

## Translating the Science of Frailty in Singapore:

A National Consensus Discussion

**Date:** Saturday 7 April 2018

**Time:** 9am - 3pm

**Venue:** Auditorium (Level 1), Changi General Hospital

**Hosted by:** Chapter of Geriatricians, Society of Geriatric Medicine Singapore (SGMS),  
Geriatric Education & Research Institute (GERI), Institute of Geriatrics & Ageing (IGA), TTSH

Time	<b>PRELIMINARY PROGRAMME V 0.8 UPDATED 10 FEB 2018</b>	Speaker(s)/Discussants:
0900h	Opening welcome (setting tone: informal & interactive)	Dr Chris Lien & Ms Teoh ZW
<b>Session 1: Understanding the Science</b> Chair: Dr Mark Chan		
0910h	What's the science behind frailty?	Dr Wong Wei Chin (TTSH)
0930	Identifying Frailty: what do we really want to achieve?	Dr Lim Wee Shiong (TTSH)
0950	Real-world effectiveness: how can research meet the needs?	Dr Wong Chek Hooi (GERI)
1010	<b>Interactive Q &amp; A and Discussion:</b> How does the current state of evidence and science inform our action?	Speakers Panel (live interaction with participants)
1030	Tea	
<b>Session 2: Translating the Science</b> Chair: A/Prof Ding Yew Yoong		
1100	<b>The Asia Pacific (AP) Clinical Practice Guidelines:</b> what impact can we expect? (What difference will it make?)	Dr Chris Lien
1115	<b>Published Research from Singapore:</b> 1. Epidemiology 2. Identification 3. Interventions in the community 4. Acute Care	Dr Reshma Merchant Dr Rahul Malhotra Prof Ng Tze Pin Dr Laura Tay
1215	<b>Panel Discussion:</b> How does our local research relate to practice and policy? What other research is needed in Singapore?	
1230	Lunch	
1315	Video Snippets	Programme highlights
<b>Session 3: The Science in Action</b> Chair: Dr Chris Lien		
1330	<b>On-going programmes in Singapore:</b> The troops are assembled and the action begun - where are we going? 1. EXERCISE AS MEDICINE: GYM TONIC! What else will make us HAPPY? 2. FOOD FOR THOUGHT: Share a Pot! What else can be ENSURED? 3. FACING THE COLD FRONT: How can acute care be frailty ready? 4. LEARNING AS A COMMUNITY – Education & Engagement initiatives - IPPT-S and others	Gym Tonic HAPPY Share a Pot DFC FiFE IPPT-S Others
1430	<b>Panel Discussion:</b> <b>The Science and Art of Evaluation – next steps and policy implications</b> How can evaluation be used to meaningfully inform stakeholders and influence policy?	MOH (DS) GERI/IGA Primary Care? Tsao? HPB?
1500	Closing Remarks	DS

**Problem statements:**

- a. Can reducing frailty really reduce the health burden for ageing Singapore?
- b. Troops are aligned and the action has begun - but what really needs to be done?
- c. What science should drive our action?
- d. What evidence is there and what evaluation do we really need?
- e. Effectiveness vs benefit – whose benefit?
- f. What should a public health response be?
- g. What barriers to entry are there?
- h. What about market failures?
- i. Is frailty really a new construct or have we lost track of common sense and time tested wisdom?

**Key objectives:**

1. What is the current state of evidence that can inform our action?
2. What are the gaps in research and evaluation that can inform the future agenda?
3. What are the implications for community programs and healthcare services?

**Key stakeholders:** MOH, AIC, HPB, Physicians (Geriatricians, Family Physicians, etc), Nursing & Allied Health Practitioners; Regional Health Systems

**Academic partners:** Health Services, Geriatric and Gerontology Research Centres and Behavioural Insights Partners etc

**Community Partners:** Foundations, VWOs, Social Enterprises

**Implementation Partners:** Active SG, Community Network for Seniors, Exercise is Medicine, S' pore etc