



HMDP Visiting Experts FY23

OFFICIAL PROGRAMMENote:

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EXPERT NAME

Tom Wainwright

START DATE

8 Jan 2024

END DATE

12 Jan 2024

SPECIALTY/TITLE OF PROGRAMME

Enhanced Recovery After Surgery in Orthopaedics

HOSTING INSTITUTION

Tan Tock Seng Hospital

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
8 Jan 24 - Day 1 (TTSH)	0800- 0900	ERAS in orthopaedics – overview of history and progress to date across the specialty	1) Overview of ERAS 2) To go through history and implementation of ERAS 3) To show evidence of outcomes	No	TTSH: CHI / Level 7 (CHI) / Learning L7- 003 (61 pax)	Dr Tan Tong Leng Tong_leng_tan@ttsh.com.sg Kelly Boo Kelly_boo@ttsh.com.sg Chiew Siew Hoon siew_hoon_chiew@ttsh.com.sg
	0915 - 1015	ERAS hip and knee guidelines	To go through current Hip and Knee guidelines and what is recommended	No	TTSH: CHI / Level 7 (CHI) / Learning L7- 003 (61 pax)	As above
	1030 - 1230	Patient's Journey in TKR: Shadowing	1) For visiting expert to follow a patient's journey in our hospital and allow assessment of our workflow. Expert will follow a patient's journey from clinic to PACE to Operating theatre to Recovery to Ward and assist in critiquing our processes Note: doctors and nurses from all 3 clusters to be involved. There will be a site visit and departmental meeting.	No	NA	As above
	1230-1400	Lunch				

	1400-1500	ERAS Implementation strategies, and QI principles related to ERAS	1) Strategies to implement ERAS in our hospitals 2) Sharing of experiences common hurdles and overcoming obstacles	No	TTSH: CHI / Level 7 (CHI) / Learning L7-003 (61 pax)	As above
	1500 - 1530	TTSH ERAS Group: Presenting Our Current State	Presenting TTSH current workflow to expert. Various stakeholders from anaestheis, nursing, physio and surgeons will meet expert to go through our current pain points and to strategize efficiency and compliance	No	TTSH: CHI / Level 7 (CHI) / Learning L7-003 (61 pax)	As above
	1530 - 1700	Meeting TTSH ERAS Group: Facing Hurdles and How to Overcome Them	Allow discussions and collaborations. Various stakeholders will present research and collaborative opportunities. To discuss current challenges and introduce novel strategie	No	TTSH: CHI / Level 7 (CHI) / Learning L7-003 (61 pax)	As above

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
9 Jan 24 - Day 2 (SGH)	0800 - 0900	Current concepts in prehab and rehabilitation before and after hip and knee replacement	Grasp fundamentals and importance of physiotherapy/occupational therapy - To discuss the role of physiotherapists in prehan - What exercises to perform	No	SGH – Conference Room outside ward 75 (block 7 level 5) Capacity 50	Dr Jerry Chen jerry.delphi.chen.y.g@singhealth.com.sg

			<ul style="list-style-type: none"> - What milestones to achieve prior to surgery <p>Note: A site visit and departmental meeting will be incorporated in this training session.</p>			
	0915 - 1030	How to Leverage Technology In ERAS: Patient, Allied Health, Surgeon	<p>Exploring technology in ERAS (Eg: wearables, muscle stimulation, technologies in surgery)</p> <p>-to explore how wearables, such as Fitbit-like devices, help in remote monitoring of patients</p> <p>- how such data helps physio/surgeons decision to intervene</p>	No	SGH – Conference Room outside ward 75 (block 7 level 5)	<p>Dr Jerry Chen</p> <p>jerry.delphi.chen.y.g@singhealth.com.sg</p>
	1045-1200	ERAS evolving into daycase hip and knee arthroplasty...how fast?	Detailing how the ERAS can synergize with the progression to day surgery cases in knee and hip arthroplasty. To explain how the pace of transition can be.	No	SGH – Conference Room outside ward 75 (block 7 level 5)	<p>Dr Jerry Chen</p> <p>jerry.delphi.chen.y.g@singhealth.com.sg</p>
	1230-1400	Lunch			SGH – Conference Room outside ward 75 (block 7 level 5)	<p>Dr Jerry Chen</p> <p>jerry.delphi.chen.y.g@singhealth.com.sg</p>
	1315 - 1345	Lunch meeting with Physios	<p>To discuss collaborative opportunities</p> <p>-</p>			
	1400 - 1500	The Importance of Research	Inspire research culture - To go through how research shapes our practice	No	SGH – Conference Room outside ward 75 (block 7 level 5)	<p>Dr Jerry Chen</p> <p>jerry.delphi.chen.y.g@singhealth.com.sg</p>

