

# ECONLINK

宜康信息

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A Publication of ECON Healthcare Limited



## NEW MOU SIGNED

谅解备忘录签订仪式

## TIPS ON PREVENTING DISEASES

预防疾病小贴士

## 3 CENTENARIANS UNDER ONE ROOF

百岁老人齐聚贺寿



### 3 centenarians under one roof

Econ Nursing Home at Bukit Timah is proud to celebrate birthdays of the 3 centenarians.  
於武吉知馬路疗养院三位百岁的住户齐聚庆生。

(Left to right) Mdm Pek Yean; 102 years old, Mdm Perry Chin; 109 years old, Mdm Yeo Ah Lay; 109 years old.



A beautiful orchid garden set in a tranquil environment for the residents in Sunnyville nursing home.  
居住在阳光疗养院的住户最喜欢在这个宁静、幽美的胡姬花园度过一个悠闲的午后。

### Festive moments

Christmas and Chinese New Year celebrations in Econ nursing homes and Medicare centres.  
农历新年少不了舞狮庆贺及享用一些应节糕点。于此，宜康也特别为我们所有的疗养院和疗养中心的住户安排一些活动一起欢度佳节。



### Letter Of Appreciation

Dear Sir,

As I'm happy today the first day of Lunar New Year, I must share with you my happiness of walking without an aider, but with the stick. May I celebrate my happiness to the lovely, very pleasant preserving power of Miss Leslie C; the hardworking and patient physiotherapist whom you allocated to look after and train me. She's gentle, never forceful but understands at all times. She'll give you moment to rest should you experience any pain during the training process. I would recommend her to any stroke patients who require a physiotherapist to assist them to get well. Please convey to her my appreciation and gratefulness.

May you have many such therapists in Econ.

Thank you & kind regards  
Alice Goh

**Editor's Note:** We would like to thank Miss Alice Goh for her compliment to Miss Leslie Campos. Leslie is our physiotherapist for rehabilitation services.

#### We welcome your letters and feedback

We are deeply grateful for all wonderful letters we have received from sponsors and friends of Econ. However due to space constraint, we are unable to publish all the letters. Please continue to provide us with your feedback so that we can continue to serve you better.



First NSRS Healthcare Assistant course graduation ceremony



Practical sessions for students' hand-on practising.



Training class illustrating tube feeding procedure.

## Econ Careskill Training Centre National Skills Recognition System (NSRS) Healthcare Assistant Course

Econ Careskill Training Centre (ECTC), a subsidiary under Econ Healthcare Limited, has been approved by Singapore Workforce Development Agency as the Approved Training Centre and Assessment Centre to conduct the 3-month Healthcare Assistant Course under the National Skills Recognition System. To date, ECTC has successfully retrained 59 Singaporeans to take up new challenges as healthcare assistants, pursuing careers in hospitals, nursing homes and private clinics. The first and second batch of 25 and 24 participants have graduated on 1 Nov 03 and 22 Dec 03 respectively. Majorities were at age 40 years and above and were either retrenched or unemployed. They are now gainfully employed in nursing homes and hospitals. Given their similarity in language and culture with the residents, these local healthcare Assistants will be able to raise the level of healthcare service in patient care.

The course so far has received overwhelming response from job seekers. The overwhelming response from job seekers has provided impetus for Econ Healthcare Limited's partners in other nursing homes and hospitals to embark on similar arrangement of employing, and sending the aspiring caregivers to Econ Careskill Training Centre for training.

### For further information on the Healthcare Assistant Course, please contact:

Ms Elizabeth/ Belinda @ 67418640, or  
E-mail: Belinda@econhealthcare.com  
Econ Careskill Training Centre  
20 Jalan Afifi CISCO Centre #04-02/03  
Singapore 407179

## 宜康护理培训中心

宜康护理培训中心是宜康医疗保健有限公司的附属公司之一；并且是新加坡标准、生产力与创新局以及国家行业技能鉴定系统所认可的合格培训与检考中心。同时也获得各大医疗机构以及医院的认可，与本中心合作招聘与培训护理助理人员。自2003年7月开办以来，本中心所举办的护理助理人员培训课程得到各方踊跃的响应和良好的口碑。

