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*Loving Hearts, Beautiful Minds*

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# Celebrating Our Case Managers

By Lalitha Naidu, Corporate Communications

Case managers were in the spotlight in November with the first-ever Case Management Week in Singapore. Initiated by the Case Management Society of Singapore (CMSS), the event was celebrated across the country from 17 November in recognition of the important role case managers play in patient care.

Case Management was first introduced in IMH for specialised programmes, namely the Early Psychosis Intervention Programme and the Community Addictions Management Programme in 2000 and extended to general wards with four case managers in 2003. The case management unit has now grown in both scope and number with 37 case managers, who serve as a key link between the care team and the patient to ensure continuity of care and reduce defaults in treatment and follow-up. Case managers also ensure that those in the community are getting the care and assistance they require with their day-to-day needs by linking them up to the various resources and services available to them.

“We are often asked about our role as case managers,” said Ms Margaret Hendricks, Head, Case Management Unit (CMU), IMH. “This is understandable as case managers wear many hats, from that of brokers to advocates, counsellors, friends and gatekeepers so each patient feel supported and cared for.”

In conjunction with the Case Management Week celebration, IMH held activities to showcase and promote better understanding of the work case managers do. A Case Management Forum was held on 20 November 2014, where two patients and a caregiver candidly shared how they had benefitted from the care and support of the case management team. CMU also ran a “Show

and Tell” booth outside Clinic B, where patients, caregivers and staff could learn more about IMH’s case management service through fun games and quizzes. More than 700 patients, caregivers and staff visited the booth.

“We are happy that the booth was well received and served as a good way to reach out,” said Ms Hendricks. “We need to ensure our patients, caregivers and community partners are aware that case managers are there to assist them in their journey to recovery. This is especially so as they move from tertiary care back to the community.”

## Strengthening the Practice of Case Management

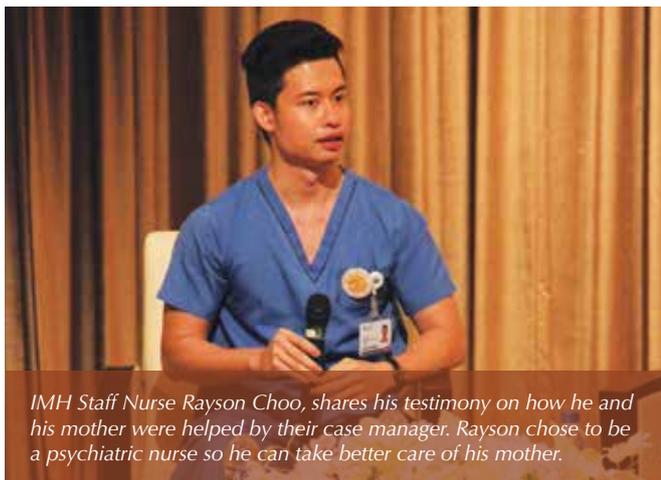
As the role of case managers continues to evolve, it is important to ensure quality standards of practice. To this end, CMSS launched the *Standards of Practice for Case Management Singapore* at the National Case Management Forum held on 19 November 2014.

The *Standards of Practice for Case Management Singapore* will serve as a comprehensive guide for all case managers. It describes the roles and responsibilities of a case manager, as well as the standard of competency expected of them.

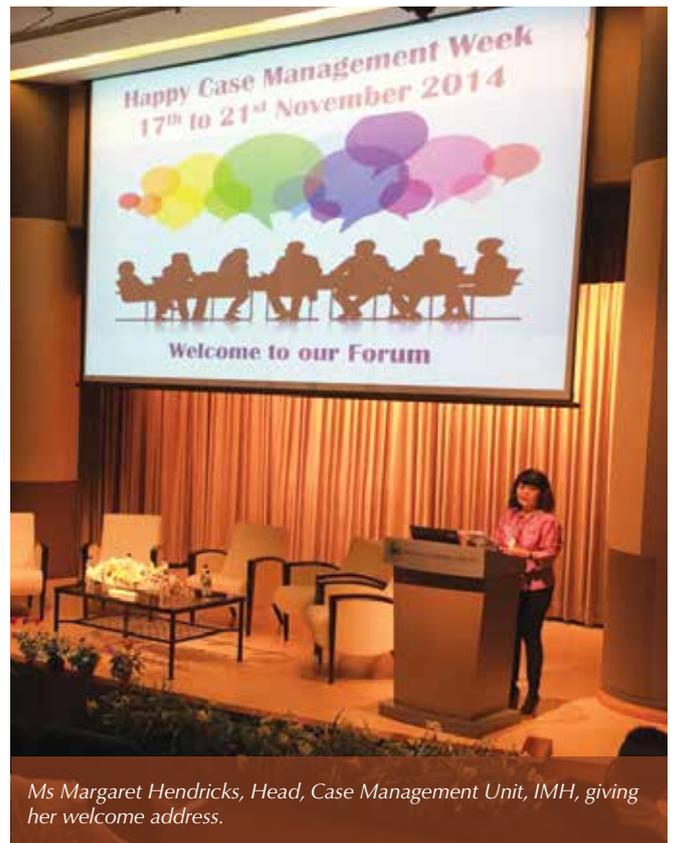
The publication of the guide was spearheaded by Ms Margaret Hendricks, Head, CMU and Chairperson of the Education Sub-committee of CMSS. It will be made available to all case managers in hospitals, nursing homes, polyclinics and community agencies. For a copy of the guide, please contact CMSS (<https://www.casemanagement.sg/>).

“We need to ensure our patients, caregivers and community partners are aware that case managers are there to assist them in their journey to recovery. This is especially so as they move from tertiary care back to the community.”

Ms Margaret Hendricks, Head, CMU, IMH



IMH Staff Nurse Rayson Choo, shares his testimony on how he and his mother were helped by their case manager. Rayson chose to be a psychiatric nurse so he can take better care of his mother.



Ms Margaret Hendricks, Head, Case Management Unit, IMH, giving her welcome address.

