



SGH Alumni Newsletter

ISSUE 15 | OCTOBER — DECEMBER 2016

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AROUND THE CAMPUS

07
UPCOMING EVENTS

NEW APPOINTMENTS

Key Leadership Appointments



Dr Kang Wee Lee
Chief Operating Officer
Sengkang Health



Assoc. Prof Ng Heng Joo
Director
Patient Safety



Prof Kenneth Kwek
Deputy Chief Executive Officer
Singapore General Hospital

Clinician Leadership Appointments



Dr Chan Chung Yip
Head
*Department of Hepato-Pancreato-Biliary and
Transplant Surgery
Singapore General Hospital*



Ms Olivia Khoo
Head
*Medical Social Services
Singapore General Hospital*

NEW DEVELOPMENTS

CONTROL ECZEMA WITH AN APP

KK Women's and Children's Hospital (KKH), Nanyang Polytechnic's School of Information Technology and Hyphens Pharma co-developed the iControl Eczema app which helps patients take control of their conditions by allowing them to assess their eczema daily, remind them to complete their daily moisturizing or topical medication regimen and track and share their progress with their doctor.

The app can be downloaded from the App store and Google Play Store. ■

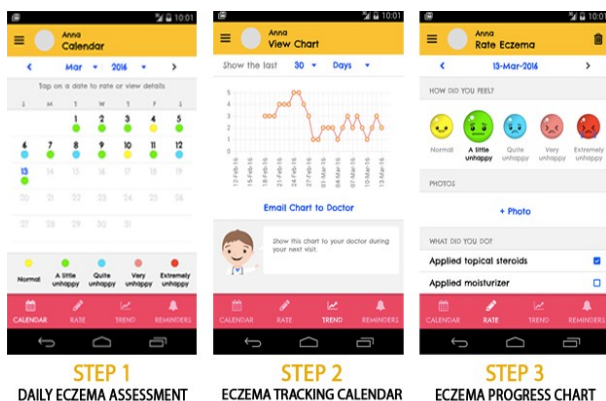


Photo credits: Tomorrow's Medicine

NEW HEART CLINIC FOR WOMEN

A dedicated women's heart clinic offering end-to-end customized services, from prevention to diagnosis, treatment and rehabilitation was launched at the National Heart Centre Singapore (NHCS) in September 2016. The clinic aims to raise awareness and educate the public on heart disease among women. It will also provide specialized training for medical students and doctors in Singapore and the region to allow them to be better skilled in diagnosing heart disease in women early on. Their efforts are supported by Abbott who presented them with a \$20,000 educational grant at the launch. ■



Photo credits: National Heart Centre Singapore

NEW DEVELOPMENTS



CONSTRUCTION UPDATES AROUND CAMPUS

Outram Community Hospital

- Expected to open in 2020, construction for Outram Community Hospital (OCH) has been undergoing since May last year. Piling works have completed and the main contractor is onboard to start work on the superstructure of the building. OCH will be a 500-bed hospital with a total floor space of 146,000sqm. The building will house inpatient wards, outpatient facilities, offices, childcare centre, campus logistic centre and basement carpark.
- To facilitate works for OCH's service tunnel, the walkway between SGH Block 4 side entrance and SNEC is closed. Pedestrians going to Academia will have to walk via Block 7 or Bowyer Block.



Photo credits: Singapore General Hospital

An aerial view of what the OCH site looks like. The land has been levelled and ready to begin construction.

Closure of NHCS Slip Road

- Access to National Heart Centre Singapore (NHCS) via Kampong Bahru Road (before bus stop) is closed from 28 Sept 2016 till 2018. Directional signs have been placed on the hoardings and traffic controllers are stationed at the construction area to divert traffic.



Photo credits: National Heart Centre Singapore

Fewer Parking Lots Available Near SGH Main Complex

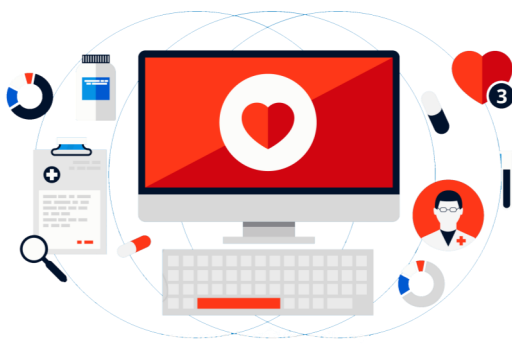
- Part of carpark C (area between SGH Block 4 and the Bowyer Block) is closed to facilitate the construction of an enlarged taxi stand which will allow more than 15 taxis to wait for passengers at any one time. The new taxi stand will replace all but the Block 7 taxi stands at the main SGH blocks.
- For alternative parking, visit <http://www.sgh.com.sg/Others/visitor-information/Pages/visitor-info.aspx>.

