sata CommHealth

E-NEWS

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We are
HERE TO CARE

Celebrating Our Achievements With You!

In this issue, we share more of our achievements in 2020 and our plans for this year.

Congratulations to our Assistant Director of Homecare Services, Mr Tan Wee Tai, who received the Nurses' Merit Award this year organised by the Ministry of Health. His commitment to providing empathic and sensitive care continues to inspire us.

Last month, our community team members went to Punggol and Fernvale rental HDB block areas to distribute care packs to the residents. The care pack includes items such as a mask, hand sanitiser, mouthwash, vitamin C that will help provide added protection during this COVID-19 period.

Check out more on our community services and health news inside this issue.

Achievements in Year 2020 and Plans for 2021

Here's our key achievements in the year 2020 and our plans for 2021.
We will continue to roll out relevant, impactful healthcare services that will meet the needs of our customers and beneficiaries.

COVID-19 efforts

- On Public Health Preparedness Clinic (PHPC) network to render swab tests for COVID-19 symptomatic patients.
- Our mobile diagnostic buses were at the Singapore Expo Community Isolation Facility (CIF) to support the care of migrant workers there.
- Set up operations in migrant worker dormitories to care and administer swab tests for the migrant workers.

Digital Transformation

- Introduced SATA App which incorporates a Tele-Consult module with cashless payment.
- Continue to explore data analytics and tele-health virtual care, such as tele-medicine and tele-care to improve patient experience and streamline workflow.

Homecare

- Conducted a total of 7,908 home nursing visits and 300 home medical visits benefitting more than 700 unique beneficiaries in the community.
- Continue to leverage on technology to improve the accessibility to our services, increase productivity and efficiency in service delivery to our beneficiaries.

Doctors-On-Wheels

- Served 538 unique beneficiaries and a total of 1,109 episodes in 2020.
- During the circuit breaker, the DOW team rolled out Tele-Consultation and medication delivery services to ensure that seniors continued to receive the much-needed services and care throughout this period.

Rehabilitation Services

- Served a total of 479 unique beneficiaries and rendered 4,229 episodes of rehabilitation service, via our 2 Day Rehabilitation Centres at Bedok and Woodlands.
- Leveraged on video consultations to ease patients' travel.

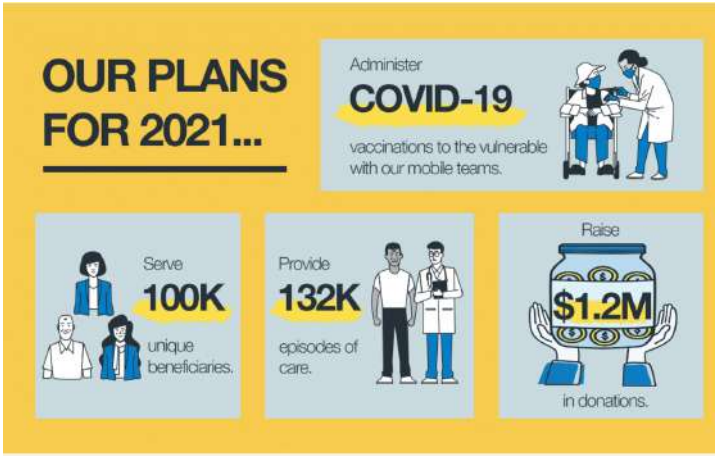
Fundraising Efforts

- Raise a total of $624K, contributed from the general public and corporate companies via mass mailers, online fundraising campaigns and electronic appeals.