# Rehabilitation Gym Set Up to Benefit Patients with Mental Illness

By Vera Soo, Corporate Communications

IMH officially opened the MINDSET Rehabilitation Gym on 15 August 2014. Created to provide more specialised and better care management for IMH patients, this 210-sqm new facility was established with the support of funds raised by MINDSET Care Limited ("MINDSET"), a registered charity of the Jardine Matheson Group.

Consisting of a Sensory Integration Gym and a Physical Exercise Gym, the MINDSET Rehabilitation Gym was converted from a former sheltered workshop in IMH. It is expected to benefit some 200 patients a month. Previously, there was no patient gymnasium in IMH.

The Sensory Integration Gym offers sensory-based intervention for adult outpatients with psychiatric conditions, in particular, patients who also suffer from neurodevelopmental disorders such as Intellectual Disability (ID) and/or Autism Spectrum Disorder (ASD). It is furnished with equipment such as gym balls, swings, and balance boards to provide a wide range of sensory therapy.

Many patients with ID and ASD have difficulty organising and responding aptly to sensory stimuli, and this tends to manifest in inappropriate behaviour. These patients will now benefit from interventions that aim to improve their functional level. After assessing the patients' underlying behavioural disturbances,



Patients exercising at the Physical Exercise Gym.



'Playground' with a difference - the Sensory Integration Gym.

"MINDSET is pleased to support the project as it shares the same objective as IMH in raising awareness and understanding of mental health issues, as well as providing direct assistance for individuals, families and organisations in need of help. We believe the rehabilitation gym will benefit the recovery of its patients."

Mr Alex Newbigging, Chairman of MINDSET Care Limited

IMH's occupational therapists decide on the interventions required and these may be carried out in the new Gym. The safe and failure-free environment of the Gym provides a positive experience, where these patients are encouraged to communicate and make choices. This in turn minimises the patients' associated emotional problems and promotes adaptive communication skills and more functional behaviour.

Mindfulness-based Stress Reduction (MBSR) is also carried out in the Sensory Integration Gym for adult outpatients with anxiety and mood problems. MBSR helps participants to cultivate an observant, accepting and compassionate attitude towards their own internal experiences including cognitions (thinking), emotional states, body sensations and impulses. Research shows that mindfulness training can positively and often profoundly affect the patients' ability to reduce medical symptoms and psychological stress.

The Physical Exercise Gym is used to conduct health management sessions for adult outpatients with psychiatric conditions. Some psychiatric medicines cause weight gain in patients and the health management programme aims to move patients towards a healthy lifestyle through aerobic and anaerobic exercises. These exercises will also build up their activity tolerance for future vocational training or employment. Occupational therapists, physiotherapists and therapy assistants will be on hand to guide the patients to exercise on treadmills, stationary bicycles and muscle training machines.

Dr Chua Hong Choon, Chief Executive Officer, IMH, said, "As the only tertiary centre for mental healthcare in Singapore, we constantly seek to better meet the needs of our psychiatric patients and improve their quality of life. IMH is pleased to have the support of MINDSET in this regard."

Mr Alex Newbigging, Chairman of MINDSET said, "MINDSET is pleased to support the project as it shares the same objective as IMH in raising awareness and understanding of mental health issues, as well as providing direct assistance for individuals, families and organisations in need of help. We believe the rehabilitation gym will benefit the recovery of its patients."

# Improving ECT Services

By Dr Tor Phern Chern, Visiting Consultant, Department of General Psychiatry

Electroconvulsive therapy (ECT) services in IMH are continually undergoing innovation and renewal. In the past year, patients undergoing ECT in IMH no longer had multiple handoffs between the ward and ECT team. Instead, the same ECT team accompanies the patient from the ward to the ECT suite and back to ensure a seamless care journey. The ECT suite has also been upgraded to provide a bright, modern, climate-controlled treatment suite that offers the latest equipment for continuous monitoring of a patient's vital signs to improve patient safety.

Another major project is the initiating of a 6-month ECT pilot that will systematically monitor patient outcomes for all patients undergoing ECT using standardised scales. ECT will also be delivered by a small specialised team of doctors, nurses and anaesthetists to ensure consistent delivery of high quality care. The specialised ECT team will also allow the delivery of individualised ECT plan for each patient, rather than a standard treatment package.



The newly renovated ECT Room with more units of monitoring devices (bottom) to enhance patients' safety and a modesty panel to maintain privacy.

# Exemplifying the Spirit of Innovation

By Lalitha Naidu, Corporate Communications



(left to right) Team reps Joshua Wee, Dorine Tan, (right to left) Gina Teo, Hannah Huang, and Dr Goh Yen Li receiving their award from MG (NS) Ng Chee Khern – PS (Defence Development) Ministry of Defence.

IMH's Mental Health (MH)-General Practitioner (GP) Partnership Programme was awarded a Certificate of Recognition in the Most Innovative Project/Policy category at the PS21 ExCEL Awards ceremony held on 29 October 2014. Out of the many submissions from various ministries, only 39 were shortlisted in this category.

The PS21 ExCEL (Excellence through Continuous Enterprise and Learning) award is presented annually to Public Service policies and projects that have made a difference. They are evaluated based on innovativeness, impact and alignment with the Public Service's spirit of continuous learning and improvement.

The MH-GP Partnership Programme ticked all the boxes. By right-siting stable psychiatric patients to GPs, the programme

helps to re-integrate patients into the community and makes it more convenient for them to seek treatment. This has also led to a better allocation of healthcare resources across primary and tertiary care. In addition, the continued training and capability-building provided by the programme to GPs and the growing network of GP partners in the community who are now able to detect, treat and refer psychiatric patients have raised the level of mental healthcare in Singapore.

"We are happy to have been awarded the Certificate of Recognition," said Dr Goh Yen Li, Programme Director, MH-GP Partnership Programme. "This will certainly encourage us to continue working towards bringing the MH-GP Partnership Programme to the next level."

