

EMBARGOED TILL 3 DECEMBER 2016 10.00 AM

3 December 2016

MEDIA RELEASE

Kwong Wai Shiu Hospital (KWSH) Doing More for the Community

1 More than 500 people turned up to celebrate the 106th anniversary of Kwong Wai Shiu Hospital on 3 December 2016, Saturday, many of them residents in the nearby housing estates in the Kallang/Whampoa constituency.

2 The Guest-of-Honour, Health Minister Gan Kim Yong, joined in the celebration and was presented with KWSH's redevelopment progress and upcoming plans.

3 Mr Gan shared, "Kwong Wai Shiu Hospital is expanding the scope of its services beyond the walls of the nursing home into the community. Its upcoming **Active Ageing Hubs** in the nearby Kallang-Whampoa neighbourhood will enable Kwong Wai Shiu Hospital to reach out further into the community and better service our seniors. "

Active Ageing Hubs

4 KWSH has been recently awarded to run two Active Ageing Hubs (AAH) in Kallang/Whampoa. One of the centres, named as Kwong Wai Shiu Community Care Centre (KWS CCC) at McNair, will be Singapore' first AAH. The AAH is part of the pilot phase of MOH's initiative to build AAHs in future HDB housing developments. The KWS CCC, which is an extension from its main KWSH integrated hub, will serve as a satellite site to better meet the varied needs of the elderly in the community. The new centre will be the focal point serving a range of needs, including all the community healthcare services as well as home care, for the elderly to age in place successfully.

New nursing home facility

5 KWSH has also spent considerable efforts in designing its new facility to provide an ideal environment for the elderly to recuperate. For dementia residents, they

can also enjoy a Dementia Garden specially designed to stimulate their senses and help reduce anxiety and depression for them. A “Memory Street” which is a reconstruction of a street scene typical of the 1960s will help them to revive fond old days. KWSH CEO Dr Ow Chee Chung said, “Common spaces on every level of the wards will be maximised to create thematic day activity areas to bring more positive impact to the residents. These include themes such as Hair Salon, Seaside Day, A Home Away from Home, KaraFUN (Karaoke) and Resource Centre.”

6 Some community healthcare programmes that will be rolled out for the community elderly include the ‘Let’s Beat Diabetes’ programme, mobile health screening, public health talks and active ageing programmes.

7 The signing of the MOU with Academy of Chinese Medicine, Singapore (ACMS) is another of KWSH’s collaborative efforts with community partners to provide better care services for the elderly. This milestone collaboration between KWSH and ACMS will see both parties jointly work on research study and training programmes to benefit our clients and the TCM industry.

8 Please find enclosed further information:

Annex A - Active Ageing Hub (AAH)

Annex B - Maximising Usage of Activity Spaces in New Nursing Home Building

Annex C - Collaboration Projects with SIT

Annex D - New Programmes in the Pipeline

About Kwong Wai Shiu Hospital (KWSH)

Kwong Wai Shiu Hospital (KWSH) is a 106-year-old charitable healthcare organisation and Institution of Public Character, committed to looking after the sick and needy. In the last century, it has continued the strong tradition of community service, having cared for many generations of Singaporeans, even before Singapore’s independence.

It is now one of the most established providers in the aged care sector.

At present, KWSH has a nursing home, a Rehabilitation Centre, a Traditional Chinese Medicine Centre and home care services. Many of its patients are from the lower-income group and their fees are heavily subsidised.

To cope with the rapidly ageing population, KWSH is undergoing redevelopment to be transformed into an integrated community hub, providing healthcare services to its

inpatients and the community. Due to the redevelopment works, the nursing home is currently running on a 253-bed capacity. In 2017, KWSH will have the largest single-site nursing home, with over 600 beds, as well as expansion in its other services.

For more information, please visit <http://www.kwsh.org.sg>.

About Academy of Chinese Medicine, Singapore

Academy of Chinese Medicine, Singapore (ACMS) had its 1st Executive Council established in October 2015. ACMS was designated to be the leading academic organisation of Traditional Chinese Medicine (TCM) in Singapore, shouldering the mission of promoting TCM education so as to enhance the clinical skills of TCM practitioners and also encourage more evidence-based research collaborations between Chinese medicine and Western medicine for the benefits of the public healthcare.

