

SGH Alumni Newsletter

ISSUE 2 | JULY — SEPTEMBER 2013



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Planning SGH's most anticipated event of the year



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Myanmar, January 2013



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From the Kingdom of Bahrain, he travelled 3,917 miles to the little red dot

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SGH PGMI
Postgraduate
Medical Institute



As our alumni, what you think is important to us. We sent out a survey in March to find out what you want to see in future issues of the newsletter. We appreciate your input and will improve to serve you better. Please continue to let us know your thoughts. If you have any comments or suggestions, please email us at shirley.au.s.w@sgh.com.sg.



OVERALL SATISFACTION?

78% VERY SATISFIED/
SOMEWHAT SATISFIED

GOOD WAY TO KEEP ME UPDATED?

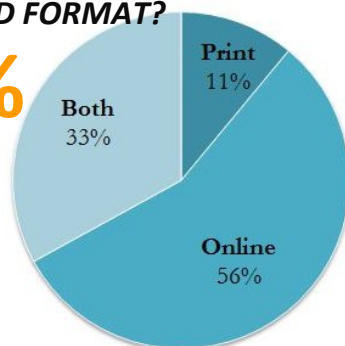
89% STRONGLY AGREE/
AGREE

IT IS USEFUL TO ME?

100% STRONGLY AGREE/
AGREE

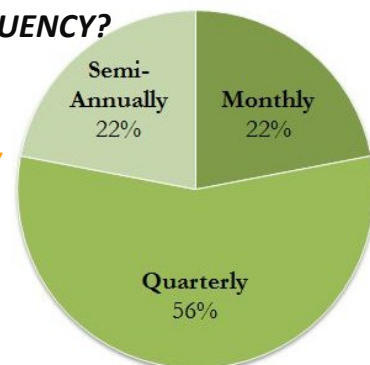
PREFERRED FORMAT?

56%
ONLINE



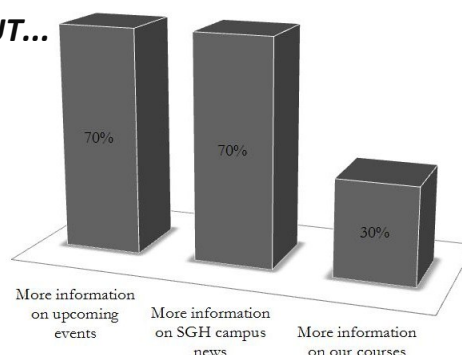
IDEAL FREQUENCY?

56%
QUARTERLY



I WANT TO READ ABOUT...

UPCOMING EVENTS/
SGH CAMPUS NEWS



We are working on some new initiatives which will be revealed in the next issue. If you have any new and exciting ideas for our programme, please let us know. Also, make sure that we have your latest contact details to receive our alumni newsletter, as well as invitations to upcoming events.

☎ **6327 2507**



shirley.au.s.w@sgh.com.sg

With effect from 4 June 2013, please note that PGMI will be moving to a new address:

✉ **20 College Road, The Academia, Level 2, Singapore 169856**

Stay up to date with PGMI events via facebook at:

facebook.com/sghpgmi



WWW.ENTWEEK.COM.SG

ENT INSTRUCTIONAL WEEK 2013

THE ACADEMIA, SINGAPORE

18 - 29 JULY 2013

Click on the icons below to view the respective course programmes.

