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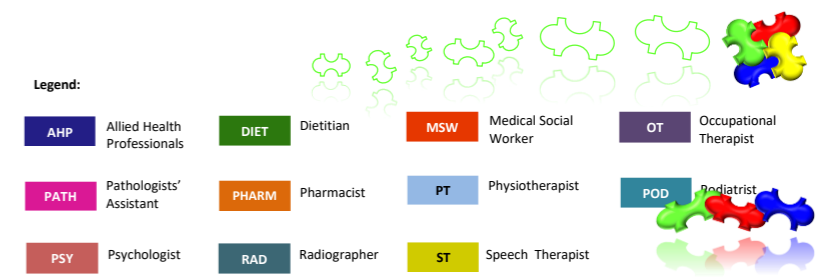
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# April 2019 – march 2020

## PGAHI TRAINING CALENDAR



Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Duration	Date(s)	Month(s)	Course in-charge
DIET	Medical Nutrition Therapy for Diabetes (For Dietitians)	<ol style="list-style-type: none"> <li>To equip dietitians with essential nutrition knowledge on diabetes.</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 and exercise.</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>Physical activity/ 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	\$350	\$390	Skills & Knowledge-based	3 half days	17, 18 & 20 <sup>^</sup>	Feb 2020 <sup>^</sup>	<a href="mailto:amela.lim.j.t@sgh.com.sg">amela.lim.j.t@sgh.com.sg</a>
DIET	Medical Nutrition Therapy for Weight Management (Medical and Surgical) (For Dietitians)	<ol style="list-style-type: none"> <li>To equip dietitians with essential nutrition knowledge on weight management (lifestyle intervention and bariatric surgery).</li> <li>To update dietitians with the latest and current principles and nutrition recommendations for pre- and post-bariatric surgery.</li> </ol>	<ol style="list-style-type: none"> <li>Nutrition guidelines – current evidence</li> <li>Nutrition intervention - diet management, which include meal replacement and pharmacotherapy</li> <li>Types of bariatric surgery and the impact on nutrition</li> <li>Short and long term complications</li> <li>The need for specific nutritional supplementation following bariatric surgery</li> <li>The progression of diet and meal plan through the various stages of pre- and post- bariatric surgery</li> <li>Importance of and application of Motivational interviewing into nutritional intervention</li> </ol>	Nil	\$190	\$210	Skills & Knowledge-based	1 day	7	Jan 2020	<a href="mailto:amela.lim.j.t@sgh.com.sg">amela.lim.j.t@sgh.com.sg</a>
MSW	Essential Medical Terminology and Symptomatology for Medical Social Workers	<ol style="list-style-type: none"> <li>Increase knowledge in human body structure and functioning</li> <li>Understand the common symptomatology and diagnostic investigations carried out</li> <li>Comprehend &amp; decipher the entries made by doctors in patient records</li> <li>Enhance understanding of the impact of physiology on psycho- social-emotional health essential to holistic case management.</li> </ol>	<ol style="list-style-type: none"> <li>Basic anatomy of the human body</li> <li>How body structure relates to function</li> <li>How dysfunction relates to social handicaps &amp; psychological stress</li> <li>Medical symptomatology &amp; what brings patients to hospital</li> <li>Common investigations – when &amp; why some tests are chosen over others</li> </ol>	Nil	\$455	\$505	Skills & Knowledge-based	2 days	4 - 5	Nov 2019	<a href="mailto:amela.lim.j.t@sgh.com.sg">amela.lim.j.t@sgh.com.sg</a>
OT	A Safer Home: Risks Identifications and Home Modifications	<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>	<ol style="list-style-type: none"> <li>Effectiveness of Home Modifications &amp; Influencing Factors</li> <li>Fall Risks Assessment</li> <li>Home Assessment</li> <li>Home Modifications for Varied Conditions</li> <li>Hands On for Home Modifications</li> <li>Community Resources &amp; Home Visit Report</li> </ol>	Nil	\$490	\$545	Skills & Knowledge-based	2 days	2 -3 <sup>^</sup>	Mar 2020 <sup>^</sup>	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
