

[Embargoed till 13 July 2024, 12pm]

MEDIA RELEASE

Official opening of Ren Ci @ Woodlands Nursing Home

- Expanding Ren Ci's presence in the North; engaging in a shared care model -

Singapore, 13 July 2024 – Having welcomed our first nursing home resident when we operationalised on 19 February, Ren Ci @ Woodlands officially opened in conjunction with Woodlands Health Campus today, with Senior Minister Lee Hsien Loong gracing the occasion as our Guest of Honour.

It was a busy day for the Ren Ci team with a slew of events lined up throughout the day. Aside from the official opening, concurrently, a Community Health Day carnival was held in conjunction with People's Association and Woodlands Health at our Senior Care Centre @ Woodlands. Over 200 families and seniors from the neighbourhood joined in the celebrations, with carnival games, a healthy cooking demonstration, pickleball, and more. They also experienced some of our smart rehabilitation therapies using games and AI programme.

"We are heartened by the strong support that the community has shown us as we ramp up our services. We look forward to strengthening ties with our neighbours and becoming an integral part of the Woodlands community. Working together, we will create a vibrant and enriching environment for our nursing home residents, with support from our volunteers, partners and the community," said Mr Choo Jui Sheng, Executive Director, Ren Ci @ Woodlands.

This opening marks a significant milestone in the growth of Ren Ci Hospital as the organisation celebrates the 30th anniversary of its founding this year, from its humble beginnings as a 174-bed Chronic Sick Unit in 1994. With the opening of the 332-bed Ren Ci @ Woodlands, Ren Ci will have more than 1300 beds in its community hospital and three nursing homes combined.

Shared Care Model in an Integrated Health Campus – the first in Singapore

Located within Woodlands Health Campus, Ren Ci @ Woodlands is the first nursing home in Singapore to be part of an integrated health campus with acute and community hospital care services; operated by Woodlands Health (WH). This integration goes beyond infrastructure to include a shared care model for nursing home residents between Ren Ci @ Woodlands and WH.

The close physical proximity to WH allows WH Geriatricians and Palliative Care team to work together with the Ren Ci's care team to provide a more individualised care planning for our residents. This shared care collaboration serves to reduce polypharmacy, streamline specialist outpatient clinic appointments, as well as facilitate advance care planning and symptom control for patients with complex care needs. Future plans include exploring earlier discharge of recovering nursing home residents back to Ren Ci @ Woodlands, with continuation of treatment being supported by the WH team.

"This close partnership, facilitated by infrastructure proximity within the same campus, allows us to engage in a shared care model with Woodlands Health. We can reduce polypharmacy, streamline

specialist outpatient clinic appointments, as well as facilitate advance care planning and symptom control for patients with complex care needs. By integrating our services within an integrated health campus, we can better care for our residents in our nursing home” said Dr Jamie Mervyn Lim, CEO, Ren Ci Hospital.

Benefitting Residents of Ren Ci @ Woodlands

One resident who benefitted from the nursing home’s proximity to WH was the late Mdm S. She was admitted to Ren Ci @ Woodlands in mid-April with a number of diagnoses, including dementia which affected her communication. Her general frailty meant that she was not able to be cared for at home.

In mid-May, Mdm S’s condition deteriorated. Our nursing home’s proximity allowed her to be quickly admitted to WH. After a week’s stay, WH’s Nursing Home Supportive Care (NHSC) team and Ren Ci’s care team discussed her short prognosis with her family, and made a joint decision regarding her care plan. She was discharged back to Ren Ci @ Woodlands where she and her family had grown familiar and comfortable with the staff and environment.

Her family agreed to begin comfort care. The risks and benefits of continuing with Mdm S’s medications were weighed and non-essentials were stopped to avoid side effects and maximise comfort. Her condition was regularly reviewed jointly by Ren Ci’s care team and WH’s NHSC team.

