



October – December 2020

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Reflections for 2020 & Looking Ahead in 2021

As we come to the end of an eventful 2020, we asked our Family Medicine Academic Clinical Programme (FM ACP) leaders and faculty for their reflections and what they look ahead for in 2021.

Call of Duty .. Family Medicine's crucial role

We have all been called to duty when the COVID-19 pandemic set upon us early in the year 2020, facing a definite infection threat but knowing very little at the initial and beginning. There was fear, reminiscent of SARS in 2004, but this time we were better prepared, stockpiled Personal Protective Equipment (PPE) as foundation safety measures, as well as established Disease Outbreak SOPs to guide our quick responses.

As Family Physicians, we face the uncomfortable reality that the usual cough and fever, by the numbers that we typically see, may yet be the potential new infectious disease. We face challenges in remodeling our care and roles, in our Polyclinics and Community Hospitals (kudos to Bright Vision Hospital for the excellent and timely conversion to a dedicated COVID-19 inpatient facility).

Ultimately, we faced our fears, bravely... served and protected our patients and committed ourselves to the National effort especially the Dormitory Support operations. We stand proud of our commitment this 2020 and truly look to the new Year 2021 with renewed vigour and hope for a Better Tomorrow, and presently working to deliver COVID-19 Mass Vaccination to the Population, a key role yet again for Family Medicine.

Do Stay Vigilant and Keep Well, as Family Medicine and Primary Care continues to be a foundation pillar in any effective Healthcare System, especially in a pandemic.

***Clinical Asst Prof Adrian Ee
Chair, FM ACP***

I was just flipping through some old College Mirror issues the other day when I came across a 2003 issue on the early days of the SARS outbreak. In those days, I was working on the College Internet Project, trying to get our College online and starting up an e-learning program. The IT dinosaurs among us would remember those days of dial-up access where there was no Zoom, Facebook or Twitter. When you said YouTube, people would probably think you were referring to a new brand of toothpaste. The studious ones might remember coronavirus being mentioned in our MicroB lecture as a cute looking virus that was mostly harmless to human beings. In the early part of the outbreak, we even thought it could have been the Mumps virus. It was difficult to conduct training or rally the Family Physicians who were left without updates or PPE supplies. We scrounged for resources to get supplies and conduct training. I remembered we rushed out an e-learning module and conducted the first-ever live streaming of a panel discussion with the help of ST Teleport and StarHub.

None of us anticipated that the SARS Coronavirus will return with a vengeance 18 years later and cause a pandemic. Thankfully, this time we were better equipped, better organized and better informed. ***We can be proud that as a fraternity, we learned and we stood our ground in the fight against the COVID-19 pandemic.***

I am confident we will triumph and do even better come the next outbreak or pandemic. ***It just goes to show that the learning and preparedness must never stop.***

***Assoc Prof Lee Kheng Hock
Deputy Chair, FM ACP
Vice Chair, Faculty Affairs and Development, FM ACP***

In 2020, we were reminded of what it means to be a Healthcare Professional. We stepped forward to protect the lives of our patients and our communities. We adapted and innovated, built and used knowledge responsively to manage a rapidly evolving situation. We accepted risk to ourselves and our families because of our professional and moral responsibilities.

As we reflect at the end of an eventful COVID-19 year and look forward to a healing 2021, let us rededicate ourselves to that higher calling where we work together to make a difference to patient lives. In 2021, we will review and plan as an ACP to see how we can collaborate even better in our clinical and academic endeavours.

We must also pass on those professional values that were so impactfully expressed in 2020 so that those who come after us continue to be pillars of strength for our patients and communities.

***Clinical Asst Prof Chow Mun Hong
Vice Chair, Strategy & Innovation, FM ACP***

2020, a year where the COVID-19 pandemic brought out the best in Family Medicine! A year where Family Physicians from both public and private sectors, acute to community settings stepped forward and took their place in the overall effort against COVID-19. ***Be it in the frontlines in the polyclinics or SASH clinics, looking after migrant workers in the dormitories or caring for COVID-19 positive patients in the CCF or community hospitals, Family Physicians were there and made the difference.***

Looking ahead into 2021, I am confident Family Physicians will continue to shine where they are, standing united against COVID-19, strengthening Family Medicine and solidifying Primary Care in Singapore.

