observation, analytical and facilitation skills, acquired through the study of normal movement, to develop individual treatment strategies for patients with movement disorders.</li> </ol>	The Bobath course provides an introduction to the Bobath Concept in the assessment and treatment of adult neurological conditions. This is a three-week full time course, accredited by the International Bobath Instructors Training Association (IBITA). The course includes lectures on neurosciences and the Bobath Concept, practical sessions on normal movement, patient demonstrations and workshops and patient treatment sessions. It is highly desirable to have completed a ‘Normal Movement’ course before undertaking the Basic Bobath Certification course.	Participants must be registered with the Allied Health Professions Council, Singapore and hold a valid practising certificate.	\$4550	Skills & Knowledge-based	3 weeks (1 run)	16 - 27 Jul & 29 Oct - 2 Nov	Jul, Oct & Nov 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>

\* This course may be applicable to doctors or nurses.

# APRIL 2018 – MARCH 2019

## PGaHI TRAINING CALENDAR



All information stated is correct as of 16 August 2017 and subjected to change without notice.

Fees are in Singapore Dollars (*inclusive of 7% GST*) unless otherwise indicated.

SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.

PGaHI reserves the right to update, change or replace any information.

We strongly encourage you to check this page periodically for changes.

Besides the following courses, PGaHI also offers Clinical Attachments for AHPs. For more information, please visit:

<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
OT	<b>Bobath Normal Movement*</b>	The Bobath concept is a rehabilitation approach used to restore functional movement in patients who have developed movement/postural dysfunctions due to brain injuries, such as stroke and cerebral palsy. This course is designed to introduce participants to the concepts of the Bobath Approach used in the assessment and treatment of adults with neurological or neuromuscular impairments.  At the end of this course, participants are expected to: 1) Describe the concepts and basic components of normal movement. 2) Understand the wide postural and tonal variation in the normal population. 3) Draw on improved analysis and assessment skills to more effectively treat neuromuscular disorders.	1) Concepts of normal movement used in the assessment and treatment of adults with neurological or neuromuscular impairments 2) Workshop consists of a theoretical introduction to normal movement, practical sessions and a patient demonstration	Nil	\$990	Skills & Knowledge-based	3 days (2 runs)	11 - 13 Jul 24 - 26 Oct	Jul 2018 Oct 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
OT	<b>Geriatric Rehabilitation</b>	At the end of the workshop, participants should be able to: 1) Identify the cognitive changes and implement a person-centered care in the management of elderly with altered cognition 2) Identify the primary functional problems and associated impairments in elderly with total joint arthroplasties and hip fractures. 3) Incorporate knowledge of the pathology and biomechanics of osteoporosis in effective prevention and intervention. 4) Understand the causes of altered response to drug therapy in elderly and the issues related to polypharmacy 5) Identify common drug classes used in the elderly for pain and other conditions and understand their impact on physical therapy and its related side effects 6) Recognize the causes of frailty and discuss its appropriate interventions 7) Conduct a falls assessment and understand the implications of the test results. 8) Gain an update on the evidence in falls prevention. 9) Evaluate the role of physiotherapy in palliative care and gain evidence surrounding the benefits of it. 10) Gain an understanding of how to assist older adults with impaired vision in mobility tasks 11) Be able to incorporate knowledge of home environment modification in falls prevention	This workshop aims to allow participants to gain an appreciation of cognitive changes in the elderly and explore the strategies that can be used to manage elderly with cognitive issues, and how to engage them in therapeutic intervention. Other topics include management of common problems experienced by the elderly population; such as falls and fractures and chronic problems prevalent in older adults such as frailty and osteoporosis. The impact of drug therapy is also covered as older adults are often on pharmacological therapy for their chronic problems. Participants will also explore the role of physiotherapy in older adults with cancer and those who require palliative care.	Nil	\$400	Skills & Knowledge-based	4 half-days (1 run)	10 - 13	Dec 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
OT	<b>Management of Clients with Upper Limbs Conditions (Rheumatology)</b> 	1) Apply knowledge in managing Rheumatoid conditions 2) Master skills in fabricating basic splints appropriate for such conditions.	1) Common Rheumatoid conditions (OA, RA, RSI) 2) Overview on the impact of rheumatoid conditions 3) Population commonly affected 4) Progression of conditions 5) Role of Occupational Therapist 6) Evidence Based Management 7) Common splints fabricated for such conditions	Nil	\$520	Skills & Knowledge-based	2 days (1 run)	21 - 22	Jan 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
OT	<b>Prescription of Powered Mobility Aids</b>	1) Increase knowledge and skills on the range and features of powered mobility aids and how to match these to clients' needs. 2) To be competent in identifying clients' capacities and abilities in powered mobility aids usage. 3) To be confident in prescribing powered mobility aids to clients according to their needs.	1) Comparing the different common types of powered mobility aids 2) Evaluating the suitability of clients needing powered mobility aids 3) Understanding practical considerations of using powered mobility aids 4) Improving clinical skills in assessing and training clients who would benefit from powered mobility aids 5) Understanding possible customisation for powered mobility aids 6) Understanding the consideration of funding schemes for purchasing powered mobility aids. 7) Practical skills in driving powered mobility aids in the community.	Nil	\$550	Skills & Knowledge-based	2 days (1 run)	TBC	Oct 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>

# APRIL 2018 – MARCH 2019 PGAHI TRAINING CALENDAR

All information stated is correct as of 16 August 2017 and subjected to change without notice.  
Fees are in Singapore Dollars (*inclusive of 7% GST*) unless otherwise indicated.  
SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.  
PGAHI reserves the right to update, change or replace any information.  
We strongly encourage you to check this page periodically for changes.

