

# EIM Singapore

## & EIM Asia Regional Center



Dr. Benedict Tan

**Regional & National Center Director**  
Benedict Tan, MBBS, MSpMed, FACSM

**National Center Manager**  
Ms. Loo Chuan Ing

### Affiliation

Chief & Senior Consultant,  
Sport & Exercise Medicine,  
Changi General Hospital

### Affiliation

Assistant Director, 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 health care 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 provides exercise testing and customized exercise prescription for those with medical conditions, such as coronary artery disease, hypertension, dyslipidemia, diabetes and obesity.



### National Center Advisory Board

### Affiliation

Benedict Tan, MD	<ul style="list-style-type: none"> <li>Chief &amp; Senior Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Ng Chung Sien, MD	<ul style="list-style-type: none"> <li>Senior Staff Registrar, Changi General Hospital, Sports Medicine</li> </ul>
Fadzil Hamzah, MD	<ul style="list-style-type: none"> <li>Staff Registrar, Changi General Hospital, Sports Medicine</li> </ul>
Lim Ang Tee, MD	<ul style="list-style-type: none"> <li>Consultant, Changi General Hospital, Sports Medicine</li> </ul>
Ivy Lim, MD	<ul style="list-style-type: none"> <li>Consultant, Changi General Hospital, Sports Medicine</li> </ul>
Mandy Zhang Jia Jia, MD	<ul style="list-style-type: none"> <li>Registrar, Changi General Hospital</li> </ul>
Teh Kong Chuan, MD	<ul style="list-style-type: none"> <li>Senior Consultant, Khoo Tech Puat Hospital</li> </ul>
Miss Shayne Hu	<ul style="list-style-type: none"> <li>Senior Exercise Physiologist, Changi General Hospital, Performance Sports &amp; Rehabilitation</li> </ul>

Adj Assist Prof Tong Khim Leng	• Changi General Hospital, Cardiology
A/Prof Peter Ting	• Senior Cardiologist, The Harley Street Heart and Cancer Centre
Adjunct Assist. Prof Tan Tze Lee	• College of Family Physicians Singapore
Cindy Ng Li Whye, MD	• Singapore General Hospital, Physical Therapy
Ng Wei Joo	• BridgeWords Consulting Pte Ltd
Michael Lim	• Head & Senior Clinical Exercise Physiologist, KK Women's and Children's Hospital
Desmond Ang	• National Kidney Foundation
Angelina Chan	• Changi General Hospital
Joan Khoo Joo Ching	• Changi General Hospital
Tay Wey Tut Noel Stanley	• Ng Teng Fong General Hospital
Vincent Phang	• Delta Consultancy Pte Ltd
Kiley Loh	• National Cancer Centre Singapore
Tay San San	• Changi General Hospital
Huang Zhongwei	• National University Health System
Lee Eer Ling	• Health Promotion Board
Melissa Ho Xin Yi	• Health Promotion Board

## 2019 Goals

- Integrate EIMS with mainstream health care ecosystem through 2 key projects – Heath Peers Program and Active Health project
- Incorporate Exercise Prescription into the curriculum of undergraduate and post graduate medical schools, as well as polytechnic undergraduate course
- Roll out the Physical Activity Vital Sign to all departments of Changi Hospital by the end of 2019
- Develop EIM On Campus at a minimum of one college in Singapore
- Have frequent community outreach programs to promote the importance of exercise prescription
- Explore opportunities to invite a guest speaker to share more insights on EIM-related topics
- Collaborate with the National Cancer Centre Singapore to incorporate exercise into their cancer management paradigm
- Collaborate with Obstetrics and Gynecology Society of Singapore to draw up exercise guidelines

## Accomplishments to Date

- Integration of the Physical Activity Vital Sign across the Changi General Hospital
- Comprehensive integration of the EIM Solution into the Sports Medicine Center at Changi General Hospital

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is Medicine<sup>®</sup>  
Singapore**

- In 2018, conducted 6 training courses for 118 health care providers. Have trained 848 health care providers to date at locations including the Singapore National Kidney Foundation
  - In 2018, conducted 4 training courses for 70 allied health and exercise professionals. Have trained 476 exercise professionals to date
  - Participation in the 2<sup>nd</sup> Medical Fair Asia Medicine + Sports Conference where three of our EIMS Directors, Drs Lim (Public Outreach Director), Dr Chung Sien (Course Director), Lim (Research Director), together with Dr Darren Leong, each shared a topic in a session titled “Tailored Exercise Programs for Patients and Athletes”
  - In 2018, had 5 articles published in newspapers and online platforms in 2018 that reached a total readership of 3 million. To date, have published a total of 12 articles in newspaper, magazine and online platforms with a total readership of 7.8 million achieved
  - Collaborated and supported Diabetes Singapore in a diabetes awareness program, which was aired twice on Singapore National Television
  - Trained international contingents from Japan, Sri Lanka, and Taiwan
  - Organized EIM health care provider and exercise professional training courses in Southeast Asia (Malaysia, Indonesia, Philippines, Taiwan and Thailand) and the Middle East (Qatar)
  - Set-up the first EIM compliant fitness corner at Simei Park connector (March 2014)
  - Eastern Health Alliance, South East Community Development Council, and EIMS jointly developed and launched the Health Peers Program on January 7, 2017 to encourage residents to lead healthier lives by creating awareness on diabetes prevention and management
  - Signed a Memorandum of Understanding (MOU) on 28 July 2017 with SportSG and SingHealth to collaborate in the Active Health initiative. Under the MOU, the parties work closely to develop and pilot a structured fitness pathway between health care providers and SportSG’s first Active Health Lab at Our Tampines Hub. 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 to promote physical activity directly to patients
  - Public outreach 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 Awareness and Physical Activity in Diabetes for East Coast Constituency Malay Activity Executive Committee
    - 'EIM Singapore: A Systems Approach' to Talk: Siglap MAEC Pre Ramadan Event
    - Diabetes health talk at Grocery & Porridge Distribution Day organized by Bedok MAEC
    - NUHS Health Peers Training Session
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