***Clinical Asst Prof David Ng
Vice Chair, Clinical Services, FM ACP***

It is no pure coincidence nor great fortune that our Family Physicians and primary care professionals are not severely scarred by the COVID-19 pandemic that plague us most of 2020. Our ***well-trained FM fraternity*** in SingHealth has worked tirelessly to combat the virus in many fronts across FM ACP, be it in the polyclinics, or in the community hospitals or in the foreign worker dormitories.

We have distinguished FM leaders to champion the battle against COVID-19 and look forward to our Family Physicians leading the COVID-19 vaccination drive across the entire population in 2021.

***Clinical Assoc Prof Tan Ngiap Chuan
Vice Chair, Research, FM ACP***

2020 is dominated by the COVID-19 pandemic and all our activities for the year has been impacted in one way or another. These include implementing a slew of infection control measures and cessation of Face-to-Face trainings.

But I am glad that our ACP and institutions went on an adaptive mode, and look at new ways to continue the work we have to do. In the Education front, we learnt new technology, and conducted CME and teachings remotely. When the medical students and residents were allowed to resume clinical training, our faculties have to conduct their lessons wearing masks and ensuring infection control measures are adhered to. No easy task, considering that our faculties are at the same time adjusting to changes in clinical care processes and new policies implemented in our institutions. ***These faculties are truly heroes in their own right!***

Looking ahead, we will have to continue in our adaptive mode as the nation makes changes to policies and practices as the situation becomes better controlled. If we keep our eyes on our vision and our goals, I am confident next year will be a good year for us.

***Clinical Asst Prof Tay Ee Guan
Vice Chair, Education, FM ACP***

2020 saw our Family Physicians from CGH stepping up together with fellow Singaporeans to help MOH, MOM, MFA, GP partners, nursing homes, hospice, and migrant workers as we worked from CGH, A&E, purposed build dormitories, different isolation facilities, airport, nursing homes and hospice.

With 2020 drawing her curtains to a close, ***we welcome the approaching new year with renewed faith in our amazing Team OneSingapore and the confidence that together we can.***

***Clinical Asst Prof How Choon How
Director, Transitional Care, FM ACP***

Overcome as one united FM ACP

We at SCH and SHP were tested to our limits during 2020 when COVID-19 hit us, along with leave freezes, travel restrictions and social distancing. ***However, we have remained steadfast and strong and overcome it together as one united FM ACP***, delivering the duties expected of us and even going beyond the call of duty.

Let us pray for a better 2021 and ***enter this brave new world together as one united FM ACP.***

Tough times do not last, but tough guys in FM ACP do.

***Clinical Asst Prof Luke Low
Director, Community Care, FM ACP***

2020 has been a year of volatility, anxiety, and positive change.

Through circuit breaker, healthcare workers courageously travelled through empty streets to get to work day or night, and appreciated through surprise snacks and synchronized applause. Social norms have been altered, and overseas travel was brought to a halt.

Despite this adversity, resilience of humanity has shone through, bonds with our family, friends and colleagues strengthened, and learning brought to a new realm. Wishing everyone in our FM ACP a lovely Christmas and a wonderful New Year ahead!

***Clinical Asst Prof Joanne Quah
Director,
Health Promotion & Preventive Care Research,
Research Talent Development, FM ACP***

In this pandemic year, I am honoured to have fought the good fight alongside our FM colleagues. ***Our PHPCs/SASH clinics showed immense resilience and adaptability to emerge stronger.***

In 2021, I look forward to welcoming our Duke-NUS students back to the preceptorship and build upon the strong trust forged in the various public private partnerships as one family.

Adj Asst Prof Tan Eng Chun

Compassion, Innovation, Resilience

2020 may be coming to an end, but the lessons learnt will continue into 2021. With every challenge comes great opportunity. For me, it was an opportunity to ***connect through compassion***, a time to ***innovate with technology*** (programming the remote-controlled robots deployed to aid in COVID-19 patient care) and a period to ***grow with resilience and strength***.

As we walk into 2021, I hope we can continue to ***empathize with the needy, help the vulnerable*** and ***give our best to our patients***.

Dr Wong Ann Mei

While COVID-19 had significant impact on FM training in 2020, residents must continue to ***stay resilient and constantly adapt to the volatile situations***. Stay focused, calibrate your training needs accordingly and most importantly, keep a positive attitude towards adult self-learning! The storm will soon be over and we will all see the rainbow soon!

