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SINGAPORE

# New rehab programme at Changi General Hospital for patients with Parkinson's

By Haikal Latiff

POSTED: 10 Oct 2014 21:13

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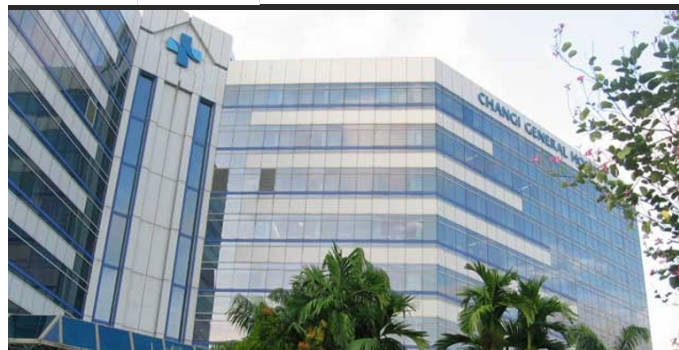
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The programme, which combines speech and movement therapy in one group session, will involve patients in taking part in loud, vocal exercises such as singing, to learn how to talk better.

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An exterior view of Changi General Hospital in Singapore.

CAPTION

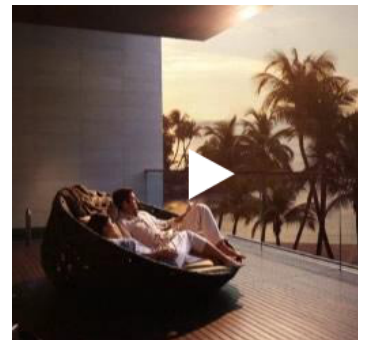
SINGAPORE: Patients with Parkinson's Disease can look forward to better treatment via a new rehabilitation programme at Changi General Hospital (CGH). The programme, which combines speech and movement therapy in one group session, is customised for those with similar needs.

Patients take part in loud, vocal exercises such as singing, to learn how to talk better. They also go through wide, stretching techniques so as to be more mobile. Such an approach is seen as a way to improve a patient's cognitive and motor abilities at the same time.

Said CGH senior speech therapist Betty Wong: "In voice and movement group therapy, we are incorporating two different therapy techniques. We are incorporating both loud speech and big movements. So, in a sense, we are actually tapping on a wider cognitive resource, making them learn how to double task better and with that, the benefits of the therapy can be better."

At present, the hospital treats about 900 patients with Parkinson's and related conditions a year. The new programme is expected to help most of them.

"Patients generally enjoy the sessions. Patients do say that they are benefiting. So subjectively, we know that patients are deriving some benefit," said CGH senior consultant in Geriatric Medicine Dr Christopher Lien.



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"As you know, rehabilitation and exercise programmes are as good as how engaged patients and their caregivers are. So if they are able to come more frequently, that is one important step. If they are unable to come more frequently but are convinced and be able to repeat some of these exercises at home, then that is also a very important step."

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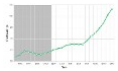


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