

Geetha KAYAMBU, PhD  
Senior Physiotherapist  
Lead, Physiotherapy Research

### **Qualification(s)**

Doctor of Philosophy, The University of Queensland, Australia  
Bachelor of Science (Hons) (Physiotherapy), Curtin University  
of Technology, Australia



### **Workgroups/Work Areas**

Cardiothoracic Vascular Discipline (Cardiac Critical Care Intensive Care Unit)  
Special Group Cardiac Prehabilitation and Rehabilitation Program (NUHCS Heart Centre)  
Obesity and Weight Management (Center for Obesity Management and Surgery)

### **Specialty and Interest Areas**

#### Clinical Areas

Critical Care and Cardiothoracic Intensive Care  
Cardiac Rehabilitation  
Obesity and Weight Management  
Acute Cardiopulmonary Clinical Education  
Tele Simulation Lab Education

#### Research Areas

Early Critical Care Rehabilitation in Intensive Care  
Novel Updates in Critical Care Rehabilitation

### **Joint Appointments and Professional Activities**

2022 Reviewer, Core Residency in Cardiopulmonary Residency, SingHealth College of Allied Health

2019 – Present Research Lead, Department of Rehabilitation, National University Hospital (

2018 – Present Qualifying Examiner and SIT Admissions Interviewer, Singapore Institute of Technology

2017 – Present Personnel, Physiotherapy Research, Strength and Physical Function Core, Yong Loo Lin, School of Medicine, National University Singapore

2016 – 2017 Reviewer, Grant Review Committee, Allied Health and Nursing Grant, National University Health System, National University Hospital

2014 – 2019 Research Director, Department of Rehabilitation, National University Hospital

2014 – 2018 Representative, Department of Rehabilitation, Allied Health Research Oversight Committee, National University Hospital

2006 – 2010 Singapore Physiotherapy Association, Public Relations Chairperson (SPA)

Allied Health Professional Council Accredited Supervisor (AHPC)

Society of Intensive Care Medicine of Singapore (SICM)

Singapore Association for the Study of Obesity (SASO)

### **Media Coverage**

2018 Early Rehabilitation in Intensive Care: Up and about After Surgery (NUHS Pulse & Facebook)

### **Awards**

2009 PhD Scholarship Talent Development, National University Hospital, National Healthcare Group

2008 Spark Award, National University Hospital

2007 The Star Customer Champion, Service Quality Centre Singapore

2007 Star Excellent Service Award, Excellent Service Award Committee, Spring Singapore

2006 Gold Excellent Service Award, Excellent Service Award Committee, Spring Singapore

## Grants

2019 – 2022 National University Health Seed Fund, National University Health System

2017 – 2019 Allied Health Nursing Grant, National University Health System

2015 – 2017 NUHS-CG CIRC Seed Fund, Clinical Imaging Research Centre

2010 – 2012 Intensive Care Foundation Seed Fund, Intensive Care Foundation

## Selected Publications and Presentations

### Publications

Chew HSJ, Gao Y, Shabbir A, Lim SL, **Kayambu G**, Kim G, Chong CS, Lomanto D, So BYJ. (2022). Personal motivation, self-regulation barriers and strategies for weight loss in people with overweight and obesity: A thematic framework analysis. *Public Health Nutrition*, 22:1-10

Chew STH, **Kayambu G**, Lew CCH et al (2021). Singapore Multidisciplinary consensus recommendations on muscle health in older adults: assessment and multimodal targeted intervention across the continuum of care, *BMC Geriatrics*, 21(1): 314.

Desai K, Anbarasan D, **Kayambu G**, Yeo TJ (2021). Perspectives on the Utilisation of Telehealth in Cardiac Rehabilitation During COVID-19 Pandemic. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 41(6):436-437

Parry SM, Knight LD, Baldwin CE, Sani D, **Kayambu G** et al (2020). Evaluating Physical Functioning in Survivors of Critical Illness: Development of a New Continuum Measure for Acute Care. *Critical Care Medicine*, 48(10): 1427-1435.

