



SGH Alumni Newsletter

ISSUE 26 | JULY - SEPTEMBER 2019

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UPCOMING EVENTS



SGH PGMI
Postgraduate
Medical Institute

NEW APPOINTMENTS

Key Leadership Appointments



Assoc Prof Chow Wan Cheng
Group Director, Academic Medicine, *SingHealth (Designate)* & Senior Associate Dean, Academic Medicine, *Duke-NUS (Designate)*



Mr Tay Chong Keg, Kevin
Group Chief Information Officer (GCIO)
SingHealth



Mr Chua Kim Chuan
Chief Information Security Officer (CISO)
SingHealth



Mrs Tan-Huang Shuo Mei
Senior Director (Special Projects)
SingHealth



Ms Audrey Lau
Group Chief *Communications Officer (GCCO)*
SingHealth



Ms Jennifer Wee
Deputy Group Chief Communications Officer (Communications) (DGCCO)
SingHealth

Clinical Leadership Appointment



Dr Poon Woei Bing
Head, Neonatal & Development Medicine
Singapore General Hospital

Nursing Leadership Appointment



Ms Loh Huey Peng
Director of Nursing (*Designate*)
Singapore National Eye Centre

Congratulations



Prof Tan Kok Hian
Conferment of SingHealth Duke-NUS
Benjamin Henry Sheares Professorship in
Obstetrics & Gynaecology



Prof Fong Kok Yong
Conferment of SingHealth Duke-NUS
Seah Cheng Siang Professorship in
Medicine



NEW DEVELOPMENTS

INTRODUCING THE NEW SINGHEALTH SCRUB SUIT FOR BETTER COMFORT AND A COMMON IDENTITY

With effect from 1 Aug 2019, all clinicians and healthcare professionals will don a new SingHealth scrub suit. These new scrub suits provide a unified look across professions throughout the cluster, allowing patients and the public to better identify our staff.

The new scrub suits are blue with orange piping at the neckline and have the SingHealth Duke-NUS logo embroidered on the left sleeve. ■



STRICTER RULES ON COLLECTION, USE AND DISCLOSURE OF NRIC NUMBERS

From 1 September 2019, organisations are expected to comply with the stricter rules set by the Personal Data Protection Commission (PDPC) regarding the collection, use and disclosure of NRIC numbers. Under the NRIC Advisory Guidelines, organisations are generally not allowed to collect, use and disclose NRIC numbers with certain exceptions.

In healthcare, NRIC numbers or copies of NRIC numbers can be obtained if they are required by law. NRIC details may also be collected when it is necessary to precisely verify an individual's identity as failure to do so may result in significant harm. Examples include verification of patient's identity for care delivery, collection of patient NRIC numbers for medical records, financial claims or use of Medisave, and the release of medical reports to individuals.

For processes that do not fall under the above, the general rule of thumb is to establish whether the collection of NRIC numbers is necessary. If it is not, NRIC numbers should not be collected or partial NRIC numbers can be used.

Having access to patients' data is a privilege and a responsibility that patients entrust us with. We must ensure that adequate protection measures are in place to safeguard personal data in our possession and prevent unauthorised disclosure or disclosure to unintended recipients. Every one of us needs to take ownership to protect our patients' data and all forms of storage where patients' data is kept.

