

Cancer Rehabilitation

Cancer rehabilitation involves a multidisciplinary team working together to help reduce symptoms and improve function and quality of life of our patients. Currently, NCIS works alongside with the Rehabilitation Medicine team and community partners to provide holistic rehabilitation services to cancer survivors. Please approach a member of your healthcare team for further details on this service.

Patient Support Groups

To support one another during the cancer journey, cancer patients, survivors and caregivers are welcome to connect with our support groups and join their activities. At NCIS, we have the following support groups:

- Acute Leukaemia Warriors Support Group
- BLOOM Support Group (Young Breast Cancer Survivors)
- Breast Cancer Support Group
- Colorectal Cancer Support Group
- Gastric Cancer Support Group
- Haematopoietic Progenitor Cell Transplant (HPCT) Support Group
- Lymphoma Support Group
- Myelodysplastic/Myeloproliferative (MDS/MPN) Support Group
- Myeloma Support Group
- OneHeart Support Group (Head and Neck Cancer)
- Sarcoma/Adult and Young Adolescents Oncology (AYAO) Support Group
- TEAL Support Group (Gynaecologic Cancer)

About Us

National University Cancer Institute, Singapore

NCIS collaborates with community partners for our survivorship programmes. Locations of these programmes can be at NCIS@NUH, NCIS@NTFGH or somewhere near where your place of work or residence. Visit www.ncis.com.sg or scan the QR code below to find out more.



Contact Us

ADDRESS

National University Hospital
Medical Centre @ Level 10
5 Lower Kent Ridge Road, Singapore 119074

Ng Teng Fong General Hospital
Tower A Clinic A72 @ Level 7
1 Jurong East Street 21, Singapore 609601

OPENING HOURS

8.30am to 5.30pm
(Monday – Friday)
Closed on Weekends & Public Holidays

CONTACT NUMBER

+65 9836 8204

EMAIL ADDRESS

ncis_survivorship@nuhs.edu.sg



Be Well, Live Well

NCIS SURVIVORSHIP PROGRAMME

Cancer Survivorship

Cancer survivorship starts when a person is diagnosed with cancer and continues through the cancer journey and beyond.

Once treatment is completed, in addition to looking out for long-term side effects related to treatment and regular monitoring by your healthcare team to detect recurrence, it is important that you stay well and live well!

The NCIS Survivorship Programme's mission is to provide a holistic and personalised end-to-end support that begins right from the point of diagnosis, through treatment, to survivorship and end-of-life care.

We understand that every person has unique physical, psychological and social needs and our spectrum of services will help, guide and empower you and your caregivers.



Services

Dietitian

Diet counselling and advice on nutritional therapy

Exercise Programme

Reduces symptoms and improve well-being through exercise classes

Follow-up Cancer Care in the Community

Transitioning routine cancer care for stable cancer survivors to community partners

Activities

Befrienders Programme

For newly diagnosed patients and their caregivers

Caregivers in Cancer

Learn basic homecare skills for caregivers

Chemotherapy Orientation Patient Education (COPE)

Understanding and preparation for the first chemotherapy treatment

Craft Workshop

Festive and jewellery craft making sessions

Kids Connect

Emotional support for children whose parents or loved ones are impacted by cancer

Medical Social Worker

Provides assistance for financial needs, care needs and emotional support

Occupational Therapy

Develops, recovers, improves as well as maintains the skills needed for daily living and working

Physiotherapy

Improves physical function and well-being

Return-to-Work

Helps with cancer-related issues affecting your ability to return to work

Living with Cancer

Educational talks sharing on information and support

Look Good, Feel Better

Manage recovery with greater confidence and self-esteem

Mindfulness Programme

Manage stress and emotions more effectively

Music Interest Group

Calm anxiety, ease pain and facilitate rehabilitation through music therapy

Relax Your Mind Yoga

Yin Yoga, mindful breathing and guided relaxation