

# ENGAGE

Quarterly newsletter by the Singapore Physiotherapy Association (SPA)

## About Us



Founded in 1964, the Singapore Physiotherapy Association (SPA) is the only association that represents physiotherapy in Singapore. We are registered under the Registry of Societies Singapore, and a member of World Physiotherapy.

### Our Vision:

To be united as one voice and to advocate for high standard of physiotherapy in Singapore.

### Our Mission:

Encouraging high standards of physiotherapy practice education and research.

Promoting safe, effective, and proven clinical standards and practice.

Supporting and uniting physiotherapists in Singapore and beyond.

## CONGRATULATIONS!

The SPA Annual General Meeting (AGM) was concluded on 25th May 2022 and we are pleased to announce the 50th SPA Council for the year 2022 to 2024!

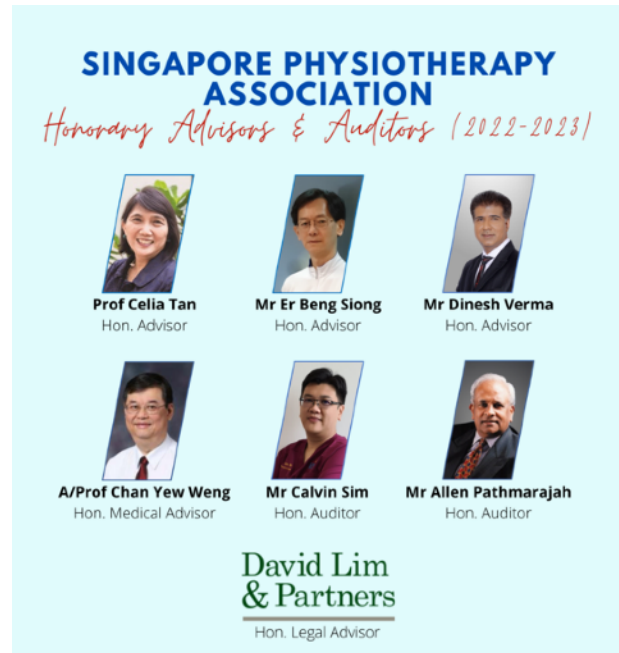
**SINGAPORE PHYSIOTHERAPY ASSOCIATION**  
*50th Council (2022-2024)*

 <b>Lee Sin Yi</b> President	 <b>Jazimin Haron</b> Vice-President	 <b>Kwah Li Khim</b> Hon. Secretary	 <b>Poon Kok Hoong</b> Hon. Treasurer
 <b>Angel Lim</b> Council Member	 <b>Annu Ravi</b> Council Member	 <b>Chan Mei Fei</b> Council Member	 <b>Choo Pei Ling</b> Council Member
 <b>Clayton Chua</b> Council Member	 <b>John Tan</b> Council Member	 <b>Kylie Siu</b> Council Member	 <b>Reddy Potturi</b> Council Member



Additionally, we have received nominations and have appointed our SPA Honorary Advisors, Honorary Medical Advisor, Honorary Auditors and Honorary Legal Advisor for the year 2022 to 2023. Congratulations to all officer bearers for stepping forward and volunteering your time in helping our profession grow.

We would also like to take this opportunity to thank the 49th SPA Council for their valuable contributions.



## Outgoing SPA Council Members



### Mr Calvin Sim, 49th SPA Honorary Treasurer

“It has been an honour to serve as the Treasurer with this awesome team. Work was tough but tough times makes a united team. The work is not done yet and we need the support of all members and look forward to more support.”

*Calvin will continue to support SPA as an Honorary Auditor.*

### Mr Derrick, 49th SPA Council Member (Membership Committee)

“Being on the council has given me the opportunity to work with physios from other organisations and has opened my eyes to the challenges faced as well as the behind-the-scenes hard work that goes into maintaining the standards and professionalism of our profession. I am grateful to have been part of the 49th SPA council and I wish the incoming council all the best! 💪”





**Ms Pooja Verma, 49th SPA Council Member  
(Membership Committee)**

“Being a part of SPA gave me the opportunity to give back to the community, network with my peers and has allowed me a greater appreciation of all the hardwork, effort and planning put into each event organized. Serving this term entirely online due to the pandemic was certainly interesting and brought its own set of challenges but grateful to have had a wonderful team to have done this with. Wishing the new council the very best!”

