NHG
POLYCLINICS

National Healthcare Group Polyclinics

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Providing Quality Primary Healthcare for All in Singapore

ABOUT US

Whether you have a minor condition like a common cold or suffer from a chronic condition like diabetes, the National Healthcare Group Polyclinics (NHG Polyclinics) is here to take care of all your healthcare needs.

As a leading primary healthcare institution, NHG Polyclinics strives to provide accessible, affordable and good quality primary healthcare for all in Singapore.

We manage a chain of nine polyclinics in the western, central and northern parts of the island, conveniently located within public housing estates and all within easy access to bus and train routes.

Each polyclinic is a one-stop medical and healthcare services centre staffed by a team of doctors, nurses, allied health professionals, administrative staff, as well as dentists in certain clinics.

Our service is holistic and multi-faceted. No matter what you need, whether information about disease prevention, diagnosis, treatment or even continued care after your discharge from hospital, we are here to provide.

Clinical Awards

- Singapore Health and Biomedical Congress (SHBC) 2010:
  Best Poster Award
  - Gold Medal, Nursing
  - Bronze Medal, Quality, Health Service Research
- Annual Scientific Congress (ASC) 2009:
  Best Primary Care Poster
- Annual Scientific Congress (ASC) 2007:
  Best Primary Care Poster

Quality Awards

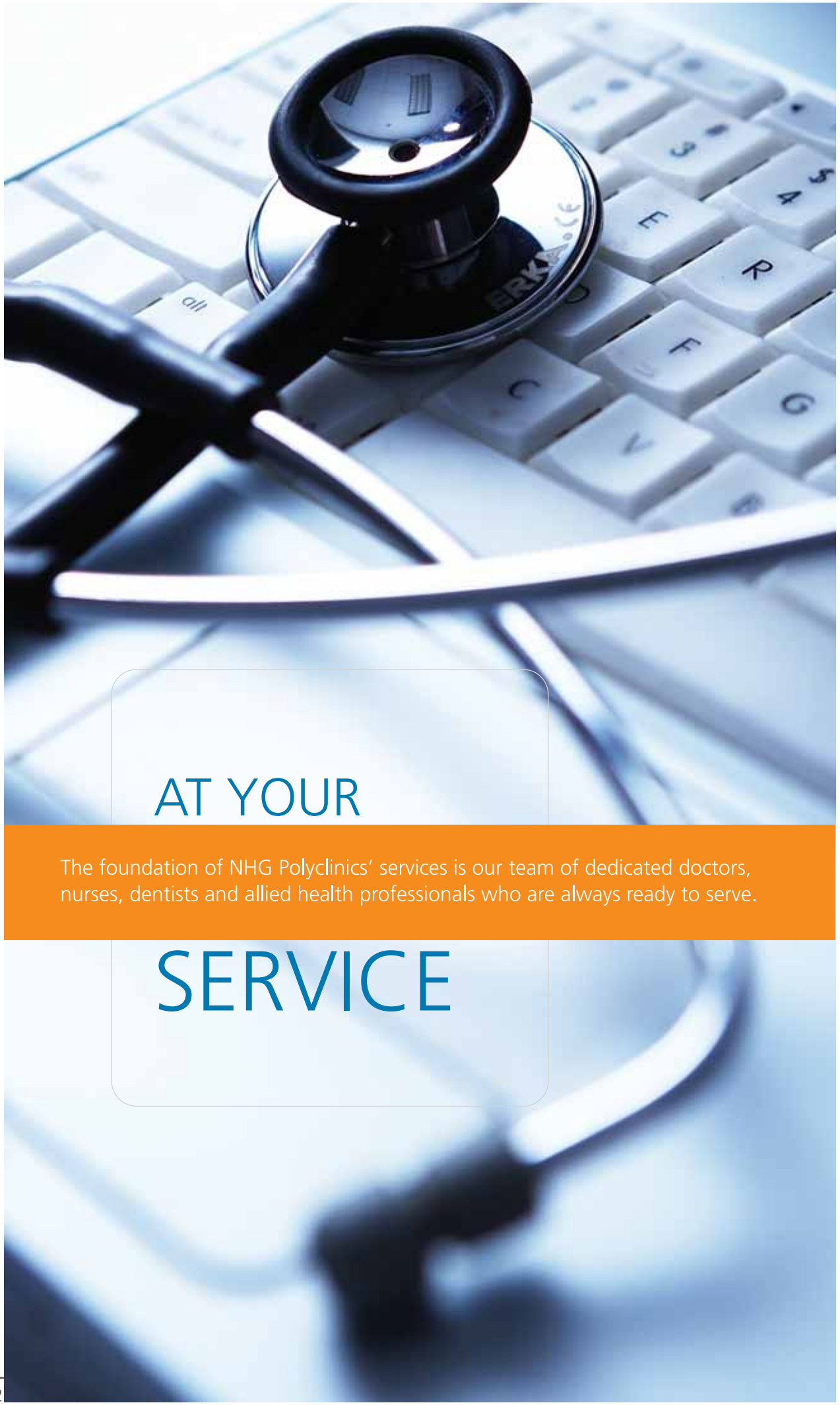
- Joint Commission International (JCI)
- ISO 9001:2008
- OHSAS 18001:2007

Service Awards

- Excellent Service Award: 2007-2009

Community/ Humanity Awards

- Tsunami Relief Operation 2005
- SARS 2003



AT YOUR SERVICE

The foundation of NHG Polyclinics' services is our team of dedicated doctors, nurses, dentists and allied health professionals who are always ready to serve.

