

## NURSE EDUCATOR PROGRAMME

Health Promotion Board

### Why have a Nurse Educator Programme?

About 1 in 4 Singaporeans have at least 1 chronic disease, such as diabetes, hypertension and high blood cholesterol. The National Health Survey 2004 showed that almost 30% of known diabetics had unacceptable blood glucose control and half the known hypertensives had poor blood pressure control.

There is good evidence that, in addition to compliance with medication, lifestyle changes - e.g. regular exercise and healthy diets – are crucial to keep these conditions well controlled, and to prevent or delay the onset of life-threatening complications requiring expensive hospital admissions

In Singapore, most individuals with chronic diseases are managed by doctors in polyclinics and private practices. Most polyclinics have a Nurse Educator or Case Manager whose role is to support management of the chronic disease patient by providing counselling on self-management skills, and advice on nutrition, exercise and target setting.

The main aim of the Nurse Educator Programme that has been recently launched by the Health Promotion Board (HPB) is to make this type of resource available to GP clinics. With this in mind, the programme has been launched, for a start, at 6 Community Centres :

- κ MacPherson CC – serving the MacPherson area
- κ Punggol Park CC – serving the Punggol South area
- κ Ulu Pandan CC – serving the Ghim Moh area
- κ Kebun Bahru CC – serving the Ang Mo Kio area
- κ Jalan Besar CC – serving the Jalan Besar area
- κ Marine Parade Community Club – serving the Marine Parade area

GPs (whether in these areas or not) may now refer their chronic disease patients for counselling and structured workshops by the Nurse Educators at these venues.

### Who are the Nurse Educators and what do they do?

The Nurse Educators, recruited by the HPB, have undergone an intensive 10-day training course. The training curriculum includes a clinical update on the key chronic diseases – hypertension, diabetes and lipid disorders; Motivational Interviewing skills to help individuals change their health behaviour and self-management skills.

The Nurse Educators will conduct workshops in the CCs for those with chronic diseases (diabetes, hypertension or hypercholesterolemia). There will also be a workshop for individuals at risk of developing chronic diseases – i.e. those with a BMI > 27.5kg/m<sup>2</sup> and those who have Impaired Glucose Tolerance. In addition to imparting skills to manage chronic conditions better, the Nurse Educator will also work with the individual patient, in partnership with the GP, to set targets in relation to weight, blood pressure and HbA1c measurements.

Each workshop will consist of 3 structured sessions held over a period of 3 - 4 weeks. The total cost of the 3 sessions is \$10.

### The Nurse Educators and you, the GP

refer your chronic disease patients for the workshops or for more information about this programme please call 6435-3221 or email [hpb\\_nurse\\_educator@hpb.gov.sg](mailto:hpb_nurse_educator@hpb.gov.sg) or visit [www.hpb.gov.sg/chronicdisease/nep](http://www.hpb.gov.sg/chronicdisease/nep) In addition to empowering individuals with chronic diseases to make better lifestyle choices, and manage their conditions better, the Nurse Educators will play a key role in ensuring that patients follow-up regularly with their GPs and adhere to treatment protocols. It is hoped that the Nurse Educators, working in close partnership with GPs and their patients, will make a difference in the management of chronic diseases in Singapore.