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ExeRxcise is Medicine® Singapore

EIMS NEWSLETTER

LATEST UPDATES AND TRENDS

EXERCISE IS MEDICINE MYANMAR LAUNCHED AT 66TH MYANMAR MEDICAL Conference

In conjunction with the 66th Myanmar Medical Conference that took place from 18th to 22 Jan 2020, the Myanmar Sports and Physical Education Department, under the Ministry of Health and Sports Myanmar umbrella organized a one-day Sports Science and Sports Medicine Conference on 22 January 2020 in Yangon, Myanmar.

The theme for this conference is "Brighter Future of Myanmar Sports through Sports Science and Sports Medicine", aiming to elevate the standard of sports in the country and cultivating the importance of sports medicine in the country. EIM Myanmar was officially launched at the opening of this conference in front of the 650 strong crowd. Hosted by the University of Public Health (Yangon), the Myanmar national centre is supported by an impressive advisory board consisting of a multi-disciplinary team of minsters from the various ministries in Myanmar.

The one-day conference consisted of various lectures from renowned speakers from the Asia region. Dr Benedict Tan, chairman of EIM Singapore and EIM Asia, was invited to share on the "Development of EIM Exercise Prescription Certification Course for Fitness Professionals". He presented evidence on the importance of Exercise Prescription, logging of Physical Activity as a Vital Sign (PAVS) into patients' clinical notes, as well as success stories from EIM Singapore on planning and organising Exercise Prescription courses in Singapore.

4TH EIM ASIA REGIONAL VIRTUAL MEETING

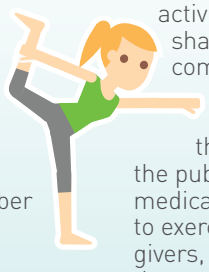
The 4th EIM Asia Regional Meeting was held on 11 July 2020 online, a first for the meeting. The event was graced by American College of Sports Medicine President Dr Nicole R. Keith, EIM Vice-President Ms Robyn M Stuhr, and EIM Programme Officer Prof Mark Stoutenberg, who were participating from the other side of the world in USA.

Members of EIM Asia and the National Centres of China, Hong Kong, Japan, Malaysia, Myanmar, Singapore, South Korea, Sri Lanka, Taiwan attended the meeting, sharing insights on each National Centre's experience revolving around the theme 'Past, Present and Future'. Dr Ng Chung Sien and Dr Fadzil Hamzah also represented EIMS in presenting on 'Positioning EIM post COVID-19'. A roundtable discussion was carried out as well, exploring on 'Adaptation and initiatives to thrive in the post COVID-19 new normal', facilitated by Dr Ivy Lim. Overall, it was a fruitful meeting well-received by the various members of EIM Asia.

1st INTERNATIONAL COURSE ON PHYSICAL ACTIVITY AND PUBLIC HEALTH IN SINGAPORE

A collaboration between Health Promotion Board, Republic Polytechnic and the International Society for Physical Activity and Health (ISPAH), the 1st International Course on Physical Activity and Public Health is the first of its kind in Singapore, and was held from 18th to 20th November 2019 at Republic Polytechnic.

Consisting of presentations and discussions surrounding topics such as threats to and promotion of physical activity globally and locally, as well as sharing of ideas and approaches to combat inactivity, Dr Benedict Tan, Chairman of EIM Singapore and EIM Asia was invited to share his thoughts on how caregivers can get the public to take their dose of "exercise medication". His talk touched on barriers to exercise prescription by healthcare givers, as well as solutions to overcome them so that patients are able to benefit from the exercise prescription they need.



ASIA PACIFIC DIABETES IN PREGNANCY CONFERENCE & IPRAMHO INTERNATIONAL MEETING 2020

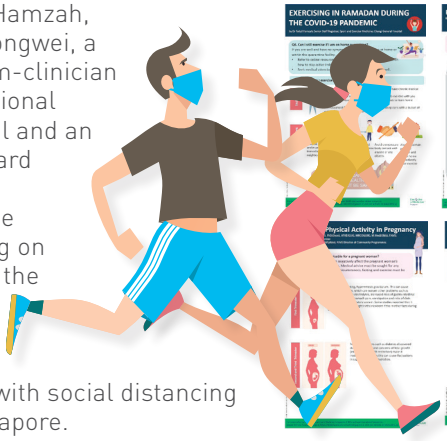
Dr Ivy Lim spoke on 'Exercise is Medicine' in the Asia Pacific Diabetes in Pregnancy Conference & Integrated Platform for Research in Advancing Metabolic Health Outcomes of Women and Children (IPRAMHO) International Meeting 2020 held in KKH on 10 and 11 January 2020. Mr Micheal Lim, advisory board member of EIMS, also spoke in the same symposium on 'Exercise for Fertility'.

