

# IGA NEWSLETTER

2022



## Active Ager Showcase



"Indeed, learning carries no boundaries nor age limit! As long as we adopt a growth mindset regardless of our age or life stage, there will always be something new to learn and discover."

new life stage from a busy corporate routine. Through our GRACE programme, she learnt to apply the SOC (Selection, Optimisation and Compensation) model so that her new lifestyle was not sedentary.

Opting to work part-time at an ice-cream café, the flexibility provided her with pockets of free time that led to the discovery of her new-found interest – the popular tile game Rummikub. From a genuine curiosity in the game initially, the cheerful Ellen clinched the championship in the 2018 inaugural Rummikub competition organised by MWS Charis ACE Active Ageing Centre!

Fast forward to the present, Ellen is approaching 70 and is enthusiastically using her free time and skills to teach people about the game. Besides keeping her brain active, she is forging new and meaningful friendships, and lightheartedly commenting on how Rummikub has trained her patience too! Through Ellen, we see the exemplification of lifelong learning and the well-known Chinese idiom “活到老，学到老”. Here’s to wishing Ellen with championship titles!

Indeed, learning carries no boundaries nor age limit! As long as we adopt a growth mindset regardless of our age or life stage, there will always be something new to learn and discover.

IGA first crossed path with Ellen in 2015, when she attended our **Ageing with Meaning: GRACE programme**. Then at 62, Ellen was a new retiree transitioning to her



# Research & Innovation



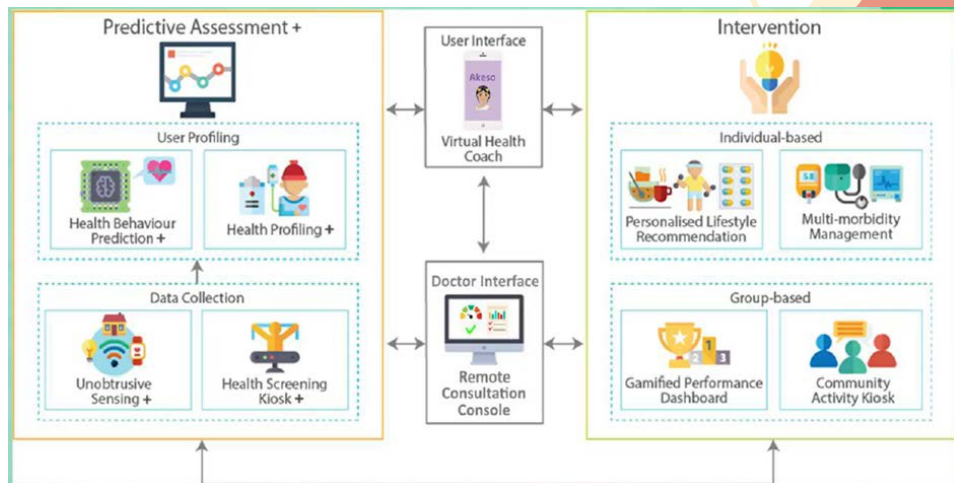
Catch some of our Research & Innovation activities in 2022!

## AISG Grand Challenge

In a collaboration with NTU-LILY Research Centre and NHGP funded by the AI Singapore (AISG) Grand Challenge, IGA is heartened to support TTSH and partner the Departments of General Medicine and Endocrinology for this research endeavour. Using AI technologies to assist healthcare teams in the assessment of 3H (hyperglycaemia, hypertension and hyperlipidaemia),

the system enabled the accessing and tracking of participant's 3H risk during the study period through gamification.

Split over 2 phases, the study team has successfully completed the recruitment and follow-up of >600 participants in October 2022, from various settings including polyclinics, specialist outpatient clinics and community. We rejoice in the positive feedback of many participants who enjoyed their interactions with the system and gained a greater awareness of their own health status/lifestyle.



## eSPPB Validation

The **Short Physical Performance Battery (SPPB)** is a widely-used assessment **to evaluate lower extremity function in older persons**. In our cross-country collaboration with our Korean colleagues who developed a multi-sensor kiosk performing automated measurements of the SPPB (eSPPB), IGA validated the eSPPB results with the conventional manual method measured by an experienced physiotherapist in a cohort of falls patients. We are extremely heartened that this technological innovation partnership to optimise manpower resources and reduce inter-rater variability was recognised with the **Best Paper Award 2022** from the international scientific journal 'Annals of Geriatric Medicine and Research'. This achievement is a timely boost to our upcoming follow-up study to validate the improved eSPPB version amongst community-dwelling older adults.

