Aims

SingHealth Regional Health System (RHS) embarked on the RHS-led Community Nursing Pilot to:

1. Understand the population profile and respond to needs of the population appropriately
2. Increase accessibility to care for residents
3. Proactively identify residents with care needs for timely intervention in order to prevent/delay deterioration of conditions
4. Build rapport with residents to empower them with ability to maintain and improve health
5. Provide personalised, coordinated care in partnership with community partners

Methodology

1. Deploy geographically-based community nursing teams
   
   SingHealth RHS divided its assigned service boundary into smaller geographical regions, or Communities of Care (COCs). Community nurses were organised into teams and were assigned to cover a specific COC. This deployment approach enables the community nurses to:
   
   - Gain in-depth knowledge about community resources in the region
   - Build close working relationship with community partners in the region
   - Build familiarity and rapport with residents living in the region

2. Leverage community resources through collaboration (Asset-Based Community Development)
   
   The concept of Asset-based Community Development was adopted in service development. Community nursing teams aimed to holistically address the needs of community dwelling seniors and wider determinants of health in supporting seniors to age in place. This was done through:
   
   - Identifying and tapping on assets, resources and capabilities that are already available in the community; and
   - Collaboration with the available social and community care partners.

Community Nurse Post Services

CNP services focus on:

1. Empowering seniors with the ability to manage and improve their health; and
2. Early assessment, identification and intervention on chronic diseases and age-related conditions.

Service scope encompasses:

- Health and geriatric assessments
- Health coaching for disease prevention
- Chronic disease monitoring and self-management education
- Medication self-management support and education
- Care referral and coordination

Results / Outcomes

Since December 2017, 43 Community Nurse Posts, all co-located within community partners’ premises, have been set up in 10 Communities of Care within the service boundary of SingHealth RHS. Community Nurse Posts operated by CGH and SGH Community Nursing teams are shown in Figures 1 and 2 respectively.

- As at 31st March 2019, CGH and SGH Community Nursing teams had outreached to more than 9,500 residents in SingHealth RHS.

Conclusion

Geographically-based community nursing teams had enabled SingHealth RHS to effectively outreached to its population through increasing care accessibility, providing tailored nursing services on needs and asset basis, and fostering stronger working relationships with community partners to better deliver integrated health and social care for residents.