



HMDP Visiting Experts FY25

OFFICIAL PROGRAMMENote:

The programme is accurate at the time of publication and is subject to change at any time without prior notice.

EXPERT NAME

Professor Anne E. Holland

START DATE

2 February 2026

END DATE

6 February 2026

SPECIALTY/TITLE OF PROGRAMME

Pulmonary Rehabilitation (PR)

HOSTING INSTITUTION

Tan Tock Seng Hospital

Part I : Administrative Notes for Local Coordinators

- 1 Local Coordinators should liaise with the relevant departments of the Restructured Hospitals/National Centres in all clusters when preparing the programme, and ensure there are inter-cluster collaborations i.e. mandatory visits to all clusters for the same specialty or discipline.
- 2 Please include the learning objectives for each activity.
- 3 The programme should comprise of sessions that are open to participants from all clusters, and participants attending any of the programme sessions should not be charged registration fees.
- 4 The programme should be submitted to MOH-MS&D at least 12 weeks prior to the start of the programme. Prior to that, the endorsement from the sponsor division must be sought. The sponsor division must be given at least 4 weeks of lead time for the endorsement.
- 5 The Expert must review and endorse the Final Programme before submitting to the MOH-MS&D. A digital signature or an email confirmation from the Expert suffices.
- 6 A Short Write-up on the visiting expert should be submitted together with the Final Programme for the Ministry's publicity efforts.

For HMDP Programme with MOH Sponsor(s)

MOH Division(s):

Officer's Name(s):

Part II : Endorsement by Visiting Expert

I have reviewed and agreed to the Final Programme.

DATE & SIGNATURE OF EXPERT

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
2 nd Feb 2025 (Monday)	0900 – 0945	Tan Tock Seng Hospital (TTSH) Welcome	- Meet and Greet - Introduction to host institution and Singapore's healthcare landscape	No	Discussion (Closed Door) CHI L2-002	Coordinator: Ms Cheryl Heng Cheryl.heng@nhghealth.com.sg
	0945 – 1030	Discussion of TTSH's Pulmonary Rehabilitation Care Model	Review of TTSH PR services	No	Discussion (Closed Door) CHI L2-002	Enquiries: Mr Atria Chia ttsh.ahinet@nhghealth.com.sg
	1030 – 1100	Tea Reception		No	-	
	1100 – 1230	Lecture: Beyond the Basics: Unpacking Pulmonary Rehabilitation Delivery	This module offers a comprehensive overview of planning and managing pulmonary rehabilitation, evaluating center-based, home, and hybrid models. It highlights team roles, continuity of care, and patient transitions, while guiding learners to design adaptable exercise programs that optimize outcomes, engagement, and coordinated multidisciplinary service delivery.		Hybrid Lecture @ TTSH CHI L2-002 (50 pax in-person and TEAMS)	
	1230 – 1400	Welcome Lunch	-	No	-	
	1400 – 1515	Lecture: The Right Fit: Stratifying Patients for Optimal Outcomes	This module focuses on patient stratification and placement in pulmonary rehabilitation, teaching learners to apply criteria, assessment tools, and decision-making frameworks to match patients to optimal care models, considering clinical needs, functional status, disease severity, and individual circumstances.	No	Hybrid Lecture @ TTSH CHI L2-002 (50 pax in-person and TEAMS)	
	1515 – 1545	Break		No	-	
	1545 – 1700	Lecture: Connecting Care: Tele-rehabilitation in Pulmonary Rehabilitation	This module examines the role and implementation of telehealth in pulmonary rehabilitation, including digital platforms, remote monitoring, and virtual exercise supervision, while presenting real-world tele-rehabilitation models and evaluating their sustainability and impact on long-term care delivery.	No	Hybrid Lecture CHI, Hall 2 (30 pax in-person and TEAMS)	

