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We welcome your views and prayer support.
Please drop us a line if you would like to find out how you can contribute in any way.

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Ten Years and Ten Thousand Patients



It was 10 years ago, in 1996, that St Luke's Hospital admitted its very first inpatient. Since then, the hospital has cared for over 10,000 patients from all races and religion.

Besides growing the number of patients cared for, the hospital has also grown its range of services over the years. There is now a comprehensive and seamless range of services for both inpatients and outpatients. Patients are looked after by family physicians and specialists in geriatrics, neurology, respiration, orthopaedic, psycho-geriatrics, physiotherapy, occupational therapy, speech therapy and wound care.

Patients also have access to ancillary services such as X-ray and laboratory services, diabetic eye screening, dietary counselling and dental services. Home medical and home nursing services are available for the homebound frail and sick elderly. At patients' requests, their emotional and spiritual needs are looked after by chaplaincy staff.

This growth is made possible by upgrading of staff through training. Over the years, staff have received in-house training and benefited from visits by prominent medical consultants from Singapore and abroad. Some staff has also won awards, for example, from The Courage Fund.

Besides upgrading staff, the hospital has also upgraded its physical facilities. For example, last year, the hospital added new outpatient facilities and upgraded its computer systems and admitted 1,500 patients. This is a 15% increase in admissions compared to the previous year. In March this year, renovation work costing \$2.2 million started. All wards will be renovated to create more space between beds. A new elder-friendly lobby will be built to facilitate sheltered pick-up and drop-off. There will be new patient activity areas and interaction corners, with improved landscaping for the enjoyment of patients and their visiting family members. A rehabilitation park will also allow outdoor mobility training. In addition, 155 new stainless steel hospital beds, with safety features for elderly patients, will replace the existing beds.

The elderly in the community who need care when their families are at work may attend one of five St Luke's ElderCare Centres. They may also enroll in fitness and healthy ageing programmes at two St Luke's Wellness Centres.

These improvements underscore St Luke's commitment to its mission of providing quality care and compassionate service to meet the needs of its patients.

Rehabilitating Patients Through Occupational Therapy

Occupational therapy is important in the rehabilitation of patients at St Luke's Hospital. This therapy is provided by a qualified Occupational Therapist (OT). In this article, Senior OT Tan Lee Ling explains her role and the treatment provided.

The role of an OT can be described by the saying, "If you give a man a fish, you feed him for a day, but if you teach the man to fish, you feed him for life."

Occupational therapy helps the patient reduce or overcome the effects of physical impairment with the aim to develop and maintain his capacity in performing tasks that are essential to quality daily living. These include self-care, leisure and work.



Examples of Home Assessment at patient's flat.



OT Daniel Leung training a patient to use a long-handled shoe-horn to wear her shoes.

The treatment includes:

- Activities of daily living (ADL) training. For example: Dressing, feeding and toileting.
- Instrumental (advanced) ADL training. For example: Use of telephone, shopping, food preparation, house-keeping and laundry.
- Cognitive and perceptual training. For example: Attention span, visual memory and problem solving skills.
- Caregiver training. For example: Skills in transferring the patient in and out of a vehicle.
- Adaptive and assistive aids prescription. For example: Wheelchair, commode chair, arm sling, heel-raised shoes.
- Community reintegration training, to prepare the patient to return to live in the community after hospitalization. For example: The ability to manage different terrain, overhead bridge and how to commute by public transport.
- Home assessment and modification recommendations, where the OT ascertains the need for modifications and recommends changes to facilitate the patient's safe movement at home. For example: Safety grab bars, ramps and improved lighting.

The OT will also look at the environment outside the patient's home. For example: the distance from the bus stop to the lift lobby, from the lift lobby to the nearest coffee shop or market, the existence of steps, ramps and pedestrian crossings, etc. The OT will train the patient and caregiver how to handle these external conditions.

Food for Thot

Hope for Easter

Mark 16:6 "He is risen."

A little lad was gazing intently at the picture of the crucifixion. A gentleman approached, stopped and looked. The boy, seeing his interest, said: "That's Jesus... These Roman soldiers... They killed Him."

