

SMA



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SMA ANNUAL DINNER 2024



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Highlights

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Dr Joe Lee

Senior Consultant Urologist & Andrologist

Dr Joe specialises in Urology and Men's Health, treating prostate conditions, urinary stones, complex penile disorders, and male infertility. His surgical experience covers prostate, stones and penile implants. He was previously a Senior Consultant and Director of Andrology & Male Reproductive Medicine at the National University Hospital.



Dr Nor Azhari

Senior Consultant Urologist

Dr Azhari has over 15 years of experience in treating prostate, kidney, bladder and men's health conditions, with a focus on comprehensive kidney stone disease management. He is fellowship-trained in Endourology (Kidney Stone Disease) and Laparoscopic Surgery, and was formerly Senior Consultant and Director of Endourology at Singapore General Hospital.



Dr Alex Tham

**Ear, Nose, Throat (ENT)
Head & Neck Surgeon**

Dr Alex is fellowship-trained in advanced rhinology and endoscopic skull base surgery, focusing on allergic rhinitis, sinusitis, snoring and obstructive sleep apnoea. He collaborates with neurosurgeons for brain tumour removals through the nose. He also treats hearing loss, thyroid nodules and neck lumps. Previously, he was a Consultant ENT Surgeon at Tan Tock Seng Hospital.

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The Editor's Musings

DR TINA TAN

Editor

Dr Tan is a psychiatrist in private practice and an alumnus of Duke-NUS Medical School. She treats mental health conditions in all age groups but has a special interest in caring for the elderly. With a love for the written word, she makes time for reading, writing and self-publishing on top of caring for her patients and loved ones.



At an event like the SMA Annual Dinner, the running joke is that even though I am attending as a guest, I am also working (and networking). Which explained why I was seated in my chair only half the time. Nonetheless, it was an enjoyable evening of catching up with friends and colleagues, including two of my classmates from Duke-NUS Medical School and former teachers.

This year's Annual Dinner was particularly meaningful to me given that I have previously had the privilege of working with Prof Kua Ee Heok, one of two recipients of our Association's Honorary Membership this year. I first met Prof Kua as a wide-eyed psychiatry resident during my posting at the National University Hospital (NUH) and have fond memories of his "round table" discussions with junior doctors where he shared his insights with us. His profound experiences in psychiatry led him to write books such as *Listening to Letter from America* and *The Undefeated Mind*, copies of which sit on my shelf at home. Prof Kua has shown an unwavering dedication to his subspecialty of geriatric psychiatry, and the body of research he has produced on our local elderly folk is a testament to that.

Coincidentally, our Guest of Honour (GOH), Director-General of Health Prof Kenneth Mak, emphasised in his speech the need for Singapore's healthcare landscape to adapt to the rising tide of the Silver Tsunami, and I look forward to further news on what to expect from policymakers in that regard.

As a related aside, our recent issues (including this one) have featured what we call "Letters from the UK". These letters showcase contributions from medical students studying abroad as they write home to Singapore about their overseas experiences (especially their clinical ones). As is obvious from the title, this was inspired by the same BBC radio programme that *Listening to Letter from America* was inspired by – Alistair Cooke's "Letter from America". We hope readers have found this series meaningful and refreshing, and that we continue to receive such contributions from our overseas trainees. Not to worry, we also welcome contributions from our local trainees.

The other Honorary Member this year was Prof Rajmohan Nambiar, whom I met for the first time during the Annual Dinner. Prof Nambiar is a prime example of someone who embodies the concept of "ageing gracefully", given how active he remains to this day. This presentation certainly was in line with the running theme of the night, given what the GOH spoke of. I was delighted to find that I was seated with Prof Nambiar's children, Tina (my namesake) and Brian, both of whom, I am unabashed and thrilled to say, are fans of my editorial. This editor has often wondered whether her monthly column is skipped so that readers can sink their teeth into the "meat" of the issue (in other words, the main articles carried). To say the least, I was heartened to discover that they both consciously look forward to my musings, and that I am not writing in a vacuum. ♦



Marking Our Milestones

SMA ANNUAL DINNER 2024

Text by Benjamin Ong, Editorial Executive

On the evening of 19 May, the Grand Ballroom of Sheraton Towers was abuzz with excitement as friends and colleagues gathered for this year's SMA Annual Dinner. Guests caught up with one another in the plush foyer, partaking in drinks and having fun at the instant photography booth.

Gracing the event was our Guest of Honour, Prof Kenneth Mak, Director-General of Health. Other distinguished guests included Dr Lim Wee Kiak, Member of Parliament for Sembawang GRC; Dr Azizan Abdul Aziz, President of the Malaysian Medical Association; and Prof Prakitpunthu Tomtitchong, President of the Medical Association of Thailand.

The dinner commenced with SMA President Dr Ng Chee Kwan delivering his opening address, in which he highlighted some of SMA's recent advocacy efforts (see page 12). Dr Ng ended his speech with a heartfelt affirmation of the Association's tenacity in tackling issues important to the profession.

Conferment of SMA Honorary Membership

This year, the Association was proud to confer the SMA Honorary Membership upon two worthy individuals, Emeritus Prof Kua Ee Heok and Prof Rajmohan Nambiar. The SMA Honorary Membership was instituted in 1969 and is the highest honour that SMA can bestow on persons who are distinguished in public life or who have rendered meritorious service to the medical profession or SMA.

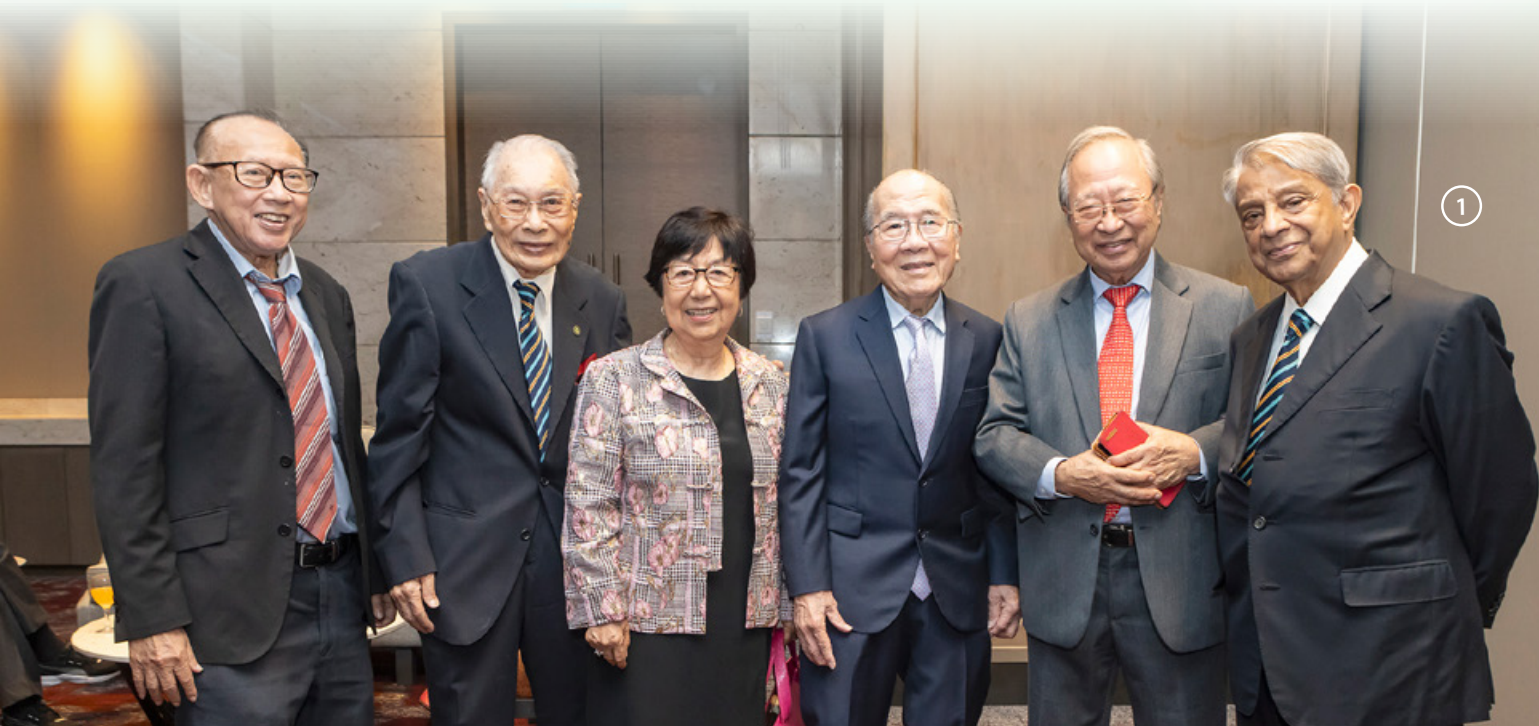
A/Prof Lee Cheng and Prof London Lucien Ooi took to the stage to deliver the citations for Prof Kua and Prof Nambiar, respectively (see page 16 and 18).