# International Team Sheds New Light on Biology Underlying Schizophrenia

## Genes and pathways identified could inform new approaches to treatment

By Penny Chua, Corporate Communications

A group of researchers from IMH and A\*STAR's Genome Institute of Singapore (GIS) has helped to identify over 100 locations in the human genome associated with the risk of developing schizophrenia in what is the largest genomic study published on any psychiatric disorder to date. The researchers were part of the Schizophrenia Working Group of the Psychiatric Genomics Consortium, and the study was part of the 5-year Translational Clinical Research in Neuroscience which is funded by the National Research Foundation.

Professor Chong Siow Ann, Vice Chairman Medical Board (Research), IMH and the Principal Investigator of this project said, "The main aim of this five-year project was to identify the markers that will enable better and early identification of those who might develop schizophrenia and these include genetic markers."

These latest findings, which were published in *Nature*, a renowned online scientific journal, point to biological mechanisms and pathways that may underlie schizophrenia and could lead to new approaches to treating the disorder, which has seen little innovation in drug development in more than 60 years.

In this study, the authors looked at over 80,000 genetic samples from schizophrenia patients and healthy volunteers and found 108 specific locations in the human genome associated with risk for schizophrenia. Eighty-three of those loci had not previously been linked to the disorder.

The other co-investigators of the project and co-authors of the paper from IMH's Research Division are Adj Asst Prof Mythily Subramanian, Adj Assoc Prof Sim Kang and Dr Jimmy Lee. "These new findings will also open doors to allow researchers to examine and better clarify the underlying brain connectivity changes associated with these genes and genetic mechanisms. A better understanding of the genetic mechanism and underlying brain changes can potentially allow better detection of illness, monitoring of response with treatment and progression over time," Adj Assoc Prof Sim shared.

*This study is the result of several years of work by the Schizophrenia Working Group of the Psychiatric Genomics Consortium (PGC, <http://pgc.unc.edu>) which is an international, multi-institutional collaboration founded in 2007 to conduct broad-scale analyses of genetic data for psychiatric disease.*

### What is Schizophrenia?

Schizophrenia, a debilitating psychiatric disorder that affects approximately one out of every 100 people worldwide, is characterised by hallucinations, paranoia, and a breakdown of thought processes, and often emerges in the teens and early 20s. Its lifetime impact on individuals and society is high, both in terms of years of healthy life lost to disability and in terms of financial cost.



# Enabling Patients to Achieve Recovery Through a Peer-led Programme

By Penny Chua, Corporate Communications

A study involving patients with schizophrenia taking on the role of peer leaders to other patients has shown an 88 percent improvement in the participants' social and psychological conditions after just six weeks of participation.

The findings from this Peer-led Self-Management Programme (PLSMP) in the community, was among the many studies presented by our staff at the NHG's Singapore Health and Biomedical Congress (SHBC) 2014. The study, which involved 122 participants, was conducted at three community psychiatric rehabilitation centres.

Senior Staff Nurse Li Ziqiang, who spearheaded the study, said the results suggested that the programme was effective in supporting patients' recovery by re-building hope, promoting practical wellness maintenance and social support, and helping patients feel empowered to take charge of their health.

The PLSMP aims to empower psychiatric patients in achieving recovery to maintain hopeful, self-responsible and functional lives. However, there is a lack of credible research evidence specific to its effectiveness for schizophrenia. This study hypothesised that participants with schizophrenia who receive

PLSMP would report significant improvements in their level of empowerment, perceived recovery, medication adherence, perceived social support and symptom severity after 6-months of follow-up.

For her efforts, SSN Li won the GOLD award at SHBC 2014. The event was held on 26 and 27 September at the MAX Atria @ Singapore EXPO. Our heartiest congratulations to our staff who were recognised for their effort in the scientific competition.



## SHBC 2014 Scientific Competition

### Presentation

<b>Singapore Nursing Award (GOLD)</b>	
Ms Li Ziqiang	"Examining the Effectiveness of a Peer-Led Self-Management Programme for People with Schizophrenia: A Randomised Controlled Trial"
<b>Singapore Nursing Award (Bronze)</b>	
Ms Jancirani Annamalai	"Effectiveness of Interventions to Reduce Physical Restraint in Psychiatric Settings: A Systematic Review"
<b>Singapore Allied Health Award (Silver)</b>	
Dr Ho New Fei	"Progressive Volume Deficits in Specific Subfields of the Hippocampus in Schizophrenia: a Cross-sectional and Longitudinal Study"
<b>Singapore Allied Health Award (Bronze)</b>	
Mr Andrew Ng	"Predictors of treatment dropout: A survival analysis of pathological gambling patients treated in a Singapore addictions clinic"
<b>Singapore Young Investigator Award (Basic Science/ Translational Research – Bronze)</b>	
Ms Shalini Elangovan	"The Interplay between Musical Training and Working Memory Performance"
<b>Health Professions Education Research (Investigator Award)</b>	
Mr Joshua Wee	"GP Partnership Programme – A Model Of Successful Interprofessional Collaboration And Possible Lessons"

### Poster

<b>Best Poster Award Allied Health (Silver)</b>	
Mr Tan Yi Ren	"Prior research has shown that parental harsh discipline and/or violence against children are associated with child aggression and disruptive behaviours"
<b>Best Poster Award Health Services Research (Bronze)</b>	
Mr Chee Kok Seng	"Pharmacist-run Medication Management Service to Reduce Inappropriate Benzodiazepine and Anti-cholinergic Medication Usage over 6 months and 1 year"

# Empowering Nurses for the Next Era of Healthcare

## 9<sup>th</sup> Biennial Joanna Briggs International Colloquium

By Dr Xie Huiting, Nursing Administration

Over 356 local and international delegates from countries such as the Czech Republic, Israel, Ethiopia and Australia, attended the 9<sup>th</sup> JBI colloquium. This is the first time the event is held in Singapore. The three-day colloquium explored the new frontiers of evidence-based practice and the fundamentals of care. Speakers and panellists shared their journey in translating evidence to real-world settings. Many delegates aired their views during the lively plenary sessions.

The event was jointly organised by the three Joanna Briggs Institute Collaborating Centres:

- JBI-Institute of Mental Health (Singapore) Centre for Evidence-Based Practices in Mental Health Care
- National Healthcare Group Health Services and Outcomes Research (HSOR) Collaborating Centre for Evidence Based Health Services; and
- National University Hospital (NUH) Centre for Evidence-Based Nursing.

