



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

Peter O'Sullivan

START DATE

27/8/26

END DATE

2/9/26

SPECIALTY/TITLE OF PROGRAMME

Management of Chronic Pain

HOSTING INSTITUTION

NHGP & SGH

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR Ms. Goh Wan Fang wan.fang.goh@nhghealth.com.sg
27 August 2026 (Thursday)	0830-0930	Welcome and meeting with NHGP Senior Management	Host to share overview of NHGP, HealthierSG and Physiotherapy in Primary Care. Visiting expert to meet NHGP Expert to share Australia's clinical care standard for low back pain.	No	Serangoon Polyclinic Conference Room	Closed door session. Not for registration.
	0930-1015	Tour of Serangoon Polyclinic	For visiting expert to understand patient flow and processes in Primary Care and Physiotherapy Clinic.	No	Serangoon Polyclinic	Closed door session. Not for registration.
	1030-1115	Tour of NTUCHealth Rehabilitation Centre	For visiting expert to understand physiotherapy resources and capabilities in community setting.	No	NTUC Eldercare Serangoon	Closed door session. Not for registration.
	1130-1230	Lunch with Dy Director Clinical Services, Head of Department for Physiotherapy Services, Head of Department for Psychology Services	-	No	Serangoon Polyclinic Conference Room	Closed door session. Not for registration.

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR Ms. Goh Wan Fang wan.fang.goh@nhghealth.com.sg
	1300-1400	Webinar Lecture: "What Constitutes Appropriate Care for Low Back Pain"	Visting expert to share with Primary Care doctors and Healthcare professionals on appropriate care for individuals with low back pain.	Yes	Webinar 300 Pax	 https://synapxe.zoom.us/webinar/register/WN_uRMqcUD5R0GZYPN5cO55-g#/registration
	1415-1530	Workshop 1 Musculoskeletal Clinical Translation Framework	Visiting expert to share knowledge on: - Interview, examination for people with low back pain - Cognitive Functional Therapy Multidimensional Clinical Reasoning - Broad overview of Cognitive Functional Therapy	Yes	Serangoon Polyclinic Conference Room (40 Pax)	Registration ends on 31 st July 2026 5pm
	1545-1730	Workshop 2 Cognitive Functional Therapy (Knowledge acquisition)- Addressing barriers to recovery through CFT	Attendees to gain understanding on how to address barriers to recovery through Cognitive Functional Therapy.	Yes	Serangoon Polyclinic Conference Room (40 Pax)	Registration ends on 31 st July 2026 5pm
28 August 2026 (Friday)	0800-0900	Lecture "Person centered communication, dealing with with distressed and fearful	Sharing of person-centered communication skills to handle distressed and fearful patients.	Yes	Khoo Teck Phuat Hospital Seminar	Registration ends on 31 st July 2026 5pm

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR Ms. Goh Wan Fang wan.fang.goh@nhghealth.com.sg
		<i>patients" – Overcoming roadblocks to recovery</i>			Room (100 Pax)	
	0910-1010	<i>Lecture "Best care for people with chronic back pain"</i>	Explore how healthcare practitioners can adopt best care standards for chronic low back pain	Yes	Khoo Teck Phuat Hospital Seminar Room (100 Pax)	Registration ends on 31 st July 2026 5pm
	1010-1030	<i>Tea Break</i>		No	KTPH	
	1030-1100	<i>Tour of Khoo Teck Phuat Hospital Physiotherapy Department and Pain Management Unit.</i>		No	KTPH	Closed door session. Not for registration.
	1115-1215	<i>Closed door session: Discussion on pain management services at KTPH.</i>	Identify service gaps and address challenges for KTPH pain management services.	No	Khoo Teck Phuat Hospital Meeting Room	Closed door session. Not for registration.
	1215-1315	<i>Lunch</i>		No	KTPH	
	1330-1530	<i>Workshop 3: Cognitive Functional therapy (Skills application) Targeted interventions for biopsychosocial barriers to recovery</i>	Develop skillsets to address biopsychosocial contributors in individuals with chronic pain.	Yes	Khoo Teck Phuat Hospital Seminar Room (100 Pax)	Registration ends on 31 st July 2026 5pm
	1545-1730	<i>Workshop 4: CFT Graded exposure with 'control' Building confidence and pain control to engage in valued movement and activities</i>	Develop skills in engaging chronic pain patients to partake in valued movements and activities.	Yes	Khoo Teck Phuat Hospital Seminar Room (100 Pax)	Registration ends on 31 st July 2026 5pm

