

SGH Alumni Newsletter

ISSUE 25 | APRIL — JUNE 2019

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UPCOMING EVENTS



SGH PGMI
Postgraduate
Medical Institute

NEW APPOINTMENTS

Key Leadership Appointments



Mr Chong Pang Boon
Chief Operating Officer
National Dental Centre Singapore



Mr Tan Wee Bor Benedict
Group Chief Digital Strategy Officer
SingHealth



Ms Tan Yang Noi
Chief Human Resource Officer
(Designate)
Singapore General Hospital



A/Prof Jeyaraj Prema Raj
Head, SingHealth Duke-NUS Transplant
Centre
SingHealth



Ms Geraldine Ong
Chief Financial Officer, *SingHealth*
Chief Financial Officer (Projects),
National Cancer Centre Singapore



Dr Saumya Shekhar Jamuar
Head, SingHealth Duke-NUS Genomic
Medicine Centre
SingHealth



Assoc Prof Toh Han Chong
Deputy Medical Director
(Strategic Partnerships)
National Cancer Centre Singapore



Assoc Prof Ong Yew Kuang Simon
Deputy Medical Director (Education)
National Cancer Centre Singapore



Adj Assoc Prof Siau Chuin
Deputy Chairman
Medical Board (Ambulatory Disciplines)
Changi General Hospital

Clinical Leadership Appointments



A/Prof Toh Song Tar
Head, Otolaryngology
Singapore General Hospital



Dr Lim Chin Hong
Director, LIFE Centre
Singapore General Hospital



Dr Damien Tan Meng Yew
Director, Endoscopy Centre
Singapore General Hospital

NEW DEVELOPMENTS

SGH RANKED 3RD IN TOP 10 GLOBAL HOSPITALS

SGH has been ranked third as the world's best hospitals 2019 by Newsweek. Being one of the only two Asian hospitals to make the list, SGH was recognised by Newsweek as a tertiary referral hospital with ancillary on-campus specialist centres that "provides affordable care for patients, leads patient-driven clinical research and provides undergraduate to postgraduate educational training for both students and medical professionals". Newsweek also said that SGH is the "first hospital in Asia to achieve the Magnet designation in 2010 for nursing excellence". ■

NEW DEVELOPMENTS

SPOT THE DIFFERENCE BETWEEN DEMENTIAS AND PARKINSONISM, THE HIGH TECH WAY

Still in the research phase, Myelin Water Imaging is a novel, advanced Magnetic Resonance Imaging (MRI) technique developed by researchers at University of British Columbia (UBC) in Vancouver, Canada and Seoul National University (SNU), South Korea, to allow non-invasive measurement of myelin in the brain.

Alzheimer's disease and vascular dementia are the most common types of dementia in Singapore but the diagnosis is often not so clear-cut with the majority of elderly patients having a mix of both dementia. With the new emerging MRI method, it could help diagnose and differentiate these two sub-types of dementia so that patients can receive the most appropriate care for their condition.



A/Prof Chan Ling Ling (right) studying MRI images with Septian Hartono (left) and Ms Lee Weiling, Senior Radiographer, SGH

Photo Credit: Inspire

With National Neuroscience Institute collaborating with UBC and SNU to test the technique on some MRI scanners within SingHealth and conducting MRI brain scans on volunteers, researchers would be able to collate a database of Asian MRI brain scans to form accurate models for disease predictions for our patients. Imaging databases currently exist only in the West although studies have shown differences in brains between Caucasians and Asians. ■

A TALE OF TWO HOSPITALS - IMPROVED DISCHARGE PROTOCOL

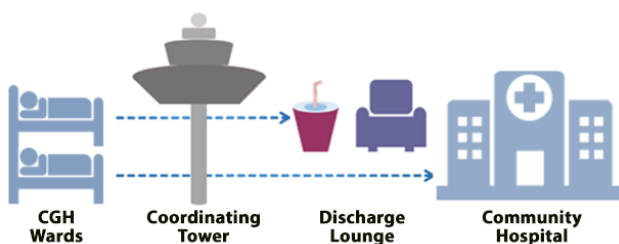
Workgroups from SGH and CGH recently improved their respective discharge processes in a bid to ease the perennial hospital problem of insufficient beds. Both hospitals showed that commitment, constant communication and coordination among stakeholders of the projects were crucial in bringing about a successful outcome.

