

SERVING LOVING HEALING

THROUGH CLINICAL,
SOCIAL & PASTORAL CARE



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CHAIRMAN'S MESSAGE

As Singapore's population ages, healthcare needs will only get more complex as a patient may not have just one health issue, but multiple conditions. Delivering holistic, multi-disciplinary care is important to care for the whole person, and not just individual areas.

To meet growing healthcare needs, St Luke's Hospital has developed a multi-disciplinary model of care providing clinical, social and pastoral care, which together help to prevent fragmented care. From inpatient to outpatient to home care, the hospital has also been equipped to meet the needs of our patients at different points in their recovery journey. The following are examples of how we serve, love and heal through clinical, social and pastoral care.

Clinical care

Our patients may have cancer, stroke, pneumonia, fractures, dementia, or may have undergone surgery and amputation. After the acute phase, they require proper care and rehabilitation to return to their homes and community.

Our dedicated medical team with post-graduate training in family and geriatric medicine helps to treat and improve patients' condition. St Luke's Community Clinic is a one-stop clinic to meet community healthcare needs, through its services such as diabetes clinic, wound clinic, primary care eye clinic and community psychiatry clinic.

Our community wound centre was also set up to provide integrated wound care management, and sharing of wound management best practices with other healthcare institutions. Specifically, in the area of pressure injury, Susie Goh, Executive Director of St Luke's Community Wound Centre and St Luke's Academy led the setting up of a Pressure Injury Prevention Committee to systematically look at the prediction and prevention of pressure injury. The committee includes nursing heads from community hospitals, nursing homes, home care providers and Agency for Integrated Care. This will help to prevent and better manage pressure injuries across the Intermediate and Long-Term Care sector.

Social care

When patients are ill, they are not only affected physically but also require psychosocial support. We care for patients and their families through education and counselling, and help them cope with financial, psychosocial and emotional issues, including referrals to community support services for continuity of care.

For patients who have suffered a stroke, they often face challenges even after returning home. In collaboration with Singapore National Stroke Association, our medical social workers facilitated the Stroke Self-Management Programme which helps empower stroke survivors with skills training and strategies of self-management, conducted in a group setting.



Pastoral care

The answers to some struggles are beyond the reach of medicine and physical therapy. A listening ear with emotional and spiritual support help to lift the spirits of patients and caregivers.

The attentiveness of one pastoral care staff helped to fulfil a palliative patient's wish for a steamboat reunion meal, which would likely have been her last new year celebration. The palliative team proceeded to organise a steamboat lunch for six families, providing a reunion celebration.

We will continue to meet the needs of the community through our holistic, person-centred care.

I would like to thank board members for their service, including Mr Teo Lai Wah Timothy and Mr Samuel Tan, and alternate board members who have stepped down. We welcome Mr Foong Daw Ching as the Executive Director of the boards of St Luke's Hospital and St Luke's ElderCare. Mr Foong will be working with the management of both organisations to integrate and synergise services and operations, to impact more lives in the community. We also welcome Mr Jonathan Kok to the board. I am thankful to our volunteers, donors and staff for serving, loving and healing.

“

... St Luke's Hospital has developed a multi-disciplinary model of care providing clinical, social and pastoral care, which together help to prevent fragmented care.

”

Dr Peng Chung Mien
Chairman
St Luke's Hospital



CEO'S MESSAGE

St Luke's Hospital was conceived by a group of healthcare workers and Christians who were inspired to build a hospital to meet the needs of older persons. When the hospital began operations in 1996, a team of doctors, nurses, therapists, pharmacists, medical social workers, chaplains and administrative staff saw to the needs of the patients.

Over the years, the hospital has expanded its team and services to provide holistic care for patients. Amongst the services are St Luke's Community Clinic, home care (home medical, home nursing and home therapy), care coordination and community outreach programmes. Working together to meet the needs of patients are clinical, social and pastoral care staff.

Unity within diversity

"For the body is not one member, but many." – 1 Corinthians 12:14

The hospital functions in multi-disciplinary teams, so that the strengths of various members are harnessed for better patient care. The multi-disciplinary teams comprise doctors, nurses, physiotherapists, occupational therapists, speech therapists, medical social workers, pharmacists, care coordinators, chaplains and administrative staff. We have also started providing art and music therapy especially for patients in our dementia and palliative wards. The art and music therapists use art and music interventions to improve patients' well-being to reduce isolation, improve mood, and strengthen gross or fine motor skills.

We also work with partners to value add to our multi-disciplinary care. We are one of the partners in the Temasek Foundation – Improving Mobility via Exoskeletons (iMOVE) programme, which uses exoskeletons to improve mobility. Combined with conventional physiotherapy, the robotic exoskeleton aims to help patients, who have conditions such as stroke and spinal cord injury, walk independently.

Another important group in our multi-disciplinary care are our volunteers. St Luke's Hospital was started by a group of volunteers, and volunteers who have come alongside us in our patient care have grown through the years. Our volunteers help in practical ways such as accompanying patients for their medical appointments or giving haircuts for patients who are unable to go out of the hospital. Other volunteers provide emotional and psychosocial support such as engaging patients in activities, singing and playing music to provide care and comfort. Some volunteers also work behind the scenes such as fundraising and helping with administrative work.



“The hospital functions in multi-disciplinary teams... for better patient care.”

A/Prof Tan Boon Yeow
Chief Executive Officer
St Luke's Hospital

A holistic team

"But now God has placed the members, each one of them, in the body, just as He desired." – 1 Corinthians 12:18

Staff and volunteers from many disciplines work together to improve patient care. When patients fall ill, they may face multiple challenges in the process of recovery. Serving together to meet their varied needs helps to smoothen the recovery process and reintegrate them into their community.

For one patient, M Ravi Sankar Morgan, rehabilitation and social work care helped him get through the tough times. Ravi was his mother's caregiver when she became ill and bedridden. He cared for her day after day and lost 20 kg during this period. His mother passed away and while he was still grieving, he had to go for an emergency operation on his leg. He was admitted to St Luke's Hospital after surgery. While undergoing rehabilitation, he was still coping with the loss of his mother. Medical social worker Leong Si Jie gave him a notebook to pen down his thoughts about his mother and what he wanted to tell her. Si Jie reviewed his reflections and told him not to blame himself as he had already done his best. After rehabilitation, Ravi also managed to walk with a walking stick. He said, "At one point, I couldn't even stand. Now I'm walking."

Another patient who received multi-disciplinary care was Lee Siew Lan, who transferred to St Luke's Hospital after her third spinal surgery. She was in pain and could not sit or stand without help. Within two weeks of rehabilitation, Siew Lan could get up from her chair on her own and walk steadily with a walking stick. In the ward, the nurses made her feel "at home". She said, "They are always smiling, hardworking and never show any unhappiness. They make the ward lively. I'm going to miss them when I go back home."

We aim to continue caring for our patients through clinical-social-pastoral care, restoring health and reintegrating them back into the community.

ABOUT US



St Luke's Hospital, named after the patron saint of the medical profession, was the first hospital in Singapore dedicated to the elderly sick.

We have expanded our services beyond the elderly to enrich more lives. An Institution of a Public Character, we care for 2,000 inpatients and 3,000 outpatients each year, regardless of race, language or religion. As illnesses may be long and chronic, we care holistically for patients' physical, emotional and psychosocial well-being.

Impactful and innovative in transforming community care, we were the first recipient of the President's Award for Social Impact (2012), and the first community hospital to receive the National Healthcare Innovation and Productivity Medal (National University Hospital - St Luke's Hospital Integrated Care Path, 2016).