Besides the following courses, PGAHI also offers Clinical Attachments for AHPs. For more information, please visit:  
<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

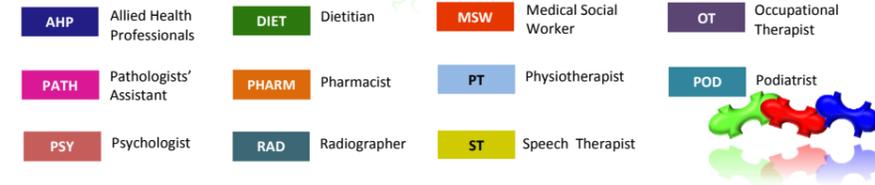
**Legend:**

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

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
OT	<b>Scar Tissue Release and Integration Technique (STRAIT)</b>	This course is designed to enlighten attendees on Fascia- What it is, Why it is important to us, and How it affects our daily lives. Generally stated fascia is the connective tissue that holds us together, which also serves as a communication network for our physical and emotional body. The slightest kink, adhesion, or scar (physical or emotional) has major ramifications on the body's ability to function optimally.	Assess fascial restrictions throughout the body How to breakdown Scar Tissue & Adhesions from the superficial to deep fascia Indications and contraindications related to diseases, injuries, joint replacements, and aging factors The long and short term effects of scar tissue from the physiological to the psychological Natural treatments for the scars Client Communication Use proper body mechanics Understanding of emotional restrictions and how to work with your clients Awareness of the effects of fascia and its importance to our well being	Nil	\$710	Skills & Knowledge-based	3 days (1 run)	19 - 21	Apr 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PHARM	<b>Anticoagulation Management</b>	This course provides an opportunity for pharmacists, doctors and nurses to increase their knowledge and expertise in managing patients receiving anticoagulation therapy.	1) Overview of coagulation tests used in anticoagulant monitoring 2) DOACs uses and monitoring 3) VTE prophylaxis and treatment updates 4) Role of Anticoagulation in Patients with Various Medical Conditions 5) Perioperative management of patients on anticoagulants 6) Local experience of setting up Anticoagulation Service 7) Audit of Anticoagulation Clinic 8) Pharmacoeconomic modelling for Anticoagulation Clinic 9) Virtual Monitoring Clinic 10) Clinical Attachment to Anticoagulation Clinic 11) Case Discussions	Nil	\$1050	Skills & Knowledge-based	4 days (1 run)	TBC	Mar 2019	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>
PHARM	<b>Pharmacy Continuing Professional Education (CPE)</b>	The Pharmacy Lecture Series consists of short seminars conducted regularly throughout the year. It serves as a platform for pharmacists to update, develop and acquire new knowledge and skills, to ensure continuing competence as professionals throughout their careers.		Nil	Complimentary	Skills & Knowledge-based	1 hour	Look out for monthly email alerts on lectures.	Lecture available monthly	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>
PHARM	<b>SGH-UIC Ambulatory Care</b>	1) Recognise the role of a pharmacist on a multi-disciplinary team for the treatment of specified diseases 2) Examine current pharmacotherapy used for specified diseases 3) Apply recent guidelines for the medication management of the specified diseases 4) Identify the clinical presentation of the specified diseases 5) Review outcomes of specified diseases clinic from the University of Illinois at Chicago (UIC)	To gain understanding of the role in Ambulatory Care, in the specified diseases	Nil	\$150	Skills & Knowledge-based	1 day (1 run)	18-Nov	Nov 2018	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>

# APRIL 2018 – MARCH 2019 PGAHI TRAINING CALENDAR

Legend:



All information stated is correct as of 16 August 2017 and subjected to change without notice.  
Fees are in Singapore Dollars (*inclusive of 7% GST*) unless otherwise indicated.

SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.

PGAHI reserves the right to update, change or replace any information.

We strongly encourage you to check this page periodically for changes.

Besides the following courses, PGAHI also offers Clinical Attachments for AHPs. For more information, please visit:

<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
PT	<b>Advanced Certificate in Physiotherapy</b>	The Advanced Certificate in Physiotherapy (ACP) is a 4 month part-time course, runs once per year, that aims to prepare foreign trained physiotherapists for Qualifying Examination (QE), conducted by the Ministry of Health, Singapore.  The course provides essential knowledge and skills acquisition, as well as fostering clinical reasoning development.  The course is suitable for independent adult learners who desire to understand and meet the requirements of QE.  1) Demonstrate entry-level knowledge and skills for physiotherapy practice in musculoskeletal, neurology, cardiopulmonary, paediatric and women's health areas. 2) Appreciate the role of physiotherapy in the acute-care hospital setting in Singapore. 3) Develop confidence to undertake QE.	The programme has four major components: - Cardiopulmonary Physiotherapy - Musculoskeletal Physiotherapy - Neurologic Physiotherapy - Paediatric Physiotherapy & Women's Health  The modes of assessments in this course include written assignments, presentations, theory and practical examinations.	The following requirements are necessary for the admission to the programme: 1) Be a graduate with professional qualifications to practise as a physiotherapist at the country of origin/training; 2) Be a member of the physiotherapy association at the country of origin/training; 3) Possess at least 2 years of work experience in the field of physiotherapy; and 4) Fulfill any one of the following minimum English language requirements: IELTS (Academic) - 5.5 TOEFL (Internet based) - 70 TOEFL (Computer based) - 196 TOEFL (Paper) - 525 5) Currently working/residing in Singapore	\$4960	Certification	4 months (1 run)	TBC	Aug - Nov 2018	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
PT	<b>Advanced Respiratory Care &amp; Exercise Prescription in ICU</b>	This workshop focuses on advance intensive care physiotherapy practice. The workshop covers advanced understanding and working knowledge of intensive care medicine, new generations of mechanical ventilators and patients monitoring devices, and their physiotherapy implications. Emerging body of evidence supporting the roles of physiotherapy in pulmonary care and exercise rehabilitation in critical care setting will be discussed.	At the end of the workshop, the participants should be able to: 1) Demonstrate advanced clinical reasoning skills particularly in the ability to gather, interpret and synthesize appropriate information in cardiopulmonary physiotherapy in critical care setting 2) Outline the principle and rationale for ventilator hyperinflation, and perform ventilator hyperinflation in a simulated setting 3) Demonstrate competency in prescribing selected pulmonary modalities for patients in critical care settings 4) Explain the principle and rationale for early ICU rehabilitation 5) Describe the long term outcome of critical care survivors	Nil	\$650	Skills & Knowledge-based	5 half-days (1 run)	21 - 23 & 26 - 27	Nov 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	<b>Bands, Balls and Balance</b>	The workshop will enable the participant to: 1) understand the scientific basis for elastic resistance exercise prescription and progression 2) demonstrate the appropriate use of elastic resistance devices 3) understand the scientific basis for proprioceptive training and progression 4) demonstrate appropriate use of proprioceptive training devices 5) apply principles of clinical progressions using elastic resistance and proprioceptive training devices	The "Bands, Balls and Balance" workshop includes lectures and hands-on lab activities using elastic resistance bands, exercise balls and balance training devices. The workshop provides evidence-based and clinically relevant exercise progressions. Participants will learn the scientific basis for use of these devices and enhance their clinical decision making and problem solving skills.  The workshop will cover the following: 1) The Science of Elastic Resistance Training 2) Hands on: Elastic Resistance Lab 3) Progressive Proprioceptive Training Lecture 4) Proprioceptive Lab – Balls and Balance 5) Clinical Progressions and Functional applications	Nil	\$280	Skills & Knowledge-based	1 day (1 run)	28	Nov 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	<b>Basic Bobath Certification*</b>	At the end of this course, participants are expected to: 1) Understand the principles of the Bobath Concept . 2) Understand current neurophysiology relevant to the application of the Bobath concept. 3) Understand the range of normal movement and appreciate major causes of deviations of normal movement and posture. 4) Analyse movement in terms of efficiency and recognise potential causes for lack of efficiency. 5) Use enhanced observation, analytical and facilitation skills, acquired through the study of normal movement, to develop individual treatment strategies for patients with movement disorders.	The Bobath course provides an introduction to the Bobath Concept in the assessment and treatment of adult neurological conditions. This is a three-week full time course, accredited by the International Bobath Instructors Training Association (IBITA). The course includes lectures on neurosciences and the Bobath Concept, practical sessions on normal movement, patient demonstrations and workshops and patient treatment sessions. It is highly desirable to have completed a 'Normal Movement' course before undertaking the Basic Bobath Certification course.	Participants must be registered with the Allied Health Professions Council, Singapore and hold a valid practising certificate.	\$4550	Skills & Knowledge-based	3 weeks (1 run)	16 - 27 Jul & 29 Oct - 2 Nov	Jul, Oct & Nov 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>