Strategy Workgroup (Integrated Operations), Singapore General Hospital

Under SGH's improved discharge protocol, members of the team like therapists, might be involved earlier in the care process, helping patients to start physical and occupational therapy earlier and recover faster. The team meets every day, with nurses and allied health professionals providing doctors with updates of their patients' conditions, allowing them to intervene quickly should patients not show any improvement or take a turn for the worse or prepped for early discharge for those patients who are advancing well.

Efficient discharge of patients not only freed up more beds for other patients but also benefits for both patients and their families as it means saving time and money with fewer days stay in the hospital.

Strategy Workgroup (Integrated Operations), Changi General Hospital



To facilitate patient transfers, CGH established its Coordinating Tower (CT) which “acts as the liaison between the wards and the community hospitals and nursing homes, eliminating the need for ward nurses to spend time coordinating with external partners for their patients’ transfer”.

As a result, overall wait time for admission to the hospital has reduced from 7 days to 1 day (pre-approved list concept),

saving a total of over 3300 bed days a year.

CT has also facilitated another decongestion project with the CGH team and Agency of Integrated Care (AIC), known as the residential referral team (RRT), whose main outcome is to look at the reduction of turnaround time for nursing home placements. The team has achieved a reduction from 72 calendar days to 29 calendar days, saving a total of 10277 bed days in 2018. ■

NEW DEVELOPMENTS

CHANGES WITHIN THE DIVISION OF ORGANISATION PLANNING & PERFORMANCE [OPP]

Artificial Intelligence & Analytics [AIA] – New Unit

The use of technology in the health system has rapidly evolved in recent years, with a focus on deriving insights from big data analytics. The setup of a new unit, Artificial Intelligence & Analytics [AIA], with effect from 1 April 2019 will enable SGH to stay relevant and respond quickly to new opportunities. AIA will help the hospital to build an AI ecosystem that will bring about transformative care delivery and efficient operations.

Safety Network [SN] – Renamed as Workplace Safety & Health [WSH]

To better reflect its role and mission to build a safe hospital with mutual accountability for safety and health, Safety Network will be renamed as Workplace Safety & Health with effect from 1 April 2019. ■

USING TECHNOLOGY TO ADDRESS AN AGE-OLD PROBLEM

Adjunct Associate Professor Tan Ngiap Chuan, Director of Research at SingHealth Polyclinics and his team started a pilot project with Nanyang Polytechnic to develop an ‘elder-friendly’ medication reminder phone application. The project took off when their studies show that it is a very common issue that patients are not compliant in taking their medicine regularly, especially forgetful elderly patients.

To make the app more intuitive and user-friendly and to cater to patients who cannot read, it is designed with pictograms instead of text buttons and has a timed reminder function that can be set as an alarm or a pre-recorded voice message so that family members can record specific messages in a dialect or language that the patient understands.

In the next phase, more patients would be recruited and medication for more types of condition would be added to measure the app’s effectiveness at improving medication adherence and to study its impact on patients’ health status. ■

OFFICIAL LAUNCH OF SINGHEALTH PATIENT ADVOCACY NETWORK (SPAN)

The official launch of the SingHealth Patient Advocacy Network (SPAN) and its first forum, is testimony that SingHealth recognises patients as integral members of the healthcare team.

Comprising volunteer patients and caregivers, SPAN members lend their weight to healthcare delivery by participating in various institution committees and acting as advocates for other patients on matters such as patient safety.