For more information, please visit <http://www.pdpc.gov.sg/nric-briefing> ■

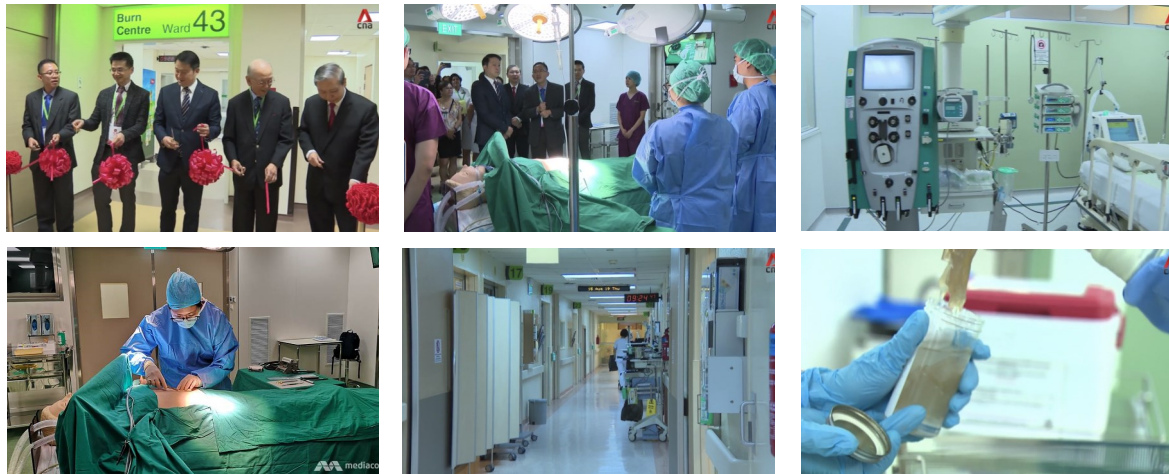


NEW DEVELOPMENTS

UPGRADED BURN CENTRE WITH NEW OPERATING THEATRES AND ICU BEDS

Singapore General Hospital's (SGH) unveils our new Burn Centre on 15 August, which has enhanced capabilities to handle complex burn scenarios, including a new modular design that allows either side of the facility to be closed off during a mass burns incident to reduce the risk of cross-contamination between existing and new patients.

The centre now has enhanced capabilities to handle complex burn scenarios, including a new modular design that allows either side of the facility to be closed off during a mass burns incident. This is to reduce the risk of cross-contamination between our existing and new patients.



Photos Credit: CNA

"The whole basis of this renovation was to decrease the rate of cross-contamination between patients because one of the main problems when dealing with burns patients is that they are often infected with very drug-resistant bacteria," said Associate Professor Ong Yee Siang, head and senior consultant of the department of plastic, reconstructive and aesthetic surgery at SGH.



The Burn Centre has two operating theatres with a custom-built climate control system.

Besides a new layout design, the expanded facility now has a total of four Intensive Care Unit (ICU) beds, 10 High-Dependency rooms and two operating theatres. The High-Dependency and isolation rooms can be converted into intensive care unit wards if required, allowing for care delivery to be optimised for the condition and needs of patients. Both operating theatres also come equipped with a climate control system to ensure optimal humidity of less than 45 per cent and temperatures between 26 and 28 degrees Celsius during skin grafting and reconstructive surgery.

Read more at <https://www.channelnewsasia.com/news/singapore/singapore-general-hospital-upgraded-burn-centre-11812512> ■

EVENTS OVERVIEW

MOU WITH KING HAMAD UNIVERSITY HOSPITAL OF BAHRAIN

On 09 September 2019, a Memorandum of Understanding (MOU) was signed by SingHealth and King Hamad University Hospital (KHUH) of Bahrain for training services and research.

Organised by the International Collaboration Office (ICO) of SingHealth, a 2-day programme was organised for the Bahrain delegates to visit our Institutions and Centres, to better understand the nature, facilities and expertise of SingHealth training sites for their prospective trainees.

The delegates visited Singapore General Hospital (SGH), KK Women's and Children's Hospital (KKH), Sengkang General Hospital (SKH) and National Cancer Centre, Singapore (NCCS). ■



Centre: Major General, Prof Sheikh Salman AlKhalifa, CEO of KHUH, together with A/Prof Chua Yeow Leng, Group Director, ICO, SingHealth & Ms Vijaya Rao, Senior Director, Programme Development, ICO, SingHealth

Photo Credit: Mr Paul Wong

MOU BETWEEN SNEC & SINGAPORE POLYTECHNIC



Photos Credit: SingHealth Facebook

We're doing this together! Let's nurture the future generation of skilled optometrists!