\* This course may be applicable to doctors or nurses.

# APRIL 2018 – MARCH 2019 PGAHI TRAINING CALENDAR

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	

All information stated is correct as of 16 August 2017 and subjected to change without notice.  
Fees are in Singapore Dollars (inclusive of 7% GST) unless otherwise indicated.

SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.  
PGAHI reserves the right to update, change or replace any information.

We strongly encourage you to check this page periodically for changes.

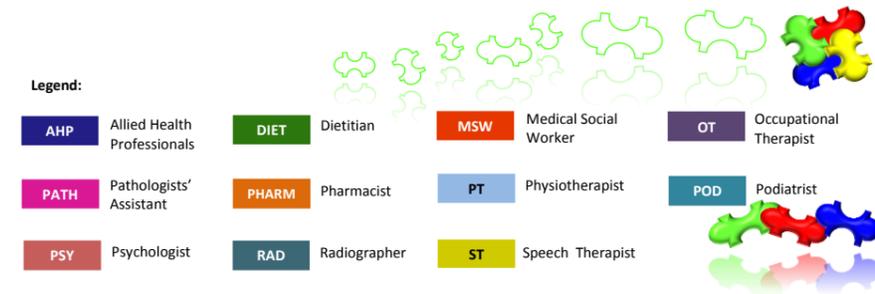
Besides the following courses, PGAHI also offers Clinical Attachments for AHPs. For more information, please visit:

<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
PT	<b>Bobath Normal Movement*</b>	The Bobath concept is a rehabilitation approach used to restore functional movement in patients who have developed movement/postural dysfunctions due to brain injuries, such as stroke and cerebral palsy. This course is designed to introduce participants to the concepts of the Bobath Approach used in the assessment and treatment of adults with neurological or neuromuscular impairments.  At the end of this course, participants are expected to: 1) Describe the concepts and basic components of normal movement. 2) Understand the wide postural and tonal variation in the normal population. 3) Draw on improved analysis and assessment skills to more effectively treat neuromuscular disorders.	1) Concepts of normal movement used in the assessment and treatment of adults with neurological or neuromuscular impairments 2) Workshop consists of a theoretical introduction to normal movement, practical sessions and a patient demonstration neurological or neuromuscular impairments.	Nil	\$990	Skills & Knowledge-based	3 days (2 runs)	11 - 13 Jul 24 - 26 Oct	Jul or Oct 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	<b>Clinical Reasoning Approach to Musculoskeletal Physiotherapy</b>	At the end of the workshop, the participants should be able to: 1) Outline contemporary bio psychosocial approaches for management of musculoskeletal disorders. 2) Formulate differential diagnoses of musculoskeletal disorders and evaluate the most likely diagnosis. 3) Rationalize and prioritize treatment selections for effective management of musculoskeletal disorders.	The development of clinical reasoning skills is a pertinent component to guide one towards clinical expertise. This workshop will cover the principles of clinical reasoning, pain neurophysiology, and adopt a systematic biopsychosocial framework to guide assessment and management of musculoskeletal disorders. The workshop will include large component group interactive discussions.	Nil	\$610	Skills & Knowledge-based	4 half-days (1 run)	31 Jul - 3 Aug	Jul & Aug 2018	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
PT	<b>Dysfunctional Breathing Patterns: Pathology, Assessment and Management</b> 	Dysfunctional breathing is a term describing breathing disorders where chronic changes in breathing pattern result in dyspnoea and other symptoms in the absence or in excess of the magnitude of physiological respiratory or cardiac disease. This is often a topic which is ignored by physiotherapists. The course aims to understand various pathophysiology and would enable physiotherapists to manage the condition better.	1) identification and assess dysfunctional breathing habits 2) mechanical, physiological and biomechanical effects of dysfunctional breathing 3) techniques to help restore regular, comfortable diaphragmatic breathing 4) strategies to relieve and prevent the stress response, breathlessness, panic attacks and insomnia 5) strategies for specific conditions, personality types and scenarios experts commonly see in practice	Nil	\$1050	Skills & Knowledge-based	3 days (1 run)	3 - 5	Sep 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	<b>Evidence-based Practice in Physiotherapy</b>	At the end of the workshop, the 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: Observation studies, quasi-experimental studies, experimental studies and review studies 4) Assess the external validity and generalizability of a research study	1) Principles of evidence-based practice for clinicians who wish to improve their clinical practice through enhanced skills in sourcing, interpreting, and applying the scientific literature 2) Commonly used literature appraisal tools for RCTs & systematic review, and statistical data interpretation.	Nil	\$550	Skills & Knowledge-based	4 half-days (1 run)	3 - 4 & 7 - 8	May 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	<b>Fitness Training in Stroke Survivors</b> 	1) Identify the cardiovascular, metabolic, and brain health benefits of aerobic exercise and physical activity 2) Discuss how the principles of exercise testing can be applied to people with stroke, and what adaptations may be required to accommodate the needs of people with neurological impairment 3) Learn to conduct exercise testing in people with stroke in different settings 4) Discuss and apply exercise testing results and exercise prescription post-stroke 5) Understand how exercise in stroke recovery interacts and promotes both cardiovascular health and physical function 6) Describe and discuss the principles of behaviour change and identify strategies which can be implemented to support behaviour change 7) Develop skills and strategies to promote increased physical activity levels in individuals with chronic health conditions and persistent disability. 8) Discuss challenges commonly associated with implementation of interventions to increase fitness and physical activity levels and collaborate to find potential strategies that may be used in different settings to overcome these challenges.	Stroke remains of the leading causes of adult disability in Singapore. Subsequently, stroke survivors are often deconditioned and tend to lead a sedentary lifestyle. This affects their ability to perform everyday tasks and may increase their risk of falls and recurrent strokes. This workshop aims to equip physiotherapists from all settings with the knowledge and the practical skills to improve cardiorespiratory fitness in stroke survivors.	Nil	\$930	Skills & Knowledge-based	2 days (1 run)	22 - 23	May 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>

\* This course may be applicable to doctors or nurses.

