



PSS Hospital Chapter presents :
PHARMACISTS' WORKSHOP- A
MULTIDISCIPLINARY APPROACH TO
GERIATRIC CARE

11
April,
2015

Training venue: Auditorium, Alexandra Hospital
378 Alexandra Road, Singapore 159964

Course Synopsis:

Pharmacists often work in multidisciplinary teams for the care of geriatric patients. In this workshop, we invite different healthcare professionals: geriatrician, specialist pharmacist in geriatrics, physiotherapist, speech therapist, dietician and wound care nurse to take us through the management of a geriatric patient with multiple co-morbidities.

This workshop aims to equip pharmacists with the necessary knowledge to care for the geriatric patient. It also aims to create an understanding of the roles of different health care professionals in achieving a more holistic care of the elderly. Participants will be guided through a case study to appreciate basic assessments and treatment recommendations.

At the end of the workshop, participants should be able to:

- Understand the approach to managing delirium in the elderly
- Learn strategies to reduce risk of adverse drug events in geriatric patients
- Grasp concepts about dysphagia in the elderly and the modified diet
- Provide simple dietary advice for elderly patients, including the role of vitamins & minerals
- Know how pressure sores can be prevented and managed
- Learn about mobility aids & their proper usage

Time	Speaker	Topic details
9.00am – 9.10am	Ms Wan Mei Qi	Opening and Case introduction
9.15am – 10.30am	Dr Christopher Lien	General approach to delirium in the elderly
10.30am – 10.50am	-	Tea break
10.50am – 12.05pm	Ms Wendy Ang	Strategies to reduce the risk of adverse drug events in elderly
12.05pm – 12.45pm	Ms Amanda Goh	Dysphagia in the elderly & modified diet. ➤ Considerations: how dysphagia will affect medication use
12.45pm – 1.45pm	-	Lunch
1.45pm – 2.40pm	Ms Soh Yuen Mun	General oral diet for elderly patients & The role of vitamin & mineral supplementation
2.40pm – 3.20pm	Ms Lee Tien Li	Prevention & management of pressure sores
3.20pm – 3.55pm	Mr Lim Kong Beng	Introducing different mobility aids & using them appropriately
3.55pm - 4.00pm	Ms Wan Mei Qi	Closing

Fees: \$28 (PSS members), \$168 (non-members)

Course fees covers lectures, course materials, 1 lunch and 1 tea break and the opportunity to network with pharmacists in a variety of practice settings.

Venue: Auditorium, Alexandra Hospital

Registration: To register, please email to admin@pss.org.sg with the following details:

- Name
- Designation
- Institution
- PSS membership number
- Contact numbers (office and handphone)
- Driving? Yes or No
- Any dietary restrictions? Yes or No. If 'Yes', please state.

Payment can be made via the following methods before the start of the course:

1. By Cheque

The cheque should be made payable to "Pharmaceutical Society of Singapore" and sent to:

Pharmaceutical Society of Singapore
Alumni Medical Centre, 2nd Level
2 College Road
Singapore 169850

2. I-Banking/ATM Transfer

Please contact PSS at 6221 1136 for details if you would like to make payment via I-Banking / ATM transfer. Once transfer has been carried out successfully, please fax / email a copy of the transaction slip to PSS for our verification.

For any enquiries on registration, please call PSS at 6221 1136.

Speakers' Introduction

Dr Christopher Lien

Senior Consultant Geriatrician and Head of Community Geriatrics
Changi General Hospital

Dr Christopher LIEN Tsung-Chien is a Senior Consultant Geriatrician in the Department of Geriatric Medicine at Changi General Hospital (CGH). He graduated from the National University of Singapore in 1988, and trained locally across Singapore hospitals until he attained his MRCP in 1995. He subsequently spent 6 years in the United Kingdom for advance specialty training in General Internal Medicine and Geriatric Medicine in the East of Scotland Deanery, working at Ninewells Hospital and Medical School, Royal Victoria and Ashludie Hospitals in Dundee and at the Perth Royal Infirmary in Perthshire. He returned to Singapore in 2001 and has been Head of Community Geriatrics since 2006. He has a keen interest in Parkinson's Disease in Older People in addition to home, community and continuing care, having spent the last 18 months working very closely with hospital transitional care services. As part of his interest in public policy and its interface with health systems, he spent a year at the Kennedy School of Government in Harvard, pursuing a Masters in Public Administration (2012-13). He is also a Governor of the Lien Foundation.