到目前为止，宜康护理培训中心已成功的培训了五十九名专业护理助理人员。他们大多是失业或被裁人士，年龄介于四十岁以上，勇于重拾理想参与新技能再培训课程，并把对年老与病患者的关怀视为己任。由于他们受过严格的训练以及精通中英文与方言，因此对与病人沟通大有帮助，并能给予病人更全面的护理服务。这五十九名专业护理助理人员现已在各大医疗机构与医院任职

欲知有关培训课程的详情，  
请致电蔡小姐或陈小姐：67418640  
或电邮至：Belinda@econhealthcare.com



Assessment by an independent supervisor



Lecture on wound dressing.



# Keeping Healthy Through Your Golden Years

by Dr Chan Kin Ming (continued from Dec '03 - Feb '04 issue)

The scope for disease prevention is limited after age of 70 because many of the health problems that occur in old age are due to consequences of decades of exposure to the environment, from certain life styles such as cigarette smoking and alcohol consumption, or from accumulated damages caused by years of high blood pressure, diabetes, cholesterol problems or arthritis. Still, it does not mean that preventive measures are totally useless.

Some health problems that can be partially preventable by action taken after the age of 70 years include prevention of disabilities or handicap, loss of fitness, prevention of falls and fractures, incontinence, depression and suicide, heart diseases, strokes and dementias, as well as deaths and disabilities from certain cancers.

## Primary Prevention:

This is the prevention of disease before it actually starts. Examples are:

1. Reducing prevalence of smoking. When older smokers quit, they increase their life expectancy, reduce their risk of heart disease, and improve their respiratory function and circulation.
2. Advise on injury prevention - provide an appropriate physical environment like lighting, steps, floors and furniture.
3. Against influenza and pneumonia through a vaccination programme.
4. Recommendation of low dose aspirin for men aged 40 or over whom have 2 or more cardiovascular risk factors and no contraindications to aspirin therapy (based on Physicians' Health Study).
5. Reducing pain and fractures from osteoporosis.
6. Minimize problems caused by drugs, medications and alcohol.

## Secondary Prevention:

Detection of disease at an earlier stage - either detection of asymptomatic disease by screening tests or the identification of unreported problems by case findings. Examples of this include:

1. Mammography screening for breast cancer in people aged

over 70 - annual breast exam and mammography every 1 to 2 years up to 75 years old, unless pathology is detected.

2. Measurement of BP is an effective means of detecting correctable risk factors for stroke up to age 75.
3. Fasting blood glucose - useful because of prevalence of DM in the elderly.
4. Screening for colon cancer for at risk patients.
5. Lipid and cholesterol screening - USPSTF recommended random total cholesterol and TG as part of initial screening for asymptomatic patients over 65 years with no other risk factors.

## Tertiary Prevention:

Limitation of the impact of disease by accurate diagnosis, effective treatment, and rehabilitation. Examples include:

1. After a person suffered a stroke, strict control of lipids, blood pressure, diabetes and anti platelet medications help to prevent another stroke. Similarly for heart attacks.

## Health Promotion Lifestyles:

Although much of what had been discussed above centres on screening, tests and use of drugs, emphasis must also be placed on health promotion lifestyles.

1. Dietary change for the older person - to include adequate water intake, calcium, fibres, vitamins and anti-oxidants.
2. Lose weight if you are obese.
3. Stop smoking and drink alcohol only in moderation.
4. Increase your exercise activity, particularly in the areas of muscle strength (resistance training using light weights), stamina (aerobic training via swimming, walking, jogging) and suppleness (by performing range of movement exercises and stretching).
5. Promote intellectual activity - encourage taking up different types of intellectual activities including creative activities like painting, cooking, learning a new language, drama etc.
6. Promoting social activities to form friends and support groups.

