

SGH Alumni Newsletter

ISSUE 40 | January — March 2023

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FELLOWSHIPS & INTERNATIONAL
COLLABORATIONS



SGH PGMI
Postgraduate
Medical Institute

NEW APPOINTMENTS

Key Leadership & Clinical Appointments

Singapore General Hospital



Dr Charles Goh Xian-Yang
Chief Medical Informatics Officer
Singapore General Hospital



Dr Lim John Wah
Head, Occupational & Environmental
Medicine
Singapore General Hospital



Dr Winnie Lam Wing Chuen
Head, Nuclear Medicine & Molecular
Imaging
Singapore General Hospital

SingHealth HQ & SingHealth Institutions



Ms Margaret Lee Mui Pheng
Group Chief Financial Officer (Designate),
SingHealth



Dr Lim Eng Kok
Group Director
Value-Driven Care & Future Workforce
SingHealth



Mr James Toi
Chief Operating Officer, RHS Operations
SingHealth



Mr Benjamin Cheam
Director, Northeast
SingHealth Office of Regional Health



Dr Fadzil Hamzah
Deputy Director, Health Promotion and
Disease Prevention
SingHealth Regional Health System



CI A/Prof Chan Yoke Hwee
Chairman Medical Board (Designate)
KK Women's and Children's Hospital



A/Prof Wong Merng Koon
Chairman, Division of Ambulatory and
Outpatient Care
Sengkang General Hospital



Dr Qian Li
Chief Medical Informatics Officer
National Dental Centre Singapore



CI A/Prof Chew Ming Tak
Chief Data and Digital Office
National Dental Centre Singapore



Dr Gan Wee Hoe
Chief Executive Officer
SingHealth Community Hospitals

SGH RECEIVED INTERNATIONAL AWARD

SGH has received an international award for contributing to the development of nuclear medicine in the Asia Pacific. This award recognises the influential and impactful work of our Department of Nuclear Medicine & Molecular Imaging.

SGH represents Singapore in lending our expertise in nuclear medicine to promote research and training in the peaceful use of nuclear technology, under the auspices of the International Atomic Energy Agency (IAEA). Since 1999, SGH has

provided experts, organised meetings and workshops, and trained about 90 fellows in Nuclear Medicine, as part of the international Regional Cooperative Agreement (RCA).

A Singapore government representative had received the award on behalf of SGH at an international Regional Cooperative Agreement (RCA) conference in Europe last year. The award was presented to us by Mr Ang Kok Kiat, Group Director (Radiation Protection & Nuclear Science) of the National Environment Agency (NEA), Singapore.



Mr Ang Kok Kiat (left) of the NEA presented the award to CEO Prof Kenneth Kwek.

Source: SGH Facebook

SGH RANKED AMONGST WORLD'S BEST



Ranked 8 In World's Top 100 AMS Hospitals

Singapore General Hospital has been ranked as the top Academic Medical Centre (AMC) in the Asia Pacific region and 8th in World's top 100 AMS Hospitals! The study was conducted by Brand Finance. It aims to create a way to understand what makes the world's top academic medical centres leaders in their field. SGH was ranked as a leader in technology and innovation. Read about their interview with A/Prof Ruban Poopalalingam, Chairman Medical Board, SGH at: <https://www.sgh.com.sg/news/awards/sgh-ranked-worlds-8th-best-academic-medical-centre>

Ranked 9 In 2023 Newsweek World's Best Hospitals List

Newsweek is an internationally renowned and trusted publication, which has ranked the top 250 hospitals in the world since 2019. This ranking is done independently and in an unbiased manner, with no input from any of the hospitals.

Over the last 5 years SGH has been consistently placed among the top hospitals globally. We are pleased to see that in 2023, we are ranked the 9th best hospital in the world by Newsweek. We are also delighted to be listed 21st for Urology, and 141st for Endocrinology, under the World's Best Specialised Hospitals listing of 11 specialties. At the same time, we placed 75th among the World's Best Smart Hospitals 2023. Read more at <http://ow.ly/TQL950N7Qqm>

We are humbled by these recognition and will remain committed to delivering excellent care!

