

SGH Alumni Newsletter

ISSUE 22 | JULY — SEPTEMBER 2018

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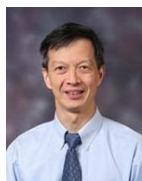


SGH PGMI
Postgraduate
Medical Institute

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

NEW APPOINTMENTS

Key Leadership Appointments



A/Prof Ho Yew Leng Aloysius
Head
SingHealth Duke-NUS Blood Cancer Centre



Dr Tan Kiak Mien Veronique
Head
SingHealth Duke-NUS Breast Centre



Prof Lo Yew Long
Chairman
*Centralised Institutional Review Board
SingHealth*



A/Prof Marcus Ong
Director
SingHealth Health Services Research Centre



A/Prof Tan Mann Hong
Chairman
*Division of Musculoskeletal Sciences
Singapore General Hospital*



Dr Gan Wee Hoe
Deputy Chief Medical Informatics Officer
*Clinical Informatics Hub
Singapore General Hospital*



A/Prof Lim Boon Leng
Chief Risk Officer
Singapore General Hospital



Prof Fock Kwong Ming
Chief Risk Officer
Changi General Hospital



Ms Pang Nguk Lan
Chief Risk Officer
KK Women's and Children's Hospital



Dr Winston Ong
Chief Risk Officer
Sengkang General Hospital



Dr Terence Tan
Chief Risk Officer
National Cancer Centre Singapore



CI A/Prof Ken Tan
Chief Risk Officer
National Dental Centre Singapore



A/Prof Seow Wan Tew
Chief Risk Officer
National Neuroscience Institute



Asst Prof Chin Chee Tang
Chief Risk Officer
National Heart Centre Singapore



Adj A/Prof Doric Wong
Chief Risk Officer
Singapore National Eye Centre



Ms Stephanie Yeap
Chief Risk Officer
SingHealth Community Hospitals



Dr Chow Mun Hong
Chief Risk Officer
SingHealth Polyclinics



Dr Matthew Ng Chau Hsien
Clinical & Scientific Director, Investigational
Medicine Unit
SingHealth



Mr Loh Yong Ho
Chief Operating Officer
Sengkang General Hospital



Mr Tan Jack Thian
Chief Operating Officer
Singapore General Hospital

NEW DEVELOPMENTS

FORMATION OF DIVISION IN SGH AND ESTABLISHMENT OF SGH CLINICAL INFORMATICS HUB

Division of Musculoskeletal Sciences

The Division of Musculoskeletal Sciences (MSKSC) has come into effect on 1 September 2018. There are 3 departments under the Division: Department of Orthopaedic Surgery; Department of Plastic, Reconstructive & Aesthetic Surgery (PRAS); and Department of Hand Surgery.

The formation of this Division will better enable the provision of integrated clinical care for musculoskeletal patients, allow for more holistic development of Orthopaedic, Plastic and Hand surgical trainees, as well as promote the development of strategic research activities.

A/Prof Tan Mann Hong has been appointed Chairman, Division of Musculoskeletal Sciences. He will also continue to head the Department of Orthopaedic Surgery. ■

SGH Clinical Informatics Hub

To maximize the benefits of IT in improving the quality and safety of patient care and enhancing operational efficiency, the SGH Clinical Informatics Hub, led by the Chief Medical Informatics Officer (CMIO), SGH, has been established with effect from 15 September 2018.

A/Prof Loo Chian Min, SGH CMIO, and concurrently SingHealth CMIO, will continue to lead the Hospital's clinical informatics domains. Dr Gan Wee Hoe will be appointed as Deputy CMIO.

At the strategic level, the SGH Clinical Informatics Hub will plan and oversee the conceptualization, design, development and implementation of the future strategy and developmental roadmap for clinical informatics. At operational level, it will oversee clinical informatics requirements across the health informatics ecosystem, and integrating solutions across the Medical, Nursing and Allied Health Informatics domains. ■

LAUNCH OF SINGHEALTH DUKE-NUS GLOBAL HEALTH INSTITUTE

On 21 September, Minister for Foreign Affairs Dr Vivian Balakrishnan launched the SingHealth Duke-NUS Global Health Institute (SDGHI), which aims to address global health challenges in South East Asia and the region. Helmed by Professor Michael H. Merson, former vice provost for global affairs at Duke University and founding director of the University's Duke Global Health Institute, the SDGHI will collaborate with countries in the region and further afield to address health issues, strengthen health systems, and better insulate countries from pandemics and disease threats. It will focus its efforts on four areas:

1. Promote and conduct research that responds to current and emerging health issues in neighbouring countries
2. Provide a platform for interdisciplinary global health education and training
3. Facilitate policy dialogues to strengthen health systems, access and coverage
4. Enhance the capacity of institutions in the region to improve health through robust collaborations ■



Top and above: Minister Dr Vivian Balakrishnan together with SingHealth and Duke-NUS leaders at the launch of SDGHI.

