



VOLUME 3 | MAY 22

A light grey line art illustration of a hand, palm facing forward, with fingers slightly spread. The hand is positioned behind the main title text.

THE PROPRIOCEPTION

- 02 INTRODUCING THE
30TH COUNCIL
- 04 TRIMESTER 3 HAPPENINGS
- 05 APTSA HIGHLIGHTS
- 07 3 TIPS TO PREP FOR YEAR 3

INTRODUCING THE 30TH COUNCIL



Top row from left to right:
Kenneth Mah, Elsa Tan, Rachel Chiew, Liang Liwen, Esther Xu, Charmaine Goh, Dino Shafizan

Bottom row from left to right:
Mohit Murli Khemlani, Ruain Ramos, Subramaniam, Neo En Dian, Dora Raj s/o Anpalagan, Aaron Ang

HELLO!

PRESIDENT & VICE-PRESIDENT

Hello everyone! We're the 30th SPASC President and Vice-President!

We're here to bring all members of the student council together to function as one. We oversee the different teams within the council and ensure that a vision is set and followed through via the initiatives that are introduced and executed. This year, we're aiming to introduce a few new initiatives (which we're really excited about), and improve current ones to better add value to our members' professional growth and development. It can't be serious business all the time, so we're also hoping to have more events that people will enjoy participating in!

Feel free to hit us up with suggestions or initiatives you'd like to see, or just say hello if you bump into us in school!



SECRETARY - TREASURER

Hey everyone! I am the 30th SPASC Secretary-Treasurer! My role will be to assist the Presidents and liaise with the Secretary of SPA regarding budget and administrative matters, I'm also the IC for ad-hoc events such as PT Essentials! I hope that SPASC will be able to provide our fullest support to all the needs of our student body, and equip them to become aspiring Physiotherapists for our country!



INTRODUCING THE 30TH COUNCIL

PROFESSIONAL DEVELOPMENT TEAM



Hey everyone! We are the 30th SPASC Professional Development Team! The core of SPASC is professional development, we understand the importance of enhancing the growth of our students, and this reflects our role in SPA - to upskill physiotherapy students & prepare them professionally for the industry. We have some interesting & new programs for students to look forward to this coming year, so do look out for what we have in store for you!

Hi Everyone! We are the 30th SPASC Publications Team! Our role in SPASC is to make sure that the good stuff planned by the council is heard and seen by all our fellow student PTs! We provide a platform for everyone to hear and be heard. Our goal is to bridge the gap between the students and the council and to ensure the delivery of all events and useful information for everyone to see and use in their professional careers. We are the team behind the Telegram, Whatsapp group chats, as well as the SPASC Instagram page. So please, don't be afraid to say hi if you see us around or if you need help recruiting participants for your research projects!



PUBLICITY TEAM

Hi everyone! We are the 30th SPASC Events Team! Our mission is to unveil snippets of this fulfilling profession in ways that you can remember. We plan and organize events for the student population/ SPA student members to enrich your journey in SIT Physiotherapy!

Our goal is to bring about well-organized events where both the council, SPA student members and the student body can benefit in an enriching way. Our dream is to put a smile on everyone's faces in our own possible ways through our events. Lastly, we hope to form an everlasting experience through our events towards the student body as well as the SPA student members in the future.

EVENTS TEAM



TRIMESTER 3 HAPPENINGS

SPA WEBINARS



Singapore Physiotherapy Association (SPA) engages many physiotherapists worldwide to organise various webinars. These webinars aim to educate the Physiotherapy community on various topics, including latest developments and practices in the Physiotherapy scene.

For the upcoming trimester, look forward to learning more about rebranding the perception of physiotherapy in Singapore on 25 May 2022. On the same date, the SPA will be holding its 58th Annual General Meeting.

PT ESSENTIALS



As part of an ongoing effort to better equip our student physiotherapists for the upcoming trimesters, the SPASC organises and collates bulk orders of resources that are essential for self-directed learning. In this trimester, we will be ordering stethoscopes, stay tuned to our social media for more details!

