

SGH Alumni Newsletter

ISSUE 18 | JULY — SEPTEMBER 2017

01
AROUND THE CAMPUS

07
UPCOMING EVENTS



SGH PGMI
Postgraduate
Medical Institute

To read the e-newsletter, please visit www.pgmi.com.sg.

NEW APPOINTMENTS

Key Leadership Appointments



Prof Ang Chong Lye

Senior Advisor

SingHealth



Prof Kenneth Kwek

Deputy Group Chief Executive Officer
(Organisational Transformation & Informatics)

SingHealth



Prof Teo Eng Kiong

Deputy Group Chairman Medical Board

SingHealth



Prof Tan Kok Hian

Group Director

Institute for Patient Safety & Quality (IPSQ)

SingHealth



Prof William Hwang

Medical Director

National Cancer Centre Singapore

Academic Chair

SingHealth Duke-NUS Oncology Academic

Clinical Programme



Dr Gan Wee Hoe

Director

Occupational & Environment Medicine Unit

Singapore General Hospital



Mr Chua Puay Hian

Director (Ambulatory)

Singapore General Hospital



Prof Fong Kok Yong

Deputy Group Chief Executive Officer
(Medical & Clinical Services)

SingHealth



Adjunct Prof Lee Chien Earn

Deputy Group Chief Executive Officer
(Regional Health System)

SingHealth



Prof Wong Tien Yin

Deputy Group Chief Executive Officer
(Research & Education)

SingHealth



Prof Lim Soon Thye

Head

SingHealth Duke-NUS Blood Cancer Centre



Ms Paulin Koh

Deputy Group Chief Nurse

SingHealth



Ms Ho Ai Lian

Head (Inpatient Services)

Singapore General Hospital

Clinician Leadership Appointments



Prof Tan Bien Soo

Chairman

Division of Radiological Sciences

Singapore General Hospital



Assoc Prof Tay Kiang Hiong

Head

Dept of Vascular and Interventional Radiology

Singapore General Hospital

NEW APPOINTMENTS

Clinician Leadership Appointments



Dr Chan Lai Peng
Head
Dept of Diagnostic Radiology
Singapore General Hospital



Assoc Prof David Ng Chee Eng
Head
Dept of Nuclear Medicine and Molecular Imaging
Singapore General Hospital

NEW DEVELOPMENTS

FORMATION OF NEW UNITS & DIVISION

Division of Radiological Sciences (RADSC)

SGH's Division of Radiological Sciences (RADSC) was formed in August 2017 to provide an organizational framework that enables Radiological Sciences subspecialties to grow and develop new capabilities. This new division consists of the Department of Vascular and Interventional Radiology, Department of Diagnostic Radiology and Department of Nuclear Medicine and Molecular Imaging.

Occupational and Environmental Medicine (OEM) Unit

Effective from 1 September 2017, the OEM unit was formed to review the current provision of occupational health and epidemiology services in SGH. It comprises of Occupational and Environmental Medicine, Preventive Medicine, and Staff Clinic, and aims to:

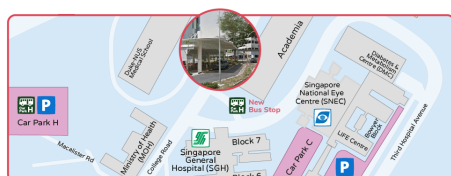
- Enhance the safety, health and well-being of our healthcare workers through the prevention, screening, early identification and management of occupational and work-related diseases.
- Contribute towards the establishment of healthy and safe work environments, and the development of organizational policies that optimize the work performance of our healthcare workers.
- Maximize the occupational fitness of our staff and patients to return to work and productive lives.
- Extend occupational health to the community and Singapore's working population as part of SGH's RHS programmes.
- Support preventive health and occupational hazard reduction programs through epidemiological research and the formulation of evidence-based guidelines.
- Enhance education, training and research in Occupational and Environmental Medicine ■



CLOSURES AND RELOCATIONS IN SGH CAMPUS

Relocation of Car Park H Shuttle Bus Stop

From 1 August 2017, the Car Park H Shuttle Bus will stop at opposite SGH Block 7 instead of Block 4. This is to facilitate the construction of Outram Community Hospital. The shuttle bus will continue to operate at approximately 10-minute intervals. For more information, please visit www.sgh.com.sg/shuttlebus.



