

AHEAD

AHead in Care, Community, and Change



■ PARTNERS IN PRACTICE

Strengthening the AH-GP Bond

On Saturday 11 April, Alexandra Hospital welcomed some 50 General Practitioners and family clinic doctors to a Partners in Practice networking session held at Momentus Hotel Alexandra



The afternoon brought together primary care physicians from across Singapore – including those from the NUHS Primary Care Network and beyond – for an engaging afternoon of clinical sharing and conversation.

The session was hosted by AH CEO, Ms Margaret Lee, and AH Orthopaedic Surgery's multi-disciplinary team. Head of Orthopaedic Surgery Dr Dennis Hey shared insights on degenerative spinal nerve conditions and moderated a lively roundtable discussion. Joining him were Consultant Dr Melvin Tan, who spoke on hip and knee osteoarthritis and introduced AH's pioneering **Surgery and Anaesthesia Programme (SNAP)**, and Consultant Dr Evan Teo, who presented on rotator cuff and labral shoulder disorders.

The highlight of the afternoon was a candid panel on multidisciplinary care in action featuring surgeons, a nurse clinician, physiotherapist Mr Asher Tham, and the **NUHS@Home** team. Together, they demonstrated how AH's "One Patient, One Team" philosophy unites diverse expertise to support each patient's recovery.

The valuable networking demonstrated AH's commitment to seamless care between hospital and community – ensuring that when GPs refer their patients to AH, they can trust they will be well looked after, and referred back.

The most memorable moment came when a grateful patient stepped forward to share her own story. Having undergone a robotic-assisted Total Knee Replacement (rTKR) at AH – and been safely discharged on the very same day – she spoke warmly of her experience and the confidence she gained from a dedicated team and care manager. "I didn't expect to feel so well so soon," she shared. Her experience is a testament to what SNAP makes possible: major surgery, reimaged.

Safe Surgery. Home Sooner. The SNAP Approach

At Alexandra Hospital, we believe surgery is not just about the procedure – it is about the entire journey back to health. Through our Surgery & Anaesthesia Programme (SNAP), we are redefining what recovery looks like: purposeful, coordinated, and centred on getting patients safely home, sooner.

SNAP is an evidence-based pathway that supports patients through every phase of their surgical journey – before, during, and after their operation – to reduce discomfort, encourage early movement, and restore everyday life as quickly as possible.

Over **75%** of Patients

For cervical spine conditions, our motion-preserving, minimally invasive techniques have helped over 75% of patients return home within 24 hours

Over **95%** of Patients

For groin hernia repair, tailored techniques mean over 95% of patients go home the same day

Within **24 hrs** of Surgery

For hip and knee replacements, Enhanced Recovery Pathways support early mobility and comfort, with eligible patients discharged within 24 hours of surgery

■ INNOVATING FOR BETTER HEALTH

Pioneering Initiatives at Alexandra Hospital

The Doctor will see you now in a café



At Alexandra Hospital, managing Parkinson's Disease now comes with a cup of coffee. Launched in April 2025, the **Parkinson's Café@AH** is believed to be Singapore's first clinic-café for Parkinson's Disease – a purposefully informal, kopitiam-style setting where patients receive integrated medical care without the clinical coldness of a traditional appointment. Patients sip coffee, chat with peers, and participate in wellness activities – while a multidisciplinary team of doctors, nurses, pharmacists, physiotherapists, and care managers, quietly does its work.

Over **80%** of Patients

expressed strong willingness to return, and early data points to a reduction in unscheduled hospital visits

In small groups of eight to ten, patients receive personalised attention while sharing practical strategies for managing tremors, medication schedules, and the emotional weight of living with a progressive condition. Caregivers, too, find rare solidarity – a space to voice fears and receive guidance from both the care team and fellow caregivers.

"The Café creates a community where patients feel seen, heard, and supported," says Dr Preetha Venugopalan Menon, Consultant Geriatrician and lead of the Parkinson's Café multidisciplinary team. "Clinical oversight, peer connection, and proactive symptom sharing come together as a prescription for better care."

With Parkinson's cases at AH nearly doubling from 84 to 159 between 2022 and 2024, and with Singapore set to have one in four citizens aged 65 and above by 2030, AH plans to move the Café clinic from a pilot into a model for the future.

Meet ADA: Your AI Dietetic Companion

Good nutrition is central to good health – and AH has raised this bar to the next level of providing personalised dietary guidance with ADA (Alex Dietetic Agent), an AI-powered dietary assistant developed by the team

In clinical settings, ADA engages patients while they wait for their dietitian appointment, collecting a comprehensive diet history through a friendly, conversational interface – reducing dietitian consultation time by close to 30%, freeing dietitians to focus on what matters most: personalised counselling and care.

ADA doesn't replace dietitians. It empowers them – and the patients they serve.

