



SINGHEALTH RESIDENCY YEARBOOK 2016/2017

PAST, PRESENT, FUTURE

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Group Chief Executive Officer, SingHealth

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RESIDENTS' COMMITTEE (RC) FOREWORD

By Dr Lee Si Jia & Dr John Loh

Dear Graduands,

Congratulations on completing your Residency journey that you embarked on half a decade ago. "It is good to have an end to journey toward, but it is the journey that matters in the end" (Ursula K. Le Guin). We hope that your Residency journey has been a fulfilling, life-changing and memorable one.

This yearbook themed, 'Past, Present and Future' is very apt, as we look back at our lives in SingHealth Residency through a time capsule. In this book, we put together some of your most memorable past experiences in Residency training, and showcased how you progressed over the years to become who you are today. As a new chapter begins, let us not forget the reasons we had, the promises we made and the aspirations we dreamt up when we decided to enter Medicine. It is truly a privilege and calling.

From all of us in the RC and Graduate Medical Education (GME) office — A heartfelt congratulations to all of you!



Dr Lester Ong
RC Co-chair



Dr Sonia Lee
RC Co-chair



Dr Lee Si Jia
RC Communications
Subcommittee Co-chair



Dr John Loh
RC Communications
Subcommittee Co-chair

First row, from left
Dr Lim Jietong, Dr Chung Sze-Ryn, Dr Sonia Lee, Dr John Loh, Dr Cheong Li Anne and Dr Liu Jiayi

Second row, from left
Dr Cheo Fan Foon, Dr Glenn Goh, Dr Clement Wu, Dr Ronald Chong, Dr Alvin Tan and Dr Woo Yew Lok



CONGRATULATORY MESSAGE FROM GROUP CEO



Warmest congratulations to the third graduating cohort of SingHealth Residents! This year, we are proud to celebrate the graduation of 137 Residents — our largest cohort to date since SingHealth Residency started in 2010.

It is an exciting time to embark on your journey as medical specialists. As our healthcare system transforms itself to be future-ready, you will have a hand in shaping the way care is delivered.

The well-rounded training which you have undergone at the SingHealth Duke-NUS Academic Medical Center was designed to prepare you to practise at the top of your license.

As you advance in your careers, I urge you to remain inquisitive and continually pursue innovative thought that will lead to better patient outcomes. You will have many opportunities to make a positive impact on the lives of those under your care. Stay true to your calling and keep patients at the heart of all you do.

Congratulations once again and I wish you a successful and rewarding journey in public healthcare!

Prof Ivy Ng
Group Chief Executive Officer, SingHealth



UP CLOSE WITH DIO

“ Now that we have achieved better Residency satisfaction, we should focus on making our teaching more creative and innovative. We want to train all-rounded, competent and versatile clinicians. ”

When the Residency program started, did you foresee it becoming what it is today?

When we first began, we were very anxious about the quality of Residents who would graduate from the program. A fair number of people were skeptical about the concept of Residency. Many Senior Consultants felt that the old system had worked well, so there was no need to change. At the time, we also struggled with low Resident satisfaction scores. However, over the years, we have made remarkable improvements.

This achievement was made possible by Program Directors and Core Faculty who were very passionate about teaching and building up medical education. We are pleased that on-the-ground support for Residency is generally a lot stronger now. We started off focusing on Residents' programs and the curriculum, but over the years, shifted the emphasis to faculty development. This has contributed to tremendous advancements in the last five years.

How has being at the helm of SingHealth Residency changed your perspective of medical education and training in Singapore?

I have been through the old system, which is more like an apprenticeship and is highly reliant on the know-how of the tutor. However, the United States (US) Residency system strives to maintain a minimum standard of competency. In the old system, trainees are more likely to fall through the cracks. With the new system, we are able to train competent specialists efficiently. Residency programs also adopt a system of graded responsibility. This makes the trainees feel safe as they are propelled to higher levels of responsibility in a stepwise and regulated fashion commensurate with their competencies. Now that we have achieved better Residency satisfaction, we should focus on making our teaching more creative and innovative. We want to train all-rounded, competent and versatile clinicians.

Finding a work-life balance is one challenge that we all face. Can you share with us how you manage work and personal commitments?

