sata CommHealth

E-NEWS

February 2022 | Issue 20

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We are
HERE TO CARE

Love is in the Air!

We have loving news to share this month!

To start off, we are honoured to receive President Halimah Yacob at our HQ on the 8 Feb, where she toured our healthcare facilities and gave words of encouragement to our medical staff.

We are also proud to receive the ISO/IEC 27001 certification, which showcases our commitment as a trusted organisation to managing information safely and securely, thus providing confidence for our customers and stakeholders.

The recently held Singapore Health Quality Service Awards ceremony featured us receiving 3 Star, 32 Gold and 76 Silver Awards for our healthcare professionals indomitable spirit and perseverance amidst COVID-19 challenges and their outstanding contributions to healthcare.

Find out more updates in our Feb issue.

Visit of President Halimah Yacob to HQ

We are honoured to welcome President Halimah Yacob at our HQ on 8 Feb 2022 (Tues). Together with our Chairman Mr Stanley Sia and CEO Dr Kelvin Phua, President Halimah was given a tour of our healthcare facilities including our mobile X-ray bus. She thanked our front-liners who have shown great resilience in fighting the pandemic over the past 2 years.

We also took this occasion to thank President's Challenge for supporting our Strong Bones – Osteoporosis & Fall Prevention Programme which received $250,000. The programme aims to educate the public on osteoporosis and fall prevention.

Visit our Facebook Page for a brief caption of each picture.

Initiatives to combat COVID-19 (Jan - Dec 2021)

From Q2 of 2021, we have vaccinated 20,837 people through our mobile and home vaccination teams, 118,343 at our NSRCC Vaccination Centre, and up to 3 medical teams at Kranji dormitory ensuring that the migrant workers were vaccinated as well. We have 6 SATA CommHealth medical centres which continue to provide COVID-19 vaccinations to the mass public.

We are honoured to be part of the fight against COVID-19 and will continue pushing to vaccinate the elderly and vulnerable to protect them.

At SATA CommHealth, we are here to care.

Our information assets are secured with ISO/IEC 27001 certification!

ISO/IEC 27001 is an internationally recognised standard for information security management systems (ISMS). Worldwide, organisations implement and maintain an ISMS to:

- Mitigate risk and ensure operational resilience
- Provide confidence for customers and stakeholders
- Protect data that is important for the business

We are proud to receive the certification.

bsi.

Certificate of Registration

INFORMATION SECURITY MANAGEMENT SYSTEM - ISO/IEC 27001:2013

This is to certify that:

SATA CommHealth
351 Chai Chee Street
SATA CommHealth Building
Singapore 468982

Holds Certificate No: **IS 759385**

and operates an Information Security Management System which complies with the requirements of ISO/IEC 27001:2013 for the following scope:

The Information Security Management System for the IT Services provided by SATA CommHealth for SATA and its subsidiaries. This is in accordance with Statement of Applicability, Version 1.1 dated 09 November 2021.

For and on behalf of BSI:

Michael Lam - Managing Director Assurance, APAC

Original Registration Date: 2022-01-17
Latest Revision Date: 2022-01-17

Effective Date: 2022-01-17
Expiry Date: 2025-01-16

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...making excellence a habit.™

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Further clarifications regarding the scope of this certificate and the applicability of ISO/IEC 27001:2013 requirements may be obtained by consulting the organization.
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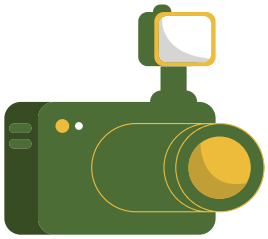
Singapore Health Quality Service Awards 2022

Congratulations to our Singapore Health Quality Service Awards 2022 winners!
Singapore Health Quality Service Award is a nationwide platform to honour outstanding healthcare professionals from across the healthcare sector who have delivered quality care and excellent patient experience.

This year's Awards is themed "Honouring Our Healthcare Heroes: Emerging Stronger", and SATA CommHealth has received 3 Star, 32 Gold and 76 Silver Awards for our healthcare professionals' indomitable spirit and perseverance amidst COVID-19 challenges and their outstanding contributions to healthcare.

Thank you for all your hard work in giving the best care to our patients and beneficiaries in the community.

News on SATA CommHealth



Source: The Straits Times © SPH Media Limited. Reprinted with permission

9 February 2022 The Straits Times

SATA CommHealth, a charitable healthcare organisation, received a sum of $250,000 from the President's Challenge last year to kick-start its pilot integrated treatment programme for seniors.

9 February 2022 LianHe Zaobao

为预防年长者骨质疏松和摔倒，善达社区保健机构推出一系列预防计划，包括添购人体分析仪，尽早测出风险，防止意外发生。

Source: The Straits Times © SPH Media Limited. Reprinted with permission

Visit here for the full article

Promoting Occupational Therapy Profession through Online Advocacy Efforts

Beyond Clinicals: As an Occupational Therapist (OT)

In commemoration of Occupational Therapy Day on 11 Jan, our Assistant Director of Community Programmes Miss Zubaidah was invited to give a talk to the OT department of St Luke's Hospital on the expansion of roles that Occupational Therapists can offer to the healthcare sector.

Her talk aimed to achieve the following:

- Inspire OTs to take on project management, influence policymaking and program evaluation.
- Expand the horizon and roles of OTs in the healthcare sector so that OTs can value add to the system with their expertise.
- Highlight her personal challenges and motivations behind her drive to pursue a Masters of Public Health.
- Challenges of the next upcoming ageing population and the role of OT to create value.
- The next league of OT growth in the next two decades to be prepared for the distruption in the sector.