CORE VALUES

- COMPASSION
- HOLISTIC EXCELLENCE
- RESPECT
- INTEGRITY
- STEWARDSHIP
- TEAMWORK

VISION
TRANSFORMING
COMMUNITY CARE

MISSION
TO BE A CHRISTIAN
HEALTHCARE PROVIDER
ENRICHING LIVES IN THE
COMMUNITIES



SERVICES TO PATIENTS

- MEDICAL CARE
- REHABILITATION CARE, INCLUDING PHYSIOTHERAPY, OCCUPATIONAL AND SPEECH THERAPY
- WOUND CARE
- DEMENTIA CARE
- PALLIATIVE CARE
- GERIATRIC CARE
- MENTAL WELLNESS
- MEDICAL SOCIAL SERVICES
- PASTORAL CARE
- EYE AND DENTAL CLINICS
- DIETETICS
- RADIOLOGY
- PHARMACY
- LABORATORY SERVICES
- HOME CARE

ABOUT ST LUKE'S HOSPITAL



bit.ly/slhcorpvideo1

BOARD OF DIRECTORS

Appointments as at 31 Mar 2019

1. Dr Peng Chung Mien*

Chairman w.e.f. 3 Oct 2013
Vice Chairman 1 Oct 2010–2 Oct 2013
Board member w.e.f. 1 Feb 2008
(2/4)
Chief Executive Officer, The Farrer Park Company
Graduates' Christian Fellowship**

2. Dr Ernest Chew Chin Tiong*

Vice Chairman w.e.f. 3 Oct 2013
Vice Chairman 1 Jun 1999–30 Sep 2010
Board member w.e.f. 19 Oct 1992
(3/4)
History Consultant, Findings Education
Bethesda Frankel Estate Church**

3. Mr Jeyaraj Indra Raj*

Hon Secretary w.e.f. 19 Oct 1992
Board member w.e.f. 19 Oct 1992
(4/4)
Partner, Harold Seet & Indra Raj
Wesley Methodist Church**

4. Mr Foong Daw Ching

Executive Director, St Luke's Hospital and St Luke's ElderCare Boards w.e.f. 1 Feb 2019
Hon Treasurer 25 Jun 2018–31 Mar 2019
Chairman 8 May 2006–29 Sep 2013
Hon Treasurer 19 Oct 1992–7 May 2006
Board member w.e.f. 25 Jun 2018
Board member 19 Oct 1992–29 Sep 2013
(4/4)
Church of Singapore**

5. Dr Jeffrey Lum

Board member w.e.f. 3 Jan 2018
(4/4)
Assistant International Medical Advisor, OMF International
Bartley Christian Church**

6. Mr Khoo Teng Cheong

Board member w.e.f. 1 Jul 2013
(4/4)
Bethesda (Katong) Church**

7. Mr Tan Chee Koon, Samuel

Board member w.e.f. 21 Jan 2013[#]
(3/4)
Regional Manager, Risk Consulting Asia, Allianz Global Corporate & Specialty SE Singapore Branch
Exco Member, Presbyterian Community Services**

Not in picture

8. Ms Tan Wee King

Board member w.e.f. 24 Jan 2011
(1/4)
President, Singapore Nurses' Christian Fellowship**
Not in picture

9. Mr Chua Song Khim

Board member w.e.f. 1 Mar 2011
(2/4)
Deputy Chief Executive, National University Health System

10. Prof Ho Yew Kee^{##}

Board member w.e.f. 1 Feb 2008
(2/4)
Associate Provost (SkillsFuture & Staff Development), Singapore Institute of Technology

11. Mr Choo Eng Beng*

Hon Treasurer 25 Jun 2014–24 Jun 2018
Board member w.e.f. 8 May 2006
(3/4)
Partner, PricewaterhouseCoopers LLP
Church of Singapore**

12. Ms Tan Wan Joo (Mrs Wee Wan Joo)

Board member w.e.f. 1 Sep 2016
(3/4)
Director, St Luke's ElderCare Ltd
Member, AIC Medifund Committee for the Portable Subsidy Scheme
Not in picture

HONORARY ADVISOR

Mr S Dhanabalan

Former Chairman, Temasek Holdings

ALTERNATE BOARD MEMBERS[^]

Mr Chua Teck Chuan

Alternate board member w.e.f. 3 Jan 2018

Executive Director, MSD Asia Pacific Services Pte Ltd

Bartley Christian Church**

Mr Lo Weng Fai (Alex Lo)

Alternate board member w.e.f. 1 Mar 2017

Elder, Bethesda Frankel Estate Church**

Mr Francis Maniam*

Alternate board member w.e.f. 1 Mar 1994

Elder, Bethesda (Katong) Church**

Mr Allan Wong Kwok Wai*

Alternate board member w.e.f. 10 Jun 1996

Chairman, CRIG & COCM

Graduates' Christian Fellowship**

Dr Genedine Gunden A Villanueva

Alternate board member w.e.f. 15 Mar 2017

Associate Professor, Health and Social Sciences Cluster Programme Director (Nursing), Singapore Institute of Technology

Singapore Nurses' Christian Fellowship**

Mr Jonathan Kok Hei Mun^{^^}

Alternate board member w.e.f. 1 Mar 2015

Partner, RHTLaw Taylor Wessing LLP

Presbyterian Community Services**

Dr Danny Ng Bock Hon*

Alternate board member w.e.f. 10 May 2004

Clinical Director, Renovaré Pte Ltd

Wesley Methodist Church**



* Board members who have served more than 10 consecutive years have been valuable to the board, instrumental in providing knowledge and expertise.

** Foundation Member

[#] Mr Samuel Tan, Board member till 14 May 2019

^{##} Prof Ho Yew Kee, Hon Treasurer w.e.f. 1 Apr 2019

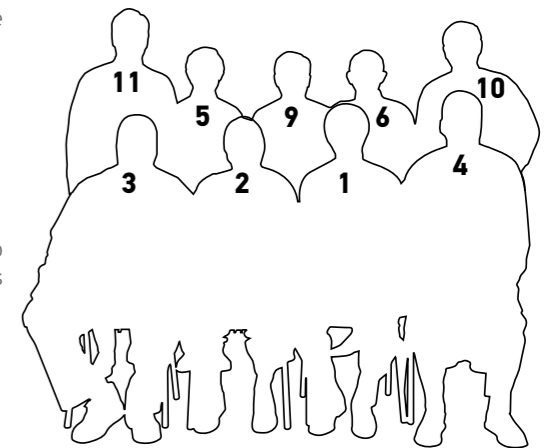
[^] Alternate Board Members till 27 Jan 2019

^{^^} Mr Jonathan Kok Hei Mun, Board member w.e.f. 15 May 2019

Where applicable, occupations of board members are stated. Numbers in brackets refer to board meeting attendance (number of meetings attended / number of scheduled meetings in the year).

We thank the following for their service: Mr Teo Lai Wah Timothy (till 27 Aug 2018), Mr Samuel Tan (till 14 May 2019), and Alternate Board Members (till 27 Jan 2019).