Prof Kua Ee Heok, during his appointment as the CEO and medical director of Woodbridge Hospital, spearheaded its rebranding to the Institute of Mental Health to tackle the issue of staff morale and public stigma. He also expanded psychiatric education

in Singapore and pioneered Asia's first dementia prevention programme, among his many other accomplishments and contributions to the field of psychiatry.

Prof Rajmohan Nambiar, as head of the surgery departments of Toa Payoh Hospital (then known as Thomson Road General Hospital) and later Singapore General Hospital, led the departments to achieve clinical, educational and research excellence. Prof Nambiar has also been a long-serving member and past president of both the Singapore Medical Council (SMC) and the Academy of Medicine, Singapore.

Prof Kenneth Mak presented the SMA Honorary Membership awards to Prof Kua and Prof Nambiar. Following the presentation, Prof Mak addressed fellow colleagues and friends present and encouraged SMA and the medical profession to continue to uphold the highest standards of professionalism and care for patients.



Celebrating excellence

During the lulls in the evening's programme, guests were in high spirits as they mingled and caught up with old friends and colleagues. Many also took the opportunity to capture the joys of the evening using the instant photography booth. The booth, sponsored by Artworks Advisory, drew a constant flow of guests who were able to download their photographs instantly for sharing, aside from the physical prints.

As the dinner continued, Dr Chong Yeh Woei, Chairperson of the SMA Charity Fund (SMACF), spoke on the charity's efforts to support needy medical students. Dr Chong's passionate speech inspired some guests to support the charity's good works, and their generosity included a significant donation for which SMACF is very grateful. To find out more about SMACF's efforts in nurturing the next generation of healthcare professionals, please visit <https://www.smacf.org.sg>.

Dr Ng Chee Kwan then introduced the 65th SMA Council before presenting a token of appreciation, on behalf of the Association, to Dr Wong Tien Hua, a long-serving SMA Council member who stepped down this year. Dr Wong had served on the SMA Council since 2004 and was SMA President from 2015 to 2018.

Over the course of the evening, other awards were presented as well to recognise and thank individuals for their hard work and dedication towards the Association, the medical profession and research, and/or the wider community.



SMA Merit Award

The SMA Merit Awards were presented to four recipients who had made significant contributions to SMA and the medical profession, or in social service to the community.

Dr Lam Pin Min is the CEO and director of the Paediatric Ophthalmology and Adult Strabismus Service at the Eagle Eye Centre, and a visiting senior consultant at the Singapore National Eye Centre. Dr Lam also served as Singapore's Senior Minister of State for Health and Transport from 2017 to 2020. SMA presented the Merit Award to Dr Lam in recognition of his significant contributions to the field of ophthalmology and his service in the Ministry of Health.

Dr Abdul Razakjr Bin Omar is the founder, CEO, medical director and senior consultant cardiologist of Specialist Care Group. Dr Razakjr served on the SMA Council from 2006 to 2014. He was chairman of the SMA Private Practice Committee and Complaints Committee in 2013 and was also a Specialty Editor for the *Singapore Medical Journal (SMJ)* from 2014 to 2018. SMA presented the Merit Award to Dr Razakjr in recognition of his significant contributions to the field of cardiology and the SMA.

Adj Prof Poh Kian Keong is the director of research and senior consultant cardiologist at the Department of Cardiology, National University Heart Centre, Singapore. He is a past president of the Singapore

Cardiac Society and sits on the board of directors of the American Society of Echocardiography. Prof Poh has also been the *SMJ* Chief Editor since 2014. SMA presented the Merit Award to Prof Poh in recognition of his significant contributions to the field of cardiology and the *SMJ* Editorial Board.

Adj A/Prof Tan Tze Lee is a managing partner at The Edinburgh Clinic and the immediate past president of the College of Family Physicians, Singapore. A/Prof Tan was an SMA Council member from 2013 to 2023, and he served as the Deputy Editor of *SMA News* from 2015 to 2020. He continues to be a member of the *SMA News* Editorial Board. SMA presented the Merit Award to A/Prof Tan in recognition of his significant contributions to the field of family medicine and the SMA.



Legend

1. SMA Honorary Members pose for a photo before Dinner
2. Dr and Mrs Lim Wee Kiak with Dr Lee Suan Yew and Dr Daniel Lee at reception
3. A/Prof Chin Jing Jih with overseas guests, Dr Azizan Abdul Aziz and Dr Prakitpunthu Tomtitchong
4. Chairperson Dr Chong Yeh Woei with SMA Charity Fund's team and guests
5. Having fun at the instant photography booth

6. Dr Ng Chee Kwan presenting the token of appreciation to Dr Wong Tien Hua
7. Dr Lam Pin Min, SMA Merit Award recipient
8. Dr Abdul Razakjr Bin Omar, SMA Merit Award recipient
9. Adj Prof Poh Kian Keong, SMA Merit Award recipient
10. Adj A/Prof Tan Tze Lee, SMA Merit Award recipient



11



13



12



14

SMA Long Service Awards

The SMA Long Service Award serves to appreciate individuals who have contributed their time and services to the SMA Council and committees. A big thank you to all awardees for your hard work and support of the Association!

20 years of service

Dr Tammy Chan Teng Mui: SMA Council (since 2004); Private Practice Committee (since 2004); Fitness to Drive Committee (since 2018); Membership Committee (since 2020); Medik Awas Committee (since 2015); Complaints Committee (2008–2012)

Prof Paul Anantharajah Tambyah: *SMJ* Editorial Board (2000–2010); Doctors-in-Training (DIT) Committee (since 2009)

A/Prof Cuthbert Teo: SMA Centre for Medical Ethics and Professionalism (CMEP) (since 2004); *SMA News* Editorial Board (since 2006); *SMJ* Editorial Board (since 2008)

Dr Wong Tien Hua: SMA Council (2004–2024); SMA President (2015–2018)

Prof Fabian Yap: Complaints Committee (since 2004)

10 years of service

A/Prof Anantham Devanand: SMA Council (since 2013); SMA CMEP (since 2008); SMA Ethics Committee (2007–2020)

Clinical Asst Prof Benny Loo Kai Guo: SMA Council (since 2014); Membership Committee (since 2016); DIT Committee (since 2014)

Dr William Kristanto: Soccer, SMA Sports and Games Committee (since 2012)

Dr Leow Khang Leng: Table Tennis, SMA Sports and Games Committee (since 2012)

Prof Quak Seng Hock: *SMJ* Editorial Board (since 2014)

A/Prof Darren Tay Keng Jin: *SMJ* Editorial Board (since 2014)

Dr Valerie Teo Hui Ying: Bowling, SMA Sports and Games Committee (since 2014)

Dr Colin Teo Kok Ann: Basketball, SMA Sports and Games Committee (since 2014)

Staff

Lee Sze Yong: Manager, Council Support, 15 years of service

Sarah Lim: Senior Manager, *SMJ*, 15 years of service

Priscilla Leong: Assistant Manager, Finance, 5 years of service

Ronnie Cheok: Deputy Manager, SMACF, 5 years of service

Sara Kwok: Executive, SMACF, 5 years of service



SMJ Best Research Paper Award

The SMJ Best Research Paper Award was launched in 2004 to encourage the publication of high quality local and international research papers within the SMJ, and to promote and recognise local and regional researchers for their achievements. The top three research papers of 2023 were selected from 36 original articles published in the SMJ from January to December 2023. SMJ Editor-in-Chief Prof Poh Kian Keong presented the commemorative trophies and certificates to representatives from the following papers.

