

# OSTEOPOROSIS MANAGEMENT (INTERMEDIATE)



SATURDAY 5 SEPT 2020 | 2:00PM - 5:45PM  
SUNDAY 6 SEPT 2020 | 2:00PM - 6:45PM

REGISTER BY  
23 AUG 2020

**Course Reference Number:** SkillsFuture Singapore (SSG)-Funded (CRS-N-0051987)

**Due to COVID-19, this course will be held as 2 half-day online sessions via Zoom. Class size is limited to 40 pax.**

CME, CNE &  
Endocrine Core  
Points Available

Jointly organised by the Osteoporosis Society Singapore and the NUS Yong Loo Lin School of Medicine, Division of Graduate Medical Studies, this course will teach healthcare professionals in the community to screen, diagnose and treat osteoporosis to prevent Singaporeans from sustaining fragility fractures.

With proper treatment, the risk of fractures can be reduced by 30-70%. However, there is low awareness on the importance of osteoporosis among healthcare workers and patients. Hence, the number of people who are at high risk of fractures being diagnosed and managed appropriately is low (<20%). This course aims to raise awareness of potential fractures and its consequences.

## WHO SHOULD ATTEND

Primary care physicians, hospital generalists and specialists, pharmacists and nurses

## MINIMUM ENTRY REQUIREMENTS

Participants must possess either one of these qualifications: MBBS / BSc Pharmacy / BSc (Nursing) / Diploma in Nursing / BSc (Diagnostic Radiography and Imaging) / Specialist Diploma in Radiology Nursing, or their equivalent



**SELF-FUNDED PARTICIPANTS**

**INQUIRIES &  
CORPORATE REGISTRATIONS**

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(Under Lifelong Learning Initiatives; Short Courses)

**Contact Ms Evelyn at [nusmedcet@nus.edu.sg](mailto:nusmedcet@nus.edu.sg)**

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Yong Loo Lin School of Medicine



OSTEOPOROSIS SOCIETY  
(SINGAPORE)



Endocrine & Metabolic  
Society of Singapore



CHAPTER OF ENDOCRINOLOGISTS  
CHAPTER OF RHEUMATOLOGISTS  
COLLEGE OF PHYSICIANS, SINGAPORE



**PROGRAMME** DAY 1: Saturday 5 Sept 2020

Time	Topic	Objectives	Speaker/Facilitator
2:00pm	<b>Identifying Osteoporosis: Importance and Diagnosis</b>	<ul style="list-style-type: none"> <li>Importance of osteoporosis</li> <li>Prevalence of osteoporosis and fragility fractures</li> <li>Impact of fractures on morbidity and mortality</li> <li>Diagnosis of osteoporosis</li> </ul>	Dr Ang Seng Bin
2:30pm	<b>Assessment for Risk of Osteoporosis and Fractures</b>	<ul style="list-style-type: none"> <li>Screening for risk of osteoporosis on DXA bone mineral density (BMD) using OSTA tool</li> <li>Screening for fracture risk using FRAX tool</li> </ul>	A/Prof Lau Tang Ching
2:45pm	<b>Risk Factors for Fractures and Secondary Causes of Osteoporosis</b>	<ul style="list-style-type: none"> <li>Risk factors for fractures and potential secondary contributors of bone loss such as T2 DM and steroids</li> <li>Investigation and management of secondary causes of osteoporosis</li> </ul>	Dr Chionh Siok Bee
3:15pm	<b>Break</b>		
3:30pm	<b>How to read a Dual-Energy X-ray Absorptiometry (DEXA) Report</b>	<ul style="list-style-type: none"> <li>Understand how to interpret DEXA report</li> </ul>	Dr Chionh Siok Bee
3:45pm	<b>Case Studies</b>		Dr Ang Seng Bin A/Prof Lau Tang Ching Dr Chionh Siok Bee
5:45pm	<b>End of Day 1</b>		



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**PROGRAMME DAY 2: Sunday 6 Sept 2020**

Time	Topic	Objectives	Speaker/Facilitator
2:00pm	<b>Pharmacological Management of Osteoporosis</b>	<ul style="list-style-type: none"> <li>Pharmacological options in the management of osteoporosis</li> <li>Risks and benefits of medications</li> </ul>	Dr Linsey Gani
2:30pm	<b>Hormone Replacement Therapy (HRT) and its role in Bone Health</b>	<ul style="list-style-type: none"> <li>Role of HRT in prevention of bone loss</li> </ul>	Dr Susan Logan
2:45pm	<b>Non-Pharmacological Management: Prevention of Sarcopaenia and Falls</b>	<ul style="list-style-type: none"> <li>Strategies to reduce sarcopenia in the elderly and to prevent falls</li> <li>Role of adequate calcium, vitamin D and protein</li> <li>Role of different types of exercise</li> <li>Fall prevention strategies</li> </ul>	Dr Lydia Au
3:15pm	<b>Break</b>		
3:30pm	<b>Case Study by Dietitian</b>	<ul style="list-style-type: none"> <li>Diet for skeletal and muscle health</li> </ul>	Ms Janelle Pang
3:50pm	<b>Practical Demonstration by Physiotherapist</b>	<ul style="list-style-type: none"> <li>Exercise for bone health and fall reduction</li> </ul>	Ms Elizabeth Chan
4:10pm	<b>Case Studies</b>		Dr Linsey Gani Dr Susan Logan Dr Lydia Au
5:45pm	<b>1 Hour Online Quiz</b>		
6:45pm	<b>End of Day 2</b>		



