The Editors' 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.

I wonder how many of us entered medicine without realising just how expansive and protean healthcare can be. Perhaps as medical students we had some vague idea that healthcare is... a lot. Or perhaps we had no clue what it was really like and only felt that vastness when we joined the proverbial trenches.

If there is anything this month's slew of articles has shown me, it is that medicine is not just about treating an illness or making someone feel better. Fundamentally, that is what medicine is about. But doctors do not practise in isolation. We are cogs in a massive and complex machine that only works if we understand it. How does everything come together? What do we want this machine to do? What can it *not* do? How do we maintain it to prevent breakdowns? How do we fix the parts that are not working so well? Who do we need to keep it going? Who pays for all this?

As you peruse this issue, consider that you are indeed a part of this complicated machine called The Healthcare System. Before you are pioneers who steered the direction of medicine with wisdom. Ahead of you, newly minted doctors with their own perspectives and innovative insights.

Where do you fit in?

For the record, I took a cue from the article on creative facilitation by Phylaine Toh and A/Prof Anantham Devanand, and I thank them for asking the question about body parts.

DR CHIE ZHI YING

Deputy Editor



Dr Chie is a consultant family medicine specialist working in NHG Polyclinics. She also holds a Master of Public Health from the National University of Singapore and is a Fellow of the Royal Society for Public Health. She enjoys freelance writing and has written for Chinese dailies *Lianhe Zaobao*, *Shin Min Daily News* and health magazine *Health No. 1*.

The Global Wellness Institute defines wellness as the active pursuit of activities, choices and lifestyles that lead to a state of holistic health. While one can choose to go to wellness centres to enjoy various therapies and activities, simple things like practising mindfulness, physical exercises and setting aside time to "unplug" from the digital world are also good ways for urban dwellers to relax and enjoy peace.

In this issue, we are honoured to interview A/Prof Goh Lee Gan, widely regarded as the pioneer (or the "midwife", as he prefers to call himself) of family medicine (FM) in Singapore. In this interview, he shares his personal journey in medicine, how FM has evolved over time, establishing postgraduate FM training and personal reflections.

On the topic of enhancing patient care, Dr T Thirumoorthy and Darius Lim Xiang Wen share on the intricacies of doctor-patient encounters and how our communication as doctors goes a long way in building trust and rapport with patients.

Dr John Thng, founder of NUS HealthX, a platform ecosystem designed to bring together disciplines such as medicine, engineering, design and information technology, discusses how the platform helps reimagine healthcare innovation and interdisciplinary collaboration. We also have Foo Chuan De and Woon Ting Hui, final-year medical students, sharing their perspectives and reflections on Healthier SG, our national preventive health strategy.

Last but not least, on the topic of wellness, we are delighted to have Ms Phylaine Toh and A/Prof Anantham Devanand share about creative facilitation, a structured pedagogy for guiding groups to surface reflection, emotion and collective meaning in participants from diverse professional and social backgrounds through making artworks and encouraging reflections.

As doctors, we must not forget that we are also human beings who need to take care of our health and wellness so that we can better help others achieve theirs. With that, I hope you enjoy the read and have fun "unplugging"! ◆