CASE STUDY COMPETITION



In a lead up to World Physiotherapy Day (WPTD) on 8 Sep 2022, SPASC will be hosting a Case Study Competition via our Instagram page. Students will be given a chance to write in their diagnosis, interventions, clinical reasonings, etc., and entries will be judged by SIT Professors. Stand a chance to win the grand prize worth up to \$50!

DAY ZERO MEMBERSHIP DRIVE

At the end of the Trimester, SPASC will also begin to ramp up the SPA membership drive towards incoming Y1s and graduating Y4s. More details regarding a free gift for new members will be shared closer to the date!



APTSA HIGHLIGHTS

The Asia Physical Therapy Association (APTSA) Congress 2022 was held online on 16th April & 30th April 2022 with seven key speakers from a wide array of clinical settings coming on board to share their experiences! Each day of the congress focused on one half of the theme "Heartware or Hardware". This 11th APTSA congress saw over three dozen attendees.

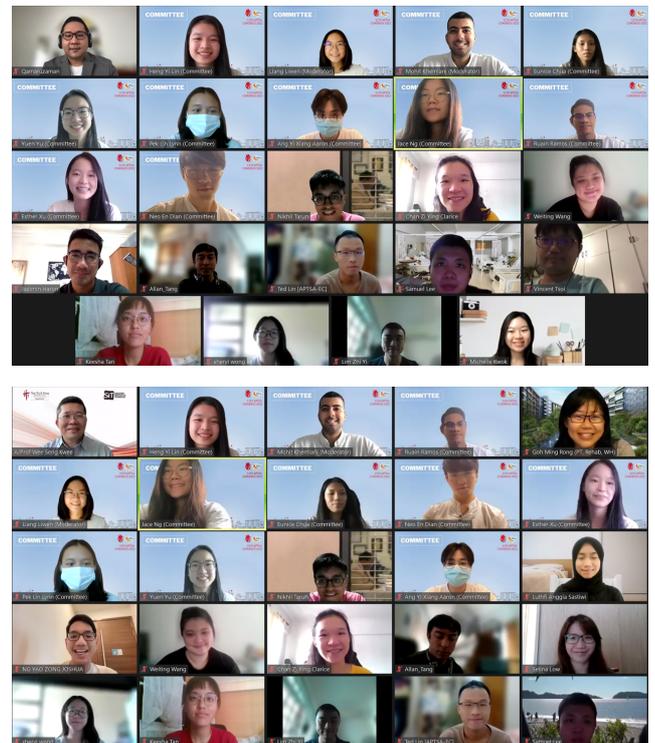
TOPICS

DAY 01

1. Musculoskeletal Physiotherapy, Accident & Emergency
2. Neurological Physiotherapy
3. Intensive Care Unit / Cardiopulmonary Physiotherapy
4. Chronic Disease Physiotherapy

DAY 02

1. Communication
2. Pain Science



ATTENDEES' INSIGHTS

"APTSA congress is a necessary and eye-opening experience."

"Small acts during treatment can help to build patients' confidence in recovery."

"Topics are mind-blowing!"

"The webinar inspired me to consider what career specialisation I should gear myself towards."

"Having a toolbox of communication skills will improve rapport with clients and allow us to better understand their challenges."

"The biggest takeaway for me was that a Doctor can save a life, but a Physiotherapist can save the Quality of Life."

APTSA HIGHLIGHTS

Though SPASC cannot possibly digest the contents of the webinar into the newsletter, we can share one key takeaway regarding

PATIENT COMMUNICATION



Ms. Lim Hui Khim, Senior Principal Mental Health Counsellor at Changi General Hospital

Any loss can cause grief, and in turn anyone can experience grief. Approach grieving patients, friends, or family members with the “HEART” method.

