# SGH Alumni Newsletter

ISSUE 27 OCTOBER - DECEMBER 2019

# INSIDE THIS ISSUE

**PG. 1** 

**AROUND THE CAMPUS** 

**PG. 9** 

**FELLOWSHIP** 

PG. 13

**UPCOMING EVENTS** 





#### **NEW APPOINTMENTS**

#### **Key & Clinical Leadership Appointments**



Assoc Prof Ruban Poopalalingam Chairman, Medical Board, Singapore General Hospital & Duke-NUS Senior Associate Dean, SGH Campus



Assoc Prof Soh Chai Rick Chairman, Division of Anaesthesiology & Perioperative Medicine, *Singapore General Hospital* & Academic Chair, ANAES ACP, *SingHealth* 



**Assoc Prof Tan Hiang Khoon** Chairman, Division of Surgery & Surgical Oncology, *SingHealth* 



Assoc Prof Ong Hock Soo Deputy Chairman (Surgery), Division of Surgery & Surgical Oncology, *SingHealth* 



**Dr Yong Wei Sean**Deputy Chairman (Surgical Oncology),
Division of Surgery & Surgical Oncology,
SingHealth



**Dr. Veronique Tan Kiak Mien** Head, Department of Breast Surgery, *SingHealth* 



Assoc Prof Narayanan Gopalakrishna Iyer Head, Department of Head & Neck Surgery, SingHealth



Dr Chia Shulyn Claramae Head, Department of Sarcoma, Peritoneal and Rare Tumours (SPRinT), SingHealth



Cl Assoc Prof Andrew Tay Ban Guan
Head, Department of Oral & Maxillofacial Surgery,
Division of Surgery & Surgical Oncology, Singapore
General Hospital & National Cancer Centre, Singapore



**Dr Gan Wee Hoe**Head, Department of Occupational &
Environmental Medicine, *Singapore General Hospital* 



**Dr Lim Chee Hooi**Director, Centre for Digestive and Liver
Diseases (CDLD), Singapore General Hospital



Assoc Prof Loo Chian Min Chairman, Division of Medicine (Designate) & Academic Chairman, Medicine ACP (Designate), Singapore General Hospital



Assoc Prof Tan Hak Koon
Chairman, Division of O&G (Designate) &
Academic Chairman, O&G ACP (Designate),
KK Women's & Children's Hospital



**Ms Quay Keng Wah** Group Director, Office of Strategy Management, *SingHealth* 



**Dr David Ng**Deputy Chief Executive Officer, SingHealth Polyclinics



**Dr Camilla Wong Ming Lee** Chief Pharmacist, *Ministry of Health and Registrar, Singapore, Pharmacy Council* 

#### **Nursing Leadership Appointment**



**Ms Paulin Koh**Chief Nursing Officer (Designate), Ministry of Health



Ms Png Gek Kheng Chief Nurse (Designate), Changi General Hospital



## AROUND THE CAMPUS

#### **NEW DEVELOPMENTS**

#### SINGHEALTH TOWER/OUTRAM COMMUNITY HOSPITAL OPENS!

The newest building on SGH Campus - SingHealth Tower - opened its doors to patients in November.

Having a community hospital on campus will mean that patients who require rehabilitative, sub-acute or palliative care

can be seamlessly transferred from an acute care setting. This continuation of care offers patients an environment well-suited to their needs and focused on their wellbeing and health goals.

From December 2019, selected Singapore General Hospital (SGH) outpatient services and wards will commence operations progressively at SingHealth Tower. Services to be relocated to SingHealth Tower include SGH Rehabilitation Centre [from National Heart Centre Singapore (NHCS)] and Orthopaedic Sports & Joint Centre (from Camden Medical Centre). The Staff Clinic and LIFE Centre, currently at Bowyer Block, will also move there in the first quarter of 2020.

The Campus Logistics Hub, supporting the SGH Campus, will be based in SingHealth Tower. Other supporting facilities and services in SingHealth Tower include a central kitchen, General Services, Environmental Services, Fault Reporting Centre, Biomedical Engineering and Facilities Management and Engineering workshops



Photos Credit: The Straits Times

and Sterile Supplies Unit. These services will relocate from SGH Block 8 from February 2020.