A Memorandum of Understanding (MOU) was signed on 16 August between SNEC and Singapore Polytechnic (SP), marking a partnership to improve optometry training through clinical attachments and internships.

The ceremony at the Myopia Centre was witnessed by guest of honour, our Senior Minister of State Dr Lam Pin Min, Ministry of Transport and Ministry of Health, Prof Ivy Ng, SingHealth Group CEO, Prof Wong Tien Yin, SNEC Medical Director and Dr Thomas Chai Min Sen, SP Senior Director. ■

PGMI AFTERNOON TALK

On 10 July, Mr Henry Law, Senior Psychologist from the Department of Psychology, SGH, gave a talk on Rejuvenating Compassion. The session covered topics like stress & compassion fatigue and rejuvenating compassion to manage stress and burnt out. Many tips and practices were shared over the session!

The next talks "[Office Ergonomics](#)" and "[Estate Planning](#)" will be held in September and November respectively. ■



Photos (left to right): Mr Law sharing his expertise. Participants engaging themselves in activities during the session.

Photos Credit: Mr Henry Ng

Happy Birthday SINGAPORE



Photos Credit: SGH FaceBook

Standing at our national monument, Bowyer Block, our staff and management sang the national anthem and recited the pledge at the flag raising ceremony. Several of our Emeritus Consultants who have started working at the old Bowyer wards in SGH 60 years ago, have also joined the ceremony.

Happy 54th Birthday, Singapore! ■

NATIONAL DAY AWARDS 2019

The Singapore National Day Awards are a means of recognising various forms of merit and services to Singapore. This year, a total of 4,985 individuals in 21 award categories received National Day Honours.



Left to right: Prof Tan Eng King, A/Prof Loo Chian Min, Prof Kenneth Kwek, A/Prof Tan Ban Hock, Prof Wong Wai Keong

Congratulations to our National Day Awards recipients:

The Public Administration Medal (Silver) recipient CEO Prof Kenneth Kwek; The Public Administration Medal (Bronze) recipients Assoc Prof Loo Chian Min, Assoc Prof Tan Ban Hock, Prof Tan Eng King and Prof Wong Wai Keong.

Also congratulations to our 6 Commendation Medals recipients, 17 Efficiency Medals and 126 Long Service Medals recipients. Thank you to all our colleagues for their tireless contributions to the service of Public Healthcare for the Nation. ■

EVENTS OVERVIEW

ASIA PACIFIC BURN CONGRESS 2019

The 12th Asia Pacific Burn Congress was held at Academia in the SGH Campus. More than 500 local and overseas practitioners and experts from 22 countries took part in the three-day conference.

Guest-of-Honour, Senior Minister of State for Health, Dr Lam Pin Min shared that beyond SGH, the Ministry is redeveloping the burns capabilities in other hospitals, to improve overall systems capacity, manpower training for burns management.



Photos Credit: SGH Facebook

The Asia Pacific Burn Association also announced a new set of skin banking guidelines and 10 countries signed an agreement at the congress to ensure common safety standards and practices for skin donor screening, recovery, processing, storage and distribution across the region. ■

PREPAREDNESS DRILL

Earlier in July, our Security department conducted a preparedness drill at Autoimmunology & Rheumatology Centre (ARC) to practise RUN-HIDE-TELL.

This is to prepare our staff to respond and react appropriately in the event of encountering a suspicious character.

Let's do our part to keep SGH safe and secure everyday. ■

Photos Credit: SGH Facebook



RUN to the nearest exit; **HELP** patients to escape; **LOCK** the door if you are inside a room; **CALL** '999' and report to the Police.

FELLOWSHIPS & INTERNATIONAL COLLABORATIONS

Dr Khaing Shwe Wah Pwint from Myanmar shares her fellowship experience in SGH Department of Haematology.



