



## April - June 2022

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*Art Jamming @ Family Medicine Residency Program Retreat*

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## Singapore Health Quality Service Awards

This year's Awards was themed "Honouring Our Healthcare Heroes: Emerging Stronger", and honoured close to 9,000 healthcare professionals and partners from 41 public and private healthcare institutions, community hospitals as well as agencies from the Community Care sector for their indomitable spirit and perseverance amidst challenges, and their outstanding contributions to healthcare. They were presented the Silver, Gold and Star Awards.

Superstar Awards were presented to the top winners from the Clinician, Nursing, Allied Health and Administration categories. Teams with innovative initiatives that are sustainable with impactful results and benefited patients, public and staff were recognised with the Best Team Awards.



Congratulations to **Clinical Assoc Prof How Choon How** (left) and **Clinical Assoc Prof Tan Ngiap Chuan** (middle) for being awarded the Superstar Merit Award; and **Asst Prof Rukshini Puvanendran** (right) for being awarded the Star Award.

*Launched in 2011, the Singapore Health Quality Service Awards is a nationwide platform to honour outstanding healthcare professionals from across the healthcare sector who have delivered quality care and excellent patient experience.*

## Distinguished Senior Clinician Award (DSCA)

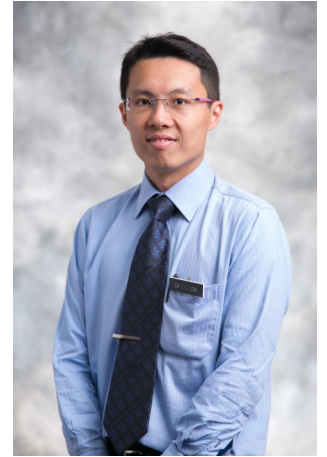
***Congratulations to Clinical Asst Prof Paul Goh for being awarded the DSCA***

The DSCA is a prestigious accolade conferred by the Ministry of Health to recognise eminent senior clinicians in the public sector.



## National Medical Research Council Health Promotion, Preventive Health, Population Health and Health Services Research (HPHSR) Clinician Scientist Award

Assoc Prof Low Lian Leng was awarded the NMRC HPHSR Clinician Scientist Award in March 2022 for his project “EMPOWERing Patients with Type 2 Diabetes Mellitus (T2DM) in Primary care through App-based Motivational Interviewing PLUS Artificial Intelligence powered Diabetes Management (EMPOWER-PLUS) – A Pragmatic Randomised Controlled Trial”. With this award, he is the first family physician in Singapore to be a national Clinician Scientist. The project is in close collaboration with Duke-NUS Medical School, NUS School of Computing and SingHealth Polyclinics. The strong support from Family Medicine ACP and Clinical Assoc Prof Tan Ngiap Chuan was instrumental in this successful award.



Assoc Prof Low was also appointed as Regular Rank Associate Professor in Duke-NUS Medical School with effect from 1 March 2022, with concurrent joint appointments in Health Services and Systems Research signature research program and Medicine ACP.

### GCEO Excellence Awards



***Congratulations to Clinical Asst Prof Ng Lok Pui for clinching the Outstanding Clinician Award***

The GCEO Excellence Awards recognize SingHealth professionals' contribution in their field of work at the Cluster Level.

### Academic Appointment with Duke-NUS Medical School

Clinical Instructor



Oh Guat Leng

## Use of Virtual Reality (VR) in Childhood Immunisation to Reduce Anxiety

A first local study conducted by SingHealth Polyclinics (SHP) has demonstrated the feasibility and acceptability of using an immersive VR called SILVER (Soothing Immunisation Leveraging on Virtual Reality Experience) during childhood immunisation. The results showed that it is safe and effective in alleviating anxiety among children and parents during vaccination.