Photo Credits: SingHealth Facebook

BETTER WAY TO KEEP NEXT-OF-KIN INFORMED ONCE SURGERY IS OVER

Next-Of-Kins (NOKs) get frustrated when they don't have information on what is happening and many would come through the Major Operating Theatres (MOT) entrance and ask for a status update of their loved one. When this happens, it increases the number of interruptions to reception staff at the MOT as further calls have to be made to the operating theatres or recovery area.

A comprehensive solution to address NOKs' worries and at the same time help the MOT staff focus on their daily duties was needed. Through mapping out the surgical flow process and conversations with more than 20 patients and their families, the Quality Improvement team identified several gaps in the process. For example, the estimated time given to NOKs usually does not include the post-op recovery phase. This leaves them anxious as the actual waiting time would exceed the time they were briefed on. NOKs are also usually notified late after patients arrive back at the ward, leaving them waiting needlessly outside the MOT.

In the new approach, NOKs are given details of the different steps involved, including recovery time. They will also receive an SMS upon the completion of the patient's surgery by the nurses monitoring patients' post-operative condition. This is done using an SMS platform to simplify the communication process. Each SMS sent informed the NOKs that the patient had completed the surgery and was undergoing recovery. The SMS also gave NOKs the expected waiting time before they could see the patient.

With the improved workflow, NOKs' expectations are better managed and this is evidence from the overwhelming positive feedbacks received as they found the information about their loved ones timely and reassuring. ■

Photo Credits: SGH LighterNotes



NOKs enquiring about their loved ones at the MOT reception



The QI team (from left): Lin Zebang, Chow Ai Na, Chee Shuzhen, Goh Meh Meh, Loo Shin Yi, Irene Goh, Chang Ying Theng, Koh Seok Tiang, Peng Jiping



Nurses from different stages of the perioperative process brainstorm using design thinking

NEW UNDERGRADUATE PROGRAMME IN HEALTHCARE ADMINISTRATION LAUNCHED

SingHealth and Singapore Management University (SMU) have launched a new undergraduate programme in healthcare administration. Commencing in January 2019, the Health Economics and Management (HEM) second major will be open to SMU students in their first or second year of study.

The curriculum, jointly curated by SingHealth and SMU, covers areas such as health Systems and Policy, Applied Analytics in Healthcare Management, and Operations and Supply Chain Management. As part of the programme, students will undergo a 10-week or six-month internship programme at SingHealth's healthcare institutions. ■



SingHealth Group CEO Prof Ivy Ng and SMU Provost Prof Lily Kong signed the MOU at the Singapore Healthcare Management Congress, 14 August 2018, witnessed by Dr Amy Khor, Senior Minister of State for Health. Photo Credits: Tomorrow's Medicine



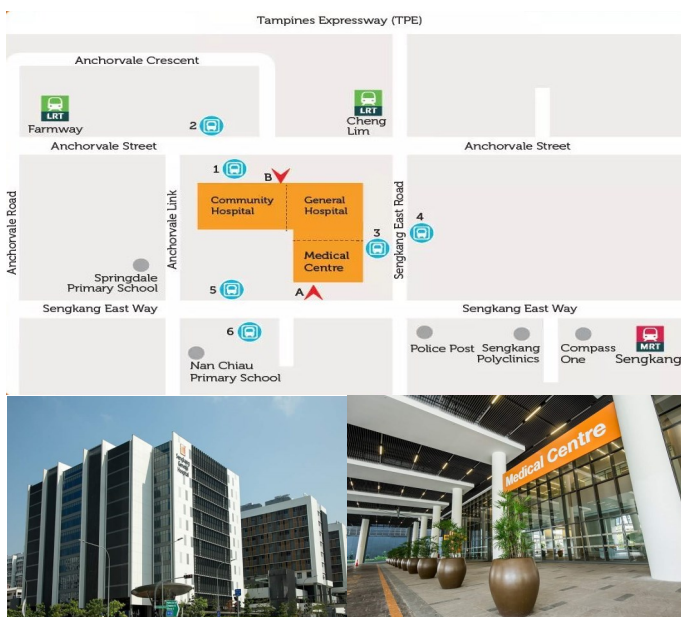
TELL US WHAT YOU WANT!

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.