Published in the February 2023 issue, the award for the paper "Impact of statin use on major adverse cardiovascular events in patients with normal stress myocardial perfusion imaging and elevated coronary artery calcium score" was received by the team's representative, Dr Yew Min Sen.

The next paper that received the award, "Neutrophil gelatinase-associated lipocalin: a biochemical marker for acute kidney injury and long-term outcomes in patients presenting to the emergency department", was published in the August 2023 issue. Dr Wee Choon Peng Jeremy received the award on behalf of his team.

Finally, the paper "The haemodynamic effects of umbilical cord milking in term infants: a randomised controlled trial" published in the July 2023 issue had its award received by Dr Hasan Energin on behalf of his team.

We congratulate the authors and recipients of the above awards and encourage more quality submissions to SMJ!

Legend

11. The awards awaiting presentation

12. Adj A/Prof Raymond Chua and spouse pose for a shot at the booth

13. 20-year Long Service Award recipients with Dr Daniel Lee (from left: Prof Paul Anantharajah Tambyah, Dr Tammy Chan Teng Mui, Dr Wong Tien Hua and Dr Daniel Lee)

14. 10-year Long Service Award recipients with Dr Daniel Lee (from left: Dr William Kristanto, Clinical Asst Prof Benny Loo Kai Guo, Dr Daniel Lee, A/Prof Anantham Devanand and A/Prof Darren Tay Keng Jin)

15. SMJ Best Research Paper Award recipients with Prof Poh Kian Keong (from left: Dr Wee Choon Peng Jeremy, Dr Yew Min Sen, Prof Poh and Dr Hasan Energin)

What our GOH has to say:

"It is imperative for us to continually re-examine how we uphold the long-standing principles of medical ethics while navigating the dynamic landscape of contemporary medical practice. Although technological advancements or even new corporate structures may impact the patient-doctor relationship, the cornerstone of medical practice lies with its professionalism and this should not and must not change.... We should always counsel and act in our patients' best interests, ensuring that they have sufficient information to make informed decisions."

Director-General of Health,
Prof Kenneth Mak at the
SMA Annual Dinner 2024



Ending the night

The 65th SMA Council would like to thank Prof Kenneth Mak and all guests for taking the time to join us at the 2024 SMA Annual Dinner. Last but not least, we would like to thank our generous sponsors: Art Works Advisory, Mitsubishi Electric, and Summit Planners. We hope that everyone had a wonderful evening with their friends and colleagues, and we look forward to having you with us again at the next Annual Dinner! ♦

Lucky draw winners

Dr Tessmin Ooi

87cm x 107cm framed-up official poster of contemporary artist Keith Haring's "Montreux Jazz Festival 1983" worth \$2,000 (sponsored by Art Works Advisory)



Mr Jeffrey Law

F&B voucher for Sheraton Towers (arranged by SMA)



Legend

16. Dr Tessmin Ooi receiving her prize from Dr Ng Chew Lip

17. Mr Jeffrey Law receiving his prize from Dr Ng Chew Lip

18. Guests posing for a table photo

19. Capturing the memories of the evening during reception

20. Guests gathered for an evening of collegiality

For more photos from the SMA Annual Dinner, visit <https://bit.ly/SMA-AD2024>.



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Text by Dr Ng Chee Kwan

Good evening, Director-General of Health Prof Kenneth Mak, Dr Lim Wee Kiak, Member of Parliament for Sembawang GRC, President of the Malaysian Medical Association Dr Azizan Abdul Aziz, President of the Medical Association of Thailand Prof Prakitpunthu Tomtitchong, honoured guests, ladies and gentlemen, a very warm welcome to all of you.

By standing at this podium tonight, I have come full circle. Years ago, my wedding dinner was held in this ball-room, and I never thought I would be up on this stage again to give a speech.

In the past year as SMA President, I have had the privilege to meet many interesting people, not only doctors but also those from other walks of life. I have received numerous feedback from the ground and suggestions on how to make things better. Hopefully, through the SMA, I have been able to address at least some of these concerns.

I would like to recap some of the efforts by SMA on behalf of the medical profession.

Firstly, to cater for doctors who wish to participate in the Mandatory Medical Ethics (MME) Continuing Medical Education (CME) programme, the SMA invested in an e-learning platform and put in place modules that allow all SMA Members to easily fulfil their MME CME requirements. These comprise a distance-learning programme that can be accessed on demand, and a series of live webinars which are held once every two months. Access to all modules is complimentary for SMA Members, and I am happy that many doctors have joined the SMA in order to participate in our programme. We really appreciate all the support.

Next, the SMA has continued its representation for doctors in health insurance matters affecting especially the private specialists. We maintain our position that Integrated Shield Plan (IP) medical panels should be open to all specialists who undertake to charge reasonably, or alternatively, to have panels abolished. We have given feedback that specialists new to private practice are finding it difficult to join

panels, and this seriously reduces the pool of patients that they can treat. We have also highlighted that doctors are faced with an increased burden of paperwork and unnecessary questioning from insurers. Furthermore, we pointed out that stakeholders and regulators could look at introducing portability of insurance, so that policyholders could change their IP providers without losing their coverage for pre-existing conditions; this will ensure that existing policyholders get a fair deal. Together with the Academy of Medicine, Singapore, we have proposed improvements to the insurance dispute resolution mechanism by empowering the Financial Industry Disputes Resolution Centre, an independent dispute resolution institution, to handle health insurance disputes relating to clinical issues.

Through the SMA Doctors-in-Training (DIT) Committee, the SMA assists junior doctors by engaging the relevant sponsoring institutions and the Ministry of Health regarding concerns on the ground such as work and on-call hours,

work stress, protected time for studying, and career prospects. In December 2023, the DIT Committee organised an end-of-year dinner for house officers, together with MOH Holdings (MOHH). In April 2024, the committee held a House Officer Workshop which was conducted over Zoom and attended by well over 250 participants. The committee is also in the midst of designing a mobile app that will come pre-installed on MOHH corporate mobile phones, which will serve as a portal providing resources and help for all junior doctors.

With regard to the proposed Health Information Bill, which will make it mandatory for all licensed healthcare providers to contribute data to the National Electronic Health Record (NEHR), the SMA gave written feedback to Minister for Health Mr Ong Ye Kung, and also met with senior officials from the Ministry of Health. Our main feedback was that the NEHR implementation should protect patient autonomy, privacy and confidentiality. We also

gave feedback on operational concerns such as the extent of the data to be contributed, the appropriate timing for implementation of the Bill and the cost implications for licensed healthcare providers.

On the social and networking aspect, the SMA hosted the 19th Mid-Term Meeting of the Medical Association of South East Asian Nations last year. We also organised the Inter-Professional Games, in which we engaged in friendly sporting competition with lawyers, engineers, accountants, architects, surveyors and valuers. Last but not least, we have started an interest group for healthcare administrators which we hope will serve as a platform for doctors involved in healthcare administration to connect, collaborate and develop professional skills.

I would like to extend my sincere thanks and deepest gratitude to Members and friends of the SMA who have contributed through serving in our Council and committees, acting as our

advisors or simply by supporting us in our efforts through Membership renewal year after year.

I am grateful to Dr Raj Menon and the SMA Secretariat for organising tonight's dinner. For the year ahead, we will continue to serve Members as usual, even as we bid farewell to our current premises at the SMF Building and move to another office in the vicinity. We ask for Members' patience and understanding during the interim period. Our staff, while busy with the moving process, will still do their best to render assistance to Members.

Albert Einstein once said: "It's not that I'm so smart, it's just that I stay with problems longer." I believe that sums up the SMA's approach. We will not give up easily on anything that we feel is an issue that affects doctors and patients. We hope that you will continue to support us – together, we will be stronger. ♦

Legend

1. The 65th SMA Council with Guest of Honour Prof Kenneth Mak and distinguished guests

①



Are Singaporean residents downplaying the risks of COVID-19?

Survey findings on the latest attitudes towards vaccines

A recent survey conducted by Moderna Biotech Singapore and YouGov reveals that only half of Singaporean residents believe that future COVID-19 vaccinations are necessary, and over 40% of seniors do not plan to get additional COVID-19 vaccinations.¹ Singapore's physicians discuss the diminishing risk perception of COVID-19 among older adults (aged >60 years), highlighting the potential long-term health impacts of COVID-19 and its associated complications.