Closure of Taxi Stand at Block 3

To facilitate the construction of the link bridge from SGH to Outram Community Hospital, the taxi stand at Block 3 has been closed from 1 August 2017. Taxi stands in SGH campus are located at:

- SGH Block 4 Entrance
- SGH Block 7 Entrance
- National Cancer Centre Singapore Entrance
- Singapore National Eye Centre Entrance
- National Heart Centre Entrance
- National Dental Centre Singapore Entrance

NEW DEVELOPMENTS

SGH'S JCI RE-ACCREDITED



Photo Credits: SGH Facebook

After an intensive 5-day JCI survey, SGH has been granted re-accreditation by the JCI committee. The JCI committee audited the entire hospital and looked into various areas such as providing a safe environment that reduces risk for patients and caregivers, implementing quantifiable benchmarks for quality and patient safety, checking on staff qualifications and education. SGH is the first hospital in the world to be surveyed using the 6th edition of the JCI standards. ■



The 6th edition of the JCI standards included new requirements such as:

- Develop and implement a program for antibiotic stewardship
- Develop, implement, and test a program for responding to global communicable diseases
- Conduct a pre-construction risk assessment when planning for construction and take action based on assessment
- Implement a staff vaccination and immunization program
- Address appropriate use of copy-and-paste in electronic medical record systems
- Develop, maintain, and test a program for response to planned and unplanned downtime of data systems

NEW BUILDING FOR NATIONAL CANCER CENTRE SINGAPORE



On 2 June 2017, National Cancer Centre Singapore (NCCS) broke ground for its new building which is targeted to be ready by 2022. The new 24-storey building is designed to improve patient flow and experience and will have four times more capacity than the current building. Each disease group will have its own dedicated space with clinical, research and education facilities in close proximity. Features of the new building include:

- Mental Wellness Clinic to provide services such as counseling, physiotherapy and support groups
- Patients' Resource Centre to provide a place for patients and caregivers to learn more about cancer care and treatment
- Intra-operative Radiotherapy capable operating theatres; Endoscopy suites; Oncologic Imaging facilities
- Proton Therapy Centre which will be built in the next ten years in the building's basement
- National Immunotherapy facility which will provide expanded capacity for research



Minister for Health Gan Kim Yong officiated at the groundbreaking ceremony for the NCCS new building at SGH Campus.

Photo Credits: SGH Facebook

The new NCCS building is part of the SGH Campus Master Plan. For more information, please visit

www.sghcampusmasterplan.sg. ■

NEW DEVELOPMENTS

UNIFIED LOOK FOR SINGHEALTH NURSES

New uniforms will be rolled out in phases from 2018 for 12,000 SingHealth nurses to create a cohesive identity across all institutions. The new uniforms will replace the current ones that come in varying colours to reflect each institution's identity and different designs to indicate rank. This comes after patients feedback that it is confusing when they see nurses in different uniforms caring for them. The new look will enable patients and their caregivers to identify SingHealth nurses easily as they move across different care settings.

The new standardized uniforms will be worn by all nurses in all SingHealth institutions. They will be all white with colour trimmings at the collar to differentiate ranks and the nurses' nambadge will indicate their respective institution. The uniforms were unveiled at the SingHealth Nurses Day celebration on 25 Jul 2017 and were designed to meet existing infection prevention guidelines and retain a professional nursing image. ■



Photo Credits: Tomorrow's Medicine

New working (scrub) suits (left) and Formal uniforms (right).



The different colour trimmings at the collar differentiate the nurses ranks:

- Maroon for Enrolled Nurses
- Blue for Staff Nurses
- Blue with Orange for Nurse Clinicians and Senior Nurse Managers
- Orange for Assistant Directors and above

STRATEGIC PARTNERS FOR NATIONAL ACTIVE HEALTH FRAMEWORK

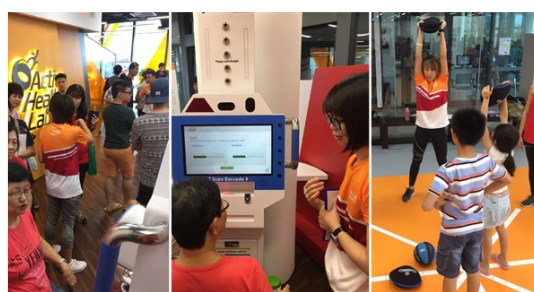


The Active Health MOU signing between Sport Singapore and its partners at the SportSG auditorium at the Singapore Sports Hub.

Photo Credits: Tomorrow's Medicine

On 28 July 2017, SingHealth, CGH (Changi General Hospital) and Exercise Is Medicine Singapore (EIMS) signed an MOU with Sports Singapore (SportsSG) to pilot the first Active Health Lab (AHL) at Our Tampines Hub.

Active Health is a social movement initiated by SportsSG to encourage the nation to be proactive in managing their health and wellness. The framework wants to work with strategic partners to provide education, programmes and networking opportunities for likeminded enthusiasts.



Active Health Lab at Our Tampines Hub.

Photo Credits: myActiveSG Facebook

The pilot AHL will last till the end of the year at Our Tampines Hub and provide visitors a chance to experience a personalized assessment in lifestyle habits and discover how they can live better and healthier. Allied health-certified Active Health Experts are also onsite to offer their expertise.

