



SINGAPORE

20 - 21 OCTOBER 2017

MESSAGE FROM THE COMMITTEE

Dear Friends,

On behalf of the Singapore Heart Foundation and the 2nd SPCRS Organising Committee, we are delighted to extend a warm invitation to you to participate in the 2nd Singapore Prevention and Cardiac Rehabilitation Symposium to be held from 20 to 21 October 2017.

Cardiac Rehabilitation is at a crossroads, straddling traditional multidisciplinary exercise-based rehabilitation approaches as well as the incorporation of modern technology in current rehabilitation programs. As telehealth, smartphones and other gadgets become more accessible to the masses, healthcare providers need to adapt and learn to maximize their potential to benefit patients. Despite technological advances, traditional aspects of cardiac rehabilitation such as psychosocial support and face-to-face interaction remain powerful tools in engaging patients and should not be overlooked. Achieving a good balance between old and new techniques is essential in breaking down barriers to cardiac rehabilitation.



Yours Sincerely,



Professor Tan Huay Cheem
Chairman
Organising Committee
SPCRS 2017



Dr Raymond Wong
Co-Chairman
Organising Committee
SPCRS 2017



Dr Peter Ting
Co-Chairman
Organising Committee
SPCRS 2017



Dr Yeo Tee Joo
Chairman
Scientific Committee
SPCRS 2017



Dr Tan Swee Yaw
Co-Chairman
Scientific Committee
SPCRS 2017

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ABSTRACTS

PROGRAMME
AT A GLANCE

Secretariat

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MESSAGE FROM THE COMMITTEE

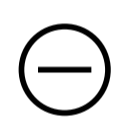
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Following the success of the inaugural SPCRS in 2015, this year we have expanded our program to include pre-symposium small group workshops that aim to provide hands-on learning in 4 separate clinical tracks. This will be followed by the full-day symposium proper with an expanded theme "Advances in Cardiac Rehabilitation for improved health" incorporating key lectures on e-health, policy and strategy, nursing and allied health as well as exercise prescription. Helmed by renowned international and local experts, SPCRS 2017 presents an excellent platform for networking, exchange of ideas and collaboration. Researchers will also have the opportunity to present their work and vie for awards during moderated and oral poster sessions.

SPCRS 2017 is a comprehensive event that brings together cardiologists, trainees, general physicians, nursing and allied healthcare professionals as well as anyone involved in the multidisciplinary cardiac rehabilitation team under one roof. We encourage all of you to support and participate in SPCRS 2017 and look forward to hosting you in sunny Singapore come October 2017.



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PROGRAMME

PRE-SYMPOSIUM WORKSHOPS

DAY ONE 20 OCTOBER 2017

Workshops 1 to 2 will run concurrently from 0800

MORNING WORKSHOP

WORKSHOP 1 : Healthy Cooking Workshop
 By **Chef John Sawarto**
 Facilitators : Ms Toh Yun Xuan & Mr Lim Kiat

| | |
|-------------|-------------------------------|
| 0800 – 0830 | Registration |
| 0830 – 0900 | Cooking Demonstration by Chef |
| 0900 – 0915 | Tea-Break |
| 0915 – 1130 | Hands-on Cooking |

This healthy cooking hands-on workshop aims to equip healthcare professionals with healthy, balanced meal knowledge and healthier food substitutions to help them in guiding their patients towards cultivation of healthier eating habits.

Lead by Chef John Sawarto and Nutritionists, attendees will be teamed up as groups of four to present a healthy, balanced meal with two recipes given to them. They will start off with a cooking demonstration by the Chef, to whipping up their own dishes with the recipes given as a reference, presenting the final products and end off with food sampling by the Chef and Nutritionists. All of those will be graded by the Chef and Nutritionists from preparation to sampling of the dishes.

The group with the top score in alignment with the healthy, balanced meal theme, will walk away with a beautiful set of Corelle Hamper each.

WORKSHOP 2 (POLICY & STRATEGY) : Is Your CR Programme fulfilling its potential? Tips and Tricks to Empower Low Resources Countries' Institutions to Deliver Quality CR
 By **Professor Nizal Sarrafzadegan**
 Facilitators : Dr Yeo Tee Joo & Dr Raymond Wong

This interactive session allows new and existing cardiac rehabilitation providers as well as primary care providers to share their experiences and challenges in improving heart health for patients.

Prof Nizal will outline the WHO HEARTS package and its efficacy in both primary and secondary prevention, using the Isfahan Healthy Heart Program as an example.

Participants will get a better understanding on how to utilize the components of the HEARTS package to fit their Individual programs.

