

Aims

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

- Understand the population profile and respond to needs of the population appropriately**
- Increase accessibility to care for residents**
- Proactively identify residents with care needs for timely intervention in order to prevent/delay deterioration of conditions**
- Build rapport with residents to empower them with ability to maintain and improve health**
- 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.



Set up of Community Nurse Posts (CNPs)

CNPs were set up at places in the community which were co-located in community partners' premises (such as Senior Activity Centres, Community Centres and Places of Worship) and accessible to residents.

Community nurses deliver care through regular individualised nurse-consult sessions, group education activities and home visits. They also work closely with community partners to outreach to residents in the vicinity and for co-management of care needs.

Community Nurse Post Services

CNP services focus on:

- Empowering seniors with the ability to manage and improve their health; and
- 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.

No	Community Nurse Post	Community of Care
1	MWS SAC – Golden Lily @ Pasir Ris	Pasir Ris
2	LB SAC @ 494E Tampines	Tampines
3	LB SAC @ 499C Tampines	Tampines
4	Pacific SAC	Tampines
5	Evergreen Circle SAC (PCS)	Tampines
6	Anglican Senior Centre (Tampines)	Tampines
7	Siglap CC	East Coast
8	THK Bedok Radiance SAC	East Coast
9	THK SAC (Fengshan 114)	East Coast
10	THK SAC (Fengshan 101)	East Coast
11	Bethesda (Bedok-Tampines) Church	East Coast
12	THK SAC (Kaki Bukit)	Aljunied
13	Montfort Care Goodlife@Bedok	Aljunied
14	Moral SAC (Kaki Bukit)	Aljunied
15	EconLife Hub @ Bedok	Aljunied
16	Ping An Green RC	Aljunied
17	Kembangan-Chai Chee SAC	Marine Parade
18	Sunlove SAC (Kampung-Chai Chee)	Marine Parade
19	Sunlove SAC (Eunos)	Marine Parade
20	Tembusu SAC	Marine Parade

