

Flow

Christmas Issue

20th December 2022

Flow Newsletter

The ANAES ACP Newsletter publishes news about our academics and philanthropy.

INSIDE THIS ISSUE

Sustainability – Event Coverage

ANAES ACP Sustainability Symposium

October saw our inaugural anaesthesia ACP sustainability symposium, held at the Outram Community Hospital auditorium.

PetsofACP - Xmas

It's Christmas time! And a time to dress up our pets.

Gearing up for Renewal

As the year of 2022 comes to a close, several anaesthesiology departments have been sharpening their saws via their retreats.

Merry Christmas



Greetings from our ACP Chair

2022 was the year where we truly transitioned into living with COVID19. The pandemic taught us many hard lessons and many of the changes are likely to stay. On the other hand, it also accelerated collaborative research, online learning, telemedicine, video conferencing, work from home and job redesign. And what was thought to be impossible is now the new norm. The rapid turnaround also saw a sea change in healthcare with the introduction of Healthier SG. Undoubtedly this will shake up the healthcare landscape and we will need to be agile to ride the waves that will follow. The ACP has maintained its upward trajectory, improving on our balanced score card from 2.34 in FY2020 to 2.54 for FY2021. Publications decreased but stayed above 100, with about 50% having a JIF>2. Research funding was \$633,000 and philanthropy raised \$132,000 in 2022.

From ANAES ACP, thank you!



From ANAES ACP, welcome!



The ACP Council witnessed the passing of the the baton for our Deputy Chair, Vice Chair Education and Director Device Development, Dr Josephine Tan, Prof Hwang Nian Chih and Dr Hee Hwan Ing respectively. They were part of the pioneering group of leaders who built the foundations of our ACP. Filing their shoes are Dr Evangeline Lim (Education) and Dr Shariq Khan (Device Development). We also saw the departure of 2 of our executives Ms Goh Zimin and Ms Carol Tan who played key roles in building the support infrastructure of our ACP. We welcome Ms Chan Yan Ting and Ms Lynn Foo who have taken on these roles. As 2022 comes to an end and 2023 beckons, I would like to wish everyone happy holidays and a wonderful new year ahead.

Associate Professor Soh Chai Rick
ANAES ACP Academic Chair

Upcoming: SingHealth Duke-NUS Gala Dinner 2023

SingHealth Duke-NUS will be organising our fourth Gala Dinner on Saturday, 28th January 2023. The Dinner is a signature fundraising event for our AMC, in support of advancing medical research and education. It aims to provide an effective fundraising platform for all our ACPs, as well as an opportunity to steward current donors and cultivate new ones.

Each ACP can contribute a maximum of 3 auction items. The ACP that brings in the item will get 70% of the successful bid amount and the remaining 30% will be equally distributed to the rest of the ACPs. Successful bidders are entitled to tax deduction 2.5 times the amount after deducting market value. Formula: [(Final bid amount) – (Market or Valuation Price)] x 2.5

SingHealth Anaesthesia ACP Auction Items

Four Hands Dinner

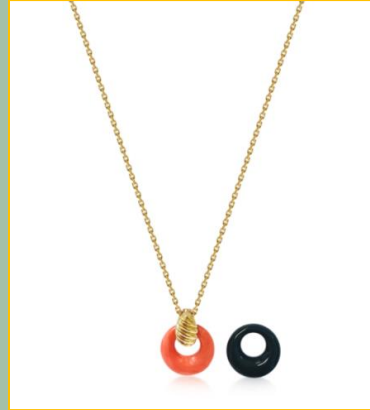
A first for ANAES ACP, our esteemed Director of Cardiac Anaesthesia has teamed up with our Philanthropy Director to create a memorable one-night-only home dining experience for 8 pax, to be held at June's private residence. The menu will highlight the culinary flair of self-taught home cook Dr Kenny Loh, paired with exquisite wines from June's private collection.

"We want to put in personal effort and time to raise funds for our ACP. We welcome you to the warmth and hospitality of our home" - Dr June Goh

"My family and I will prepare our favourite recipes from premium ingredients. Please support our ACP and bid generously" - Dr Kenny Loh



Vintage 18K Gold, Coral and Onyx Interchangeable Pendant Necklace by Van Cleef & Arpels



Vintage is all the rage now, and this lovely piece is a beautiful vintage 18k gold, Coral, Onyx interchangeable pendant necklace by Van Cleef & Arpels. Suspending interchangeable carved hoops of coral and onyx, to the 18k gold ball and chain, both signed VCA, numbers, with French hallmarks and maker's marks, 23 cm long (inclusive pendant), circa 1970s-80's.