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
3 rd Feb 2025 (Tuesday)	0830 - 1000	Ng Teng Fong General Hospital (NTFGH) Welcome Overview of NTFGH and Department of Physiotherapy	- Provide a local overview of co-host institution - Review of NTFGH PR services	No	Discussion (Closed Door) @ NTFGH DRC / Mutual Respect & Excellence	Coordinator/Enquiries: Ms Vivian Ong Vivian.Ong.We.Pin@nuhs.edu.sg
	1030 - 1100	Break		No	-	
	1100 - 1230	Lecture: The Hidden Hurdle: Addressing Breathing Pattern Disorders in Pulmonary Rehabilitation	- This module explores breathing pattern disorders in chronic respiratory conditions, covering prevalence, mechanisms, and clinical indicators. It addresses assessment methods, evidence-based interventions, protocol adaptations, and multidisciplinary collaboration to optimize management alongside underlying pulmonary pathology.	No	Hybrid Lecture @ NTFGH Mutual Respect & Excellence (48 pax in-person and TE AMS)	
	1230 - 1330	Lunch		No	-	Coordinator/Enquiries: Marilyn Chow Sue Han marilyn.sh.chow@nhghealth.com.sg
	1330 - 1415	Travel to St Lukes Eldercare (SLEC), Ang Mo Kio				
	1415 - 1515	St Luke's Eldercare (SLEC) Welcome and Sharing on the Breathlessness Ecosystem	- Tour of St Lukes Eldercare and the surrounding community setting to share insights into Singapore's living environment - Highlight community partnerships that have been established to support initiatives, including the specific contributions and capabilities these partners bring under the Breathlessness Ecosystem	No	Discussion (Closed Door) @ SLEC	
	1515 - 1530	Break		No	-	
	1530 - 1630	Lecture: Community Health in Action: Population-Based Approaches to Chronic Respiratory Care	This module explores community-based care approaches for patients with chronic lung diseases, emphasizing population health strategies, admission prevention, and integrated multidisciplinary team models. The focus is on strengthening community service pathways, optimizing collaboration and developing proactive case management systems that facilitate timely access to pulmonary rehabilitation whilst preventing hospital admissions.	No	Hybrid Lecture @ SLEC (40 pax in person and TEAMS)	



DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
4 th Feb 2025 (Wednesday)	0900 - 1030	Lecture: Beyond Breathlessness: Advanced Pulmonary Rehabilitation for End-Stage Lung Disease	<i>This module provides an advanced framework for managing high-risk patients in pulmonary rehabilitation, emphasizing safety protocols, adjunctive therapies (i.e. high flow nasal cannula, non-invasive ventilation), and realistic goal setting, while addressing complex cases such as pulmonary hypertension and severe wheeze, and incorporating patient-centered outcomes with timely palliative care integration.</i>	No	Hybrid Lecture @ NTFGH Jurong Community Health Hub (100 pax in-person and TEAMS)	Coordinator/Enquiries: Ms Vivian Ong Vivian Ong Wei Pin@nuhs.edu.sg  https://for.sg/ntfghjurongcommunityhealthhub
	1030 - 1100	Break		No		
	1100 - 1230	Workshop: Case Study Discussions of Complex PR Cases	<i>Clinical Reasoning in Complex patients requiring pulmonary rehabilitation:</i> - Discuss challenges in rehabilitation of patients with complex presentations - Apply clinical reasoning and strategies to progress rehabilitation	No	Facilitated Discussion @ NTFGH Jurong Community Health Hub (100 pax in-person and TEAMS)	
	1230 – 1330	Travel to Singapore Institute of Technology (SIT), Punggol Campus		No	-	
	1330 - 1430	Lunch				
	1430 - 1530	Lecture: Empowering the Patient: A Framework for Self-Management in Pulmonary Rehabilitation	<i>This module provides a framework for empowering patients in pulmonary rehabilitation through self-management, integrating behavioral change models, educational strategies, and digital resources to enhance engagement, sustain long-term adherence, and improve patient-centered outcomes in chronic lung disease management.</i>	No	Hybrid Lecture @ SIT Campus W5-02-03-Lectorial 4 (160 pax in-person and TEAMS)	Coordinator: Ms Brenda Ong brenda.ong@singaporetech.edu.sg Enquiries: Tan Shu Ping Shuping.tan@singaporetech.edu.sg  https://for.sg/sitcampusw50203lectorial4

