

Weight management in NHG Polyclinics

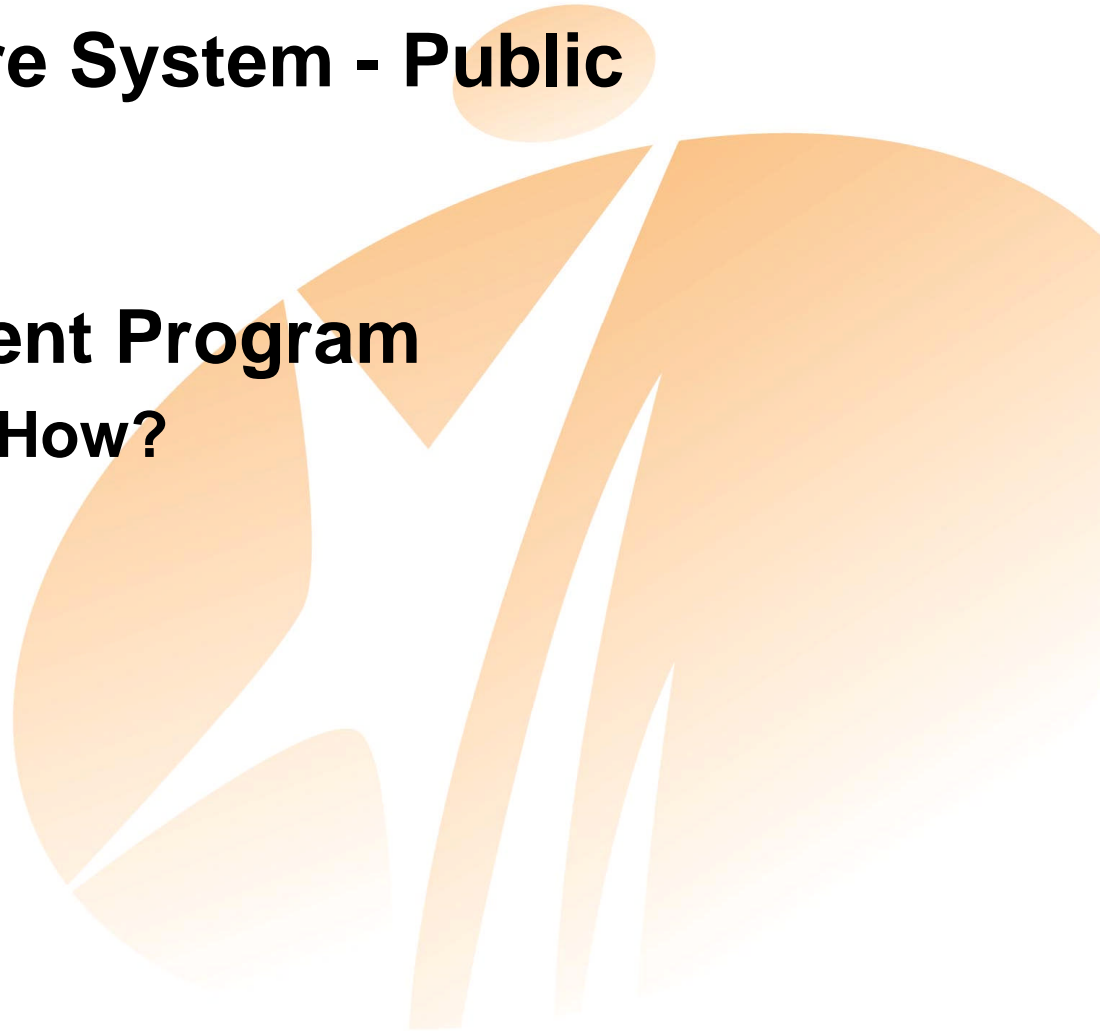


National Healthcare Group
POLYCLINICS

**Dr Siew WF
10 May 2008**

Outline

- **Primary Healthcare System - Public**
 - Introduction
- **Weight Management Program**
 - Injecting quality - How?
 - Program in NHGP
 - Initial data



