

SMA



For Doctors, For Patients

news

VOL. 57 NO. 6 | JUNE 2025 | MDDI (P) 048/12/2024



SMA Annual Dinner 2025



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Highlights
of the Evening

SMA CMEP
25 Years

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URL: <https://www.sma.org.sg>
UEN No.: S615S0168E

DESIGN AGENCY

Oxygen Studio Designs Pte Ltd

PRINTER

Midas Asiapac Pte Ltd

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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.



Just the other day, I had a meeting with a younger colleague who asked me what work the SMA Council does, and my first response was: "You have to pull back and consider what SMA does as an organisation, then you can understand what the Council does." I hope my fellow Council members are satisfied with that initial response.

That aside, the question led me to reflect on the tireless dedication of many doctors outside of their teaching, research and clinical work. When I first became a medical student, then a junior doctor, I was prepared for the extra time and effort that would go into my immediate clinical career. But nobody warned me of the undocumented and unpaid hours I would put into things beyond that, things such as the advocacy work an organisation like SMA does, and which I have somehow become a part of.

For those unfamiliar with the story, I once received a rather shocking phone call from my former surgical registrar. I am being candid when I say that I stared at my ringing phone for a long moment before answering. Note, this was two years after my housemanship. I was way into my psychiatry residency and had no dealings with surgeons except those in the hospital I worked with at the time. My days of trauma were, quite literally, behind me. Surgical trauma, that is.

That phone call came from one Dr Tan Yia Swam, who asked, "Are you an SMA Member?"

Fast forward eleven years. Dr Tan has since served a term as SMA President, as a Nominated Member of Parliament, and is currently an appointed member of the Singapore Medical Council (SMC).

Meanwhile, I received my ten-year Long Service Award from SMA for my contributions, first as an *SMA News* Editorial Board member, and then as Editor. Alas, I was dealing with yet another COVID-19 infection and was unable to receive my award in person alongside giants like Dr Wong Chiang Yin. In any case, I will treasure that award always.

The point is this: a medical career is not simply about practising medicine. Yes, it is about teaching the future generation of doctors, handling administrative matters and, for those inclined, doing research. These things are a given. But a significant part involves the work that professional bodies like SMA, and each of its committees, do. Who does the work? People. Specifically, fellow doctors. And these are the volunteers whose hours are often undocumented, but whose dedication results in many of the activities that have become closely associated with SMA, such as the programmes conducted by the SMA Centre for Medical Ethics and Professionalism, the mandatory medical ethics webinars that came into place in 2024 with SMC's new requirements for practising doctors, and our beloved SMA Charity Fund. This is not to mention the advocacy work done in the background such as by those in the Doctors-in-Training Committee, and those working closely with the Ministry of Health on contentious issues like healthcare insurance.

Which is why SMA makes it a point to show their appreciation to these volunteers for their time, for these hours are unseen, unpaid and often unthanked.

Therefore, may I add my own message here for these folks – thank you for your dedication. For doctors, for patients. ♦

A Gathering in Appreciation

SMA ANNUAL DINNER 2025

Text by Sylvia Thay, Deputy Manager

This year's SMA Annual Dinner on 17 May saw some 400 guests gathered at Grand Copthorne Waterfront's grand ballroom for another highly anticipated evening of collegiality. Guest of Honour for the event, Ms Lai Wei Lin, Permanent Secretary (Policy & Development), along with distinguished guests, including Dr Syed Harun Alhabsyi, Member of Parliament for Nee Soon GRC, President of the Malaysian Medical Association Dato Dr Kalwinder Singh Khaira, and President of the Medical Association of Thailand Prof Prakitpunthu Tomtitchong, were warmly welcomed by attendees.

SMA President Dr Ng Chee Kwan commenced the evening's programme with his welcome address (see page 10), where he summed up the Association's ongoing efforts and work in the areas of advocacy and representation. He also reiterated SMA's motto, "Service before Self", as a sign of the Association's commitment to better the medical profession for the good of the public and patients.

SMA Honorary Membership

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 to the Association.

This year, SMA presented the Honorary Memberships to Prof Ho Lai Yun and Prof Tay Boon Keng. Their citations were delivered by Clinical Asst Prof Benny Loo Kai Guo and Prof K Satku, respectively (see pages 12 and 14).

Prof Ho Lai Yun has devoted more than four decades of his professional life to the local paediatric community, being the founding head of the Department of Neonatology in Singapore General Hospital and the Department of Child Development at KK Women's and Children's Hospital. Beyond his clinical work, Prof Ho sat on many committees and councils such as the Joint Committee on Specialist Training, Ministry of Health, the Continuing Medical Education Coordinating Committee, and the Panel of Chairmen of the Disciplinary Tribunal. He is also an advocate for children's welfare and protection, having served as the vice-chairman of the Singapore Children's Society since 2002.

Prof Tay Boon Keng is well respected as an eminent orthopaedic surgeon and has been a major contributor to the development of orthopaedic practice in Singapore, including introducing the Advanced Trauma Life Support Course and the US Specialty Board's annual in-training examinations. He was also chairman of the medical board at Singapore General Hospital and is the current emeritus consultant of Singapore Health Services' International Healthcare Collaboration Office. Furthermore, Prof Tay led the Medical Alumni Association as its president for four terms and was the chief medical officer at the 2010 Youth Olympic Games held in Singapore.

The Honorary Memberships were presented to Prof Ho and Prof Tay by Ms Lai Wei Lin to loud applause and cheers.

Recognising dedication

In its cause to advocate for and represent the medical profession, SMA has come such a long way over the decades only with the support and help of many volunteers holding various positions in the Council and committees.

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One such dedicated doctor is Dr Chong Yeh Woei, Chairperson of the SMA Charity Fund (SMACF), who shared with guests the Charity's latest fundraising campaign – "Journey with SMACF". During his sharing, Dr Chong encouraged guests to work with SMACF in supporting needy medical students in their pursuits. To find out more about how you can partner with SMACF, please visit <https://www.smacf.org.sg>.

Dr Ng Chee Kwan took to the stage once again and introduced the 66th SMA Council. Following which, a short video looking back at the SMA Centre for Medical Ethics and Professionalism's (SMA CMEP) 25 years of work was played, and Dr Ng thanked the faculty and staff of SMA CMEP for the effort and work they have put into running the many courses and seminars, including the recent mandatory medical ethics continuing medical education programmes. Tokens of appreciation were also presented to SMA CMEP's past executive directors – Dr T Thirumoorthy, Prof Chin Jing Jih, Clinical A/Prof Gerald Chua and Dr Lee Pheng Soon – in appreciation of their



leadership (see page 20 for a recap of SMA CMEP's journey).

The evening continues

Through the dinner, many guests were seen mingling within and beyond their tables, with multiple groups gathered around the ballroom as guests caught up with one another. Another area that saw people gathered in varying group sizes was the instant photography booth, where guests called upon friends and colleagues to pose and capture a snapshot of the evening.

Over the course of the Annual Dinner, a myriad of awards were given out in recognition and thanks for individuals who have put in their time, effort and support towards the Association, the medical profession and research, and/or to the wider community.

SMA Merit Award

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

Adj A/Prof Lim Yean Teng is a senior consultant cardiologist at Cardiology Associates Pte Ltd and adjunct associate professor at the Department of Medicine, NUS Yong Loo Lin School of Medicine (NUS Medicine). A/Prof Lim has held many leadership roles, including being the chairman of the medical board of National University Hospital from 2003 to 2005 and the head of the Division of Cardiology of NUS from 1999 to 2006. SMA presented the Merit Award to A/Prof Lim in recognition of his



significant contributions to the field of cardiology, and service to the medical community as chairperson of the Fee Benchmarks Advisory Committee from 2018 to 2021.

