

2021 YEAR IN REVIEW

Active Ager Showcase

Both in their 70s, Mr and Mrs Smith keep themselves active through lifelong learning. Regardless of age, they believe strongly in inspiring the younger generations to achieve their full potential.



How are you coping with the pandemic?

Is COVID-19 a blessing or a curse? The answer is both! Pre-pandemic, we did a lot of teaching and exercising, involving ourselves actively in community work. Since COVID-19 arrived on our shores, inevitably we faced challenges in continuing with our normal lifestyle. However, with challenges come opportunities! We coped and thrived through our attitudes and interests – how adaptable we chose to be. Through the COVID-19 experience, we've had opportunities to learn about attending courses and meetings via Zoom, online shopping etc. Despite the safe management measures, we intentionally kept ourselves meaningfully occupied so that we do not feel bored or isolated from others.

What does ACTIVE AGEING mean to you?

It means living life and not merely being alive. We learn to see the wonders in the 'ordinary'. We learn to appreciate the little things in life be it a drop of rain that came on a hot day, a leaf we saw in the park or the smile of a child whom we met. As long as we are able to, we strive to do what we can, for instance participating in various exercise and music groups or forums and workshops to learn new knowledge.

**The main lesson COVID-19 has taught us is to appreciate what we have – not what we don't.
Pain and misery may be inevitable at times, but HAPPINESS is always a CHOICE!**

- Mr & Mrs Smith, 70s, Friends of IGA



Research

GerilABS: Our Forerunner Research in Muscle Health

DID YOU KNOW?

IGA's research on muscle health and sarcopenia has been ongoing since 2013, through the GerilABS and GerilABS-2 studies.

Indeed, it has been a long journey as we reminisced – one that is meaningful, rewarding and impactful on multiple fronts.

2021 marked the year our older participants became savvier with technology, through a hybrid mode of remote and physical follow-up visits. We are grateful for their trust and conviction in our GerilABS-2 research, enabling us to successfully complete the annual assessment on time despite the COVID-19 disruptions. The low attrition of 3% during this period definitely spurred us on in our preparations for the next visit.

As one of the recipients for the NHG Research Impact Award, the GerilABS-2 team is deeply humbled and heartened. This affirmation encapsulated the dedication of numerous partners, trust of our



participants and funder, commitment of our translation to clinical care and impact in the area of muscle health.



“This research has made significant headway in developing diverse collaborations locally with NTU, NUS, National Heart Centre and A*STAR. We have also fostered international collaborations with world prominent experts in frailty and sarcopenia, with scientific awards attesting to our merits.”

– Dr Justin Chew, Co-Investigator, GerilABS-2

“A research visit is not merely collecting data. It is where we have meaningful conversations with our participants to build the relationship and trust. I enjoy meeting the participants as they add colour to our research journey.”

– Ms Suzanne Yew, GerilABS-2 Research Assistant

“I joined GerilABS since it started in 2013, and have journeyed into GerilABS-2 with the study team. I'm confident in the good work done by the research team and leaders, and trust them with my research data. Through the health forums they organised, I benefited and gained insights on muscle health. I look forward to contributing more and hope for the research to improve clinical care, for a better future for us as older adults.”

– Mr D Lee, GerilABS-2 participant

Conference Highlights and Awards

Held in South Korea, the hybrid 7th Asian Conference for Frailty and Sarcopenia (ACFS) in Nov 2021 saw our geriatricians A/Prof Lim Wee Shiong and Dr Lim Jun Pei invited as speakers from Singapore. Speaking amidst many international and regional distinguished

experts in frailty and sarcopenia, this is an honour as IGA continues to learn and contribute to these scientific fields!

We applaud and congratulate our Senior Resident Physician Dr Melissa Piodena for clinching the Best Oral Presentation Award and doing us proud!



Themed “Brave New World of Healthcare”, Scientific Health and Biomedical Congress (SHBC) 2021 focused on current healthcare problems and potential solutions for a sustainable healthcare ecosystem.

With some 600 abstracts submitted for its Scientific Competition, we are proud to express our heartiest congratulations to the winners and project teams:



Mr Tan Ren Siang

Best Poster Award – Allied Health (Gold)

Effectiveness and Usability of the system for the assessment and intervention of frailty (SAIF) for community-dwelling pre-frail older adults: A pilot study



Ms Ong Poh Ling

COVID-19 Our Response to a New Challenge – Poster Award (Silver)

A comparison of face-to-face (F2F) versus remote videoconference (VC)-based cognitive assessment for older adults during the Coronavirus Disease 2019 (COVID-19) pandemic



Dr Michelle Pereira

Singapore Young Investigator Award – Health Service Research (Bronze)

Emergency Department Intervention for Frailty (EDIFY): Cost-effective Front-Door Geriatric Care

e-Research Day

“Research and evidence-based medicine form the basis of clinical care.” This was the opening sentence by our Divisional Chair Dr Mark Chan, when he welcomed everyone at our annual Research Day in Sep 2021. Over 3 Zoom breakout rooms, our 18 presenters comprising senior residents, resident physicians and research assistants certainly demonstrated the spirit of inquiry through their research presentations and findings culminated over months of hard work.