Louis Roederer: Cristal Champagne 2008, Gift Box, 2 bottles



Founded in 1776 in Reims, Louis Roederer is a family owned champagne house. Its cuvees are crafted like works of art and embodies the excellence of champagne around the world. Cristal is the house's iconic cuvee, first created for the Tsar of Russia! The 2008 vintage is set to be a legend, with hallmarks of density and power, a perfect combination between concentration and freshness. A wonderful marriage between balance and complexity, Cristal 2008 reveals intense candied citrus fruit aromas that give way to gourmet notes of pear and almond, enhanced by delicate toasted scent.



#petsofACP #Xmas

It's Christmas time! And a time to dress up our pets. Here's what a few of our colleagues have to say!



Kitsu the Kitty

"When we put the hat and scarf on the cats, they just take it off straightaway so it's hard to get a nice photo! This is Kitsu! When we put it on Kitsu, he tried to take it off, couldn't, and crawled under the sofa! So here he is, hiding in our Christmas tree. Merry Christmas everyone!"

DR LUCY DAVIES



Yohji, the Shiba Inu Puppy

"This is Yohji's first Christmas in Singapore. Getting into the seasonal mood with this season's hot hat! Happy holidays everyone!"

DR SIOW YN



Azuki, the Happy Shiba Inu

"I love dressing up my dog, and I'm sure he loves being dressed up too (see that happy face!). Here's Azuki in his Christmas outfits and mini Christmas trees. Feeling super festive! Happy Christmas ya'll!"

DR VICTORIA TAY



Gearing up for Renewal

In his book "The 7 Habits of Highly Effective People", Stephen Covey believed that "Sharpening the Saw" (Habit #7) and taking time out to invest in self-renewal (physical, spiritual, mental, and social) is crucial. As the year of 2022 comes to a close, several anaesthesiology departments have been sharpening their saws via their retreats. The retreats were an invaluable time of gathering and bonding as a contrast to the slew of virtual meetings this year.

KKH Department of Women's Anaesthesia



After two long years of segregated working and virtual meetings, our colleagues in the Department of Women's Anaesthesia in KKH were delighted to be finally able to come together to hold our departmental retreat. We first got together for discussions based on the theme of team-building and promotion of morale and camaraderie in the department. Our resident physicians, administrative staff as well as research staff were invited to participate to promote inclusiveness in our work culture. Finally, we concluded our successful retreat with a hearty buffet dinner at a downtown hotel. Of course, not without a generous dose of C_2H_5OH !

**Written by
Dr Michele Lim**



KKH Department of Paediatric Anaesthesia

KKH PAN had our department retreat on 27 August 2022 at ANDAZ Singapore. This was our first official gathering since the pandemic. The theme for the retreat was "Better Collaboration to Effect Change". We kicked off the retreat with a rousing speech from our Head of Department, Dr Siow Yew Nam, reminding us of where we have come from and what we are looking forward to as a department. Thereafter, through activities, we learnt the importance of tension to achieve high quality performance. We also understood a little more about ourselves and our colleagues with respect to different conflict management styles and how our value systems impact our efforts to collaborate with others. We rounded off the morning with a birthday celebration for Dr Sharon Wan and a fantastic lunch buffet. In the afternoon, we headed to Kitchen Showdown with our admin team (Jessie, Siti and Hui Lian) and pain resource nurse (Yani) for a friendly cooking competition. We formed teams to create dishes using mystery ingredients made known to us only on the day of the competition. The best team walked away with a medal; but everyone walked away as winners from the retreat with their hearts, minds and tummies (very) full.

**Written by
Dr Melody Long**



Gearing up for Renewal

ANAES ACP

On 22nd October 2022, members of the SingHealth Anaesthesiology cluster gathered at the Royal Plaza on Scotts Hotel for the ANAES ACP Retreat. The retreat started with A/Prof Soh's prudent and encouraging opening speech, where he presented the ACP's progress via various measures. The ACP then expressed their deep appreciation towards the contributions of Professor Hwang Nian Chih, Dr Josephine Tan and Dr Hee Hwan Ing in the ACP via commemorative plaques. One of the highlights of ACP Retreat is the breakout session (Education, Research and Clinical) where a multitude of ideas were exchanged between fellow ACP members during the hearty discussions. Surveys were also conducted prior to the retreat to understand the collective opinion on education and research within the ACP. The discussions were then summarized by the Academic Vice Chairs. If the invigorating discussions did not foster enough great conversation and bonding, the engaging soy candle-making certainly did the job! It was highly reminiscent of performing experiments in wet laboratories during schooling days. We have no doubt these conversations carried on over a filling lunch, wrapping up the first in-person ACP Retreat after 2 years.

