



October - December 2021

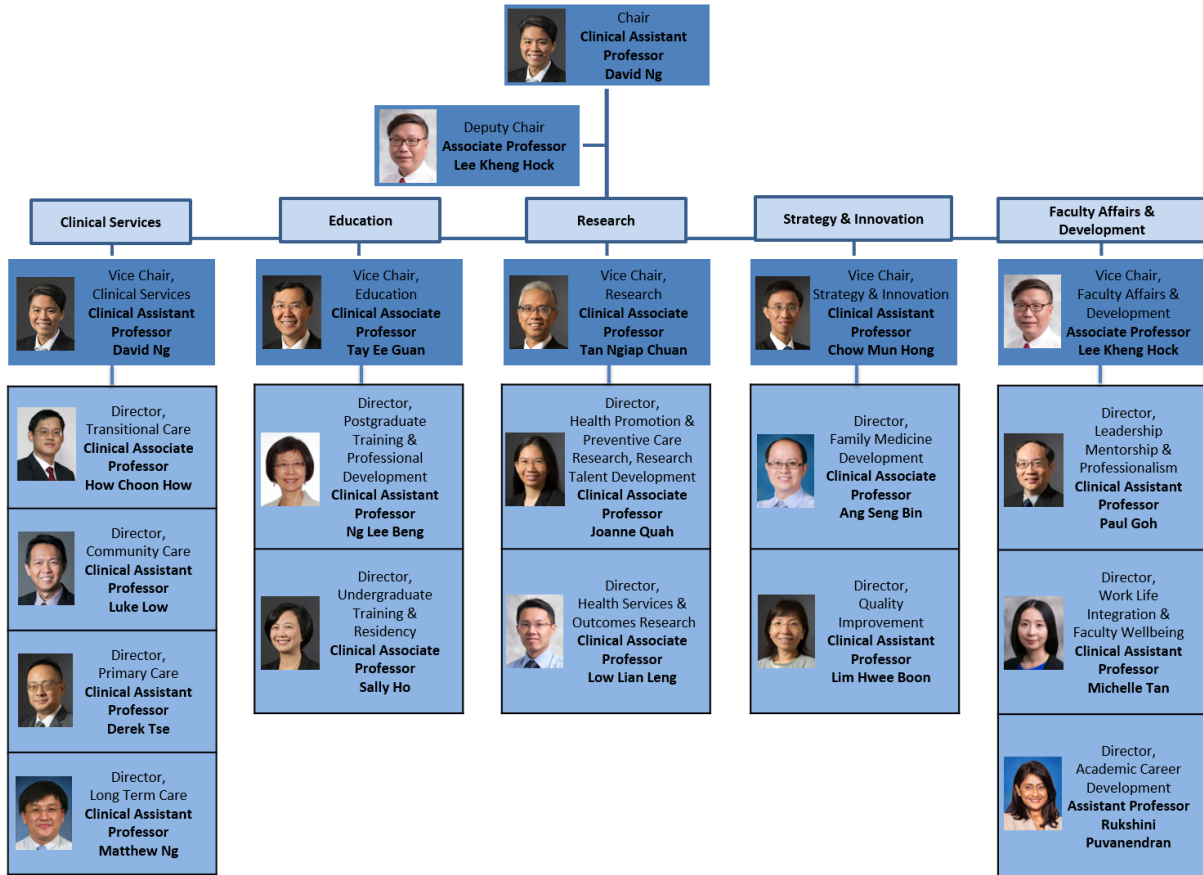
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Dr David Ng (left) and Dr Adrian Ee (right) at the SingHealth Digital Relay *pg. 10*

FM ACP Organisation Chart (effective January 2022)



National Medical Excellence Awards (NMEA) 2021

The NMEA recognises outstanding clinicians and healthcare professionals who have made outstanding contributions to advance healthcare improvements in standards of patient safety and quality of care, which ultimately improve lives.

Congratulations to Clinical Assoc Prof How Choon How (second from right), as part of the GPFIRST team, who was awarded the National Clinical Excellence Team Award!



NMRC Clinician Innovator Development Award

Congratulations to Dr Luke Low who received the above Award!