The colloquium ended on a high note with the delegates feeling inspired and motivated with newfound knowledge

and network contacts, empowering them for the next era of healthcare.

The poster “*Translating the Evidence for Emergency Equipment and Supplies into Practice: An Evidence Implementation Project in Mental Health Care*” submitted by our nursing team comprising Lu Qiufen (presenter, leader), Xie Huiting and Ng Hui Chin, received the highest score given by independent overseas judges under the Nursing category and received the best poster award.

The JBI-Institute of Mental Health (IMH) (Singapore) Centre for Evidence-Based Practices in Mental Health Care started as an affiliated centre in 2010, and achieved its collaborating centre status in 2013. It is also the only mental health centre amongst the international JBI collaborations.

# Best Poster for Education Research at SingHealth Duke-NUS Scientific Congress 2014

By Cheong Yaun Marn, Corporate Communications

A research team led by A/Prof Swapna Verma, Senior Consultant and Chief, Department of Early Psychosis Intervention, won the Best Poster in the Education Research category for the abstract titled “The Impact of Psychiatry Rotation on Attitudes to Psychiatry” at the SingHealth Duke-NUS Scientific Congress, held on 5-6 September 2014 at Academia. This congress is held biennially for healthcare professionals to share insight in care improvement, research, and education to improve patients’ outcomes.

The aim of this study was to examine whether psychiatry rotation resulted in a change towards attitudes to psychiatry in a cohort of students from Duke-NUS Graduate Medical School, Singapore. Forty-eight second-year medical students (21-35 years of age) participated in this study. Results showed that psychiatry rotation improved these students’ attitudes towards the merits of psychiatry as scientific medicine and the effectiveness of psychiatric treatment. However, 46% of students declared a worsened attitude towards the stigma of psychiatry as compared to 42% who reported an improved attitude. Stigma in this study was defined as the perception of public as well as medical fraternity towards Psychiatry as a medical discipline. These results may indicate stigma is deeply rooted and not so easily overcome.



A/Prof Swapna (left) receiving her award from Prof Ivy Ng, Group CEO, Singapore Health Services.

# Moving Towards an Integrated, Community-based Approach for Singapore's Mental Healthcare Needs

By Vera Soo, Corporate Communications



Full house at the SMHC Opening Ceremony.

The Singapore Mental Health Conference (SMHC) 2014, held from 17 to 18 October 2014 at MAX Atria @ Singapore EXPO, drew some 500 professionals from the healthcare, social service, and Intermediate and Long-term Care (ILTC) sectors, as well as community-based workers and consumers of mental health services.

Themed 'Mental Health and Resilience: It Takes a Whole Community', SMHC 2014 was a landmark conference in that it was co-organised by four national agencies from the healthcare and social service sectors, namely the Institute of Mental Health (IMH), National Council of Social Service (NCSS), Agency for Integrated Care (AIC), and Health Promotion Board (HPB). Commenting on this collaborative effort, Dr Chua Hong Choon, Chief Executive Officer (CEO), IMH and Co-Chairperson, SMHC 2014 Advisory Committee said, "It is a true affirmation of the commitment of all stakeholders to keep pace with the changing needs of our population and address mental health issues more effectively."

Over an expanded programme of five plenary sessions, eight tracks and 12 breakout sessions, international and local speakers discussed opportunities and challenges related to the care of persons with mental illness (PMIs), and how to better create a holistic care model that cuts across agencies and institutions. The conference also showcased existing collaborative efforts across a variety of contexts, such as community mental health, mental well-being, community re-integration, primary care, or in the home.

Ms Tina Hung, Deputy CEO and Group Director of Service Planning and Development, NCSS, and Co-Chairperson, SMHC 2014 Advisory Committee shared, "This conference is a step forward in forging closer collaboration between mental healthcare and social service professionals towards providing holistic and critical assistance to persons with mental health issues and their caregivers."

Some unique highlights of this year's conference included a half-day Pre-Conference Workshop on 16 October 2014 at

the Agency for Integrated Care (AIC) which focused on "Open Dialogue", a Finnish alternative to the traditional mental health system for PMIs. There was also a symposium for General Practitioners (GPs), designed for GPs with a keen interest in mental health. A Caregivers' Track provided useful advice to promote resilience and self-determination among caregivers, who often experience immense burden when caring for their loved ones with mental health conditions.

Aside from the main conference offerings, fringe activities kept the atmosphere lively. As SMHC 2014 was held in conjunction with World Mental Health Day, which falls on 10 October, a bazaar was set up which saw more than 10 agencies showcasing and selling handicrafts, books, or CDs by recovering patients and caregivers.

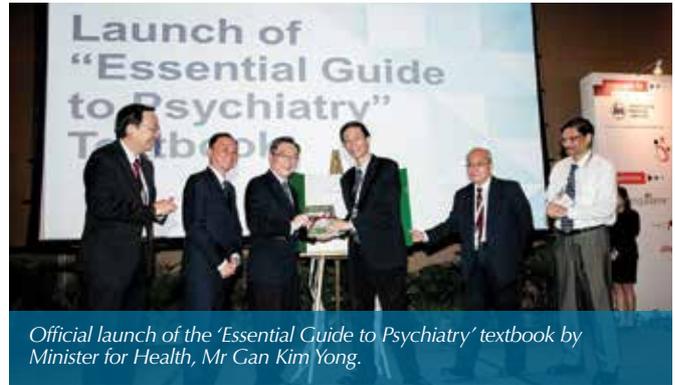
At the opening event on 17 October, Guest-of-Honour, Mr Gan Kim Yong, Minister for Health also launched the new *Essential Guide to Psychiatry* textbook. Published by IMH with contribution from various mental healthcare professionals such as psychiatrists, psychologists, nurses, case managers and counsellors, this textbook is written from an Asian and multidisciplinary perspective. Boasting up-to-date evidence and illustrations of local culture and setting, this book will benefit medical students, psychiatry residents, psychiatrists, medical doctors, allied health and other mental health professionals from various fields in Singaporean and Asian settings. It will also serve as a useful resource for those outside the healthcare sector but involved in supporting PMIs and their families.