OVERVIEW OF HEALTHCARE SERVICES IN SINGAPORE

Healthcare delivery provided by 3P sectors

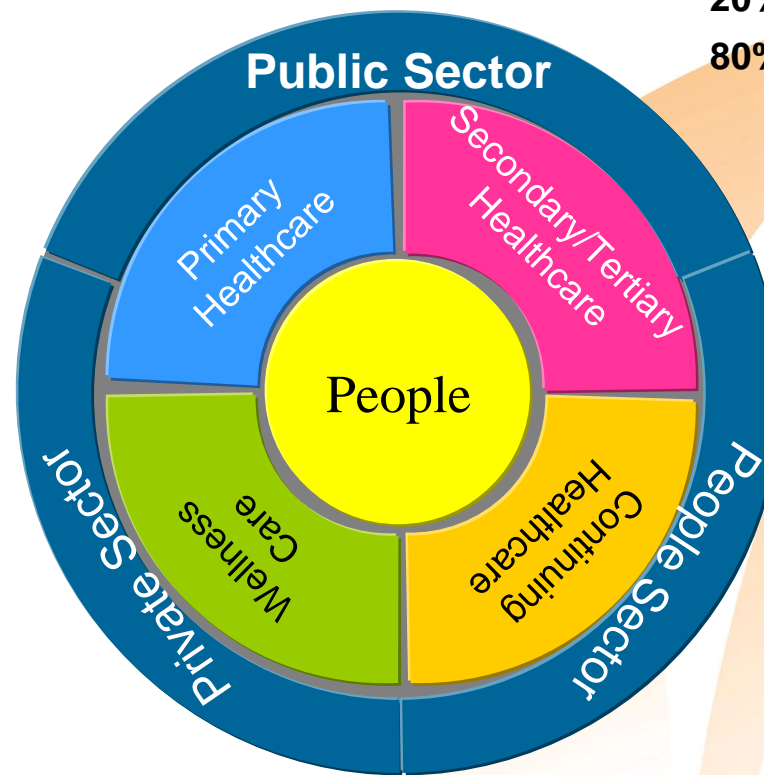
- Private, Public and People sectors

Primary care provision

80% private GPs
20% Polyclinics in
NHG & SingHealth

Wellness Care

Mainly private sector
Some public sector
involvement e.g.
HPB



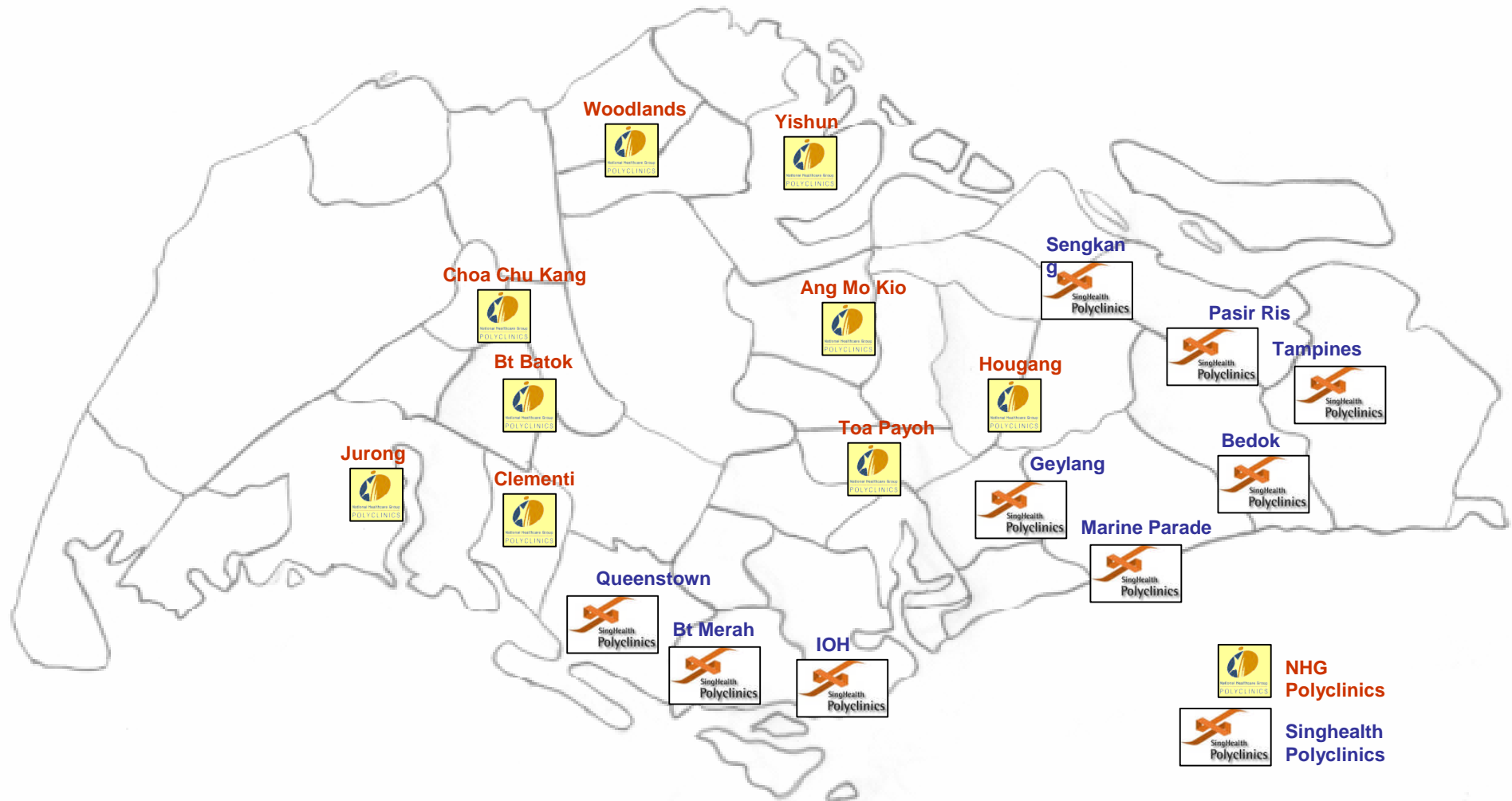
Secondary/Tertiary care

20% private
80% NHG & SingHealth

Continuing care

70% by people sector,
30% by private sector
community hospitals,
nursing homes,
hospices, day care
centres, renal
dialysis centre

DISTRIBUTION OF POLYCLINICS



Public Sector Primary Healthcare

- **18 polyclinics in HDB heartlands (NHGP 9 clinics)**

 - one-stop health centres

 - primary care- whole family


- **Standalone centres**

- **Staffing**

 - 70 to 90 (10-15 Dr, 25-30 nurses, admin & allied health)

- **Office hours**

- **Subsidy**



Singapore Citizens		Permanent Residents	Foreigners
Children / Elderly	Adults		
75%	50%	25%	0%

