

2019 YEAR IN REVIEW



IGA
Institute of Geriatrics
and Active Ageing



Active Ager Showcase



I especially thank God for my health and times when I am able to perform light duties at Changi Airport as Changi Service ambassador and a translator, receptionist and A&E greeter at two hospitals. As a volunteer of RSVP, I have been involved in their volunteer work 3-4 hours weekly for 7 years. At the same time, I also help out in a church. Even though I am 82 this year, age doesn't stop me from learning IT skills, knowing that it will benefit my current work.

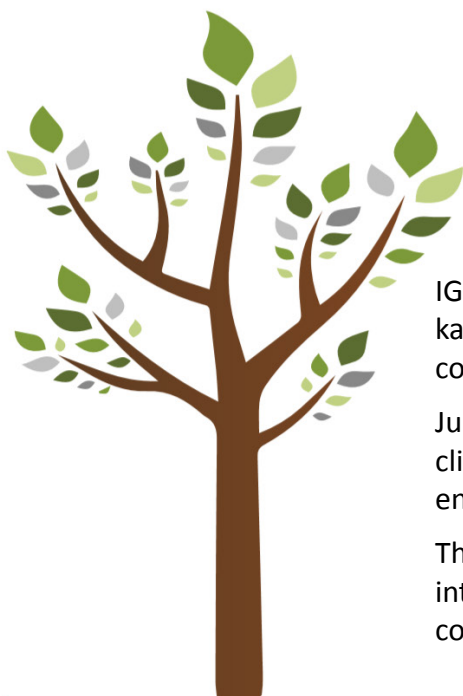
I believe as long as I am healthy, I should keep myself active and fit."

- Chee Chat San, 82-year old retiree, one of IGA research participants

What does 'Active Ageing' mean to you?

"The most important aspects of Active Ageing to me are to keep fit and healthy; organise regular meet ups with loved ones, friends and actively expanding my social circle. I exercise regularly and walk 10,000 steps at least five days a week to keep fit; read and compare nutrition labels before buying; have regular medical check-ups and health screenings to maintain good health.

It also means that when I retire from my routine working life, I can continue to give back to the society by volunteering and rendering assistance to the underprivileged who need helps.



Did you know?

IGA's tree icon signifies our rootedness in the ethos and kampung spirit of TTSH to withstand adversities and foster continuous growth.

Just as the trunk upholds the tree, we support our clinicians in ageing research, innovation and educational endeavours.

The branches and leaves represent our outward extension into the community, where we cultivate partnerships, connect people and co-create programmes.

Scan the QR Code below for a copy of our IGA 5-Year Report



Research

GerILABS Appreciation Forum

GerILABS – IGA’s pivotal study on sarcopenia and sarcopenic obesity – concluded its first phase in end 2018 after five years of follow-up. With a firm belief in giving back to the community as a cornerstone of IGA’s research, the team celebrated the success of this research study together with our participants and community partners through three appreciation forums in April 2019.

Other than updating research participants and their families on the study progress and findings, these forums allowed bi-directional interaction between the study team and participants, and fostered the translation of evidence health talks and engaging activities towards prevention and management of sarcopenia and sarcopenic obesity.

We presented special awards to three nonagenarian participants aged between 92-98 years, for their great enthusiasm and laudable spirit in giving back to the society for medical/science advancements. They are such an inspiration to emulate! Besides according special recognition to these nonagenarians, our partnering community providers were also presented with certificates of appreciation in deepest gratitude for their unwavering support rendered to GerILABS in this unified journey. We definitely look forward to celebrating more of such milestones with our participants and partners!



Singapore Health & Biomedical Congress (SHBC) 2019, “Living with Frailty: Unravelling the Impact of Metabolic Diseases” Track

As part of SHBC 2019, IGA had the privilege of organising the “Living with Frailty: Unravelling the Impact of Metabolic Diseases” track, as frailty gains further traction in our healthcare landscape. The experts in this track discussed on accrued insights in sarcopenia and muscle health, embraced the complexities in related upstream conditions of diabetes and osteoporosis, all against the backdrop of applying evidence-based practice in the real world of frail older adults.

We had the pleasure of hosting Professor Matteo Cesari from the University of Milan, one of the plenary speakers and an internationally renowned expert in frailty. Serving as consultant for the World Health Organization on the themes of ageing and integrated care in older people, we are excited to have him as advisor for some of our initiatives in the near future. Stay tuned for more updates!



