

SGH Alumni Newsletter

ISSUE 41 | April — June 2023

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SGH PGMI
Postgraduate
Medical Institute

NEW APPOINTMENTS

Key Leadership & Clinical Appointments

Singapore General Hospital



Dr Kenny Loh Wei Tsen
Head, Anaesthesiology
Singapore General Hospital



A/Prof Limin Wijaya
Head, Infectious Diseases
Singapore General Hospital



A/Prof Ng Chin Teck
Deputy Head,
Rheumatology & Immunology
Singapore General Hospital



A/Prof Ng Heng Joo
Clinical Director,
Clinical Governance and Quality
Singapore General Hospital



Dr Kang Mei Ling
Director,
Clinical Risk Management
Singapore General Hospital



A/Prof Cheow Peng Chung
Director,
Clinical Events Management
Singapore General Hospital

SingHealth HQ & SingHealth Institutions



CI Asst Prof Chow Weien
Chief Data and Digital Officer
Changi General Hospital



CI A/Prof Ng Kee Chong
Deputy Group Chairman Medical Board
(Disease Outbreak and Preparedness)
SingHealth
Chief Risk Officer
KK Women's and Children's Hospital



CI A/Prof Thoon Koh Cheng
Chairman, Division of Medicine
KK Women's and Children's Hospital
Academic Chair,
SingHealth Duke-NUS Paediatrics Academic
Clinical Programme



Adj A/Prof Ang Shin Yuh
Director, Nursing
National Dental Centre Singapore



A/Prof Yeo Khung Keong
Chief Executive Officer
National Heart Centre Singapore



A/Prof Jack Tan Wei Chieh
Deputy CEO (Cluster Cardiac Care Network)
National Heart Centre Singapore



Dr Ng Wai May
Director of Nursing
National Neuroscience Institute



CI Asst Prof Luke Low
Deputy Chief Executive Officer (Clinical
Services) (Designate)
SingHealth Community Hospitals

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NEW APPOINTMENTS

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Key Leadership & Clinical Appointments

SingHealth HQ & SingHealth Institutions



Dr Wong Song Ung
Chief Data and Digital Officer
SingHealth Polyclinics



Dr Leow Leong Chai
Head,
SingHealth Duke-NUS Sleep Centre

AWARDS

BEST SPECIALISED HOSPITALS ASIA PACIFIC

Following our top 10 ranking in Newsweek's World's Best Hospitals list for 2023, SGH has been ranked among Newsweek's Best Specialised Hospitals Asia Pacific 2023, in Orthopedics, Endocrinology, and Neurology!

Newsweek's inaugural ranking recognises leading hospitals in the APAC region in six key medical fields: Cardiology, Endocrinology, Neurology, Oncology, Orthopaedics and Paediatrics.

Besides SGH, Changi General Hospital, KK Women's and Children's Hospital, National Cancer Centre Singapore and National Heart Centre Singapore are in the ranking as well.

For more information, visit <https://www.newsweek.com/rankings/best-specialized-hospitals-apac-2023>

Source: SingHealth Facebook

ISCD INTERNATIONAL CLINICIAN OF THE YEAR AWARD



Dr Manju Chandran (right) receiving her award at the Annual General Meeting of ISCD

Dr Manju Chandran, Senior Consultant and Director of Osteoporosis and Bone Metabolism Unit, Department of Endocrinology, has been conferred with the 2023 International Society of Clinical Densitometry (ISCD) Clinician of the Year award!

The ISCD is the global voice for health care professionals devoted to musculoskeletal health assessment, their chief advocate, and trusted peer group. The Society represents all professionals globally who provide quality musculoskeletal health assessments and therapies to those living with osteoporosis and other bone disorders.

This prestigious award recognizes outstanding clinicians for their distinguished service in the field of densitometry through leadership, education, or publication.

Dr Chandran's remarkable contributions have made a significant impact in the healthcare community globally and have been rightly acknowledged with this award. The award was presented to Dr Chandran on 31 March 2023, in Chicago, USA, in conjunction with the annual general meeting of the ISCD.