National Attendances

Male : Female = 1:1

0-14 years old = 15%

15-64 years old = 65%

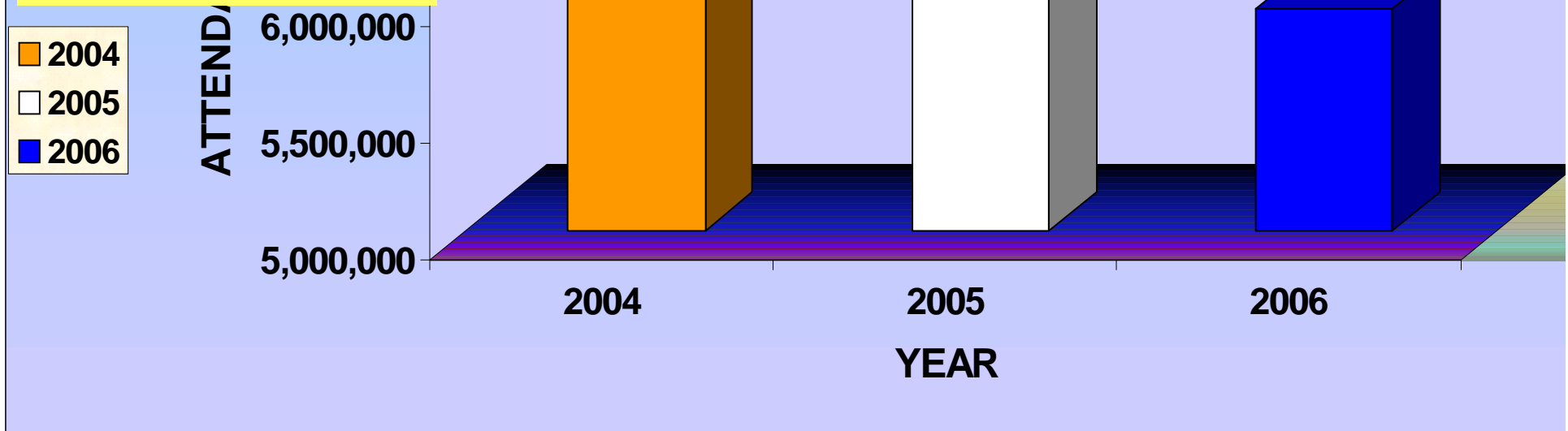
65 years & above = 20%

Chinese = 67%

Malay = 16%

Indians = 12%

NATIONAL ATTENDANCES IN ALL POLYCLINICS (2004 TO 2006)



Prevalence of Cardiovascular Risk factors among Singaporeans, aged 18-69 years (National Health Surveys)

Disease/Risk Factor	Crude Prevalence (%)		
	1992	1998	2004
Diabetes Mellitus	8.6	9.0	8.2
Hypertension ($\geq 140/90$ mmHg)	16.1	21.5	20.1
Obesity (≥ 30 kg/m²)	5.1	6.0	6.9
Blood Cholesterol, Total (≥ 6.2 mmol/L)	19.4	25.4	18.7
Cigarette Smoking (At least once a day)	18.3	15.2	12.6
Regular Exercise (Exercise ≥ 20 min for ≥ 3 times a week)	13.6	16.8	24.9

Injecting quality - How?

- **Recognize need to manage**
- **Identify early & refer**
 - **Systematic**
- **Programs**
 - **Range – different needs, standardize**
 - **Accessible**
 - **Multidisciplinary**
 - **Community resources**
- **Evaluation**



