

# SGH Alumni Newsletter

ISSUE 4 | JANUARY—MARCH 2014

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UPCOMING EVENTS



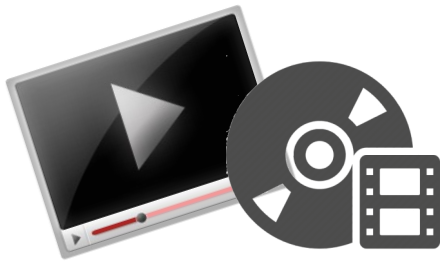
SGH PGMI  
Postgraduate  
Medical Institute

WHAT'S NEW!



## 1 ACCESS TO LIBRARY SERVICES

The library provides literature search for SGH alumni members who would like to have a list of references of journal articles and other resources pertinent to their specific information needs. In addition to searching the library collection, searches are conducted using PubMed and other databases. Members also have access to past issues of SGH Proceedings. To utilize these services, members will have to fill up the request form which is downloadable on our website.



## 2 ACCESS TO CME VIDEOS

Members have exclusive access to PGMI's video library which consists of a comprehensive selection of CME video clips covering a wide variety of topics. To gain access, members will have to fill up the request form which is downloadable on our website.

## 3 SGH ALUMNI BLOG

SGH PGMI has recently rolled out the SGH Alumni Blog. Members can access the blog for more information on articles and upcoming events featured in the alumni newsletter. Features include:

- **Members Portal**

*Exclusive access to member benefits and information, Password: pgmi280495*

- **Downloads Section**

*Download a printable version of the newsletter*

- **Share This**

*Share our articles/information on your social media*

- **Contact Us Section**

*Want to contribute ideas, ask us questions or simply just want to give us some feedback? Let us know by leaving us a message on our message board!*

Visit us at [www.sghalumni.wordpress.com](http://www.sghalumni.wordpress.com)



*For more information/enquires regarding the above services, please email [shirley.au.s.n@sgh.com.sg](mailto:shirley.au.s.n@sgh.com.sg)*

In the previous issue of the alumni newsletter, we sought for inputs on how to make our courses relevant and useful. The feedback we've received was beneficial in helping us to identify your needs. To all of you who completed the survey—Thank You! Your complimentary gift should be on the way!

PGMI Team ■

## NEW APPOINTMENTS

### Key Staff Appointments



**Assoc. Prof Goh Yeow Tee**  
Director  
*Office of Translational Medicine Oversight*

Credits: Leukemia & Lymphoma Foundation



**Prof Tan Kok Hian**  
Group Director  
*Academia Medicine, SingHealth*  
Senior Associate Dean  
*Academic Medicine, Duke-NUS*

### Clinician Leadership Appointments



**Assoc. Prof Chung Yaw Fui Alexander**  
Senior Consultant/Head  
*Hepato-Pancreato-Biliary and Transplant Surgery*



**Assoc. Prof Chan Kwai Lin Daisy**  
Senior Consultant/Head  
*Neonatal and Developmental Medicine*



**Dr Seow Chuen Chai Dennis**  
Consultant/Head  
*Geriatric Medicine*

## NEW DEVELOPMENTS



Two subspecialty teams in General Surgery merged and formed the **Department of Hepato-Pancreato-Biliary and Transplant Surgery (HPB/TrS)** which specializes in the surgical management of benign and malignant diseases of the liver, pancreas, gallbladder and bile duct.

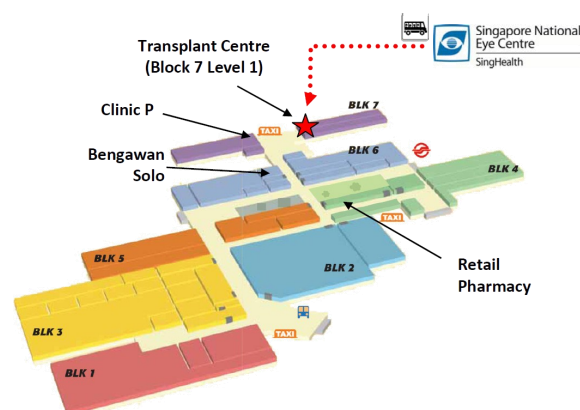
Headed by Assoc. Prof Chung Yaw Fui, Alexander, the department provides daily surgical clinic consultation at the Centre of Digestive and Liver Diseases (CDLD) and 24-hr subspecialty services with a weekly consultant specialist roster.