**Written by
Yan Ting**





New Chief Residents

SingHealth Anaesthesiology Residency Programme welcomes 2 new Chief Residents!



Dr Ke Yuhe

This would be my advice if you were to approach me for any advice:

Why argue if the glass is half empty or half full? Just pour it full with two shots of coffee and all your problems will be solved!

Dr Samantha Wong Sook Wai

Hi I'm Samantha! (My friends call me Sam)

I'm a mother to a baby girl and 2 furbabies!

We wish you all the best, Chief Residents!

Check out SingHealth Anaesthesiology Residency Programme:

SingHealth Anaesthesiology Residency Programme

Facebook Page



ANAES ACP Sustainability Symposium

Event Coverage: October saw our inaugural anaesthesia ACP sustainability symposium, held at the Outram Community Hospital auditorium, which is aptly furnished in shades of green. The organizing committee was led by Dr June Goh, with hard work put in by Christine and the ACP Residency and Admin team. The event was both well attended and well received.



Dr June Goh



Panel discussion: Mr Tan Tai Kiat (left), Dr Teo Li-Ming, Assoc Prof Henry Ho, Dr Poh Pei Kee and Sister Fu Jing (right)

Healthcare is a major source of carbon emissions, almost 5% of global emissions being healthcare related. Anaesthetic gases in particular are known to contribute significantly to greenhouse gases, with Desflurane and Nitrous being significant contributors! Operating theatres are thought to generate about 20-33% of the total waste produced in hospitals, waste generated pollutes our earth. As doctors and anaesthetists, we are in the ideal position to take a stand and make valuable contributions in transitioning to sustainable healthcare.



At the symposium, many like-minded anaesthetists from hospitals across the country came together, with sharing on thoughts and work done thus far, though there is ever more to do. Presenters included Dr Alvin Tan (KTPH), Dr Lie Sui An (SGH), A/Prof Shariq Ali Khan (SKH), Dr Joanne Yeo (CGH) and Dr Janice Lim (SGH). Dr Teo Li Ming also led a panel discussion contributed to by Assoc Prof Henry Ho, Academic Chair, SingHealth Duke-NUS Surgery ACP, Mr Tan Tai Kiat, Chief Operating Officer (COO), Environmental Sustainability, SingHealth; COO, SingHealth Community Hospitals, Dr Poh Pei Kee (NUH) and Sister Fu Jing (SGH). After the event, guests mingled over cocktails, wine and canapés. We were especially pleased to have medical students from LKC and Duke-NUS be part of this event and hope to instill this consciousness into their practice early.



ANAES ACP Sustainability Symposium

At the sustainability symposium the results of the recent sustainability photo contest were also announced. First prize went to Dr Lim Yean Chin (CGH), for her photo depicting the reuse of glass drug bottles as terrariums. As she writes about her winning photo "Many of our drugs come in glass bottles. Instead of throwing these bottles away, they can be recycled or given a second life by creating a terrarium for plants and vessels for germinating seeds. Propofol and ciprofloxacin bottles are photographed here together with 2 terrariums created using these bottles. 2 of these plants were then transplanted into flower pots behind them. Not only can the glass bottles be put to good use, the plants can also help to create a green environment!"



1st Place – photograph by Dr Lim Yean Chin

The 2nd prize, a footprint of syringes was captured by Dr Jovenna Chong and Dr Janice Lim (SGH). A clever photo entitled "Leave your Mark", the vision was to inspire thoughts of – what legacy are you leaving behind? We strive to complete our daily tasks efficiently and effectively but have we thought about whether these come at the expense of our Planet Earth? Are our footsteps laden with waste or will we let your green footsteps lead us to greater heights for you and I? The art piece, set in nature, was put together from recyclables collected from daily life.



2nd Place –
photograph by Dr Jovenna Chong and Dr Janice Lim

Finally, a familiar sight, a photograph of the anaesthetic drug tray in the drug trolley, with syringes clearly depicting labels from 2 drugs took the 3rd prize. This was contributed by Dr Koh Ian En and Dr June Goh (SGH). Their cheeky caption: "Reuse syringes like tabao boxes (remember to wash off the old drugs first)."



3rd Place –
photograph by Dr Koh Ian En and Dr June Goh

We each, individually have a role to play in environmental sustainability, in the choices we make every day. As Ban Ki Moon, UN Chief put it "There is no plan B, because there is no planet B."

**Written by
Dr Lucy Davies**

Medication Safety: My Journey on The Technology Enhanced Learning Route

Medication safety is central to the safe practice of anaesthesia. We have a slew of guidelines, protocols, system designs and encouraged practices to mitigate the risk of medication errors, but taking in all of them can be overwhelming for the uninitiated.