	1530 - 1545	Break		No	-	
	1545 - 1645	Round-table Discussion: Challenges to Implementing Services and Training Programs	Discussion on implementation challenges in pulmonary rehabilitation across healthcare settings, professional training frameworks and physiotherapy practice scope expansion in Singapore.	No	Facilitated Discussion @ SIT Campus (Invited Session)	
	1645 - 1730	SIT Campus Tour	-	-	Closed Door Session @ SIT	

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5 th Feb 2025 (Thursday)	0900 - 1030	Changi General Hospital (CGH) Welcome Overview of CGH and Department of Physiotherapy	- Provide a local overview of co-host institution - Review of CGH PR services	No	Discussion (Closed Door) CGH	Coordinator: Ms Foong Jing Wen jing_wen_foong@cgh.com.sg Enquiries: Ms Helen D/O Arumugam Sumathi_Arumugam@cgh.com.sg
	1030 - 1100	Break		No		 
	1100 - 1230	Lecture: Beyond Today: The Next Generation of Pulmonary Rehabilitation Research and Clinical Care	This module shares future directions in pulmonary rehabilitation, examining emerging research trends, digital health innovations, and personalized care models. It highlights evidence gaps, evolving practices, and the expansion of services beyond COPD to a broader range of lung conditions.	No	Hybrid Lecture @ CGH Multipurpose Room Studio 1&2 Medical Centre, Level 5 (50 in-person and TEAMS)	
	1230 - 1400	Lunch		No		
	1400 - 1530	Lecture: Building Better Programs: Professional Development and Quality Assurance in Pulmonary Rehabilitation	Rephrased to: This module equips professionals with a structured training roadmap, trans-disciplinary care principles, and insights from international advances. Learners will build readiness for integrated team models, apply outcome measures and quality indicators, analyse program data, and continuous quality improvement to strengthen sustainable, patient- centred pulmonary rehabilitation services.	No	Hybrid Lecture @ CGH Multipurpose Room Studio 1&2 Medical Centre, Level 5 (50 pax in-person and TEAMS)	
	1530 - 1545	Break		No	-	

	1545 - 1700	Lecture: Investing in Impact: Economic Models for Pulmonary Rehabilitation	<i>This module examines cost-effectiveness and value-based care in pulmonary rehabilitation, applying cost-benefit analysis to program evaluation. It explores funding challenges, multi-source financing, and system-level strategies to ensure sustainable integration within chronic lung disease management.</i>	No	Hybrid Lecture @ CGH Multipurpose Room Studio 1&2 Medical Centre, Level 5 (50 pax in-person and TEAMS)	
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6 th Feb 2025 (Friday)	0900 - 1030	Lecture: Optimizing Long-Term and Ambulatory Oxygen in Pulmonary Rehabilitation <i>Prerequisite: Healthcare professionals with clinical experience in managing patients with respiratory conditions requiring oxygen therapy titration and/or weaning</i>	<i>This module explores long-term and ambulatory oxygen therapy, covering prescription principles, titration, weaning, and evaluation. It reviews international clinic models, disease-specific requirements, exercise testing implications, advanced practice professional roles, and strategies for adapting therapy to patient needs and disease progression.</i>	No	Hybrid Lecture @ TTSH CHI, L2-002 (50 pax in-person and TEAMS)	Coordinator: Ms Cheryl Heng Cheryl.heng@nhghealth.com.sg For Enquiries: Mr Atria Chia ttsh.ahinet@nhghealth.com.sg 
	1030 - 1100	Tea Break	-	No	-	
	1100 - 1230	Workshop: Oxygen Titration and Weaning <i>Prerequisite: Healthcare professionals with clinical experience in managing patients with respiratory conditions requiring oxygen therapy titration and/or weaning</i>	Case study discussions of patients requiring oxygen titration/prescription: - Planning titration strategies and follow ups - Explore potential for weaning off oxygen for specific cases	No	Facilitated Discussion @ TTSH CHI, L2-002 (50 pax in-person and TEAMS)	
	1230 - 1400	Farewell Lunch	-	No	-	
	1400 - 1700	HMDP Report Writing with Visiting Expert	-	No	Closed Door Session @ TTSH CHI, L2-003	