

SGH Alumni Newsletter

ISSUE 23 | OCTOBER — DECEMBER 2018

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SGH PGMI
Postgraduate
Medical Institute

NEW APPOINTMENTS

Key Leadership Appointments



Ms Anna Fok
Chief Human Resource Officer
SingHealth Polyclinic



A/Prof Yeo Khung Keong
Deputy Group Chief Medical Informatics
Officer (Research)
SingHealth



Ms Irene Png
Chief Financial Officer
SNEC - SERI



A/Prof Ruban Poopalalingam
Deputy Chairman, Medical Board
Singapore General Hospital



**Adj A/Prof Terrence Gerard
Sundram Thomas**
Chief Medical Informatics Officer
KK Women's and Children's Hospital



A/Prof Loo Chian Min
Chief Medical Informatics Officer
Singapore General Hospital



Dr Chua Kai Peng Daniel
Chief Medical Informatics Officer
Singapore National Eye Centre



Dr Koh Chu Guan
Chief Medical Informatics Officer
National Dental Centre Singapore



Dr Wong Fuh Yong
Chief Medical Informatics Officer
National Cancer Centre Singapore



Dr Lee Kwang Yang Aaron
Chief Medical Informatics Officer
Sengkang General Hospital



Dr Tan Teing Ee
Chief Medical Informatics Officer
National Heart Centre Singapore



Dr Wee Chee Keong
Chief Medical Informatics Officer
National Neuroscience Institute



Dr Low Sher Guan Luke
Chief Medical Informatics Officer
SingHealth Community Hospitals



Dr Wong Song Ung
Chief Medical Informatics Officer
SingHealth Polyclinics

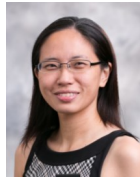


Dr Goh Min Liong
Deputy Group Chief Medical
Informatics Officer (Acute Care)
SingHealth
Chief Medical Informatics Officer
Changi General Hospital

Clinical Leadership Appointments



Dr Anantham Devanand
Head, SingHealth Duke-NUS Lung
Centre
SingHealth



Dr Constance Teo Ee Hoon
Head, SingHealth Duke-NUS Head & Neck
Centre
SingHealth



A/Prof Tan Hwee Chye Andrew
Head, Orthopaedic Surgery
Singapore General Hospital

NEW DEVELOPMENTS

ESTABLISHMENT OF THE POPULATION HEALTH & INTEGRATED CARE OFFICE

The new Population Health & Integrated Care Office (PHICO) has been established under the Medical Board with effect from 1 November 2018. This new office merged the Office of Integrated Care (OIC) with the SingHealth Office of Regional Health, SGH Campus, to leverage on the synergies and be responsible for overseeing all integrated and community care programmes across SGH Campus.

Dr Low Lian Leng, Director, SingHealth Office of Regional Health, SGH Campus, has been appointed as the Directorship of PHICO and will be supported by five PHICO leads namely Dr Low Lian Leng (Integrated Care Operations); Ms Esther Lim (Community & ILTC Integration & Engagement), A/Prof Lee Kheng Hock and ADN Ms Magdalene Ng (Integrated Care Services); ADN Ms Magdalene Ng (Patient Navigators) and ADN Dr Lim Su-Fee (Community Nursing). The Clinical Networks team will continue to be headed by Dr Emily Ho.

In addition, the Population Health and Integrated Care Office EXCO will be formed to provide oversight for the integration initiatives of SGH Campus and chart the overarching direction in population health, develop strategic models of care, support and monitor care integration programs in SGH Campus. The EXCO comprising the PHICO leads, Clinical Networks Director and key stakeholders, will be led by Dr Low. ■

SINGHEALTH DELIVERING ON TARGET (DOT) RIGHT SITING PROGRAMME

DOT aims to create closer links between General Practitioners (GPs) and tertiary care institutions through the co-management of suitable patients in the community. The SingHealth DOT support GPs to take care of patients' needs more effectively and holistically, and ensure they receive appropriate, cost-effective care with good outcomes.

As part of the Network, GPs can look forward to shared resources such as:

- Care coordinators to help GPs monitor their patients' health, arrange for regular screenings, coordinate with allied health providers, and follow up when they receive treatments at SingHealth institutions.
- A chronic disease registry of their patients, to track and monitor care outcomes easily
- Ancillary services like diabetic eye and foot screening for patients with more complex conditions
- Direct access to select specialist services provided at SingHealth institutions.

