

ENGAGE

Quarterly newsletter by the Singapore Physiotherapy Association

About Us



Founded in 1964, the Singapore Physiotherapy Association (SPA) is the only association that represents physiotherapy in Singapore. We are registered under the Registry of Societies Singapore, and a member of World Physiotherapy.

Our Vision:

To be united as one voice and to advocate for high standard of physiotherapy in Singapore.

Our Mission:

Encouraging high standards of physiotherapy practice education and research.

Promoting safe, effective, and proven clinical standards and practice.

Supporting and uniting physiotherapists in Singapore and beyond.



Singapore-International Physiotherapy Congress 2021

Singapore-International Physiotherapy Congress (SIPC) is a biennial scientific congress organised by Singapore Physiotherapy Association. The congress was originally planned for 2020 but had to be postponed to 2021 due to the COVID-19 pandemic, and was delivered virtually via Zoom. Nonetheless, the congress was a success, with almost 150 local and international participants!

This year's theme, 'INTEGRATE', features local and international speakers who have transformed care through integration of practice. They were invited by the organising committee, led by Dr Shamala Thilarajah (Principal Physiotherapist, SGH) and A/Prof Kwah Li Khim (Associate Professor, SIT), with support from SPA Finance Manager Maureen Loh and SPA Executive Committee.

Gracing the event is Senior Minister of State, Dr Koh Poh Koon who highlighted the potential for physiotherapists to drive care transformation through systems thinking, value-based care and seamless care.

“Physiotherapists have been a mainstay of allied healthcare since it’s advent in Singapore 80 years ago. Looking ahead, I am sure you will all continue to play a critical role in our healthcare system.”



Dr Koh Poh Koon
Senior Minister of State
Ministry of Health & Ministry of Manpower

This year, SIPC 2021 hosted 3 overseas experts and 60 local speakers. We were honoured to have Professor Cathie Sherrington (University of Sydney, Australia) as our Keynote speaker, and Professor Kay Crossley (La Trobe University, Australia) and Associate Professor Nicole Freene (University of Canberra, Australia) as plenary speakers. Our renowned speakers covered the latest evidence in the areas of falls in older adults, management of hip and knee osteoarthritis and physical activity.



Professor Cathie Sherrington
The University of Sydney



Professor Kay Crossley
La Trobe University



A/Prof Nicole Freene
University of Canberra

Prior to the congress, we organised 5 workshops covering a variety of topics from different specialities. These workshops were attended by 102 participants. The main congress had 3 tracks featuring 14 symposiums, 4 scientific tracks/oral presentation sessions and 4 ePoster viewing sessions. The presentations covered not only the latest updates in cardiopulmonary, neurological, musculoskeletal rehabilitation but also updates in the areas of education, research, and leadership advocacy.

Close to 200 participants, including international physiotherapy colleagues from Indonesia, Cambodia, Vietnam, India, Taiwan, Japan, Macau, Papua New Guinea, New Zealand, and Australia attended the congress. If you have signed up and missed out on a session, do not worry as the link to the recorded symposiums will be made available to participants 2 weeks after the congress. We would also like to take this opportunity to congratulate the winners for best oral presentation and best poster. Please continue your good work and you will be hearing from us shortly!

Award Winners

Best Oral Presentation (Cardiopulmonary): Mr Saboor Rahman Iqbal

Best Oral Presentation (Musculoskeletal): Mr Matthew Neo Ji Hui

Best Oral Presentation (Neurological): A/Prof Kwah Li Khim

Best Oral Presentation (Others): A/Prof Benjamin Soon

Best Poster Award: A/Prof Wee Seng Kwee

Partners

Main Sponsors:



Workshop 1 Sponsor:



Awards Sponsor:



SPA Physiotherapy Awards 2021

To recognise the contributions of physiotherapists, the SPA Membership Committee has launched the SPA Physiotherapy Awards! The awards category includes 'Outstanding Physiotherapist' for the public, private and ILTC sector, as well as the 'Promising Physiotherapist' award for early career physiotherapists.



Award criteria

Outstanding Physiotherapist (Public, Private, ILTC sector)

Nominees must be SPA member

Nominees must not be part of SPA Council.

