



PRESS RELEASE

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NUS students organise upscaled free health screening for HDB residents

Singapore, 8 October 2017 — Elderly residents of Kampong Glam will be assessed for frailty and mental health issues as well as chronic illnesses at free health screenings in October.

Organised by NUS Medicine students and involving the participation of their Nursing and Social Work counterparts, the Neighbourhood Health Service (NHS) is an annual community health screening that aims to identify residents in need. It focuses on the elderly and residents from lower income families living in rental blocks and reconnects them to the healthcare system. This is achieved through free centralised and door-to-door health screenings, house-visits and follow-up phone calls.

Since its inception a decade ago, the NHS has touched the lives of more than 4,000 rental block residents in eight rental districts in Singapore. From offering just three screening modalities in its inaugural screening, the NHS has expanded its scope to more than 20 services, providing residents with a robust assessment of their health.

This year's exercise began on the weekend of 9 September, with more than 400 rental block residents screened by over 350 volunteer doctors and healthcare students. The event was witnessed by Associate Professor Fatimah Lateef, Member of Parliament, Marine Parade GRC, and Mr Amrin Amin, Parliamentary Secretary, Ministry of Home Affairs & Ministry of Health.

The second health screening for 2017 will be conducted on 7 and 8 October, and marks the first time that NHS is screening Kampong Glam residents. Dr Amy Khor, Senior Minister of State (SMS), Ministry of Health, and Ms Denise Phua, Mayor, Central Singapore CDC will grace the event on Sunday, 8 October 2017.

“The Neighbourhood Health Service exemplifies an activity that is student-led, and helps to nurture competent, compassionate, creative, community-responsive and innovative doctors and

nurses of tomorrow,” said Associate Professor Lau Tang Ching, Vice-Dean for Education at NUS Medicine. “The services provided enable the students to apply the skills they have learnt with competence to help elderly residents in maintaining or improving their health.”

Several defining features of the NHS:

- Outreach to rental block residents, who are often unable to take good care of their own health, and unable to overcome barriers that hinder access to healthcare. This leaves them disconnected from the healthcare system;
- Door-to-door health screening in addition to centralised screening, for residents who face difficulties leaving their homes (due to poor mobility, psychological issues etc.);
- A longitudinal house-visit and phone-call follow-up programme anchored to behavioural change frameworks, to actively encourage residents to seek treatment for their chronic conditions;
- Evaluation of the socio-economic situation of residents, referring those in need to social organisations, since health is an aspect of life compounded by medical and social factors;
- Adoption of a Five-Year Plan Framework for each constituency served. This provides a bedrock for sustainability and ensures that the areas in most need are being served.

New features of NHS 2017:

- Introduction of Fall Risk and Mental Health Assessments, with referrals to healthcare institutions for subsidised rehabilitative treatment and case management services;
- Partial to full subsidy of spectacles for residents with visual impairment;
- Referrals for fully-subsidised colonoscopy;
- Fully-subsidised first consultation for residents at CHAS GP Clinics in Eunos Crescent and Kampong Glam;
- Introduction of gamification into health education to better engage residents.

The service has also been continuing its follow-up with residents in constituencies screened in previous years, including Bukit Merah, Marine Terrace (Breeze and Haven Zone) and Taman Jurong (Zone B and E), and intends to ensure that all residents under NHS’ purview are integrated into the healthcare system.

For media enquiries, please contact:

Justine LAI
Assistant Manager
Dean’s Office, Corporate Communications
NUS Yong Loo Lin School of Medicine
DID: (65) 6772 3831
Mobile: (65) 9738 0669
Email: justine_lai@nus.edu.sg

About the National University of Singapore (NUS)

A leading global university centred in Asia, the National University of Singapore (NUS) is Singapore's flagship university, which offers a global approach to education and research, with a focus on Asian perspectives and expertise.

