

# EIM Singapore

## Southeast Asian Regional Center



Dr. Benedict Tan

### Regional & National Center Director

Dr. Benedict Tan

### Affiliation

Changi General Hospital

### National Center Manager

Loo Chuan Ing,  
Senior Manager of Sports Services

### Affiliation

Changi General Hospital

### Host Institution – Changi General Hospital

Changi General Hospital is an award-winning hospital with over 1000 beds caring for a community of 1.4 million people in eastern Singapore that offers a comprehensive range of medical specialties, helmed by an experienced and skilled team of healthcare professionals. Situated within Changi General Hospital, the Changi Sports Medicine Centre is the largest multidisciplinary sports medicine centre in Singapore. Equipped with the latest technologies and an in-house gym, they cater to recreational and competitive athletes from a wide range of sports, such as golf, soccer, running, tennis, bowling, swimming, sailing, wakeboarding, scuba diving, performing arts, disabled sports, etc. The Sports Medicine Centre also provide exercise testing and customised exercise prescription for those with medical conditions, such as coronary artery disease, hypertension, dyslipidemia (disruption in the amount of lipids in the blood), diabetes, and obesity.



### National Center Advisory Board

### Affiliation

Dr. Benedict Tan	Changi General Hospital, Sports Medicine
Dr. Ng Chung Sien	Changi General Hospital, Sports Medicine
Dr. Fadzil Hamzah	Changi General Hospital, Sports Medicine
Dr. Lim Ang Tee	Changi General Hospital, Sports Medicine
Dr. Ivy Lim	Changi General Hospital, Sports Medicine
Dr. Angela Chan	Changi General Hospital, Psychological Medicine
Dr. Joan Khoo Joo Ching	Changi General Hospital, Endocrinology
Dr. Sherry Young	Changi General Hospital, Rehabilitative Medicine
Miss Shayne Hu	Changi General Hospital, Rehabilitative Medicine
Adj Assist Prof Tong Khim Leng	Changi General Hospital, Cardiology
Dr. Teh Kong Chuan	Khoo Teck Puat Hospital's Sports Medicine Centre
A/Prof Lee Kheng Hock	Singapore General Hospital, Family Medicine and Continuing Care, President of the College of Family Physicians Singapore
Dr. Noel Stanley Tay Wey Tu	Jurong Health Services, Dept of Respiratory Medicine
Michael Lim	KK Women's and Children's Hospital
Adj Assist Prof Peter Ting	The Harley Street Heat and Cancer Centre
Dr. Elaine Lim Hsuen	Oncologist, Mount Elizabeth Medical Centre
Dr. Noel Stanley Tay Wey Tu	Ng Teng Fong General Hospital-Jurong Health, Respiratory, Internal and Intensive Care Medicine
Dr. The Kong Chuan	Khoo Teck Puat Hospital, Sports Medicine

## Past Accomplishments

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- Have trained and provided EIM certification to 431 *physicians* across Singapore
- Have trained and provided EIM certification to 184 *fitness professionals* across Singapore
- Conducted an EIM course for Allied Health Professionals at the National Kidney Foundation Singapore
- Helped organize and training EIM health care provide and exercise professional courses throughout Southeast Asia (Malaysia, Indonesia, Philippines and Thailand) and the Middle East (Qatar)
- Have hosted and trained international contingents from Japan and Taiwan (New Taipei City) as guest of EIM Singapore
- Set-up the first EIM™ compliant fitness corner at Simei Park connector (March 2014)
- Rolled out phase 1 of “Physical Activities as a Vital Sign” in Changi General Hospital. Roll out included brief training for six other clinical & non-clinical departments: Bariatric; Geriatric; Cardiology; Rehabilitation Medicine; Transitional Care; and Endocrinology to promote physical activity directly to patients
- Publish an EIM Singapore quarterly newsletter
- Have published a total of 7 articles in newspaper, magazine and online platforms (in 2016 alone) with a total readership of 4.8 million achieved and a media value of \$122,516.26
- Other Public Outreach efforts include talks on:
  - Exercise in Pregnancy for the Thomson Medical Centre
  - Physical Activity and Exercise Prescription in Diabetes for: Association of Diabetes Educators of Singapore (Diabetes Comprehensive Course for Nursing Staff in St. Luke’s Hospital)
  - Diabetes Awareness and Physical Activity in Diabetes for East Coast Constituency Malay Activity Executive Committee
- The EIM Singapore on Campus program witnessed a collaborative educational event with Singapore Polytechnic Chemical Life Science faculty, through their Interchapter Bonding Day

## 2017 Goals

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- Expand a number of research projects
- Seek out additional sources of funding
- Integrate EIM Singapore into the mainstream healthcare ecosystem
- Enhance collaborations with community groups