Source: SGH Facebook

AWARDS

NATIONAL MEDICAL RESEARCH COUNCIL AWARDS

The awards are presented to talented clinician scientists and researchers who do internationally-competitive and cutting edge translational and clinical research and will help transform medicine and improve patient care for Singapore and beyond. Visit <https://www.singhealth.com.sg/about-singhealth/newsroom/Pages/NMRC-2023.aspx> for full list of winners.



Source: SingHealth Facebook

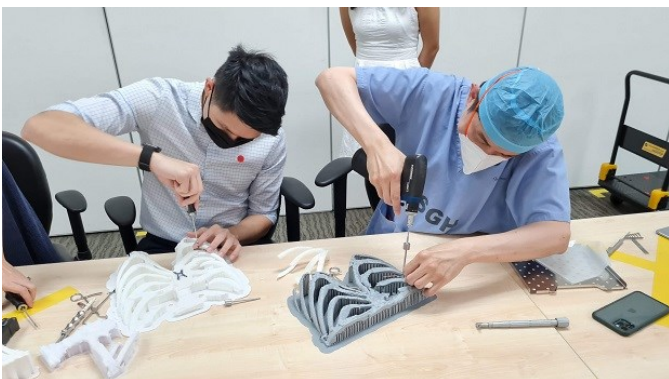
SGH WINNERS AT SINGHEALTH EXCELLENCE AWARDS

The 12th SingHealth Excellence Awards was held to recognise and celebrate excellence across the SingHealth family. This year, 14 SGH staff received the awards for inspiring us with their dedication and contributions to healthcare leadership and administration, patient care, education and research. Mr Chan Yeng Kit, Permanent Secretary, Ministry of Health graced the event as the Guest of Honour. View the list of winners and photos at this link: <https://for.sg/she2023winners>

Source: SingHealth Facebook

NEW DEVELOPMENTS

SAFER SURGERIES WITH 3D PRINTING



The 3D models use colours to better differentiate parts of the bone structure

At Singapore General Hospital (SGH), a 3D Printing Centre has been established, with the initial focus on producing 3D-printed patient-specific 3D models to help in pre-surgical planning and rehearsal of uncommon and complex operations. “SGH is harnessing the potential of 3D printing and expanding its use to achieve better patient care, starting with the launch of our very own 3D Printing Centre in SGH,” said Dr Mark Tan, Clinical Lead, 3D Printing Centre, SGH, and Consultant, Department of Diagnostic Radiology, SGH.

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“Currently, 3D models allow surgical teams to rehearse complex cases, as well as to pre-size and pre-shape implants to the patient’s anatomy before operations to improve their fit, patient outcomes and to decrease operative time.”

Sunken Chest

In December 2021, SGH pioneered a treatment using a 3D-printed implant on a 20-year-old man with a condition known as pectus excavatum* or sunken chest.

He was born with a chest that curved inward from the top to the bottom, preventing both lungs from expanding fully, said Dr Chew Khong Yik, Senior Consultant, Department of Plastic, Reconstructive and Aesthetic Surgery, SGH. The deformity also pushed his heart against his left lung. The patient first underwent a traditional treatment to insert a stainless steel bar into his chest to push it outward. His extensive deformity, however, meant that the lower part of his chest still curved inward. “We could have used a fat graft but, in a chest, it can be pulled down by gravity. When the patient runs or marches, the graft may move up and down, which can look unsightly,” said Dr Chew.

A second steel bar was not used on the lower deformity as the patient’s functions, like breathing, were not affected. Instead, a medical team led by Dr Chew turned to another method of addressing the concavity of the chest.

Working with local medical devices company Osteopore International, a bioresorbable polymer implant was developed for the patient. The custom-fitted porous structure embedded with bone marrow taken from the patient’s thigh bone acts as a scaffold for the patient’s own bone cells to regenerate and grow. Over two years, the implant will slowly dissolve, leaving the patient with a corrected chest that is made up of his own bone.

To create the 3D implant, the patient’s chest was first scanned in a CT scanner, and the image converted into a file that can be used to make the 3D model implant. SGH and Osteopore International worked closely using physical as well as virtual models to adjust and size the implant to be as near as possible to the structure of his body to reconstruct the chest deformity. The final implant was produced by Osteopore International for surgery.

