

SGH Alumni Newsletter

ISSUE 21 | APRIL — JUNE 2018

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

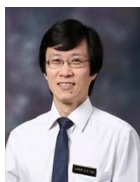
Key Leadership Appointments



Ms Loke Chui Yee
Chief Operating Officer
SingHealth Polyclinic



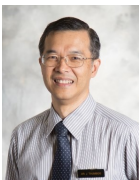
Ms Selina Seah
Chief Operating Officer
(Support Operations Emergency Planning & Workplace Safety)
SingHealth
Chief Operating Officer
Changi General Hospital



A/Prof Tan Hak Koon
Designated Institutional Official
SingHealth Residency



Ms Jennifer Wee
Director
Division of Patient Experience,
Communications and Development
Singapore General Hospital



Prof Julian Thumboo
Director
Research Office
Singapore General Hospital



Ms Clara Lim
Director
Development Office
Singapore General Hospital



Prof Lim Soon Thye
Deputy Medical Director (Clinical)
National Cancer Centre Singapore



Mr Chong Pang Boon
Acting Chief Operating Officer
National Dental Centre Singapore

Clinician Leadership Appointments



A/Prof Chang Pik Eu Jason
Head
Department of Gastroenterology & Hepatology
Singapore General Hospital



Dr Tan Siau Woon Jacqueline
Head
Department of Hand Surgery
Singapore General Hospital



Ms Evelyn Boon Swee Kim
Head
Department of Psychology
Singapore General Hospital



Adj A/Prof Benedict Tan Chi'-Loong
Head
SingHealth Duke-NUS Sport and Exercise
Medicine Centre



TELL US WHAT YOU WANT!

We are always looking for ways to improve and engage our alumni members. If you have any suggestions or ideas for newsletter contents or alumni events, know anyone who would like to contribute to the newsletter, please let us know! Email your suggestions and contributions to alumni@sgh.com.sg.

NEW DEVELOPMENTS

REORGANISATION OF DIVISIONS AND FORMATION OF DEPARTMENT IN SGH

Division of Research

The Division of Research has been reorganized and renamed the Research Office with effect from 1 April 2018. To be headed by a Research Director, the Research Office will continue to be under the purview of the Medical Board. The Research Office will continue the work of integrating research with clinical services in SGH, and to reinforce our standing as an Academic Medical Centre of excellence.

Division of Patient Experience, Communications and Development

The bringing together of the Communications, Development and Service Quality Departments to form the new Division of Patient Experience, Communications and Development will enhance synergies and leverage on the complementary strengths and experience of each of the functional departments, bolstering the way we communicate and engage our staff as well as our external stakeholders. Reporting to the Chief Executive Officer, the newly formed Division will support the Hospital in all aspects of reputation management, external and internal communication, patient communications and crisis communications. The new Division has come into effect from 1 June 2018.

Department of Psychology

With effect from 1 April 2018, psychologists under Neurology and Psychiatry will come together to form a new Department of Psychology. This is to augment psychological services and care delivery as well as to support new academic medicine thrusts in SingHealth and SGH. The re-organisation will facilitate our psychologists in continuing to develop integrated, high value patient care programmes, as well as undertake better multi-disciplinary approaches towards patient care.

NEW EMERGENCY MEDICINE BUILDING

On 3 April 2018, Singapore General Hospital (SGH) held its groundbreaking ceremony for its new SGH Emergency Medicine Building which is targeted to be ready by 2023. The new 12-storey building will have about four times the space of the existing emergency facilities and also double the number of beds in the hospital's Acute Medical Unit.

With connection to the main hospital complex, as well as specialty centres such as the upcoming Outram Community Hospital, the new building will allow patients to benefit from a wider range of facilities and the pooled expertise of healthcare staff. It will also reduce patient transfer time as patients can be transferred directly from the Emergency Department.

The new emergency medicine building will also house the Acute Medical Ward, Hospital Decontamination Station, and other support services, enhancing SGH's ability to handle disease, outbreaks and mass casualty incidents.

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

www.sghcampusmasterplan.sg ■



Senior Minister of State, Ministry of Health Dr Lam Pin Min officiated the groundbreaking ceremony for the new Emergency Medicine Building.

