

# 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 provide 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, M.D.	<ul style="list-style-type: none"> <li>Chief &amp; Senior Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Angelina Chan, M.D.	<ul style="list-style-type: none"> <li>Senior Consultant, Trauma Recovery &amp; Corporate Solutions (TRaCS)</li> </ul>
Teh Kong Chuan, M.D.	<ul style="list-style-type: none"> <li>Senior Consultant, Sports Medicine Centre, Khoo Tech Puat Hospital</li> </ul>
Fadzil Hamzah, M.D.	<ul style="list-style-type: none"> <li>Staff Registrar, Changi General Hospital, Sports Medicine</li> </ul>
Miss Shayne Hu	<ul style="list-style-type: none"> <li>Senior Exercise Physiologist, Changi General Hospital, Performance Sports &amp; Rehabilitation</li> </ul>
Mandy Zhang Jia Jia, M.D.	<ul style="list-style-type: none"> <li>Registrar, Changi General Hospital</li> </ul>
Ng Wei Joo	<ul style="list-style-type: none"> <li>BridgeWords Consulting Pte Ltd</li> </ul>
Joan Khoo, M.D.	<ul style="list-style-type: none"> <li>Senior Consultant for Endocrinology, Changi General Hospital</li> </ul>

Michelle Lauw	• Clinical Psychologist, Changi General Hospital
Adjunct Assist. Prof Tan Tze Lee	• President, College of Family Physicians Singapore
Adj Assist Prof Tong Khim Leng	• Head & Senior Consultant, Cardiology, Changi General Hospital
Ivy Lim, M.D.	• Consultant, Changi General Hospital, Sports Medicine
Michael Lim	• Head & Senior Clinical Exercise Physiologist, KK Women's and Children's Hospital
Lee Eer Ling	• Deputy Director, Singapore Health Promotion Board
Kiley Loh, M.D.	• Consultant, Oncology National Centre
Vincent Phang	• DELTA Consultancy Pte Ltd
Hamid Rahmatullah Bin Abd Razak, M.D.	• Associate Consultant, Orthopaedics, SengKang General Hospital
Tay San San, M.D.	• Head & Senior Consultant, Rehabilitation Medicine, Changi General Hospital
Ng Chung Sien, M.D.	• Senior Staff Registrar, Changi General Hospital, Sports Medicine
Teresa Shiu	• Senior Lecturer, Republic Polytechnic University
Victor Tan, M.D.	• Sports Medicine Physician, Changi General Hospital
Lim Ang Tee, M.D.	• Consultant, Changi General Hospital, Sports Medicine
A/Prof Peter Ting	• Senior Cardiologist, The Harley Street Heart and Cancer Centre
A/Prof Noel Stanley Tay Wey Tut	• Senior Consultant, Pulmonary Rehabilitation & Cardiopulmonary Exercise Testing
Cindy Ng Li Whye, M.D.	• Senior Principal Physiotherapist, Singapore General Hospital Rehabilitation Centre
Melissa Ho Xin Yi	• Manager, Health Promotion Board
Huang Zhongwei, M.D.	• Clinician-scientist, Obstetrician & Gynaecology, National University Health System

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## 2020 Goals

- Continue integrating EIMS with mainstream health care ecosystem through two key projects – Heath Peers Programme 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 and expand it to other hospitals in the health cluster
  - Develop a tailored “How to Start EIM On Campus Kit” to expand the program to academic institutions throughout the country
  - Collaborate with the National Cancer Centre Singapore to incorporate exercise into their cancer management paradigm
  - Increase the knowledge and awareness of EIM to the general public via additional community talks, activities and engagements
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## Accomplishments to Date

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- Trained 908 health care providers through the end of 2019 at in-person workshops across all of Singapore
  - Trained and certified 544 exercise professionals through the end of 2019 at in-person workshops across all of Singapore
  - Conducted an EIM courses for on behalf of the Singapore Nutritionist and Dietitians Association
  - Trained international EIM 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)
  - Participated in the 2<sup>nd</sup> Medical Fair Asia Medicine + Sports Conference. Three EIMS Directors, Drs Lim (Public Outreach Director), Dr Chung Sien (Course Director), Lim (Research Director), presented on “Tailored Exercise Programs for Patients and Athletes”
  - Collaborated with Diabetes Singapore on a diabetes awareness program, which was aired twice on Singapore National Television
  - Assisted in expanding the War on Diabetes program to all regions of Singapore
  - 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 Programme (Jan 2017) to encourage residents to lead healthier lives by creating awareness on diabetes prevention and management
  - Signed a Memorandum of Understanding in July 2017 with Sport Singapore and SingHealth to collaborate in the Active Health initiative. Developed a structured fitness pathway between health care providers and SportSG’s first Active Health Lab at Our Tampines Hub. Now training the Sports Singapore trainers to provider exercise prescriptions at all Active Health Labs.
  - 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 (2017-18)
  - Changi General Hospital embarked on the phase 2 (2019) of integrating the physical activity vital sign to all departments of the hospital. Five departments have integrated the questionnaire into their patient notes, with doctors briefed on how to use the tool.
  - Continued work to establish a referral network between patients and exercise professionals. Providers refer patients to EIMS website to find a suitable EIM-trained exercise professional. Likewise, exercise professionals refer their clients to the website to look for an EIM trained doctor if they deemed their clients require exercise prescription from a qualified doctor.
  - Published more than a dozen newspaper, magazine and online platforms with a combined readership of >8 million individuals
  - Recent Speaking Engagement:
    - Dr. Ng Chung Sien – spoke on “The Impact of Exercise and Movement Therapy on Wellness and Health” at the N20 Conference in Osaka (June 2019)
    - Dr. Fadzil Hamzah – lead instructor at EIM Hong Kong training “Fitness Instructor Training Programme for Patients with Chronic Diseases” (June 2019)
    - Dr. Ivy Lim - spoke as a part of a symposium on “Building Towards Sustainable Physical Activity Behavior”
    - Dr. Benedict Tan spoke on EIM at the 1st International Course on Physical Activity and Public Health organized by the Singapore Health Promotion Board and Republic Polytechnic
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