

# **Prof. Reshma A. Merchant**

**Head Div of Geriatric Medicine, Dept of Medicine at National University Hospital**

Singapore, , SG

A/Prof Merchant is a strong advocate for ageing in place and recognized as a thought expert in frailty and healthy ageing internationally.

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## **Biography**

In addition to being head of division, Associate Professor Reshma A Merchant is also the Geriatric Education Director for Yong Loo Lin School of Medicine, NUS. She graduated from the University of Edinburgh and obtained her postgraduate qualification from Royal College of Physician London in 1999 where she worked for several years before returning to Singapore in 2001. She is currently a Fellow of Academy of Medicine Singapore and Fellow of the Royal College of Physicians Edinburgh. She was the head of division for Advanced Internal Medicine for 7 years before September 2016 and under her leadership, the division has made great progress in care integration, care coordination and now looking at using data and technology as an enabler to improve productivity, quality and accessibility. She is actively involved in improving quality of care for hospitalised seniors, and together with nursing team have introduced Eldercare Bundle hospital-wide. She also holds many leadership positions in national professional organisations and advisory boards including National Kidney Foundation. Her research is primarily focused on healthy ageing, frailty and sarcopenia. She is the lead for the Healthy Ageing Promotion Program for You (HAPPY), a peer-led dual-task exercise program in more than 70 different sites across Singapore. More than 250 volunteers have been trained and certified to lead the program. The program has shown to reverse frailty, improve walking speed and memory, reduce loneliness and improve quality of life. She has other ongoing research such as frailty screening in primary care and community with virtual and onsite exercise and cognitive stimulation therapy, and has developed Rapid Geriatric Assessment app which is available for download on iphone and ipad. She is also leading the falls prevention program in the western region. She is well published in this field and recognised as thought expert in frailty and sarcopenia both locally and internationally. Besides clinical service and research, she is also a very enthusiastic teacher and has won multiple teaching awards.

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## **Industry Expertise**

Research, Education/Learning, Health and Wellness

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## **Areas of Expertise**

Successful Ageing in the Community, Academic Administration, Population Health, Internal Medicine, Healthy Ageing, Long Term Care, Cognitive Frailty, Long-Term Care, Gerontology, Sarcopenia, Frailty

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## **Education**

**Royal College of Physician London**  
Post-Doctoral

**University of Edinburgh**  
PhD

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