

## Contact Details



**SGH-Postgraduate Allied Health Institute**  
**20 College Road**  
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**Singapore 169856**

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Cover design concept: Caleb Lee / Tessa Koh  
Creative artist: Caleb Lee / Sharon Ho

## Location Map



SGH Reg. No: 198703907Z  
(Information is correct as at March 2021)

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## DISCIPLINE-FOCUSED

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## MULTIDISCIPLINARY (for Health Professionals)

- Leadership & Communications [Click to view](#)
- Pedagogy & Research [Click to view](#)
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## Message from Director

Dear Colleagues

With our healthcare landscape continuously evolving, it's important for healthcare professionals to stay abreast of knowledge and skills to optimise performance and resources to improve care and ensure sustainability. The SGH Postgraduate Allied Health Institute (PGAHI) is dedicated to provide you with enriching learning experiences with our high quality programmes that are relevant and up-to-date for your professional development and clinical practice.

Being a pioneering training institute for Allied Health Professionals in Singapore, we continually strive for excellence and collaborate with experts to offer a wide range of programmes. Besides clinical based courses which are Skills & Knowledge-based, PGAHI also provides courses and lectures in areas such as Leadership & Communications, Research and Pedagogy. With this broad range of training programmes that are facilitated by respected leaders and experienced practitioners, I believe there will be something that would meet your training and development needs. PGAHI also leverages on technology for continuous learning and ensures sustainability of learning without compromising on the quality through blended learning, synchronous learning via Zoom platform and asynchronous learning via SingHealth eLearning Portal.

Have a look at our e-training directory. I am confident that you would be able to find suitable courses from our comprehensive suite of programmes, all put together specially for you. You may also find us on Facebook and visit our webpage [www.sgh.com.sg/pgahi](http://www.sgh.com.sg/pgahi) for the latest programme and updates.

**“Uniti Curamus, Semper Discimus” – Together we heal, forever we learn.**



**Patrick Ker**  
**Director, SGH-Postgraduate Allied Health Institute**



### **Vision**

To be an international centre of excellence for advanced clinical skills training in allied health.

### **Mission**

To deliver innovative and quality advanced clinical skills training for allied health professionals to enhance the standard of patient care and reputation of SGH as a leading medical institution.

### **The PGAHI Logo**

The clasped hands symbolise the caring, compassionate and collaborative nature of the work of allied health professionals. The open book represents the commitment to life-long learning and research to achieve high clinical standards and professional excellence, while the Bowyer Block clock tower represents the Hospital's tradition of caring and excellence. "Uniti Curamus, Semper Discimus", our Latin motto, means "Together We Heal, Forever We Learn".

### **Background**

Established in 2003, the SGH-Postgraduate Allied Health Institute (PGAHI) is the first postgraduate allied health institute set up by a hospital in Singapore. As a pioneer institute, PGAHI provides quality education and training for local and international healthcare professionals, tapping on SGH's wealth of clinical expertise and that of its reputable partners, as well as leveraging on strategic partnerships with renowned overseas universities.



Comprising experienced clinician-educators from the SGH Allied Health Departments and external experts, PGAHI faculty members are appointed to ensure our Continuing Professional Education (CPE) programmes are well-grounded in evidence-based practices and of quality. Some of the members also oversee and provide clinical supervision to attachment trainees in the relevant Allied Health disciplines.

Our Faculty Members' passion for knowledge sharing enables us to offer a broad and comprehensive suite of programmes.

### Full Faculty

**Dr Ang Hui Gek**

Director  
Allied Health Division  
Singapore General Hospital

**Mr Patrick Ker**

Director  
Postgraduate Allied Health Institute  
Singapore General Hospital

**Ms Kala Adaikan**

Senior Principal Dietitian, Dietetics  
Singapore General Hospital

**Ms Esther Chan**

Principal Medical Social Worker (Clinical)  
Medical Social Services  
Singapore General Hospital

**Dr Kinjal Doshi**

Principal Clinical Psychologist, Psychology  
Singapore General Hospital

**Ms Goh Soo Cheng**

Master Medical Social Worker (Clinical Educator)  
Medical Social Services  
Singapore General Hospital

**Ms Olivia Khoo**

Head, Medical Social Services  
Singapore General Hospital

**Ms Koh Sei Keng**

Principal Clinical Pharmacist, Pharmacy  
Singapore General Hospital

**Ms Esther Lim Li Ping**

Deputy Director, PHICO, Regional Health System -  
Office for Integrated Care  
SingHealth

**Ms Leila Ilmami Bte Nasron**

Senior Principal Occupational Therapist  
Occupational Therapy  
Singapore General Hospital

**Ms Rachelle Lim**

Principal Physiotherapist, Physiotherapy (MS)  
Changi General Hospital

**Ms Low Wai Yan**

Principal Physiotherapist, Physiotherapy  
Singapore General Hospital

**Dr Ong Hwee Kuan**

Senior Principal Physiotherapist, Physiotherapy  
Singapore General Hospital

**Dr Ooi Chin Chin**

Senior Principal Radiographer II (Research)  
Radiography  
Singapore General Hospital

**Dr Pua Yong Hao**

Senior Principal Physiotherapist, Physiotherapy  
Singapore General Hospital

**Dr June Quek**

Principal Physiotherapist, Physiotherapy  
Singapore General Hospital

## Full Faculty

### **Prof Celia Tan**

Senior Director (Special Projects)  
DGCEO (Medical & Clinical Svcs)'s Office  
SingHealth

### **Dr Dawn Tan**

Senior Principal Physiotherapist, Physiotherapy  
Singapore General Hospital

### **Ms Juliana Tan**

Principal Physiotherapist, Physiotherapy  
Singapore General Hospital

### **Mr Tan Lee Boo**

Senior Principal Dietitian, Dietetics  
Singapore General Hospital

### **Dr Shamala D/O Thilarajah**

Principal Physiotherapist, Physiotherapy  
Singapore General Hospital

### **Dr Wang Aiwen**

Principal Clinical Pharmacist, Pharmacy  
Singapore General Hospital



## Associate Faculty

### **Ms Sophia Cheah**

Senior Physiotherapist, Physiotherapy  
Singapore General Hospital

### **Ms Natalie Chew**

Head, Occupational Therapy  
Singapore General Hospital

### **Ms Caroline Chua**

Physiotherapist, Physiotherapy  
KK Women's and Children's Hospital

### **Ms Jackie Erh**

Principal Medical Social Worker (Clinical)  
Medical Social Services  
Singapore General Hospital

### **Ms Low Hui Ching**

Principal Medical Social Worker (Clinical)  
Medical Social Services  
Singapore General Hospital

### **Mr Vimal Palanichamy**

Senior Principal Physiotherapist, Physiotherapy  
Singapore General Hospital

### **Ms Tan Chun Ju**

Senior Physiotherapist, Physiotherapy  
Singapore General Hospital

### **Mr Keith Tan Eng Khee**

Principal Medical Social Worker  
Medical Social Services  
Singapore General Hospital

### **Mr Tan Jiajie**

Senior Physiotherapist, Physiotherapy  
Singapore General Hospital

### **Mr John Tan**

Principal Physiotherapist, Physiotherapy Singapore  
General Hospital

### **Ms Tang Chyi Yueh**

Senior Medical Social Worker  
Medical Social Services  
Singapore General Hospital

## Visiting Faculty

### **Dr Chan Yiong Huak**

Mentor, Biostatistics Unit  
Yong Loo Ling School of Medicine  
National University Hospital, Singapore

### **Ms Lydia Choo**

Manager, Occupational Therapy Department  
National Kidney Foundation

### **Ms Lim Hwee Er**

Director and Occupational Therapist Consultant  
Goshen Consultancy Services Pte Ltd

### **A/P Valerie Lim**

Programme Director, Speech and Language Therapy  
Health and Social Sciences  
Singapore Institute of Technology

### **Ms Luah Chay Ling**

Physiotherapist  
Kaleidoscope Therapy Centre Pte Ltd

### **Ms Carol Remedios**

Principal Physiotherapist  
Private Practice

### **Ms Eyvonne Sim**

Principal Physiotherapist  
Locum

### **Courses**

The duration of courses may range from days to months depending on their nature and are held generally across the year.

The content and nature of courses are either skills & knowledge based, pedagogy, research, leadership & communications.

### **Lectures**

The complimentary 1 hour evening lecture is held on weekday evenings at SGH premises.

Continuing Professional Education (CPE) lectures are targeted mainly at pharmacists while Continuing Professional Development (CPD) lectures are organised for other Allied Health Professionals (AHPs).

### **Postgraduate Clinical Attachments**

In collaboration with SGH Allied Health departments, PGAHI facilitates attachments for working and/or postgraduate AHPs.

Interested participants are to apply at least 6 months before the attachment start date.

## List of Programmes

### DISCIPLINE-FOCUSED (relevant to specific healthcare profession)

click on Course title for programme details

#### 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		

#### CERTIFICATION

Target Audience	Course Title	Duration
<b>PATH</b>	<a href="#">Pathologists' Assistant Training Programme</a>	12 months

#### SKILLS & KNOWLEDGE-BASED

Target Audience	Course Title	Duration
<b>DIET</b>	<a href="#">Medical Nutrition Therapy for Diabetes Course (For Dietitians)</a>	3 half days
<b>OT</b>	<a href="#">A Safer Home: Risk Identifications and Home Modifications Course</a>	2 days
<b>OT</b>	<a href="#">Bobath Certification (Basic) Course*</a>	3 weeks
<b>OT</b>	<a href="#">Bobath Certification (Advanced) Course*</a>	5 days
<b>OT</b>	<a href="#">Bobath Normal Movement Course*</a>	3 days
<b>OT</b>	<a href="#">Cognitive Rehabilitation Course</a>	3 days
<b>OT</b>	<a href="#">Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Introductory Course*</a>	3 days
<b>OT</b>	<a href="#">Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Advanced Course*</a>	3 days
<b>OT</b>	<a href="#">Functional Capacity Evaluation Course</a>	3 days
<b>OT</b>	<a href="#">Management of Clients with Upper Limbs Conditions (Rheumatology) Course</a>	2 days

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

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### SKILLS & KNOWLEDGE-BASED

Target Audience	Course Title	Duration
<b>OT</b>	<a href="#">Prescription of Powered Mobility Aids Course</a>	2 days
<b>OT</b>	<a href="#">Resistance Bands, Balls and Balance Course</a>	1 day
<b>OT</b>	<a href="#">Scar Tissue Release and Integration Technique (STRAIT) Method™ Course</a>	3 days
<b>PHARM</b>	<a href="#">Anticoagulation Management Course*</a>	4 days
<b>PHARM</b>	<a href="#">Clinical Reasoning Approach to Pharmacotherapy Course</a>	1 day
<b>PHARM</b>	<a href="#">Clinical Reasoning Pharmacy Series (Renal)</a> 	1 day
<b>PHARM</b>	<a href="#">Continuing Professional Education (CPE) Lecture</a>	1 hour
<b>PHARM</b>	<a href="#">Drug Information Course for Pharmacists</a>	8 hours online programme & half day course
<b>PT</b>	<a href="#">Advanced Physiotherapy Assessment and Management of Cervical Disorders Course</a>	20 hours over 4 half days
<b>PT</b>	<a href="#">Advanced Critical Care Physiotherapy – Options for Acute Respiratory and Rehabilitation Care Course</a>	20 hours over 5 half days
<b>PT</b>	<a href="#">Advanced Respiratory Care and Exercise Prescription in Onco-Surgical Population Course</a>	20 hours over 5 half days
<b>PT</b>	<a href="#">Advanced Respiratory Care and Exercise Prescription in Patients with Chronic Respiratory Diseases Course</a>	20 hours over 5 half days

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

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### SKILLS & KNOWLEDGE-BASED

Target Audience	Course Title	Duration
<b>PT</b>	<a href="#">Bobath Certification (Basic) Course*</a>	3 weeks
<b>PT</b>	<a href="#">Bobath Certification (Advanced) Course*</a>	5 days
<b>PT</b>	<a href="#">Bobath Normal Movement Course*</a>	3 days
<b>PT</b>	<a href="#">Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Introductory Course*</a>	3 days
<b>PT</b>	<a href="#">Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Advanced Course*</a>	3 days
<b>PT</b>	<a href="#">Clinical Reasoning Approach to Musculoskeletal Physiotherapy Course</a>	20 hours over 4 half days
<b>PT</b>	<a href="#">Clinical Reasoning for Physiotherapy Management in Stroke Course</a>	16 hours over 4 half days
<b>PT</b>	<a href="#">Evidence-Based Practice in Physiotherapy Course</a>	16 hours over 4 days
<b>PT</b>	<a href="#">Functional Capacity Evaluation Course</a>	3 days
<b>PT</b>	<a href="#">Geriatric Rehabilitation Course</a>	16 hours over 4 days
<b>PT</b>	<a href="#">Physiotherapy Assessment and Management of Cervical Disorders Course</a>	20 hours over 4 days
<b>PT</b>	<a href="#">Physiotherapy Assessment and Management of Lower Quadrant Disorders Course</a>	20 hours over 4 days
<b>PT</b>	<a href="#">Physiotherapy Assessment and Management of Lumbopelvic Disorders</a>	20 hours over 4 half days