Annex I: COMMITTEES



SENIOR MANAGEMENT

Appointments as at 31 Mar 2019

1. **A/Prof Tan Boon Yeow**
Chief Executive Officer
(w.e.f. 19 August 2016)
2. **Dr Chia Tee Hien**
Medical Director
Medical Services
3. **Ms Alice Phua**
Director
Nursing Services
4. **Ms Susie Goh**
Executive Director
St Luke's Community Wound Centre
St Luke's Academy
5. **Mr Kenneth Lam**
Assistant Director
Operations
Rehabilitation Services (w.e.f. 1 Sep 2018)
6. **Ms Jenny Oo**
Deputy Director
Pharmacy
7. **Ms Tan Bee Ker**
Principal Chaplain
Chaplaincy Department
8. **Ms Cheung Siew Li**
Deputy Director
Care & Integration
9. **Mr Kevin Lee**
Deputy Director
Corporate Communications & Partnerships
10. **Mr Daryl Tan**
Deputy Director
Information Technology
11. **Ms Leo Bek Hoon**
Director
Human Resource & Administration



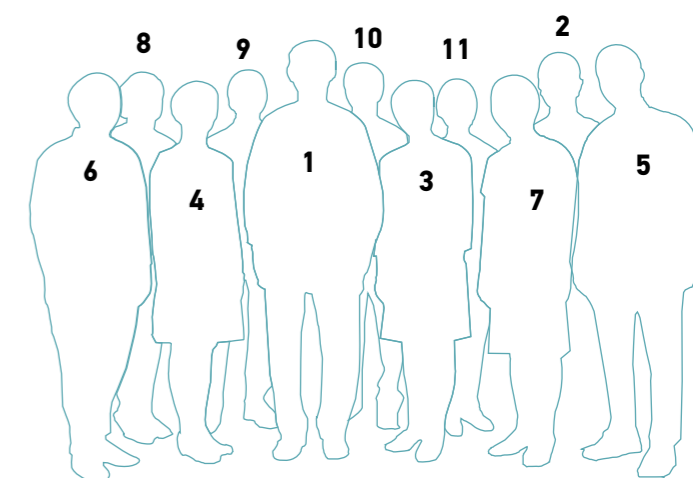
12. **Mr Gribson Chan**
Deputy Director
Rehabilitation Services (till 31 Aug 2018*)
*On Master of Cancer Rehabilitation,
University of Hull, UK, 17 Sep 2018-17 Sep 2019

Not in picture
13. **Mr Sitoh Tuck Cheong**
Director
Finance

Not in picture

ORGANISATION STRUCTURE

St Luke's Hospital has the following divisions / departments: Medical, Nursing, Rehabilitation, Pharmacy, Chaplaincy, Care & Integration, Corporate Communications & Partnerships, Finance, HR & Admin, IT, Operations and CEO Office.



OUR YEAR IN NUMBERS

< INPATIENTS >

Number of admissions

2,252

Occupancy rate

85%

Percentage of patients discharged from St Luke's Hospital who improved significantly* in their ability to perform basic activities like personal grooming, eating and moving about independently

*10 points or more improvement as measured by the Modified Barthel Index

80%

Examples of Modified Barthel Index (MBI) 10 points or more improvement

	0	≥ 10
Feeding	Needs to be fed	Can feed self
Toilet transfer	Fully dependent	Able to get on and off toilet independently
Stairs	Unable to climb	Able to go up and down safely without help

Percentage of subsidised patients with household per capita income of \$1,800 a month or less

84%

< OUTPATIENTS >

Total number of outpatients

3,645

- Number of outpatient clinic patients **2,282**
- Number of day rehab patients **983**
- Number of home care patients **380**

	FY16	FY17
Total number of outpatients	3,242	3,608
Total number of outpatient attendances	28,700	32,111

The figures in this report replace those stated in earlier reports.

Total number of outpatient attendances

34,248

- Number of outpatient clinic visits **10,661**
- Number of day rehab visits **19,778**
- Number of home care visits **3,809**

< MANPOWER >

Total

491

- Medical **25**
- Nursing **236**
- Allied health **126**
- Operations and admin **104**

Patient satisfaction

94%

Satisfaction rate (good and excellent ratings)



SERVING, LOVING, HEALING

St Luke's Hospital cares for the whole person, recognising that people have more than just physical needs. They also have emotional, psychosocial and spiritual needs. Care for the whole person means holistic care for patients through clinical, social and pastoral or spiritual care, which together help patients improve their medical condition and motivation to take part in rehabilitation.

CLINICAL CARE

Our clinical care team, including doctors, nurses and therapists, helps patients recover, return home and reintegrate into their community. Besides caring for inpatients and outpatients, we also expand our reach into the community through home care and by providing training for community partners.

RIGHT DIAGNOSIS, RIGHT TREATMENT

For two years, Mdm Tan (not her real name) had been losing appetite, weight and sleep. She slept only four hours a day and would wake up frequently. She felt tired and giddy often, which affected her active lifestyle.

Her family took her to various check-ups and tests but could not find the root cause. As her condition deteriorated, her family decided to arrange for an appointment at St Luke's Community Clinic.



▶ Dr Grace Lum helped Mdm Tan find the root cause of her ailments.

At the clinic, Dr Grace Lum took time to listen to Mdm Tan. When Dr Lum asked about her mood, Mdm Tan broke down as she shared her fears and worries. Mdm Tan, who is in her 70s, was diagnosed with depression. So Hwee Mei, her family member, said, "The session was a breakthrough as we had many unanswered questions about her health."

With the diagnosis of depression, treatment was prescribed accordingly. As Mdm Tan had multiple chronic conditions such as diabetes and high cholesterol, she was taking multiple medications. The healthcare team at St Luke's Community Clinic helped to reconcile and reduce her medications by half.

Mdm Tan can now sleep better. With better sleep and improved appetite, she is able to go for walks in the park and meals with her family. In addition, her medical social worker helped her to apply for government subsidies and her physiotherapist referred her to the Gym Tonic exercise programme at an eldercare centre near her house.

St Luke's Community Clinic is a one-stop clinic to meet community healthcare needs, with a wide range of services such as family physician clinic to manage geriatric syndromes, osteoporosis, stroke, diabetes, dementia and wound care. The clinic is located at St Luke's Hospital.



▶ A Pressure Injury Prevention Day conference was held to raise awareness and educate healthcare professionals in Singapore about pressure injury.

PREVENTING PRESSURE INJURIES

Staying inactive over a long time or abrasions from medical devices may cause pressure injuries on skin. Pressure injuries may lead to complications, prolonged hospital stay and frequent hospital admissions, affecting patients and their families.

A Pressure Injury Prevention Committee was set up to systematically look at the prediction and prevention of pressure injury. The committee is chaired by Susie Goh, Executive Director of St Luke's Community Wound Centre and St Luke's Academy. Committee members include nursing leaders from community hospitals, nursing homes, home care providers and Agency for Integrated Care.

The committee aims to increase awareness of pressure injury prevention and management among healthcare workers and caregivers. The committee is also reviewing current pressure injury prevention practices, steering towards developing nationally-recognised protocols for the community care sector. To kick-start this initiative, the committee carried out a survey to assess pressure injury knowledge among nurses. About 1,000 nurses took part in the survey, allowing the committee to understand the knowledge gaps.





Stroke survivor Henry Tan learns to walk better after using the exoskeleton. Using technology in rehabilitation can help provide high-intensity, repetitive and task-specific treatment.

HENRY LEARNS TO WALK AGAIN



bit.ly/henry_tan

EXOSKELETONS HELP PATIENTS WALK

Henry Tan was an avid sportsman, till congenital muscular dystrophy weakened his muscles and affected his walking.

When he suffered a stroke in October 2018, his ability to walk was severely impaired. He was admitted to St Luke's Hospital for rehabilitation.

"I walk with a hunch and my wife would scold me. But when I try to stand tall, I will fall." said Henry, 66. His therapists informed him of a new technology that might be helpful for his progress.

St Luke's Hospital is a partner in the Temasek Foundation – Improving Mobility via Exoskeletons (iMOVE) programme. The robotic exoskeleton helps patients with conditions such as stroke and spinal cord injury to regain some mobility and independence in walking.

