

# Geriatric Rehabilitation

## 6,7,10 & 11 July 2023

### Introduction

This course aims to provide physiotherapists an understanding of holistic approach in Geriatric Rehabilitation. The topics are targeted to equip physiotherapists with the knowledge, skill and ability to assess and manage older persons with geriatric syndromes like frailty and falls, and common presentations such as non-specific giddiness. The course will also cover the considerations for designing a rehabilitation programme for an older person with osteoporosis, dementia, oncological conditions and within their own home.

### Course Objectives

- 1) Recognise frailty in the older person and discuss the appropriate management.
- 2) Conduct a comprehensive assessment and management for falls, interpret results and discuss the appropriate management.
- 3) Understand the principles of exercise prescription for the geriatric population and design an appropriate exercise program.
- 4) Identify common types of cognitive changes and outline strategies to manage and communicate with older persons with cognitive impairment and dementia.
- 5) Understand the pharmacokinetic changes in the elderly and the issues related to polypharmacy.
- 6) Incorporate knowledge of pathology and biomechanics of osteoporosis in effective prevention and intervention.
- 7) Identify the primary functional problems and associated impairments in the older persons with fractures, oncological conditions and non-specific giddiness and understand their management.
- 8) Understand the impact of COVID-19 on the older person and discuss management strategies for rehabilitation
- 9) Prescribe an effective home exercise program for older persons and identify strategies to overcome common challenges to exercising at home.

### Course Outline

- 1) Assessment and management of frailty, falls, non-specific giddiness and common movement disorders in the geriatric population
- 2) Exercise prescription and design for the geriatric rehabilitation
- 3) Reaction and response to polypharmacy in the older person
- 4) Considerations and strategies for rehabilitation in older persons with:
  - Osteoporosis and sarcopenia
  - Cognitive impairment and dementia
  - Lower limb and spinal fractures
  - Oncological conditions
  - COVID – 19 infection

### Target Audience

Physiotherapists working with geriatric population.

### Course Details

Date	: 6, 7, 10 & 11 July 2023
Time	: 1.15 pm – 5.15 pm
Duration	: 16 hours
Class Size	: 25 pax
Device required	: Laptop/Desktop (with microphone, speaker, webcam)
Platform	: Zoom Cloud Meetings
Fee	: S\$ 650 (SingHealth staff/ SPA Member) S\$ 720 Regular (inclusive of prevailing rate of GST)

### Faculty

#### Singapore General Hospital

##### Department of Physiotherapy

Josephine Wang, Principal Physiotherapist  
Hsing Ya Ting, Senior Physiotherapist  
Kirsten Abdul, Senior Physiotherapist  
Lim Si Qi, Senior Physiotherapist  
Lim Yuan Qi, Senior Physiotherapist  
Low Ley Fang, Senior Physiotherapist  
Nurul Aini Binte Bari, Senior Physiotherapist  
Tan Wei Wen, Physiotherapist

##### Department of Geriatric Medicine

A/Prof Dennis Seow, Senior Consultant

##### Department of Pharmacy-Inpatient

Tan Yihua, Pharmacist

##### Department of Speech Therapy

Serene Leong Shi Yun, Speech Therapist

### Registration

To register (internet access required), scan the QR code or click on the web link. Registration closes on **15 June 2023, Thursday**.



<https://form.gov.sg/6433d271135e4c0012f81378>

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

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