For GPs interested in finding out more about the SingHealth DOT Right-Siting Programme and/or sign up for this Programme, you may wish to email your personal particulars (Name, Mobile Number, Clinic Name & Address, MCR number and email address) to:

Ms Hilda Ng (Senior Manager, Clinical Networks)
hilda.ng.s.h@singhealth.com.sg

Ms Emily Boon (Associate Executive, Clinical Networks)
emily.boon.l.k@singhealth.com.sg

UPDATES ON SGH CAMPUS INFRASTRUCTURES

Outram Community Hospital (OCH)

Construction of OCH is progressing well, with the steel frame structure installed, and the windows and façade cladding over 80% completed, OCH is on track to be completed by the first quarter of 2019.



Left to right: Link bridge connecting OCH with SGH Blk 2 level 2 and Blk 3 level 1.
Visit by senior management to understand the progress.

SGH Wards Remodelling

Remodelling of four high dependency (HD) rooms in Ward 43 was completed in June, while that for a second burns operating theatre is underway. Renovation of Ward 43 and the burns ICU (Intensive Care Unit) has been completed in October 2018. Renovation of Wards 75B and 76 is ongoing. The ageing facilities are refreshed to provide patients with a safe and comfortable environment for healing.



Left to right: Electronic billboards for staff appreciation will be installed in the reception areas of all new wards. Newly renovated High Dependency rooms in Ward 43

National Cancer Centre Singapore (NCCS)

Construction has started, with the basement levels of the new NCCS building. The main contractor has completed casting of the partial slab for basement 3 with excavation to reach basement 4 about 75% complete. The prefabricated bathroom units and facade works are in progress off-site. ■



When excavation reaches basement 4, casting of the basement 4 slab will start.

ENHANCED CODE BLUE ACTIVATION ON SGH CAMPUS

To ensure more rapid and effective resuscitation for patients who go into cardiac or respiratory arrest, the Code Blue response has been revamped to strengthen the process:

1. Code Blue will be activated even if primary care team is already present - Co-management by the Code Blue team and primary care team will result in a more rapid and effective resuscitation effort.
2. Multidisciplinary team - The Code Blue team comprises doctors, nurses and respiratory therapists selected for their clinical expertise with critically-ill patients and experience in managing the ABCs (Airway, Breathing, Circulation) of a cardiopulmonary arrest.
3. Rigorous and frequent training - Teams undergo regular training together, conducted in simulation labs or in-situ on high-fidelity mannikins. A wide variety of cardiopulmonary arrest scenarios is simulated, with emphasis on management of the airway, breathing and circulatory systems. By training together, team members become familiar with each other's roles and are able to anticipate tasks without prompting – this makes for a more rapid and effective resuscitation effort.
4. Location-based coverage - Code Blue teams are deployed according to a location-based coverage system so as to minimise movement time. Teams assigned to a certain location typically consist of healthcare staff based in the vicinity. They will attend to all patients within the assigned location regardless of discipline.
5. Advanced equipment - Code Blue teams come equipped with advanced resuscitation equipment such as intra-osseous devices, laryngeal mask airways and video-laryngoscopes. ■

OFFICIAL OPENING OF CHANGI GENERAL HOSPITAL NEW MEDICAL CENTRE

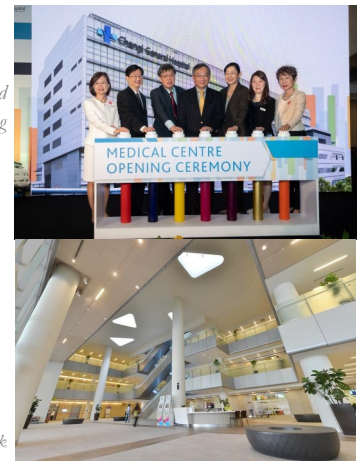
The new medical centre, housing 14 specialist clinics and centres, was officially opened on 2 Nov by Health Minister Mr Gan Kim Yong. The medical centre enhances specialist outpatient care for eastern Singapore through design and process innovation. The new nine-storey building, which is linked to the main hospital, has a corridor running behind the clinics so doctors can easily speak to one another.

It has also been designed to care for patients with complex medical conditions in a more integrated way with the 'Multi-Specialty Practices'. Through the MSPs, a patient is able to see two or more healthcare professionals in one appointment. ■

Minister Gan with SingHealth and CGH's senior management officiating the opening of new Medical Centre.

The lobby of CGH's new Medical Centre.

