



## GLOBAL EXPERTS TO SHARE INSIGHTS ON POPULATION HEALTH

25 OCTOBER 2018

FOR IMMEDIATE RELEASE

Based on the theme of “Back to Basics, Adding Years of Healthy Life”, the 2018 Singapore Health and Biomedical Congress (SHBC) will return with renewed focus on the fundamentals of developing a future-ready, effective and sustainable healthcare model. It is a model that seeks to improve the health of the Singapore population as a whole, even as the health and social care communities continue to work together to address the current challenges of an ageing population, higher incidence of frailty, and increasing prevalence of chronic diseases.

Organised by the National Healthcare Group (NHG) for the 16<sup>th</sup> year, SHBC 2018 will feature a broad range of plenary sessions and specialty tracks covering Population Health, Preventive Medicine, Primary Care and Community care. It will be held at the Max Atria@Singapore Expo and Lee Kong Chian School of Medicine (LKC Medicine) Clinical Sciences Building from 25 to 27 October 2018. Guest-of-Honour for the event Mr Gan Kim Yong, Minister for Health, will be delivering the Opening Address in the afternoon of 25 October (Thursday).

### DISTINGUISHED SPEAKERS

This year’s Congress features a three-day programme and a total of 18 tracks. The Symposiums will centre on the Ministry of Health (MOH)’s THREE key shifts: Beyond Quality to Value, Beyond Hospital to Community, and Beyond Healthcare to Health. Several tracks will be new including Patient-Centred Care Models, Empowerment & Practice, and Preventive Medicine.

Invited to deliver the keynote address on “Rethinking Care for Diverse Population” is **Professor Martin Marshall, Professor Healthcare Improvement, University College London, UK**. Professor Marshall will highlight how doctors around the world are adopting non-traditional medical models and methods, and achieving positive healthcare outcomes. He will share how these practices result in a rethinking of the medical model of disease to benefit the diverse populations that we serve, and its implications for future health professionals.

### SYMPOSIUM 1 – BEYOND QUALITY TO VALUE

- **Mr Chan Beng Seng, Group Director of Financial Resource Management, Healthcare Finance (Subvention), and Sector Development and Commissioning, Ministry of Health, Singapore**, will share on the directions that healthcare financing policies will take in the future in order to ensure a sustainable healthcare system.
  
- **Dr Samir K Sinha, Director of Geriatrics, Sinai Health System and the University Health Network, Toronto, Canada**, will share how the Seniors Strategy and its

upstream interventions have contributed to improved patient and system outcomes, which he developed for the Government of Ontario.

#### **SYMPOSIUM 2 – BEYOND HOSPITAL TO COMMUNITY**

- **Professor Finbarr C Martin, Emeritus Consultant Geriatrician and Professor of Medical Gerontology, King’s College London**, will speak on the “New Service Models & Frameworks for Geriatric Syndromes of Falls, Frailty & Delirium Management”.
- **Mr Ralph Broad, Director, Inclusive Neighbourhoods Ltd and Founder, Local Area Coordination Network, UK**, will explore the design, development, implementation and long-term outcomes of Local Area Coordination, and examine the conditions for creating positive outcomes and sustainable change.

#### **SYMPOSIUM 3 – BEYOND HEALTHCARE TO HEALTH**

- **Dr Goh Wei Leong, Chairman and Co-Founder (Chairman, Medical Committee) of Healthserve, Singapore** will examine the pros and cons of shifting caregiving frameworks, to align with MOH’s three key shifts in “Health: The Community Calling”.
- **Associate Professor Federico Girosi, Associate Professor in Population Health at the School of Medicine, University of Western Sydney, Australia**, will share his expertise in the basic concepts of microsimulation modelling, a type of computer modelling that aims to simulate the behaviour of a large number of synthetic individuals (representative of a population of interest), and change their attributes such as health status in response to external stimuli, and the modelling implications on interventions and policies, to improve resource allocation.

#### **SHBC SCIENTIFIC COMPETITION 2018**

The annual Scientific Competition, a highlight of SHBC, is a showcase of the outcomes of research studies that have improved patient care and overall population health. This year’s Competition received a total of 638 submissions from the public healthcare clusters. The awards will be presented to 52 winners across 16 categories.

Notable SHBC Scientific Award Winners include:

- **Twice-yearly influenza vaccination shown to be more effective than annual vaccination in older adults**

The study led by the **National Centre for Infectious Diseases (NCID)** and **Tan Tock Seng Hospital (TTSH)** is the first clinical trial to investigate whether being vaccinated against influenza twice a year improves year-round protection in older adults. Year-round protection is thought to be necessary in tropical climates where influenza causes infections throughout the year, rather than just during the winter season. This year-long study was conducted in 200 community-dwelling adults in Singapore who were aged 65 years and above. The proportion of adults, whose antibody levels indicated they were protected against the three influenza strains in the vaccine, increased from 56.8 per cent to 80.4 per cent, following a second vaccination after six months. The incidence of respiratory illness was also significantly lower in the group which received two vaccines compared to those who just

received one. These findings suggest that twice-yearly vaccination of older Singaporeans can reduce the burden of influenza infection and its related complications. This project won **Gold** in the **Singapore Young Investigator Award (Clinical Research)** category.

▪ **Effectiveness of nurse-led wound clinic on clinical outcomes for patients with Chronic Leg Ulcers (CLU)**

Chronic Leg Ulcers (CLU) decrease patients' Health-Related Quality of Life (HRQoL) and the care of CLU requires significant nursing time and healthcare resources. While nurse-led wound care (NLWC) service is a well-established care delivery model internationally, it is relatively new in the local Primary Care setting. NLWC is a wound management service run by Registered Nurses who have received in-depth wound care training. A team from the **National Healthcare Group Polyclinics (NHGP)** conducted a study in nine polyclinics from August 2016 to September 2017 comparing 49 patients who received NLWC and 45 patients who received Standard Wound Care (SWC). Patients' HRQoL was assessed using questionnaires and patients' clinical outcomes were measured using wound size reduction rate and wound healing rate. Results from the study showed the reduction rate in wound size for patients under NLWC was three times higher than those under SWC. Correspondingly, the former also observed a faster (50 per cent higher) healing rate than those under SWC. These findings indicate that NLWC produces better clinical outcome and improved HRQoL among patients, and nurses are empowered to practise at the top of their licence to deliver higher levels of care to the population, resulting in efficient allocation of healthcare resources. This project won the **Singapore Primary Care Award (Oral)**.

For more information about SHBC 2018, visit [www.shbc.com.sg](http://www.shbc.com.sg).

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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 six 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 18,000 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 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](http://www.nhg.com.sg).

### **GLOSSARY**

林卓汉副教授 副集团首席执行官(医学教育和研究) 国立健保集团	Professor Lim Tock Han Deputy Group CEO (Education & Research) National Healthcare Group
新加坡卫生与生物医学大会	Singapore Health & Biomedical Congress
新加坡卫生与生物医学大会科学竞赛	Scientific Competition
人口健康	Population Health
陈笃生医院	Tan Tock Seng Hospital
全国传染病中心	National Centre for Infectious Diseases
国立健保集团综合诊疗所	National Healthcare Group Polyclinics