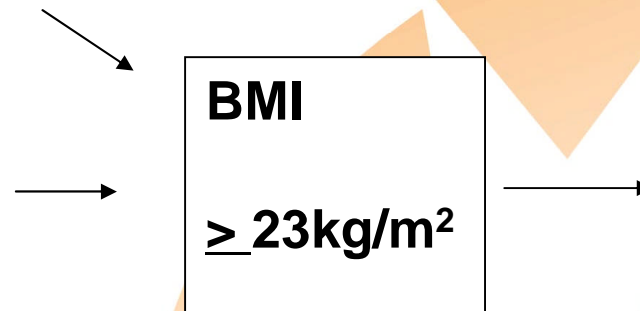
Identify & refer

Health screening

Opportunistic
Community
Corporate

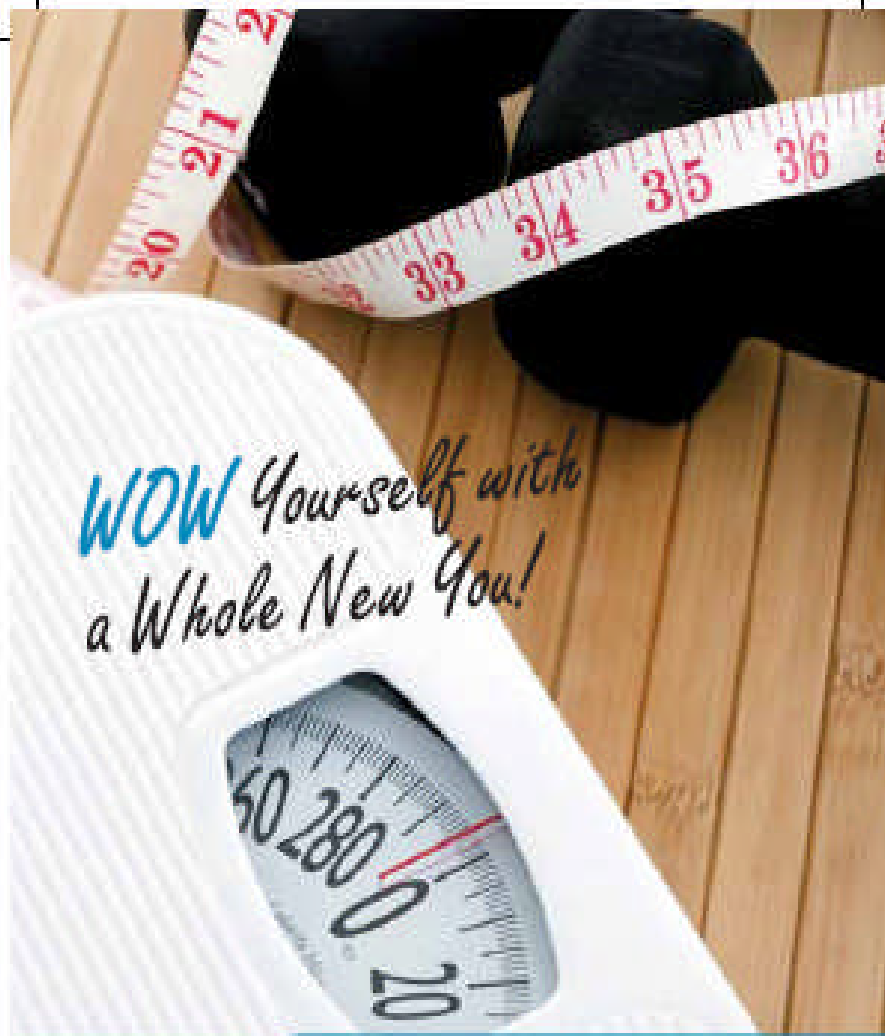
Clinic consults

Acute
Chronic



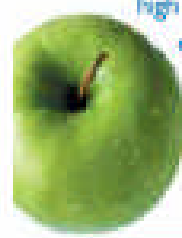
Weight management Programs





HEALTH FOR LIFE
Adding years of healthy life
Watch Our Weight Programme

If you are overweight, losing weight will cut down your risks of getting high blood pressure, diabetes, high cholesterol level, heart diseases, stroke and other health problems.



So take charge of your health now!



	Talk	WOW Workshops	1 at Stop	All The Way
Duration	1 Hr	4.5 Hrs	3 Months	6 Months
Price	\$5 Nov	\$40* 	\$80* 	\$400* 
Programme	<ul style="list-style-type: none"> 1 Talk 1 Senior Kit 	<ul style="list-style-type: none"> 1 Workshop 1 Senior Kit 	<ul style="list-style-type: none"> 3 Consultations with Nurse & Dietitian 3 Workshops 1 Senior Kit 	<ul style="list-style-type: none"> 60 Consultations with Dietitian, Nurse, Physiotherapist & Dietitian Blood Tests Electrocardiogram (ECG) 3 Workshops 4 Exercise Sessions 1 Senior Kit

*All prices quoted are subject to medical tests.
 *The programme are for clients with a BMI of 23kg/m² and above.

$$BMI^1 \text{ Body Mass Index} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$
 *Clients with a BMI of 23.5 kg/m² and above may benefit from a program to a considerable extent.
 **All the Way is suggested for clients with BMI of 27.5 - 32.4 kg/m², or BMI of 23-27.4 kg/m² and low diabetes, high blood pressure and/or high cholesterol level.
 *Scale may vary.

Contact Us Today!

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Ang Ho Kio | Buih Batook | Chia Chu Kang | Clement Ho Jang | Junong | Teo Payoh | Woodlands | Yishun



Programs

	All the Way	Progress	1st step	Workshop	Talk
Duration	6 mths	6 mths	3 mths	4.5hr(6/52)	1 hr
One to one	10 (4)	10 (4)	3 (0)	-	-
Exercise (gp)	6	6	-	-	-
Workshops	3	-	3	3	-
Talk	-	-	-	-	1
Investigations	yes	yes	no	no	no

Process



- **Program design**
 - multi disciplinary
 - Community resources
- **Programs in 9 clinics**
 - Involve HQ
 - Workflows
 - Clinic teams
 - Training

Evaluation

- **Evaluation**
 - Administrative
 - Clinical
 - Others - e.g. Feedback
- **Data**
- **Review & Revise**

