



Integrated Maternal & Child Wellness Hub (IMCWH) & Family Nexus @ Punggol

SingHealth Polyclinics

Dr David Ng

Chief Executive Officer

November 2022 SingHealth Community Forum

SHP's Vision, Mission and Strategic Goals (FY20-24)

Vision

Advancing primary care for better health **with our community.**

Mission

Provide **Better, Safer and Affordable** Primary Care
Partner Communities, **Empower** Patients and Families
Nurture Generations of Healthcare Professionals
Innovate to Transform Care

5 Strategic Goals

1



Innovate
Better & Safer care
Technology & Data

2



Organisational
Efficiency
Effectiveness

3



Develop
Equip
Strategic Partnerships

4



Lead
Academic
Family Medicine

5



Best Place
to Work In

3 Key Thrusts @ SHP



Team-Based Care

Patients receive **coordinated, continuing & appropriate care** with **ownership** by healthcare teams so as to establish **care relationships**, leading to **better disease outcomes & increased patient satisfaction**.



Branding for Team-Based Care at SHP



Patient-Empowered Self Care

Patients are **empowered, activated & engaged** to manage their health confidently.



Partnerships for Community Health

Through community partners, Citizens are keeping well with their **preventive care needs** met while those with **complex care needs** are **supported** to live well in the community.





Actions

to drive SHP's 3 Key Thrusts

Team-based Care



18:00-19:00	19:00-20:00	20:00-21:00	21:00-22:00	22:00-23:00	23:00-00:00	00:00-01:00	01:00-02:00	02:00-03:00	03:00-04:00	04:00-05:00
Dr. Tan	Dr. Lee	Dr. Kim	Dr. Wong	Dr. Lim	Dr. Goh	Dr. Ang	Dr. Koh	Dr. Tan	Dr. Lee	Dr. Kim

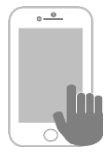
Strengthen clinical capabilities

Enroll patients into Teamlets 

Integrate Preventive Care in Care Plans 

Right-Site 

Patient Empowerment



Tele-Monitor	Tele-Support		
Patients to self-monitor			
Tele-/Video Consult	Tele-Collaboration		
Provide care remotely			
Automated Picking	Dispensing Machine	Self-Collection	Medication Delivery
Transform medication supply channels			
Cashless Payments		e-Services	
IT for easy payment & appointment			
Patient Know-How	Access to Wi-Fi	Access to IT/AV Equipment	
Skills & equipment for self-care			

Partner Community



Integrated Care Teams with community stakeholders for complex patients  PACE-IT

Connect patients to care in the community  Social Prescribing

Engage GPs  General Practitioner

Work with RHS & Agencies on Health Up! 

Manpower Infrastructure Technology & Integration FM Research FM Education Quality Improvement Funding

Strengthen enablers



Integrated Maternal and Child Wellness Hub (IMCWH)

- The IMCWH programme is targeted at **children aged 0 to 3 years old and their mothers**; with special focus on children with **developmental or nutritional concerns**, and mothers requiring post-partum care, such as support for **postnatal depression (PND)** and **lactation issues**.
- The programme adopts a 2-tier approach, with the 1st tier being an enhancement of the current developmental assessment in SHP, and the 2nd tier being a new clinic providing more detailed assessment and management.

Domains of IMCWH

CHILD HEALTH



Nutrition and growth

- Improve breastfeeding rate
- Establish good eating habits, prevent childhood obesity



Developmental assessment

- Enhance developmental assessment and triage
- Timely triage and intervention



Vaccination

- Improve vaccination compliance



Anticipatory guidance

- Parenting, building psychological resilience
- Injury prevention

MATERNAL HEALTH



Lactation

- Improve breastfeeding rate through education and support



Postnatal depression screening

- Timely triage and intervention
- Community involvement



Parenting

- Education



IMCWH Pilot @ SHP-Punggol (2019 to 2021)

2019-2021

2022 and Beyond

TEMASEK FOUNDATION

INTEGRATED MATERNAL AND CHILD WELLNESS HUB

IN PUNGGOL



Supporting the health and well-being of mothers and young children

An initiative by:



