

1
00:00:04,080 --> 00:00:05,520
You are listening to Pulse

2
00:00:05,520 --> 00:00:06,760
the Heart of Nursing,

3
00:00:06,760 --> 00:00:08,200
a research podcast series

4
00:00:08,200 --> 00:00:10,320
from the Alice Lee Centre for Nursing Studies

5
00:00:10,320 --> 00:00:13,000
at the National University of Singapore.

6
00:00:13,000 --> 00:00:14,240
As the population ages

7
00:00:14,240 --> 00:00:15,640
rapidly in Singapore,

8
00:00:15,640 --> 00:00:16,440
community health care

9
00:00:16,440 --> 00:00:18,360
support for older adults are necessary

10
00:00:18,360 --> 00:00:20,160
to enable positive, healthy

11
00:00:20,160 --> 00:00:22,240
aging in the community.

12
00:00:22,240 --> 00:00:24,480
Presently, an emerging cohort of programs

13
00:00:24,480 --> 00:00:25,880
are poised to assume

14
00:00:25,880 --> 00:00:26,720
a central role

15
00:00:26,720 --> 00:00:28,120

within the spectrum of existing

16

00:00:28,120 --> 00:00:30,480
mainstream community services.

17

00:00:30,480 --> 00:00:31,480
These initiatives

18

00:00:31,480 --> 00:00:33,280
collectively aim to foster enhanced

19

00:00:33,280 --> 00:00:35,120
self-management capabilities

20

00:00:35,120 --> 00:00:35,920
and the overall

21

00:00:35,920 --> 00:00:37,200
well-being of older adults

22

00:00:37,200 --> 00:00:39,080
aged 60 and above.

23

00:00:39,080 --> 00:00:39,960
Here with us today

24

00:00:39,960 --> 00:00:41,760
is Assistant Professor Vivien Wu,

25

00:00:41,760 --> 00:00:42,840
from the Alice Lee Centre

26

00:00:42,840 --> 00:00:44,040
for Nursing Studies

27

00:00:44,040 --> 00:00:46,440
at the National University of Singapore.

28

00:00:46,440 --> 00:00:48,440
Assistant Professor Wu is an academic

29

00:00:48,440 --> 00:00:49,440
and a registered nurse

30
00:00:49,440 --> 00:00:50,960
with more than two decades of work

31
00:00:50,960 --> 00:00:51,840
experience

32
00:00:51,840 --> 00:00:52,760
in both clinical

33
00:00:52,760 --> 00:00:55,080
and educational institutions.

34
00:00:55,080 --> 00:00:57,040
Dr Wu's research interests are focused

35
00:00:57,040 --> 00:00:58,440
on chronic disease management

36
00:00:58,440 --> 00:01:00,480
for older adults and caregivers,

37
00:01:00,480 --> 00:01:02,120
as well as the promotion of healthy

38
00:01:02,120 --> 00:01:03,480
aging in the community

39
00:01:03,480 --> 00:01:06,000
to intergenerational programs.

40
00:01:06,000 --> 00:01:07,080
Today, Vivien

41
00:01:07,080 --> 00:01:07,560
will provide

42
00:01:07,560 --> 00:01:09,240
further insights into the ongoing

43
00:01:09,240 --> 00:01:10,760
community initiatives,

44
00:01:10,760 --> 00:01:11,480

as well as those

45

00:01:11,480 --> 00:01:13,600
that are currently in development.

46

00:01:13,600 --> 00:01:15,480
I am Hadassah Joann Ramachandran,

47

00:01:15,480 --> 00:01:16,080
a Ph.D.

48

00:01:16,080 --> 00:01:16,520
candidate,

49

00:01:16,520 --> 00:01:18,960
and your host for this podcast.

50

00:01:19,680 --> 00:01:20,320
Hello, Vivien.

51

00:01:20,320 --> 00:01:20,880
It is nice to

52

00:01:20,880 --> 00:01:22,960
have you with us in the studio today.

53

00:01:22,960 --> 00:01:24,280
Thank you for having me, too.

54

00:01:24,280 --> 00:01:26,240
It is a pleasure to be here.

55

00:01:26,240 --> 00:01:27,360
So, Vivien,

56

00:01:27,360 --> 00:01:29,520
tell us a little bit more about yourself.

57

00:01:29,520 --> 00:01:30,520
Hello, I'm Dr.

58

00:01:30,520 --> 00:01:31,280
Vivien Wu,

59
00:01:31,280 --> 00:01:33,080
an assistant professor at Alice

60
00:01:33,080 --> 00:01:35,280
Lee Center for Nursing Studies.