Dr Tan Wu Meng is a clinical assistant professor at Duke-NUS Medical School and a consultant of the Division of Medical Oncology at the National Cancer Centre Singapore. He was a Member of Parliament for Jurong GRC from 2015 to 2025, and chair of the Government Parliamentary Committee for Health from 2020 to 2025. Dr Tan was also a member of the *SMA News* Editorial Board from 2005 to 2010 and the author of the *SMA* feedback paper on Healthcare Workers' Safety in 2008. *SMA* presented the Merit Award to Dr Tan in recognition of his significant contributions to the medical profession, and service to various Ministries and the Government Parliamentary Committee for Health.

Dr Valerie Teo Hui Ying is a senior consultant and the head of Kallang Polyclinic, adjunct assistant professor at the Lee Kong Chian School of Medicine, and clinical lecturer at NUS Medicine. Dr Teo is also the president of the Singapore Bowling Federation and the captain of the *SMA* bowling team for the Inter-Professional Games. She has served on the *SMA* Sports and Games Committee since 2014 and has also represented the nation in international events. *SMA* presented the Merit Award to Dr Teo in recognition of her significant contributions to the *SMA* Sports and Games Committee, and sporting achievements on the National Bowling Team at the 2006 Asian Games and 1999 SEA Games.



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!

30 years of service

Dr Wong Chiang Yin: SMA Council (since 1995); SMA President (2006–2009)

20 years of service

Dr Pwee Keng Ho: *Singapore Medical Journal (SMJ)* Editorial Board (since 2005)

Dr Diana Tan Yuen Lan: Complaints Committee (since 2005)

10 years of service

Dr Chee Hsing Gary Andrew: Sports and Games Committee (Golf) (since 2015)

Dr Cheong May Anne: Doctors-in-Training Committee (since 2015)

Dr Ng Chee Kwan: SMA Council (since 2014); SMA President (since 2023)

Dr Tina Tan: *SMA News* Editorial Board (since 2014); SMA Council (since 2020)

Staff

Norita Bte Abdul Wahab: Senior Executive, Membership, 10 years of service

Sylvia Thay: Deputy Manager, *SMA News*, 10 years of service

Krysania Tan: Chief Administrator, 5 years of service

Sharon Wee: Executive, Professional Indemnity Services, 5 years of service

Legend

1. The 66th SMA Council
2. Merit Award recipient Adj A/Prof Lim Yean Teng receiving his award from Ms Lai Wei Lin
3. Merit Award recipient Dr Tan Wu Meng receiving his award from Ms Lai Wei Lin
4. Merit Award recipient Dr Valerie Teo receiving her award from Ms Lai Wei Lin
5. Dr Chong Yeh Woei sharing about the works of SMACF
6. Dr Wong Chiang Yin receiving his 30-year Long Service Award from Ms Lai Wei Lin
7. Long Service Award recipients with SMA 1st Vice-President (L to R: Dr Ng Chee Kwan, Dr Daniel Lee, Dr Pwee Keng Ho)
8. Some of the people behind *SMA News*





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SMJ Best Research Paper Award

The SMJ Best Research Paper Award has been presented since 2004, with the aim 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 2024 were selected from 36 original articles published in 2024. SMJ Editor-in-Chief Prof Ang Tiing Leong presented the commemorative trophies and certificates to representatives from the following papers.

Dr Evelyn Gabriela Utama and team:

"Improving children's cooperativeness during magnetic resonance imaging using interactive educational animated videos: a prospective, randomised, non-inferiority trial" (January 2024)

Dr Julian Tay Cheong Kiat and team:

"Clinical characteristics and outcomes in Asian patients with heart failure with mildly reduced ejection fraction" (August 2024)

Adj A/Prof William Kong Kok-Fai and team: "Clinical profile and outcomes in patients with moderate to severe aortic stenosis with or without concomitant chronic kidney disease" (November 2024)

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



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Expressing our thanks

The 66th SMA Council thanks our Guest of Honour, Ms Lai Wei Lin, and all guests for taking the time to join us at yet another successful run of the SMA Annual Dinner. We would also like to thank our generous sponsors: Art Works Advisory, Mitsubishi Electric, and Summit Planners. We hope everyone had a great and fulfilling time at SMA Annual Dinner 2025 and we look forward to hosting our colleagues, friends and volunteers again next year! ♦



Scan to view photos from the SMA Annual Dinner 2025, or visit <https://bit.ly/SMA-AD2025>.



Lucky draw winner

Dr Daphne Gardner

Limited edition signed print by Sylvie Kettle, titled "Sun Drop" (sponsored by Art Works Advisory)



Legend

9. SMJ Best Research Paper Award representatives with Editor in Chief (L to R: Adj A/Prof William Kong, Dr Evelyn Utama, Prof Ang Tiing Leong and Dr Julian Tay)

10 and 11. Posing at the instant photography booth

12. Capturing the memories of the evening with friends

13. Overseas guests catching up at the dinner

14. Wefie time!

15. Generous donors and supporters of the SMACF's work

16. A table photo to capture the evening

17. Dr Benny Loo presenting the lucky draw award to the winner, Dr Daphne Gardner

PRESIDENT'S *Welcome Address*



Text by Dr Ng Chee Kwan

Good evening, Permanent Secretary (Policy and Development), Ministry of Health, Ms Lai Wei Lin; Dr Syed Harun Alhabsyi, Member of Parliament for Nee Soon GRC; President of the Malaysian Medical Association Dato Dr Kalwinder Singh Khaira; President of the Medical Association of Thailand Prof Prakitpunthu Tomtitchong, honoured guests, ladies and gentlemen, a very warm welcome to all of you.

I am deeply honoured to be elected as president of SMA for the third year, and I look forward to serving all of you. At the same time, since I have now reached the age at which I get a CPF retirement account, I also look forward to handing over the SMA President duties to my successor next year.

One of the perks of my role as SMA President is that I get to work with some of the brightest, most dedicated people in healthcare – and I am referring to my fellow SMA Council members. Much of what the SMA has achieved in the past year is due to the collective wisdom of the Council and before I start the speech proper, I would like to thank all our Council members for giving their precious time in service to the medical profession.

Tonight, I would like to give a brief recap of some of SMA's significant activities over the past year.

First of all, we launched the mandatory medical ethics (MME) continuing medical education (CME) programme for our Members last year. Through the efforts of the SMA Centre for Medical Ethics and Professionalism and the SMA Secretariat, we put up on-demand distance learning programmes and organised webinars for doctors to fulfil their MME requirements. Our MME CME programmes are complimentary for Members, including spouse members. I am glad that our MME CME programmes have been very well received; thus far, we have submitted more than 22,000 MME points for doctors. We have also seen an increase in the number of doctors taking up SMA Membership, so that they can access our complimentary MME CME programmes. Moving forward, we will not rest on our laurels, and will endeavour to maintain our position as a leading MME CME provider for the benefit of all doctors.

We continued our engagement with insurance companies and the Ministry of Health (MOH) to advocate for fair dealing

for doctors and patients. We maintained our stance that all specialists should be able to join health insurance panels without restriction. We believe that it is important for patients to not only have a healthy number of panel specialists to choose from, but also the assurance that their chosen doctor will remain on the panel for their continuity of care. To this end, we advocated for publication of the number of insurance panel specialists, as well as the number of new specialists introduced and removed from panels each year, so that patients can make an informed decision when choosing an insurer. I am glad that MOH has obtained these statistics and put them up on their website. We also pointed out that with doctors' fees kept under control through fee benchmarks and insurance contracts, other factors that contribute to rising healthcare costs, such as cost of drugs and hospital facility fees, should be looked into.