1200 – 1300 **LUNCH**

Workshops 3 to 5 will run concurrently with a Tea-Break 1530 – 1600

AFTERNOON WORKSHOPS

WORKSHOP 3 (E-HEALTH) : E-Health and Telemedicine in Prevention – Experiences, Practical Tips and Pitfalls
 By **Professor Hugo Saner, Adj Assoc Professor Tan Swee Yaw, Dr Ponraj Durairaj, Mr Luo Zhi Qiang, Ms Angela Ng Hwee Koon, Dr Ling Zheng Jye & Dr Peter Ting**
 Facilitators : Adj Assoc Professor Tan Swee Yaw & Dr Peter Ting

The interest in eHealth has increased tremendously in recent years, particular in the management of chronic diseases. Heart disease and its associated risk factors are ideal candidates for telemedicine. However, when and how to best apply this new technology still requires more research. This workshop is a forum to share various experiences setting up eHealth programs for cardiac health and prevention.

Speakers include Prof Hugo Saner, a prominent proponent of eHealth in Europe, as well as speakers from various institutions and practices in Singapore that have successfully implemented or piloted eHealth projects. The format consists of short sharing sessions by the speakers, followed by an interactive panel discussion with the audience on the practical aspects, learnings and difficulties in incorporating eHealth into real world practice.

Practical Application of eHealth and Telemedicine in Cardiac Rehabilitation And Secondary Prevention
 By Prof/Dr Hugo Saner
 University Clinic for Cardiology, University Hospital, Inselspital Bern CH

Mobile App Experience in Institution/Hospital based Cardiac Rehabilitation in Singapore
 By Adj Assoc Prof Tan Swee Yaw, Director of Cardiac Rehabilitation
 National Heart Centre Singapore

Development of eHealth Tools for Cardiac Applications – the Developer's Perspective and Experience
 By Dr Ponraj Durairaj & Mr Luo Zhi Qiang, Lecturers
 School of Information Technology, Nanyang Polytechnic

EHealth Experience for Heart Failure Program, Changi General Hospital
 By Ms Angela Ng Hwee Koon
 Eastern Health Alliance

Various Applications of Telehealth and Monitoring at National University Hospital Singapore
 By Dr Ling Zheng Jye, Assistant Director of Medical Informatics
 National University Hospital

EHealth Use in Community Based Prevention and Rehabilitation Programs
 Dr Peter Ting, Cardiologist, Chief Medical Officer, Cardiacs Program

WORKSHOP 4 (NURSING & ALLIED HEALTH) : Hues of Cardiac Blues – Managing Psychosocial Impacts of Heart Diseases
 By **Prof David Thompson**
 Facilitators : Dr Wang Wen Ru, Dr Wong Suren, Dr Rahizan Muhammad Zainuldin, Ms Karen Koh, Ms Lai Shuet Ming, Ms Nyeo Hui Qing & Ms Toh Lay Cheng

Have you found yourself in a situation with a crying, depressed or unmotivated patient and you feel helpless too? Come and join this workshop to have a better understanding of the psychological impacts of heart disease that your patient might be experiencing.

This interactive workshop with patient interactions aims to provide opportunities to improve clinical outcomes and therapeutic responsiveness as facilitated by Prof David Thompson. There will be opportunities to discuss the current practices and challenges of psychosocial issues within health care settings in your practice.

Different types of psychosocial assessments and interventions of various major psychosocial issues will be introduced such as maladaptation or anxiety, depression with sleep issues and refusal to adopt healthy lifestyle.

You will have the opportunities to work in groups to conceptualize a plan to assess and discuss the strategy to approach patients who are going through different types of psychosocial issues practice in your workplace.

At the end of this workshop, participants will be able to:

- Understand the psychosocial impacts of heart disease
- Implement psychosocial assessment tools after practice in role plays
- Assess how one might utilize this intervention in various settings

WORKSHOP 5 (EXERCISE PRESCRIPTION) : Stand-up, Step-up and Step-out to Effective Practical Assessments of Physical Activity and Fitness in Prevention and Rehabilitation
 By **Prof John Buckley**
 Facilitators : Mr Tay Hung Yong, Mr Qamaruzaman Syed Gani, Ms Cindy Lim, Ms Swapna Tony, Mr Lim Kian Chong, Ms Serene Lim

Physical Activity and Aerobic Fitness are each known independently and collectively to reduce morbidity and mortality in people. Do you know how much physical activity your clients are doing? What is considered sufficient? How do you measure physical activity? What "simple steps" can you take to effectively gauge aerobic fitness (anytime anywhere)? What are the tools available?

At the end of this workshop, participants will be able to:

- Understand the physiological impact of increased physical activity and fitness on the heart, circulation and metabolism.
- Implement various practical sub-maximal exercise testing protocols – Practical Session
- Appreciate the influence of and how to measure sedentary behaviour in the cardiac population.

