

SGH Alumni Newsletter

ISSUE 19 | OCTOBER — DECEMBER 2017

01
AROUND THE CAMPUS

05
UPCOMING EVENTS



SGH PGMI
Postgraduate
Medical Institute

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

NEW APPOINTMENTS

Key Leadership Appointments



Assoc Prof Prema Raj

Director

SingHealth Transplant



Dr Siau Chuin

Director, Institute for Patient Safety & Quality (IPSQ) (Clinical)

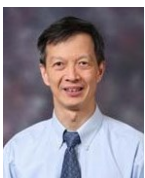
SingHealth



Ms Karen Perera

Co-Director, Institute for Patient Safety & Quality (IPSQ) (Clinical)

SingHealth



Assoc Prof Aloysius Ho Yew Leng

Medical Director

Singapore Cord Blood Bank

Clinician Leadership Appointments

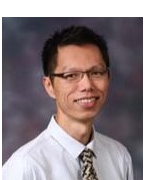


Assoc Prof Ruban Poopalalingam

Chairman

Division of Anaesthesiology & Perioperative Medicine

Singapore General Hospital



Assoc Prof Soh Chai Rick

Head

Department of Anaesthesiology

Singapore General Hospital

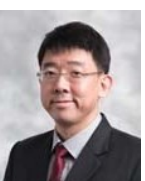


Dr Tan Kian Hian

Head

Department of Pain Medicine

Singapore General Hospital



Dr Ng Shin Yi

Head

Department of Surgical Intensive Care (SIC)

Singapore General Hospital



Assoc Prof Ng Heng Joo

Head

Department of Haematology

Singapore General Hospital

NEW DEVELOPMENTS

FORMATION & CESSATION OF DIVISIONS

Division of Anaesthesiology & Perioperative Medicine

With effect from 1 October 2017, the Division of Anaesthesiology & Perioperative Medicine is formed and will consist of the Department of Anaesthesiology, Department of Pain Medicine and Department of Surgical Intensive Care. The formation of this Division will promote the development of various anaesthesiology specialties, improve its core competencies, and better enable the realization of the strategic vision to achieve international excellence.

Division of Ambulatory and Clinical Support Services

With the establishment of the Division of Pathology in June 2016 and the Division of Radiological Sciences in August 2017, the Division of Ambulatory and Clinical Support Services will cease with effect from 1 October 2017. The Department of Emergency Medicine will thereafter come under the care of the Division of Medicine.

NEW DEVELOPMENTS

RELOCATION OF BEDOK POLYCLINIC

In October 2017, the SingHealth Polyclinic - Bedok reopened at Heartbeat@Bedok and is offering a range of new services for patients. SHP-Bedok incorporated new technologies and integrated care services such as:

- First self-cooling medication collection locker**
 These lockers allow patients or their caregivers to self-collect prescription medication which requires refrigeration such as insulin or certain types of eye drops at any time of day.
- Enhanced automated health kiosk**
 The kiosks enable patients with chronic conditions to take their own measurements (height, weight and blood pressure), which are made available to the doctor during consultation. They also include additional screening questionnaires on family medical history and asthma care to support doctor consultations, the first of its kind in Singapore.
- Patient ambassador volunteer programme**
 The volunteers mainly assist patients to find their way around the facilities and use self-service kiosks. There are 22 volunteers at SHP-Bedok, most of them seniors above 50 years old.
- New allied health services**
 Physiotherapy and podiatry services are now available at SHP-Bedok. Previously, patients were referred to Tampines or Geylang polyclinic.