61
00:01:35,280 --> 00:01:37,560
I'm an academic and a registered nurse

62
00:01:37,560 --> 00:01:39,080
with more than two decades

63
00:01:39,080 --> 00:01:39,720
of work

64
00:01:39,720 --> 00:01:40,800
experience

65
00:01:40,800 --> 00:01:43,560
in clinical and educational institutions.

66
00:01:44,040 --> 00:01:45,080
My research focus

67
00:01:45,080 --> 00:01:46,440
on chronic disease management

68
00:01:46,440 --> 00:01:47,240
for older adults

69
00:01:47,240 --> 00:01:48,120
and caregivers

70
00:01:48,120 --> 00:01:49,800
with the use of technology

71
00:01:49,800 --> 00:01:51,400
and promotion of healthy

72
00:01:51,400 --> 00:01:53,160
aging in the community

73
00:01:53,160 --> 00:01:55,200

through intergenerational programs.

74

00:01:55,720 --> 00:01:57,000
Thanks, Vivien.

75

00:01:57,000 --> 00:01:58,160
You mentioned a focus

76

00:01:58,160 --> 00:01:59,920
on chronic disease management

77

00:01:59,920 --> 00:02:00,440
and healthy

78

00:02:00,440 --> 00:02:01,560
aging and older adults

79

00:02:01,560 --> 00:02:03,480
and their caregivers.

80

00:02:03,480 --> 00:02:04,640
How and why

81

00:02:04,640 --> 00:02:06,440
did you decide to focus on this area

82

00:02:06,440 --> 00:02:07,800
in your research?

83

00:02:08,320 --> 00:02:10,440
Aging work has become

84

00:02:10,440 --> 00:02:11,880
one of the most significant

85

00:02:11,880 --> 00:02:14,040
social issues in the 21st century.

86

00:02:14,320 --> 00:02:16,360
A large proportion of older adults

87

00:02:16,360 --> 00:02:18,840
are living with multiple chronic diseases

88
00:02:19,080 --> 00:02:21,200
and manage their health in the community

89
00:02:21,400 --> 00:02:23,640
is a major public health concern.

90
00:02:23,640 --> 00:02:25,080
Based on our 2019

91
00:02:25,080 --> 00:02:26,760
Ministry of Health's report,

92
00:02:26,760 --> 00:02:28,560
The lifespan of the average

93
00:02:28,560 --> 00:02:32,000
Singaporean has increased to 84.8 years.

94
00:02:32,000 --> 00:02:35,560
Of these, 10.6 of years.

95
00:02:35,640 --> 00:02:36,480
are expected

96
00:02:36,480 --> 00:02:37,360
to be ridden

97
00:02:37,360 --> 00:02:40,240
with poor health and chronic diseases.

98
00:02:40,720 --> 00:02:42,160
Chronic diseases impact

99
00:02:42,160 --> 00:02:43,440
on older adults, health

100
00:02:43,440 --> 00:02:45,440
outcomes, healthcare costs

101
00:02:45,720 --> 00:02:47,520
and quality of life.

102
00:02:47,520 --> 00:02:50,440

The ability to self-manage is expected

103

00:02:50,640 --> 00:02:52,240
to encourage individuals

104

00:02:52,240 --> 00:02:54,480
to make autonomous decisions

105

00:02:54,480 --> 00:02:56,800
adhere to treatment plans and deal with

106

00:02:56,800 --> 00:02:59,200
emotional and social consequences

107

00:02:59,400 --> 00:03:01,080
and make choices to live

108

00:03:01,080 --> 00:03:03,080
healthy lifestyles.

109

00:03:03,080 --> 00:03:05,760
One possible strategy is to develop

110

00:03:05,920 --> 00:03:08,040
community based facilities

111

00:03:08,240 --> 00:03:10,600
to support self-management.

112

00:03:10,600 --> 00:03:11,880
To achieve this shift

113

00:03:11,880 --> 00:03:13,440
in the health care services

114

00:03:13,440 --> 00:03:14,440
landscape,

115

00:03:14,440 --> 00:03:17,160
it is important to empower nurses

116

00:03:17,400 --> 00:03:21,760
as they are the ideal candidates to support older adults

117
00:03:21,760 --> 00:03:23,960
in effective self-management

118
00:03:23,960 --> 00:03:25,240
while promoting healthy

119
00:03:25,240 --> 00:03:27,520
aging in the community.

120
00:03:27,520 --> 00:03:28,360
Thanks, Vivien.