## Conclusion:

Since I am on this subject of lifestyles and medications, compliance to lifestyle changes and medications is of utmost importance. I have patients who came by complaining that they are still not well after seeing me! When I check with them, I realize that they do not follow the advice given, and did not take their medications as prescribed. My standard answer to them is 'You don't get well just by seeing a doctor. You need to take the advice and medications given to get well.' This sound like common sense, but it does happen very often. Also, do not postpone seeing your doctor when you are unwell. The older person does not have much leeway for disease stress.

Prevention is better than cure and this is true even (and especially) in the elderly. But since problems do not take place overnight, preventive work should start during middle age, or even younger if there is a strong family history of a particular disease.

**Dr Chan Kin Ming** is a senior consultant geriatrician currently practising at Gleneagles Medical Centre. He has vast experience in treating the well and the sick elderly, in the hospitals, at their own homes or in nursing homes. He is Chairman of Ang Mo Kio Hospital, and Chairman, Medical Board for WestPoint Family Hospital.

**ECON Medical Clinic & Surgery is now open** at our medicare centre in Upper East Coast Road. The clinic will provide medical treatments and services to member of the public.

## Operating Hours:

Monday - Sunday : 8:30am - 12pm; 3pm - 5:30pm  
Saturday : 8:30am - 1pm  
Sunday & Public Holiday : Closed

## 黄金年华 健康相随

人的年龄在70岁以后, 预防疾病的机会是有限的, 很多老年时出现的健康问题, 是由于长期的生活方式造成的, 如抽烟、酗酒, 或长期患有高血压、糖尿病、胆固醇或者关节炎等问题, 但是, 这并不意味着预防措施是全然无益的。

有些健康问题在70岁以后, 是仍然可以部份预防的, 包括残障或智障, 行动不便, 跌倒后骨折, 大小便失禁, 心情沮丧甚至自杀, 心脏病, 中风和老年性痴呆, 以及由癌症引发的死亡和残障。

### 早期预防:

这是在疾病还未出现时采取的预防措施, 例如:

1. 减少抽烟的危害, 当老年人停止抽烟后, 有助于长寿, 减少心脏病的危险, 提高呼吸功能, 改善血液循环。
2. 改善居住环境能够减少意外伤害, 例如灯光, 楼梯, 地板, 家具。
3. 通过接种疫苗防止流行性感冒和肺炎。
4. 建议年过40, 有两种或者更多心血管诱发因素, 对阿司匹林无禁忌的男性服用较小量的阿司匹林 (根据医生的指导)。
5. 减少由骨质疏松症引起的疼痛和骨折。
6. 减少药物, 治疗和酒精引起的副作用。

### 中期预防:

尽早发现疾病-通过进行体检发现无症状的疾病, 或者通过病例调查发现未经报告过的问题, 例如:

1. 乳腺癌的扫描检查, 即使没有病症, 仍须从70岁开始

到75岁之间要进行常年的乳房检查, 每一到两年要做一次乳房扫描检查。

2. 年龄在75岁之前的人, 测量血压是有效检测是否有中风危险的方法。
3. 空腹血糖测定, 有助于发现是否患有老年性的糖尿病。
4. 对于易感人群作结肠癌的检查。
5. 血脂与胆固醇的检查, 根据美国USPSTF机构推荐的随机胆固醇和甘油三酯标准, 对65岁以上没有其它诱发因素, 没有症状的病人作检测。

### 三期预防:

通过准确地诊断, 有效地治疗和康复, 能够减少疾病的危害。例如: 对于中风后的病人, 严格地控制血脂, 血压, 糖尿病和使用抗血小板的药物, 可以避免再次中风。对心脏病患者, 也应遵循类似的预防措施。

### 健康生活方式:

虽然以上着重于讨论体检, 检测和药物治疗, 但这里强调拥有健康的生活方式是更重要的。

1. 老年人应该调整饮食习惯-包括多喝水, 摄入更多的钙质, 纤维, 维生素和抗氧化剂。
2. 肥胖人士应该减轻体重。
3. 戒烟, 适量地饮酒。
4. 加强锻炼, 特别是加强对肌肉的训练 (如使用轻型器材作运动), 增加耐力 (做有氧运动, 如游泳, 散步和慢跑) 和辅助训练 (如做肢体伸展运动)。
5. 参加不同类型的益智活动-包括一些有创意的活动, 例如绘画, 厨艺, 学习新的语言, 戏剧等等。
6. 经常参加朋友或团体的社交活动。