For more information, please visit www.myactivesg.com/active-health/lab. ■

NEW DEVELOPMENTS

LAUNCH OF SINGAPORE'S FIRST DONOR HUMAN MILK BANK



Photo Credits: Tomorrow's Medicine



During the pilot period, the Milk Bank will adopt guidelines set by the United Kingdom National Institute for Health and Care Excellence, and the Human Milk Banking Association of North America. These guidelines are the most comprehensive, well recognised and widely practiced by established donor milk banks in leading developed countries. With the Milk Bank, Singapore joins more than 30 other countries worldwide with 500 milk banks in providing the best nutrition for vulnerable babies.

KK Women's and Children's Hospital (KKH) and Temasek Foundation Cares launched Singapore's first Donor Human Milk Bank on 17 August 2017. The programme aims to provide a ready supply of safe, pasteurised human breast milk, donated for preterm infants whose mothers are unable to provide sufficient breast milk. The three-year programme will be available to preterm infants in KKH and from the second year onwards, to preterm infants in Singapore General Hospital (SGH) and National University Hospital (NUH).

The programme aims to recruit 375 donor mothers who are healthy and lead healthy lifestyles and aims to benefit 900 pre-term infants who are:

- Singapore Citizens or Permanent Residents
- born at less than 32 weeks pregnancy
- born at 1.8kg or less
- at high risk of, or diagnosed with necrotising enterocolitis (a condition where the intestines become damaged due to tissue death - primarily seen in premature infants.)

For more information, please visit www.kkh.com.sg/milkbank or email milkbank@kkh.com.sg. ■

LAUNCH OF THE ASIAN THORACIC ONCOLOGY RESEARCH GROUP



From left to right:

- Assoc Prof Tan Say Beng, Group Director, Research, SingHealth;
- Prof Kim Dong Wan, Professor, Dept of Internal Medicine, Seoul National University Hospital;
- Prof Soo Khee Chee, Director, National Cancer Centre Singapore;
- Prof Mok Shu Kam, Tony, Chairman, Dept of Clinical Oncology, Li Shu Fan professor of Clinical Oncology, Chinese University of Hong Kong and
- Dr Daniel Tan, Senior Consultant, Division of Medical Oncology, National Cancer Centre Singapore.

On 18 August 2017, the National Cancer Centre Singapore (NCCS), Chinese University of Hong Kong (CUHK) and Seoul National University Hospital (SNUH) launched the Asian Thoracic Oncology Research Group (ATORG), a central coordination platform for multi-centre clinical trials and translational research for thoracic malignancies in Asia. ATORG's agenda and clinical studies will be guided by a Scientific Committee comprising of representation from National Cancer Centre Singapore, Chinese University of Hong Kong, Seoul National University Hospital, National Taiwan University, National University Hospital Singapore, University of Sydney and Mahidol University, Bangkok. Upcoming studies include lung cancer registries and clinical trials for defined molecular subsets of lung cancer, as well as evaluation of treatment paradigms involving novel clinical endpoints and immuno-oncology drugs. For more information about ATORG, please visit <https://www.scri.edu.sg/crn/asian-thoracic-oncology-research-group-atorg/about-atorg>. ■

Photo Credits: NCCS Facebook

EVENTS OVERVIEW

SINGHEALTH DUKE-NUS SURGICAL AND ANAESTHESIA CONGRESS

On 4 - 6 August, three Academic Clinical Programmes (ACP) - Anaesthesiology & Perioperative Sciences, Musculoskeletal Sciences and Surgery, organized the inaugural SingHealth Duke-NUS Surgical and Anaesthesia Congress in Academia. Themed “Best Practices in Health Professions Education – Challenges and Opportunities”, the congress was attended by more than 1,000 delegates. The two day programme comprised of more than 40 plenary sessions and symposiums led by local and international experts including Professor Paris Tekkis, a renowned expert in surgical health services research and Dr Archie Brain, a prominent anaesthesiologist who invented the laryngeal mask airway. ■



Photo Credits: SingHealth Facebook

SINGAPORE SLEEP CONFERENCE

The Singapore Sleep Conference was held in conjunction with the 5th Sleep Apnea Surgery Course on 25 - 26 August 2017 in Academia. Chaired by Dr Toh Song Tar, Senior Consultant and Director of Sleep Disorders Unit, SGH, the conference was attended by more than 140 local and international delegates. One of the highlights of the conference was the signing of MOU between Philips Electronics Singapore and SingHealth Duke Sleep Centre. Under the MOU, Philips and SingHealth will be developing and implementing joint research projects in Sleep Medicine and Obstructive Sleep Apnea. ■