121
00:03:28,360 --> 00:03:29,840
And so with patients

122
00:03:29,840 --> 00:03:32,240
self-managing their conditions,

123
00:03:32,240 --> 00:03:34,520
what then becomes the role of the nurse?

124
00:03:35,360 --> 00:03:38,040
Well, nurses play important roles

125
00:03:38,040 --> 00:03:40,920
in empowering community- dwelling older adults,

126
00:03:40,920 --> 00:03:43,160
educating and advocating health,

127
00:03:43,400 --> 00:03:44,680
providing care,

128
00:03:44,680 --> 00:03:47,280
emotional and nutritional support to them

129
00:03:47,520 --> 00:03:49,920
while strengthening health care services

130
00:03:50,160 --> 00:03:51,240
in the community.

131
00:03:52,280 --> 00:03:55,320

Currently, tertiary hospitals have set up

132

00:03:55,520 --> 00:03:57,480
community health posts

133

00:03:57,480 --> 00:03:59,880
in collaboration with community partners,

134

00:04:00,200 --> 00:04:02,560
which are strategically located

135

00:04:02,560 --> 00:04:04,440
in the active aging centers

136

00:04:04,440 --> 00:04:06,720
in the neighborhood across Singapore

137

00:04:07,040 --> 00:04:07,960
to enable

138

00:04:07,960 --> 00:04:10,680
elderly with multiple chronic diseases

139

00:04:11,000 --> 00:04:13,640
to receive care closer to their homes.

140

00:04:14,080 --> 00:04:17,280
The posts are led by registered nurses,

141

00:04:17,520 --> 00:04:19,440
trained in specialties

142

00:04:19,440 --> 00:04:20,760
such as chronic disease

143

00:04:20,760 --> 00:04:22,920
management, geriatrics,

144

00:04:22,920 --> 00:04:26,160
oncology or palliative care.

145

00:04:26,600 --> 00:04:28,800
What has been achieved so far, you know,

146
00:04:28,800 --> 00:04:30,480
in terms of the community healthy

147
00:04:30,480 --> 00:04:31,360
aging programs,

148
00:04:31,360 --> 00:04:33,680
what sort of issues do they look into?

149
00:04:34,640 --> 00:04:37,800
Frailty is common among older adults,

150
00:04:37,800 --> 00:04:40,000
which may result in physiological

151
00:04:40,000 --> 00:04:41,640
vulnerabilities, such

152
00:04:41,640 --> 00:04:44,000
as the increased risk of falls,

153
00:04:44,240 --> 00:04:45,960
and functional decline.

154
00:04:45,960 --> 00:04:48,600
Furthermore, age associated cognitive

155
00:04:48,600 --> 00:04:50,640
decline may eventually progress

156
00:04:50,640 --> 00:04:56,040
geriatric cognitive disorders such as dementia.

157
00:04:56,040 --> 00:04:57,360
Cognitive impairment

158
00:04:57,360 --> 00:04:59,720
negatively impacts on older adults

159
00:04:59,760 --> 00:05:01,600
emotional, physical

160
00:05:01,600 --> 00:05:02,960

and social well-being,

161

00:05:02,960 --> 00:05:06,360
as well as decreased quality of life.

162

00:05:06,360 --> 00:05:08,000
By screening older adults

163

00:05:08,000 --> 00:05:10,080
who are at risk of frailty

164

00:05:10,080 --> 00:05:11,880
and cognitive impairment,

165

00:05:11,880 --> 00:05:14,680
we can identify their conditions early,

166

00:05:14,680 --> 00:05:18,120
mitigate any further deterioration of health,

167

00:05:18,120 --> 00:05:19,680
as well as provide

168

00:05:19,680 --> 00:05:21,240
targeted intervention

169

00:05:21,240 --> 00:05:23,480
early for these older adults

170

00:05:23,720 --> 00:05:26,120
through community programs.

171

00:05:26,120 --> 00:05:27,640
Thanks, Dr Vivien.

172

00:05:27,640 --> 00:05:29,200
You mentioned the provision

173

00:05:29,200 --> 00:05:31,200
of targeted interventions.

174

00:05:31,600 --> 00:05:32,520
Could you give us

175
00:05:32,520 --> 00:05:33,720
an example of one

176
00:05:33,720 --> 00:05:35,040
such targeted intervention

177
00:05:35,040 --> 00:05:37,120
for older adults in our community?

178
00:05:37,680 --> 00:05:38,440
Sure.