				
10th Otolary & Neuro-Otolary Course	17th Functional Endoscopic Sinus & Skull base Surgery Course	3rd Functional Septorhinoplasty Course	6th Head & Neck Surgery Course	2nd Snoring & Sleep Apnoea Surgery Course
18 - 19 July 2013	20 - 22 July 2013	23 - 24 July 2013	25 - 26 July 2013	27 - 29 July 2013

To register, visit <http://www.entweek.com.sg/registration.shtml>



NEW APPOINTMENTS

SingHealth Key Leadership Appointments



Assoc. Prof Terrance Chua Siang Jin
Deputy Group Director,



Prof Lim Shih Hui
Deputy Group Director,
Education, SingHealth



Ms Audrey Lau
Deputy Group Director,
Communications, SingHealth



Ms Jennifer Wee
Acting Director,
Group Communications and SGH Communications,
SingHealth



Prof Wong Tien Yin
Deputy Medical Director (Research),
SNEC



Dr Edmund Wong Yick Mun
Deputy Medical Director (Clinical Services),
SNEC



Dr Ian Yeo Yew San
Deputy Medical Director (Education),
SNEC

SGH New Clinician Leadership Appointments



Dr Evelyn Wong
Senior Consultant/Head
Emergency Medicine



Assoc. Prof Tan Mann Hong
Senior Consultant/Head
Orthopaedic Surgery



Dr Tan Yau Boon Barrie
Consultant/Head
Otolaryngology



Assoc. Prof Tan Bian Keem
Senior Consultant/Head
Plastic, Reconstructive and Aesthetic Surgery



Dr Benjamin Chua Soo Yeng
Consultant/Head
Vascular Surgery

ASEAN Rehabilitation Medicine Association (ARMA)



Assoc. Prof Peter Lim
Senior Consultant
Rehabilitation Medicine
President, ASEAN Rehabilitation Medicine
Association (ARMA)

We know many of our alumni are making valuable contributions to the community. We are always excited to hear the success of one of our own. Let us know your achievements and we can share your news in the SGH Alumni Newsletter. Email us at shirley.au.s.w@sgh.com.sg.

NEW DEVELOPMENTS

NATIONAL HEART CENTRE SINGAPORE



The launch of the NHCS new building with the signing of the purlin beams which are part of the roof structure.

National Heart Centre Singapore (NHCS) marked another milestone on 21 March 2013 with a Topping Out Ceremony for the development of its new building. Expected to be operational end-2013, the new 12-storey NHCS totaling 48,000 square metres will allow for expansion of the clinical services and delivery of care seamlessly in one location. Key features include a new health information library, self registration kiosks and a one-stop payment system to cut down waiting time for patients.

The building will be located on Hospital Drive, opposite Block 4, Singapore General Hospital. ■

THE ACADEMIA

Located on College Road, *The Academia* is the latest addition to the SGH campus. Here are 8 things that you need to know about our new building:



1. When is it opening?

Since the first quarter of 2013, departments have been relocating to the Academia in batches. The move is expected to be complete by the end of this year.

2. How tall is it?

The Academia is a 13-storey building with connected twin towers.

3. Exactly how large will it be?

The building will have a total gross floor area of 75,000sq m. That's roughly the size of 60 Olympic swimming pools!

4. Who are the new occupants?

The academia will house about 1,500 staff from SGH pathology services, SingHealth research laboratories and education and training facilities.

5. How do I differentiate one tower from the other?

The Diagnostics Tower will be home to the 109-year old SGH Department of Pathology while the Discovery Tower will house SingHealth's research, education and training facilities.

6. How did the building get its name?

It was suggested by our former Group CEO Professor Tan Ser Kiat to reflect the rich academic culture the building will foster with its research and education facilities. Staff liked the name so much that it garnered the most votes during an online naming contest in 2011.

7. What facilities are located in The Academia?

On top of service and research labs, there'll be simulation and skills training facilities including wet surgical skills laboratories, conference facilities for large-scale events for up to 900 pax, a sky garden, a library and F&B corners open to all staff.

8. The Academia is sustainable?!

Yes! The Academia is a Green Mark Certified Building incorporating the best practices in environmental design, construction and green building technologies.

NEW DEVELOPMENTS

AUTOIMMUNITY & RHEUMATOLOGY CENTRE



Fine out more about the
Autoimmunity & Rheumatology
Centre here!