KK Women's and Children's Hospital
SingHealth



Polyclinics
SingHealth

TEMASEK
FOUNDATION

Provides screening of mothers and their children who come to the polyclinic for immunization and development assessment

- ❖ Child development
- ❖ Nutrition and growth of children
- ❖ Maternal emotional health
- ❖ Maternal lactation support

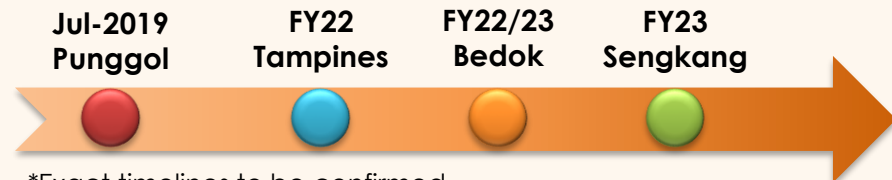
- 8,624 children and 5,561 mothers screened
- 8% children screened with potential developmental delays
- 2% mothers screened with potential post-natal depression



As at 31 Dec 2021

Extension of IMCWH model to:

SHP: Tampines, Bedok, Sengkang



*Exact timelines to be confirmed

Key clinical components of the programme:

- ✓ Early identification of children at risk for **developmental delays and autism spectrum disorder (ASD)**.
- ✓ Identifying growth concerns in terms of **BMI** and promote healthy living.
- ✓ Providing assessment and counselling for mothers screened positive for **mood issues**.
- ✓ Enhancing breastfeeding rates by providing postnatal **lactation support** to mothers.



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Family Nexus @ Punggol



Background

- Pilot of an **integrated family support programme**, which integrates social-health domains for families as their children grow.
- Leverages existing **Integrated Maternal and Child Wellness Hub (IMCWH)** in Punggol Polyclinic

Goals / Objectives

- To allow families to **access health & social services** at a one-stop community node near to their homes.
- To provide awareness on **social & community resources, skills on parenthood**, and **service navigation** to families visiting SHP-Punggol, through our **collaboration with MSF**.
- To encourage **sign-ups** of relevant **social & community programmes** for families.

Main Target Audience

- Families with children aged 0 to 6 years old, coming to Punggol Polyclinic for their children's Immunisations / Childhood Developmental Screenings / Polyclinic services.



Health & Social / Community Service Mapping



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Children's Hospital
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FAMILIES
FOR LIFE



MSF
MINISTRY OF
SOCIAL AND FAMILY
DEVELOPMENT



Legend

Health and Social
Social / Community
Health

	Planning for Marriage / Parenthood	Pregnancy & Antenatal Care	Neonatal & Postnatal Care	Newborn & Infant	Pre-Schooler (1 to 6 Years Old)
Service Modes					

Service Modes

1. Self-Help

2. Info/Help Navigation

3. Group Activities

4. One-On-One Delivery

IMCWH Website, Brochures, Videos

FFL Families for Life Parenting Portal

Family Nexus Coordinator (At FN Booth)

- FFL Marriage Programmes
- WiseJourneys
- Dads for Life Programmes

IMCWH Webinars

- HPB Postnatal Work-out Classes for Mothers
- HPB Postnatal Workshops for Parents

- FFL Triple P for Parents & Grandparents
- Dads for Life Programmes

FFL Purposeful Play

SportSG Programmes for Children & Families

NLB Programmes for Children

FFL Locale-Based Parent Peer Support Groups

- Thalassaemia Screening
- Family Planning: Contraception

- Antenatal 1st Visit Screening

- Postnatal GDM Follow-Up
- Postnatal Depression Screening & Support
- Lactation Counselling & Support
- Comm Partner Referral for Mothers Screened with PND

Neonatal Jaundice Screening & Management

- Childhood Vaccinations
- Detailed Developmental Assessment
- BMI Assessment

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PATIENTS. AT THE HEART OF ALL WE DO.®



THANK YOU

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