OT	Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Introductory Course	<ol style="list-style-type: none"> <li>Gain an understanding of the philosophy and principles of PNF</li> <li>Be skilled in the performance of the basic patterns of PNF including: (a) Scapular patterns, (b) Pelvic patterns, (c) Upper limb patterns, (d) Lower limb patterns</li> <li>Acquire the ability to apply the techniques of PNF in a variety of both musculoskeletal and neurological conditions requiring movement re-education.</li> <li>Be able to utilise PNF techniques as an efficient, effective method of increasing range of movement.</li> <li>Develop an understanding of how to incorporate PNF with other treatment approaches in musculoskeletal and neurological conditions.</li> <li>Have an ability to utilise PNF techniques in functional activities such as bed mobility, gait and sporting actions.</li> <li>Develop an understanding of the current literature supporting the wide range of clinical uses of PNF.</li> </ol>	<p>The course will focus on skill development, clinical assessment and functional application utilising the PNF approach in management of a variety of musculoskeletal, orthopaedic and neurological conditions. It has a large practical component.</p> <ol style="list-style-type: none"> <li>History of PNF Principles Techniques</li> <li>PNF &amp; Stretching</li> <li>Pelvic Patterns</li> <li>LE Patterns</li> <li>UE Patterns</li> <li>Scapula Patterns</li> <li>Integrating Clinical Approaches</li> <li>Functional Application</li> <li>Patient Demonstration &amp; Discussion</li> <li>Integration of Clinical Approaches</li> </ol>	Nil	\$970	\$1080	Skills & Knowledge-based	3 days	3 - 5	Oct 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
OT	Cognitive Rehabilitation : An Overview of Evaluations and Interventions for Adult Population	<ol style="list-style-type: none"> <li>Define cognition and the place of cognition in contemporary occupational therapy practice.</li> <li>Discuss international occupational therapy trends in the areas of cognitive assessment and intervention; a focus on 'functional cognition'.</li> <li>Critically appraise assessments used by occupational therapists to assess cognitive capacity and discuss their relevance and application to an Asian population.</li> <li>Brief and detailed cognitive assessments suitable for both acute and community settings.</li> <li>Interpret and report relevant findings from assessment.</li> <li>Establish and prioritize therapy goals.</li> <li>Design intervention that aims to improve cognitive strategy use during occupational performance or compensate for losses that will not change.</li> <li>Compensatory strategies for cognitive impairments.</li> <li>Hospital based vs community based programmes.</li> <li>Measure the outcome of therapy.</li> </ol>	<ol style="list-style-type: none"> <li>Assess adults with cognitive impairment following acquired brain impairment (eg. stroke, traumatic brain injury, Parkinson's disease, multiple sclerosis, dementia) or other conditions that impact on cognition (eg. chronic pain, prolonged low vision, mental health disorders, intellectual disabilities or the consequences of chemotherapy following cancer)</li> <li>Use assessment findings to design intervention</li> </ol>	Nil	\$900	\$1000	Skills & Knowledge-based	3 days	19 - 21 <sup>^</sup>	Mar 2020 <sup>^</sup>	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>

