

Find out more about our Allied Health professionals

Beyond doctors and nurses, many other healthcare professionals are also now involved in every patient's road to wellness. We introduce you to our team of dedicated allied health professionals and show you the essential roles they play in a patient's overall care management plan.

What does a Dietitian do?

I educate patients to make better food choices based on their medical conditions and specific needs. As a dietitian, I deal with patients who have medical conditions such as diabetes, hypertension, high blood cholesterol, renal (kidney) diseases, obesity, malnutrition or gout. Depending on their biochemical results, certain foods may need to be restricted. My role is to provide alternatives to food whenever possible. My message to my patients is – “The alternatives are within the same food groups, only more beneficial.”

I like my job because I enjoy a wide range of work that is related to nutrition, rather than just solely attending to patients. I like to share my knowledge with my patients so that they are empowered to manage their conditions on their own. When they adjust their dietary habits and improve their health, I feel a great sense of satisfaction. I hope I am able to empower as many patients as I can with my knowledge, so that they can be healthy and enjoy life better.





How can a Psychologist help his patients?

I support people who are going through a difficult emotional period to help them discover their inner strength, build mental resilience and achieve personal and emotional growth.

Many of my patients suffer from emotional and mental issues, such as depression, anxiety and insomnia. These are not just mental health complications, but could be due to being overwhelmed with the stresses of life.

As a psychologist, I listen and try to understand the problems or stress factors that my patients are struggling with. Through psychotherapy, I help my patients to find inner strength, identify opportunities for the future and support them to establish realistic ways or steps in changing their lives and actualising or achieving their goals.

In addition, I impart knowledge on how to attain a healthy mental state, defined as not merely the absence of mental illness but also the presence of positive traits and emotions. Such positive traits include sensations of being optimistic; being satisfied with what life has to offer and being able to form warm personal and working relationships. I believe psychology can be better integrated into our daily lives by understanding mental health issues and seeking treatment early. I find it very rewarding and satisfying to be able to support and help people lead mentally and emotionally healthy lives.



What are the roles of a Physiotherapist?

I work with people who are experiencing physical difficulties that result from musculoskeletal injury, disability or old age to help them overcome pain and regain mobility.

Beyond dealing with body aches and pains, my role is to help patients with chronic disease to make a meaningful change in their lifestyle, eating habits and daily activities. To treat them holistically and resolve their issue of physical pain, I work with other healthcare professionals like the doctors and dietitians to plan out the best overall care plan so as to improve the health status of our patients.

I am also involved in health promotion activities such as creating awareness of good body posture and office ergonomics to prevent injury. I also provide caregiver training to people who need to take care of physically weak individuals. It inspires me when I see my patients recovering their physical strength and their zest for life.

What is the role of a Podiatrist in the care plan of patients?

I help and guide my patients to achieve good foot care and foot health for pain-free mobility and prevention of foot and joint deformities.

From flat feet in children to foot pain in adults, I help my patients resolve their foot troubles by giving them advice on proper footwear and treatments. I believe that we must care for our feet so that they can continue to support us. If our feet are in pain, then our body will suffer in some way.

Some common conditions I see include flat feet, heel pain (plantar fasciitis), painful corns and calluses, and ingrown toenails. Older patients are coming in with thickened toenails and hardened skin under their feet due to foot and joint deformities. I also help maintain the foot health of diabetics to prevent infections and care for wounds. I give advice on proper footwear, which can go a long way to protect feet and prevent pain.

It heartens me to see my patients walking away painlessly after treatment and know that I have equipped them with the knowledge on how to take care of their feet for life.