Dr Khaing (dressed in black) with colleagues in the ward



Dr Khaing (left) with her supervisor, A/Prof Linn Yeh Ching

What was your impression of Singapore's healthcare industry?

I believe that Singapore has one of the best health care delivery systems compared to the rest of the world. Citizens of Singapore have the privilege of getting primary as well as tertiary health care services without much trouble and difficulty. The health care system with the use of IT makes it easier for recording and viewing previous health status of patients. Additionally from a doctor's perspective, they can use the advanced technology for diagnosis as well as in treatment purposes.

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

Firstly, it is very different from our country in many ways. Our government uses free of charge systems and so we have a limitation in resources. Because of this limit, we can do only a portion of what Singapore has. Meanwhile in Singapore, patients can have optimal health care both in diagnosis and treatment.

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

First of all, the Department of Haematology at SGH is the largest haematology centre in the public sector of Singapore so I could have the chance to view a wide range of haematological diseases. An average of 80 transplants including autologous, allogenic and haploidentical transplants are carried out every year which allows for more first-hand experience. The country is also nearby to mine as it is only a 3 hour flight from Myanmar. These are reasons why I chose to apply to SGH.

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

One difficulty I had was the fact that there was a language barrier between me and the patients. For example, it was hard to communicate with some elderly patients as they only spoke Chinese which I don't understand. The culture in Singapore is more or less the same in my country with main cuisines such as rice, noodles and the belief in Buddhism. Another huge problem was my boredom without my family from Myanmar and the feeling of homesickness.

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

On a 'typical' day, I start a ward round with Consultants at 8 am daily. I attend the blue letter teaching round, journal club and a stem cell meeting once a week. I was given a chance to observe and discuss during these sessions. I regularly accompany my supervisors at clinic 2 times per week and see how to handle post transplant cases. As a fellow in HSCT, I spend most of my time in the stem cell lab to see the harvesting procedure, CD34 enumeration and cryopreservation procedure. For the purpose of the project which was assigned by supervisor, I search data of patients and arti-

What were your learning experiences?

At first, I was naïve when I first arrived in HSCTP. I observed 38 cases of transplant (auto 19+ allo 19) during my training period. I gained a lot of experience regarding pretransplant work up, treatment during transplant period as well as immediate and long term care of post transplant patients. Finally, I learnt and studied how to handle various complications of transplantation with the help of my supervisors. I'd say I learnt various techniques to help on my journey to becoming skilled at transplants.

How has the attachment made an impact on you?

This attachment has been a totally different experience for me in different ways. This has made me more confident in myself and my skills in handling HSCT patients. I will apply these in my care of our patients in Myanmar with this knowledge.

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

Everyday in SGH was made into memorable experiences. I was especially interested in clinic days as I saw various presentations of complications of post transplanted cases. My supervisor also told me the long history and complications they have had during post transplant periods and treatments which she prescribed. I also had a chance to discuss with the supervisor for further treatment plans as well. I would also like to say that the nurses in the Haematology Centre were very charming, kind and helpful.

What did you enjoy most during your attachment?

At work, I was delightful when a new transplant patient came up so I could check on the patient's medical history and search for treatments. My happiest and enjoyable time during my attachment was the time when my family came to visit Singapore as a vacation. We visited shopping malls such as in Orchard Road, Sentosa island, Universal Studio and Pula Ubin island where we experienced cycling, walking and enjoying nature.

Would you recommend SGH to interested fellows? Why?

I definitely recommend SGH to interested fellows because it is an advanced haematology and haemopoietic stem cell transplant centre. Additionally, fellows can learn malignant, non malignant and haemopoietic stem cell transplantation in one centre.

How would you describe your fellowship experience in 3 words?

