

OSTEOPOROSIS MANAGEMENT COURSE: A MULTIDISCIPLINARY APPROACH

21 May 2023, Sunday | 08:30 - 18:00

MD11 - Clinical Research Centre, National University of Singapore
10 Medical Dr, Yong Loo Lin School of Medicine, Singapore 117597



Registration Fee:

SGD 200 - Physician

SGD 100 - Allied Health / Nurse

REGISTER NOW

Registration closes 16 May 2023

Organised by the Osteoporosis Society Singapore (OSS), this course will teach healthcare professionals in the community to screen, diagnose and treat osteoporosis to prevent Singaporeans from sustaining fragility fractures.

With proper treatment, the risk of fractures can be reduced by 30-70%. However, there is low awareness on the importance of osteoporosis among healthcare workers and patients. Hence, the number of people who are at high risk of fractures being diagnosed and managed appropriately is low (<20%). This course aims to raise awareness of potential fractures and its consequences.

WHO SHOULD ATTEND?

Primary care physicians, hospital generalists and specialists, pharmacists and nurses

ENTRY REQUIREMENTS

Participants must possess either one of these qualifications:

MBBS / BSc Pharmacy / BSc (Nursing) / Diploma in Nursing / BSc (Diagnostic Radiography and Imaging) / Specialist Diploma in Radiology Nursing, or their equivalent

PROGRAMME

TIME	TOPIC	OBJECTIVES	SPEAKER
08:30	Welcome Remarks & Introduction of Speakers		A/Prof Ang Seng Bin Dr Linsey Gani
08:30	Identifying Osteoporosis: Importance and Diagnosis	<ul style="list-style-type: none"> Importance of osteoporosis Prevalence of osteoporosis and fragility fractures Impact of fractures on morbidity and mortality Diagnosis of osteoporosis 	A/Prof Ang Seng Bin
09:10	Assessment for Risk of Osteoporosis and Fractures	<ul style="list-style-type: none"> Screening for risk of osteoporosis on DXA bone mineral density (BMD) using OSTA tool Screening for fracture risk using FRAX tool 	Adj Prof Lau Tang Ching
09:30	Secondary causes of bone loss and fractures	<ul style="list-style-type: none"> To raise awareness of the risk factors for fractures and potential secondary contributors of bone loss, such as T2 DM and steroids Investigation and management of important secondary causes of osteoporosis 	Dr Chionh Siok Bee
10:00	BREAK		
10:15	How to read a DXA Report	<ul style="list-style-type: none"> Understand how to interpret a DXA scan 	Dr Chionh Siok Bee
10:35	Case Studies (25 mins each)		A/Prof Ang Seng Bin Adj Prof Lau Tang Ching Dr Chionh Siok Bee
11:50	Q&A and Wrap-Up		All faculty members
12:05	LUNCH & Group Photo		
12:55	Introduction of Speakers		Dr Linsey Gani
13:00	Pharmacological Management of Osteoporosis	<ul style="list-style-type: none"> Pharmacological options in the management of osteoporosis Risks and benefits of medications 	Dr Linsey Gani
13:30	Hormone Replacement Therapy (HRT) and its Role in Bone Health	<ul style="list-style-type: none"> Role of HRT in prevention of bone loss 	Dr Susan Logan
13:50	What's the Big Deal with Sarcopenia	<ul style="list-style-type: none"> Strategies to reduce sarcopenia in the elderly and to prevent falls 	Dr Lydia Au
14:20	BREAK		
14:35	Nutrition for bone health & muscle health	<ul style="list-style-type: none"> Key nutrients, nutrient requirements and nutrients in food Case studies 	Ms Janelle Pang
15:00	Exercise interventions for bone health	<ul style="list-style-type: none"> Exercise prescription for bone health and falls' risk reduction 	Ms Elizabeth Chan
15:25	Case Studies (25 mins each)		Dr Linsey Gani Dr Susan Logan Dr Lydia Au
16:40	Q&A and Wrap-Up		All faculty members
17:00	Examination (1 hr)		All participants

