



## Lim Wee Shiong

Senior Consultant, Department of Geriatric Medicine, Institute of Geriatrics and Active Aging, Tan Tock Seng Hospital  
Associate Professor (Clinical Practice), Lee Long Chian School of Medicine, NTU; Adjunct Associate Professor at Yong Loo Lin School of Medicine, NUS

### Research Interests:

- Sarcopenia and muscle health
- Frailty and intrinsic capacity
- Dementia and cognitive health
- Implementation science
- Mixed methods research

Email: [Wee\\_Shiong\\_Lim@ttsh.com.sg](mailto:Wee_Shiong_Lim@ttsh.com.sg)

## Biography

A/Prof Lim Wee Shiong is the Director at IGA, and Senior Consultant at the Department of Geriatric Medicine, TTSH. He is Associate Professor (Clinical Practice) at Lee Kong Chian School of Medicine, NTU; Adjunct Associate Professor at Yong Loo Lin School of Medicine, NUS; Fellow of the American Geriatrics Society; and Associate Fellow of the Association for Medical Education in Europe.

A/Prof Lim's comprehensive track record of scholarly work as a "Geriatrician-Educator-Researcher" included over 200 peer-reviewed publications; Associate Editor of Journal of Frailty and Aging; involvement in international and national workgroups in sarcopenia and frailty (AWGS, AWGC, APGN, GLIS, and WHO peer review group for Sarcopenia Package); and research and teaching awards in Geriatric Medicine and Health Professions Education.

A firm advocate of Pasteur-quadrant use-inspired research, his research work spans the areas of sarcopenia and related disorders; multi-dimensional frailty; healthy ageing and intrinsic capacity; dementia and cognitive disorders; caregiving; and evidence-based medicine in the older person. He is among the top 2% most cited researchers within his field in 2023 (Web of Science).

## Selected Publications

ORCID: 0000-0003-3975-7230

*Summary Citation indices:* H-index (All): 45    i10index (All): 120    (Correct as at 25 Oct 2024)

- K Yong, J Chew, K Low, A Yeo, CN Tan, JP Lim, YY Ding, **WS Lim** (2024). Predictive Validity of Intrinsic Capacity Composite Scores for Risk of Frailty at 2 Years: A Comparison of 4 Scales. JAMDA, accepted.

- E Chong, A Tham, J Chew, WT Chen, HN Tan, M Chan, J Goh, **WS Lim** (2023). Novel Clinical Frailty Scale Scoring Tools for Community-Dwelling Older Persons – An Interim Analysis. JAMDA. Published 12 May 2023. <https://doi.org/10.1016/j.jamda.2023.03.039>
- J Chew, JQ Chia, KK Kyaw, JK Fu, J Ang, YP Lim, KY Ang, HN Tan, **WS Lim** (2023). Association of oral health with frailty, functional decline, malnutrition risk and mortality in hospitalized older adults. J Frailty Aging. Published 10 Aug 2023. <https://doi.org/10.14283/jfa.2023.33>
- H Arai, K Maeda, H Wakabayashi, T Naito, M Konishi, .. J Chew, .... **WS Lim**, et al. (2023). Diagnosis and Outcomes of Cachexia in Asia: Working Consensus Report from the Asian Working Group for Cachexia. J Cachexia, Sarcopenia Muscle, 14:1949-1958. <https://doi.org/10.1002/jcsm.13323>
- E Chong, T Ong, **WS Lim**. Front-Door Geriatrics: Frailty-Ready Emergency Department to Achieve the Quadruple Aim. J Frailty Aging, Published 25 Sep 23. <https://doi.org/10.14283/jfa.2023.42>
- E Chong, B Zhu, SHX Ng, H Tan, EF Goh, J Molina, MJ Pereira, P Kaur, J Baldevarona-Llego, JQ Chia, A Chong, S Cheong, CL Foo, Chan M, **WS Lim** (2022). Emergency department interventions for frailty (EDIFY): improving functional outcomes in older persons at the emergency department through a multicomponent frailty intervention. Age Ageing, 51(2):afab251. <https://doi.org/10.1093/ageing/afab251>
- **WS Lim**, CY Cheong, JP Lim, MMY Tan, JQ Chia, NA Malik, L Tay (2022). Singapore Clinical Practice Guidelines For Sarcopenia: Screening, Diagnosis, Management and Prevention. J Frailty Aging, 11(4):348-369. <https://dx.doi.org/10.14283/jfa.2022.59>
- LK Chen, J Woo, P Assantachai, TW Auyeung, MY Chou, ... **WS Lim**, .... et al (2020). Asian Working Group for Sarcopenia: 2019 Consensus Update on Sarcopenia Diagnosis and Treatment. JAMDA. 21(3):300-307.e2
- K Pek, J Chew, A Yeo, S Yew, CN Tan, JP Lim, YY Ding, **WS Lim** (2020). Social frailty is independently associated with mood, nutrition, physical performance and physical activity: Insights from a theory-guided approach. Int J Environ Res Public Health. 17(12), 4239.
- EQE Khor, JP Lim, L Tay, A Yeo, S Yew, YY Ding, **WS Lim** (2020). Obesity definitions in sarcopenic obesity: Differences in prevalence, agreement and association with muscle function. J Frailty Aging. 9:37-43.
- **WS Lim**, CH Wong, YY Ding, K Rockwood, C Lien (2019). Translating the Science of Frailty in Singapore: Results from the National Frailty Consensus Discussion. Annals Acad Singapore, 48(1):25-31.
- E Dent, C Lien, **WS Lim**, WC Wong, CH Wong, TP Ng, J Woo, et al (2017). The Asia-Pacific Clinical Practice Guidelines for the Management of Frailty. JAMDA, 18 (7):564-75