Source: SGH Facebook

AWARDS

NATIONAL AWARDS (COVID-19)

Congratulations to SGH's 624 National Awards (COVID-19) recipients! CEO Prof Kenneth Kwek and Chief Nurse Ms Ng Gaik Nai received the Public Administration Medal (Gold) for their leadership. Our SGH colleagues also received 7 Public Administration Medal (Silver), 33 Public Administration Medal (Bronze) and 582 Commendation Medals. SGH is honoured to be recognised for our contributions, with the President's Certificate of Commendation (Covid-19). The National Awards (COVID-19) are given to individuals and teams who have made exceptional contributions fighting the pandemic. For full list of recipients, visit <https://www.pmo.gov.sg/National-Awards/Recipients>

Source: SGH Facebook

NEW DEVELOPMENTS

BVH IS NOW BRIGHT VISION COMMUNITY HOSPITAL (BVCH)

As part of a move to enhance corporate governance, streamline fundraising efforts and optimise its operations, Bright Vision Hospital (BVH) has de-registered as a charity and an Institution of Public Character (IPC). It has also been removed from the register of companies in Singapore.

BVH's hospital operations has been integrated into SingHealth Community Hospitals (SCH) with effect from 1 January 2023, and SCH will run the hospital operations under the new name "Bright Vision Community Hospital". SCH also operates Sengkang Community Hospital and Outram Community Hospital, and is part of the SingHealth cluster, Singapore's largest public healthcare cluster.

This move will bring BVH directly into the SingHealth network of public healthcare institutions and will increase its accessibility to professional resources within the SingHealth cluster, thereby allowing it to better meet the needs of its patients.

NATIONAL CANCER CENTRE SINGAPORE HAS MOVED



NCCS has begun operation at the new building with effect from 10th March 2023.

Located just 3 minutes' walk away from Outram MRT station, the new 24-storey building has increased capacity and expanded facilities dedicated to cancer care, rehabilitation, research and education. Designed with a patient-centric approach, the new NCCS has increased clinic space for multi-disciplinary cancer care and larger capacity to improve patient flow and experience. It also offers patients access to proven, advanced treatments such as proton therapy. Singapore Cancer Society will also be co-located in the same premises.

Source: NCCS Facebook

NEW NEONATAL ICU WARD

The newly renovated Neonatal ICU ward was opened on 30 January and more than 30 ICU babies were carefully moved to the new ward. Apart from 30 hospital baby cots and 2 isolation rooms, the renovated ward also sports dedicated facilities like neonatal procedure room, parenteral nutrition preparation room, milk room, counselling and breastfeeding rooms. These facilities allow our team to provide the best care and safety for our smallest and vulnerable patients. Watch the video on the move here: <https://fb.watch/illKgrfKgQ/>



SGH Senior Management officiated the opening and was briefed on the new facilities.

Source: SGH Facebook
Photos by Mr Henry Ng

CREATING MORE MILEAGE FOR KNEES

For younger patients with knee osteoarthritis, new treatment options are available to preserve rather than replace the knees.

Painful arthritic knees are often linked to ageing, but osteoarthritis is increasingly affecting younger people.

A degenerative condition associated with knee malalignment, obesity and sports injuries, osteoarthritis is often treated by taking out the diseased knee bone and replacing it with an artificial part. Someone in his late 30s or early 40s, however, may need to undergo one or even two more replacements, as the artificial parts last at most 20 years.



Dr Lee Kong Hwee likens preservation surgery to “an extension of the knee’s COE (Certificate of Entitlement)”, and the procedure to rebalancing of car tyres whose treads have become worn on one side after some time. With preservation surgery, or osteotomy, the weight of the body is shifted to the centre of the body instead of on one side.

To avoid having to undergo several replacements — and the possible infections and complications that come with repeated surgeries — younger patients with early arthritis can opt for knee preservation. This involves shaving a bit of the tibia (shin bone) and adding a bone graft to align and distribute the body weight across the whole knee. In arthritic patients, their body weight tends to shift to one side, causing pain and sometimes, bow legs.

“A preservation surgery not only addresses patients’ knee osteoarthritis problem, but may also help them delay or even avoid the need for a knee replacement surgery in the future,” said Dr Lee Kong Hwee, Consultant, Department of Orthopaedic Surgery, and Director, Sport Service, Singapore General Hospital (SGH).

Data show that 80 per cent of patients who had undergone a type of preservation surgery known as high tibial osteotomy (HTO) did not need a knee replacement 10 years after the surgery, Dr Lee added. “Should the arthritis advance for whatever reason, the patient can still go for a replacement; that bridge is not burnt,” said Dr Lee, who also spearheads SGH’s Knee Preservation Service, which was set up in 2019.