Written by Dr Tan Li Hoon
Dept Of Anaesthesia and Surgical Intensive Care
CGH

Medication safety is central to the safe practice of anaesthesia. After all, giving drugs is how we do our job. Anaesthetists are the only group of physicians who plan, prescribe, prepare, administer and monitor the effects of drugs with no one else checking in, and therein lies our vulnerability to medication errors. To mitigate that risk, we have a slew of guidelines, protocols, system designs and encouraged practices, but taking in all of them can be overwhelming for the uninitiated.

Hence, safe medication preparation and administration is a common topic in the orientation programme for junior doctors in all the departments of our ACP. However, after delivering the same lecture 7 times a year for a few years running, I was searching for ways to make it more effective for the learners, and less painful for myself.

Over time, I settled on a blended format, with the “drier” list of do’s and don’ts packaged into an e- learning module administered via WizLearn, and a face-to-face session with video-stimulated discussion to explore experiences and attitudes.

Why e-learning? It can be used for the “knowledge transfer” aspects of medication safety such as national guidelines, hospital protocols and recommended practices, while allowing face-to-face time to be spent on application and analysis. Asynchronous modules allow the convenience of letting learners choose their time and place of learning.

Inclusion of multimedia should be more engaging than listening to me drone on and on during a lecture. But what I didn’t want, was to inflict the learners with a 30-minute voiced-over presentation which they could easily play at 2x speed with the sound on mute.

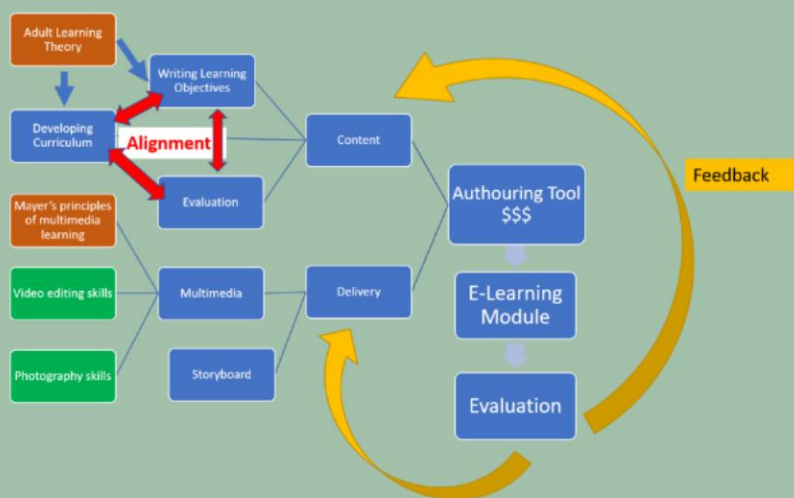


New E-learning module, hosted on Articulate Rise 360, accessible via different devices

The new e-learning module (launched in May 2022) was developed using knowledge and skills that I had picked up from the *Technology Enhance Learning for Health Education Profession Certificate* Course at Duke-NUS, and it also served as my final assignment for one of the modules, thus killing 2 birds with 1 stone. Education practices/principles that were incorporated included: application of adult learning theory in selection of content (we covered allergies, drug handling/labelling in OT, transitions of care, opioid handling), writing appropriate learning objectives (e.g. “*At the end of this module, learners will be able to describe how allergies are highlighted during the patient’s perioperative journey*”), alignment of course objectives, curriculum and evaluation.

Medication Safety: My Journey on The Technology Enhanced Learning Route

Planning an E-learning module



The module was created with Articulate Rise 360, a user-friendly authoring tool, which has several features that make for easy creation of interactive elements and quizzes. It even has a photo library of characters in different poses/expressions for scenario creation. Interactive elements were liberally employed to engage the learners and to “force” them to complete each section before moving onto the next. These included “clickable” items, flipcards, sorting and matching exercises. Quizzes were used to test application as well as to allow for retrieval practice to reinforce learning.

I soon learnt though, that it was not just a simple matter of copying and pasting my current slides and pictures. The flow of the module had to be planned with a storyboard. Videos and graphics had to be created using Mayer’s principles of multimedia learning to facilitate better learning. (More pictures, audio, no/minimal printed text.

<https://waterbearlearning.com/mayers-principles-multimedia-learning/>

And the verdict? Feedback from juniors indicated that they liked the interactive aspects of the module, and that the content was relevant and useful in helping them learn about medication safety. From the discussion during the face-to-face sessions, I could tell who had learnt what from the module. And most importantly, I could see, while doing a list with them, that they were putting what they had learnt into practice.