Beneficiaries served in 2020

OUTREACH AND ADVOCACY (COMMUNITY EVENTS)	6,062	5,850
SUBSIDISED CARE AT MEDICAL CENTRES	13,461	11,617
HOMECARE SERVICES	11,094	795
THERAPY AT DAY REHABILITATION CENTRES	4,229	479
DOCTORS-ON-WHEELS	1,109	538
COMMUNITY HUB AT FERNVALE	8,597	2,517
JURONG EAST COMMUNITY HEALTH CENTRE	340	146
COVID-19 SERVICES	54,893	54,599
TOTAL (2020)	99,785	76,541

Beneficiaries served (2018 - 2020)



Here to care for the seniors and vulnerable

Nurses' Merit Award Recipient
Mr Tan Wee Tai

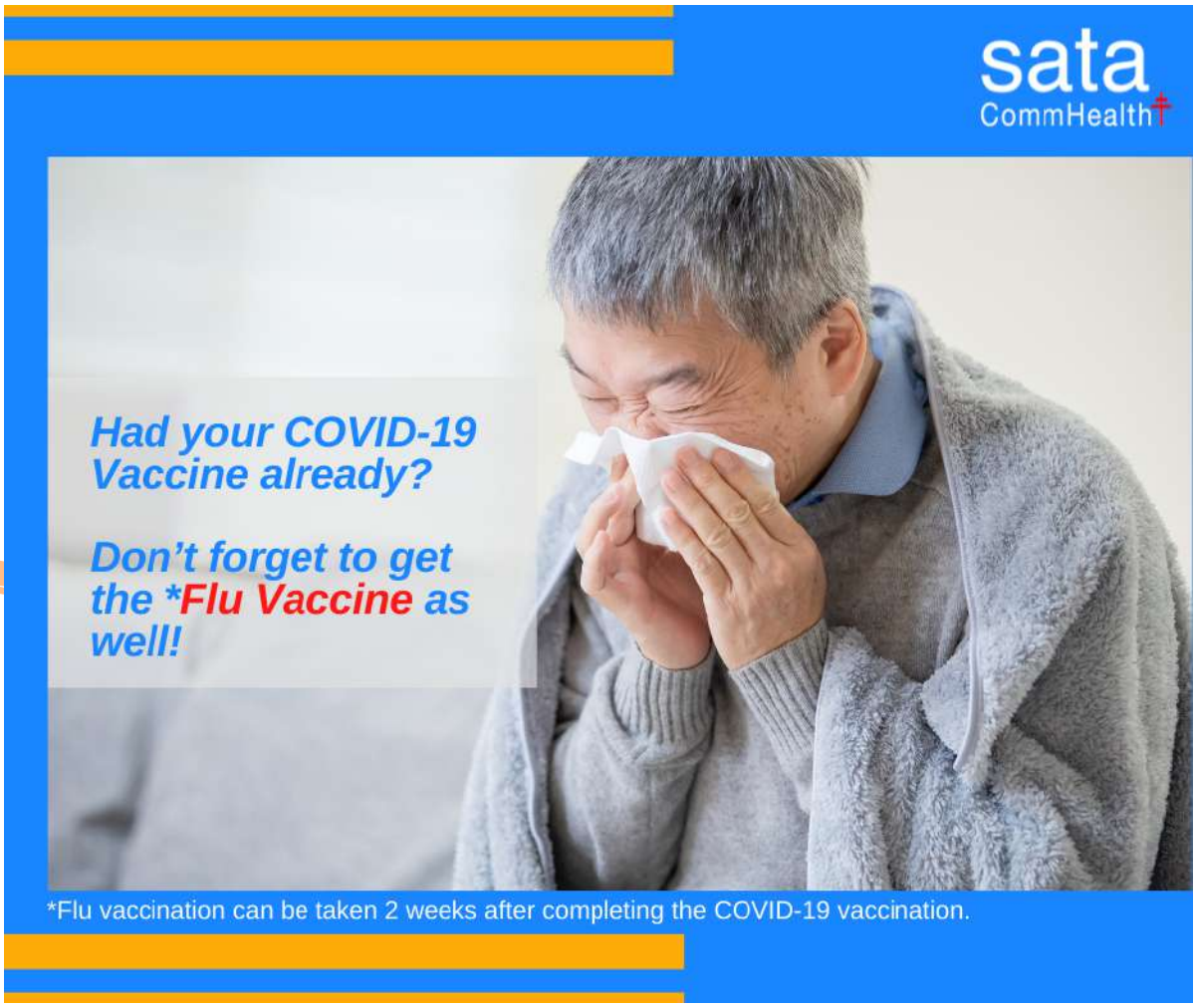
Congratulations to our Assistant Director of Homecare Services Mr Tan Wee Tai for receiving the Nurses' Merit Award organised by the Ministry of Health! His commitment to providing empathic and sensitive care continues to inspire us.

