



## Family Practice Skills Course (FPSC#107) (1 Day)

# Achieving Muscle and Metabolic Health

Sat, 11 March 2023: 2.00pm - 5.30pm

FPSCs will be conducted on the online platform "ZOOM".  
A Zoom registration link will be sent to participants who have registered.

### TOPICS

- Unit 1: Singapore Clinical Practice Guidelines For Sarcopenia: Screening, Diagnosis, Management and Prevention
- Unit 2: Achieving Effective Weight Loss for T2 Diabetes Control
- Unit 3: Improving Adherence to Medical Nutrition Therapy with Behavior Modification Embedded in Practice

### WORKSHOPS

- Skill 1: Singapore Clinical Practice Guidelines in Action - Assessing Muscle Health & Nutrition in Clinical Practice
- Skill 2: Medical Nutrition Therapy for Overweight Patients with Type 2 Diabetes – An Algorithm for Care
- Skill 3: Behavioral Approaches for Adherence to Medical Nutrition Therapy - Moving Patients from Precontemplation to Action

### SPEAKERS

- A/Prof Lim Wee Shiong  
Director, Institute of Geriatrics and Active Aging  
Senior Consultant, Department of Geriatric Medicine, TTSH
- Dr Chan Soo Ling  
Consultant, Endocrinologist, Ng Teng Fong General Hospital
- Ms Sheetal Somaiya  
Accredited Dietitian of Singapore, Certified Diabetes Educator  
The HealthSutra Pte Ltd

■ **SEMINAR** (2 Core FM CME points)  
DAY 1 • Sat, 11 March (2.00pm - 4.00pm)

■ **WORKSHOP** (1 Core FM CME point)  
DAY 1 • Sat, 11 March (4.30pm - 5.30pm)

\*Registration is on first-come-first-served basis.  
Please register by 8 March 2023 to avoid disappointment.

■ **DISTANCE LEARNING MODULE**  
(3 Core FM CME points upon attaining a minimum pass grade of 60% in online MCQ Assessment)  
• Read 3 Units of study materials in The Singapore Family Physician journal and pass the online MCQ Assessment.

This Family Practice Skills Course is sponsored by **Abbott Laboratories Singapore Pte Ltd**, organised by **College of Family Physicians Singapore**.



COLLEGE OF FAMILY PHYSICIANS SINGAPORE

All information is correct at time of printing and may be subject to changes.

## REGISTRATION

Achieving Muscle and Metabolic Health

Please tick ( ✓ ) the appropriate boxes

**FREE REGISTRATION for College Members!**

	College Member	Non-Member
Seminar 1 (Sat)	<input type="checkbox"/> <del>\$32.40</del> <b>FREE</b>	<input type="checkbox"/> \$32.40
Workshop 1 (Sat)	<input type="checkbox"/> <del>\$32.40</del> <b>FREE</b>	<input type="checkbox"/> \$32.40
Distance Learning (MCQs Assessment)	<input type="checkbox"/> <del>\$86.40</del> <b>FREE</b>	<input type="checkbox"/> \$86.40
<b>TOTAL</b>		

All prices stated are inclusive of 8% GST. GST Registration Number: M90367025C

I attach a cheque for payment of the above, made payable to: **College of Family Physicians Singapore** \*

Cheque number: \_\_\_\_\_

### We also accept payment via PayNow

PayNow UEN: **S71SS0039J**, key in your MCR No. and Name under the UEN/Bill Reference No.

\*Registration is confirmed only upon receipt of payment. The College will not entertain any request for refund due to cancellation after the registration is closed OR after official receipt is issued (whichever is earlier).



### Online Registration Available

Scan the QR code or access the link below to register online

<http://www.cognitofrms.com/CFPS/FPSC107>

Name: Dr \_\_\_\_\_

MCR No: \_\_\_\_\_ Clinic HCI Code: \_\_\_\_\_

Mailing Address: (Please indicate:  Residential  Practice Address)

E-mail: \_\_\_\_\_ Tel: \_\_\_\_\_

**Note: Any changes to the course details will be announced via e-mail. Kindly check your inbox before attending the course. Thank you.**

Please mail the completed form and cheque payment to:  
**College of Family Physicians Singapore**  
16 College Road #01-02, College of Medicine Building, Singapore 169854

You may send your completed form to: [sfp@cfps.org.sg](mailto:sfp@cfps.org.sg)  
**Successful applicants will be confirmed by email.**

College of Family Physicians Singapore  
Registration Number : S71SS0039J  
Registration Period : 7 Aug 2021 to 6 Aug 2023