Family Health
Consultation services for acute problems such as upper respiratory infections, as well as chronic conditions like diabetes, hypertension and asthma are available for patients of all ages.

Children's Health
Our polyclinics offer a range of health services for newborns through to adolescence. Infants and children are cared for through regular nutritional and developmental assessments, compulsory and optional immunisations, growth monitoring and weight management, together with parental counselling.

Dental Health
Our dental clinics offer basic primary dental care for adults and children, such as oral health examinations and oral health education, routine scaling and polishing, simple fillings and simple extractions under local anaesthesia. More complex treatments are referred to specialists such as the National Dental Centre, Alexandra Hospital, Jurong Medical Centre, Khoo Teck Puat Hospital and National University Dental Centre.

Women's Health
Our array of screening and treatment programmes for women include antenatal care and education, postnatal care and support, family planning, while our Women Screening Clinics perform tests for breast and cervical cancers.

Elderly Health
Elderly healthcare forms a significant component of NHG Polyclinics' services, especially in the light of Singapore's ageing population. In addition to the treatment and management of chronic conditions such as diabetes, hypertension, heart disease and asthma, we also offer eye screening by appointment.

Traveller's Clinic and Infectious Disease Vaccination and Management
Our traveller's clinics offer pre- and post-travel counselling and a broad range of vaccinations for food handlers, travellers, and Haj pilgrims. As part of our ongoing efforts to prevent and treat infectious diseases early, we also conduct regular reviews of patients who are Hepatitis B carriers and maintain a treatment programme for patients with tuberculosis.

Minor Procedures

Doctors at NHG Polyclinics are able to perform minor procedures such as steroid and lignocaine injections, toilet and suture, incision and drainage of abscess and chalazion, excision of superficial lumps, skin tag removal, wedge resection of ingrown toenail, and ears syringing.

Caring for the whole person – Our Allied Health Services

As a vital part of our integrated network of healthcare services, our allied health professionals work hand in hand with our clinicians to deliver holistic and seamless patient care.

Dietitians

Our dietitians provide individualised nutrition assessment and counselling to patients and their family members or caregivers. By motivating them towards making dietary and lifestyle modifications, patients with diabetes, hypertension, gout and renal disorders can keep their conditions under control. As part of our community outreach, we also conduct healthy eating workshops and nutrition talks for corporate clients and the public.

Psychologists

Using a team-based approach towards caring for our patients, our psychologists provide counselling to patients who need support in managing their anxieties, depression, work-related stress and other issues.

Our psychologists also provide advanced level counselling for those who require help in the management of their medical conditions, leveraging behavioural and cognitive therapy.

Physiotherapists

Our physiotherapists help patients regain maximum recovery and early independence through physical therapeutic exercises. They provide treatments that relief pain, restore normal function and strength, prevent further injury and promote healthy living and lifestyles. Our physiotherapists also help people maintain a healthy weight through exercises.

Podiatrists

Our team of Podiatrists helps patients from all walks of life to deal with their foot conditions so that they can get back on their feet to resume their daily activities. We are able to diagnose, provide assessment and recommend appropriate treatment plan for patients. Our services range from general footcare for callus, corns and nails, comprehensive management for diabetic foot conditions, to providing insoles and footwear advice for biomechanical conditions such as flat or high-arched foot.

Medical Social Workers

Our team of medical social workers plays an integral role in helping patients cope with their social, psychological, and medical needs. We also assist families who require social support by providing information and referrals to other community support services.

Diagnostics

Our team of radiographers and laboratory technicians have at hand the latest advances in digital technology and state-of-the-art medical equipment to provide fast and accurate online X-rays, mammography, electrocardiogram and ultrasound services. We also perform a comprehensive array of onsite and offsite clinical laboratory tests. For more information, please visit www.diagnostics.nhg.com.sg.

Pharmacy

Besides dispensing polyclinic prescriptions, our pharmacies are also equipped to accept external prescriptions, making accessible an extensive range of drugs at affordable prices. Our trained pharmacists offer their professional services ranging from advice on minor ailments, medication checks, drug information and quit smoking programmes to specialised counselling for asthma, diabetes and anti-coagulant medication.

Our pharmacies stock an extensive range of healthcare essentials – over the counter medicines, health supplements, nutritional feeds, home nursing needs, medical equipment and personal care products – to meet the diverse needs of our customers. For more information, please visit www.pharmacy.nhg.com.sg.