The iMOVE programme organised by National University Health System (NUHS) and Alexandra Hospital was officially launched on 6 May 2019. Prof John Wong, Chief Executive of NUHS said,

"Studies have shown that intensity and frequency of rehabilitation translates to better outcomes. However, such intensity is difficult to achieve, particularly for the more debilitated patients."

Yap Tian Yong, physiotherapist at St Luke's Hospital, said, "The exoskeleton allows for a more consistent practice of the joint movements. It can also generate immediate feedback data so that we can adjust patients' walking pattern immediately. Together with conventional rehabilitation, we can achieve better productivity and optimise the session for patients."

Henry joked that the exoskeleton was "unforgiving" as it "disallowed" him to walk with the wrong posture that he had used for over 20 years. With better posture, he can now walk better.

Besides the exoskeleton, Henry also used other robotics at the hospital such as the G-EO System, which trained his lower body muscles.



A/Prof Tan Boon Yeow, CEO of St Luke's Hospital (right), with a resident during frailty screening at Bukit Batok. Frailty, which can affect activities of daily living, is reversible.

REVERSING FRAILTY

To prevent and reverse frailty among the elderly and reduce their dependence on others for activities of daily living, Project SilverCare is helping the elderly in Bukit Batok.

Frailty is a geriatric syndrome associated with chronic diseases, social isolation, lack of physical exercise and cognitive decline. Frailty is "dynamic and reversible" said Dr Lim Huai Yang of St Luke's Hospital. "To reverse frailty, we go beyond healthcare and intervene early. Vulnerable seniors need help to overcome financial barriers, improve health literacy, enhance self care skills as well as make lifestyle and behavioural changes."

The Project SilverCare team comprises healthcare professionals from St Luke's Hospital, NUHS Family Medicine residents and students from NUS Medicine, Alice Lee Centre for Nursing Studies and NUS Department of Pharmacy.

Over two weekends in August 2018, the team and volunteers visited 50 elderly residents at home to conduct a comprehensive frailty assessment. Work did not stop after screening. After assessment, pre-frail and frail seniors were offered a 6-9 month follow up including services that specifically target specific causes of frailty.

The team designed a comprehensive frailty screening, assessment and intervention programme, examining medical, physical, nutritional, cognitive and psychosocial aspects. Student volunteers conducting regular home visits would be able to carry out some basic interventions after training from St Luke's Hospital. These include checking medication compliance, delivering basic dietary education, befriending, screening for cognitive decline and identifying caregiver stress.



SOCIAL CARE

When patients are ill, they are not only affected physically but also require psychosocial support. We care for patients and their families through education and counselling, and help them cope with financial, psychosocial and emotional issues, including referrals to community support services for continuity of care.

PREVENTING A SECOND STROKE

Wee Lee Cheng, 58, was at home when she felt something was wrong. She had a stroke, and received inpatient and outpatient rehabilitation at St Luke's Hospital. After her recovery, she joined the Stroke Self-Management Programme (SSMP) and met other stroke survivors who encouraged one another. She said, "This programme gives us hope."

Tan Chia Nee, senior medical social worker at St Luke's Hospital who facilitated SSMP, said, "Stroke does not just affect physical health, but also emotional and psychosocial health. SSMP helps participants manage their health and may help prevent a second stroke."

SSMP is also a platform for stroke survivors to share what helps them overcome their challenges.

Stroke survivor Wee Toon Huey, 49, signed up with his wife Hwui Mian. She said, "Sometimes, when we do things by ourselves, we don't have a benchmark. When we see others being able to do certain things, we get more motivated."

SSMP encourages participants to set personal targets such as frequency of stretching exercises and helps them take ownership of their recovery.

SSMP was developed by The Hong Kong Society for Rehabilitation to empower stroke survivors with skills training



➤ The Stroke Self-Management Programme is a platform for stroke survivors to manage their health and share what helps them to overcome challenges.

and strategies of self-management. This was the second run of the programme at St Luke's Hospital, in collaboration with Singapore National Stroke Association.

Each run of the programme has six sessions, held once a week.

The hospital's mission is to enrich lives in the communities. It cares for inpatients, outpatients and helps people beyond the hospital through home care and community outreach. It partners caregivers and service providers to deliver a wide range of coordinated care.



➤ Loke Yee Woon (second from left) and his group in Our Kitchen Programme, a platform for seniors to build bonds and mutually support each other.

BONDING THROUGH FOOD

Using just straws, newspaper and bamboo skewers, participants were tasked to build a structure and protect an egg. As participants brainstormed and worked together, they got to know each other better. When the structures were dropped from a height, Loke Yee Woon's group was the only one whose egg survived. He was very happy and said, "The activity was a good test of our teamwork, it was a very good experience."

The activity, part of "Our Kitchen Programme", represented the support vulnerable people needed during difficult times. Medical social workers who facilitated the session encouraged participants to stay connected and also to look out for others who do not have a social group.

Yee Woon, 77, joined the programme in the spirit of lifelong learning and to make new friends. Another participant, Chua Leong Hock, 87, was happy when she heard about Our Kitchen Programme as she could "learn new things".

St Luke's Hospital is a partner of Our Kitchen Programme launched by the National Council of Social Service to reduce risk of social isolation and improve quality of life for elderly aged 50 and above. For a dozen sessions over six weeks, participants met in St Luke's Hospital to learn about healthy eating and cooking, form new friendships and gain new experiences.

Using the Lubben Social Network Scale, seniors were assessed on the quality of their relationships with families, neighbours and friends, such as the likelihood of sharing private matters and whether they would call on them for help. Those with lower scores are at risk of social isolation. Participants were grouped together, with a mix of those at risk and not at risk.

Medical social work manager Jasmine Yong said, "It is good for seniors to build a wider social network beyond their families and close friends. If a crisis happens, neighbours will be able to give immediate help."

PASTORAL CARE

The answers to some struggles are beyond the reach of medicine and physical therapy. A listening ear with emotional and spiritual support help to lift the spirits of patients and caregivers.

ONE WISH FOR CHINESE NEW YEAR: STEAMBOAT

Chinese New Year is a time for family reunions. Some family members may not be able to go home, such as those who are hospitalised. Cancer patient Tan Yung Joo, 89, was admitted to St Luke's Hospital palliative ward in November 2018. Her 59-year-old daughter, Lim Chu Gek, visits every day without fail. One day, Mdm Tan uttered in Teochew "zhuan lor" (steamboat). She knew Chinese New Year was coming and wanted a steamboat reunion dinner. This was likely to be her last new year celebration.

Chu Gek relayed her mother's wish to ward chaplain Mah Seok Eng. The palliative care team arranged for reunion lunch, not just for Chu Gek, but for six families in total. Seok Eng said, "Since these patients could not go home for reunion, we invited their immediate family members to have lunch in hospital."

The lunch took place in the ward's activity area on 4 February 2019. Festive music played in the background as families reunited. As some patients had dietary restrictions, the team ensured there was suitable food, including easy-to-chew food like tofu. All these were done at the palliative care team's own initiative and expense.



▶ Lim Chu Gek tenderly feeds her mother, fulfilling her wish for a reunion dinner over steamboat at St Luke's Hospital.

Mdm Tan repeatedly exclaimed with a smile, "My wish came true." Chu Gek was happy too that her mother enjoyed the steamboat. "Besides relieving pain, we also help palliative patients spend the remaining days of their life meaningfully," said Seok Eng.

Like Mdm Tan, patients in the palliative ward are in the last days of their life. Many of them receive pain relief treatment. The care team works with patients and caregivers to provide quality of life, so that patients may spend their last moments meaningfully, to live well, and eventually "leave well".