NUS has 17 faculties and schools across three campuses. Its transformative education includes a broad-based curriculum underscored by multi-disciplinary courses and cross-faculty enrichment. Over 38,000 students from 100 countries enrich the community with their diverse social and cultural perspectives. NUS also strives to create a supportive and innovative environment to promote creative enterprise within its community.

NUS takes an integrated and multi-disciplinary approach to research, working with partners from industry, government and academia, to address crucial and complex issues relevant to Asia and the world. Researchers in NUS' Schools and Faculties, 30 university-level research institutes and centres, and Research Centres of Excellence cover a wide range of themes including: energy, environmental and urban sustainability; treatment and prevention of diseases common among Asians; active ageing; advanced materials; risk management and resilience of financial systems. The University's latest research focus is to use data science, operations research and cybersecurity to support Singapore's Smart Nation initiative.

For more information on NUS, please visit www.nus.edu.sg.

About the NUS Yong Loo Lin School of Medicine (NUS Medicine)

Established in 1905, the NUS Yong Loo Lin School of Medicine is the first institution of higher learning in Singapore and the genesis of the National University of Singapore.

The School offers one of the finest undergraduate medical programmes in the Asia Pacific region and enjoys international recognition and respect. The Times Higher Education World University Rankings 2016 by subject and Quacquarelli Symonds (QS) World University Rankings by Subject 2017 list NUS Medicine as a leading medical school in Asia.

It admits 300 students to the MBBS degree programme annually and its principal missions are to educate and train the next generation of healthcare professionals, and foster research that will help to advance the practice of medicine.

The 18 NUS Medicine departments in the basic sciences and clinical specialties work closely with the Centre for Medical Education, the Centre for Biomedical Ethics, the Centre for Healthcare Simulation as well as the restructured public hospitals to ensure that teaching and research are aligned and relevant to Singapore's healthcare needs. The School is a founding institutional member of the National University Health System.

For more information about NUS Medicine, please visit <http://nusmedicine.nus.edu.sg>

NHS 2017 Services

SERVICE	CONDUCTED/PROVIDED BY
Triage - Blood Pressure (BP) - Height & Weight (BMI) - Hip/Waist Circumference - Capillary Blood Glucose (for Diabetics only)	NUS Medicine students NTU Lee Kong Chian School of Medicine students Duke-NUS Medicine students NUS Nursing students NYP Nursing students
Basic Eye Screening (Snellen's Test)	
Hearing Triage & Questionnaire	
Fall Risk Assessment - Short Physical Performance Battery (SPPB) Test	
Mental Health Assessment (Dementia) - Abbreviated Mental Test (AMT)	
Mental Health Assessment (Depression) - Geriatric Depression Scale (15-item) (GDS-15)	
Evaluation of socio-economic condition of residents	NUS Social Work students
Referral to social institutions (e.g. MSF)	
Doctor's Consultation	Certified medical doctors
Free first Doctor's Consultation at a CHAS-certified GP Clinic	National Healthcare Group
Blood Test (Phlebotomy) - Fasting Blood Glucose (FBG) - Lipid Profile (Triglycerides, Total Cholesterol, HDL, LDL)	National Healthcare Group Diagnostics Tzu Chi Foundation
Advanced Eye Screening (e.g. Cataracts)	Singapore Eye Research Institute Singapore National Eye Centre
Basic Dental Check-up	National Dental Centre Singapore
Referral for Basic Hearing Check-up Partial sponsorship for hearing aid	Singapore Hearing Society (Pending)
Referral for Free Colonoscopy	Parkway Pantai
Faecal Immunochemical Test (FIT) Kits	Singapore Cancer Society
Referral for Free Mammogram and Pap Smear	
Assistance with CHAS Application	Agency for Integrated Care

