

SMA NEWS



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The Doctors in Training Issue



A Warm Welcome

By Dr Tan Yia Swam and Dr Chia Ghim Song, SMA Doctors in Training Committee

A warm welcome to the Yong Loo Lin School of Medicine (YLLSoM) graduating Class of 2012! We look forward to having you join the workforce, and we have specially dedicated this issue to you.

We have a great line up of articles from your immediate seniors, especially those in residency programmes, to give some personal insight into how they have found the past year as a resident. Some other seniors have also shared their own choices on training, and offer tips on how to achieve work-life balance.

We have also approached various official bodies for comments, but sadly, most of them felt that the questions we posed are too sensitive and declined to answer. We have included the questions below:

1. Can you share with us the conceptualisation for various programmes, and the considerations that go into the thought process and planning?
2. What are the guidelines to selection, and how has the feedback from the core faculty been?
3. Junior doctors on the ground feel the discrepancy between service provision and training – what are your views on this?
4. There has been some feedback regarding limited residency slots – can you share some figures or thoughts on this issue?

I do hope that you new residents, the next generation, will be able to get better answers from the relevant authorities in the future months or years.

Finally, I wish you all a great year ahead, whether you are a traditional houseman, transitional year resident, or postgraduate year one resident. Do continue to write in to *SMA News* with stories of your adventures, misadventures, and any thoughts you would care to share with the Doctors in Training (DIT) Committee regarding issues on the ground. You can email us at feedback@sma.org.sg.

Good luck, have fun, and trust me – the year will go by faster than you know!

Dr Tan Yia Swam

There're a few things in life that one can never forget. Your first kiss (shared with my wife, thankfully), your first day at work and your first call. Congratulations to the YLLSoM students on completing the MBBS, and to the Duke-NUS Graduate Medical School students, good luck for your upcoming final exams. Unfortunately what you've prepared for in the final exams is not going to adequately prepare you for housemanship or your very first call, which is partly why it's always memorable.

Rather it's the people you work with – fellow doctors, nurses and patients – who will help you through. Be good to these people for they are the ones who will save you, sometimes at moments when you least expect it. Know your limits and do not hesitate to ask for help. This month's issue contains advice on how to navigate through housemanship and the rest of your professional career; as well as insights on the newly implemented residency programme.

The year will pass by faster than you can imagine. It'll be tough but if this 34-year-old can survive housemanship, I'm sure you'll all pull through and be able to do it with much more vigour. Welcome to the family and if you have any issues to bring up, suggestions to offer or stories to share during your training, please feel free to write in to us at feedback@sma.org.sg.

Dr Chia Ghim Song

The SMA DIT Committee

The SMA DIT Committee was formed to provide a voice for doctors in training in Singapore. SMA is committed to ensuring that all doctors in training have access to high quality undergraduate, prevocational, and vocational education and training, as well as appropriate working conditions. The Committee provides leadership and representation on issues of importance to junior doctors, including aspects of education, training, health and safety. The Committee also serves as a platform to advocate matters of importance to junior doctors, so as to work towards our vision of an improved healthcare landscape in Singapore.

The members of the DIT Committee are:

Chairperson

Dr Tan Yia Swam

Members

Dr Chia Ghim Song

Dr Ho Quan Yao

Dr Lim Kheng Choon

Dr Ng Chew Lip

Advisors

Dr Chong Yeh Woei

A/Prof Paul Ananth Tambyah

Dr Wong Chiang Yin **SMA**



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Dr Chia Ghim Song is a Radiology resident currently in the Transitional Year programme with Singapore Health Services. He graduated from Cornell University with a Bachelor of Science (Electrical & Computer Engineering) (Summa Cum Laude) and Masters of Engineering. He was a research scientist at DSO National Laboratories prior to starting his postgraduate studies at Duke-NUS in 2007. Ghim Song was also President and Valedictorian of the Class of 2011 at Duke-NUS, and recipient of the Seah Cheng Siang Gold Medal in Medicine.