Dr Leong Choon Kit
Family Physician,
Mission Medical Clinic

A growing number of Singaporean residents are downplaying the health risks of COVID-19.

The survey reveals more people in 2024 feel that COVID-19 poses a 'low' or 'very low' risk compared to the previous year (**Figure 1**).¹ This trend is particularly noticeable among seniors 60 years and above, which may indicate that more education about the crucial role of vaccines in maintaining overall health is needed in this population group.

It is important to note that currently circulating variants have evolved to evade immunity mounted from previous COVID-19 vaccination. This can leave our communities vulnerable to future waves of infection if they have not received their updated COVID-19 vaccine, which are designed to protect against emerging strains of the disease. This is particularly worrying as data consistently show that elderly individuals are more likely to experience serious illness, with higher rates of hospitalisation and mortality compared with younger individuals.^{2,3} Specifically in Singapore, seniors accounted for the majority of all COVID-19-associated hospitalisations and deaths in 2023.⁴

Perception of COVID-19 threat in Singapore for seniors (60+); 2023 vs 2024

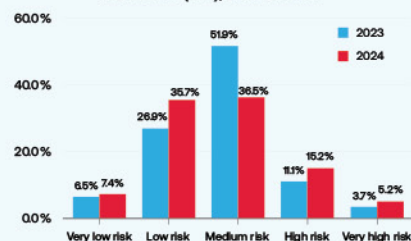


Figure 1. More seniors (60+) in 2024 perceive that COVID-19 poses a 'low' or 'very low' risk compared to 2023.¹



Dr Rick Chan
Family Physician,
Phoenix Medical Group

COVID-19 vaccinations remain crucial tools to help protect our medically vulnerable.

It is important to remember that the health burden from COVID-19 still exists in our post-pandemic world.⁵ Decreasing risk perception and falling vaccination rates may place medically vulnerable people (e.g. seniors and individuals with comorbidities) at an increased risk of severe COVID-19 outcomes.⁶ Therefore, it is concerning that almost half (41.5%) of respondents aged >60 years say they do not plan to get any additional COVID-19 vaccinations.¹

With the launch of Healthier SG (HSG) in 2023, general practitioners (GPs) will take on an increasingly greater role in preventative care by providing vaccination and health screening advice. It is important to encourage and educate our medically-vulnerable population to receive their updated COVID-19 vaccination to protect against severe outcomes. Discussions of vaccination should be prioritised during regular checkups with patients.



Dr Leong Hoe Nam
Infectious Disease Physician,
Mount Elizabeth Novena Hospital

Singaporean residents are prioritising flu vaccinations over COVID-19.

Notably, the survey shows that only a small percentage of seniors considered annual vaccinations against respiratory infections an important aspect of safeguarding their health. Among them, 30.4% of seniors view influenza vaccination as important, while only 12.6% of seniors view COVID-19 vaccination in the same way.¹ While seniors are susceptible to both infections, COVID-19 is associated with a greater risk of medical events, and a 5-fold increase in hospitalisations and ICU visits, compared to influenza.⁷

Given the low intent to stay updated with COVID-19 vaccinations, there is a pressing need to intensify outreach and education among this vulnerable group.¹ Studies have consistently shown that vaccines minimise the risk of complications associated with both COVID-19 and influenza infections.^{2,8,9} Furthermore, the Singapore Ministry of Health now recommends co-administration of influenza and COVID-19 vaccines for eligible individuals to ensure adequate protection against both diseases and their associated complications.¹⁰

Key takeaways



Updated COVID-19 vaccines are **tailored against new strains** of the disease and protect communities against **future waves of infection**.



Discuss with your patients how **staying protected with updated vaccines** can minimise the risk of severe outcomes associated with COVID-19.



Education on COVID-19 vaccination must be prioritised to ensure that Singaporeans understand the risks of COVID-19 and are informed on staying protected.

For Healthcare Professionals only

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CITATION

FOR

Emeritus Prof Kua Ee Heok

Text by A/Prof Lee Cheng

I am honoured to deliver this citation for Emeritus Prof Kua Ee Heok for his conferment of the SMA Honorary Membership. I shall speak on his leadership in psychiatry and his contributions to Singapore and Asia.

Leadership in psychiatry

Prof Kua Ee Heok graduated as a doctor in 1973 from the University of Malaya, Kuala Lumpur. His training in psychiatry was at Oxford University and geriatric psychiatry at Harvard University. In 1990, he was invited by the World Health Organization (WHO) for the Global Study of Dementia and started the first Memory Clinic in Asia in 1990 at the National University Hospital (NUH).

In 1994, he was appointed head of the Department of Psychological Medicine, at both the National University of Singapore (NUS) and NUH. He faced two challenges in the fields of mental health and ageing – stigma and ageism. As part of the anti-stigma campaign, he organised many public mental

health talks, and as president of the Gerontological Society, he organised seminars on ageing. In 1996, he was appointed vice-dean of Medicine, where he expanded the undergraduate teaching of psychiatry from two to six weeks and introduced geriatric psychiatry to the curriculum. As the editor of the *Singapore Medical Journal* from 1996 to 1999, he encouraged publications on mental health, and his editorial, *Doctor under stress*, was very well read and cited.

In 1999, he was appointed CEO and medical director of Woodbridge Hospital. The two challenges he encountered were staff morale and stigma. He decided to rebrand the hospital as the Institute of Mental Health (IMH). He also persuaded NUS to move postgraduate psychiatry training to IMH, and for the National Medical Research Council to give more research grants. He started two new programmes – the Early Psychosis Intervention Programme and Community Addiction Management Programme.

Contributions to Singapore and Asia

After he left IMH in 2002, he was invited to give a lecture at Harvard University and spoke on dementia prevention. The philanthropist, Mr Lee Soon Teck, provided him a space at Jurong Point Mall, and in 2011, the first dementia prevention programme in Asia was launched by then Minister Tharman Shanmugaratnam. Using non-drug activities, including health education, mindfulness practice, art activities, music reminiscence, therapeutic horticulture and tai chi exercise, the prevalence of dementia of the cohort after five years was 3%, lower than the expected 6%, and lower than the estimated prevalence of 10%, in the population aged 60 and older. The study was selected for presentation at the World Congress of Psychiatry in Vienna in 2023. This programme, called the Age Well Everyday (AWE) programme, is of translational significance and is now used in ten community centres across Singapore. Many Asian countries

including China, Japan, Indonesia and Malaysia are keen on the AWE programme as well.

Prof Kua has played a major role in enhancing the status of psychiatry in Singapore and Asia. From 2009 to 2012, he was president of the Pacific-Rim College of Psychiatrists and chief editor of the journal *Asia-Pacific Psychiatry*. He is the coordinator of the Teachers of Psychiatry Club to train psychiatrists in ASEAN countries and China. He has published 400 scientific papers and 30 books on psychiatry and ageing. Additionally, he is the editor-in-chief with Prof Norman Sartorius of the new seven-volume series, *Mental Health and Illness Worldwide*, published by Springer Nature. From the WHO research, he constructed a questionnaire for screening of dementia, which is now used by doctors in Singapore and Asia.

Prof Kua is the first Singapore doctor to be invited by the United Nations (UN) to deliver a lecture in New York in 1999 at the UN conference titled "Depression: The Hidden Illness". In 2000, he was a member of the Inter-Ministerial

Committee on Healthcare of Elderly and in 2001, he was appointed chairman of Ministry of Health Specialty Committee for Psychiatry. In the 2004 World Ageing Conference, he was chairman of the Scientific Committee. After the tsunami tragedy at Aceh, Indonesia in 2004, he was invited by the Indonesian government to join the Tsunami Task Force. In 2005, he was appointed chairman, Specialist Advisory Board (Psychiatry), Ministry of Defence. He was also a member of the National Medical Research Council and is the vice-chairman of NUS Mind Science Centre.

Prof Kua is very supportive of the arts and his research team conducted the first study in the world on choral singing and art therapy to improve cognition of seniors using biological markers, including MRI brain scans. His first novel, *Listening to Letter from America*, which has an anti-ageism theme, is used in a Harvard University course on anthropology and was adapted into a musical last year, in 2023.