“We believe our technique would enable more patients to come forward and seek treatment for this deformity. The implant is not permanent and is made using their own body tissue. With imaging-rendered technology, we can achieve perfect symmetry of reconstruction by using mirrorimaging techniques. With computer-aided design and manufacturing technology, we are able to create an implant that can fill the defect exactly,” said Dr Chew.

Creating a 3D model of the patient’s chest has other benefits, said Dr Tan. It can be used for planning and rehearsing the surgery, boosting the surgical team’s confidence in performing the operation. This allows the operation to go more smoothly, cuts surgery and anaesthesia times and results in a quicker recovery for the patient, he added.

Read more at <https://www.singhealth.com.sg/news/singapore-health/safer-surgeries-with-3d-printing>



Surgeons can plan and rehearse surgical procedures using 3D models, and this leads to better outcomes

Source: SingHealth Website

OFFICIAL OPENING OF THE NEW NCCS



The new National Cancer Centre Singapore (NCCS) is officially opened on 18 May by Deputy Prime Minister and Minister for Finance Mr Lawrence Wong. The new 24-storey NCCS is five times larger and has enhanced facilities for cancer care, rehabilitation, research and education to address the nation's future healthcare needs. Watch the new building video at this link: <https://youtu.be/2-a9-aeKc28>

Left to right: Prof Teh Bin Tean, DCEO (Research), Prof William Hwang, CEO, NCCS, Mr Cheng Wai Keung, Chairman, SingHealth, Mr Lawrence Wong, Deputy Prime Minister and Minister for Finance, Prof Ivy Ng, GCEO, SingHealth and Prof Lim Soon Thye, DCEO (Clinical)

Source: NCCS Facebook

MAKING BILLING A BREEZE

A fully-redesigned inpatient charging process has been rolled out across SingHealth institutions, enhancing patient care and streamlining workflows.



The team behind eCC

Improving efficiency and patient safety

Since late 2021, institutions across SingHealth have steadily switched to a fully digitalised billing system, birthed from an initiative named the Electronic Charge Capturing (eCC) project.

Nurses now simply search for the correct "charge codes" after the necessary procedures have been performed, and add them under a patient's profile in their systems. The consolidated bills are then automatically generated and ready upon the patient's discharge.

Since its roll-out across the cluster, both nursing and non-nursing staff have reported significant savings in time spent on administrative tasks such as recording and charging. For example, Singapore General Hospital (SGH), KK Women's and Children's Hospital (KKH) and National Heart Centre Singapore (NHCS) have reported a total estimated savings of 19,400 hours from this project.

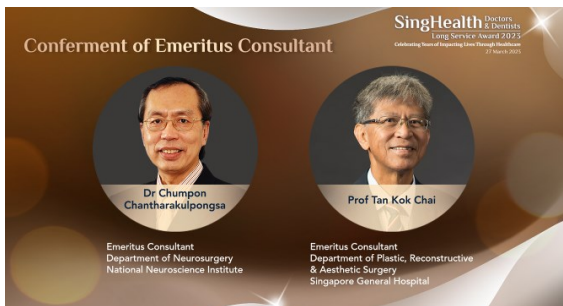
As a result, nurses are now able to spend more time in the wards with patients, optimising the level of clinical care and patient safety. Billing accuracy has also improved.

"There are always distractions that can take us away from clinical duties. By cutting down on administrative tasks, we are better able to focus on patient care, safety and satisfaction," says Ms Patricia Yong, Deputy Director of Nursing at SGH, who co-leads eCC with her counterpart at KKH, Ms Teo Chor Cher.

