

Editor's Note

We are currently more than six months into this pandemic. Beyond policies, protocols and protective gears, what has kept us going and safe during the lockdown, and what is guiding us as we emerge, are our people, our compassion for, and our connection with, each other.

Medicine (and Anaesthesia) is as much Art as it is Science. In fact, underpinning the machinery of Anaesthesiology and Preoperative Sciences are the artisanal creations of individual lives and crafts.

So, this quarter, beyond the awarding of grants, the setting up of important services, we want to celebrate the heart that powers them all: our people, their aspirations, and their journeys.

We call this the People Edition.

For our cover we created yet another collage, but this time, a collection of "painting" portraits, invoking the feeling of the timeless story book, telling the tales of journeys and adventures. We want to remind ourselves, that professional achievements, beyond system and data, are ultimately hand-made, one pain-staking brushstroke at a time.

Our Person in Focus is Dr Tan Kian Hian, everyone's favorite man on the move. We follow him on a picturesque path down some of his most memorable travels, and listen to what inspires him.

We celebrate 3 groups of people at different stages of Life's (and our Discipline's) endless learning cycle:

- We are grateful to those who have taught and inspired us as we introduce this year's Inspiring Teacher Award winners.
- We bear good tidings to the Graduates of the Residency programme as they embark on new responsibilities and craft making.
- * And we welcome our R1 Residents, secretly envious of the new and wondrous discoveries they will each make, in their own time, in their own space.

This issue, we introduce our new ACP COVID Delivery Giveaways. Connect with us and stand to win attractive prizes! (see inside for more information)

We hope you will enjoy this "handmade" issue. Until next time, stay safe, and stay connected.





Person in Focus

Journeys with Tan Kian Hian

We welcome Dr Tan Kian Hian as the new Head of SGH Anaesthesiology. He has been appointed Head, Anaesthesiology since April 2020 (Previously Head, Department of Pain Medicine). An avid traveller, he shares with us some unforgettable scenes, lessons, and thoughts on being enough.

"Life is a journey with problems to solve, lessons to learn, but most of all, experiences to enjoy."

Dr Tan will tell you that his journey in SGH Anaesthesiology has been filled with thrills and challenges. Reaching new heights with the appointment of headship during Covid-19, coupled almost immediately with an "exile" to the Expo Halls as the medical lead!

"What has really amazed me during this crisis is the depth and breath of talent we have in the department. This has reassured me that in this journey ahead, no matter how arduous, our collective effort as a team will carry us through! These trips I'm sharing, have made my journey in life more complete and fulfilling."

Where I felt most comfortable: Adelaide

I spent one year there during my training in Pain Medicine. The initial weeks were a bit unnerving, settling in a foreign place alone but it turned out to be one of the best years of my life. I completed my training, took the Pain Medicine exam, and savored the fruits of my labor at the vineyards! This is where I graduated from Moscato to Shiraz.







← In Adelaide, with Dr Harikrishnan

Where I (try to) visit every year: Niseko

If I could, I'd visit Niseko more than once a year. I cannot think of a better combination for a holiday. Therapeutic snowscapes, the yummiest Japanese food, skiing in powder snow and then soaking in the onsen after tearing my ligaments on a long day on the slopes.

Regular self renewal is important for us to stay fresh, relevant and to gain new perspectives, especially when you make the effort to get an amazing vantage point.

View from the slopes in Niseko, Mount Yotei →





← Skiing down the mountain, Niseko

Where I did the most thrilling thing: The Devil's Pool, Victoria Falls, Zambia →

Being an Anaesthesiologist, I'm naturally averse to danger. Leaning over the edge of the waterfall in the naturally formed rock pool, and certain death, is an experience never to be repeated! Like many important things in life, it may be scary, but we need to have the courage to lean in. (And sometimes even take the plunge!)

"Life is either a daring adventure or nothing." -Helen Keller





Where I felt like I was out of this world: Iceland \uparrow

Iceland, pre-GOT (that's Game of Thrones to the uninitiated) at least, is a place with the most bizarre landscape I've ever encountered. From the moss covered lava rocks, expansive black lava fields with glacial snow capped mountains as a backdrop, thermal blue lagoons and spectacular rugged waterfalls, when you're in Iceland somehow it doesn't even feel like Earth!

"Travelling - it leaves you speechless, then turns you into a storyteller." - Ibn Battuta

Where I was struck by the beauty: The Canadian Rockies

I admit this is a tough fight but the Canadian Rockies, really rock. The soaring ice-capped peaks, radioactive-blue alpine lakes, and the burst of colours from the autumn leaves make it the most beautiful place I've ever visited. If only it was not so far away...

