

CHRONIC DISEASE MANAGEMENT 101 (BLENDED TRAINING)

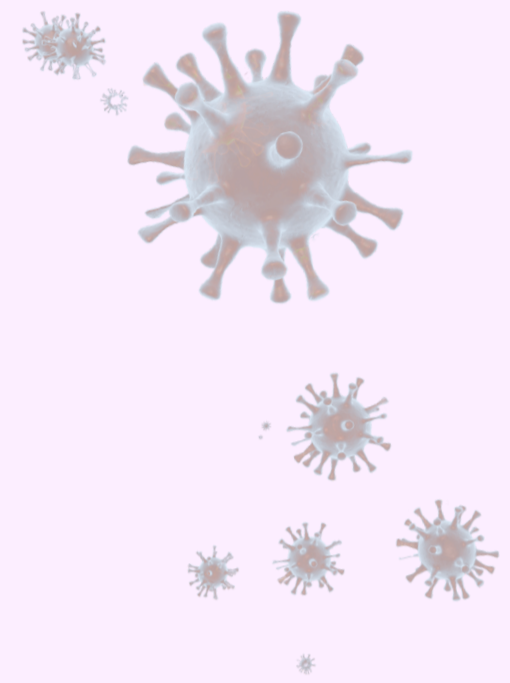
Course Fee
\$805 (before GST)

This course equips healthcare professionals with the fundamental knowledge and skills needed to manage patients with chronic diseases in primary care settings

LEARNING OUTCOMES

On completion of the course the learner will be able to:

- State the current epidemiological trends and prevalence of major chronic diseases locally and globally.
- State the clinical manifestations, medical and pharmacological management and red flags of Diabetes, Hypertension, Lipid Disorders (DHL), Asthma and Chronic Obstructive Pulmonary Disease (COPD)
- Explain the role of family and caregiver in the care of individuals with chronic diseases.
- Explain the concept of self-management and home monitoring to patients and caregivers.
- Explain Inter-Professional Collaboration (IPC) in team-based care approach for patients with chronic diseases.
- Relate the concept of nutrition and diet in the care of patients with chronic diseases.
- Explain frailty and its impact on patients with chronic diseases.
- Perform assessment using the Modified Barthel Index (MBI).
- Perform screening for depression, anxiety and insomnia using appropriate assessment tools.
- Demonstrate the correct technique of insulin administration, use of inhalers, home blood pressure monitoring (HBPM) and home blood glucose monitoring (HBGM)



Module 1

Overview of Chronic Disease Management in Singapore.

Module 2

Management of Chronic Diseases:

- Diabetes, Hypertension, Lipid Disorders
- Asthma & Chronic Obstructive Pulmonary Disease (COPD)

Module 3

Dietary Management of Chronic Diseases

Module 4

Inter-Professional Collaboration (IPC)

- Role of IPC in team-based care approach for patients with chronic diseases

Module 5

Medication Reconciliation

- Role of pharmacist in Medication Therapy Management (MTM) clinic

Module 6

Mobility

- Introduction to Frailty Management & Modified Bartel Index (MBI)
- Aging Well with exercise

Module 7

Mental Health Conditions

- Screening for Depression, Anxiety, Insomnia

CERTIFICATION

Certificate of Participation will be awarded if the following criteria is met:

- Achieve a minimum of 80% attendance
- Achieve 80% MCQs post course
- Complete an online post course evaluation

ASSESSMENT

- All participants to complete a post course online MCQ. Passing mark is 80%

TARGET AUDIENCE

- New Registered Nurses (RNs)

COURSE DATES

Virtual Sessions

Dates: 13/8, 20/8, 27/8 & 10/9 2026

Time: 1 pm to 6 pm

Classroom Session

Date: 23/9/2026

Time: 8.30 am to 6 pm

Venue: Ang Mo Kio Polyclinic

ENTRY REQUIREMENT

- Minimum a diploma level

MAX 12 CPE POINTS
(PENDING APPROVAL)

REGISTER
NOW!



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