

Upcoming SIG Sessions (Call College Secretariat at 6223 0606 to register now. Admission is FREE).

MENTAL HEALTH SIG session on 4 Jan 2005

Date : 4 Jan 2005(Tues), **Time :** 5:15pm to 6:45 pm

Place: College lecture room , COMB building

Topic: Helping people with chronic illness: Managing mood, pain & sleep

Outline: Chronic illness is not just about pathophysiological changes. The patient with chronic illness goes through a host of emotional and subjective experiences such as mood changes, pain, and sleep disturbances. These symptoms are not innocuous, because they can often interfere with treatment adherence and derail the patient's recovery process. Dr Lim, a clinical psychologist, will discuss this behavioural aspect of patient care.

Speaker:

Dr Lim Kok Kwang, Clinical Advisor, Shan You Counselling Centre President, Singapore Psychological Society, President, Singapore Society of Clinical Hypnosis

Co-organiser: Shan You Counselling Centre

** The Mental Health SIG activities will be revamped into a more structured format with more frequent events. Please watch out for notification by e-mail, or contact the College for further information.*

ELDERCARE SIG session on 1 Feb 2005

Date : 1 Feb 2005(Tues), **Time :** 5:15pm to 6:45 pm

Place: College lecture room , COMB building

Topic : Pain management in older adults

Outline : Older individuals suffer from both acute & chronic painful diseases, have multiple diseases & take numerous pain medications. The prevalence of pain is twofold higher in those over age 60 compared with those under age 60. (i.e. approximately 60% in community dwelling adults & 80% of the elderly living in long term facility experience substantial pain.) We will explore ways to assess pain & the management principles as well as illustrate these with common case studies.

Speakers :

1. Pain assessment and management in the elderly - by Dr Ian Leong, Consultant Geriatrician (Dr Leong has a special interest & training in pain & currently runs a pain consult clinic in Tan Tock Seng Hospital)

2. Case studies - Dr Tan Boon Yeow, FCFP, Chairman Eldercare(Dr Tan did a research study on pain among nursing home residents while doing his overseas attachment in Melbourne)