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

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## SKILLS & KNOWLEDGE-BASED

Target Audience	Course Title	Duration
<b>PT</b>	Physiotherapy in Polytrauma Course 	3 days
<b>PT</b>	Physiotherapy Management of Parkinson's Disease Course	16 hours over 4 half days
<b>PT</b>	Physiotherapy Management of Spinal Cord Injuries Course	3 days
<b>PT</b>	Problem Solving Approach in Respiratory Physiotherapy Course	16 hours over 4 days
<b>PT</b>	Resistance Bands, Balls and Balance Course	1 day
<b>PT</b>	SENSE MAKING: Advance X-Ray and CT Imaging of the Thorax for Physiotherapists Course	2 days
<b>PT</b>	Scar Tissue Release and Integration Technique (STRAIT) Method <sup>TM</sup> Course	3 days
<b>PT</b>	Stroke Guidelines Translation Course 	3 days
<b>PT</b>	Vestibular Rehabilitation Course *	16 hours over 4 half days

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

## DISCIPLINE-FOCUSED (relevant to specific healthcare profession)

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### SKILLS & KNOWLEDGE-BASED

Target Audience	Course Title	Duration
<b>POD</b>	<a href="#">Diabetic Foot Screening Course</a>	3 days
<b>POD</b>	<a href="#">Local Anaesthesia Techniques for Foot and Ankle Course</a>	2 half days
<b>POD</b>	<a href="#">Pharmacology Management in Diabetes and Diabetic Foot Infections Course</a>	1 half day
<b>POD</b>	<a href="#">Podiatry Clinical Assistant Training</a> 	3 days
<b>POD</b>	<a href="#">Sports Podiatry</a> 	2 days
<b>POD</b>	<a href="#">Total Contact Casting for the Diabetic Foot Course</a>	1 day
<b>RAD</b>	<a href="#">Radiography Image Interpretation</a> 	2 days
<b>RAD</b>	<a href="#">SENSE MAKING: Advance X-Ray and CT Imaging of the Thorax for Physiotherapists Course</a>	2 days
<b>RAD</b>	<a href="#">Ultrasound Elastography Course*</a>	1 day

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



## MULTIDISCIPLINARY (relevant to various Health Professionals)

Click on Course title for programme details

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### LEADERSHIP & COMMUNICATIONS

Target Audience	Course Title	Duration
<b>AHP</b>	<a href="#">Developing Leadership Capabilities and Effectiveness Course*</a>	2 days
<b>AHP</b>	<a href="#">Positive Leadership Course*</a>	2 days

### PEDAGOGY & RESEARCH

Target Audience	Course Title	Duration
<b>AHP</b>	<a href="#">Biostatistics for Research SPSS - Basic/Intermediate Course*</a>	4 half days
<b>AHP</b>	<a href="#">Biostatistics for Research (STATA) - Basic/Intermediate Course *</a>	4 half days
<b>AHP</b>	<a href="#">Biostatistics for Research (SPSSSS) - Advance Course*</a>	4 half days

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

## MULTIDISCIPLINARY (relevant to various Health Professionals)

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### SKILLS & KNOWLEDGE-BASED

Target Audience	Course Title	Duration
<b>AHP</b>	<a href="#">Anticoagulation Management Course*</a>	4 days
<b>AHP</b>	<a href="#">Applied Suicide Intervention Skills Training Course (ASIST Edition 11)*</a>	2 days
<b>AHP</b>	<a href="#">Beyond Measures in Psychotherapy*</a> 	One-month self-paced e-learning & one follow-up session of 1.5 hours
<b>AHP</b>	<a href="#">Clinical Reasoning Approach to Pharmacotherapy Course</a>	1 day
<b>AHP</b>	<a href="#">Clinical Reasoning Pharmacy Series (Renal)</a> 	1 day
<b>AHP</b>	<a href="#">Clinical Supervision Course</a>	2 days
<b>AHP</b>	<a href="#">Compassion Focused Therapy (CFT)*</a> 	3 days
<b>AHP</b>	<a href="#">Complications in Grief and Quest for Meaning*</a> 	3 days
<b>AHP</b>	<a href="#">Continuing Professional Development (CPD) Lecture*</a>	1 hour
<b>AHP</b>	<a href="#">Diabetes Nutrition Course*</a>	Half day
<b>AHP</b>	<a href="#">Enteral Nutrition Course*</a>	1 day
<b>AHP</b>	<a href="#">Ergonomics Course*</a>	2.5 days
<b>AHP</b>	<a href="#">Essential Counselling Skills Course*</a>	2 half days
<b>AHP</b>	<a href="#">Essential Medical Terminology and Symptomatology Course</a>	4 half days

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

## MULTIDISCIPLINARY (relevant to various Health Professionals)

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### SKILLS & KNOWLEDGE-BASED

Target Audience	Course Title	Duration
<b>AHP</b>	Feedback Informed Treatment (FIT): Three Steps to Becoming Your Personal Best in Psychotherapy 	One-month self-paced e-learning & one follow-up session of 1.5 hours
<b>AHP</b>	Influencing Behaviour in Dementia Care through Person-Centred Approach Course (Part 1)*	2 days
<b>AHP</b>	Influencing Behaviour in Dementia Care through Person-Centred Approach Course (Part 2)*	2 days
<b>AHP</b>	Introduction to Art Therapy: Art Therapy in Patient Care Course*	1 day
<b>AHP</b>	Introduction to Cognitive Behaviour Therapy for Pain Management Course	5 hours
<b>AHP</b>	Introduction to Solution Focused Brief Therapy Course*	4 half days
<b>AHP</b>	Mindful Self-Compassion Course	12 hours
<b>AHP</b>	Motivational Interviewing: Foundational Skills Course*	4 half days
<b>AHP</b>	Motivational Interviewing: Building Skills Course*	2 days
<b>AHP</b>	Multidisciplinary Tracheostomy Management Course – From Acute To Chronic Care	3 days
<b>AHP</b>	Oncology Rehabilitation Course*	3 days
<b>AHP</b>	PEERS® Program for Adolescents Course	3 days
<b>AHP</b>	Transfer Training Course (Train-the-Trainer) Course	2 days
<b>AHP</b>	Ultrasound Elastography Course*	1 day

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

## MULTIDISCIPLINARY (relevant to various Health Professionals)

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### CONFERENCES

Title	Target Audience	Duration
<a href="#">Singapore Rehabilitation Conference</a>	<b>AHP</b>	2 - 3 days

### POSTGRADUATE CLINICAL ATTACHMENTS

Title	Target Audience	Duration
<a href="#">Attachment Overview @ PGAHI website</a>	<b>AHP</b>	2 weeks - 12 months

## DISCIPLINE-FOCUSED

## CERTIFICATION

Course Title	Target Audience	Duration
<b>Pathologists' Assistant Training Programme</b>	<b>PATH</b>	12 months

❖ **Course Objectives**

At the end of the course, participants should be able to:

- demonstrate and apply general knowledge and theory of pathologic disease processes, as they relate to gross and microscopic anatomy, anatomic pathology techniques, laboratory procedural skills, and medical photography.
- effectively perform surgical pathology gross examination and prosection of specimens, apply knowledge and judgment to identify and select the appropriate tissues correlated with the clinical history and general medical information available.
- effectively communicate the findings to pathologists, fellows and residents, including preparation of final pathology reports. When necessary participants should seek appropriate supervision. Though the course is comprehensive and current, participants must anticipate advances in medical knowledge and thus pursue continuing education.
- have or develop an understanding of administrative functions in the anatomic pathology department. This is accomplished through the lab management and safety module.

❖ **Course Outline**

- Gross Human Anatomy
- Basic Histology
- Histology of the Systems
- General Pathology
- Pathology of the Systems
- Molecular Pathology
- Basic Grossing Techniques
- Advanced Grossing Techniques
- Medical Terminology, Medical Photography and Laboratory Management and Safety

❖ **Target Audience**

- Participants with a Bachelor's degree in biological, life sciences or equivalent. Prior work experience in Anatomic Pathology Laboratories is preferred but not essential.

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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## A Safer Home: Risk Identifications and Home Modifications Course

OT

2 days

❖ **Course Objectives**

- Learn the importance of home evaluation in falls preventions.
- Be equipped with the 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.

❖ **Course Outline**

- Overview of fall risks factors and fall risks assessment
- Selection of home assessment tools for various client groups (clients with physical, cognitive and vision impairment)
- Home assessment and home modifications for various clients group
- Home assessment report writing

The course will also have a practical session at a mock-up room on Day 2.

❖ **Target Audience**

- Occupational Therapists

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Advanced Physiotherapy Assessment and Management of Cervical Disorders Course</b>	<b>PT</b>	20 hours over 4 half days

- **Course Objectives**

At the end of the workshop, the participants should be able to:

- Plan, prioritise and perform a physical examination for the cervical, upper cervical and cervico-scapular region.
- Discuss and demonstrate differential diagnosis of common cervical, upper cervical, and cervico-scapular dysfunctions.
- Understand the importance of thoracic spine function on cervical spine disorders.
- Provide effective management strategies based on a clinical reasoning framework.
- Formulate a treatment plan and exercise programme that will address relevant impairments and maximise recovery and function.

- **Course Outline**

- Cervical Assessment & Management
- Cervical surgeries, Imaging
- Post op Cervical Management, progression, precautions
- Assessment of nervous system
- Cervicogenic headache, dizziness, and the upper cervical spine
- Thoracic spine
- Exercises for neck pain
- A good mix of both theoretical and practical work

- **Target Audience**

- Physiotherapists with 1-2 years of outpatient musculoskeletal experiences.

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[Click here](#) to search if this course is offered in this current FY.FY.



## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Advanced Critical Care Physiotherapy – Options for Acute Respiratory and Rehabilitation Care Course</b>	<b>PT</b>	20 hours over 4 half days

❖ **Course Objectives**

- Demonstrate advanced clinical reasoning skills particularly in the ability to gather, interpret and synthesise appropriate information in cardiopulmonary physiotherapy in critical care setting.
- Outline the principle and rationale for ventilator hyperinflation, and perform ventilator hyperinflation in a simulated setting.
- Understand various criteria to assess and wean patient from mechanical ventilation.
- Methodically perform extubation checklist.
- Explain the principle and rationale for critical care mobility.
- Demonstrate competency in prescribing selected pulmonary modalities for patients in critical care settings.

❖ **Course Outline**

- Monitoring and Assessment in Critical Care
- Specialised ICU
- Respiratory Physiotherapy in Critical Care
- Respiratory care practical: MHI, VHI, Cough Assist
- Exercise and Mobility Training in Critical Care

❖ **Target Audience**

- Physiotherapists with some working experience in ICU

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[Click here](#) to search if this course is offered in this current FY.FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Advanced Respiratory Care and Exercise Prescription in Onco-Surgical Population Course</b>	<b>PT</b>	20 hours over 5 half days

❖ **Course Objectives**

- Describe the current state of science and practice in preoperative rehabilitation and prescribe an appropriate prehabilitation exercise programme.
- Ability to gather, interpret and synthesise information to evaluate the impact of surgery and its associated medical management on the patient's pulmonary function.
- Have an advanced understanding of the pathogenesis, diagnosis and management approach of patients with postoperative pulmonary complications (PPC).
- Be equipped with advanced skills to assess and provide holistic physiotherapy management for patients undergoing complex surgery such as transplant, head and neck surgery and bariatric surgery.

❖ **Course Outline**

- Preoperative Assessment
- Postoperative Considerations
- Thoracic Surgeries
- Major Abdominal Surgeries and Solid organ Transplant
- Special Surgery – Head & Neck and Bariatric

❖ **Target Audience**

- Physiotherapists with working experience who are starting to specialise in cardiopulmonary physiotherapy, as well as for experienced clinicians as a refresher course.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Advanced Respiratory Care and Exercise Prescription in Patients with Chronic Respiratory Disease Course</b>	<b>PT</b>	20 hours over 5 half days

❖ **Course Objectives**

At the end of the course, the participants should acquire:

- Advanced understanding of the pathophysiology, diagnosis and management approach of patients with chronic obstructive pulmonary disease, chronic suppurative lung diseases and interstitial lung disease.
- Advanced skills to assess and provide holistic management for patients with chronic lung disease.
- The ability to gather, interpret and synthesise information to evaluate the impact of chronic respiratory disease on the quality of life.
- Latest knowledge and skills to update existing pulmonary rehabilitation programme or to implement new programmes.

❖ **Course Outline**

The course will incorporate a series of lectures and practical sessions to facilitate learning and discussion.

Topics covered:

- Introduction to chronic lung diseases and role of physiotherapy
- Non-invasive ventilation, critical care and physiotherapy adjuncts
- Dysfunctional breathing
- Pulmonary rehabilitation

▪ **Target Audience**

- Physiotherapists with working experience who are starting to specialise in cardiopulmonary physiotherapy, as well as for experienced clinicians as a refresher course.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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**Anticoagulation Management Course**

PHARM

AHP

4 days

❖ **Course Objectives**

After completing this course, the participant should be able to:

- Understand the various coagulation tests used for monitoring of anticoagulants including the clinical uses and limitations.
- Describe the key differences between the pharmacology and pharmacokinetics of oral anticoagulants and their therapeutic applications.
- Develop a management plan for warfarin and direct oral anticoagulants in patients with various thromboembolic conditions.
- Evaluate the use of anticoagulants and antiplatelet for the management of cardiovascular conditions and stroke.
- Evaluate the use of anticoagulants in special populations such as elderly, pregnancy and renal impairment.
- Establish and evaluate the performance of a new anticoagulation service and adapting with new care delivery during the COVID-19 pandemic.

