



NHG UNVEILS HEALTH KAMPUNG AT POPCOLLECT 2023

A “Marketplace” of More Than 450 Health and Social Care Programmes for Residents to Keep Healthy and Happy

14 April 2023

FOR IMMEDIATE RELEASE

The National Healthcare Group (NHG) today unveiled for the first time ***Health Kampung***, a “marketplace” of more than 450 health and social care programmes, at the **Population Health Collective (POPCollect) Annual Workplan Seminar 2023**. *Health Kampung* brings together the wide range of programmes within easy reach of the 1.5 million residents in Central and North Singapore, in support of *Healthier SG*.

Health Kampung will be rolled-out in two phases. In the first phase, NHG has collaborated with community partners and national agencies to offer this comprehensive suite of programmes as ONE menu, designed to activate residents towards healthier living. These programmes cover exercise and movement, diet and nutrition, mental wellness, practical skills, and volunteering, among others. The second phase seeks to promote easier access for residents to the entire suite of *Health Kampung* programmes.

Professor Eugene Fidelis Soh, Deputy Group CEO (Integrated Care), NHG, and CEO, Tan Tock Seng Hospital (TTSH) & Central Health, said, “To empower our residents towards *Healthier SG*, NHG is building a Community of Care (CoC) in every neighbourhood across Central and North Singapore. This local CoC network brings together our General Practitioners (GPs), community partners and agencies to develop and organise programmes for healthy living and care support. NHG’s *Health Kampung* marketplace unveiled today features more than 450 programmes across our neighbourhoods. It is an example of our close collaboration with our local partners to integrate health and social care. Together with our GPs on board *Healthier SG*, we hope to support our residents to live well and fulfil their health plan, and connect them to programmes near to where they live. In the months ahead, we anticipate more programmes on *Health Kampung* as our CoCs seek to meet the needs of our residents.”

ENHANCING ACCESS TO HEALTH AND SOCIAL CARE

Beyond the physical touchpoints, access to the *Health Kampung* programmes will be made easier through dedicated resident platforms - web portal, app and call centre - when they go live in July this year. Through these additional platforms, residents will be able to view at a glance all the programmes, and conveniently enquire or sign up for them. This means residents do not have to call or visit different or multiple providers just to enrol in programmes. By enhancing the access, NHG hopes that residents will be further empowered to select activities close to where they live, and make them part of their daily routines to stay connected, engaged, healthy and happy.

In line with *Healthier SG*, GPs will be playing a bigger role in the care of residents, and will co-develop a personalised health plan that includes lifestyle adjustments, regular health screening, and appropriate vaccinations. For residents who require more support, the GPs can direct them to access the one-stop *Health Kampung* to better connect them to the available community programmes.

BUILDING MORE COMMUNITIES OF CARE

Health Kampung complements the ongoing efforts of NHG and its primary care and community care partners to build a CoC in every neighbourhood. To-date, we have established **77 CoCs**, an initiative that began at last year's POPCollect. Each CoC is made up of a local network of partners to meet the needs of the residents in the neighbourhood. (See Annex 1 for more information). A CoC could comprise an anchor community partner, active ageing centre, and NHG's Community Health Team of community nurses, and health coaches. GPs can now leverage these CoCs to provide more needs-based, and place-based care for the residents enrolled with them.

For example, in Central Health, a CoC network in Ang Mo Kio started in April 2020 as a tripartite partnership between AWWA, Tan Tock Seng Hospital (TTSH) and National Healthcare Group Polyclinics (NHGP). Since then, partners including Agency for Integrated Care-Silver Generation Office (AIC-SGO) and PanCare Medical Clinic have joined the network. The CoC partners meet up every month to discuss resident cases who require care and services from multiple organisations. A single care plan centred on the resident is then designed by the multiple partners, including GPs, which ensures that appropriate care intervention and referral decisions are made collectively, and residents are appropriately supported for their specific health and social care needs. This person-centred care empowers residents to manage their health better and to stay well in the community longer (See Annex 1 for Resident-Care Success Story).



Source: AWWA

FOSTERING CARE PARTNERSHIPS THROUGH POPCOLLECT 2023

Several *Health Kampung* programmes were showcased as part of **POPCollect 2023**. An annual co-learning and peer sharing platform, POPCollect brings together community and agency partners and GPs in Central and North Singapore to foster conversations, and build place-based and relationship-based care aligned with *Healthier SG*. Themed “Integrating Health and Social Care”, the two-day seminar kicked off this morning with participants from organisations such as AWWA, TOUCH Community Services, NTUC Health, St Luke’s Eldercare, Home Nursing Foundation, and Ren Ci Community Hospital. **Minister for Health Ong Ye Kung** attended the POPCollect 2023 Opening Ceremony and delivered the Opening Address.

A keynote address on “*Whole Person Medicine and Social Prescribing - Enabling People and Communities to become the New Providers of Health and Care*” was delivered by Dr Michael Dixon, Chair of Council, College of Medicine, United Kingdom, and also Chair of the Institute for Social Prescription.