And yet, even though there are wonders in far off places, sometimes, the most amazing and precious sights are right under our noses.



"What struck me about these places was that feeling of wonder, the heights and depths of these elements, and that by themselves, they are perfect, and enough.

In the same way, looking at the depth and breadth of the talents in our ACP, I know that we are more than sufficient, and if we align ourselves with what truly matters, we can definitely get to great new heights.

I hope everyone who joins our fraternity's journey will experience this wonder and excitement of discovery, and achieve their true potential."

"A journey is best measured in friends, rather than miles." - Tim Cahill

Inspiring Teacher Award 2020

Chow Yuen Mei,
Associate Consultant,
Dept of Pain Medicine, SGH

The Inspiring Teacher Award was launched in 2018 to recognize and acknowledge the efforts of our inspiring clinical teachers. The award is held in conjunction with the annual ACP Academic Day when every nominated teacher receives the collated, anonymized narratives. Nominators were invited to give 3 words or short phrases describing the nominees as well as a narrative on how they were inspired by the nominees.

This year, we received 13 nominations with one faculty, Dr Hairil Rizal, receiving 2 nominations. Although we were unable to acknowledge them in person, with the cancellation of Academic Day 2020, we would like to honour and recognize their contributions here.

Patient. Approachable. Calm.

"Dr Chow is very encouraging and pro teaching. She is able to remain very calm during a crisis and to solve the problem in a way which prioritises patient well-being while making the best use of every member of the team".

Teaching style: My teaching style is practical, approachable and occasionally humorous, to create a more conducive environment which will benefit both the teacher and learner during the imparting of knowledge.

Favourite quote: "Tell me and I'll forget. Show me and I may not remember. Involve me and I'll understand"

Loving & Kind. Trustworthy. Advocate & Ally.

"Ms Goh's enthusiasm at work is contagious! She is generous and willing to share her own experiences and wisdom. Despite being busy with many portfolios, she believes in nurturing the younger generation. She sets aside time for those who need to be heard even when she has her own challenges."

My inspiration to teach: Life is a continuous learning journey and I am blessed to have met many passionate nursing and clinical mentors at various stages of my career. From them, I gained the confidence and motivation to continue in nursing and it eventually became my lifelong passion and commitment. I am privileged to have worked with several OT Nurse Leaders. Although they differed in management, leadership and teaching styles, they remain as strong and respected role models for me to emulate.





Efficient. Conscientious. Knowledgeable.

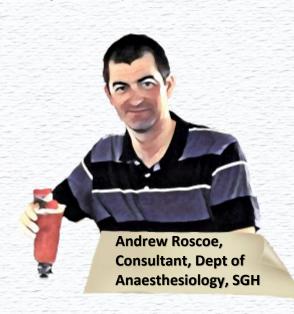
"Dr Irene never fails to impress with her knowledge and skills. She has great people skills and always shows respect to anyone and everyone she interacts with, no matter how dire the circumstances. She provides effective feedback to help with learning, and is always available to lend a helping hand to anyone in need."

My inspiration to teach: My mentors, my seniors, my peers, and also my juniors continually inspire me to be a better clinician by being a better teacher. Teaching helps me consolidate my knowledge and keep up to date. I do not know what I really understand or lack understanding in until I try to teach it.

Experienced. Knowledgeable. Approachable.

"Dr Andrew is very approachable, hardworking, yet very knowledgeable and is willing to teach. He is able to make difficult concepts seem easy. He is also very open to ideas and is happy to discuss a wide variety of topics. I am surprised by how he shares his knowledge and experience altruistically."

Teaching style: As a teacher I use a constructivist method to instill self-improvement, and I always try to be approachable. I have been inspired by the quote: "If you can't explain it simply, you don't understand it well enough", which has provided me with the motivation to improve my own knowledge and understanding of the topics I teach.



Chong Shin Yuet, Senior Consultant, Dept of Anaesthesiology, SGH

Patient. Understanding. Nurturing.

"Dr Chong SY has been an amazing consultant to work with and the care she shows her patients is amazing. It is not uncommon to see her in the PACU area with a patient postop and staying there to make sure he / she is okay—even if that means simply comforting them."