179
00:05:38,680 --> 00:05:39,920
Lifestyle interventions

180
00:05:39,920 --> 00:05:42,440
that include exercise have demonstrated

181
00:05:42,440 --> 00:05:44,320
the greatest effectiveness

182
00:05:44,320 --> 00:05:46,280
in preventing chronic diseases

183
00:05:46,280 --> 00:05:48,280
with the least side effects.

184
00:05:48,280 --> 00:05:50,400
Although exercise interventions

185
00:05:50,400 --> 00:05:53,080
still need to overcome many barriers,

186
00:05:53,400 --> 00:05:55,680
such as the lack of motivation,

187
00:05:55,680 --> 00:05:58,200
efficiency and fatigue

188
00:05:58,200 --> 00:06:00,000
understanding the physiological

189
00:06:00,000 --> 00:06:02,000

and molecular mechanisms

190

00:06:02,000 --> 00:06:03,600
behind the movement

191

00:06:03,600 --> 00:06:05,160
can develop efficient

192

00:06:05,160 --> 00:06:07,120
and effective applications

193

00:06:07,120 --> 00:06:08,440
of exercise

194

00:06:08,440 --> 00:06:09,440
to establish

195

00:06:09,440 --> 00:06:11,160
healthy longevity

196

00:06:11,160 --> 00:06:13,640
while providing physiological evidence

197

00:06:13,640 --> 00:06:15,520
to convince individuals

198

00:06:15,520 --> 00:06:18,120
to continue exercising as a lifestyle.

199

00:06:19,240 --> 00:06:20,240
Now, we've

200

00:06:20,240 --> 00:06:20,680
covered the

201

00:06:20,680 --> 00:06:21,600
physical aspects

202

00:06:21,600 --> 00:06:23,280
of aging through lifestyle

203

00:06:23,280 --> 00:06:25,800
interventions, such as preventing frailty

204
00:06:25,800 --> 00:06:27,800
and getting adequate exercise.

205
00:06:27,800 --> 00:06:30,960
How else can healthy aging be self-managed

206
00:06:31,240 --> 00:06:32,760
since people will be expected

207
00:06:32,760 --> 00:06:34,920
to monitor themselves?

208
00:06:35,440 --> 00:06:36,920
We know that technology

209
00:06:36,920 --> 00:06:39,440
is increasingly used in health care

210
00:06:39,720 --> 00:06:41,160
and e-health solutions

211
00:06:41,160 --> 00:06:42,840
can significantly increase

212
00:06:42,840 --> 00:06:43,960
health literacy

213
00:06:43,960 --> 00:06:45,480
and empower patients

214
00:06:45,480 --> 00:06:47,760
in managing their chronic conditions.

215
00:06:47,760 --> 00:06:48,520
However,

216
00:06:48,520 --> 00:06:49,920
many older adults are not

217
00:06:49,920 --> 00:06:51,480
technologically savvy,

218
00:06:51,480 --> 00:06:54,920

despite the rapid increase in internet-based

219

00:06:54,920 --> 00:06:58,240
users among the older population.

220

00:06:58,240 --> 00:07:00,200
Our researchers have observed

221

00:07:00,200 --> 00:07:01,320
that older adults

222

00:07:01,320 --> 00:07:04,400
required training and support initially,

223

00:07:04,400 --> 00:07:05,640
using the e-health

224

00:07:05,640 --> 00:07:08,080
applications on their mobile phones.

225

00:07:08,080 --> 00:07:09,840
But after the training,

226

00:07:09,840 --> 00:07:11,320
they are more confident

227

00:07:11,320 --> 00:07:14,280
in getting online and using the applications.

228

00:07:14,280 --> 00:07:17,760
To this end, my team and I at NUS Nursing

229

00:07:17,760 --> 00:07:20,400
developed a community based

230

00:07:20,400 --> 00:07:21,960
e-health program.

231

00:07:21,960 --> 00:07:26,640
or CeHP in short in 2020.

232

00:07:26,640 --> 00:07:27,840
This was in collaboration

233
00:07:27,840 --> 00:07:29,840
with Changi General Hospital

234
00:07:29,840 --> 00:07:32,080
Community Health Posts,

235
00:07:32,080 --> 00:07:35,000
to empower older adults self-management

236
00:07:35,160 --> 00:07:37,320
with their chronic conditions.

237
00:07:37,320 --> 00:07:39,800
The CeHP consists of health, education,

238
00:07:40,080 --> 00:07:41,520
monitoring, function

239
00:07:41,520 --> 00:07:44,720
and an alert and advisory system

240
00:07:44,720 --> 00:07:45,720
for older adults

241
00:07:45,720 --> 00:07:48,600
to manage their chronic conditions.