Bit.ly/12zu41S

The Autoimmunity & Rheumatology Centre (ARC) was officially opened on 8 May 2013. Anchored by the SGH Department of Rheumatology and Immunology, the ARC is the first and only centre in the region to provide a one-stop service dedicated to complex rheumatology and autoimmunity disorders. The centre also provides physiotherapy and occupational therapy services, drug management, patient education and training or healthcare professionals.

The ARC is located at Block 5, Level 1. ■

EVENTS OVERVIEW

2ND SINGAPORE
REHABILITATION CONFERENCE

The 2nd Singapore Rehabilitation Conference themed '*Rehabilitation Technology & Innovation for Everyone*' was held on 27 and 28 February 2013. It was designed to be a platform for the presentation of international research in rehabilitation technology and physical medicine, as well as for discussion of acute and rehabilitation treatments. The programme, featured a combination of plenary lectures, scientific paper presentations and workshops. Highlights of the programme included presentations conducted by distinguished speakers such as Professor Dr Rober Riener from Swiss Federal Institute of Technology, Switzerland and Professor Robert Teasell from St. Joseph's Health Care London.



PGMI is proud to be appointed as the organizing secretariat for the 3rd Singapore

Rehabilitation Conference held from 27—29 March 2014. ■



The International Course in Haemophilia—From Diagnosis to Therapy 2013 is a state-of-the-art training programme offered in cooperation with the Lund University's Malmo Centre for Thrombosis and Haemostasis in Sweden, and now in Asia Pacific. This programme is tailored for physicians treating persons with Haemophilia and aims to enhance the doctors' knowledge and understanding of haemophilia and patient care. Furthermore, changes in diagnostic methods in the field of molecular biology and treatments in the form of prophylactic and inhibitor tolerisation have resulted in a great demand for new knowledge to enable the optimal and cost-effective use of these new treatment options for hemophiliacs.

Teaching Faculty includes A/Prof Tien Sim Leng, Senior Consultant Haematologist at SGH and A/Prof Jan Astermark, Director and Head Physician of the Hematology and Coagulation Clinic at the Skane University Hospital in Lund and Malmo. ■



SINGAPORE HYPERBARIC AND UNDERWATER MEDICINE COURSE 2013

The annual Singapore Hyperbaric and Underwater Medicine Course (SHUMEC) organised by the Republic of Singapore Navy (RSN) and SGH, from 25 February to 1 March, received a positive response. During the five days course, 23 participants went through a series of practical and theory lessons conducted by Singapore's leading practitioners in the field of diving and hyperbaric medicine. The participants gained in-depth knowledge in these fields, and obtained the necessary skills to perform assessments for divers and compressed air workers. Upon completion, they were also awarded a Level One SHUMEC Certificate accredited by the Diving Medical Accreditation Council (DMAC) which allows them to apply for registration as a Designated Factory Doctor (Compressed Air Works) with the Ministry of Manpower. ■

INTERNATIONAL SOS PROGRAMME IN EMERGENCY MEDICAL CARE & SINGAPORE NEONATAL RESUSCITATION COURSE

Held from 15 – 26 April 2013, PGMI hosted 9 participants from the Program in General and Emergency Medical Care (PGEMC) for International SOS (ISOS) medical professionals. The participants had clinical attachments at various departments and attended workshops. One of them was the two day Singapore Neonatal Resuscitation Course which was accredited by the National Resuscitation Council of Singapore. Through a series of lectures and hands on sessions, the participants gained knowledge and skills on neonatal resuscitation. The programme received positive feedback and we look forward to seeing them again next year. ■



ISOS participant, Dr Simon Hu at the hands-on station



Ms June Tien, PGMI's Assistant Manager (sitting second from left), Ms Sharon Son, PGMI's Manager (sitting second from right) and Ms Shirley Au, PGMI staff (sitting first from right) with ISOS participants