OPENING OF SENGKANG GENERAL HOSPITAL AND COMMUNITY HOSPITAL

The Sengkang General Hospital (SKH) has opened progressively from 18 August 2018 and Sengkang Community Hospital (SKCH) from 28 August 2018. The opening of the hospitals will add 1,400 beds to the national healthcare capacity, making it easier for people living in the north-east to receive quality and affordable healthcare closer to home.

Residents will also have easy access to specialist services through partnerships with the National Heart Centre Singapore (NHCS), Singapore National Eye Centre (SNEC) and the National Cancer Centre Singapore (NCCS), among other national specialty centres. Patients can look forward to a 'one care plan, one patient experience' and having one primary specialist who will coordinate all their treatments should they have multiple health issues, with seamless transition of care from initial diagnosis and treatment, to rehabilitative care. ■



Top: Map showing location of SKH and SKCH.

Above: Photos of SKH and Medical Centre

Photo Credits: SKH Facebook

SINGHEALTH MEDICAL TEAM TO HELP MYANMAR TO BOOST TRAUMA CARE

The project, which is jointly supported by SingHealth, the Singapore International Foundation and Yangon General Hospital (YGH) will help nearly 200 YGH medical staff to upgrade their skills and improve their systems for treating serious injuries. Every year, Myanmar sees a large number of emergency or trauma cases as a result of traffic or work-related accidents – on average, and the hospital admits about 30 such patients a day.

Under the three-year contract, staff from YGH will also visit Singapore on a study trip, where they will learn and exchange knowledge with their various counterparts at local hospitals and polyclinics. ■



SingHealth, Singapore International Foundation and Myanmar Ministry of Health and Sports signed an agreement to a new training project aimed at helping Myanmar improve its trauma care treatments.

Photo Credits: Tomorrow's Medicine

EVENTS OVERVIEW

SWIM FOR RHEUMATOLOGY! 2018

Singapore General Hospital's Department of Rheumatology & Immunology organised a public awareness and fundraising event, "Swim for Rheumatology! 2018" on 15 September 2018. A public forum was held concurrent with the swim event. Proceeds raised go towards the Reverie Rheumatology Research Fund (endowed) in support of research initiatives in five Rheumatological conditions - Systemic Lupus Erythematosus, Systemic Sclerosis, Osteoarthritis, Rheumatoid Arthritis and Spondyloarthritis.

A total of 7491 laps were swum by 258 swimmers at the event. You may continue to support the cause by making a donation at this link www.giving.sg/sghhdf/sfr2018 ■



SGH Senior Management and leaders posing for a photo with a patient after their fundraising swim.

Photo Credits: SGH Facebook

PGMI AFTERNOON TALKS

On 4 July, Ms Peggy Chan from the Institute for Financial Literacy gave a talk on 'Introduction to Personal Investing'. Participants get to learn more about investment strategies and how to construct an investment portfolio.

A/Prof Peter Mack gave a series of 5 talks revolving on the topic of Healing and the Subconscious on 5 and 10 - 13 September. Participants found the talks interesting and informative as it helps them to understand how the various techniques on hypnosis and regression therapy can facilitate healing. For details on upcoming talks, please refer to page 9 and 10. ■



Top: Ms Peggy Chan explaining the different ways to construct an investment portfolio.

Above: A/Prof Peter Mack sharing with participants a case study on healing.

Photo Credits: Mr Henry Ng

MOHH LEGAL TALK: INFORMED CONSENT RE-VISITED—14 MONTHS ON SINCE THE CASE OF HII CHII KOK

On 3rd July, MOHH held a legal talk on informed consent at Academia Auditorium. The 2 speakers, Ms Quah Boon Theng, Managing Director of Legal Clinic LLC and Ms Khoo Yingxiang, Head of Mediation Unit, MOHH, shared how the medical profession can adjust to meet the challenges of modified Montgomery test and the benefits of mediation when allegations of negligent advice arise. The talk ended with a Questions and Answers session where participants get their queries addressed and clarified. ■



From left to right: Ms Quah and Ms Khoo sharing their respective topics with participants and addressing the concerns raised by a participant.

Photo Credits: Mr Henry Ng

SGH ENT INSTRUCTIONAL COURSE FORTNIGHT 2018

The ENT Instructional Course Fortnight held from 3 – 20 August 2018 consisted of seven subspecialties workshops and featured a faculty of distinguished speakers such as ear specialist, Dr. João Flávio Nogueira, facial plastic surgery expert, Prof Stephen Park, sinus surgeon, Prof H. Stammberger, Laryngologist, Dr Peak Woo and sleep surgeon, Prof Nico De Vries. The programmes which are structured to be relevant and appealing to practicing surgeons as well as ENT Residents in various stages of training received positive response and was attended by delegates from across 21 countries.