In 2016, he partnered NParks in the seminal study on the therapeutic garden

to improve the physical, mental and social health of seniors. A paper was published in *Nature*, and subsequently NParks set up 14 more therapeutic gardens. His study on the therapeutic rainforest was presented at the World Congress of Psychiatry in 2022 and stirred interest as a possible strategy to protect the rainforest, prevent global warming and improve planetary health.

For his volunteer service to seniors, he was awarded the Public Service Medal on National Day 1994. And for his service to the Singapore Armed Forces, he was awarded the Public Service Star on National Day 2018.

SMA President, distinguished guests and colleagues, I present Emeritus Prof Kua Ee Heok as most worthy of being conferred the SMA Honorary Membership. ♦

Legend

1. A/Prof Lee Cheng while delivering the citation
2. Honorary Membership recipient Prof Kua Ee Heok (centre) with Prof Kenneth Mak and Dr Ng Chee Kwan



CITATION FOR Prof Rajmohan Nambiar



Text by Prof London Lucien Ooi

Prof Rajmohan Nambiar graduated in 1956 with a Bachelor of Medicine and Surgery (MBBS) from Andhra University in India and obtained his first Fellowship of the Royal Colleges of Surgeons from the Royal College of Surgeons of Edinburgh six years later. He went on to attain many other fellowships, including from the Academy of Medicine, Singapore (AMS); the Royal College of Surgeons of England; the American College of Surgeons; the Royal Australasian College of Surgeons; and the Academy of Medicine, Malaysia.

After a short stint as a house surgeon and later tutor in surgery in India, Prof Nambiar went to England, UK first as a senior house officer and later as a registrar, before returning to Singapore in 1964 to take on the position of medical officer at the then Department of Surgery B Unit at Singapore General Hospital (SGH). He quickly moved up the ranks to become consultant in just four years before assuming headship in the Department of Surgery at Toa Payoh Hospital, then also known as Thomson Road General Hospital. In 1985, Prof Nambiar returned to SGH as head of Department of Surgery B Unit, and later the Department of General Surgery.

A lifetime of achievements

To try to mention all of Prof Nambiar's achievements would be impossible in this short time given for the citation. As this citation is for the SMA Honorary Membership, I think it would be appropriate to highlight his achievements that affect the greater Singaporean medical community rather than surgeons alone. Prof Nambiar has contributed significantly to improving and enhancing clinical standards and medical training and education in Singapore.

In the clinical practice of surgery, Prof Nambiar's greatest achievements would have started from his time in Toa Payoh Hospital when he was the head of department. To achieve clinical excellence in his department, he combined good teaching and training with the motivation for his staff to do research. His leadership in this area was by personal example, and he transformed Toa Payoh Hospital into a popular surgical unit for training and postgraduate education, with turnaround improvements in overall morbidity and mortality of high-risk operations, and markedly improved

patient and staff satisfaction ratings. Prof Nambiar's success with strengthening the surgery unit in Toa Payoh Hospital was continued when he implemented a similar practice model upon his return to SGH as head of Department of Surgery B Unit in 1985.

With a special interest in gastrointestinal and cancer surgery, Prof Nambiar has also been a key part of the Singapore Cancer Society (SCS) since 1972, serving in various capacities including as chair of the Medical and Research Advisory Committee, National Workshop on Cancer Screening, and member of the Singapore Cancer Registry Advisory Committee before finally becoming the chairman of the SCS in 2000.

In education, Prof Nambiar started as a clinical teacher in 1964 at the National University of Singapore (NUS), before becoming associate professor in 1983 and later professor in 1991. He has personally taught the finer aspects of surgery to many of us here today. I still remember fondly the time I spent in Toa Payoh Hospital during my first surgery posting as a third year NUS medical student, and I believe that was what started my personal journey into general surgery as well. Prof Nambiar

was an examiner in surgery for the MBBS examinations at NUS from 1972 to 2014, so many of us here would have encountered him as a firm but fair examiner. He has also been extensively involved in specialists' training in various capacities, and has in many ways been steering the training and assessments of general surgeons since 1984. He was instrumental in setting up the Master of Medicine in Surgery programme which continues till today. Prof Nambiar has also held various appointments in the Ministry of Health for training, including being on the Specialist Accreditation Board and the Steering Committee for Joint Examinations with the American Board of Medical Specialists, and is an advisor to the National Review Committee on Residency Training.

Institutional contributions

As for professional organisations in Singapore, Prof Nambiar has been actively involved in two key institutions: AMS and the Singapore Medical Council (SMC).

In AMS, he was chair of the Chapter of Surgeons from 1973 to 1976 and has also chaired various committees, including the Joint Committee for Advanced Specialty Training, and other committees on medical research, constitution review

and congresses. He also held various roles such as bedel, bursar, scribe and assistant master, before becoming master of the Academy from 1990 to 1992.

Prof Nambiar has been on the SMC since 1999 and was SMC president from 2005 to 2008. He has chaired the Implementation Committee for Accreditation of House Officers and the Complaints Committee, served as chair of the Review Committee for Disciplinary Procedures, and as a member of the Task Force for Accreditation of Training for House Officers.

In recognition of all his contributions, Prof Nambiar has won numerous awards and accolades, including the Public Administration Medal in 1978 and the Public Service Star in 2008. He has also been recognised with honorary fellowships with the American College of Physicians, the Royal Australasian Colleges of Physicians and Surgeons, and the Philippine College of Surgeons, and been recognised by numerous international bodies and academic institutions, including being president of the Asian Surgical Association from 1983 to 1985, and councillor of the International Society of Surgery from 1997 to 2001.

Prof Nambiar remains active in the medical community and continues to work as a sessional consultant at Tan Tock Seng Hospital and SGH, emeritus consultant at Changi General Hospital and clinical professor at NUS.

I know I have not even covered 1% of what is on Prof Nambiar's CV, but I would like to end this citation by saying that it has indeed been an honour to have been his student first, then surgical trainee and now mentee for almost 40 years. Prof Nambiar is undoubtedly an icon of general surgery in Singapore. The conferment of the SMA Honorary Membership is indeed an appropriate addition to his many accolades, and I am sure all of you in the audience today will concur.

It is my honour to present to you Prof Rajmohan Nambiar for the SMA Honorary Membership. ♦

Legend

1. Prof London Lucien Ooi delivering the citation on stage
2. Honorary Membership recipient Prof Rajmohan Nambiar (centre) with Prof Kenneth Mak and Dr Ng Chee Kwan



HIGHLIGHTS

From the Honorary Secretary

Report by Clinical Asst
Prof Benny Loo Kai Guo

Dr Loo is a paediatrician in public service with special interest in sport and exercise medicine. He serves to see the smiles on every child and athlete, and he looks forward to the company of his wife and children at the end of every day.



Letter to *Straits Times* Forum on healthcare insurance

SMA submitted a letter to the *Straits Times* Forum, responding to several forum letters and commentary articles relating to healthcare insurance, specifically regarding Integrated Shield Plans (IPs).

Our letter touched on several points and concluded that to address the issue of power imbalance between IP insurers and policyholders, stakeholders and regulators could look into whether changes in insurance design, such as the portability of IPs, would be beneficial. If policyholders can change their IPs without losing coverage for pre-existing conditions, it could promote healthy competition among insurers and ensure that policyholders get a fair deal.

The forum letter was published on 27 April 2024 and can be found at this link: <https://bit.ly/3yKaldj>.

Called to See Patient workshop

The SMA Doctors-in-Training (DIT) Committee held the annual Called to See Patient workshop on 27 April 2024 for newly minted house officers (HOs) joining the medical workforce. With over 300 participants joining the online Zoom session, we hope the HOs took away valuable information which will be helpful to them along their career path, especially on their first day of work. A summarised slide deck of the session is available via our DIT Telegram channel at: <https://t.me/helpourjuniordocs>. ♦

SMA Has Moved!

The SMA office resumes regular opening hours from 8 July 2024 at our new premises. Members are advised to call the respective staff or the SMA mainline before coming to the office.

New Location

**166 Bukit Merah Central
#04-3531 Eagles Center
Singapore 150166**

Opening hours:
Monday to Friday | 8.30 am to 6 pm

The SMA continues to be contactable via telephone (6223 1264) and email (sma@sma.org.sg).