Annual NUS Medicine Appreciation for Clinical Educators

Special Recognition Award

*Dean's Award for Teaching Excellence
AY2020/2021*

Dr Hwang Siew Wai

Dr Brindha Balakrishnan

Fellowship Exam 2021

Heartiest congratulations to the following candidates who passed!

- Chang Zi Ying
- Goh Kuan Liang Shawn
- Haidee Ngu
- Poon Zhimin
- Wong Ann Mei

Family Medicine MMed Exam 2021

Heartiest congratulations to the following 23 candidates who passed!

- Chng Yi-Shi Kelly
- Kenneth Choo Wei Qiang
- Choo Ying Ying
- Martyn Gostelow
- Hew Jia Ni
- Ho Xin Yi, Cassandra
- I Gusti Ngurah Prawira Suartha Oka
- Kayshini D/O Vijakumar
- Sheila Koh Anthony
- Kwek Suat Yee
- Lim Ai'En, Aileen Chelsea
- Lim Jing-Yi
- Lim Yu Ting, Jana
- Liu Xiang Angela
- Lock Seen Hang Smily
- Loi Zhi Bing Julian
- Low Mei Xiu
- Shen Xiao You
- Soh Yi Min, Benjy
- Felicia Clara Tan Jun Hui
- Tsang Li Ping, Marianne
- Wang Zhiyi
- Xiong Mengfei

SingHealth Residency AY2020/2021 Graduands

SingHealth proudly celebrated the graduation of 181 Residents – the largest cohort to date! Heartiest congratulations to our **25 FM Residents** for the successful completion of their Residency training.

- Chng Yi-Shi Kelly
- Kenneth Choo Wei Qiang
- Martyn Gostelow
- Hew Jia Ni
- Ho Xin Yi, Cassandra
- I Gusti Ngurah Prawira Suartha Oka
- Kayshini D/O Vijakumar
- Sheila Koh Anthony
- Kwek Suat Yee
- Li Shaoqun
- Lim Ai'En, Aileen Chelsea
- Lim Jing-Yi
- Lim Yu Ting Jana
- Liu Xiang Angela
- Lock Seen Hang Smily
- Low Mei Xiu
- Soh Yi Min, Benjy (Su Yimin)
- Felicia Clara Tan Jun Hui
- Tan Hsu Xian, Vicki
- Anne Tan Shuang Xi
- Tan Yen Siong Andrew
- Tsang Li Ping, Marianne
- Ian Wang Huang
- Wang Zhiyi
- Xiong Mengfei

Academic Promotions & Appointments with Duke-NUS Medical School

Promotion to Clinical Associate Professor in Duke-NUS Medical School



*Clinical Assoc Prof
Sally Ho*

Clinical Assoc Prof Ho holds multiple educational leadership roles and has made significant contributions towards curricular redesign, training standards and accreditation.

She is the current Chair of the national Family Medicine Training Advisory Committee (FMTAC). She has led the FMTAC in articulating the Entrustable Professional Activities for FM training and in aligning the outcomes, curricula and assessments of the GDFM and MMed FM College route training with that of FM residency training. She also sits on a number of other MOH committees.

She is also a member of the Family Physicians Accreditation Board and chairs its Accreditation Subcommittee. A review of practice settings recognised for relevant FM practice was recently conducted under her guidance.

Clinical Assoc Prof Ho is active in undergraduate and postgraduate training. She has tutored Duke-NUS and NUS YLLSoM medical students and contributed to curriculum revision of the Duke-NUS Family Medicine clerkship. She was a Fellowship supervisor for the College of Family Physicians Singapore and is presently a Clinical Core Faculty Member of the SingHealth Family Medicine Residency program after stepping down as its founding Program Director. She has a wealth of experience as an FM examiner and had won a number of awards.