When your job is your passion, you do not count the number of hours you spend on it. Having said that, we do need to balance work and life. Whenever I get a free weekend, I make the effort to arrange family activities or meet up with friends. This is a way to keep our sanity. I make an effort to eat dinner with my family and share about our day.

It is important to have a balance between work and life. Taking time off work also gives you a different outlook and perspective. During my travels, I have had the opportunity to look at healthcare systems in other countries. With this additional awareness, I find that I am better equipped to solve problems at work. I also try to maintain good health by jogging.

What is your wish for Singapore's healthcare system?

Singapore has one of the best healthcare systems in the world. I wish that in future, we could further enhance it to become a more affordable and better healthcare system. This will make it more sustainable. We need educators who can teach our specialists how to deliver care effectively. We also need good system innovators to deliver economical and robust care to our patients.

Share with us your mantra in life.

I like to use the word 'gratitude'. You must appreciate what you have. Having been through the old and the new, I know how far we have come. I appreciate what we have and do not take things for granted. I also believe that we should contribute back to society, so that future generations can enjoy what we enjoy.

Assoc Prof Lim Boon Leng
Deputy Group Director, Education, SingHealth
Designated Institutional Official, SingHealth Residency



UP CLOSE WITH ADIO, Singapore General Hospital (SGH)

“ Residents must be honest and have integrity, be kind and compassionate, and be collegial with their team members. These are the key things that we as mentors hope they will possess. ”

In your opinion, what is unique about SingHealth Residency?

The SGH campus has a long history in the training of medical doctors in Singapore. We also have very diverse caseloads with lots of disciplines. These have helped us shape our trainees and ensure that they receive holistic and well-rounded training.

What are some of the values you hope our graduating Residents will exemplify as they move on to the next phase of their careers?

We look for two important things in a doctor. First and foremost is their clinical competency; they need to be able to do their job well. Second and more importantly, their character and moral values. If these are lacking, even the best skills will not be put to good use. Residents must be honest and have integrity, be kind and compassionate, and be collegial with their team members. These are the key things that we as mentors hope they will possess. I hope that they can all be competent clinicians, have good integrity and work well with one another.

Being a busy clinician who also juggles heavy administrative duties, what advice do you have for our graduating Residents who may have similar aspirations to handle both clinical load and administrative duties in future?

This is tough, but possible. At the end of the day, there is a limit to how much we can do. All of us, as we grow older and progress further in our careers, are bound to shoulder additional duties, be it in research, education or administration. All of us are talented and motivated to go beyond clinical work. Hence, the graduands should choose an area that they like and try to complement their own portfolio by doing a little bit more.

Finding a work-life balance is one challenge that we all face. Share with us how you manage work, family commitments and personal life.

As you grow older and become more competent in your clinical work, you become more efficient. When you are more efficient, you will be able to free up more time. At the end of the day, it boils down to juggling your time and prioritizing well. As a person, it is not how high you progress in your career, or how much fame and success you achieve, or how much wealth you amass that matters. Family and friends are the most important things in your life. All of us will need to fall back on these. Hence, while pursuing our careers, we should not forget or neglect this important entity in our lives. Every day, do make an effort to spend quality time with family and friends.

Share with the graduands your mantra in life.

My mantra in life is simple: Try your best. Life is full of setbacks. However, what will get us through is persistence and determination. When you fall down, cry for one day, then get up and move on. Be persistent and stay true to your cause. Many great surgeons have failed their exams and anatomy, but they are successful today because of their great determination and persistence.

Assoc Prof Tan Hak Koon
Associate Designated Institutional Official, SGH,
SingHealth Residency





UP CLOSE WITH ADIO, KK Women's and Children's Hospital (KKH)

“

I would be delighted to see the graduands as role models and highly collaborative partners in interprofessional teams, providing patients with safe, high quality, holistic and integrated care.

”

What are some of the values you hope our graduating Residents will embody, as they move on to the next phase of their careers?

I hope our graduating Residents will always remember the driving force that led them to their choice of Residency program, and that they will continue to love what they do. I would be delighted to see the graduands as role models and highly collaborative partners in interprofessional teams, providing patients with safe, high quality, holistic and integrated care.