Read more at: <https://www.sgh.com.sg/news/singapore-health/creating-more-mileage-for-knees>

Source: SGH Website

FELLOWSHIPS & INTERNATIONAL COLLABORATIONS

Dr Yuen Jin Chuen from Malaysia shares his fellowship experience in SGH, Department of Orthopaedic Surgery, Adult Reconstruction Service



Dr Yuen (right) with Supervisor Dr Pang Hee Nee (middle) and colleague Prof Yeo Seng Jin

What was your impression of Singapore's healthcare industry?

Singapore's healthcare system is considered to be of high quality, with advanced medical technology and well-trained healthcare professionals. I'm impressed with the standard of care and the expertise available for their patients.

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

The healthcare system of Singapore is funded through a combination of government subsidies and mandatory individual contributions. Meanwhile the healthcare system in Malaysia is organised into two main sectors: the public sector, which is largely funded by the government and is available to Malaysians at a nominal fee as the services are heavily subsidised through general taxation of income. Hence there is limited resource available in the public sector. Meanwhile the private sector, which is largely funded by individuals and provides more specialised and premium healthcare services.

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

Because Singapore has a strong reputation around the world for being an efficient and excellent healthcare system. Additionally, by utilizing cutting edge technology being leveraged to ensure accurate diagnosis and the most advanced treatment to ensure the best possible outcome for the patients.

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

As a Malaysian Chinese, the culture and language was very similar and generally I believe that I assimilated very well and my colleagues and the staff at SGH and PGMI were all very warm and welcoming. I faced no issue communicating with the patient as most of the Chinese from Malaysia able to speak trilingual. Sometimes I even help to translate for my colleague when treating Malay Singaporean who only speak Malay language.

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

My day would typically start around 7am, and we will have online zoom briefings before I head to the hospital. Depending on the schedule I would either be in clinic or in the operation theatre.

What were your learning experiences?

I was fortunate to be able to learn and perform surgeries under the expert guidance of two senior consultants. Both of them has different methods on approaching the patient as well as different surgical technique and philosophy in performing operation. I able to exposure to conventional kinematic alignment joint replacement surgery, computer navigated joint replacements and robotic technology as well as direct anterior and posterior hip replacements during my training was much appreciated. Although the fundamental science of medicine remains common everywhere, the approach and the management vary.

How has the attachment made an impact on you?

It has opened my mind on the new techniques, skills and advancement of technology in this arthroplasty field. It had change my practise back in Malaysia and upgraded my skill to bring the best possible treatment for my patients.

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FELLOWSHIPS & INTERNATIONAL COLLABORATIONS

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

My most memorable experience was the first time when my supervisor suddenly pass me the surgical blade after finish draping the patient, and my supervisor ask me to start the operation when I never expect I be preforming the operation in my early stage of fellowship. It also very memorable when both of my supervisor given me a warm farewell lunch toward the end of my training.



What did you enjoy most during your attachment?

I enjoyed the most went my trainer allow me to perform the operation under his excellent guidance. I really appreciated the opportunity and trust given to me . As to my knowledge, some of my colleagues who underwent fellowship training elsewhere, they were not given such an opportunity to perform the procedure.

Would you recommend SGH to interested fellows? Why?

Definitely yes because I felt I benefit to the max in this fellowship training as well as given so many opportunity to perform many hands-on surgery.

How would you describe your fellowship experience in 3 words?

Blessed, Unforgettable, Inspiring

WELCOME!

We welcome our new Alumni Members:

Name	Specialty	Country
M Perumall	Family Medicine	Singapore
Benjamin Sachdev Manjit Singh	Internal Medicine & Rheumatology	Malaysia
Gan Chye Chung	Interventional Nephrology and Renal Medicine	Malaysia
Haseeb Amber	Orthopaedic Surgery	Malaysia
Yuen Jin Chuan	Orthopaedic Surgery	Malaysia
Nerit Emmanuel Angelo	Orthopaedic Surgery	Philippines
Woo Edward	Orthopedic Surgeon -Adult Reconstruction	Philippines
Sen Shashwati	Reproductive Medicine	India
Zaldivar Joan Kristi	Vascular Surgery	Philippines

SGH PLS - PGMI GET TOGETHER LUNCHEON



More than 20 Non Resident Clinicians, Clinical Fellows and their supervisors and administrators came together for a luncheon on 9th February. Jointly organised by SGH Patient Liaison Service (PLS) and Postgraduate Medical Institute (PGMI), the informal get together provided an opportunity for the clinical fellows and non resident clinicians to mingle and network with the leaderships and each other.

The attendees were welcomed by SGH Deputy CEO (Future Health System), Prof Tan Hiang Khoon, and Director, PGMI, A/Prof Winston Lim.