The SMA has a long history of representing junior doctors. Historically, the SMA lobbied for overnight call allowance for house officers. This is now considered a given, but many years ago, house officers were not paid for doing overnight calls – I belong to the

last cohort that was not paid. More recently, the SMA Doctors-in-Training (DIT) Committee continues the legacy of representing residents and junior doctors. In 2024, the committee gave feedback to the Singapore Medical Council (SMC) with a view to improving the process of obtaining full registration for conditionally registered junior doctors. In addition, the committee runs educational workshops for house officers and medical officers to educate them on their roles and responsibilities, and to equip them to handle on call and emergency issues. The DIT Committee is currently working on advocacy and support for doctors with mental health issues, so that they can work in a supportive environment and be able to achieve independence in practice. We are grateful to all stakeholders including the SMC, MOH Holdings and the sponsoring institutions for taking the DIT Committee's feedback seriously and for supporting our initiatives for junior doctors.

In the past year, the SMA continued to provide value-added services to our Members through our courses and seminars, Members' social events such as the SMA Members' Appreciation Night, and sports activities such as the SMA

Annual Golf Tournament. We continued to serve all doctors through our partnership with professional indemnity partners Medical Protection Society, Marsh and Income Insurance.

We also successfully made the move to new office premises at 166 Bukit Merah Central in July 2024, without significant disruption of our services. This is a rented premise, and we are looking at making better use of our investment funds by purchasing an office space as a backup for our own use.

Moving forward, an area of concern for the SMA would be the impending introduction of the Health Information Bill (HIB). Once implemented, it will be compulsory for all private clinics to contribute patients' health information to the National Electronic Health Record. Potential issues may arise from clinics who are still using pen and paper as they switch to electronic medical records, and for all clinics to comply with cybersecurity requirements. We look forward to further dialogue with MOH and cybersecurity service providers so that we can better support our Members in ensuring they comply with the new HIB, while managing the cost impact.

The motto of the SMA is "Jasa Utama" which means "Service before Self". As

an Association, we strive to serve the medical profession to the best of our ability, for the good of the public and for the good of our patients. I am glad to report that over the past year, our membership has increased to 11,000 Members, and we now represent about 47% of all SMC-registered doctors. Tonight, I wish to thank all our Members for their unwavering support for the SMA. Rest assured that I and my fellow Council members will continue to advocate for you in the issues that matter to you.

I would like to thank each and every one of you who are here tonight, for supporting our SMA Annual Dinner through your presence, and through your contributions. Finally, a big thank you to Adj Asst Prof Lambert Low and the SMA Secretariat for organising tonight's dinner.

Thank you for your attention and please enjoy the rest of the evening. ♦

Legend

1. 66th SMA Council members pose for a group photo with Guest of Honour Ms Lai Wei Lin and distinguished guests



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①

Citation

FOR

PROF HO LAI YUN

Text by Clinical Asst Prof Benny Loo Kai Guo



I am deeply honoured to deliver this citation for Prof Ho Lai Yun for his conferment of the SMA Honorary Membership 2025. I shall speak on his leadership and contributions to neonatology and developmental paediatrics, medical fraternity and advocacy of child's rights.

Neonatology and developmental paediatrics

Prof Ho Lai Yun graduated from the University of Singapore in 1973, obtained his Master of Medicine (Paediatrics) in 1977, and became a Fellow of the Academy of Medicine, Singapore (AMS) in 1981. He was awarded the Commonwealth Scholarship for training in neonatology at The Hospital for Sick Children, Toronto, Canada in 1981. He was the Founding Head of the Department of Neonatology in Singapore General Hospital (SGH) from 1986 to 2004 and the Department of Child Development at KK Women's and Children's Hospital (KKH) from 1997 to 2007. In 2013, Prof Ho was conferred Emeritus Consultant of SGH, Singapore Health Services (SingHealth). He established many perinatal programmes

which have become routine practices in Singapore; these include the universal newborn hearing and cord blood thyroid screening programmes. Under the recommendations of the Advisory Council on the Disabled, he was appointed Director of the Child Development Programme (CDP), Ministry of Health (MOH) in 1991. In this role, he started the Development Assessment Clinic (DAC) with humble beginnings at a small space along the corridor of Bowyer Block at SGH and formed a multidisciplinary team. By 1995, DAC was approved by the MOH as an established programme in public health service. He continued to expand DAC and developed a comprehensive early childhood intervention ecosystem linking the Ministries of Health, Education, Social and Family Development, and Law.

Prof Ho has also shaped the medical training in paediatric medicine and neonatology. He is responsible for establishing neonatology as the first paediatric subspecialty to be recognised by the Specialist Accreditation Board in Singapore. This led to the accreditation of five other paediatric subspecialty

trainings in subsequent years to meet the needs and challenges of child life and health in Singapore. He was Co-Chairman of the Joint Committee on Specialist Training, MOH from 2006 to 2008, and Chairman of the Residency Advisory Committee (Paediatrics) from 2013 to 2021 and the Paediatric Subspecialties Training Committee from 2016 to 2021. Prof Ho has been Clinical Professor at Yong Loo Lin School of Medicine, National University of Singapore (NUS) since 2005 and was Associate Dean of SGH and Outram Campus from 2004 to 2013. He has also been Professor at Duke-NUS Medical School since 2006. In 2022, he was inducted into the Hall of Master Academic Clinicians of the medical school. He received the National Outstanding Clinician Mentor Award from MOH in 2010, and the SingHealth Distinguished Lifetime Achievement Award in 2019. In 2023, he was conferred Professor Emeritus, NUS.

Medical fraternity

Prof Ho joined the SMA in 1973 after graduating from the University of Singapore and received the SMA Merit Award in 2017. He was the President of Singapore Paediatric Society from 1987 to 1991 and the Perinatal Society of Singapore for three terms. He was also elected as Master of AMS from 2006 to 2008. He has been appointed Senior Consultant, MOH with the Manpower Standards and Development Division since 2006. He was Chairman of the Sale of Infant Foods Ethics Committee, Singapore, MOH from 1994 to 2018. He was appointed member of the

Singapore Medical Council (SMC) from 2005 to 2011, and he has chaired the SMC's Schools Committee from 2007 to 2011, Aesthetic Practice Oversight Committee from 2008 to 2021, and continues to be in the Continuing Medical Education Coordinating Committee and the Panel of Chairmen of the Disciplinary Tribunal since 2003 and 2012, respectively. In 2018, he delivered the 16th Haridas Memorial Lecture for the Singapore Paediatric Society. Prof Ho is also well recognised regionally and internationally. In 2003, the Asia-Pacific Paediatric Association awarded him the Outstanding Paediatrician in Asia Award.

Prof Ho has published widely and serves as the scientific reviewer of many medical journals of high impact factors. He has been a member of the Centre for Holistic Initiatives for Learning and Development under NUS since 2022. He is on the Grant Review Panel of A*STAR and the National Medical Research Council. He currently serves as clinician-mentor at SGH and KKH. He chairs the SingHealth Pharmacy and Therapeutics Council, Centralised Institutional Review Board A, and is an advisor of the Research Ethics Compliance Council. He is also on the Clinical Ethics Committee and Transplant Ethics Committee of SGH under the Human Organ Transplant Act, Singapore.