Connecting OCH to SGH Partial Closure of Car Park C



Photo credits: Singapore General Hospital

NEW DEVELOPMENTS



DID YOU KNOW?

An initiative between Ministry of Health and Health Promotion Board, HealthHub is Singapore's first one-stop online health information and services portal which provides users with easy access to reliable health-related content, key medical records and e-services. The HealthHub app is also available on the App Store and Google Play.

COMING SOON! ADMISSIONS BUDDY

A new patient portal which allows patients and their care givers to do pre-admission financial transactions from homes will be rolled out soon by Singapore General Hospital (SGH) and KK Women's and Children's Hospital (KKH). The portal will enhance efficiency and patient experience by allowing users to:

- Review information required for patients' hospital admission
- Receive an estimated hospital bill size based on their preferred ward type
- See what different wards look like
- Pay deposit

Admissions Buddy is currently in beta version and will be enhanced before it becomes available on the national platform, HealthHub. ■



Launch of Learning in 10 (LIT) at the SingHealth Duke-NUS Scientific Conference at Academia

Photo credits: SingHealth Facebook

LEARNING IN 10

Learning in 10 (LIT) is a free healthcare education portal developed by SingHealth Duke-NUS Academic Medical Centre (AMC). It contains a collection of over 350 10-minute, user friendly video lectures of various topics such as cardiology, emergency medicine, gastroenterology and surgery etc. Each video has been peer-reviewed to ensure accuracy of information. LIT was launched on 23 September 2016 by Health Minister Mr Gan Kim Yong at the SingHealth Duke-NUS Scientific Conference.

LIT is available on web and mobile devices free of charge.

Visit <http://www.learningin10.com/> for more information. ■



Photo credits: National Dental Centre Singapore

TRIPARTITE SIGNING OF MOU FOR STRATEGIC RESEARCH

On 7 October 2016, Karolinska Institutet (KI), National Technological University (NTU) and National Dental Centre Singapore (NDCS) signed a five-year tripartite Memorandum-of-Understanding (MOU) to strengthen research partnership. Under the MOU, KI hopes to work on more research projects with NTU while NTU would like to conduct more clinical trials by learning from KI who has the ability to run full-fledge phase 1—3 clinical trials. Currently, a KI PhD student has already been approved to work on a research project with NDCS. ■

NEW DEVELOPMENTS

In November 2016, we bided farewell to two cafes in SGH campus:

- Kopi Café at SGH Block 3, Level 1 closed on Friday, 18 Nov 2016 and a new café is expected to open in Dec 2016.
- Narambi Café at Duke-NUS, Level 2 closed on Monday, 28 Nov 2016 and the area will be closed for renovation till Apr 2017.



EVENTS OVERVIEW

RECORD AMOUNT RAISED FOR PRESIDENT'S CHALLENGE 2016

SingHealth's campaign for President's Challenge 2016 themed 'Live with Passion, Care with Compassion', raised a record amount of S\$528,000. The cheque for the amount was presented to President Tony Tan at the finale event held at National Heart Centre Singapore (NHCS) on 1 October 2016. As this year's campaign was centered on promoting good health through exercise, a unique healthcare-oriented dance, the Great SingHealth Workout, was choreographed and staff was encouraged to participate by posting videos on SingHealth's President's Challenge Facebook page. Other fund-raising efforts include charity bazaars and fitness classes. All proceeds will go towards SingHealth's adopted beneficiaries for 2016: Children Cancer Foundation, Muscular Dystrophy Association (Singapore), Special Olympics Singapore and St John's Home for Elderly Persons. ■



Top: Presentation of cheque to President Tony Tan
Bottom: Staff and beneficiaries performing Stand by Me

Photo credits: SingHealth Facebook

BREAKING A GUINNESS WORLD RECORD

One of the highlight events for the family carnival 'Born in KKH' on 16 October 2016, was KK Women's and Children's Hospital (KKH) attempt to set a new Guinness World Record of 'Largest Reunion of People Born at the Same Hospital'. 2,241 people gathered at Bishan Stadium for the world record and official Guinness World Records adjudicator Rishi Nath was on site to check birth certificates and count the participants in order to verify the record. The event was also attended by Deputy Prime Minister Teo Chee Hean, who was born in KKH as well. Following the record attempt, attendees participated in the sports try-outs led by Team Singapore athletes, an inflatable obstacle course and various carnival games. 'Born in KKH' marked the 50th anniversary of KKH's Guinness World Record in 1966 for being the largest maternity hospital in the world with 39,835 babies born that year. ■



