



July - September 2022

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FM ACP Study Trip to Institutions in Kuala Lumpur, Malaysia

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National Day Award 2022

Congratulations to our National Day Award 2022 recipients!

The Public Administration Medal (Bronze)



Clinical Assoc Prof How Choon How



Dr Gilbert Tan Choon Seng



The late Dr Agnes Koong Ying Leng
(Posthumous)

Residency in SingHealth Excels (RiSE) Awards 2022

The Awards celebrates and honours outstanding SingHealth Residents, Faculty, and partners in education for their achievements and exemplary contributions in clinical and academic work.

Outstanding Faculty Award

Recognising top 5% Faculty nominated by programmes for their commitment and contribution to Residency

- Dr Shawn Goh
- Clinical Assoc Prof Sally Ho
- Dr Charmaine Kwan
- Dr Lim Weai Ling
- Clinical Assoc Prof Joanne Quah
- Dr Quah Yan Ling
- Clinical Asst Prof Swah Teck Sin
- Dr Gabriel Yee

Faculty Appreciation Award

Recognising Faculty for their commitment towards Residency training during their tenure

- Dr Daniel Lim
- Clinical Asst Prof Xu Bangyu
- Dr Zheng Lifeng

Outstanding Resident Award

Recognising top 5% of Residents from each programme who have done exceptionally well in their clinical and academic avenues of medical education

- Dr Foo Ling Li Audrie
- Dr Kho Zhen-Bing Christine
- Dr Lim Zong Yi
- Dr Sim Yu Xian, Aline
- Dr Yang Kaymond

Resident Committee Appreciation Award

Recognising the contributions of our Resident representatives in the development of programmes for their peers and juniors

- Dr Alicia Ong Shu Zhen
- Dr Charlotte Teong Chuin Yi

RiSE Peer Supporter Award

Recognising the contributions of our volunteers to the SingHealth PGY1 BLUES (Bolstering, Listening, Understanding & Emotional Support) Programme

- Dr Fung Foon Yin

AMEI Golden Apple Awards 2022

An Accolade For Educators, the AMEI Golden Apple Awards recognise and honour outstanding educators in SingHealth and Duke-NUS who have demonstrated excellence in teaching. Their passion, dedication and innovation have transformed teaching and helped raise standards of healthcare education.

Outstanding Young Educator Award

The award recognises outstanding teaching potentials among young educators (below age of 40) in SingHealth and Duke-NUS across the various healthcare professions. The educator will demonstrate dedication and commitment to excellence in educating the next generation of healthcare professionals.



Dr Gabriel Yee

Academic Promotions & Appointments with Duke-NUS Medical School

Promotion to Adjunct Associate Professor



Tan Tze Lee

Promotion to Clinical Assistant Professor



Guo Xiaoxuan



Jane Tan

Promotion to Adjunct Assistant Professor



Lee Kwang How (right)



Tan Swee An,
Benjamin



Oh Cher Ming

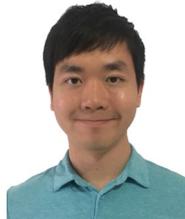


Wong Ming

Appointment as Clinical Instructor



Navpreet Kaur (second from left)



Alon Tan



Yusrina Bte
Yusoff



Valerie Chan



Park Yae Sol



Cynthia Tan



Yap Sui Ling

Time Restricted Eating as Treatment (TREAT) for Diabetes Mellitus

We are grateful to receive a gift of S\$30,000 from Mr B K Iyer. This will go towards funding a research study to determine the effectiveness of intermittent fasting as a possible diet therapy for diabetes. Assoc Prof Lee Kheng Hock, Deputy Chair, FM ACP, is the lead for this study.

"My own experience taught me that **to lead a long and healthy life, free of chronic ailments, we need to adopt good lifestyle habits, which include watching our diets, exercising regularly and reducing stress.** So when I heard about this research study which could encourage people to bring about positive changes in their lifestyle, I wanted to support it."

Mr Iyer

"The recruitment for this study was slow, as we had to follow very stringent criteria. The COVID-19 pandemic had prolonged the patient recruitment process and we were incurring increased operating costs.