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About the National Healthcare Group

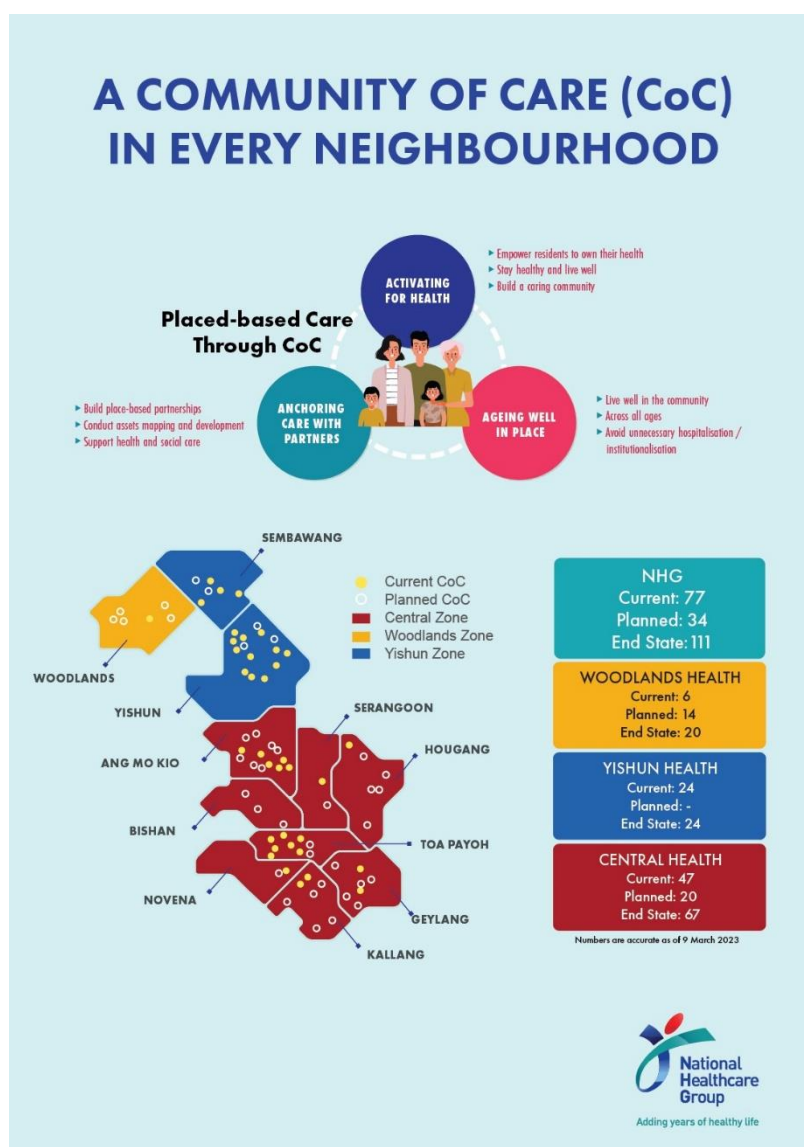
The National Healthcare Group (NHG) is a leader in public healthcare in Singapore, recognised at home and abroad for the quality of its medical expertise and facilities. Care is provided through an integrated network of seven primary care polyclinics, acute care and tertiary hospitals, national specialty centres and business divisions. Together they bring a rich legacy of medical expertise to our philosophy of integrated patient-centred care.

NHG’s vision is “Adding Years of Healthy Life”. This vision goes beyond merely healing the sick to the more difficult and infinitely more rewarding task of preventing illness and preserving health and quality of life. With some 22,000 staff, NHG aims to provide care that is patient-centric, accessible, seamless, comprehensive, appropriate and cost-effective.

As the Regional Health System (RHS) for Central and North Singapore, it is vital for NHG to partner and collaborate with stakeholders, community advisors, and voluntary welfare organisations. Together with our patients, their families and caregivers, we aim to deliver integrated healthcare services and programmes that help in Adding Years of Healthy Life to all concerned.

More information is available at www.nhg.com.sg.

NHG's Communities of Care (CoC) in Central and North Singapore



Community of Care Network in Ang Mo Kio – Joining Up Care for Residents

One resident who benefitted from this partnership, lives alone after her spouse's admission to a nursing home. Through regular befriending visits, AWWA built a rapport with her, and found that she was unwilling to seek medical help in spite of a persistent back pain, and had trouble remembering to take her medication.

Following a case discussion, the TTSH Community Health Team assessed her condition, and worked with her to form goals for her care. The AWWA team has been visiting the resident twice a week, to help monitor her medications and blood pressure readings. A family doctor from PanCare has provided occasional home consultations on vaccinations and helped to manage her chronic conditions. The Institute of Mental Health (IMH)'s Aged Psychiatry Community Assessment and Treatment Service (APCATS) was brought in for home-based mental health assessment and management. The informal community of care around the resident - her brother, and neighbours who were activated by the AWWA team - was also tapped on to check in on her.

Health Kampung

More than 450 programmes to keep residents in Central & North regions Healthy and Happy.



