

## Chronic Disease Management Program (CDMP) for Psoriasis: a Patient Guide

### The Flexi-Medisave Scheme

The Flexi-Medisave was introduced from 1 April 2015 to allow for elderly patients to use their Medisave with less restrictions and to further reduce their out-of-pocket costs for outpatient medical care.

The annual withdrawal limit for Flexi-Medisave is capped at \$200 per year. It can be used at National Skin Centre for all outpatient bills.

#### Criteria to use Flexi-Medisave

- A patient must be aged 65 or above
- A patient can also tap on their own spouse's Medisave provided that their spouse is also aged 65 or above

#### What can Flexi-Medisave be used for?

Flexi-Medisave can be used for outpatient medical treatments received at National Skin Centre and generally covers medical services, drugs, tests and investigations which are necessary for diagnosis and/or treatment of a medical condition and ordered by doctor.

Flexi-Medisave can be used to supplement other outpatient claims of Medisave. See Table 2 for billing example

Table 2: NSC Psoriasis Medical Bill Example (Claim of CDMP and Flexi-Medisave)

NSC Psoriasis Medical Bill (includes doctor's consultation, standard medication and treatment).	CDMP Pays (85%)	Flexi-Medisave Pays (15%)	Patient Pays (0%)
\$200	85% of bill = \$170	15% of bill = \$30	\$200 - \$170 - \$30 = \$0

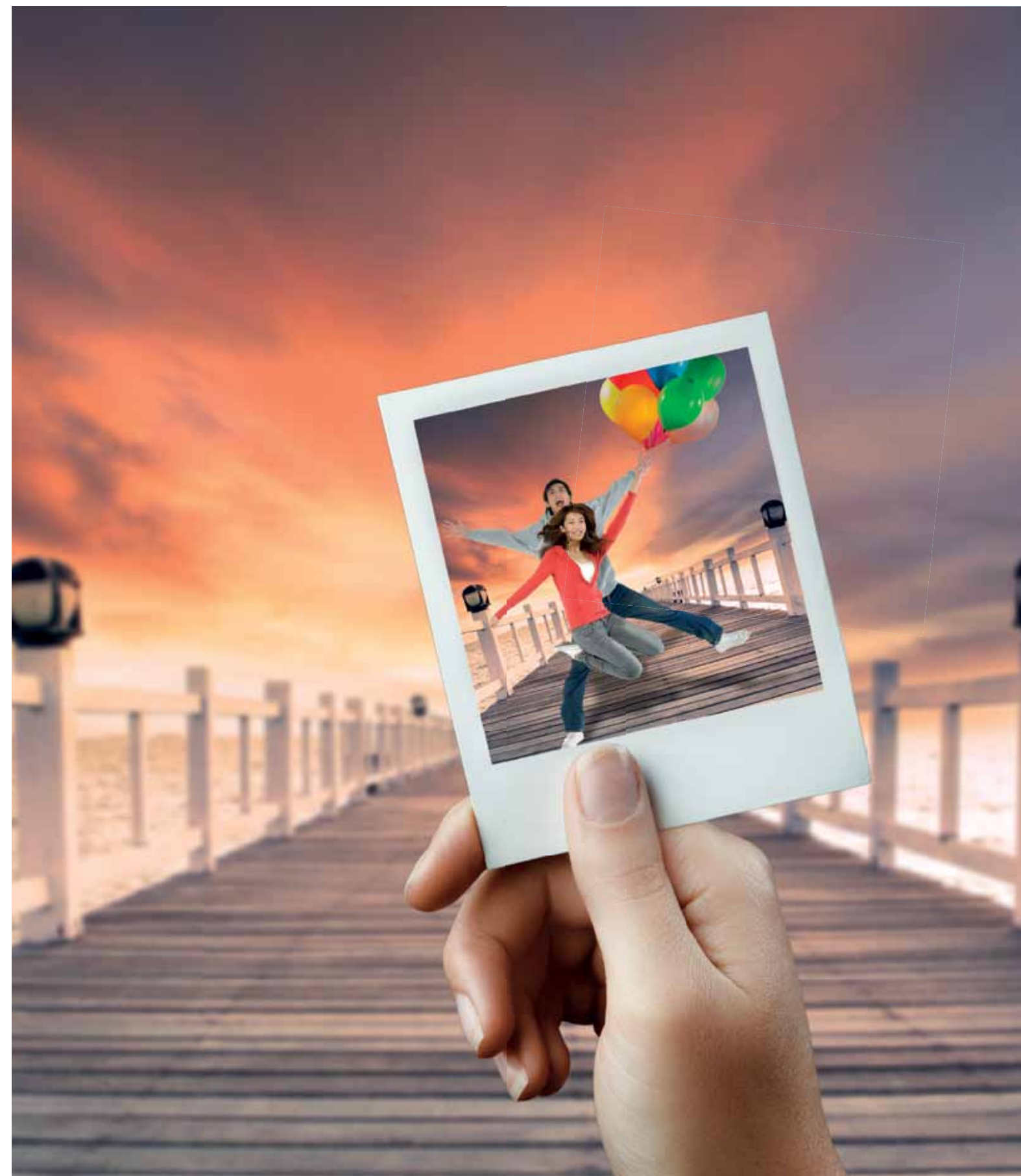
\*An elderly Psoriasis patient will be able to claim up to \$600 per year with CDMP and Flexi-Medisave.