We had recruited 31 out of the target 50 patients, and only had funding to recruit five new patients. **Mr Iyer's support came in at this crucial time, enabling us to complete our patient recruitment and see this study through.**"

Assoc Prof Lee

FM ACP Innovation Hour (29 July)



Mr Cyril Chua, Director, Robinson LLC (left), with Clinical Assoc Prof Ang Seng Bin, Director, Family Medicine Development, FM ACP. Cyril talked about the management of IP in public agencies.



Dr Ng Kim Hong, Assistant Manager, SingHealth Intellectual Property (SHIP), talked about the role of SHIP and protection of inventions in SingHealth.

Residency Open House (30 July)

Family Medicine Residency Open House is back in 2022 at Academia! With opportunities for prospective HOs, MOs and Medical Students to meet our FM Faculty and Residents face-to-face after two years of connecting virtually.

About 70 HOs, MOs and medical students visited the FM booth to get information about the FM program in SingHealth Residency. Our itinerary consisted of resident and faculty presentations, including small group discussions for a more engaging session. Residents and Faculty including those from SHP, SGH, CGH and SKH also participated in the facilitation of the small group discussions.



Special thanks to:

- Associate Program Directors, FM Residency - Dr Mark Ng and Dr Tay Wei Yi
- FM residents - Deborah Tan, Charlotte Teong (R3), Keith Chong, Amanda Chia (R2), Dr Teo Chiang Wen (Chief Resident), and
- Assoc Prof Lee Kheng Hock (Deputy Chair, FM ACP)

for their contributions to the presentations.

FM Symposium (27 August)

For the first time, the 6th SingHealth Family Medicine Symposium was held via Zoom platform! An overwhelming response of **more than 390 participants** attended the event. Many positive feedback were received.



Welcome & Introduction by Clinical Assoc Prof Tay Ee Guan, Director, Education, SHP; Vice Chair, Education, FM ACP



Opening Address by Prof Lee Chien Earn, DGCEO, Regional Health System, SingHealth



Clinical Asst Prof David Ng, CEO, SHP; Chair, FM ACP closing the Symposium



The specialists from various SingHealth institutions shared their expertise on the latest clinical updates on various topics at the plenary and breakout sessions.



Teachers' Day Hour (1 September)

In celebration of Teachers' Day on 2 September 2022, SHP PRiME and FM ACP had organized the Teachers' Day Education Forum for all Educators in SingHealth Family Medicine institutions as well as our GP faculties. The forum was held on 1 September 2022 from 1pm to 2pm via Zoom by Prof Fernando Bello, Professor and Associate Dean, Technology Enhanced Learning and Innovation, Duke-NUS Medical School, and Assoc Prof Nigel Tan, Senior Consultant, National Neuroscience Institute.

We would like to take this opportunity to thank you all Educators for teaching and nurturing our next generation of healthcare professionals.

Patient and Public Involvement (PPI) Workshop (1 & 2 September)

There is an increasing recognition of the importance of involving patients and public as active members of the research team, not merely as participants. With training and empowerment, members of the public can provide constructive inputs on the conduct of research. In addition, increasingly, research grant funders, academic institutions and academic journals require researchers to include patients and public in the research process as part of good research practice.

This interactive workshop was jointly developed by PPI experts and researchers, with inputs from the members of FM ACP's PRAGMATIC (Patient Research Advisory & Guidance to MAXimise Safety in Trial & Innovation Committee) Patient Advisory Group. One workshop was conducted for researchers and another for PPI partners.



Dr Hani (front row, second from front left) and Prof Dr Lee Ping Yein (front row, third from left) with the participants at the PPI workshop for researchers.

As a follow-up of the MOU established by FM ACP with Universiti Putra Malaysia (UPM) and University of Malaya (UM), Dr Hani Syahida Salim (UPM) and Prof Dr Lee Ping Yein (UM), were involved as trainers of the PPI Workshops.



Participants at the PPI workshop for PPI partners



At the end of this half-day workshop, researchers would be able to know

- the concept and benefits of PPI
- how to involve patients and public in research
- how to request for PPI partners' inputs on their research
- how to write a lay summary of research findings

At the end of the workshop, members of the public would be able to provide constructive input on:

- the research questions
- the participant information sheets
- the recruit patient recruitment
- the research results



Residency Engagement (3 September)

The Family Medicine Residency Program organised its annual engagement event for House and Medical Officers at SHP-Eunos. The event closed with a breakout session where Faculty members and Residents engaged the attendees in breakout groups to address their queries and share about their Residency experiences.