Crafts galore at the SMHC World Mental Health Day bazaar.

Although the SMHC was initiated by IMH just in 2013, it has already become a national platform for learning and networking in mental health. Through the sessions, delegates were also challenged to discover new approaches and ideas to address the evolving mental health needs of Singapore. Ms Peggy Koh, Case Manager from IMH shared, "As a standalone conference this year, there was more room for mental health-related workshops and plenary sessions by more speakers. The SMHC successfully showcased the emphasis on mental and emotional health in Singapore's current healthcare landscape."

Certainly, it was an enriching learning experience for all and a not-to-be-missed conference for anyone in the mental health field!



Official launch of the 'Essential Guide to Psychiatry' textbook by Minister for Health, Mr Gan Kim Yong.

If you wish to purchase a copy of the *Essential Guide to Psychiatry* textbook (hardcover and e-book versions available), please do so online at [www.imh.com.sg/eshop](http://www.imh.com.sg/eshop).

## Grooming the Next Generation

By Lalitha Naidu, Corporate Communications

Thirty-two IMH staff received the NHG Teaching Excellence Award at the Teacher's Day celebrations held on 5 September at Tan Tock Seng Hospital for their outstanding efforts in nurturing and mentoring the next generation of doctors, nurses and allied health professionals. Three of our award winners talk about their experience and philosophy on teaching:

### Ms Elizabeth Ong Yihui, Senior Occupational Therapist

Ms Elizabeth Ong, who received the NHG Teaching Award for Allied Health Educators this year, has been working in IMH for seven years. She started off mentoring occupational therapy students on clinical placements and now assists in training and mentoring junior occupational therapists in her team as well. This year, she also took on the post of adjunct lecturer at Nanyang Polytechnic, where she teaches mental health modules to OT students in their 2<sup>nd</sup> year of study.

While teaching isn't something she initially saw herself doing, she has grown into her role. "In addition to contributing to growing the field of OT, mentoring new and aspiring occupational therapists allows me to reflect on my practice and learn new perspectives, and there's a lot of professional and personal development as well", she says. Her philosophy on teaching developed over the past five years: every student is different. "By seeing the strengths in them and building up their confidence, we enable them to seek out their own knowledge".

### Ms Farah Unaizah bte Mohamed Noor, Senior Staff Nurse

Ms Farah Unaizah received the NHG Teaching Award for Nursing Preceptors. Preceptors play an important role in the career of a new nurse. They are teachers and facilitators who help new nurses ease into the hospital culture, and develop and evaluate their competencies so proper care is delivered. Farah, who has been with IMH for 7 years, guides and provides on-the-job training to new nursing staff in her ward as well as the geriatric department in the management of elderly patients with mental illness.

Farah's experience with her preceptor inspired her to take on this role to share the knowledge and expertise she has gained over the years, and help young nurses settle into their new job. "My first preceptor was a very senior nurse and quite stern-looking," she recalls, "But she was very knowledgeable, patient, supportive and a good listener. I felt very comfortable with her and learnt a lot from

her." Farah tries to emulate these qualities in her interactions with young nurses under her preceptorship – and has received good feedback from them. She also tries to make learning interesting by incorporating role playing and quizzes.

"Nursing is my calling but I also enjoy teaching," she says, "As a child, I used to set up a mini classroom in my room and pretend to be a teacher." Now, she gets to do both.

### Adj A/Prof Sim Kang, Senior Consultant and Deputy Chief, Dept of General Psychiatry

As a clinician, researcher, educator and mentor, Adj A/Prof Sim Kang, who received the NHG Education Leaders Award for his contributions to teaching, wears several hats. "These roles actually interact and interface with each other intimately," he says. "Clinical contact with my patients provides thoughts about the conditions that I see regularly and questions to be asked for further research. The interactions with patients and families and understanding their struggles and needs provide good material for talks and sessions with the learners in psychiatry. They provide a real face to the condition and not just in abstract."

Adj A/Prof Sim has been actively involved in teaching since 2000. As Adjunct Associate Professor at the Yong Loo Lin School of Medicine, NUS, he provides both clinical and research mentorship to medical students. He has been a lecturer for numerous schools and programmes and has provided training to psychiatry trainees in Cambodia.

He is currently pursuing a Masters of Science in Health Professions education. "Most of us are involved in teaching as we feel the need to return back to the discipline what we have been taught and how our seniors have contributed to our academic growth and further education," he says. "I feel the need to be better equipped so as to be a better educator in our field as there are always advances even in pedagogy and how best to engage learners."