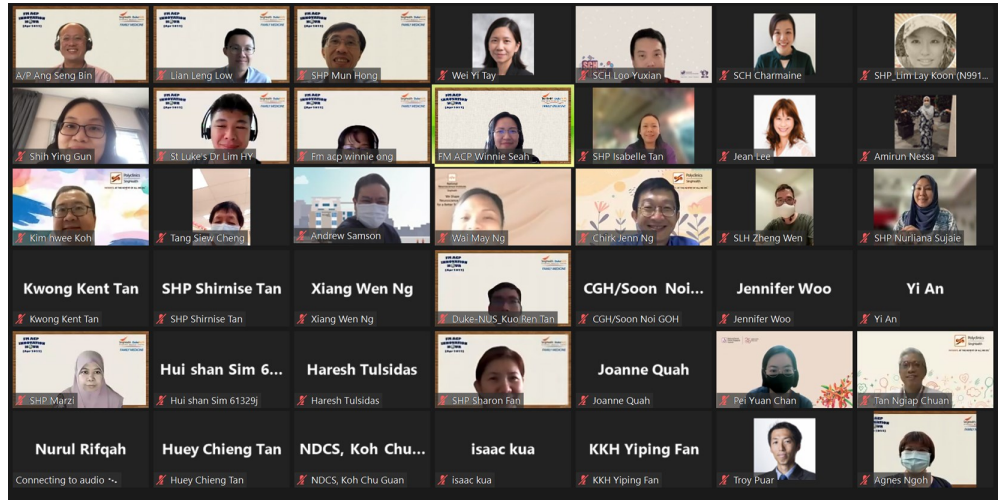
SILVER is a software, which enacts a two-minute story of a mascot called Burp. Once the child wears the VR headset, the child can see a spell book with a giant blue crystal tower floating above. Burp will inform the child to assist him to power up his crystal tower, after which, he will use the magic wand to tap on the child's left shoulder to coincide with the point of injection. A rune on the child's left shoulder is then activated to enable magical power to flow from it to the crystal tower.

"The **need for an acceptable solution to overcome immunisation barriers is important**, as adhering to childhood vaccinations would protect the child from life-threatening infectious diseases such as measles, mumps, rubella and varicella. In addition, children who uptake the annual influenza vaccination will be protected from the rapidly evolving strains, which can spread readily in childcare facilities and schools."

**Dr Chang Zi Ying**  
Associate Consultant  
Clinic Director, SHP-Sengkang  
Lead investigator of the study

## FM ACP Innovation Hour (14 April)

Assoc Prof Low presented the EMPOWER mobile application that was developed under the National Innovation Challenge to develop AI-powered behavioural nudges for patients with diabetes. He shared on the journey in co-development of the application, curation of behavioural nudges and its evaluation in a randomized controlled trial.



About 40 participants attended the Innovation Hour.

Assoc Prof Low also talked about the adaptation of the DrCovid Telegram Bot and its deployment in the Singapore General Hospital Covid Virtual Ward. DrCovid has supported more than 500 complex Covid-19 patients to self-manage at home and saved the health system more than 2,000 bed days as of early March 2022. For both innovations, future developments and integration with clinical care systems with potential for scaling up in the health system were shared and discussed.

“connect people with common areas of interest. perhaps through a survey.”

“Interesting insights into the projects presented.”



## Family Medicine ACP Quality Festival (20 & 21 April)

The inaugural Family Medicine ACP Quality Festival was held virtually via Zoom. Exciting stories were shared about how teams across FM ACP were Transforming Patient Care in Family Medicine through developing new models of care delivery, and by collaborating across practice sites to improve care for patients. We celebrated impactful accomplishments by quality improvement teams from the SingHealth FM community, and Quality Advocates who are spreading the Quality message and inspiring many others.

“May I encourage each of you to be advocates for quality and safety at your institutions and to continuously improve patient care. As a FM ACP, we can look forward to more partnership for better care for our patients and communities.”