Photo Credits: Mr Henry Ng

5TH SINGAPORE REHABILITATION CONFERENCE

Organised by Singapore General Hospital (SGH) and Tan Tock Seng Hospital (TTSH), the 5th Singapore Rehabilitation Conference was held on 7 - 8 September 2017 and was attended by more than 450 local and international delegates. This year, the programme was designed to be wide-ranging and comprehensive and covered not only the traditional fields of Neurological and Musculoskeletal Rehabilitation, but relevant contemporary fields of Geriatrics and Aging, Cancer and Cardiopulmonary. The conference was graced by Guest-of-Honour Dr Lam Pin Min, Senior Minister of State for Health and Transport, and keynote speakers include Ms Chia Yong Yong, President of SPD and Nominated Member of Parliament and Prof Henry Lew from the University of Hawaii School of Medicine and Virginia Commonwealth University School of Medicine, USA. ■



Photo Credits: Mr Henry Ng

UPCOMING EVENTS

NOVEMBER 2017

4TH

The Art of Ageing Gracefully - Pelvic Floor Disorders Public Forum

Is bladder and bowel incontinence part of ageing? Learn how to stay in control and keep the leaks at bay! Topics covered in this session includes 'Beat Overactive Bladder', 'Pelvic Organ Prolapse', 'Is bowel incontinence part of ageing' and 'surgery for rectal prolapse'. Pre-registration is required as seats are limited. If you have any queries or require more information, please email public.forum@sgh.com.sg.

6TH

Talk + Book Launch: Anxiety and Depression in Young People

While anxiety in children is a serious matter, many parents tend to downplay the problem with the belief that is part of juvenile growth and assume that the child will grow out of it over time. Unfortunately at their age, the lack of life experience and coping skills make them feel vulnerable and hopeless. By the time they lapse into chronic sadness and despair, many of them would resort to self-harm as a coping mechanism. In a depressed state, the young person feels stuck and perceives that future prospects do not exist for him. Whenever he goes through a major, stressful life event, he tends to have a lowered ability to establish clarity of thought, cope and problem-solve. In this talk, the speaker will explain the inner psychodynamics to simplify the understanding of one's unique personality and illustrate how anxiety can be better managed. The part played by various issues including family love, self-esteem, loneliness and attachment will be explained and self-management tools will be introduced. Copies of Dr Peter Mack's book "You are not Alone" will be available for sale during the event. For more information, please email shirley.au.s.w@sgh.com.sg.

8TH

Introduction to Personal Investing – Major Financial Products

The talk aims to help you understand the features and risks of some of the major financial instruments. You will also learn the investment strategies and how to construct an investment portfolio based on your financial needs and risk appetite. Topics covered include 'What are the financial markets?', 'The 3 investment strategies', 'Understanding some of the available investment instruments and the associated risks' and 'Constructing an investment portfolio'. For more information, please email shirley.au.s.w@sgh.com.sg.

18TH

What is Negligence and Why Do People Sue Doctors?

Evidence suggests that the relationship between medical errors and litigation is complex. Therefore, understanding why patients sue their doctor and what they are hoping to achieve is an important step in taking action to minimise the risk of litigation. In order to avoid litigation, we will highlight how good practices, including good record keeping, open dialogue with patients, clear guidance and protocols, saying sorry, and swift, transparent and comprehensive complaint and incident management, contribute to a reduction in litigation. For more information, please email pgmi.courses@sgh.com.sg.

UPCOMING EVENTS

DECEMBER 2017

14TH

Balloon Sculpting Workshop

Learn how to sculpt a snowman and a Christmas Tree at this workshop designed for beginners! Participants will need to pay \$7/pax (inclusive of balloons) and \$5 for a hand pump. Limited seats available! For more information, please email shirley.au.s.w@sgh.com.sg.

JANUARY 2018

16TH

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.

17TH

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

24TH

Options To Build Your Retirement Income

The talk helps you in understanding the possible options that can help you achieve your retirement goal.. Topics covered include 'Determining your retirement needs', 'Estimate your available resources and calculate the gap', 'Possible options to plan for your retirement income needs', 'Enhanced lease buyback scheme', 'Silver housing scheme' and 'Supplementary retirement scheme'. For more information, please email shirley.au.s.w@sgh.com.sg.

FEBRUARY 2018

2ND

2nd Fluids, Electrolytes and Acid-Based Balance Review Course

This 1.5 days course is concise, yet comprehensive and provides participants with an up-to-date review of selected topics focusing on common clinical challenges on fluids, electrolytes and acid-base disorders. Topics include 'Nephron drive-through - overview of renal physiology', 'Hypo and hypernatremia—nephrologists' perspectives', 'Evidence based approach to management of hypo and hyperkalemia' etc. For more information, please email pgmi.courses@sgh.com.sg.

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