"Where did you learn that?" asked the man. "In the Mission School," was the reply. The man turned and walked thoughtfully away.

He had not gone far when he heard a youthful voice calling: "Say, Mister, I wanted to tell you that He rose again."

That message, is the message which has been coming down through the ages. It is the Easter message – He is risen - the story of the eternal triumph of life over death.

Learning from the best to give quality care

On-going staff development at St Luke's Hospital is a high priority in the hospital's commitment to providing quality, holistic and compassionate care to patients. Staff learns from the best around the world, through conferences overseas and locally.

World Rehab Congress

The 4th World Congress for Neuro-Rehabilitation in Hong Kong showcased the latest technologies, techniques and evidence on rehabilitation. For example, robots used in rehabilitation were making progress in world-renowned research units, while constraint-induced movement therapy is gaining evidence in its application for post stroke patients.

St Luke's Hospital staff, Dr Tan Boon Yeow, Dr Kevin Awyong, Gribson Chan and Agnes Hew, exchanged ideas with healthcare professionals during the conference.

"The conference has deepened my understanding of brain repair after injury. I am also more equipped to help patients maximise their recovery after a stroke," said Dr Awyong.

"I am inspired!" exclaimed Rehabilitation Manager, Mr Chan. "We will be working out ways to implement the various new techniques based on the evidence that we have seen at the conference."

The team will be sharing with their colleagues the knowledge they have gained from the conference.

St Luke's Hospital participation at the congress, on 12-16 February, was sponsored by the NUH Stroke Fund.



From left: Agnes Hew, Dr Kevin Awyong, Dr Tan Boon Yeow and Gribson Chan.

Neuro-Developmental Treatment (NDT)

NDT is a specialised treatment approach for stroke and neurological patients. This treatment integrates the control and movement of a patient's head, neck, trunk and limbs to achieve recovery.

Four St Luke's Hospital therapists learned the ropes of NDT from two experts from Canada, Cathy Hazzard and Jason Knox. The training involved both lectures and treatment of patients at St Luke's Hospital, with the experts guiding staff in the process.

Occupational Therapist Daniel Leung, who attended the training on 6 - 24 March 2006, has learned a new approach in treating patients. "The NDT technique focuses on the patient's own ability to recover," said Mr Leung. "My role is to help the patient re-learn the use of 'missing' components first, before using compensatory techniques or assistive devices with them."

Mr Chan hopes that the standard of rehabilitation for elderly neurological patients

in the community can be raised. "NDT is a good platform for therapists to improve this area," he said.

Mr Chan had organised the first NDT conference in 2004 and this year's conference. Since then, 48 therapists have undergone NDT training, with nine of them from St Luke's Hospital.



Jason Knox with participants and patients of NDT training held at St Luke's Hospital.



OT Daniel Leung treating inpatient Mr Yoh A Ti with close supervision from Cathy Hazzard.

More New Services, More Benefits



TTSH Dr Karen Chua (left) discussing an inpatient's condition with SLH Dr Tan Boon Yeow and Senior Physiotherapist Kung Beng Keng.

St Luke's Hospital has added two new services which, combined with its existing services, give more benefits to patients as they enjoy convenient access to a continuum of services in one place. Having their various healthcare needs looked after in a single setup is more holistic and enhances the quality of care they receive. The new services are:

Rehabilitation Physician Consultation

Inpatient rehabilitation service is enhanced by the engagement in January this year of two visiting consultant rehabilitation physicians. They will enhance care for patients who are undergoing rehabilitation for stroke, muscle, joint and other neurological conditions.

Dr Karen Chua is a specialist in stroke and brain injury rehabilitation, and spasticity management and intervention, while Dr Chan Kay Fei specialises in musculoskeletal rehabilitation and chronic pain management. Both are senior consultants with Tan Tock Seng Hospital and will care for patients with difficult rehabilitation issues together with doctors of St Luke's Hospital. The visiting consultants will also teach and train clinical staff at St Luke's Hospital.