**Mr Kieron Philips, 49th SPA Council Member  
(Corporate Communications Committee)**

“My experience as part of the 49th SPA council was both challenging and rewarding. The pandemic hit shortly after our term started and that meant we had to pivot on alot of our plans. However, I think we meet those well as a team and it was pleasure to serve the community. To the new council- onwards and upwards!”

*Kieron will continue to support SPA as subcommittee member of Corporate Communications and Co-Chairperson of SPA MSK SIG*



**Mr Gary Koh, 49th SPA Sub Committee Member  
(Education Committee)**

“Being a part of council for the last 2 years has been an enriching experience for me. I learnt so many valuable skills that was never taught at University, and also allowed me to be more daring in networking or taking out opportunities within the workplace. I am also grateful for the platform that SPA has offered me in allowing me to present clinical and research updates, especially under the guidance of seasoned presenters like Khim. I am sure everyone joining council this year will have wonderful experiences and growth, and I wish them all the best in leading council to the next horizon!”



**Ms Au Shu Qi, 49th SPA Sub Committee Member  
(Education Committee)**

“It has been an absolute pleasure and an eye-opening experience to be a part of the SPA Education subcommittee. Working behind the scenes has helped me to appreciate how much thought and effort goes into the meticulous planning of each SPA event, initiative, and educational resource. To the incoming council - may the support and respect for SPA continue to blossom, and thank you for all your heartfelt efforts!”



**Mr Aiden Lin, 49th SPA Sub Committee Member  
(Corporate Communications Committee)**

“Having been with the SPA for a number of years, I am absolutely proud of what it has achieved in recent years and to be part of it. Knowing the wonderful team of leaders and volunteers , past and present, I am confident that SPA will continue to strive and serve the public and physiotherapy community. Thank you for all the opportunities thus far and all the best to the incoming council members and subcommittee members!”



If you are interested to contribute to the association or have any feedback, please contact [secretary@physiotherapy.org.sg](mailto:secretary@physiotherapy.org.sg)



# Introducing the 30th SPA Student Council

Article extracted from SPASC [The Proprioception Volume 3 May 2022.](#)



**Top row from left to right:**  
Kenneth Mah, Elsa Tan, Rachel Chiew, Liang Liwen, Esther Xu, Charmaine Goh, Dino Shafizan

**Bottom row from left to right:**  
Mohit Murlu Khemlani, Ruain Ramos, Subramaniam, Neo En Dian, Dora Raj s/o Anpalagan, Aaron Ang

HELLO!

**PRESIDENT & VICE-PRESIDENT**



Hello everyone! We're the 30th SPASC President and Vice-President!

We're here to bring all members of the student council together to function as one. We oversee the different teams within the council and ensure that a vision is set and followed through via the initiatives that are introduced and executed. This year, we're aiming to introduce a few new initiatives (which we're really excited about), and improve current ones to better add value to our members' professional growth and development. It can't be serious business all the time, so we're also hoping to have more events that people will enjoy participating in!

Feel free to hit us up with suggestions or initiatives you'd like to see, or just say hello if you bump into us in school!

**SECRETARY - TREASURER**

Hey everyone! I am the 30th SPASC Secretary-Treasurer! My role will be to assist the Presidents and liaise with the Secretary of SPA regarding budget and administrative matters, I'm also the IC for ad-hoc events such as PT Essentials! I hope that SPASC will be able to provide our fullest support to all the needs of our student body, and equip them to become aspiring Physiotherapists for our country!





**PROFESSIONAL  
DEVELOPMENT TEAM**

Hey everyone! We are the 30th SPASC Professional Development Team! The core of SPASC is professional development, we understand the importance of enhancing the growth of our students, and this reflects our role in SPA - to upskill physiotherapy students & prepare them professionally for the industry. We have some interesting & new programs for students to look forward to this coming year, so do look out for what we have in store for you!

Hi Everyone! We are the 30th SPASC Publications Team! Our role in SPASC is to make sure that the good stuff planned by the council is heard and seen by all our fellow student PTs! We provide a platform for everyone to hear and be heard. Our goal is to bridge the gap between the students and the council and to ensure the delivery of all events and useful information for everyone to see and use in their professional careers. We are the team behind the Telegram, Whatsapp group chats, as well as the SPASC Instagram page. So please, don't be afraid to say hi if you see us around or if you need help recruiting participants for your research projects!



