



# ***THE PROPRIOCEPTION***

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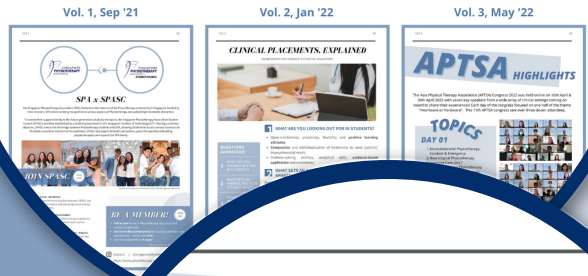
# WHAT IS PROPRIOCEPTION?

Hello student PTs! Welcome back to Volume 5 of The Proprioception, a trimesterly newsletter aimed at bringing the latest happenings to the attention of the SIT Physiotherapy (PT) student body. This was an initiative spearheaded by the 29th Singapore Physiotherapy Association Student Council (SPASC) Publicity Team, and this volume was written by the 30th SPASC Publicity Team. If you enjoyed reading this volume, do feel free to check out the other volumes in the [Linktr.ee/ask.spasc!](http://Linktr.ee/ask.spasc)

VOL 4, OCT '22

## INTRODUCTION TO PROPRIOCEPTION V4.

Hello student PTs! Welcome back to Volume 4 of The Proprioception, a trimesterly newsletter aimed at bringing the latest happenings (within the last trimester :P) to the attention of the SIT Physiotherapy (PT) student body! This was an initiative spearheaded by the 29th Singapore Physiotherapy Association Student Council (SPASC) Publicity Team, and this volume was written by the 30th SPASC Publicity Team! If you enjoyed reading this volume, do feel free to check out the other volumes in the [Linktr.ee/ask.spasc!](http://Linktr.ee/ask.spasc)



## APTSA HIGHLIGHTS

The Asia Physical Therapy Association (AP TSA) Congress 2022 was held online on 16th April & 30th April 2022 with seven key speakers from a wide array of clinical settings coming on board to share their experiences! Each day of the congress focused on one half of the theme "Heartware or Hardware". This 11th APTSA congress saw over three dozen attendees.

### TOPICS DAY 01

1. Musculoskeletal Physiotherapy, Accident & Emergency
2. Neurological Physiotherapy
3. Intensive Care Unit / Cardiopulmonary Physiotherapy
4. Chronic Disease Physiotherapy



VOL 2, JAN '22

## CLINICAL PLACEMENTS, EXPLAINED

ANSWERED BY SPA COUNCIL'S CLINICAL EDUCATORS



### 1 WHAT ARE YOU LOOKING OUT FOR IN STUDENTS?

- Open-mindedness, proactivity, flexibility and **positive learning attitudes**
- **Compassion** and individualisation of treatments to meet patients' biopsychosocial needs
- Problem-solving abilities, analytical skills, **evidence-based application** and consistency

### 2 WHAT SETS AN AVERAGE AND GOOD STUDENT APART?

- Average student**
- **Learn over the course of the placement** as instructed by supervisors
  - **Implement high levels of evidence-based practice**

VOL 3, MAY '22



Curious about opportunities to interact with working or student PTs? Join us as a member of SPA to get the news first, as well as access to seminars and research databases.

## BE A MEMBER

Click here!

- **Full access** to many Physiotherapy resources and research databases.
- **Exclusive discounted prices** for courses, webinars and conferences -- some even **free**.
- One time payment for **4 years\***.

\*Visit our website for more details

# SMC & SPASC

Hello everyone! Welcome to this very special segment where we would like to introduce to you the different committees that serve the entire SIT Physiotherapy student body. In essence, there are two student committees that serves the student body and they each have different goals and purposes in mind. They are the Student Management Committee (SMC) and the Singapore Physiotherapy Association Student Council (SPASC). We hope that through this article, you will be able to understand the two distinct committees and approach them for your respective needs as a PT student!