Photo Credits: SGH Facebook

NEW DEVELOPMENTS

SINGHEALTH SETS UP COMMUNITY NURSE POSTS

As part of ongoing efforts to strengthen community care, SingHealth has set up eight Community Nurse Posts, where more than 30 nurses from SGH and CGH provide healthcare services to vulnerable elderly in the community to enable them to keep well and age well. Set up in collaboration with community partners, the Community Nurse Posts are strategically located at Senior Activity Centres (SACs) in the southeast and east of Singapore. Led by Registered Nurses who are trained in specialties such as chronic disease management, geriatrics, oncology or palliative care, the Community Nurse Posts serve to complement existing health and social care services in the community to build a strong network of care. ■

SGH DEVELOPS NEW TOOL TO PREDICT RISK OF SURGERY FOR PATIENTS

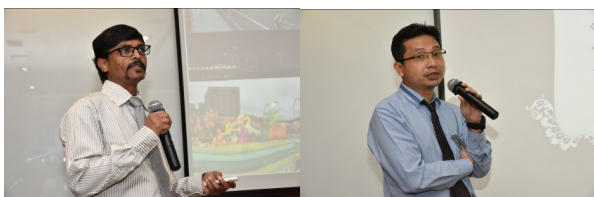
With most pre-surgical assessments having limitations to accurately assess a patient's fitness and suitability for surgery, Dr Hairil Rizal and his team of SGH anaesthesiologists has come up with a surgical risk calculator, Combined Assessment of Risk Encountered in Surgery (CARES). It is the first of such tools developed for Singaporean patients and requires only information that is routinely collected during patients' pre-surgery assessments.

Using nine common health indicators in the calculator including age, anaemia, ischaemic heart disease, gender, presence of congestive heart failure, and red cell distribution width (RDW), CARES was able to predict risk of death as well as the need for close monitoring in the ICU following surgery with good accuracy.

To validate the usefulness of CARES in other institutions locally, Dr Hairil Rizal and his team are developing a web-based version of the calculator. The team is also currently working on increasing the ability of CARES to predict other individual complications such as heart attack, stroke and infections after surgery. ■

EVENTS OVERVIEW

CAMPUS FELLOW FORUM



From left to right: Dr Chandrasekaran Marimuthu and Dr Adam Malik



Dr Chandrasekaran Marimuthu with his supervisor Dr Reuben Soh and PGMI Director, Prof Hwang Nian Chih

Dr Adam Malik with his supervisor Dr Angela Takano, colleagues from the Anatomical Pathology department and PGMI Director, Prof Hwang Nian Chih

In the recent edition of the Campus Fellow Forum held by SGH-PGMI, more than 20 staff and fellows from various SingHealth institutions turned up for the sharing session presented by two SGH Clinical Fellows - Dr Chandrasekaran Marimuthu from India and Dr Adam Malik from Malaysia. The fellows shared fondly of their experiences in SGH and the plans they have when they return to their home country.

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. ■

Photo Credits: Mr Henry Ng

3RD SINGHEALTH NURSING CONFERENCE

The 3rd SingHealth Nursing Conference was held on 6 April 2018 at Academia with a theme "The New Frontier in Nursing: Leading the Transformation".

With Singapore's ageing population and increasing prevalence of chronic diseases, Senior Minister of State for Health Dr Amy Khor speaks about the renewed call for healthcare transformation — an initiative that addresses the 3 Beyonds of Healthcare 2020.

This transformation includes the move of allowing advanced practice nurses to assess and refer patients for subsidized community rehabilitation at a hospital or home – a job only doctors could previously do. In addition, APNs will soon be able to prescribe medicine as part of a team led by a doctor. Dr Amy Khor said that the move is part of efforts to have nurses play a bigger role in healthcare. ■



Guest of Honour Dr Amy Khor delivering her opening address.

Photo Credit: SingHealth Facebook

SINGAPORE POPULATION HEALTH CONVERSATION AND WORKSHOP 2018



Prof Tan Chorh Chuan delivering his opening

The 3 Healthcare clusters—SingHealth, National Healthcare Group (NHG) and National University Health System - NUHS came together to organise the inaugural Singapore Population Health Conversation and Workshop on 27 April.

The event was graced by Prof Tan Chorh Chuan, Executive Director, Office for Healthcare Transformation and Chief Health Scientist, Ministry of Health. More than 650 participants from various sectors such as healthcare, social care, R&D and education, came together to exchange ideas and share best practices relating to population health. ■

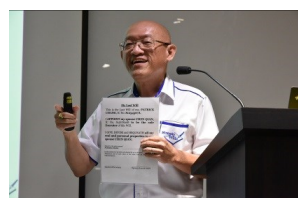
Photo Credits: SingHealth's Facebook

PGMI AFTERNOON TALKS

The talk on "Will Writing and Lasting Power of Attorney (LPA)" was presented by Mr Patrick Chang from Simply Wills Pte Ltd on 16 May 2018. During the session, participants learnt about how a valid Will alters the asset distribution; as well as pointers when writing a Will and making a LPA.

The next PGMI afternoon talks will be a special series presented by A/Prof Peter Mack from Dept of HPB/Transplant Surgery, SGH on the topics of "Healing and the Subconscious".