The Executive Offices of SingHealth, SGH and SingHealth Community Hospitals will also move to SingHealth Tower. Other staff and visitor amenities will open progressively.

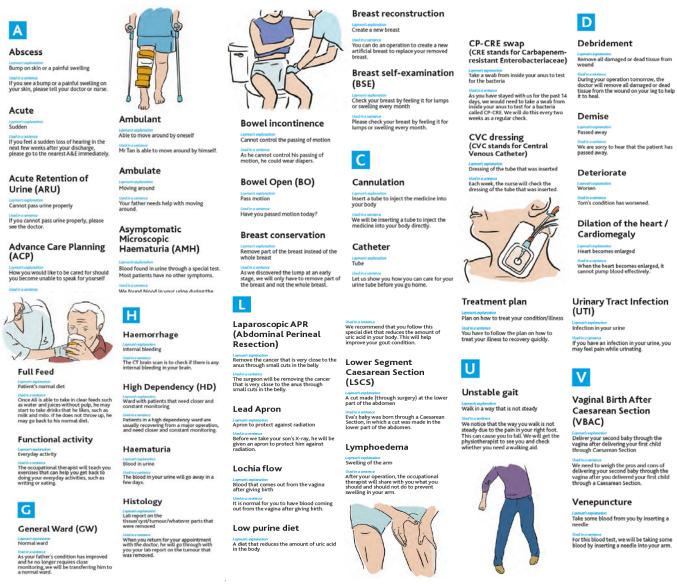


#### **NEW DEVELOPMENTS**

#### **CO-CREATING A HEALTHCARE SYSTEM WITH OUR PATIENTS**

With patients and their caregivers playing a more active role working alongside us, as engaged and empowered partners, we can co-create a healthcare system that tends to their needs and concerns appropriately.

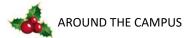
The SingHealth Patient Advocacy Network (SPAN) has developed a 150-word Plain English Glossary where common medical terms and jargon are explained in simple, everyday English. This handy glossary helps our staff relay information to patients and their loved ones in layman terms so that they can better understand their condition and have more confidence in taking ownership of their care plan. This glossary is now being rolled out progressively across the cluster to new nurses and doctors at their orientation and during Residency training, respectively. SPAN will also hold informative sessions for our nurses and other healthcare professionals.



Photos Credit: SingHealth Infopedia

With such development, we march forward in unison and deliver a healthcare experience, not to patients but together with them!





#### BREAST CANCER AWARENESS MONTH





October is Breast Cancer Awareness Month. For the whole month this year, Estée Lauder donated \$5 per public post on Instagram with a pink ribbon + hashtags #timetoendbreastcancer #UnitedInHopeSG to support Breast Cancer Research at SGH.



Photos Credit: SGH Facebook

Prof Tan Puay Hoon, Chairman, SGH Division of Pathology, was invited to the #ELCSG launch event held on 01 October at Wheelock Place, to share on how breast cancer research can save and improve lives. ■

#### ORTHOPAEDICS GP FORUM: INNOVATIONS IN ORTHOPAEDIC SURGERY

Over 120 GPs and Healthcare partners attended our "Orthopaedics GP Forum: Innovations in Orthopaedic Surgery" on 05 October 2019. The attendees learnt about advances in shoulder and knee arthroscopy, treatment of osteoarthritis and minimally invasive surgery.









#### **EVENTS OVERVIEW** -

#### **PGMI AFTERNOON TALKS**

On 30 September, Mr Patrick Ker, Senior Principal Occupational Therapist from the Department of Occupational Therapy, SGH, and also the Director of the Postgraduate Allied Health Institute, SGH, gave a talk on Office Ergonomics. Patrick shared tips to optimise our performance and reduce the risk of undesirable health problems.

Topics like Risk factors of Musculo-skeletal Disorders (MSD) such as neck and back strains, correct working postures, setting up a user-friendly work-station and stretching/ strengthening exercises were shared over the session.



On 01 November, a representative from the Institute of Financial Literacy presented 'Introduction to Estate Planning'. The session assisted the attendees to understand the purpose, importance, key considerations and ways of distributing their assets according to individual's wishes. Information on wills, nominations, trusts and the Lasting Power of Attorney (LPA) were also shared.