Organised by SPAN and SingHealth Group Office of Patient Experience, the Partners-in-Care forum brought together patients, caregivers and healthcare professionals to share stories, ideas, best practices and healthcare journeys, making it clear that patient voices are much needed in today’s healthcare.

Professor Kenneth Kwek, Deputy Group CEO (Organisational Transformation and Informatics) SingHealth; and CEO, SGH, who gave the opening address said, “Doctors and healthcare professionals may have more medical knowledge but we must move away from the ‘doctor knows best model’ of care and ask ourselves what is the best experience for patients. We need deep conversations to better understand what’s truly important to them, then shape our care to cater to this. SPAN will be a platform to empower patients to influence the kind of care they receive.” ■



Photos (left to right): Dr Tracy Carol Ayre, Mrs Tan-Huang Shuo Mei, Mr Ellil Mathiyen Lakshmanan, Prof Kenneth Kwek, Ms Ai Ling Sim-Devadas and Prof Tan Kok Hian, Advisor, SPAN



SPAN chairpersons, Ms Ai Ling Sim-Devadas and Mr Ellil Mathiyen Lakshmanan, sharing their journeys from patients to patient advocates

Photos Credit: Tomorrow's Medicine

NEW DEVELOPMENTS

SINGHEALTH AND TEMASEK FOUNDATION INTERNATIONAL TO PARTNER LEADING BEIJING HOSPITALS IN NURSING PROGRAMME

On 21 May, SingHealth, Peking Union Medical College Hospital and Peking University First Hospital signed a Memorandum of Understanding for a three-year programme for 500 specialist nurses and nurse leaders from 16 leading hospitals in Beijing, China to participate in workshops on clinical management, patient safety, risk management and quality improvement. Supported by Temasek Foundation International, the workshops will be conducted by nurse educators from the SingHealth Alice Lee Institute of Advanced Nursing.

The nursing programme will benefit nurse leaders and specialists from China and Singapore as they share their experience and learn from each other, enhancing existing networks of cooperation for both communities. ■



Photo Credit: www.singhealth.com.sg

OFFICIAL OPENING OF SENGKANG GENERAL HOSPITAL (SKH) AND SENGKANG COMMUNITY HOSPITAL (SKCH)

23 March 2019 marks the Official Opening of the SKH Campus — Sengkang General Hospital (SKH) and Sengkang Community Hospital (SKCH). The special occasion was celebrated with some 700 guests comprising community partners, the healthcare fraternity, our SingHealth Duke-NUS family and staff. Officiating the launch was Prime Minister Lee Hsien Loong, who welcomed the SKH Campus as the latest addition to the Singapore healthcare scene.

The Sengkang integrated campus will add 1,000 acute hospital beds and 400 community beds when it opens fully. Currently, it operates about 500 acute and 150 community hospital beds. More beds will be opened progressively to meet rising patient demand.

Speaking at the ceremony, PM Lee congratulated SKH and SCH and highlighted the critical role both hospitals play in meeting the healthcare needs of Singapore's rapidly ageing population. PM Lee also noted that the hospital campus' integrated and patient-centred approach would make an impact on the community.

Beyond a celebration of the official opening, it also represents the culmination of years of close partnership with community and healthcare partners and grassroots organisations. The SKH family is excited to embrace our mission of 'Better Health Together' and committed to serve the community by preventing illness, detecting diseases early and managing chronic conditions well to achieve better health, better care and a better life! ■



Photos Credit: www.skh.com.sg

EVENTS OVERVIEW

CHILD TRAUMA CONFERENCE

Singapore's inaugural Child Trauma Conference was held on 4 — 5 April 2019. Themed 'Prevention to Recovery', the conference provided a platform for experts and practitioners to strengthen the community network and share best practices in trauma recovery and building resilience in children.

Established in 2016 by KK Women's and Children's Hospital (KKH) in partnership with Temasek Foundation Cares, the Stay Prepared—Trauma Network for Children is Singapore's first community network designed specifically to support children with trauma.

