

# 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 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, diabetes, and obesity.



### Advisory Board

### Affiliation

Benedict Tan, M.D.	<ul style="list-style-type: none"> <li>Head &amp; Senior Consultant, SingHealth Duke-NUS Sport and Exercise Medicine Centre</li> </ul>
Joel Chia	<ul style="list-style-type: none"> <li>Dietetic Consultant, Changi General Hospital</li> </ul>
Fadzil Hamzah, M.D.	<ul style="list-style-type: none"> <li>Staff Physician, Sport &amp; Exercise Medicine, Changi General Hospital</li> <li>Deputy Director, Health Promotion and Disease Prevention, SingHealth Office of Regional Health</li> </ul>
Shayne Hu	<ul style="list-style-type: none"> <li>Senior Exercise Physiologist, Performance Sports &amp; Rehabilitation Specialist Singapore</li> </ul>
Ng Wei Joo	<ul style="list-style-type: none"> <li>Communications Consultant, BridgeWords Consulting Pte Ltd</li> </ul>
Michelle Lauw	<ul style="list-style-type: none"> <li>Senior Clinical Psychologist, Changi General Hospital</li> </ul>
Tong Khim Leng, M.D.	<ul style="list-style-type: none"> <li>Head &amp; Senior Consultant, Department of Cardiology, Changi General Hospital</li> </ul>
Joan Khoo Joo Ching, M.D.	<ul style="list-style-type: none"> <li>Head &amp; Senior Consultant, Department of Endocrinology, Changi General Hospital</li> </ul>
Tan Tze Lee, M.D.	<ul style="list-style-type: none"> <li>President, College of Family Physicians Singapore</li> <li>President, Chronic Obstructive Pulmonary Disease Association Singapore</li> </ul>

Ivy Lim, M.D.	<ul style="list-style-type: none"> <li>• Head &amp; Senior Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> <li>• Council Member, Sports Medicine Association Singapore</li> </ul>
Michael Lim	<ul style="list-style-type: none"> <li>• Assistant Director, ReMark Group</li> <li>• Council Member, Sports Medicine Association Singapore</li> </ul>
Elaine Lim Hsuen, M.D.	<ul style="list-style-type: none"> <li>• Senior Consultant, Division of Medical Oncology, National Cancer Centre Singapore</li> <li>• President, Singapore Society of Oncology</li> </ul>
Vincent Phang	<ul style="list-style-type: none"> <li>• Managing Director, DELTA Consultancy Pte Ltd</li> </ul>
Hamid Rahmatullah Bin Abd Razak, M.D.	<ul style="list-style-type: none"> <li>• Associate Consultant, Orthopaedics, SengKang General Hospital</li> <li>• Member, Singapore Orthopaedic Association</li> </ul>
Tay San San, M.D.	<ul style="list-style-type: none"> <li>• Senior Consultant, Rehabilitation Medicine, Changi General Hospital</li> <li>• Board Member, Chapter of Rehabilitation Physicians</li> </ul>
Ng Chung Sien, M.D.	<ul style="list-style-type: none"> <li>• Senior Staff Physician, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Teresa Shiu	<ul style="list-style-type: none"> <li>• Senior Lecturer, School of Sports, Health &amp; Leisure, Republic Polytechnic University</li> </ul>
Aaron Sim	<ul style="list-style-type: none"> <li>• Deputy Director, Physical Activity &amp; Weight Management Division, Health Promotion Board</li> </ul>
Shauna Sim, M.D.	<ul style="list-style-type: none"> <li>• Associate Consultant, Sports Medicine Centre, Khoo Teck Puat Hospital</li> </ul>
Victor Tan, M.D.	<ul style="list-style-type: none"> <li>• Associate Consultant, Sport &amp; Exercise Medicine, Performance Sports &amp; Rehab Specialist Singapore</li> <li>• 1st Vice President, Sports Medicine Association Singapore</li> </ul>
Tay Wey Tut Noel Stanley, M.D.	<ul style="list-style-type: none"> <li>• Director &amp; Senior Consultant, Respiratory Medicine, Ng Teng Fong General Hospital</li> </ul>
Peter Ting, M.D.	<ul style="list-style-type: none"> <li>• Senior Cardiologist, Prime Heart Center</li> </ul>
Lim Ang Tee, M.D.	<ul style="list-style-type: none"> <li>• Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Cindy Ng Li Whye, M.D.	<ul style="list-style-type: none"> <li>• Principal Physiotherapist, Department of Physiotherapy, Singapore General Hospital</li> </ul>
Chiang Hock Woon, M.D.	<ul style="list-style-type: none"> <li>• Deputy Chief Executive, Sport Singapore</li> </ul>
Mandy Zhang Jia Jia, M.D.	<ul style="list-style-type: none"> <li>• Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Huang Zhongwei, M.D.	<ul style="list-style-type: none"> <li>• Clinician-scientist, Obstetrician &amp; Gynaecology, National University Health System</li> <li>• Deputy Director, NUS Bia-Echo Asia Centre for Reproductive Longevity and Equality Singapore</li> </ul>
Joshua Li Zhongyi, M.D.	<ul style="list-style-type: none"> <li>• Associate Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> <li>• Honorary Editor, Sports Medicine Association Singapore</li> </ul>