242
00:07:48,600 --> 00:07:51,440
The CeHP includes face-to-face

243
00:07:51,440 --> 00:07:53,680
and eHealth sessions.

244
00:07:53,680 --> 00:07:55,280
Face-to-face session covers

245
00:07:55,280 --> 00:07:56,880
health education topics

246
00:07:56,880 --> 00:08:00,240
such as diet, exercise, brain health,

247
00:08:00,240 --> 00:08:01,560

which are available

248

00:08:01,560 --> 00:08:03,280
in Care4Senior App.

249

00:08:04,040 --> 00:08:07,360
Care4Senior has unique features,

250

00:08:07,360 --> 00:08:08,640
including a health

251

00:08:08,640 --> 00:08:13,040
library, daily care, exercises, quizzes,

252

00:08:13,040 --> 00:08:14,680
interactive videos

253

00:08:14,680 --> 00:08:17,000
and an administrative platform.

254

00:08:17,000 --> 00:08:19,280
Care4Senior consists of health

255

00:08:19,280 --> 00:08:20,720
education topics

256

00:08:20,720 --> 00:08:23,560
focusing on management of hypertension,

257

00:08:23,560 --> 00:08:27,240
hyperlipidemia, diabetes, brain health,

258

00:08:27,240 --> 00:08:28,520
healthy diet,

259

00:08:28,520 --> 00:08:30,480
lifestyle modifications,

260

00:08:30,480 --> 00:08:33,480
medication adherence, exercise

261

00:08:33,480 --> 00:08:36,400
and mindfulness practice.

262
00:08:36,400 --> 00:08:38,400
We published the review

263
00:08:38,400 --> 00:08:40,280
developmental and feasibility

264
00:08:40,280 --> 00:08:43,880
study papers in which we found that

265
00:08:43,880 --> 00:08:46,560
the participants in the CeHP group

266
00:08:46,560 --> 00:08:48,600
demonstrated improvements

267
00:08:48,600 --> 00:08:51,240
not only in their fasting glucose,

268
00:08:51,240 --> 00:08:58,000
HbA1c, Total Cholesterol, Low Density Lipid, body mass index,

269
00:08:58,000 --> 00:09:01,240
but also their self-care abilities,

270
00:09:01,240 --> 00:09:04,080
healthy aging practice and patient

271
00:09:04,080 --> 00:09:08,080
empowerment scores at post intervention.

272
00:09:08,080 --> 00:09:10,160
The CeHP program reached

273
00:09:10,160 --> 00:09:13,400
300 participants across 11 community

274
00:09:13,400 --> 00:09:17,280
Health Posts in the east of Singapore,

275
00:09:17,280 --> 00:09:18,720
centered around Changi

276
00:09:18,720 --> 00:09:22,520

General Hospital from 2020 to 2022.

277

00:09:22,520 --> 00:09:23,840

The rigorous process

278

00:09:23,840 --> 00:09:25,760

of program development

279

00:09:25,760 --> 00:09:29,520

and evaluation provided valid evidence

280

00:09:29,520 --> 00:09:32,760

to extend CeHP to a larger scale

281

00:09:33,000 --> 00:09:36,480

to encourage self-management, reduce

282

00:09:36,480 --> 00:09:37,680

debilitating

283

00:09:37,680 --> 00:09:40,920

complications of poorly controlled

284

00:09:40,920 --> 00:09:42,520

chronic diseases,

285

00:09:42,520 --> 00:09:44,400

promote healthy longevity

286

00:09:44,400 --> 00:09:46,200

and social support.

287

00:09:46,200 --> 00:09:47,160

Eventually,

288

00:09:47,160 --> 00:09:49,840

all of these can reduce healthcare costs.

289

00:09:50,600 --> 00:09:51,920

That's fantastic, Vivien.

290

00:09:51,920 --> 00:09:52,520

I mean, you know,

291
00:09:52,520 --> 00:09:52,920
do you sort of

292
00:09:52,920 --> 00:09:55,920
see this technology or e-health solutions

293
00:09:55,920 --> 00:09:57,360
expanding, you know, in

294
00:09:57,360 --> 00:09:59,440
managing health in older adults?

295
00:09:59,840 --> 00:10:02,760
Yes, I think technology is here to stay

296
00:10:03,160 --> 00:10:05,760
and the current pre aging population

297
00:10:05,760 --> 00:10:07,680
will be even more adaptive

298
00:10:07,680 --> 00:10:10,760
at using such e-solutions.