Respiratory Clinic

St Luke's Outpatient Services has a new respiratory clinic through Dr Ong Kian Chung, a consultant respiratory physician in private practice. He is recognized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) as the National Leader in Singapore and is also the President of the Chronic Obstructive Pulmonary Disease Association (Singapore).

The respiratory system has two main functions: breathing and exhaling. These processes should function normally in tandem for the individual to feel well. When the respiratory system is functioning abnormally, it may lead to chronic cough, breathlessness, asthma, chronic obstructive pulmonary disease (smokers' lung), pneumonia, tuberculosis, lung cancer and other conditions.

Early diagnosis and treatment is advised. Patients having problem with their respiratory system may be referred to this clinic for a seamless process of care. For appointments, please call 6895 3230.

Beauty: More than Skin-Deep

When someone is receiving medical treatment in a community hospital where there is no hair and beauty salon, how do you make them beautiful? Is it important in the first place?

At St Luke's Hospital, it is. In one of its various diversion therapy programmes for patients, occupational therapists make dressing up fun for patients. Activities include basic personal grooming and decision-making like choosing cosmetic make-up colours, nail polish colours, manicure, hairstyle, clothing and even posing for the camera. All these help to reintegrate patients into their daily living activities in the community when they get discharged from hospital.

It is usually difficult for people to smile when they are sick and staying in a hospital. St Luke's Hospital brings joy into patients' lives through such simple activities.



Espresso! Awaken Your Senses

When you wake up in the morning, what is the first thing on your mind? Is it an eagerness for a strong cup of coffee or to help someone less fortunate than you?

Students from Secondary 4A1 to 4A4 of Methodist Girls' School (MGS) decided to help the less fortunate - with a dose of "caffeine". They created "Espresso", a two-night fundraising concert in aid of St Luke's Hospital.

When the concert's organising committee visited the hospital, they were inspired by the frail and sick elderly. "What touched us most was the hope and optimism of the elderly people. Their sunny smiles warmed our hearts, adding meaning to the fundraising concert, and making us all the more determined to make a success of it," said Kelly Kwan, one of

the committee members. With "Espresso", they hoped to awaken people's senses and make them more eager to help the elderly patients.

Concert performers included modern and traditional dancers, pianists, flutist, singers, hand-bells and even guest performing band, Electrico. Food and souvenir stalls were also set-up to maximise the fundraising mileage available. "Espresso" raised over \$29,000 on 31 March 2006 and 1 April 2006 for the hospital.

The vision of MGS is to raise godly women of excellence with a heart of love. Indeed, the school has succeeded in this vision, with the Secondary 4 students taking on the challenge of organising annual fundraising concerts for the patients at St Luke's Hospital since 2001.



Shots of Espresso!

Raising Funds, Raising Hope

St Luke's Hospital offers quality care, compassionate service and subsidised fees for patients who need financial help. To help raise funds, the hospital counts on donors throughout the year, through various fundraising projects.

Share a Hong Bao

Every Chinese New Year, young children from kindergartens and schools take part in the hospital's "Share A Hong Bao Project".

This project aims to raise awareness of the plight of the needy and elderly. Besides enclosing money, some children also wrote touching messages.

This year, 15 kindergartens, 7 primary schools, 3 secondary schools and 2 junior colleges raised more than \$61,000 to help patients.

Three churches also took part in this project for St Luke's ElderCare, raising over \$22,000.



Joint Flag Day

This year's Joint Flag Day for St Luke's Hospital and St Luke's ElderCare was on 22 April.

Over 2,000 volunteers and staff from 39 schools took to the streets, raising over \$60,000.



Easter Offering

As in previous years, Wesley Methodist Church, one of the hospital's foundation members, has given generously at this year's Easter Service. On 16 April, the church members donated over \$200,000.

Thank you all donors and supporters. Your generosity and support have made quality care and compassionate service affordable for our patients.



The mission of St Luke's ElderCare is to enhance the total well-being of the elderly through a range of day support and other services.