The executive Council of ACMS comprises 13 members, of which 7 are TCM practitioners elected from eligible ordinary members during the Annual General Meeting. The other 6 members were appointed by the Minister of Health; they are members selected by the Ministry of Health, Ministry of Education and Traditional Chinese Medicine Practitioners Board.

ACMS membership is open to all Singapore-registered TCM practitioners in the form of either an ordinary member or an associate member depending on the degree that they have obtained and their years of practice.

For more information, please visit <http://academycms.org/>.

About Singapore Institute of Technology

Singapore Institute of Technology (SIT) is Singapore's new autonomous university of applied learning. It aims to be a leader in innovative university education by integrating learning, industry and community.

SIT offers applied degree programmes targeted at growth sectors of the economy. As a new university, SIT offers its own applied degree programmes with a unique pedagogy that integrates work and study. It also offers specialised degree programmes in partnership with world-class universities.

To find out more about SIT, visit singaporetech.edu.sg.

For any enquiries, please contact:

Ms Karen Low

Senior Executive

Corporate and Community Relations

Email: Karen_Low@kwsh.org.sg

DID: 6422 1294 HP : 9138 3534

----- END -----

KWSH's Latest Development

Overview of Active Ageing Hub

As part of the Action Plan for Successful Ageing, the Ministry of Health and Housing Development Board announced that new Active Ageing Hubs (AAH) will be built in at least 10 new Build-to-Order estates in Singapore, in areas such as Kallang-Whampoa.

AAHs are one-stop hubs for seniors to go to for a range of care services and programmes. It will serve both active and frail seniors, by integrating under one roof healthcare services such as day care, day rehabilitation and home care, as well as assisted living services such as housekeeping and grocery shopping. These hubs can also be the venues for social and learning activities for all ages.

Kwong Wai Shiu has been appointed as the operator for the two upcoming Active Ageing Hubs in Kallang-Whampoa under a competitive Request for Proposal process.

- a) KWS Community Care Centre @ McNair, Blk 113 McNair Rd
- b) KWS Community Care Centre @ St George, Blk 25 St. George's Lane

Figure 1: KWS Community Care Centre Active Ageing Services Map



Figure 2: Artist Impression of the Active Ageing Hub at Kallang Whampoa



(Copyright to be attributed to MOH)

Maximising Usage of Activity Spaces in New Nursing Home Building

Day Activity Spaces

In collaboration with SIT-Glasgow School of Art Interior Design Programme, the unique idea of Thematic Day Activity Spaces was conceptualised and introduced to promote activeness, build up self-confidence and encourage communication. The day activity spaces are designed as part of each ward level, but delinked with the wards and designed with a specific theme each. The aim is to maximize the use of the creatively designed spaces by making them more attractive and user-friendly to the elderly.

How do we know what is suitable?

- Feedback from residents and staff help us to conceptualise ideas
- Professional architects and consultants advise on the feasibility and accessibility for our residents
- Students of the SIT-Glasgow School of Art Interior Design Programme formulate design possibilities and themes for the day activity spaces

What do we wish to achieve?

- Residents will feel enriched as they take part in wholesome activities
- More interaction among residents, with their families and the community
- Better the quality of life for residents

Below are the various thematic day activity spaces –

- Memory Street Hair Salon
- Activities of Daily Living (ADL) Training Corner Rehab Gym
- Seaside Day
- Resource Centre
- A Home Away from Home KaraFun (karaoke)

Han Mei Hua (韩美华), age 83, shared, “I am extremely excited to know that there will be a hair salon to help us in our personal grooming. My last ‘Make-Over’ experience for the Parents’ Day was really awesome and I certainly look forward to many more opportunities to ‘look swee’ again at the Hair Salon.”

Chia Seong Mui (谢双妹), age 82, said, “I couldn’t believe that we could have a ‘Sea-side’ area in our new home! Wow! We all could relax by the ‘beach’ with a drink while chit-chatting with friends.”

Chiang Wei Lip (张伟力), age 40, said, “Having a Resource Centre with a library and audio-video equipment will provide a conducive environment to inspire us to learn new things and stay abreast with all that is going on around us.”