Future plans include voice interaction, multilingual support, and expansion across allied health.



■ PATIENT WELL-BEING

A Healthier Tomorrow Starts Today

Discover the AH Well Programme

Good health isn't just about treating illness – it's about preventing it. The **AH Well Programme** is a comprehensive suite of preventive care services designed to empower you and your loved ones to take charge of your health at every stage of life.



Whether you're a busy professional juggling deadlines, a parent keeping pace with growing children, or a senior enjoying your golden years, your wellness journey starts here – and it starts with one simple but powerful idea: *don't wait for symptoms.*

Scan the QR code to explore our services and begin your journey with us



The Well Programme brings together four specialised services under one coordinated system, making personalised, preventive care more accessible than ever:

- Tailored Health Screening Packages** Know your numbers, know your risks
- The Exercise Clinic** where movement is medicine
- Integrated Women's Health Clinic** whole-person care for women at every life stage
- Healthy Longevity Research Clinic** research pathways to a longer, healthier life

A New Hope for Bladder Health

For nearly one in three adults over 65, Overactive Bladder (OAB) is a daily, silent struggle – sudden urgent needs to urinate, frequent bathroom trips, disrupted sleep, and a quiet withdrawal from life



Traditional advanced treatment requires weekly clinic visits for a needle-based procedure, a commitment many find impossible to sustain, with dropout rates reaching 60% within a year.

Alexandra Hospital is changing that. Led by Dr Aroos Rana (pictured right), Consultant in Geriatric Medicine, AH has launched Singapore's first local pilot study using a HSA-approved wearable neuromodulator that delivers **Transcutaneous Tibial Nerve Stimulation (TTNS)** – no needles, no clinic visits. Patients self-administer a simple 20-minute daily therapy at home, at their own pace.

To lower barriers further, AH offers an affordable 8-week rental option – a first in Singapore's public healthcare – allowing patients to trial the treatment before committing to purchase. A true multidisciplinary effort spanning Geriatrics, Urology, Rehabilitation Medicine, Nursing, and Pharmacy, the study also inclusively enrolls patients with cognitive impairment – a group often overlooked in research.

"Effective treatment can be both accessible and dignified. We are hopeful this pilot will demonstrate that a convenient, home-based device can significantly improve lives."

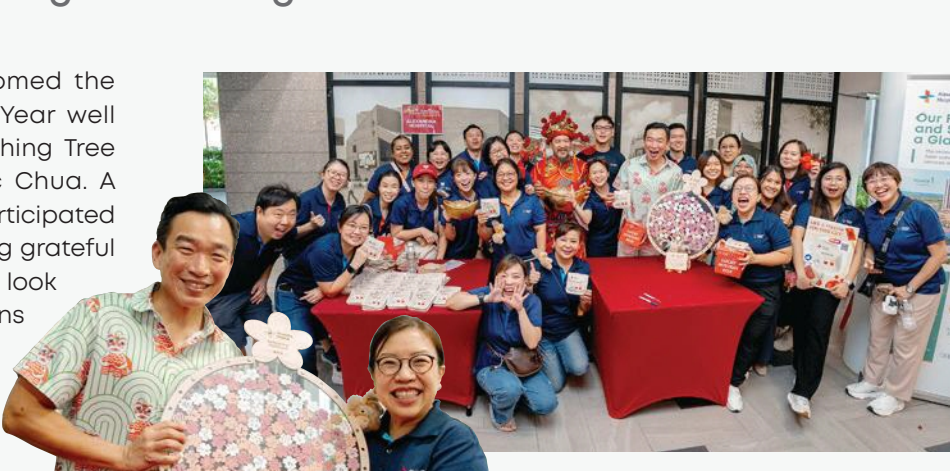
- Dr Aroos Rana, Consultant, Division of Geriatric Medicine, Department of Medicine, Alexandra Hospital

■ PARTNERSHIP & OUTREACH

AH at the Heart of the Community

On Sunday 1 March, over 30 AH staff joined Queenstown residents in a festive celebration to usher in the Year of the Horse with games and gifts

Residents and staff alike welcomed the opportunity to pen their New Year wishes on a AH Prosperity Wishing Tree that was later gifted to Advisor Eric Chua. A heartfelt thank you to everyone who participated in our games – we left the event feeling grateful for the warm connections made and look forward to more community celebrations together. This is healthcare, reimaged.



AH CEO Margaret Lee (right) gifting a AH Prosperity Wishing Tree to Advisor Eric Chua, containing wishes penned by Queenstown residents and AH staff and patients.



AHead is a bimonthly newsletter which shares how AH is always AHead, through integrated, patient-centred care, strong partnerships, and thoughtful innovation, even as we build a healthier, more resilient future together - now and from 2028 and beyond.

www.ah.com.sg
alex_campus_comms@nuhs.edu.sg