Ultimately, safe medication practices are learnt on the job. All efforts put into designing the perfect teaching session or e-learning module will be for naught if juniors see examples of non-compliance or unsafe practices in the operating theatre. We must serve as good role models, and work at creating an environment where errors and safety can be discussed and handled in a non-punitive manner.

Technology will play an increasing role in teaching and learning, even for “woolly” topics like patient and medication safety. As educators, it is our job to ensure that we do it effectively, and more importantly, we practice as we teach, as we work Towards Medication with No Harm.

Acknowledgements: I would like to thank Dr Noelle Lim and Dr Mah Chou Liang for their support of the work done by the CGH Medication Safety in Operating-theatre Workgroup, clinician and nursing members of the workgroup for their ideas and advocacy for medication safety, Drs Zheng Zhongxi, Tong Qian Jun, Michelle Tan and Zhang Xinyan for lending their acting, voice, modelling and directorial talents for the multimedia components of the Medication Safety module.

The end of the year provides an opportunity to reflect on the past year. In this piece, the education pillar reflects on 2022 and states our hope and outlook for the year ahead.



The education pillar of the Anaesthesiology Clinical Program (ACP) believes education empowers. It exists to facilitate learning and continued professional development of educators of medical students, nurses and anaesthetists across the ACP. It does so by coming up with programs like the Professional Development Talk Series and workshops, working with the medical schools and residency program to deliver appropriate training for our medical students and junior doctors, facilitating education activities and promoting collaboration across anaesthesia departments in Singhealth with regards to medical education and research, and lastly, grooming the next generation of leaders within our ACP.

We keep our faculty updated on upcoming faculty development conferences such as the Asia Pacific Medical Education Conference (APMEC) or the S3 Conference, and the funding available to attend these conferences. There is therefore no need to tap into your own professional development fund all the time for faculty development courses but you will need to fill an application form. Do look out for information regarding this in your email. The development of education programs and innovation are encouraged with regular calls for ACP program grants. New recruits to our fraternity are welcomed with our AC Readiness Program and the Mentor Scheme is in place should any of our associate consultants or consultants desire a mentor to guide them in their professional development.

The past year has seen a change of academic vice chair with Professor Hwang Nian Chih stepping down. Prof Hwang saw through the inception of ACP and set in place measures to ensure that faculty development and the interests of all anaesthesia departments in Singhealth and major learner groups like medical students took center stage. For his contributions to education in the ACP, we are grateful. In place, Evangeline Lim and her group of merry men and women have moved in. They are Drs Tan Li Hoon (deputy vice chair education and CGH education director), Chong Shin Yuet (SGH education director), Lie Sui An (SKH education director), Farida Ithnin (KKH education director), John Lee (medical student education director) and May Mok (residency education director).

The monthly Professional Development Series for 2022 began and ends with teaching faculty how to help residents prepare for the Part B OSCE examinations. We heard from Jason Chan and Paul Tan on how they are collaborating with industry partners to develop new learning technology in their uSINE story. Nurse clinicians Qi Xiao Yan, Malkit Kaur and Or Leng Leng shared about the nursing education and training provided for our anaesthetic nurses. Michelle Leanne Lim and NC Emmeline Lee highlighted their qualitative research projects and how QR 101, the qualitative research program started by our ACP helped them in terms of getting their projects started. We were educated on healthcare financing through the ages in Singapore by Drs Jeremy Lim and Jacklyn Yek in April 2022. We learnt about community nursing and how Dr Jane George and the SGH pain team work with community nurses to follow through with pain management in patients who have been discharged home. Dr Yin Shangqing, the human factors and systems design expert from KK Women's and Children's hospital spoke about human factors in medication safety and we had Dr Gary Teoh, a dental registrar from National Dental Centre speak about the prevention of dental injuries and what to do when they occur. Prof Chan Yew Weng shared about how he collaborated with Ms Didi Gan, Entrepreneur and Founder, N&E Innovations to develop a single used viral filter for side stream capnography sampling line. All in all, the ACP has been taken through a whole variety of topics to allow us to understand how we can work within the ACP and beyond to better provision of care for our patients. This is something we will continue to do so moving forward. Just in case you missed any of the talks, they are located on Infopedia. If you just type in Anaesthesiology and Perioperative Sciences ACP, you will be taken to the home page when you can locate the talks under Professional Development Talks.