Read more at <https://www.singhealth.com.sg/news/tomorrows-medicine/making-billing-a-breeze>

Source: SingHealth Website

MEET OUR LATEST EMERITUS CONSULTANT



Heartiest congratulations to Professor Tan Kok Chai, SGH Plastics, Reconstructive and Aesthetic Surgery and Dr Chumpon Chantharakulpongsa, National Neuroscience Institute, SGH Campus on receiving the prestigious Emeritus Consultant titles for their outstanding contributions to healthcare. Their dedication and excellence in patient care have truly made a difference. We are proud to celebrate their achievements and thank them for their valuable contributions to the healthcare industry

Watch the video honouring our newly conferred Emeritus Consultants here: <https://youtu.be/THE87tmntL8>

Source: SingHealth Website and SGH Facebook

THE APP THAT LISTENS

Once launched, the app by the SGH Urology Department will allow patients to do tests at home, enhancing the accuracy of the readings.

Ideas — good ones — can strike in unexpected places.

For Associate Professor Ng Lay Guat, her eureka moment happened when she was in a public toilet! “I could hear the person in the next cubicle. As a urologist, I can tell when there’s perfect or slow flow of urine. That’s when I realised that our brain has the ability to analyse it, so why not get an app to do the job? I guess it turned out to be a useful occupational hazard!” said Assoc Prof Ng, Senior Consultant, Department of Urology, Singapore General Hospital (SGH).

She went on to develop a mobile app that can detect abnormal urine flow. When implemented, the app will potentially shorten clinic waiting times as patients can then do certain tests at home before arriving at the clinic. Now in the testing phase, the app is likely to be launched within the year by the SGH urology team led by Assoc Prof Ng.

Patients being treated for urological conditions routinely undergo a standard test called uroflowmetry, where they urinate into an electronic machine. The data gathered help doctors determine the effectiveness of the treatment and whether modifications are needed. However, to be accurate, the test needs to be done when the patient’s bladder is full; otherwise, the result may be inconclusive.

“The clinic can be a stressful environment for the patient. Having other patients behind them in the queue waiting for the same test can cause some anxiety, so they quickly do the test even when the

bladder is not completely full,” said Dr Edwin Jonathan Aslim, Consultant, Department of Urology, SGH. Inaccurate test results lead to patients having to re-take the test, adding to their waiting time as they wait one to two hours for the bladder to fill up again. They may even have to return on another day, added Dr Aslim, a member of the team.

With the app, patients can repeat the test stress-free at home as often as they want, giving doctors a clearer picture of their condition. Using the app will also free the nurses to focus on patients needing greater attention. With the standard method, nurses need to bring the patient to the machine, clear the urine and replace the container when the test is done.

Read more at: <https://www.sgh.com.sg/news/singapore-health/the-app-that-listens>



From left to right: Dr Lee Han Jie, A/Prof Ng Lay Guat and Dr Edwin Jonathan Aslim are developing an app for patients to measure their urine flow easily and as often as needed.

Source: SGH Website

FELLOWSHIPS & INTERNATIONAL COLLABORATIONS

Dr Joan Kristi Zaldivar from Philippines shares her fellowship experience in SGH, Department of Vascular Surgery – Endovascular Surgery

What was your impression of Singapore's healthcare industry?

Coming from a third world nation, I was jealous of the service that Singaporeans receive from their healthcare system. I was impressed by how pro-patient the system is. I also appreciated the emphasis on patient privacy and confidentiality. One of the best features of the industry was its support for innovation and research.



Dr Joan (centre) with colleague and Head of Department, A/Prof Chong Tze Tec (right).

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

Yes, our healthcare system is still 80% self-funded for patients. Government-funded insurance only covers a minute amount of total healthcare expenditure. Compensation for healthcare workers are still low compared to other nations such as Singapore. Also, our system is under the devolution code. This means that local government units such as cities and provinces primarily fund their own healthcare system, with some support coming from the national government. Naturally, this means that low-income provinces also have less facilities for healthcare.

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

I applied in SGH because I was introduced to Dr Chong Tze Tec. He has served as proctor for endovascular procedures around Asia. I wanted to learn from him and his colleagues. I also want to have hands-on training on Endovascular surgery with an Asian cohort, since I intend to bring the skills back to the Philippines.

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

There was little difficulty that I encountered because my colleagues in the hospital were very accommodating and helpful. Every time I need to speak with a patient with a different language such as Malay or Mandarin, colleagues such as medical officers and nurses would step in to help me communicate with them. There was already a culture of resilience and hard work in Philippine hospitals. This culture was present as well in Singapore, so it was not difficult to adjust to the workload in SGH.