Great, Effective, Valuable ■

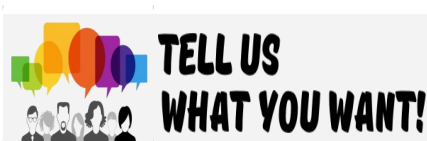


Dr Khaing at Sentosa Island, with our Singapore's iconic Merlion



Dr Khaing (right), during the 'Lo Hei' session after Campus Fellow Forum, earlier this year during the Lunar New Year festive season

Photos Credits: Dr Khaing Shwe Wab Pwint and Mr Henry Ng



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.

FELLOWSHIPS & INTERNATIONAL COLLABORATIONS

CAMPUS FELLOW FORUM

The latest edition of the Campus Fellow Forum was held on 24 July 2019. We were happy to invite 3 speakers for this session, Dr Mohammed Ali Jaafar Noori Alalsaidiessa, Clinical Fellow (SGH) from Iraq, Dr Nithin Keshav Srinivasan, Clinical Fellow (SNEC) from India and Dr Mohammad Saqib Siddiqui, Clinical Fellow (SGH) from Saudi Arabia. During this fruitful session, all 3 speakers shared how their attachments have improved their professional knowledge and experiences.

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.



Left to right: Dr. Mohammed Ali, Dr. Nithin Keshav and Dr Mohammad Saqib sharing their fellowship experiences. All speakers with their respective training departments' supporters at the Campus Fellow Forum.

Photos Credit: Mr Henry Ng

For more information on upcoming Campus Fellow Forums, do check out from <https://www.sgh.com.sg/pgmi/events/Pages/Campus-Fellow-Forums.aspx> ■

WELCOME!

We welcome our new Alumni members:

Name	Specialty	Country
Dr Rezaul Karim	Colorectal Surgery	Bangladesh
Dr Pramod Baral	Orthopaedic Surgery	Nepal
Dr Abhishek Man Bajracharya	Diagnostic Radiology	Nepal
Dr Shahbaj Ahmad	Renal Medicine	India
Dr Tin Nwet Nwet Win	Diagnostic Radiology	Myanmar



UPCOMING EVENTS

OCTOBER

10TH

FULLY
SUBSCRIBED

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

11TH

FULLY
SUBSCRIBED

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

11TH

-

12TH

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

15TH

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16TH

14th Singapore Public Health & Occupational Medicine Conference

The 14th Public Health and Occupational Medicine Conference will take place at Equarius Hote, RWS, Singapore. This annual conference is organised by the College of Public Health and Occupational Physicians, Academy of Medicine Singapore. The conference theme this year is Preventive Health in a Changing World. It reflects how rapid changes in social, economic, demographic and technological have shaped population health, along with new challenges and opportunities to shape how health is delivered to our population.

Please register at www.phconference.sg.

19TH

8th SGH Pelvic Floor Disorders Public Forum

Staying HIGH and DRY.

Join us to find out how to maintain continence as you age!

For more information, please call 6576 7658 or email public.forum@sgh.com.sg

20TH**The 12th Singapore General Hospital Public Forum on Osteoporosis**

20th October is World Osteoporosis Day. What are you going to be doing for your bone health that day? Listen to the experts on steps you can take to prevent and manage this silent disease. For more information, please call 6326 5837 during office hours (Monday to Friday, 8am to 5pm).

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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25TH**NOVEMBER****1ST****PGMI Afternoon Talk: Estate Planning**

Understand the purpose, importance, key considerations and ways of distributing your assets according to your wishes. You will also learn about wills, nominations, trusts and the Lasting Power of Attorney (LPA). For more information, please email alumni@sgh.com.sg

4TH**Singapore Hyperbaric & Underwater Medicine Course (SHUMEC) 2019**

The 9th Singapore Hyperbaric and Underwater Medicine Course (SHUMEC) is jointly organized by the Republic of Singapore Navy (RSN) and Singapore General Hospital (SGH).