Board of Directors

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Mr Foong Daw Ching

Hon Treasurer
Dr Lee Soo Ann

Member
Prof. Lee Hin Peng
Mr Jeyaraj Indra Raj



ElderCare Centres:

Clementi West ElderCare Centre

Blk 602 Clementi West Street 1
#01-25
Singapore 120602
Tel: 6872 2210
In Partnership with:
• South West CDC
• West Coast CCC
• The Bible Church, Singapore
• Mount Carmel Bible-Presbyterian Church

NorthEast CDC-St Luke's

ElderCare Centre
Blk 126 Hougang Ave 1
#01-1506
Singapore 530126
(off Lorong Ah Soo)
Tel: 6382 2366
In Partnership with:
• NorthEast CDC
• Tung Ling Community Services
• Bethesda Care Centre

NorthEast CDC Tung Ling

ElderCare Centre
Blk 101, Tampines Street 11
#01-13
Singapore 521101
Tel: 6786 7688
In Partnership with:
• NorthEast CDC
• Tung Ling Community Services
• Sion Community Services

Whampoa ElderCare Centre

Blk 97 Whampoa Drive
#01-222
Singapore 320097
Tel: 6252 9661
In Partnership with:
• Central Singapore CDC
• Whampoa CCC
• Prinsep Street Presbyterian Church
• Calvary Baptist Church

Yishun ElderCare Centre

Blk 740 Yishun Avenue 5
#01-490
Singapore 760740
Tel: 6759 9053
In Partnership with:
• North West CDC
• Yishun Christian Church(Lutheran)

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Contact person: Ms Teo Lay Chin

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- Wellness gym for elderly opens
- Volunteer service from the heart

Wellness gym for elderly opens

With the rapidly aging population, there is an immediate need for basic, healthy lifestyle services. As there is a lack of proper exercise facilities for the elderly, St Luke's ElderCare has set up a wellness gym at Clementi ElderCare Centre.

The gym was launched by Mayor Amy Khor of Southwest CDC on 25 February. She was joined by 150 well wishers, representing St Luke's community partners, friends and clients.

As Dr Khor said at the launch, prevention is better than cure. Senior citizens ought to retire with good health.

The gym is fully equipped with exercise equipment specially selected to suit the elderly. Clients must undergo a basic health check to determine their physical status before they use the gym. Exercise regimes are prescribed and monitored by St Luke's physiotherapist.

As the elderly may feel hesitant about going to regular gyms and exercising with younger and fitter gym-goers, St Luke's gym is open only to persons aged 40 and above. However, to encourage family bonding, those below 40 are welcomed if they are accompanying a senior family member.

Location:
Block 602, Clementi West St 1, #01-25, Singapore 120602
Tel: 6872 2210
Fax: 6872 2102
Email: clementi@stlukes-eldercare.org.sg

Opening hours:
Monday to Friday: 7.30 to 10.00 am,
4.00 to 10.00 pm
Saturday: 7.30 am to 1.00 pm
Public Holiday: Closed

St Luke's ElderCare is committed to promoting activities that help prepare for successful aging. The next wellness centre to be set up will be at Tampines.



Gym equipped with the exercise equipment



Mayor Amy Khor delivered an opening speech



The unveiling of plaque by Mayor Amy Khor



The Centre's Staff with Mayor Amy Khor (Centre)



Mayor Amy Khor interacting with the wellness members

Volunteer service from the heart



Below is a testimony from Jonathan Tan, a student from Anglo-Chinese Junior College, who volunteered full-time with St Luke's ElderCare for two months, from February to March in 2006.

Being a volunteer at St Luke's ElderCare centre has broadened my perspective on life and nurtured my interest in community service. Starting out in my new vocation, my heart was filled with excitement as well as fear from not knowing the expectations required of me. Prepared with a mindset to serve, I got to exercise this mentality of service through daily chores such as mopping the floor and cleaning the toilets. I learnt that service must come from the heart.