	1515 - 1630	Research: how I do it. Tips from a top publisher	Strategies to improve our research output. To meet with Residents to go through current projects, and to brain storm new projects between institutions	No	SGH – Conference Room outside ward 75 (block 7 level 5)	Dr Jerry Chen jerry.delphi.chen.y.g@singhealth.com.sg

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10 Jan 24 - Day 3 NUH (AM) NTFGH (PM)	0900 - 1000	Functional recovery and activity trajectories after knee replacement	1) To understand expectations post knee replacement 2) What activities are suggested and what we should refrain from Note: A site visit and departmental meeting will be incorporated in this training session.	No	NUH- Tower Block Level 11, T11-02 & T11-03 Capacity 60	Dr Harish Sivasubramanian harish_sivasubra@nuhs.edu.sg Dr Pang Khang Chiang khang_chiang_pang@nuhs.edu.sg
	1015 - 1115	Diet in ERAS	1) To understand how nutrition affects recovery 2) Suggested Nutritional plan leading up to surgery and post op	No	NUH- Tower Block Level 11, T11-02 & T11-03	As above
	1130 - 1230	Q & A: Allied Health	Feedback from allied health	No	NUH- Tower Block Level 11, T11-02 & T11-03	As above

	1230-1400	Lunch				
	1400 – 1530	NUHS ERAS Group: Presenting Our Current state	Presentations of current pathways by various stakeholders	No	NTFGH – Tower A, level 1, Openess Room Capacity 30	As above
	1545 - 1700	Critical Appraisal by Prof Wainwright	1) Review by expert on how to improve current workflows 2) Research and collaboration opportunities <ul style="list-style-type: none"> - This will be a departmental meeting - NUHS will present their current Total knee recovery workflow and allow expert to critique 	No	NTFGH - Tower A, level 1, Openess Room	As above

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11 Jan 24 - Day 4 (TTSH)	0730 - 0930	Education and Training in ERAS: Spine work group	Meeting up with spine work group for collaboration and facilitating start-up of NHG Spine Centre <ul style="list-style-type: none"> - This will be a departmental meeting - Representatives (surgeons, nurses, physio from Spine centre) will discuss strategies to 	No	NNI CSO level 3 meeting room (30 pax)	Dr Tan Tong Leng Tong_leng_tan@ttsh.com.sg Kelly Boo Kelly_boo@ttsh.com.sg Chiow Siew Hoon siew_hoon_chiow@ttsh.com.sg

			deploy for ERAS in spine surgery			
	1000 - 1130	ERAS in Spine	1) Understanding current state of ERAS in Spine surgery 2) Is ERAS possible in Spine surgery?	No	TTSH: CHI / Level 8 (CHI) / Learning L8-003 (61 pax)	As above
	1200-1330	Lunch	-			
	1330-1500	Beyond Acute Care: Empowering Patients in ERAS & Self-Management	To understand role of patients in ERAS -to explain how patient self monitoring and self care and improve outcomes - how we can employ such techniques locally	No	TTSH: CHI / Level 8 (CHI) / Learning L8-003 (61 pax)	As above
	1530 – 1630	From ERAS to personalised care in hip and knee arthroplasty	Detailing how, with successful implementation of ERAS protocols, patient-centric care may be instituted. -show case examples in hip and knee arthroplasty -explaining a one-size-fits-all model vs personalised care	No	TTSH: CHI / Level 6 (CHI) / Learning L6-004 34 pax	As above

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12 Jan 24 - Day 5 (KTPH)	0900 - 1000	Non-surgical management of hip and knee osteoarthritis	Understanding non surgical treatment options - To learn non operative treatment in osteoarthritis	No	KTPH – Tower E, Level 4, Learning Center, Hansei 3 Capacity 40	Dr Sim Wei Ping sim.wei.ping@ktph.com.sg
	1015 - 1130	Physiotherapy and Occupational Therapy roles in ERAS: Principles, Implementation and Challenges	Empowering and training allied health - To discuss the role of physios and in pre surgical treatment - To demonstrate role of physios in post op care	No	KTPH – Tower E, Level 4, Learning Center, Hansei 3	As above
	1130 -1300	Lunch				
	1300 – 1400	Current and Future Roles of Nurses in ERAS	1) Empowering and training Nurses 2) Collaboration opportunities with nursing. To discuss role of nurses in ERAS protocols	No	KTPH – Tower E, Level 4, Learning Center, Hansei 3	As above
	1400 – 1600	Report Writing		No	NA	As above

*NTP – National Training Programme