299
00:10:10,760 --> 00:10:11,480
Our current

300
00:10:11,480 --> 00:10:13,360
research intends to continue

301
00:10:13,360 --> 00:10:15,440
building onto this platform.

302
00:10:15,440 --> 00:10:17,520
We were recently awarded

303
00:10:17,520 --> 00:10:20,800
with a National Medical Research Council

304
00:10:20,800 --> 00:10:23,360
Population Health Research Grant

305
00:10:23,360 --> 00:10:24,480

to develop

306

00:10:24,480 --> 00:10:27,520
and evaluate a precision care pathway

307

00:10:27,520 --> 00:10:29,760
that identifies older adults

308

00:10:29,760 --> 00:10:32,840
at risk of progressing to frailty

309

00:10:32,840 --> 00:10:35,160
and cognitive impairment.

310

00:10:35,160 --> 00:10:36,440
To help this group,

311

00:10:36,440 --> 00:10:37,200
we are

312

00:10:37,200 --> 00:10:38,880
looking into implementing

313

00:10:38,880 --> 00:10:40,920
a mobile phone application

314

00:10:40,920 --> 00:10:44,440
that animates and gamify exercise

315

00:10:44,440 --> 00:10:47,800
and common health topics for older adults

316

00:10:47,800 --> 00:10:48,440
to improve

317

00:10:48,440 --> 00:10:51,600
frailty, physical function, cognition

318

00:10:51,600 --> 00:10:53,280
and self-care ability

319

00:10:53,280 --> 00:10:55,680
to strengthen the musculoskeletal

320
00:10:55,920 --> 00:10:57,720
and neurological system.

321
00:10:57,720 --> 00:11:00,320
We currently have a Care4Senior App,

322
00:11:00,320 --> 00:11:03,480
that runs what we call an intensive

323
00:11:03,480 --> 00:11:05,640
Aerobic Resistance Training

324
00:11:05,640 --> 00:11:07,840
and Brain Health program.

325
00:11:07,840 --> 00:11:09,800
This mobile phone app offers

326
00:11:09,800 --> 00:11:12,080
a series of standard physical

327
00:11:12,080 --> 00:11:15,560
and cognitive exercise for seniors.

328
00:11:16,200 --> 00:11:17,000
Older adults

329
00:11:17,000 --> 00:11:19,680
typically experience reduced mobility.

330
00:11:20,040 --> 00:11:22,920
This is where digital technology can help

331
00:11:22,920 --> 00:11:24,120
to guide them

332
00:11:24,120 --> 00:11:27,200
through aerobic and resistance exercises

333
00:11:27,200 --> 00:11:28,920
to train muscle mass

334
00:11:28,920 --> 00:11:30,920

and prevent sarcopenia

335

00:11:30,920 --> 00:11:33,280
so that we sustain their autonomy

336

00:11:33,400 --> 00:11:35,440
and improve their quality of life.

337

00:11:35,440 --> 00:11:38,480
The application enables seniors to exercise

338

00:11:38,560 --> 00:11:39,480
at home

339

00:11:39,480 --> 00:11:42,320
or in a group at the active aging centers

340

00:11:42,320 --> 00:11:43,080
so that

341

00:11:43,080 --> 00:11:43,840
not only

342

00:11:43,840 --> 00:11:45,040
are they taking steps

343

00:11:45,040 --> 00:11:46,760
to prevent frailty,

344

00:11:46,760 --> 00:11:48,960
we also promote social bonding

345

00:11:48,960 --> 00:11:51,600
as well as reduce social isolation

346

00:11:51,600 --> 00:11:53,280
and loneliness.

347

00:11:54,080 --> 00:11:54,960
This program

348

00:11:54,960 --> 00:11:56,160
is a continuation

349
00:11:56,160 --> 00:11:57,240
from the community

350
00:11:57,240 --> 00:11:59,240
based e-health project,

351
00:11:59,240 --> 00:12:01,320
which I mentioned just now.

352
00:12:01,320 --> 00:12:03,720
We are also looking into designing games

353
00:12:03,960 --> 00:12:06,000
that can train the memory

354
00:12:06,240 --> 00:12:08,800
and slow down cognitive deterioration.

355
00:12:09,560 --> 00:12:11,000
You are so right, Vivien.

356
00:12:11,000 --> 00:12:12,600
Mobile app can be so useful

357
00:12:12,600 --> 00:12:13,200
when we use

358
00:12:13,200 --> 00:12:15,480
the ones that help us in our daily lives.