Promotion to Clinical Assistant Professor in Duke-NUS Medical School

Guo Xiaoxuan

Tan Hwee Mian Jane

Promotion to Adjunct Assistant Professor in Duke-NUS Medical School

Lee Kwang How

Oh Cher Ming

Tan Swee An, Benjamin

Wong Ming

New academic appointment as Clinical Instructor with Duke-NUS Medical School

Fok Wai Yee Rose

Goh Kuan Liang
Shawn

Leng Sheng Yeng
Natasha

Png Su-Yin Eunice



Xiaoxuan



Jane



Kwang How (right)



Natasha



Rose



Eunice



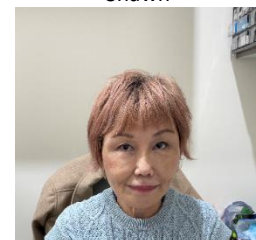
Shawn



Benjamin



Cher Ming



Wong Ming

The COVID Virtual Ward – A Collaborative Initiative by the Department of Family Medicine and Continuing Care, SGH

The SGH COVID Virtual Wards: A new Model for Transitional Care in Times of COVID-19:

- A collaboration involving the Population Health and Integrated Care Office, Department of Infectious Diseases, Department of Internal Medicine, Division of Nursing, Crisis Planning & Operations, Informatics, Finance and Pharmacy in SGH; and SpeedDoc (a 3rd party private medical care provider)
- Opened on 6th October 2021
- Focus on patients who are not eligible for the current Home Recovery Programme or Community Isolation Facilities

Objectives of COVID Virtual Wards:

- To support the safe recovery of higher risk COVID patients in their own homes.
- To facilitate early discharge of suitable COVID patients to free up capacity in COVID wards
- To remotely manage minor medical issues at home

The COVID Virtual Ward rounds include:

- Once daily phone or video consultation 7 days a week (with ad-hoc teleconsultation access and home visits if required)
- Self-measurement of parameters three times a day
- COVID PCR swabs (if indicated)



As Singapore moves towards the new normal of living with COVID-19, the SGH COVID Virtual Ward will continue to evolve with the needs of the nation.

Fast-Free Cholesterol Tests in SingHealth Polyclinics (SHP)

The first local research study conducted by SHP found evidence that patients with high cholesterol in Singapore no longer need to fast when they undergo their cholesterol tests. The results of the study found that there was little difference in the total cholesterol, HDL-C, and LDL-C between the non-fasting and fasting specimens, and a slight rise in the triglyceride component in the non-fasting one.



“The implementation of non-fasting lipid tests will have an impact on both the patients and the laboratory services. The early morning congestion at the laboratory will be reduced as patients can be scheduled for their test throughout the operational hours. More importantly, removing the need for fasting before a lipid profile test will mitigate the discomfort, inconvenience and potential adverse effects of fasting on our patients.”

*Dr Ian Phoon (top left), the main author of the research paper
Consultant, SHP
Clinical Lead for the Cardiovascular Health Workgroup, SHP*

“With these positive findings and the patients’ benefits presented, we are currently evaluating the work flow for a non-fasting cholesterol test, and we aim to implement it by the end of the year to all SingHealth Polyclinics.”

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

Caring for COVID-19 Patients – the Bright Vision Hospital (BVH) Way

The FM fraternity further strengthened its bonds with allied health professionals in tackling the Delta surge of October 2021. Inter-Professional Education, inter-departmental and cross-hospital collaboration allowed increasingly complex COVID patients (including dialysis patients) to be cared for comprehensively in the community.



BVH also did up a BVH wellness corner, thanks to the excellent teamwork and positive mindsets of its staff.
#TogetherWeCare.

Collaboration between the National Institute of Education (NIE) and SHP to Track Children's Cognitive Growth



The study, funded by a Ministry of Education grant, is led by co-principal investigators:

- **Dr Anne Rifkin** (right), head of infancy and early childhood research at NIE's Centre for Research in Child Development, and
- **Clinical Assoc Prof Tan Ngiap Chuan** (left), Director, Research, SHP; Vice Chair, Research, FM ACP

The study team consists of 23 investigators with expertise ranging from developmental psychology and language to community health and parent-child relationships. This is also the first tie-up between NIE and SHP.

The study aims to learn how cognitive development takes place in the first four years of children's lives, and what factors make the most impact in that time.

The study team is targeting about 1,000 children who visit the Punggol and Tampines Polyclinics for regular health screenings. Recruitment started in September 2021, and currently about 200 children have joined the study.