SMA National Medical Students' Convention 2024

*Career Canvas and Connections:
Painting Our Path in Medicine*



Date: 17 August 2024 (Saturday)



Time: 8.45 am to 9 pm



Venue: NTU Lee Kong Chian School of Medicine
Clinical Sciences Building
11 Mandalay Rd, Singapore 308232

SMA National Medical Students' Convention 2024 will comprise talks and workshops that explore the different career tracks available to medical students. The convention culminates in a social night for participants across all three medical schools to mingle and network with each other and with fellow healthcare professionals.

Guest of Honour

Prof Benjamin Ong

Chairman, Health Sciences Authority

Registration details

Registration link: <https://bit.ly/NMSC-2024>

Registration opens on 1 July 2024 (Monday)

Organised by:



Revitalising Primary Health Care

Text and photos by Dr Clive Tan, Editorial Board member

Dr Tan is a member of the *SMA News* Editorial Board and a public health specialist working in the public sector. This was his first time travelling to Central Asia.



The Workshop on Universal Health Coverage Partnership and Primary Care and the International Conference on Primary Health Care Policy and Practice were held on 22 and 23 October 2023, respectively. Both jointly organised by the World Health Organization (WHO), United Nations Children's Fund and the Government of Kazakhstan, they were held to celebrate the 45th anniversary of the 1978 Alma Ata declaration and the fifth anniversary of the 2018 Astana declaration. In this article, I will share three key insights I had as a participant in both events.

45 years of PHC development

Primary health care (PHC) as a term was not in widespread use in the mid-20th century. The 1978 Declaration of Alma Ata states that "PHC is essential health care" and an "integral part both of the country's health system... and of the overall social and economic development of the community".¹

It is easy to forget the progress made in the field of PHC when we are focused on the challenges of tomorrow and the limitations of today. The 2018 Global Conference on Primary Health Care held in Astana, Kazakhstan provided a useful

platform to take stock of the remarkable achievements of the preceding 40 years, and it reaffirmed the importance and need to continue investing in reorienting health systems towards strengthening PHC. The statements made by the heads of state and government at the conference came to be known as the Declaration of Astana.²

The effects and impact of such global meetings and conferences may not be immediately felt by practitioners and patients. Nevertheless, the power of convening to provide leadership on global health matters, shaping the health research agenda, and setting normative standards is crucial in influencing and guiding countries and states to place PHC as a key priority on their long list of development agendas.³ Policy developments such as these have a long lag time before showing their effects – a quick search on PubMed for the term "primary health care" shows that the number of publications in the field barely rose the years preceding 1978, and only visibly rose about 15 years after 1978.

PHC is well placed to manage complex care

During the two days of high-level discussions on PHC, health sector leaders and experts helped unpack the history of PHC developments over the past half-century, and they uncovered an insightful discovery. The growth and development of hospital care and specialist care in the post-war developments of the 20th century greatly advanced the field of medicine and surgery, and had a powerful impact on the lives of people around the world. Hospitals became an important place and nidus for the health system to manage complicated care and complex care. This had the unfortunate effect of eclipsing the strengths of PHC in managing the health needs of people with both simple and complex care. The workload of managing complex care shifted away from primary care and became sited in hospitals, even though hospitals are expensive places to manage complex care.



Dinner reception hosted by the Minister for Healthcare, Kazakhstan

There is now recognition and acknowledgement of this phenomenon and a renaissance to correctly site complex care with the PHC sector. This involves re-prioritisation and committed investment into PHC. Apart from the economic argument in favour of siting complex care with PHC, there is also the matter of trust. A robust PHC system leads to an enhanced provider-patient relationship, thus engendering trust, leading to better health outcomes.

Continued measures of our investments in PHC

The workshop and conference provided insightful conversations by world leaders and experts, making the case that health systems around the world need to be better structured to develop policy and dedicated resourcing plans for PHC. Leading by example, the WHO established the Special Programme on Primary Health Care in 2020,⁴ following the Global Conference on Primary Health Care in 2018 and the United Nations high-level meeting on universal health coverage in 2019.⁵

One good practice discussed is the dedicated measurement and monitoring of inputs and investments in PHC. The quote by Peter Drucker that “what gets measured gets improved” is instructive, but as sociologist William Bruce Cameron says, “Not everything that counts can be counted, and not everything that can be counted counts”; we thus acknowledge that the returns of investments into PHC are hard to measure. An overly narrow view of measuring outcomes to guide future resourcing and investments may in fact have dysfunctional consequences,⁶ though progress has been made by developing the PHC measurement framework and indicators.⁷

Another feature of the complexity of health ecosystems is that a healthy population contributes to the overall social and economic development of the community – meaning that the benefits of a strong health system accrue in the form of human, social and economic capital, and the returns on investments manifest in other sectors. This is similar to investment in education as a public good, where such investments increase productivity and economic growth.

As not everything in PHC that matters can be measured, and not everything that we currently measure matters,



International Conference on Primary Health Care Policy and Practice Implementing For Better Results

policymakers and health sector planners will need to be strategic in measuring the levers that will help to maintain and accelerate progress towards PHC and universal health coverage.

Strengthening PHC

The secret sauce to a strong and efficient PHC sector and system is in its service delivery design and models of care, along with the financing arrangement around them. Simply put, this is akin to the engine, or the code of the system. Many health systems around the world are running on “old technology”. Imagine driving a 20-year-old car or using a washing machine that is more than ten years old – it works, but it is no longer considered efficient because new technology has been developed. What are the features of the new “technology” and approach for PHC?

Firstly, the connectedness with and of the overall health system. Care that is integrated and people-centred, with clear connections, pathways, and transfer and referral protocols between care providers in the system, means a stronger and more effective primary care system.⁸ The connections here are not just with the hospitals, but also with the community care and social care providers. Such a system places strong emphasis on multidisciplinary team-based care, with strong alignment of purpose and values. Digital health technology can help with connectedness and integration, but it is important to let the care model drive the technology and not the converse.

Secondly, enabling features of empanelment and a way to establish a formal relationship between the person, the community and the provider, so that there is accountability around the health outcomes of individuals. Their work is to

keep people healthy, rather than only treating the sick.

Lastly, if we want a health system and health services that are proactive rather than reactive – comprehensive and continuous rather than episodic and disease-specific – we need to anchor them based on sustainable person-provider relationships instead of incidental, episodic and provider-led care. Relationship-based care will help mitigate the undesirable fragmentation that many health systems experience due to over-medicalisation and siloed specialised care, as well as lay the foundation for stronger continuity of care. ♦

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Looking Back at the Year

Text and photo by Melanie Chee and Karen Lee

Marking the end of the 2023/2024 academic year, this special edition of "Letters from the UK" features correspondence between Melanie and Karen, both fourth-year medical students and members of the Singapore Medical Society of the United Kingdom (SMSUK) from different universities and cities in the UK, as they look back at the year in reminiscence.

Letter 1: The Year in Review

Dear Karen,

How has it already been a month since we last met in London for the SMSUK Annual Dinner? On one hand, it feels like time has really dragged on, as though it's been three years packed into one, yet it was as if I had blinked and time just flew by. Suddenly, we're nearing the end of the year – bizarre!

I cannot believe how much has happened in the past year. Academically, Year 4 has been demanding as we rotated through the specialties (ie, neurology, ENT, ophthalmology, dermatology, geriatrics, paediatrics, O&G, psychiatry and oncology). There was so much content to cover and so much to see on placement, it was incredibly fast paced. Most times, I had barely gotten used to a new specialty when suddenly, it was time to rotate to the next one. And when we were placed at district hospitals in smaller towns, not only did we have to get used to new specialties, we also had to adapt to completely new living environments!

At times, I would think about the confidence I've gained over the last four years. Taking histories from patients and approaching doctors and nurses in the wards (the unfortunate ones who happen to be in the wrong place at the wrong time, caught in the crossfire of a confused medical student looking for someone who looks free enough to entertain questions). It's crazy how these are now ordinary parts of my day – pre-medical school Mel could never!

How have you been navigating this whirlwind of a year? Catch me up on everything that's been happening on your end!

Warmest regards,
Mel

Letter 2: The Challenges We Faced

Dearest Mel,

I've missed you! :) I have definitely found this year to be the toughest thus far and share such similar sentiments! Having to switch mindsets between different specialties has been really demanding, both academically and mentally. With each passing year, the responsibilities and expectations placed on medical students seem to grow exponentially and I find myself following suit.