President Halimah Yacob, President of the Republic of Singapore, was the Guest-of-Honour at the opening ceremony. ■



Photos (left to right): Ms Woon Suet Nyoong, Chief Executive, Temasek Foundation Cares; Professor Alex Sia, CEO, KKH; President Halimah Yacob; Mr Richard Magnus, Chairman, Temasek Foundation Cares; and Ms Lynn Soh, Chairman, Child Trauma Conference 2019 Organising Committee

Photo Credit: www.kkh.com.sg

SINGAPORE POPULATION HEALTH CONVERSATION & WORKSHOP



Photos Credit: SingHealth Facebook

The second Singapore Population Health Conversation & Workshop was held on 17 April. A collaborative effort by SingHealth, National Healthcare Group (NHG) and National University Health System (NUHS), it is an annual event that brings together healthcare professionals, social care practitioners, researchers and policymakers to learn and exchange best practices on population health improvement.

Graced by Guest-of-Honour, Mr Chan Heng Kee, Permanent Secretary for Health, more than 700 participants attended the event themed "Life Stages in Population Health". ■

HEALTHCARE HUMANITY AWARDS 2019

Organised by the Courage Fund, the 16th Healthcare Humanity Awards was held in Orchard Hotel on 25 April and was graced by Health Minister Gan Kim Yong and President Halimah Yacob.

16 SingHealth doctors, nurses and Allied Health professionals were awarded in recognition of their selflessness, compassion and extraordinary dedication to go beyond the call of duty to help others both locally and beyond our shores. 4 caregivers and volunteers were also nominated by our institutions for their outstanding displays of dedication, endurance and sacrifice. A total of 83 people received the Healthcare Humanity Awards. ■



Photo Credit: SingHealth Facebook

EVENTS OVERVIEW

MUSICFEST @ SGH CAMPUS

The 7th edition of the MusicFest @ SGH is back with the theme of “Celebrating 200 Years of Music in Singapore”. More than 300 performers serenade patients, care-givers and staff with music and songs from the yesteryear at 7 performance spots on 10 May. The event ended with an hour long evening concert hosted by Irene Ang at SGH Quad at Block 6 Level 1. It also featured Kumar who brought the house down with his caustic jokes and chummy banter, as well as Xin Yao singer Jason Chung who called on the 300 strong crowd to light up the sky with their mobile phones during his rendition of Shanghai Bund and Home! ■

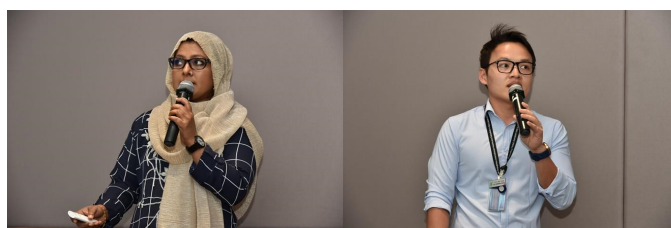


Photos Credit: SingTheatre Facebook

CAMPUS FELLOW FORUM

The recent edition of the Campus Fellow Forum held on 8 May saw more than 30 staff and fellows from various SingHealth institutions attended the sharing session presented by Dr Quazi Sindhi, Clinical Fellow (NDCS) from Bangladesh and Dr Ye Myat Aung, Clinical Fellow (SGH) from Myanmar. Both shared their learning experiences and fond memories of the bond forged with co-workers.

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, knowledge exchange and inter-disciplinary understanding and learning of healthcare issues internationally can be fostered. ■



Photos (left to right): Dr Quazi Sindhi and Dr Ye Myat Aung



Dr Quazi Sindhi with NDCS Director, Dr Ye Myat Aung with colleagues from A/Prof Poon Choy Yoke and colleagues Radiology department and ICO team from NDCS

Photos Credit: Mr Henry Ng

PGMI AFTERNOON TALKS

On 15 May, Ms Dian Handayani, Art Therapist from the Department of Psychology gave an overview on the benefits of art therapy to reduce stress and promote mental well-being, and an introduction to Doodling. Participants were given hands-on activities which include a mini breathing/relaxation exercises followed by a fun doodling session.