FM ACP Strategic Hire – Prof Ng Chirk Jenn

Prof Ng Chirk Jenn joined SHP under the Strategic Hire Initiative on 30 November 2021. He was the Deputy Dean (Research), Universiti of Malaya prior to joining us.

CJ, as he preferred to be called, is no stranger to some of us as he received his medical training in Singapore and is a long-time collaborator with FM ACP. He shared with us what his role will be in SHP.



"It has been more than a month since I joined SingHealth Polyclinics end of November 2021. Taking on a new position in a new organization is always challenging. However, it has been a smooth journey for me so far – many thanks to the helpful colleagues in SHP and FM ACP.

Tasked with the duty to enhance academic Family Medicine at FM ACP and SHP, my priority is to conduct 'real world' pragmatic research with an impact on patient and population health. This is the motivation behind the 'EmPaTHy' programme which stands for 'Empowering People to Transform Healthcare using Technology'.

The EmPaTHy programme embraces the concept of people-centred care and hopes to use technology as a means to empower patients, their carers and the community. With a start-up grant and strong support from SingHealth and Duke-NUS, EmPaTHy aims to:

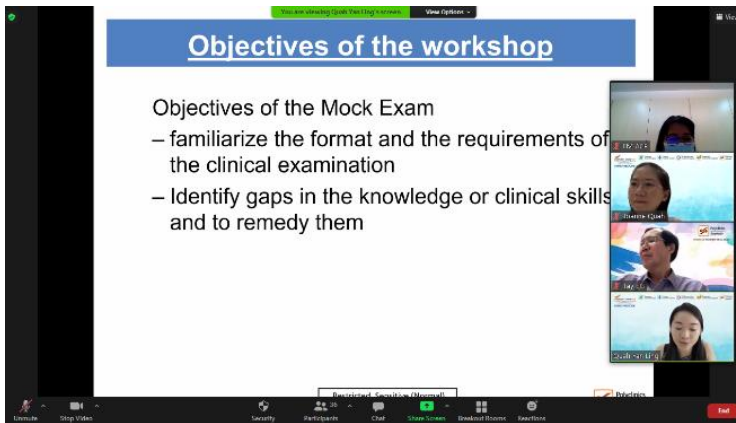
1. Develop a research strategy on people-centred care and digital health
2. Build capacity in research on people-centred care and digital health
3. Conduct a flagship research project focusing on managing 'difficult to control' hypertension in primary care using technology
4. Establish interdisciplinary research network in primary care

I look forward to a meaningful and fruitful journey to enhance academic Family Medicine with all of you in SingHealth Duke-NUS."

CJ

MMED Preparatory Workshop (2 October)

After much hurdling through the obstacles faced during the many restrictions that COVID-19 had imposed, coupled with the challenge of having real patients involved in the teaching, the committee decided to take a more conservative approach - the workshop was continued but via an online mode for the very first time.



On 2 October 2021, the Education team, together with some help from the FM ACP team, ran the teaching and consult stations via Zoom smoothly. Though there might be some technical issues along the way, the training had not been compromised in any way by any of these restrictions. Many candidates had provided positive feedback on the workshop.

SingHealth Digital Relay (9-10 October)

A President Challenge initiative, the Relay covered all SingHealth institutions and various areas of Singapore.

Several FM ACP faculty took part in the Relay.



Dr David Ng (left)

Signing of the Ngee Ann Polytechnic (NP) - SHP MOU (12 October)



The signatories: Mr Lim Kok Kiang (Principal & CEO, NP) (second from left) and Dr Adrian Ee (second from right)
The witnesses: Mr Ng Kee Wan (Director, School of Engineering) (left most) and Clinical Assoc Prof Tan Ngiap Chuan (right most)

The 3rd MOU established by FM ACP, following the University of Malaya-SHP and Universiti Putra Malaysia-SHP MOUs in 2019.

Scope of NP-SHP MOU:

1. Joint development of innovation and applied research projects in:
 - Productivity tools/solutions
 - Health science
 - Medical technology
 - Biomedical sciences
2. Provision of information on user needs and sharing relevant information
3. Provision of infrastructural resources and in-kind
4. Exploration of opportunity for market deployment or commercialisation
5. Joint Publications and Publicity

FM ACP Medical Humanities (14 October)

The theme for FM ACP Medical Humanities 2021 was **“Our Patients, Their Stories”- Our Reflections / Shared Journeys with Patients.**



Keynote sharing by two invited speakers at the event on 14 October:

“Just a Little About Me...”

