

OSTEOPOROSIS MANAGEMENT (INTERMEDIATE)



SATURDAY 31 OCT 2020 | 12:50PM - 5:00PM
SUNDAY 1 NOV 2020 | 12:50PM - 6:30PM

REGISTER BY
12 OCT 2020

Course Reference Number: SkillsFuture Singapore (SSG)-Funded (CRS-N-0051987)

Due to COVID-19, this course will be held as 2 half-day online sessions via Zoom. Class size is limited to 40 pax.

CME, CNE &
Endocrine Core
Points Available

Jointly organised by the Osteoporosis Society Singapore and the NUS Yong Loo Lin School of Medicine, Division of Graduate Medical Studies, 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

MINIMUM 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



SELF-FUNDED PARTICIPANTS

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(Under Lifelong Learning Initiatives; Short Courses)

**INQUIRIES &
CORPORATE REGISTRATIONS**

Contact Ms Evelyn at nusmedcet@nus.edu.sg

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

Organized By



Division of Graduate Medical Studies
Yong Loo Lin School of Medicine



OSTEOPOROSIS SOCIETY
(SINGAPORE)



Endocrine & Metabolic
Society of Singapore



CHAPTER OF ENDOCRINOLOGISTS
CHAPTER OF RHEUMATOLOGISTS
COLLEGE OF PHYSICIANS, SINGAPORE



CUM SCIENTIA CARITAS

PROGRAMME DAY 1: Saturday 31 Oct 2020

Time	Topic	Objectives	Speaker/Facilitator
12:50pm	Welcome Remarks, Introduction of Speakers & Group Photo		Dr Chionh Siok Bee Dr Linsey Gani
1:00pm	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 	Dr Ang Seng Bin
1:30pm	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 	A/Prof Lau Tang Ching
1:50pm	Risk Factors for Fractures and Secondary Causes of Osteoporosis	<ul style="list-style-type: none"> • Risk factors for fractures and potential secondary contributors of bone loss such as T2 DM and steroids • Investigation and management of secondary causes of osteoporosis 	Dr Chionh Siok Bee
2:20pm	Break		
2:35pm	How to read a DXA Report	<ul style="list-style-type: none"> • Understand how to interpret a DXA scan 	Dr Chionh Siok Bee
2:55pm	Case Studies (35 mins each)		Dr Ang Seng Bin A/Prof Lau Tang Ching Dr Chionh Siok Bee
4:45pm	Wrap up and Q&A		All faculty members
5:00pm	End of Day 1		



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PROGRAMME DAY 2: Sunday 1 Nov 2020

Time	Topic	Objectives	Speaker/Facilitator
12:50pm	Introduction of Speakers & Group Photo		Dr Linsey Gani
1:00pm	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
1:30pm	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
1:50pm	Non-Pharmacological Management: Prevention of Sarcopaenia and Falls	<ul style="list-style-type: none"> Strategies to reduce sarcopenia in the elderly and to prevent falls Role of adequate calcium, vitamin D and protein Role of different types of exercise Fall prevention strategies 	Dr Lydia Au
2:20pm	Break		
2:35pm	Case Study by Dietitian	<ul style="list-style-type: none"> Diet for skeletal and muscle health 	Ms Janelle Pang
2:55pm	Practical Demonstrations by Physiotherapist	<ul style="list-style-type: none"> Exercise for bone health and fall reduction 	Ms Elizabeth Chan
3:15pm	Case Studies (30 mins each)		Dr Linsey Gani Dr Susan Logan Dr Lydia Au
5:15pm	Wrap up and Q&A		All faculty members
5:30pm	1 Hour Online Quiz and Course Evaluation		
6:30pm	End of Day 2		



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TRAINERS' PROFILES DAY 1

Dr Ang Seng Bin

*Head & Senior Consultant
Menopause Unit;*

Head, Family Medicine Service

KK Women's and Children's Hospital (KKH)

Associate Program Director

*SingHealth Family Medicine Residency
Programme*

- Concurrently serving as an Adjunct Clinical Associate Professor for School of Public Health, Curtin University (Australia) and an Adjunct Assistant Professor for Family Medicine, Paediatric and Obstetrics and Gynaecology (OBGYN) clerkships at Duke-NUS Medical School
- A member of the Board of Trustees, International Menopause Society, President of Asian Federation of Osteoporosis Societies, Council Member of Asia Pacific Menopause Federation, President of Menopause Research Society (Singapore) and Vice-President of Osteoporosis Society Singapore
- Research interests include osteoporosis, menopause, sexual health, diabetes mellitus and dermatology

A/Prof Lau Tang Ching

*Senior Consultant Rheumatologist
Division of Rheumatology*

National University Health System (NUHS)

Group Director

*National University Health System (NUHS)
Education Office*

Vice-Dean (Education)

NUS Yong Loo Lin School of Medicine

- Graduated from NUS in 1991, obtained his Membership of the Royal College of Physician in United Kingdom and the Master of Medicine (internal medicine) degree in 1997
- Holds a Master of Medical Science degree in Clinical Epidemiology (University of Newcastle, Australia) and a graduate diploma in acupuncture (Singapore)
- Research interests include osteoporosis, pharmaco-economic evaluation, medical education and evidence-based medicine