Photo credits: KKH Facebook

EVENTS OVERVIEW

CAMPUS FELLOW FORUM

Held quarterly, the Campus Fellow Forum invites fellows to share their learning experiences and also acts as a platform for fellows and local doctors to interact. During the latest session held on 21 October 2016, Dr Tanveer Zaman, a Bangladesh Clinical Fellow with National Heart Centre Singapore (NHCS) and Dr Elena Zapanta Capati, a Philippines Clinical Fellow with Singapore General Hospital (SGH) presented information about their countries and its healthcare systems. They also shared their learning experience with the attendees.

The Campus Fellow Forum is open to all clinical fellows and doctors in SingHealth institutions. ■



PGMI AFTERNOON TALKS

In October 2016, PGMI launched a regular series of informative talks on current and topical subjects for SGH alumni members. The talks are also open to campus staff.

Kicking off the series was Ms Peggy Cheng from The Institute for Financial Literacy who presented 'Understanding Basic Health Insurance: CPF Insurance Schemes' on 12 Oct 2016. The talk received positive response and was attended by 77 people. Attendees got to learn more about the type of CPF insurance schemes available, their benefits and how to choose a suitable ward to maximize the benefits of their hospital plan. They also had the opportunity to ask questions and clarify their doubts with the speaker.

The second talk in our series was 'Introduction to Mindfulness' by Dr Kinjal Doshi. Dr Kinjal gave a brief background about the concept of mindfulness and shared with the attendees what it takes to be a mindful individual and how to incorporate mindfulness into our everyday life. The talk was attended by 46 people and attendees feedback that the talk is interesting and helpful.

More talks have been scheduled for next year. Please keep a look out for our email announcements. We also welcome suggestions for future talk topics. You can let us know by submitting your suggestions at www.pgmi.com.sg. ■



Above: Ms Peggy Cheng delivering her talk and taking questions from the floor.



Above: Dr Kinjal sharing with attendees the effects of Mindfulness.



Upcoming talks:

- 1) **Healthy Living & Detox**, 11 January 2017 (Wed), 4.30pm—5.30pm
- 2) **Office Ergonomics**, 15 March 2017 (Wed), 4pm—5pm



For more information & to register, please visit www.pgmi.com.sg.

EVENTS OVERVIEW

Musicfest@SGH

Back for the fourth consecutive year, Musicfest@SGH 2016 featured 280 artists, 40 groups, 8 performance spots and 52 hours of live music! The theme 'Celebrating the Talents of Tomorrow' is reflected in the choice of performers such as former Singapore Idol contestant Daphne Khoo, 13 year old Lauren Yeo and student band from Pei Cai Secondary School etc. Hossan Leong is also back this year to entertain patients at the ward. The event ended with an hour long concert at Deck on 9 hosted by former DJ and singer Petrina Kow and was attended by more than 100 patients, staff and partners. ■



Photo credits: Sing Theatre

ON COURSE FOR CURE

140 golfers gathered at Serapong Course at Sentosa Golf Club on 14 October 2016 for the fifth SingHealth Duke-NUS Charity Golf. The event raised S\$397,900 for research and education initiatives for the six Academic Clinical Programmes—Cardiovascular Sciences, Musculoskeletal Sciences, Oncology, Ophthalmology and Visual Sciences, Oncology and Pathology. The event was graced by Guest-of-Honour, Mr Wong Kan Seng, Chairman of Ascendas-Singbridge. ■



Photo credits: SingHealth Facebook

DEMENTIA AWARENESS DAY

On 15 October 2016, National Neuroscience Institute organized a Dementia Awareness Day's Public Forum and Memory Screening Test which was available in both English and Mandarin. Ms Ang Jolie Mei, Managing Director of The Life Celebrant and Dr Orlanda Goh, Senior Resident, Department of Neurology, NNI, shared with over 250 participants the insights on will-making and what they need to know about dementia and how to prevent it. Pre-registered participants also underwent the Memory screening tests which included the Boston Naming Test, Colour Trails and Memory Test etc. NNI will be organizing this event again and the date will be released next year. ■