Ms Usha Rani (top)
Teacher, Blangah Rise Primary School

“I Write to Remember”

Dr Anne Tan (bottom)
HCA Hospice Care

There were also two breakout sessions – on Art and Literary entries respectively, involving:

- Sharing by contributors
- Experiential session
- Audience voting for People’s Choice award

Prior to the FM ACP Medical Humanities event on 14 October, there was a call for creative entries from all staff in FM ACP member institutions.

There were three categories of entries:

1. Visual Art (photos, paintings, drawings, sculptures, etc.)
2. Literature (poems, prose, etc.)
3. Performance Art (music, songs, dances, etc.)

The winners were revealed on 14 October.

FAM Art - Heartwarming Award - We are the World	Satyakala D/O Raj Kapoor
FAM Art – Inspirational Award - We are the World	Satyakala D/O Raj Kapoor
FAM Art - Creative Award - A Ray of Hope	Lakshmi Paulpandi
FAM Art - People's Choice Award- We are the World	Satyakala D/O Raj Kapoor
FAM Literary - Heartwarming Award - Old Uncle In The MRT	Dr Gun Shih Ying
FAM Literary – Inspirational Award- Love Letter to Outram	Dr Wong Wei Teen
FAM Literary - Creative Award- Dump(l)ing Ground	Dr Wong Wei Teen
FAM Literary - People's Choice Award- Dump(l)ing Ground	Dr Wong Wei Teen



Dr Gun Shih Ying



Dr Wong Wei Teen

"I love the sharing session where we get to see and hear everyone view on their pt engagement."



"I was encouraged by the event, as an R1 i've been so tired and burnt out by working on the frontlines, covid wards opening up one after another.. but this sharing was timely, touched my heart and a new fire lit up in me again."

"Thank you very much to the organizing committee. It's very well done. I enjoy the session. I will attend the future sessions but not creative to participate in the competition."

FM ACP Innovation Hour (22 October)

The 2nd FM ACP Innovation Hour covered a broad introduction of Mixed Reality (MR), followed by capability and use-cases in a talk by Mr Chee Kiew Koh, Vice President, Land Defence Systems; Deputy Head / Head Business Development, Kinetics Training Solutions, from ST Engineering Land Systems Ltd.

As the only Microsoft-certified Gold Mixed Reality Partner in South East Asia, ST Engineering, through its Kinetics Training Solutions (KTS) unit, has been delivering customised MR applications for the military, government and commercial sectors.

Through the experience of developing various use cases and operations utilising MR, ST Engineering MR team has accumulated the expertise in developing and creating customised use case and solutions for various industries.

Women's Health Public Forum 2021 (23 October)

The Family Medicine Service (FMS), KK Women's and Children's Hospital (KKH) held a webinar for the public entitled "Women's Health Public Forum 2021 - Journey towards active living". The aim was to empower women who are above 40 in the community to take charge of their health and increase their knowledge and understanding of health issues that occur after midlife. This year's webinar talks included that of Menopause, Osteoporosis, Health Screening, Adult vaccination, importance of Sex and Intimacy after midlife and Skin issues after midlife. 550 participants attended this webinar.



FMS has been actively having bilingual public forums in English, Chinese and Malay since 2010. The talks are given by Family Physicians and advanced practice nurses from FMS, as well as invited specialists. Due to pandemic, this is the first virtual event for the public.



The importance of healthy lifestyle through active living were emphasized via Zoom workshops on healthy cooking and exercise conducted by KKH dieticians and exercise physiologists respectively.