This year, I stepped out of my comfort zone and decided to partake in more extracurricular activities and research opportunities, as well as student societies. It was a real struggle trying to simultaneously juggle revision, multiple commitments and still maintain a social life. Oftentimes, I questioned my capabilities and felt disappointed for falling short of the goals I had set for myself. Thankfully, I have since learnt how to organise my time better. This includes completing all my tasks, while equally dedicating downtime for my hobbies and loved ones!

Such hardships have highlighted the importance of having a support system. The saying "no man is an island" resonated with me a lot this year. I am extremely blessed to have been able to rely on loved ones, both near and far, for support. SMSUK, in particular, has been a "home away from home", providing a sense of comfort and familiarity amid the flurry of medical school.

Who (or what) brings you comfort these days?

Kind wishes,
Karen

Letter 3: The People We Lean On

Dear Karen,

Seems like Year 4 has really been pushing both of us to our limits! Despite being in different universities and cities, it's reassuring to know we've been navigating similar challenges.

After a long day at the hospital (spent anxiously avoiding being an inconvenience), hours poring over drug side-effects, and the stepwise management of endless lists of conditions, sometimes all we crave is a hug or the comfort of a home-cooked meal. Some relief from the frigid cold of poorly insulated student housing would also be very welcome! Unfortunately, such simple pleasures are quite out of reach for us international students. While technology has definitely made keeping in touch easier, it's not nearly a comparable replacement.

That is why having a support system close by is so important. Without friends to rely on here, the tough days would be so much harder to power through. And while I've been fortunate to have found comfort and camaraderie in many different groups, there's always a special place in my heart for my fellow homesick Singaporeans.

In Leicester, a much smaller city than London, there aren't many of us from Singapore, which is why the SMSUK community has been so valuable in helping me stay connected to home. I am so grateful for the opportunities to meet like-minded individuals who have now become my very close friends – yourself included, of course! I really don't know how I would have had the resilience to persevere or to thoroughly enjoy my time in the UK, had I not found our little community!

You've definitely had more experience than me, having been in the UK much longer! How do you usually deal with homesickness?

All my love,
Mel



Letter 4: The Future Awaits

Dearest Mel,

I can definitely vouch that homesickness comes in waves and many forms. One thing I have come to realise over my six years spent abroad is that "home" is more of a feeling rather than a location to drop a pin on.

Be it the familiarity of placing your favourite bubble tea order, or getting screamed at by hawkers you frequent, there's something nostalgic about falling back on a routine. Admittedly, it was tough finding that in a foreign land, particularly when life's seasons are quite literally passing us by – it is easy to get swept up in the chaos of it all. Having "constants" to ground me, in the form of hobbies or friends, has been imperative to my journey of both academic and personal growth.

While reflecting on our progress is key, it is equally valuable to ponder our future. This week marks the end of my fourth year. Honestly, I've been having mixed sentiments towards this last stretch. On one hand, I can't wait to put an end to the homesickness and distance between loved ones back in Singapore and myself, but on the other, some part of me almost feels like I'm trading one "home" for another.

However, if there's anything this degree has taught me, it's to pay homage to the strength of the human spirit. Whatever struggles we may be powering through right now will unite us and one day, be fond memories we grow from and look back on. Our future being "unknown" has always been somewhat daunting to me, but with each passing year I find more things to hold near and dear. Our little community has been such a beacon of hope throughout the past year – knowing I'll be working alongside such motivated and enthusiastic peers in the future has been incredibly encouraging and makes me excited thinking about what the future holds!

Here's to walking this path together!

With love always,
Karen ♦



Karen and Melanie in Porto, Portugal

Melanie is a Year 4 medical student at the University of Leicester and is the outgoing 29th Editor of the SMSUK executive committee.



Karen is a Year 4 medical student at King's College London and is the outgoing 29th Clinical Education Officer of the SMSUK executive committee.





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Reflecting on Our Impact: Fundraising in 2023



Text by Ronnie Cheok, Deputy Manager,
SMA Charity Fund

At the heart of Singapore's medical community is the SMA Charity Fund (SMACF), a beacon of hope and support for aspiring medical students. The year 2023 bore witness to a series of transformative fundraising campaigns, each designed to address the specific needs of the initiatives and honour the legacies of remarkable individuals.

From the enduring legacy donations such as the heartfelt "In Memory of Dr Michael Toh Kok Kuan" campaign and the impactful "SMA-Mdm Lee Na Na Medical Students' Assistance Fund", to our annual fundraising initiatives, our primary objective remains unwavering: to support underprivileged medical students, allowing them to focus on their studies without the burden of financial constraints that hinder their aspirations of becoming the doctors of tomorrow.

Additionally, we are proud to highlight the heartening "Women Inspiring Women Fundraising Campaign", spearheaded by Dr Chua Yang. Dr Chua's visionary initiative featured a poignant photobook showcasing one hundred sets of remarkable mothers and daughters in healthcare. The mothers featured have dedicated their lives to serving those in their most vulnerable moments of pain or illness, becoming sources of inspiration for their daughters who have also chosen to follow in their footsteps into the field of healthcare.



Through these endeavours and SMACF's ongoing initiatives, we showcase the medical fraternity's rich tapestry of diversity and unwavering support, underscoring our collective commitment to fostering a brighter and more inclusive future for all.

The collective generosity of our donors, volunteers and supporters has enabled SMACF to raise an inspiring total of \$377,255 in 2023, excluding grants. This remarkable achievement is a testament to the unwavering commitment and compassion of the entire community towards nurturing the next generation of medical professionals.

As we reflect on the impact of these campaigns, we extend our heartfelt gratitude to everyone who played a role, big and small, in making a difference. Together, we have not only raised funds but also built a community of support and encouragement for medical students.

Moving forward, let us continue to stand united in our mission to support and uplift aspiring medical professionals, ensuring that no dream goes unrealised. We express our sincere thanks to all who have contributed to the success of SMACF's 2023 fundraising campaigns. Your generosity has made a profound difference in the lives of deserving individuals. ♦

Do keep a lookout for our 2024 campaigns at <https://smacf.org.sg/donate-now>.

If you are interested in collaborating on a campaign, please email us at smacf@sma.org.sg.

Legend

1. SMACF fundraising highlights

• SALE/RENTAL/TAKEOVER •

Singapore Clinic Matters Services: Singapore's pioneer clinic brokers. We buy and sell medical practices & premises and also provide other related clinic services too. Yein – 9671 9602. View our full services & listings at <https://singaporeclinicmatters.com>.

• POSITION AVAILABLE/PARTNERSHIP •

Woodlands established GP clinic looking for lady GP partner to share one-third of hours. No investment required. Please WhatsApp 9006 1864.

Doctor with some aesthetic experience and COCs wanted in established aesthetic practice in Novena Medical Center. Training and mentorship will be provided. Opportunities for partnership. Please send resume to dr@davidloh.sg.

SEEKING NEW OPPORTUNITIES?

Visit <https://www.sma.org.sg/jobportal>
to view job listings from healthcare
institutions and clinics.

Details available within each listing.

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9626 7607
Prunella Ong Lay Foon
ERA Senior Marketing Director
CEA No.: RO26368D

With my tried and trusted negotiation skills, plus a dynamic and proven success model, I have concluded numerous successful sale, purchase, lease and assignments of clinics/ practices throughout the whole of Singapore. My varied marketing efforts and large contacts database are central to my ability to deliver the best results for my clients. Having come from a medical background, I am fully attuned to my client's requirements, and fully mindful of the need to retain confidentiality and to work in an open but ethical manner. I will always strive to deliver the best possible outcome in the shortest time possible. My clients are always my top priority in any transaction. **I look forward to being able to serve you, so just give me a call or send me a message to get the ball rolling.**

LATEST NEWS!

Glen - 1,012 sqft for sale. Tenancy ends mid Feb 2025

Novena Medical Center 797, 743 & 1,539 sqft 2 strata title. Ava from 1.11.2024

GP clinics available for Sale & Rental Located at 4 corners of Singapore

GP clinic for takeover at AMK MRT & Hillford (no takeover fee)

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Find out how I can partner you to effectively **CASH OUT** from your existing practice when you **RETIRED**.