Advocacy of child's rights

Prof Ho has more than forty years of voluntary social and community service contributions to children's welfare and protection, education and development, and the disability sector. He joined the Singapore Children's Society (SCS) in 1988 and has been its Vice-Chairman since 2002. He received the Ruth Wong Award in 2002, SCS's highest voluntary service award. He was a Services Committee member of the National Council of Social Service (NCSS) from 2002 to 2018 and was on the NCSS Board from 2004 to 2010. He chaired the Voluntary Welfare Organisations Capability Fund Panel from 2008 to 2022. In 2008, he was appointed Justice of the Peace. He has been a board member of SPD (formerly Society for the Physically Disabled) since 2012, chairing its Services Committee and was appointed its Vice-President in 2022. He has also volunteered with Ministry of Social and Family Development (MSF), contributing to the Inter-Ministry Child Abuse and Neglect Management Networks in setting the national standards for child protection, the Standing Committee on Disability, and chairs the Early Intervention Programme for Infants and Children. He also sought support to establish the Early Childhood Development

Agency and was appointed as a board member of the National Institute of Early Childhood Development since 2019, ensuring provision of high quality of early preschool and special education for children in need.

For his contributions, he was awarded the Henry C. Kempe Distinguished Career Award by the International Society for Prevention of Child Abuse and Neglect in 2008. In 2015, he received his 35-year Long Service Award from the NCSS and the Outstanding Volunteer Award from the MSF. He was honoured with the National Day Public Service Medal in 2006, Public Service Star Award in 2010, and the Public Service Star (Bar) Award in 2021 for services to Singapore's social service sector.

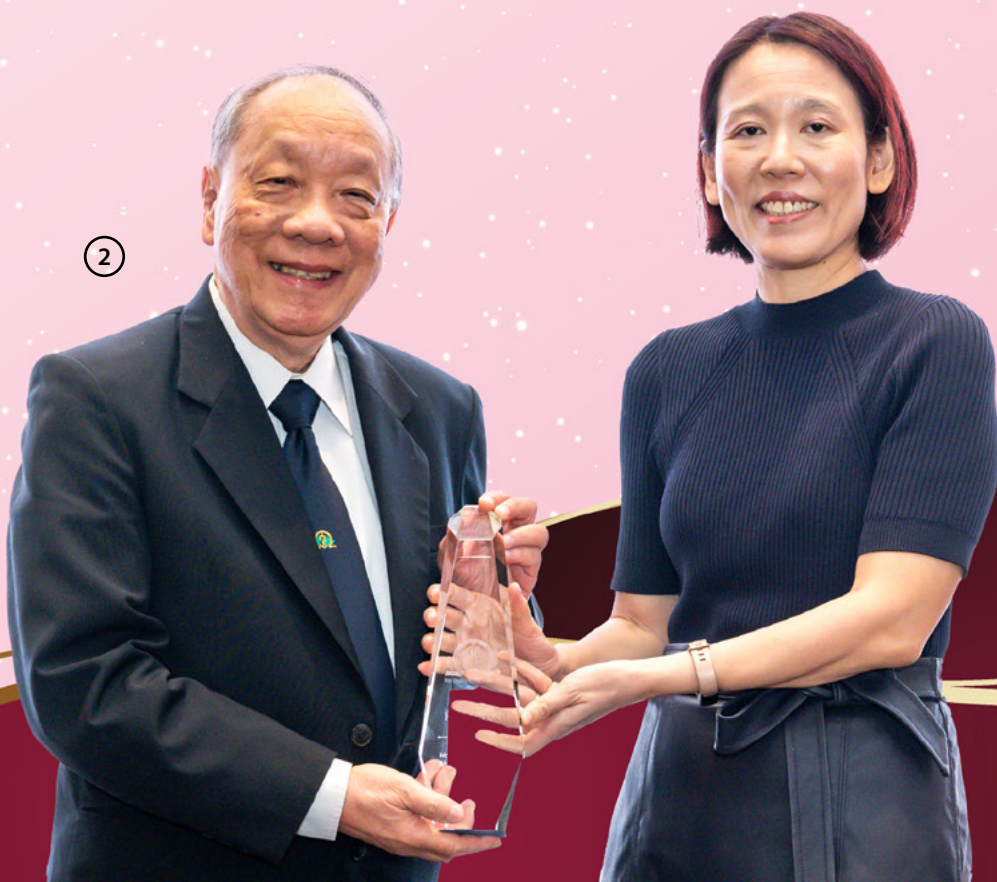
Conclusion

For more than three decades, Prof Ho has been the driving force in building an inclusive early childhood intervention ecosystem involving the collaborations of the health, education and social services in partnership with families, a model uniquely Singapore. Prof Ho is an unassuming gentleman, an inspiring mentor, a visionary trailblazer and a beacon with a holy aura. It is my honour to present to you Prof Ho Lai Yun for the SMA Honorary Membership 2025. ♦

Legend

1. Clinical Asst Prof B Loo delivering the citation at the SMA Annual Dinner
2. Prof Ho LY receiving his award from Ms Lai Wei Lin

②



Citation

FOR PROF TAY BOON KENG

Text by Prof K Satku



I am privileged to have been asked by Prof Tay Boon Keng to read his citation at this august event. Many of us admire and are familiar with Prof Tay's achievements and contributions. However, there are some significant achievements and contributions of his that have largely remained silent, reflecting the unassuming nature of the man himself.

Let me in the next few minutes highlight some of these lesser-known achievements and contributions, among his others.

Scholar and educator

In his journey to becoming an eminent orthopaedic surgeon, Prof Tay has had an outstanding academic record. He was a gold medallist in a Royal Australasian College of Surgeons examination.

All of us are familiar with, and have benefitted from, the now well-established ATLS, or Advanced Trauma Life Support Course. Prof Tay was one of the individuals who, in the early 1990s, negotiated with the American College of Surgeons and introduced this course into Singapore.

For orthopaedic trainees, Prof Tay introduced the US Specialty Board's annual in-training examinations. This was in the late 1990s, well before residency was established in Singapore. It enabled our orthopaedic trainees and their supervisors to gauge the trainees' standing against the US residents at each year of their training. This assessment enabled us to optimise the training.

Boon Keng is a popular undergraduate and postgraduate teacher and examiner, and for many years was responsible for the orthopaedic training and teaching programmes at Singapore General Hospital (SGH). In recognition of these extensive contributions to medical education, he was conferred the Clinical Professorship by National University of Singapore (NUS) in 2005. And when the Duke-NUS Medical School was established, he was appointed Professor at the school too.

Clinical leadership

Boon Keng's clinical and leadership qualities were recognised early in his

career, and in 1996, he was appointed Head of the Department (HOD) of Orthopaedic Surgery at SGH. Three years later in 1999, while still holding the post of HOD, he became Chairman, Division of Surgery, an office that required him to grow and ensure the optimal delivery of the surgical services at SGH.

He continued his meteoric rise and was appointed Chairman of the Medical Board in 2002, overseeing all medical services at SGH. In 2008, for his many contributions to healthcare and to the hospital, SGH conferred on him the title of Emeritus Consultant.

Boon Keng has also collaborated with healthcare facilities in many countries including China, the Philippines and Myanmar, helping them develop. He was appointed Chairman and now is Emeritus Consultant of Singapore Health Services' International Healthcare Collaboration Office.

Professional leadership

Prof Tay has served in leadership positions in many professional

organisations, including the Academy of Medicine, Singapore and the Singapore Medical Council. But when so many of us were falling over each other to lead these organisations, he stepped aside and moved to neglected areas where there was a dire need for leadership. He chose to champion the Medical Alumni Association, an enterprise that was at risk of going under because of dwindling membership and loss of direction. For years, only doctors, dentists and pharmacists from NUS and its predecessors were its members.

Under Prof Tay's leadership and in the last decade, its membership was expanded and it now includes doctors from Duke-NUS Medical School, nurses from the Alice Lee School of Nursing, NUS, doctors from the Lee Kong Chian School of Medicine, NTU and allied health professionals from Singapore Institute of Technology. As President of the Medical Alumni Association, he persevered, expanded and preserved our heritage. Enabling informal interactions among these groups of healthcare professionals will augur well for healthcare in Singapore.