**Clinical Asst Prof Lim Hwee Boon**  
**Chair, FM ACP QIC**  
**Director, Quality Improvement, FM ACP**

“All of us play an important part in **enhancing the value** that Family Medicine can provide to patients and communities. Together as a FM ACP community, we look forward to more collaborations amongst SingHealth institutions towards **improvements in care delivery** across the transitions and ensuring **quality, safe care for our patients.**”

*Clinical Asst Prof David Ng  
Chair, FM ACP*

“We do want to **listen to our patient’s story**, understand their other needs, **what matters to them** and assist them. We recognize the need for collaborations with our social partners to provide the holistic care..... I will also like to take opportunity to encourage you to **be advocates for quality and safety**, in your daily work, in each of your teams and institution.”

*Assoc Prof Lee Kheng Hock  
Deputy Chair, FM ACP*

### FM QUALITY ADVOCATES 2022



Congratulations to Dr Cheryl Tan (SingHealth Community Hospitals) (top) and Dr Wong Wei Teen (SHP) (bottom) for winning the **FM Quality Advocate Awards!**

They have been inspirational and have made significant contributions in their efforts towards Patient Safety and Quality in their institutions and the FM ACP.

“Open the chat or have the Q&A open for 2 ways interactions. It is within the FM ACP community and we should be able to manage the interactions. If we cannot, its good to know as well.”



“Learn about what other singhealth FM institutions are working on.”

“Suggest having more events like this to share across the

“Convenience as it is ZOOM, weekday lunch time is good”

“Family Medicine is exciting, we are making huge difference to patient care in many settings. Let’s continue to help connect the dots by sharing and spreading the good works by FM ACP.”

*Clinical Asst Prof Chow Mun Hong  
Advisor, FM ACP QIC  
Vice Chair, Strategy and Innovation, FM ACP*

## SingHealth Family Medicine Residency Program Retreat (14 May)



The SingHealth Family Medicine Residency Program held its first face-to-face Programme Retreat on 14 May 2022 after two years of Covid-19 pandemic limitations!

To celebrate the programme's achievements and hard work for the past Residency academic year, staff were invited to partake in an Art Jamming activity at Macpherson Visual Arts Centre to facilitate team bonding and networking between the Residents, Faculty members and Admin team.



## World Family Doctor Day (WFDD) (19 May)



The theme for this year's World Family Doctor Day was **Family Doctors, Always there to Care.**

WONCA spells out three pillars to this theme:

- **Always**
- **There**
- **Care**



After a hiatus of two years, the WFDD Dinner was back again!

“As we celebrate WFDD, here are some food for thought:

- How will the future of Singapore primary care look like?
- What is FM ACP's role in helping shape the future of primary care in Singapore?”

**As individuals, we may not have the answer to these questions. But together as an ACP, we will.**

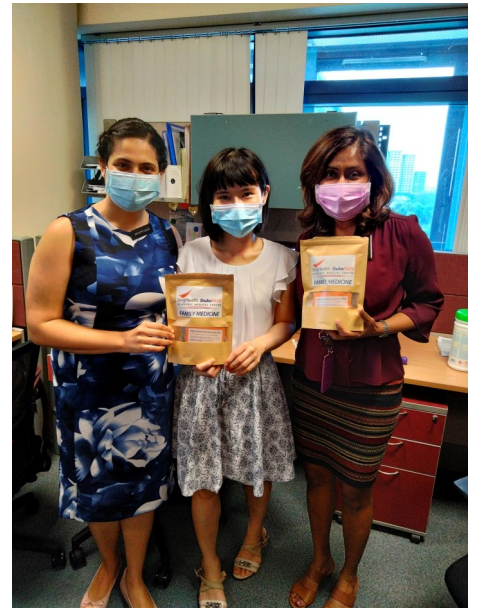
**Clinical Asst Prof David Ng  
Chair, FM ACP**



Distribution of tokens of appreciation to Family Doctors in FM



Sengkang Community Hospital



KK Women's and Children's Hospital



Changi Medical Facility



SHP-Marine Parade



SHP-Pasir Ris



SHP-Punggol

## Graduate Diploma in Family Medicine (GDFM) Preparatory Workshop (4 June)

The GDFM Preparatory Workshop was held at SHP-Punggol in person to prepare the candidates for the actual examination.