SPA Sub-committee members can be nominated

Has demonstrated commendable service

Has made an impactful and lasting contribution to the profession

Actively involved in outreach and advocacy

Strong leadership and is a role model among peers

Engaged and contributed in CPD

Demonstrates learning spirit

Promising Physiotherapist

Nominees must be SPA member

Nominees must not be part of SPA Council.

SPA Sub-committee members can be nominated

NO MORE than 5 years physio experience

Has demonstrated commendable service

Has contributed to the profession

Actively involved in outreach and advocacy

Strong leadership potential

Engages in CPD

Demonstrates learning spirit

Nominations forms



tinyurl.com/SPAPhysioAwardsOutstanding2021



tinyurl.com/SPAPhysioAwardsPromising2021

Timeline



NOMINATE

- ✓ 1 Jul 2021: Nomination opens
- ✓ 18 Jul 2021: Nominations closes
- ✓ End Jul 2021: Successful nominees listed



VOTE

- ✓ 1 Aug 2021: Voting starts
- ✓ 1 Sept 2021: Voting ends



AWARD

- ✓ 8 Sept 2021: World Physiotherapy Day Awards announcement

Appointment of SPA Honorary Advisors and Auditors (2021-2022)

The appointment ceremony for the association Honorary Advisors and Auditors was held during the SPA Annual General Meeting on 18th May 2021.



PROF CELIA TAN

SPA Honorary Advisor

Group Director, Allied Health
SingHealth



MR ER BENG SIONG

SPA Honorary Advisor

Musculoskeletal Physiotherapist
Physiotherapy Associates Pte. Ltd.



MR DINESH VERMA

SPA Honorary Advisor
Vice Chairperson, World Physiotherapy AWP

Founder and Managing Director
V2U Healthcare



A/PROF CHAN YEW WENG

SPA Honorary Medical Advisor

Senior Consultant
Anaesthesiology
Singapore General Hospital



MR ALLEN PATHMARAJAH

SPA Honorary Auditor

Executive Chairman
AJP Advisers



MS LEE SOAK YEE

SPA Honorary Auditor

Principal Physiotherapist
Clinical Director
The Physiopartner

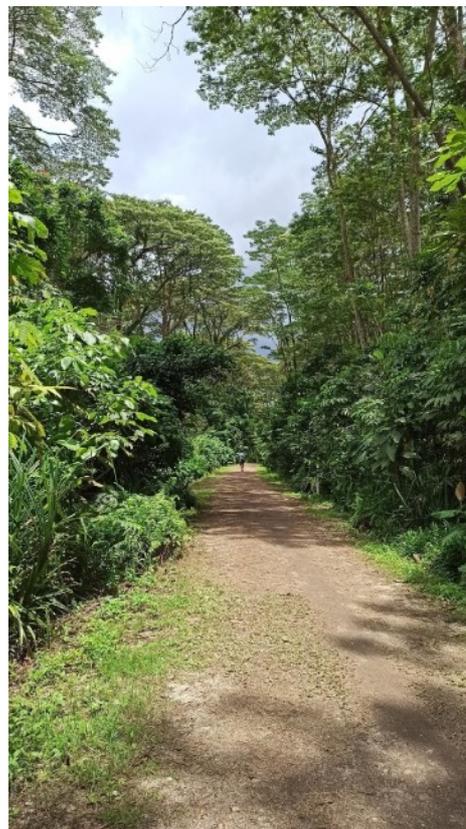
**David Lim
& Partners**

SPA Honorary Legal Advisor

Climate Change and Physiotherapy

Climate change is a global phenomenon, and everyone has a role to play. Collectively, health professionals have a responsibility for human health and acknowledge that climate change is a critical issue for their professions, the healthcare system and its delivery for both the short and long-term.

Physiotherapists are at the front of healthcare delivery. With our unique healthcare experience and knowledge, physiotherapists can play a key role in addressing the adverse impact of climate change on people's health. This includes raising awareness, educating individuals and populations as well as advocacy and research. As advocates of healthy living and preventive health, we are in prime position to encourage public awareness and action on climate change.