CDLD is located at SGH Block 3, Basement 1. ■

### TRANSPLANT CENTRE OPENS

The Transplant Centre at SGH Block 7 is the latest addition to the SGH campus. Housing all transplant-related healthcare professionals under one roof, patients only need to make a single visit for their transplant care. This makes caring for the patient as a team easier and is more efficient in generating a holistic care plan at one seating. In addition, this dedicated area for transplant patients will improve social interaction and support amongst each other, allowing better outpatient experience.

The Transplant Centre is located at SGH Block 7 level 1. ■



## NEW DEVELOPMENTS

### RENAMING OF OUTPATIENT SERVICE CENTRES

The locations of several outpatient service clinics have been renamed to make it easier for patients and visitors to navigate around the hospital. Listed below are the affected services:

SERVICE CENTRES AFFECTED	PHYSICAL LOCATION	RENAMED LOCATION
<b>Outpatient Pharmacy Rehabilitation Centre</b> <i>Occupational Therapy</i> <i>Physiotherapy</i> <i>Podiatry</i> <i>Speech Therapy</i>	Block 1 Level 1	<b>Block 3 Level 1</b>
<b>Diabetes Centre</b>	Block 1 Basement 1	<b>Block 3 Basement 1</b>
<b>Ambulatory Surgery Centre (ASC)</b>	Block 1 Level 2	<b>Block 2 Level 2</b>
<b>Urology Centre</b>	Block 2 Level 1 and 2	<b>Block 4 Level 1 and 2</b>

### SGH DIABETES PAL

Doctors from the Department of Endocrinology and Integrated Health Information Systems (IHIS) have developed a mobile app for type 2 diabetes patients new to insulin therapy. Based on the data entered and the patients' prescribed treatment plan, the app will prompt them on the dosage of insulin injection they need to administer to achieve optimum blood sugar levels. Features of the app include:

- **A dynamic guide**  
Prompts patients on what to do based on data on his changing real-time condition
- **Automatically generated graphs**  
Patients can easily see their progress in managing their diabetes
- **Administration function**  
Allows doctors and healthcare staff to monitor patient's progress remotely
- **Act as a reminder for patients to test blood sugar level**
- **Provides key information on diabetes medication.**

SGH and Duke-NUS Graduate Medical School are currently conducting a trial to determine the effectiveness of this app. ■

### WE ARE BABY FRIENDLY.



SGH is an accredited Baby Friendly Hospital for having met WHO and UNICEF standards for the WHO's Baby Friendly Hospital Initiative (BFHI) guidelines.

We have implemented various processes such as the Ten Steps to Successful Breastfeeding to encourage breastfeeding. Staff will facilitate skin-to-skin contact between mother and baby as soon as possible and babies will stay in their mothers' rooms. In addition, consistent guidance and support from staff will be given to all mothers who deliver at SGH.

Launched in 1991 by WHO and UNICEF, BFHI promotes and supports breastfeeding. Hospitals that follow these guidelines do not accept sponsored formula from milk companies, feeding bottles or teats. The BFHI in Singapore is spearheaded by the Health Promotion Board (HPB). ■



## EVENTS OVERVIEW

## SINGAPORE HEALTH AGE-FRIENDLY WEEK 2013

Together with our sister institutions, SGH celebrated Singapore Health Age-Friendly Week on 19 November by presenting awards to teams from SingHealth institutions for coming up with initiatives to create a warm, friendly and safe environment for older patients. Booths were also set up at various locations to share with the public how they can take better care of their health.

The Singapore Health Age-Friendly Week was initiated by SingHealth in 2012 and aims to raise awareness on the unique needs of elderly patients. ■



Staff at the Singapore Health Age-Friendly Award Ceremony 2013.

## SINGAPORE NEONATAL RESUSCITATION COURSE

Held from 10—11 October 2013, 28 participants were certified by the National Resuscitation Council of Singapore in neonatal resuscitation. The participants went through a series of lectures and hands-on training at practical stations to learn the essential skills to help newborns make respiratory and circulatory transitions.