How do you think young doctors can build up resilience and fortitude to face the challenges that lie ahead?

Life is full of challenges. Challenges are inevitable. They add color to your life.

To build resilience, good health is the foundation. Thus good nutrition, adequate sleep and physical exercise are the 'protection' for whatever lies ahead.

You have to tap on your innate strength and leverage on external resources. Face any challenge with a positive attitude. See things in different perspectives. Do not focus on any past event; take it as a closed door. Always be cognizant that there are alternatives and new opportunities. It is a strength to ask for help when things seem overwhelming. Seniors, peers, friends and loved ones will walk with you in times of crisis. They will be there to celebrate achievements with you too.

Finding a work-life balance is one challenge that we all face. Share with us how you manage work, family commitments and personal life.

Stay positive no matter what happens. No matter how bad it looks, it will pass with time and help from family, friends and colleagues. Maintain a healthy mix of time at work, and time with family and friends. No matter how busy I am, I try to exercise at least twice a week. Exercise re-energizes, de-stresses, and gives me the space and time to reflect.

What is your wish for Singapore's healthcare system?

I would like to see the focus shift from mostly reactive initiatives to a proactive, sustainable program of health maintenance, starting from the critical physical and mental health foundation years in early childhood and adolescence.

Share with our graduands your mantra in life.

Effective communication is the key to a good patient-doctor relationship. What you have said is important, but what the patient perceives is the reality.

Prof Chay Oh Moh

Associate Designated Institutional Official, KKH, SingHealth Residency



UP CLOSE WITH ADIO, Changi General Hospital (CGH)

“

We have always been a family, working closely together. Now that we are officially re-united, there will be even more synergy and cooperation, and I think it is a step in the right direction.

”

What do you think is unique about education in SingHealth Residency?

SingHealth is the largest Sponsoring Institution in Singapore and has the widest range of disciplines with both breadth and depth. We work hard, but that is how we learn: by volume and seeing a wide variety of cases.

With the reorganization of the public healthcare clusters, CGH will join the SingHealth Duke-NUS Academic Medical Center family come 1 January 2018. How will this benefit the Residents/medical students? What are some of the opportunities?

SingHealth Residency has always included CGH as a major participating site. We may not have been in the SingHealth cluster for five years, but have never stopped being part of the SingHealth Residency program. We have always been a family, working closely together. Now that we are officially re-united, there will be even more synergy and cooperation, and I think it is a step in the right direction.

Finding a work-life balance is one challenge that we all face. Share with us how you manage work, family commitments and personal life.

Training years are tough, with a steep learning curve. However, once you master your discipline, pass the exams, and exit from Residency, things will get easier. As you continue to learn as an Associate Consultant, you will mature and become more adept in your specialty, you will enjoy work more.

What is your wish for Singapore's healthcare system?

I would hope for more collaboration between the public and private sectors. At present, the two systems are quite dichotomous. In some countries, such as Australia, they have a very good collaboration between the two sectors. Hopefully in doing the same, we will be able to spread the workload more evenly and tap on the combined strengths of both.

Share with our graduands your mantra in life.

Even after the Residents have graduated, they are still fairly junior with many things to learn. There is no loss of face in asking questions and getting second opinions. As a Senior Consultant, I continue to learn from my Registrars and Consultants, because we all have blind spots. We should not be afraid to learn from the experiences of our colleagues to help our patients. I hope our newly exited Residents can do this as they progress in their careers.

Assoc Prof Tay Yong Kwang

Associate Designated Institutional Official, CGH, SingHealth Residency





UP CLOSE WITH ADIO, Sengkang Health (SKH)



Healthcare must move into preventive community health, including identifying potential health issues before patients present themselves.



What are your visions for the graduating Residents?

The next chapter of their medical careers will define who they are as clinicians, educators, researchers and administrators. Regardless of their eventual role, they should remember that the most important consideration is the patient. The Residency program has prepared all of them well; they must now have faith that they are ready to take the next step.

You have been heavily involved in setting up SKH. Please share your thoughts on SKH's plan to be future-ready and how our graduating Residents can contribute to the growth of this new hospital.