Topics like objectives and benefits of estate planning, consequences for not planning, key considerations in estate planning, distribution rules and tools used in estate planning were all covered in this session. Most of the attendees would recommend this talk as they felt that it is very informative and useful and it is necessary for all to understand.



The next talks on "Health is Wealth" and "Music Therapy" will be held on January 2020 and March 2020 respectively.





#### - EVENTS OVERVIEW -



#### YOU'LL NEVER WALK ALONE

The rendition of Liverpool's iconic anthem was sung brilliantly by the Nidarosdomens Guttekor from Norway at the concert on 09 October. Patients and staff were enthusiastically clapping away, impressed with the boys' spine-tingling rendition of the Anfield's favourite and their wide ranging repertoire!

Special thanks to Chenter Foundation and Licha Stelaus Productions for bringing the choir to SGH.







otos Credit: SGH F

#### STEPPING OUT FOR STROKE (SOFS) COMMUNITY WALK

SGH staff and volunteers gave their support to stroke survivors and caregivers by attending Singapore National Stroke Association's annual Stepping Out For Stroke (SOFS) community walk!

21 cyclists were flagged off from SGH by Prof Chow Wan Cheng, our Chairman, Division of Medicine. They braced the grueling heat to reach the end point of the cycling route at Catholic High School!

SGH is proud to have taken part in spreading awareness on stroke prevention.



Photos Credit: SGH Facebook

#### **RUN & JUMP FOR HOPE 2019**



SGH nurses set 2 new records in Singapore Book of Records to raise funds for needy patients! The records broken were "Most number of star jumps performed by a group in 24 hours" and "Most number of laps in an 800m relay run in 24 hours".

The event lasted for 24 hours, as our nurses "ran and jumped" to raise money for the SGH Needy Patients Fund. ■



#### **EVENTS OVERVIEW**

#### **S3 CONFERENCE 2019**



Over the past few decades, simulation training in healthcare has allowed healthcare professionals to learn and improve clinical skills and competencies in patient care without causing harm to patients.

The first of its kind, the S3 Conference was conceived as a platform for healthcare professionals to share the latest knowledge and skills in healthcare simulation. It is an Asia's leading healthcare simulation conference.

The S3 Conference this year took place from 22 October to 25 October at Academia, Singapore.

At this year's conference, Dr Amy Khor, Senior Minister of State for Health, graced the Opening Ceremony of the event. In her opening address, Dr Khor highlighted how simulation plays an important role by equipping healthcare professionals with the necessary practice and skills to hone their clinical acumen.

To optimise simulation training outcomes, the Conference brings to one venue, the collective resources and expertise of three renowned healthcare simulation institutes:

- SingHealth Duke-NUS Institute of Medical Simulation (SIMS) from Singapore,
- Society in Europe for Simulation Applied to Medicine (SESAM) from Europe,
- The Gathering Of Healthcare Simulation Technology Specialists (SimGHOSTS) from the United States

Delegates enjoyed opportunities to learn from the world's leading experts in healthcare simulation on a broad spectrum of topics, which aim to supplement existing training practices in a practical and in-depth fashion. Renowned experts in the healthcare simulation field also shared the latest technological advances to transform learners' experiences.





#### - EVENTS OVERVIEW -

#### SINGAPORE HYPERBARIC & UNDERWATER MEDICINE COURSE (SHUMEC)

The 9th Singapore Hyperbaric and Underwater Medicine Course (SHUMEC), jointly organised by the Republic of Singapore Navy (RSN) and Singapore General Hospital (SGH) was conducted from 04 to 08 November. The RSN and SGH have been in partnership since 2008 to advance the knowledge and clinical practice of underwater and hyperbaric medicine in Singapore. This collaboration has brought together the navy's experience in diving medicine, and SGH's expertise in multi-disciplinary patient management.

SHUMEC's teaching faculty comprises Singapore's leading practitioners in the field of diving medicine and hyperbaric medicine from the RSN, SGH and respective key partners. Participants gained a strong foundation in the practice of diving medicine and hyperbaric medicine, and obtained the necessary knowledge to perform assessments for divers and compressed air workers. Participants who completed the course may apply for registration as a Designated Workplace Doctor (Compressed Air Works) with the Ministry of Manpower (MOM).