H - Help in practical needs

E - Empathy

A - Active listening

R - Respectfully

T - Time-to-time check in

All in all, the congress had left quite an impression on the attendees. The topics discussed shed light on the importance of compassion as physiotherapists. The speakers also provided valuable insight and motivation for the aspiring student physiotherapists to go above and beyond the call of duty.

SPASC hopes that attendees had an amazing time during the webinar. We hope to see you again next year at APTSA Congress 2023!



Photos can be found here: <https://www.facebook.com/APTSAEC/>

3 TIPS TO PREP FOR YEAR 3

Hello readers! At SPASC, we understand the anxiety involved when transitioning into the next trimester and starting clinical attachments. Unsure about where to start? We asked the Year 3s for their thoughts on the way ahead for the Year 2s, and compiled their advice into this section. Take a look at the responses to understand what it takes to get through the coming trimester!

What's a single piece of advice you wish you received before you started Year 2 Tri 3?

#1

Do sign up for ANYTHING that will allow you to have any form of clinical practice. My only regret is that I did not sign up for enough exposure to clinicals!

#2

If the going gets tough, remember your reason for wanting to be a physiotherapist. Everything that's good, bad, fun, or difficult now is a part of the process to become what you want to be!

#3

If there aren't enough opportunities for you to be exposed to clinical settings, go volunteer! Some eldercare centers recruit assistants to help with activities and exercises!

How much tougher is Year 3 Tri 1 compared to Year 2 Tri 3?

#1

Very tough! However with the help of SIT staff who organised attachments and preparation of MSK topics (which in my opinion is critical), I was able to get through the trimester!

#2

It was the same! Do revise what you have learned in the past few trimesters and have confidence in yourself!

#3

It was so much tougher, I wanted to cry! However, what I think would help is to mentally prepare yourself this coming trimester. Also, do be prepared to invest a lot of time into revision!

What was a key event/ highlight of your own Year 2 Tri 3?

#1

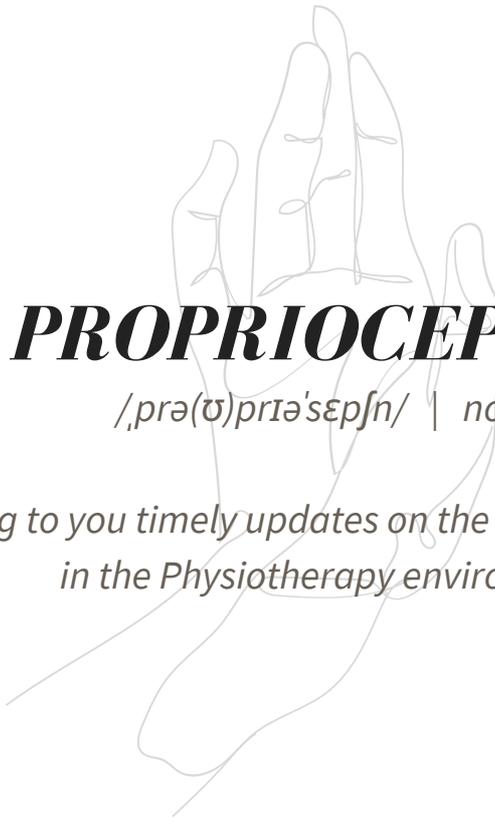
Last Practical Exam EVER! It is the last time you will ever experience the stress and excitement to show off your skills! Enjoy and savor it!

#2

Passing the clinical! It was definitely a tough but memorable experience!

#3

Volunteering at St. Luke's Eldercare Centre. It was such an eye-opener to work with the elderly and it really helped me understand the community care setting.



PROPRIOCEPTION

/prə(ʊ)prɪə'seɪʃn/ | noun

*bringing to you timely updates on the latest happenings
in the Physiotherapy environment*

WRITTEN BY
30TH SPASC PUBLICITY TEAM

 @spa.sc  <https://t.me/SGphysiostudents>