The next talks “[Rejuvenating Compassion](#)” and “[Office Ergonomics](#)” will be held in July and September respectively. For details, please refer to page 11 and 13 respectively. ■



Photos (left to right): Ms Handayani sharing the benefits of art therapy. Participants doing the mini breathing exercise. Participants showing their flair of creativity for the doodling session.

Photos Credit: Mr Henry Ng

EVENTS OVERVIEW

NEPALESE MEDICS TRAIN IN SGH

Organised by the International Collaboration Office of SingHealth, 30 medical experts from Nepal were in Singapore to attend talks and workshops at SGH and tour the hospital to understand implementation of disaster organisation and infectious disease containment in a hospital setting.

These experts were picked from a special programme that was jointly developed by SingHealth and the Government of Nepal, and supported by Temasek Foundation in 2017 after the devastating 2015 quake in Nepal. They will train another 750 people when they return home.

A highlight of their week-long visit was witnessing a simulated demonstration of how a chemical disaster is managed medically. Enacted in the decontaminated station outside the Emergency Department, they saw how quickly the hospital team worked at transferring the mock patient to the containment area, and washing the chemicals off the patient's body.

Professor Venkataraman Anantharaman, lead of the programme said its purpose is to expose senior healthcare personnel in Nepal to the principles behind Singapore's disaster management system in the healthcare sector so that they can forge a system for their own country and have better outcomes for future disasters.

The team also attended briefings and disaster demonstrations at Changi Airport, Ministry of Health and the Singapore Civil Defence Force. ■



Prof. Anantharaman (centre, in white shirt) briefing the visitors and answering questions during the demonstration.

Photos Credit: Tomorrow's Medicine

MEDICAL SOCIAL WORK 70TH ANNIVERSARY CELEBRATION

Photo credits: SingHealth Facebook

leagues passed away from Sars.

Some 200 medical social work pioneers and practitioners from public healthcare institutions and intermediate and long-term care (ILTC) facilities gathered on 10 May 2019 at Academia to celebrate 70 years of medical social services in Singapore. They were joined by Guest-of-Honour, Emeritus Senior Minister (ESM) Goh Chok Tong, and Senior Minister of State for Law and Health, Mr Edwin Tong.

For their contributions in the last 50 years to advance the profession, two medical social work veterans, Mr Peter Lee, Master Medical Social Worker, SGH and Mrs Saro Palakrishnan, Consultant, Community Care, The National Kidney Foundation were honoured at the event. Mr Peter Lee had assisted many needy patients with tuberculosis, mental illnesses, leprosy and other ailments over the years. For Mrs Palakrishnan, her most challenging period was during the outbreak of severe acute respiratory syndrome (Sars) in 2003 when she had to counsel not only patients and their relatives but also our own nurses after some of our colleagues passed away from Sars.

ESM Goh addressed to the crowd, "Medical social workers provide the human touch to help Singaporeans who need hospital care but are not able to afford it. For many of you, this is not just a job. It is a calling, it is a passion." ■

EVENTS OVERVIEW

SGH 23RD ANNUAL SCIENTIFIC MEETING



The SGH 23rd Annual Scientific Meeting (ASM) was held on 12–13 April 2019 at the Academia. Themed “Advancing Care: Above and Beyond”, the focus of the meeting is based on Ministry of Health (MOH) 2018 budget initiatives of “Beyond Hospital to Community”, “Beyond Quality to Value” and “Beyond Healthcare to Health”, with an added focus on global health of “Beyond Borders”. The meeting drew over 230 abstract submissions by staff from various SingHealth institutions and students from Duke-NUS Medical School. Minister Gan Kim Yong officiated the opening of the ASM where he also launched the SingHealth Duke-NUS Disease Centre for Transplant, a consolidation of all SingHealth’s solid organs, tissue and cellular transplantation services. An opening performance on “Burnout” and “Resilience in Healthcare Workers” was also put up by the Division of Medicine. ■