This course was held in conjunction with the Singapore Sleep Conference 2018 which was co-organised by SGH Sleep Disorders Unit and supported by Singapore Sleep Society. ■



From top left (in clockwise): Prof Stephen Park giving his guidance to participants at the dissection workshop. Prof Nico De Vries delivering his lecture. Dr Tob Song Tar discussing with participants. Dr Srinivas Kishore going through a case study.

Photo Credits: Mr Henry Ng

SHARING BY CLINICAL FELLOWS

Having applied for fellowship in 2016 and finally getting the acceptance in 2017, it took HPB and Liver Transplant Surgery Fellow, Dr Pyae Pa Pa Kyaw from Myanmar, over a year of paperwork to start her training in Singapore General Hospital. Find out about Dr Kyaw's clinical experience in Singapore.



Dr Pyae Pa Pa Kyaw with her research poster at the 2nd ASEAN Laparoscopic HPB Conference

Q: Why did you choose to apply to Singapore/SGH for your attachment?

A: We were impressed with Singapore's healthcare industry. It is systematic, well documented, well equipped and efficient. Besides picking up professional skills, I can also learn more about the healthcare system here.

Q: Did you face any difficulties during your attachment? What were they?

A: I encountered mainly system difference especially the Electronic Medical Recording and language barrier. But all were solved with the help of my seniors and juniors.

Q: What was a 'typical' day like?

A: My daily routine consists of morning ward round, operation, exit round and meeting on some days.

Q: What were your learning experiences?

A: I learnt management skills in morning ward round, operative technique and skills in operation room, and case discussion in meetings.

Q: How has the attachment made an impact on you?

A: I have learnt how we can improve our health care system and health services with the resources we have. I will make good use of all these experiences when I am back home by sharing and contributing.

Q: Do you have any interesting/memorable experience during your attachment that you would like to share?

A: I have great interest in liver transplantation and recently I have the opportunity to be involved in organ procurement. This is a memorable experience for me because we cannot start Deceased Donor Liver Transplant (DDLT) program widely in our country as brain death law is not established.

Q: Would you recommend SGH to interested fellows? Why?

A: Yes. I would recommend SGH. Every single day of my training in Singapore provides me with different experiences and motivation. There are many chances and opportunity to learn as long as you do your best. Through this fellowship, I have learnt how to manage an elderly patient with multiple comorbidities to undergo operation with good outcome and how to solve post-op complications. ■



Dr Pyae Pa Pa Kyaw receiving her Certificate of Training from A/Prof Chan Chung Yip, HOD, Dept of HPB/Transplant Surgery.



Dr Pyae Pa Pa Kyaw with colleagues from the department

Photo Credits: Dr Pyae Pa Pa Kyaw

Driven by the thirst of knowledge and a good impression of Singapore's healthcare system, Dr Krishnamoorthy Sajitha from India decided to apply to SGH to do her fellowship, read on to follow her journey.

Since the completion of my O&G post graduate training, I was eager to explore happenings in the field of assisted reproduction in other parts of the world to enhance my knowledge and learn new techniques. I started looking at the various options and Singapore came to mind as I have heard a lot about the training program and work culture here from people who have gone through them. This prompted me to apply to SGH Postgraduate Medical Institute (PGMI) after a conversation with Dr Hemashree Rajesh, one of the senior consultants in the department of O&G. I was overwhelmed when I learned that my application was successful.

On my first day, PGMI staff guided me through to the Centre for Assisted Reproduction (CARE). My mentor and supervisor, Dr Hemashree Rajesh took utmost care to make me feel at home, introducing me to every person in the department and gave me a very good orientation. She was ever enthusiastic in imparting her knowledge of the different protocols practiced here which helped me adapt and progress swiftly in my work. The new culture, language and environment were not barriers at work, as I was readily helped by the seniors whenever I run into difficulties. The consultation at the clinic with patients from different ethnicity helped to improve my understanding of the health issues more prevalent in certain population. This is one of the benefits of doing fellowship in SGH where there is a blend of cultures and languages.

At CARE, I would consider the team meeting on Monday morning as a vital point of learning. Headed by A/Prof Yu Su Ling and attended by all the consultants, nurse coordinators and embryologists, the meeting is an in-depth discussion on all new patients' history and their treatment plans. Previous treatment strategy that failed to result in a positive pregnancy is also analyzed. Through these meetings, I found that the nurses play a major and crucial role in patient counselling, formulating treatment plan and execution.