**PUBLICITY  
TEAM**

Hi everyone! We are the 30th SPASC Events Team! Our mission is to unveil snippets of this fulfilling profession in ways that you can remember. We plan and organize events for the student population/ SPA student members to enrich your journey in SIT Physiotherapy!



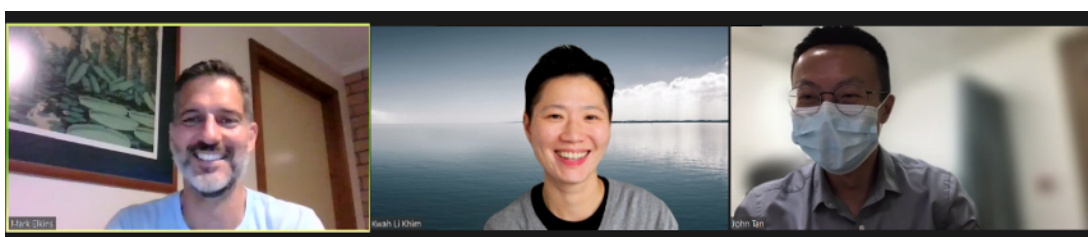
**EVENTS TEAM**

Our goal is to bring about well-organized events where both the council, SPA student members and the student body can benefit in an enriching way. Our dream is to put a smile on everyone's faces in our own possible ways through our events. Lastly, we hope to form an everlasting experience through our events towards the student body as well as the SPA student members in the future.



## SPA-PEDro Evidence-Based Physiotherapy Training Program

In November 2021, SPA and PEDro started to discuss the possibility of setting up a PEDro satellite centre in Singapore. Led by A/Prof Mark Elkins (Editor of Journal of Physiotherapy, Australia), A/Prof Kwah Li Khim (Mentor, SPA Education Committee) and Mr John Tan (Chairperson, SPA Education Committee), the aim of the program is to train physiotherapists in evidence-based practice skills. This includes appraising research evidence and applying research evidence in clinical practice.



To be eligible for the SPA-PEDro training program, the following criteria must be met

- Be a SPA member
- Be willing to rate a minimum of 2 randomised controlled trials per month for 1 year
- Pass the PEDro scale accuracy test (part of the training program)

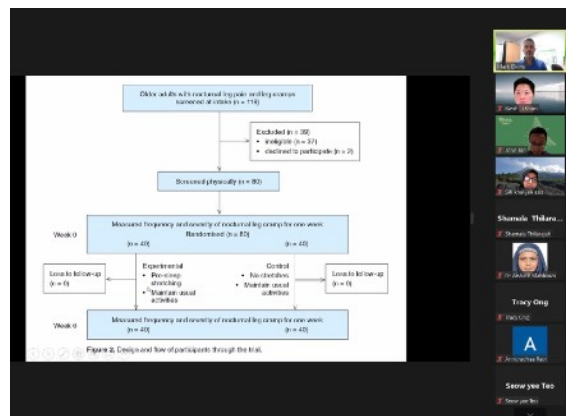
As part of the programme, SPA-PEDro raters get the following

- FREE access to the PEDro training programme (usual cost \$50)
- EXCLUSIVE invitation to 6 x 1-1.5 hr talks by experts from the PEDro team
- Opportunities to discuss and springboard future QI or research ideas/projects
- Affiliation as PEDro rater

In April 2022, our first cohort of SPA-PEDro raters kickstarted a series of talks! The first talk titled “Common Mistakes When Designing and Conducting RCTs” was led by A/Prof Mark Elkins who shared valuable lessons on displaying p-values, registering trials prospectively, and highlighting the importance of having an appropriate sample size and primary outcomes.



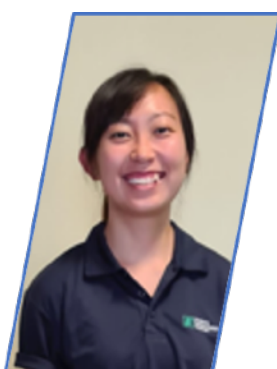
The second talk titled “Going beyond p-values, confidence intervals, within- versus between-group comparisons” was led by A/Prof Mark Elkins who shared insights to the value of confidence intervals over p-values, how to interpret a forest plot and establishment of smallest clinically worthwhile effect (SCWE).