JOURNEYING WITH PATIENTS

Mdm Ho (not her real name) fell at home. Hours passed before she could reach her phone to call for help. That incident traumatised her. She was still distraught when she was admitted to St Luke's Hospital.

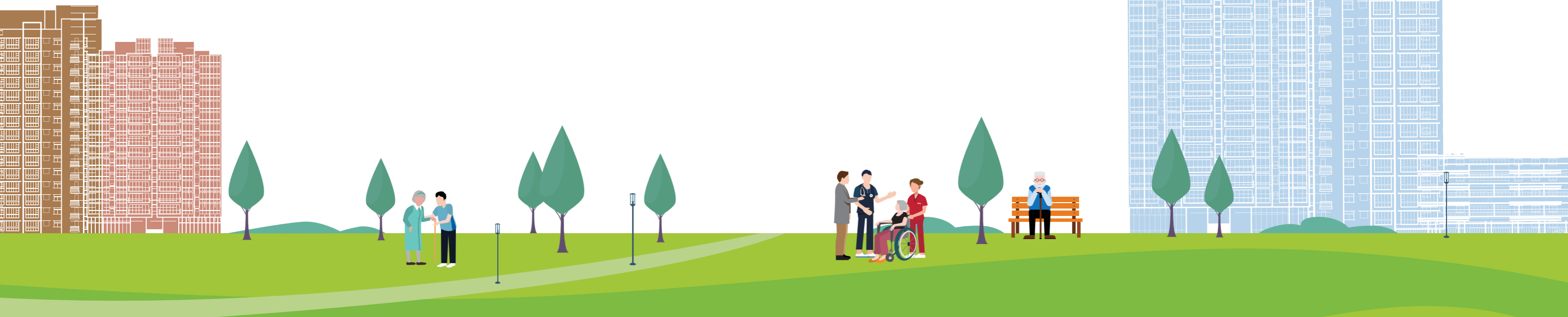
A member of the pastoral care team, Timothy Poon, visited Mdm Ho to provide a listening ear. She poured out her feelings and anxieties, talking about the fall and her life. After a few sessions, Timothy noticed that Mdm Ho was back to her usual chatty self. She was in a better mood, and was more motivated to complete her rehabilitation exercises.

Timothy said, "In difficult and demanding times, such as facing a critical illness or other trauma, we may experience high stress, and this reduces our ability to cope. In pastoral care, we seek to 'walk' with patients, giving them time and space to share and reflect. We help to provide emotional support and spiritual care."



▶ Timothy Poon provides pastoral care, which helps patients through emotional support and spiritual care.

Through his work in pastoral care, Timothy has also learnt much from his patients, especially those in the "pioneer generation". He sees their spirit of resilience and hard work, and realises that caring is a journey that may have pit-stops and detours.



PARTNERSHIPS

We work with various parties including community organisations, volunteers and individuals, to deliver a wide range of care in a coordinated manner. We are grateful to our partners who journey alongside us to transform community care.

OUTREACH

OPEN ARMS AT OPEN HOUSE

Over 200 members of the public visited St Luke's Hospital at its inaugural open house. They were treated to informative and interactive forum theatre about dementia, which left the audience sometimes laughing and sometimes in tears. After the play, they also had opportunity to try out rehabilitation robotics for upper and lower limbs, powered mobility aids such as electric wheelchairs, and foot screening for wounds. Nutrition talks by a dietician gave them tips on eating well.

One visitor was Chow Wah Kin, 82. He went through cognitive health screening and was happy to find himself well and alert. Another visitor, Annie Chua, liked how the event was "organised in a warm hearted, fun and informative environment".

St Luke's Hospital CEO, A/Prof Tan Boon Yeow, said in his speech, "Many of our staff live near the hospital. Many patients live in Bukit Batok too... Not all our patients live in this neighbourhood. Some live in the east, yet choose to come here because our patients recommended us. Many patients consider us their friends or even their family."



▶ MP for Bukit Batok, Murali Pillai, talks to a participant trying out exercise equipment designed for the elderly.

He added, "Our patients may have cancer, pneumonia, dementia, strokes, fractures, or may have undergone surgery and amputation. We look after patients through our medical care, which includes rehabilitation, wound care, dementia care and palliative care. As a multi-disciplinary team, we help patients recover, return home and reintegrate into the community."

The capacity crowd showed up on 6 October 2018 despite rain at the start of the event.

FUNDRAISING

SINGAPORE'S "BAREFOOT DOCTOR" COMPLETES CHARITY TRIATHLON

Director of Outreach & Community Engagement and Resident Fellow at College of Alice & Peter Tan, National University of Singapore, Dr Tan completed the triathlon and fundraising on 23 September 2018, at East Coast Park, Singapore, as part of his 57th birthday celebration.



▶ Dr Tan Lai Yong, in his first charity triathlon, raised about \$100,000 for St Luke's Hospital.

Dr Tan said, "My parents have high blood pressure and high cholesterol. I am thankful for good health, so I took part in the triathlon sprint. I am glad to raise funds for St Luke's Hospital as I know the staff go through great effort to get patients back on their feet – going the extra mile healing the sick, encouraging them and their families, solving problems and training caregivers to help them care for their loved ones."

Dr Tan witnessed the setting up of the hospital as a young volunteer. He said, "I learnt much from the convictions and actions of the founding members of St Luke's Hospital. These women and men of action left a deep impression on me about the hard work needed in serving the community."

Dr Tan had spent 14 years providing healthcare to the poor and training local doctors in Yunnan, before he resettled in Singapore, where he continues to touch lives.



▶ Tan Gee Paw encourages giving to those who need help through "well-governed institutions".

"YOU HAVE A NEED, I AM ABLE TO HELP"

As a boy, Tan Gee Paw saw his father struggle to feed his family as the sole breadwinner, and humiliation when the father asked for help. The boy, who grew up to be Chairman of PUB, said donors should "never demolish the dignity of the recipient". He encouraged giving to those who need help through "well-governed institutions".

Mr Tan, who has stepped down and is Advisor to the current PUB Chairman, was speaking at the Dymon Asia-St Luke's Appeal Luncheon 2018. Mr Tan added, "The act of giving is far more important than the amount given." The audience of 300 listened in rapt attention as he recounted giving tuition to a plumber's first, then second, child. When the latter asked why Mr Tan was giving free tuition, Mr Tan replied, "You have a need, I am able to help, so I help."

Also present at the lunch on 6 July 2018 was Mr Tan's wife, Irene. She had recovered from a near-fatal stroke and at St Luke's Hospital, she underwent rehabilitation and learned to walk up and down the stairs again.

JOIN US AND ENRICH LIVES

- Donate online (giving.sg/slh)
- Donate by cheque, credit card, GIRO (bit.ly/giveslh)
- Donate in kind (email donor@stluke.org.sg)
- Pray for our work of Serving, Loving, Healing
- Pray for our patients, wish them good health

- Share patient stories on fb.com/slhsg as they overcome challenges
- Volunteer (giving.sg/slh)
- Organise fundraisers during birthdays, anniversaries, Christmas and other special occasions including sporting achievements
- Inspire your colleagues, be corporate volunteers

As a charity hospital, most of our patients are lower income. They may have cancer, pneumonia, dementia, stroke, fractures, and may have undergone surgery and amputations. Your giving, big or small, can help them. To find out more, please call **6895 2776** or email donor@stluke.org.sg



VOLUNTEERING

BEING THERE TO CARE

Volunteers, with their gifts of time and talent, are important to St Luke's Hospital patients.