# APRIL 2018 – MARCH 2019 PGAHI TRAINING CALENDAR



All information stated is correct as of 16 August 2017 and subjected to change without notice.

Fees are in Singapore Dollars (*inclusive of 7% GST*) unless otherwise indicated.

SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.

PGAHI reserves the right to update, change or replace any information.

We strongly encourage you to check this page periodically for changes.

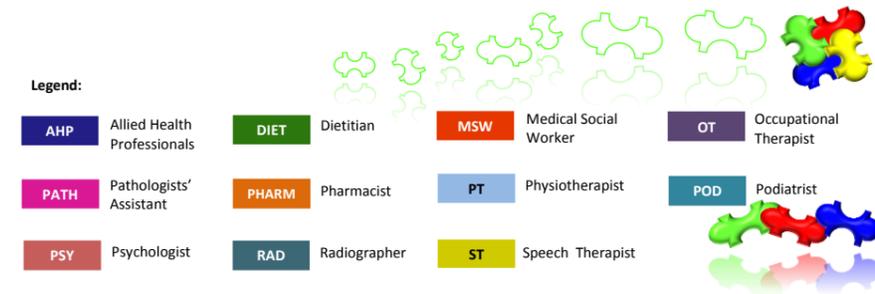
Besides the following courses, PGAHI also offers Clinical Attachments for AHPs. For more information, please visit:

<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
PT	<b>Geriatric Rehabilitation</b>	At the end of the workshop, participants should be able to: 1) Identify the cognitive changes and implement a person-centered care in the management of elderly with altered cognition 2) Identify the primary functional problems and associated impairments in elderly with total joint arthroplasties and hip fractures. 3) Incorporate knowledge of the pathology and biomechanics of osteoporosis in effective prevention and intervention. 4) Understand the causes of altered response to drug therapy in elderly and the issues related to polypharmacy 5) Identify common drug classes used in the elderly for pain and other conditions and understand their impact on physical therapy and its related side effects 6) Recognize the causes of frailty and discuss its appropriate interventions 7) Conduct a falls assessment and understand the implications of the test results. 8) Gain an update on the evidence in falls prevention. 9) Evaluate the role of physiotherapy in palliative care and gain evidence surrounding the benefits of it. 10) Gain an understanding of how to assist older adults with impaired vision in mobility tasks 11) Be able to incorporate knowledge of home environment modification in falls prevention	This workshop aims to allow participants to gain an appreciation of cognitive changes in the elderly and explore the strategies that can be used to manage elderly with cognitive issues, and how to engage them in therapeutic intervention. Other topics include management of common problems experienced by the elderly population; such as falls and fractures and chronic problems prevalent in older adults such as frailty and osteoporosis. The impact of drug therapy is also covered as older adults are often on pharmacological therapy for their chronic problems. Participants will also explore the role of physiotherapy in older adults with cancer and those who require palliative care.	Nil	\$400	Skills & Knowledge-based	4 half-days (1 run)	10 - 13	Dec 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	<b>Physiotherapy Assessment &amp; Management of Cervical Disorders</b>	At the end of the workshop, the participants should be able to: 1) Plan, prioritize and perform a physical examination for the Cervicothoracic - scapular region 2) Discuss and demonstrate differential diagnosis of common Cervicothoracic-scapular dysfunctions 3) Provide effective treatment based on clinical reasoning framework 4) Formulate a treatment plan and exercise program that will address muscle imbalances and maximise recovery and function	1) Diagnose, classify and treat this diverse and complex group of patients with cervico-scapular disorders at an intermediate level 2) A good mix of both theoretical and practical work	Nil	\$680	Skills & Knowledge-based	4 half-days (1 run)	14 - 17	Jan 2019	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
PT	<b>Physiotherapy Assessment &amp; Management of Lower Quadrant Disorders</b>	At the end of the workshop, the participants should be able to: 1) Perform a physical assessment of the lower quadrant including posture and movement, musculoskeletal and neurological tests 2) Discuss and clinically reason through the differential diagnosis of common lower quadrant dysfunction 3) Provide the most effective treatment approach of the lower quadrant after assessment 4) Formulate a treatment plan and exercise program that will address muscle imbalances and maximise recovery and function 5) Interpret basic radiological findings	1) Skills and knowledge to diagnose, classify and treat this diverse and complex group of patients with lower quadrant disorders 2) Workshop has a good mix of both theoretical and practical work	Nil	\$680	Skills & Knowledge-based	4 half-days (1 run)	24 - 27 Sep	Sep 2018	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
PT	<b>Problem Solving Approach in Respiratory Physiotherapy</b>	At the end of the workshop, the participants should acquire: 1. The skills to assess, identify indications, precautions and contraindications & prioritize the respiratory problems amendable 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	This workshop introduces the "Problem Solving Approach" to contemporary cardiopulmonary physiotherapy practice which is applicable in the acute, subacute and long term care setting. This workshop provides both physiological and scientific evidence to support, or otherwise, the commonly used respiratory care modalities in local setting. This is an interactive workshop with practical components. The contents are appropriate for those who have some/basic exposure to patients with cardiopulmonary dysfunction, and aims to provide specialized care by developing a systematic and evidence-based approach to respiratory care delivery.	Nil	\$640	Skills & Knowledge-based	5 half-days (1 run)	7 - 10	Jan 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>

# APRIL 2018 – MARCH 2019

## PGAHI TRAINING CALENDAR



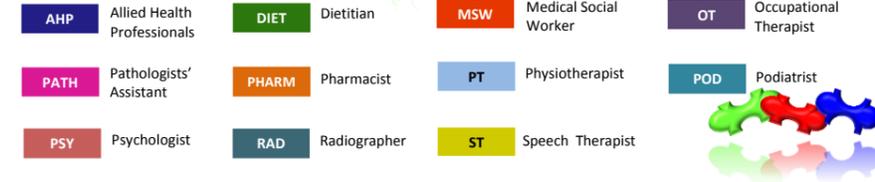
All information stated is correct as of 16 August 2017 and subjected to change without notice.  
Fees are in Singapore Dollars (inclusive of 7% GST) unless otherwise indicated.  
SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.  
PGAHI reserves the right to update, change or replace any information.  
We strongly encourage you to check this page periodically for changes.