Tips on teaching: I find it useful to put myself in the shoes of the learner, to try to understand his challenges from the learner's perspective. I also remind myself constantly not to make assumptions about the learner's motivations but be genuinely curious, so that I can discover the frame that drove his actions. I have found that targeting the frame usually results in a more effective and longer-lasting change than merely addressing the behaviour itself. (And here is where I shamelessly plug the SIMSET (Simulation Educator Training) course where you will get to practise debriefing, a skill that is extremely valuable in any line of work. The next course is planned for 5 and 6 February 2021 so please save the date!)

Patient. Dedicated. Willing to teach.

"Dr Antonia is extremely smart and quick witted, and responds to emergencies without ever panicking or losing her cool, and always communicates efficiently and politely with the surgeon, her junior and the nursing staff to ensure the best patient care."

My inspiration to teach: My residency PD A/Prof Ruban and APD A/Prof Shin Yi

Favourite quote: "I've learned that I still have a lot to learn".

Tips on teaching: Every individual is different



"Dr Abey really has a heart for the junior doctors and residents.

He is a very capable clinician and proactive teacher who consistently makes an effort to teach juniors, and patiently explains his reasoning and science behind his methods. He is always willing to lend a listening ear, or give advice when asked."

Teaching style: I have no style apart from immersion and pushing my trainees off the cliff (with a lifeline, of course, the length of which is dependent on the ability of the trainee). The clinical environment itself is the teacher and stimulator for self-directed learning. Everyone will do well to learn from it. Therefore, I don't take the position of teacher and student in the learning environment. Everyone continually learns, including me. environment itself is the teacher and stimulator for self-directed learning. Everyone will do well to learn from it. Therefore, I don't take the position of teacher and student in the learning environment. Everyone continually learns, including me.







Dedicated. Inspiring. Patient-centred.

"Dr Agnes is inspiring and very willing to go all out to help learners, including junior and senior residents. She is encouraging and corrects learners in a non-judgmental way that encourages discussion and voicing out of our thoughts."

Teaching style: Using patient- orientated approach; Exploratory, our residents are adult learners with experience; Open to change in style

Most surprising thing as a teacher: Actually it's not surprising. Learning is both ways hence if teacher is keen to learn, teaching becomes more fun.

Jerry Lim, Consultant, Dept of Anaesthesia and Surgical Intensive Care, CGH, and his son, Jacob

Knowledgeable. Generous in sharing experience. All-rounded.

"Dr Jerry is very willing to teach and discuss any issues, both procedure-based as well as medical knowledge. He is always giving residents, both junior and senior, the opportunity to perform procedures, make decisions and contribute to patient management that is appropriate to the level of training of the residents."

Most surprising thing as a teacher: I am often surprised by how little I know, but it is always both humbling and gratifying. Everyday there is something new to learn from somebody.

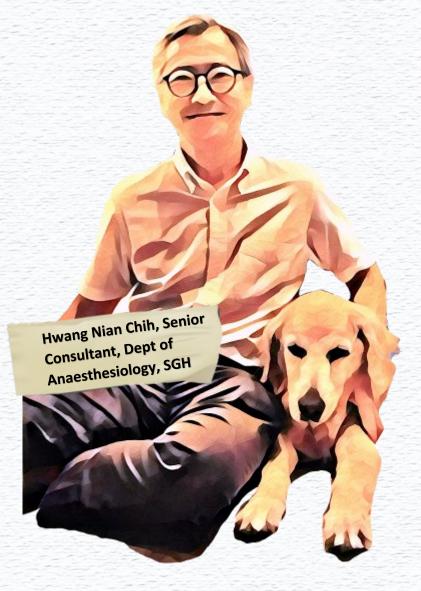
My inspiration to teach: I have been blessed with good mentors in my medical training, and this has influenced my interaction with juniors. While I have never thought of myself as a teacher, I have always tried to be a supportive and approachable mentor and I hope that this will in turn, inspire my trainees to mentor their juniors in future.

Humble. Patient. Pro-teaching.

"Prof Hwang is a great mentor who goes the extra mile to teach junior doctors patiently. He is also an exemplary model of recognizing all members of the teams (AU staff, junior medical staff, surgeons, OT cleaning team etc.). I have learnt from him the importance of understanding what is being done and why it is being done."

Tips on teaching: When explaining a process or concept, try to make it as simple and clear as possible. Use analogies to support explanations if they are helpful.

Teaching style: If there is a concept to share I may ask questions to find out how much information or knowledge that the learner already knows, then build from there. Otherwise I will just tell, explain and demonstrate. This approach of layering and building knowledge is aligned with the education theory of Constructivism. My analogy is the 'baked Kueh Lapis' concept. Cumulative knowledge layering over previously internalised knowledge.



