

SGH Alumni Newsletter

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SGH PGMI
Postgraduate
Medical Institute

NEW APPOINTMENTS

Key Leadership Appointments



Adj A/Prof Tee Kim Huat Augustine
Deputy Chairman, Medical Board
(Medical Disciplines)
Changi General Hospital



Ms Lee Chen Ee
Group Director,
Organisational Transformation
SingHealth



Mr Shawn Tan
Director, Legal
SingHealth



Mr Quek Bak Siang
Head, General Services
Call Centre & Telecommunication Services
Singapore General Hospital



Ms Ong Jie Yi
Head, Preparedness & Response
Singapore General Hospital



A/Prof Chang Tou En, Kenneth
Director, SingHealth Tissue Repository
Director, Advanced Molecular Pathology
Laboratory
SingHealth

Clinical Leadership Appointments



Dr Tan Boon Kiat Kenneth
Head, Emergency Medicine
Singapore General Hospital



A/Prof Tan Kwong Wei Emile John
Head, Colorectal Surgery
Singapore General Hospital



A/Prof Yong Tze Tein
Head, Obstetrics & Gynaecology
Singapore General Hospital



Dr Leow Leong Chai
Director, Sleep Disorders Unit
Singapore General Hospital



A/Prof Ong Yee Siang
Head, Plastic, Reconstructive &
Aesthetic Surgery
Singapore General Hospital

NEW DEVELOPMENTS

RENAMING OF SGH'S DEPARTMENT OF HAND SURGERY

The Department of Hand Surgery was renamed to Department of Hand and Reconstructive Microsurgery with effect from 1 January 2019 to better reflect its clinical scope and functions. The Department will continue to be helmed by Dr Jacqueline Tan. ■

NEW DEVELOPMENTS

RE-ORGANISATION OF SGH'S DIVISION OF OPERATIONS

To streamline the hospital's operations command and control and enhance operational efficiency and response to the evolving and complex needs of the Campus, the Division of Operations has been re-organised into 3 separate functional pillars with effect from 1 January 2019:

1. Division of Estate Management, helmed by Mr Tay Kim Say (concurrent with his current role as Director, Facilities Management & Engineering);
2. Division of Patient Support, helmed by Mr Geoffrey Gui (concurrent with his current role as Director, Operational Planning & Performance); and
3. Division of Service Support, helmed by Mr Joseph Chua.

The re-organization will also right-site Safety Network under the Division of Organisation Planning & Performance. The moves will enable each functional pillar to operate with greater autonomy and accountability, and create professional and leadership development opportunities.

There has also been a leadership change for the Division of Pre-Operative and Admitting Services (POAS), with Mr Lee Jiunn Kee returning to lead POAS with effect from 1 November 2018. ■

NEW NURSING UNIFORMS

The uniform change is being rolled out progressively across SingHealth institutions starting from 1 January. The new set of SingHealth nursing uniforms is aimed at creating a stronger and more cohesive identity for our nurses across the cluster, enabling our patients and caregivers to better identify the nursing team caring for them. The new uniforms were designed with feedback from 4,800 patients, staff and members of the public, and serve as practical and professional work attire. Each nurse has 2 types of uniforms – a work suit and a formal suit. Both suits can be used in the



Maroon for Enrolled Nurses



Blue for Registered Nurses



Blue with Orange for Nurse Clinicians,
Nurse Educators and Nurse Managers



Orange for Assistant Directors and above

patient-care setting, while only the formal suit should be used for formal events and ceremonies. Name badges indicate the nurses' respective institutions.

All SingHealth nursing uniforms are white in colour, with colour trimmings at the collar and sleeves to differentiate the different level. ■

RE-DESIGNATION OF KEY COMMUNICATIONS LEADERSHIP APPOINTMENTS

In line with the enlarged and enhanced role of Communications roles at Sing Health that have gone beyond communications and patient experience (service quality) to include development (philanthropy), key Communications leadership positions has been re-designated with effect from 1 January 2019. Group Director, Communications & Service Quality (GD, Comms & SQ) will be re-designated Group Chief Communications Officer (GCCO). This is in alignment with the "Group Chief Communications Officer" designation used in other public healthcare clusters.

GCCO will oversee the Division of Communications at SingHealth HQ comprising Group Communications, Group Marketing Communications, Group Office of Patient Experience and Group Development.