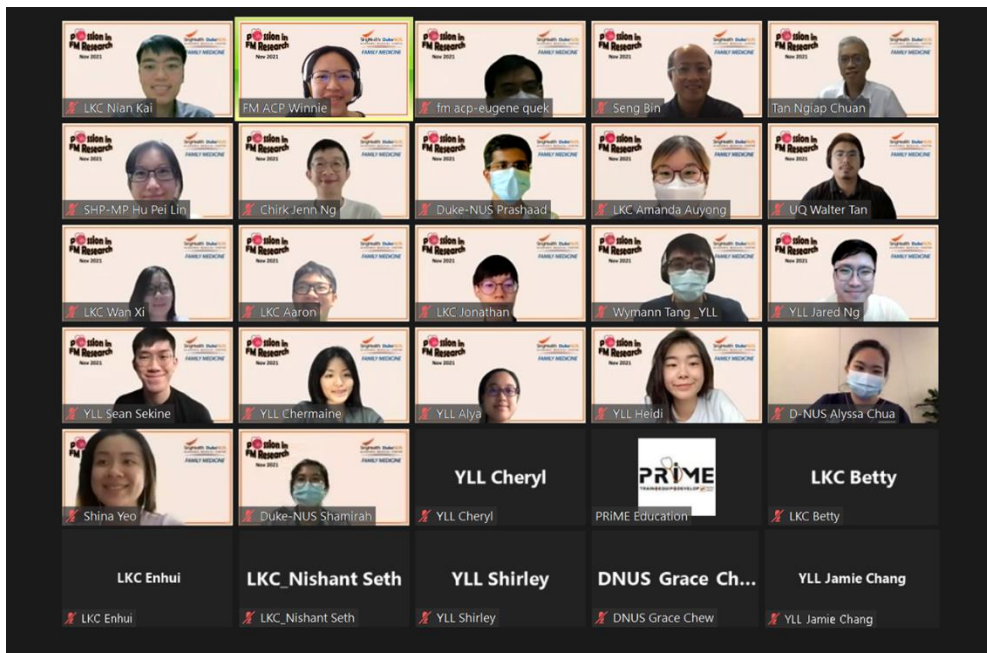
Family Medicine Residency Admission Exercise 2021 (October - November)

Over the span of five days from October to November 2021, the FM Residency Programme conducted the Admissions Exercise for the selection of AY2022 resident cohort.

For the first time, the programme transitioned to a fully virtual interview setting held via the online Zoom platform. Each interview session consisted of five interview stations and one online MCQ station, testing the different Core domains required of residents and assessed by experienced faculty interviewers.

Despite the initial challenges of working from remote locations and tight timelines, the faculty, volunteer residents and the FM Residency administrative team persevered and successfully interviewed **112 applicants!** A big thank-you to each and every faculty and resident for helping to ensure the smooth conduct of the Admissions Exercise.

Passion in FM Research (12 November)



25 medical students attended the November 2021 Passion in FM Research – an initiative to engage medical students in FM research

“The sharing by the medical student”



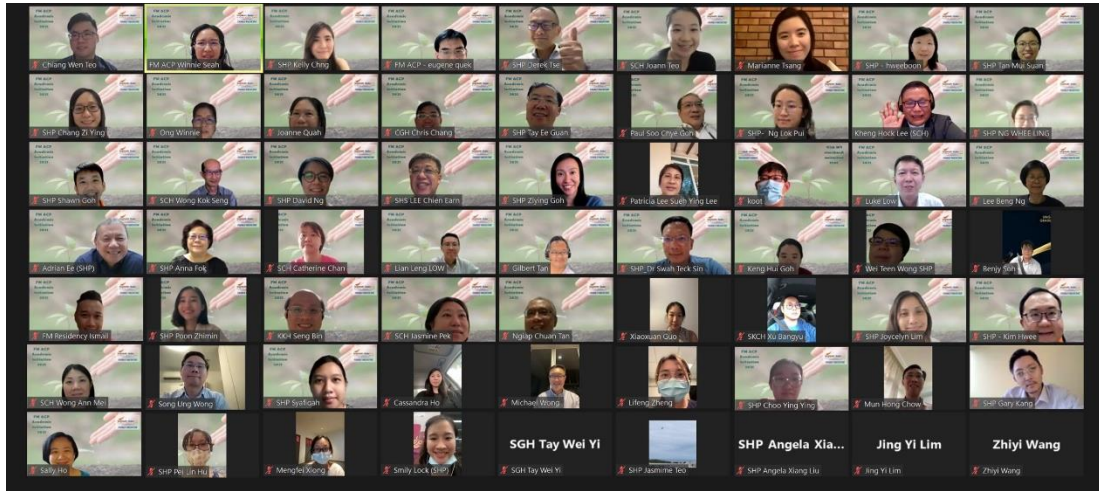
“Got an overview of what research projects are done in FM ACP, and found out who else is interested in FM research.”