Facilitator. Inspiring. Knowledgeable.

"Dr Ng cares deeply for his colleagues and juniors. He also shares his knowledge willingly and without reservation. He has deep knowledge in intensive care medicine and I would seek his advice if needed, without fear of judgement. He inspires his junior colleagues to seek new knowledge and to do research to discover the unknown."

Tips on teaching: One of the most important thing is to identify the stage of the learner and adopt the appropriate posture for most effective teaching. I like to challenge myself to teach the learner something which he cannot find in the routine materials.

Favourite quote: "We either continue teaching students the way we were taught or we learn to teach them the way they learn"

Most surprising thing as a teacher: At the graduate education level, the learner frequently knows more than the educator. I never cease to be impressed how frequently I am wrong or outdated. It is important to create an environment of psychological safety so that my learner is willing to challenge and correct me and we can grow together.



Ng Shin Yi, Senior Consultant, Dept of Surgical Intensive Care, SGH



Nurturing. Wise. Patient. Inspiring. Professional. Caring.

"Dr Hairil has been a great role model and a great mentor. He has taught me the importance of being humble and also being an all-rounder. He is very dedicated to teaching, and in doing so, he is able to keep his knowledge up to date and bring us the latest evidence based medicine. The teachings are often taken out of his administrative time, and we appreciate his continuous effort."

Teaching style: Very informal. I try to mentor rather than teach subjects, so I guess I nag a lot.

My inspiration to teach: My own mentors... they don't nag haha but they surely inspired me!

Most surprising thing as a teacher: That people actually listen to me!

Congratulations to the Best Abstract winners - Academic Day 2020

CLINICAL AND TRANSLATIONAL RESEARCH

Best Abstract: Lim Chu Hsien and team

Association Factors with the Development of Postnatal Depression after Cesarean Delivery:

A Prospective Cohort Study

1st runner up: Roderica Ng and team

Acute Kidney Injury Pathway (AKIP) for Early Diagnosis of AKI After Cardiac Surgery

2nd runner up: Yeam Cheng Teng and team

Risk Factors associated with Development of Acute Postsurgical Pain after Caesarean Delivery:

A Prospective Cohort Study

CLINICAL QUALITY IMPROVEMENT, PATIENT SAFETY AND INNOVATION

Best Abstract: Sheryl Chee and team

Collaborative Community Virtual Pain Clinic to reduce healthcare visits for mobility impaired patients with chronic pain

1st runner up: Ng Guan Yee and team

Contact Tracing using Real-Time Location System (RTLS): A Simulation Exercise in a Tertiary
Hospital in Singapore

2nd runner up: Marianne Chee and team

Process oriented In Situ Simulation is a valuable tool to rapidly ensure operating theatre preparedness for COVID-19 outbreak

MEDICAL EDUCATION

Best Abstract: Andrea Ang and team

Benefits of a Near-Peer-Led Practice Objective Structured Clinical Examination (OSCE) in Teaching

Physical Examination (PE) Skills

1st runner up: Sharon Ong and team

Identifying the key Anaesthesia Non-Technical Skills (ANTS) needed for distant supervision - A mixed-methods study

Congratulations to the Winners of Publication Award 2020

ANAES ACP launched its inaugural Publication Award this year. Held in conjunction with Academic Day, the award aims to promote good quality publications that would induce multiple citations in reputable journals in the areas of Clinical Excellence, Patient Safety and Clinical Quality Assurance and Research in Medical Education and Medical Technology. This will potentially raise the profile of the ACP and its global academic standing.

RESEARCH

1st: Jason Chan

Evaluation of association factors for labor episodic pain during epidural analgesia, Journal of Pain Research

2nd: Paul Tan Hon Sen

Reducing breakthrough pain during labour epidural analgesia: an update, Current Opinion in Anesthesiology

3rd: Lie Sui An

Challenges of brain death and apnea testing in adult patients on extracorporeal corporeal membrane oxygenation - a review, Journal of Cardiothoracic and Vascular Anesthesia

MEDICAL EDUCATION

1st: Lim Wan Yen

The Abbreviated Maslach Burnout Inventory Can Overestimate Burnout: A Study of Anesthesiology Residents,

Journal of Clinical Medicine Research

2nd: Raymond Goy

Exploring the challenges of task centred training in obstetric anaesthesia in the operating theatre Environment, International Journal of Obstetric Anaesthesia



Stepping Up

Congratulations to our 2020 Residency graduates & new ACs! Our graduates share with us how they feel about graduating at a time like this.