Organized by the Department of Neonatal and Development Medicine, the Singapore Neonatal Resuscitation Course is conducted several times a year. Interested participants may look forward to a new series of training and certification in 2014. ■



## PUBLIC FORUMS

Staying in Control

Held at Suntec City Convention Centre, 350 participants attended the public forum organized by the SGH Pelvic Floor Disorders Service. The forum focused on less-than-often talked about issues on incontinence, constipation and womb/vagina prolapse. In addition, testimonials from current patients were featured to create a realistic view of the patients' conditions and recovery process. An advance practice nurse was also present to share about her role and experiences, thus providing a holistic view of pelvic floor disorders and their treatment options. ■

An Approach to Common Urological Diseases

As part of SGH Department of Urology's 25th anniversary, a public forum was conducted at Health Promotion Board on 12 October 2013 to educate the public on various urological conditions such as prostate cancer, kidney diseases and urinary incontinence etc. 420 participants attended the forum which was conducted in English, Mandarin and Malay. ■



# Calendar of Events

## January 2014

**7-9 Jan**



**Asian Australasian Advanced Course  
in Paediatric Neurosurgery**

**9-10 Jan**



**Singapore Neonatal  
Resuscitation Course**

## February 2014

**4 Feb**

**BCLS Reaccreditation**



**18 Feb**

**CPR + AED Course**

**15 Feb**

**Basic Course in  
Clinical Skills in  
Dermatology**



**22-24 Feb**

**Advanced Corneal  
Surgery ALK/DSAEK  
Course**



## Education Week

10-15 February 2014

**10 & 14 Feb**

**Pedagogy Workshop**

**11 Feb**

**Women's Health Workshop**

**15 Feb**

**Minor Surgery Workshop**

**Feb (TBC)**

**Diabetic Retinal Workshop**

## March 2014

**10-14 Mar**

**Singapore Hyperbaric  
And Underwater  
Medicine Course 2014**



**27-29 Mar**

**3rd Singapore  
Rehabilitation  
Conference**







# Singapore Rehabilitation Conference

*Rehabilitation in the Continuum of Care*

27 - 29 March 2014 | Academia, SGH Campus

The Singapore Rehabilitation Conference returns in March 2014 with a wide-ranging and comprehensive programme and renowned speakers both local and international. Themed "Rehabilitation in the Continuum of Care", the topics will be relevant for professionals across various levels of rehabilitation services including acute and community hospitals, nursing homes, and outpatient rehabilitation facilities.

## GUEST OF HONOUR

**Associate Professor Muhammad Faishal Ibrahim**  
Parliamentary Secretary, Ministry of Health, Singapore

Our lineup of Esteemed Speakers include

### PROFESSOR DAVID CIFU

Chairman and Herman J. Flax M.D. Professor  
Department of Physical Medicine and Rehabilitation (PM&R),  
Virginia Commonwealth University  
Staff Physiatrist  
Hunter Holmes McGuire Veterans Administration Medical Center  
Executive Director  
VCU-Center for Rehabilitation Science and Engineering and  
National Director of PM&R Services  
Department of Veterans Affairs' Veterans Health Administration  
United States of America

### PROFESSOR ALISON MCGREGOR

Professor of Musculoskeletal Biodynamics  
Department of Surgery and Cancer, Imperial College  
United Kingdom

### ASSOCIATE PROFESSOR DALE AVERS

Associate Professor of CHP-Physical Therapy  
State University of New York, Upstate Medical University  
United States of America

...and many more!

## Programme Highlights

- Cognitive Rehabilitation
- Community Reintegration
- Rehabilitation Advocacy & Enablement
- Musculoskeletal Rehabilitation
- Neurological Rehabilitation
- Special Topics in Rehabilitation
- Spinal Cord Rehabilitation
- Inter-professional Collaboration - New Synergies in Rehabilitation Care
- Education in Rehabilitation
- Distinguished Lecture & Expert Discussion Panel

Register at [www.singaporerehab.com.sg](http://www.singaporerehab.com.sg) now!

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For more information on programmes and to register for courses, please contact us:



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*\*All information is accurate at the time of printing.*

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*This is an abridged version of the newsletter. To read more stories, please visit [www.sghalumni.wordpress.com](http://www.sghalumni.wordpress.com).*