I have learnt interpersonal skills and have bridged the generation gap by spending time with the elders. For instance, elders such as Madam Wong and Auntie Lim gave me crash courses on Cantonese for which I am so grateful. My

involvement in the daycare centre helped me to understand the life experience of these folks and I have a deeper appreciation of the many words of wisdom spoken to me.

The diversional therapy sessions have allowed me to exercise creativity in planning interactive games that engage both the elders' physical and mental abilities. I enjoy playing games like 'Poison ball' and 'Pass-the-parcel' with the seniors, who are full of enthusiasm and sometimes even a little mischief.

The work at the ElderCare centre has enabled me to step out of my comfort zone to impact others. Learning constantly to have a positive mindset and

a listening ear has helped me to be an encouragement to the elders through word and deed.

Initially, I came with a mindset to give. Never did I realise that in return I have gained much more. With the little the elders have, they freely gave and taught me the true meaning of giving. I received intangible gifts of care and friendship from the close relationship we shared. On the last day, when I got a starfruit as a farewell gift from a granny, called Teochew Ma, I was surprised. I asked her why she gave me such a gift. Her words left me speechless, "Eat starfruit with a little salt for your sore throat, it's good."

Leadership Renewal

St Luke's Hospital is entering its 10th year of service in the community. This year, former treasurer Foong Daw Ching takes over the chairmanship from Prof Lee Hin Peng.

Mr Foong has been an active board member since 1992. As treasurer of the board, Mr Foong played a pivotal role in ensuring sound financial policies were in place for proper management of public funds. "I thank God that it is by His grace that St Luke's has been successful in carrying out the vision that God has set us to do," said Mr Foong. "I desire that St Luke's will continue to be successful by striving to look ahead so that we can do more than what is comfortable and convenient to achieve greater success for the glory of our Lord Jesus Christ."

Prof Lee has served the cause of St Luke's for over 15 years. When asked what was most memorable about being chairman, Prof Lee said, "Being chairman was a great privilege, for which I thank God and all board members and staff. It was a journey of challenges and discovery, and I was very conscious of the Lord's leading at all times."



Prof Lee Hin Peng (left) passes the role of Chairman to Mr Foong Daw Ching (right).

The appointment made at the St Luke's 13th AGM on 10 May is poised to move the hospital into a new chapter in serving the needs of the elderly.



Help us to Help Others

St Luke's Hospital provides a range of medical, rehabilitative and nursing services. Every year, the hospital provides quality care and compassionate service to over 1,000 patients. Despite patient fees and Government subsidies, St Luke's Hospital needs to raise \$700,000 this year to subsidize the services to our patients.

St Luke's ElderCare runs five day care centres for needy elderly in Clementi, Hougang, Tampines, Whampoa and Yishun. The services are highly subsidized. This year, St Luke's ElderCare has to raise \$500,000 to help about 280 elderly with day care and rehabilitation services.

St Luke's Hospital and St Luke's ElderCare are voluntary welfare organizations. Both organisations do not receive funds from the Community Chest.

You can help others by donating any amount. If you would like to do so, please enclose the coupon with your cheque and send it to us. We and our elderly patients/clients will appreciate it.

Yes, I want to help!

Name IN BLOCK LETTERS (Dr/Mr/Mrs/Mdm/Miss/Ms)		NRIC No.
Address		
		Postal Code
Tax Exempt receipt will be issued for donations of S\$50.00 and above.		
I wish to donate S\$_____ to:		
St Luke's Hospital Ltd		St Luke's ElderCare Ltd
<input type="checkbox"/> Monthly <input type="checkbox"/> One-time contribution		<input type="checkbox"/> Monthly <input type="checkbox"/> One-time contribution
Cheque No. _____		Cheque No. _____
payable to St Luke's Hospital Ltd		payable to St Luke's ElderCare Ltd
Type of Donation (For issue of tax exempt receipt)		
<input type="checkbox"/> Personal		
<input type="checkbox"/> Company (Please provide company's name and address)		
Please enclose this coupon with your cheque and send it to:		
The Senior Finance Manager St Luke's Hospital/St Luke's ElderCare 2 Bukit Batok Street 11 Singapore 659674		