Paul Tan Hon Sen

Having recently returned from the USA and witnessing first hand the strikingly different responses to the SARS-Cov2 pandemic between our countries, I feel that as healthcare professionals we are truly lucky to receive the trust, confidence, and resources from society that allow us to do our jobs and contribute to the pandemic management effort. That said, the unprecedented need to provide excellent clinical care to our patients, while simultaneously reducing physical contact and improving healthcare efficiency has exposed opportunities for innovation and improvement. To be sure, these are exciting but challenging times to be a healthcare professional, but I am looking forward to being a part of, and perhaps, even contribute to this fast-changing healthcare landscape.

3 words or sentences of yourself or favourite quote:

Facilis descensus averno



Michelle Leanne Lim

I feel grateful to be graduating at all

3 words or sentences of yourself or favourite quote:

"what's for lunch today?" and "are we having bbt?"



Steffi Chan

A Haiku when everyone else fears for their ricebowl, I'm glad I still have a job

3 words or sentences of yourself or favourite quote:

Have you met my cat, Dr Mewton?



Lim Zhen Wei

I feel blessed to still be able to graduate amidst this pandemic.

Adaptability of all stakeholders has made this happen and we must continue this spirit in our fight against COVID and any future challenges.

3 words or sentences of yourself or favourite quote:

Life is ten percent what happens to you and ninety percent how you respond to it



Margaret Chong

I feel relieved and thankful

3 words or sentences of yourself or favourite quote:

The sun will rise



Chen Jinghui

COVID will pose more challenges managing patients. We need to ensure that more precautions and protective equipment are used by the team caring for the patients.

3 words or sentences of yourself or favourite quote:

This too shall pass



Wai Wai (left) and her friend Charleen

Ma Wai Wai Zaw

Uncertainty is the only certainty

3 words or sentences of yourself or favourite quote:

"Sometimes you gotta be a lion so you can be the lamb you really are" - Yvonne Reed

"If plan A plan B plan C doesn't work... there's still 23 other characters in the alphabet." - Thuy Throng

#Ikigai



From left: Von Vee, Elaine and her baby Eliana, Su Min and Denise

Quak Su Min

Despite the challenges, it was heartening and inspiring to see how the department bonded together and also adapted to the change. I am very thankful for the support of the seniors for giving us lots of advice and teaching and also for the juniors for being accommodating when we needed time off for tutorials.

3 words or sentences of yourself or favourite quote:

I love bread! Can I have a bite?



Nanthini Pillay

I'm grateful to the people who made this exam possible in the midst of pandemic and everyone who taught us, be it over zoom or wearing masks!

3 words or sentences of yourself or favourite quote:

Do what you love, and you will never have to work a day in your life -Confucius



Congratulations!

SGH COVID-19 RESILIENCE INNOVATION GRANT

Claudia Tien

SGH Parachute

Wong Loong Tat

SG POD (Surgical Protective Operation Device)

SINGHEALTH DUKE-NUS COVID-19 INNOVATION PROGRAMME

Hairil Rizal

Augmenting Isolation Wards, COVID-19 Screening Centers and COVID-19 Teleconsult with Wireless Stethoscopes

Rajkumar Chandran

NOvel Suction Enabled System—(NOSES) for self ventilating tracheostomy patients

AM-ETHOS DUKE-NUS MEDICAL STUDENT FELLOWSHIP AWARD

Lim Chu Hsien

Factors Associated with Postoperative Nausea and Vomiting after Caesarean Delivery

Eng Zhiqing

Association of anemia and pain with postnatal depression

ANAES ACP PILOT RESEARCH GRANT 2020

He Yingke

Prevalence of cigarette smoking and readiness-toquit among surgical patients attending Preoperative Assessment Clinic

Melody Long

EEG monitoring under anaesthesia in children: Towards personalized anaesthesia care

Lim Ming Jian

The Effect of Mindfulness-Promoting Meditation Exercise Application on Pain and Anxiety after Caesarean Delivery: a randomised controlled trial

Congratulations

to Dr Hairil Rizal Abdullah and team

Best Practice Medal in Care Redesign National Healthcare Innovation and Productivity (NHIP) Awards 2020

Winning project – Perioperative Programme for Elderly (PREPARE)

Meet the Latest Members of the ACP-Residency R1s



JANE LIEW

is at best an amateur at life.
She is usually spotted trying to keep it together, but on good days you may spot her with her newest non-fiction book.
Yes. A physical book. On not-so -good days, she is somewhere between Amazon and Netflix.



