Shak Keng Choong (right) talks to a wolf and continues to attend a rehabilitation therapy at St Luke’s Hospital.

St Luke’s Hospital’s Home Care Team visited healthcare providers in Japan to learn from their care delivery. Patient-centred care is the backbone of medical services, and the Japanese was able to observe how Japanese home care providers delivered care centred on respecting patients’ rights and quality of life, upholding patients’ dignity and assisting with their last wishes. For St Luke’s, services by different providers are “wrapped around” the patient, who may be attended by a doctor, nurse, dentist, pharmacist, care manager and home helper round the clock at home. St Luke’s Hospital provides home care including home medical, home nursing and home therapy; with services such as chronic disease management, wound care, providing clinical care and more.

St Luke’s Hospital (SLH) is a Christian healthcare provider serving in the communities. A Christian healthcare provider serving the whole person, SLH is committed to providing clinical care and more.

Caring for the whole person, or holistic care, involves a multi-disciplinary team of doctors, nurses, therapists, medical social workers, other allied health professionals and pastoral care staff working together to journey alongside patients in the recovery process. The care is extended to families through education and counseling; it is seen as a need for all patients and not just those with a chronic condition.
Dementia, a disease that affects the brain, is expected to affect 55,000 patients in Singapore by the year 2020. People with dementia may have poor memory, difficulty in communicating and exhibit changes in personality, leading to stress. To raise awareness about dementia and funds, St Luke’s Hospital organized a charity film premiere on 14 November with the Singapore Film Society. In the film “Before We Forget”, Hong Kong’s renowned action star Ti Lung plays a grandfather who, together with his family, grapples with the challenges of dementia. Many in the audience were moved to tears by the heartwarming film, which shows how family love plays a crucial role in helping people cope with dementia. Just like real life, people in real life need more than just medical care; they also need psychosocial, emotional and spiritual care.

When patients have multiple medical conditions and go through different care providers, there is a risk of fragmented healthcare. To improve health outcomes, St Luke’s Hospital started two integrated care paths which were also chosen to be presented at this year’s 17th International Conference on Integrated Care, Dublin. The conference was attended by more than 1,000 delegates from over 50 different countries.

To lower the risk of ill health, the dementia ward with a multi-disciplinary team of doctors, nurses, therapists and other allied health professionals to journey alongside persons with dementia and their caregivers. In 2016, a multi-disciplinary team of orthopaedic and geriatric doctors, therapists, nurses and care coordinators from both National University Hospital and St Luke’s Hospital implemented an integrated care path. A review of 34 patients showed that these patients had good functional recovery and there was reduction of caregiver stress.

A national health survey in 2010 found that many people with diabetes and high cholesterol levels were unaware of their conditions. Screening plays an important role in detecting disease so that appropriate care can be given early to lower the risk of ill health.

When patients have multiple medical appointments due to complex medical conditions, patient care may become fragmented, with suboptimal health outcomes.

A/Prof Tan Boon Yeow, CEO (left), presented two integrated care paths to improve health outcomes REDUCING MULTIPLE APPOINTMENTS Integrated care to 1,000 delegates from over 50 different countries.

Dementia Care Project (DCP) aims to help persons with dementia remain in community and to support their caregivers. In 2011, a multidisciplinary team (doctors, nurses, social workers, physiotherapists, occupational therapists, care coordinators and pastoral care staff) was introduced to care for patients with dementia, with funding support from Ministry of Health. From its implementation to March 2017, DCP consistently achieved high caregiver satisfaction rate.

To deliver more patient-centric and seamless care to patients with multiple chronic diseases, St Luke’s Hospital and the National University Health System (NUHS) pioneered its Patient Appointment Consolidation (PAC) programme in 2014. This programme consolidates medical appointments with fewer doctor follow-ups, improving coordination of care. Patients receive greater continuity of care and convenience, with reduced time and cost from attending appointments. This benefits their caregivers too. The PAC programme was subsequently also rolled out at the Frontier Family Medicine Clinic.

For their achievements in the PAC programme, St Luke’s Hospital, together with NUHS and Frontier Family Medicine Clinic won the award Excellence Champion Medal, which is one of the National Healthcare Innovation & Productivity (HIP) Medals.

To grow awareness and early detection, St Luke’s Hospital works with different partners to provide a wide range of services and coordinated care for the community. In one such programme, Project SilverCare, over 100 residents were screened for diabetes, blood pressure, cholesterol level, frailty and other conditions.

Hip fracture reduces functional independence and increases the need for caregiving. In 2016, a multidisciplinary team of orthopaedics and geriatric doctors, therapists, nurses and care coordinators from both National University Hospital and St Luke’s Hospital implemented an integrated care path. A review of 34 patients showed that these patients had good functional recovery and there was reduction of caregiver stress.

When patients have multiple medical appointments and due to complex medical conditions, patient care may become fragmented, with suboptimal health outcomes. DEMENTIA AWARENESS: BEFORE WE FORGET

To raise awareness about dementia and funds, St Luke’s Hospital organized a charity film premiere on 14 November with the Singapore Film Society. In the film “Before We Forget”, Hong Kong’s renowned action star Ti Lung plays a grandfather who, together with his family, grapples with the challenges of dementia. Many in the audience were moved to tears by the heartwarming film, which shows how family love plays a crucial role in helping people cope with dementia. Just like real life, people in real life need more than just medical care; they also need psychosocial, emotional and spiritual care.

St Luke’s Hospital has a specially-designed dementia ward with a multi-disciplinary team of doctors, nurses, therapists and other allied health professionals to journey alongside persons with dementia and their caregivers.

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