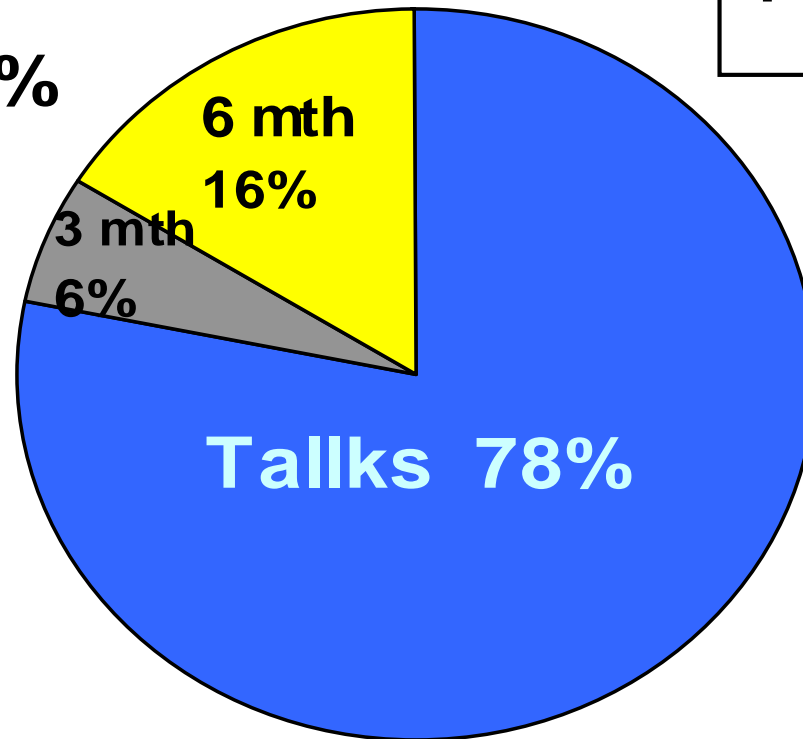


Evaluation

% Program Uptake Sep 07 to Mar 08

Total no.	= 475
Talks	= 375
Packages	= 104

Package 22%



Patient profile - package

- **N = 73**

- **Age :**

Ave - 47 yrs old

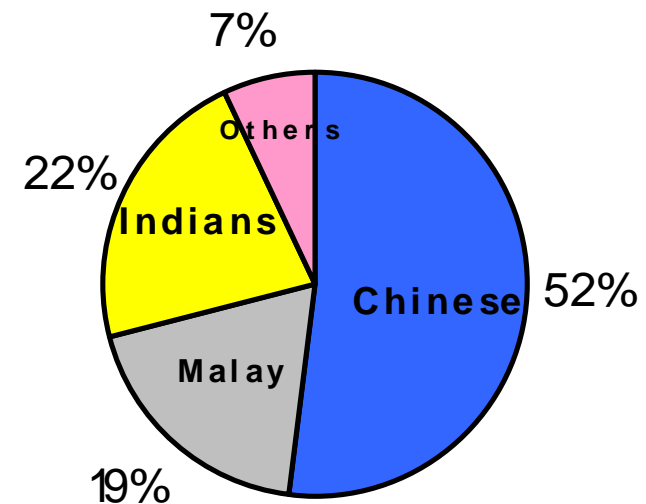
Median – 46 yrs old

- **Gender :**

Females 79%

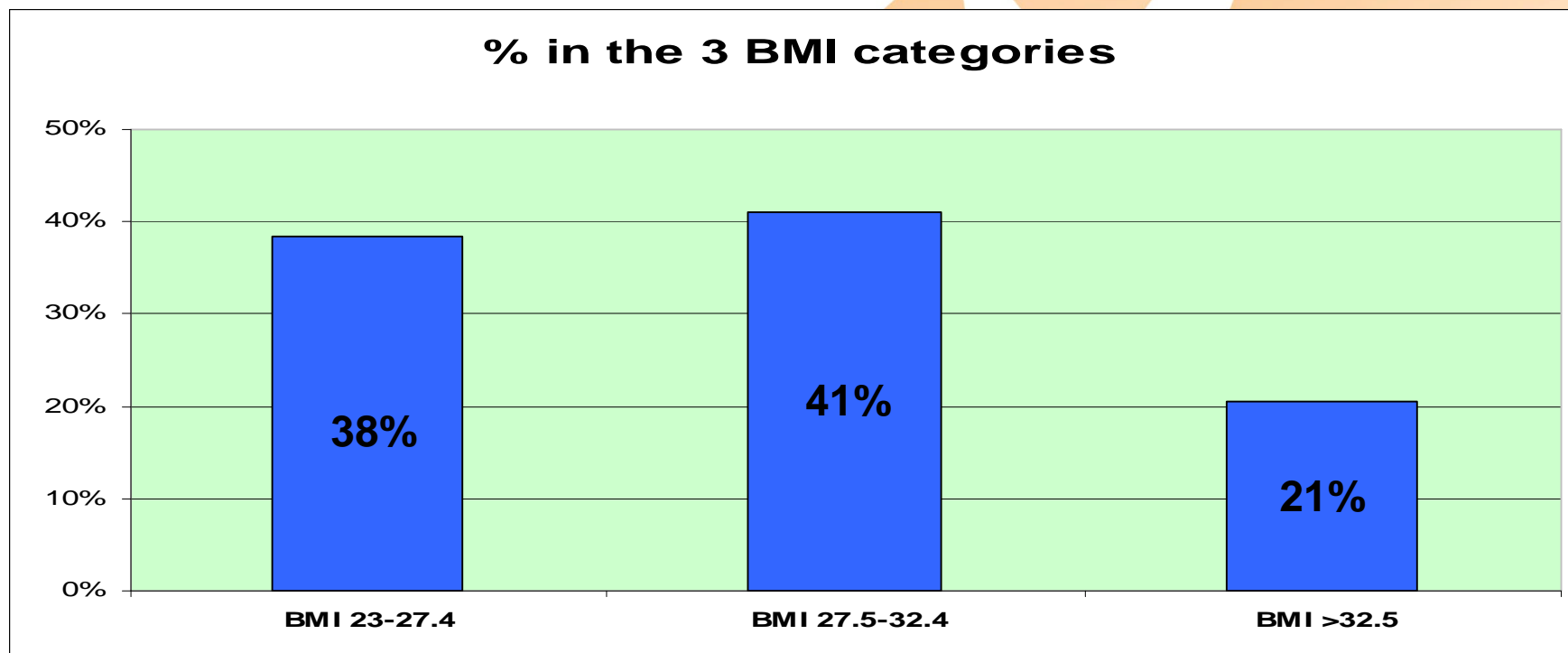
Males 21%