Photos Credit: Mr Henry Ng

#### **COMPASSION THROUGH COLLABORATION - 2ND ICHMM 2019**

which took place from 22 to 24 November.



Delegates from 19 countries came together to share best practices, deepen partnerships and build networks of cooperation at the Second International Conference on Humanitarian Medical Mission (ICHMM) organised by SingHealth,

SingHealth has been involved in supporting volunteer medical missions in the region to raise healthcare standards. Many healthcare staff volunteer their time to join disaster relief humanitarian medical missions. SingHealth is also involved in post-disaster recovery capacity building programmes that help mitigate the after effects of disasters and allow communities to recover quickly.

One of the plenary speakers, Mr Benjamin William, Secretary-General of the Singapore Red Cross (SRC) shared the challenges faced by humanitarian actors today and the need for greater collaboration. Mr William urged humanitarian actors to focus on the interests of the vulnerable they seek to serve. Bound by the common goal to save lives, more can be done when humanitarians apply their collective forces in collaboration, rather than compete with one another.



#### FELLOWSHIPS & INTERNATIONAL COLLABORATIONS

Dr Pramod Baral from Nepal shares his fellowship experience in SGH, Department of Orthopaedic Surgery, Spine Service.



With Dr Wayne Wap and Dr Kumaran Rasappah, whom I met first in my hospital in Nepal during Nepal earthquake 2015, along with Dr Arun who is a spine fellow from India. I was very happy to get a warm welcome from them after coming to Singapore.

What are your impressions of Singapore's healthcare industry?

Singapore has one of the best healthcare systems in the world. I am really impressed by the efficient health care delivery system in this country. The quality service has been effectively ensured at all levels, from polyclinic to acute hospitals and community hospitals. The government hospitals in Singapore have been able to provide state of art services to its residents, ensuring uniform quality at all centres. Health funding and resource availability is always a major concern to patients and hospitals in my country. Singapore has been effectively managing the funding of health care of its people with different insurance schemes available to them to ensure the unrestricted access to health care. I think Singapore's health

care system is an example to rest of the world, both in terms of quality and sustainability.

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

There are differences in every sector. Although primary health care in most government health centres and hospitals are available free of cost to patients with government funding, there exists a huge gap in the need and availability of resources in these facilities. Due to unaffordability of patients to seek expensive medical treatments in conditions like rheumatic heart disease, renal failure, spine injury and cancer, government of Nepal provides funding schemes to these patients which enables them to receive treatment of these conditions. However, a more reliable system of funding through a well established insurance system like in Singapore would be more effective and sustainable. Its very easy for Singapore to have accessible health care facilities to all its residents living in this highly



Operating under Supervision is the best way to improve skills. I am very thankful to Dr Reuben Soh for giving me opportunity to assist, learn and perform advanced surgeries like deformity correction and minimally invasive spine surgery under his guidance. A True "Guru".

urbanized country. Due to the difficult geographical terrain, lack of developed transportation and communication systems and illiteracy in Nepal, access to health care services is a problem. Since the health issues of people living in rural and urban areas, mountains and plains of Nepal are very different, the health services available to them are also different and this remains a huge challenge to ensure effective health care delivery.

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

I was very interested to make Spine surgery as my career and was looking for a fellowship opportunity in a good centre around the world so that I can learn the latest trends in Spine surgery which I can start at my place. Singapore General





# Dr Pramod Baral from Nepal shares his fellowship experience in SGH, Department of Orthopaedic Surgery, Spine Service.

Hospital was my priority as I learnt from my seniors that it has a good learning environment along with a good case load for spine surgery. I thought my learning would be easier and more effective here since Singapore is an English speaking country. Besides, I also wanted to observe and learn the well developed health system of Singapore which is lacking in my country.

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

Although most patients speak English, it was sometimes difficult to communicate with some elderly patients who can only speak Mandarin. But with the help of their family members and occasionally my colleagues who could communicate with them, language was not a big problem while seeing patients in the clinics. I was very excited to see different cultures coexisting in Singapore which has trained its people to be more accepting to different cultures, and hence Singapore in my view is a country where people from around the world would feel easy and comfortable. Cultural differences never created problem to me, rather enjoyed it.



Lunch with Senior Consultant Dr Reuben Soh and Colleagues in his team.