One of the highlights of my training here was being appointed as a team member in the organisation of an international conference conducted by the department - Starting on Assisted Reproduction. This gave me a chance to listen, interact and learn several new topics to enhance my knowledge related to my fellowship. Apart from this, I was also actively involved in the presentation at the master class and journal club.

Hands-on opportunities were available to help me gain surgical skills through the guidance of all the consultants including A/Prof Yong Tze Tein. She is an excellent teacher whom I could readily approach to learn hands-on procedures. This gave me confidence and self-competence before I proceed to do a few procedures on my own. I managed to do plenty of egg retrieval procedures and a few embryo transfer procedures under supervision. Apart from CARE, I am also involved in the operation theatre and given the chance to learn hysteroscopy procedures using Bigatti, which was new and useful to me. Dr Hemashree Rajesh also taught me microscopic testicular sperm retrieval which I never had the opportunity to do before. The procedures were well comprehended and I had a good exposure to them.

To do a fellowship in Singapore is something which every young doctor may want to consider as I would think this as an ocean with scope to build one's knowledge, skills and confidence. Thanks to all my senior consultants who have helped me in making my dream come true. My experience here would stay evergreen for the rest of my professional career. ■



Dr Sajitha (in red) with mentor and supervisor Dr Hemashree Rajesh



Dr Sajitha with A/Prof Yong Tze Tein



Dr Sajitha (1st on left) with O&G colleagues and A/Prof Yu Su Ling (1st on right)

Photo Credits: Dr Krishnamoorthy Sajitha

UPCOMING EVENTS

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
- 27TH** **Liver Symposium 2018**
This half day symposium targeted at primary healthcare doctors will cover topics on interpreting LFT, fatty liver disease, chronic hepatitis B infection as well as liver cysts and gallbladder polyps. 2 CME points will be awarded. For more details, please visit www.surveymonkey.com/r/GDNQN6X

NOVEMBER

- 1ST** **4th NNI Neuro-Oncology Symposium**
This symposium held at the Duke-NUS Amphitheatre aims to showcase the Precision Medicine initiatives established at the NNI and which compose the multi-faceted approach to translational neuro-oncology as effected in the TCR. .
Renowned leaders in the field of neuro-oncology such as Professor David Ashley and Professor Geoffrey Pilkington will be part of the key faculty. For more details, please email Please email to NNI_Secretariat@nni.com.sg for enquiries.
- 2ND**
- 3RD** **15th Practice Update in Paediatrics**
This half day forum for healthcare professionals will cover current knowledge and practice in Food Allergy and Kawasaki Disease, Updates in Genetic Testing and Counselling, Management of Inguinoscrotal Swelling in Children, Upper Limb Fractures in Children as well as Paediatric Feet and Lower Limbs. For more details, please call 6394-8746 (Monday to Friday, 8.30am to 5.30pm) or log on to www.kkh.com.sg/events

UPCOMING EVENTS

28TH

PGMI Afternoon Talk: Introduction to Mindfulness

With our increasingly hectic lifestyle, Mindfulness is becoming more relevant as it has been scientifically proven to improve mental and physical health. Take some time off, and join us for this one hour talk where you will have the opportunity to learn the benefits of Mindfulness, practice fundamental Mindfulness techniques, understand the attitudes associated with Mindfulness and create an intention & commit to a daily practice. For more information, please email alumni@sgh.com.sg

NOVEMBER

30TH

Cardiac Morphology Course: Adult Congenital Heart

This full day course is designed for Cardiologists, Cardiothoracic surgeons and Radiologists with an interest in Congenital Heart Disease as well as junior doctors with an interest in pediatric cardiology or adult congenital heart. For more information, please visit www.nhcs.com.sg/educationandtraining/events

DECEMBER

6TH

6th NNI EEG-EMG-AFT & Neuromuscular Ultrasound Workshop

The workshop will review the basic and advanced applications of the electrodiagnostic modalities and ultrasound with clinical correlation in neuromuscular disease. There will be session on EEG along with a new topic on complex cases in EMG with a walk-through interactive approach for reaching the correct clinical diagnosis. All sessions will be interactive, giving participants ample opportunities to interact in real time with the tutors and patients. The learning experience will be enhanced by applying different neurophysiological tests in live patients and use of videos. For more information please visit

www.nni.com.sg/education/events/Pages/6thEMG.aspx

9TH

JANUARY 2019

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10TH

PGMI Afternoon Talk: Use of TCM Acupressure

Join us for this talk to learn more about the Acupuncture Services in SGH and how acupressure can help to relieve pain conditions and to improve general body constitution, weakness and insomnia.

For more information, please email alumni@sgh.com.sg

SGH ALUMNI NEWSLETTER

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