For more information about the new SHP-Bedok, please visit <https://polyclinic.singhealth.com.sg/AboutUs/OurPolyclinics/Pages/SHP-Bedok.aspx>. ■



Address: Heartbeat@Bedok
 11 Bedok North Street 1
 #02-01/#03-01
 Singapore 469662

Call Centre: 6643 6969

Email: bedokpolyclinic@singhealth.com.sg

Getting to SHP-Bedok

- Nearest Bus Interchange/Bus Stop
Bus No: 7, 14, 18, 222
- Bus Stop along New Upper Changi Road
Bus No: 2, 24, 31
- Nearest MRT Station
Bedok MRT – within walking distance

STUDY ON DIABETES PREVENTION PROGRAMME

SingHealth Duke-NUS Diabetes Centre launched a new study to understand the effectiveness of the Pre-DICTED (Pre-Diabetes Interventions & Continued Tracking to Ease out Diabetes) programme in preventing progression from pre-diabetes to diabetes. They aim to recruit 850 local participants aged 18-64 with BMI > 23 who have been diagnosed with pre-diabetes to take part in the Pre-DICTED study. This study is done in collaboration with the health Promotion Board and Singapore Clinical Research Institute and endorsed by the national Diabetes Prevention and Care Taskforce, and funded by the Ministry of Health. To sign up, please call 91156276 or email predicted@singhealth.com.sg. ■



The Pre-DICTED programme helps participants to take charge of their health to prevent or

delay type 2 diabetes through a series of classes which educates them about healthy eating habits and group exercises. Participants who achieve and maintain their health targets will receive incentives while those who are still at high risk of developing diabetes after six months will be prescribed medication. The programme also offers participants health checks every six months for a period of three years to monitor their condition. For more details about the programme, please visit www.predicted.com.sg.

EVENTS OVERVIEW

3RD SINGHEALTH DUKE-NUS EDUCATION CONFERENCE

Themed 'Best Practices in Health Professions Education—Challenges and Opportunities', the 3rd SingHealth Duke-NUS Education Conference was held on 29 - 30 September 2017 at Academia. The two day event had over 110 distinguished overseas and local speakers and drew more than 1,000 participants. Conference highlights includes the keynote lecture by Assoc Prof Deborah Navedo, Director of the Health Professions Education (HPEd) Programme, and Associate Professor of the Center for Interprofessional Studies and Innovation at the MGH Institute of Health Professions, United States of America (USA) and plenary sessions by Prof Marilyn Baird Associate Dean Learning and Teaching for the Faculty of Medicine, Nursing and Health Sciences at Monash University and Prof Tan Oon Seng, Director of the National Institute of Education (NIE), Singapore. The event was graced by Guest-of-Honour Mr Chee Hong Tat, Senior Minister of State for Health. ■



Photo Credits: SingHealth Facebook

S3 CONFERENCE

Jointly organized by SIMS, Society in Europe for Simulation Applied to Medicine (SESAM) and The Gathering Of Healthcare Simulation Technology Specialists (SimGHOSTS), USA, SingHealth hosted the S3 conference on 31 October - 4 November 2017 at Academia. More than 450 delegates from around the world attended the conference which covered a wide array of simulation topics, such as scenario-based learning, high performance teams training, virtual and augmented reality training, e-Learning, and the use of standardized patients in healthcare education. The conference also featured various industry partners, offering a platform for delegates and partners to network. ■



Photo Credits: SingHealth Facebook

BOOK LAUNCH CUM TALK: ANXIETY & DEPRESSION IN YOUNG PEOPLE

On 6 November 2017, Assoc Prof Peter Mack had a book launch cum talk on 'Anxiety and Depression in Young People'. Assoc Prof Mack explained the inner psychodynamics of teenage anxiety and depression and highlighted ways in which parents, teachers and caregivers can help the young to face life challenges. The talk was attended by over 50 participants and Assoc Prof Mack's latest book 'You Are Not Alone: Understanding The Inner Voice of Depression in Young People' was also available for sale. For more information about his book, please visit <https://singapore.kinokuniya.com/bw/9789814779906>. ■



