



## PRESS RELEASE

**EMBARGOED TILL 23 May 2014, 5.00PM**

### **Industry-led training network to be established to empower patients in self-management of stroke**

Stroke is a significant cause of death and disability in Singapore. In 2011, stroke was the fourth highest cause of death, accounting for 9.0% of total deaths in Singapore. Each year, there are about 9,000 new stroke patients in Singapore.

With a rapidly ageing population, the burden of stroke is expected to increase. To address this potential challenge to Singapore's healthcare system and the society, Ang Mo Kio-Thye Hua Kwan Hospital (AMK-THKH), the Singapore National Stroke Association (SNSA), St Luke's Hospital (SLH), St Luke's ElderCare Ltd (SLEC), Ren Ci Community Hospital, Tan Tock Seng Hospital's Community Rehabilitation Programme and the Society for the Physically Disabled have joined forces to train and equip healthcare workers with knowledge and skills on patient education in self-management for stroke. Together, they aim to establish an industry-led training network whereby trained healthcare professionals will eventually have the expertise and experience to run stroke self-management workshops for patients. The Agency for Integrated Care (AIC) is funding this training collaboration through its Social and Health Manpower Development Programme – Intermediate Long-Term Care (SHMDP-ILTC) Visiting Expert scheme.

“A self-management model of care empowers patients with stroke to live well and manage their long-term condition, equipping them with the skills to meet their medical, social and emotional needs. Such patient education and empowerment effectively improve stroke patients' quality of life,” said Ms Fan Loo Ching, Principal Medical Social Worker, AMK-THKH.

For a start, a two-day workshop on “Stroke Self-Management Manual” will be held on 23 and 24 May 2014. It will be conducted by experts from the Hong Kong Society for Rehabilitation (HKSR). A total of 24 healthcare professionals from restructured and community hospitals as well as rehabilitation centres will be attending the workshop. Based on the Stanford Model on Chronic Disease Self-Management, adapted and developed by the HKSR to address the continuum of care and support for stroke patients in the community, the learning objectives include understanding concepts of patient empowerment, self-management, mutual aid and their application to patient education as well as key elements in enhancing patients’ learning and behavioural changes.

To enhance learning outcomes for participants, healthcare professionals will be encouraged to work collaboratively and support one another in running stroke self-management workshops together within their various regional health clusters upon completion of the training programme. A *Stroke Self-Management Workshop Network* will subsequently be formed for participants to learn from each cluster’s experience and support one another.

Dr Deidre Anne De Silva, President, SNSA, said, “By providing knowledge, sharing experiences and skills at this workshop, healthcare workers will gain a better appreciation of the challenges of coping with stroke, and will be empowered to organise and strengthen the community support network for stroke patients, their family members, caregivers and interested members of the public.”

For more information, please contact

Ms Peh Lay Koon  
Manager, Corporate Communications  
Ang Mo Kio-Thye Hua Kwan Hospital  
DID: (65) 6450 6154  
Email: [LayKoon\\_Peh@amkh.org.sg](mailto:LayKoon_Peh@amkh.org.sg)

Ms Jaime Yeo  
Communications and Liaisons Executive  
Singapore National Stroke Association  
DID: 6358 4138  
Email: [Jaime@snsa.org.sg](mailto:Jaime@snsa.org.sg)

## **About Ang Mo Kio-Thye Hua Kwan Hospital**

Established in 1993, Ang Mo Kio-Thye Hua Kwan Hospital (AMK-THKH) is a leading provider of geriatric and rehabilitative care. With more than 90% of its patients aged 50 and above, the Hospital prides itself in providing quality, affordable healthcare to the ill and needy.

At the heart of our care philosophy is a holistic approach that concentrates on the biological, psychological and social aspects of our patients' needs. We nurture our patients to be self-reliant and assist them in their integration back into society safely after illness. We achieve this by bringing a multi-disciplinary team to work together with our patients and their caregivers to chart each patient's care plan during their stay with us.

Caring for patients beyond their stay, the Day Rehabilitation Centre offers a similar suite of therapy services designed to keep patients fit and mobile, as they continue their integration in the community. In addition, the Hospital also runs a Healing Hub/Pharmacy which provides a one-stop service for customers requiring pharmaceutical products and rehabilitation aids. The Healing Hub retails rehabilitation aids, home care products, wound care products, nutritional feeds and medical aids. It also serves as an educational hub for patients and their caregivers to seek advice on essential products to have when taking care of various medical conditions. In partnership with Thye Hua Kwan Moral Society (THK), the THK TCM Medical Centre offers traditional treatment for pain management, "tui-na" and herb-based medication to treat an array of illnesses.

With this complement of services, AMK-THKH, strives to ensure that no deserving patient is denied quality, affordable healthcare.

## **About the Singapore National Stroke Association**

The Singapore National Stroke Association (SNSA) is the first stroke support group to be formed on a national level. It was registered under the Societies Act in December 1996 and was granted Charity Status in November 1998. The Association is a member of the Health Endowment Fund and the National Council of Social Service since 1999. It was founded by stroke survivors and caregivers with the guidance from doctors and health professionals. The Association depends fully on the generosity of individual and corporate donors for financial support. The SNSA does not replace the work of other government or private organizations in this space, but rather seeks to complement their good work.

SNSA strives to offer an avenue of help, support and information to stroke survivors and caregivers in their hour of need and to educate the public so that stroke incidence in Singapore can be reduced. For more information, please visit: [www.snsa.org.sg](http://www.snsa.org.sg).