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FACT SHEET

NHG Health and NTU Singapore Collaborate on Prevention Care and Recovery through Integrative Medicine (PRIME)

NHG Health's flagship hospital Tan Tock Seng Hospital (TTSH) and Nanyang Technological University, Singapore (NTU Singapore) are embarking on the **Prevention & Recovery through Integrative Medicine (PRIME) Collaboration**.

Integrative medicine is an approach to medical care that recognises the benefit of combining conventional therapies (such as drugs and surgery) with complementary therapies.

Through this partnership, NTU Singapore and TTSH will explore the role of Traditional Chinese Medicine (TCM) as a complementary treatment to manage pain, palliative symptoms, rehabilitation, and other suitable conditions.

The partnership will also strengthen the training of TCM practitioners in Singapore. From 2027, NTU Singapore's Chinese Medicine final-year students will undergo clinical rotations at TTSH, where they will observe how TCM and Western medicine can co-exist in patient care, while gaining practical knowledge tailored to Singapore's healthcare context.

Currently, clinicians from TTSH's Department of Complementary Integrative Medicine provide specialist outpatient TCM services which include acupuncture, acupressure, electrical stimulation, cupping and heat therapy. They also see patients in the inpatient setting at the TTSH wards and the TTSH Integrated Care Hub as part of their recovery and rehabilitation.

On research and development, NTU Singapore and TTSH will develop a foundation for evidence-based practices involving TCM and integrative medicine through clinical research or trials.

The collaboration builds on NTU Singapore's growing education offerings and research in Chinese Medicine. NTU Singapore started conferring its own Chinese Medicine degree in 2024 and has been ramping up on its postgraduate Chinese Medicine offerings. These education offerings are designed to nurture TCM practitioners who are better equipped to understand the challenges faced by the local healthcare context and are better integrated into Singapore's healthcare system.

NTU Singapore researchers are also advancing clinical research in the field. For example, a team led by Associate Professor Linda Zhong has found electroacupuncture to be a promising treatment for obesity. NTU Singapore researchers have also conducted clinical trials that show the potential of herbal medicine and acupuncture in treating functional gastrointestinal disorders (common disorders characterised by persistent and recurring gastrointestinal symptoms). The researchers will work with TTSH clinicians to conduct larger-scale clinical trials, as well as studies into the mechanisms through which herbal medicine and acupuncture interact with the way functional gastrointestinal disorders develop.

In addition, the University is exploring the use of artificial intelligence to enhance TCM applications, such as AI-powered Tuina massage robots.

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About Nanyang Technological University, Singapore

A research-intensive public university, Nanyang Technological University, Singapore (NTU Singapore) has 35,000 undergraduate and postgraduate students in the Business, Computing & Data Science, Engineering, Humanities, Arts, & Social Sciences, Medicine, Science, and Graduate colleges.

NTU is also home to world-renowned autonomous institutes – the National Institute of Education, S Rajaratnam School of International Studies and Singapore Centre for Environmental Life Sciences Engineering – and various leading research centres such as the Earth Observatory of Singapore, Nanyang Environment & Water Research Institute and Energy Research Institute @ NTU (ERI@N).

Under the NTU Smart Campus vision, the University harnesses the power of digital technology and tech-enabled solutions to support better learning and living experiences, the discovery of new knowledge, and the sustainability of resources.



Ranked amongst the world's top universities, the University's main campus is also frequently listed among the world's most beautiful. Known for its sustainability, NTU has achieved 100% Green Mark Platinum certification for all its eligible building projects. Apart from its main campus, NTU also has a medical campus in Novena, Singapore's healthcare district.

For more information, visit www.ntu.edu.sg

About NHG Health

NHG Health is a leading public healthcare provider in Singapore recognised for its quality clinical care and its commitment in enabling healthier lives through preventive health, innovative solutions and person-centred programmes tailored to every life stage. Our integrated health system, which spans primary care, hospitals and national specialty centres, includes Tan Tock Seng Hospital, Khoo Teck Puat Hospital, Woodlands Health, Yishun Community Hospital, NHG Polyclinics, the Institute of Mental Health, National Skin Centre and the National Centre for Infectious Diseases.

Together with academic and industry partners, we advance medical education, research and healthcare innovation in Singapore, addressing areas that are critical to Singapore's population needs. As the Regional Health Manager for Central and North Singapore, NHG Health partners general practices and health and social care agencies to ensure the physical, mental and social well-being of residents in the community.

Together, we are committed to building healthier and resilient communities, and Adding Years of Healthy Life to the people we serve.

More information at www.nhghealth.com.sg.

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About Tan Tock Seng Hospital

Tan Tock Seng Hospital (TTSH), an anchor hospital of NHG Health, is one of Singapore's largest and pioneering multidisciplinary hospitals. A journey spanning over 180 years of care, TTSH has a dedicated healthcare team of over 11,000, operates more than 2,000 beds, and provides care across more than 60 clinical disciplines. It is home to NHG Health's National Centre for Infectious Diseases (NCID), a 330-bed purpose-built facility designed to strengthen Singapore's capabilities in infectious disease management and prevention.

For more information, visit www.ttsh.com.sg