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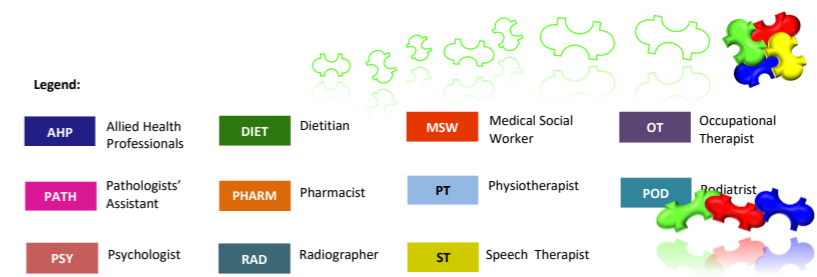
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OT	Management of clients with Upper Limbs conditions (Rheumatology)	1) Apply knowledge in managing Rheumatoid conditions 2) Master skills in fabricating basic splints appropriate for such conditions.	1) Common Rheumatoid conditions (OA, RA, RSI) 2) 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	\$490	\$545	Skills & Knowledge-based	2 days	11 <sup>^</sup>	Feb 2020 <sup>^</sup>	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
OT	Prescription of Powered Mobility Aids	1) Participants increase their knowledge and skills on the range and features of powered mobility aids and how to match these to clients' needs. 2) Participants are competent in identifying clients' capacities and abilities in powered mobility aids usage. 3) Participants are 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	\$380	\$420	Skills & Knowledge-based	2 days	20 - 21 <sup>^</sup>	Feb 2020 <sup>^</sup>	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
OT	Resistance Bands, Balls and Balance	The course 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	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	\$265	\$295	Skills & Knowledge-based	1 day	5	Jul 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PHARM	Ambulatory Care Course	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	\$130	\$145	Skills & Knowledge-based	1 day	17	Nov 2019	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>
PHARM	Pharmacy Continuing Professional Education (CPE)	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	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>
PT	Advanced Respiratory Care and Exercise Prescription in Chronic Lung Diseases	At the end of the course, the participants should acquire: 1) Advanced understanding of the pathophysiology, diagnosis and management approach of patients with COPD, chronic suppurative lung diseases and ILD 2) Advanced skills to assess and provide holistic management for patients with chronic lung disease 3) The ability to gather, interpret and synthesise information to evaluate the impact of chronic respiratory disease on quality of life 4) Latest knowledge and skills to update existing pulmonary rehabilitation programme or to implement new programmes	Patients with chronic lung diseases can be broadly categorised into obstructive and restrictive dysfunction based on spirometry parameters. Besides respiratory dysfunctions, these patients often develop secondary muscular and psychosocial dysfunctions. This workshop aims to equip physiotherapists with necessary skills to manage the complex cardiopulmonary problems in patients with chronic lung diseases, such as chronic obstructive pulmonary disease (COPD), chronic suppurative lung diseases, asthma and interstitial lung disease (ILD). It is suitable for physiotherapists with working experience who are starting to specialise in cardiopulmonary physiotherapy, as well as for experienced clinicians as a refresher course.	Nil	\$530	\$590	Skills & Knowledge-based	5 half-days	24 - 30	Jul 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	Advanced Respiratory Care and Exercise Prescription in Surgical Population	At the end of the course, the participants should be able to: 1. Describe the current state of science and practice in preoperative rehabilitation and prescribe an appropriate prehabilitation exercise program 2. Ability to gather, interpret and synthesise information to evaluate the impact of surgery and its associated medical management on the patient's pulmonary function 3. Advanced understanding of the pathogenesis, diagnosis and management approach of patients with postoperative pulmonary complications (PPC) 4. Advanced skills to assess and provide holistic physiotherapy management for patients undergoing complex surgery such as transplant, head and neck surgery and bariatric surgery	Major and complex surgeries are being more routinely performed these days. There is a substantial body of literature examining the pre-operative, intraoperative & postoperative care of the surgical patients. This workshop aims at equipping physiotherapists with skills necessary to manage the complex surgical patients, in particular the obese, elderly and pregnant surgical candidate, as well as patients for head and neck surgery, lung surgery and solid organ transplant. The pathophysiology and the clinical predicting model for post-operative pulmonary complications will be reviewed. The emerging evidence supporting the roles of physiotherapy in pulmonary care and exercise rehabilitation during the peri-operative period will be explored.	Nil	\$530	\$590	Skills & Knowledge-based	5 half-days	13 - 19	Nov 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>

