

# **C O N T E N T S**

## **EDITORIAL**

**3**

---

*Adj. Asst. Prof Low Sher Guan Luke*

## **GERIATRIC CARE – AN UPDATE**

**6**

### **Unit 1: Behavioural and Psychological Symptoms of Dementia – Assessment and Management**

*Dr Vanessa Mok Wai Ling*

**12**

### **Unit 2: Mental Capacity Assessment (An Update): Lasting Power of Attorney Certification and Court Appointed Deputy Application for Patients**

*Adj. Asst Prof Tan Tze Lee*

**19**

### **Unit 3: Insomnia in The Elderly: Evaluation and Management**

*Dr Matthew Ng Joo Ming, Dr Ng Beng Yeong*

**26**

### **Unit 4: Modern Geriatric Giants: Sarcopenia and Frailty**

*Dr Kua Ee Chia, Joanne*

**30**

### **Unit 5: Parkinson's Disease in the Elderly**

*Dr Shermyn Neo, Prof Tan Eng King*

**34**

### **Unit 6: Stroke Rehabilitation Principles**

*Dr Geoffrey Sithamparapillai Samuel*

**38**

### **Assessment of 30 MCQs**

## **READINGS**

---

**41**

### **A Selection of Ten Current Readings on Topics Related to “Geriatric Care Update”**

---

**48**

### **Guidelines and Information for Authors**

Permit No. MCI (P) 096/11/2018  
**JOURNAL OF THE SINGAPORE FAMILY PHYSICIAN**  
Printed by Tri-Art Printers Pte Ltd

The Singapore Family Physician is published quarterly by College of Family Physicians Singapore. All articles published, including editorials, letters and book reviews represent the opinion of the authors and do not reflect the official policy of College of Family Physicians Singapore or Institution with which the authors is affiliated unless this is clearly specified. The Publisher cannot accept responsibility for the correctness or accuracy of the advertisers' text and/or claim or any opinion expressed. The appearance of advertisements in this Journal does not necessarily constitute an approval or endorsement by College of Family Physicians Singapore of the product or service advertised. The contents of this publication are not to be quoted in the press without permission of the Editor.