Ms Wendy Ang

Principal Clinical Pharmacist
Department of Pharmacy
Changi General Hospital

Ms Wendy Ang graduated from the Dept of Pharmacy, National University of Singapore and has since been working as a hospital inpatient pharmacist.

Geriatrics and long term care are Wendy's special interests. Through an HMDP attachment in Tucson, Arizona and a year-long residency in geriatrics in Spokane, Washington, she was able to enrich her experience in nursing home work and residency training. Wendy is a Certified Geriatric Pharmacist, obtained through the Commission for Certification in Geriatric Pharmacy, and is registered as a specialist in Advanced Pharmacotherapy (Geriatrics). She also has had the opportunity to work with nursing homes and pharmacy students in various projects involving medications and older people.

Aside from her special interests, Wendy also serves on various inter-institutional groups, such as the SPC's CPE Accreditation Committee and SingHealth's Combined Institutional Review Board.

Ms Amanda Goh

Speech Therapist
Department of Rehabilitation
National University Hospital

Ms Amanda Goh graduated from Flinders University in 2013 with a Master of Speech Pathology and has since been working at the National University Hospital (NUH) as a Speech Therapist. She assesses, manages and/or rehabilitates the communication and swallowing difficulties of patients admitted to the hospital. Prior to joining the Speech Therapy profession, Amanda worked in the finance industry.

Ms Soh Yueen Mun

Senior Dietitian
Department of Dietetic and Food Services
Changi General Hospital

Ms Soh Yueen Mun received her degree in Nutrition & Dietetics from University of Newcastle in Australia. During her studies, she was attached to John Hunter Hospital & Calvary Mater Hospital where she provided dietary counselling for patients with diabetes, lung disease, kidney disease, cancer & general medicine and surgery. She also carried out audits, process evaluations and surveys in Belmont District Hospital, Moree Health Community Centre, Nambucca Valley Care Limited (nursing home) & Hunter New England Area Health Services Wallsend for various healthy eating projects amongst children & patient feeding assistance.

She has been with Changi General Hospital since July 2011 and provides dietary counselling for patients with diabetes, heart disease, kidney disease and nutrition support. She also has a strong interest in elderly nutrition and provides dietetic services to several nursing homes within the Eastern Health Alliance.

Mr Lim Kong Beng

Deputy Rehabilitation Manager
Department of Rehabilitation
Ren Ci Hospital

Mr Lim Kong Beng graduated from Nanyang Polytechnic at 1996, and obtained his Bachelor degree in 1998 and Masters in 2000. He has experience working in both the acute and community setting serving the geriatric population. He also helps to teach some geriatric modules in Nanyang Polytechnic and he is very supportive of student clinical placement in Ren Ci.

Ms Lee Tien Li

Nurse Clinician (Wound and Stoma Care)
Clinical Nursing Unit
National University Hospital

Ms Lee Tien Li is a nurse clinician, specialising in wound and stoma care, in National University Hospital (NUH). Tien Li graduated with a Bachelor of Health Science, Nursing, from the University of Sydney, SIM, in 2002. She obtained a certificate in Wound Ostomy Continence Nursing, from R. B. Turnbull Jr. School of Enterostomal Therapy Nursing, Cleveland Clinic Foundation in 2008 and became a certified wound nurse

in 2013. Ms Lee leads the skin care team in the ICU cluster in NUH where she is responsible for the development of best practice skin care protocols and implementation of standard skin care practices across ICU and the hospital. She also collaborated with Tan Tock Seng Hospital in the development of an evidence based electronic Clinical Decision Support System on chronic wound management. Tien Li also assumed the role of an adjunct lecturer under the NUH and Ngee Ann Polytechnic (NP) collaboration for the Diploma in Pharmacy Science Programme for the training of third year Pharmacy Science students in Patient Care and Management in Wound and Ostomy Care. She was awarded the NUH Nightingale Award in 2010 in recognition for her significant contributions to the nursing profession.