

# BONE HEALTH AMBASSADOR WORKSHOP

19 and 20 September 2020

Organised by



OSTEOPOROSIS SOCIETY  
(SINGAPORE)



## WHY BONE HEALTH AMBASSADORS ARE REQUIRED

Osteoporosis affects at least one in three people over age 50 years, and Singapore has the highest incidence rate of hip fracture of all Asian countries. Despite our ageing population and the increasing number of people suffering osteoporotic fractures, many Singaporeans lack knowledge about osteoporosis and how to lower their fracture risk. Bone Health Ambassadors will be empowered to increase awareness about osteoporosis in the society, and what every person can do to reduce their risk for fractures.



## Who should attend this workshop?

- Lay people who are keen to be involved in bone health activities
- Caregivers of elderly and people who have had fractures
- Healthcare professionals whose work involve care of elderly
- People living with osteoporosis who are keen to help others like themselves

## Why should you attend this workshop?

- To learn about Osteoporosis from a multidisciplinary team including, Doctors, Nurses, Dietitian, Physiotherapist, and Occupational therapist
- To be better equipped and informed as care-givers of people with osteoporosis
- To be able to promote a bone-healthy lifestyle among people around you
- To join OSS in future public outreach programmes
- This is a FREE workshop brought to you by the Osteoporosis Society (Singapore)

**“Osteoporosis is the hidden, underlying cause of painful, debilitating and life-threatening fractures”**

**- key message of World Osteoporosis Day 2019, International Osteoporosis Foundation (IOF)**

## What does the workshop cover?

- Two-half day workshops, with training curriculum related to understanding osteoporosis, and measures to improve bone health and reduce fracture risk
- You will take a Multiple-Choice-Questions (MCQ) Test at the end of the training
- Upon passing the test, you will receive a Certificate of Attendance

## What does the workshop programme include?

- Interactive talks with exercise demos
- Breakout sessions for role play
- Question and answer sessions

## Workshop Dates

Date: Sat, 19 September 2020 (13:45-17:00) and Sun, 20 September 2020 (13:45-17:00)

## Click here to sign up

You should commit to the full training sessions and applications will be subject to OSS ExCo approval. Register by 30 August 2020; you will receive confirmation of workshop place by 05 September 2020.

*Due to COVID-19, this course will be held as 2 half-day online sessions via Zoom. Class size is limited to 40 pax.*

Education Outreach Programme  
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## PROGRAMME

### DAY ONE, 19 SEPTEMBER 2020

Time	Topic	Speaker/ Facilitator	Objectives of Topic
1.45 – 2.00 pm	Introduction Importance of Osteoporosis	Dr. Chionh Siok Bee	Understand why Osteoporosis is a common, under-recognised chronic disease with great impact on mortality and quality of life
2.00 – 2.30 pm	What Is Osteoporosis? Contributory causes of Bone Loss	Dr. Manju Chandran	<ol style="list-style-type: none"> <li>1. Understand and able to explain 'What is osteoporosis?' on the basis of fragility fractures and DXA BMD</li> <li>2. Recognise the causes of bone loss</li> <li>3. Discuss the relationship between osteoporosis and fractures, and the consequences of fractures</li> </ol>
2.30 - 2.45 pm	Role play	Dr. Chionh Siok Bee & Dr. Manju Chandran	
2.45 – 3.15 pm	How to Assess for Risk of Osteoporosis on BMD and Risk of Fragility Fracture	Dr. Andre Tan	<ol style="list-style-type: none"> <li>1. Learn how to assess the risk of having Osteoporosis on DXA BMD using OSTA</li> <li>2. Learn how to assess the risk of a fragility fracture using FRAX</li> <li>3. Understand who should be screened using these tools</li> </ol>
3.15 – 3.30 pm	Practical Exercise on OSTA and FRAX	Dr. Andre Tan	
3.30 - 3.45 pm	Break		
3.45 – 4.15 pm	Diet to Help Prevent Falls and Fractures	Janie Chua Jia Min Dietitian	<ol style="list-style-type: none"> <li>1. Be able to explain the role of adequate calcium, Vitamin D and protein in preventing osteoporosis and falls</li> <li>2. Be able to calculate how much elemental calcium a person is taking</li> <li>3. Recommend methods of optimising dietary calcium, Vitamin D and protein intake for different ages</li> <li>4. Understand when to recommend calcium and vitamin D supplements in preventing and treating osteoporosis</li> </ol>
4.15 – 4.30 pm	Role play on diet	Janie Chua Jia Min	
4.30 – 5.00 pm	Q&A	All	

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## DAY TWO, 20 SEPTEMBER 2020

Time	Topic	Speaker	Objectives of Topic
1.45 – 2.15 pm	Exercise to Prevent Falls and Fractures	Elizabeth Chan Jiahui Physiotherapist	<ol style="list-style-type: none"> <li>1. Explain how physical activity affects bone mass</li> <li>2. Provide practical examples of weight bearing cardio, resistance / strength and balance exercises, tailored to different types of people, including frail individuals</li> <li>3. Highlight the exercise precautions that should be taken by individuals with fractures</li> </ol>
2.15 – 2.30 pm	Role play on Exercise	Elizabeth Chan Jiahui	
2.30 – 3.00 pm	Assessment of Risk of Falls and Fall prevention	Sum Zhen Yu Wilson Occupational Therapist	<ol style="list-style-type: none"> <li>1. Provide practical suggestions for safe movement, including the use of mobility aids</li> <li>2. Understand the importance of good footwear</li> <li>3. Be able to advise the avoidance of fall hazards in the home</li> </ol>
3.00 – 3.15 pm	Role play on Fall Prevention	Sum Zhen Yu Wilson	
3.15 – 3.30 pm	Break		
3.30 – 4.00 pm	Support for Carers of Osteoporosis Patients	Mdm Yip Wai Kin	<ol style="list-style-type: none"> <li>1. Engage family caregivers through motivational interviewing for positive behavioural change in patients</li> <li>2. Awareness of the availability of community gyms, community physiotherapy, Day Care centres</li> <li>3. Verbalise pro-active actions to help their loved ones in the event of fall – pull cord alarms, CCTV, emergency contact information to emergency</li> </ol>
4.00 - 4.30 pm	Osteoporosis Medications	Dr Vivien Lim	<ol style="list-style-type: none"> <li>1. Understand how drug therapies works</li> <li>2. Provide a brief overview of the primary classes of medications used to prevent and treat osteoporosis</li> </ol>
4.30 – 5.00 pm	Q&A	All	

## Day 3

1.5 hour	30 MCQs
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## Enquiries Contact

**Osteoporosis Society (Singapore)**

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