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

My typical day was always spent in the operating room. I used to start my morning doing rounds on patients I helped operate on. Then I proceed to the M5 Hybrid OR of Vascular Surgery to help and assist my consultants in Vascular Surgery. I spent 8 hours in the operating theatre every day from Monday to Friday, except during clinic hours. Because of my high OT exposure, I gained a lot of skills in endovascular surgery.

What were your learning experiences?

There were many learning experiences in SGH. I learned many techniques on endovascular surgery, a lot of which were new to me. I also learned how to operate new endovascular devices. One important learning experience would be relating to new people from a different country with a different culture.

How has the attachment made an impact on you?

In terms of confidence, I felt ready to take on new cases on endovascular surgery here in the Philippines. I saw how SGH valued and supported innovation. That inspired me to advance my research portfolio and encourage my Philippine colleagues to do the same.

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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 moments in SGH were during break times, in between cases. Those were the times I got to chat with the nurses, nurse attendants, vendors and consultants. I got to know more about them and I was grateful to have met the nicest group of people ever. During my last few days, the nurses and vendors handed me some gifts and it was a blessing that they appreciated me as much as I appreciated them.

What did you enjoy most during your attachment?

Singaporean food was my favourite part of the attachment! Aside from all the learning opportunities, of course.

Would you recommend SGH to interested fellows? Why?

Yes, in fact, I already did! The hospital has a high volume of cases on vascular surgery. The learning opportunities are limitless. The staff are also helpful and are great teachers.

How would you describe your fellowship experience in 3 words?

High-yield, memorable, great



Dr Joan (left) with colleague Dr Nick Ng

WELCOME!

We welcome our new Alumni Members:

Name	Specialty	Country
Mok May Un Sam	Anaesthesiology	Singapore
Srabani Bharadwaj	Neonatology	Singapore



**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

UPCOMING EVENTS

July 2023

7TH **GPCME Webinar: A Multidisciplinary Approach to the Management of Complications of Diabetes Mellitus in the Primary Care Setting**

Presented by Dr Suresh Rama Chandran, Department of Endocrinology, SGH
Dr Kwek Jia Liang, Department of Renal Medicine, SGH
A/Prof Anna Tan, Medical Retina Department, SNEC
Mr Benjamin Loh, Department of Podiatry, SGH

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

Presented by CI 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

18TH **GPCME Webinar: NCCS & NHCS***

21TH **GPCME Webinar: Functional Urology***

Presented by Dr Yong Jin and Dr Edwin Jonathan Aslim
Department of Urology, SGH

26TH **GPCME Webinar: SGH Gastroenterology & Hepatology***

August 2023

1ST **GPCME Webinar: Advances in Head & Neck Cancer Treatment**

Presented by Dr Constance Teo, Department of Otorhinolaryngology - Head & Neck Surgery, SGH
Dr Kiattisa Sommat, Division of Radiation Oncology, NCCS
Dr Tan Wei Chong, Division of Medical Oncology, NCCS

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

Presented by Dr Young Si Ling, Department of Respiratory and Critical Care Medicine, SGH
Dr Chng Siew Ping, Department of Vascular Surgery, SGH

19TH **GPCME: Endocrinology Update***

23TH **GPCME Webinar: SGH ENT***

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Upcoming Events

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September 2023

9TH **SGH Kidney Transplant Review Course***

13TH **SGH Lunchtime Q+A with GPs**

Presented by Dr Lu Yadong, Department of Urology, SGH

CI Assoc Prof Ng Heng Joo, Department of Haematology, SGH

16TH **GPCME Webinar: SGH Gastroenterology & Hepatology***

October 2023

11TH **SGH Lunchtime Q+A with GPs**

Presented by Dr Christina Yang Shi-Hui, Department of Breast Surgery, SGH

A/Prof Leslie Lim Eng Choon Department of Psychiatry, 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-qna-2023-registration>



SGH ALUMNI NEWSLETTER

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