Dr Xu Bangyu

2020 has been a tumultuous year for everyone. For those of us Family Medicine educators who also run clinical practices, we have been faced with challenges all round (logistics, safety, drop in patient load, etc.). The pandemic has also affected the way we deliver medical education effectively and safely.

Let us not lose hope, but yet continue to press on in 2021 ***to serve the community and impart our knowledge and skills*** to the students and trainees entrusted to us!

Adj Asst Prof Jonathan Yeo

National Outstanding Clinical Quality Champion Award 2020



Our heartiest congratulations to **Clinical Asst Prof Chow Mun Hong, Vice Chair, Strategy and Innovation, FM ACP**, for being awarded the 2020 National Outstanding Clinical Quality Champion Award!

This award by the Ministry of Health acknowledges health professionals in the public and private healthcare sectors who have contributed significantly to clinical quality improvement and patient safety, as well as inspired others to do likewise.

Dr Chow has played a pivotal role in his 30-year medical career, from nurturing generations of healthcare professionals in SingHealth Polyclinics and beyond, to building structures and enablers to systemically support quality patient care at SHP. Improving patient care continues to be a key focus at SHP as a result of his passion and dedication. There are many colleagues ready to take this movement into the future.

SingHealth Publish! Award 2020



Congratulations to **Clinical Asst Prof Lee Cia Sin** for being awarded the SingHealth Publish! Award 2020!

This award recognises researchers who have published quality articles in internationally acclaimed medical or scientific journals.

Fellowship Programme (FCFPS) 2020 Examination - Dr Koh Eng Kheng Gold Medalist



"I knew when I started doing Medicine that this was going to be a ***lifelong journey of learning***.

After completing the SingHealth Family Medicine Residency and obtaining my Masters, I wanted to challenge myself further and decided to embark on the Fellowship programme.

For those considering embarking on this journey, I hope you remain unfazed by the challenges ahead. Looking back, consistency and hard work are vital throughout the two years. You will gain new knowledge and experiences and also very importantly forge camaraderie with your peers walking the same journey. Stay humble, ***learn to listen and listen to learn.***"

Dr Julia Yuen
Dr Koh Eng Kheng Gold Medalist

MMed Examination 2020

Congratulations to the following **29** Family Doctors for passing the 2020 MMed Examination!

Chan Tao Eric
Choo Wei Song, Jeremy
Dypti Lulla
Elangovan Abinaya
Foo Jong Yi
Gopal Pamela E-Wei
Gun Shih Ying
Han Weiyao (Bryan)
He Cong En Jeremy
Kunarso Galih
Lai Wei Na
Lam Shi En, Cheryl
Lawrie Faraz Azam
Lee Ern Jie Abigail
Lee Ke Yao
Lee Pei Rong
Lim Lay Khim
Lim Li Cui Rachel
Low Jia Hua
Ong Ruiheng
Quek Khai Wen
Sumayyah Omar Binalib
Anne Tan Shuang Xi
Tan Wan Hua Gwendoline
Tan Yu Quan
Tan Zhi En
Teo Chiang Wen
Tyagi Kanika
Xue Mengchen (Maggie)

SingHealth Family Medicine Residency Graduands 2020

FM ACP is proud to celebrate the accomplishments of the 6th cohort of **22** Family Medicine Residents.

They represent the future of our healthcare profession. We wish them well and hope that they will keep in mind that the utmost importance of the pursuit of medical excellence – for our patients and for the future of our healthcare system.

Chan Tao Eric
Dypti Lulla
Goh Shao Sheng
Gwendoline Tan Wan Hua
Han Weiyao (Bryan)
He Cong En Jeremy
Hosanna Liha Anak Lis
Lam Shi En, Cheryl
Lau Jiali
Lee Ern Jie Abigail
Lee Ke Yao
Lee Pei Rong
Lim Lay Khim
Lim Li Cui Rachel
Loi Zhi Bing Julian
Ong Ruiheng
Quek Khai Wen
Shen Xiao You
Tan Yu Quan
Tan Zhi En
Teo Chiang Wen
Xue Mengchen (Maggie)

SingHealth Residency made the difficult decision to cancel the in-person Graduation Ceremony due to COVID-19 restrictions in 2020. However, it held the first-ever virtual graduation ceremony on 27 November 2020 to commemorate the successful completion of the Residents' training during a difficult year. It was a memorable occasion and created a sense of community in a time of social isolation.