Reflections by the Vice Chair and Deputy Vice Chair (Education)

At our ACP retreat, we explored the clinical learning environment at our Singhealth anaesthesia departments. There is much work to be done to facilitate building a better clinical learning environment for all and this will be an area we will focus on in the new year. The development of a clearer pathway for medical educators and helping to create a medical education portfolio are just some of the things we will be working on in the near future for our faculty. For a start, we are excited to bring you our Leading Change Workshop which is part of our leadership program to equip our younger members with skills to facilitate change and the implementation of programs within our departments and ACP. This workshop will be in 3 parts in February, March and April 2023.

Education is everyone’s business if we are to ensure that the next generation of anaesthetists and anaesthetic nurses are properly trained. Therefore, we welcome all interested to join us in creating the programs and support necessary to facilitate learning for all. If you would like to join Edu Pillar at our roundtable talks or make any education related suggestions, please feel free to email Lynn.foo.chiau.l@sgh.com.sg or Evangeline.Lim.H.L@singhealth.com.sg.

We wish one and all Season’s Greetings and a Blessed 2023. See you all next year!

Written by
Dr Evangeline Lim and Dr Tan Li Hoon



Results of the ACP Research Collaboration Survey

The ACP Research Collaboration Survey was conducted to collect data of existing and future research collaborations, internally and externally from 9 September to 12 October 2022.

Summary of Findings

- To increase research collaborations to **enhance capability** of perioperative care with wider expertise and networking
- **Clinical research** is the most common research form can be enhanced (administrative, know-how, funding, implementation science knowledge, mentorship)
- **Protected time** and **research admin support** needed

Collaboration is an important component in research, scientific discovery and innovation. In recognition of the key role of collaboration, research and innovation funding has evolved from awarding individual projects to an expanded scope of discovery done in collaboration. There are many cluster and national grants that often require collaborations with external parties and would be strategic to foster networking and working relationships especially in the expertise of perioperative care.

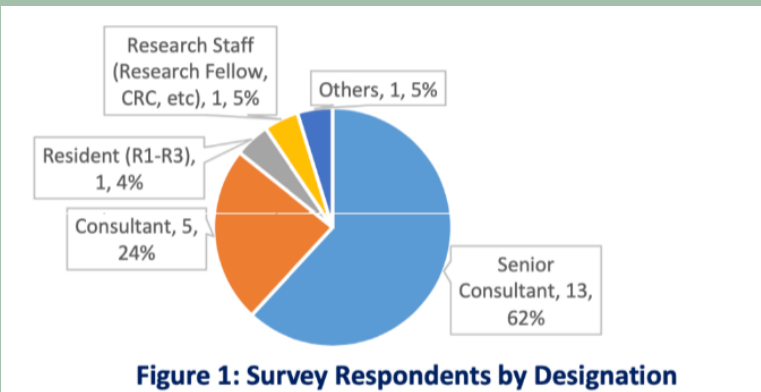


Results of the ACP Research Collaboration Survey

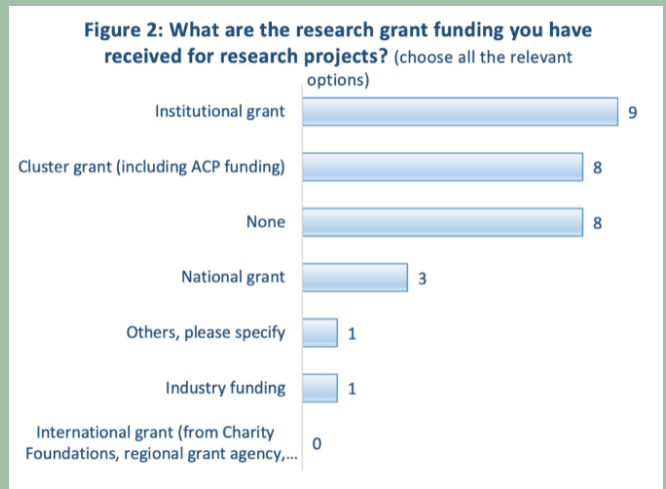
We recognized the crucial role of collaboration in career advancement in clinicians, often in the form of mentoring relationship. Furthermore, junior and early career clinicians might be missing out opportunities in collaboration due to the lack of informal network and having limited access to support resources. Enabling junior clinicians and faculty in academic medicine activities has been one of the ACP's many efforts. This is done via a multi-pronged approach in the ANAES ACP: the ACP Mentorship programme, the ACP Pilot Research Grant, the ACP Philanthropy Grant, Associate Consultant Readiness Programme, Academic Day and other academic events. Take an example of the ACP Philanthropy Grant in the past few years. It aims to create greater synergy in research, education and clinical innovation between the departments within the ACP. It also provides hands-on mentorship opportunities to clinicians involving in the ACP Mentorship Programme as the mentors and the mentees embark on research collaborative projects.