Photo Credits: Mr Henry Ng

EVENTS OVERVIEW

RECORD AMOUNT RAISED FOR PRESIDENT'S CHALLENGE

This year, SingHealth raised a record amount of \$615,000 for this year's President's Challenge. The amount was raised during a four-month campaign, where more than 28,000 healthcare professionals took part in a series of fundraising activities, from a pledge card donation drive, to charity bazaars, to an "Urban Race" around Singapore using only public transport. SingHealth also conducted outreach activities with beneficiaries from five organizations: the Alzheimer Disease Association, KKH Health Fund, Singapore Association of the Visually Handicapped, Singapore National Paralympic Council and St. Andrew's Mission Hospital. ■



Photo Credits: Tomorrow's Medicine

CAMPUS FELLOW FORUM

In our 6th edition of the Campus Fellow Forum, more than 25 staff and fellows from the various SingHealth institutions turned up for the sharing session presented by three fellows - Dr Wilsie Martillano Salas-Walinsundin, a KKH Clinical fellow from Philippines, Dr Saima Mangi, a NHCS Clinical fellow from Pakistan and Dr Sadasivan Shankar Iyer, a SGH Clinical fellow from India. The three fellows shared the good learning experience that they had and Dr Saima also shared that one of his future goals is to return to Pakistan to share the knowledge that he has learnt.

The forum also features a Welcome and Network Lunch for foreign doctors, nurses and allied health professionals pursuing their training at SingHealth institutions. Through this platform, we hope to facilitate knowledge exchange and foster inter-disciplinary understanding and learning of medical/healthcare issues internationally. The next Campus Fellow Forum will be held on 26 January 2018. ■



From left to right: Mr Tjoe Wayan Irvanto, Assistant Director from Singhealth International Collaboration Office, Dr Wilsie Martillano Salas-Walinsundin, KKH Clinical Fellow from Philippines, Dr Saima Mangi, NHCS Clinical Fellow from Pakistan and Prof Hwang Nian Chih, Director of PGMI

Photo Credits: Mr Henry Ng

PGMI AFTERNOON TALKS

On 31 October 2017, Assoc Prof Darren Koh and Assoc Prof Peter Mack gave a talk on 'Metaphysics of Destiny and Freewill: East meets West'. They shared with participants the common theme from the Eastern and Western domains of Metaphysics—determinism versus free will, and illustrated how our thinking converges. We also invited the Institute for Financial Literacy on 8 November 2017, to give a talk on 'Introduction to Personal Investing'. Participants get to learn more about investment strategies and how to construct an investment portfolio. The next PGMI afternoon talk 'Options to build your retirement income' will be held on 24 Jan 2018. For more information, please email pgmi.courses@sggh.com.sg.



Photo Credits: Mr Henry Ng

UPCOMING EVENTS

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.

MARCH

10TH

Annual Gastro GPCME

Organised by the Dept of Gastroenterology and Hepatology, this annual Gastro GPCME aims to update Family Physicians regarding the practical approach to the evaluation and management of patients with gastrointestinal symptoms. For more information, please email pgmi.courses@sgh.com.sg.

UPCOMING EVENTS

21ST

13th O&G Ultrasound Workshop

This is a postgraduate skills training programme suitable for General Practitioners, Medical Officers, Registrars, Consultants and doctors or sonographers who use gynaecological ultrasound in their clinical work. Participants will gain an understanding of ultrasound physics, technology and basic skills to perform and interpret the images with emphasis on first trimester pregnancy failure. For more information, please email pgmi.courses@sgh.com.sg.

APRIL

7TH

25th SGH Lecture and Formal Dinner

The Formal Dinner is an evening of fine dining with good companion, traditionally to celebrate the fellowships and strategic alliance amongst colleagues and associates. It is also an occasion to recognise our senior staff who have made significant contributions over the years. For more information, please email sghfd@sgh.com.sg.

12TH

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*Merry Christmas
&
Happy New Year*

Dear Alumni Members,

Happy Holidays from everyone at SGH Postgraduate Medical Institute. We hope your holidays will be filled with joy and laughter through the New Year.

Best wishes,



SGH ALUMNI NEWSLETTER

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Please visit www.pgmi.com.sg for the e-newsletter.