MMed Preparatory Workshop (3 October 2020) & GDFM Preparatory Workshop (28 November 2020)

This was a challenging year for Education Department, SHP, for the preparation of both workshops.

Due to COVID-19 restrictions, the MMed candidates were grouped into two modules each at SHP-Sengkang and SHP-Tampines. The numbers were kept strictly to the limit of 50. This was done with great caution so that the examiners, examinees, patients, even down to the helpers and nurses did not cross mix with one another.

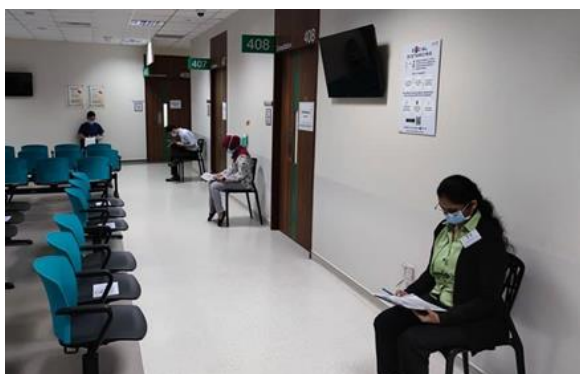


The modules at SHP-Sengkang (top) and SHP-Tampines (bottom) functioned as an entirely individual module on its own.

MMed Preparatory Workshop involved a record high of

50 examiners
40 examinees
40 patients

Conducted in a similar but smaller scale, the GDFM Workshop (below) was also split into two modules at two different levels in SHP-Punggol.



Thanks to everyone's efforts, the workshops went smoothly despite the challenges.

Many candidates had provided positive feedback on the workshops.

Women's Health Conference (23 – 24 October 2020)

Organised by KKH and supported by FM ACP and Obstetrics & Gynaecology ACP, the conference aimed to:

- Connect and discuss topics relevant to the clinical care of women
- Further strengthen the collaboration with partners in the community and tertiary centres
- Commemorate the 10th anniversary of Family Medicine Services, KKH

International speakers



Prof Serge Ferrari
Geneva University Hospital, Switzerland



Dato' Dr Joon-Kiong Lee
Beacon Hospital, Petaling Jaya,
Malaysia



Dr Nick Panay
Imperial College Healthcare and
Chelsea & Westminster Hospital,
London

Feedback from the participants

An informative, convenient and enjoyable learning journey"

Sexual Health Forum was really useful! Covered areas that I was not familiar with

Improved my knowledge of POI; and the options of switching treatment in postmenopausal osteoporosis.



Sexual Health is a subject that is not commonly discuss. Good that much is discussed here.

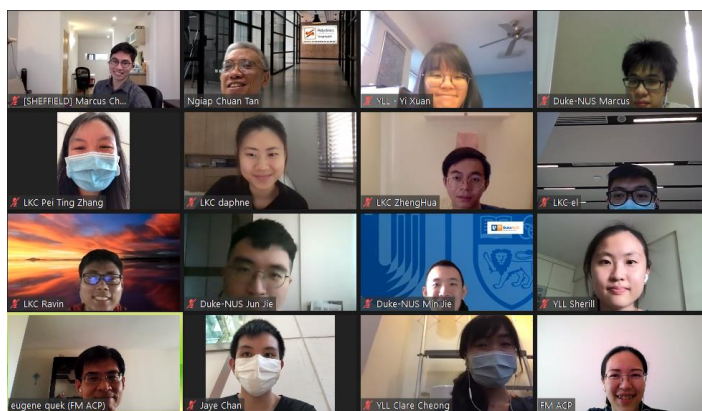
Very informative, well-prepared. Great job for everyone who made it.

All speakers gave a very comprehensive talk on Women's Health which is easy to understand. Well done to all speakers.

Passion in Family Medicine Research (5 November 2020)

A new initiative to engage medical students on research opportunities available in FM ACP institutions / departments.

Passion in Family Medicine Research will be organised regularly throughout the year.



Some of the 38 participants at the inaugural Passion in Family Medicine Research on 5 Nov 2020

Feedback from the students

If possible perhaps inviting some of the past/current PIs to speak about their experience?

Clear explanation of expectations and deliverables

Projects clearly laid out, expected time commitments and benefits of the program

Family Medicine Residency Program Annual Admission Exercise (Academic Year 2021) (22 October - 12 November 2020)

This year's Exercise is different as SingHealth Residency Programs were made to adapt with the pandemic situation and the removal of the National Interview session by MOH.