"Patients may despair because they have lost something. It could be a limb, an ability, a job," said St Luke's Hospital CEO, A/Prof Tan Boon Yeow. "All of them have lost their health. Some lose the will to rehabilitate, or even the will to live. Because you are there with them, you show that you care."

A/Prof Tan was thanking volunteers in his welcome address at the hospital's Volunteer Appreciation Day on 12 February 2019.

Even though it was a day the hospital organised to appreciate volunteers, volunteers continued to give. Tony Ng, a patient-turned-volunteer with St Luke's Hospital, made balloon sculptures of potted flowers to decorate the event venue. A donor organised and sponsored a cruise to thank volunteers.

Anchoring on the cruise outing, Vice-Chairman of St Luke's Hospital Dr Ernest Chew referred to several "ships" in his exhortation, including the much-valued *partnership* with all volunteers. He said, "When you are on a ship, you are all together, you will see one another... We all need God's grace for our sailing, and for our sharing of whatever *hardships*. Remember when you are faced with hardships like our patients, they need care, they need help. So, we are so grateful to you all."

"The work I do is like a drop in the ocean, but I think I can still make a difference in their (patients') lives," said Ranjana Sibal, 40, who received an award for three years of service. She volunteers every week in the hospital's dementia ward, doing activities such as art and craft, and cooking with patients.



▶ A donor sponsored a yacht outing for volunteers in appreciation of their selfless giving.

Corporate givers were also appreciated. Wing Tai Holdings Limited, which organised a company-wide food drive for patients, received the Commendation Service Award.

Individuals, schools, companies and churches volunteer regularly or on an ad hoc basis, to serve patients directly or indirectly. For example, they escort patients to medical appointments, engage patients with games to cheer and motivate them, do administrative work and fundraise.

APPRECIATING OUR VOLUNTEERS



bit.ly/vad2019

CARE FOR THE WHOLE PERSON

We care for 2,000 inpatients and 3,000 outpatients each year, regardless of race, language or religion. We seek to serve the community, love without discrimination and heal body, mind and spirit.

For more stories about the patients we help, visit fb.com/slhsg or bit.ly/slhpatientstories

WALKING, TALKING AND SMILING

Neo Kam Tong used to go for morning walks regularly until she suffered a stroke. She felt down as daily activities such as moving from bed to wheelchair was challenging. Even her speech was affected.

Kam Tong transferred to St Luke's Hospital for rehabilitation. At her first physiotherapy session, her sister Yit Wah saw how the therapist gave Kam Tong confidence to overcome the fear of falling and start exercising.

The exercises involved different activities. For example, playing a card game while standing helped improve endurance and balance. Yit Wah said, "The therapists use simple things like clothes pegs and card games to engage patients. They have fun while doing therapy." From needing help to transfer from bed to wheelchair, Kam Tong progressed to walking with a walking frame.

Kam Tong also progressed in her speech. Yit Wah said, "The speech therapists were skillful and encouraging. The customised exercises enabled her to progress from a whisper to even being able to shout."

Yit Wah also felt supported as a caregiver. One evening, a nurse acknowledged and encouraged Yit Wah's efforts in caring for her sister. Yit Wah added the doctor also "took time to discuss my sister's medical conditions and helped us think through the best way to manage them".

Hospitalisation "is a time when patients and caregivers feel down and struggle to accept the loss of mobility and independence", said Yit Wah. "The supportive and encouraging environment, and cheerful smiles help us in recovery. The chapel services gave us spiritual strength to carry on."



▶ For Neo Kam Tong's 70th birthday, her sister, Yit Wah, gathered family members for a celebration. Nurses surprised the family with a birthday cake and song. Yit Wah said, "It was a very special memory for my sister."



IMPROVEMENT IN MOVEMENT AND MOOD

Shortly after retiring, Lee See Kee suffered a neurodegenerative disorder and slowly lost his ability to walk. His wife, Mrs Lee, needed much strength to help Mr Lee move about due to his limited muscle movement.

For three years, she looked for a solution to help her husband walk again. Mrs Lee approached St Luke's Hospital after reading a newspaper article about the G-EO System, a robotic walking training system that helps patients walk.

Even though they did not live near the hospital, they would travel every week for rehabilitation using the system. She said that Mr Lee's muscles were "not as rigid as before" and "it was easier to lift him". He could also walk for a longer time using the exercise bar.

During a checkup at another hospital, his doctor noted the improvement in his movement and mood, and decreased the frequency of Mr Lee's appointments. Mr Lee also attends occupational therapy sessions at St Luke's Hospital which helped reduce the trembling of his hands. With speech therapy, he progressed from a quivering voice and slurring to "speaking softly but clearly".

Mrs Lee said, "I was very moved when I discovered this hospital. The therapists are very caring towards patients, and would also talk and joke with them."



▶ Lee See Kee undergoes rehabilitation using the G-EO System at St Luke's Hospital. His wife had been searching for ways to help him improve in his mobility.

OUR CARE AND PATIENTS WE HELP



bit.ly/slhcorpvideo2018

ANNEX I: COMMITTEES

ADVISORY COUNCIL

Dr Bobby Sng
(w.e.f. 1 March 2005)

Dr Eileen Aw
(w.e.f. 1 March 2005)

Prof Lee Hin Peng
(w.e.f. 15 September 2014)

EXECUTIVE COMMITTEE

Dr Peng Chung Mien
(w.e.f. 3 October 2013)
Chairman

Dr Ernest Chew
(w.e.f. 3 October 2013)
Vice Chairman

Mr Jeyaraj Indra Raj
(w.e.f. 19 October 1992)
Hon Secretary

Mr Foong Daw Ching
(25 June 2018-31 March 2019)
Hon Treasurer

MEDICAL ADVISORY COMMITTEE

A/Prof Pang Weng Sun
(w.e.f. 1 June 2002)
Chairman

A/Prof Jason Yap
(w.e.f. 1 June 2002)

A/Prof Lim Lean Huat
(w.e.f. 1 September 2005)

A/Prof Chan Kay Fei
(w.e.f. 1 September 2005)

A/Prof Louis Tan Chew Seng
(w.e.f. 1 September 2005)

A/Prof Gerald Chua Seng Wee
(w.e.f. 1 June 2010)

Dr Goh Siew Hor
(w.e.f. 1 July 2013)

Ms Chor Swee Suet Judy
(w.e.f. 24 February 2014)

A/Prof Lau Tang Ching
(w.e.f. 1 October 2016)

CHAPLAINCY COMMITTEE

Dr Ernest Chew
(w.e.f. 1 January 2007)
Chairman

Dr Danny Ng
(w.e.f. 1 June 2009)

Rev John Chang Jen Yen
(w.e.f. 1 May 2014)

Rev David Lim Chee Kwang
(w.e.f. 1 February 2015)

HUMAN RESOURCE COMMITTEE

Mr Khoo Teng Cheong
(w.e.f. 18 November 2013)
Chairman

Mrs Wee Soo Jong
(w.e.f. 1 January 1995)

Ms Seah Yen Goon (Diana)
(w.e.f. 1 March 2008)

Mr William Thien
(w.e.f. 1 January 2011)

Dr Goh Khean Teik
(w.e.f. 1 May 2015)

MEDIFUND COMMITTEE

Mr Francis Maniam
(w.e.f. 1 June 2001)
Chairman

Dr Goh Soon Noi
(w.e.f. 1 June 2001)

Ms Ho Gang Hiang
(w.e.f. 1 April 2005)

Mr David Lee Kim Hwee
(w.e.f. 5 January 2010)

Ms Lim Lay Beng
(w.e.f. 1 April 2017)