Photos Credit: Mr Henry Ng



Congratulations to all award winners

Categories	Young Investigator's Award	Outstanding Research Award	Best Poster Award
Allied Health	Ms Goh Mei Zi Henrietta Diagnostic Radiology, SGH	Dr Tham Yih Chung Ocular Epidemiology, SERI, SNEC	Mr Kelvin Goh Kau Kiat Dept of Pharmacy, SGH
Basic/Translation Research	Ms Anissa Widjaja Cardiovascular and Metabolic Disorders Research Programme, Duke-NUS Medical School	A/Prof Anamika Singh Cardiovascular and Metabolic Disorders Research Programme, Duke-NUS Medical School	Mr Lau Chau Sang ACP Office - Research, NDCS
Clinical Research	Dr Tham Yih Chung Ocular Epidemiology, SERI, SNEC	Dr Oh Choon Chiat Dept of Dermatology, SGH	Ms Nur Shahidah Binte Ahmad Dept of Emergency Medicine, SGH
Health Services Research	Ms Xie Yuchen AI Ocular Imaging Group, SERI	Mr John Tan Wei Ming Dept of Physiotherapy, SGH	Ms Woon Fung Peng Dept of Neurology, SGH
Nursing	Dr Lim Siew Hoon Division of Nursing, SGH	Ms Lim Chee Lan Dept of Nursing, NHCS	Dr Lindy Tan Hui Li Dept of Speciality Nursing, SGH
Students	Mr Koh Hui Kai Yong Loo Lin School of Medicine, NUS	<i>Not Applicable</i>	<i>Not Applicable</i>

SHARING BY SGH FELLOWS

Dr Michael Sylvestre Agabin Saturnino from Philippines share his fellowship experience in SGH Department of Orthopedic Surgery—Adult Reconstruction.



Dr Michael (1st from right) with the Filipino Staff in SGH MOT



Dr Michael (right) with A/Prof Yeo Seng Jin and Dr Amila Silva and their wives

Photos Credits: Dr Michael Sylvestre Agabin Saturnino

What was your impression of Singapore's healthcare industry?

Honestly, I didn't have any idea how the healthcare industry is in Singapore. I thought it was just the same as the service of the top hospitals in the Philippines. I was very wrong. I came to realize that Singapore is one of the best in the world when it comes to health care and research. I was impressed on how the Singaporeans put emphasis on healthy lifestyle and preventive care, both of which is lacking in my country.

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

Coming from a developing country, there are a lot of differences. Classic example would be our trauma cases wherein oftentimes, we are forced to delay the surgery because of financial constraints from the patients. Most of them take a long time to raise funds for the implants and hospitalization. This scenario I think is unheard of here in Singapore. I remember when a Filipino who is working here in Singapore injured his left wrist and consulted us in SGH. The day after the consult we were able to operate on him and got discharged the following day. Health screening, injury prevention and road traffic safety are also given much attention here which is quite the opposite back home. I could go on with some more on the list

but suffice to say that we have so much to improve on when it comes to healthcare.

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

Most of my mentors who I really look up to went here also for their attachments. They highly recommended SGH when I told them I wanted to do Fellowship in Adult Reconstruction. Good thing I listened to them and followed their advice. Plus, Singapore is only 4-hour flight away from my home!

Did you face any difficulties (e.g. culture, language) during your attachment? What were they?

Yes, primarily, being away from home and living alone. I was in this situation before but it's very different if you are in a foreign land. Riding the bus alone and eating alone with no one to talk to makes it all lonesome. If there was a friend-for-rent I would have rented one during my first few weeks. But all this loneliness vanished when I saw Jollibee in Lucky Plaza. When I started to make friends (special mention to my good friend Dr. Amila Silva) and connected with other Filipino fellows around Singapore, it was all bearable and things started to be fun. The language was not much of a problem since the doctors in the department speak English very well. It's in the Hawker centre that I had problems since I do not speak Chinese. I would just say yes or nod my head and usually end up eating food that is very spicy.

