中國醫藥大學
物理治療學系
海外研習報告
“Singapore General Hospital”
2013.01.21 ~ 2013.02.08

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About SGH (Singapore General Hospital)
Located at **Outram Park** MRT station
PT at SGH:

- Largest Physiotherapy department in Singapore
- Over 130 physiotherapists
- Graduates of local or overseas physiotherapy program
PT Staff at SGH:

- Head of Department: Tan Bee Yee
- Senior Principal Physiotherapists: 9
- Principal Physiotherapists: 17
- Senior Physiotherapists: 17

- Master degree or PhD in specialized fields
Meeting with the Head of Physical Therapy Department, Ms. Tan Bee Yee
PT Services Available:

- Orthopaedic
- L.I.F.E. Centre
- Neurological Therapy
- Respiratory
- Women Health / Paediatrics Management (vs. KK Women’s and Children's Hospital)
- Other Services
- Bright Vision Hospital (BVH)
PT Services Available:

Orthopaedic
- Accident & Emergency Physiotherapy
- Back and Neck Pain
- Ergonomics and Management of Work-related Musculoskeletal Injuries
- Foot and Ankle
- Manual Therapy clinic
- Osteoarthritis and Adult Reconstruction
- Osteoporosis
- Pain Management
- Rehabilitation Associates
- Sport Injury Management
- Upper Limbs
PT Services Available:

L.I.F.E. Centre

- Osteoporosis
- Obesity Management
- Metabolic Syndrome
PT Services Available:

Neurological Therapy
- Parkinson
- Vestibular / Balance Rehabilitation
- Neurology/ Neurosurgery (Physiotherapy)

Respiratory
- Asthma Clinic
- Outpatient Chest Therapy
- Pulmonary Rehab Programme
PT Services Available:

Women Health / Paediatrics Management (vs. KK Women’s and Children’s Hospital)

- Development Therapy
- Stress Incontinence
- Surgical/ Women’s Health & Paeds
PT Services Available:

Other Services

- Burns Management
- Falls and Mobility
- Home Therapy
- Lymphoedema Therapy
- Oncology Rehab
- Plastics & Aesthetics
- Spondylitis Management Services
## Training Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity Description</th>
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<tbody>
<tr>
<td>21 Jan (Mon)</td>
<td>Pair A</td>
</tr>
<tr>
<td>22 Jan (Tues)</td>
<td>Pair A</td>
</tr>
<tr>
<td>23 Jan (Weds)</td>
<td>Pair A</td>
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<tr>
<td>24 Jan (Thur)</td>
<td>Pair A</td>
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<tr>
<td>25 Jan (Fri)</td>
<td>Pair A</td>
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### Week 2 (28th Jan to 1st Feb)

<table>
<thead>
<tr>
<th>Date</th>
<th>Pair A</th>
<th>Pair B</th>
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<tbody>
<tr>
<td>28 Jan (Mon)</td>
<td>SURGICAL</td>
<td>Outpatient Musculoskeletal</td>
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<td>Pair B</td>
<td>GERIATRICS</td>
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### Week 3 (4th Feb to 8th Feb)

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<tr>
<th>Date</th>
<th>Pair A</th>
<th>Pair B</th>
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<tbody>
<tr>
<td>4 Feb (Mon)</td>
<td>NEUROLOGY</td>
<td>Orthopedics</td>
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<tr>
<td></td>
<td>Pair B</td>
<td>Orthopedics</td>
</tr>
<tr>
<td>5 Feb (Tue)</td>
<td>NEUROLOGY</td>
<td>Rehab@BVH</td>
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<tr>
<td></td>
<td>Pair B</td>
<td></td>
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</tbody>
</table>
Registration site at the Postgraduate Allied Health Institute (PGAHI)
填寫見習申請書以及相關行政作業

Receiving our personal SGH name tags.
領取名牌~準備出發囉!!
SGH物理治療部門的其中一個小分部
→ 專門收Outpatient的復健中心
致贈見面禮給協助我們處理行政工作的負責人~
是自己設計的馬克杯唷!!