## 结论:

本文讨论的生活方式和药物治疗, 其中最重要的是适应生活方式的改变和按要求进行药物治疗。我有一些病人来向我投诉, 他们在接受我的治疗之后还是没有好, 当我为他们检查时, 我注意到他们并没有按照我的建议去做, 也没有按照规定服药, 所以我给他们的标准答案是: “你们不要认为只是看医生就可以好, 你们需要接受建议并且定时服药。”这种事情看起来很平常, 但问题却是经常发生的。当然, 当你感觉不适时千万不要拖延去看医生, 特别是老年人更应该抓紧治疗。

对于老年人, 预防比治疗更有效, 由于问题不会是一夜之间发生的, 从中年的时候就应开始预防, 对于有家族遗传史的个别病症, 甚至从年轻时就要开始预防。

### 陈建明医生-简介

陈建明医生是现任鹿港医疗中心老年病学的高级顾问。他在治疗医院和疗养院的乐龄人士方面积累了丰富的经验, 陈医生同时也担任宏茂桥医院主席及康裕家庭医院医药部主席职。

**宜康西药房**位于东海岸上段的宜康保健医疗中心内, 该诊所将为顾客和公众人士提供各项医疗服务。

营业时间:  
周一至周五 : 上午8:30 - 12:00  
                  : 下午3:00 - 5:30  
周六 : 上午8:30 - 下午1:00  
周日与公共假期: 休息



# Westpoint Family Hospital

1<sup>st</sup> July 2003 marked a new beginning for ECON Healthcare Limited as the company gained management and majority share of Westpoint Family Hospital. Together with our partnering healthcare provider, Thomson Medical Centre, ECON aims to develop Westpoint into a premier rehabilitation hospital.

As an intermediate care hospital, Westpoint is the critical link between the acute hospitals and the community. Set in the tranquil surroundings of the Jurong Lake area along Corporation Drive, the hospital provides a 24-hour outpatient clinic and 58 inpatient beds. These services are covered by a resident medical officer round the clock, supervised by Senior Consultant Geriatrician, Dr. Chan Kin Ming.

## The 24-hour outpatient clinic's services include:

- Outpatient Consultation
- Minor Surgical Treatment
- Statutory Medical Examinations
- Chronic Disease Management
- Executive Health Screening
- Vaccinations
- Health Education and Promotion
- Referrals to Specialists

**Patients requiring non-acute inpatient care may be admitted. Some of the many conditions Westpoint manages include:**

- Neurological Conditions (e.g. stroke, Parkinson)
- Orthopaedic Conditions (e.g. fractures, spinal injuries, amputation)
- Post-Traumatic Rehabilitation (e.g. head injuries, falls)
- Post-Surgical Rehabilitation (e.g. abdominal surgery, tumours)
- Medical Conditions (e.g. diabetes, renal conditions, urological conditions)
- Respiratory Conditions (e.g. COPD, pneumonia)
- Psychosocial Rehabilitation
- Respite Care
- Palliative Care

Being a licensed hospital, Westpoint is manned by qualified nurses and supported by a pharmacy, an X-ray department and laboratory services. A fully equipped rehabilitation therapy department, managed by ECON Rehabilitation Services, provides a comprehensive range of services including Physiotherapy, Occupational Therapy and Speech Therapy. Traditional Chinese Medicine (TCM) service is already in the pipeline to fulfill our patients' needs.



Since the management takeover by ECON, in less than 6 months, Westpoint's occupancy has increased tremendously from 34% up to 79% at the peak. ECON has also improved the hospital's services by bringing in a new caterer, in-sourcing instead of outsourcing the rehabilitation therapy services, and partnering a Consultant Psychiatrist, Dr. Ang Yong Guan, to provide mental health service in the community.

As we continue to improve and provide more services for our patients and clients, there are firm plans to redevelop Westpoint into a larger hospital with more beds and new facilities to enhance care for the community.