Participants at the hands-on station

ENDOBROCHIAL ULTRASOUND WORKSHOP

24 participants attended the two days Endobronchial Ultrasound Workshop held on 1 – 2 February. Through the series of lectures conducted by the local and overseas faculty, participants were given a comprehensive overview of endobronchial ultrasound and advanced bronchoscopy. A variety of hands-on sessions were also conducted to enhance the participants' knowledge and skills. ■

BEHIND THE SCENES:

SGH ANNUAL SCIENTIFIC MEETING

SGH LECTURE AND FORMAL DINNER

Behind the success of every event is a team of dedicated staff who puts in long hours and extra efforts to ensure that event is flawless. They need to get their hands dirty and be involved throughout the entire process of planning and execution. The *SGH Alumni Newsletter* talks to the ladies, Karen Tan and Cheng Zhi Yue, behind two of SGH's most anticipated events of the year— SGH 20th Annual Scientific Meeting (ASM) and SGH Lecture & Formal Dinner.

Q: Give us an introduction about the event.

K: The SGH 20th Annual Scientific Meeting (ASM) was themed 'Improving patient outcomes through Academic Medicine' and focused on how education and research in academic medicine have contributed to improving patients' lives and outcomes. The Minister of State for Health and Manpower, Dr Amy Khor, was invited to be the Guest of Honour.

ZY: Professor Sir Keith Peters from the University of Cambridge was invited to deliver the SGH lecture on "Why a Clinician would ever want to be a Clinician-Scientist". Awards for the ASM was also presented at the dinner and the rest of the evening was dedicated to acknowledging the valuable contributions of SGH's senior staff such as Prof Ng Han Seong and Prof Fong Kok Yong.

Q: As the organizing secretariat, what were your roles?

ZY: We ensured that the timeline of administrative matters and decisions made by organizing committee were on schedule. Even though we started planning in August 2012, we still had to keep a close eye to ensure its success.

K: We also managed the event budget, abstracts submission and judging, speakers and logistics.

Q: When you are getting ready for such a big event, what factors are involved?

ZY: A steady and organized mind and good time management.

K: A good blend of team play, so that we can draw on each other's strengths to complement each other.

Q: Did you face any setback during the event planning process?

K: The toughest and exhausting process for the ASM was the management of abstract submission and the expectations/requirements from judges. We received over 300 abstracts and had to go through all of them before submitting it to the judges for review. We also sought a lot of advice and counsel from the organizing Chairs and Vice-Chairs to provide the fairest set of winners for the ASM awards.

Q: What is your secret to throwing a successful event?

ZY: Team work! Team members and their support are important.

K: Good time management skills and you need to have ability to work under stress. ■



Held annually, the ASM and Lecture & Formal Dinner draws over 1,000 attendees.

The ASM is one of the most important and prestigious scientific event in Academic Medicine that draws submission of the best research works from SGH Campus, including our Academic Partner, Duke-NUS Graduate Medical School. Previous Guest of Honors have included Mr Khaw Boon Wan, Minister of Health and Mr Tharman Shanmugaratnam, Minister for Education and Second Minister for Finance.

For more photographs on [SGH 20th ASM](#), please scan the QR code:



The Lecture & Formal Dinner is traditionally a celebration of fellowships and strategic alliance where colleagues and associates gather for an evening of fine dining and good companion.

For more photographs on [SGH Formal Dinner 2013](#), please scan the QR code:





MEDICAL EXCHANGE PROGRAMME: MYANMAR, 17—20 JANUARY 2013

Credits: <http://www.cosianatour.com/myanmar-tours/myanmar-golden-rock-visit.html>

By **Christopher Walter Bartholomeusz**

From 17th—20th January 2013, SingHealth International Office led by Emeritus Consultant Professor Tay Boon Keng along with various representatives from Singapore General Hospital (SGH) and the other institutions from the SingHealth clusters headed to Myanmar for a medical exchange program cum goodwill trip.