## NHG Teaching Excellence Awards Winners

Name of Staff	Designation	Award
A/Prof Sim Kang	Senior Consultant and Deputy Chief, Dept of General Psychiatry	NHG Education Leaders Award 2014
Dr Tan Hwee Sim	Visiting Consultant	NHG Outstanding Education Partners Award
Dr Charles Mak	Registrar	NHG Teaching Award for Junior Clinicians
Dr Raja Sathy Velloo	Registrar	NHG Teaching Award for Junior Clinicians
Chin How Lin	Assistant Director, Nursing	NHG Teaching Award for Nursing Preceptors
Saralla d/o Arunasalam	Advanced Practice Nurse	NHG Teaching Award for Nursing Preceptors
Xu Changqing	Advanced Practice Nurse	NHG Teaching Award for Nursing Preceptors
Kalaivanan s/o Dakshnamoorthy	Nurse Clinician	NHG Teaching Award for Nursing Preceptors
Robert Kwok Wan Yew	Nurse Clinician	NHG Teaching Award for Nursing Preceptors
Sheeba Nithya	Nurse Clinician	NHG Teaching Award for Nursing Preceptors
Qi Zhegang	Nurse Manager	NHG Teaching Award for Nursing Preceptors
Helen Joon Kum Eng	Nurse Educator	NHG Outstanding Nurse Teacher Awards
Tan Chee Shiong Edwin	Nurse Educator	NHG Outstanding Nurse Teacher Awards
Rajni d/o Parasuram	Nurse Educator	NHG Outstanding Nurse Teacher Awards
Farah Unaizah Bte Mohamed Noor	Senior Staff Nurse	NHG Teaching Award for Nursing Preceptors
Hou Yanli	Senior Staff Nurse	NHG Teaching Award for Nursing Preceptors
Kua Bee Heong	Senior Staff Nurse	NHG Teaching Award for Nursing Preceptors
Leow Xian Shin Calvin	Senior Staff Nurse	NHG Teaching Award for Nursing Preceptors
Lu Chunjuan	Senior Staff Nurse	NHG Teaching Award for Nursing Preceptors
Bisy Shabu	Senior Staff Nurse	NHG Teaching Award for Nursing Preceptors
Ma Qiang	Senior Staff Nurse	NHG Teaching Award for Nursing Preceptors
Nur Fazliyanah Bte Yusoff	Senior Staff Nurse	NHG Teaching Award for Nursing Preceptors
Hu Yanan	Senior Staff Nurse	NHG Teaching Award for Nursing Preceptors
Chee Kok Seng	Principal Pharmacist (Clinical)	NHG Teaching Award for Senior Preceptors Award
Emily Liew Kai Suen	Principal Pharmacist (Clinical)	NHG Teaching Award for Senior Preceptors Award
Ng Boon Tat	Principal Pharmacist (Clinical)	NHG Teaching Award for Senior Preceptors Award
Yen Lee Chen	Senior Pharmacist	NHG Teaching Award for Junior Preceptors Award
S.B. Viknesan	Senior Counsellor	NHG Teaching Award for Non-Physicians
Carolyn Kee	Principal Psychologist	NHG Teaching Award for Allied Health Educators
Mavis Seow	Senior Clinical Psychologist	NHG Teaching Award for Allied Health Educators
Elizabeth Ong Yihui	Senior Occupational Therapist	NHG Teaching Award for Allied Health Educators
Tracy Wee	Senior Medical Social Worker	NHG Teaching Award for Allied Health Educators



IMH winners at the NHG Teaching Excellence Award Ceremony.

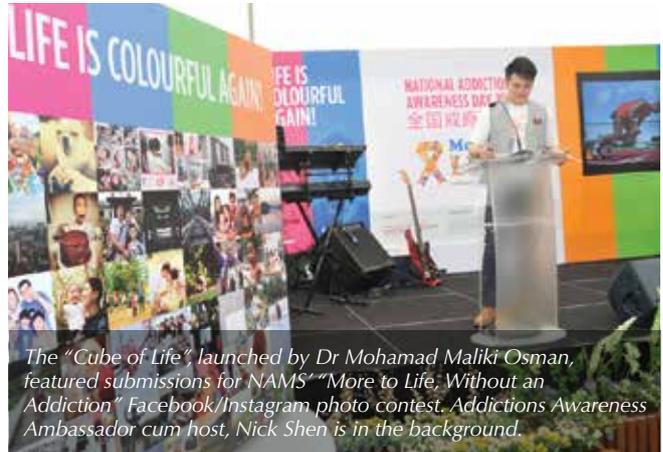
# Bringing Addictions Awareness to the South East Community

By Lee Fengting, National Addictions Management Service

The Addictions Awareness Campaign and National Addictions Awareness Day (NAAD) successfully concluded on 23 November 2014. This year's NAAD was jointly organised by NAMS and the South East Community Development Council. The event was graced by Dr Mohamad Maliki Osman, Mayor of South East District, Minister of State, Ministry of National Development and Defence, and hosted by celebrity Nick Shen Weijun, also the newly appointed Addictions Awareness Ambassador for 2014.

This year's theme "Life is Colourful Again!" was aimed at the loved ones of those who face addiction issues. The campaign featured testimonials from four family members of NAMS' patients who are recovering from drug, alcohol, gambling and gaming addictions, and conveyed the message that addictions are treatable and that family support is vital in one's recovery from an addiction. Mr Ong, a recovery peer at NAMS, was invited to share his journey of recovery together with his wife. His story of how his family supported him through his two years of seeking treatment for drug addiction and recovery touched the hearts of many who were present.

Visitors to the event learned about various addictions and treatment options through interactive and informational booths put up by community partners. They were also treated to music



The "Cube of Life", launched by Dr Mohamad Maliki Osman, featured submissions for NAMS' "More to Life, Without an Addiction" Facebook/Instagram photo contest. Addictions Awareness Ambassador cum host, Nick Shen is in the background.

performances by local band from WE CARE Community Services, The Dreamers, and local singing talent, Suf Supiani. Six winners (out of 250 submissions) of the "More to Life, Without an Addiction" photo contest received their prizes – iPad Minis – from Dr Maliki. Responses from participants on NAMS' Facebook page, More to Life SG showed that they had enjoyed the event and looked forward to participating again.

Please support this campaign by "liking" NAMS' official Facebook page, "More to Life SG" today at <https://www.facebook.com/moretolifegs>.

# National Day Awards 2014

By Cheong Yaun Marn, Corporate Communications



IMH CEO Dr Chua Hong Choon posing with the National Day award winners (L to R) Lue Ping, Margaret, Siew Eng, Soo Kim and Veno.

Five IMH staff were awarded National Day Awards 2014 this year. We are proud of our colleagues who have displayed patient-centredness, leadership and coaching skills, innovation, efficiency, professionalism, integrity and humility in order to clinch these national awards for excellence. The awardees are:

Dr Ong Lue Ping, Deputy Head, Psychology/ Principal Clinical Psychologist	Commendation Medal
Ms Ho Soo Kim, Nurse Clinician I	Efficiency Medal
Ms Teo Siew Eng, Pharmacy Technician Supervisor	Efficiency Medal
Mr Lelah Venotha Naidu S/O Muthu Peckiri Venu, Nurse Clinician I	Long Service Medal
Ms Margaret Rajeswary D/O Manickam, Nurse Clinician I	Long Service Medal

# Celebrating Exemplary Patients

By Lalitha Naidu, Corporate Communications

Three patients from IMH were awarded the NHG Exemplary Patient Award on 27 October 2014, as part of the NHG Quality Day event, which celebrates quality and service excellence. The annual award is presented to NHG patients who have contributed significantly to a positive experience in healthcare service delivery. It commends model patients for lending support to fellow patients and hospital staff, and for showing grace in adversity. The three award recipients from IMH – Mr Julius Chan, Mdm Junainah Eusope and Ms Mavis Hee – have done exactly that.