Understand the significance of collaboration and in preparation for the ACP Retreat on 22 October 2022, the ACP Research Collaboration survey was conducted to assess ANAES ACP and SHARP Residents experiences related to research collaboration. The anonymous survey collected data of existing and future research collaborations, internally and externally from 9 September to 12 October 2022. Other topics included the list of areas in collaboration, funding information, challenges in research collaboration, resources required for successful research collaboration and the expected outcomes of research collaboration. A FormSG link was sent to the ACP community and SHARP residents during the study period.

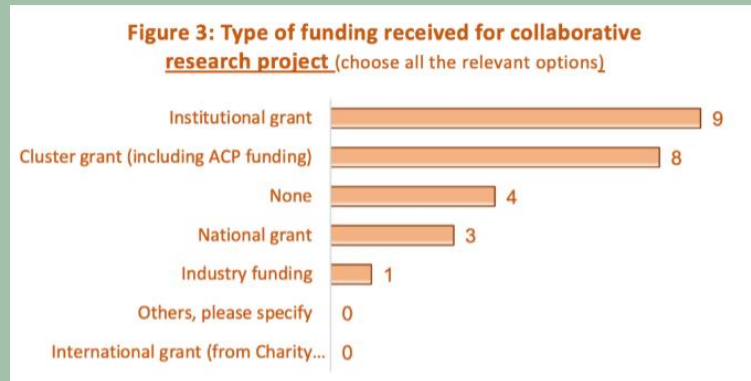
We received a total number of 21 responses, with the majority of the respondents being Senior Consultants (13, 62%) (Figure (Fig.) 1).



At a glance, the most reported type of grant received by the survey participants were institutional grants (9/21, 42.85%), followed by cluster-level funding (8/21, 38.10%) (Fig. 2).



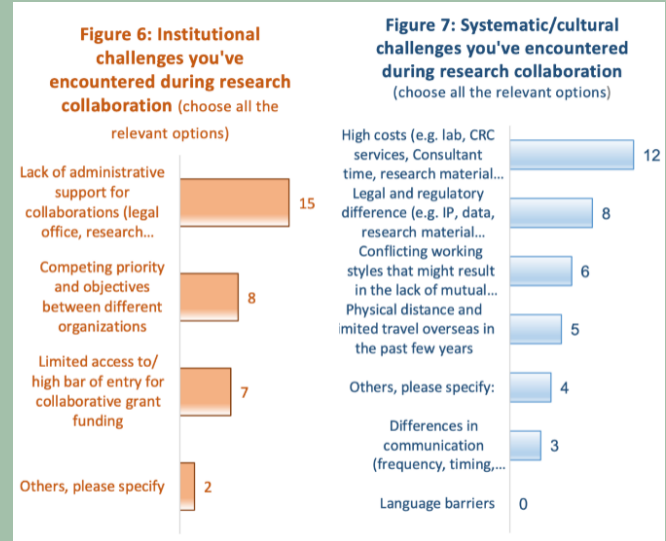
Similarly, collaborations within the institution and SingHealth cluster were most commonly reported (15/21, 71.43% and 9/21, 42.85% respectively). This was followed by interdisciplinary collaboration within the AMC (8/21, 38.01%) (Fig. 3). Internal funding played a key role in facilitating the ACP's research collaborative projects.



In terms of areas of collaboration, Clinical research, Innovation and Health service research (HSR) were cited as the top three areas of collaboration undertaken by the survey participants (18/21, 85.71%, 7/21, 22.22% and 5/21, 23.80% respectively) (Fig. 4). This highlights our strength in Clinical Research, Innovation & HSR, and our potential in the emerging areas of Innovation and Artificial Intelligence.



One of the main purposes of the survey was to shed light on the challenges our clinicians face while working on collaboration in research. We categorized the type of challenges to individual, institutional and systemic/cultural challenges. The survey results indicate several barriers to research collaborations experienced by our faculty and residents. In particular, faculty cited the lack of protected time for expanding research work (17/21, 80.92%). Almost half of the survey respondents expressed lack of opportunities for funding (10/21, 47.62%). Other issues encountered were the lack of access to data, mentorship and networking. (Fig. 5)



In the context of required elements for successful collaboration, it was clear that gaining access to resources is highly critical. These included administrative support, funding, research dedicated time, etc. (Fig. 8).



Figs. 6 and 7 reported the lack of support for research both in term of administration and infrastructure. These enablers are critical in a successful research collaboration. In particular, the high cost of conducting research was identified as a significant challenged faced by the study participants.