During your attachment, what was a 'typical' day like?

Typical day would be attending conferences at 7 in the morning. We start our operation at around 8:30 AM and then finish just before 5 PM. I would usually participate in 4-5 Adult Reconstruction cases per OT day. After hospital work, I would hit the gym or run in the park. In the evening, I would write the tips and tricks I learned earlier in the day on my notebook and try to read journals or a chapter on my AR textbook. I would cap off the day chatting to my family back in the Philippines and browsing my Twitter page.

What were your learning experiences?

This attachment has been an effective experience for me as it challenges me to strive for a better orthopaedic practice when I go back in the Philippines. Somehow, the whole experience made me realize what I would want to become and what I would like to achieve in the future – a better surgeon and a life-long learner. It helped me understand Adult Reconstruction (AR) to a deeper level and not just what we often joke for AR – Always Replace.

How has the attachment made an impact on you?

This attachment challenges me to be a better orthopaedic surgeon in and out of the hospital. I am envisioning myself contributing to the improvement of orthopaedics back in my country and I hope that one day, we can reach and provide a high standard of care to our patients.

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

Any day in the OT is memorable for me. I keep a logbook where I write the learning points that I've had during the OT day. The most memorable however was the first time Prof. Yeo Seng Jin guided me through the surgical procedure of total knee replacement. He gave valuable tips and tricks and was very patient in teaching me. It was a privilege and memorable experience being taught by one of the best in the field.

What did you enjoy most during your attachment?

Of course, I enjoyed participating in the operating theatre. Outside orthopaedics, I enjoy the most when I get visited by my family and my girlfriend. We like going around Singapore, visiting tourist spots, shopping and of course, the food. The country has wide variety of the most exquisite delicacies in the world. It's a good thing that this country has lots of parks and exercise areas to burn out calories.

Would you recommend SGH to interested fellows? Why?

Yes, definitely. It is a hands-on clinical attachment, with no language barriers, patients' profile close to that of Filipinos and the service averages 1,500 total knee replacements per year which undoubtedly makes it an attachment to apply for.

How would you describe your fellowship experience in 3 words?

Excellent! Fulfilling! Amazing! ■



Dr Michael (right) with the Orthopaedic Residents



Dr Michael (left) with the other Fellows in SGH

WELCOME!

We welcome our new Alumni members:

Name	Specialty	Country
Dr Dixon Grant	Haematology	Singapore
Dr Barrie Tan	Otolaryngology	Singapore
Dr Ahmed Mohammad Saad	Radiology	Pakistan
Dr Su Myai Naing	Breast Imaging	Myanmar

UPCOMING EVENTS

JULY

6TH

Public Forum: Obesity & Weight Loss Surgery

Organised by the SGH Department of Upper Gastrointestinal & Bariatric Surgery, this forum will be conducted in both English and Malay to introduce participants on weight loss surgery and how to reverse obesity with medications. For more information, please email public.forum@sgh.com.sg

10TH

PGMI Afternoon Talk: Rejuvenating Compassion

Feeling stressed and burn out? Attend this talk to understand what is Self Compassion and find out tips on Managing Stress Using Self Compassion. 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

13TH

Heart Failure Public Forum 2019

Heart disease is one of the leading causes of death in Singapore but many still do not know much about heart failure or its symptoms. Cardiologists will share on how to recognise, treat and manage heart failure, and how to care for a heart failure patient. For more information, please visit www.nhcs.com.sg/education-training/events-conferences or email nhccme@nhcs.com.sg

23RD

SingHealth-Duke NUS Gynae Surgery Summit in Conjunction with APAGE Regional Congress 2019