Here are the remaining four talks

1. 26 July 2022. Inspiratory muscle training across the clinical sub-disciplines of physiotherapy (A/Prof Kylie Hill).
2. 16 August 2022. Promotion of physical activity and strategies for dissemination of physiotherapy research (Prof Anne Tiedemann).
3. 11 October 2022. Recent research into the implementation of high-intensity practice in rehabilitation (Dr Simone Dorsch).
4. 15 November 2022. Common mistakes when designing and conducting observational studies and surveys (A/Prof Mark Elkins)

We thank all members for their participation and look forward to a fruitful collaboration between SPA and PEDro! The SPA-PEDro initiative is also supported by the following SPA Education Sub-committee members:



**Ruth Chua**  
Physiotherapist  
Singapore General Hospital



**Benjamin Fun**  
Senior Physiotherapist  
Jurong Community Hospital



**Megan Ho**  
Physiotherapist  
Singapore General Hospital

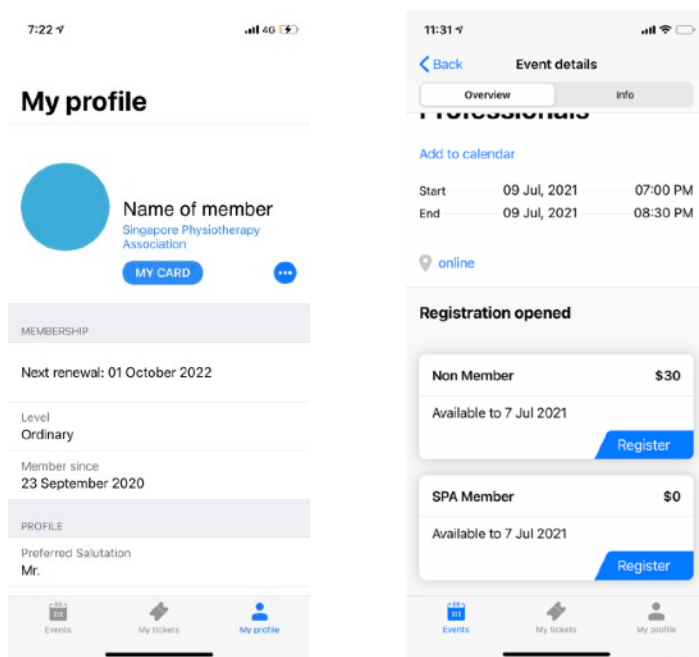


# SPA Membership

SPA Council would like to thank you for supporting our association. Let's continue to grow and work together!

## Wild Apricot Mobile Application

Check your membership status, edit your profile, sign up for activities/events, and join a Special Interest Group!



**Download the Wild Apricot Mobile app now!**

Search "Wild Apricot for members" on App Store and Google Play

Log in using your SPA account and edit your profile. To register for an event, click 'events' and click the correct membership type. Check your registration details from 'my tickets'.

**Not a member? Join SPA now!**



<https://tinyurl.com/joinsgphysio>

## 50th SPA Council (2022-2024)

### **EXCO**

Lee Sin Yi (President)  
Jazimin Haron (Vice President)  
Kwah Li Khim (Hon. Secretary)  
Poon Kok Hoong (Hon. Treasurer)

### **Corporate Communications**

Clayton Chua (Chairperson)  
Chan Mei Fei (Vice Chairperson)

Sub Committee Members:

Audrey Kwan, Chia Hui Yi,  
Daryl Lim, Kieron Philips

### **Education Committee**

John Tan (Chairperson)  
Angel Lim (Vice Chairperson)  
Potturi U Reddy (Council Member)  
Annuradhaa Ravi (Council Member)

Sub Committee Members:

Benjamin Fun, Darren Low,  
Hong Ting, Jonathan Yeo,  
Megan Ho, Renie Low, Ruth Chua

### **Advocacy & Membership Committee**

Choo Pei Ling (Chairperson)  
Kylie Siu (Vice Chairperson)

Sub Committee Members:

Marcus Lee

### **SPA Administrative Support**

Maureen Loh

Compiled and edited by Jazimin Haron

Template by Pages

Keen to be part of  
the editorial team? Email us  
[secretary@physiotherapy.org.sg](mailto:secretary@physiotherapy.org.sg)