Prof Tay is among the pioneers of sports medicine in Singapore, contributing to sports medicine's growth to becoming a recognised subspecialty.

When the inaugural Youth Olympic games were held in Singapore in 2010, Prof Tay was the natural choice for the office of Chief Medical Officer. He oversaw the medical needs of some 3,000 athletes from over 200 countries and executed the assignment with excellence.

Boon Keng has also served in many other areas that have largely remained silent. For instance, he also served as Senior Director at the Ministry of Health, overseeing the Division of both Hospital Services and Primary Care Services.

Family man

Despite all his clinical and professional commitments, Prof Tay is very much a family man. He and his wife – cardiologist Dr Susan Quek – dote on their children. I am informed that he was present



at most parent-teacher sessions as his children pursued their education. They are all in the healthcare sector, and one in particular, Dr Darren Tay, followed in his footsteps and became an orthopaedic surgeon. And as many of you know, Darren is now the HOD of Orthopaedic Surgery at SGH, a post held by his father some 25 years ago.

So, on that note, our Guest of Honour, SMA President and Members of the SMA, ladies and gentlemen, I present to you

Prof Tay Boon Keng, a gentleman, an eminent surgeon, an exemplary leader and a family man, for the conferment of SMA's highest honour – the Honorary Membership of the Association. ♦

Legend

1. Prof K Satku delivering the citation at the SMA Annual Dinner
2. Prof Tay BK and his family
3. Prof Tay BK receiving his award from Ms Lai Wei Lin



SMA DOCTORS-IN-TRAINING (DIT) COMMITTEE'S INITIATIVES TO SUPPORT JUNIOR DOCTORS



SMA DIT 101 Digital Pocketbook



A digital pocketbook that can be accessed on-the-go via any web browser or downloaded onto your personal and/or MOH Holdings-issued corporate mobile devices.

Resources available include contents from SMA House Officer (HO) Handbook* that are intended to help junior doctors navigate the complexities you may face in the ward. The pocketbook's content will be reviewed and updated at regular intervals to ensure its relevance and accuracy.

"Starter Pack" Workshops

SMA DIT Committee conducts two annual workshops, as well as other ad-hoc workshops, that aim to assist and familiarise freshly minted HOs and medical officers (MOs) to their new professional roles and responsibilities.

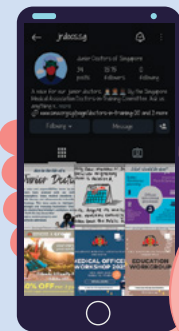
1. "How to HO 101" in April
2. "How to MO 101" in May

Our academic resources are vetted by our SMA DIT Advisory Panel, comprising specialists and family physicians from diverse professional backgrounds. We invite all HOs and MOs to look out for the next run of these workshops.

"Ask Me Anything (AMA)" Channel

The former Telegram AMA Channel* will be fully transitioning to the SMA DIT Committee's Instagram channel's chat function (@jrdocs.sg) with effect from July 2025.

This channel continues to retain the standard identity verification protocols and confidentiality guarantees for junior doctors seeking advice when caught in difficult predicaments.



**With the launch of these new services, SMA will be bidding farewell to the legacy SMA HO Handbook which has served many generations of junior doctors since 1998, and the SMA Junior Doctor Helpline on Telegram.*

Outreach Channels

All junior doctors, regardless of your SMA Membership status, are welcome to stay connected with SMA and access helpful resources available via the following outreach channels:



Telegram announcements:
<https://t.me/helpourjuniordocs>



Instagram announcements/AMA:
<https://www.instagram.com/jrdocs.sg>

The SMA DIT Committee remains committed to supporting junior doctors and will continue to provide these services free of charge to all junior doctors working in Singapore. If you have any feedback on our initiatives, please send them in to ilj@sma.org.sg.

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.



SMA letter on health insurance and healthcare costs

SMA wrote a letter to the *Straits Times* Forum to respond to a recent article on health insurance and healthcare costs. The letter summarises that any proposed changes should be centred on patients' medical needs.

SMA's letter was published on 26 May 2025 and can be found at <https://bit.ly/43pUtKe>.

Changes to application requirements for registration

We wish to highlight a Singapore Medical Council circular from 3 March 2025, regarding doctors with conditional registration who are applying for full registration.

With effect from 14 March 2025, the following documents are no longer mandatory:

- Updated CV; and
- Supporting testimonials from the head of department and chairman medical board or medical director.

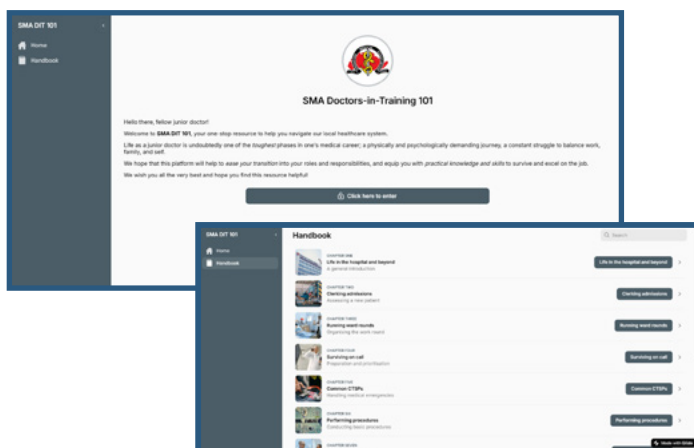
More details on this can be found at this link: <https://bit.ly/4jYKlb4>.

SMA DIT 101 digital pocketbook

The SMA Doctors-in-Training (DIT) committee has developed the SMA DIT 101 digital pocketbook to help junior doctors navigate this challenging phase of their medical journey. Junior doctors can easily download this pocketbook onto their personal or MOH Holdings-issued corporate mobile devices.

Soft launched in October 2024, the pocketbook is designed to modernise and replace the SMA House Officer (HO) Handbook, which has been refined by many generations of HOs/doctors in training since 1998. The digital pocketbook will serve as a quick-access resource for all junior doctors on topics including clerking admissions, surviving on call, managing called-to-see-patient scenarios, handling professional communications with patients and colleagues, and more. These can be easily accessed on the go, and contents will be reviewed at regular intervals.

Members can visit <https://smadit101.glide.page> to install the pocketbook or access the contents using a web browser. ♦



THE 9TH ANNUAL NATIONAL MEDICO-LEGAL SEMINAR

Medical Record Keeping in an Evolving Technological and Regulatory Landscape

13 to 14 September 2025

One Farrer Hotel

Day 1: 4 MME/CME points | Day 2: 2 MME/CME points

SCAN TO REGISTER



Day 1 - 13 September 2025

Time	Programme
8.30 am	Registration
9 am	Opening Address A/Prof Lai Siang Hui President, Medico-Legal Society of Singapore (MLSS)
9.05 am	Introduction Dr Peter Chow Organising Chairperson, Annual National Medico-Legal Seminar 2025; Deputy Director, SMA Centre for Medical Ethics and Professionalism (CMEP)
How much do healthcare professionals need to document?	
	<u>Plenary: Medical documentation</u>
9.10 am	(A) What are good clinical records – standards and challenges? Clin. A/Prof Gerald Chua Senior Consultant, Ng Teng Fong General Hospital
9.40 am	(B) What do good records look like to the courts? TBC Legal expert
10.20 am	Tea Break
11 am	The challenges of record keeping in the age of telemedicine and electronic medical records Prof Teo Eng Kiong CEO, Sengkang General Hospital
11.30 am	Panel discussion: Good medical record – balancing law and ethics <ul style="list-style-type: none"> • Moderator: Mr Suang Wijaya Managing Partner, Eugene Thuraisingam LLP • Clin. A/Prof Gerald Chua • Prof Teo Eng Keong • Adj Prof Chin Jing Jih Deputy Group CEO (Clinical & Academic Development), National Healthcare Group (NHG)
12.30 pm	Lunch
1.30 pm	For the record – a look at cases where the records have helped and hindered Dr Rob Hendry Chief Member Officer, Medical Protection Society (MPS)
1.50 pm	Mitigating cybersecurity risk and implementation for clinics Dave Gurbani CEO, CyberSafe
MOH NEHR Guidelines (2024) Appropriate use and access of NEHR	
2.10 pm	National Electronic Healthcare Records (NEHR) guidelines and appropriate access of patient information Dr Peter Chow
2.45 pm	Appropriate use of patient information in NEHR guidelines Ms Kuah Boon Theng SC Managing Director, Legal Clinic LLC

