

# UPDATES ON NUTRITION FOR FRAIL ELDERLS

HOME NURSING FOUNDATION WEBINAR SERIES\*

\*Pending CME Approval

DATE: 24 February 2024, Saturday

TIME: 2pm to 3pm (GMT +8)

Registration URL: [bit.ly/HNFnutri1](https://bit.ly/HNFnutri1)



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## TOPICS:

### Frailty - An Overview for Community Aged-Care Physicians

By Dr Ng Wai Chong

Frailty is central in the care of the geriatric population. Thought and practice leaders from around the world have offered many approaches to its conceptualisation, research and management. For community dwelling seniors, the causes and impact of frailty is multi-factorial and far reaching. While community aged-care physicians play a vital role in prevention, identification, assessment, and management, a doctor alone cannot manage frailty. Dr Ng will give an overview of this important clinical syndrome.

### Nutrition Plans for the Frail Seniors - Key Considerations

By Mr Alvin Wong

Frail elderly adults may be malnourished or at risk of malnutrition. In this session, we will explore nutritional screening and assessment for this population, types of nutritional interventions commonly used, including Food for Special Medical Purpose (i.e., food and nutritional supplements), and the available funding mechanisms for nutritional support in Singapore.



Watch past  
webinars here:



## EXPERT SPEAKERS



**Dr Ng Wai Chong**

Dr Ng Wai Chong is Director, Clinical Development of HNF. He is also a practising community aged-care physician and the Founder-CEO of NWC Longevity Practice, a social enterprise providing aged care consultancy, training, research, and direct clinical services.



**Mr Alvin Wong**

Mr Alvin Wong is a Senior Principal Dietitian (Clinical & Research) at Changi General Hospital, with 17 years of experience in clinical dietetics and nutritional research.