Getting to Know SGH Patient Liaison Service Department

Patient Liaison Service (PLS) at Singapore General Hospital (SGH) is the direct contact point for both local and foreign patients. With an experienced multinational team with keen understanding of hospital processes, the team is pleased to assist all patients in navigating their medical journeys at SGH.

When contacting PLS, patient will be provided with a comprehensive range of services, from general SGH information, specialist recommendation, medical opinion seeking, appointment booking, to coordination for direct admission/emergency evacuation, as well as other concierge related enquiries such as accommodation listing and extension of stay in Singapore on medical ground. For foreign patients looking to return to their home countries, the team will assist with repatriation arrangement, as well as link up patient & family with local specialists for continuous care. The team hopes to build a strong supporting and referral network internationally, so that patients can be best cared for wherever they are.



The multinational team at PLS



PLS also collaborate with SGH-PGMI to work closely with SGH/SingHealth clinical departments, and corporate partners in Singapore and around the regions to organise GPCME events & health talks, with the goal to keep our family physicians updated on current topics, latest research findings and updates on the happenings in the medical field, as well as to raise public awareness of medical conditions, to share knowledge on the latest treatment options available, and to promote healthy lifestyles in alignment with Singapore's goal of building a healthy nation. Interested physicians and members of public can scan respective the QR codes and subscribe to our mailing lists to be notified of future events. PLS is glad to connect with all PGMI alumni.

For any assistance with patient matters or collaboration opportunities, you may connect with PLS at:

SGH Patient Liaison Service

Location: SGH Block 6 – Level 1 (Next to Security Office)
PLS Hotline: (+65) 6326 5656
Email: pls@sgh.com.sg
Operating Hours: Mon – Fri: 8:30 am – 6:00 pm
Sat, Sun & Public Holiday: closed

UPCOMING EVENTS

April 2023

12TH

SGH Lunchtime Q+A with GPs

Presented by Dr Chong Chew Wei, Department of Hand & Reconstructive Microsurgery, SGH
Dr Chen Xuan Xuan, Department of Pain Medicine, SGH

19TH

GPCME Webinar: GP First and Chest Pain in SGH ED*

Presented by Dr Chan Jing Jing and Dr Lim Jia Hao, Department of Emergency Medicine, SGH

26TH

GPCME Webinar: Tips to Managing Ear Conditions GPCME Webinar*

Presented by Dr Brenda Sim, Dr Ng Jia Hui and Dr Vanessa Tan
Department of Otorhinolaryngology-Head & Neck Surgery, SGH

May 2023

10TH

SGH Lunchtime Q+A with GPs

Presented by Dr Pamela Sandriany Partana, Department of Obstetrics and Gynaecology, SGH
Dr Yeo Siaw Ing, Department of Rheumatology & Immunology, SGH

24TH

GPCME Webinar: Obesity Management— Powering Up Your Toolbox*

Presented by Dr Lee Phong Chin, Department of Endocrinology, SGH

June 2023

14TH

SGH Lunchtime Q+A with GPs

Presented by Dr Ou Yang Youheng, Department of Orthopaedic Surgery, SGH
Dr Hui Li Yu, Cheryl, Department of Plastic, Reconstructive & Aesthetic Surgery,
SGH

28TH

GPCME Webinar: Vascular & Interventional Radiology*

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Upcoming Events

(continued from previous page)

July 2023

2ND - 3RD **Global Severe Cutaneous Adverse Reactions Forum**

Organised by Department of Dermatology, SGH

7TH **GPCME Webinar: SGH & SNEC***

12TH **SGH Lunchtime Q+A with GPs**

Presented by Clin Asst Prof Ravishankar Asokkumar, Department of Gastroenterology and Hepatology, SGH

Dr Gerald Tay Ci An, Asst Prof Rena Dharmawan and Dr Rahul Nagadia,
Department of Head and Neck Surgery, SGH

*Please refer to our website <https://www.sgh.com.sg/pgmi> for events updates.

SGH LUNCHTIME Q+A WITH GPs

Have burning questions pertaining to medical care?

Join our clinicians at the SGH Lunchtime Q+A with GPs that takes place on Wednesday from 1pm to 2pm. Each session, we have our specialists from 1-2 disciplines online to take your questions live.

For more information on the upcoming sessions and to register and pre-submit your questions, please click on the below link (internet access required):

<https://for.sg/sgh-lunchtime-gp-gna-2023-registration>



TELL US WHAT YOU WANT!

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

SGH ALUMNI NEWSLETTER

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