Julius has suffered from schizophrenia for about 20 years. While the road to recovery wasn't easy, Julius has managed to overcome the challenges and is now the first employed Peer Support Specialist in IMH. As a peer specialist, he helps others with schizophrenia better cope with their condition by lending a listening ear and sharing his journey to recovery. Julius sees mental health as a personal choice and strongly believes recovery is real.

Mdm Junainah, who suffers from major depression disorder, has been a mental health advocate with IMH since 2012. Craft-making helped her find her self-worth during the tough times dealing with depression. She now teaches pottery to IMH patients as part of their therapy, and also co-ordinates sales of craft made by IMH patients. Junainah is a certified Peer Support Specialist with Club HEAL, a volunteer-based psychiatric rehabilitation centre for the Malay Muslim community, and is very proactive in helping others who are facing mental health issues.

Ms Mavis Hee, a popular singer, has discussed her experience with clinical depression openly and has strongly advocated for mental wellness, encouraging people to seek treatment early.

Julius, Junainah and Mavis exemplify how people with mental illness can manage their condition, stay well and lead productive, fulfilling lives – and their effort to help others do the same is truly inspiring.



Mr Julius Chan (right) receives his award from Prof Chee Yam Cheng, Group CEO, NHG.

## Senior Healthcare Assistant Awarded May Day Model Partnership Award

By Ng Si Jia, Corporate Communications

53-year-old Ms Vimmala Devi Munusamy, Senior Healthcare Assistant from IMH was awarded the May Day Model Partnership Award this year on 24 May. The Award recognises workers for their efforts to improve productivity, upgrade their skills and adapt to a tougher economy.

Ms Vimmala has a passion for healthcare and made a bold decision at the age of 45 to attend a course organised by the Healthcare Management Institute (HMI) to be trained as a Healthcare Assistant (HCA). She has been working at IMH for eight years since and started out as a Healthcare Assistant. She adapted well to her working environment despite being a housewife for a decade before rejoining the workforce.

Ms Vimmala was one of the first to be trained to use equipment that helps transfer patients to and fro chairs and beds. Currently, she is an expert when it comes to using the assistive devices and readily shares her skills with other HCAs and new staff in her ward.



(From left to right) Then President of the Singapore National Employers' Federation Mr Stephen Lee, Ms Vimmala Devi (Senior Healthcare Assistant, IMH) and President of National Trades Union Congress Ms Diana Chia at the May Day Model Partnership Awards.

Photo credit: NTUC's Employment and Employability Institute (e2i)

# IMH Nurses receive Tan Chin Tuan Nursing Award

By Ng Si Jia, Corporate Communications

Mr Mohammed Aliff Bin Adnan, Senior Assistant Nurse from the High Dependency Psychiatric Care Unit and Ms Qiu Baoyi, Senior Assistant Nurse from Sunshine Wing A were two of the ten enrolled nurses to receive the Tan Chin Tuan Nursing Award on 21 November 2014.

The Award recognises promising and talented enrolled nurses who are dedicated to advancing the nursing profession locally. Founded by the DS Lee Foundation in 2006, the Award is open to Enrolled Nurses working in all public and private healthcare institutions in Singapore.

## IMH's First-Ever Flea Market

By Penny Chua, Corporate Communications

They came, they browsed and they found great bargains at IMH's first-ever flea market "Macam Macam Market", held on 12 October in conjunction with this year's World Mental Health Day!

A wide range of pre-loved and new items were sold across forty stalls manned by IMH staff, volunteers, recovering patients and community partners. This initiative provides recovering patients a platform to set up their own stalls to help generate some pocket money, as some of them face challenges getting employment. It is also an opportunity for members of the public to visit the hospital and find out more about mental health.

IMH aims to sustain this initiative and make it an event that the community can look forward to. Subsequent flea markets will be held on the first Sunday of each month. For booking of stalls and more information, please check out [www.imh.com.sg](http://www.imh.com.sg).



"Lelong lelong!" Great stuff at fantastic prices.

## There's No Stopping Suf Recovering Patient Launches Music CD

By Penny Chua, Corporate Communications



Seeing him standing on stage singing with confidence and passion, one can scarcely believe that Suf Supiani has severe anxiety disorder.

A talented singer, song writer, music composer, and film maker, he was diagnosed with the condition about four years ago. He experienced frequent bouts of panic attacks (nausea, shortness of breath and weakening of limbs) and spiralled into depression as his condition cost him a scholarship for film-making and his job. Suf has remained unemployed since.

Despite his condition, he worked towards his dream of producing his own album to help spread awareness about the plight of persons suffering from mental health issues and to reduce the stigma associated with mental illness. With the support from IMH, Club HEAL and the Lee Foundation, Suf produced a music CD called "Solitude" comprising 12 songs, which he composed and performed himself.

His CD was officially launched on 15 November at the Lee Foundation Theatre. Guest-of-Honour, Mdm Halimah Yacob, Speaker of Parliament, said, "I hope that he can be an example, to help reduce the stigma associated with mental illness and open the minds of those who have harboured negative perceptions about persons with mental illness."

Suf's story illustrates how persons with mental health issues can also persevere and work towards achieving their dreams. Suf's CD "Solitude" is available for sale at \$18 each. To purchase a copy, please email him at [sufsupiani@gmail.com](mailto:sufsupiani@gmail.com).