Besides the following courses, PGAHI also offers Clinical Attachments for AHPs. For more information, please visit:  
<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
PT	<b>Scar Tissue Release and Integration Technique (STRAIT)</b> 	This course is designed to enlighten attendees on Fascia- What it is, Why it is important to us, and How it affects our daily lives. Generally stated fascia is the connective tissue that holds us together, which also serves as a communication network for our physical and emotional body. The slightest kink, adhesion, or scar (physical or emotional) has major ramifications on the body's ability to function optimally.	Assess fascial restrictions throughout the body How to breakdown Scar Tissue & Adhesions from the superficial to deep fascia Indications and contraindications related to diseases, injuries, joint replacements, and aging factors The long and short term effects of scar tissue from the physiological to the psychological Natural treatments for the scars Client Communication Use proper body mechanics Understanding of emotional restrictions and how to work with your clients Awareness of the effects of fascia and its importance to our well being	Nil	\$710	Skills & Knowledge-based	3 days (1 run)	19 - 21	Apr 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	<b>Shoulder Rehabilitation</b> 	At the end of the course, participants will be able to get the update on the theoretical knowledge, clinical reasoning processes and practical skills in the rehabilitation of the shoulder through evidence based with a strong focus on physiotherapy clinical practice.	Shoulder disorders are a common class of musculoskeletal injuries, with studies estimating up to 50% prevalence rates in certain communities. These disorders may arise for a wide range of reasons ranging from work-related stresses to sporting injuries, and at times even occur for no known reason at all.  The purpose of this advanced shoulder rehabilitation course is to provide an update on the theoretical knowledge, clinical reasoning processes and practical skills in the rehabilitation of the shoulder. This advanced course is evidence-based with a strong focus on physiotherapy clinical practice.	Nil	\$1250	Skills & Knowledge-based	3 days (1 run)	17 - 19	Sep 2018	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
PT	<b>Sports Physiotherapy</b> 	At the end of the course, physiotherapists will be able to diagnose sports injury and develop an appropriate rehabilitation program with reference to the current evidence.	Sporting injuries affect both professional athletes and enthusiasts of all ages. Early access to appropriate assessment and treatment is key to recovery, and return to sport is often the key concern of individuals with sporting injuries. The purpose of this sports physiotherapy course is to provide an update on theoretical knowledge, advanced clinical reasoning and assessment of sporting injuries, with a strong focus on physiotherapy clinical practice.	Nil	\$1240	Skills & Knowledge-based	3 days (1 run)	25 - 27	Mar 2019	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
POD	<b>Imaging of Lower Limbs for Podiatrists</b> 	Day 1: X-ray 1. Interpretation of Musculoskeletal X-Rays. Identify normal bone anatomy, normal variations and approach to interpretation of disease patterns in the lower limb 2. Identify stress fractures 3. Identify early/acute/chronic Charcot arthropathy 4. Identify bone tumor 5. Identify osteomyelitis 6. Different methods of how X-ray are taken  Day 2: MRI 1. Introduction to MRI acquisition, 2. Identify the normal appearances of important anatomic structures on MR imaging of the leg, ankle/foot 3. Detect common abnormalities of frequently injured tendons, ligaments and osteochondral structures, infections, charcot foot arthropathy on MR imaging of the ankle/foot 4. Approach to MRI interpretation of patterns of disease in the leg, ankle & foot.	Introduction to X-Ray, methods of taking x-rays General principles and terminology of x-rays Interpretation of Musculoskeletal X-Rays Identification of abnormalities on X-Rays. e.g. Fractures, charcot etc. Introduction to MRI acquisition and terminology Identification of structures in a MRI Interpretation of a MRI in relation to the foot and ankle Identification of abnormalities on MRI . e.g. Fractures, charcot, infection, inflammation etc.	Nil	\$450	Skills & Knowledge-based	2 half-day (1 run)	11 & 12	Sep 2018	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>

# APRIL 2018 – MARCH 2019 PGAHI TRAINING CALENDAR

Legend:



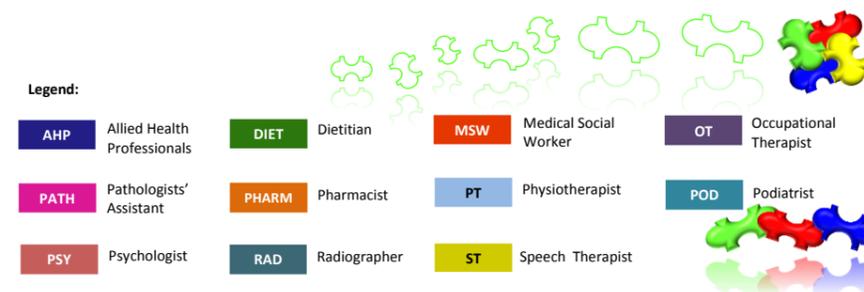
All information stated is correct as of 16 August 2017 and subjected to change without notice.  
Fees are in Singapore Dollars (*inclusive of 7% GST*) unless otherwise indicated.  
SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.  
PGAHI reserves the right to update, change or replace any information.  
We strongly encourage you to check this page periodically for changes.