With this change, the designations of Deputy Group Director, Communications, SingHealth and that of the apex Communications Director in Sing Health institutions will correspondingly be re-designated to Deputy Group Chief Communications Officer (DGCCO) and Chief Communications Officer (CCO) respectively. ■

EVENTS OVERVIEW

CAMPUS FELLOW FORUM

The latest edition of Campus Fellow Forum was held on 30 January. The forum started off with a Welcome and Networking Lunch for foreign doctors, nurses and allied health professionals pursuing their training at SingHealth institutions. Dr. Ssu Wynn Mon, Clinical Research Fellow (NCCS) from Myanmar and Dr Takeshi Yamashita, Clinical Observer (SGH) from Japan both shared how the fellowship has improved their professional knowledge and experiences. They also talked about the fond memories of their time in Singapore as well as the bond forged with co-workers. The forum was well attended by staff and fellows from various SingHealth institutions. A “Lo Hei” session was also held at the end of the session to celebrate Chinese New Year. ■



Photos (left to right): Dr. Ssu and Dr Takeshi sharing their fellowship experience. Fellows, invited guests and management participating in the tossing “Lo Hei” - a cultural activity held during Chinese New Year for good fortune.

Photo Credits: Mr Henry Ng

SINGAPORE HEALTH QUALITY SERVICE AWARDS

Organised by the SingHealth Duke-NUS Academic Medical Centre since 2011, the Singapore Health Quality Service Awards is Singapore’s first dedicated platform to honour outstanding healthcare professionals who have delivered quality care and excellent service to patients.

Superstar awards were presented to top winners from the Clinician, Nursing, Allied Health, Administration, Ancillary and ILTC categories. In addition, Best Team awards were presented to recognise outstanding efforts that improve patient experience and safety in the Clinical Practice and Service Initiative categories.

697 service champions, 2 Superstar finalists and 2 teams from SGH received their awards from President Halimah Yacob, who was the Guest-of-Honour at this year’s ceremony. She presented awards to a total of 3,462 winners from 34 public and private healthcare institutions. ■



Photos (left to right): President Halimah Yacob giving her speech. SGH awardees taking a group photo with President and SGH senior management. Senior management with one of the Best Team Awards winner.

Photo Credits: SGH Facebook

SPREADING FESTIVAL JOY

Senior Minister of State for Health, Dr Amy Khor visited SGH on the first day of Chinese New Year to express appreciation to the staff on duty in keeping the essential services running. She also met with and send well wishes to patients and their family members. ■



Photos (left to right): SMS Khor with Ancillary staff who help keep the hospital running during the festive season. Visit to the ward with SGH Senior Management. Taking a selfie with the nurses.

Photo Credits: SGH Facebook

SINGHEALTH DOCTORS AND DENTISTS LONG SERVICE AWARD

The SingHealth Doctors and Dentists Long Service Award Ceremony was held on 21 January 2019 with 182 SingHealth doctors and dentists recognised for their contributions towards public healthcare for the past 10, 20, 30, 40 and 50 years.

On the same evening, Professor Fock Kwong Ming and Adjunct Associate Professor Philip Yam were also conferred the title of lifelong Emeritus Consultant titles. They were recognised for their stellar service and excellence in patient care and for all that they have done throughout their illustrious careers. ■



Photos (left to right) : Prof Fock and Prof Yam receiving their Emeritus Consultant titles from SingHealth Chairman, Mr Peter Seah and Group CEO, Prof Iry Ng. Prof Ong Yong Yan, one of the awardees for 50 years long service award. Photo Credits: SingHealth Facebook

DISTINGUISHED SENIOR CLINICIAN AWARD 2018

The nationally recognised Distinguished Senior Clinician Award (DSCA) 2018 is initiated by the Ministry of Health (MOH). It recognises role models among specialists in the public sector who have made exemplary contributions in clinical practice, education and research.

Among the winners are Professor Lim Shih Hui, Senior Consultant, Neurology (SGH Campus), National Neuroscience Institute, Associate Professor Seow Wan Tew, Head, Neurosurgery (TTSH Campus), National Neuroscience Institute, and Professor Wong Wai Keong, Chairman, Division of Surgery and Hyperacute Care, Sengkang General Hospital. The award was given out during the SingHealth Doctors and Dentists Long Service Award Ceremony. ■



Prof Lim and Prof Wong receiving their award from SingHealth Chairman Mr Peter Seah and Group CEO Prof Iry Ng. Photo Credits: SingHealth Facebook

PGMI AFTERNOON TALKS

On 10 January, Ms Cui Shui Li and Ms Jeraldine Seah, Acupuncturists, from SGH Pain Management Centre gave a talk on the use of acupuncture and acupressure. Participants were taught on the uses and benefits as well as some handy tips on how to relieve common ailments using acupressure. The talk was well attended and participants found the content helpful.