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8TH

Participants will gain a strong foundation in the practice of diving medicine and hyperbaric medicine, and obtain the necessary knowledge to perform assessments for divers and compressed air workers. For those who complete the course, they may apply for registration as a Designated Workplace Doctor (Compressed Air Works) with the Ministry of Manpower (MOM).

For more information, please visit <https://www.sgh.com.sg/events/education/singapore-hyperbaric-and-underwater-medicine-course>

7TH**Support for Eating Disorders Singapore (SEDS)**

Date: 1st Thursday of each month

Cost: Free

Venue: SGH LIFE Centre, Bowyer Block A (Clock Tower), Level 1

Enquiries: eatingdisorders@sgh.com.sg

Pre-registration is not required. Participants are required to be aged 13 and above to attend this support group.

9TH**-****10TH****Singapore Bone Metabolic Disease Symposium & International Osteoporosis Foundation Skeletal Rare Disorders Course**

Save the Date: The Osteoporosis and Bone Metabolism Unit of the Department of Endocrinology, Singapore General Hospital is organizing a Bone Metabolic Disease Symposium in conjunction with the International Osteoporosis Foundation Skeletal Rare Disorders Course on November 9 and 10 2019 at One Farrer Hotel, Singapore.

The course and symposium will be dedicated to the discussion and presentation of several metabolic bone diseases including osteoporosis, multiple myeloma, parathyroid disorders etc as well as rare genetic skeletal disorders in children and adults. With acclaimed local and international experts in the field as faculty, this course and symposium will be of immense benefit for Endocrinologists, Internists, Paediatricians, Orthopaedic Surgeons, Geneticists and all Physicians interested in Metabolic Bone Diseases.

For more information, please visit www.bmdsrd2019.com

DECEMBER**4TH****-****5TH****Otology & Neurotology Update 2019**

This course is designed for ENT specialists, physicians and doctors in training who have an interest in the vestibular system and skull base pathology. In this three-day course, the inaugural Balance Symposium will run concurrently with the Skull Base Symposium and will consist of a series of core lectures by speakers from ENT, Neurology, Neuro-Ophthalmology and Radiology, including Professor Douglas Mattox from Emory University School of Medicine, as well as workshops helmed by our vestibular physiotherapists. For more information, please visit www.sgh.com.sg/pgmi/cme/Pages/Otology-and-Neurotology-Update-2019.aspx

5TH**Support for Eating Disorders Singapore (SEDS)**

Date: 1st Thursday of each month

Cost: Free

Venue: SGH LIFE Centre, Bowyer Block A (Clock Tower), Level 1

Enquiries: eatingdisorders@sgh.com.sg

Pre-registration is not required. Participants are required to be aged 13 and above to attend this support group.



We all know the importance of colonoscopy in detecting colorectal cancer and polyps, and even more so in people with symptoms such as blood in the stools and change in bowel habits.

In conjunction with SGH Department of Colorectal Surgery 30th anniversary celebrations, the Department is launching a fund-raising endeavour towards SPRUCE Fund (SGH Preventing Rectal & Colon Cancer through Endoscopy). **100%** of the funds will go towards helping **needy patients** pay for their colonoscopies and to ensure they receive timely treatment. Despite government subsidies, the cost of a single scope is still a substantial financial burden.



Every cent counts!

As an added bonus, all eligible donations will enjoy 250% tax deductions in Singapore.

Visit https://www.giving.sg/sghhdf/spruce?fbclid=IwAR0jQQt6KEEqvGSxmj-V8qfrDiR2ZjbXxakpsstK1_Rf1tO6-jGE0ivoOQA#.XScQF2yWyTh.facebook to make a donation today!



SGH ALUMNI NEWSLETTER

c/o SGH Postgraduate Medical Institute
20 College Road,
Academia Level 2
Singapore 169856
+65 6576 7658

Advisory Board

Prof Hwang Nian Chih
Ms Emily Lim

Editor

Ms Cynthia Tan

Photographer

Mr Henry Ng

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for the e-newsletter.