Photo Credits: CGH Facebook



EVENTS OVERVIEW

MINISTER FOR HEALTH AWARD

The Minister for Health Award is presented to A/Prof Marcus Ong, Senior Consultant, Department of Emergency Medicine, in appreciation of his exemplary leadership and outstanding accomplishments in enhancing pre-hospital emergency care in Singapore and in improving survival outcomes for out-of-hospital cardiac arrest (OHCA) patients.

As Clinical Director of the Unit for Pre-Hospital Emergency Care (UPEC), A/Prof Ong has been instrumental in the development and execution of a whole-of-government plan to improve the PEC sector. He worked with MOH and Ministry of Home Affairs (MHA) to improve care outcomes for patients by developing regulatory standards for ambulance services. He has also contributed to the development of the Paramedic Professional Standards which defines core competencies for PEC personnel. With his colleagues, he has committed to improving bystander response rates to collapse cases through community education programmes and built close collaborations between hospitals and Singapore Civil Defence Force (SCDF) and strengthen medical oversight of PEC. Under his stewardship, UPEC's Community Responsiveness team has trained over 61,500 members of the public in CPR and AED usage. The bystander CPR response rate to collapse cases have more than doubled from 2002 to 2015. The Ulstein survival-to-discharge rates for OHCA patients have risen ten-fold from 2.5% in 2004 to 20% in 2015. ■



A/Prof Marcus Ong, recipient of the Minister for Health Award. It is the highest accolade conferred by MOH to individuals or teams in recognition of their outstanding contributions to bringing Better Health, Better Care and a Better Life to Singaporeans.

Photo Credits: SingHealth Group Comms

SERIOUS GAMES CONFERENCE 2018

400 international industry and healthcare speakers as well as delegates attended the Serious Games Conference 2018 on 26 October. Guest-of-Honor, Her Excellency Mrs Margriet Vonno the Netherlands Ambassador to Singapore, spoke at the Opening Ceremony, citing areas of collaboration between Netherlands and Singapore in healthcare. Jointly organised by the Serious Games Association of Singapore, SingHealth Duke-NUS Institute of Medical Simulation (SIMS) and the Institute for Patient Safety & Quality (IPSQ), the conference highlights how games technologies and innovative solutions (game development, virtual reality, augmented reality, artificial intelligence, etc.) are used to impart knowledge and evaluate skills in healthcare. ■



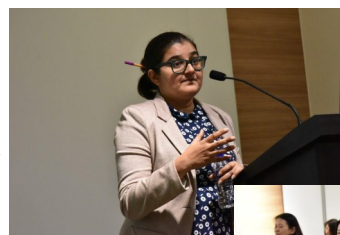
Netherlands Ambassador to Singapore, Her Excellency Mrs Margriet Vonno giving her opening address.

Photo Credits: SingHealth Academy Facebook

PGMI AFTERNOON TALK

On 28 November, Dr Kinjal Doshi from the Department of Psychology gave a talk on 'Introduction to Mindfulness'. During the one hour talk, participants were introduced to the fundamental techniques and how to incorporate mindfulness into our everyday life.

The next talks “[Use of Acupuncture and Acupressure](#)” and “[Advance Care Planning](#)” will be held in January and March respectively. For details, please refer to page 8 and 9. ■



Dr Doshi explaining the concept of Mindfulness

Participants practicing the breathing technique to achieve mindfulness.



Photo Credits: Mr Henry Ng

CAMPUS FELLOWSHIP FORUM

Dr Mayank Gupta, Clinical Fellow from India, shared his learning experience in SGH Pain Management Centre in the latest Campus Fellow Forum held on 19 October. The forum was well attended by staff and fellows from various SingHealth institutions.

The forum started off with 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.



From left: Group photo with Director PGMI, Staff from Dept of Pain Management and International Collaboration Office (ICO), as well as fellows from various SingHealth Institutions. Ms Vijaya Rao, Director, ICO giving the opening address. Dr Gupta sharing his experiences.