## 2023 Goals

- Expand the type of exercise prescription courses to cater for different needs
- Collaborate with government bodies, such as the Health Promotion Board and Ministry of Health, to promote health advocacy
- Collaborate with community partners, such as Sport Singapore and Singapore Cancer Society, on the Healthier SG initiative in developing and leading the Physical Activity Recommendation Process (PARP) Framework
- Complete an MOU with EIM Japan and Sport Singapore
- Expand number of research projects with other entities
- Integrate Physical Activity Vital Sign (PAVS) into three government hospitals in SingHealth cluster
- Strengthen connections between community partners and healthcare providers

## Accomplishments to Date



- Officially established EIM Singapore National Center (Jan 2015)
  - Developed EIM Singapore website to facilitate the provision of referrals to between providers and patients (2018-20)
  - Trained >1060 healthcare providers through the end of 2022 via in-person and virtual workshops
    - Expanded master trainers to a 2<sup>nd</sup> healthcare cluster (National Healthcare Group) to begin offering courses in 2022
  - Trained >700 exercise professionals through the end of 2022 via in-person and virtual workshops
    - Collaborated with National Trade Union Congress to provide subsidies to our courses (normal course and recertifications courses) to AHP and fitness trainers (2021)
    - Conducted EIM courses for Singapore Nutritionist and Dietitians Association
    - Organized EIM healthcare provider and exercise professional training courses in SE Asia (Malaysia, Indonesia, Philippines, Taiwan, and Thailand) and the Middle East (Qatar)
  - Began a 1-day training course (10 hours) for family medicine residents (2022)
  - Rolled out the Physical Activity as a Vital Sign (PAVS) in Changi General Hospital, which included brief training for six clinical & non-clinical departments to promote PA to patients (2017-18)
    - Establishing a referral network where providers refer patients to the EIMS website to find a suitable EIM-trained exercise professional or vice versa if clients require clearance/exercise prescription from a qualified doctor (2020-present)
    - Embarked (2019) and completed (2021) phase 2 of integrating the PAVS into all departments at Changi Hospital, briefing doctors on how to use the tool
  - Established two EIM on Campus programs and developed an “EIM OC Kit” to expand to other institutions (2021)
  - Participated in creating and launching Singapore’s integrated 24-hr activity guidelines (2021)
  - Participated in the creation and launch of Singapore’s guidelines on physical activity during pregnancy with KK Women’s and Children Hospital (2020)
  - Eastern Health Alliance, Southeast Community Development Council, and EIMS jointly launched Health Peers Programme (Jan 2017) to encourage residents to lead healthier lives (2017)
  - Signed an MOU (July 2017) with Sport Singapore and SingHealth to develop a structured fitness pathway between providers and SportSG’s first Active Health Lab at Our Tampines Hub (2021)
  - Set-up the first EIM compliant fitness corner at Simei Park connector (March 2014)
  - Published in numerous newspaper, magazine, and online platforms with a combined readership of >8 million individuals. Multiple media exposures in 2022 including: being part of four episodes of an ActiveHealth docuseries, interviews on national radio station in Chinese and national TV station in Malay, newspaper articles in English (n=3), Chinese (n=1), and Malay (n=1)
  - Speaking Engagements:
    - Dr Ben Tan – EIM talk to Malaysian Association of Sports Medicine (2021)
    - Dr Fadzil Hamzah – SPIRIT International Conference (2021), 800+ people at Singapore General Hospital (2021), *Integrating health and fitness in healthcare following COVID-19 pandemic* (ExPro Virtual Conference - May 2020), *Beyond healthcare to health* (ExPro Virtual Conference – May 2020), *Fitness Instructor Training Programme for Patients with Chronic Diseases* (EIM Hong Kong conference - June 2019)
    - Dr Ng Chung Sien – “The Impact of Exercise and Movement Therapy on Wellness and Health” (N20 Conference in Osaka - June 2019)
    - Dr Ivy Lim - symposium on “Building Towards Sustainable Physical Activity Behavior”
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