

NTU, CGH launch course to train medical practitioners in ageing and sports-related injuries

[#Singapore](#) [News Singapore](#)

CtoI News Desk Thursday, March 29th 2018

A new post graduate diploma course in sports medicine has been launched by Nanyang Technological University (NTU) and Changi General Hospital (CGH) for training medical practitioners in the field of sports-related injuries, particularly in an ageing population.

The main purpose of the programme is to equip medical practitioners, including general practitioners, with the knowledge and skills to meet growing demand for medical expertise in these areas.

The programme, which caters to primary care doctors and specialists, will be run by the Lee Kong Chian School of Medicine (LKCMedicine). It will be conducted on a part-time basis and take up one year.

In a press release, NTU said, “The introduction of the new postgraduate diploma, the first of its kind in Singapore and Asia, is timely as there is limited medical expertise in the prevention and non-surgical treatment of sports injuries and musculoskeletal conditions in athletes and the general population, including the elderly.”



The new postgraduate diploma in sports medicine focussing on sports related injuries and ageing is the first of its kind in Singapore and Asia. Photo courtesy: NTU

"Our graduate diploma in sports medicine aims to impart important knowledge to doctors at the primary care level, where most sport injuries can be effectively managed, and to refer more complex cases to the sports medicine specialist clinics," said Professor Kam Chan Hin, NTU Deputy Provost (Education).

The new course will be headed by Associate Professor Fabian Lim, who is the Assistant Dean (Research) and Associate Professor of Exercise Physiology at NTU's LKCMedicine. The course director will be Adjunct Associate Professor Roger Tian, a senior consultant of sports medicine at Changi General Hospital.

"While sports medicine has its roots in caring for athletes, it can also play important roles in chronic disease prevention and management, and in caring for the elderly who are prone to musculoskeletal injuries," said Associate Professor Fabian Lim.

"Equipping general practitioners and family medicine physicians with this additional knowledge and skill set brings care to the heartlands, so that injuries can be

prevented and managed at the primary care level, and more complicated cases can be promptly referred to the specialist clinics,” he added.

“There is increasing evidence regarding the role of physical activity in the prevention and management of chronic diseases such as obesity, hypertension, coronary heart disease and diabetes. The skills imparted will enable doctors to use exercise as a tool in the battle against these diseases with confidence,” said Associate Professor Roger Tian.

“Part of the diploma programme will be conducted online to help students better juggle their work commitments as medical practitioners. The online lectures will be complemented with workshops and clinical attachments at sports medicine clinics in Singapore, culminating in a summary training and final exam,” said NTU in the release.