Hair Salon

Objective

- Furnishing our residents with a nostalgic ambiance from the past

- Enhancing each haircut experience with excitement and fun
- Pampering every resident with a fresh and 'new' look to bring about positivity and novelty

Design

A showcase of a comfortable and well-lit area, coupled with vintage designs, the Hair Salon will surely be our residents' experience of a blast from the past. Using classic wallpaper, dynamic shapes and vibrant colours as well as up-to-date salon amenities, this space will bring back countless memories of their good old days. Furnishings like thrifted model cars and classic clocks will deck the area to create a glimpse down memory lane.

ADL Training @ Transitional Care Ward

Objective

By training our residents to perform ADL (activities of daily living), such as dressing themselves, preparing meals and doing the laundry, we help to build their confidence and independence.

Design

An area featuring a mock-up home allows residents to practise their skills hands-on. With our professional occupational therapists, the ADL training will focus on various aspects of daily living that residents need to master. A full-fledged kitchen, laundry room, living room and bedroom will give residents opportunities to train in a realistic home-like environment.

Rehab Gym @ Transitional Care Ward

Objective

- Helping residents to improve physical, cognitive and psychosocial function
- Improving the quality of life for residents through the use of high-tech rehabilitation equipment
- Aiding residents with high rehabilitation potential to enhance their sense of accomplishment, self-esteem and control

Purpose

With our intensive rehabilitation program, KWSH will provide customised therapy and treatment plans with a multi-disciplinary team approach. Also, the use of the latest rehabilitation equipment will further enhance the treatment. These will maximise physical functional outcomes and improve the quality of life of our residents. Continuous monitoring and evaluation will help residents recover physical, communicative and cognitive abilities.

Seaside Day

Objective

- Improving the quality of life for residents through an interactive space
- Encouraging wholesome and enriching social activities among residents
- Increasing the opportunities for communication and relationship-building

Design

With the relaxing vibes created through the use of vibrant beach colours and soothing sounds of waves, our 'beach' will be a popular go-to destination for our residents to mingle with each other and enjoy the calming respite. Beach lounges and tropical plants will line the area, boasting a stunning vacation-style environment.

Resource Centre

Objective

- Providing learning opportunities for our residents to pick up new and useful skills
- Promoting functional ability in residents, enabling them to become more independent and improve their self-esteem
- Enhancing their daily lives, allowing them to be constantly connected to their families and the community

Design

Our Resource Centre offers technology and equipment that can be tailored to help our residents effectively pick up new knowledge and skills. Assistive devices will also be provided so that residents can read and listen to interesting and entertaining material. The centre will inspire them to embrace life-long learning, thus enriching their lives at KWSH.

A Home Away from Home

Objective

- Creating a homely atmosphere where residents can enjoy companionship, allowing them to have quality time with family
- Helping to build relationships among residents through communal dining and group activities

Design

A cosy ambience that is created with furnishing and décor alike family homes. Purposeful art and craftwork created by our residents will be displayed throughout in glass cabinets, letting residents feel a familiar sense of belonging. To promote interaction and encourage family bonding, a round dining table provides an area for reunion. Residents can enjoy a meal together with their families.

KaraFUN (Karaoke)

Objective

- Providing an area with social activity through karaoke-style music
- Promoting interaction and bonding among residents

Design

An area with vibrant colours inspired by 80s Rock 'N' Roll, KaraFUN will surely bring about a sense of nostalgia as residents enjoy the music. Funky decorative pieces will transform the space dramatically. With a sound system and microphones set up, residents can also serenade a song or two.

Collaboration Projects with SIT

1. Occupational Therapy (OT) Activity Panel

Background

Building on an innovative design from Singapore Institute of Technology (SIT), KWSH has developed Occupational Therapy Activity Panels (OTAP) to be used as a means in therapy sessions. During such sessions, our residents will be able to practise on these activity panels which will help them regain sensorimotor and cognitive functions. Family members can also engage with residents over these activities.

Design

In order to make it more user-friendly for our residents, the panels will be modified to be culturally appropriate for Singapore. The panels can be firmly attached and are freely interchangeable on our overbed tables to suit the needs of using them within a nursing ward and the senior care centre. Safety components, dimensions and accessibility have been put into consideration when designing the entire OTAP.

2. Heel Raise Device

Background

In the rehabilitation of a patient's overall standing / walking posture, many tools are used to target different muscle groups for particular clinical outcomes. In walking gait or sway control rehab, physiotherapists (PTs) may prescribe the heel raise exercise to strengthen their calf muscles. The quality of the heel raise, in terms of raised height and speed, can be subjected to the PT's assessment as there is currently no means of measurement other than visual inspection.