The 42 attendees were treated to lunch upon registration before sitting in for a series of informative talks about Residency given by our ACP leaders, Faculty members and Residents.

Clinic tour led by SHP-Eunos doctors to introduce the unique features and operations of the polyclinic.



FM Residency Graduation (8 September)



This year marked the return of the physical graduation ceremony after a two long years of absence due to the pandemic.

We were pleased to have 10 out of 26 of our graduating FM residents present. Clinical Asst Prof David Ng, Chair, FM ACP, Clinical Assoc Prof Tay Ee Guan, Vice Chair, Education, FM ACP and Clinical Asst Prof Mark Ng, Associate Program Director, FM Residency Program, were there to congratulate all of our graduands.

Pedagogy Workshop (12, 19 & 20 September)

The 20th Pedagogy workshop was held at PRiME Training Centre. Participants from FM ACP were equipped with the essential skills such as planning & organizing a training activity, conducting small group teaching and giving feedback.



Lunch Time Webinar by Prof Nadeem Qureshi (19 September)

Prof Nadeem Qureshi, Clinical Professor of Primary Care; Co-Director, Primary Care Stratified Medicine (PriSM) group, University of Nottingham, visited SHP-Eunos and also gave a talk on **“Precision Medicine in Primary Care: Role of Family History”**.



There has been an increasing interest in precision or personalised medicine over the past decade. This is often interpreted as the interplay of big data and genomic medicine. However for family physicians, personalised medicine is part of day-to-day practice, e.g. COPD management. Moving forward, systematic family history collection may provide the interface between genomic medicine and primary care preventative care e.g. identifying cardiovascular and cancer risk. This low cost approach could be developed as feasible primary care R&D projects in Singapore.

FM ACP Study Trip (21-23 September)

FM ACP conducted a study trip to Kuala Lumpur to follow up on the MOUs established with Universiti Putra Malaysia (UPM) and University of Malaya (UM), to share and exchange updates in Family Medicine practice, education and research, and explore opportunities to collaborate in these areas. The ACP also visited other institutions.

University of Malaya



Clinical Asst Prof David Ng, Chair, FM ACP presenting a token of appreciation to Prof Dr. April Camilla Roslani, Dean, Faculty of Medicine (right)

Universiti Putra Malaysia



Chair, FM ACP, presenting a token of appreciation to Dr Irmis Zarina Ismail, Head, Department of Family Medicine (left)



FM ACP Study Trip (21-23 September)

International Medical University

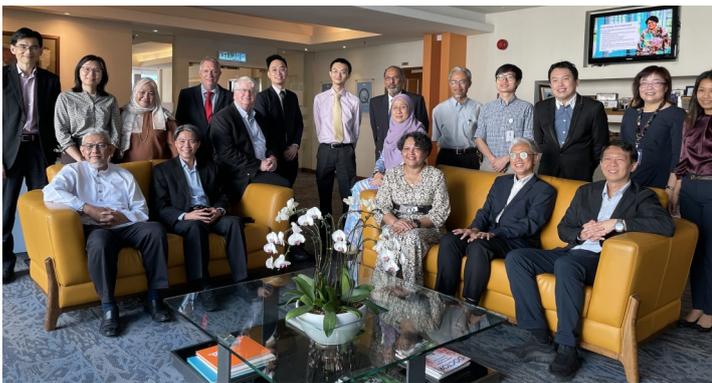


Presentation of token of appreciation by Clinical Asst Prof David Ng, Chair, FM ACP, to Prof Abdul Aziz Baba, Vice Chancellor (left)

Taylor's University



Clinical Assoc Prof Tay Ee Guan, Vice Chair, Education, FM ACP, presenting a token of appreciation to Assoc Professor Dr Ganesh Ramachandran, Head, School of Medicine (right)



Academy of Family Physicians Malaysia



Dato' Dr Lee Cheng Yew (left) being presented with a token of appreciation from Chair, FM ACP



What's happening from October to December 2022

- 1 October - Women's Health Public Forum
- 6 October - FM ACP Research Grand Round
- 28 October - FM ACP Career Nite
- 11 November - FM ACP Medical Humanities
- 30 November - FM ACP Academic Initiation

Have something to



with your

fellow FM ACP faculty in this newsletter?



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