**Kayambu G**, Ong HK, Gani Q, Tay CK, Duu WS, Xinning L, Zaini HMB, Ramanathan KR, MacLaren G (2020). Early Enhanced Physical Rehabilitation and its Short-term Effects on Acute Skeletal Muscle Loss and Physical Function in Critically Ill Survivors following Extracorporeal Membrane Oxygenation, *American Society for Artificial Internal Organs*, 66(3):3. (Abstract)

Baldwin, C.E., Fetterplace, K., Beach, L., **Kayambu, G.**, Paratz, J., Earthman, C. and Parry, S.M. (2019). Early Detection of Muscle Weakness and Functional Limitations in the Critically Ill: A Retrospective Evaluation of Bioimpedance Spectroscopy. *Journal of Parenteral and Enteral Nutrition*. doi:10.1002/jpen.1719

Parry SM, Knight LD, Baldwin CE, Sani D, **Kayambu G**, Da Silva MV, Phongpagdi P, Clarke S, Puthuchery Z, Morris P, Denehy, Granger CL (2017). Physical Function in Critical Care (PACIFIC): A multi-centre international observational study. *American Journal of Respiratory and Critical Care Medicine*, 195: A2738 (Abstract)

Lee, S.H., So, J.B.Y., Lomanto, D, Lim, S.P., Shabbir, A., **Kayambu, G.** (2016) Effectiveness of Weight Loss In Overweight and Obese Singaporean Adults: A Comparative Study Of Non-

Supervised Exercise Versus Supervised Exercise Program. *Surgery for Obesity and Related Disease*, 2016/08, Vol.12; iss.7. DOI: 10.1016/j.soard.2016.08.276

**Kayambu G**, Boots R, Paratz J (2015). Early Physical Rehabilitation In Intensive Care Patients With Sepsis Syndromes – A Pilot Randomised Controlled Trial. *Intensive Care Medicine*, 41(5), 865-874.

**Kayambu G**, Boots R, Paratz J (2013). Physical Therapy For The Critically Ill In The ICU: A Systematic Review And Meta-Analysis. *Critical Care Medicine*, 41(6), 1543-1554.

**Kayambu G**, Boots R, Paratz J (2011). Early Rehabilitation In Sepsis: A Prospective Randomised Controlled Trial Investigating Functional And Physiological Outcomes: The i-Perform Trial (Protocol Article). *BMC Anesthesiology*, 11(21), 1471-2253.

Paratz J and **Kayambu G** (2011). Early Exercise And Attenuation Of Myopathy In The Patient With Sepsis In ICU. *Physical Therapy Reviews*, 16(1), 58-65.

### Presentations

Kayambu G, Point of Care Ultrasound Alters Critical Care Rehabilitation Trajectory, *Intensive Care State of the Art 2021: USA (e-Poster)*

Kayambu G et al. ICU Ultrasound for Physiotherapy, Singapore International Physiotherapy Congress 2021: **(Workshop Lead)**

Kayambu G. Enhance Muscle Health in Older Persons: The Singapore Multidisciplinary Consensus, *Singhealth Duke-NUS Family Medicine ACP, FM ACP Research Grand Round 2021: (Invited Speaker)*

Kayambu G. Functional Electrical Stimulation in Intensive Care Units. *Singapore International Physiotherapy Congress 2018: Singapore (Invited Speaker)*.

Kayambu G. Ideas For Advancing ICU Rehabilitation. *3rd ICU Mobility Conference; Asia-Pacific Early Mobilization Network 2017: Singapore (Invited Speaker)*

Kayambu G, et al. Observation For Oxidative Stress In Patients With Sepsis During Early Physical Rehabilitation In Intensive Care: A Novel Investigation. *World Congress for Physical Therapy (WCPT) 2017: Cape Town; South Africa (Poster and Oral)*.

Kayambu G & Boots R, Paratz J. Early Exercise In Intensive Care Shows Trends Of Improvement In Tissue Microcirculation And Oxygenation In Patients With Sepsis Syndromes. *World Congress for Physical Therapy (WCPT) 2017: Cape Town; South Africa (Poster)*.

Kayambu G, Gani QS, Poojari S. Using Smartphone Automated Electrical Muscle Stimulation for Early Prevention of Acute Muscle Wasting in Critically Ill Intensive Care Patients. *Health Innovation Technology Challenge 2017: Singapore (Oral)*

Kayambu G, Boots R, Paratz J. Early physical rehabilitation in patients with sepsis syndromes – A randomized controlled trial. *World Congress for Physical Therapy 2015: Singapore (Oral)*

Yang W, Kua AHJ, Yong JQ, Kayambu G, Kee FHW, Chan BPL, Mun WL. Higher balance self-efficacy is associated with community ambulation after stroke rehabilitation in Singapore. *European Stroke Conference 2013: London (Poster)*

Kayambu G et al. Physical therapy for the critically ill in the ICU: a systematic review and meta-analysis. *16th World Confederation for Physical Therapy Congress 2011*: Amsterdam; Netherlands (**Oral**)

Kayambu G and Edmondston S. Variability In Pressure Pain Threshold In The Cervicothoracic Region: Influence Of Functional Sitting Posture And Associated Load Moment. *15th World Confederation for Physical Therapy Congress 2007*: Vancouver; Canada (**Poster**)