The workshop was concluded with the debrief where individual examiners shared their invaluable feedback for each candidate.



A big thank you to all the SHP HQ helpers and examiners for their kind support for the workshop.



Each candidate went through six OSCE stations and was assessed by the experienced examiners.

## KKH O&G GP Forum (11 June)

This forum was organized by KKH O&G and Family Medicine Service for primary care physicians. It covered topics of interest to women in mid life, including abnormal uterine bleeding, osteoporosis, menopause hormone therapy, and sex and intimacy after menopause.



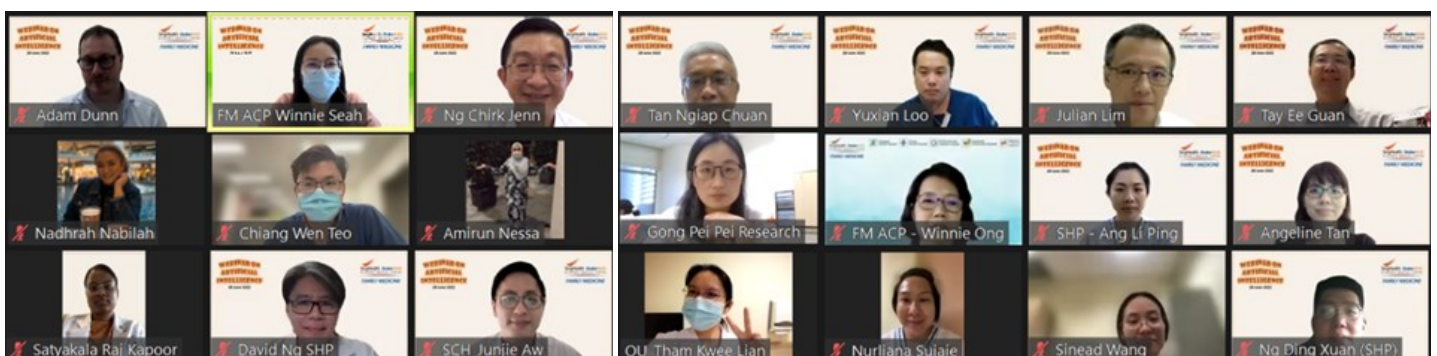
## FM ACP Luchtime Webinar on Artificial Intelligence (28 June)

FM ACP hosted Associate Professor Adam Dunn, who leads Biomedical Informatics and Digital Health at the University of Sydney, Australia. He delivered a webinar entitled “Translating AI methods into healthcare: a practical guide from academia”.



Visit to SHP-Eunos by Assoc Prof Dunn (left) and other visitors from the University of Malaya.

During the talk, he identified the ‘missing piece’ in translating AI into real-world practice lies in the disconnect between **what computer scientists think is important** and **what healthcare professionals actually need** in clinical practice; this has resulted in technically high-performing AI system which does not get used in practice.



Assoc Prof Dunn emphasized on four AI concepts that clinicians and computer scientists should embrace before embarking on AI research and implementation: Generalisation, Transportability, Explainability and Interpretability.

1. Generalisation (how well can the machine learning model performs in unseen data)
2. Transportability (how well can a model trained and tested in one dataset perform in another dataset)
3. Explainability (how well can a model inform which inputs are most important for making the right decision)
4. Interpretability (whether and how a model can help establish the cause and effect)

## What's happening from July to August 2022

1 July	FM ACP Research Master Hour
29 July	FM ACP Innovation Hour
27 August	6 <sup>th</sup> SingHealth Family Medicine Symposium 2022

Have something to



with your

**fellow FM ACP faculty in this newsletter?**



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