We visited institutions such as Yangon General Hospital, University Medical Technology and Defence Services Medical Hospital where several of our surgeons were performing and teaching surgical operations. I also saw several consultants from the National Heart Centre (NHC), Singapore National Eye Centre (SNEC) and various SGH department such as Orthopaedic Surgery, Plastics, Neurology and others being consulted and they assisted on several surgical procedures.

Most gratifyingly, I met several of our past fellows, Dr Soe Min and Dr Zaw Myint, who had declared that despite finding their fellowship training arduous and challenging, they came away a much

learned and improved surgeon able to fruitfully contribute to improving the healthcare of their fellow citizens.

As a History enthusiast myself, studying about Myanmar and her people from a direct source rather than sitting in a classroom or from books was an absolute “eye-opener”. Not only did we impart world class medical knowledge, we also benefited from cross cultural exchanges. I was perplexed by the Myanmar people wearing a garment which was similar to the sarong. It was known as the Longyi and both genders wore it. When quizzed on it, they replied it was part of their custom and jokingly added it was easier to loosen after a hearty meal of delectable Burmese cuisine.

Speaking to several newly minted doctors, they expressed their desire to one day perhaps be given the opportunity to train overseas and also, maybe in Singapore. These doe eyed doctors had learnt a lot from their seniors who were fellows training in the various departments. It goes to show that training in Singapore and in SingHealth was a proud achievement for these doctors.

The culmination of the trip was the visit to Kayin ►



From left to right, Christopher with Dr Zaw Myint, a military officer at Defence Services Medical Hospital. He completed his 6 months fellowship stint in Ortho (spine) in August 2012.

“I met several of our past fellows, Dr Soe Min and Dr Zaw Myint, who had declared that despite finding their fellowship training arduous and challenging, they came away a much learned and improved surgeon...able to fruitfully contribute to improving the healthcare of their fellow citizens”

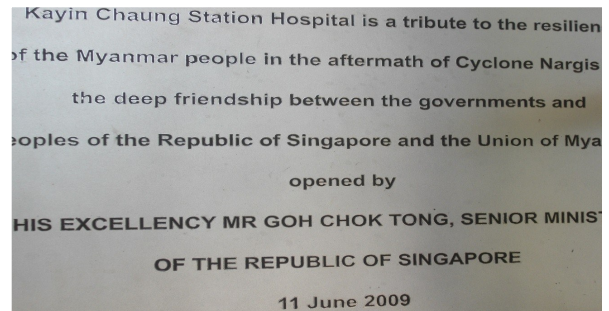


Christopher (first from left) with A/Prof Peter Lim (third from left) with staff from University Medical Technology.

Chaung Station Hospital. In 2008, Cyclone Nargis caused a storm upstream the Irrawaddy Delta which destroyed villages and claimed lives. Senior Minister Goh Chok Tong opened the Kayin Chaung Station Hospital to provide medical relief to the villagers.

Scores of patients stood patiently in line as our doctors performed the task of assessing and treating each patient. The respective teams had their hands full as they treated their patients. The local nurses and staff were an invaluable help as they communicated in native language and shuffled to and fro the treatment centres. It was a commendable combined effort with all of us chipping in (*I squeezed the Fastum Gel into separate containers to get the most mileage from each tube*©).

It was a most satisfying end and as the patients went off with smiles on their faces; Singhealth and its staff can look back and pat themselves on their backs for a job well done. ■



Commemorative plaque at Kayin Chaung Station Hospital



Welcome performance by the villagers



Being greeted by patients from Kayin Chaung Station Hospital.

Christopher Bartholomeusz administers the Fellowship/Clinical Attachment Programmes at PGMI. The programmes offer foreign doctors short-term attachments to undergo clinical training at SGH. For more information, please visit our website at www.pgmi.com.sg.