SUMMARY OF SERVICES:

General Medical Services	AMK	BBK	CLE	CCK	HOU	JUR	TPY	WDL	YIS
Acute Primary Care	X	X	X	X	X	X	X	X	X
Chronic Care (Diabetes mellitus, hypertension, hyperlipidemia, asthma)	X	X	X	X	X	X	X	X	X
Family Physician Clinic – specialised care for chronic condition	X	X	X	X	X	X	X	X	X
Minor Procedures (removal of skin tags, small lumps and bumps)	X	X	X		X	X	X	X	X
Opportunistic Health Screening	X	X		X	X	X	X	X	X
Medical Social Services	X	X	X	X	X	X	X	X	X
Psychology Services	X			X	X		X	X	
Dietetic Services	X	X	X	X	X	X	X	X	X
Physiotherapy Services		X					X	X	
Care Management	X	X	X	X	X	X	X	X	X
Diabetic Foot Screening	X	X	X	X	X	X	X	X	X
Diabetic Retinal Photography	X	X	X	X	X	X	X	X	X
Tonometry	X	X	X	X	X	X	X	X	X
Tele-opthalmology Consultation (offered by The Eye Institute)					X				
Smoking Cessation Programme	X	X	X	X	X		X	X	X
Treatment Procedures (nebulisers, tepid sponging, female catheterisation, nasogastric tube insertion, wound dressing including removal of stitches)	X	X	X	X	X	X	X	X	X
Women and Child Health Services (antenatal screening, child health surveillance and immunisation, family planning and women's screening)	X	X	X*	X	X	X	X	X	X
Health Education / Counselling	X	X	X	X	X	X	X	X	X
Podiatry Services	■	X						X	
Advanced Practice Nurse (APN) Services	X	X	X			X		X	
Dentist Services									
Scaling, polishing, simple fillings and extraction	X				X	X	X	X	
Other Services									
Acupuncture Clinic									X
Korean Clinic		X							
Traveller's Clinic	X	X	X	X	X	X	X	X	X
Health and Mind Clinic	X					X		X	
Diagnostics									
Plain X-ray	X	X	X	X	X	X	X	X	X
Laboratory tests	X	X	X	X	X	X	X	X	X
Ultrasound	X			X					X
Mammography	X	X	X	▲	X	X	X	X	X
Pharmacy									
Outpatient Pharmacy	X	X	X	X	X	X	X	X	X
Retail Pharmacy	X	X	X	X	X	X	X	X	X
Services – medication management, counselling on drug therapies, smoking cessation, family planning and diabetic care, education on asthma, diabetes and hypertension	X	X	X	X	X	X	X	X	X
Anti-Coagulation Clinic	X	X	X	X	X	X	X	X	X

* Child health surveillance and immunisation, and PAP smear only.
■ Podiatry Services is available at Ang Mo Kio Hub, level 3.
▲ Mammography bus - Operates only on Mondays.

CATERING TO YOUR NEEDS

NHG Polyclinics offers an array of programmes which complements our clinical services, providing accessible, affordable and seamless healthcare services while empowering the community at large with the tools for healthy living.

Opportunistic Health Screening
NHG Polyclinics conducts regular health screening services at highly affordable rates to encourage early detection.

Smoking Cessation Programme
Patients who wish to kick the smoking habit can seek smoking cessation counselling from our team of specially trained nurses and pharmacists.

Health Education Programmes
We conduct regular health education talks and workshops on a wide variety of topics, including nutrition demonstrations for toddlers, and programmes on diabetes, hypertension and asthma.

Family Physician Clinics
As an added level of service, NHG Polyclinics launched the Family Physician Clinics - targeting patients with chronic medical conditions. At these clinics, patients have exclusive access to the same senior doctor at every visit, enjoy shorter waiting times and are able to have longer consultations with their doctor.

OUR POLYCLINICS

Ang Mo Kio Polyclinic
Blk 723 Ang Mo Kio Ave 8
#01-4136
Singapore 560723

Bukit Batok Polyclinic
50 Bukit Batok West Ave 3
Singapore 659164

Choa Chu Kang Polyclinic
2 Teck Whye Crescent
Singapore 688846

Clementi Polyclinic
Blk 451 Clementi Ave 3
#02-307
Singapore 120451

Hougang Polyclinic
89 Hougang Ave 4
Singapore 538829

Jurong Polyclinic
190 Jurong East Ave 1
Singapore 609788

Toa Payoh Polyclinic
2003 Toa Payoh Lorong 8
Singapore 319260

Woodlands Polyclinic
10 Woodlands Street 31
Singapore 738579

Yishun Polyclinic
100 Yishun Central
Singapore 768826

OPENING HOURS

Mondays to Fridays
8:00am to 1:00pm
2:00pm to 4:30pm
(Registration closes at 12.00pm and 4.00pm)

Saturdays
8:00am to 12:30pm
(Registration closes at 12.00pm)

Closed on Sundays & Public Holidays

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POLYCLINICS

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