NHS 2017 Partners

Grassroots	<p>Eunos Crescent</p> <ul style="list-style-type: none">- Geylang Serai CC Management Committee (CCMC), Residents' Committee (RC) and Youth Executive Committee (YEC)- Tembusu Senior Activity Centre- Viriya Family Service Centre (FSC)- Geylang Serai Social Service Office (SSO)- Toa Payoh Social Service Office (SSO) <p>Kampong Glam</p> <ul style="list-style-type: none">- Central Singapore Community Development Council (CDC)- Kampong Glam CC Management Committee (CCMC), Residents' Committee (RC) and Youth Executive Committee (YEC)- PEACE-Connect Cluster Operator- JOY-Connect (St. Andrew's Senior Care)- Kampong Kapur Family Service Centre (FSC)
Healthcare Institutions	<p>Agency for Integrated Care (CHAS) Health Promotion Board National Dental Centre Singapore National Healthcare Group National Healthcare Group Diagnostics National University Health System Parkway Pantai Singapore Cancer Society Singapore Eye Research Institute Singapore National Eye Centre SingHealth Tzu Chi Foundation</p>

NHS 2017 Sponsors

Monetary	NUS Yong Loo Lin School of Medicine Lee Foundation Hong Leong Foundation National Youth Council (NYC) Association of Women Doctors (Singapore) Singapore Medical Association Charity Fund (SMACF) People's Association Youth Movement
In-kind	Essilor Vision Foundation Hong Leong Finance Ltd Koka Noodles Tat Hui Foods Pte Ltd Pearl's VisionCare Systema Lion Corporation (S) Pte Ltd First Aid Supplies Pte Ltd

Key Statistics from NHS 2016

Districts screened: Taman Jurong Zone E, Marine Terrace (Breeze and Hazen Zone)

A. GENERAL DEMOGRAPHICS

	Taman Jurong	Marine Terrace	Total
Residents screened	321	322	643
Housing Composition	1-room flat x 38 2-room flat x 59 3-room flat x 135 4-room flat x 38	2-room flat x 1350	1-room flat x 38 2-room flat x 1409 3-room flat x 135 4-room flat x 38
Age	57.7 ± 13.1	63.0 ± 13.8	60.5 ± 13.7
Gender			
- Male	127/321 (39.6%)	152/322 (47.2%)	279/643 (43.4%)
- Female	194/321 (60.4%)	170/322 (52.8%)	364/643 (56.6%)
Ethnicity			
- Chinese	240/321 (74.8%)	182/322 (56.5%)	422/643 (65.6%)
- Malay	40/321 (12.5%)	97/322 (30.1%)	137/643 (21.3%)
- Indian	37/321 (11.5%)	26/322 (8.1%)	63/643 (9.8%)
- Others	4/321 (1.2%)	17/322 (5.3%)	21/643 (3.3%)

B. SCREENING STATISTICS

	Taman Jurong	Marine Terrace	Total
Elevated blood pressure	75/321 (23.4%)	72/322 (22.4%)	147/643 (22.9%)
Elevated fasting blood glucose*	9/101 (8.9%)	17/112 (15.2%)	26/213 (12.2%)
Elevated fasting triglycerides*	14/101 (13.9%)	14/112 (12.5%)	28/213 (13.1%)
Elevated fasting LDL*	24/101 (23.8%)	14/112 (12.5%)	38/213 (17.8%)
Obese	67/321 (20.9%)	77/322 (23.9%)	144/643 (22.4%)
Residents flagged out for follow-up	118/321 (36.8%)	124/322 (38.5%)	242/643 (37.6%)

* Out of residents who took blood test

C. FOLLOW-UP STATISTICS (FROM 2015 COHORT)

District (from 2015)	Residents initially flagged for follow-up	Reconnected back to healthcare system	Still on follow-up (Phone call / House visit)	Loss to follow-up
Marine Terrace	109	55	39	15
Bukit Merah	109	60	31	18
TOTAL	218	115 (52.8%)	70 (32.1%)	33 (15.1%)

D. MANPOWER STATISTICS

	Taman Jurong	Marine Terrace	Total
Student Volunteers engaged	262	311	573**
Volunteer Health Professionals engaged	56	101	150**

** Number of unique volunteers