

# 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.

## 2021 in Summary

The COVID-19 pandemic has tremendously changed the way we live, work and play. Many of us, including the association faced many challenges and needed new solutions. At the same time, SPA Council saw many opportunities to engage our members, advocate for our professions, and build new connections with other stakeholders and the ministry.

SPA, together with the various Special Interest Groups (SIGs) and other associations organised and carried out many webinars, podcasts and public education via social media platforms. This was on top of organising the SPA Physiotherapy Awards, as well as the Singapore International Physiotherapy Congress 2021, which was held virtually.

In 2021, we had...

## 26 Webinars

## 25 Public Education

via Social Media

## 5 Podcasts

Physio Chats on Spotify

## Webinars

- 24 Feb: SPA-JPTA Webinar: Use of Robotics in Rehab.
- 18 Mar: The Use of Fitness Trackers in Healthy Adults, Chronic Respiratory Diseases and Stroke
- 8 Apr: Research/Clinical Practice Updates in Parkinson's Disease (Neuro SIG)
- 6 May: Spasticity Management after Stroke: When To Treat, What To Do, and What To Look Out For? (Neuro SIG)
- 19 May: Legal Implication of Public Risks of Our Profession
- 10 Jun: Sarcopenia: What Do The Measures Tell Us and What Can Be Done?
- 17 Jun: Differential Diagnoses and Red Flags for Knee Pain (MSK SIG)
- 30 Jun: Workforce Ready. Transiting from Student to Physiotherapist
- 9 Jul: Physiotherapist versus strength & conditioning professionals (MSK SIG)
- 22 Jul: Resilience During The Pandemic: Coping With Change and The New Normal
- 29 Jul: Resilience Starts with Me
- 29 Jul: Trans-Humeral Prosthetics (ISPO Singapore)
- 5 Aug: Psychologically Informed Physiotherapy (MSK SIG)
- 19 Aug: Trunk Control in Neurological Patients (Neuro SIG)
- 25 Aug: Share & Learn Night 1 - Medial Knee Pain 25 (MSK SIG)
- 9 Sep: Neuromuscular Electrical Stimulation (NMES) Myths, Misconceptions and Half Truths (EPA SIG)
- 17 Sep: Clinical Reasoning in Physiotherapy Part 1 (MSK SIG)
- 23 Sep: Benign Paroxysmal Positional Vertigo (BPPV) – Updates on Management
- 29 Sep: Share & Learn Night 1 - Lateral Knee Pain (MSK SIG)
- 7 Oct: Clinical Reasoning in Physiotherapy Part 2 (MSK SIG)
- 14 Oct: Musculoskeletal Clinical Translation Framework (Pain Association of Singapore)
- 28 Oct: Stroke Updates for 2020 to 2021
- 29 Oct: Share & Learn Night 3 - Anterior Knee Pain (MSK SIG)
- 4 Nov: Clinical Reasoning in Physiotherapy Part 2 (MSK SIG)
- 11 Nov: Physiotherapy and The Earth's Global Climate: A Need for Cultural Change
- 7 Dec: Understanding More About Mental Health Community Services (SAOT)

**Public Education via Social Media**

- 1 Jan: SMART goals setting
- 19 Jan: WHO PA Guidelines
- 23 Jan: Global Rehab Needs
- 13 Feb: Myths About Knee Osteoarthritis
- 2 Mar: Fitness Trackers and Physical Activity
- 4 Mar: Obesity & Knee Osteoarthritis
- 4 Mar: Knee Osteoarthritis Information Booklet
- 19 Mar: Parkinson's Disease Research and Updates
- 7 Apr: Factors Influencing Paretic Upper Limb Use in Acute Stroke
- 21 Apr: Rethinking Patellofemoral Pain with Professor Kay Crossly
- 27 Apr: How Common is Spasticity After Stroke
- 6 May: Falls in Singapore. Did you Know?
- 18 May: Sexuality After Stroke. Taboo or Reality?
- 1 Jun: How Should We Diagnose and Treat Sarcopenia in Asians?
- 10 Jun: Ultrasound Imaging. Part of a Physiotherapist's Toolkit in ICU?
- 22 Jun: Barriers and Facilitators of Pulmonary Rehab
- 4 Aug: Recovery of Trunk Control after Stroke
- 13 Aug: Getting to Know Your Physiotherapists
- 27 Aug: Are Physiotherapists Regulated Professionals
- 28 Aug: Allied Health Professions Act
- 9 Sep: Benign Paroxysmal Positional Vertigo
- 10 Oc: COVID-19 and Healthcare Leaders: How Could Emotional Intelligence Be A Helpful Resource During A Pandemic?
- 19 Oct: Stroke Updates
- 1 Nov: Is The Current Physiotherapy Practice Doing Harm To The Environment?