# CFS: One Frailty Assessment

Integrated as part of geriatric care assessment at our Emergency Department (ED), the Clinical Frailty Scale Algorithm (CFS-A) validated through the ED Interventions for Frailty (EDIFY) studies has been a mainstay in managing frailty in older adults. EDIFY's success has led to the development of modified **CFS tools – CFS-Fast and CFS-Self** – both of which are currently undergoing parallel validation studies in ED and the community.

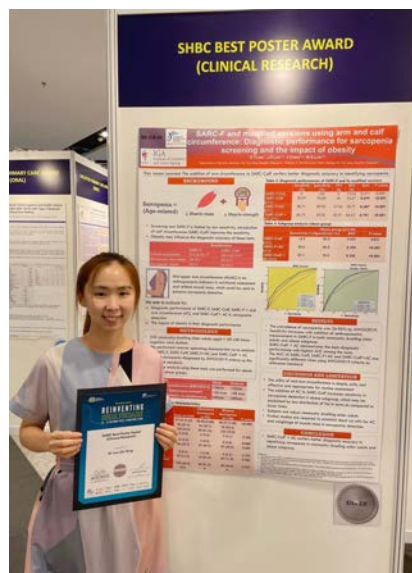
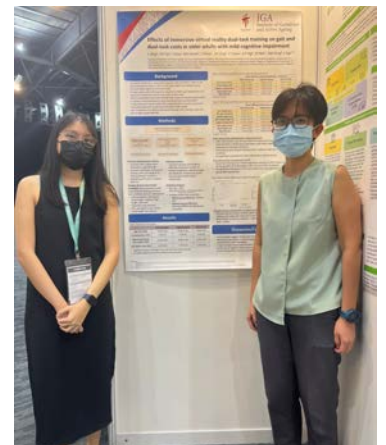
It has been a fruitful journey for the multidisciplinary team in search of the "one frailty assessment" tool that can be applied across different care settings **beyond hospital walls**. Research findings from EDIFY have seen translational headway into clinical care in supporting the **TTSH Frailty-Ready Hospital (FRH) framework** – a hospital-wide reform of care delivery aiming to forge a frailty-ready healthcare system that better supports complex needs of older persons. Read on to our FRH Eduseries effort for a peek into the synergy between IGA's research and education pillars!

## SHBC 2022

### Insight from our Research Assistant

"The **Singapore Health & Biomedical Congress (SHBC) 2022** had been an enriching and rewarding experience. Being able to attend the physical event this year was a refreshing change from the remote events during the pandemic. Listening to fellow presenters share their own findings during the poster presentation sessions also offered me interesting glimpses into various innovative research that are being conducted in other areas of healthcare.

With the introduction of **Healthier SG**, we heard esteemed speakers share about the gaps, challenges, and expectations of this nationwide undertaking. As a citizen who's also part of the healthcare family, I look forward to potential areas of contribution within this major transformation of our healthcare landscape – one which requires huge collaborative efforts and will no doubt be challenging yet necessary in the years ahead." – Ms Lynnett Ong



We are also happy that Dr Lee Shi Teng's poster titled **SARC-F and modified versions using arm and calf circumference: Diagnostic performance for sarcopenia screening and the impact of obesity** successfully clinched the **Clinical Research - Best Poster Award (Silver)**. Congratulations Dr Lee! :) Here's to a great learning journey and more!

# Asian Conference for Frailty and Sarcopenia (ACFS) 2022

The 8th ACFS hosted a welcoming in-person conference in end-October 2022, in the city of Nagoya since Japan opened its borders. Four IGA/GRM doctors represented Singapore to exchange knowledge and network with regional frailty/sarcopenia experts. Discussions were indeed memorable and informative, with conference topics spanning assessments methods of muscle mass and quality, bone-muscle-fat interaction to muscle maintenance.



On this note, we are delighted to share that **ACFS will be coming to Singapore in 2023**, so stay tuned!

## Stata Workshop

IGA organised Basic and Advanced STATA workshops in February and March 2022, which saw 60 participants joining our adept trainer Dr Chan Siew Pang. Designed to build clinicians' research capabilities, Dr Chan generously shared his wealth of statistical knowledge and techniques in a clear, practical manner. Coupled with hands-on practice at a steady pace, the workshops received encouraging feedback from participants.

If you've missed our workshops this year, we look forward to embarking on this learning journey with you in 2023!