等待時間：
在負責我們行程的治療師的治療室等待~

每位治療師都有自己專屬的治療空間唷!!
新加坡醫院的人都很好，所有事情都處理得很妥當，讓我們可以專心地跟在旁邊學習。

與負責幫我們規劃行程的治療師合影
Group photo with Miss Loh Qing Ying.
L.I.F.E. Centre
“L.I.F.E. Center” stands for ‘Lifestyle Improvement & Fitness Enhancement’ Centre.

- 主要提供骨質疏鬆、體重控制以及代謝失調的患者做運動。
- 不定時開課衛教
- 湯紙巾、酒精、乳液，隨時保持清潔。
與充滿活力的治療師合影
Medical and Surgical Team
• General ward 一般病房，最多9人一間，男女分住
• ICA - monitoring 中症病房，隨時監控健康狀況
• ICU-on ventilator and monitoring
• High-class ward for Medical Travelers 國際醫療高級病房
Their rehabilitation gym, also used as a meeting room for the medical and surgical team.
Orthopedic & Neurological Team
Their gym and presentation area.

Group photo with our inspiring and professional orthopedic physical therapists.
Spinal Class
做脊椎運動的專屬空間，除了有治療球、懸吊系統、還有做皮拉提斯的運動器材
Outpatient Department
Each physical therapist has their own private work space.
There are many separated cubicles for electrotherapy devices.

Ready to attend ‘Antenatal Class’. The class is going to provide information for pre-mother and teach them the exercises for pelvic floor muscle.
Return to sports class—harder than early ACL class for people who want to exercise again not only for competition. Group work always can increase patient’s motivation and have a better performance.
Area for early ACL class

After a few weeks training program in early ACL class, patient is allowed to join in Return to sport class only if his/her involved leg recovers with 75% muscle strength of the sound leg which testing by BIODEX.
Area for TKR class which including stretching exercise, muscle strengthening and so on.

Area for gait training, especially for amputated outpatient.
Burns, Oncology Lymphodema and Plastics (BOLP)
Members of BOLP team

SGH is the only one hospital in Singapore, which can provide the best equipment to deal with the serious and emergency patients who have a burn accident.
Geriatrics
Photo with geriatric physical therapists

The role of PT in there is always maintaining heart’s and lung’s functions and daily functional activities
Burns, Oncology Lymphodema and Plastics (BOLP)
Bright Vision Hospital
The Singapore General Hospital Ward of Bright Vision Hospital which provides physical therapy, occupational therapy, music therapy for chronic patients
Group photo with different mentors and physical therapists at BVH.
Preparation

BEFORE GOING TO SGH...
Documents

- 本校學生出席國際會議、研討會附繳證明文件(for school)
- Certificate of English capability (for school)
  - 英語是新加坡官方語言，所有人的主要溝通方式也是英語，因此英語能力相當重要。
  - 英文能力需要達到學系畢業門檻才得以申請補助。
- 保險
Documents

- Singapore general hospital application form
- Training Employment Pass Application Form
- Certificate for Basic Cardiac Life Support Training
Flight tickets

廉價航空
提早預訂才能訂到價錢及時間都好的機票
Accommodation-Hostel

✧ 青年旅舍Hostel
✧ 節省花費
✧ 可以結交來自世界各地的朋友
Souvenir from Taiwan

- 謝謝SGH的老師的教導並感謝部門提供實習機會
- 國民外交
Traveling information

玩新加坡
搭地鐵
ABOUT TRAVELING IN SINGAPORE
MRT

EZ link = 悠遊卡
India culture
Indian tattoo -- Henna painting
In the evening...
Sentosa Island

Siloso beach
Delicious food
新加坡海外實習說明會

102/5/2舉辦海外實習說明會，
與師生分享經驗
新加坡和台灣物理治療的方向的最大差異在於病人的主動性不同。新加坡的治療方向比較著重於培養病人自己要主動運動，而台灣著重於傳統的治療，例如利用儀器以及治療師的操作技術，病人處於比較被動的角色。我認為，增進病人的主動意識才能真正解決他們長久以來的問題而有更好的效果，也可以減少治療的時間和資源。
這次去新加坡醫院見習，除了比較兩國在物理治療觀念的異同，也體驗了當地的文化，著實是一個非常棒的經驗。學習了很多，也受到學校師長以及醫院同仁很多幫助，受益良多。
“Together Everyone Achieves More”
- T.E.A.M. spirit!
Thank you SGH and CMU-PT for providing us this opportunity of a life time!