

Translating the Science of Frailty in Singapore:

A National Consensus Discussion

Date: Saturday 7 April 2018 9am - 330pm

Venue: Auditorium (Level 1), Changi General Hospital

Hosted by:



Geriatric Education & Research Institute

IGA
Institute of Geriatrics
and Active Ageing

Time	PROGRAMME V 1.2 UPDATED 5 APRIL 2018	Speaker(s)/Discussants:
0900h	Opening welcome	Dr Chris Lien (Chapter Chair) & Ms Teoh ZW (DS, MOH)
Session 1: Understanding the Science Chair: Dr Mark Chan (TTSH)		
0910h	What's the science behind frailty?	Dr Wong Wei Chin (TTSH)
0930	Identifying Frailty: what do we really want to achieve?	Dr Lim Wee Shiong (TTSH)
0950	Real-world effectiveness: how can research meet the needs?	Dr Wong Chek Hooi (GERI)
1010	Interactive Q & A and Discussion: How does the current state of evidence and science inform our action?	Speakers Panel (live interaction with participants)
1030	Let's strengthen before tea! Tea	SPA, Proage & Active SG
Session 2: Translating the Science Chair: Prof Ding Yew Yoong (TTSH & GERI)		
1100	The Asia Pacific (AP) Clinical Practice Guidelines: what impact can we expect? What difference will it make?	Dr Chris Lien (CGH)
1115	Published Research from Singapore: 1. Epidemiology 2. Identification 3. Interventions in the community 4. Acute Care	Dr Reshma Merchant (NUHS) Dr Rahul Malhotra (Duke-NUS) Prof Ng Tze Pin (GERI) Dr Laura Tay (SKH)
1215	Panel Discussion: How does our local research relate to practice and policy? What other research is needed in Singapore?	
1230	Let's power up before lunch! Lunch	SPA, Proage & Active SG
1315	Video Snippets	Programme highlights
Session 3: The Science in Action Chair: Dr Chris Lien (CGH)		
1330	Move it or lose it! On-going programmes in Singapore: The troops are assembled and the action begun - where are we going? 1. EXERCISE AS MEDICINE: - GYM TONIC - What else will make us HAPPY? 2. FOOD FOR THOUGHT: Share a Pot! 3. EDUCATION & ENGAGEMENT: The Individual Physical Performance Proficiency Test for Seniors (IPPT-S) 4. Taking Stock: Exercises & Programmes	SPA, Proage & Active SG Mr Lee Poh Wah (LF) Dr Reshma Merchant (NUHS) Dr Wong Sweet Fun (KTPH) Dr Laura Tay (SKH) Ms Lee Sin Yi (SPA)
1430	Panel Discussion: The Science and Art of Evaluation – next steps and policy implications How can evaluation be used to meaningfully inform stakeholders and influence policy?	MOH (DS) with faculty from IGA, GERI, Society & Chapter
1500	Closing Remarks	Ms Teoh ZW (DS, MOH)

Problem statements:

- a. Can reducing frailty really reduce the health burden for ageing Singapore?
- b. Troops are aligned and the action has begun - but what really needs to be done?
- c. What science should drive our action?
- d. What evidence is there and what evaluation do we really need?
- e. Effectiveness vs benefit – whose benefit?
- f. What should a public health response be?
- g. What barriers to entry are there?
- h. What about market failures?
- i. Is frailty really a new construct or have we lost track of common sense and time tested wisdom?

Key objectives:

1. How should we build a frailty-ready health system for our ageing population?
2. How can we build more resilience within our communities?
What science should inform our actions?
3. Real-world effectiveness: How can ongoing research meet the needs?
How can we align efforts and partnerships?

Who should participate:

- Stakeholders in healthcare, academia, government agencies
- Community partners, social entrepreneurs, non-profit groups, civil society