Besides the following courses, PGAHI also offers Clinical Attachments for AHPs. For more information, please visit:  
<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
RAD	London South Bank University - BSc (Hons) Radiographic Studies	The aim of this course is to enable qualified radiographers to obtain an internationally recognised BSc (Hons) award from London South Bank University.  The course builds on the experience and skills of qualified radiographers, adding professional development skills and knowledge, and also provides for students to enhance their academic skills.	<ul style="list-style-type: none"> <li>Evidence and Research in Clinical Practice</li> <li>Current Debates in Radiography</li> </ul> <p>Optional module (to choose one):</p> <ol style="list-style-type: none"> <li>Image Interpretation for Diagnostic Radiographers</li> <li>Imaging, Localisation and Verification for Radiation Therapists</li> <li>Radiography Clinical Development Skills</li> </ol> <ul style="list-style-type: none"> <li>Service Quality Enhancement Project (Double Module)</li> <li>Leadership for Allied Health Professionals</li> </ul>	Applicants will have qualified in their professional area with a Diploma from Nanyang Polytechnic, Singapore or its equivalent. Applicants should have studied their Diploma in English or have an IELTS of at least 6.5	£4,950	Certification	1 or 2 year(s) (1 run)	NA	Sept 2018 - Aug 2019	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>
RAD	Ultrasound Elastography*	<ol style="list-style-type: none"> <li>Understand the latest clinical practice guidelines for liver elastography in the management of liver fibrosis.</li> <li>Understand the principles of strain and shear-wave elastography.</li> <li>Be familiar with current artefacts, pitfalls and limitations of ultrasound elastography.</li> <li>Understand the application of shear-wave elastography for estimating liver fibrosis and cirrhosis.</li> <li>Recognize the normal and abnormal features of tendons evaluated with strain elastography.</li> </ol>	<ol style="list-style-type: none"> <li>Liver elastography: principle, technique, applications and potential pitfalls.</li> <li>Musculo-tendinous elastography: principle, technique, applications and potential pitfalls.</li> <li>Practical hands-on session</li> </ol>	Nil	\$250	Skills & Knowledge-based	Half-day (1 run)	27	Oct 2018	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>
ST	Stuttering in School-aged Children - Is Treatment still Effective? 	At the end of the workshop, participants will have knowledge about <ol style="list-style-type: none"> <li>assessment and treatment considerations when working with school-aged children who stutter</li> <li>evidence based treatments options for school-aged children who stutter</li> <li>considerations for treatment selection and outcome measurement</li> </ol>	<ol style="list-style-type: none"> <li>Overview of Stuttering</li> <li>Measurement of Stuttering</li> <li>Assessment considerations <ul style="list-style-type: none"> <li>Case history</li> <li>Speech sampling</li> <li>Working with bilingual children</li> </ul> </li> <li>Evidence based treatment options</li> </ol>	Nil	\$250	Skills & Knowledge-based	1 day (1 run)	17	Aug 2018	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	Continuing Professional Development (CPD)	The CPD Lecture Series consists of short seminars conducted regularly throughout the year. It serves primarily as a platform to discuss the latest developments within various aspects of the allied health profession. Specialists from various healthcare professions are invited to share their expertise, thus providing alternative views on topics and offering allied health professionals with a holistic view of their role in healthcare.		Nil	Complimentary	Skills & Knowledge-based	1 hour	Look out for monthly email alerts on lectures.	Once every month	<a href="mailto:pgahi@sgh.com.sg">pgahi@sgh.com.sg</a>

# APRIL 2018 – MARCH 2019

## PGAHI TRAINING CALENDAR



All information stated is correct as of 16 August 2017 and subjected to change without notice.

Fees are in Singapore Dollars (*inclusive of 7% GST*) unless otherwise indicated.

SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.

PGAHI reserves the right to update, change or replace any information.

We strongly encourage you to check this page periodically for changes.

Besides the following courses, PGAHI also offers Clinical Attachments for AHPs. For more information, please visit:

<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
AHP	<b>Applied Suicide Intervention Skills Training (ASIST)*</b>	<ol style="list-style-type: none"> <li>Identify the ways of framing observations of the distress of a person at risk, in exploring invitations.</li> <li>Relate the needs of a person at risk to the caregiver tasks, based on the PAL model.</li> <li>Identify the safety issues and corresponding actions to take, in the development of a Safety Framework</li> </ol>	<ol style="list-style-type: none"> <li>Introduction Module - Sets the tone, norms &amp; expectations of the learning experience.</li> <li>Attitudes Module - Sensitises participants to their own attitudes towards suicide. Creates an understanding of the impact that attitudes have on their intervention process.</li> <li>Knowledge Module - Provides participants with the knowledge &amp; skills to recognize &amp; assess the risk of suicide.</li> <li>Intervention Module - Presents a model for effective suicide intervention. Participants develop their skills through observation, supervised simulation experiences &amp; role-plays.</li> <li>Resources Module - Generates information about resources in the local community. Promotes a commitment by participants to build local resources into helping networks.</li> </ol>	Nil	\$530	Skills & Knowledge-based	2 days (2 runs)	11 - 12 7 - 8	Jul 2018 Nov 2018	<a href="mailto:amelia.lim.i.t@sgh.com.sg">amelia.lim.i.t@sgh.com.sg</a>
AHP	<b>Biostatistics for Research (Basic/Intermediate)*</b>	<ol style="list-style-type: none"> <li>Gain a good introduction to biostatistical concepts, particularly in the context of clinical trials and other aspects of clinical research.</li> <li>Learn the essential statistical considerations in clinical trials and various functions of SPSS.</li> <li>Learn how to use SPSS qualitatively and quantitatively.</li> </ol>	<ol style="list-style-type: none"> <li>SPSS basics – defining data, simple descriptive</li> <li>Introduction to Clinical research methodology. Design issues, intention to treat vs per protocol, estimation, Hypothesis testing, type 1 &amp; 2 errors &amp; Sample size</li> <li>Qualitative analysis Parametric and non-parametric tests</li> <li>Recording data, logical and compute statements. Charts &amp; graphs</li> <li>Quantitative Analysis : Determining associations between categorical variables – Chi square, Fisher’s Exact and McNemar test. Use of odds ratios and relative risks</li> <li>Merging files. Exporting files from Excel &amp; Access. Syntax commands</li> <li>Correlation &amp; Linear Regression Association between quantitative variables – Pearson’s &amp; Spearman’s correlation. Multiple regression to control for confounders or to determine for predictors in a quantitative outcome variable</li> <li>Logistic regression To control for confounders or to determine predictors for a qualitative outcome variable</li> <li>Survival analysis Kaplan Meier and Cox regression for analysis of quantitative data with censoring</li> </ol>	Nil	\$700	Pedagogy & Research	3 days (3 runs)	21 - 23 Jan 11 – 13 Feb 11 – 13 Mar	Jan, Feb, Mar 2019	<a href="mailto:amelia.lim.i.t@sgh.com.sg">amelia.lim.i.t@sgh.com.sg</a> <a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
AHP	<b>Biostatistics for Research (Advance)*</b>	<ol style="list-style-type: none"> <li>Gain a good introduction to advanced biostatistical concepts, which extends the intermediate Quantitative and Qualitative Data Analyses techniques.</li> </ol>	<ol style="list-style-type: none"> <li>Multinomial, Ordinal, Conditional Logistic Regression (OR vs RR)</li> <li>Linear Regression versus GLM</li> <li>Mixed Model Analysis and Generalised Linear Models</li> <li>Repeated Measures GLM versus Mixed Model, Generalised Estimating Equations (GEE)</li> <li>Poisson Regression and Weighted Logistic Regression</li> <li>ROC Analysis (Development of Risk Score Models)</li> <li>PCA, Factor, and Reliability Analysis</li> </ol>	Nil	\$750	Pedagogy & Research	3 days (3 runs)	12 - 14 Nov 3 - 5 Dec	May 2018 Dec 2018	<a href="mailto:amelia.lim.i.t@sgh.com.sg">amelia.lim.i.t@sgh.com.sg</a> <a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
AHP	<b>Developing Leadership Capabilities and Effectiveness*</b>	<ol style="list-style-type: none"> <li>Understand principles and insights into leadership</li> <li>Apply knowledge and skills learnt</li> <li>Develop into not merely good, but an extraordinary and effective leader.</li> </ol>	<ol style="list-style-type: none"> <li>Great Leaders Make a Great Difference</li> <li>Character is the Essence of Leadership</li> <li>Leadership Principles and Skills</li> <li>Leadership Styles: Using the Right One</li> <li>Leadership &amp; Teams</li> <li>Legacy of Leadership: Develop Your People</li> </ol>	Nil	\$400	Leadership & Communications	2 days (1 run)	11 & 18 Oct	Oct 2018	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>