IGA-PaIC Research Day 2019: Cultivating Research as a Way of Life for all

Akin to clinical embedment, the research culture of inquiry can be cultivated in young clinicians. Offering a nurturing and encouraging platform for senior residents and resident physicians to present their research, IGA and PaIC organised their second instalment of the IGA-PaIC Research Day on 18 September 2019.

Gearing up towards Research Day, the junior doctors exchanged several huddles with their respective mentors. After all the e-poster presentations and words of encouragement/advice from seniors, the fruitful afternoon concluded with high spirits of learning and sharing for all. Apart from advancing our knowledge in clinical care, the continuous cultivation of research as a way of life translates evidence through clinical practice and implementation. Nothing beats a joyous group photo in capturing the memories of learning and mentorship across generations!



Innovation



TTSH-NYP Joint Grant Programme

TTSH and Nanyang Polytechnic (NYP) extended the 3-year Joint Grant Programme for another 3 years, with expansion of its scope to include the social science domains through deeper health and social care integration.

Supported by the Ng Teng Fong Healthcare Innovation Programme (NTFHIP) and NYP, we feature two successful, ageing-related proof-of-concept solutions:

Development of nutritive snack for silver age patients with swallowing impairment

In TTSH, around 40% of patients are on modified diet and fluid consistencies. This patient group tends to have lower calories and protein intake, leading to a higher risk of malnutrition and dehydration.

Through this project, the team

developed two ready-to-serve, locally-flavoured paste products suitable for dysphagic individuals in terms of nutritional content, texture and consistency. Other than patients and their caregivers, nurses and dietitians were all receptive towards the paste snacks. Aiming for product commercialisation, the team is currently exploring with manufacturers for a heat-resistant and non-fragile packaging at a competitive rate.



Singapore Games Creation Competition

IGA had the privilege to co-organise the Singapore Games Creation Competition 2019, together with NYP and the NHG/LKC gAMES for health InnoVations cEntre (ALIVE). Themed "Ageing Healthily, Wisely and Happily" to raise awareness of the needs in our older population, the young minds from various secondary schools embarked on a week-long game jam in November to create and complete their game prototypes.



After the rounds of presentation to the judging panels, the students eagerly awaited the final results. Congrats to the teams from NUS High School, Zhonghua Secondary and Raffles Girls' School for bagging the awards. Kudos to all teams for their creativity and zest – having created games at such young ages is already an award and achievement!

Projects funded by TTSH-NYP Joint Grant

Development of an Immersive Dual Task Training and Assessment Platform for Older Adults



Leveraging on the innovative technological capabilities from NYP, the TTSH-NYP team developed an immersive game-based dual tasking training and assessment platform for older adults. Studies have shown that dual task training is beneficial for older adults to improve their balance and gait towards mitigating falls risk.

Incorporating a virtual reality game atop a motorised treadmill setup, older adults train both their motor and cognitive functions while enjoying the game in a safe manner. With the encouraging trial results in healthy older participants, the team looks forward to evaluate

the dual task training effect in older adults with high fall risks.



Education



International Day of Older Persons

21 September marked IGA's inaugural International Day of Older Persons (IDOP), organised together with the Departments of Geriatric Medicine and Operations (DICC). Observed on 1 October every year, this event is held around the world in recognition of contributions made by older persons, and reframing of challenges into seizing of opportunities.

This IDOP represented our foremost endeavour towards converging different aspects of ageing into a single community outreach event. Themed 'Live Well, Age Well', participants embarked on various interactive educational and experiential activities through the five different 'worlds' which represented five aspects of active ageing – Cognition; Exercise; Health Promotion; Intergenerational Socialisation and Safety. Helmed by an extensive TTSH multidisciplinary team alongside community service providers, older persons and their families gained practical tips to better care for themselves and their loved ones, in safe and creative ways.



Event highlights included the 'Win-in-Minutes' Challenge which pitted multi-generational teams against one another, through game stations designed according to the five worlds, in vying for the top spot and attractive prizes. Complemented by the mass exercises conducted by our physiotherapists, these activities promote healthy living with emphasis that ageing can be fun indeed!