It will be held on 5 September and from 10 to 13 September 2018. For more information, please refer to pg 9 ■



Above photos: Mr Patrick Chang explaining a Will and participants listening attentively to the pointers.

EVENTS OVERVIEW

SINGHEALTH EXCELLENCE AWARD

The 8th SingHealth Excellence Awards was held on 14 May 2018 at Regent Singapore to honour 59 exemplary staff for their invaluable contributions to healthcare leadership and administration, patient care, education and research. Graced by Guest of Honour, Mr Amrin Amin, Senior Parliamentary Secretary, Ministry of Health, the event was attended by over 300 guests from various SingHealth institutions.

Awards given include Distinguished Lifetime Achievement Award — recognizing individuals with significant achievements that elevated the quality of healthcare and benefited the community; Distinguished People Leader Award — awarding leaders who effectively guide their employees towards a common goal, coach and support employees, and foster team spirit; and Distinguished Team Award — awarding teams who display excellent teamwork, works towards a common goal, and whose project reaps long term benefits for the patients and healthcare systems. ■



Photos (top, left to right): Award Winners with GOH Mr Amrin Amin; Dr Ang Hui Gek - Winner of Distinguished People Leader Award; Prof Ng Han Seong - Winner of Distinguished Lifetime Achievement Award.

Photo Credits: SingHealth's Facebook

UPCOMING EVENTS

JULY

21ST Pelvic Floor Disorders GP Symposium

Through this seminar, primary care physicians will have a greater understanding of common pelvic floor conditions as well as discuss the first line treatment that can be offered. For more information or to register for the talk, please email pgmi.gpcme@sgh.com.sg

UPCOMING EVENTS

JULY

22ND **Prevention and Treatment of Urinary Incontinence, Urinary Frequency, Pelvic Organ Prolapse and Urinary Tract Infection Public Forum**

Most common women's gynaecological problems can be treated and prevented. Topics covered include "The Prevention and Treatment of Pelvic Organ Prolapse", "The Latest Treatment Options for Female Urinary Incontinence", "Why do I have Frequent Urinary Tract Infections" and "How do I stop Frequent Urination". Public Forum is conducted in Mandarin at KKH Auditorium. Pre-registration is required as seats are limited. For enquiries or more information, please call 6394 3096/6394 1027/6394 1035 or visit www.kkh.com.sg/events

29TH **NHCS Heart & Sole Challenge 2018**

An active lifestyle is important in heart disease prevention and management. To be held at Punggol SAFRA, the challenge will consist of a walk and race component with interactive and educational activities along the routes for participants to learn more about heart disease. Get your family to participate and stand a chance to win prizes. Registrants will also receive goodies bags. For more information or to register, please visit <https://www.nhcs.com.sg/nhcsheartandsole>

AUGUST

3RD **SGH ENT Instructional Fortnight 2018**

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20TH

A back-to-back series of ENT cadaveric dissection workshops helmed by renowned International and Local Faculty, it has a total of 7 different courses — 6th Sleep Surgery Course, 8th Functional Septorhinoplasty Course, 15th Otology & Neuro-otology Course, 22nd Functional Endoscopic Sinus & Skull Base Surgery Course, 3rd Endoscopic Ear Surgery Course, 2nd Cochlear Implant Course and 4th Laryngology Course. For more details, please visit <https://www.singhealth.com.sg/workshops/entfortnight/Pages/SGHENTFortnight2018.aspx>

3RD **Singapore Sleep Conference 2018**

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4TH

This course is designed for Respiratory, Neurology, Psychiatry, Psychology, Dental, Paediatrics, General Practitioner and ENT specialists and doctors in training who have an interest in the management of Sleep Disorders and Obstructive Sleep Apnoea (OSA) in adults and Paediatrics patients. It is a two-day course consisting of a series of core lectures on common conditions in sleep medicine, with a hands-on CPAP and Polysomnogram reading workshop. For more details, please visit www.sgh.com.sg/subsites/pgmi/CME/Pages/Singapore-Sleep-Conference-2018.aspx

UPCOMING EVENTS

14TH — 16TH **Singapore Healthcare Management 2018**

Organised by SingHealth, the eighth run of Singapore Healthcare Management will take place at Sands Expo & Convention Centre, Singapore. Thought leaders from the areas of healthcare management, supply chain management and enterprise risk management will share insights, best practices and new ideas at this event. It is open to all professionals in healthcare administration in Singapore and the region. Participants will have the opportunity to meet fellow healthcare professionals, network, share and discuss best practices, challenges and look at new benchmarks. For more information, please visit