❖ **Course Outline**

- Overview of coagulation tests used in anticoagulant monitoring
- Anticoagulation in Venous Thromboembolism
- Antithrombotic Therapy in Cardiovascular Diseases
- Anticoagulation in Special Populations
- Perioperative Management and Reversal
- Setting up Outpatient Anticoagulation Service and Service Evaluation
- Case studies and questions

▪ **Target Audience**

Pharmacists and All Healthcare Professionals

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Bobath Certification (Basic) Course</b>	OT	3 weeks
	PT	

❖ **Course Objectives**

- Understand the principles of the Bobath Concept.
- Understand current neurophysiology relevant to the application of the Bobath concept.
- Understand the range of normal movement and appreciate major causes of deviations of normal movement and posture.
- Analyse movement in terms of efficiency and recognise potential causes for lack of efficiency.
- Use enhanced observation, analytical and facilitation skills, acquired through the study of normal movement, to develop individual treatment strategies for patients with movement disorders.

❖ **Course Outline**

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 patient treatment sessions. It is highly desirable to have completed a 'Normal Movement' course before undertaking the Basic Bobath Certification course.

❖ **Target Audience**

- Occupational Therapists and Physiotherapists with adult neurology experience.
- Participants must be registered with the Allied Health Professions Council, Singapore and hold a valid practising certificate.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
--------------	-----------------	----------

**Bobath Certification (Basic) Course**

PT

OT

3 weeks

❖ **Course Objectives**

At the end of this course, participants are expected to:

- Understand the principles of the Bobath Concept.
- Understand current neurophysiology relevant to the application of the Bobath concept.
- Understand the range of normal movement and appreciate major causes of deviations of normal movement and posture.
- Analyse movement in terms of efficiency and recognise potential causes for lack of efficiency.
- Use enhanced observation, analytical and facilitation skills, acquired through the study of normal movement, to develop individual treatment strategies for patients with movement disorders.

❖ **Course Outline**

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 patient treatment sessions. It is highly desirable to have completed a 'Normal Movement' course before undertaking the Basic Bobath Certification course.

❖ **Target Audience**

- Physiotherapists and Occupational Therapists with adult neurology experience.
- Participants must be registered with the Allied Health Professions Council, Singapore and hold a valid practising certificate.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Bobath Certification (Advanced) Course</b>	OT	5 days
	PT	

❖ **Course Outline**

- This one-week course expounds on an aspect of the Bobath Concept at a more advanced level.
- The Basic Bobath or NDT course is a prerequisite for the Advanced Bobath Course.

Note: The Course Objectives and Course Outline are theme-specific for the Advanced Course, e.g. Upper Limb, Walking and Running. Detailed information will be available nearer each course run.

❖ **Target Audience**

- Occupational Therapists
- Physiotherapists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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**Bobath Certification (Advanced) Course**

PT

OT

5 days

❖ **Course Outline**

- This one-week course expounds on an aspect of the Bobath Concept at a more advanced level.
- The Basic Bobath or NDT course is a prerequisite for the Advanced Bobath Course.

Note: The Course Objectives and Course Outline are theme-specific for the Advanced Course, e.g. Upper Limb, Walking and Running. Detailed information will be available nearer each course run.

❖ **Target Audience**

- Physiotherapists
- Occupational Therapists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Bobath Normal Movement Course</b>	OT	3 days
	PT	

❖ **Course Objectives**

At the end of this course, participants are expected to:

- Describe the concepts and basic components of normal movement.
- Understand the wide postural and tonal variation in the normal population.
- Draw on improved analysis, assessment and facilitation skills to more effectively treat neuromuscular disorders.

❖ **Course Outline**

- Concepts of normal movement used in the assessment and treatment of adults with neurological or neuromuscular impairments
- Course consists of a theoretical introduction to normal movement, practical sessions and a patient demonstration

❖ **Target Audience**

- Occupational Therapists and Physiotherapists with adult neurology experience.
- Medical doctors, speech therapists and registered nurses are welcome to apply.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Bobath Normal Movement Course</b>	PT	3 days
	OT	

❖ **Course Objectives**

- Describe the concepts and basic components of normal movement.
- Understand the wide postural and tonal variation in the normal population.
- Draw on improved analysis, assessment and facilitation skills to more effectively treat neuromuscular disorders.

❖ **Course Outline**

- Concepts of normal movement used in the assessment and treatment of adults with neurological or neuromuscular impairments
- Course consists of a theoretical introduction to normal movement, practical sessions and a patient demonstration

❖ **Target Audience**

- Physiotherapists and Occupational Therapists with adult neurology experience.
- Medical doctors, speech therapists and registered nurses are welcome to apply.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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### Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Introductory Course

OT

PT

3 days

❖ **Course Objectives**

- Gain an understanding of the philosophy and principles of PNF.
- 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.
- Acquire the ability to apply the techniques of PNF in a variety of both musculoskeletal and neurological conditions requiring movement re-education.
- Be able to utilise PNF techniques as an efficient, effective method of increasing range of movement.
- Develop an understanding of how to incorporate PNF with other treatment approaches in musculoskeletal and neurological conditions.
- Have an ability to utilise PNF techniques in functional activities such as bed mobility, gait and sporting actions.
- Develop an understanding of the current literature supporting the wide range of clinical uses of PNF.

❖ **Course Outline**

The course will focus on skill development, clinical assessment and functional application utilising the PNF approach in management of a variety of musculoskeletal and neurological conditions. It has a large practical component and will include a patient demonstration utilising skills taught.

- History of PNF Principles Techniques
- PNF & Stretching
- Pelvic Patterns
- Upper Limb Patterns
- Lower Limb Patterns
- Scapula Patterns
- Functional Application of PNF
- Patient Demonstration & Discussion
- Integration of Clinical Approaches

❖ **Target Audience**

- Occupational Therapists
- Physiotherapists
- Health professionals working with patients with neurological, musculoskeletal, amputations or other orthopaedic conditions.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Introductory Course</b>	PT	3 days
	OT	

❖ **Course Objectives**

- Gain an understanding of the philosophy and principles of PNF.
- 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.
- Acquire the ability to apply the techniques of PNF in a variety of both musculoskeletal and neurological conditions requiring movement re-education.
- Be able to utilise PNF techniques as an efficient, effective method of increasing range of movement.
- Develop an understanding of how to incorporate PNF with other treatment approaches in musculoskeletal and neurological conditions.
- Have an ability to utilise PNF techniques in functional activities such as bed mobility, gait and sporting actions.
- Develop an understanding of the current literature supporting the wide range of clinical uses of PNF.

❖ **Course Outline**

The course will focus on skill development, clinical assessment and functional application utilising the PNF approach in management of a variety of musculoskeletal and neurological conditions. It has a large practical component and will include a patient demonstration utilising skills taught.

- History of PNF Principles Techniques
- PNF & Stretching
- Pelvic Patterns
- Upper Limb Patterns
- Lower Limb Patterns
- Scapula Patterns
- Functional Application of PNF
- Patient Demonstration & Discussion
- Integration of Clinical Approaches

❖ **Target Audience**

- Physiotherapists
- Occupational Therapists
- Health professionals working with patients with neurological, musculoskeletal, amputations or other orthopaedic conditions.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Advanced Course</b>	<div>OT</div> <div>PT</div>	3 days

❖ **Course Objectives**

This course aims to build on the clinical skills taught in the introductory “Clinical Application of PNF” course, with an emphasis on taking these skills into patient treatment. The course focuses on advanced skill development, and implementation of these skills into clinical assessment and treatment of patients with a variety of conditions.

Through this course, participants will:

- Develop a greater understanding of the philosophy and principles of PNF, and how this fits with current neuroscience literature.
- Consolidate basic patterns of PNF taught in the introductory course.
- Utilise techniques of PNF in a variety of positions including: (a) Mat work; (b) Plinth work; (c) Parallel bars and gait; (d) 2 point and 4 point kneeling.
- Develop practical skills which incorporate PNF with other treatment approaches.
- Develop greater ability in utilising PNF techniques as an efficient, effective method of increasing range of movement.
- Translate the practical skills taught into the clinical setting, where participants will be actively treating patients utilising the PNF approach, incorporated with other approaches as appropriate.
- Develop an ability to utilise PNF techniques in functional activities such as gait, treadmill training, dressing, etc.
- Apply the principles of PNF to the development and techniques of the Bad Ragaz hydrotherapy method.
- Develop an awareness and understanding of the current literature supporting the wide range of clinical uses of PNF, and be able to critically discuss this literature.

❖ **Course Outline**

This course has a large practical component and will include patient demonstrations and hands on patient treatment sessions, utilising the PNF approach and the skills taught within the practical.

- Philosophy and principle of PNF
- Advanced patterns and techniques of PNF: Orofacial techniques, “Thrust” upper limb techniques & Bilaterals to facilitate greater trunk involvement utilising the limbs
- Utilise techniques of PNF in mat work, plinth work, parallel bars and gait, kneeling
- Practical skills which incorporate PNF with other treatment approaches

❖ **Target Audience**

- Occupational Therapists
- Physiotherapists
- Participants must be registered with their respective professional regulatory bodies in Singapore and hold a valid practising certificate

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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**Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Advanced Course**

PT

OT

3 days

❖ **Course Objectives**

This course aims to build on the clinical skills taught in the introductory “Clinical Application of PNF” course, with an emphasis on taking these skills into patient treatment. The course focuses on advanced skill development and implementation of these skills into clinical assessment and treatment of patients with a variety of conditions.

Through this course, participants will:

- Develop a greater understanding of the philosophy and principles of PNF, and how this fits with current neuroscience literature.
- Consolidate basic patterns of PNF taught in the introductory course.
- Utilise techniques of PNF in a variety of positions including: (a) Mat work; (b) Plinth work; (c) Parallel bars and gait; (d) 2 point and 4 point kneeling.
- Develop practical skills which incorporate PNF with other treatment approaches.
- Develop greater ability in utilising PNF techniques as an efficient, effective method of increasing range of movement.
- Translate the practical skills taught into the clinical setting, where participants will be actively treating patients utilising the PNF approach, incorporated with other approaches as appropriate.
- Develop an ability to utilise PNF techniques in functional activities such as gait, treadmill training, dressing, etc.
- Apply the principles of PNF to the development and techniques of the Bad Ragaz hydrotherapy method.
- Develop an awareness and understanding of the current literature supporting the wide range of clinical uses of PNF, and be able to critically discuss this literature.

❖ **Course Outline**

This course has a large practical component, and will include patient demonstrations and hands-on patient treatment sessions, utilising the PNF approach and the skills taught within the practical.

- Philosophy and principle of PNF
- Advanced patterns and techniques of PNF: Orofacial techniques, “Thrust” upper limb techniques & Bilaterals to facilitate greater trunk involvement utilising the limbs
- Utilise techniques of PNF in mat work, plinth work, parallel bars and gait, kneeling
- Practical skills which incorporate PNF with other treatment approaches

❖ **Target Audience**

- Physiotherapists
- Occupational Therapists
- Participants must be registered with their respective professional regulatory bodies in Singapore and hold a valid practising certificate

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Clinical Reasoning Approach to Pharmacotherapy Course</b>	<div>PHARM</div> <div>AHP</div>	1 day

- **Course Objectives**

After completing this course, the participant should be able to:

- To understand the concepts and components of clinical reasoning.
- To apply the components of clinical reasoning in daily pharmacotherapy practice for management of chronic diseases such as diabetes, hypertension and thyroid disorders.
- Awareness of the impact of clinical reasoning on patient care.

- ❖ **Course Outline**

- The course focuses on developing the clinical reasoning skills in pharmacotherapy of chronic diseases. The proposed model shall integrate both clinical reasoning processes and SOAP processes using case-based discussions.

- **Target Audience**

- Pharmacists and All Healthcare Professionals

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Clinical Reasoning Approach to Musculoskeletal Physiotherapy Course</b>	<b>PT</b>	20 hours over 4 half days

❖ **Course Objectives**

At the end of the workshop, the participants should be able to:

- Outline contemporary bio-psychosocial approaches for management of musculoskeletal disorders.
- Formulate differential diagnoses of musculoskeletal disorders and evaluate the most likely diagnosis.
- Rationalise and prioritise treatment selections for effective management of musculoskeletal disorders.

❖ **Course Outline**

- Clinical Reasoning Frameworks for MSK Physiotherapy
- Understanding Pain
- Pain Pharmacology and Management
- Clinical Reasoning: Subjective Interview
- Musculoskeletal Clinical Translation Framework
- Lifestyle Considerations in MSK Conditions
- Tissue and Fracture Healing
- Chronic Pain Management: Mindfulness and CBT

❖ **Target Audience**

- Physiotherapists with **2-5** years of working experience in the musculoskeletal field.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title

Target Audience

Duration

**Clinical Reasoning for Physiotherapy Management in Stroke Course**

PT

16 hours over 4 half days

❖ **Course Objectives**

- Describe medical management for stroke across the continuum of care (i.e., acute, subacute and chronic phase).
- Use the International Classification of Functioning, Disability and Health (ICF) model as a framework to guide clinical reasoning for stroke.
- Explain the mechanisms underlying motor impairments following stroke.
- Analyse motor performance and link impairments to missing essential components of motor performance of people after stroke. Select and interpret appropriate outcome measures to measure improvement of motor performance in people after stroke.
- Create assessment and treatment plans for people after stroke and justify the plans using evidence-based practice.
- Use functional electrical stimulation and other low-cost/affordable equipment to increase intensity of practice.
- Implement strategies to manage behavioural and mood disorders after stroke.

