



# Geriatric Rehabilitation

## 24 – 27 January 2022

### Introduction

This course aims to allow physiotherapists to understand the holistic approach in Geriatric Rehabilitation. The topics are targeted to equip participants with the knowledge, skill and ability to assess older persons presented for physiotherapy and strategise on the approach and intervention for managing geriatric syndromes like frailty and falls, and common presentations such as movement disorders and non-specific giddiness. The course will also cover the considerations for designing a rehabilitation programme for an older person with osteoporosis, fractures and dementia.

### Course Objectives

- 1) Recognise frailty in the older person and discuss the appropriate management
- 2) Conduct a comprehensive assessment 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 programme.
- 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, movement disorders and non-specific giddiness and understand their management.

### 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:
  - Lower limb and spinal fractures
  - Osteoporosis
  - Cognitive impairment and dementia

### Target Audience

Physiotherapists working with the geriatric population.

### Quick Links

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

### Course Details

Date	: 24 – 27 January 2022
Time	: 1.00 pm – 5.30 pm
Duration	: 17 hours
Class Size	: 25 pax
Device required	: Laptop/Desktop (with microphone, speaker, webcam)
Platform	: Zoom Cloud Meetings
Fee	: S\$ 500 SingHealth staff/ SPA Member S\$ 550 (Regular) (inclusive of 7% GST)  With VCF Funding*: S\$ 394 (Singaporean/PR) S\$ 472 (Foreigner)

*\*For NCSS member SSAs and MSF-funded SSAs only. Should PGAHI's reimbursement with NCSS be unsuccessful, the balance of course fees will be billed to the participant's organisation.*

### Faculty

#### Singapore General Hospital

##### **Department of Physiotherapy**

Dr Dawn Tan, Senior Principal Physiotherapist  
Amber Wong Lok Lin, Principal Physiotherapist  
Kirsten Abdul, Senior Physiotherapist  
Samantha Koh, Senior Physiotherapist  
Lim Si Qi, Senior Physiotherapist  
Low Ley Fang, Senior Physiotherapist  
Josephine Wang, Senior Physiotherapist

##### **Department of Geriatric Medicine**

Dr Dennis Seow, Senior Consultant & Head of Department

##### **Department of Pharmacy**

Dr Lim Kiat Wee, Principal Clinical Pharmacist

##### **Department of Speech Therapy**

Peh Hui Peng, Speech Therapist

### Registration

To register, scan the QR code or click on the web link.  
Registration closes on **3 January 2022, Monday**.



<https://form.gov.sg/6163bc4a2aeb810012104b3c>

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