From left to right, Dr Munawar and Prof Marcus Ong from the Department of Emergency Medicine, SGH

MEET OUR FELLOWS

Each year, SGH receives over 500 applications for fellowship training. After stringent screening, only 80 of them are accepted. **Meet Our Fellows** features these foreign doctors and their journey at SGH. This issue of *SGH Alumni Newsletter* features Dr. Munawar Al Hoda, an emergency medicine doctor from the Kingdom of Bahrain.

By **Munawar Al Hoda**

Singapore is the first country I have visited in South East Asia. The size of Singapore is almost similar to the Kingdom of Bahrain. However, Bahrain's total population is only 1.2 million and the life expectancy is 75 years. Bahrain's citizens also enjoy free healthcare and education.

In 2005, I completed my four year residency training in Emergency Medicine at Salmaniya Medical Complex, a 960 bed hospital with tertiary care facilities. After obtaining my board certification in Emergency Medicine, I started looking for fellowship training opportunities. I was contacted by a colleague in the USA who offered me a fellowship program and also advised me to contact Professor Marcus Ong from Singapore General Hospital. His research work and innovative ideas are well known among the pre-hospital care communities around the world. When I contacted him, he promptly replied and enquired about my interest and future plans in this field. Subsequently, I was sent me a letter accepting me for fellowship training.

After my arrival in Singapore I found it beautiful with a lot of plantation and pleasant weather filled with courteous and helpful people.

My initial impression of Professor Ong was a young and energetic doctor. He had ideas for my training and after my orientation at the Emergency department, I started my clinical training. Being new to EMR (Electronic Medical Record) data recording,

I found it useful as it provides an overview of the patient history to disposition, giving us a chance not only for future research but also for quality control and medico legal aspect.

With diverse nationalities and ethnicities, Singapore has a multicultural and multilingual population. This allows me to manage different patients from various linguistic and cultural background. Although this is a barrier, the emergency department staff assisted me and I managed to overcome this issue. I am inspired by the passion displayed by the staff for patient ultimate care and have started to learn some important words in Malay, Chinese language.

Things which I found benefiting and which I can use in my country is the Observation unit where patient with certain conditions can be managed in the emergency department for certain time period such as chest pain and other conditions. The idea behind this is to dispose the patient from ED after the patient is symptom free and his or her laboratory test are normal thus saving in ward bed occupancy and extra expenses.

The pre-hospital care in Singapore unlike in my country is under medical supervision where physician formulate standing orders which are carried out by paramedics who initially manages the patients and even they can contact the physician directly in certain situation. Physician in this specialty also involves research studies to further improve the patients care. In Singapore and other parts of the world currently, a study called the Pan ►

“...by that time, I will be exposed to better experiences and innovative ideas related to my specialty which I hope to further improve Emergency Medical Care in my country.”

Asian Resuscitation Outcome Study (PAROS), in which there are currently eight members from the Far East and Middle Eastern countries. With increasing member numbers, their goal is to better understand the key factors that affect Out of Hospital Cardiac Arrest survival and to develop methods to improve OHCA survival and I hope Bahrain will also become member.

My fellowship which is for two years will be completed next year and I hope by that time, I will be exposed to better experiences and innovative ideas related to my specialty which I hope to further improve Emergency Medical Care in my country. ■



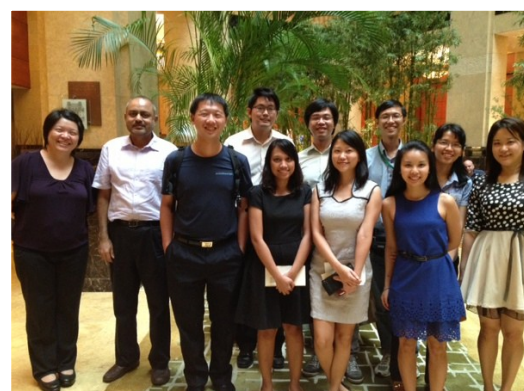
With SCDF staff at an event



With SGH staff from Emergency Ultrasound



At Pan Asian Emergency Medical Conference



Research Committee Lunch

FACT FILE: BAHRAIN



Capital City: Manama
Population: 1.2 million
Languages Spoken: Arabic, English, Farsi, Urdu
Currency: 1 Bahraini Dinar = SGD\$3.33