During the Meeting, the Singapore Guidelines on 'Physical Activity and Exercise in Pregnancy' was launched by the Guest-of-Honour, Senior Minister of State Dr Amy Khor, with Dr Ivy Lim representing EIMS for the launch. The set of guidelines is developed by a Committee of Exercise in Pregnancy which comprises members from IPRAMHO, Obstetrical & Gynaecological Society of Singapore, Perinatal Society of Singapore, as well as Dr Benedict Tan & Dr Ivy Lim from EIMS. Dr Ivy Lim also participated in the IPRAMHO Asia Pacific Consensus Workshop to formulate the Asia Pacific Guidelines for Physical Activity and Exercise in Pregnancy.

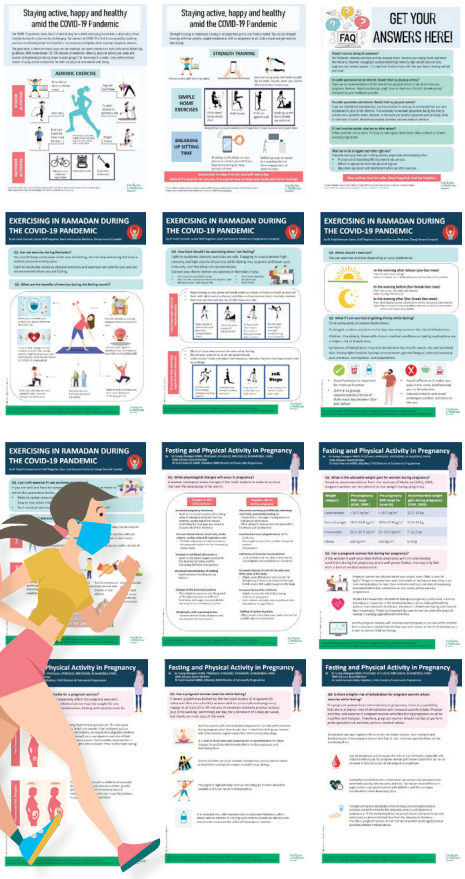
EXERCISE ADVISORIES FOR COVID-19

The COVID-19 pandemic looks like it is here to stay for a while and trying to maintain a physically active lifestyle during this time can be challenging. With concerns of COVID-19 being spread by touching surfaces an infected person has touched, or via respiratory droplets when a person coughs or sneezes, many are concerned about carrying on their daily exercise regime.

To maintain WHO recommendations of 150-300 minutes of moderate-intensity physical activity per week, Dr Mandy Zhang, Dr Fadzil Hamzah, and Dr Huang Zhongwei, a gynaecologist-cum-clinician scientist from National University Hospital and an EIMS Advisory Board member, created a series of exercise advisories advising on ways members of the general public can maintain their sports connection, even with social distancing guidelines in Singapore.



Every active minute counts!
Staying active is important for both our *physical and mental well-being!*



Visit our EIMS Facebook page to have a closer look at the advisories

EDUCATION AND TRAINING

BRINGING THE EIM MISSION TO DUKE-NUS!

We are excited to be introducing our Exercise in Medicine (EIM) module into Duke-NUS medical school in the coming year! This programme will equip final year students in Duke-NUS medical school with the knowledge and skills to promote exercise prescription, both as a preventive measure and as a treatment for various chronic medical conditions. Stay tuned to our website and Facebook page for more information on this course!

ExeRxcise is Medicine

SingHealth DukeNUS ACADEMIC MEDICAL CENTRE

WORLD DIABETES DAY WITH DIABETES SINGAPORE

EIMS celebrated World Diabetes Day 2019 at Ng Teng Fong General Hospital, Singapore on November 21, 2019, supporting a public engagement event organised by Diabetes Singapore. Dr Fadzil Hamzah shared tips on ageing actively and healthily with diabetes during a 45-minute lecture-cum-interactive session with more than 200 attendees. The event also featured the student leaders from Republic Polytechnic's EIMS-On-Campus Programme, who manned a booth to share the benefits of physical activity and exercise through games and quizzes, which also gave participants the opportunity to win attractive gifts and prizes.

