

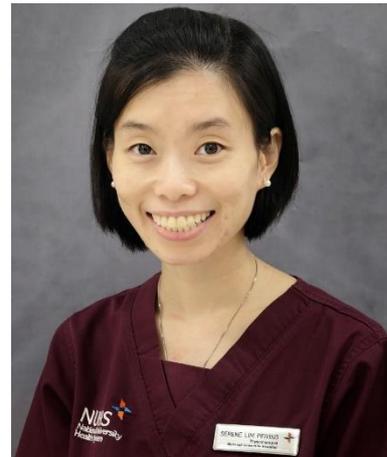
Serene LIM Peiying, MSc

Senior Physiotherapist

Qualification(s)

Master of Science in Exercise and Nutrition Science, University of Chester, United Kingdom

Bachelor of Health Science (Physiotherapy), University of Sydney, Australia



Special Certifications

Certified Exercise is Medicine Singapore Allied Healthcare Professionals Specialist

American College of Sports Medicine (ACSM) Certified Clinical Exercise Specialist

Workgroups/Work Areas

Cardiothoracic Vascular System

Obesity and Weight Management

Cardiac Rehabilitation

Chronic Diseases Management

Specialty and Interest Areas

Cardiac Rehabilitation

Development of Cardiac Rehabilitation Programs

Obesity and Weight Management

Chronic Disease Management

Preceptorship

Joint Appointments and Professional Activities

Singapore Physiotherapy Association Member

Allied Health Professional Council (AHPC) Accredited Supervisor

Singapore Institute Technology (SIT) Accredited Site Clinical Supervisor

Singapore Institute Technology (SIT) Allied Health Admissions Interviewer

2021 Conference Speaker, Singapore Prevention & Cardiac Rehabilitation Symposium – Cardiac Rehabilitation: Emerging from COVID-19.

2019 Scientific Committee Member, Singapore Prevention & Cardiac Rehabilitation Symposium - Contemporary Cardiac Rehabilitation: Special Situations, Novel Measures

2019 Organizing Committee Member, Singapore Prevention & Cardiac Rehabilitation Symposium - Contemporary Cardiac Rehabilitation: Special Situations, Novel Measures

2017 Scientific Committee Member, Singapore Prevention & Cardiac Rehabilitation Symposium

2017 Organizing Committee Member, Singapore Prevention & Cardiac Rehabilitation Symposium

2015 Scientific Committee Member, Singapore Prevention & Cardiac Rehabilitation Symposium

2015 Organizing Committee Member, Singapore Prevention & Cardiac Rehabilitation Symposium

Awards

2022 NUHS 15 years Long Service Award

2018 National Day Award Recipient: The Efficiency Medal

2017 NUH Ten Years Long Service Award

2016 Model Allied Health Professional Award (Patient Centeredness)

2016 Quality Improvement Project, Merit Award

2014 Quality Improvement Project, Merit Award

2013 Values In Action, Team Award

2009 Spring Singapore Excellent Service Award, Gold Excellent Service Award

2009 GEMS Award

2008 NUH Scholarship Talent Development Award, Masters Degree in Exercise and Nutrition Science

2007 National Youth Achievement Award Singapore, Gold Level

Media Coverage

2018 活得好, 天天健康。糖尿病患者: 预防低血糖。(新民日报)

2018 活得好, 天天健康。糖尿病患者: 怎样控制低血糖。(新民日报)

2018 活得好, 天天健康。糖尿病患者: 该怎样运动。(新民日报)

2018 活得好, 天天健康。糖尿病患者: 中等强度, 有氧运动。(新民日报)

2018 活得好, 天天健康。糖尿病患者: 该如何坚持运动。(新民日报)

2017 At The Heart Of It All (SouthWest CDC Bridge magazine)

2017 Exercise, but take safety precautions (Straits Times)

2016 Cover story: Get Moving! (NUH Lifeline)

2015 How to fit exercise into your routine (Straits Times Wellness section)

Selected Publications and Presentations

Publications

Desai, K, Lim, S.P., Kayambu, G, Gani, Q.S., Poojari, S., Lee, S.H., Wee, X.C, Lai S.M., Ng H.N., Ong M.C., Ooi, L.S., Chong, W.F, Koh, W.K, Yeo, T.J. (2021) Patient Perspectives on the Utilization of Telehealth in Cardiac Rehabilitation During COVID-19 Pandemic. Journal of Cardiopulmonary Rehabilitation and Prevention. Nov 1; 41 (6): 436-437. DOI: 10.1097/HCR.0000000000000650

Kim, G, Tan, C.S., Tan, K.W., Lim, S.P., So, J.B.Y., Shabbir, A. (2018) Sleeve Gastrectomy and Rou-en-Y Gastic Bypass Lead to Comparable Changes in Body Composition in a Multiethnic Asian Population. Journal of Gastrointestinal Surgery, 2018/09. DOI: 10.1007/s11605-018-3920-9.

Ngooi, B.X., Packer, T.L., Warner, G., Kephart, G., Koh, K.W.L., Wong, R.C.C, Lim, S.P. (2018) How adults with cardiac conditions in Singapore understand the Patient Activation Measure (PAM-13) items: a cognitive interviewing study. Disability Rehabilitation Journal, 40(5), 587-596

Ngooi, B.X., Packer, T.L., Warner, G., Kephart, G., Koh, K.W.L., Wong, R.C.C, Lim, S.P. (2017) Validation of the Patient Activation Measure (PAM-13) among adults with cardiac conditions in Singapore. *Quality of Life Research*, 2017/4, Vol.26; iss.4. DOI: 10.1007/s11136-016-1412-5.

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.

Kim, G, Tan, C.S., Tan, K.W., Lim, S.P., Lomanto, D, So, J.B.Y., Shabbir, A. (2016) Sleeve Gastrectomy and Rou-en-Y Gastic Bypass Lead to Comparable Changes in Body Composition in an Asian Population. *Surgery for Obesity and Related Disease*, 2016/08, Vol.12; iss.7. DOI: 10.1016/j.soard.2016.08.229.

Presentations

Desai, K, Lim, S.P., Kayambu, G, Gani, Q.S., Poojari, S., Lee, S.H., Wee, X.C, Lai S.M., Ng H.N., Ong M.C., Ooi, L.S., Chong, W.F, Koh, W.K, Yeo, T.J. (2020) Utilisation Of Telehealth In Cardiac Rehabilitation – Patient Perspectives. 8th Asian Preventive Cardiology & Cardiac Rehabilitation Conference: Cardiovascular Disease Management and Cardiac Rehabilitation in the Era of COVID-19 Pandemic.

Lim, S.P. (2010) Impact of different training regimes on adherence and “correctness” of exercises in elderly. University of Chester.

Ho S. E., Wong P. S. B. Lim, S.P., Chen Z.Z., Eng J.Y., Hee X.J., Yong F. (2009) Functional Outcomes for Persons with Stroke Following Early Supported Discharge. National Healthcare Group Annual Scientific Congress.

Wong P.S.B., Lim S.P., Eng J.Y., Hee X.J., Yong F. (2008) An exploration of rehabilitation outcomes in stroke patients undergoing Early Supported Discharge (ESD) programme in National University Hospital. National Healthcare Group Annual Scientific Congress.