**Podcasts - Physio Chats on Spotify**

- 4 Mar: Obesity and Knee Osteoarthritis
- 15 Mar: The Lesser Known About Physiotherapy and Women's Health
- 11 Apr: Introduction to Parkinson's Disease and Others
- 26 Jun: Let's Start A Conversation About Environmental Physiotherapy
- 15 Nov: Weighing in on Brain Health

# NTUC Income Professional Indemnity for Allied Health Professionals

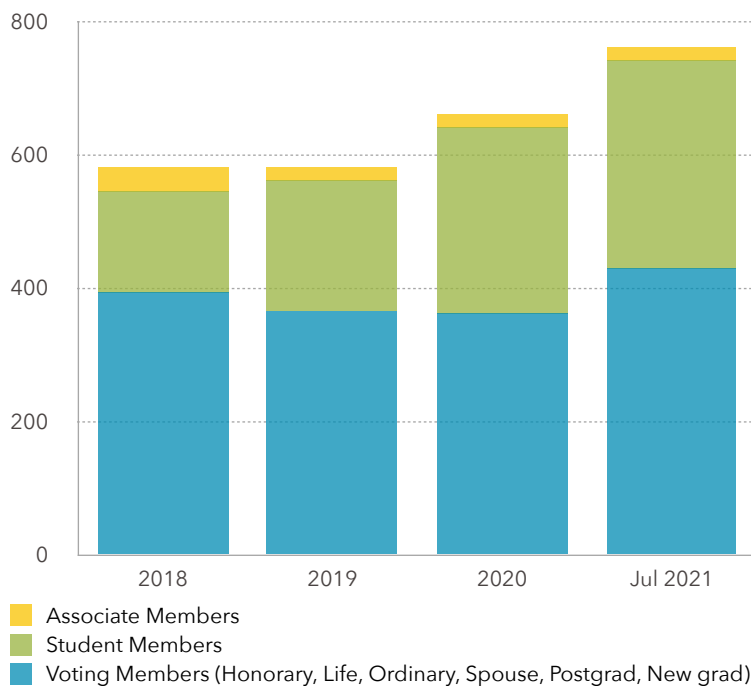
SPA has worked together with NTUC for a professional indemnity insurance for Allied Health professionals. It does not cover students, interns or provide coverage for short term duration. For more information please email [secretary@physiotherapy.org.sg](mailto:secretary@physiotherapy.org.sg).

Details	
Annual Premium	S\$450 + 7% GST (S\$481.50) SPA members enjoy 15% off annual premium
Coverage	<p>Medical Malpractice Insurance:</p> <ul style="list-style-type: none"> <li>• Deductible: S\$1,000 each and every claim (eec) inclusive of defence costs and expenses</li> <li>• Retroactive date: As per date of inception of this policy and excluding all known claims and/or circumstances.</li> <li>• Period of Insurance: 12 months from date to be advised and agreed</li> <li>• Limit of Indemnity (LOI): S\$500,000 any one claim/aggregate (aoc/agg) inclusive of defence costs and expenses (per insured).</li> <li>• Loss of Documents extension, sub-limit: 10% of LOI aoc/agg</li> <li>• Libel and Slander extension, sub-limit: 10% of LOI aoc/agg</li> <li>• Fraud &amp; Dishonesty extension, sub-limit: 10% of LOI aoc/agg</li> <li>• Legal Representations at coroner's inquiries, sublimit: 10% of LOI aoc/agg</li> </ul> <p>Exclusion: Public Liability &amp; Product Liability; Product Liability &amp; Product Efficacy; Clinical trials; Cosmetic surgery/procedure; Hepatitis, SARS, AIDS/HIV, Creutzfeldt-Jakob Disease (CJD), LASIK, Ophthalmologist, Molestation, Excluding administration of and/or procedures performed under general anesthesia, Excluding all prior and pending, known claims/circumstances prior to the policy inception date, Excluding fines, penalties, punitive and exemplary damages, Infectious disease/ Covid 19 exclusion, Cyber Loss Absolute exclusion</p> <p>Sanction clause Condition Precedent clause All other terms, conditions and exclusions as per policy wording.</p>

Applicants will be subjected to individual underwriting of their respective Income medical indemnity proposal form (individual) submitted via their respective associations. Applicants are required to submit their CV/professional track record. As the policies are for individual persons, their premium shall be fully paid before the policy can be accepted.

## SPA Membership

SPA Council would like to thank you for supporting our association. Let's continue to grow and work together!



### Wild Apricot Mobile Application

Check your membership status, edit your profile, sign up for activities/events, and join a Special Interest Group!

**Download the Wild Apricot Mobile app now!**

Search "Wild Apricot for members" on App Store and Google Play

**Not a member? Join SPA now!**



<https://tinyurl.com/joinsgphysio>

### 49th SPA Council (2020-2022)

#### **EXCO**

Lee Sin Yi, Jazimin Haron  
Li Khim, Calvin Sim

#### **Corporate Communications**

Clayton Chua, Kieron Phillips

#### Sub Committee:

Aiden Lin, Audrey Kwan,  
Chia Hui Yi, Chan Mei Fei, Daryl Lim

#### **Education Committee**

Pei Ling, John Tan,  
Angel Lim, Potturi U Reddy

#### Sub Committee:

Annuradhaa Ravi, Benjamin Fun,  
Gary Koh, Ruth Chua,  
Jonathan Yeo, Au Shu Qi,  
Megan Ho, Hong Ting, Renie Low

#### **Membership Committee**

Pooja Verma, Derrick Tan

#### **SPA Administrative Support**

Maureen Loh

Compiled and edited by Jazimin Haron

Template by Pages

Keen to be part of  
the editorial team? Email us  
[secretary@physiotherapy.org.sg](mailto:secretary@physiotherapy.org.sg)