❖ **Course Outline**

- Medical Management of Stroke
- Movement analysis and treatment
- Set-up for semi-supervised practice
- Management of behavioural and mood disorders after stroke
- Implementation and interpretation of outcome measures in stroke


❖ **Target Audience**

- Physiotherapists working with stroke patients in any settings.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title		Target Audience	Duration
<b>Clinical Reasoning Pharmacy Series (Renal)</b>		<div>PHARM</div> <div>AHP</div>	1 day

❖ **Course Objectives**

After completing this course, the participant should be able to:

- Enhance clinical reasoning and decision-making skills in the management of renal related diseases conditions
- Evaluate current evidences and integrate findings into day-to-day pharmacy practice

❖ **Course Outline**

- Clinical reasoning skills of practising pharmacists in managing common renal disease and condition Singapore.
- Integrate both clinical reasoning processes and SOAP processes using case-based discussions.

❖ **Target Audience**

- Pharmacists and All Healthcare Professionals

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Cognitive Rehabilitation Course</b>	<b>OT</b>	3 days

❖ **Course Objectives**

- Define cognition and differentiate between cognition, functional cognition and applied cognition.
- Critically appraise assessments used by occupational therapists.
- Describe elements of an information processing model of applied cognition.
- Observe task performances and identify major issues with 'applied' cognition.
- Interpret and report relevant findings from assessment.
- Establish and prioritise therapy goals.
- Use best practice guidelines and models of intervention to structure a therapy plan.
- Measure the outcome of therapy.

❖ **Course Outline**

- Cognition and occupational therapy
- Task analysis as a basis for assessment
- Disorders of attention and perception (Perceive)
- Disorders of learning and memory (Recall)
- Disorders of higher cognition and insight (Plan)
- Disorders of initiation and follow through (Perform)
- Contemporary issues in intervention
- Principles of Intervention
- Systematic use of cues and prompts to enhance cognitive strategy application

❖ **Target Audience**

- Occupational Therapists

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Continuing Professional Education (CPE) Lecture</b>	<b>PHARM</b>	1 hour

❖ **Course Objectives**

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.

▪ **Target Audience**

- Pharmacists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Diabetic Foot Screening Course</b>	<b>POD</b>	3 days

❖ **Course Objectives**

At the end of this course, participants will be able to:

- Identify basic surface anatomy of the foot and differentiate between normal and pathological anatomy.
- Identify common diabetic foot pathologies.
- Perform a comprehensive and accurate neurovascular assessment of the foot using the following:
  - monofilament
  - neurothesiometer
  - 128 Hz Tuning fork
  - handheld Doppler
- Discuss the management of the various types of diabetic foot pathologies.
- Deliver comprehensive Diabetic foot health education to patients with Diabetes, their family and other healthcare professionals.
- Know when and how to refer the patient with foot pathology to the podiatrist or other healthcare professionals.

❖ **Course Outline**

An overview of Diabetic foot disease and prevention.

Topics covered include:

- Normal anatomy and function of the foot
- Pathology of Peripheral Neuropathy
- Pathology of Ischaemia
- Diabetic foot pathology prevention /education
- Management of the Diabetic Foot

❖ **Target Audience**

- Podiatrists
- Nurses

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title

Target Audience

Duration

**Drug Information Course for Pharmacists****PHARM**8 hours online  
programme &  
half day course❖ **Course Objectives**

- Recognise the importance and role of drug information skills in pharmacy practice.
- Apply the systematic approach to answering a drug information enquiry (7 steps).
- Know the appropriate background information, reference and aspects of the responses needed for the six major categories of drug information enquiries:
  - i. Availability and Identification
  - ii. Parenteral Therapy: Administration, Stability & Compatibility
  - iii. Pregnancy & Lactation
  - iv. Drug Interactions
  - v. Adverse Drug Reactions (ADR)
  - vi. Drug Dosing and Choice of Therapy

❖ **Course Outline**

Online Programme (Total 8 hours of online content, 1 month access)

- Consisting of e-lectures with case-based simulation exercises, and required readings encompassing the six major categories of enquiries.
  - i. Introduction
  - ii. Systematic Approach for Drug Information Request – The Seven Steps
  - iii. Common Electronic Resources
  - iv. Common Categories of DI Enquiries

Half-day Course (4 hours)

- Small group facilitated discussion (8-10 participants) and review of the simulation exercises.
- Discussion with DI pharmacist on approaching challenging enquiries.
- Tips and tricks to avoid common pitfalls when approaching DI enquiries.
- Other topics (subject to time and availability).

❖ **Target Audience**

- Pharmacists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Evidence-Based Practice in Physiotherapy Course</b>	<b>PT</b>	16 hours over 4 days

❖ **Course Objectives**

At the end of the course, the participants should be able to:

- Conduct efficient and systematic search of medical literature that relates to a clinical question.
- Appraise the quality of a clinical research based on its methodology.
- Interpret the results of common types of clinical research: Observation studies, experimental studies and review studies.
- Assess the external validity and generalisability of a research study.

❖ **Course Outline**

- Processes of evidence-based medicine (EBM) and study design
- Question formulation PICO
- Pragmatic literature search
- Descriptive statistics & Statistical inferences
- Binary data & Continuous data
- Correlation
- Regression
- RCT appraisal
- Systematic reviews & Meta-analysis

❖ **Target Audience**

- Working physiotherapists who would like to become an evidence-based practitioner: be equipped with the skills to source, interpret, critique and apply scientific literature findings in their everyday work.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
--------------	-----------------	----------

**Functional Capacity Evaluation Course**

OT

PT

3 days

❖ **Course Objectives**

Upon completion of the course, the participants will be able to:

- Describe the purpose of the Physical Work Performance Evaluation and the usefulness of the information generated by the evaluation.
- Administer and score the 4-5 hour Physical Work Performance Evaluation.
- Identify the movement patterns and body alignments that indicate a submaximal, near-maximal and maximal effort during the testing process.
- Identify unsafe body mechanics during lifting tasks and teach proper lift techniques.
- Identify the level of patient or client participation in the testing procedure.
- Interpret the findings of the Physical Work Performance Evaluation.
- Generate a meaningful and useful summary report of the evaluation that can be sent to the referral source.
- Communicate and discuss the results of the test with other health care providers.
- Relate the findings of the Physical Work Performance Evaluation to work conditioning and work hardening goals.

❖ **Course Outline**

- Administration and scoring of the Physical Work Performance Evaluation
- The first and second days of training involve classroom-style teaching, watching, discussing, and scoring a video of a patient performing the tasks of the PWPE.
- The third day will involve watching and independently scoring another video of a patient.

❖ **Certification**

- Participants will be certified to administer the Physical Work Performance Evaluation upon successful completion of the course.

❖ **Target Audience**

- Occupational Therapists
- Physiotherapists

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Functional Capacity Evaluation Course</b>	PT	3 days
	OT	

❖ **Course Objectives**

Upon completion of the course, the participants will be able to:

- Describe the purpose of the Physical Work Performance Evaluation and the usefulness of the information generated by the evaluation.
- Administer and score the 4-5 hour Physical Work Performance Evaluation.
- Identify the movement patterns and body alignments that indicate a submaximal, near-maximal, and maximal effort during the testing process.
- Identify unsafe body mechanics during lifting tasks and teach proper lift techniques.
- Identify the level of patient or client participation in the testing procedure.
- Interpret the findings of the Physical Work Performance Evaluation.
- Generate a meaningful and useful summary report of the evaluation that can be sent to the referral source.
- Communicate and discuss the results of the test with other health care providers.
- Relate the findings of the Physical Work Performance Evaluation to work conditioning and work hardening goals.

❖ **Course Outline**

- Administration and scoring of the Physical Work Performance Evaluation
- The first and second days of training involve classroom-style teaching, watching, discussing, and scoring a video of a patient performing the tasks of the PWPE.
- The third day will involve watching and independently scoring another video of a patient.

❖ **Certification**

- Participants will be certified to administer the Physical Work Performance Evaluation upon successful completion of the course.

❖ **Target Audience**

- Physiotherapists
- Occupational Therapists

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Geriatric Rehabilitation Course</b>	<b>PT</b>	16 hours over 4 days

❖ **Course Objectives**

- Describe the role of different specialists in Geriatric care.
- Recognise frailty in the older person and discuss appropriate management.
- Conduct a comprehensive assessment for falls, interpret results and discuss appropriate interventions.
- Identify the signs and symptoms and the common types of cognitive changes and outline strategies to manage challenging behaviours in older persons that are evidence-based.
- Understand the pharmacokinetic changes in elderly and the issues related to polypharmacy.
- Consider the impact of some common cardiac, chronic disease issues in the older person when designing a rehabilitation programme.
- Identify the primary functional problems, associated impairments in the older persons with total joint arthroplasties, hip and spinal fractures and understand their management.
- Incorporate knowledge of pathology and biomechanics of osteoporosis in effective prevention and intervention.
- Understand the management of foot problems in the older person.
- Consider and suggest appropriate resources for continuation of care for the older person and respite support for caregivers in the community.

❖ **Course Outline**

- Normal and abnormal changes in ageing
- Assessment and management of frailty
- Falls risk factors, assessment and management
- Cognitive changes and other mental health conditions in the older person
- Rehabilitation in older persons non-surgically managed, acute cardiac conditions and chronic diseases
- Demonstration of various spinal and hip orthosis used to support rehabilitation post hip and spinal fractures
- Physiotherapy management for osteoporosis
- Consideration of the geriatric foot conditions in rehabilitation
- Current available resources for continuation of care and respite support in community

❖ **Target Audience**

- Physiotherapists working with the geriatric population.

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Local Anaesthesia Techniques for Foot and Ankle Course</b>	<b>POD</b>	2 half days

❖ **Course Objectives**

- Critically evaluate the indications/contraindications for local anaesthetic injection therapy in the lower limb.
- Critically appraise the pharmacological principles surrounding the safe use of local anaesthetics for injection.
- Demonstrate advanced anatomical knowledge associated with local anaesthetic injection administration.
- Learn different techniques (e.g. ring block, skin infiltration) for different procedure (nail surgery, wound debridement, wart treatment).
- Effectively communicate with patients and colleagues the role of local anaesthetic injection therapy.
- Clearly identify appropriate pre and post injection care.
- Safely carry out the pre-requisite number of injections, including appropriate aseptic technique.

❖ **Course Outline**

There are Theory and Practical segments for this course:

Theory

- Revision on Neuroanatomy, neurophysiology, medical history, physical and psychological
- Literature review on local anaesthesia for foot & ankle
- Pharmacology of local anaesthetics and vasoconstrictors
- local anaesthetics and dosing
- Safety considerations
- Local and systemic complications
- Handling emergencies

Practical

- Blocks in the Foot & Ankle (Demo session with Q&A session)

❖ **Target Audience**

- Podiatrists

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[Click here](#) to search if this course is offered in this current FY.



## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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**Management of Clients with Upper Limbs Conditions Course**

OT

2 days

❖ **Course Objectives**

- Apply knowledge in managing rheumatoid and RSI conditions.
- Master skills in fabricating splints appropriate for such conditions.
- Able to conduct assesment and intervention for the following client group: a) CTS, b) Golfer elbow

❖ **Course Outline**

- Common rheumatoid conditions (OA, RA) and RSI conditions (trigger, DeQ, tennis elbow, golfer elbow, CTS)
- Overview on the impact of rheumatoid and RSI conditions
- Population commonly affected
- Progression of conditions
- Role of Occupational Therapist
- Evidence Based Management
- Splinting Principles
- Splints fabricated for common rheumatoid conditions and RSI conditions
- Introduction of off-the shelf supplies for RSI Management for community use

❖ **Target Audience**

- Occupational Therapists

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[Click here](#) to search if this course is offered in this current FY.



## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Medical Nutrition Therapy for Diabetes Course (For Dietitians)</b>	<b>DIET</b>	3 half days

❖ **Course Objectives**

- To educate dietitians on essential nutrition knowledge on diabetes.
- 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.
- To educate dietitians with knowledge on the principles of advanced carbohydrate counting.
- Understand the role of dietitians in the management of physical activity, exercise and pregnancy.

❖ **Course Outline**

- Nutrition in diabetes
- Applying nutritional guidelines – An ‘ideal diet’ for diabetes?
- Blood glucose lowering medications – implications for diet
- Carbohydrate counting principles
- Understanding hypoglycaemia and its treatment
- Advanced CHO counting 1 and 2
- Physical activity/ exercise
- Meeting the demands of pregnancy and diabetes
- Managing patients with poor intake – Considerations for patients on enteral feeding

❖ **Target Audience**

- Current Practising Dietitians working in local hospitals only.

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[Click here](#) to search if this course is offered in this current FY.



## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Pharmacology Management in Diabetes and Diabetic Foot Infections Course</b>	POD	1 half day

❖ **Course Objectives**

- Understand different types of medication usage, effects and mode of action in management of diabetes mellitus.
- Pharmacology of diabetes and related medications and their considerations.
- Drug interactions and considerations in Diabetes mellitus.
- Develop an understanding of antibiotics pharmacology.
- Classes of antibiotics and its mechanism.
- Overview of diabetic foot infections: diagnosis and treatment.
- Identify the different antibiotics regime used for soft tissue and bone infections.
- Considerations of antibiotic prescriptions.
- Common diabetic foot infections and antimicrobial therapy in soft tissue and bone infections.
- Antimicrobial resistance.

❖ **Course Outline**

- Diabetes mellitus management : Pharmacological Therapy and its considerations
- Antibiotics pharmacology
- Diabetic foot infections
- Treatment management of diabetic foot infections
- Antimicrobial resistance in infections

❖ **Target Audience**

- Podiatrists

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[Click here](#) to search if this course is offered in this current FY.



## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Physiotherapy Assessment and Management of Cervical Disorders Course</b>	<b>PT</b>	20 hours over 4 half days

- **Course Objectives**

At the end of the workshop, the participants should be able to:

- Discuss and demonstrate differential diagnosis of common cervical, upper cervical and cervico-scapular dysfunctions
- Understand the importance of thoracic spine
- Function on cervical spine disorders
- Provide effective management strategies based on a clinical reasoning framework
- Formulate a treatment plan and exercise programme that will address relevant impairments and maximise recovery and function
- Appreciate the principles spinal surgery and imaging and their implications on physiotherapy management

- **Course Outline**

- Cervical Assessment & Management
- Cervical surgeries, Imaging
- Assessment of nervous system
- Post op Cervical Management, progression, precautions
- Cervicogenic headache, dizziness, and the upper cervical spine
- Influence of the Thoracic spine on neck pain
- Exercises for motor control
- Case studies

- **Target Audience**

- Physiotherapists with 1-2 years of outpatient musculoskeletal experiences.

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Physiotherapy Assessment and Management of Lower Quadrant Disorders Course</b>	<b>PT</b>	20 hours over 4 half days

- **Course Objectives**

At the end of the course, participants should be able to:

- Efficiently perform a physical assessment of the hip and knee.
- Discuss and clinically reason through the differential diagnoses of common lower quadrant dysfunction.
- Formulate an effective treatment plan for lower quadrant dysfunctions.
- Interpret basic radiological findings for the knee.

- **Course Outline**

- Assessment & management of the knee
- Rehabilitation for the injured patient post ACL injury
- Updates for rehabilitation post total knee arthroplasty
- Introduction to musculoskeletal imaging for the knee
- Assessment & management of the hip complex
- Introduction to musculoskeletal imaging for the knee
- Assessment & management of running injuries

- **Target Audience**

- Physiotherapists with **2-5 years** of working experience in the area of musculoskeletal physiotherapy

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Physiotherapy Assessment and Management of Lumbopelvic Disorders</b>	<b>PT</b>	20 hours over 4 half days

❖ **Course Objectives**

At the end of the workshop, the participants should be able to:

- Differentiate accurately the possible different lumbo-pelvic disorders commonly seen in the outpatient musculoskeletal clinic.
- Plan, prioritise and perform a thorough physical assessment of the lumbo-pelvic region.
- Formulate and perform an effective and efficient treatment plan including exercise prescription that addresses the impairments of the lumbo-pelvic region, using an evidence-based approach.
- Appraise the treatment effect and outcome using appropriate outcome measures and patient feedback as necessary.

❖ **Course Outline**

- Surgical Management of the Lumbar Spine
- Why is back pain so hard to treat?
- Lumbar Spine Assessment
- Clinical Reasoning Framework
- Spondyloarthropathy and Back Pain
- Lumbar Spine Management
  - Acute e.g. in ED
  - Chronic
- SIJ Assessment and Management
- Medical Imaging of the Lumbar Spine and Pelvic girdle
- Lumbar Spine Post-Operative Management

❖ **Target Audience**

- Physiotherapists with 2 - 5 years of working experience in the Musculoskeletal field.


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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Physiotherapy in Polytrauma Course</b> 	PT	3 days

❖ **Course Objectives**

- Increase competence and confidence in treating patients with a variety of trauma presentations in the acute hospital setting.

❖ **Course Outline**

- Role of physiotherapy in patients with the following injuries:
  - a. Chest trauma, including fractured ribs, pulmonary contusion and haemo-pneumo-thoraces
  - b. Abdominal trauma including solid organ injuries (i.e. liver, spleen, kidneys)
  - c. Spinal Cord injury, with a particular focus on cervical spine injuries
  - d. Patients with multiple orthopaedic injuries including pelvic fractures and lower limb injuries
  - e. Traumatic brain injuries
- Burns (introduction)
- Management of the intubated and Ventilated patient in ICU
- The use of manual hyperinflation and other ventilator intervention during the acute phase of care
- The use of positive pressure and airway clearance devices including Cough Assist, Metaneb etc
- The role of early mobilisation
- Acute burns management from a physiotherapy perspective

❖ **Target Audience**

- Physiotherapists

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[Click here](#) to search if this course is offered in this current FY.

## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Physiotherapy Management of Parkinson's Disease Course</b>	<b>PT</b>	16 hours over 4 half days

❖ **Course Objectives**

- Discuss the pathophysiology of Parkinson's disease (PD).
- Differentiate between PD and other atypical parkinsonian syndromes.
- Discuss the medical management of people with PD.
- List the criteria for deep brain stimulation.
- Discuss the non-motor symptoms of PD and their impact on patients and caregivers.
- Perform a competent physiotherapy assessment of the patient with PD.
- Discuss the rationale underlying various treatment approaches in people with PD. These include resistance training, cognitive movement strategies and use of cues.
- Design and implement treatment programmes for people with PD using an evidence-based approach. This includes identifying individuals who are at risks of falls.

❖ **Course Outline**

- Mobility and gait problems and falls in PD
- Atypical parkinsonism syndromes
- Current trends in medical and surgical management of PD
- Non-motor symptoms and their management
- Managing behavioural and cognitive changes in PD
- Mobility and balance outcomes: Post Deep Brain Stimulation
- Palliative issues in Advanced stage PD

❖ **Target Audience**

- Physiotherapists managing people with Parkinson's.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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**Physiotherapy Management of Spinal Cord Injuries Course**

PT

3 days

❖ **Course Objectives**

- Describe typical patterns of motor loss and function for people with varying levels of spinal cord injury.
- List the key movement strategies used by people with C6 tetraplegia and paraplegia to mobilise on the bed and transfer.
- Provide 4 examples of ways to assess impairments and activity limitations specific for people with SCI.
- Conduct the motor and sensory assessments that form part of the international Standards for Neurological Classification of SCI.
- Correctly categorise a person's SCI using the AIS classifications.
- Demonstrate some key teaching strategies aimed at helping a person learn wheelchair skills.
- Describe some of the current controversy surrounding effective contracture management.
- Develop an appropriate strength training programme for people with different types of weakness.
- Describe some common treatment options for the management of people with respiratory complications following SCI.
- Demonstrate at least two different ways to perform an assisted cough.
- Identify the various walking options for people with different types of SCI.
- List the implications of paralysis of major lower limb muscles on gait.
- Describe the biomechanical principles of different types of orthoses.
- List pros and cons of treadmill and robotic training.
- Summarise the evidence for different gait training approaches.

❖ **Course Outline**

- Medical implications of spinal cord injury
- Physiotherapy assessment
- Goal setting
- Principles of management within an ICF framework
- Training transfers and bed mobility
- The International Standards for Neurological Classification of SCI
- Contracture management
- Respiratory management
- Strength training
- Gait and orthoses

❖ **Target Audience**

- Physiotherapists who have a good understanding of the neurological physiotherapy. Some experience treating people with spinal cord injuries is desirable but not essential.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title		Target Audience	Duration
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**Podiatry Clinical Assistant Training**

POD
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3 days

❖ **Course Objectives**

At the end of the course, participants must be able to:

- Conduct Diabetic foot screening
- Set up and use clinical assessment tools such as toe pressure machine
- Apply simple dressing and assist podiatrists in advanced wound therapies such as NPWT
- Conduct stretching and strengthening exercises
- Assist in orthotic modifications

❖ **Course Outline**

All sessions will include both theory and practical sessions.

➤ Part I: Diabetic Foot Screening

- Overview and understanding of diabetic foot diseases
- Identify risks factors for diabetic foot ulceration
- Conducting a diabetic foot screening
- Patient Education

➤ Part II: Toe pressure

- Set up of toe pressure
- Conduct toe pressure assessment

➤ Part III: Assisting in wound therapies

- Simple dressing techniques such as cutting of dressing materials and application on wound
- Assisting in NPWT application

➤ Part IV: Musculoskeletal

- Anatomy of lower limb and overview of basic lower limb biomechanics
- Types of stretching and strengthening of lower limb exercises
- Provide footwear education

➤ Part V: Orthotic modifications

- Basic knowledge of orthotic materials
- Cutting techniques, and techniques reduce wastage of orthotic materials
- Glueing techniques
- Grinding techniques

❖ **Target Audience**

- Podiatrists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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**Prescription of Powered Mobility Aids Course**

OT

2 days

❖ **Course Objectives**

- Gain knowledge and skills on the range and features of powered mobility aids and how to match these to clients' needs
- Competent in identifying clients' capacities and abilities in powered mobility aids usage
- Able to prescribe powered mobility aids to clients according to their needs

❖ **Course Outline**

- Comparing the different common types of powered mobility aids
- Evaluating the suitability of clients needing powered mobility aids
- Understanding practical considerations of using powered mobility aids
- Improving clinical skills in assessing and training clients who would benefit from powered mobility aids
- Understanding possible customisation for powered mobility aids
- Understanding the consideration of funding schemes for purchasing powered mobility aids
- Hands-on practice on driving powered mobility aids in the community

❖ **Target Audience**

- Occupational Therapists who are new to prescription of powered mobility aids

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Problem Solving Approach in Respiratory Physiotherapy Course</b>	<b>PT</b>	16 hours over 4 days

❖ **Course Objectives**

- Assess, identify indications, precautions and contraindications and prioritise the respiratory problems amenable to physiotherapy techniques.
- Articulate the rationale and scientific basis supporting the various cardiorespiratory therapy techniques.
- Identify physiotherapy techniques and select adjuncts that are suitable for different respiratory issues.
- Demonstrate practical skills to manage the various respiratory physiotherapy adjuncts.

❖ **Course Outline**

- Clinical Reasoning Approach in Cardiopulmonary Physiotherapy
- Tracheostomy Management & Humidification
- Pharmacological Treatment for Secretion Management and Increased Work of Breathing
- Patient's presentation, management options and its supporting theory (Neuromuscular disease / SCI, upper abdominal surgery, COPD)
- Airway clearance therapy techniques and modalities
- Lung expansion therapy and modalities
- Outcome measures in respiratory physiotherapy

❖ **Target Audience**

- Physiotherapists who have some/ basic exposure to patients with cardiopulmonary dysfunction and aim to provide specialised care by developing a systematic and evidence-based approach to respiratory care delivery.

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title		Target Audience	Duration
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**Radiography Image Interpretation**

RAD

2 days

❖ **Course Objectives**

After completing this course, the participant should be able to:

- Know the correct anatomical terms for description or radiographic abnormalities.
- Identify common normal variants that mimic an abnormality.
- List the 5 common abnormalities in the upper extremities, lower extremities, pelvis/hip, spine, head region, chest and abdomen.
- Apply a systematic method of radiography image interpretation.
- Recognise the radiographic appearances of critical abnormalities.

❖ **Course Outline**

- Basic principle in radiographic imaging (i.e. positioning, projections and exposures technique) of the extremities, chest and pelvis.
- Systematic approaches to radiographic images interpretation.
- Critical abnormalities and how to recognise fracture from normal variants.

❖ **Target Audience**

- Radiographers (participants must have basic knowledge in human anatomy)

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
--------------	-----------------	----------

**Resistance Bands, Balls and Balance Course**

OT

PT

1 day

❖ **Course Objectives**

- Understand the scientific basis for elastic resistance exercise prescription and progression.
- Demonstrate the appropriate use of elastic resistance devices.
- Understand the scientific basis for proprioceptive training and progression
- Demonstrate appropriate use of proprioceptive training devices
- Apply principles of clinical progressions using elastic resistance and proprioceptive training devices

❖ **Course Outline**

- The Science of Elastic Resistance Training
- Hands-on: Elastic Resistance Lab
- Progressive Proprioceptive Training Lecture
- Proprioceptive Lab – Balls and Balance
- Clinical Progressions and Functional applications

❖ **Target Audience**

- Occupational Therapists
- Physiotherapists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
--------------	-----------------	----------

**Resistance Bands, Balls and Balance Course**

PT

1 day

OT

❖ **Course Objectives**

- Understand the scientific basis for elastic resistance exercise prescription and progression.
- Demonstrate the appropriate use of elastic resistance devices.
- Understand the scientific basis for proprioceptive training and progression
- Demonstrate appropriate use of proprioceptive training devices
- Apply principles of clinical progressions using elastic resistance and proprioceptive training devices

❖ **Course Outline**

- The Science of Elastic Resistance Training
- Hands-on: Elastic Resistance Lab
- Progressive Proprioceptive Training Lecture
- Proprioceptive Lab – Balls and Balance
- Clinical Progressions and Functional applications

❖ **Target Audience**

- Occupational Therapists
- Physiotherapists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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### Scar Tissue Release and Integration Technique (STRAIT) Method TM Course

OT

PT

3 days

❖ **Course Objectives**

- Work with confidence on surgical and injury scar tissue.
- Refine your current practice and treat patients more effectively.
- Treat recovering Cancer (Oncology) patients & burn survivors.
- Recognise and release adhesions/restrictions that your clients never paid attention to or considered an issue.
- Assess and design a comprehensive rehab treatment plan.