359
00:12:16,080 --> 00:12:17,360
What sort of impact

360
00:12:17,360 --> 00:12:18,600
will this program have?

361
00:12:18,600 --> 00:12:18,880
You know,

362
00:12:18,880 --> 00:12:21,160
just beyond enabling older adults.

363
00:12:22,120 --> 00:12:23,280

In the long term,

364

00:12:23,280 --> 00:12:24,240
this new service

365

00:12:24,240 --> 00:12:25,800
model has the potential

366

00:12:25,800 --> 00:12:27,360
to transform care,

367

00:12:27,360 --> 00:12:30,120
contain health care cost, inflation,

368

00:12:30,120 --> 00:12:32,880
and work alongside a potentially linked

369

00:12:33,080 --> 00:12:34,560
healthcare team.

370

00:12:34,560 --> 00:12:37,320
It can continually be updated

371

00:12:37,320 --> 00:12:39,280
and improved to translate.

372

00:12:39,280 --> 00:12:40,320
What we do know

373

00:12:40,320 --> 00:12:41,000
will help

374

00:12:41,000 --> 00:12:43,200
patients into practice

375

00:12:43,200 --> 00:12:44,840
for better self-management

376

00:12:44,840 --> 00:12:46,400
and healthy aging.

377

00:12:46,400 --> 00:12:48,960
Besides creating this applications and programs,

378
00:12:49,200 --> 00:12:50,160
we need to continue

379
00:12:50,160 --> 00:12:52,320
working on public education

380
00:12:52,480 --> 00:12:53,880
and engagement.

381
00:12:53,880 --> 00:12:56,600
We do this by conducting public talks

382
00:12:56,600 --> 00:12:57,760
and workshops

383
00:12:57,760 --> 00:13:00,640
to community partners, charities,

384
00:13:00,640 --> 00:13:03,600
and work with public sector

385
00:13:03,600 --> 00:13:06,480
to promote support for healthy longevity.

386
00:13:07,000 --> 00:13:08,760
Sounds like there's so much going on

387
00:13:08,760 --> 00:13:10,960
in the geriatric wellness and health.

388
00:13:11,480 --> 00:13:12,720
What does the future look like

389
00:13:12,720 --> 00:13:14,920
for research in this area?

390
00:13:14,920 --> 00:13:17,960
Well, our geriatric care research group

391
00:13:18,160 --> 00:13:19,440
has been awarded

392
00:13:19,440 --> 00:13:21,560

with national competitive grants,

393

00:13:21,800 --> 00:13:25,120
focusing on healthy longevity programs,

394

00:13:25,120 --> 00:13:26,520
community care

395

00:13:26,520 --> 00:13:28,240
and end-of-life care

396

00:13:28,240 --> 00:13:30,480
for the older adults in Singapore.

397

00:13:30,480 --> 00:13:34,320
We are passionate to work with
community partners and older adults

398

00:13:34,320 --> 00:13:36,000
to empower them to better

399

00:13:36,000 --> 00:13:38,040
self-managed their chronic conditions

400

00:13:38,240 --> 00:13:40,400
with the use of technology.

401

00:13:40,400 --> 00:13:43,080
We have conducted both quantitative

402

00:13:43,080 --> 00:13:44,920
and qualitative research

403

00:13:44,920 --> 00:13:46,600
and systematic reviews

404

00:13:46,600 --> 00:13:48,840
to explore the interrelations

405

00:13:48,840 --> 00:13:50,440
among physiological,

406

00:13:50,440 --> 00:13:53,160
cognitive and psychosocial outcomes

407
00:13:53,680 --> 00:13:56,040
from the perspective of older adults

408
00:13:56,320 --> 00:13:58,120
and healthcare professionals.

409
00:13:59,160 --> 00:14:00,720
As a research intensive

410
00:14:00,720 --> 00:14:01,720
university,

411
00:14:01,720 --> 00:14:03,360
we welcome international

412
00:14:03,360 --> 00:14:05,200
and regional collaboration.

413
00:14:05,200 --> 00:14:06,360
We look forward

414
00:14:06,360 --> 00:14:08,160
to working with collaborators

415
00:14:08,160 --> 00:14:10,200
to co-create new knowledge

416
00:14:10,200 --> 00:14:11,720
and models of care

417
00:14:11,720 --> 00:14:14,520
for the aging population.