He received the collar badge from CEO Dr Kelvin Phua, together with Head of Community Programmes Mr Sherman Chan.

Hear it from the man himself in the Facebook post on the nature of his work and what drives him every day.

Support our healthcare professionals like Wee Tai to continue providing care for the community at https://www.sata.com.sg/donate/.

Don't forget to get your Flu Vaccine too!



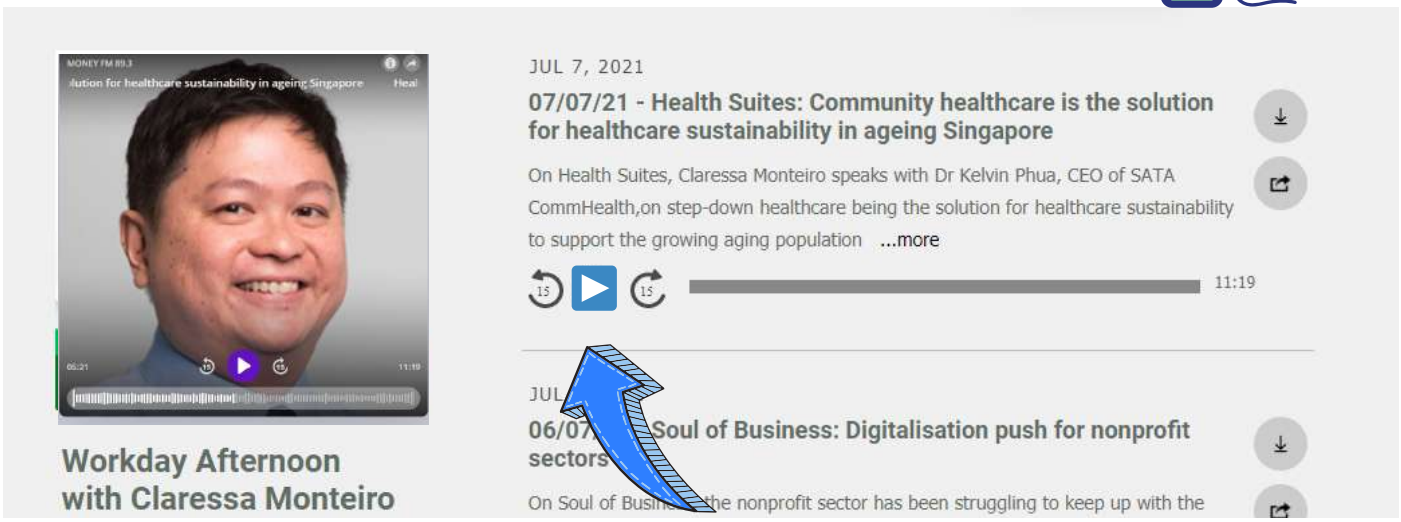
Even after COVID-19 vaccinations, it is crucial to be protected against other preventable infectious diseases like influenza. Various vaccines help your immune system develop protection against different diseases.

It is an easy and effective way to prevent you and your family from getting ill. You can take the flu vaccine 2 weeks after taking the COVID-19 vaccination.

Visit your nearest SATA CommHealth Medical Centre and get vaccinated today.

For more information, call our hotline 6244 6688 or visit here for details.