So do watch out for more news on this exciting new ECON venture.

## Loke Swee Onn

Chief Operating Officer  
Westpoint Family Hospital

宜康医疗保健有限公司自2003年7月1日起，成功获取康裕家庭医院的大部份及管理权。在宜康接管后的短短半个月，康裕的住病率已从34%迅速的增值至79%。宜康与其医疗伙伴 - 康生医疗保健中心的目标是一起携手把康裕家庭医院发展成为本地的一个首要的康复医院。

康裕位于企业道并坐落在环境优雅、宁静的裕廊湖畔。身为一个中级护理医院，康裕是联系大型急性综合医院及社区的重要桥梁。康裕家庭医院提供24小时门诊服务，并拥有58个床位。医院所有的医疗人员在高级顾问陈医生的带领下，全天为社区民众提供全面及专业的医疗服务。

## 24小时门诊服务范围包括:

- 门诊咨询
- 小型外科治疗
- 法定医疗检查
- 慢性疾病管理
- 健康体检
- 预防接种
- 健康教育
- 专科推荐

康裕家庭医院主要提供医疗於非急性病患住院者。提供的医疗病例包括:

- 神经科相关的病例 (例如: 中风, 巴金森氏症)
- 骨科相关的病例 (例如: 骨折, 脊柱受损, 截肢)
- 外伤康复治疗 (例如: 头部受损, 跌伤)
- 手术后的复修治疗 (例如: 腹部手术, 肿瘤手术)



- 医学状况 (例如: 糖尿病, 肾病, 泌尿系统疾病)
- 呼吸系统病例 (例如: 慢性肺部阻塞疾病, 肺病, )
- 短期护理
- 长期护理

身为一个合格的医院, 我们拥有高素质的医护人员, 药房, X光放射部门以及提供多项试验服务。同时, 康裕也拥有一个设施齐全的康复治疗部门, 提供全面性的康复治疗服务如物理治疗, 职能治疗及语言治疗。目前, 康裕也在筹备提供中医药保健服务以便日后满足在这方面有需求的病人。

此外, 宜康为了增强医院的服务素质, 特地引进了具有丰富烹调经验的厨师, 改进原有单调的医院食物。同时, 我们也与本地资深的精神心理学专家-洪医生合作, 提供心理健康服务于社区。

在我们继续为现有的病人及顾客改进和提供更多服务的同时, 我们也将继续迈向我们的目标: 把康裕发展为新加坡首屈一指的康复医院, 让我们期待康裕所创下的另一个高峰吧。

陆瑞安



# MESSAGE FROM CHAIRMAN

In an era of globalisation and joint venture, I am happy to announce that ECON Healthcare Limited has taken a bold step in setting up a Training Centre in China. The joint venture company is known as Econ International Training and was established by our overseas company **ECON HEALTHCARE (CHINA) PTE LTD**. A Memorandum of Understanding was signed in December 2003 whereby we jointly established a training centre to promote medical, nursing and management training between Singapore and China. The centre will tap on ECON's quality service standards as well as the local advantage of a China partner to provide for training in the area of hospital management, nursing quality, etc with the assistance of modern technology and facilities. The Training centre aims to be the best and the biggest training base in China.

Another significant overseas joint venture, with a local Malaysian firm, is the setting up of a Medicare Centre in Malaysia. The Medicare Centre has a capacity of over 100 beds. It is scheduled to open in April 2004. The performance

of this model will provide the basis for further expansion into the Malaysian healthcare market, which is expected to see a growth in the demand for step-down health care.

On the home front, our Nursing Homes and Medicare Centres are growing at a moderate pace, with focus on quality service and standard of care as a prime hallmark of our business.

Finally, I would like to take this opportunity to thank all customers, business partners and healthcare operators for their continuous support and faith in us, which has made it possible for ECON Healthcare Limited to achieve yet another significant milestone in our growth, both in local and overseas ventures.

Thank you.