3.30 pm	Tea Break
3.50 pm	Panel discussion: NEHR – Potentials and challenges <ul style="list-style-type: none"> • Moderator: Ms Kuah Boon Theng and Dr Peter Chow • Adj Prof Raymond Chua Group Director (Health Regulation Group), Ministry of Health (MOH) • Dr Goh Min Liong Chief Medical Informatics Officer, MOH • A/Prof Thomas Lew Office of Clinical Governance Group Chief Data and Strategy Officer, NHG; Director, Centre for Medical Technologies and Innovation, NHG; Senior Consultant, Tan Tock Seng Hospital (TTSH) • Ms Rebecca Chew Partner, Rajah & Tann Singapore LLP • Dr Sumytra Menon Deputy Director, Centre for Biomedical Ethics, National University of Singapore (NUS)
4.50 pm	Closing A/Prof Devanand Anantham Executive Director, SMA CMEP
5 pm	End of Seminar

Day 2 – 14 September 2025

8.30 am	Registration
8.55 am	Introduction Dr Charmain Heah Consultant, Emergency Medicine, TTSH; Council Member, MLSS
Medical records in the era of advancing technology	
9 am	Plenary: Artificial intelligence (AI) in medical records – promises and pitfalls Prof Joseph Sung Dean, Lee Kong Chian School of Medicine, National Technological University
10 am	Ethical framework in using AI in medical record A/Prof Liu Nan Associate Professor, Centre for Quantitative Medicine and Programme in Health Services and Systems Research, Duke-NUS Medical School
10.45 am	Tea Break
11.15 am	Practical tips in using AI for medical documentation Prof Ngiam Kee Yuen Head of Division, Department of Biomedical Informatics, NUS
12 pm	Panel discussion: How should healthcare professionals situate ourselves in the era of video/audio recording, telemedicine and AI? <ul style="list-style-type: none"> • Moderator: Adj A/Prof Vishalkumar G Shelat Senior Consultant, TTSH • Prof Joseph Sung • A/Prof Liu Nan • Prof Ngiam Kee Yuen • Dr Aung Myint Oo Chief Clinical Informatics Office and Senior Consultant, TTSH • Mr Palaniappan Sundararaj Director, Sreenivasan Chambers LLC
12.45 pm	Closing remarks A/Prof Lai Siang Hui

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EDUCATING, EMPOWERING, ELEVATING ETHICS

SMA CMEP 25 Years

2025 marks the 25th year since the founding of the SMA Centre for Medical Ethics and Professionalism (SMA CMEP). Here, we share a brief recap of SMA CMEP's milestones since its auguration.

Late 1990s

Founding of SMA CMEP

In the late 1990s, a misalignment between public expectations and professional services was identified by SMA. SMA CMEP was thus established to uphold medical professionalism and ethics amid rising costs of healthcare, patient expectations and medico-legal risks.



June 2000

The beginning

On 10 June 2000, SMA co-organised with Inter-Professional Presidents' Group (IPPG) a seminar on professionalism. This was the inaugural education event run by SMA CMEP.

To commemorate this milestone, SMA held a symbolic foundation-laying ceremony for SMA CMEP, featuring a bonsai tree to represent growth, resilience and longevity. The event also saw the soft launch of the SMA CMEP website.



January 2001

The early years

SMA CMEP launched a series of seminars on bioethics and health law held at the Tan Tock Seng Hospital Theatre. The inaugural seminar on 11 January 2001 marked the signing of a Memorandum of Understanding between SMA and Tan Tock Seng Hospital. This collaboration aimed to promote continuing education, facilitate research, and support the publication and dissemination of teaching on health law and ethics with the aim of benefitting all healthcare professionals in Singapore.

2006

SMA CMEP was commissioned by the Ministry of Health and Joint Committee on Specialist Training to develop and deliver the Medical Ethics, Professionalism and Health Law Course to specialists and family medicine trainees prior to their exit examinations.

This training was initially delivered to advanced specialty trainees before being extended to the residency programmes. To date, SMA CMEP has organised 83 courses and trained 5,852 doctors.

2012

The Office of the Public Guardian engaged SMA CMEP to develop and administer the online accreditation module for Lasting Power of Attorney (LPA) certificate issuers. As of 31 May 2025, a total of 2,723 doctors have been accredited through the programme.

Following the launch of the LPA accreditation programme, the SMA CMEP board observed ongoing uncertainties among doctors in assessing mental capacity – particularly in cases involving patients with fluctuating or diminished capacity, as well as persons

with intellectual disabilities (PWIDs). In response, a committee was formed to address these challenges. The committee comprises doctors and lawyers who are experienced in LPA matters, deputyship applications and court-related mental capacity assessment reports. It regularly organises seminars focused on mental capacity assessment, covering assessment methodologies, sample medical reports and common ethical issues encountered when working with PWIDs and patients with fluctuating or diminished mental capacity.

October 2013

The first Annual National Medico-Legal Seminar was co-organised by SMA CMEP and the Medico-Legal Society of Singapore (MLSS) on 5 and 6 October 2013. The 1.5-day seminar covers issues at the interface between medical ethics and the law. Luminaries who have delivered plenary lectures include Minister Dr Lam Pin Min, Mr Jeffrey Chan SC, Mr Leslie Chew SC, Judge Marvin Bay, Judge Colin Tan, Justice Judith Prakash, Prof Kumaralingam Amirthalingam, Prof Leonard Lee and Ms Regina Chang (Public Guardian). To date, SMA CMEP and MLSS have organised nine seminars with a total of 1,580 participants.

The next seminar will be held on 13 to 14 September 2025, titled “Medical Record Keeping in an Evolving Technological and Regulatory Landscape”. The seminar will include speakers such as Prof Joseph Sung (Dean, Lee Kong Chian Medical School), Prof Ngiam Kee Yuen (NUS Medicine) and A/Prof Liu Nan (Duke-NUS Medical School).



Scan QR code to find out more.

November 2012

On 23 to 24 November 2012, SMA CMEP held its first Regional Conference on Professional Accountability and Professional Misconduct. The event brought together healthcare professionals (including doctors, nurses, dentists and traditional Chinese medicine physicians) from Singapore, international colleagues from Malaysia, Hong Kong and Australia, and legal and indemnity experts to examine key issues and challenges.

July 2014

SMA CMEP collaborated with the Academy of Medicine, Singapore, Law Society of Singapore and the State Courts of Singapore to organise the inaugural Medical Expert Witness Training. The two-day seminar's objective is to equip medical practitioners with the legal knowledge and skills needed to prepare medical expert reports and deliver oral evidence. To date, SMA CMEP has organised seven courses and trained 209 experts. The next run is scheduled for 2026.