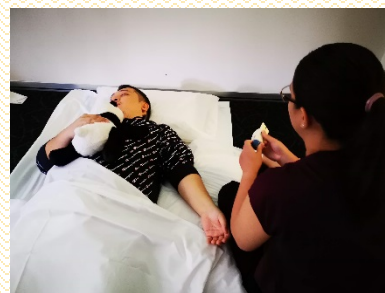


Medicine in the Older Adults Masterclass

Our annual Medicine in the Older Adults Masterclass went through a revamp this year, in a bid to cater to more within the healthcare family! With the topic of 'Frailty and Sarcopenia' gaining much attention of late, we welcomed 100 healthcare professionals on 9 November, with speakers sharing on current best practices in caring for pre-frail and frail patients. The workshops and panel Q&A sessions provided interactive opportunities for speakers and participants alike to exchange knowledge and experiences. Aligned with NHG's River of Life framework, we look forward to organising more sessions with the larger goal of forging a frailty-ready healthcare team to care for our ageing population.

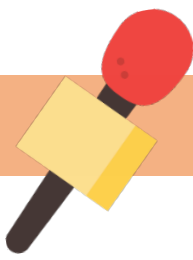


Namaste Care Workshop



It was a privilege for IGA to be appointed as the inaugural Namaste Care workshop training vendor by the Agency of Integrated Care (AIC). On 16 and 23 November, 30 participants from various community providers and care settings joined IGA and Dr Noorhazlina (Senior Consultant, Department of Geriatric Medicine), the lead trainer, on the 2-day course. Through a series of didactics, interactive activities and team-building games, participants learnt about dementia and its different stages, the theory and implementation of Namaste Care, which is a multi-sensory intervention incorporating meaningful activities of daily living for persons with advanced dementia. One highlight of the workshop involved participants directly practising touch therapy via different massaging techniques on one another, in preparation of delivering Namaste Care to their clients. Looking how comfortable they are in the cosy environment, we can't wait to hear success stories from these community providers as they implement Namaste Care in their respective organisations!

In the News



Healthy for 100

Adj A/Prof Lim Wee Shiong, Senior Consultant at TTSH's Centre for Geriatric Medicine who was one of the panelists said: "One of the key things that we will need to look into and think about as a society is really about managing transitions. Important transitions include retirement, stepping into the caregiving role, bereavement. This is not something that we often want to think about or do something about. We're often thrust into that role."

In the Straits Times Roundtable discussion based on the Economist's Health For 100 report, panelists discussed the issues that come with longevity, such as the need for more retirement savings, and rising medical cost.

Scan to read more



First-of-its-kind study sheds new light on sarcopenic obesity

It is indeed a huge affirmation and privilege for IGA's landmark study GeriLABS to be featured in mainstream media and free-to-air channels. Sarcopenic Obesity, i.e. fat frail is an emerging condition in the realms of muscle health and metabolic diseases.

Scan the QR code and catch us from the video to find out more about Sarcopenic Obesity and our exciting work!



Scan to read



老年医学与乐龄研教学院研究组领导林伟雄副教授指出，腰围能更好地反映腹部脂肪，而腹部脂肪代表体内有内脏脂肪，它会影响心脏和肝等器官。(iStock照片)

陈笃生医院研究： 腰围尺寸更易诊断 年长者肌少性肥胖

李熙雯 报道
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有21人（10.5%）被诊断有肌少性肥胖。

肥胖加肌肉少的人，他们的健康比单纯肥胖或肌肉少的人更糟糕，而腰围尺寸比身体质量指数（BMI），能更好地找出有肌少性肥胖的年长者。

肌少性肥胖症（Sarcopenic Obesity）指的是出现肥胖问题加上肌肉功能降低的人。

陈笃生医院老年医学与乐龄研教学院从2013年至2018年针对200名年满50岁并住在社区内的健康年长者展开研究，发现腰围和身体脂肪百分比能更好地诊断对方是否属于肌少性肥胖症。

在200名参与者当中，若用BMI来定义，只找出1人（0.5%）属于肌少性肥胖症，但若使用腰围来计算，共

有21人（10.5%）被诊断有肌少性肥胖。

腰围能更好测内脏脂肪

老年医学与乐龄研教学院研究组领导林伟雄副教授解释，这是因为腰围能更好地测量腹部脂肪，而腹部脂肪代表体内有内脏脂肪，它会影响心脏和肝等器官。

相比之下，BMI只测量整体体重和高度，无法测量脂肪或肌肉。身体脂肪百分比则测量整个身体的脂肪，无法更明确地找出腹部脂肪。

林伟雄建议，除了注意饮食，人们也可进行阻力运动和有氧运动以取得最好效果。

林伟雄将在国立健保集团下周举行的新加坡卫生与生物医学大会分享这项研究报告。这也是本地首个针对肌少性肥胖症进行的调查。