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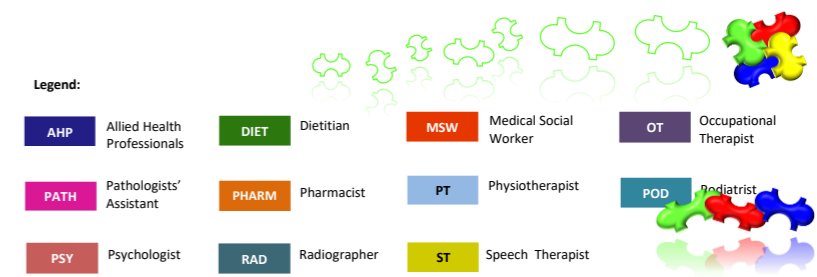
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PT	<b>Clinical Reasoning Approach to Musculoskeletal Physiotherapy</b>	<p>At the end of the course, the participants should be able to:</p> <ol style="list-style-type: none"> <li>1) Outline contemporary biopsychosocial approaches for management of musculoskeletal disorders.</li> <li>2) Formulate differential diagnoses of musculoskeletal disorders and evaluate the most likely diagnosis.</li> <li>3) Rationalize and prioritize treatment selections for effective management of musculoskeletal disorders.</li> </ol>	<p>The development of clinical reasoning skills is a pertinent component to guide one towards clinical expertise. This course will cover the principles of clinical reasoning, pain neurophysiology, and adopt a systematic biopsychosocial framework to guide assessment and management of musculoskeletal disorders. The course will include large component group interactive discussions.</p>	Nil	\$465	\$515	Skills & Knowledge-based	4 half-days	19 - 22	Aug 2019	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
PT	<b>Clinical Reasoning for Physiotherapy Management in Stroke</b>	<p>At the end of the course, participants should be able to:</p> <ol style="list-style-type: none"> <li>1) Understand medical management of stroke patients in sub-acute and chronic phases.</li> <li>2) Be able to use the International Classification of Functioning, Disability and Health (ICF) model as a framework for clinical reasoning in management of people after stroke.</li> <li>3) Understand the mechanisms underlying motor impairments following stroke and their impact on performance of everyday activities.</li> <li>4) Be able to prioritise physiotherapy interventions based on analysis of impairments contributing to activity limitations.</li> <li>5) Be able to identify prognostic factors contributing to recovery in people after stroke.</li> <li>6) Be able to utilise motivational interview techniques for goal setting.</li> </ol>	<ol style="list-style-type: none"> <li>1) Medical Management of Stroke Patients in Sub-acute and Chronic Phases</li> <li>2) Mechanism of Impairments</li> <li>3) Analysis and treatment of post-stroke impairments</li> <li>4) Predictors of Post stroke Mobility</li> <li>5) Motivational Interviewing &amp; Goal setting</li> </ol>	Nil	\$430	\$475	Skills & Knowledge-based	4 half-days	3 - 6 <sup>^</sup>	Mar 2020 <sup>^</sup>	<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>	<p>At the end of the course, the participants should be able to:</p> <ol style="list-style-type: none"> <li>1) Conduct efficient and systematic search of medical literature that relates to a clinical question</li> <li>2) Appraise the quality of a clinical research based on its methodology</li> <li>3) Interpret the results of common types of clinical research: Observation studies, quasi-experimental studies, experimental studies and review studies</li> <li>4) Assess the external validity and generalizability of a research study</li> </ol>	<ol style="list-style-type: none"> <li>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</li> <li>2) Commonly used literature appraisal tools for RCTs &amp; systematic review, and statistical data interpretation.</li> </ol>	Nil	\$445	\$495	Skills & Knowledge-based	4 half-days	23 - 28	May 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	<b>Geriatric Rehabilitation</b>	<p>At the end of the course, participants should be able to:</p> <ol style="list-style-type: none"> <li>1) Identify the cognitive changes and implement a person-centered care in the management of elderly with altered cognition</li> <li>2) Identify the primary functional problems and associated impairments in elderly with total joint arthroplasties and hip fractures.</li> <li>3) Incorporate knowledge of the pathology and biomechanics of osteoporosis in effective prevention and intervention.</li> <li>4) Understand the causes of altered response to drug therapy in elderly and the issues related to polypharmacy</li> <li>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</li> <li>6) Recognize the causes of frailty and discuss its appropriate interventions</li> <li>7) Conduct a falls assessment and understand the implications of the test results.</li> <li>8) Gain an update on the evidence in falls prevention.</li> <li>9) Evaluate the role of physiotherapy in palliative care and gain evidence surrounding the benefits of it.</li> <li>10) Gain an understanding of how to assist older adults with impaired vision in mobility tasks</li> <li>11) Be able to incorporate knowledge of home environment modification in falls prevention</li> </ol>	<p>This course 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.</p>	Nil	\$380	\$420	Skills & Knowledge-based	4 half-days	4 - 7 <sup>^</sup>	Feb 2020 <sup>^</sup>	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>