September 2020

A new educational series (Medicine, Doctors and the Law) comprising six seminars was launched to support the professional development and legal knowledge of medical doctors. Specially designed for doctors at associate consultant level and above who hold leadership roles, the series also serves

as a foundational course to prepare doctors who may be called upon to sit in judgement during inquiries or handle complaints involving colleagues. To date, SMA CMEP has conducted 42 sessions with a total of 1,529 participants.

January 2024

In 2024, with the introduction of mandatory medical ethics (MME) continuing medical education requirements, SMA CMEP organised 18 MME programmes, awarding a total of 15,616 MME points to participants. These MME programmes were delivered free of charge for SMA Members via webinars, in-person seminars and distance-learning through the SMA learning management portal. In 2025, SMA collaborated with Singapore Health Services (SingHealth) to deliver 12,566 MME points to SingHealth doctors via webinars. SMA has also produced publications in the *Singapore Medical Journal* to cater for MME requirements. SMA CMEP has published more than 62 articles on ethics, law and professionalism since its founding in 2000.



SMA Annual Dinner 2025 | 17 May

May 2025

On 17 May 2025, SMA CMEP celebrated its 25th anniversary at the SMA Annual Dinner. SMA President Dr Ng Chee Kwan extended gratitude on behalf of SMA to all faculty members without whom none of the many achievements of SMA

CMEP would have been possible. The faculty with their tireless dedication and professionalism continue to serve as exemplars for the entire profession to emulate. They remind us of the truth of Prof Thirumoorthy's wisdom:

“Becoming an ethical clinician is more than simply following a set of rules.”

Appreciation

Guided by an independent Board of Advisors, SMA CMEP has garnered strong support from leading experts in the field. Its board and faculty comprise senior doctors and lawyers with deep expertise in medical ethics, professionalism and health law.

The growth and success of SMA CMEP over the past 25 years would not have been possible without the visionary leadership and dedication of its executive directors:

- **Prof T Thirumoorthy** (Founding Director, 2000 to 2003; Executive Director, 2011 to 2016)
- **Prof Chin Jing Jih** (Executive Director, 2004 to 2010)
- **A/Prof Gerald Chua** (Executive Director, 2016 to 2019)
- **Dr Lee Pheng Soon** (Executive Director, 2019 to 2022)
- **A/Prof Anantham Devanand** (Executive Director, 2022 to present)

Special recognition also goes to the Centre's past and present managers: **Ms Ng Wee Fong**, **Ms Caroline Tan**, **Ms Loy Mongshi** and **Ms Denise Tan**, as well as SMA's chief administrator **Ms Krysanja Tan** and the broader SMA Secretariat, whose steadfast contributions have been the metaphorical engine driving SMA CMEP forward. ♦

Legend

1. SMA CMEP foundation laying ceremony with a bonsai tree
2. SMA-TTSH MOU signing ceremony
3. SMA CMEP faculty at SMA Annual Dinner 2025
4. SMA President with SMA CMEP's past and present executive directors (missing A/Prof Gerald Chua)



Journey with SMACF

Text by Sharmilah Banu, Executive, SMA Charity Fund

As the curtains closed on this year's "Healthcare Heroes in the Making" fundraising campaign on 31 March 2025, we take a heartfelt moment to reflect on the journey we have shared. Every milestone reached, every student supported and every dream kept alive has been made possible because of you.

You, our donors, are the heart of everything we do.

Since our humble beginnings, SMA Charity Fund (SMACF) has held fast to one belief: that no aspiring doctor should be held back from pursuing medicine because of financial hardship. Thanks to your kindness and generosity, this vision continues to flourish.

To date, more than \$5 million has been raised, with over 566 bursaries awarded and more than \$3.55 million disbursed. Behind each of these numbers is a story: a young, passionate individual who can now pursue their medical journey with dignity and focus, free from the constant worry of making ends meet.

These bursaries are more than just financial aid – they are a symbol of hope. They give these medical students breathing space, confidence and the belief that someone out there believes in their potential. You are not just donating; you are shaping the future of healthcare, one student at a time.

This year, we are excited to invite you on a deeper journey with us through our refreshed donor campaign: Journey with SMACF. We named this campaign to honour and celebrate the role of our donors in our students' stories. It also serves as a heartfelt invitation to you, to walk alongside our beneficiaries as they navigate their journey through medicine.

To show our appreciation, we have introduced special donor tiers with meaningful gifts and recognition.

Thank you for journeying with us. Together, we are building a brighter future for healthcare – one student at a time. ♦

All donations from \$150 and above will receive:

- An SMACF exclusive donor gift

Donations from \$12,000 to \$30,000 (supporting two to five students) will receive:

- An SMACF exclusive donor gift
- Recognition on SMACF's website and annual report
- Invitation to SMA Annual Dinner and SMA Members' Appreciation Night

Donations from \$36,000 to \$48,000 (supporting six to eight students) will receive:

- An SMACF exclusive donor gift
- Bursaries awarded will be specially named in collaboration with SMA Medical Students' Assistance Fund
- Recognition on SMACF's website and annual report
- Invitation to SMA Annual Dinner and SMA Members' Appreciation Night
- Invitation to SMACF Bursary Recipients' Engagement Event

To learn more or to donate to our cause, please visit us at <https://www.smacf.org.sg> or reach out to us at smacf@sma.org.sg.

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Shared Odysseys

Text by Shayna Walia and Christic Moral

Members of the Singapore Medical Society of the United Kingdom (SMSUK) have seen the passing of another year. It has been such a unique opportunity to be on the committee overseeing events to serve such a close-knit community. As young students granted the grace of pursuing medical careers overseas, our people have become our greatest asset. Personally, I admire how each one gives time to lay important groundwork in fostering such long-lasting friendships, with undercurrents unseen yet alive, lasting us years into the future. Our deep connections have drawn us from all over England, Scotland, Wales and Northern Ireland for the brave attempt in recreating the *kampung* spirit wherever we can. Standing at the end of the academic year, we celebrate 30 years of our identities, following slightly behind our Little Red Dot.

Amid my reminiscence, I have struck up a conversation with one of our members, Christic, to gain perspective of his exciting plans and his memorable year.



Christic and his father in London

Shayna is a medical student at Cardiff University and the outgoing editor of SMSUK.



Christic is a medical student at King's College London and the incoming editor of SMSUK.



Hey Christic, this is an interesting way of communicating, not by text or email, but through a unique, albeit publicised, exchange of letters! Looking back at the last year, what is one memory that you are reminiscing most about?

– Shayna

It has been such an eventful year, Shayna. I am hard-pressed to choose just one memory to talk about. Between being a fresher in London, meeting people from around the world and returning to academics, I have so many stories to tell. My dad's visit to London in March, however, was my chance to show him a little about the life I have built here and fittingly, it is also the memory I have chosen to share.

Half a year of disjointed schedules amid a seven- or eight-hour time difference had turned daily interactions with my family into a series of missed calls. Rare calls were also almost entirely consumed by my mother's ever-growing list of worries and my reassurances in return. It would still be another three months before I would go back home for summer and see my family, but in the meantime, my father visited me in London for two days following his business trip. I picked him up from the train station, half-expecting an emotional reunion of some sorts. It was not too long into our conversation that he expressed the urgency of getting my mum's homemade pickles refrigerated in time, which I thought defeated the point of pickling. Even though it was a little absurd, it was so characteristic of my family that I also found it rather endearing. We spent the rest of the day at all the typical tourist attractions, as it was my dad's first time in London, ending the night with a long walk along River Thames.

Funnily enough, we chose to stay in for the second day, and I did not make any further progress on showing him around London. Cancelling plans and staying at home was on-brand for us after all. The next morning, I sent him off at the train station. On my Tube ride home, I reflected on my dad's visit, and how I had changed as a person over the past half a year, and worried if things would be different between me and my loved ones. My dad's visit may not have been as glamorous or momentous as I had expected, but I realised that my growth did not take away from the connections I had built. With all the excitement of new experiences, I had forgotten the feeling of comfort I had grown familiar with back home in Singapore. I was reminded of the relationships I have built with my friends and family, and how important they were in keeping me grounded.