Photo Credits: Mr Henry Ng

UROLOGY CELEBRATES 30TH ANNIVERSARY

Prime Minister Lee Hsien Loong and Mrs Lee graced the gala dinner held on 2 November to mark the 30th anniversary of the Department and the end of a year-long celebration. The Foo Keong Tatt Professorship was also announced at the dinner to honour Prof Foo who established the department and as a pioneer in urological procedures. The professorship will enable the department to recruit and retain the best researchers and teachers, thereby propelling the Department forward to provide better urological care. ■



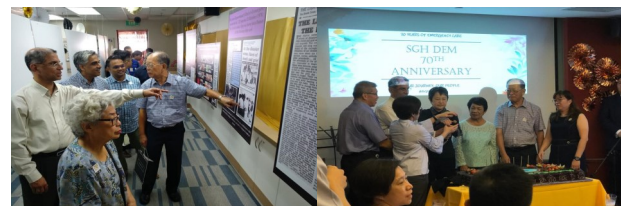
Photos from left: Prime Minister Lee with Senior Management and Urology's staff cutting the anniversary cake. Mr and Mrs Lee viewing the water colour paintings done by Prof Foo.

Photo Credits: SGH and PM Lee's Facebook

EMERGENCY MEDICINE 70TH ANNIVERSARY

As Singapore's oldest and first Emergency Department, it has responded to various historical incidents such as the collapse of Hotel New World and the Spyros accident.

It was also the first in the world to have an automated hospital decontamination unit as well as the first in Asia to have a pre-hospital defibrillators. To commemorate 70 years of journey and its people, an exhibition was held from 27 October to 4 November where stories and newspaper articles over the years were shared. A cake cutting ceremony was also held at the exhibition launch. ■



Photos from left: Prof Anantha (first from left), Senior Consultant DEM, viewing the exhibits with other senior doctors and invited guests. A/Prof Evelyn Wong, Head of DEM, preparing the champagne to celebrate the joyous event with DEM staff.

Photo Credits: SGH Facebook

SHARING BY CLINICAL FELLOW

“Well structured, Comprehensive, Effective.”

This is what Dr Muhammad Shahid Khan from Pakistan, has to say about his fellowship experience in SGH Orthopaedic Surgery. Read more about it below.



Dr Shahid Khan (left) with his supervisor, A/Prof Andrew Tan.

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

A: One of my seniors had fellowship training in Singapore and he had a very good learning environment so he advised me to apply here.

Q: Are there any differences compared to the healthcare industry in your country?

A: Most of the patients in Pakistan do not have health insurance so they have to bear all the cost of medical services provided.

Q: How was a ‘typical’ day like?

A: Our day starts with a morning meeting from 7am till 8am. These meetings are like preoperative rounds, mortality and morbidity meeting, sports round and I found them very structured, supervised and thought provoking. From there, I move to operating room and spend the rest of the day assisting various regular and complex sports surgery procedures. Usually the day ends around 5 pm but sometimes late depending upon number and complexity of the cases.

Q: Did you face any difficulties during your attachment?

A: Actually there was no major difficulty encountered during my training. In clinic sessions, most of patients are able to communicate in English. Only small numbers of patients were not able to communicate in English but thankfully, my colleagues will translate the summary of the conversation for me at such occasions.

Q: What were your learning experiences?

A: The basic aim of my training here in Singapore was to learn arthroscopic knee and shoulder procedures as I had very little experience in this specialty. By the end of my training and with the help of very skilled faculty here in SGH, I am able to gain the required skills and confidence in this field of orthopaedics. Besides this, I was able to learn and practise joint replacement surgeries as well, as the adult joint reconstructive surgeries including robotic assisted joint replacement are frequently performed here.

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

A: With this fellowship, I am able to develop skills in shoulder and knee reconstructive procedures, most of which is not being offered in my city. So now back home, I will be able to perform these procedures and can also share the skills with my colleagues as well. Besides the operative skills, I also learned useful tips to conduct research work and I am especially thankful to Professor Andrew Tan and Professor Denny Lie for this.

Q: Do you have any interesting/memorable experience during your attachment?

A: I was fortunate to take part in some rare knee and shoulder procedures which helped me a lot in understanding these complex procedures. Furthermore I also brought my family here so we had very nice memories of exploring and enjoying different places in Singapore.



Dr Shahid Khan with 2 of his children having a fun time at Singapore Snow City

Continue next page...

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

A: I would strongly recommend SGH to fellows interested in sports medicine and adult joint reconstruction procedures. There is adequate number of cases to provide thorough exposure of the field. Furthermore, faculty, residents and the nursing staff all are very cooperative and helpful.

I am really thankful for Lee foundation/Tan Sri Dr Runme Shaw fellowship programme to provide me this wonderful opportunity to learn skills in the field of sports medicine. I am thankful to PGMI to guide me at every step from the approval of my fellowship application till the end of my training attachment. I highly appreciate Professor Andrew Tan (my supervisor), Professor Paul Cheng and Professor Denny Lie for their great teaching and operative skills. I am confident that with the knowledge and skills acquired here, I will provide a better service to patients in my country. ■

Photo Credits: Dr Muhammad Shabid Khan

WELCOME!