Sengkang Health's vision is 'Healthy Living. Fulfilling Life.' We believe that our healthcare model needs to shift away from being acute-hospital-care-centric. Restructured hospitals are but part of a larger health ecosystem. Healthcare must move into preventive community health, including identifying potential health issues before patients present themselves. We have been actively engaging community healthcare providers to partner with us in this journey. Many Residents are slightly concerned with a new 'startup', but as our founding Prime Minister of Singapore, the late Mr Lee Kuan Yew, once said: "For the young, let me tell you the sky has turned brighter. There's a glorious rainbow that beckons those with the spirit of adventure. And there are rich findings at the end of the rainbow. To the young and to the not-so-old, I say, look at that horizon, follow that rainbow; go ride it."

For those with a 'can-do' spirit, we cannot promise a smooth ride, but we can promise an exciting one!

Finding balance is a challenge that we all face. Share with us how you manage work, family commitments and personal life.

I am still learning to find the right balance between work, family and personal life — otherwise I would not be penning my thoughts at 2am while I have a MOH presentation due at 9am! I think the right balance is what each one of us needs to find. I can only catch up on work when I finish my 'second job' (looking after my wee one and putting her to bed). Most people would consider this a lack of work-life balance, but at the end of the day one must enjoy the work one does. Otherwise, this becomes a job and not a calling!

What is your wish for Singapore's healthcare system?

I have seen and experienced a few healthcare systems around the world. There is no perfect system. The almost perfect healthcare systems come with a price. Do I think things can be done better? Yes — but would I swap our healthcare system for another? No.

What are some of the values you hope our graduating Residents will embody as they move on to the next phase of their careers?

I hope they will look around and reflect. There are many role models within SingHealth that embody the perfect clinician, educator, researcher or administrator. Graduating Residents should learn their own strengths and discover their own identities.

Dr Melvin Chua Peng Wei

Associate Designated Institutional Official, SKH, SingHealth Residency



UP CLOSE WITH ADIO, Research



A doctor can contribute much more to the holistic management of a patient if he or she could also be involved in the academic evaluation of decisions or diagnostics.



What do you think is unique about research in SingHealth Residency?

SingHealth Residency pays special attention to the specific needs of Residents in the areas of training, education and academic activities. SingHealth, in partnership with Duke-NUS Medical School and other universities in Singapore, has developed the infrastructure, manpower and expertise to support these areas.

What is it about research that excites or motivates you? What advice would you have for Residents who wish to pursue a career in research?

Research is a necessary part of Academic Medicine. Any decision we make for clinical management, be it diagnosis or treatment, needs to be evidence-based. Evidence-based medicine in turn relies on the clinical trials and research that have been conducted. I feel a doctor can contribute much more to the holistic management of a patient if he or she could also be involved in the academic evaluation of decisions or diagnostics.

Academic Medicine is a very important part of the training of our doctors. It should not stop at graduation. It is a lifelong process of learning and exploring. Participating in Academic Medicine requires interest, passion and the desire to do more for your patients. Many times, patients will come to doctors seeking alternatives and therapies that they have read about on the Internet. A doctor actively involved in academic activities will be in a much better position to advise the patients on the various options available, including potential new options on the horizon.

Finding a work-life balance is one challenge that we all face. Share with us how you manage work, family commitments and personal life.

As doctors, we recognize that it is tough to juggle work, family life and hobbies. However, like all things in life, we have to prioritize. The main priority at work for doctors should be patients, followed by other activities like research, education and administration. I think family is very important in striking a work-life balance. You have to decide how much time over the weekends you can commit to some of the extra responsibilities you have undertaken, be it for the hospital, national or international scientific organizations. Once you are able to prioritize your key needs, you will find it easier to find balance.

What is your wish for Singapore's healthcare system?

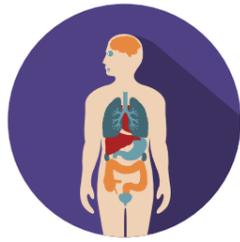
I hope that some of the medical subsidies, which are currently aimed at the lower-income population and the needy, can be extended to middle-income families and select individuals, and there will be an even better seamless transition of care from the tertiary centers to the primary healthcare services. I also wish that there will be a paradigm shift in focusing on value-added care for our patients, especially those suffering from chronic ailments. Hopefully, our human touch will not be replaced by modern and future technologies.