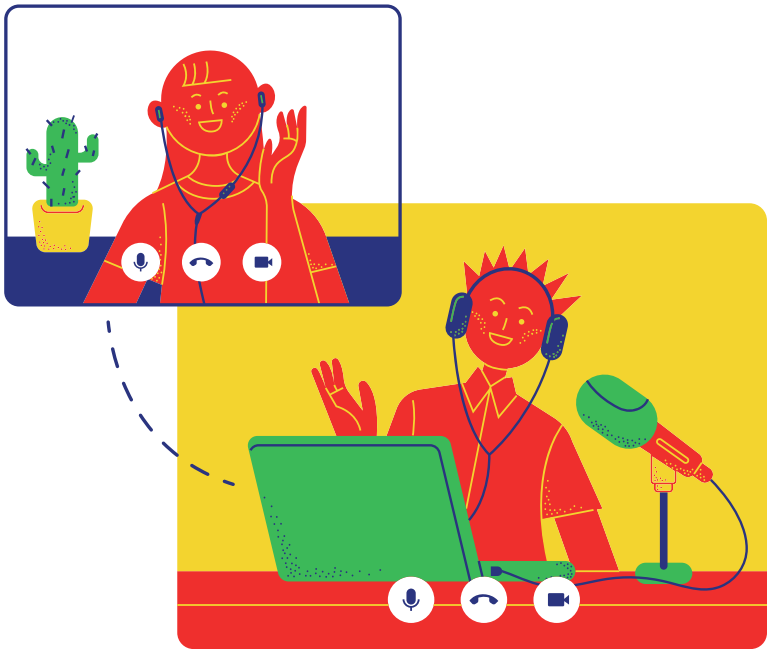
News On SATA CommHealth



Don't forget to catch our CEO, Dr Kelvin Phua, on Money FM89.3 with Claressa Monteiro, as he talked about SATA CommHealth and the importance of being a sustainable healthcare charity.

He spoke about the challenges of meeting the increasing demand for healthcare due to Singapore's aging population. He continued on the strategies to meet these challenges, which include tapping on technology as an enabler and moving care upstream in health promotion and prevention of long term complications of chronic diseases.

Tune in to find out more!



Care Packs Distribution by Community Programmes Team

On 21 and 27 June 2021, our Community Services team members led by Mr Sherman Chan (Head of Community Programmes), went down to Punggol and Fernvale areas to distribute care packs to the residents staying at the rental HDB blocks.

The care pack includes a mask, hand sanitiser, mouthwash, vitamin C etc that will help provide added protection during this COVID-19 period.

MP Mr Gan Thiam Poh was present on 27 June to meet and give out the care packs to the residents at Fernvale.

We hope this gesture of care will brighten up the residents' day!
Let's all stay safe and healthy together!

Community Hub @ Fernvale

Our Community Hub @ Fernvale was set up in 2019 to serve the residents living in Fernvale, mainly the rental block residents. Aiming to be a one-stop centre for the residents, the hub not only provides subsidised healthcare but social and psychological support as well.

Before COVID-19 restrictions, the community team engages the nearby residents with activities such as group exercises and cooking demonstrations, but now all these have to be done via online zoom sessions. Despite that, it is still important to maintain constant interactions with the elderly so that they can be active in body and mind.

The team continues to raise awareness and encourage residents to get vaccinated, especially flu and pneumococcal vaccines, for added protection in addition to COVID-19 vaccinations. They are also encouraged to go for health screening, under the recommended Screen for Life (SFL) initiative.

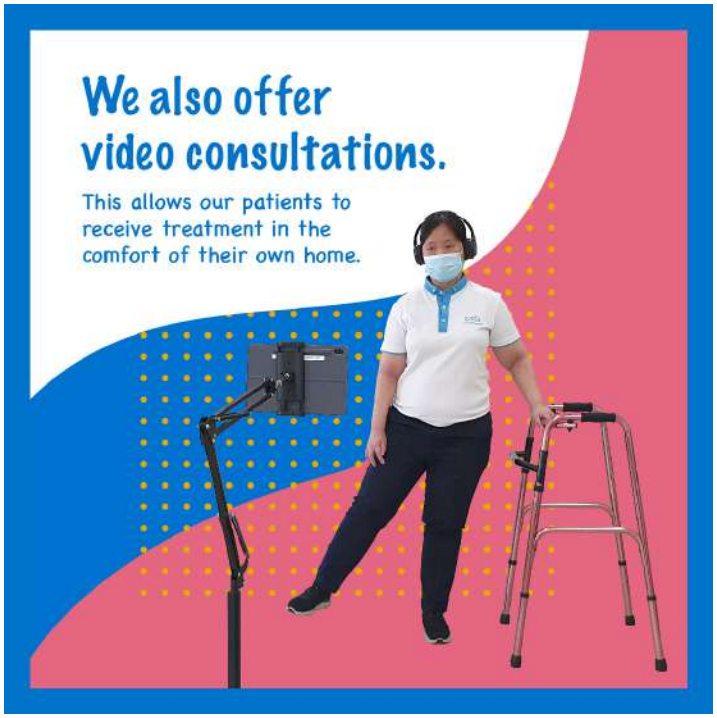
Find out more about community activities here.

