



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

# Geriatric Rehabilitation

## 4 – 7 February 2020

### Introduction

This course aims to allow participants 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 falls and frailty and challenging behaviours presented by older persons with dementia and other mental health issues. The course will cover the considerations for designing a rehabilitation programme for older persons with osteoporosis and other chronic conditions. Participants will receive an update on resources available for continuation of patient care and respite support for caregivers in the community.

### Course Objectives

- 1) Describe the role of different specialists in Geriatric care
- 2) Recognise frailty in the older person and discuss appropriate management
- 3) Conduct a comprehensive assessment for falls, interpret results and discuss appropriate interventions
- 4) 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
- 5) Understand the pharmacokinetic changes in elderly and the issues related to polypharmacy
- 6) Consider the impact of some common cardiac, chronic disease issues in the older person when designing a rehabilitation programme.
- 7) Identify the primary functional problems, associated impairments in the older persons with total joint arthroplasties, hip and spinal fractures and understand their management
- 8) Incorporate knowledge of pathology and biomechanics of osteoporosis in effective prevention and intervention.
- 9) Understand the management of foot problems in the older person
- 10) 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

### Course Details

Date	: 4 – 7 February 2020
Duration	: 16 hours over 4 half days
Time	: 1.30 pm – 5.30 pm
Venue	: <b>Therapy Skills Training Lab</b> Academia, Level 1 20 College Road, S (169856)
Fee (incl of 7% GST)	: <b>S\$380 (SingHealth Staff/ SPA Member)</b> <b>S\$420 (Regular)</b>

### Target Audience

Physiotherapists working with the geriatric population

### Teaching Faculty

#### Dr Kaysar Mamun

Senior Consultant Dept. of Geriatric Medicine  
Singapore General Hospital

#### Dr Sin Gwen Li

Senior Consultant, Department of Psychiatry  
Singapore General Hospital

#### Josephine Wang

Senior Physiotherapist, Singapore General Hospital

#### Sophia Cheah

Senior Physiotherapist, Singapore General Hospital

#### Samantha Koh

Senior Physiotherapist, Singapore General Hospital

#### Kirsten Eve Abdul

Senior Physiotherapist, Singapore General Hospital

#### Dr Lim Kiat Wee

Principal Clinical Pharmacist, Singapore General Hospital

#### Tan Meng Wui

Senior Medical Social Worker, Singapore General Hospital

#### Lim Xue Ling

Senior Physiotherapist, National Heart Centre, Singapore

#### Melissa Khoo

Senior Physiotherapist, Assisi Hospice

#### Neo Huixin

Physiotherapist, Assisi Hospice

### Registration

Miss Joyce Lee

Email: joyce.lee.g.l@sgh.com.sg





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## Registration Slip

# Geriatric Rehabilitation 4 – 7 February 2020

Submit your registration form to **Joyce Lee** at [joyce.lee.g.l@sgh.com.sg](mailto:joyce.lee.g.l@sgh.com.sg) by **17 Jan 2020**

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the [terms & conditions](#) of PGAHI.

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

PARTICIPANT'S PARTICULARS	FEE
Name <i>(to be reflected on cert)</i> :	<b>S\$380 (SingHealth Staff/ SPA Member)</b> <b>S\$420 (Regular)</b> <i>(inclusive of 7% GST)</i>
Contact no.:    Employee No.:	
Email:	
Profession: <input type="checkbox"/> AHP <i>(please indicate)</i> : _____ <input type="checkbox"/> Doctor <input type="checkbox"/> Nurse <input type="checkbox"/> Others: _____	
Department:	
Organisation:	
SPA no. <i>(if applicable)</i> :	

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before **17 Jan 2020**. There will be no refund of course fee for cancellation on or after **17 Jan 2020**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

For **cheque payment**, please issue a **crossed cheque** payable to “**Singapore General Hospital Pte Ltd**” and mail the cheque attention to **Joyce Lee, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.

For **invoice to organisation**, please complete the below billing details:

BILLING DETAILS
Bill to:
Billing address:
Attention invoice to <i>(name &amp; department)</i> :
Email of addressee:
Contact no. of addressee:

I consent to Singapore General Hospital and its related corporations (collectively ‘SingHealth’), their agents and SingHealth’s authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.