NEO SHU HUEI

is an early riser and enjoys long walks in the park. A DIY fanatic, she has dabbled in pottery, flower arrangement, gardening, embroidery and is itching to try carpentry. In her spare time, you'll find her in a COS store!



EMMA DU

is an aspiring globetrotter, amateur gastronomist and recovering bubble tea addict, who is always planning the next backpack adventure. In her spare time, you can find her tea tasting with friends or watching the latest Netflix documentary.



LIM HAOYUAN

is a nature photography enthusiast and enjoys a good hike for a great scenic view. Otherwise, he spends his time planning for his next great adventure or training to be an eSports professional.



GERALD TSE

is an amateur runner who one day dreams of running the marathon majors. If he's not running off to see premeds, he'll be in the tearoom carbo loading on rye crackers and instant noodles.



CHRISTOPHER MATHEW

has recently developed a keen interest in all things Korean including trying to learn the language - Annyeonghaseyo! In his free time, you'll find Chris playing frisbee or badminton, listening to music or browsing through social media.



DAVID CHEE

(not to be confused with Leonard) is also an easygoing person who enjoys watching sitcoms in his free time. On longer vacations, he enjoys travelling the world to ski, dive and hike through nature.



NADIA BTE AZLAN AYUBY

has a passion for languages and linguistics and is on her way to becoming a polyglot. In her free time, she enjoys listening to music, playing the piano, doing Silat and translating subtitles from Korean to English!



LAU WEI KEAT

likes to keep himself active and healthy. He is also constantly trying to improve himself - he feels that he's not good, but he is always trying his best to be better.



CHIN YUN XIN

is a bibliophile who would like to spend all her days buried in books. Outside of her paper piles, she enjoys photography and contemplating the mysteries of life.



YAP SI HUI

likes reading, rock climbing and sleeping. If you can't find her, it's highly likely that she is secretly sleeping away in some corner. But don't worry! You can lure her out easily with the smell of good food.



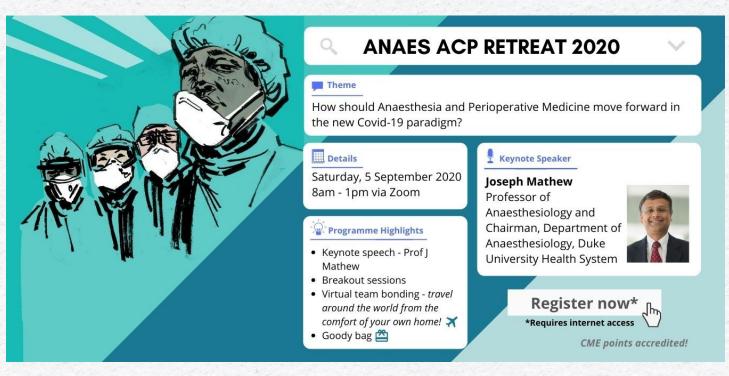
LEONARD TANG

is 182cm tall and not to be confused with David Chee! In his spare time, Leonard enjoys watching Marvel & DC shows and keeps active through swimming and running... when he's not surfing, wake boarding or cable skiing!



UPCOMING: PROFESSIONAL DEVELOPMENT TALKS SEPTEMBER-NOVEMBER 2020

DATE	ZOOM LINK	TOPIC	SPEAKER
30 September (Wed) 7.30am	https://ihis.zoom.us/j/96996872407? pwd=Q2tNL2R1WHRia0RTblJIYjF2QWRkQT09	Philanthropy	Dr June Goh
	Meeting ID: 969 9687 2407 Password: 928006		
28 October (Wed) 7.30am	https://ihis.zoom.us/j/98029027953? pwd=My9pUXJ2OCtLb1c0V0krNHIKVWJEdz09	Research	Dr Diana Chan
	Meeting ID: 980 2902 7953 Password: 677611		
25 November (Wed) 7.30am	https://ihis.zoom.us/j/95603237848? pwd=a3ZxT0ZWNXhKbVMxd3FyOW1XUmpMdz09	TBC	Dr Jonathan Cheng
	Meeting ID: 956 0323 7848 Password: 209592		



Register now at https://forms.gle/HYtfh1iTxEXEBMck6 ! (internet access required)