FM ACP Academic Initiation (19 November)

67 guests attended the FM ACP Academic Initiation (formerly known as the FM Graduan Dinner), with Prof Lee Chien Earn, Deputy GCEO (Regional Health System) and Assoc Prof Wong Kok Seng, Deputy CEO (Clinical Services), SingHealth Community Hospitals as the VIPs.

The objectives of this event were to:

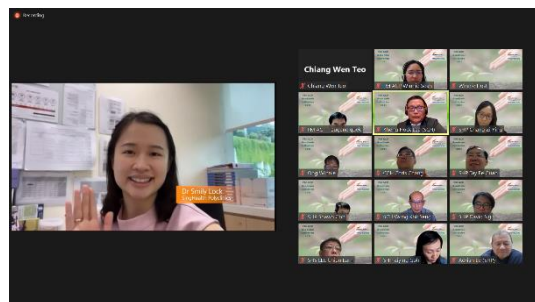
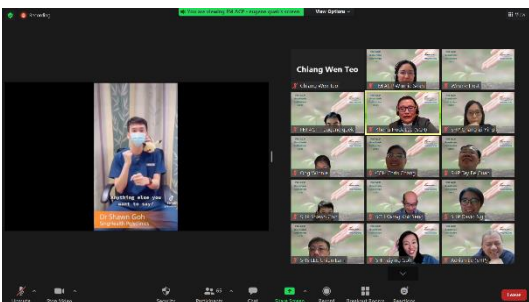
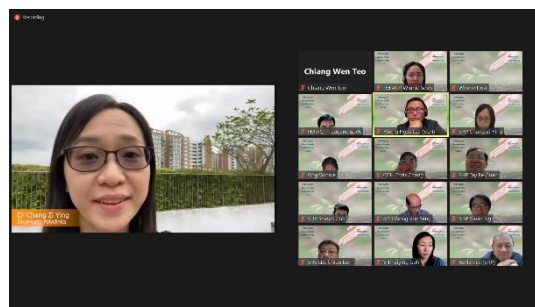
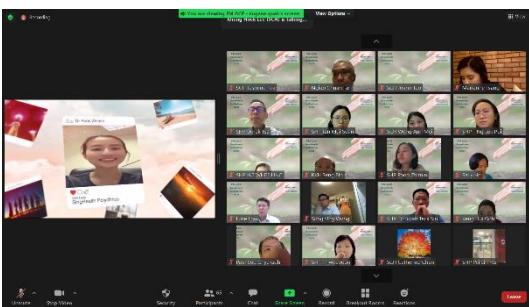
- Initiate younger Family Doctors on the start of their journey in academic Family Medicine
- Commemorate the completion of the MMed examination
- Show appreciation to our Family Medicine educators



