



Chin Lay Fong

Assistant Director (Research), Allied Health
Senior Principal Physiotherapist
Integrated Care Hub, Tan Tock Seng Hospital

Research Interests:

- Neurorehabilitation
- Upper limb stroke rehabilitation

Email: lay.fong.chin@nhghealth.com.sg

Biography

Dr Chin Lay Fong has been a physiotherapist for more than 20 years and has special interest in upper limb stroke rehabilitation. She graduated from King's College, University of London with BSc(Hons) Physiotherapy in 1994 under the Public Service Commission (PSC) Scholarship. She completed her Master in Physiotherapy Studies (Neurological Physiotherapy) from The University of Queensland, Australia under Tan Tock Seng Hospital Scholarship in 2000. Dr Chin completed her PhD studies with The University of Queensland, Australia in 2021 under the NMRC Research Training Fellowship Award. With her pragmatism, Dr Chin seeks to introduce research evidence into clinical practice by taking into account constraints of the real clinical environment.

Selected Publications

- Chin LF, Rosbergen ICM, Hayward KS, Brauer SG (2022). A self-directed upper limb program during early post-stroke rehabilitation: A qualitative study of the perspective of nurses, therapists and stroke survivors. PLOS ONE 17(2): e0263413. <https://doi.org/10.1371/journal.pone.0263413>
- Chin LF, Hayward KS, Chai ALM, Brauer SG (2021). A Self-Empowered Upper Limb Repetitive Engagement program to improve upper limb recovery early post-stroke: phase II pilot randomized controlled trial. Neurorehabil Neural Repair, 35(9), 836-848. doi: 10.1177/15459683211032967
- Chin LF, Hayward KS and Brauer SG (2021). Factors influencing paretic upper limb use during first 4 weeks after stroke: a cross-sectional accelerometry study. Am J Phys Med Rehabil, 100(2), 153-160. doi:10.1097/PHM.0000000000001539
- Chin LF, Hayward KS and Brauer SG (2020). Upper limb use differs among people with varied upper limb impairment levels early post-stroke: a single-site, cross-sectional, observational study. Top Stroke Rehabil, 27(3), 224-235. doi:10.1080/10749357.2019.1690796

- Chin LF, Hayward KS, Soh AJA, Tan CM, Wong CJR, Loh JW, Loke GJH and Brauer SG. (2019). An accelerometry and observational study to quantify upper limb use after stroke during inpatient rehabilitation. *Physiother Res Int*, 24(4), e1784. doi:10.1002/pri.1784

Notable Research Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
NMRC Research Training Fellowship	2016