



## Chng Pey Ling

Senior Dietitian, Nutrition and Dietetics Department, Tan Tock Sent Hospital

Bachelor of Science (Dietetics and Nutrition, Honour), The University of Sydney

### Research Interests:

- Community Health
- Food Innovation and Research
- Neurology (Parkinson Disease, Motor Neuron Disease)

Email: [pey.ling.chng@nhghealth.com.sg](mailto:pey.ling.chng@nhghealth.com.sg)

## Biography

Pey Ling has been working as a Dietitian at Tan Tock Seng Hospital since 2013. She is experienced in providing clinical nutrition support and dietary counselling across different medical disciplines for inpatients, outpatients and community residents. Her expertise extends to research and innovation, including collaborative work with GentleFood to develop 3D moulded pureed food solutions for individuals with swallowing difficulties, and partnership with the Health Promotion Board (HPB) in developing the Steady Lah programme. Her contributions to scaling community-based interventions are captured in the published journal article "Case Study: Lessons learned from a community-based early frailty intervention programme in Singapore". She is currently engaged in research on Interprofessional Education via the Lens of Virtual Reality, exploring innovative approaches to healthcare education.

## Selected Publications

- Case Study: Lessons learned from a community-based early frailty intervention programme in Singapore.  
<https://ddoi5-0-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=http%3a%2f%2fjournal.frontiersin.org%2farticle%2f10.3389%2ffpubh.2024.1445347%2ffull%3f%26utm%5fsource%3dEmail%5fto%5fauthor%5f%26utm%5fmedium%3dEmail%26utm%5fcontent%3dT1%5f11.5e1%5fauthor%26utm%5fcampaign%3dEmail%5fpublication%26field%3d%26journalName%3dFrontiers%5fin%5fPublic%5fHealth%26id%3d1445347&umid=F6475164-251D-4606-B395-50715AD0FF84&auth=47c05c838325d75a419a880435ac0d2beef06415-3b0f571ed0cd0eff515bb54734c1fd699b80eeae>

**Notable Research Awards & Grants from Past 5 Years**

Name of Awards & Grants	Year Obtained
CAPE Grant (CAPE-24-CO-002) – Interprofessional Education via the Lens of Virtual Reality – A community of Practice	-