

# CME IN THE COMMUNITY: INTEGRATING PRIMARY AND COMMUNITY CARE



By Agency for Integrated Care



Mr Jason Foo, CEO of ADA (4<sup>th</sup> from right) and Dr Leong Choon Kit, a fellow Family Physician, (5<sup>th</sup> from right) with the GPs and Clinic Managers, who attended the talk.



Dr Leong Choon Kit shared his knowledge about dementia care in clinic setting.



Mr Jason Foo shared about the association's services for persons with dementia and patients' caregivers.

On 24th February, Agency for Integrated Care (AIC) organised its first *CME in the Community* lunch time talk at the Alzheimer's Disease Association (ADA). *CME in the Community* aims to give GPs a better understanding of the community and social care services that could complement their clinical care, and provide patients with holistic care to age in place. The series was created following the 2016 GP Survey which reflected GPs' interest to know more about community care services near their clinics.

Each *CME in the Community* talk, held in community care organisations, consists of a presentation on a clinical topic, and a sharing on related community care services. At the first lunch time talk, Dr Leong Choon Kit, a fellow Family Physician, shared his knowledge on dementia care. Not only did he share how to identify and talk to persons with dementia, he also explained ways to help persons with dementia manage their resources and build a support system with caregivers. The GPs who attended were also given a presentation by Mr Jason Foo, CEO of ADA, about their services such as the Family of Wisdom and Home-based Intervention Service followed by a site tour to learn how their services could provide relief for patients' caregivers and improve their ability to care for persons with dementia and/or physical disabilities.

## SERVICES OFFERED BY ADA

### Family of Wisdom (FOW)

The FOW programme was piloted by ADA in September 2013. It seeks to provide a continuum of community care for persons with early to moderate dementia and their caregivers. The three-hour FOW sessions are held on weekdays and consist of

1. Cognitive stimulating activities
2. Physical maintenance activities, and
3. Individualised activities



Persons with dementia and their caregivers engaged in a painting session at ADA.

### Home-Based Intervention Service

The Home-Based Intervention Service team provides support to caregivers who experience high levels of stress when caring for a loved one with dementia. The team conducts home visits to assess and identify trigger points that could cause the person with dementia's sudden change in behaviour and recommend remedial steps.

Visit ADA website ([www.alz.org.sg](http://www.alz.org.sg)) for more info about their other services.

## 10 SIGNS TO LOOK OUT FOR IN DEMENTIA PATIENTS:

1. Problem with recent memory
2. Misplacement of items
3. Difficulty performing familiar tasks
4. Problems with language
5. Disorientation of place and time
6. Poor or decreased judgement
7. Problems with abstract thinking
8. Changes in mood or behavior
9. Changes in personality
10. Loss of initiative

Source: Alzheimer's Disease Association, Singapore (<http://www.alz.org.sg>)

## COUNT ME IN FOR CME IN THE COMMUNITY TALKS!

This being the first *CME in the Community* series, you can look forward to more of such CME talks at various Community Care centres later this year. Please email us at [gp@aic.sg](mailto:gp@aic.sg) to be kept in the loop on upcoming talks.

Alternatively, check out Primary Care Pages ([primarycarepages.sg](http://primarycarepages.sg)) for upcoming CME talks.