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**TRAINERS' PROFILE** DAY 1**Dr Ang Seng Bin**

*Head & Senior Consultant, Menopause Unit; Head, Family Medicine Service, KK Women's and Children's Hospital (KKH)  
Associate Program Director, SingHealth Family Medicine Residency Programme*

- Concurrently serving as an Adjunct Clinical Associate Professor for School of Public Health, Curtin University (Australia) and an Adjunct Assistant Professor for Family Medicine, Paediatric and Obstetrics and Gynaecology (OBGYN) clerkships at Duke-NUS Medical School
- A member of the Board of Trustees, International Menopause Society, President of Asian Federation of Osteoporosis Societies, Council Member of Asia Pacific Menopause Federation, President of Menopause Research Society (Singapore) and Vice-President of Osteoporosis Society Singapore
- Active in educating general practitioners and family physicians on menopausal women's health in local and international conferences
- Research interests include osteoporosis, menopause, sexual health, diabetes mellitus and dermatology

**A/Prof Lau Tang Ching**

*Senior Consultant Rheumatologist, Division of Rheumatology, National University Health System (NUHS)  
Group Director, National University Health System (NUHS) Education Office  
Vice-Dean (Education), NUS Yong Loo Lin School of Medicine*

- Graduated from NUS in 1991, obtained his Membership of the Royal College of Physician in United Kingdom and the Master of Medicine (internal medicine) degree in 1997
- Holds a Master of Medical Science degree in Clinical Epidemiology (University of Newcastle, Australia) and a graduate diploma in acupuncture (Singapore)
- A fellow of the Academy of Medicine Singapore since 2001 and a fellow of the Royal College of Physicians (Edinburgh)
- Currently the Chairman of the National Arthritis Foundation
- Research interests include osteoporosis, pharmaco-economic evaluation, medical education and evidence-based medicine



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**TRAINERS' PROFILE** DAY 1**Dr Chionh Siok Bee**

*Senior Consultant, Division of Endocrinology, Department of Medicine, National University Hospital (NUH)  
Asst. Professor, NUS Yong Loo Lin School of Medicine*

- Currently President of the Osteoporosis Society (Singapore), and a member of the International Society of Densitometry Asia-Pacific Committee
- Previously the Lead Discussant for the Appropriate Care Guidelines for Osteoporosis in 2018, President of the Endocrine and Metabolic Society, Singapore, and Chair of the Chapter of Endocrinologists, College of Physicians, Academy of Singapore
- Plays an active role in patient safety as Chair of the Clinical Directors' Committee and Associate Chairman, Medical Board (Quality and Patient Safety), NUH
- Obtained medical qualifications from University College Cork, National University of Ireland, the Royal College of Physicians (Edinburgh) and the Royal Australasian College of Physicians
- Trained in Endocrinology at the Royal Prince Alfred Hospital (Sydney)

**TRAINERS' PROFILE** DAY 2**Dr Linsey Gani**

*Consultant, Department of Endocrinology, Changi General Hospital (CGH)*

- Graduated from University of Melbourne
- Completed a Masters of Public Health in Health Care Management and Public Policy at the Harvard School of Public Health
- An accredited endocrinologist and a fellow of the Royal Australian College of Physician
- Concurrently serving as a Clinical Senior Lecturer with NUS Yong Loo Lin School of Medicine and an Adjunct Assistant Professor with Duke-NUS Graduate Medical School
- Part of the clinical core faculty member for the SingHealth Endocrinology Residency Programme
- Established the Osteoporosis Liaison Service in CGH to provide secondary fracture prevention services to patients who are admitted with fragile hip fractures
- Areas of interest include diabetes, metabolic bone diseases, chronic disease management, public policy and health care models



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**TRAINERS' PROFILE DAY 2****Dr Susan Logan**

*Senior Consultant, Department of Obstetrics & Gynaecology (O&G), National University Hospital (NUH)*