The EnvironMental Physiotherapy SG team is made up of a group of passionate physiotherapists who share common interests and concerns with how the environment and climate change can have an impact on the sustainability of an individual's physical, mental and psycho-social health. The team hopes to promote a platform of knowledge sharing and dissemination in an open landscape for physiotherapy research, practice, and education. Dr Lester E. Jones, senior lecturer at the Singapore Institute of Technology (SIT) has also championed for the inclusion of SIT to be part of the Environmental PT Agenda 2023, bringing forth the importance of the environmental agenda as one of the future stronghold for the profession.



[Click here to listen to the podcast!](#)

In alliance with the International Environmental Physiotherapy Association, the team hopes to reach out to more physiotherapists interested to pioneer change within this field especially in the following areas:

1. Sustainable Health - Coping with effects of Climate Change on Physical, Mental and Population Health
2. Physical Activity Behaviour: Sustainable Urban Design (Community and nature-based solutions)
3. Environmentally responsible profession - Eco-friendly physiotherapy



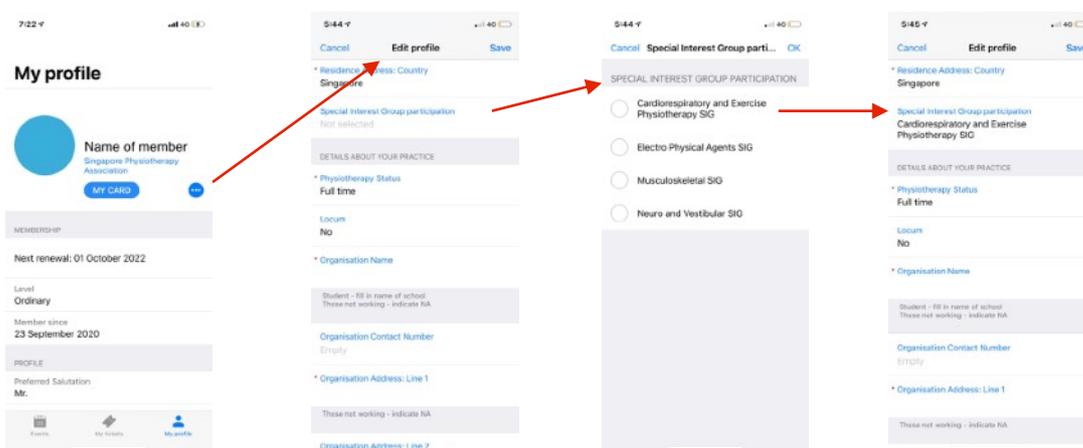
Interested parties may contact Paola Ng at ngpaola@gmail.com or Reddy at upendra_putturi@yahoo.com.

References:

- <http://environmentalphysio.com/about/>
- <https://www.greenplan.gov.sg/>
- <http://www.whpa.org/news-resources/statements/statement-health-and-climate-change>

Special Interest Groups

The [SPA Special Interest Groups \(SIGs\)](#) are currently looking into ways to compile clinical practice guidelines and implementation toolkits, and are planning activities to allow SIG members to connect and gain advice from expert physiotherapists. To ensure you are not missing out on activities run by SIGs, please ensure you indicate your interest to join the SIG on the Wild Apricot mobile app:



Research Updates

Anthony Goff, SPA member and Lecturer at Singapore Institute of Technology, has published a systematic review and meta-analysis investigating patient education for people with knee osteoarthritis. In summary, the review found that patient education improves short-term pain and function compared to usual care. However, the benefits are small and may not be clinically meaningful. Patient education produced similar benefits to exercise therapy for function but was inferior for pain in the short term. Combining patient education with exercise therapy results in greater and clinically important improvements in pain and function. The full article can be found open access at the Journal of Physiotherapy website (<https://www.sciencedirect.com/science/article/pii/S1836955321000540>).