Dr Chionh Siok Bee

*Senior Consultant
Division of Endocrinology
Department of Medicine*

National University Hospital (NUH)

Asst. Professor

NUS Yong Loo Lin School of Medicine

- Currently President of the Osteoporosis Society (Singapore), and a member of the International Society of Densitometry Asia-Pacific Committee
- Plays an active role in patient safety as Chair of the Clinical Directors' Committee and Associate Chairman, Medical Board (Quality and Patient Safety), NUH
- Obtained medical qualifications from University College Cork, National University of Ireland, the Royal College of Physicians (Edinburgh), the Royal Australasian College of Physicians and trained in Endocrinology at the Royal Prince Alfred Hospital (Sydney)

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TRAINERS' PROFILES DAY 2

Dr Linsey Gani

*Consultant
Department of Endocrinology
Changi General Hospital (CGH)*

- Graduated from University of Melbourne and completed a Masters of Public Health in Health Care Management and Public Policy at the Harvard School of Public Health
- Concurrently serving as a Clinical Senior Lecturer with NUS Yong Loo Lin School of Medicine and an Adjunct Assistant Professor with Duke-NUS Graduate Medical School
- Established the Osteoporosis Liaison Service in CGH to provide secondary fracture prevention services to patients who are admitted with fragile hip fractures

Dr Susan Logan

*Senior Consultant
Department of Obstetrics &
Gynaecology (O&G)
National University Hospital (NUH)*

- Leads NUH O&G department in areas of sexual & reproductive health, menopause, paediatric & adolescent gynaecology, sexual assault & sexual problems
- Concurrently serves as the Director of Residency Training for Obstetrics & Gynaecology at NUHS, Family Medicine Residency Programme Deputy Site Director, Assistant Professor at NUS and an examiner for the Membership of the Faculty of Sexual and Reproductive Healthcare (MFSRH) & Membership of the Royal College of Obstetricians and Gynaecologists (MRCOG) exams
- A council member of the Obstetrical & Gynaecological Society of Singapore and Osteoporosis Society of Singapore

Dr Lydia Au

*Senior Consultant
Ng Teng Fong General Hospital

Director of Geriatric Medicine
JurongHealth Campus (JHC)*

- Part of pioneer team for JHC which helped to build and lead the establishment of the geriatric service for its new hospitals
- Part of the teaching faculty in the Singapore Healthcare Improvement Network and an active member of the Adult Protection Service
- Areas of interest include falls in elderly, orthogeriatrics and osteoporosis, and has spoken extensively on these topics at various geriatric symposiums and events

Ms Janelle Pang

*Dietitian
National University Hospital (NUH)*

- Graduated with a Bachelor of Nutrition and Dietetics from Flinders University
- Specializes in a range of medical expertise such as cardiology, diabetes, renal and haemodialysis, oncology, and orthogeriatrics
- 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



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TRAINERS' PROFILES DAY 2

Ms Elizabeth Chan

Senior Principal Physiotherapist
KK Women's and Children's
Hospital (KKH)

- Graduated with a Bachelor in Physiotherapy and a Master of Science in Cancer Care
- 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
- Helped establish some of the osteoporosis exercise programmes in KKH

COURSE FEES

SkillsFuture (SSG) Funding Available for Singaporeans

	International Participants	Singapore Citizens		Singapore PRs	Enhanced Training Support for SMEs
		39 years old or younger	40 years old or older		
Full Course Fee	\$950.00	\$950.00	\$950.00	\$950.00	\$950.00
Less: SSG Grant Amount	-	\$665.00	\$665.00	\$665.00	\$665.00
Nett Course Fee	\$950.00	\$285.00	\$285.00	\$285.00	\$285.00
7% GST on Nett Course Fee	\$66.50	\$19.95	\$19.95	\$19.95	\$19.95
Total Nett Course Fee Payable, Including GST	\$1,016.50	\$304.95	\$304.95	\$304.95	\$304.95
Less Additional Funding if Eligible Under Various Schemes	-	-	\$190.00	-	\$190.00
Total Nett Course Fee Payable, Including GST, after additional funding from the various funding schemes	\$1,016.50	\$304.95	\$114.95	\$304.95	\$114.95

¹All self-sponsored Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit to pay for the course. Visit <http://www.skillsfuture.sg/credit> to select the course.

²Mid-Career Enhanced Subsidy (MCES) - Singaporeans aged 40 and above may enjoy subsidies up to 90% of the course fee.

³Enhanced Training Support for SMEs (ETSS) - SME-sponsored employees (Singapore Citizens and PRs) may enjoy subsidies up to 90% of the course fee.

The Osteoporosis Society (Singapore) Education Grant

The Osteoporosis Society (Singapore) provides an education grant for **self-paying OSS members** who are not eligible for SkillsFuture credit (work visa/pass holders). **Eligible members may apply directly with the OSS via email at osteoporosis_society@themeetinglab.com**.

- Supporting documents will be required to validate these conditions.
- Applicants are required to be OSS members and to make a co-payment of 10% of course fees.
- The OSS will review each application and upon approval, the applicant may proceed to confirm the registration and pay registration fees. Applicants should obtain a pass for the course exam.
- The OSS will reimburse after the course with proof of payment receipt and certificate of attendance.
- Limited places are available and grant application should be made at least two weeks prior to the course.



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