The study participants were well aware of their goals of collaboration, whereby achieving objectives set and establishing a long-term partnership in research were highly valued (16/21, 76.19%). Faculty also desired to attain research legacies and reputation beyond institution level (Fig. 9)



Results of the ACP Research Collaboration Survey

Figure 9: Goals for successful collaborations



The findings from this survey and the discussion during the ACP Retreat Break-out session identified priority areas to promote research collaborations. They are:

- ACP admin support liaise with institution research development offices (RDO)
- ACP admin to provide resource support for research collaborative agreement with institution RDO
- Residents with keen interest in research should approach program director for advice, whilst Associate Consultants and above should approach their mentor, HOD and VC Research for research advice. ACP research will assist for referral to Centre for Clinician Scientists Development (CCSD) for individual development plan, having scheduled tracking and meetings with the various stakeholders. This will help to set goals and objectives in the researcher's career pathway and to foster research collaborations within the ACP and with external collaborators.

In conclusion, the results of this survey showed that research collaboration is important and there are feasible steps to take to develop and strengthen collaborations within and beyond the ACP.

Acknowledgement: We would like to thank all the study participants for giving us the insights in your research collaboration journey and struggles.



Latest Awards and Grant Awardees

Congratulations, all Grant Awardees!

AMEI Golden Apple Awards 2022 – Programme Excellence Award

Programme: *Let Us THRIVE Together – SingHealth Duke-NUS Institute for Patient Safety & Quality (IPSQ) THRIVE Programme*

THRIVE stands for Transforming Healthcare through Resilience, Innovation, Values and Excellence. THRIVE Programmes organized by IPSQ include iTHRIVE Mindfulness Sessions, Training Workshops, Webinars and Bulletins. TeamTHRIVE is a training workshop that promote Team Resilience & Positive Psychology. The programme completed 2 pilot runs and 5 public runs to date, of which 2 were for the cluster and 3 were for SGH Nursing staff. The programme benefitted 117 staff over the 5 runs and participants experienced an increase in positive emotions after attending the TeamTHRIVE workshop.

Congratulations to Assoc Prof Tay Sook Muay, SGH and Assoc Prof Sng Ban Leong, KKH who are TeamTHRIVE Faculty.

ACP Programme Funding

The project Development of a dashboard system to risk stratify patients at increased risk of significant postoperative pain has been awarded the ACP Programme Grant Award (Clinical and Systems Innovation Main Grant) for AY2022 Cycle 2

Associate Professor Sng Ban Leong

Philanthropy Grant

Research

Project “Developing a Virtual Reality (VR)-based Prototype for Perioperative Care – a Proof of Concept Study”

Dr Li Weiling Lydia, Dr Jason Chan, Associate Professor Sng Ban Leong, Dr Mah Chou Liang, Dr Tan Chin Wen, Mr Jonathan Foo

Clinical

Project “Development of a risk stratification model for Cesarean delivery women at increased risk of significant postoperative pain: proof of concept phase”

Associate Professor Sng Ban Leong, Dr Paul Tan Hon Sen, Dr Cheng Shang-Ming, Dr May Mok Un Sam, Ms Lu En Hong, Ms Rehena Sultana, Dr Tan Chin Wen, Dr Goh Han Leong, Dr Reena Han

SPRINT

Project “Safe Reuse of Syringes Towards an Environmentally-sustainable Anaesthesia Practice”

Dr Evangeline Lim

AI Singapore 100 Experiments Programme

Project “Use of AI to identify heart rate variability alterations predictive of hypotension during spinal anaesthesia for Caesarean delivery”

A/Prof Sng Ban Leong

SGH Research Grant

Project “CaffeinICU Study – A randomized controlled multi-centre pilot study, on the efficacy of oral caffeine, in reducing the duration of mechanical ventilation in critically ill adult patients.”

Dr Sharon Ong

KKH Academic Medicine (AM) Research Start-Up Grant

Project “Investigating the potential risk factors and maternal-infant outcomes associated with quality of recovery after childbirth”

Dr Tan Chin Wen

National Medical Research Council Research Training Fellowship

Dr Roderica Ng

From 1 August 2022- 31 July 2024 for her Master of Public Health, Saw Swee Hock School of Public Health, NUS

Global Young Scientist Summit 2023 SGH Selected Participants

Dr Roderica Ng and Dr Ke Yuhe

SingHealth Publish! Award 2022

Dr Ke Yuhe

THANK YOU FOR DROPPING BY AND READING FLOW NEWSLETTER

We hope you enjoy Flow Newsletter articles! If you have any feedback, feel free to drop the Editorial Team an email at anaes_acp@singhealth.com.sg or DM us on Instagram