While other Programs adopted online tele-conferencing interviews, the Family Medicine Residency Program established a comprehensive physical interview process with safety measures taken into considerations. *The physical interactions between the candidates and faculty is essential in selecting the right candidates for the program.*

126 candidates registered for the 9 allocated interview sessions

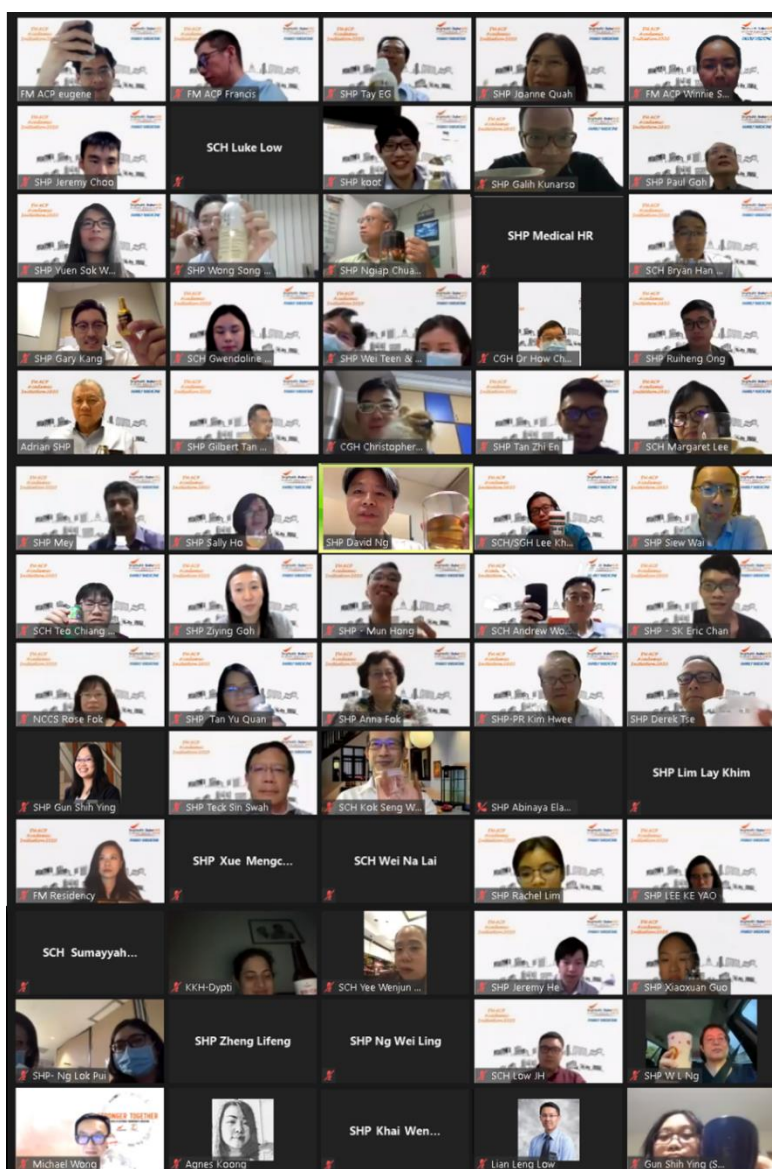
The efforts of all involved paid off as we were able to meet all the candidates. The meticulous planning of our Faculty was fruitful in determining the best candidates for the future of FM and the Program.

FM ACP Academic Initiation (25 Nov 2020)

The FM ACP Academic Initiation (formerly known as the FM Graduan Dinner) was organized by Education Department, SHP; FM ACP; FM Residency Program and Human Resource Department, SHP.

Objectives of this event:

- Initiate our younger Family Doctors on the start of their journey in academic Family Medicine
- Commemorate the completion of the MMed examination
- Show appreciation to our Family Medicine educators



Clinical Asst Prof David Ng, Vice Chair, Clinical Services, FM ACP, leading the 63 guests to toast for the next lap at the close of the FM ACP Academic Initiation.

Happenings (January – March 2021)

January	GDFM Exams
15 January	Passion in Family Medicine Research
21 January	FM ACP Research Grand Round Theme: “Prescription Safety Through Review and Innovation”
5 February	FM ACP Career Opportunity Roadshow
18 March	FM ACP Research Grand Round

**Have something to share with your fellow FM
ACP faculty in this newsletter?**

Send them to:

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