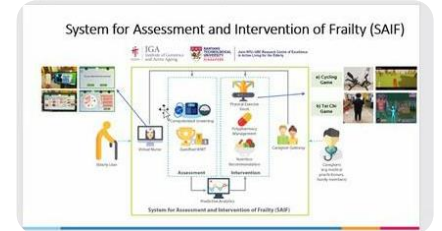
Facilitated by our culture emphasising on learning, presenters also reflected on their research experiences, crediting the kind guidance and strong support received from mentors and colleagues despite the arduous journey. The fruitful afternoon of learning was aptly concluded by A/Prof Lim Wee Shiong sharing the **4Cs** mnemonic – **Collegiality** amongst colleagues to advance research; a dynamic **Community** of different health professions; **Comprehensiveness** of the diverse range of research topics and methods; and last but not least, the **Commitment** of clinicians to better clinical practice through evidence-based research.



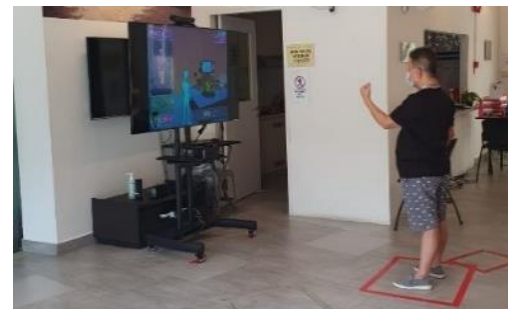
SAIF: An End-to-end System for Assessment and Intervention of Frailty

Despite multiple episodes of disruptions from COVID-19 measures, the SAIF project funded by the National Innovation Challenge Healthy Ageing grant successfully concluded our pilot, and with the main study in good progress.

Through the valuable collaboration with NTU-LILY Centre and Peace Connect Cluster Operator (PeCCO), our pilot study supported SAIF's effectiveness in improving frailty status and physical performance amongst pre-frail older adults. These findings presented at the SHBC scientific competition also endowed the team with the Best Poster – Allied Health Gold award!



For the main study, we have also been blessed with great community partners. Their unwavering support coupled with



participants' active involvement have placed us in good stead to complete the main study by mid-2022. Stay tuned for more updates!



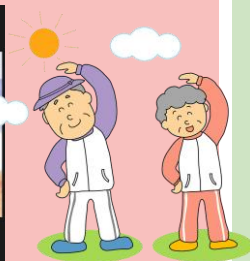
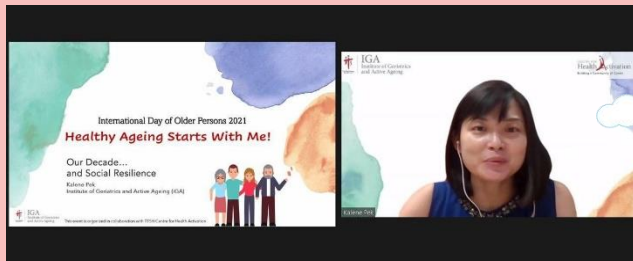
Education

AgeCare Workshops

After a one-year hiatus, IGA resumed its AgeCare Workshop Series in collaboration with the Centre for Health Activation (CHA). Designed to share practical tips with older persons and caregivers in caring for themselves and their loved ones, the Zoom sessions covered Brain Care, Muscle Care, Mental Care and Future Care. We were most heartened by the average attendance of 200 pax per session, and the audience's active participation during Q&A. Thank you for being part of this series and we look forward to bringing you more!



International Day of Older Persons



DID YOU KNOW?

2021 – 2030 is the United Nations' Decade of Healthy Ageing!

COVID-19 has resulted in reduced social interactions, especially in older adults. With social well-being playing a key role in how we age healthily, we see the increased need to equip and empower our older adults with strategies to identify their social support structure amidst the protracted pandemic.

In celebrating our resilience and recognising our individual strengths, IGA's International Day of Older Persons (IDOP) 2021 with CHA shared the concept of grit in charting our social well-being and overall health.

If you have missed the webinar – fret not! Head on over to our Facebook page to gain insights on how 'Healthy Ageing Starts with Me!'

Medicine in the Older Adults Masterclass

IGA concluded our educational initiatives for the year with a virtual delivery of our Medicine in the Older Adults Masterclass 2021 in November.

With sarcopenia officially included in the International Classification of Diseases (ICD-10) since 2016, muscle health has gained much traction locally too. Our multidisciplinary team spoke passionately on topics surrounding our theme of "Sarcopenia: Form and Function", facilitating the learning and sharing of best practices within our healthcare community. The breakout rooms with case discussions were most lively with many participants wishing it could be longer. Kudos to the presenters, facilitators and participants for making our Masterclass a success!



Social Media Engagement

Do check out IGA's past bite-sized learnings in the areas of "Ageing with Wisdom", "Ageing with Strength" and "Ageing with Meaning". Stay tuned for more next year!



“ Never stop learning because life never stops teaching ”