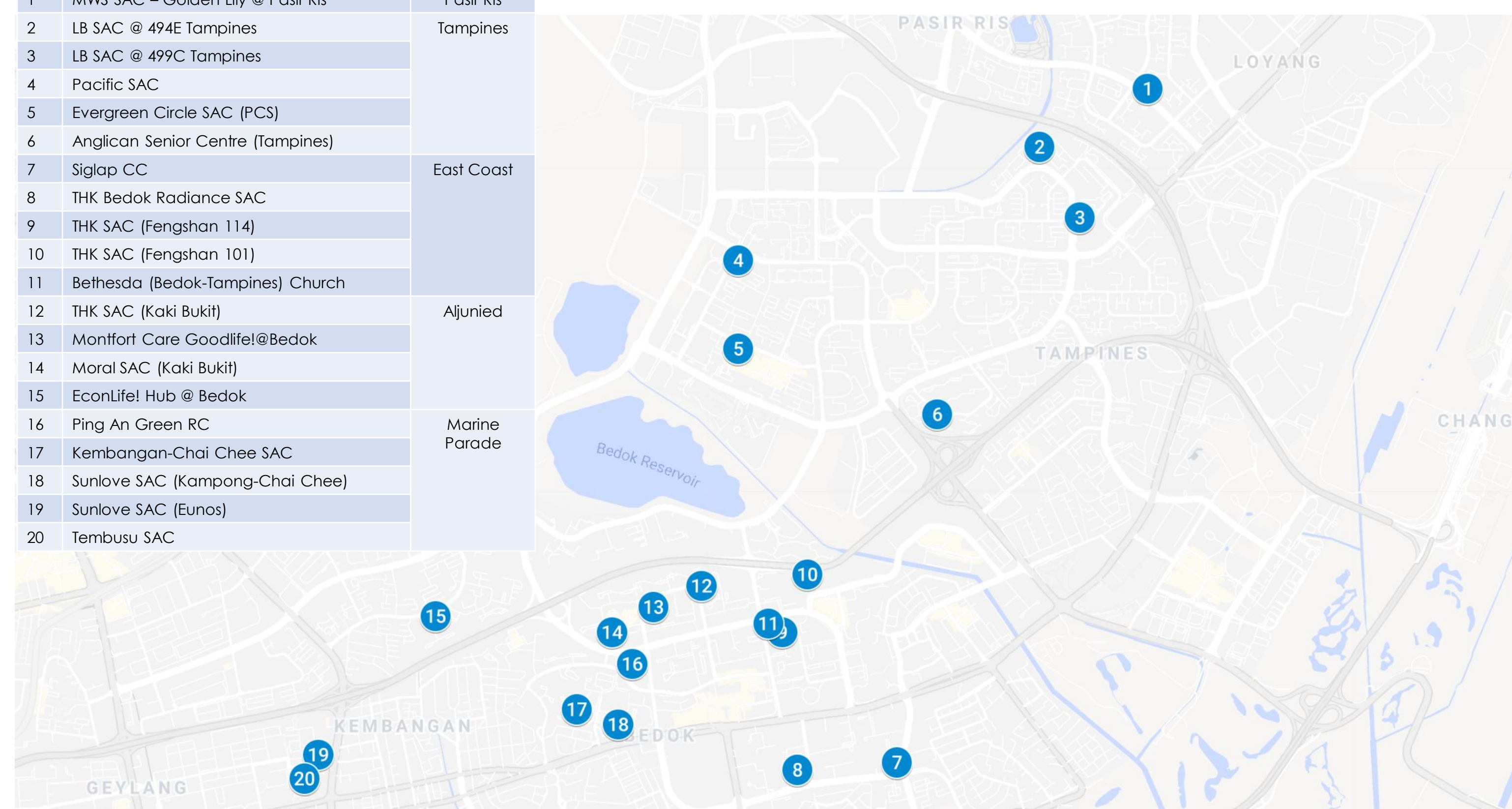


Figure 1: Locations of Community Nurse Posts operated by CGH Community Nursing in SingHealth East Region