– Christic

That sounds amazing, to have had such a connection with your dad that reminded you of home. It is indeed in the simplest interactions where we can find the most comfort and strength to last us through the long days. Being in a foreign environment has made me develop a greater appreciation for my upbringing, especially when I am pushed out of my comfort zone.

I remember being taught about the use of pharmaceuticals both within the National Health Service (NHS) and outside regulation. This part of introducing us to the realities of the medical profession worked in tandem with our teaching in mental health. In my first year, we visited supervised injection facilities (SIF) where we learnt that people who use intravenous drugs (PUID) can safely use them with medical help and support present. This concept of SIFs was jarring at first, then deeply humbling and sobering. We learnt about community support and services, as well as culture, education and medical support, all of which had roles in rehabilitation and preventive medicine for PUIDs. I have found myself more grateful for this opportunity of an education, which I would not have otherwise attained had I studied medicine in Singapore, and I was grateful for the perspective that this education brought me. In your opinion, what is a key event in your medical education that has stuck with you this year? Why has it made an impact on you?

– Shayna

One of the defining moments in my medical education happened just one week into the start of the school term, when I experienced my first dissection. It was a sobering moment, and a stark shift from learning anatomy through neatly drawn diagrams. Following a briefing by our school's chaplaincy team and anatomy lecturer, we took some time to reflect and opened the lid, unveiling our donor's body. As we undid the final layers of plastic sheets wrapping the cadaver, I found myself unable to name how I was feeling. Between the excitement that hands-on learning brought and the gravity of the situation, I could not settle on feeling just one emotion or thinking one thought. Dissection is a sensory experience, and so I instead focused on the smell of formaldehyde, the feeling of dissecting skin, and the view of complex and confusing structures of the human body, all of which are missing in cleaned-up textbook diagrams. Human anatomy is messy and unpredictable, and I learnt to navigate this with care and precision, never forgetting our donors' contributions. Being able to learn anatomy through cadaveric dissection and fully engaging myself in its process is something that I am undoubtedly grateful for.

– Christic

I remember my first dissection, and the feeling of being slightly overwhelmed by our donors and the smell of formaldehyde too. I think it is an unspoken rite of passage that every healthcare professional who attends an anatomy session will experience. Looking back at these memories, how do you feel about your year? And how does it differ from your outlook of the upcoming year? Being our next editor, of course, brings about excitement and, dare I say, nerves? I am truly excited for you as well, and the enrichment of such a position will grant much opportunity for you.

– Shayna



The outgoing 30th SMSUK committee members at the annual dinner

This year granted me so many new opportunities and experiences to develop myself as a person. I had the freedom to make my own decisions, but it challenged me and forced me to exercise responsibility in my choices. I have learnt more about myself, and what I value and believe in. I am surer of myself and excited to carry this forward into the next year. As for being the next editor, I am eager to push my boundaries and try something new. I have little previous experience, and that definitely brings some anxiety with it. However, if there is one thing I have learnt from this year, it is to push my boundaries and try new things, especially if they are out of my comfort zone.

– Christic

That sounds great! And on a lighter note, do you have any exciting summer plans lined up? For me, I am going to Vietnam in July with my family, and it will be a nice change of scenery and a time of reconnection with my siblings, as well as an abundance of coffee.

– Shayna

Honestly, none! I have kept off of making any plans for the summer. It has been a while since I have seen my friends, family and Singapore, and I want to experience things as they come. I am mostly looking forward to catching up with my loved ones and resting before returning for the next academic year!

– Christic

What a mindful reminder to take things slow and live in the moment! I hope that your summer break is filled with much-needed rest and reconsolidation, and I shall be trying to do the same. And to our SMA family, we hope that the coming months will herald renewal of the mind and body. Stay tuned for the work that our young Singaporeans do some ten thousand kilometres away from home! ♦

– Shayna

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Join Dr Cindy's Medical Aesthetics – a clinic with over 15 years of experience and an established patient base. We're hiring a Senior Doctor (SMC-registered, min. 2 years' experience) skilled in injectables and device-based aesthetics treatments. Work in a doctor-led setting with modern equipment, a dedicated support team, and competitive compensation. Be part of a practice that values patient care and continuous professional growth. Apply: Send CV to info@drcindy.com.sg | More info: <https://drcindy.com.sg>.

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9626 7607

Prunella Ong Lay Foon
ERA Senior Marketing Director
CEA No: R026368D

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Farrer
Sale - 1,421 sqft

GP Clinics
Sale - Jurong East St
21 - 2,572 sqft
Rental - 880 sqft



Excellent service.

She will get you what you want." - Dr J Wong




SEEKING NEW OPPORTUNITIES?

Visit

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to view job listings from healthcare institutions and clinics.

Details available within each listing.



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
23 rd August 2025	Intense Pulse Light Instructors: • Dr Lee Hwee Chyen • Dr Heng Jun Khee
13 th September 2025	Laser Hair Removal Instructors: • Dr Lee Hwee Chyen • Dr Jayden Wong

Time:
Saturday, 2 - 6pm

Venue:
National Skin Centre (NSC)

Scan to Register



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



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- Progressive career with partnership opportunities
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Seeking passionate family physicians to join ProHealth family and make positive impacts on patients' lives in a supportive environment.

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

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✓ PART-TIME DOCTORS

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- TAMPINES

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Designated Workplace Doctors

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Resident Physicians

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Anchorvale, Anchorvale Village
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 Punggol, Waterway Point
 Yishun, Northpoint
 Floater

Health Screening Centres:

Changi, Jewel Changi Airport
 Woodlands, Woods Square Mall
 Bugis, Bugis Junction

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Paediatrician

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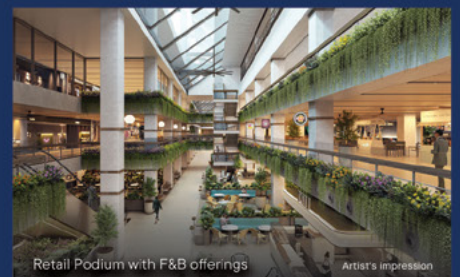
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HEART WELLNESS PROGRAMME

Singapore Heart Foundation's Heart Wellness Programme is the only structured community-based cardiac rehabilitation programme for patients who have completed their cardiac rehabilitation in the hospitals. It is also for individuals at risk of heart disease.



Who Should Join

Individuals with heart disease, or those at risk due to diabetes mellitus, high blood pressure, high blood cholesterol or obesity.

What the Programme Covers

- ♥ Rehabilitation
- ♥ Nutrition consultation
- ♥ Health talks and workshops

How to Apply

A referral from a cardiologist or family doctor is required to certify that the applicant is fit to exercise in the community. Applicants should reach out to SHF to book their first appointment with us, so that we may assess their suitability for our programme.

Fees

Assessment Fee - \$25*

Exercise Fee - \$50* (10 sessions)

Nutrition Consultation - Complimentary

*Inclusive of GST



Scan this QR code for the referral form

Bishan

9 Bishan Place, #07-01
Junction 8 (Office Tower)
Singapore 579837

T: 6354 9348

E: hwc1@heart.org.sg

Fortune Centre

190 Middle Road, #04-34
Fortune Centre
(Retail Section)
Singapore 188979

T: 6336 9337

E: hwc2@heart.org.sg

Bukit Gombak

810 Bukit Batok West Ave 5
#02-02
Bukit Gombak Sports Hall
Singapore 659088

T: 6337 9318

E: hwc3@heart.org.sg

