

# C O N T E N T S

## EDITORIAL

3

Geriatric Care 2024

*Dr Chiang Shu Hui Grace*

---

## Distance Learning Course on "Geriatric Care 2023"

5

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

*Dr Mok Wai Ling Vanessa*

11

Unit 2: Mental Capacity Assessment, LPA, Court-Appointed Deputy Application,  
and Ethical Issues Related to Mental Capacity Act – 2024 Update

*Adj A/Prof Tan Tze Lee*

21

Unit 3: Insomnia in the Elderly: Evaluation and Management

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

30

Unit 4: Modern Geriatric Giants: Sarcopenia and Frailty

*Dr Joanne Kua, Dr Daphne Yang*

35

Unit 5: Parkinson's Disease in the Elderly

*Dr Neo Xiumin Shermyn, Professor Tan Eng King*

40

Unit 6: Stroke Rehabilitation

*Dr Lui Siew Kwaon*

48

Assessment of 30 MCQs

---

## READINGS

52

A Selection of Ten Current Readings on "Geriatric Care 2024"

---

61

Guidelines and Information for Authors

## COLLEGE OF FAMILY PHYSICIANS SINGAPORE

Registration Number : S71SS0039J | Registration Period : 7 August 2023 to 6 August 2029 | Permit No. MCI (P) 065/11/2023

## JOURNAL OF THE SINGAPORE FAMILY PHYSICIAN

Printed by Oxford Graphic 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.