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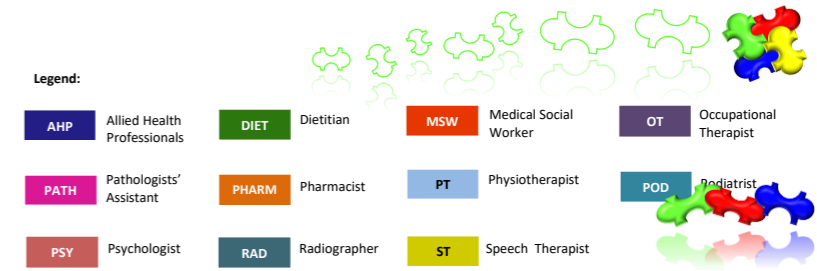
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PT	Physiotherapy Management of Spinal Cord Injuries 	At the end of this course will be able to: 1) describe typical patterns of motor loss and function for people with varying levels of spinal cord injury (SCI) 2) list the key movement strategies used by people with C6 tetraplegia and paraplegia to mobilise on the bed and transfer 3) provide 4 examples of ways to assess impairments and activity limitations specific for people with SCI 4) conduct the motor and sensory assessments that form part of the international Standards for Neurological Classification of SCI. 5) correctly categorise a person's SCI using the AIS classifications 6) demonstrate some key teaching strategies aimed at helping a person learn wheelchair skills 7) describe some of the current controversy surrounding effective contracture management 8) develop an appropriate strength training program for people with different types of weakness 9) describe some common treatment options for the management of people with respiratory complications following SCI 10) demonstrate at least two different ways to perform an assisted cough 11) identify the various walking options for people with different types of SCI 12) list the implications of paralysis of major lower limb muscles on gait 13) describe the biomechanical principles of different types of orthoses 14) list pros and cons of treadmill and robotic training 15) summarise the evidence for different gait training approaches	The following topics will be covered: 1) Medical implications of spinal cord injury 2) Physiotherapy assessment 3) Goal setting 4) Principles of management within an ICF framework 5) Training transfers and bed mobility 6) The International Standards for Neurological Classification of SCI 7) Contracture management 8) Respiratory management 9) Strength training 10) Gait and orthoses	Nil	\$1015	\$1125	Skills & Knowledge-based	3 days	6 - 8	May 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	Physiotherapy Assessment & Management of Lumbopelvic Disorders	At the end of the course, the participants should be able to: 1) Differentiate accurately the possible different lumbo-pelvic disorders commonly seen in the outpatient musculoskeletal clinic. 2) Plan, prioritize and perform a thorough physical assessment of the lumbo-pelvic region, including the special tests and neurological assessment. 3) Formulate and perform an effective and efficient treatment plan including exercise prescription that addresses the specific impairments of the lumbo-pelvic region. 4) Appraise the treatment effect and outcome using appropriate outcome measures and patient feedback as necessary.	The course will aim to provide participants with the additional skills and knowledge needed to diagnose, classify and treat this diverse and complex group of patients with lumbo-pelvic disorders at an intermediate level. Participants will gain skills to differentiate and manage the different lower back pain disorders with a sound clinical reasoning perspective. The workshop will have a good mix of both theoretical and practical work.	Nil	\$455	\$505	Skills & Knowledge-based	4 half-days	17 - 20^	Feb 2020^	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
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 treatment programs for people with PD using an evidence-based approach. This includes identifying individuals who are at risks of falls.	1) Overview of PD and atypical parkinsonism syndromes 2) Current trends in medical and surgical management of PD 3) Overview of Physiotherapy Assessment for people with PD in the continuum of care 4) Physiotherapy Assessment of a patient with PD 5) Non-motor symptoms and their management 6) Managing behavioural and cognitive changes in PD 7) Mobility and gait problems, and falls: Effectiveness of evidence-based interventions 8) Strategies for exercise programmes 9) Palliative issues in Advanced stage PD 10) Multidisciplinary care and its evidence	Nil	\$430	\$475	Skills & Knowledge-based	4 half-days	25 - 28	Jun 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	Resistance Bands, Balls and Balance	The course 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	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	\$265	\$295	Skills & Knowledge-based	1 day	5	Jul 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
PT	Upper Cervical Spine and Head Disorders 	1) Advance their skills, differential diagnosis and sub-classification of complex upper cervical disorders including headache (migraine, cluster, TTH, CEH, post traumatic headache, TMD), dizziness (vestibular, cervicogenic and ophthalmologic and neurological causes), whiplash and pain classification. 2) Advance their skills and competence in the assessment of complex upper cervical spine disorders including advanced assessment of articular, motor, sensorimotor, neurological, pain sensitivity, cortical body (neck) schema changes and vestibular contributions 3) Improve skills and competence in appropriate application of a broader range of interventions to manage complex upper cervical spine disorders including highly targeted and specific manual therapy and neck specific exercise, vestibular rehabilitation, motor imagery and management of pain sensitivity.	This 3-day course provides an update on: 1) Overview of classification of headache 2) Physiotherapy management of upper cervical spine disorders for different type of headache (Headache, orofacial pain and bruxism). 3) Practical component on the evidence-based management for each of these headache and upper cervical spine disorders.	Nil	\$1005	\$1115	Skills & Knowledge-based	3 days	2 - 4	May 2019	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>