❖ **Course Outline**

- The long- and short-term effects of scar tissue — from the physiological to the psychological
- Which orthopedic and neurological factors to take into account when working with a new patient
- The indications and contraindications for Scar-Tissue Release Therapy relating to diseases, injuries, joint replacements, and aging factors
- The art of effective client communication

❖ **Target Audience**

- Occupational Therapists
- Physiotherapists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Scar Tissue Release and Integration Technique (STRAIT) Method TM Course</b>	PT	3 days
	OT	

❖ **Course Objectives**

- Work with confidence on surgical and injury scar tissue.
- Refine your current practice and treat patients more effectively.
- Treat recovering Cancer (Oncology) patients & burn survivors.
- Recognise and release adhesions/restrictions that your clients never paid attention to or considered an issue.
- Assess and design a comprehensive rehab treatment plan.

❖ **Course Outline**

- The long- and short-term effects of scar tissue — from the physiological to the psychological
- Which orthopedic and neurological factors to take into account when working with a new patient
- The indications and contraindications for Scar-Tissue Release Therapy relating to diseases, injuries, joint replacements, and aging factors
- The art of effective client communication

❖ **Target Audience**

- Physiotherapists
- Occupational Therapists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>SENSE MAKING: Advance X-Ray and CT Imaging of the Thorax for Physiotherapists Course</b>	PT	2 days
	RAD	

❖ **Course Objectives**

After completing this course, the participant should be able to:

- Understand the common terminology used in Chest X-ray and Chest CT.
- Understand the technical parameters and scanning protocols used for Chest X-ray and Chest CT.
- Recognise basic radiological anatomy of Chest X-ray and Chest CT.
- Differentiate normal and abnormal radiological appearances in chest and lung diseases.
- Integrate key radiological findings in the assessment of patients with chest related diseases.

❖ **Course Outline**

- Understand the fundamental knowledge on how Chest X-ray and Chest CT images are produced.
- Recognise the parameters that can be selected when viewing these images via online platform such as the Carestream VUE motion.
- Recognise chest/ lungs anatomy.
- Characterise respiratory diseases based on their X-ray and CT features.
- Enhance the physiotherapists' radiological, in particular X-ray and CT, evaluation and management of the patients with respiratory diseases.

❖ **Target Audience**

- Physiotherapists and CT Radiographers (participants should preferably have knowledge in human chest anatomy)

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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### SENSE MAKING: Advance X-Ray and CT Imaging of the Thorax for Physiotherapists Course

RAD

PT

2 days

❖ **Course Objectives**

After completing this course, the participant should be able to:

- Understand the common terminology used in Chest X-ray and Chest CT.
- Understand the technical parameters and scanning protocols used for Chest X-ray and Chest CT.
- Recognise basic radiological anatomy of Chest X-ray and Chest CT.
- Differentiate normal and abnormal radiological appearances in chest and lung diseases.
- Integrate key radiological findings in the assessment of patients with chest related diseases.

❖ **Course Outline**

- Understand the fundamental knowledge on how Chest X-ray and Chest CT images are produced.
- Recognise the parameters that can be selected when viewing these images via online platform such as the Carestream VUE motion.
- Recognise chest/ lungs anatomy.
- Characterise respiratory diseases based on their X-ray and CT features.
- Enhance the physiotherapists' radiological, in particular X-ray and CT, evaluation and management of the patients with respiratory diseases.

❖ **Target Audience**

- CT Radiographers and Physiotherapists (participants should preferably have knowledge in human chest anatomy)

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Sports Podiatry</b> 	<b>POD</b>	2 days

❖ **Course Objectives**

- Develop an understanding of the role of podiatry in sports medicine
- Enhance knowledge and skills in assessment and treatment of conditions pertaining to sports podiatry

❖ **Course Outline**

- Overview of sports and exercise medicine in Podiatry
- Types of common sports injuries affecting the lower limb
- Sports injury: Acute versus chronic
- Clinical biomechanics and biomechanical aspects of injury in relation to specific sports
- Clinical assessment of common sport injuries in adults and adolescents including differential diagnosis
- Running-related sport injuries and gait analysis in running sports
- Treatment of sports injuries
  - Conditioning and strengthening of lower limb exercises
  - Role of orthotics and its modifications for sports related injuries
  - Adjunctive treatment modalities

❖ **Target Audience**


- Podiatrists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title		Target Audience	Duration
<b>Stroke Guidelines Translation Course</b>		<b>PT</b>	3 days

❖ **Course Objectives**

- Appraise literature on stroke management guidelines
- Describe and compare theoretical approaches that are commonly used
- Select appropriate theoretical approaches in accordance to the context of the project being designed

❖ **Course Outline**

- Updates on clinical guidelines for stroke management and how these guidelines are prioritised and implemented in the clinical setting
- Addressing the issues and gap in the research translation pipeline
- Introducing implementation science and what it entails: theoretical approaches and how they are used in practice
- Sharing of successful implementation of evidence-based practices in the clinical setting
- The role of implementation science in the emergence of telehealth during the COVID-19 pandemic

❖ **Target Audience**

- Physiotherapists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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**Total Contact Casting for the Diabetic Foot Course**

POD

1 day

❖ **Course Objectives**

- To equip participants with the knowledge and skills to implement total contact casting into their current practice.

❖ **Course Outline**

- Theory behind total contact casting, including the indications, contraindications and tips on implementing this into your service, followed by hands-on learning.

❖ **Target Audience**

- Podiatrists

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Ultrasound Elastography Course</b>	<b>RAD</b>	1 day

❖ **Course Objectives**

After completing this course, the participant should be able to:

- Understand the principles of strain and shear-wave elastography.
- Familiarise with the differences between strain and shear-wave elastography.
- Understand the clinical application of strain and shear-wave elastography in the evaluation of liver fibrosis & cirrhosis, musculoskeletal pathologies and breast lesions.
- Recognise the normal and abnormal features of liver, musculoskeletal and breast tissues evaluated using ultrasound elastography.

❖ **Course Outline**

- Clinical applications of elastography include breast and prostate lesions characterisation, fibrosis staging and musculoskeletal.
- Strain and shear-wave elastography, and the required knowledge and skills in the use of elastography in liver musculoskeletal and breast imaging.

❖ **Target Audience**

- Radiographers practising in ultrasound
- Healthcare professionals involved in ultrasound work

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## DISCIPLINE-FOCUSED

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Vestibular Rehabilitation Course</b>	<b>PT</b>	16 hours over 4 half days

❖ **Course Objectives**

- Outline the anatomy and physiology of the vestibular system.
- Describe the possible causes of dizziness/vertigo and imbalance.
- Differentiate between central, peripheral and other causes of dizziness/vertigo, including benign paroxysmal positional vertigo (BPPV), vestibular neuritis and cervicogenic dizziness.
- 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, and positional, tests, with and without the use of frenzel lenses.
- Perform a basic evaluation of balance under varying sensory conditions and interpret the findings.
- Develop an evidence-based treatment programme for balance and dizziness, including BPPV, with measurable, functional outcomes from assessment findings.

❖ **Course Outline**

- Anatomy and physiology of the vestibular system
- Common vestibular disorders and differential diagnosis
- Vestibular Function Tests
- Elements of a vestibular assessment including in acute settings
- Oculomotor examination
- Benign paroxysmal positional vertigo management (Cupulolithiasis and canalithiasis )
- Assessment of gait and balance
- Exercises used in vestibular rehabilitation

❖ **Target Audience**

- Physiotherapists
- Other medical professionals may participate, however, preference will be given to physiotherapists.

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## MULTIDISCIPLINARY

## LEADERSHIP &amp; COMMUNICATIONS

Course Title	Target Audience	Duration
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## Developing Leadership Capabilities and Effectiveness Course

AHP

2 days

❖ **Course Objectives**

This course will set you thinking and redefining your leadership style and future interactions as you evaluate your leadership effectiveness. With action learning after each session, this course aims to help you achieve greater leadership effectiveness by enhancing your capabilities in managing relationships, and instilling the importance of leaving a legacy. This course comprises leadership essentials to lead purposefully and with impact; namely to develop self-leadership and character, communicate to influence, build trust, develop others and build leadership capacity.

❖ **Course Outline**

- Great Leaders Make a Great Difference
- Character is the Essence of Leadership
- Leadership Principles and Skills
- Leadership Styles: Using the Right One
- Leadership and Teams
- Legacy of Leadership: Develop Your People

❖ **Target Audience**

- Heads of departments
- Individuals managing teams
- High potentials for leadership positions

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## MULTIDISCIPLINARY

## LEADERSHIP &amp; COMMUNICATIONS

Course Title	Target Audience	Duration
<b>Positive Leadership Course</b>	<b>AHP</b>	2 days

❖ **Course Objectives**

Upon completion of the course, participants will be able to explain:

- the case for positive leadership
- how to imbue positive meaning into work and leadership
- the importance of empathy and psychological safety in healthcare
- the importance of positive emotions, energy management and positive energy
- how to give and receive growth-promoting feedbacks

❖ **Course Outline**

- The Case for Positive Leadership
- Positive Meaning in Work
- Positive Relationships, including Team Psychological Safety and Empathy
- Cultivating Supportive Feedback Culture
- Leading with Emotional and Energy Awareness

❖ **Target Audience**

- Healthcare professionals holding a leadership position and would like to lead in ways that have positive impact on staff, patients and themselves. Participants will need to commit to take action based on what they learned during the two week interval between the two training days. This will allow the training to be more effective. Active participation is also required during the course for optimal benefit.

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## MULTIDISCIPLINARY

## PEDAGOGY &amp; RESEARCH

Course Title

Target Audience

Duration

**Biostatistics for Research (SPSS) -  
Basic/Intermediate Course**

AHP

4 half days

❖ **Course Objectives**

To equip participants with the knowledge and skills to:

- Design a database and perform basic data processing and analysis using SPSS; and
- Use SPSS for both qualitative and quantitative analysis

(NB: Navigation of the SPSS live will not be available during the course. SPSS step-by-step guide will be included in the course notes for all course participants.)

❖ **Course Outline**

- Set up a database in SPSS and Import Excel into SPSS
- Basic descriptive, Graphs, Computing and Recoding
- Randomised Controlled Trials
  - Parallel vs Crossover, Randomisation & Blinding
- Epidemiological Studies
- Sample size calculations
- Univariate analysis
  - Quantitative Data analysis
    - Parametric vs Non-Parametric tests
  - Qualitative Data analysis
    - Chi-square & Fisher's exact tests
    - McNemar test
  - Correlation
    - Pearson's vs Spearman's
- Multivariate regression
  - Linear regression, Logistic regression
  - Survival analysis: Kaplan Meier & Cox regression

❖ **Pre-requisite**

- Participants should have statistical knowledge, used SPSS in the course of work and have computer skills (Microsoft Windows and Excel).
- SPSS software is required for participants to practise at their own time after the course.

(This course is not suitable for beginners in statistics.)

❖ **Target Audience**

- Healthcare professionals
- Clinicians and researchers in healthcare who wish to gain a good grounding in database design and biostatistical skills.

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## MULTIDISCIPLINARY

## PEDAGOGY &amp; RESEARCH

Course Title	Target Audience	Duration
<b>Biostatistics for Research (STATA) - Basic/Intermediate Course</b>	<b>AHP</b>	4 half days

❖ **Course Objectives**

To equip participants with the knowledge and skills to:

- understand clinical trials and epidemiological designs, sample size calculations,
- design a database,
- perform statistical analysis STATA and interpret the findings of the results obtained from the various analysis.

(NB: Navigation of the STATA live will not be available during the course. STATA step-by-step guide will be included in the course notes for all course participants.)

❖ **Course Outline**

- Session 1: STATA Basics
  - Setting up a database in STATA
  - Importing Excel into STATA
  - Merging files
  - Basic descriptive
  - Graphs
  - Computing and Recoding
- Session 2: Introduction to Research Designs
  - Randomised Controlled Trials:
    - ❖ Parallel vs Crossover, Randomisation & Blindling
  - Epidemiological Studies
  - Sample size calculations
- Session 3: Basic Biostatistics
  - Univariate analysis
    - ❖ Quantitative Data analysis.
    - ❖ Parametric vs Non-Parametric tests
    - ❖ Qualitative Data analysis
    - ❖ Chi-square & Fisher's exact tests
    - ❖ McNemar test
    - ❖ Correlation
    - ❖ Pearson's vs Spearman's
- Session 4: Intermediate Biostatistics
  - Multivariate regression
    - ❖ Linear regression
    - ❖ Logistic regression
    - ❖ Survival analysis: Kaplan Meier & Cox regression

❖ **Pre-requisite**

- Participants should have statistical knowledge, used STATA and have computer literacy skills such as Microsoft Windows and Excel.