Smart Sensing

For objectivity and accuracy, each heel raise is read with a re-designed device for a non-intrusive and intuitive mean of measurement. Users simply need to stand on the heel raise device to automatically turn it on and continue with their prescribed sets of exercises while holding on to a chair backrest for support. Smart sensors the size of a rice grain will capture the height raised and determine the presence of a user standing on it. It is also capable of indicating any uneven body weight distributed between the left / right foot, an information useful to PTs in deciding the quality of the heel raise.

Telehealth

In part of the smart sensing, a flexible cloud-based infrastructure framework was developed to support remote data gathering and analysis. Strong data protection and privacy schemes will ensure the integrity of patients' privacy. Two different mobile applications communicate with the framework. The patient app is a mobile application for real time visualization of the heel raise exercises. The therapist app is a mobile application for analysis and visualization of historical patient exercise data.

3. SIT-GSA Students Interior Design of KWSH Community Cafe

Background

Kwong Wai Shiu Hospital envisioned a 60 sqm air-conditioned Community Café within their elderly Day Activity Centre. The Café, with its welcoming ambience, is to be open to general public who want to enjoy refreshment or just want a place to converse, but also have a feasible structure for KWSH staff and volunteers to conduct their programmes/activities for the elderly.

Spatial Design

Six SIT-Glasgow School of Arts Interior Design students came up with proposals across a period of seven weeks. They brainstormed on how to design a café which would encourage socialisation and participation in activities. Students considered how the elderly and their family members better access to assistive resources. They took into consideration spatial narratives hoping to reduce marginalisation of the elderly, and to make them feel more inclusive to the community. Another saw the opportunity to have multi-generational interaction, by providing attractive programs and an atmosphere which would be inviting to the younger generation too. Materiality, nostalgic themes, and reference to dementia care design principles were all utilised in the design of this café.

New Programmes in the Pipeline

1. Automated Rotary Wok

To be introduced in the new nursing home building, the Automated Rotary Wok helps to increase productivity in the kitchen.

Below are the benefits in using the Automated Rotary Wok:

- For the same amount of food, three staff are needed for traditional cooking but only one staff is required for automated cooking
- Time taken to cook 1,200 meals in a day is reduced from 9 hours to ½ hour
- Manpower cost is greatly reduced by 94.4%
- Less gas consumption and less heat emission makes it more economical and safe
- Prevention of charred food results in less wastage
- Consistency in flavour and texture improves the food quality
- Developing staff's interest in learning new technology increases job satisfaction
- Workplace injuries are reduced

2. Tele-Rehab Programme (Pilot project with IHIS)

The Tele-Rehab system enables rehabilitation at home and supplements traditional post-acute rehabilitation without the need for the physical presence of a therapist. The patient performs the prescribed rehab exercises at home with the wearable motion sensors, while smart computer algorithms provide real-time feedback during the exercises. A tablet computer captures and records the sensor data and video of the patient's exercises, which are then reviewed and assessed by the therapist remotely. Follow-up consultations and exercise adjustments can be done asynchronously via video consultation between the therapist and patient.

Benefits

- Reduced Dependency on Therapists

The system allows the therapist to virtually assist the patient in conducting the prescribed rehab exercises. Follow-up consultations are done through video conferencing, which allow the patient to continue their rehabilitation exercises without the physical presence of the therapist.

- Reduced Travel

The Tele-rehab system reduces the need for the therapist to travel and deliver rehab therapies at patients' homes. Patients can continue their course of rehabilitation at the comfort of their homes. It is particularly beneficial to patients who face mobility challenges, as they can perform their exercises at home for optimal recovery.

- Increased Productivity

The system allows therapists to support the foreseeable higher patient volume in the future for home-based rehabilitation, while being more cost effective and productive

for optimum patient recovery.

3. 'Let's Beat Diabetes' (Collaboration with National Healthcare Group (NHG))

KWSH partners with NHG to promote greater awareness and better care and management in diabetes in the community. Three community workshops, which will be part of KWSH Community Care Centre's offerings, include -

- Weight Management Workshop
- Preventing Diabetes Workshop
- Diabetes Education Programme