418
00:14:14,520 --> 00:14:15,840
It looks like the trend towards

419
00:14:15,840 --> 00:14:17,280
incorporating self-manage,

420
00:14:17,280 --> 00:14:19,520
healthcare and technology driven programs

421

00:14:20,280 --> 00:14:22,480
for promoting positive and healthy aging

422
00:14:22,720 --> 00:14:23,520
is set to become

423
00:14:23,520 --> 00:14:24,640
a mainstream

424
00:14:24,640 --> 00:14:26,680
sort of option in time to come.

425
00:14:26,680 --> 00:14:27,480
This definitely

426
00:14:27,480 --> 00:14:28,920
has been an enlightening discussion

427
00:14:28,920 --> 00:14:30,960
and the foreseeable future of technology

428
00:14:30,960 --> 00:14:32,920
in healthcare and self-management.

429
00:14:32,920 --> 00:14:33,600
Thank you,

430
00:14:33,600 --> 00:14:35,120
Dr Vivien Wu, for the insights

431
00:14:35,120 --> 00:14:36,960
and for joining us here today.

432
00:14:36,960 --> 00:14:38,240
Thanks for the invitation.

433
00:14:38,240 --> 00:14:39,960
It is really an enjoyable session

434
00:14:39,960 --> 00:14:41,640
of sharing and learning.

435
00:14:41,640 --> 00:14:42,480
You've been listening

436
00:14:42,480 --> 00:14:43,200
to a podcast

437
00:14:43,200 --> 00:14:47,200
on "Mind, body and tech: self-managing health and ageing"

438
00:14:47,200 --> 00:14:49,400
part of Pulse: The Heart of Nursing,

439
00:14:49,400 --> 00:14:51,080
a podcast series on research

440
00:14:51,080 --> 00:14:53,040
at the Alice Lee Centre for Nursing Studies

441
00:14:53,040 --> 00:14:55,200
at the National University of Singapore.

442
00:14:55,200 --> 00:14:56,720
With us in the studio was

443
00:14:56,720 --> 00:14:58,280
Assistant Professor Vivien Wu,

444
00:14:58,280 --> 00:14:59,680
speaking with us on geriatric

445
00:14:59,680 --> 00:15:01,040
care and wellness.

446
00:15:01,040 --> 00:15:02,840
I am am Hadassah Joann Ramachandran,

447
00:15:02,840 --> 00:15:03,400
thank you.

448
00:15:03,400 --> 00:15:04,920
And till the next podcast.

449
00:25:16,520 --> 00:25:19,280
Yes, I think technology is here to stay

450

00:25:19,680 --> 00:25:21,720
and the current pre aging population

451
00:25:21,880 --> 00:25:24,600
will be even more adept at you.

452
00:25:24,600 --> 00:25:24,880
Sorry

453
00:25:26,120 --> 00:25:27,120
from the questioning.

454
00:25:27,120 --> 00:25:28,880
Okay. See,

455
00:25:29,040 --> 00:25:30,040
I see that again.

456
00:25:30,040 --> 00:25:32,920
Okay, that's fantastic.

457
00:25:32,920 --> 00:25:33,760
Vivian, you know,

458
00:25:33,760 --> 00:25:34,520
do you see this

459
00:25:34,520 --> 00:25:36,000
sort of technology or e-health

460
00:25:36,000 --> 00:25:38,400
solutions expanding

461
00:25:38,400 --> 00:25:40,040
in managing and supporting health

462
00:25:40,040 --> 00:26:13,720
in older adults?

463
00:26:13,720 --> 00:26:15,480
Burden of disease.

464
00:26:15,480 --> 00:26:16,120
Thank you, Dr.

465
00:26:16,120 --> 00:26:19,440
Vivian.

466
00:26:19,440 --> 00:26:20,120
Oh.

467
00:26:21,200 --> 00:26:24,640
Thank you.

468
00:26:25,200 --> 00:26:26,840
Because this looking for the new sector

469
00:26:26,840 --> 00:26:29,920
and joining us to be a bit misleading

470
00:26:29,920 --> 00:26:31,320
is the lady that.

471
00:26:31,320 --> 00:26:32,000
Oh, yes.

472
00:26:32,000 --> 00:26:33,760
Okay, okay, yeah, yeah. Okay.

473
00:26:33,760 --> 00:26:34,400
Should I do that?

474
00:26:34,400 --> 00:26:36,240
This definitely has been enlightening.

475
00:26:36,240 --> 00:26:37,000
Okay.

476
00:26:37,040 --> 00:26:37,960
I'll just.

477
00:26:37,960 --> 00:26:40,000
Yeah. 10:00.

478
00:26:40,560 --> 00:26:42,840
And I had been hearing

479

00:26:42,840 --> 00:26:44,280
at this time that you. Can.