### Conclusion

Chronic diseases are long term medical conditions that are generally progressive in nature. In Singapore, chronic diseases are a significant cause of illness and death. By recognising psoriasis as the first skin disorder in the CDMP list, the quality of life and financial burden from skin diseases is acknowledged. We hope that patients with psoriasis will be empowered to take charge of their health and work with their dermatologists and primary care doctors to improve their health.

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### President's Message

The World Psoriasis Day (WPD) event, held recently was a great success. The theme for this year's WPD was Psoriasis - Inside Out, focussing on psoriasis and its co-morbidities, including its physical, mental and psychosocial impact.

For those with psoriasis, it is always important to remember to live a healthy lifestyle. Regular exercise, healthy eating and weight control can help improve psoriasis. This also reduces the risk of metabolic syndrome and heart diseases which are more commonly seen in psoriasis patients. Smoking and excessive alcohol can also aggravate psoriasis too so this should be avoided too.

Managing stress is also important and often overlooked. Stress is a well known trigger for psoriasis too, and I have seen many people whose psoriasis flared because of recent stressful events. So we should try to minimize stress as far as possible.

So take the first steps now towards a healthy lifestyle and a healthier you!

God bless.

*Colin Theng*



THE PSORIASIS ASSOCIATION OF SINGAPORE  
WOULD LIKE TO INVITE YOU TO

*Healthy Body, Healthy Mind*  
*The Power of Positive Thinking*

featuring: **Mr. Hitesh Ramchandani**

Jan 26, 2018, 6.30 pm, Xin Cuisine, Holiday Inn Atrium, 317 Outram Road  
Registration is free. Dinner and a free gift will be provided. Limited seats.  
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*Let's start the new year right!*



## World Psoriasis Day - Inside Out: Lights out from inside written by John Koh

The Psoriasis Association of Singapore (PAS) celebrated World Psoriasis Day on the 28th October 2017 at the Nee Soon East Community Club.

In keeping with this year's theme "Lights out from inside", the sponsors and volunteers hosted many stalls to help visitors understand not only the physical but also the mental challenges of psoriasis patients.

In the covered basketball court of the community club, the major sponsors set up interesting games to elaborate on the theme. The Novartis booth has several large jigsaw puzzles which when completed will reveal messages on the various aspects of the disease. Here they also distributed hot dogs, cotton floss candy, popcorn, muffins and notebooks. Johnson & Johnson had a shooting game whereby the number of paper cups one shoots down will result in the same number of tips one gets when answering questions on psoriasis. Magnolia ice cream was the reward for all participants of the game. At the Leo Pharma booth, participants are asked to recall what their first reaction was when they found out they have psoriasis. There were 3 stacks of 6 cups each representing each physical reaction of Anger, Sadness or Depression. Participants were asked to throw a softball at the stack which represented their initial reaction. After 'downing' the "reaction", they were rewarded with a note book-shaped water bottle. AbbVie put up a board with delightful strings of lighted bulbs. Participants had their photographs taken and beautiful decorations were added to them. These were displayed on clips. The message was for psoriasis individuals to feel confident and normal as anyone else. Galderma displayed some of their products and explained their use on psoriatic skin.

Like previous years, Gulam and Hadijah were present to give out free kachang puteh. Alice Sin made balloon sculptures. Foo See Pock had a recycling counter where he encouraged the public to recycle their waste. He made pretty flowers from unwanted plastic bottles and bags. Brenda's relatives set up a booth to sell costume beads and clothing. Registrants were treated to pizzas and soft drinks.

The staff of Khoo Teck Puat Hospital were present to give visitors free medical testing for blood sugar levels, blood pressure and other basic health monitors. Nurse Cindy Choi & Tan Kim Lian were there to help counsel patients on how to apply various creams and ointments commonly used in psoriasis. Medical students from the Yong Yoo Lin Medical School volunteered to explain psoriasis to the public at posters on psoriasis. Artworks by Brenda Lim Bee Khim were displayed and auctioned off towards the end of the event. The proceedings were donated to PAS.

The stage activities started with a talk by Dr. Eugene Tan on how to maximise one's time when seeing one's doctor. There are 3 factors to consider when using topical medications i.e. the 3 'Ts' of Timeliness, Tapering and Texture. He explained the differences between lotion, gel, cream and ointment and suggested that patients apply medications as part of their daily routine like brushing their teeth.

The masters of ceremony, Cassandra Loh and Roy Wong introduced the guest of honour, Member of Parliament Mr. Louis Ng. In his short speech, he reiterated the World Health Organisation's categorical statement that psoriasis is not a contagious disease, and emphasized that psoriasis is not just skin deep, but can deeply effect the patients' quality of life.