Racial Group Distribution

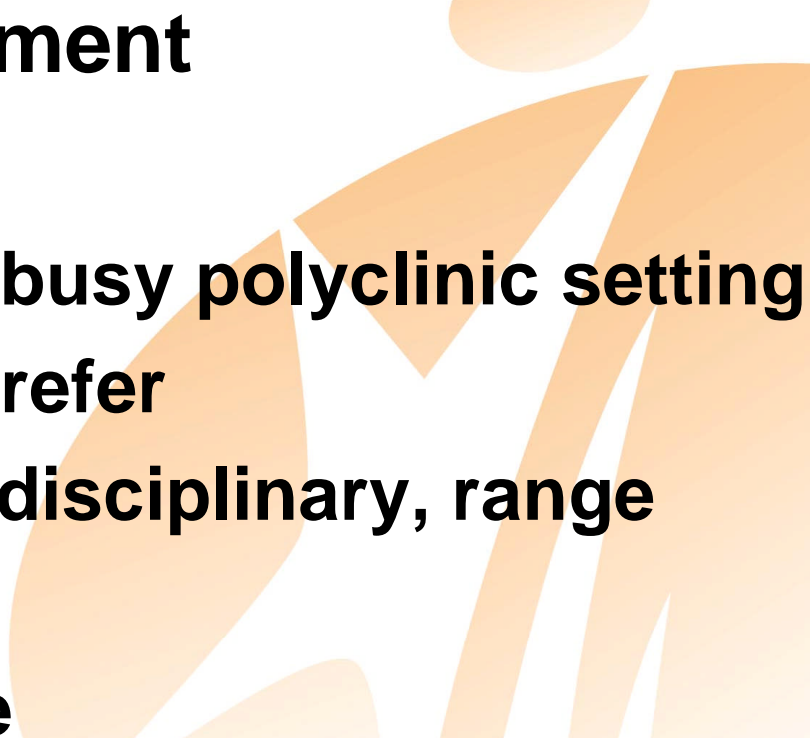


Weight / BMI

	Ave	Median	Range
Weight kg	74.2	72.8	49.9 - 116.3
BMI kg/m²	29.5	28.6	23.1 - 45.3



Summary

- **Weight management**
 - **Can be done in busy polyclinic setting**
 - **Identify early & refer**
 - **Program- multi disciplinary, range**
 - **Evaluate**
 - **Review & revise**
- 



THE END