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Niks Professional Ltd

(SGX:NPL)

www.nikspro.com

Niks Professional owns and operates medical clinics under the "Niks Maple" brand, focusing on family practice dermatology and aesthetic medicine. We also have a wide and comprehensive range of medical skin care products to complement medical solutions.

Having been recently listed on the Catalist Board of the Singapore Exchange, we seek partners to join us in our growth journey.

PARTNER CLINICS

We seek fellow clinics interested in growing with us by way of mergers and acquisitions. We welcome GP clinics interested in **family practice dermatology** and/or **aesthetic medicine, plastic surgery clinics and hair clinics**. Please email to strategic@nikspro.com. Confidentiality assured.

FULL-TIME DOCTORS

We welcome doctors with an interest in family practice dermatology, aesthetic medicine or hair medicine. You should possess key COCs or be in the process of obtaining them. Generous performance-linked remuneration and potential share incentives. Please email to hr@nikspro.com. Confidentiality assured.




We are looking for a General Practitioner to work in Marlborough, New Zealand.

You'll find a good quality of life in this picturesque & sunny region. There is always somewhere scenic to unwind in your spare time

ACCENT will be in Singapore for the WONCA Conference, 21-24 August 2024

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DSS-NSC AESTHETIC PROCEDURE TRAINING COURSES

Dermatological Society of Singapore - National Skin Centre aesthetic procedure training courses have been designed specifically to help doctors gain confidence & competence in the performance of minimally invasive aesthetic dermatological procedures.

The courses cover both the essential theory & clinically relevant practical aspects of the procedures. This workshop is accredited by the Singapore Medical Council Aesthetic Practice Oversight Committee as a Certificate of Competence (COC) course.

Date	Courses	
14 th Sept 2024	Intense Pulsed Light Instructors: • Dr Tan Wee Ping • Dr Heng Jun Khoo	Time: Saturday, 2 - 6pm Venue: National Skin Centre (NSC) <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Scan to Register  </div>
9 th Nov 2024	Laser Hair Removal Instructors: • Dr Priya Sen • Dr Lee Hwee Chyen	

For enquiries, please contact:
Ms Stephanie Tay | Email: secretariat@dermatology.org.sg





WE ARE HIRING!

RESIDENT PHYSICIANS

Resident doctors work to deliver holistic care to our acute, chronic, and health screening patients at our clinics and through teleconsultations.

Competitive remuneration packages.

Locations

Anchorvale	Punggol, Waterway Point	Floater
Ang Mo Kio, AMK Hub	Sengkang, Compass One	
Boon Lay, Boon Lay Shopping Centre	Yishun, Northpoint City	

DESIGNATED WORKPLACE DOCTORS

We are looking for **designated workplace doctors** to join us.

- Assist with occupational health related projects
- May be required to conduct site surveys
- See patients at our GP clinics

TELEMEDICINE DOCTORS

We are looking for doctors to join our **Telemedicine** service arm.

Competitive remuneration packages.

SPECIALIST PARTNERS

We are looking for **specialised partners** to join us. Terms of partnership are open to discussion.

Interested parties may contact us via email: doctoreminmed.sg



WE ARE HIRING!

Seeking passionate resident doctors to enhance our team. Explore a progressive career path with partnership opportunities with us. Make a positive impact on patient lives in a supportive environment. Competitive benefits and growth opportunities await.

Full time/ Part-time work arrangement available

 **Resident Family Physicians**

 **Resident Medical Officer**

 **Part-time Doctors**

 **Telemedicine Doctors**

Locations:

 Redhill	 Tiong Bahru	 Hougang	 Punggol
 Sengkang	 Woodleigh	 Taman Jurong	 Bukit Batok

Interested applicants can contact us at **8428 1850** or email your detailed resume to hr@prohealth.sg

APPLY NOW

and be a key player in transforming healthcare excellence!

St Luke's ElderCare (SLEC) is a Christian healthcare provider committed to meeting the evolving needs of the community, excelling in social care and clinical excellence for ageing well. SLEC's ecosystem of care service is centre, community, residential and home-based.

With a vision of Transforming Community Care, we deliver a full range of integrated services and programmes including maintenance day care, day rehabilitation such as physiotherapy and occupational therapy, dementia, wound, nursing and respite care, wellness programmes and transportation.

SLEC operates 28 Senior Care and Rehabilitation Centres islandwide, two Active Ageing Hubs in Bishan and Northshore, one Active Ageing Centre (Care) in Chong Pang and one Residential Facility in Ang Mo Kio, serving mainly older persons regardless of race, language, and religion. Incorporated in 1999, SLEC is a registered charity and an Institution of Public Character.

We are looking for an experienced **Community Care Doctor** to join the team.

As a Community Care Doctor, you will provide medical care to SLEC clients, along with advice and support to their caregivers in collaboration with the rest of the care team (e.g. nurses, therapists, social workers, counsellors, centre staff, nursing home staff, etc), both internal and external to SLEC, such that care rendered is effective, coordinated and integrated. The Community Care Doctor also fosters a culture of safety and clinical improvement, contributes to programme development and supports the organisation from a clinical angle.

Responsibilities:

- Provide direct medical care to clients in home and residential-based services in a team setting.
- Provide clinical advice and support to caregivers.
- Coordinate care and referrals to other social service agencies, client's primary/ specialist care physician and other healthcare or community service providers when the need arises.
- Assist in the development of medical practice guidelines, policies and protocols as required for the safe and effective provision of healthcare in SLEC.
- Any other projects that are assigned by the manager.

Job requirements:

- MBBS or MD recognised by the Singapore Medical Council.
- Full registration with the Singapore Medical Council.
- At least 3 years of post housemanship.
- Possess good communication and interpersonal skills.
- Willingness to serve and connect with the elderly and underprivileged.
- Relevant Graduate diplomas in Geriatric Medicine, Palliative Medicine or Mental Health would be advantageous.
- Experience working with elderly or palliative patients would be advantageous.
- Proficient in the use of Microsoft Office applications.
- Willingness to travel within Singapore.

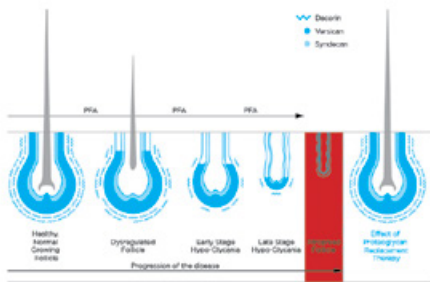


If you are interested to apply for the above-mentioned position, please submit your resume to **Julie Ong - Senior Manager, HR** at julieong@slec.org.sg.

PROTEOGLYCAN REPLACEMENT THERAPY

HAIR
GROWTH
inCLINIC

- Proteoglycan Follicular Atrophy (PFA) is behind hair miniaturization in pattern hair loss that cannot be reversed by androgen withdrawal.^{1,2}



- To reduce miniaturization of the hair follicle, which occurs at a prematurely induced Telogen phase.
- To induce the hair follicles into Anagen.
- To optimize and re-adjust the length of the individual cycles of the Hair Growth Cycle.
- To ensure hair follicle survival and normal hair follicle ageing.

References: [1] Wadstein J, Thom E, Gadzhigorieva A The integral roles of specific proteoglycans in hair growth and hair loss Mechanisms behind the bioactivity of Proteoglycan Replacement Therapy with Nourkrin® with Manlex® in pattern hair loss and telogen effluvium *Dermatol Res Pract*. 2020 Feb 2020;8125081. [2] Hamilton JB Effect of castration in adolescent and young adult males upon further changes in the proportions of bare and hairy scalp *J Clin Endocrinol Metab*. 1960 Oct; 20:1309-18

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The Ministry of Home Affairs (MHA) aspires to be world-class in delivering a safe and secure home for our people. In pursuing our mission to help make Singapore safe and secure, we remain always constant and true to our core values of Honour and Unity.

• **Director, Home Team Medical Services** •

The Medical Services Division aims to provide an excellent and comprehensive healthcare for the officers and staff in the Ministry of Home Affairs. Our mission is to provide uniformed officers with proper health protection, ensure that they are medically fit for their operational roles and promote the healthy living practices for all the staff.

For more details on the job and how to apply, please check out our ad on [SMA Jobs Portal](#). *Only shortlisted candidates will be notified.*



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