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

My day started with the morning class at 7AM followed by ward rounds. Surgery in the Operation theater starts at 8:30 AM. Since spine cases have variable duration of surgery and are often long, 2-3 cases for the day end at 6-7 PM in the evening. Almost everyday I spent a few hours in the library in academia and I usually noted the learning points from the cases performed within the same day while filling my logbook in the evening.

#### What were your learning experiences?

I learnt a wide variety of spine surgeries during the fellowship. Most importantly, I learnt some advanced surgeries in spine which we are yet to start in my Institute in Nepal. Spine deformity correction and Minimally Invasive spine surgery were totally new for me. I also learnt the principles of management of metastatic spine tumours as metastatic tumours of spine form a significant portion of the cases I saw in SGH. I learnt preoperative planning of spine patients, intraoperative measures to reduce the risks of complications and post operative management of these patients for early recovery. Overall learning experience was very good for me.



During farewell dinner for Mahesh, with the consultants and associate consultants of the department.

#### How has the attachment made an impact on you?

Having attached to the Department of Orthopaedic Surgery and its Spine Service and having highly-trained and skilful senior Consultants enabled me to have learnt how a vibrant department functions with progression in every field of Orthopaedic Surgery, including spine. I will strive to make the department of Orthopaedic in my Institute in Nepal a better and progressive one so that we could provide high quality services to our patients and perform safe surgeries. This attachment has helped me to become more confident in my knowledge and skills. I am encouraged for a lifelong spine career and be a life-long learner in my field.



# Dr Pramod Baral from Nepal shares his fellowship experience in SGH, Department of Orthopaedic Surgery, Spine Service.

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

I was walking along the Kampong Bahru road on a Friday evening, when I saw a middle aged man fall off his bicycle on the road and hit his head. He was under influence of alcohol. But he could tell us that his hands have become weak and that he could normally move his legs. With the help of some other passers-by we managed to send the patient to SGH in an ambulance. On Saturday afternoon, one of my associate consultants called me to the operation theater for giving a hand for a case of central cord syndrome. To my surprise, I was going to assist him in the same patient which I helped the previous day in getting immediate care after trauma. I thought the world is not very big. It was satisfying to see patient recovered well after the surgery.

#### What did you enjoy most during your attachment?

I enjoyed everyday of my stay in Singapore. It's a beautiful country and very organized. I could go to some new places whenever I was free. I could make new friends during this time. They really have special place in my heart. I enjoyed the different varieties of food in Singapore, and had learnt to use chop-sticks. These days, I prefer to eat with chop-sticks to fork and spoon. Most enjoyable time was when my family came to visit me in Singapore and we went to Bali together.



With Nepali Fellow friends in Singapore, observing the National Day Parade at Marina Bay.

#### Would you recommend SGH to interested fellows? Why?

SGH is a premier Institute in Asia for advanced training in different subspecialties of Medicine. Apart from being well equipped with latest armamentarium in every field, the dedication of the faculties and staffs in work, getting opportunity to learn along with the teaching learning activities of the local trainees in an English medium give us unique opportunity for effective specialty training in SGH. So, I will definitely recommend for fellowship in SGH. My wife is planning to apply for a fellowship in radiology in SGH, and a few other colleagues have already applied for fellowship in SGH based on my recommendation.

#### How would you describe your fellowship experience in 3 words?

Amazing, Satisfying, Excellent





#### **CAMPUS FELLOW FORUM**

The latest edition of the Campus Fellow Forum was held on 11 November. We were glad to have 2 speakers for this session, Dr Eman Awadh Abduladheem Awadh Hashim, Clinical Fellow (KKH) from Bahrain and Dr S M Rezaul Karim, Clinical Fellow (SGH) from Bangladesh. During this fruitful session, both speakers shared how their attachments have improved their professional knowledge and experiences.



Photos Credit: Mr Henry Ng

The forum also features a Welcome and Network Lunch for foreign doctors, nurses and allied health professionals pursuing their training across SingHealth Institutions. Through this platform, knowledge exchange and inter-disciplinary understanding and learning of healthcare issues internationally can be fostered.

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

#### WELCOME!

We welcome our new Alumni Members:

Name	Specialty	Country
Dr Lomanog Rex Alvin	Cardiothoracic Anaesthesia	USA
A/Prof Maciej Piotr Chlebicki	Infectious Diseases	Singapore
Dr Camacho Ma. Kristine Claire	Urology	Philippines





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.



