MEDIA RELEASE

Ren Ci Community Hospital Gives Chronic Sick Patients A New Breath Of Life

- A quality improvement project that gives tracheostomy patients hope for a better quality of life -

Singapore, 6 October 2015 – A two-year quality improvement project by the care team at Ren Ci Community Hospital has proven successful in giving patients with tracheostomy the chance to breathe normally and hope for a better quality of life.

Trial-off tracheostomy or TOT project is a comprehensive care plan to wean-off tracheostomy tube of suitable chronic sick patients and train them to breathe normally again using the mouth, nose, windpipe and lungs.

Tracheostomy is a surgical procedure to create an opening through the neck into the windpipe. A tube is then inserted through this opening to provide an airway and help the patient to breathe. This life saving procedure is usually carried out when a patient is unable to breathe on his own.

While the procedure may be temporary for some patients, most if not all patients with tracheostomy tubes sent to Ren Ci Chronic Sick Unit (CSU) are deemed to need the tube permanently and have forgotten how to use their respiratory muscles and upper airway to breathe.

“There was previously no care plan prior to these patients’ admission to Ren Ci Chronic Sick Unit to wean off their tracheostomy tube. TOT project is our attempt to inject a new breath of life for these patients whom we strongly believe deserved a chance to lead a normal life again,” exclaimed Dr Kala Kanagasabai, Senior Consultant and Director for Clinical Quality Management Unit at Ren Ci Community Hospital.

At Ren Ci CSU, the main objective of the TOT project is to initiate a plan to wean off tracheostomy for potential patients and train them to breathe using the mouth, nose, windpipe and lungs.

As the healthcare provider with the most number of tracheostomy patients under its care, Ren Ci’s TOT project provides a hopeful solution towards the ever increasing demands for tracheostomy care in the Intermediate & Long Term Care (ILTC) sector. While tracheostomy patients enjoy a better quality of life without the tube after successful wean-off, there are also other benefits such as cost savings for both the patients and the hospital.

With the completion of the TOT project in December 2014, a total of eight patients have been decannulated. This quality improvement project has since been adopted as a standardised care plan for new patients with tracheostomy, giving them the hope to breathe normally again, return home and age in place.

“As the pioneer in TOT among the chronic sick patients in a community hospital setting, we hope to share our knowledge and experience with other ILTC institutions and hopefully make this TOT programme available to all patients on long-term tracheostomy,” said Ms Loh Shu Ching, Chief Executive Officer of Ren Ci Hospital.
For media enquiries, please contact:

John Tang  
Corporate Communications  
DID: 6355 6402  
Email: john_tang@renci.org.sg

Pearlie Wong  
Corporate Communications  
DID: 6355 6401  
Email: pearlie_wong@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.

Besides catering to the long term healthcare needs of disadvantaged patients in the nursing home and chronic sick unit, Ren Ci also provide rehabilitative care to post-acute patients in a community hospital setting so that they can regain their functional abilities and return back to the community.

With the rapidly ageing population in Singapore, Ren Ci will continue to play an integral role in supporting the healthcare needs of the elderly. Besides giving hope to frail seniors by helping them 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.

More about Chronic Sick Unit
The Chronic Sick Unit at Ren Ci Community Hospital provides long term skilled daily nursing and frequent medical care to patients with advanced medical conditions. These patients are mostly bedridden and require a greater level of care and supervision.

Our Vision
Holistic care with loving kindness and compassion

Our Mission
Partnering the community to provide inclusive healthcare for quality and meaningful living

Our Tagline
Service with Heart and Hope