WEBINAR WITH DIABETES SINGAPORE - LIVING WITH DIABETES AMIDST COVID-19:

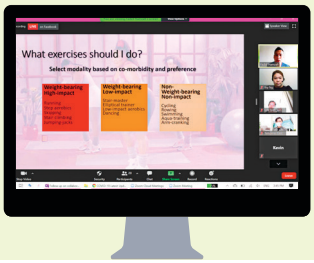
WHAT SHOULD YOU DO?

Dr Fadzil Hamzah and other medical experts from various institutions shared valuable information on how COVID-19 could potentially affect people with diabetes, and how patients could still keep themselves and their loved ones fit and healthy during the pandemic.

The public webinar was hosted by Diabetes Singapore and supported by Roche Diabetes Care as well as EIMS.

Exercise is Medicine Singapore x People's Association Fit & Well DONE VIRTUALLY

The coronavirus pandemic has increased the need to connect digitally. To safely engage and motivate the community in making positive changes to their health and fitness during this challenging period, Singapore Sport and Exercise Medicine Centre at Changi General Hospital (SSMC@CGH), together with Tampines East Community Club co-organised a 12-week online fitness programme for the public. Led by Dr Fadzil Hamzah, the initiative was supported by EIMS and People's Association (PA).



The weekly sessions began in August 2020, featuring a hybrid of virtual exercise classes led by exercise physiologists from SSMC@CGH, and webinars that featured Sport and Exercise Medicine experts and allied health professionals such as physiotherapists, dietitians, and podiatrists from CGH. Attended by more than 30 registered participants, each session aimed at promoting physical activity and exercise during the pandemic and beyond, and educating the community on other aspects of health and wellness, such as healthy dietary habits, mental health and stress management, sleep health, chronic disease management and musculoskeletal health, through lectures and live online interaction with the experts.

PESTA MAKMUR @ ALJUNIED

Dr Fadzil Hamzah, also the Healthcare Committee lead for M3 @Bedok was one of the panelists for a public health forum at Pesta Makmur @ Aljunied GRC 2019. The community engagement event was organised by Kaki Bukit MAEC and supported by Changi General Hospital, Exercise is Medicine Singapore and M3; an alliance of 3 key Malay/Muslim organisations (MUIS, MENDAKI and MESRA/MAEC). The event aimed to promote health and physical activity as well as family bonding in the community through health and motivational talks, cooking demonstrations, cultural performances as well as fun and games, and was attended by more than 200 participants.

ExPRO FITNESS CONVENTION SINGAPORE MAY & SEPT 2020

EIMS was proud to be a partner in ExPRO Virtual 2020, the first and only virtual fitness conference in Singapore. Organised by Fitness SG, the virtual initiative was curated with exercise professionals at the core, strengthening their competitive advantage and creating new opportunities for the fitness industry in Asia.

The event featured more than 30 leading fitness experts from around the world sharing through seminars and workshops on educational topics including personal training and programming, strength conditioning and performance, rehabilitation and recovery, business technology and professional developments, scientific research as well as health coaching and nutrition. Attended by more than 200 registered participants worldwide, the event this year focused on integrating health and fitness in healthcare.

On May 29, 2020, Dr Fadzil Hamzah, together with Mr Seishen Ratnagopal, an exercise physiologist from SSMC@CGH, delivered an online webinar titled "Integrating Health and Fitness in Healthcare Following The Covid-19 Pandemic". The webinar was well-received, and Dr Fadzil and Mr Seishen were again invited to be the guest speakers for a similar 3-day event from 24 to 26 September 2020. Together, they presented a 60-minute webinar titled, "Beyond Healthcare to Health: The Value of an Exercise Prescription in Chronic Disease Management", followed by a live 30-minute online interactive session with the attendees. In addition, Dr Fadzil was invited as a forum panellist alongside 3 other international health and fitness experts, where they engaged in an insightful discussion on "Healthcare and Fitness: The New Start Up".