“ When compared to other nations in the region, Bahrain has one of the largest health expenditures and is among the healthiest countries in the Gulf”

Source: <http://www.bahrain.com/>

Upcoming Events

SATURDAY, 3 JULY

SGH Orthopaedic Sports Medicine Updates 2013: Approach and Advances in Lower Limb Sports Injuries
Dept of Orthopaedic

THURSDAY—FRIDAY, 11—13 JULY

Singapore Neonatal Resuscitation Course
Dept of Neonatal & Development Medicine
This programme, accredited by the National Resuscitation Council of Singapore includes lectures and hands on training for medical, nursing and allied health staff involved in care of newborns.

THURSDAY—FRIDAY, 18—19 JULY

SGH ENT Week: 10th Otology & Neuro-Otology Course
Dept of Otolaryngology

SATURDAY—MONDAY, 20—22 JULY

SGH ENT Week: 17th Functional Endoscopic Sinus & Skullbase Surgery Course
Dept of Otolaryngology

TUESDAY—WEDNESDAY, 23—24 JULY

SGH ENT Week: 4th Functional Septorhinoplasty Course
Dept of Otolaryngology

THURSDAY—FRIDAY, 25—26 JULY

SGH ENT Week: 6th Head and Neck Surgery Course
Dept of Otolaryngology

THURSDAY—FRIDAY, 25—26 JULY

Singapore Sleep Symposium 2013
SGH Sleep Disorders Unit

SATURDAY—MONDAY, 20—22 JULY

SGH ENT Week: 2nd Snoring & Sleep Apnoea Surgery Course
Dept of Otolaryngology

THURSDAY—SATURDAY, 15—17 AUGUST

3rd Education & Simulation in Healthcare 2013
SingHealth Residency and PGMI

SATURDAY, 14 SEPTEMBER

Public Forum
Dept of Neurology

SATURDAY, 21 SEPTEMBER

Public Forum
Dept of Dermatology

SATURDAY, 21 SEPTEMBER

8th Gynaecological & Early Pregnancy Ultrasound
Dept of Obstetrics and Gynaecology

SATURDAY, 28 SEPTEMBER/5 OCTOBER

Basic Course in Clinical Skills in Dermatology 2nd Run (TBC)

Dept of Dermatology
The basic course in clinical skills in dermatology recognizes the varying extent and depth of undergraduate medical education in dermatology among the various medical schools. This course will furnish the medical students, medical officers and residents with the knowledge base and clinical skills with a framework in the approach to patients with a dermatologic problem.

THURSDAY—FRIDAY, 10—11 OCTOBER

Singapore Neonatal Resuscitation Course
Dept of Neonatal & Development Medicine
This programme, accredited by the National Resuscitation Council of Singapore includes lectures and hands on training for medical, nursing and allied health staff involved in care of newborns.

SATURDAY, 12 OCTOBER

Pain Management GPCME
Pain Management Centre

SATURDAY, 12 OCTOBER

Urology GPCME

Dept of Urology

SATURDAY, 26 OCTOBER

Colorectal Surgery Updates

Pain Management Centre

SATURDAY, 9 NOVEMBER

**SGH Orthopaedic Musculoskeletal Tumour
Updates 2013**

Dept of Orthopaedic

SATURDAY, 16 NOVEMBER

Rheumatology & Immunology GP Forum

Dept of Rheumatology & Immunology

Please register early to avoid disappointment.

For more information on programmes and to register for courses, please email

pgmi.courses@sgh.com.sg

***All information is accurate at the time of printing.**

SGH ALUMNI NEWSLETTER

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