# UPCOMING EVENTS (2020)

#### **JANUARY**

9TH

#### **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

**10TH** 

#### **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

**15TH** 

#### Singapore LIVE (SingLIVE) 2020

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Singapore LIVE (SingLIVE) is Asia's pre-eminent annual live course in cardiac interventions. Organised by National Heart Centre Singapore, the SingLIVE faculty has expanded its reach and influence over the last 28 years to include many Asian key opinion leaders and experts, disseminating key opinions and practices which made the course highly relevant for many cardiologists in the region. Visit <a href="https://www.singlivecourse.com">www.singlivecourse.com</a> for more details.

**17TH** 

#### PGMI Afternoon Talk: Health is Wealth

**20TH** 

Focusing on the benefits of flexibility, strengthening and cardiovascular fitness, you will understand the importance of incorporating these 3 exercise components to your exercise routine for a wholesome workout. This 1 hour session conducted by the exercise specialist from NKF will start with 25 mins of theory explanation and end off with 35 mins of low-moderate intensity workout. Please email alumni@sgh.com.sg for more information.

#### **FEBRUARY**

4TH

#### **Crisis Support for Individual Resilience**

This course provides a framework that helps participants recognise and assist individuals experiencing emotional distress after a challenging situation or traumatic event. Individuals who are interested to learn about the impact of challenging situations or traumatic events and develop skills to provide emotional support to someone in need or Organisations that are planning to develop a crisis support system should attend this course.

Visit <a href="https://www.singhealthacademy.edu.sg/cheal/events-programmes/crisis-support-for-individual-resilience">https://www.singhealthacademy.edu.sg/cheal/events-programmes/crisis-support-for-individual-resilience</a> for more details.



#### **FEBRUARY**

#### **23RD**

#### Run for Hope 2020

Organised by Four Seasons Hotel Singapore and National Cancer Centre Singapore (NCCS), the run aims to raise awareness and support for critical, life-saving research. Funds raised net operating cost will be donated to NCC Research Fund. Visit <a href="https://www.runforhope.sg">www.runforhope.sg</a> for more details.

#### **24TH**

#### **Paediatric Epilepsy Training (PET) Course**

PET1, is a 1-day course, which will be delivered by Consultant Paediatricians. The course is recommended for all doctors and nurses who contribute to the initial or ongoing care of a child experiencing paroxysmal disorders in the acute and community setting.

PET2, is a 2-day course that has been developed to improve practice within childhood epilepsies. The course concentrates on general aspects of the epilepsies (history taking, differential diagnosis, investigation etc) and epilepsies encountered in infants and young children.

PET1 and PET2 will consist of lectures and interactive workshops. Please call 6394-8746 (Monday to Friday, 8.30am to 5.30pm) or email <a href="marcoms@kkh.com.sg">marcoms@kkh.com.sg</a> for more details on registration.

#### **MARCH**

#### **7TH**

#### SingHealth Duke-NUS Sport and Exercise Medicine Conference 2020

Organised by SingHealth Duke-NUS Sport & Exercise Medicine Centre (SDSC), the Inaugural SingHealth Duke-NUS Sport and Exercise Medicine Conference aims to bring together Health Care Professionals from a wide range of specialities to share knowledge and encourage learning and research within Sport and Exercise Medicine fraternity. The theme for this conference is Physical Activity – The New Vital Sign: Systematic Exercise Intervention in the Chronic Disease Paradigm. The Conference is supported by Sports Medicine Association Singapore.

Visit <a href="https://www.singhealthacademy.edu.sg/pages/semconf2020/programme.aspx">https://www.singhealthacademy.edu.sg/pages/semconf2020/programme.aspx</a> for more details.

Please email to sport.conf@singhealth.com.sg for enquiries.

#### **20TH**

#### **PGMI Afternoon Talk: Music Therapy**

Specially designed for stressed corporate staffs to de-stress and recharge during break time, this session will give an overview on what is music therapy and how to create your own personal relaxation music. Please email alumni@sgh.com.sg for more information.



# SGH-PGMI wishes all a Merry Christmas &

a Blessed New year!



#### **SGH ALUMNI NEWSLETTER**

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