Dr Janet Ong, a physician and Advance Care Planning (ACP) facilitator from SGH gave an introduction on ACP on 5 March. She shared about the foundational knowledge of ACP, its benefits and steps to complete an ACP.

The next talks “[Keep Calm and Doodle](#)” and “[Combating Compassion Fatigue](#)” will be held in May and July respectively. For details, please refer to page 8 and 9. ■



Photos (left to right): Ms Cui and Ms Seah sharing some tips and tricks to alleviate common ailments using acupressure. Dr Janet Ong sharing the benefits of doing the ACP. Participants reading the brochures for more information.

Photos credit: Mr Henry Ng

SHARING BY SGH FELLOWS

Dr Takeshi Yamashita from Japan and Dr Nang San Kyauk Kaw from Myanmar, share their fellowship experience in SGH Department of Upper GI and Bariatric Surgery and Department of Rheumatology and Immunology respectively.



Dr Takeshi (2nd from left) with Prof Ong Hock Soo (2nd from right) and mentors.

My name is Takeshi Yamashita from Showa University Hospital in Tokyo, Japan. Our department has one of the biggest facilities for Minimally Invasive Esophagectomy (MIE) for esophageal cancer in Japan. There is a good relation between our department and Upper GI and Bariatric surgery. In fact, my boss, Prof. Murakami had performed MIE in SGH 3 years ago.

In April 2018, I started my attachment with the department of Upper GI and Bariatric Surgery at SGH as a Clinical Observer for 4 months, followed by Observer for a month and finally the last 7 months as a Research Fellow.

My main aim for this fellowship is to learn more about Bariatric surgery and to polish up on my English language. Although I knew that SGH is one of the biggest hospitals in Singapore, I was pleasantly surprised that SGH has many operation theatres, nurses, dietitians which is not common in Japan. Beside that, the patients here are also supported by the Obesity Metabolic Units (OMU) and Life Centre which consists of endocrinologist, nurses, dietitian, physiotherapist, psychologist and surgeons.

The highlight of my attachment is learning Laparoscopic Sleeve Gastrectomy (LSG), which is seeing increasing demands in Japan. LSG is a simple procedure, however, it is not easy to carry out on obese patients. It was very interesting to see LSG for patient whose BMI was 72, because in my experience in Japan the patient's highest BMI was only 38. Beside learning Laparoscopic Sleeve Gastrectomy (LSG), I had the opportunity to pick up Laparoscopic Roux-en-Y Gastric Bypass (LRYGB) and worked on my laparoscopic suturing skill which I will have to adapt for my department in Showa University. In addition to learning different procedures, I had the opportunity of joining in cadaver training, presenting a case report at the overseas conference, IFSO-APC 2019 and partaking in a research on Bariatric surgery. Last October, I visited Showa university with supervisors from SGH where we watched the procedure of Minimally Invasive Esophagectomy (MIE). After this visit, they have begun incorporating para tracheal lymph node dissection in surgeries and through this, I am glad that we are able to learn from each other.

Despite facing serious issues with immigration pass for my family, my first overseas training has completed successfully. I am deeply thankful to Prof. Murakami, Prof. Aoki, Prof. Otsuka and all members of my department in Showa University for giving me the great opportunity to come to Singapore. To Cynthia from PGMI, thank you for making my first overseas training possible. I am sincerely thankful to Prof. Ong Hock Soo and everyone who taught and helped me in the department and OMU. Special thanks to Dr. Lim Kee Wee Eugene, who always supported me and my family during our stay in Singapore.

I hope to maintain good relation between SGH and our department to inspire young Japanese surgeons to learn in SGH. It has been my pleasure to live in Singapore, where we spent Christmas and New Year in a short sleeve shirt for the first time! Hopefully I will come back to Singapore some time and visit SGH and eat "Char Kway Teow". Thank you Singapore and thank you SGH. ■



Photos (left to right): Dr Takeshi having dinner with his mentors and colleagues at a Japanese restaurant. One of the many surgeries Dr Takeshi joined in under supervision.

Photo Credits: Dr Takeshi Yamashita

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

Dr Nang: I chose Singapore because Singapore has a strong reputation around the world for being an efficient and excellent healthcare system. Additionally, I was motivated by my senior colleagues who has been trained in Singapore General Hospital as they all agreed that they received best in value and satisfaction trainings.

Did you face any difficulties during your attachment?