This segment was done in collaboration with SMC Publicity and we would like to thank them for their input. Without further ado, let us introduce the SMC & SPASC:

## PHYSIOTHERAPY SMC



2023 SMC

*instagram:*

*[@sitphysiotherapy](https://www.instagram.com/sitphysiotherapy)*

- We are a committee that is a student branch of SIT Student Life & SIT Physiotherapy Programme.
- We serve all SIT Physiotherapy students through years 1 to 4, who are currently enrolled in the programme.
- Our goal is enrich all PT students' lives, both in campus and in the programme.
- Our events are planned and tailored to make your life and welfare in SIT PT a meaningful and enjoyable one.
- Our service term is 1 year.

## SPASC

- We are an independent body that exists external to SIT.
- We serve both PT students and professionals in Singapore.
- We are a members-only organisation and serve primarily both student and adult members of the organisation.
- Our goal is to enrich and improve your professional experience as a student and graduate physiotherapist.
- Our events are planned and tailored towards improving and upgrading your skills as a physiotherapist.
- Our service term is 2 years.



30th SPASC

*instagram: [@spa.sc](https://www.instagram.com/spa.sc)*

# SAY HI TO THE 31ST COUNCIL

## JOIN SPASC

If you think you are a **great fit** and want to **join us in this journey**, the **second application window** for the 31st Council is open!

Hello there! We are the 31st Student Council. We are a group of passionate individuals who desire to be close to the physiotherapy scene and be empowered by role models in the field. We want to empower others to join us in this journey and grow professionally together!

To get to know us better, we came up with some questions to ask ourselves (and had a good laugh about it) and here are our answers below:



**KAIROS**



**RACHEL**



**LEON**



**ERIN**

### WHAT IS YOUR FAVOURITE THING DURING LAB PRACTICALS? AND WHY?

My batchmates!  
Reminds me to not take any opportunity to practise on each other for granted.

The plinth! Essential equipment for Physiotherapy and it's comfortable to lie on!

George / Skeleton model, my classmate opted to dance with George instead of me.

George because he has a really charming smile.

### WHAT ARE YOUR HOBBIES?

Badminton, watching k-drama, reading books.

Dance, spin and watching c-dramas.

Bowling and gymming.

Baking and watching tv series.

### WHAT IS ONE FACT ABOUT YOU THAT PEOPLE DON'T KNOW?

I play the electric guitar and am a big fan of rock music!

I don't just enjoy singing k with family & friends, I enjoy singing k myself too.

I enjoy cooking in my free time p.s lab rats wanted.

I enjoy doing (amateur) pottery!

# NEIGHBOURHOOD HEALTH SERVICE '22



*A physiotherapist providing targeted education to a resident.*

Last year's NHS '22 saw more than 100 attendees who came down to receive their free health screening and follow-ups with healthcare institutions. The NHS provided free accessible and holistic health screening services to residents from low socio-economic communities. This year, the community health screening event was held at the Kampong Glam Community Centre on 16 October. Over 13 screening modalities were available for residents, ranging from basic to advanced health screening services such as fall risk assessments and colorectal cancer screening.

The Neighbourhood Health Service (NHS) is a local community health service project initiated by Medicine, Nursing and Social Work students from NUS, as well as Medicine students from NTU. The NHS targets the country's population living in rental blocks and aims to reconnect residents in need back to the healthcare system through free health screenings and follow-up.



*Student volunteers at the Neighbourhood Health Service 2022.*

This event was made possible with the help of volunteers, who not only conducted the health screenings and provided guidance to the residents on the day itself but also went door-to-door to publicise the screening to residents and conduct pre-registration. For the Physiotherapy station, a fall risk questionnaire was performed and student PTs were given the opportunity to administer the Short Physical Performance Battery Test (SPPB) for residents and even observe professional PTs as they give targeted education on exercise and fall risk to each resident.



*Student volunteer administering the Short Physical Performance Battery Test.*



# ***PROPRIOCEPTION***

*/,prə(ʊ)prɪə'seɪʃn/ | noun*

*bringing to you timely updates on the latest happenings  
in the Physiotherapy environment*

**WRITTEN BY**  
30TH & 31ST SPASC PUBLICITY TEAM