## Notable Research Awards & Grants from Past 5 Years

Name of Grants	Year Obtained
ADL+: A Digital Toolkit for Cognitive Assessment and Intervention. Grant call on cognition, National Innovation Challenge (NIC) on Active and Confident Ageing, Healthy Ageing Innovation Grant	2017
SAIF: An end-to-end system for assessment and intervention of frailty. Grant call on frailty National Innovation Challenge (NIC) on Active and Confident Ageing, Healthy Ageing Innovation Grant	2017
Longitudinal Assessment of Biomarkers for characterization of early Sarcopenia and Osteosarcopenic Obesity in predicting frailty and functional decline in community-dwelling Asian older adults Study (GeriLABS-2). Lee Foundation 2019.	2019
Temasek Foundation Fund	2023
NMRC Population Health Research Grant (PHRG)	2023
National Innovation Challenge (NIC) on Active and Confident Ageing, Grant Call on Translation	2024

Name of Awards	Year Obtained
Construct and predictive validity of SARC-F as a risk assessment community screening tool for sarcopenia. Best oral presentation (clinical), ANZSSR	2017
Asian Working Group for Sarcopenia: 2019 Consensus Update on Sarcopenia Diagnosis and Treatment. (Co-author). JAMDA 2020 Morley Award	2020
NHG Research Impact Award	2021
Most cited paper Geriatr Gerontol Int	2020-2021
Annals of Geriatric Medicine and Research. Best Paper Award	2022
JAMDA 2023 Morley Award	2023
Annals of Geriatric Medicine and Research. Most highly cited award	2024

## Translating Research/Innovation Into Healthcare

- “Worry about performance” caregiver stress (11 May 2016, Multiple print, radio and TV reports)



ST\_11May\_Caregiver  
s' 'performance stre:

- Economist Ready for 100 Interview and roundtable discussion. Part 2: Healthcare. (23 July 2019, Media launch).
  - <https://sg.news.yahoo.com/singaporeans-unprepared-on-rising-medical-costs-of-living-to-100-healthcare-survey-072434720.html?guccounter=1>
  - <https://www.todayonline.com/singapore/singaporeans-are-living-longer-many-will-face-cash-crunch-they-battle-multiple-chronic-illnesses>



Healthy for 100 -  
Healthy Care in Sing

- [Straits Times roundtable: Healthy for 100](#) (22 Sep 2019, The Straits Times).
- [First-of-its-kind study sheds new light on sarcopenic obesity](#). (4 Oct 2019, Channel News Asia). News also reported on News at 5, Suria, Vasabtham, Channel 8 news, Channel U news, LHZB, LHWB, 93.8Now, CapitalRadio 95.8.



31517534 -  
11\_05\_2016 - ZB - SE Caregiving stress ma



02052017

- Sarcopenia Series (Mandarin). Episode 1: What is sarcopenia? Episode 2: What are the signs of sarcopenia? Vintage Radio. (25 Feb 2023).
- 预防肌少症 保住行动力. (20 Jun 2023, LianHe Zaobao)
- Study flags loss of muscle and strength in people as they age. (9 Nov 2023, The Straits Times).
- 本地研究团队制定指南 助医生及早诊断肌少症.(8 Nov 2023, MediaCorp 8 World)