

Community Nurse Post

社区护理站

Community Nurses from
Sengkang General Hospital are delivering
care to your neighbourhood!

盛港综合医院的社区护士
把关怀带到您的社区!



Do you have questions about your health?

您对自己的健康有任何疑问吗?

Are you interested to learn more about what you can do to improve your health?

您想更多的了解该如何改善您的健康吗?

Calling all senior residents! **Make an appointment with us today at community.nurse@skh.com.sg** to see our community nurses to better understand and learn how you can lead a healthier lifestyle!

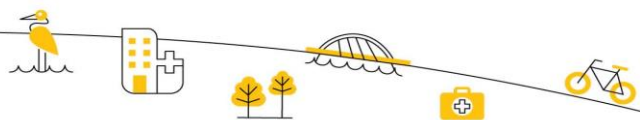
呼吁所有的年长居民，现在就和我们预约(电邮: community.nurse@skh.com.sg)，以探讨和学习如何迈向更健康的生活!

We provide the following services:

- **Basic health monitoring**
- **Falls risk screening and education**
- **Health coaching for disease prevention**
- **Education on**
 - Chronic disease management and aged related conditions
 - Medication self-management
 - Lifestyle/diet advice

我们所提供的服务包括:

- 基本健康检查
- 有关摔倒的预防和教育
- 疾病预防的健康指导
- 慢性病和老年病的教育和管理
- 药物自我管理
- 健康的生活方式和饮食指导



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Pusat Jururawat Masyarakat

Community Nurses from Sengkang General Hospital are delivering care to your neighbourhood!

Jururawat Masyarakat dari Hospital Besar Sengkang kini berkhidmat di kawasan kejiranan anda!



Do you have questions about your health?

Anda mempunyai soalan tentang kesihatan anda?

Are you interested to learn more about what you can do to improve your health?

Anda berminat untuk mengetahui dengan lebih lanjut mengenai apa yang anda boleh lakukan untuk meningkatkan kesihatan anda?

Calling all senior residents! ! **Make an appointment with us today at**

community.nurse@skh.com.sg to see our community nurses to better understand and learn how you can lead a healthier lifestyle!

*Undangan untuk penduduk warga emas! Sila buat temujanji dengan jururawat masyarakat kami di **community.nurse@skh.com.sg**. Anda akan lebih memahami dan mempelajari cara-cara menjalani kehidupan yang lebih sihat!*

We provide the following services:

Kami menyediakan perkhidmatan berikut:

- Basic health monitoring
- Falls risk screening and education
- Health coaching for disease prevention
- Education on
 - Chronic disease management and aged related conditions
 - Medication self-management
 - Lifestyle/diet advice

- Permantauan kesihatan asas
- Saringan risiko terjatuh dan pendidikan untuk mencegah diri dari terjatuh
- Nasihat kesihatan untuk pencegahan penyakit kronik
- Pendidikan:
 - Mencegah dan mengurus penyakit kronik dan keadaan yang berkaitan dengan peningkatan usia
 - Pengurusan ubat-ubatan
 - Meningkatkan kecergasaan fizikal / permakanan yang seimbang