We welcome our new Alumni members:

Name	Specialty	Country
Dr Mayank Gupta	Anaesthesiology	India
Dr Takeshi Yamashita	General Surgery	Japan
Dr Terence Goh	Plastic Surgery	Singapore

UPCOMING EVENTS

JANUARY 2019

8TH**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

9TH**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



UPCOMING EVENTS

JANUARY

- 10TH** **PGMI Afternoon Talk: Use of Acupuncture and 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
- 17TH** **Singapore LIVE (SingLIVE 2019)**
SingLIVE 2019 is Asia's pre-eminent annual live course in cardiac interventions organised by National Heart Centre Singapore. It will highlight some of the latest advancements in interventional cardiology from an Asian perspective and will feature a new and exciting 3D virtual reality showcase of procedures in 360 degree view, where participants will get to experience being part of the team performing the interventional procedures in a cardiac catheterisation lab. For more information, please visit www.singlivecourse.com
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- 18TH**
- 19TH** **Div Surgery GP Symposium**
There is much that family doctors can do to educate women on how to preserve their fertility and identify potential problems early. This forum is intended to be an interactive session on how to counsel young women and couples wanting to conceive and what they can do to help before referring for specialists' assessment and assisted reproduction. For more information, please email pgmi.gpcme@sgh.com.sg
- 25TH** **Pathology ACP Classical Music Recital**
Relax to the soothing sounds of classical masters as performed by renowned violinist, Loh Jun Hong, together with performances from members of Sing-Health's Pathology ACP team. Funds raised will go towards supporting Pathology ACP on its journey of continuous research and education to deliver cutting edge pathology services that support best patient care. To book tickets, please email: samantha.chua.x.y@sgh.com.sg or tan.xiao.hui@sgh.com.sg. To donate, you may visit <https://www.giving.sg/sghhdf/pathacp>

FEBRUARY

- 17TH** **Run For Hope 2019**
Run for Hope is an annual, non-competitive event organised by National Cancer Centre Singapore and Four Seasons Hotel Singapore to raise awareness and support for vital cancer research. For more information, please visit <https://www.runforhope.sg>

UPCOMING EVENTS

MARCH

3RD

Basic ECG Course 2019

The Basic ECG Course is a half-day course focusing on the basic understanding and interpretation of ECG readings. The course aims to equip participants with the knowledge and skills to interpret and respond to abnormal ECG rhythms in different medical settings. Speakers include NHCS doctors as well as an overseas expert, Dr Thomas Dresing, from Cleveland Clinic, USA. For enquiries, please email nhccme@nhcs.com.sg

5TH

PGMI Afternoon Talk: Advance Care Planning

Advance Care Planning (ACP) involves conversations between healthcare professionals, patients, and their family members about the patients' healthcare plans. This talk seeks to provide participants with foundational knowledge of ACP, its benefits and steps to complete an ACP. Participants who are interested to complete an ACP for themselves, or to receive further training as a certified ACP facilitator will be able to find more information from attending this talk. For more information, please email alumni@sgh.com.sg

8TH

Inaugural Paediatric Respiratory and Sleep Medicine Symposium

The three-day symposium will include a paediatric sleep medicine workshop on the first day, and a series of plenary lectures by a panel of internationally and locally-renowned speakers over the next two days will cover a comprehensive range of paediatric respiratory problems, with a focus on up-to-date, evidence-based management guidelines. Hands-on sessions on polysomnography, pulmonary function tests and home ventilation for technology-dependent children will also be available. For more details, please visit www.kkh.com.sg/events or email to marcoms@kkh.com.sg.

10TH

9TH

Urology GP Symposium

This symposium will cover urological conditions of relevance and interests to family practice. The participants will pick up useful tips to be used in their daily clinical practice for the management of these patients. For more information, please email pgmi.gpcme@sgh.com.sg

23RD

Gastroenterology & Hepatology GP Symposium

This event consists a series of talks touching on commonly encountered gastrointestinal problems relevant to family practice. The talks will provide an evidence-based approach that the participants can use in their daily clinical practice for the management of these patients. For more information, please email pgmi.gpcme@sgh.com.sg

UPCOMING EVENTS

APRIL

3RD

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

4TH

Singapore Neonatal Resuscitation Course

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