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Organised By Singapore Heart Foundation
 Four Hearts. One Care.

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 SingHealth National University Heart Centre, Singapore
 A member of the NUHS Singapore Cardiac Society

International Council of Cardiovascular Prevention and Rehabilitation (ICCP)
 WORLD HEART FEDERATION® APHN Asia-Pacific Heart Network



PROGRAMME

MAIN SYMPOSIUM

DAY TWO 21 OCTOBER 2017

| Time | Programme |
|-------------|--|
| 0800 – 0900 | Registration |
| 0900 – 0910 | Opening Address/Welcome Address By Professor Tan Huay Cheem, Chairman of SPCRS 2017 |
| 0910 – 0920 | Speech by Guest-of-Honour : Dr Lam Pin Min, Senior Minister of State Ministry of Health |

THEME : E-HEALTH

Chairs : Dr Peter Ting, Dr Tong Khim Leng & Dr Yeo Tee Joo

| | |
|-------------|--|
| 0920 – 0950 | Keynote Address : Impact of E-health on Cardiac Rehabilitation By Professor Hugo Saner, University of Bern Director of Cardiovascular Prevention and Rehabilitation, Swiss Cardiovascular Centre Bern University Hospital, Switzerland |
| 0950 – 1010 | Local Experience in E-health By Adj Asst Professor Tan Swee Yaw Director of Cardiovascular Rehabilitation and Preventive Cardiology National Heart Centre, Singapore |
| 1010 – 1020 | Q&A Session |
| 1020 – 1040 | Tea-Break |

THEME : POLICY/STRATEGY

Chairs : Dr Leonard Li, Dr Jason Loh & Dr Raymond Wong

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|-------------|---|
| 1040 – 1110 | Importance of Psychosocial Management in Cardiac Rehabilitation By Professor David Thompson Director of the Centre for the Heart and Mind Mary Mackillop Institute for Health Research, Australia |
| 1110 – 1140 | Barriers to Cardiac Rehabilitation and How to Overcome Them By Professor Nizal Sarrafzadegan Director of Isfahan Cardiovascular Research Institute Isfahan University of Medical Sciences, Iran |
| 1140 – 1200 | Status of Cardiac Rehabilitation in Singapore By Dr Yeo Tee Joo, Consultant Cardiologist National University Heart Centre, Singapore |
| 1200 – 1215 | Panel Discussion |
| 1215 – 1305 | Lunch |
| 1305 – 1335 | Poster Presentation & Viewing – Part 1 |

THEME : NURSING & ALLIED HEALTH

Chairs : Dr Grace Chang, Ms Loy Yijun & Ms Nyeo Hui Qing

| | |
|-------------|--|
| 1335 – 1350 | Self Management : Introduction to Life Coaching & Sleep Hygiene By Dr Wong Su Ren, Senior Occupational Therapist National University Hospital, Singapore |
| 1350 – 1405 | How Current and New Pharmacotherapy Affects Cardiac Rehabilitation By Ms Wong Yee May, Principal Pharmacist Tan Tock Seng Hospital, Singapore |
| 1405 – 1415 | Panel Discussion – Part 1 |
| 1415 – 1430 | Nurses Role in Cardiac Rehabilitation By Ms Chong Thye , Assistant Director of Nursing National Heart Centre Singapore |
| 1430 – 1445 | Eating healthy to Reduce Cardiovascular Risk – A Local Perspective By Ms Magan Ho, Clinical Dietitian Khoo Teck Puat Hospital, Singapore |
| 1445 – 1500 | Smoking Cessation – A Local Perspective By Dr See Kay Choong, Head and Consultant Division of Respiratory and Critical Care Medicine National University Hospital, Singapore |
| 1500 – 1515 | Panel Discussion – Part 2 |
| 1515 – 1530 | Tea-Break |
| 1530 – 1600 | Poster Presentation & Viewing – Part 2 |

THEME : EXERCISE PRESCRIPTION

Chairs : Dr Chia Tee Hien, Dr Yeo Tee Joo & Ms Tan Ming Fong

| | |
|-------------|--|
| 1600 – 1630 | Standing or Sitting at Work – A Revolution in the Office By Professor John Buckley, Applied Exercise Science in Health University Centre Shrewsbury, United Kingdom |
| 1630 – 1650 | Local Case Studies on High Risk Cardiac Rehabilitation By Ms Doris Lim Yan Shan, Senior Physiotherapist National Heart Centre, Singapore |
| 1650 – 1700 | Panel Discussion |
| 1700 – 1710 | Award Presentation & Closing |

*Please note that the programme schedule and speakers may subject to change.

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