Day Rehabilitation Centres

Empowering our rehabilitation patients towards independent lives is our ultimate goal. Whether it is in the comfort of their home or on-site at our Day Rehabilitation Centres in the heartlands, we do our best to set our patients on the path to recovery.

We continually upgrade our capabilities, such as video consultations and ceiling hoist equipment (supported by Agency for Integrated Care - AIC Singapore).

You can support our rehabilitation services by donating here.



HEALTH NEWS

Essential Health Screenings Every Man Should Go For

Article published by Voices Wellness and inputs contributed by Medical Director Dr. Cheryl Glenn

Dr. Cheryl Latha Glenn, medical director of SATA CommHealth, says: "Younger men often feel that health screenings are not important. Depending on their risk factors and family histories, health screening is often found to be highly beneficial. They're vital for detecting diseases that men are more vulnerable to, many of which do not produce early warning signs."

Read on below for a quick guide on which health screening you should be going for.

KEY DISEASES THAT AFFECT MEN MORE THAN WOMEN IN SINGAPORE

According to the Ministry of Health, cancer and ischaemic heart diseases are among the top three principal causes of death in Singapore. Men are more vulnerable to liver, kidney, and pancreatic cancer—these three are among the top ten most common cancers affecting men. Ischaemic heart disease killed 62 percent more men than women in 2019, which is the largest difference when comparing to other cardiovascular diseases that cause more death in men than women.

AGE 20 AND ABOVE

Young adult men should prioritise basic health screenings every year so that they can use the results to review their lifestyles and make early changes to significantly protect their health in the long term. If they have a family history of particular diseases, it will be prudent to be screened for these diseases.

AGE 30 AND ABOVE

Men in their 30s should look out for key risk factors that might indicate the necessity to screen early for certain diseases. For example, while screening for diabetes should start at 40 years, if the individual has risk factors like obesity and a family history of diabetes, he should start screening at 30 years of age.

AGE 40 AND ABOVE

Men approaching middle age should screen for chronic illnesses such as diabetes, hypertension, and hyperlipidemia because early management of these diseases is crucial. This can allow for some lifestyle changes to keep the diseases under control without requiring medications, in some cases.

AGE 50 AND ABOVE

Once men hit their 50s, they should screen for colorectal cancer, prostate cancer, diabetes, hypertension, hyperlipidemia, and ischaemic heart disease. When diagnosed early, it allows for better management and better outcomes.

HEALTH NEWS

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Article published by Voices Wellness and inputs contributed by Medical Director Dr. Cheryl Glenn.

ONE THING MOST MEN DON'T KNOW ABOUT HEALTH SCREENINGS

Most don't realise that early detection could make the difference between life and death. For example, ischaemic heart diseases, if diagnosed early, can be lifesaving. Those with increased risk are sometimes advised to do a stress treadmill test and may even be recommended for a CT angiogram.

When it comes to liver cancer, current guidelines advise routine screening for those at higher risk (cirrhosis and chronic hepatitis B infection). These patients need to annually do a liver ultrasound and six monthly blood tests for liver function tests including alpha-fetoprotein, a tumour marker for liver cancer.

For our health screening packages, visit here

ABOUT DR CHERYL LATHA GLENN

As the medical director of SATA CommHealth, Dr. Cheryl Latha Glenn has a key interest in chronic illness care, in particular diabetes as well as holistic care for the elderly. She graduated with a Bachelor of Medical Science, Bachelor of Medicine, and Bachelor of Surgery from the University of Sydney. She also holds a Graduate Diploma in Family Medicine, from the National University of Singapore, and a Fellowship from the Royal Australian College of General Practitioners.