**Ong Chu Poh, PBM**  
Managing Director/Chairman  
Econ Healthcare Limited



Mr Ong Chu Poh (right) with Prof. Xiu Rui Ling (left) in the MOU signing ceremony for a new training centre in China.  
主席王再保先生(右)与修瑞龄院长(左)在签约仪式上。

## 主席寄语:

在这全球一体化的新时代里,我很高兴地宣布,宜康医疗保健有限公司在中国的发展,设立国际培训中心的计划又向前迈进了一大步。这一项目是由新加坡宜康医疗保健(中国)私人有限公司负责。该公司与中国著名医疗集团合作,双方在2003年12月签订了谅解备忘录,在中国成立中新合资的宜康国际培训中心,充分借鉴宜康高素质的服务规范和管理经验,借助合作伙伴在当地的竞争优势,先进的技术和设施,在医疗、护理人员培训,医院行政管理等领域开展广泛的合作,争取成为中国最具竞争力的国际医护培训基地。

我们另一个重要的海外项目是与一家马来西亚的当地公司合作,在马来西亚建立了一个拥有超过100多张的床位的医疗保健中心。中心计划在2004年4月开张。它将为

在本地。我们的疗养院和医疗保健中心也将在注重高品质的服务和运作规范作为我们营业的首要标准的同时,继续稳步地向前发展。

最后,我想借此机会感谢所有的顾客、商业伙伴和医护人员对宜康一贯的支持和信任。因为有你们的支持和信任,宜康医疗保健有限公司才有可能在本地及海外不断拓展,实现我们成长过程中的又一个里程碑。

谢谢大家!

王再保

### ECON Nursing Homes

#### (宜康疗养院)

- Bukit Timah Branch  
武吉知马分院  
16 Bukit Timah Avenue, S (589666)  
Tel: (65)6467 0170
- Pulasan Branch  
如切分院  
1/1A/3/3A Pulasan Road, S (424366)  
Tel: (65)6344 7247
- Recreation Branch  
实龙岗分院  
25 Recreation Road, S (546522)  
Tel: (65)6382 8463
- Sunnyville Home  
阳光疗养院  
10 Ama Keng Road, S (709828)  
Tel: (65)6793 7009

### ECON Medicare Centre

#### (宜康医疗保健中心)

- Upper East Coast Branch  
宜康医疗保健中心(东海岸上段)  
452 Upper East Coast Road, S (466500)  
Tel: (65)6445 2283
- Braddell Branch  
宜康医疗保健中心(布莱德)  
58 Braddell Road, S (359905)  
Tel: (65)6487 3133
- Choa Chu Kang Branch (Opening Soon)  
宜康医疗保健中心(蔡厝港)  
53 Choa Chu Kang Road S(689385)

### ECON Home Care Service

#### (宜康登门护理服务)

Tel: 9688 7902

### ECON Careskill Training Centre

#### (宜康护理培训中心)

- 20 Jalan Afifi, Cisco Centre II, #04-02/03,  
S (407179)  
Tel: 6741 8640

### ECON Rehabilitation Service

#### (宜康康复治疗服务)

- 235 Corporation Drive, S (619771)  
Tel: 6268 7555 / 6262 5798
- Physiotherapy Service
- Occupational Therapy
- Speech Therapy

### ECON Ambulance Service

#### (宜康救护车服务热线)

Hotline (热线): 6382 8888 (24 hrs)

### ECON Medical Clinic & Surgery

#### (宜康西药房)

- CO452 Upper East Coast Road, S (466500)  
Tel: 6445 2967

### WestPoint Family Hospital

#### (康裕家庭医院)

- 235, Corporation Drive, S (619771)  
Tel: 6262 5858

### Other Services from ECON

#### (宜康服务项目)

- Respite Care Service  
(宜康短期护理服务)
- Day Care Service  
(日间护理服务)
- Traditional Chinese Medicine  
Acupuncture & Chinese Therapeutic  
Massage Services  
(中医药针灸推拿服务)
- Caregiver Training Programme  
(护理人员培训)
- Hospital Ward Management Service  
(医院病房管理)
- Sales & Rental of Healthcare  
Equipment & Accessories  
(医疗护理设备销售与出租)

### Econ Healthcare Limited

20 Jalan Afifi, Cisco Centre II,  
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