<http://www.singaporehealthcaremanagement.sg/Pages/Home.aspx>

21ST **SingHealth Duke-NUS Charity Golf 2018 – On Course for Cure**

To be held at Sentosa Golf Club, Tanjong Course, this biennial signature charity golf tournament will be graced by Mr Lim Boon Heng, Chairman of Temasek Holdings. Funds raised will go towards the SingHealth Duke-NUS Academic Medical Centre for research and education initiatives for the disciplines of Cardiovascular Sciences, Musculoskeletal Sciences, Neuroscience and Oncology to uncover better ways to prevent, diagnose and treat many of Singapore's most life-threatening and devastating diseases. For more details, please email chen.xuanhe@singhealth.com.sg

25TH — 26TH **Interventional Nephrology Course**

Organised by SGH Department of Renal Medicine, this is a 2 day course tailored for doctors and nurses. The sessions cover a wide range of interventional topics with hands-on workshops on placement of tunnelled and peritoneal dialysis catheters, endovascular interventions for dysfunctional vascular accesses, ultrasound surveillance of vascular accesses, the use of plastic cannula and ultrasound guided cannulations. To register for the course, please visit <https://goo.gl/GArzfm>. For more details, please email lin.jiahui@sgh.com.sg

SEPTEMBER

1ST **ECMO Symposium 2018**

A half day symposium to be held at the National Heart Centre Singapore, the programme is open to all who are interested to find out more on ECMO, and the management and complications of a patient on ECMO. For enquiries, please email nhccme@nhcs.com.sg or visit www.nhcs.com.sg for more information.

5TH, 10TH — 13TH **PGMI Afternoon Talk Special Series: Healing and the Subconscious**

Many psycho-emotional issues underlie medical illnesses and require a release of emotional blockages to achieve mental clarity and bliss. At the heart of the healing process is a dialectic that brings us into an uncertain world of pain and suffering. The uncertain world is where the subconscious mind resides. Access to this part of the mind is necessary to uncover repressed feelings and confront hidden fears. However, this involves a spectrum of tools including mindfulness, hypnosis and regression. For more information or to register for the talk, please email pgmi.courses@sgh.com.sg. Registration is free.

UPCOMING EVENTS

8TH

Urology GPCME Symposium:

SGH Division of Surgery is holding a series of surgical talks and GP engagement forum to share new developments and treatments that are relevant to their practice. These forums are structured to provide a single platform for different surgical departments to present their subspecialty field in the context of multi-disciplinary care. For more information or to register for the talk, please email pgmi.gpcme@sgh.com.sg

15TH

6th Coronary Care Symposium 2018

The Coronary Care Symposium is a basic course in coronary intensive care, designed for Residents, Trainee Doctors, Fellows, Medical Students and Nurses. Dedicated hands-on workshops and facilitated interactive case discussions covers important management concepts and in-depth learning of the various tools and techniques essential to daily cardiac intensive care. For more information or to register, please visit www.nhcs.com.sg/educationandtraining/events

21ST

5th SingHealth Duke-NUS Scientific Congress

Organised by SingHealth Duke-NUS Academic Centre, the SingHealth Duke-NUS Scientific Congress is one of the most distinguished healthcare-related scientific event in Singapore and around the region. The Congress gathers more than 3,000 thought leaders and healthcare professionals, academics and researchers across the various professions. It is a unique platform for the sharing of the latest medical developments and scientific advances in care innovation, research and education. For more information, please email shsdn.scientificcongress@singhealth.com.sg

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22ND

OCTOBER

11TH

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 six 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

12TH

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

PGMI Afternoon Talk Special Series:

Healing and the Subconscious



Speaker:
Dr. Peter Mack

Many psycho-emotional issues underlie medical illnesses and require a release of emotional blockages to achieve mental clarity and bliss. At the heart of the healing process is a dialectic that brings us into an uncertain world of pain and suffering. The uncertain world is where the subconscious mind resides. Access to this part of the mind is necessary to uncover repressed feelings and confront hidden fears. However, this involves a spectrum of tools that include mindfulness, hypnosis and regression.

5 Sep 2018

(4:00-5:30 pm)

"Accessing the Subconscious Mind"

10 Sep 2018

(4:00-5:30 pm)

"Retrieving Memories for Healing"

11 Sep 2018

(4:00-5:30 pm)

"Healing of Phobias"

12 Sep 2018

(4:00-5:30 pm)

"Resolving Unexplained Clinical Symptoms"

13 Sep 2018

(4:00-5:30 pm)

"Inner Child Healing"

Venue:

Academia, L1-S3, L1-S1



Registration:

Please email your name, employee ID, department, institution, contact no. and the session(s) you would like to attend to: cheng.kam.fei@sgh.com.sg

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