A: Yes. As we have different languages and cultures background, I find it challenging to communicate with the patients which proved to be a barrier to build good rapport with them. Initially I also find it quite difficult to concentrate on my patients' illness as I have to answer their series of questions rather than me asking them. This is not something which my patients back home in Myanmar will usually do. However, with the help of my many supportive colleagues, I was able to overcome these difficulties without facing major problems.

How has the attachment made an impact on you?

Dr Nang: : I gained a lot of experiences that are not available in my country because of financial restraint, and availability of up-to-date drugs and investigations. I become familiar to advanced investigations and advanced treatments like biologics and intravenous immunoglobulins. Now, I have more confident in managing life threatening autoimmune diseases. I believed that with this opportunity to polish my professional skills in managing Rheumatologic disorder in SGH, I will be able to serve Myanmar people better and also implement them in shaping Myanmar's health sector.

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

Dr Nang: : Yes, it is during my birthday celebration with my colleagues. It is a memorable experience that I will not be able to forget. A simple lunch with my close colleagues along with a birthday cake and song is all it takes to make me happy and feel appreciated. Thankfully, all my departmental colleagues and consultants are nice to me especially senior residents and my supervisors. They are more warm, genuine and supportive than I expected. I was inspired by their passion for work with special interests to their patients. Having a chance to learn from such experienced rheumatologists will be one of most valuable experience of my life.

What did you enjoy most during your attachment?

Dr Nang: From a training point of view, the time that I enjoyed most is during grand ward rounds discussions. It is done once a week on Wednesday afternoon. All departmental colleagues will attend and participate in the discussions about patients healthcare management. It is the time that I can learn broad views of rheumatology diseases and different aspects of management of patients. Besides training, I also enjoyed going sightseeing as there are many famous places in Singapore with different good points. As I am interested in beauty and fashion, I also really enjoyed going shopping as there are various kinds of famous and popular brands here. ■



Photos (top to bottom): Dr Nang (2nd from right) with her department colleagues enjoying lunch together. A day out at Sentosa during Dr Nang's off day

Photo Credits: Dr Nang San Kyauk Kaw

WELCOME!

We welcome our new Alumni members:

Name	Specialty	Country
Dr Huma Faiz Halepota	Pediatric Surgery	Pakistan
Dr Lee Yuh Shan	Haematology	Singapore
Dr Nguyen Minh Ha	Geriatric Medicine	Singapore

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

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



22TH

Paediatric Airway Ventilation Workshop (PAWs)

PAWs is a 1-day intensive workshop ideally suited for specialists or residents in anesthesiology, critical care, paediatric medicine, emergency medicine and ENT physicians with a special interest in the paediatric airway and ventilation.

PAWs is co-organised by the departments of Paediatric Anesthesia and Children's Intensive Care Unit of KK Women's and Children's Hospital, Singapore. The course aims to refresh and update the participant's skills and knowledge in handling the paediatric airway and common modes of ventilation in the ICU. Some highlights of the workshop include hands-on advanced airway skill stations and live demonstration of the various ventilation strategies on anaesthetised animals; problem-based roundtable discussions and interactive lectures.

For more information, please visit <https://kkhpaws.wordpress.com/>

MAY

15TH

PGMI Afternoon Talk: Keep Calm and Doodle

This 1 hour talk will give an overview on what is art therapy and an introduction to doodling. It will be followed by hands-on doodling activities.

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

JULY

- 10TH** **PGMI Afternoon Talk: Combatting Compassion Fatigue**
Attend this talk to understand what is Self Compassion and tips on Managing Stress Using Self Compassion. Participant will also have a chance to practice Using Self Compassion to manage stress and burn out.
For more information, please email alumni@sgh.com.sg
- 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



www.2019apbc.org

Organised by



APBC 2019 Secretariat



The 12th Asia Pacific Burn Congress (2019 APBC) is hosted by SGH Department of Plastic, Reconstructive and Aesthetics Surgery and the Association for Burns Injuries Singapore (ABIS) from 14 to 17 August 2019 at Academia, Singapore.

Themed 'Burn Care Excellence through Multidisciplinary Team Work', our Congress will bring doctors, nurses, healthcare executives, researchers, and clinical professionals together, creating an excellent platform for sharing clinical experiences, the latest cutting edge research results and technology innovations for clinical management. Experts from various countries will also be participating. Indeed, the 12th APBC is a premier event on the international calendar for the exchange of knowledge and experience in the management of burn injuries, and new findings in the field.

For more information, please visit www.2019apbc.org

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