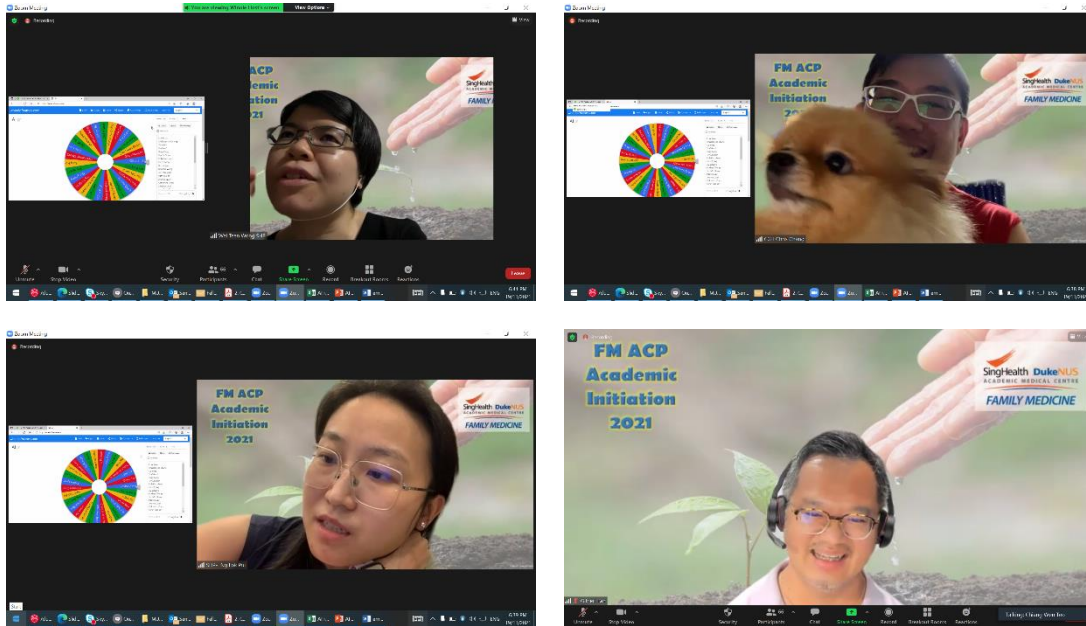
Opening address by Dr Adrian Ee, Chair, FM ACP (above left). Closing remarks by Prof Lee Chien Earn (above right).



Assoc Prof Lee Kheng Hock, Deputy Chair, FM ACP (left), introducing FM ACP.



Getting to know the Fellowship and MMed trainees through their videos



Spin-the-Wheel – sharing by FM educators



Thank-you notes to the FM educators were collected from the Fellowship and MMed trainees. The framed notes were presented to Dr Luke Low (Fellowship Programme Director) (above left) and Clinical Assoc Prof Joanne Quah (Program Director, FM Residency Program, SingHealth) (above right).

“Videos and getting to know our graduands and educators better.”

“The food, the presenters and the program.”



“Nothing can beat in person mingling and getting to know one another.. if only we could all gather!”

Graduate Diploma in Family Medicine (GDFM) Preparatory Workshop (4 December)

Similar to the MMed Preparatory Workshop which was held earlier with much adjustments amidst the many restrictions Covid-19 had imposed, the GDFM Preparatory Workshop was conducted face to face at SHP-Punggol. To be in line with the restriction guidelines, the GDFM workshop was split into two individual modules at two different levels.



The entire session was concluded with a debrief where individual examiners provided their invaluable feedback on their station they went through with the trainees.

SHP-Xiamen Event (18 December)

To celebrate the 10 years' anniversary of the Xiamen – Singapore Friendship Polyclinic, a virtual event was held on 18 December 2021.

The participants from China included delegates and guests from:

- The Xiamen Municipal Health Commission
- The First Affiliated Hospital of Xiamen University
- Xiamen – Singapore Friendship Polyclinic
- Xiamen primary healthcare institutions
- The municipal government
- The Municipal Foreign Affairs Office
- The invited media including Xiamen Daily, Xiamen TV, Xiamen Radio and Television, Fujian Daily and Xinhua Net

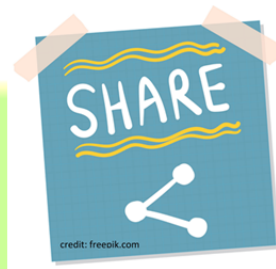
The participants from Singapore included:

- The Consulate-General of the Republic of Singapore in Xiamen
- Prof Lee Chien Earn, Deputy Group Chief Executive Officer (Regional Health System), SingHealth
- Dr David Ng, DCEO, SingHealth Polyclinics

Happenings (January – March 2022)

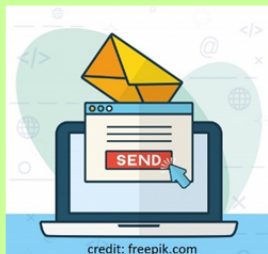
14 January	FM ACP Career Opportunities Roadshow
11 February	FM ACP Virtual <i>LoHei</i>
25 February	FM ACP Research Grand Round
17 March	Passion in FM Research

Have something to



with your

fellow FM ACP faculty in this newsletter?



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