Ms Chan Mun Yee, Janice
(w.e.f. 1 April 2017)

AUDIT COMMITTEE

Prof Ho Yew Kee*
(1 July 2006-31 March 2019)
Chairman

Mr Phillip Lee
(w.e.f. 1 July 2006)

Mr Yeo Ek Khuan
(w.e.f. 1 July 2006)

Mr Ho Kuen Loon
(w.e.f. 1 December 2014)

Mr Choo Eng Beng**
(w.e.f. 24 June 2018)

INVESTMENT COMMITTEE

Mr John Lau Tai Chong
(w.e.f. 1 March 2007)
Chairman

Mrs Rosana Quek – Lim Beng Hoon
(w.e.f. 15 February 2017)

Ms Michelle C. Tan
(w.e.f. 1 November 2015)

FUNDRAISING COMMITTEE

Mr Jeyaraj Indra Raj
(w.e.f. 1 July 2006)
Chairman

Dr Eileen Aw
(w.e.f. 1 July 2006)

Mr Choo Eng Beng
(w.e.f. 1 July 2012)

NOMINATION COMMITTEE

Dr Peng Chung Mien
(w.e.f. 1 June 2001)
Chairman

Dr Ernest Chew
(w.e.f. 1 January 2007)

Mr Khoo Teng Cheong
(w.e.f. 25 November 2013)

Mr Jeyaraj Indra Raj
(w.e.f. 15 November 2016)

Mr Choo Eng Beng
(15 November 2016-24 June 2018)

* Prof Ho Yew Kee, Hon Treasurer, and member of Executive and Nomination Committees w.e.f. 1 April 2019

** Mr Choo Eng Beng, Chairman, Audit Committee w.e.f. 1 April 2019



ANNEX II: THE PEOPLE WHO SERVE, LOVE AND HEAL



➤ St Luke's Hospital won 50 Community Care Excellence Awards, including an award for a project that increased caregivers' confidence, knowledge and competence.

EXCELLENCE IN COMMUNITY CARE

When patients are discharged home with nasopharyngeal tubes, their caregivers may feel anxious. To help them, St Luke's Hospital published an educational booklet with tips on tube feeding. This successfully increased caregivers' confidence, knowledge and competence level to 90%.

After discharge, patients' physical function may deteriorate if day rehabilitation services are delayed. To reduce referral wait time, the hospital's accelerated model enables patients to continue their prescribed exercises and regain strength.

The above projects were among the seven team merit awards which St Luke's Hospital won at the Community Care Excellence Awards 2018, together with one gold and 42 silver awards for individuals. The Community Care Excellence Awards were part of the Quality & Productivity Festival organised by the Agency for Integrated Care on 19 September 2018.



➤ Community Care Manpower Development Award scholars from St Luke's Hospital with senior management and colleagues.

UPSKILLING TO TRANSFORM COMMUNITY CARE

As our care models evolve, "our manpower must also adapt and upskill to meet emerging needs," said Dr Amy Khor, Senior Minister of State Ministry of the Environment and Water Resources and Ministry of Health. She was speaking at the Community Care Manpower Development Award (CCMDA) Ceremony.

A total of 19 staff from St Luke's Hospital, the largest number in the sector, received their scholarships at the award ceremony on 5 September 2018. Administered by Agency for Integrated Care, CCMDA aims to develop the workforce in the community care sector. Through CCMDA, new entrants and current staff can pursue studies in related disciplines or upgrade their skill set.

OUTSTANDING PERFORMANCE IN A MEANINGFUL PROFESSION

Staff Nurse Goh Ling Ling has received the Nurses' Merit Award, given in recognition of nurses for outstanding performance and dedication to the profession.

Goh Ling Ling was formerly a quality assurance and quality control officer. After a serious car accident, she was hospitalised and could not do many things on her own. She depended a lot on the nurse who helped her in her recovery.

A few years later, her mother had a stroke and recurring wounds. Ling Ling became more involved in caring for her and developed an interest in wound care. She sought to work in a meaningful profession. In 2010, she joined the Professional Conversion Programme for Nursing. Ling Ling became a registered nurse in 2012. She received the Nurses' Merit Award on 18 July 2018.



➤ Staff Nurse Goh Ling Ling (centre) receives the Nurses' Merit Award from Minister for Health Gan Kim Yong (right) and Chief Nursing Officer in Ministry of Health Tan Soh Chin (left).



➤ President Halimah Yacob (left) with St Luke's Hospital's Superstar Award winner Yap Thian Yong (second from right).

HEALTHCARE SUPERSTAR

When physiotherapist Yap Thian Yong heard that his terminally ill patient's last wish was to visit Gardens by the Bay with her family, he planned the outing for them. He wanted to be more than "just a therapist who helps them to walk again".

When patients are reluctant to take part in therapy sessions, Thian Yong listens to their concerns and finds creative ways to help. When an elderly patient did not like to exercise, Thian Yong introduced different exercises into the patient's daily activities. The patient regained his mobility and could walk around with his walking frame instead of being wheelchair-bound.

Thian Yong's dedication won him the Superstar Award in the allied health category at the Singapore Health Quality Service Awards (SHQSA). He received the award from President Halimah Yacob on 15 January 2019. He was one of the 37 winners from St Luke's Hospital at the SHQSA ceremony. The SHQSA organised by Singapore Health Services is a nationwide platform to honour healthcare professionals who have demonstrated remarkable commitment in delivering quality care and excellent service.



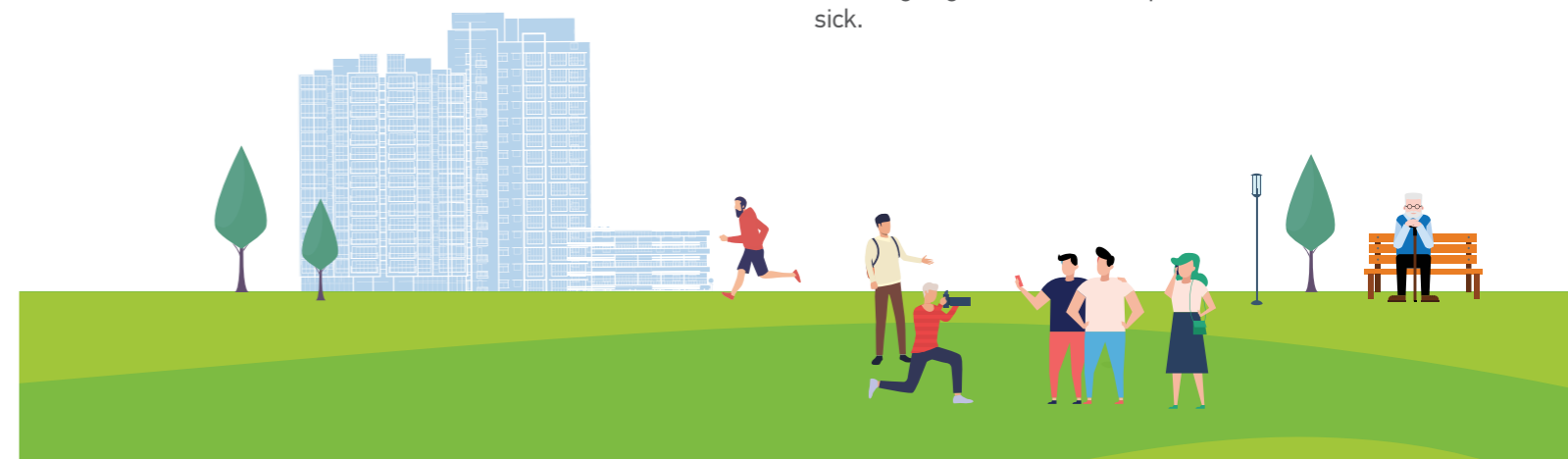
➤ Since the inaugural awards in 2004, staff from St Luke's Hospital have won 32 Healthcare Humanity Awards.

