TRENDS Seminar
(Topics in Research and Education for Nursing Development in Singapore)

Date: Wednesday, 7th February 2018

Venue: Level 2, ALCNS Conference Room
Block MD 11, Clinical Research Centre
National University of Singapore

Time: 4.00pm to 5.00pm

Topic: A Community-Based Holistic Brain Health and Memory Training Program for Stroke Recovery: Practice Focused Research

Abstract: Stroke is the number one cause of long term disability in Singapore. Apart from physical impairment, approximately 50% of stroke patients develop cognitive impairment, i.e., memory and thinking problems, within the first year of their stroke. These problems can affect daily functioning, disempowering stroke survivors from regaining independent functioning and resuming their social and occupational roles. Furthermore, it creates significant caregiver stress and burden in addition to the recovery challenges associated with physical disabilities.

Supported by a multidisciplinary team, we aim to deliver a one-stop brain health and memory training (BHMT) service program for the community-dwelling stroke patients. This innovative program aims to enable stroke patients for independent living. It also aims to improve the coping skills of stroke patients and their caregivers, prevent patients’ cognitive decline and reduce caregiver stress and burden. This will be achieved by group-based brain health education and memory training service research programs.

A systematic program evaluation will be included to assess the outcome of our novel service delivery. To start, all patients will receive comprehensive neuropsychological assessments to evaluate their cognitive abilities, so as to establish customized service to meet their needs. Subsequent services are as follows: 1) All stroke patients and their family caregivers will receive group-based health education services "Health Education to Empower Stroke Recovery". Additionally, advanced care planning will be introduced during health education sessions. Future care for stroke patients will be developed in subsequent individual sessions. 2) Stroke patients with mild cognitive impairment defined by the comprehensive neuropsychological assessments will receive an intensive brain training group program, i.e., "Train Your Brain to Optimize Stroke Recovery". 3) Upon completion of previous programs, those wish to return to work will receive additional group program “Train Your Brain to Return to Work” to better prepare them to resume work.

Speaker: Dr. Catherine Dong undertook nursing training at Nanyang Polytechnic and is registered with Singapore Nursing Board. She obtained a Bachelor's degree in Nursing at University of Sydney, Australia and is registered with the Nursing and Midwifery Board of Australia. She has practised nursing in both Singapore and Sydney Australia with experiences in medical, psychiatric and geriatric nursing fields. She also has educational background in Clinical Neuropsychology, Behavioural Science and Neuroscience Research. She completed a PhD program entitled “Cognitive Outcome After Stroke” at Faculty of Medicine, the University of New South Wales, Australia.

Dr. Dong's primary research interest is on cognitive impairment due to vascular diseases such as stroke and heart failure. Her projects have been well funded and she has published over 40 papers in the neurocognitive area. Dr. Dong has established culturally and linguistically relevant cognitive tests for detecting cognitive impairment in Singaporeans. Currently she is establishing innovative cognitive interventions such as holistic brain health and memory training programs for cognitively impaired patients. Through rigorous translational research, Dr. Dong is committed to derive a community-based novel solution to promote brain health, and prevent cognitive decline in our rising ageing population.

Organized by the Alice Lee Centre for Nursing Studies, NUS

You are invited!