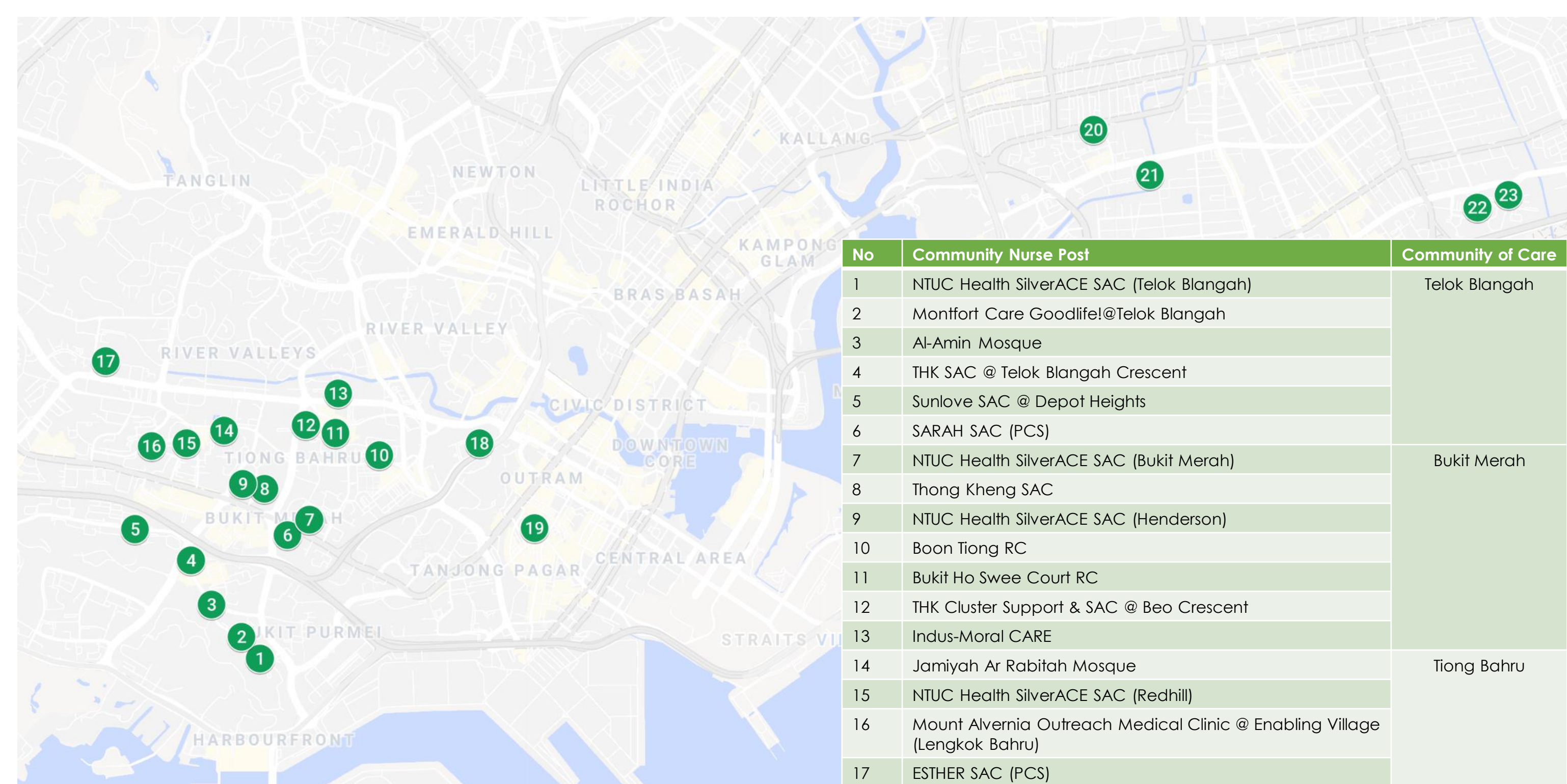
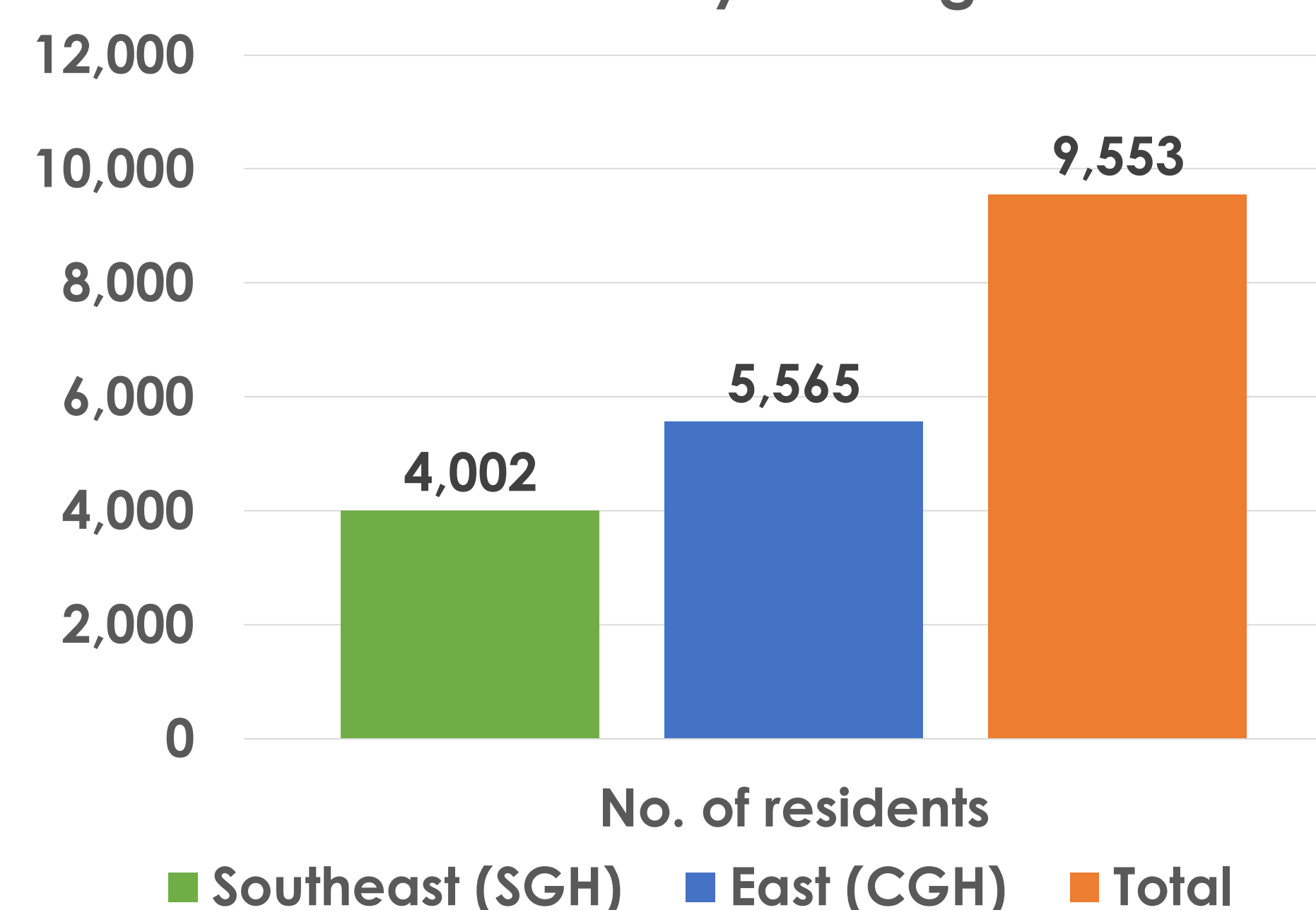


Figure 2: Locations of Community Nurse Posts operated by SGH Community Nursing in SingHealth Southeast Region

Unique Residents Outreached by Community Nursing



*SGH community nursing team commenced services in Feb 2018.

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.