PATIENT EDUCATION IN KNEE OSTEOARTHRITIS: A SYSTEMATIC REVIEW

GOFF, et al. Journal of Physiotherapy, 2021

AIM
To evaluate the effect of education on self-reported pain and function:

AS A STANDALONE AND COMBINED WITH OTHER INTERVENTIONS

INCLUDED

29 Studies

4,107 People with knee osteoarthritis

RESULTS



SELF-REPORTED PAIN AND FUNCTION

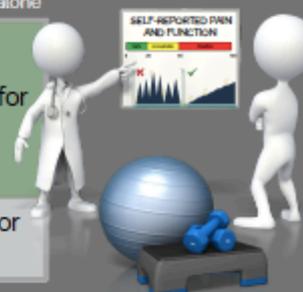
PATIENT EDUCATION ALONE

Short-term (< 6 months)	Is SUPERIOR to usual care	Is INFERIOR to exercise therapy*
Medium-term (6 to <12 months)	Is SIMILAR to usual care and exercise therapy	
Long-term (≥ 12 months)	Is SIMILAR to usual care and exercise therapy	

*It is inferior for pain and similar for function

PATIENT EDUCATION + EXERCISE THERAPY
compared to patient education alone

Short-term (< 6 months)	Is SUPERIOR for pain	Is SUPERIOR for function
Medium-term (6 to <12 months)	Is SIMILAR for pain	Is SUPERIOR for function
Long-term (≥ 12 months)	Is SIMILAR for pain	Is SIMILAR for function



SELF-REPORTED PAIN AND FUNCTION

IMPLICATION FOR PRACTICE

Patient education **improves** pain and function in people with knee osteoarthritis, with **better** effects when combined with exercise therapy



SCAN ME

Designed by: @anthonygo44, @DrDarioSilva, @M_Pozzani10, @DKCChrisBarton



Low to very-low certainty evidence
High heterogeneity in meta-analysis
Results may change with future studies




Shawn Soh has published a systematic review on falls efficacy instruments for community-dwelling older adults in the BMC Geriatrics journal. His review is based on the COnsensus-based Standards for the selection of health Measurement INstruments (COSMIN) guidelines that aim to help clinicians and researchers improve the selection of the most suitable outcome measurement instruments for their practice. The review revealed that the content validity of instruments to measure falls efficacy is understudied. The measurement of balance confidence provides some but not a complete understanding of falls efficacy. Falls efficacy may be better understood through four self-efficacy constructs: balance confidence, balance recovery confidence, safe landing confidence, and post-fall recovery confidence. While there may not be an all-purpose measure of perceived self-efficacy in managing a range of circumstances surrounding falling adequately, different measures might facilitate a greater understanding of the abilities of community-dwelling older adults in managing both falling and personal efficacy effectively.

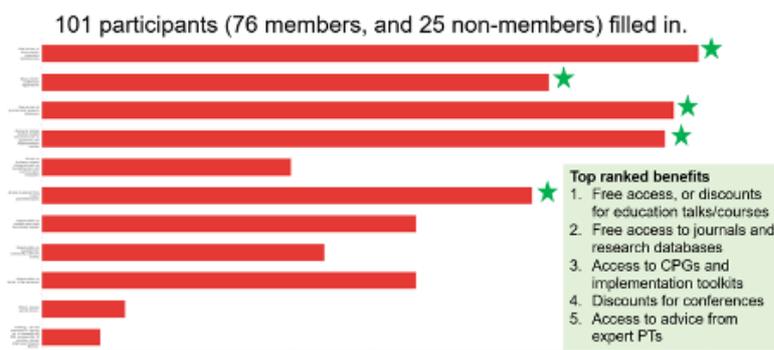


The article is accessible at <https://doi.org/10.1186/s12877-020-01960-7> for further reading.

Membership Value Survey

On Wednesday 5 May, SPA has sent out a [survey](#) to better understand how we can increase the value of an SPA membership. By 31 May 2021, we have received responses from 101 physiotherapists.

Results of SPA Membership survey



Of the 11 options, the top ranked 5 benefits are:

1. Free access/discounts for education talks/courses (82%)
2. Free access to journals and research databases (79%)
3. Access to CPGs and implementation toolkits (78%)
4. Discounts for conference registrations (63%)
5. Access to advice from expert physiotherapists (61%)

SPA continues to offer free access to members for education talks and courses organised by SPA. You can find the calendar of events here: www.physiotherapy.org.sg/events

SPA, as a member of National Council of Social Service (NCSS) also has free access to the EBSCO database. You may email us at secretary@physiotherapy.org.sg for the log-in credentials to access the database.

So why wait? [Join SPA](#) and invite your colleagues to be part of our ever-growing association!

49th SPA Council (2020-2022)

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