Mr. Ray Chua and Dr. Colin Theng then gave a rousing rendition of the Psoriasis Song. Nik shared his journey of coping with psoriasis since the age of 18 years. He said that the 4 words "Love keeps me going" changed his perception of the disease. He counselled that we should not be afraid of being different, and that we do not have to be perfect to be good. Charlene, a young psoriasis sufferer showed a video which she prepared for her school project. Charlene struggled with psoriasis when she was younger as she has to dress to conceal her skin condition. As she gained confidence, she now dresses as she pleases, and encourages other psoriasis patients to do the same.

Dr. Colin Theng gave us an update on treatments for Psoriasis. Along with new treatments, he also shared that existing treatments may be getting and more affordable in the future. He reminded us to keep fit, exercise, eat healthily and reduce stress.

Dr. Yew Yik Weng spoke in Mandarin on our communication with doctors. He advised patients on how to maximize on their visits to the doctor with the 5 W's viz., Who, When, What, Where and Why, and finally, How?

## World Psoriasis Day - Inside Out: Lights out from inside

Dr. Koh Hong Yi also spoke in Mandarin informing us of the global situation of psoriasis and the support psoriasis patients are getting. He discussed about the new treatments and the problems of costs especially of biologics. Like Dr. Theng, he is optimistic that such medications will eventually be less costly and more varied than the current ones.

The program was followed with entertainment by Mr Jay Lim who sang three songs, Dr. Tham Siew Nee who sang a classic Chinese song, a magic show by the MC Roy Wong, violin and harp performances by Ellie and Joel and a lovely Korean pop song by Ms. Lauw Xiu Ting. This was followed by an enthusiastic dance by the National Skin Centre nurses and a tai chi 'Yang Gong Si Fa' by the Resident Community Club.

A lucky draw was held following which Dr Theng closed the event by thanking all participants and the organizing committee for their hard work. A group photo was taken to help us remember this eventful occasion.



## Getting to know your Psoriasis Better written by David Lee

On 12th August 2017, I attended "Getting to know your Psoriasis Better" at Ang Mo Kio Community Centre supported by Johnson & Johnson.

It was a great opportunity to have Dr. Yew Yik Weng from National Skin Centre share with us about treatment advances in psoriasis and everything you need to know about biologics. Psoriasis can generally be managed with topical therapy which comes in various types of creams, ointments and gels. More severe psoriasis has traditionally been treated with systemic therapies such as cyclosporine, methotrexate and phototherapy usually in a form called narrow-band ultraviolet B (UVB) therapy. It is more focused than other light treatments and has a lower risk of skin cancer. Another approach, called PUVA or photochemotherapy, combines ultraviolet A (UVA) light with a drug which makes your skin more sensitive to light. The introduction of biologics adds another armamentarium to the

list of treatments available for psoriasis. Dr. Yew enlightened us on these new treatments which are now available.

The other speaker was Mr. Yen Kim, principal scientist from Johnson & Johnson, who spoke to us on Skincare 101: Sun protection and moisturization. From his presentation, we understand the importance of using moisturizers to prevent moisture loss from the skin and how this will help improve dry skin.

At the end of the session, all participants received Neutrogena gift packs.



## Chronic Disease Management Program (CDMP) for Psoriasis: a Patient Guide

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The Chronic Disease Management Program (CDMP) was launched in October 2006 and permits Singaporean citizens (SC) and permanent residents (PR) to use a portion of the funds in their Medisave account for outpatient bills of certain chronic diseases. Patients in National Skin Centre (NSC) were able to tap on this programme as of Jun 2015, when psoriasis was accorded CDMP status.

### Use of CDMP

Only patients with psoriasis are able to use their Medisave accounts for payment under CDMP in National Skin Centre. This may include the consultation, medications and relevant investigations.

### Details on CDMP use

The diagnosis of psoriasis will need to be indicated in the Medisave Authorization Form.

### Co-payment

Patient will need to co-pay 15% of the bill in cash and Medisave can be used to pay for the remaining amount.

### Annual Withdrawal limit

The annual withdrawal limit is set at \$400 per Medisave account with effect from 1 Jan 2012. Patients can also use the Medisave of their immediate family member(s)\* to pay for their treatment, up to a limit of \$400 per year per account. A maximum of up to 10 accounts may be used. See Table 1 for billing example.

### Registration

Patient can approach any of the billing counters to sign up for this programme.

Table 1: NSC Psoriasis Billing Example.

NSC Psoriasis Medical Bill (includes doctor's consultation, standard medication and treatment).	Medisave Pays (85%)	Patient Pays (15%)
\$200	85% of bill = \$170	\$200 - \$170 = \$30

\* Immediate family member refers to a member's spouse, child or parent. Grandparents who are citizens or permanent residents of Singapore may use the Medisave of their grandchildren as well.