As her condition further deteriorated, our care team transferred her to the Healing Room within Ren Ci Nursing Home. This is a specially designed single-bed room decked out with home-like decorations to provide end-of-life patients with the privacy and space to spend their last moments with their families. Her family could stay with her 24/7 in the room in the last few days of her life’s journey. She was also given dedicated nursing care and support. Ren Ci’s care and support continued even after Mdm S’s death at the end of May, with grief and logistical support offered to the family.

Mdm S’s family was very thankful for the support from both Ren Ci @ Woodlands and WH. They came back after her passing to share gifts with our care team and the NHSC team that had collaborated on her care, to express their gratitude.

Mdm S’s case demonstrated how a shared care model in an integrated health campus enabled Ren Ci’s care team to work with WH’s NHSC team to provide the most appropriate care to our patients. The partnership respected the last wishes of Mdm S and her family, provided her much comfort through symptom management, and gave her family precious time to spend with her before her passing.

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For media enquiries, please contact:

Philip Sim
Corporate Engagement
DID: 6355 6440
Mobile: 9847 535
Email: philip_sim@renci.org.sg

Chia Ying Mei
Corporate Communications
DID: 6355 6373
Mobile: 9100 0744
Email: yingmei_chia@renci.org.sg

About Ren Ci Hospital

Established since 1994, Ren Ci Hospital is one of the few charity healthcare institutions in Singapore to provide high quality and affordable medical, nursing and rehabilitative care services for the community, based on the principles of loving kindness and compassion. Ren Ci plays an integral role in supporting the healthcare needs of the elderly through adopting a holistic way of delivering person-centred care.

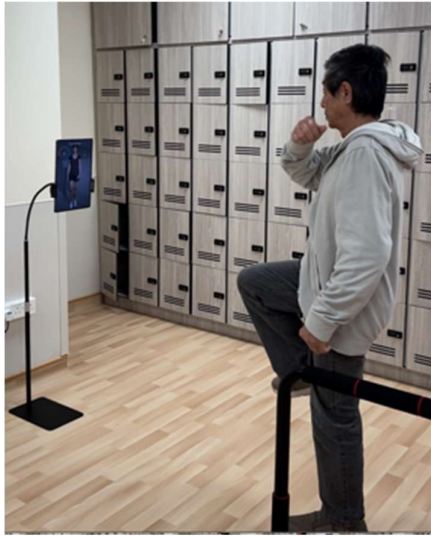
Today Ren Ci Hospital runs a community hospital, a chronic sick unit, three nursing homes, three Senior Care Centres and one Active Ageing Centre (Care). These facilities are spread throughout Singapore, at Ang Mo Kio, Bukit Batok, Novena and Woodlands.

Besides giving hope to the frail elderly by helping overcome their disabilities and teaching their families to care for them at home, Ren Ci also partners various community groups and social enterprises to give dignity back to the elderly.

Annex - Some Highlights of Ren Ci @ Woodlands

Smart Rehabilitation Therapies

To leverage technology and gamification in our rehabilitation therapies, we are working with a vendor to develop new programmes that our clients can utilise at home to improve compliance and result in better rehabilitation outcomes.



Natural Light

To maximise the feeling of space and to provide natural light, the area outside the households opens up to a community space with a skylight, turning the corridor into a multi-purpose community space, ideal not only for our residents but also for the community at large to utilise.



Silver Stream

Also at the community area is the Silver Stream water feature. Home to 28 beautiful koi, our residents spend many happy hours by the Silver Stream enjoying the sight of the koi swimming to and fro.



Experiential Learning

By hosting student volunteers and letting them undergo experiential learning, our volunteers are able to better empathise and understand some of the challenges our seniors face, making their time volunteering with us even more meaningful.



Community Partners and Volunteers

We have already established relationship with community partners in the area and our volunteers have already started work at the new nursing home. This has helped us sink our roots into the neighbourhood.



Therapy through Arcade Games

Giving a fun twist to rehabilitation therapy, Ren Ci @ Woodlands has a variety of arcade machines to engage our residents and keep their reflexes sharp.



Vegetable Garden

The rooftop garden brings more greenery to our residents for the ultimate “farm to table” experience. By growing their favourite fruits and vegetables, our residents are further engaged in life at the nursing home.

