

INSPIRE CONGRESS 2024

Connecting Care, Enhancing Health With our Primary Care Partners

Saturday, 2 Nov 2024

Woodlands Health Auditorium (Learning Space, Tower E, Level 1)

Programme: 2 Nov 2024	
0800 - 0845	Registration
0900 – 0910	Opening Address by Prof Chin Jing Jih Deputy Group Chief Executive Officer (Clinical & Academic Development), National Healthcare Group
Session 1: Harmonised Health: Merging Primary & Tertiary Insights Moderator: Dr Ho Wei Min, Senior Resident Physician, Department of Surgery, Woodlands Health	
0915 – 0930 (15 mins)	Collaborative Care: Uniting Primary & Tertiary Care for Better Patient Outcomes Dr Kong Jing Wen Head, Woodlands Polyclinic, National Healthcare Group Polyclinics
0930 – 0940 (10 mins)	Building a Care Ecosystem for Woodlands & Sembawang Towns Dr Irwin Clement Alphonsus Wai Hoong Chung Head, Sembawang Polyclinic, National Healthcare Group Polyclinics
0940 – 0950 (10 mins)	NurseFirst 62626262 Ms Hwang Ying Ying Senior Staff Nurse, Urgent Care Centre, Woodlands Health
0950 – 1005 (15 mins)	WH Virtual Care Centre: Optimising Patient Care Mr Shaik Muhammad Irfaan Bin Shaik Hussein Assistant Manager, Contact Centre, Woodlands Health
1005 – 1025 (20 mins)	Tea Break
Session 2: Metabolic Mastery: Tackling Metabolic Syndrome, Diabetes & Obesity Moderator: Dr Caroline Hoong Wei Shan, Consultant, Department of Endocrinology, Woodlands Health	
1035– 1045 (10 mins)	Diabetic Kidney Disease in 2024: A Focus on Prevention Dr Javaid Muhammad Masoom Senior Consultant, Renal Medicine, Woodlands Health
1045 – 1055 (10 mins)	DM Retinopathy Dr Soh Yu Qiang Consultant, Department of Ophthalmology, Woodlands Health
1055 – 1105 (10 mins)	Breaking the Weight Barrier Dr Tay Kon Voi Consultant, Department of Surgery, Woodlands Health
1105 – 1115 (10 mins)	Is Intermittent Fasting Effective in Managing Obesity: Evidence & Practice Ms Madeline Ng Yi Ling Senior Dietitian, Nutrition & Dietetics, Woodlands Health
1115 – 1125 (10 mins)	Management of Acute Coronary Syndrome in Primary Healthcare Setting Dr Thet Khaing Consultant, Department of Cardiology, Woodlands Health
1125 – 1135 (10mins)	Unmasking the Metabolic Impact of Obstructive Sleep Apnoea: Implications for Health & Treatment Dr Amanda Francesca Cheang Ya Fang Consultant, Department of Otolaryngology, Woodlands Health

1135 – 1150 (15mins)	Q&A
1150 – 1250 (1 hour)	Lunch & Networking
Session 3: Structural Strength: From Bone Health to Musculoskeletal Solutions Moderator: Dr Shane Sim Wen Hui, Consultant, Department of Surgery, Woodlands Health	
1300 – 1315 (15 mins)	Preventing Fractures: Have You Got the Bones & Brawns? Dr Caroline Hoong Wei Shan Consultant, Department of Endocrinology, Woodlands Health
1315 – 1330 (15 mins)	Bone Deep: Understanding the Parathyroid Connection to Skeletal Health Dr Shane Sim Wen Hui Consultant, Department of Surgery, Woodlands Health
1330 – 1345 (15 mins)	Andropause & Bone MSK Health Dr Nathaniel Heah Hong'En Consultant, Department of Surgery, Woodlands Health
1345 – 1400 (15 mins)	Taking the Weight Off Your Shoulders: Fact vs Myth Dr Derrick Guo Junhong Consultant, Department of Orthopaedic Surgery, Woodlands Health
1400 – 1415 (15 mins)	Exercise for Older Adults with Shoulder Pain Ms Jasmine Chia Yong Ning Senior Physiotherapist, Rehabilitation, Woodlands Health
1415 – 1430 (15 mins)	Q&A
1430 – 1450 (20 mins)	Tea Break
Session 4: Skin Solutions: From Malignancy Detection to Wound Management Moderator: Dr Ho Wei Min, Senior Resident Physician, Department of Surgery, Woodlands Health	
1455 – 1510 (15 mins)	Rash Decisions: Avoiding Misdiagnosis Dr Joel Lim Hua Liang Consultant, National Skin Centre
1510– 1525 (15 mins)	Malignant Skin Lesions Dr Steven Zhang Liben Consultant, Department of Surgery, Woodlands Health
1525 – 1535 (10 mins)	Post Op Dressing: Hypergranulating Wound, Recognizing & Management Mr Muhammad Hafizuddin Bin Mohamed Ramlee Ali Nurse Clinician, Surgical Inpatient, Woodlands Health
1535 – 1545 (10 mins)	Q&A
1545 – 1600 (15 mins)	Closing Address & End of Programme