- Leads NUH O&G department in areas of sexual & reproductive health, menopause, paediatric & adolescent gynaecology, sexual assault & sexual problems
- Concurrently serves as the Director of Residency Training for Obstetrics & Gynaecology at NUHS, Family Medicine Residency Programme Deputy Site Director, Assistant Professor at NUS and an examiner for the Membership of the Faculty of Sexual and Reproductive Healthcare (MFSRH) & Membership of the Royal College of Obstetricians and Gynaecologists (MRCOG) exams
- A council member of the Obstetrical & Gynaecological Society of Singapore and Osteoporosis Society of Singapore
- Graduated from the University of Aberdeen (UK) where she was awarded a research Doctor of Medicine (MD) with commendation, and completed a Royal College of Obstetricians and Gynaecologists (RCOG) sub-specialty training in Sexual & Reproductive Healthcare (SRH), and specialized skills training in Menopause Care & MFSRH
- Served as a consultant in SRH & Honorary Senior Lecturer O&G in Aberdeen from 2007-2012, and was awarded Clinical Excellence Awards from 2009-2011
- Research areas include menopause, osteoporosis, sexual function & sexual & reproductive health

**Dr Lydia Au**

*Senior Consultant, Ng Teng Fong General Hospital*

*Director of Geriatric Medicine, JurongHealth Campus (JHC)*

- Part of pioneer team for JHC which helped to build and lead the establishment of the geriatric service for its new hospitals
- Possesses extensive clinical experience in Geriatric Medicine
- Concurrently part of the teaching faculty in the Singapore Healthcare Improvement Network and an active member of the Adult Protection Service
- Participates in educating nursing students and medical doctors in national geriatric training programmes
- Areas of interest include falls in elderly, orthogeriatrics and osteoporosis, and has spoken extensively on these topics at various geriatric symposiums and events



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**TRAINERS' PROFILE DAY 2**

**Ms Janelle Pang**

*Dietitian*

*National University Hospital (NUH)*

- Graduated with a Bachelor of Nutrition and Dietetics from Flinders University
- Specializes in a range of medical expertise such as cardiology, diabetes, renal and haemodialysis, oncology, and orthogeriatrics
- Involved in improving safety, quality of care, overseeing NUH's Nutritional Screening Audit, menu planning for texture-modified diets, and the development of dietetics-related inpatient nursing resources for oral nutrition support and tube feeding
- Part of a research team which conducted an inaugural study in Singapore, on refeeding syndrome in patients exposed to total parental nutrition at Ng Teng Fong General Hospital

**Ms Elizabeth Chan**

*Senior Principal Physiotherapist*

*KK Women's and Children's Hospital (KKH)*

- Graduated with a Bachelor in Physiotherapy and a Master of Science in Cancer Care
- Actively attends to women with breast and gynaecological cancer, osteopenia and osteoporosis
- Passionate in caring and encouraging women with low bone mass
- Involved in conducting exercise sessions under the Osteoporosis Patient Targeted Integrated Management of Active Living (OPTIMAL) Programme and assisting in osteoporosis health ambassador training programmes since 2007
- Helped establish some of the osteoporosis exercise programmes in KKH

**COURSE FEES**

*\*SkillsFuture (SSG) Funding Available for Singaporeans*

<sup>1</sup>All self-sponsored Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit to pay for the course. Visit <http://www.skillsfuture.sg/credit> to select the course.

<sup>2</sup>Mid-Career Enhanced Subsidy (MCES) - Singaporeans aged 40 and above may enjoy subsidies up to 90% of the course fee.

<sup>3</sup>Enhanced Training Support for SMEs (ETSS) - SME-sponsored employees (Singapore Citizens and PRs) may enjoy subsidies up to 90% of the course fee.

	International Participants	Singapore Citizens		Singapore PRs	Enhanced Training Support for SMEs
		39 years old or younger	40 years old or older		
<b>Full Course Fee</b>	\$950.00	\$950.00	\$950.00	\$950.00	\$950.00
<b>Less: SSG Grant Amount</b>	-	\$665.00	\$665.00	\$665.00	\$665.00
<b>Nett Course Fee</b>	\$950.00	\$285.00	\$285.00	\$285.00	\$285.00
<b>7% GST on Nett Course Fee</b>	\$66.50	\$19.95	\$19.95	\$19.95	\$19.95
<b>Total Nett Course Fee Payable, Including GST</b>	\$1,016.50	\$304.95	\$304.95	\$304.95	\$304.95
<b>Less Additional Funding if Eligible Under Various Schemes</b>	-	-	\$190.00	-	\$190.00
<b>Total Nett Course Fee Payable, Including GST, after additional funding from the various funding schemes</b>	<b>\$1,016.50</b>	<b>\$304.95</b>	<b>\$114.95</b>	<b>\$304.95</b>	<b>\$114.95</b>



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