\* This course may be applicable to doctors or nurses.

# APRIL 2018 – MARCH 2019 PGAHI TRAINING CALENDAR

All information stated is correct as of 16 August 2017 and subjected to change without notice.

Fees are in Singapore Dollars (inclusive of 7% GST) unless otherwise indicated.

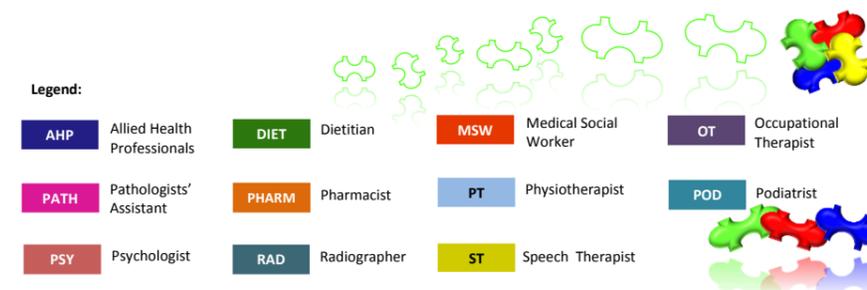
SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.

PGAHI reserves the right to update, change or replace any information.

We strongly encourage you to check this page periodically for changes.

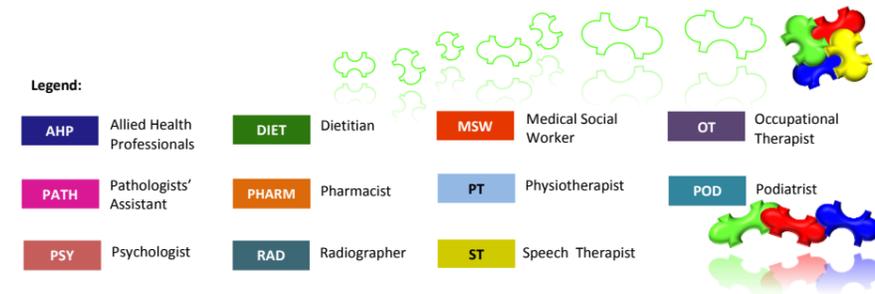
Besides the following courses, PGAHI also offers Clinical Attachments for AHPs. For more information, please visit:

<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>



Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
AHP	Diabetes Nutrition*	1) Equip the multidisciplinary diabetes healthcare providers with basic yet essential nutrition knowledge on diabetes 2) Debunk misconceptions surrounding diet and diabetes 3) Enhance 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 food affect blood glucose level	1) Nutrition in diabetes management 2) Diabetes nutrition recommendations 3) "Diabetic diet" – Facts and Fallacies 4) Eating with Diabetes 5) Meal Planning with Diabetes 6) Glycaemic Index and mixed meals 7) Importance of SBGM 8) Tracking hypes and hypos 9) Eating out 10) Armchair Supermarket Tour	Nil	\$220	Skills & Knowledge-based	1 day (1 run)	6	Sep 2018	<a href="mailto:amelia.lim.i.t@sgh.com.sg">amelia.lim.i.t@sgh.com.sg</a>
AHP	Enteral Nutrition*	1) Get equipped with core competency skills in identifying patients requiring nutrition support, with emphasis on enteral feeding and its potential complications. 2) Promote evidence-based enteral nutrition practices.	1) Nutrition screening and assessment 2) Enteral feeding rationale and monitoring 3) Identifying enteral feeding complications 4) Enteral feeding trouble shooting 5) Medication administration via feeding tube 6) Enteral feed product selection 7) Feeding tube selection 8) Enteral product taste session	Nil	\$220	Skills & Knowledge-based	1 day (1 run)	26	Feb 2019	<a href="mailto:amelia.lim.i.t@sgh.com.sg">amelia.lim.i.t@sgh.com.sg</a>
AHP	Ergonomics	To understand ergonomics / human factors approach to human-machine-environment system.	2 Days Workshop covers : 1) Introduction to ergonomics 2) Musculoskeletal Systems and Disorders 3) Ergonomics Risk Assessment 4) Anthropometry 5) Ergonomic programme development 6) Office Ergonomics 7) Manual Handling 8) Stretching exercises (Additional 1/2 day for OTs on Case Discussions and Applications)	Nil	\$470  (Additional \$150 for follow-up session)	Skills & Knowledge-based	2 days (1 run)  2.5 days for OTs (0.5 day to be 1 month later)	7 - 8 Mar	Mar 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
AHP	Essential Counselling Skills*	1) Provide training in the use of counselling skills. 2) Identify the range of attitudes, behaviours and skills when working with different people. 3) Apply problem-solving technique in a safe and supportive environment. 4) Discuss the ethical and practical implications.	1) Overview of Counseling 2) Qualities of an Effective Helper 3) Seven Principles of Casework 4) Attending & Observational Behaviors 5) The Problem-Solving Approach: PADI 6) Basic Listening Skills	Nil	\$500	Skills & Knowledge-based	2 days (2 runs)	17 - 18 May & 11 - 12 Oct	May & Oct 2018	<a href="mailto:amelia.lim.i.t@sgh.com.sg">amelia.lim.i.t@sgh.com.sg</a>
AHP	Influencing Behaviour in Dementia Care Through Person-Centred Approach*	1) Define what it means to be person-centred in a care setting. 2) Adopt the person-centred approach to address responsive behaviours of persons with dementia. 3) Apply the Enriched Model of Dementia to influence behaviour so as to promote dignity and respect for people with dementia	1) Experiential Activity 2) Unpacking Person-centred Care (PCC) Principles a. Definition=VIPS b. Barriers to 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	Nil	\$550	Skills & Knowledge-based	2 days (2 runs)	28 - 29 14 - 15	Jul 2018 Feb 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
AHP	Introduction to Solution Focused Brief Therapy (SFBT)*	1) Acquire knowledge of the core skills, mind-set and philosophy of SFBT. 2) Appreciate the relevance of SFBT to their clinical practice (specifically within the healthcare setting). 3) Practice application of the solution focused model structure during the course of the workshop.	1) Introduction to the history, development, philosophy & mindset of solution focused brief therapy 2) Basic framework for first session protocol 3) Key questioning techniques 4) Stages of Solution Building 5) Review of Day 1 & process 6) Basic framework for second & subsequent session protocol 7) Applying EARS process 8) Dealing with client setbacks, relapses & challenging situations 9) Final review of SF process	Nil	\$700	Skills & Knowledge-based	2.5 days (1 run)	4 - 5 Oct (Full day)  7 Nov (half day follow-up session)	Oct & Nov 2018	<a href="mailto:amelia.lim.i.t@sgh.com.sg">amelia.lim.i.t@sgh.com.sg</a>