Organised by the Minimally Invasive Surgery Unit, KKH, in collaboration with SingHealth Duke-NUS OBGYN Academic Clinical Programme and the Asia-Pacific Association of Gynecologic Endoscopy and Minimally Invasive Therapy (APAGE), the congress will see experts and delegates exchange their experience on techniques and approaches in challenging surgeries. There will also be a hysteroscopy workshop where delegates will experience hands-on training in diagnostic and mechanical operative hysteroscopy and endometrial resection. For more information, please visit www.apage-sg.com.sg

27TH

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FULLY
SUBSCRIBED

AUGUST

3RD

SGH Obesity & Metabolic Update GP Symposium

This half day GP Symposium is organised by the SGH Obesity & Metabolic Unit at Life Centre. Exclusively catered for general practitioners, it will focus on the latest updates in the management of obesity and related metabolic disorders. Attendees will also have the opportunity to interact with the faculty throughout the symposium and meet with patients after bariatric surgery.

For more information, please email pgmi.courses@sgh.com.sg

15TH

12th Asia Pacific Burn Congress

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

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17TH

16TH

13th Cardiovascular Update Singapore 2019

Given the enormous amount of new knowledge generated in each subspecialty of cardiology every year, there is a need to keep being updated on the latest advances in cardiovascular medicine. This course updates the medical practitioners with a summary of the newly generated information. For more information, please visit www.nhcs.com.sg/education-training/events-conferences or email nhccme@nhcs.com.sg

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17TH

SEPTEMBER

14TH

7th Coronary Care Symposium 2019

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, please visit www.nhcs.com.sg/education-training/events-conferences or email nhccme@nhcs.com.sg

27TH

SingHealth Duke-NUS Education Conference 2019

A landmark event in healthcare education, the biennial Education Conference is an excellent platform for healthcare educators and learners to boost the exchange of ideas and forge collaborations in education to transform the way we teach and learn for improved patient care. The 2019 Conference theme is "Building Resilience and Well-being in Healthcare Education through Interprofessional Collaborations", emphasizing the importance for healthcare professionals to develop resilience and keep a positive mind frame for sustainable healthcare, which fundamentally begins with education. The Conference will also discuss a wide range of topics in healthcare education. For more information, please visit www.academic-medicine.edu.sg/educationconference2019

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28TH

30TH**PGMI Afternoon Talk: Office Ergonomics**

Do you experience headaches, backaches, stiff neck and shoulders at the end of the work day? Learn more about common injuries due to poor ergonomics, correct working postures, setting up an ergonomic-friendly work station and office stretch exercise. For more information, please email alumni@sgh.com.sg

OCTOBER**9TH****19th Advance Neuroradiology Course and 5th Interventional Neuroradiology Workshop**

This course aims to refresh and update on advances in the practice of Neuro-radiology and Head & Neck Radiology from a multidisciplinary approach. Comprising lectures and discussions, this course is relevant to doctors and healthcare professionals in Radiology, Neurology, Neurosurgery, Head & Neck Surgery, Oncology and other Neuroscience disciplines. For more information, please visit www.nni.com.sg/events/education/19th-advanced-neuroradiology-course-and-5th-interventional-neuroradiology-workshop

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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

11TH**Care of the Critically Ill Surgical Patient (CCrISP)**

CCrISP®@Changi is an accredited and quality assured course by the Royal College of Surgeons of England. In a 2-day format, this international course attracts local and overseas candidates and faculty. For more information, please visit www.cgh.com.sg/healthcare-professionals/Pages/Care-of-the-Critically-Ill-Surgical-Patient.aspx

12TH**22ND****S3 Conference**

Co-organized by three renowned international healthcare simulation organisations, SIMS (Singapore), SESAM (Europe) and SimGHOSTS (USA), the conference will explore the latest simulation technologies and techniques for transformative learning to advance patient care. Delegates will enjoy opportunities to learn from the world's leading experts in healthcare simulation. For more information, please visit www.singhealth.com.sg/conferences/S3Conference2019

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SGH ALUMNI NEWSLETTER

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