PUTTING PATIENTS BEFORE THEMSELVES

One patient's constant shouting during the night distressed her ageing husband and domestic helper. She had insomnia and sleep-wake reversal associated with dementia. When St Luke's Hospital care coordinator sought help from Dr Linus Chua, he visited the patient, educated the family about the patient's dementia condition and taught them how to cope. This brought relief to the family and they decided not to place her in a nursing home.

For his passion and dedication in working with the elderly sick and vulnerable group of persons with dementia, Linus was one of the winners of the Healthcare Humanity Awards. Another awardee was Tang Wei Mun, physiotherapist. Wei Mun gets to know her patients well so that she can provide the right motivation for them during therapy. For clients who are discharged, she would visit some of them at her own time to ensure that they are coping well.

Five winners from St Luke's Hospital received their award on 26 April 2018. The Healthcare Humanity Awards recognise outstanding healthcare workers who are inspirational role models going the extra mile to provide care and comfort to the sick.



ANNEX III: RESEARCH & EDUCATION

FY	POSTER PRESENTATIONS	ORAL PRESENTATIONS	PAPERS PUBLISHED
2016	9	10	7
2017	14	4	4
2018	4	10	7

Presentations and publications by, or with contribution by, St Luke's Hospital.

POSTER PRESENTATIONS

	Title	Author	Conference
1	Improving expiry date monitoring process in a centralised pharmacy at St Luke's Hospital August 2018	Lai Chien Kuan	Singapore Pharmacy Congress
2	Reduction of processing time for topping-up inpatient medications by "remote" printing of labels August 2018	Lai Chien Kuan	Singapore Pharmacy Congress
3	Planning a community hospital based GP engagement September 2018	Dr Linus Chua Cindy Ong Dynn Leong Dr Chia Tee Hien	Singapore Chief Residency Programme
4	"Pail for the Frail" programme: a novel intervention for frailty February 2019	Dr Jeffrey Jiang Gan Jing Tap Dr Lim Huai Yang	CaREhab Conference

ORAL PRESENTATIONS

	Title	Author	Conference
1	Hospital-acquired pressure injury July 2018	Susie Goh	Nurse Practitioner Forum - Advancing the Frontiers in Advanced Wound Management
2	Incontinence associated dermatitis and pressure injury July 2018	Susie Goh	Nurse Practitioner Forum - Advancing the Frontiers in Advanced Wound Management
3	Risk assessment in pressure injury July 2018	Susie Goh	Nurse Practitioner Forum - Advancing the Frontiers in Advanced Wound Management
4	Eating for a healthier you November 2018	Yap Mee Li	Talk at Manulife Singapore
5	You are what you eat December 2018	So Hwee Mei	1st ASEAN Interfaith Dialogue Session (National Library)

6	Role of rehabilitation in elderly cancer patients January 2019	Dr Chong Tsung Wei	1st Singapore Geriatric Cancer Symposium 2019
7	"Pail for the Frail" programme: a novel intervention for frailty February 2019	Dr Jeffrey Jiang	CaREhab Conference
8	Sharing of St Luke's Hospital Perspectives March 2019	Yvonne Lau	Agency for Integrated Care Research Interest Group Sharing Session
9	Talk on pressure injuries March 2019	Susie Goh	Basic Safety Quality Indicators Interest Group Meeting – Agency for Integrated Care
10	An introduction to frailty March 2019	Dr Grace Chiang	Nestle Health Science Symposium

PAPERS PUBLISHED

	Title	Author	Paper
1	Cognitive frailty: a review of the mechanisms and challenges May 2018	Dr Grace Chiang	The Public Health Chronicle, Johns Hopkins School of Public Health, 1(1)
2	Importance and impact of a longitudinal ethics, law and professionalism curriculum on medical students' knowledge and professional attitudes June 2018	Dr Grace Chiang	Asian Journal of the Scholarship of Teaching and Learning 8(1), 111-132
3	Neonatal varicella despite maternal immunity: a case report and what can be learnt July 2018	Dr Grace Lum	The Singapore Family Physician Vol 4 4(4) July-Sept 2018: 43-46
4	Adult onset Still's disease in an elderly patient with fever of unknown origin after multiple trauma: a case report and literature review July 2018	Dr Jeffrey Jiang Dr Tsung Wei Chong	Journal of Clinical Gerontology and Geriatrics 9(2):72-76 doi: 10.24816/jcgg.2018.v9i2.07
5	I would like to be heard: communicating with Singaporean Chinese patients with dementia: a focused ethnography study September 2018	Tan Mui Lan	Journal of Transcultural Nursing 2018 Sep 18 doi:10.1177/1043659618800535
6	Healthcare utilisation and cost trajectories post-stroke: role of caregiver and stroke factors November 2018	A/Prof Tan Boon Yeow	BMC Health Services Research 2018 Nov 22;18(1):881 doi: 10.1186/s12913-018-3696-3
7	The Alzheimer's disease THERapy with NEuroaid (ATHENE) study protocol: assessing the safety and efficacy of Neuroaid II (MLC901) in patients with mild-to-moderate Alzheimer's disease stable on cholinesterase inhibitors or memantine-A randomized, double-blind, Q2 placebo-controlled trial January 2019	A/Prof Tan Boon Yeow	Alzheimers Dement (NY) 2019 Jan 21;5:38-45 doi: 10.1016/j.trci.2018.12.001



EDUCATION

STAFF TRAINING AND DEVELOPMENT



1 STAFF
Professional
Qualification
Programme



19 STAFF
Community Care
Manpower
Development
Award



5 STAFF
Student
sponsorship



44 STAFF
Leadership
development,
overseas conference
& clinical
attachments

TRAINING STUDENTS* FROM OTHER INSTITUTIONS

2016

No. of
students



327

Student
days



2571

2017

No. of
students



545

Student
days



4157

2018

No. of
students



559

Student
days



3756

*Nursing, pharmacy, therapy and medical students

LEAD TRAINING PROVIDER

St Luke's Hospital was appointed by Agency for Integrated Care (AIC) as a Lead Training Provider for the community sector in July 2018, to build up the capabilities of healthcare professionals in Singapore to support the community care sector.

St Luke's Hospital will offer courses on wound care, dementia care, medication management, falls prevention and therapy. View the courses at bit.ly/slhcourses



IPC Number
HEF0004/G

IPC Status Effective Date
Till 22 September 2019

Charity Registration Number
1036

Charity Registration Date
2 August 1994

UEN
199205095C

Constitution
Public Company Limited by Guarantee.
Governing instrument:
Memorandum and Articles of Association
Established 22 September 1992

Registered Address: 2 Bukit Batok Street 11, Singapore 659674

Auditor: Moore Stephens LLP

Banker: DBS Bank Ltd

St Luke's Hospital is in compliance with the Code of Governance for Charities and IPCs. Its Governance Evaluation Checklist can be viewed at the Charity Portal www.charities.gov.sg.

The Annual Report should be read in conjunction with the audited financial statements which comes as a separate booklet. The required disclosures in conformity to the Charities (Accounts and Annual Report) Regulations 7 and 8 are contained in the audited financial statements. The principal activity of the Company is to establish, carry on and maintain a hospital for the community including the elderly. The Company holds assets for such activity.



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slh.org.sg
fb.com/slhsg
giving.sg/slh