- STATA software is required for participants to practise at their own time after the course.

(This course is not suitable for beginners in statistics.)

❖ **Target Audience**

- All Healthcare researchers who wish to gain knowledge on experimental designs, biostatistical analysis and interpretation of the results from the STATA software.

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## MULTIDISCIPLINARY

## PEDAGOGY &amp; RESEARCH

Course Title	Target Audience	Duration
<b>Biostatistics for Research (SPSS) - Advance Course</b>	<b>AHP</b>	4 half days

❖ **Course Objectives**

At the end of the course, participants will understand and apply common advance biostatistical analysis necessary for journal publications.

(NB: Navigation of the SPSS live will not be available during the course. SPSS step-by-step guide will be included in the course notes for all participants.)

❖ **Course Outline**

- Numerical outcomes
  - Linear Regression
  - General Linear Models (GLM), Mixed Linear Models
- Categorical outcomes
  - Multinomial and Ordinal Regression
- Matched Case Control
  - Conditional Logistic Regression
  - Direct vs Propensity matching
- Generalised Linear Models
  - Odds Ratios (OR) vs Relative Risk (RR)
  - Modified Cox
  - Poisson Regression
- Generalised Linear Mixed Models (GLMM)
- Repeated measures analysis
  - General Linear Model, Mixed Model
  - Generalised Estimating Equations
- Count data: Poisson regression, Weighted regression
- Principal Component analysis
- Factor and Reliability analysis

❖ **Pre-requisite**

- To equip participants with the knowledge and skills to design a database and perform data processing and analysis using SPSS. There will be exercises for participants to practise.

❖ **Target Audience**

- Participants who have previously completed the Biostatistics for Research (Basic/Intermediate) Course.
- SPSS software is required for participants to practise at their own time after the course.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Anticoagulation Management Course</b>	<div>AHP</div> <div>PHARM</div>	4 days

❖ **Course Objectives**

After completing this course, the participant should be able to:

- Understand the various coagulation tests used for monitoring of anticoagulants including the clinical uses and limitations.
- Describe the key differences between the pharmacology and pharmacokinetics of oral anticoagulants and their therapeutic applications.
- Develop a management plan for warfarin and direct oral anticoagulants in patients with various thromboembolic conditions.
- Evaluate the use of anticoagulants and antiplatelet for the management of cardiovascular conditions and stroke.
- Evaluate the use of anticoagulants in special populations such as elderly, pregnancy and renal impairment.
- Establish and evaluate the performance of a new anticoagulation service and adapting with new care delivery during the COVID-19 pandemic.

❖ **Course Outline**

- Overview of coagulation tests used in anticoagulant monitoring
- Anticoagulation in Venous Thromboembolism
- Antithrombotic Therapy in Cardiovascular Diseases
- Anticoagulation in Special Populations
- Perioperative Management and Reversal
- Setting up Outpatient Anticoagulation Service and Service Evaluation
- Case studies and questions

❖ **Target Audience**

- Pharmacists and All Healthcare Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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## Applied Suicide Intervention Skills Training Course (ASIST Edition 11)

AHP

2 days

❖ **Course Objectives**

- Acquire knowledge and skills to deal with person at risk of suicide with greater confidence and competence.
- Recognise and assist persons at risk of suicide using an effective suicide intervention model.

❖ **Course Outline**Introduction Module

- Sets the tone, norms & expectations of the learning experience

Attitudes Module

- Sensitises participants to their own attitudes towards suicide. Creates an understanding of the impact that attitudes have on their intervention process

Knowledge Module

- Provides participants with the knowledge & skills to recognise & assess the risk of suicide

Intervention Module

- Presents a model for effective suicide intervention. Participants develop their skills through observation, supervised simulation experiences & role-plays

Resources Module

- Generates information about resources in the local community. Promotes a commitment by participants to build local resources into helping networks

❖ **Target Audience**

- Healthcare Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Beyond Measures in Psychotherapy</b> 		One-month self-paced e-learning & one follow-up session of 1.5 hours

❖ **Course Objectives**

- The aims of the workshop are focused on the tangibles. This workshop builds on the previous introductory workshop, Feedback Informed Treatment (FIT): Three Steps to Becoming Your Personal Best in Psychotherapy.

▪ **Course Outline**

- “One Client at a Time”: Participants will learn to use, implement and guide service deliveries based on routine outcome monitoring (ROM) information.
- “One Therapist at a Time”: Participants will learn how to employ feedback information to guide their own professional development using a deliberate practice framework.
- “One Agency at a Time”: Building upon the first two objectives, participants will learn to interpret outcome and engagement data to improve service provision as a whole.

▪ **Target Audience**

- Participants must have completed the course on **Informed Treatment (FIT): Three Steps to Becoming Your Personal Best in Psychotherapy** or have received prior training approved by the International Center of Clinical Excellence (ICCE) (e.g. FIT intensive workshops).

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Clinical Reasoning Approach to Pharmacotherapy Course</b>	<div>AHP</div> <div>PHARM</div>	1 day

- **Course Objectives**

After completing this course, the participant should be able to:

- To understand the concepts and components of clinical reasoning.
- To apply the components of clinical reasoning in daily pharmacotherapy practice for management of chronic diseases such as diabetes, hypertension and thyroid disorders.
- Awareness of the impact of clinical reasoning on patient care.

- **Course Outline**

- The course focuses on developing the clinical reasoning skills in pharmacotherapy of chronic diseases. The proposed model shall integrate both clinical reasoning processes and SOAP processes using case-based discussions.

- **Target Audience**

- Pharmacists and All Healthcare Professionals.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
--------------	-----------------	----------

**Clinical Supervision Course****AHP**

2 days

❖ **Course Objectives**

At the completion of this course, participants should be able to:

- Describe and demonstrate the application of Proctor's Model of Supervision.
- Explain supervisory styles and supervision effectiveness.
- Apply SMART Concept to crafting of "Learning Contract".
- Grow the learner through effective feedback.
- Identify Burnout and develop Self-Care strategies.
- Facilitate reflection using Gibb's Model of Reflection.

❖ **Course Outline**

- Proctor's Model of Supervision: Domains of Supervision
- Situational Clinical Supervision
- Learning Contract
- Self-Care and Burnout
- Demonstrate Effective Feedback Skills
- Reflection

❖ **Target Audience**

- Healthcare professionals with 3 years or less of supervisory experience and those who are in preparation to supervise.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
--------------	-----------------	----------

**Compassion Focused Therapy (CFT)****AHP**

3 days

❖ **Course Objectives**

- Understand the flows of compassion: compassion to others, being open to compassion from others and compassion to self
- Understand how CFT may be applied to clients with different problems in which there is a non-affiliative relationship with self and/or others (e.g anxiety, depression, shame, etc.)

❖ **Course Outline**

- Evolutionary functional analysis advances our understanding of mental health difficulties and in particular, the importance of the evolution of attachment, caring and affiliation as part of the human affect motivation and regulation system.
- Three system affect regulation model (threat, drive and affiliative-soothing) which informs compassion-focused interventions.
- Key compassion-focused skills including the use of the breath and body postures, the practice of compassion focused imagery, the use of compassionate mind training to build the "compassionate self", employing the "compassionate self" to engage with areas of personal difficulty and building supportive social relationships.



❖ **Target Audience**

- Healthcare Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Complications in Grief and Quest for Meaning</b>	 	3 days

❖ **Course Objectives**

- Develop an understanding of an integrative model for grief and loss based on contemporary theories
- Differentiate complications in grief from adaptive grief reactions
- Facilitate the reconstruction of the bereaved-deceased bond through meaning-oriented interventions

❖ **Course Outline**

- Grief and loss in terminal illness
- Grief and its complications in bereavement
- An attachment-Informed meaning reconstruction approach to grief and loss
- Grief and loss in bereaved families

❖ **Target Audience**

- Healthcare Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Continuing Professional Development (CPD) Lecture</b>	<b>AHP</b>	1 hour

❖ **Course Objectives**

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.

▪ **Target Audience**

- Allied Health Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Diabetes Nutrition Course</b>	<b>AHP</b>	Half day

❖ **Course Objectives**

- To educate multidisciplinary diabetes healthcare providers with **basic yet essential** nutrition knowledge on diabetes.
- To debunk misconceptions surrounding diet and diabetes.
- To 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 foods affect blood glucose level.

❖ **Course Outline**

- Nutrition in diabetes management
- Diabetes nutrition recommendations – current updates
- Eating with Diabetes
- Meal planning with Diabetes
- Armchair Supermarket Tour

❖ **Target Audience**

- Allied Health Professionals and Nurses who wish to acquire basic nutrition knowledge in providing clinical care to diabetic patients.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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**Enteral Nutrition Course****AHP**

1 day

❖ **Course Objectives**

- To equip healthcare providers with skills in handling patients requiring enteral nutrition feeding.
- To promote evidence-based practice for enteral nutrition management.
- Perform nutrition screening and identify patients requiring enteral nutrition.
- Understand the causes and problems of malnutrition, and the importance of providing appropriate enteral nutrition.
- Identify feeding problems/complications in tube fed patients.
- Understand the various commonly used enteral feeds.
- Understand the various feeding tubes/devices and its management.

❖ **Course Outline**

- Nutrition screening and assessment
- Enteral feeding rationale and monitoring
- Enteral feeds selection
- Enteral feeds taste testing session
- Identifying enteral feeding complications
- Enteral feeding trouble shooting
- Medication administration via feeding tube
- Feeding tube selection

❖ **Target Audience**

- \* Allied Health Professionals and Healthcare Professionals.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title

Target Audience

Duration

**Ergonomics Course**

AHP

2 days  
(Additional 0.5 days  
for Occupational  
Therapists only)

❖ **Course Objectives**

- Understand the principles of Ergonomics.
- Understand anthropometry and its application in workplace design.
- Understand and apply tools and methodologies to assess risk factors in office and industrial settings.
- Understand and apply methodologies in evaluating manual handling.
- Understand and apply the Singapore Standard SS514 Code of Practice for Office Ergonomics.

❖ **Course Outline**

- Musculoskeletal Systems and Disorders
- Ergonomics Risk Assessment
- Anthropometry
- Ergonomics Programme Development
- Office Ergonomics
- Manual Handling
- Stretching Exercises

Additional 1/2 day for Occupational Therapists on Case Discussions and Applications.

❖ **Target Audience**

- Occupational Therapists
- Physiotherapists
- Occupational Health & Safety Professionals
- Industrial Nurses
- Staff from Safety Network

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title

Target Audience

Duration

**Essential Counselling Skills Course**

AHP

2 half days

❖ **Course Objectives**

- Understanding what counselling is.
- Acquire effective counselling skills.
- Application of a problem-solving structure to facilitate positive intervention.

❖ **Course Outline**

- Introduction to Counselling
- Person of a helper: Building self-awareness
- Seven Principles of Casework
- Basic Attending Behaviours
- Basic Listening Skills
- The Problem Solving Approach (PADI)
- Reflection

❖ **Target Audience**

- Healthcare Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Essential Medical Terminology and Symptomatology Course</b>	<b>AHP</b>	4 half days

❖ **Course Objectives**

By the end of the training, participants will be able to:

- describe the basic human body structure and function.
- list common symptomatology and diagnostic investigations.
- decipher the entries made by doctors in patient records.
- explain the impact of physiology on psycho- social-emotional health in holistic case management.

❖ **Course Outline**

- Basic anatomy and function of the human body
- Terminology of common diseases and medication
- How dysfunction relates to social handicaps & psychological stress
- Medical symptomatology & what brings patients to hospital
- Common investigations – when & why some tests are chosen over others
- Medical abbreviations
- What constitutes holistic care?

❖ **Target Audience**

- Healthcare Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title

Target Audience

Duration

**Feedback Informed Treatment (FIT):  
Three Steps to Becoming Your  
Personal Best in Psychotherapy**



AHP

One-month self-paced e-learning & one follow-up session of 1.5 hours

❖ **Course Objectives**

- Adopt three systematic steps to improving outcomes of their intervention work
- Identify cases at risk of dropping out of treatment or experiencing a negative or null outcome
- Identify and improve areas of weakness in their clinical work

❖ **Course Outline**

- Knowing Your Baseline ("So, how effective am I really?")
- Formal, Routine, Ongoing ("How each of my client is doing?")
- Engaging in Deliberate Practice ("How do I get better?")

❖ **Target Audience**

- Healthcare Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
--------------	-----------------	----------

## Influencing Behaviour in Dementia Care through Person-Centred Approach Course (Part 1)

AHP

2 days

❖ **Course Objectives**

After this course, participants will be able to:

- Define what it means to be person-centred in a care setting.
- Adopt the person-centred approach to address responsive behaviours of persons with dementia.
- Apply the Enriched Model of Dementia to influence behaviour so as to promote dignity and respect for people with dementia.

❖ **Course Outline**

- Experiential Activity
- Unpacking Person-centred Care (PCC) Principles
  - a. Definition=VIPS
  - b. Barriers to VIPS in care setting
- 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
- Assessment: Presentation of Case Study

❖ **Target Audience**

- Healthcare Professionals working in dementia care setting.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
--------------	-----------------	----------

## Influencing Behaviour through Person-Centred Approach Course (Part 2)

AHP

2 days

❖ **Course Objectives**

- Translate in-depth knowledge and skills of person-centred care approach into care plans for dementia patients.
- Design effective specific intervention techniques underpinned by theoretical framework(s) to engage dementia persons and caregivers to improve service outcomes.