# APRIL 2018 – MARCH 2019 PGaHI TRAINING CALENDAR



All information stated is correct as of 16 August 2017 and subjected to change without notice.

Fees are in Singapore Dollars (*inclusive of 7% GST*) unless otherwise indicated.

SingHealth staff and selected Professional Association bodies will be entitled to 10% off regular rate.

PGaHI reserves the right to update, change or replace any information.

We strongly encourage you to check this page periodically for changes.

Besides the following courses, PGaHI also offers Clinical Attachments for AHPs. For more information, please visit:

<https://www.sgh.com.sg/pgahi/programmes/Pages/programmeoverview.aspx#>

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Regular Fee	Category	Duration	Date(s)	Month(s)	Course in-charge
AHP	<b>Mental Health First Aid (MHFA)*</b>	1) Get equipped with basic mental health knowledge so as to recognise common mental health problems. 2) Provide initial help for persons in distress, and guide the person towards appropriate professional help.	1) Introduction of Mental Health First Aid 2) Mental Health Issues in Singapore 3) Psychosis 4) Mood Disorders 5) Anxiety Disorders 6) Addiction Problems 7) Self care as a first aider	Nil	\$450	Skills & Knowledge-based	2 days (2 runs)	21 - 22 4 - 5	Nov 2018 Mar 2019	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	<b>Motivational Interviewing: Foundational Skills*</b>	1) Gain an introduction to the theory and foundational skills of Motivational Interviewing (MI) through didactic and experiential processes. 2) Get acquainted with the history of MI, 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 - Partnership, Acceptance, Compassion and Evocation 5) The foundational skills - Open Questions, Affirmations, Reflective Listening, Summary Statement - Key Strategies of MI 6) Interacting with Change and Sustaining Talk 7) Working with Discord 8) Planning for Change 9) Exploring cultural considerations for MI	Nil	\$770	Pedagogy & Research	3 days (2 runs)	4 - 6 Jun & 28 - 30 Jan	Jun 2018 & Jan 2019	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	<b>Positive Leadership*</b>	1) Explain the case for positive leadership. 2) Imbue positive meaning into work and leadership. 3) Share a few elements of the Performance-Happiness Model. 4) Understand personal happiness at work, and the potential of the IPPQ for teams. 5) Develop a positive emotional effect on others. 6) Give and receive growth-promoting feedback. 7) Relate to their team-members in a way that honours their strengths	1) The Case for Positive Leadership 2) Positive Meaning in Work 3) The Performance-Happiness Model and the iOpener People and Performance Questionnaire, which is based on the model 4) Leading with Emotional Awareness 5) Positive Communication 6) Positive Leadership in the face of Adversity	Nil	\$640	Leadership & Communications	2 days (1 run)	9 & 24	May 2018	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	<b>Transfer Techniques (Train-the-Trainer)</b>	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  (Will consist of Written and Practical Evaluation)	The workshop will cover the following : 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 ( including practical ) 5) Skills to train in techniques of lifting and manual handling and transfers of patients	1) Has experience in patients' transfer 2) Preferably in a supervisory role (who need to teach staff how to manage transfer)	\$830	Skills & Knowledge-based	2 days (1 run)	17 - 18	Dec 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
AHP	<b>Vestibular Rehabilitation*</b>	At the end of this workshop, participants will be able to: 1) Discuss the anatomy and physiology of the vestibular system. 2) Describe the possible causes of dizziness/vertigo and imbalance 3) Differentiate between central, peripheral and other causes of dizziness/vertigo, including benign paroxysmal positional vertigo (BPPV), vestibular neuritis and cervicogenic dizziness. 4) Describe typical laboratory-based tests of vestibular and hearing function and interpret common findings. These include calorics and hearing tests. 5) Perform a basic bedside evaluation of a patient with dizziness/vertigo. These include oculomotor and positional tests, with and without the use of frenzel lenses. 6) Form a basic evaluation of balance under varying sensory conditions and interpret the findings. 7) Develop an evidence-based treatment program for balance and dizziness, including BPPV, with measurable, functional outcomes from assessment findings	This workshop aims to introduce healthcare professionals to the assessment and treatment of dizziness and balance problems resulting from vestibular disorders. Participants will be able to differentiate between patients with central and peripheral vestibular disorders, treat those who are suitable and refer those who are not to appropriate specialists. It begins with the anatomy and physiology of the vestibular system and how dysfunctions in this system can lead to complaints of dizziness, vertigo, loss of balance, difficulty in walking and falls. Clinical tests of balance and vestibular function, including positional testing, and the significance of abnormal findings, will be demonstrated, and practiced. This workshop comprises lectures, practical and case studies.	Nil	\$400	Skills & Knowledge-based	4 half- days (1 run)	15 - 20	Nov 2018	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>