To check out other music by Suf Supiani, please visit: <http://www.reverbNation.com/sufproductions>

# Ask the Expert

## - Caregiver Stress

**Lee Kaiyi**  
Senior Medical Social Worker  
Institute of Mental Health (IMH)



### How does caregiver stress develop?

In their efforts to provide the best possible care for a family member or friend, caregivers often sacrifice their own physical and emotional needs. The emotional and physical experiences involved in providing care can strain even the most capable person. Many caregivers have to provide care while carrying out their own commitments. Social and work relationships are often affected as a result, and family bonds tested. Seeing their loved ones deteriorate in their mental or physical health can also be a painful experience for the caregiver.

As caregivers try to balance caregiving responsibilities and their personal needs, frustration may build up. They may experience feelings of anger, anxiety, sadness, isolation, and exhaustion — and then feel guilty for having these feelings. If left unchecked, caregiver stress may result in burnout or even depression.



### What are the tell-tale signs of caregiver stress?

Some tell-tale signs are when the caregiver experiences changes in his/her:

- Mood and feelings, such as increased irritability towards the care recipient or oneself, a loss of interest in daily activities or hobbies, an inability to relax even when help is offered, etc;
- Thinking, such as poor attention and concentration, poor memory, difficulty expressing thoughts clearly;
- Daily behaviours, such as changes in appetite, sleep patterns, reduced socialisation;
- Health, such as physical illness, feeling tired easily as body is often stiff and aching, etc.

It is important for other family members to know how to identify stress in caregivers so that they can alert the caregiver to pay attention to their self-care, and also provide some support for the caregiver.

### What can caregivers do to manage stress?

Caregivers need to:

- Keep track of their own stress levels and symptoms, and know when they are not coping well;
- Manage their expectations of themselves as caregivers and not push themselves beyond what they can give;
- Find ways of coping with negative feelings and be ready to find new ways of coping if past attempts to cope were not effective;
- Make time to de-stress, and share their concerns and feelings with supportive friends or family members;
- Avoid making the care recipient the centre of their family and their life, and maintain their focus on living and enjoying their own life;
- Be ready to ask for and accept any available support;
- Allow himself/herself to experience anticipatory grief over the impending loss in the functioning of the loved one, especially when the loved one seems like a different person altogether.

Caregiving is a long-term commitment akin to running a marathon. It is important for caregivers to pace themselves well, otherwise they will run out of energy very quickly and not be able to finish the race.

For more information on caregiving for the mentally ill and caregivers' self-care, please visit [www.sgfamilycaregivers.com](http://www.sgfamilycaregivers.com).

# Stepping into the Light of a New Day, Everyday

By Debbie Lee (pseudonym)

I might have developed depression when I was very young. I didn't know what was wrong back then till it got serious when I was much older. I was very insecure and withdrawn; during my darkest moments, I hid away from society. I stopped contacting friends and lost all interest in my favorite activities and passion. All I wanted to do back then was stay in my dark room, cry and ponder the purpose of life. One moment I was a perfectionist who fared rather well in school and the next thing I know, I was defeated. I was on the brink of dropping out from school.

Knowing that I couldn't go on like this forever, I decided to seek treatment. I was diagnosed with major depression and anxiety. I took my medications religiously and went for regular psychotherapy to learn how to cope with my negative thoughts. Treatment helped me greatly as I got back on my feet and completed my studies.

Right now, I have found a full-time job as an illustrator. While it is not the most prestigious job, I took it up because illustrating is my passion, and the job is less stressful compared to a design firm, where I may be required to work through the night. Nonetheless, I struggled a little when I first started work as I wasn't used to having work pile up and having to meet various clients' expectations. But I got through by focusing on one project at a time, and managing my stress.

I believe that health is more important than anything else. There will be times when you will be down, and it's only normal when that happens. What I like to do is have a good sleep to tame the negativity and put it all behind me, then wake up to a new day, feeling much better.



An illustration by Debbie

# Finding Solace in Work, Hobbies and Family

By Lee Kay Yan

I was diagnosed with schizophrenia more than ten years ago and have been in remission since. Note the word "remission". This particular illness is like any other chronic diseases like high blood pressure and diabetes in that one has to accept the fact that taking medication shall be life-long.

I am not complaining as my medication dosage is quite low and I take only a tablet every night. For people who need more, do not despair. Just establish a routine for it and set times to take them as advised by the pharmacist. Also, change for the better will never happen overnight — it's not a magic pill after all. For me, my troubles did not end after I was discharged from the hospital. It took years for my mind to quieten down and for me to find a stable job to support myself. I will give myself a pat on the back for that small achievement.

"Work is the best antidote to sorrow," said the famous detective Sherlock Holmes. How true. I have been in my current job for years now and it has given meaning to my life. Also, the interaction with my colleagues has helped me to become less self-centered.

In an article entitled *Work, Stress and Burnout*, which appeared in *The Straits Times* in May this year, Professor Chong Siow Ann from IMH wrote about how the sense of a loss of control often causes some people to become exhausted and disillusioned.

Whenever I am frustrated or pressed for time in the course of work, I remind myself inwardly of how many other things I am in control of, and say "good job!". For those things that I can't control, I try not to dwell on it.

However, work is not everything. I have found other interests to engage my restless mind so that it does not stray. I enjoy baking, reading and the study of astronomy. I would recommend baking to anyone with an oven at home. Just follow the instructions on the recipe and one should be able to have their cake and eat it too.

I have come a long way. I would not have achieved all these without the selfless love I received from my mother. Just as the Earth keeps the moon in orbit, my mother kept me anchored to reality more than I could have imagined during those early days. I would say that we are indispensable to each other.





INSTITUTE  
of MENTAL  
HEALTH

# MACAM<sup>2</sup> MARKET



SUNDAY

## Flea Market

Every 1st Sunday of the month

10am - 4pm @ IMH  
(open field near road junction)



### Pre-loved and New Stuff for Sale

Patients, staff and friends of IMH will be setting up stalls.  
Great fun and fantastic bargains for the family!

Email us at [enquiry@imh.com.sg](mailto:enquiry@imh.com.sg)

Forward and share the event with your friends!

We sure appreciate ALL your support and publicity!



#### WE WOULD LOVE TO HEAR FROM YOU!

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