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR Ms. Goh Wan Fang wan.fang.goh@nhghealth.com.sg
31 August 2026 (Monday)	0830-1040	<i>Closed door session: First Contact Practitioner, Advanced Physiotherapy Practitioner training</i>	To provide insights on how training can be improved for first contact and advanced practice.	No	National Skin Centre Meeting Room	Closed door session. Not for registration.
	1050-1130	<i>Travel to Ng Teng Fong Hospital</i>		No		
	1130-1200	<i>Tour of Ng Teng Fong Hospital Physiotherapy Department</i>		No		Closed door session. Not for registration.
	1200-1300	<i>Lunch</i>		No		
	1300-1400	<i>Lecture: "Making sense of Pain"</i>	Use behavioral learning and individual narratives to help individuals make sense of their pain. Develop skillsets to help individuals develop a positive mindset.	Yes	Ng Teng Fong Hospital Lecture Theatre	Registration ends on 31 st July 2026 5pm
	1415-1615	<i>Workshop 5: Person Centered Communication (practice) in pain management</i>	Practical application of person-centered communication skills.	Yes	Ng Teng Fong Hospital Seminar Room (30 pax)	Registration ends on 31 st July 2026 5pm
	1630-1730	<i>Round up/Conclusion/ Report Writing.</i>	<i>Discussion on challenges in managing chronic pain patients in Primary Care. Visiting expert to share insights on observations.</i>	No	Ng Teng Fong Hospital Meeting Room	Closed door session. Not for registration.
1 st September 2026 (Tuesday)	0800-0900	<i>Lecture: Appropriate Care for Persistent Low Back Pain in Tertiary Care Settings</i>	Explore how tertiary hospitals can deliver guideline-concordant LBP care and avoid over-medicalisation	Yes	NHCS Lecture Theatre (Level 7) (50-100pax)	Registration closed. Maximum capacity reached

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR Ms. Goh Wan Fang wan.fang.goh@nhghealth.com.sg
			Discuss evidence-based management of persistent LBP and the role of high-value care			
	0900–0930	<i>Welcome and Overview of Musculoskeletal & Pain Services at SGH</i>	Introduce SGH physiotherapy services, tertiary MSK care model and multidisciplinary pain management approach	No	During walk from NHC to Academia	Closed door session. Not for registration.
	0930–1100	<i>Workshop 1: Cognitive Functional Therapy – Multidimensional Clinical Reasoning Case based learning</i>	Develop skills to identify biopsychosocial drivers of pain and disability	Yes	Academia: Therapy Skills Lab (30-40pax)	Registration closed. Maximum capacity reached
	1100–1230	<i>Workshop 2: Cognitive Functional Therapy – Movement Behaviour & Exposure with Control Case based learning</i>	Practical application of movement and behavioural strategies within CFT	Yes	Academia: Therapy Skills Lab (30-40pax)	Registration closed. Maximum capacity reached
	1230–1330	<i>Lunch</i>				
	1330–1445	<i>Roundtable: Challenges in Managing Persistent Low Back Pain in Singapore</i>	Identify barriers, service gaps and opportunities to improve MSK pain pathways	No	SGH	Closed door session. Not for registration.
	1500–1730	<i>Lecture: Advanced CFT Case Discussion & Clinical Reasoning</i>	Apply CFT framework to complex tertiary care case scenarios	Yes	NHCS Lecture Theatre (Level 7) (50-100pax)	QR Code and link for Registration Registration closed. Maximum capacity reached
Day 5 2 September 2026 (Wednesday)	0800–0930	<i>Lecture: CFT Skills Application – Behaviour Change & Communication Strategies</i>	Develop communication and behavioural change skills central to CFT	Yes	NHCS Lecture Theatre (Level 7)	Registration closed. Maximum capacity reached.

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR Ms. Goh Wan Fang wan.fang.goh@nhghealth.com.sg
					(50-100pax)	
	0945–1115	<i>Strategic Roundtable: Part 1: What Should the Future Model of LBP Care Look Like in Singapore? Part 2: Building Capability in Advanced Musculoskeletal Practice</i>	Part 1: Discuss screening strategies, risk-stratified care pathways and integration between primary and tertiary care Part 2: Explore how structured training programmes can support future MSK care models	No	Venue TBC 15-20pax	Closed door session. Not for registration.
	1120-1220	<i>Review of SGH Physiotherapy Musculoskeletal Residency Programme</i>	Obtain expert feedback on curriculum, competencies and training structure	No	SHT 6-10 (15pax)	Closed door session. Not for registration.
	1230-1400	<i>Lunch Meeting Attendees:</i> • A/Prof Ruban Poopalalingam, SingHealth Group Chairman Medical Board • A/Prof Loo Chian Min, SGH Chairman Medical Board • A/Prof Tan Kian Hian, SGH Division Chair (Anaesthesiology) • Dr Esther Lim, SGH Chief Allied Health Professional • Adj Asst Prof Philip Cheong, Senior Principal Physiotherapist, SGH • John Tan, Senior Principal Physiotherapist, SGH • KIV SGH PT HOD	Discuss integration of physiotherapy-led CFT within multidisciplinary pain services	No	SGH	Closed door session. Not for registration.

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR Ms. Goh Wan Fang wan.fang.goh@nhghealth.com.sg
	1415–1530	<i>Strategic Discussion: Implementing High-Value Care for LBP in Singapore</i>	Translate insights into potential clinical pathways and service redesign opportunities	No	SHT 4-1/2 (15pax)	Closed door session. Not for registration.
	1530-1630	<i>Closing Debrief with Clinical and Health System Leaders</i>	Consolidate learning points and discuss implementation strategies and future collaboration	No	SHT 4-1/2 (15pax)	Closed door session. Not for registration.
	1630-1730	<i>Visiting Expert Report Writing</i>	Visiting expert prepares summary of observations and recommendations	No	SHT 4-1/2 (15pax)	Closed door session. Not for registration.

*NTP – National Training Programme