



Advanced Respiratory Care and Exercise Prescription in Chronic Lung Diseases

26, 27 Jun & 1, 2, 3 Jul 2024

Introduction

Patients with chronic lung diseases can be broadly categorised as having obstructive or restrictive dysfunction based on spirometry parameters. Chronic lung diseases include chronic obstructive pulmonary disease (COPD), interstitial lung disease (ILD), asthma, bronchiectasis and chronic suppurative lung diseases. Besides respiratory dysfunction, these patients often develop secondary muscular impairments and psychosocial issues. This workshop aims to equip physiotherapists with the awareness and necessary skills to support and manage the complex cardiopulmonary problems in patients with chronic lung diseases, as well as to facilitate self-management.

Course Objectives

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

- 1) Understand the pathophysiology, diagnosis and management of patients with various chronic lung diseases
- 2) Demonstrate skills to gather interpret and synthesise information to evaluate the impact of chronic lung disease on quality of life
- 3) Apply advanced skills to assess and provide holistic management for patients with chronic lung disease
- 4) Design an exercise programme for patients with chronic lung disease based on the latest evidence on pulmonary rehabilitation.

Course Outline

- 1) Introduction to Chronic Lung Diseases
- 2) Escalation of care in acute and chronic respiratory failure
- 3) Physiotherapy assessment and management in chronic lung disease including airway clearance, dysfunctional breathing
- 4) Multidisciplinary team approach in pulmonary rehabilitation
- 5) Incorporate behavioural change strategies to enhance self-management

Target Audience

Physiotherapists with 2 – 3 years work experience

Quick Links

[FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

Course Details

Date	: 26, 27 Jun & 1, 2, 3 Jul 2024
Time	: 1.00 pm – 5.30 pm
Duration	: 20.5 hours
Class Size	: 25 pax
Device required	: Laptop/Desktop (with microphone, speaker, webcam)
Platform	: Zoom Cloud Meetings
Fee	: S\$ 900 (SingHealth staff/ SPA Member) S\$ 1000 (Regular) (inclusive of 9% GST)

Faculty

Singapore General Hospital

Department of Physiotherapy

Assoc Prof Ong Hwee Kuan, Senior Principal Physiotherapist
Sophia Cheah, Principal Physiotherapist
Nurul Aini Bari, Principal Physiotherapist

Department of Dietetics

Pindar Yu, Senior Principal Dietitian

Department of Occupational Therapy

Tieh Suat Kee, Occupational Therapist

Department of Psychology

Michelle Shi, Senior Psychologist

Department of Respiratory and Critical Care Medicine

Asst Prof Sewa Duu Wen, Head & Senior Consultant
Dr Chai Hui Zhong, Consultant
Dr Chew Si Yuan, Consultant

Department of Respiratory Therapy

Constance Teo, Senior Principal Respiratory Therapist

Singapore Institute of Technology

Health and Social Sciences Cluster

Assoc Prof Muhammad Rahizan Zainuldin

Registration

To register (internet access required), scan the QR code or click on the web link. Registration closes on **5 Jun 2024, Wed**



<https://form.gov.sg/65e7debd013f8b847c89ef35>

Upon registration, you agree to PGAHI [Terms & Conditions](#).