# Education & Learning

We've had a fruitful year – thank you to all for contributing to it! Read on for some highlights.

## Seniors Masterclass

Riding on last year's success, IGA continued our collaboration with the Centre for Health Activation (CHA) for another positive series of virtual talks in July. Designed with a thematic focus, the Seniors Masterclass aims to equip older persons with practical self-care tips on pertinent areas of health.



The four weekly sessions saw our multidisciplinary colleagues covering topics relating to muscle and bone health, encouraged by an impressive attendance of 400 participants per session. Enthusiasm oozed with questions aplenty. Aren't we glad that participants went away with takeaways of maintaining muscle and bone health!



# Social Media Engagements

With sarcopenia as our 2022 educational theme, IGA specially curated social media posts to educate online readers about the condition and ways to prevent it. Before the monthly launches of colourful, bite-sized posts, we shared quizzes on Facebook/Instagram story to engage readers and assess their understanding of sarcopenia. It was a fun and creative continuation of the Seniors Masterclass for the public to reinforce their knowledge on muscle health and sarcopenia. **Follow our social media handles** (@ttshiga) and learn alongside us!

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TTSH IGA  
[www.iga.com.sg/](http://www.iga.com.sg/)



# 'Time to Care' Booklet



Through an altruistic donation, we launched a 'Time to Care' booklet in March 2022 with appealing visuals illustrating common conditions seen in older persons. Besides including practical tips for caregivers supporting their loved ones, the booklet offers insights on self-care and community resources. We're happy to share that the booklets are **available in all four languages**, and can be easily downloaded by simply scanning the QR code below. It's **available on IGA website** too so do spread the word!



# International Day of Older Persons (IDOP)

Our months of sarcopenia undertaking culminated in the IDOP event on 11 October 2022. Instead of a public event commemorating this special day, we tailored a **1-hour programme for 11 active ageing centres** and their clients via Zoom. Through a **light-hearted cross-talk and exercise demonstration** led by our host, geriatrician and physiotherapist, participants had a fun time learning about muscle health amidst good laughter. The quiz saw active

participation from centres, with three presented with \$100 lucky draw vouchers. Catch some of our video highlights if you have yet to do so!



**Frailty Ready Hospital**

**Frailty lies on a spectrum**

Robust Severely frail

Identify where your patient is on the spectrum of frailty. Tailor management plans and goals of care based on your patient's stage of frailty.

**Clinical Frailty Scale (CFS)**

is a simple 9-point scale that summarises the overall level of fitness or frailty of an older adult. Scan to find out more!

**DID YOU KNOW?**

- CFS is scored at ED for all P2-P4 ED attendees ≥65 years.
- It can be found when you search for 'CFS' on your flowsheet.

Open to ALL staff! Join ONLINE QUIZ by 16 Dec 2022 and stand a chance to win \$10 Polar voucher!

IGA Institute of Geriatrics and Active Ageing

## Frailty-Ready Hospital (FRH) Edu Series

IGA, in collaboration with the **hospital-wide FRH initiatives**, took on the challenge of crafting **bite-sized contents into infographics** to equip our 10,000-strong staff with frailty knowledge. With our geriatricians and the FRH team, we launched the first FRH Edu series that included posters, screen savers, quizzes and prizes since September 2022. **Congrats** to the 40 staff who have actively participated in our **monthly quiz**, and walked away with \$10 Huggs/Polar voucher! Watch our space for more monthly updates, and be sure to join our physical event in March 2023!

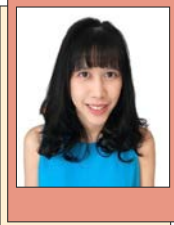
# News



We're happy to share that in Jul this year, IGA launched its **Associate Scheme** to recognise and meaningfully engage experts who have contributed significantly to IGA's initiatives! It is our great pleasure to have the following new members joining our IGA family! We look forward to their invaluable involvement and a cherished partnership as we strive towards the **TTSH and IGA vision of "Adding years of healthy life"**.



Dr Chan Siew Pang  
Biostatistician, NUHS  
Assistant Director, NUS



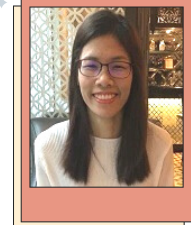
Dr Louise Heyzer  
Consultant, WHC



Dr Herb Hernandez  
Sr Resident Physician, TTSH



Dr Lim Yen Peng  
Sr Principal Dietitian, TTSH



APN Zhu Birong  
Sr Nurse Clinician, TTSH