



Balachandran Jayachandran

Principal Physiotherapist, Department of Rehabilitation, WH

Research Interests:

- Early Mobilisation for Intubated Patients in ICU
- Early Mobilisation in Post-surgical Patients
- Impact of Prehabilitation for Patients Undergoing Abdominal Surgery
- Tracheostomy Decannulation
- Preventing Functional Deconditioning in Hospitalised Patients

Email: balachandran_jayachandran@whc.sg

Biography

Balachandran is currently working as a Principal Physiotherapist in Woodlands Health Campus. He holds a Master's Degree in Cardiorespiratory from University of Melbourne (Australia). He has completed Advanced Respiratory Care Course program from Tan Tock Seng Hospital (2016-2017). He has completed a facilitator program for CPIP (Clinical practice improvement program) and holds an IHQ (Institute of Healthcare Quality) faculty post at the National Health Care Group. He has more than two decades of experience in healthcare as a critical care physiotherapist and clinical educator. His special interest is in Early Mobilisation for intubated patients in ICU. His quality improvement project "Early Mobilization in Surgical Intensive Care Unit" (2013) clinched the Gold award for AHMA (Asian Hospital Management Award). The project also clinched the TTSH Milestone Award (2018) for sustaining over 5 years and creating an influence to spread to other ICU's (MICU), Surgical High Dependency(SHD) and General Wards(Surgical). His other interest is in early decannulation for trachestomised patients and preventing functional decline in hospitalized patients.

Selected Publications

- Implementation of the ABCDEF Bundle for Critically Ill ICU Patients During the COVID-19 Pandemic: A Multi National 1-Day Point Prevalence Study (1/10/2021) Journal: Frontiers in Medicine
- "Physiotherapy Practice Pattern in the Adult Intensive Care Units of Singapore – A Multi-Centre Survey" (17/1/22) Journal: Proceedings of Singapore Healthcare

Notable Research Awards & Grants From Past 5 Years

Name of Awards & Grants	Year Obtained
NHG-LKCMedicine Clinician Scientist Preparatory Programme (CSPP) for "Functional Outcomes of A Combined Early Mobilisation and Structured Exercise Program (Resistance & Endurance) in A Mechanically Ventilated ICU Patient – A Pilot Study"	2020