❖ **Course Outline**

- Reflections and Experiential Activity
- Review of Enriched Model of Dementia Plans
- Person-centred Approach skills and techniques to influence responsive behaviours
  - a. Communication
  - b. Validation
  - c. Facilitation
  - d. Engagement
- Person-centred Approach Interventions to collaborate with caregivers
  - a. Provide Psycho-educational interventions
  - b. Develop task-specific and problem solving skills
  - c. Strengthen Competence

❖ **Target Audience**

- Healthcare Professionals working in Dementia Care setting.
- Participants should have completed Part 1. Participants will have to come with a case study of an existing patient and an Enriched Model of Dementia Care Plan for this course.

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**MULTIDISCIPLINARY****SKILLS & KNOWLEDGE-BASED**

Course Title	Target Audience	Duration
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## Introduction to Art Therapy: Art Therapy in Patient Care Course

**AHP**

1 day

❖ **Course Objectives**

As a result of this course, the participant will:

- Gain appreciation on art therapy and the various methods used in art therapy.
- Gain appreciation on the benefits of art therapy in the clinical setting.
- Understand the impact of various art materials on patients.
- Learn different art therapy strategies that could enhance the therapeutic relationship between clinicians and patients or for your professional development.

❖ **Course Outline**

The course comprises theory and practical/hands-on components. The topics covered include:

- An overview of the different styles and schools of art therapy
- Understanding the uses of various art materials and their possible benefits
- Art therapy evaluation tools and its usage in the clinical setting
- Group experiential
- Role play on how to engage a new client in art making

❖ **Target Audience**

- Suitable for all healthcare professionals including Allied Health Professions, Doctors and Nurses. No previous experience of art making is required, but it is essential that participant be prepared to take part in art making. This course does not lead to any qualification in art therapy.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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## Introduction to Cognitive Behaviour Therapy for Pain Management Course

AHP

5 hours

❖ **Course Objectives**

- Explain the evidence supporting a cognitive behavioural approach to pain care
- Demonstrate evidence-based cognitive behavioural strategies that can be integrated into the care of patients with musculoskeletal pain
- Identify appropriate self-report patient measures for pain
- Explain the three domains of pain catastrophizing (magnification, rumination, helplessness)
- Apply cognitive restructuring to assist patients with reframing their perspective on their pain experience
- Explain how to guide a patient through a mindful body scan technique

❖ **Course Outline**

- Cognitive model of pain care
- Relaxation training
- Pain catastrophizing
- Cognitive restructuring for recognising and challenging negative automatic thoughts with alternatives
- Coping self-statements
- Emotions, fear and influence on pain
- Treatment steps and approaches

▪ **Target Audience**

- Allied Health Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Introduction to Solution Focused Brief Therapy (SFBT) Course</b>	<b>AHP</b>	4 half days

❖ **Course Objectives**

This course aims to enable participants to:

- acquire knowledge of the core skills, mind-set and philosophy of SFBT
- appreciate the relevance of SFBT to their clinical practice (specifically within the healthcare setting)
- develop competence through practical applications of the solution focused model structure

❖ **Course Outline**

- Overview of history, development, philosophy & mindset of SFBT
- Basic framework for first session, second session and subsequent session protocol
- Key questioning techniques
- Stages of Solution Building
- Review of Day 1 & process
- Basic framework for second & subsequent session protocol
- Applying EARS process
- Dealing with client setbacks, relapses & challenging situations
- Final review of SF process
- Sharing of participants' experiences in using the skills learnt, focusing on developing competence and confidence in using this approach
- Follow-up coaching including brief review, practice sets, case presentations and reflecting team format

❖ **Target Audience**

- Healthcare Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Mindful Self-Compassion Course</b>	<b>AHP</b>	12 hours

## ❖ Course Objectives

- Understand the science of mindful self-compassion
- Motivate self with kindness rather than criticism
- Manage fatigue at work
- Manage transference and counter-transference of healthcare professionals
- Understand Mindful Self-Compassion in Crisis situation
- Practise the art of gratitude and self-appreciation

## ❖ Course Outline

- Introduction to Mindfulness and Self-Compassion in workplace
- Science of Mindful Self-Compassion
- Mindfulness Self-Compassion exercises
- Application of the exercises taught with alignment to personal challenging moments encountered at work everyday
- Reflection and sharing of the experiences in implementing the practices in daily work
- The Art of Gratitude

## ❖ Target Audience

- Allied Health Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Motivational Interviewing: Foundational Skills Course</b>	<b>AHP</b>	4 half days

❖ **Course Objectives**

At the end of the course, participants will be able to:

- understand the framework of MI
- apply MI strategies and techniques on clients to evoke change

❖ **Course Outline**

- Motivational Interviewing: 30 Years of asking questions about change
- The underlying assumptions, ideas and theories of MI
- What is MI and is not MI
- The Spirit of MI
- The Foundational Skills
- Interacting with Change & Sustain Talk
- Working with discord
- Planning for Change
- Exploring cultural considerations for MI

❖ **Target Audience**

- Healthcare Professionals

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Motivational Interviewing: Building Skills Course</b>	<b>AHP</b>	2 days

❖ **Course Objectives**

At the end of the course, participants will:

- identify areas for continued development
- complete an accurate assessment of their own MI skills and ability
- articulate reasons for self-efficacy in the treatment process
- describe one area that is interpersonally tricky for them as a practitioner and practise a method for addressing this area
- identify ideas from areas that have an influence in their work with clients
- describe one new technique related to a deeper understanding of the four MI processes
- identify strengths as a practitioner and area for growth in MI
- produce a plan of action for practicing MI skills

❖ **Course Outline**

- Importance of MI Spirit
- Four Processes of MI
- Emphasis on Change Talk
- Working with Sustain Talk and Discord
- Search for the Mechanisms Of Action in MI
- Motivational Interviewing Treatment Integrity code (MITI) 4.2.1
- How to increase proficiency in MI

❖ **Target Audience**

- Healthcare Professionals who have completed the Motivational Interviewing: Foundational Skills course.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
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## Multidisciplinary Tracheostomy Management Course – From Acute To Chronic Care

AHP

3 days

❖ **Course Objectives**

- Understanding reasons for tracheostomy
- Managing the tracheostomy patients
- Facilitating care and working with multidisciplinary team members to improve tracheostomy management
- Improving quality of life for tracheostomy patients

❖ **Course Outline**

- Reasons for Tracheostomy
- Tracheostomy vs Laryngectomy
- Tracheostomy components and their functions
- How to perform suctioning\*
- Tracheostomy hygiene\*
- Humidification options\*
- Secretion management
- Helping tracheostomy and ventilator dependent patients communicate again\*
- Eating and drinking with a tracheostomy
- Emergency protocols and adverse situations\*
- Tracheostomy weaning and the role of multidisciplinary tracheostomy teams
- Living with tracheostomy in the community

*\*Hands-on and simulation for these areas. Please take note that this course does not provide any accreditation to perform these procedures in place of your institution's own protocols.*

❖ **Target Audience**

- Speech Therapists, Nurses, Physiotherapists, Doctors, Occupational Therapists, and all healthcare professionals who work with people with tracheostomy tubes

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[Click here](#) to search if this course is offered in this current FY.

## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Oncology Rehabilitation Course</b>	<b>AHP</b>	3 days

❖ **Course Objectives**

- To explore the use of exercise for people with cancer with a specific focus on evidence, rationale and implementation across the disease spectrum (particularly in lung, prostate and breast cancers).
- To use clinical decision making strategies for exercise prescription and outcome measurement in cancer.
- Learn ways to deliver safe and effective exercise programmes for people with cancer.

❖ **Course Outline**

- Introduction to exercise and cancer
- Physical impairments associated with cancer
- Outcome measurement in cancer
- Physical activity guidelines in cancer
- Prescription of aerobic exercise in cancer
- Prescription of resistance and other types of exercise in cancer
- Clinical cases on lung, prostate and breast cancer

❖ **Target Audience**

- Physiotherapists, Occupational therapists, Nurses and other healthcare professional working with cancer patients.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>PEERS® Program for Adolescents Course</b>	<b>AHP</b>	3 days

❖ **Course Objectives**

- To present the social deficits and consequences of peer rejection and social rejection experienced by youth with ASD.
- To describe effective, evidence-based methods for teaching social skills to teens with ASD.
- To provide an overview of the PEERS® for Adolescents curriculum and a summary of research findings.
- To provide detailed instruction on effective use of the PEERS® for Adolescents curriculum.
- To provide opportunities for practice of the skills and instruction methods in accordance with the PEERS® for Adolescents curriculum.
- To demonstrate the best methods of delivering the PEERS® for Adolescents curriculum.

❖ **Course Outline**

- evidence-based conversation skills
- electronic communication
- good sportsmanship skills
- appropriate use of humor
- choosing appropriate friendships
- bringing up and handling disagreements
- hosting get-togethers
- handling bullying, teasing, and rumors.

❖ **Target Audience**

- Medical Social Workers, Psychologists, Speech Therapists, Occupational Therapists, Doctors and Nurses.

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**MULTIDISCIPLINARY****SKILLS & KNOWLEDGE-BASED**

Course Title	Target Audience	Duration
<b>Transfer Training Course (Train-the-Trainer) Course</b>	<b>AHP</b>	2 days

❖ **Course Objectives**

- Demonstrate good ergonomics during transfer.
- Know how to use the various types of assistive transfer devices.
- Demonstrate various patient transfer techniques.
- Share knowledge on good ergonomics for transfer
- Develop problem solving skills to select appropriate patient transfers techniques to aid staff teaching.

❖ **Course Outline**

- Work-related Musculoskeletal Disorders
- Principles in Safe Handling of Load
- Proper body mechanics in manual lifting and patient handling
- Techniques in manual handling and transferring ( including practical )
- Transfers practice can be customised according to the needs of the participants but at the minimum will include: (a) Bed to wheelchair; (b) Wheelchair to couch/ armchair/ chair; (c) position of patient for transfer with use of hoist

❖ **Target Audience**

- Allied Health Professionals who are engaged with patient handling/ transfers.

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## MULTIDISCIPLINARY

## SKILLS &amp; KNOWLEDGE-BASED

Course Title	Target Audience	Duration
<b>Ultrasound Elastography Course</b>	AHP	1 day
	RAD	

❖ **Course Objectives**

After completing this course, the participant should be able to:

- Understand the principles of strain and shear-wave elastography.
- Familiarise with the differences between strain and shear-wave elastography.
- Understand the clinical application of strain and shear-wave elastography in the evaluation of liver fibrosis & cirrhosis, musculoskeletal pathologies and breast lesions.
- Recognise the normal and abnormal features of liver, musculoskeletal and breast tissues evaluated using ultrasound elastography.

❖ **Course Outline**

- Clinical applications of elastography include breast and prostate lesions characterisation, fibrosis staging and musculoskeletal.
- Strain and shear-wave elastography, and the required knowledge and skills in the use of elastography in liver musculoskeletal and breast imaging.

❖ **Target Audience**

- Radiographers practicing in ultrasound
- Healthcare professionals involved in ultrasound work

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## 1<sup>st</sup> – 5<sup>th</sup> SINGAPORE REHABILITATION CONFERENCES, 2012 - 2017

### 5<sup>th</sup> Singapore Rehabilitation Conference

#### **Integrating Rehabilitation Care: From Hospital to the Community (7 – 8 September 2017)**

- Strong contemporary focus on Geriatric & Cancer Rehabilitation relevant in rehab practice today
- Covering established fields in Stroke, Spinal Cord, Traumatic Brain Injury, Cardiopulmonary & Musculoskeletal Rehabilitation including Hip Fractures
- Systems of Care including health services rehabilitation research, tele-rehabilitation and integrated care delivery
- Frontiers in Rehabilitation including ICU Rehab, Rehabilitation Technology, Brain Stimulation, Robotics and Virtual Reality

### 4<sup>th</sup> Singapore Rehabilitation Conference

#### **Towards Enablement and Empowerment - Innovative Care Models for Asia (26 - 27 March 2015)**

- Current and Future Directions in Technologies for Successful Aging with Disability or Consumer Access, Priorities & Benefits
- Robotic Therapeutic Intervention Technologies and Dosage Determination
- Tele-rehabucate: Combining Telerehabilitation and Distance Learning

### 3<sup>rd</sup> Singapore Rehabilitation Conference

#### **Rehabilitation in the Continuum of Healthcare (27 - 29 March 2014)**

- Rehabilitation Challenges in the Older Persons
- Pain and Spinal Cord Rehabilitation
- Community Reintegration

### 2<sup>nd</sup> Singapore Rehabilitation Conference

#### **Rehabilitation Technology & Innovation for Everyone (28 - 29 February 2013)**

- Clinical Integration of Technology in Rehabilitation
- Novel Treatment in Neurorehabilitation
- Enabling the Disabled

### 1<sup>st</sup> Singapore Rehabilitation Conference

#### **State-of-the-Art Advances in Clinical Rehabilitation (10 - 11 February 2012)**

- Musculoskeletal and Arthritis Rehabilitation
- The Spectrum of Care in Geriatric Rehabilitation
- Comprehensive Approach to Pain

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