

SGH Sleep Centre Management Team

Dept of Respiratory & Critical Care Medicine
Dr Leow Leong Chai
Consultant
Director, SGH Sleep Centre

Dr Anne Hsu
Senior Consultant

Dr Ong Thun How
Senior Consultant

Dr Tan Keng Leong
Senior Consultant

Dr Constance Lo
Visiting Consultant

Dept of Otolaryngology
A/Prof Toh Song Tar
Senior Consultant

Dr Han Hong Juan
Visiting Consultant

Dept of Neurology
A/Prof Pavanni Ratnagopal
Senior Consultant

Dr Shahul Hameed
Senior Consultant

Dr Lim Li Ling
Visiting Consultant

Dept of Psychiatry
Dr Sin Gwen Li
Senior Consultant

Dr Tan Shian Ming
Consultant

Dr Poon Shi Hui
Consultant

Dr Wong Sheau Hwa
Visiting Consultant

Dept of Psychology
Mr Christopher Gabriel
Senior Principal Psychologist

Mr Kevin Beck
Principal Psychologist

Ms Kinjal Doshi
Principal Clinical Psychologist

Ms Koay Way Inn
Psychologist II

The SGH Sleep Centre is the largest multidisciplinary and most complete adult sleep unit in Singapore. Our team comprises of Respiratory physicians, ENT (Ear Nose Throat) surgeons, Neurologists, Psychiatrists, Psychologists and Sleep Technologists.

We offer the most comprehensive range of sleep services; inpatient and ambulatory sleep studies, outpatient consultation services for the evaluation, treatment and education of patients with sleep disorders. Sleep disorders that we manage include sleep disordered breathing example obstructive sleep apnea, snoring and obesity hypoventilation syndrome, parasomnias, nocturnal epilepsy, REM sleep and movement disorders in sleep and insomnia. Other services that we provide include Continuous Airway Positive Pressure (CPAP) therapy counseling, Chronic Non Invasive Ventilation service and Cognitive Behavioral Therapy for insomnia.

To make an appointment, please call the central appointment at 63214377.

SKH Sleep Medicine Management Team

Dept of General Medicine, Respiratory Medicine
Dr Soh Rui Ya
Consultant

Dept of Otolaryngology
Dr Phua Chu Qin
Associate Consultant

Dept of Neurology
Dr Shahul Hameed
Senior Consultant

A/Prof Pavanni Ratnagopal
Senior Consultant

Dept of Psychiatry
Dr Tan Shian Ming
Consultant

Dr Tay Kai Hong
Associate Consultant

Dept of Psychology
Dr Farah Idu Jion
Psychologist

Mr Mark Kenneth Rozario
Psychologist

To make further enquiries on our services,
please call or email us at
Tel: 63266621 | Email: gnrdsu@sgh.com.sg



PATIENTS. AT THE HE^{RT} OF ALL WE DO.®



Healthy Sleep, Healthy Living

GP Forum

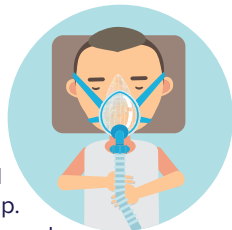
Date
Saturday
16th March 2019

Time
2.00 pm to 5.00pm
(Lunch starts at 1.00pm)

Venue
Learning Space
Singapore General Hospital
Block 6, Level 1

Patient Case Scenario 1

Mr. S is a 54 year old gentleman who had loud snoring, poor sleep and daytime as a result of his disrupted sleep. After seeing a SGH Sleep Centre doctor and having an overnight sleep study done, he was diagnosed with severe Obstructive Sleep Apnea. He was fitted with nasal mask and commenced on Continuous Positive Airway Pressure (CPAP) therapy, which improved his sleep, snoring and daytime energy. However, after one year of CPAP usage, he experienced some nasal congestion and blockage, which made it difficult for him to use his CPAP at times. He tried nasal sprays prescribed by his General Practitioner, which did not relieve the nasal congestion. On review by the Ear Nose and Throat doctor, he was found to have deviated nasal septum and inferior turbinate hypertrophy causing the nasal congestion. He underwent septoplasty and inferior turbinoplasty with significant improvement of his nasal breathing. He was able to resume his CPAP usage after surgery and is currently sleeping better and have less daytime fatigue.



Patient Case Scenario 2

Mdm S is a 47-year-old lady who experiences difficulty in initiating sleep in recent months. She had been using GP prescribed sleeping pills regularly and was worried about getting addicted, and hence tried to reduce its use. She now gets anxious about insomnia when it is close to bedtime.

Her problem started after she developed dysfunctional uterine bleeding. She reported experiencing niggling discomfort in her legs at bedtime, and has difficulty describing the sensation. Being a worrier by nature, she sought consultation with her gynaecologist as she was worried about malignancy. She was found to be iron deficient and peri-menopausal, but otherwise in good health. Despite reassurance, she remains vigilant to physical symptoms that she experiences and continues to worry about her health.

Mdm S was diagnosed with Restless Legs Syndrome, as well as Anxiety Disorder.



Sleep plays a very important role in our physical health as we spend a third of our lives sleeping. We all know that poor sleep causes dramatic health consequences and increased risk of developing chronic conditions. Many patients come forward presenting mainly with poor and non-refreshing sleep or difficulty initiating and maintaining sleep. There is a role for primary care, patients' family physicians like you to make a difference for your patients.

To find out answers to common sleep complaints in adults, we invite you to join us at our World Sleep Day GP Forum for an informative and practical session.

Programme

1.00pm	Lunch & Registration
2.00pm	Opening Address Dr Leow Leong Chai Director, SGH Sleep Centre Consultant, Dept of Respiratory & Critical Care Medicine (SGH)
2.05pm	Using Ambulatory Sleep Testing Wisely Dr Soh Rui Ya Consultant, Dept of Respiratory & Critical Care Medicine (SKH)
2.35pm	Primary Care Diagnosis and Management of RLS and PLMS Dr Yong Ming Hui Associate Consultant, Dept of Neurology, National Neuroscience Institute (SGH)
3.05pm	Surgery for Snoring and OSA Dr Phua Chu Qin Associate Consultant, Dept of Otolaryngology (SKH)
3.35pm	Tea Break
3.50pm	Primary Care Management of Insomnia Dr Wong Sheau Hwa Visiting Consultant, Dept of Psychiatry (SGH)
4.20pm	Cognitive Behavioral Therapy for Insomnia Mr Kevin Roy Beck Principal Psychologist, Dept of Psychology (SGH)
4.50pm	Q&A Session

GP Forum

Healthy Sleep,
Healthy Living



Registration

As seats are limited, we strongly encourage participants to register early. Please register online by 13th March via the link below or scanning the QR Code:

<https://tinyurl.com/wsdgpforum>



Please note:

Pre-registration for this CME is REQUIRED. However, unless otherwise notified, all registrations received will be deemed as confirmed. 2 CME points will be awarded to all participants.

By providing the information for registration, you confirm that you have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.sgh.com.sg/Others/contact-us/Pages/PDPA.aspx>

Complimentary car park is available for confirmed participants only at SGH Blk 3, Basement 2