On 22 January, our Senior Occupational Therapist Miss Liyana gave a public talk to the students for the Muslim Healthcare Outreach Programme (MHOP) on discovering healthcare opportunities beyond the hospital, from volunteering projects to social work.

Muslim Healthcare Outreach Programme is an annual event that gives students the opportunity to find out more about the healthcare professions through engaging lectures and workshops.

At SATA CommHealth, our Day Rehabilitation Centres (DRC) offer a wide range of rehabilitation services, generally occupational therapy and physiotherapy services, to facilitate a holistic recovery for patients after an episode of trauma, impairment or disability in enabling them to engage in their activities of daily living.

Find out more about our services here.

Distribution of masks and sanitisers

Here we go again, with the Community Hub @ Fernvale staff distributing masks and sanitisers to the rental block residents.
Let's continue to stay safe and healthy together!

Rehabilitation Services

Did you know that SATA CommHealth offers a wide range of rehabilitation services, including occupational therapy and physiotherapy services?

Our rehabilitation services help patients live a more independent life after suffering from injuries such as stroke, back pain, neck pain etc.

An example is Mr Low who suffered a cerebellar stroke in 2020 which affected his vision, strength, sensation, balance and coordination. After his stroke, Mr Low greatly depended on his wife and helpers for daily activities like transferring to and from his wheelchair and was unable to walk due to poor control over his body and limbs.

After a period of inpatient rehabilitation, he was referred to our Rehabilitation Services. After a few months of physiotherapy and occupational therapy sessions, Mr Low can now walk with 2 handheld assistance for 20 metres. He is also able to transfer to and from his wheelchair and stand with little assistance using rails as support.

We are proud to be able to positively impact the lives of our patients through our community service programmes. Do join us in our cause of helping more seniors and vulnerable in the community.

Doctors-On-Wheels Services

Our Doctors-On-Wheels (DOW) is a community programme that provides subsidised onsite medical services to the seniors and vulnerable who have limited or no access to medical centres. Our team consists of a doctor and nurses who visit areas where the beneficiaries reside and offer treatment for acute medical problems and monitoring of chronic ailments.

Mdm Ong Siew Kim, a 96-year-old elderly at Sarah Active Aging Centre, is a beneficiary of Doctors-On-Wheels, whereby our team sees her every 2 months at the centre. Recently, the doctor recommended her to go for an ultrasound scan. Due to limited mobility, we arranged for transportation to and from the medical centre and assisted her on the entire journey.

At SATA CommHealth, we are always here to care for our seniors. Help us extend our outreach to more seniors and the vulnerable by donating at Giving.sg.

AFTER THE FESTIVE EATING ..... HOW DO I LOSE THE EXCESS WEIGHT?

4 Tips to help with Weight Loss

By Liow Min Choo, SATA CommHealth Dietitian

Set Small Goals

When we want to lose weight, what exactly are we needing to lose? It can be water loss, muscle loss or body fat loss. We want to lose BODY FAT! As body fat loss is permanent. Do not aim to lose too much, too soon! The weight lost in this way is likely to be water loss which means the weight can easily be regained.

The recommended rate of body fat loss is small – at **½ kg a week**..... for most ladies, and **½ - 1 kg a week** for men.

If we aim to lose a lot of weight in a short time and don't achieve it, there is great discouragement, negative self-talk and we easily give up. If we lose weight slowly, like the recommended weight loss goal, we will lose body fat and this weight loss is permanent.

We all know we have to reduce our food intake and increase our activity level.
Start with **small changes** –

- Eg cut down liquid calories by ½ at least. It could be sweetened drinks or alcoholic drinks in the weekend or seemingly healthy fruit juices.
- Eg Cut down fried food/high-fat food by ½ in a week and ½ in quantity. Choose lower-calorie alternatives.
- Eg You dislike exercise, don't like the gym, hate to sweat or you have no time for it…… you say you will not be able to exercise all that is needed……don't worry, just start with what you are comfortable with…… and slowly increase & progress.

Celebrate the Small Wins!

You managed to add a brisk walk to the week.

You replaced a sweetened drink with water.

You had soup noodles instead of fried noodles.

Something special happens when you have a small win. And another one and then another.
You start to see that change is possible and a momentum picks up and a new habit or routine is created.
It is not about perfection – over diet and exercise. The key to meeting your weight loss goal is progress.

Journey with Support

Get professional assistance – from a

- **Dietitian**. Can I do intermittent fasting or go on a keto diet? What are healthier food alternatives that would make a difference to total calorie intake? What do I eat at a party? Can I still enjoy my favourite sweet treats?
- **Certified Fitness Trainer**. What is the proper technique of exercises I should do? That would yield results and reduce the risk of injuries. How do I get motivated with an exercise programme?

Get social support – from trusted friends & family members who can fuel your weight loss motivation. Work out with them, it's a lot more enjoyable too!

Be Kind to Yourself

Say you ate something unplanned or notice the number on the weighing scale go up – you could become discouraged, lose confidence in yourself and give up entirely. There are times where the weight will be stagnant or even go up.

Be Kind to Yourself – just try & evaluate where the problematic areas are and put in an action plan for the following week. We can have one 'cheat' day a week. It's how you respond that is key to being successful in your weight loss goal. Don't give up!