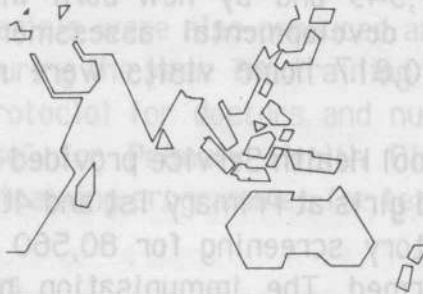


# AMDA NEWSLETTER

Association of Medical Doctors for Asia

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( A Report by Ministry of Health, Singapore)

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An Out Patient Clinic

### Overview

Primary ambulatory medical services are available to the public at the Division's 26 out-patient clinics; preventive health care for mothers and children, at the 27 maternal and child health centres and health care for the school children and the elderly, by the School Health Service and the Health Service for the Elderly respectively. The Division's Training and Health Education

Department is responsible for the planning, coordination and provision of health education for various target groups in the community and the Department of Tuberculosis Control for tuberculosis case-finding, contact tracing and treatment.

Attendance at the outpatient clinics totalled 2,346,344 for consultations or minor surgical procedures in 1985 and the clinics served a total of

647,630 persons. The common medical conditions seen in the clinics are upper respiratory tract infections, hypertension and diabetes mellitus. Special venereal disease screening and supervised outpatient treatment of tuberculosis were also conducted in the clinics. At the maternal and child health centers, attendances by women for ante-natal and post-natal care and family planning were 287,349 and by new-born infants and pre-school children for medical and developmental assessment and immunisation, 460,232. In addition, 230,817 home visits were made to mothers and children.

During the year, the School Health Service provided full medical attention for 105,944 school boys and girls at Primary 1st and 4th levels and Secondary 4th female students. Auditory screening for 80,560 Primary 2nd and 3rd students were also performed. The immunisation programme for school children and the reinforcement of the message of healthy living to school children were also undertaken by the School Health Service. Children with specific medical problems were followed up by the School Health Specialist Clinics. During the year, 51,794 persons were screened for tuberculosis through chest X-ray examination by the Department of Tuberculosis Control. The department was responsible for picking up 32% of total new cases notified during the year.

#### Health Education Activities



Training and Health Education Department supports to enhance awareness in the people to lead healthy life.

Health check up and education for Policemen to prevent Heart Disease

In conjunction with the World Health Day, the Training and Health Education Department organised a two-day health fair for youths on healthy lifestyles. The highlight of the fair was an exhibition which covered topics of nutrition, exercise, smoking, high blood pressure, diabetes mellitus, stress management and relaxation. A month long "Thank you for not spitting" programme was launched by the department. Exhibitions on this theme were held in markets, food centers and housing estates. Other activities included the proper use of the Accident and Emergency Departments of government hospitals which were highlighted in a four-month nation wide public

education programme. Various channels of communication, such as mass media, exhibitions, talks, articles in newsletters and magazines and distribution of posters and pamphlets, were used for this programme.

At the request of the Advisory Committee of AIDS, pamphlets and slides with talk scripts on AIDS were developed for the education of the general public, the high risk groups and health care providers. 675 other types of health education materials were also produced and 113 training courses and seminars conducted during the year. The training sessions include "the use of smoking education protocol for doctors and nurses", "family planning and communication course" for Primary Health Division's nurses and health education and dental training programmes for teachers and child care centre supervisors.

#### Organisational Changes

With the ageing of the population and the recognition of the importance of community health care for the aged, in September 1985 the Department of Health Service for the Elderly was set up to plan and coordinate community health services for the elderly. The department provided the leadership and support to the Home Nursing Foundation, a voluntary association. During the year, the department initiated plans for the expansion and the re-organisation of the activities of the Home Nursing Foundation.

The clinical and communication staff and functions of the Singapore Family Planning & Population Board were transferred and absorbed into the Maternal and Child Health Service and the Training and Health Education Department during the year.

#### Immunisation Programme Reinforced

In August 1985, measles immunisation was made compulsory under the Infectious Diseases (Measles Vaccination) Regulations for all children between 12 and 24 months of age. With compulsory immunisation, the coverage of measles immunisation at 2 years of age increased from 67% in 1984 to 75%. Measles immunisation was also given to Primary 1st and 2nd children who had no record of natural infection or immunisation.

As a part of the programme to combat the transmission of hepatitis B infection, all women attending the maternal and child health centres for ante-natal care were screened for hepatitis B carrier status. Babies of hepatitis B carrier mothers were referred to the maternal and child health centres for completion of hepatitis B immunisation. At selected outpatient clinics, hepatitis B screening tests and immunisation were made available to the public during the year. In addition, AIDS HTLV III screening tests were started in the clinics.

#### Extension Of Family Planning Service

In addition to the Lippes Loop, the second generation multi-load copper intra uterine device was made available in maternal and child health centres.



## Upgrading Of Clinical Programme

Minor eye and ear, nose and throat surgical procedures were performed in three polyclinics and skin clinics were established in the out-patient clinics. A mobile X-ray service was made available to the patients in the clinics on a fortnightly basis.

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## ABOUT THE HEALTH CARE SET UP IN SINGAPORE

The Ministry of Health is responsible for providing curative, preventive and rehabilitative health services in Singapore. Its organisation comprises a Headquarters with four main divisions and individual operational institutions, departments and units.

Curative services are provided by 10 hospitals, 5 of which are general hospitals. The other 5 hospitals specialise in obstetric and gynaecology, psychiatry, dermatology and venerology, infectious diseases and children's rehabilitation. The general hospitals provide multidisciplinary inpatient and specialist outpatient services and a 24-hour Accident & Emergency service. The hospital services are supplemented by a network of general outpatient and dental clinics.

Preventive and promotive health services are provided through the Maternal and Child Health, School Health and School Dental Services and the Training and Health Education Department.



Photo shows Gathering in the nurses graduation ceremony. Prizes are given for outstanding candidates. Also, awards are given to nurses who render excellent service in their profession.

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[ Please send informations of your country's health care system which will serve as a data-base and information exchange for all AMDA members. AMDA news letter will present such data whenever is possible.

...editor ]