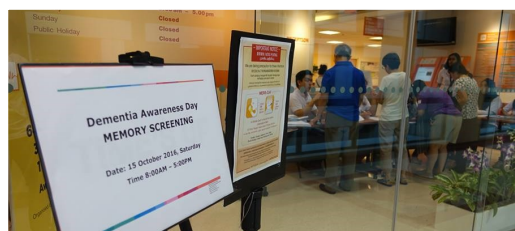


Photo credits: National Neuroscience Institute Facebook

**TELL US
WHAT YOU WANT!**

We are always looking for ways to improve and engage our alumni members. Please take a few minutes to complete our survey and let us know if you have any additional thoughts and ideas which will help us to increase Alumni participation. First 20 respondents will receive a mystery gift! Visit www.pgmi.com.sg (under the alumni news tab) to do the survey!

UPCOMING EVENTS

JANUARY

5th

Singapore Neonatal Resuscitation Course (Recertification)

This half day recertification course targets Medical, Nursing and Allied Health Staff holding an expired Singapore Neonatal Resuscitation Course Certification. If, however, more than 6 months have elapsed since the expiry, participants are required to take the full course again. For more information, please email pgmi.courses@sgh.com.sg.

6th

Singapore Neonatal Resuscitation Course

This workshop, accredited by the National Resuscitation Council of Singapore integrates the principles of neonatal resuscitation and the basic skills of resuscitation. Participants will be equipped with the knowledge and skills of neonatal resuscitation, be able to translate written guidelines into effective action through simulated resuscitation and have an opportunity to use an interactive simulator manikin with realistic newborn traits and lifelike clinical feedback.

11th

Healthy Living and Detoxification: Do you really know what it means to 'detox'?

Detox fads are available in abundance ranging from raspberry ketones, to lemon water detox, to various juicing programs. But what does it really mean to detox from inside out? Find out more at this talk and get an insight on how to plan your new year's resolution around the theme of detox, without having to worry about eating 'tasteless food' to clear yourself from the inside out. For more information, email shirley.au.s.w@sgh.com.sg.

14th

Public Forum: Successful Aging—A Healthy Brain and Memory Screening Day

Jointly organised by Department of Neurology, SGH and Duke-NUS Neuroscience and Behavioural Disorders Programme, this public forum focuses on successful aging with respect to brain health and will also offer a free cognitive screening to members of the public. Please note that pre-registration is required for the free cognitive screening session.

FEBRUARY

11th

Luminal Masterclass on Digestive Complaints

Pre-registration for this course is required. For more information, please contact pgmi.gpcme@sgh.com.sg.

UPCOMING EVENTS

11th
&
12th

1st Fluid, Electrolytes and Acid-base Balance Review Course

Organised by Department of Renal medicine, SGH, this 1.5 day course provides a concise, yet comprehensive and up-to-date review of selected topics focusing on common clinical challenges on fluids, electrolytes and acid-base disorders. For more information or to register, please email pgmi.courses@sgh.com.sg.

19th

Basic ECG Course

Organised by National Heart Centre Singapore, this half day course covers topics such as 'Understand the ECG and approach to interpret the ECG', 'Approach to the narrow and wide complex tachycardia' and 'Atrial Fibrillation/Atrial Flutter, the most commonly sustained arrhythmia' etc. For more information, please email nhccme@nhcs.com.sg.

20th

EGM Course

Organised by National Heart Centre Singapore, this full day course will have four sessions helmed by local and overseas faculty. Limited seats are available on a first come first served basis. For more information or to register, please email nhccme@nhcs.com.sg.

25th

Urology GPCME

For more information or to register, please email pgmi.courses@sgh.com.sg.

25th
&
26th

Inaugural KKH Gynaepath Conference: Concepts and Controversies

Targeted at Specialists, trainee doctors and allied health staff, this two day conference includes lectures from Prof Esther Olivia from Massachusetts General Hospital, Boston, Dr Chew Sung Hock from Department of Pathology and Laboratory Medicine, KKH and Dr Teo Sze Yiun from Department of Diagnostic and Interventional Imaging KKH. Early bird registrations are available before 1 Jan 2017. For more information, please visit <https://www.kkh.com.sg/educationandtraining/Classesandforums/Pages/Home.aspx>.

MARCH

15th

Office Ergonomics

This talk covers topics such as 'Common injuries due to poor ergonomics', 'Correct working postures' and 'Use of ergonomic furniture and aids'. For more information, email shirley.au.s.w@sgh.com.sg.



LIFE. CHANGING. GIFT.