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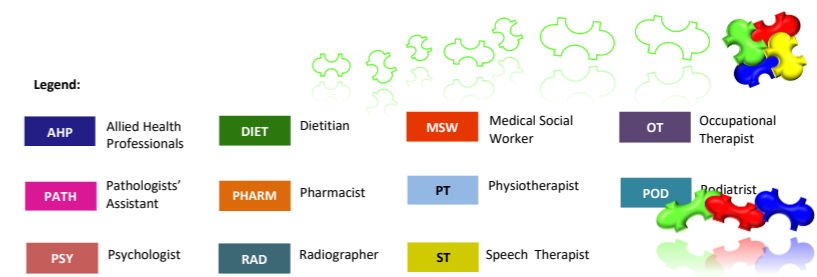
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# April 2019 – march 2020

## PGAHI TRAINING CALENDAR



Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Duration	Date(s)	Month(s)	Course in-charge
PT	Vestibular Rehabilitation	At the end of the course, participants will be able to: 1) Discuss the anatomy and physiology of the vestibular system. 2) Discuss 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. Perform a basic bedside evaluation of a patient with dizziness/vertigo. These include oculomotor, positional, balance and gait tests. 5) Perform a basic evaluation of balance under varying sensory conditions and interpret the findings. 6) Develop an evidence-based treatment program for balance and dizziness, including BPPV, with measurable, functional outcomes from assessment findings.	This course 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	\$380	\$420	Skills & Knowledge-based	4 half-days	21 - 26 Nov	Nov-19	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
POD	Local Anesthesia Techniques for Foot and Ankle	1) Critically evaluate the indications/contraindications for local anaesthetic injection therapy in the lower limb 2) Critically appraise the pharmacological principles surrounding the safe use of local anaesthetics for injection 3) Demonstrate advanced anatomical knowledge associated with local anaesthetic injection administration 4) Learn different techniques (eg. ring block, skin infiltration) for different procedure (nail surgery, wound debridement, wart treatment) 5) Effectively communicate with patients & colleagues the role of local anaesthetic injection therapy 6) Clearly identify appropriate pre and post injection care 7) Safely carry out the pre-requisite number of injections, including appropriate aseptic technique	There are Theory and Practical segments for this course: <b>Theory:</b> 1) Revision on Neuroanatomy, neurophysiology, medical history, physical and psychological 2) Literature review on local anesthesia for foot & ankle 3) Pharmacology of local anesthetics and vasoconstrictors 4) local anesthetics and dosing 5) Safety considerations 6) Local and systemic complications 7) Handling emergencies <b>Practical:</b> 1) Blocks in the Foot & Ankle (Demo session with Q&A session)	Prior training of Local Anaesthesia	\$910	\$1010	Skills & Knowledge-based	2 half-days	24 Jun & 2 Jul	Jun & Jul 2019	<a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
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.	1) Evidence and Research in Clinical Practice 2) Current Debates in Radiography 3) Optional module (to choose one): - Image Interpretation for Diagnostic Radiographers - Imaging, Localisation and Verification for Radiation Therapists - Radiography Clinical Development Skills 4) Service Quality Enhancement Project (Double Module) 5) Leadership for Allied Health Professionals	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	£5,250	£5,250	Certification	1 or 2 year(s)	NA	Sep 2019 - Aug 2020	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>
RAD	Ultrasound Elastography	After completing this course, the participant should be able to: 1) Understand the principles of strain and shear-wave elastography 2) Be familiar with the differences between strain and shear-wave elastography 3) Understand the clinical application of strain and shear-wave elastography in the evaluation of musculo-tendinous pathologies, liver fibrosis/cirrhosis and breast lesions 4) Recognize the normal and abnormal features of musculo-tendinous, liver 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	Nil	\$340 (Doctors) \$285 (AHPs)	\$380 (Doctors) \$315 (AHPs)	Skills & Knowledge-based	1 day	2	Nov 2019	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>
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.	Nil	\$490	\$545	Skills & Knowledge-based	2 days	4 - 5 14 - 15 12 - 13	Jul 2019 Nov 2019 Mar 2020*	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>



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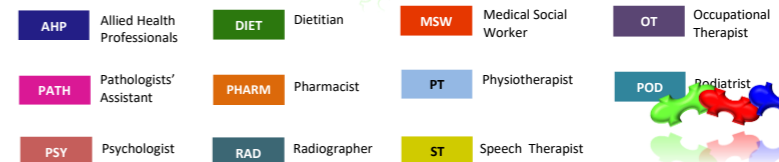
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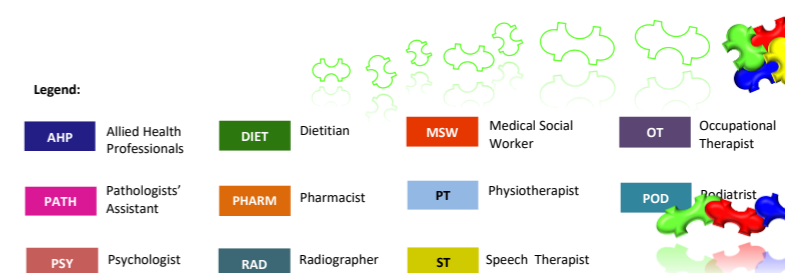


Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Duration	Date(s)	Month(s)	Course in-charge
AHP	Biostatistics for Research (Basic/Intermediate)*	1) Equip participants with the knowledge and skills to design a database and perform basic data processing and analysis using SPSS.	1) SPSS Basics – 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: Kaplan Meier and Cox regression for Analysis of Quantitative Data with Censoring	Nil	\$660	\$735	Pedagogy & Research	3 days	17 - 19 15 - 17 19 - 21 23 - 25 14 - 16 13 - 15 10 - 12^ 16 - 18^	Jun 2019 Jul 2019 Aug 2019 Sep 2019 Oct 2019 Jan 2020 Feb 2020^ Mar 2020^	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a> <a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
AHP	Biostatistics for Research (Advance)*	1) Gain a good introduction to Advanced biostatistical concepts, which extends the intermediate Quantitative & Qualitative Data Analyses techniques.	1) Basic Revisit 2) Intermediate Revisit 3) Multinomial, Ordinal & Conditional Logistic Regression 4) Linear Regression vs General Linear Model 5) Linear Mixed Models & GLM 6) Repeated Measures GLM vs Mixed Model 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	Healthcare professionals who completed the Biostatistics for Research (Basic/Intermediate) Course	\$710	\$790	Pedagogy & Research	3 days	13 – 15 11 – 13	May 2019 Nov 2019	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a> <a href="mailto:agnes.low.s.m@sgh.com.sg">agnes.low.s.m@sgh.com.sg</a>
AHP	Clinical Supervision	1) Describe and demonstrate the application of Proctor's Model of Supervision 2) Apply SMART Concept to crafting of "Learning Contract" 3) Give and receive effective feedback 4) Self care and burnout 5) Facilitate reflection using Gibb's Model of Reflection	Quality clinical supervision is built on a foundation of knowledge and skills in clinical teaching and education. This course is designed to improve the supervisory skills of clinicians who are responsible for coaching students or junior staff. Participants will learn and practise important evidence-based principles of effective clinical supervision, and use a simple framework to establish an effective and sustainable supervision culture within healthcare organisations.	Nil	\$445	\$495	Pedagogy & Research	2 days	6 - 7	Nov 2019	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@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	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>
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	Nil	\$380	\$420	Leadership & Communications	2 days	31 Oct and 7 Nov 2019	Oct - Nov	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>
AHP	Diabetes Nutrition Course*	1) educate 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 – current updates 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 hyperts and hypos 9) Eating Out 10) Armchair supermarket tour	Nil	\$205	\$230	Skills & Knowledge-based	1 day	5	Sept 2019	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	Enteral Nutrition Course*	1) To equip healthcare providers with skills in handling patients requiring enteral nutrition feeding. 2) Promote evidence based practice for enteral nutrition management. 3) Perform nutrition screening and identify patients requiring enteral nutrition 4) Understand the causes and problems of malnutrition, and the importance of providing appropriate enteral nutrition 5) Identify feeding problems/complications in tube fed patients 6) Understand the various commonly used enteral feeds 7) Understand the various feeding tubes/devices and its management	1) Nutrition screening and assessment 2) Enteral feeding rationale and monitoring 3) Enteral feeds selection 4) Enteral feeds taste testing session 5) Identifying enteral feeding complications 6) Enteral feeding trouble shooting 7) Medication administration via feeding tube 8) Feeding tube selection	Nil	\$205	\$230	Skills & Knowledge-based	1 day	25^	Feb 2020^	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	Ergonomics*	1) Understand the principles of Ergonomics. 2) Understand anthropometry and its application in workplace design. 3) Understand and apply tools and methodologies to assess risk factors in office and industrial settings. 4) Understand and apply methodologies in evaluating manual handling. 5) Understand and apply the Singapore Standard S5514 Code of Practice for Office Ergonomics	The 2 day course covers: 1) Musculoskeletal Systems and Disorders 2) Ergonomics Risk Assessment 3) Anthropometry 4) Ergonomics Programme Development 5) Office Ergonomics 6) Manual Handling  Additional 1/2 day for Occupational Therapists on Case Discussions and Applications.	Nil	\$415 (2 days) \$520 (2.5 days)	\$460 (2 days) \$580 (2.5 days)	Skills & Knowledge-based	2 Days 2.5 Days for Occupational Therapists (0.5 day to be 1 month later)	27 - 28 Feb 2020^ (Half-day follow-up on 27 Mar 2020 - for Occupational Therapists only)	Feb 2020^ Half-day follow-up in Mar 2020^	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>