OSTEOPOROSIS MANAGEMENT COURSE: A MULTIDISCIPLINARY APPROACH

21 May 2023, Sunday | 08:30 - 18:00

MD11 - Clinical Research Centre, National University of Singapore
10 Medical Dr, Yong Loo Lin School of Medicine, Singapore 117597



TRAINERS' PROFILE

A/Prof Ang Seng Bin

A/Prof Ang Seng Bin is the Family Physician, Senior Consultant, Head of Menopause Unit of KK Women's and Children's Hospital. His research interests include osteoporosis, menopause, sexual health, healthcare innovations as well as dermatology. He is currently the President of Osteoporosis Society (Singapore). He has been active in undergraduate and post-graduate teaching and has several teaching appointments which includes Director (Family Medicine Development) of Family Medicine Academic Clinical Programme, Associate Programme Director of SingHealth Family Medicine Residency Program and so on.

Adj Prof Lau Tang Ching

Adjunct Professor Lau Tang Ching is a Senior Consultant in the Division of Rheumatology, Department of Medicine in the National University Hospital. He is the Vice-Dean (Education) at NUS Yong Loo Lin School of Medicine. He is also the Group Director (Education Office) at National University Health System. His main research interests are in Osteoporosis, Pharmacoeconomic Evaluation, Medical Education and Evidence-Based Medicine.

Dr Chionh Siok Bee

Dr Chionh is a Senior Consultant in the Division of Endocrinology, Dept of Medicine, National University Hospital (NUH) and Asst. Prof, Yong Loo Lin School of Medicine, National University of Singapore. She is the immediate past President of the Osteoporosis Society, Singapore and actively promotes improvement in patient care as Chair of the Fall Prevention Workgroup, Chair of the Clinical Directors' Committee and as Associate Chairman, Medical Board (Quality and Patient Safety), NUH

Dr Linsey Gani

Dr Linsey Gani is a consultant at the Department of Endocrinology at Changi General Hospital (CGH). She is the program director for the Eastern Community Health Outreach (ECHO) that works to provide chronic disease health screening to the eastern region in Singapore. She has also set up the Osteoporosis Liaison Service in CGH to provide secondary fracture prevention to patients admitted with fragility hip fracture. She currently holds a clinical senior lecturer position with the Department of Medicine, Yong Loo Lin School of Medicine, National University of Singapore.

Dr Susan Logan

Dr Susan Logan was a senior consultant at National University Hospital in the Department of Obstetrics & Gynaecology. She led in the areas of sexual and reproductive health, menopause, paediatric and adolescent gynaecology, sexual assault and sexual problems. She was also an Assistant Professor at the National University of Singapore. She is returning to the United Kingdom to take up her former Consultant and Honorary Senior Lecturer role in Scotland, UK.

Dr Lydia Au

Dr Lydia Au is the Head of the Division of Geriatric Medicine in JurongHealth Campus. She practises as a Senior Consultant in Ng Teng Fong General Hospital. She is a part of the pioneer team for JHC that helped to build and lead the establishment of the geriatric service for its new hospitals. Having extensive clinical experience in geriatric medicine, Dr Au takes a special interest in falls in the elderly, ortho-geriatrics and osteoporosis.

Ms Janelle Pang

Ms Janelle Pang is a Clinical Dietitian at the National University Hospital. She specialises in a range of medical expertise such as cardiology, diabetes, renal and haemodialysis, oncology, and orthogeriatrics. She is involved in improving safety, quality of care, overseeing NUH's Nutritional Screening Audit, menu planning for texture-modified diets, and the development of dietetics-related inpatient nursing resources for oral nutrition support and tube feeding.

Ms Elizabeth Chan

Ms Elizabeth Chan is a Senior Principal Physiotherapist at KK Women's and Children's Hospital. She graduated with a Bachelor in Physiotherapy and a Master of Science in Cancer Care. She has been involved in conducting exercise sessions under the Osteoporosis Patient Targeted Integrated Management of Active Living (OPTIMAL) Programme and assisting in osteoporosis health ambassador training programmes since 2007.

For any enquiries, please write to osteoporosis_society@themeetinglab.com

Please note that the scheduled course run will proceed only if the minimum class size is met.