In celebration of our 195th anniversary

SGH is the oldest and largest hospital in Singapore, serving patients from all walks of life in our community. To Singaporeans, this is the people's hospital, where they know they can get expert care for the most complex conditions. This year, we are celebrating our **195th** anniversary! To commemorate this memorable milestone, we aim to raise **\$1.95 million** not only for the **SGH Needy Patients Fund**, but also for **research causes** which will accelerate discoveries and benefit our patients.

By making a donation, you will be giving a gift which can transform our patients' lives, and enable our hospital to serve, innovate and extend care to many generations to come.

We hope you can contribute, and join us on this journey of paying-it-forward, because everyone deserves good health. Your gift will also enjoy a tax deduction of 2.5 times the gift value, as SGH funds are administered by the SingHealth Foundation.

Thank you for partnering with us in putting Our Patients at the Heart of All We Do!

Contact us to make a gift today:

Singapore General Hospital
c/o SGH Development Office
167 Jalan Bukit Merah, Tower 5, #03-11
Singapore 150167

Tel: 6326 6474 / 6378
Email: giftstosgh@sgh.com.sg
Webpage: www.sgh.com.sg/GivingSGH195



Please detach and return this form to:
Singapore General Hospital
c/o SGH Development Office
167 Jalan Bukit Merah, Tower 5, #03-11
Singapore 150167

I WOULD LIKE TO MAKE A DONATION:

- ☐ One-time Donation ☐ Monthly Donation
☐ S\$19.50 ☐ S\$195 ☐ S\$1,950 ☐ Others: _____
(Please specify amount)

SPECIAL OCCASIONS GIFT

This gift is in memory/ in honour of _____

IN SUPPORT OF

- ☐ Needy Patients
☐ Medical research
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☐ Where It Is Needed Most
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*Please write your NRIC / FIN Number or UEN so that your donation will be automatically included into your tax assessment by IRAS. Donors who do not provide tax reference numbers cannot claim tax deducted from IRAS as no tax deduction receipts will be issued. Tax deductible receipt will be issued for donations with a minimum amount of S\$10 and will be sent to you within 3 months upon receipt of your donation.

*By signing the above, I, the Donor, consent to Singapore General Hospital and their successors or assigns (collectively 'Organisations') as detailed in the SingHealth Data Protection Policy) collecting, using and/or disclosing my personal data, and disclosing my personal data to each other (as may be necessary) for the purpose of processing my donations and such other reasonably related purposes as may be set out in the SingHealth Data Protection Policy available at <https://www.singhealth.com.sg/ABOUTSINGHEALTH/PERSONAL-DATA-PROTECTION-ACT-PDPA/pages/Home.aspx>

[] In addition, by ticking this box, I consent to all of the SingHealth organisations and their successors or assigns collecting, using and/or disclosing my personal data in order to send me updates and collaterals on each of the organisations in respect of fundraising, social outreach, volunteering, other related topics and events which may be held in respect of the same ('Social Outreach Campaigns'), as well as to contact me via voice call and SMS solely in relation to such Social Outreach Campaigns. [] Where I make a donation to such SingHealth organisations and their successors or assigns, I acknowledge and agree that these organisations may then collect, use and/or disclose my personal data for such purposes as may be reasonably related to the processing of my donations as may be set out in the SingHealth Data Protection Policy.

*I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to each of the Organisations in respect of my personal data, and are additional to any rights which the Organisations may each individually have at law to collect, use or disclose my personal data.

Thank you for your generous support!

DONATION BY:

- ☐ **Cheque No.** _____

(Please make cheque payable to "SingHealth Foundation - SGH")

- ☐ **Credit Card (Visa / Mastercard / Amex / Diners)**

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Card no. _____

Name of bank _____

Expiry date _____

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Branch _____

Bank Account No. _____

Signature or Thumbprint# (as in Bank records) _____

Date _____

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* You are entitled to reject SingHealth Foundation — SGH's debit instructions if my/our account does not have sufficient funds and charge me / us a fee for this.

* This authorisation will remain in force until terminated by your written notice sent to my/our address last known to you or upon receipt of my / our written revocation through SingHealth Foundation — SGH

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☐ Amendments not countersigned by customer
☐ Wrong account number
☐ Others

Name of Approving Officer _____

Authorised Signature & Date _____

SGH ALUMNI NEWSLETTER

20 College Road,
Academia, Level 2,
Singapore 169856
+65 6576 7658

Advisory Board

Prof Hwang Nian Chih
Ms Emily Lim

Editor

Ms Shirley Au

Photographer

Mr Steve Tam

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