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# April 2019 – March 2020

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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) Overview of counseling 2) Qualities of an effective helper 3) Seven principles of casework 4) Attending Observational Behaviours 5) Basic listening skills 6) The Problem-Solving Approach: PADI	Nil	\$475	\$525	Skills & Knowledge-based	2 days	30 - 31 26 - 27	May 2019 Sept 2019	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.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	\$520	\$580	Skills & Knowledge-based	2 days	28 - 29	Aug 2019	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>
AHP	Introduction to Art Therapy: Art Therapy in Patient Care	1) Discuss and compare different styles and schools of art therapy 2) Understanding of uses of various art materials and their possible meanings 3) Art therapy evaluation tools 4) Group experiential 5) Role-play on how to engage a new client in art making	This is an introductory course to professionals on theory and practice of art therapy. The course offers opportunity to understand the development of the profession and how it is utilised in the clinical setting as well as for professional development. This is a highly practical/ hands-on workshop.	Nil (No previous experience of art making is required but it is important that participant be prepared to take part in art making.)	\$225	\$250	Skills & Knowledge-based	1 day	21	Jun 2019	<a href="mailto:carlyn.wee.g.p@sgh.com.sg">carlyn.wee.g.p@sgh.com.sg</a>
AHP	Introduction to Solution Focused Brief Therapy*	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) 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	\$660	\$735	Skills & Knowledge-based	2 days and 3 hour post course follow up on 18 Oct 2019, 9am – 12pm	12 - 13 18	Sept 2019 Oct 2019	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	Motivational Interviewing: Foundational Skills*	1) History of Motivational Interviewing (MI) 2) Underlying theories of MI 3) Develop foundational skills of MI through didactic and experiential processes.	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 & Sustain Talk 7) Working with discord 8) Planning for Change 9) Exploring cultural considerations for MI	Nil	\$660	\$735	Pedagogy & Research	2 days	13 - 14 5 - 6 29 - 30	Jun 2019 Aug 2019 Oct 2019	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	Motivational Interviewing: Building Skills*	Participants will engage in: 1) high interaction 2) observed Motivational Interviewing (MI) practice 3) receive real time feedback to help build skills in a relaxed and safe environment	1) Deepening reflective listening skills 2) Listening to and interacting with change and sustain talk 3) Expanding your working knowledge of MI 4) Learning the basics of coding MI practice 5) Develop an ongoing personal learning plan	Healthcare professionals who completed the Motivational Interviewing: Foundational Skills course.	\$660	\$735	Pedagogy & Research	2 days	31 Oct & 1 Nov	Oct & Nov 2019	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	Multidisciplinary Tracheostomy Management Course – From Acute To Chronic Care*	1) Physiological and anatomical changes post tracheostomy 2) Nursing care for tracheostomy patients 3) Long term planning: Considerations for decannulation and care long-term tracheostomy patients	1) Reasons for Tracheostomy 2) Tracheostomy components and their functions 3) Cuff deflation 4) Communication 5) Swallowing 6) Secretion management 7) Suctioning 8) Humidification 9) Tracheostomy hygiene 10) Emergency protocols and adverse situations 11) Decannulation protocol and the role of multidisciplinary tracheostomy teams 12) Preparing for discharge with tracheostomy	Nil	\$730	\$810	Skills & Knowledge-based	3 days	3 - 5^	Feb 2020^	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>
AHP	Positive Leadership*	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 their own happiness at work. 5) Have a more positive emotional effect on others. 6) Give and receive growth-promoting feedback. 7) Transform crisis into opportunities for learning, growth and enhanced service.	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	\$550	\$610	Leadership & Communications	2 days	18 & 31	Jul 2019	<a href="mailto:amelia.lim.j.t@sgh.com.sg">amelia.lim.j.t@sgh.com.sg</a>

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# April 2019 – march 2020

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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	

All information stated is correct as of 9 March 2020 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#>

**Some courses are listed under Multidisciplinary section. Please look under profession "AHP" to view the list of courses.**

**^ For your safety, in the light of the COVID - 19, and as a precautionary measure, PGAHI will be cancelling all courses and lectures scheduled in February and March 2020. PGAHI will provide full refund of all paid course fees. The respective course in-charge will get in touch with you to facilitate the refund. We appreciate your understanding and patience in this matter.**

Professions	Course/Lecture Title	Course Objectives	Course Outline	Pre-Requisites	Fee (SingHealth Staff)	Fee (Regular)	Category	Duration	Date(s)	Month(s)	Course in-charge
AHP	Transfer Training (Train-the-Trainer)	1) Demonstrate good ergonomics during transfer 2) Learn the use the various types of assistive transfer devices 3) Learn and demonstrate various patient transfer techniques 4) Share knowledge on good ergonomics for transfer 5) Develop problem solving skills to select appropriate patient transfer techniques to aid staff teaching	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	Nil	\$580	\$640	Skills & Knowledge-based	2 days	13 - 14^	Feb 2020^	<a href="mailto:joyce.lee.g.l@sgh.com.sg">joyce.lee.g.l@sgh.com.sg</a>