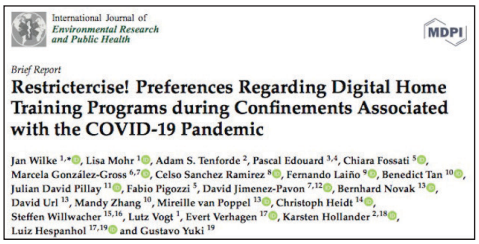
RESEARCH COLLABORATION WITH NGEE ANN POLYTECHNIC SCHOOL OF HEALTH SCIENCES

This year, EIMS is happy to be able to work again with the Ngee Ann Polytechnic School of Health Sciences for the Final Year Project for their Nursing students. We continued on the good work done by the previous cohort in 2019, when we investigated the physical activity behaviours of nursing students. In 2020, we looked at the physical activity levels of Nursing School staff and examined the barriers to physical activities experienced by those who do not meet the recommended 150 minutes of moderate-intensity physical activity every week.

Four groups of students chose to work on this collaboration this year, compared to one group in 2019, and each group explored different facets of this interesting topic, with studies ranging from "Exploring physical activity levels among faculty and staff in a local polytechnic" to "Predictors and barriers of physical activity among faculty and staff of Ngee Ann Polytechnic in Singapore".

We hope to build on this synergy and look forward to future collaborations with the school.

RESEARCH ON PREFERENCES REGARDING DIGITAL HOME TRAINING PROGRAMS DURING CONFINEMENTS ASSOCIATED WITH THE COVID-19 PANDEMIC


International Journal of Environmental Research and Public Health

MDPI

Brief Report

Restrictercise! Preferences Regarding Digital Home Training Programs during Confinements Associated with the COVID-19 Pandemic

Jan Wilke [1,*], Lisa Mohr [1], Adam S. Tenforde [2], Pascal Edouard [3,4], Chiara Fossati [5], Marcela González-Gross [6,7], Celso Sanchez Ramirez [8], Fernando Laiño [8], Benedict Tan [10], Julian David Pillay [11], Fabio Pigozzi [5], David Jimenez-Pavon [7,12], Bernhard Novak [13], David Url [13], Mandy Zhang [10], Mireille van Poppel [13], Christoph Heidt [14], Steffen Willwacher [15,16], Lutz Vogt [1], Evert Verhagen [17], Karsten Hollander [2,18], Luiz Hespanhol [17,19] and Gustavo Yuki [19]

SCAN ME

Dr Benedict Tan and Dr Mandy Zhang were involved in the ASAP (Activity and health during the SARS-CoV-2 pandemic) multi-national survey performed in 14 countries, including Singapore. The aim of the study was to examine individual preferences towards digital home exercise programs during the COVID-19 pandemic.

A total of 15,261 responses were obtained and the results showed that two-thirds (n=10,433) indicated readiness to engage in digital home exercise. The majority of the participants preferred working out at least three times weekly, with the chosen duration of 40 minutes per session. Contents rated most popular were flexibility (71.1%), followed by resistance (68.6%) and endurance (62.4%).

These results may guide health providers in developing individualized physical activity interventions during the current and future pandemics.

THE IMPACT OF 'CIRCUIT BREAKER' IN SINGAPORE ON PHYSICAL ACTIVITY ENGAGEMENT, DIETARY PRACTICES AND MENTAL WELL-BEING OF HEALTHCARE WORKERS IN SINGHEALTH INSTITUTIONS IN SINGAPORE

Dr Fadzil Hamzah led a multi-disciplinary team comprising a dietitian, a clinical psychologist and a clinician scientist, that conducted a prospective cross-sectional survey to investigate the exercise and diet habits, and mental wellbeing of healthcare workers in SingHealth institutions during the lockdown in Singapore. The preliminary findings of the survey were presented during the EIM Asia Regional Meeting on 11 July 2020. They were also documented in 2 research manuscripts which have been submitted for publication.

In summary, the healthcare workers were generally found to be physically inactive even prior to the pandemic, and levels of physical activity engagement dropped significantly during the lockdown. In addition, the low physical activity engagement also significantly predisposed the healthcare workers to greater risks of stress, anxiety, and depression during the lockdown. The results of this study were pivotal in subsequent discussions and plans to improve physical activity engagement of healthcare staff at the workplace.

EIMS MANAGEMENT BOARD MEMBERS

Dr Benedict Tan
Chairman of EIM Singapore and EIM Asia

Dr Ng Chung Sien
Director of Education

Dr Ivy Lim
Director of Public Outreach

Dr Leonard Lim Ang Tee
Director of Research

Dr Fadzil Hamzah
Director of Community Programmes

Dr Mandy Zhang
Deputy Director of Education

Ms Shayne Hu
Deputy Director of Public Outreach

Dr Victor Tan
Deputy Director of Research

For more information and enquiries, please email:
sportsmedicine@cgh.com.sg.

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