Share with our graduands your mantra in life.

I always believe that the journey can be more important than the destination, even though the latter is the frequent major driving force of many of our pursuits. We need to learn to enjoy the journey, develop the patience, passion and right mentality to carry our fellow beings in times of needs and in the process, better appreciate the meaning of life and live our dreams.

Prof Tan Eng King

Associate Designated Institutional Official, Research, SingHealth Residency



ADVANCED INTERNAL MEDICINE

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

This graduating batch is highly motivated, focused and self-driven in their learning and future careers. I particularly recall and enjoy the funny yet insightful, passionate yet practical presentations of one of the SRs (you know who you are!). They will move on from the program into the next phase of their professional training and I believe they will all do very well.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

Anything worth doing takes time; a "No" tomorrow can be a "Yes" in two years' time. Keep doing what you believe in, but always adapt and make the best of whatever life throws at you.

Dr Kang Mei Ling
Program Director,
Advanced Internal Medicine

CONGRATULATORY MESSAGES

Congratulations! For the next new lap, remember that the challenges and uncertainties ahead will bring about the greatest transformations in your careers. Best wishes and all the best!

Dr Soh Shui Boon
Associate Program Director



Congratulations to all of you for completing your Residency training and getting through all my nagging! Thank you for being such an amazing group of Residents to work with. All the best in your careers!

Ms Amy Cheng
Program Executive



Dr Tan Aik Khien Victor

IN 10 YEARS, I HOPE THAT...

The sports medicine landscape and clinicians', patients' and the public's perception of sports medicine, as well as the practice of internal medicine, will improve.

HOBBIES

Ultimate Frisbee.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Thank you for everything and all the best.

BEST PIECE OF ADVICE

Just do your best. Control what you can control and do not be bothered by what you can't.

FAVORITE DESTINATION

Barcelona. It's siesta anytime everyday.

FAVORITE ON-CALL DINNER

If I can eat on call, that will be a good dinner.



Dr Peh Wee Ming

IN 10 YEARS, I HOPE THAT...

General medicine can be performed in a cost-effective way and that our patients will feel we are their advocates of what they want in their life.

BEST RESIDENCY MEMORY

The countless Thursdays together with colleagues and seniors discussing difficult cases.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Make the best of whatever opportunities that are presented to you. There is always a silver lining.

BEST DAY IN RESIDENCY

Passing exits.

BEST PIECE OF ADVICE

Always ask your patients what matters most to them. There are no wrong choices.

FAVORITE DESTINATION

Movies.



Dr Ng Kangqi



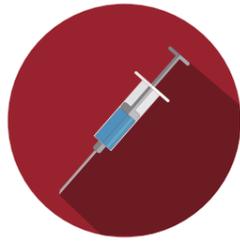
BEST MEMORIES

YOGA SESSION



THE ESCAPE ARTISTS





ANAESTHESIOLOGY

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

The most outstanding memory is the day I received news that they have passed their exit interviews. I am proud that all of them have braved these rigorous five years and joined our family of Anaesthesia specialists.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

You have excelled in the science of Anaesthesia; now the art of communication and compassion must not be forsaken.

Assoc Prof Darren Koh Liang Khai
Program Director, Anaesthesiology

CONGRATULATORY MESSAGES

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." – Albert Einstein

Thank you for all your hard work in the past. I am looking forward to more working and questioning with you in the future. Many congratulations and well done.

Dr May Mok
Associate Program Director



Congrats and welcome to the Anaesthesia fraternity!

Dr Evangeline Lim
Associate Program Director



Dr Thay Yu Jia



Dr Leong Xin Yu Adeline

IN 10 YEARS, I HOPE THAT...
My wardrobe will improve for the better.

BEST RESIDENCY MEMORY
When I first got in and when I graduated! :)

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Well done!

INTERESTING INCIDENT AT WORK
Macabre incident — when the patient thanked me for GA for saving his leg... then collapsed in the recovery half an hour later.

BEST PIECE OF ADVICE
Have a good attitude towards work — best piece of advice given by Assoc Prof Darren Koh (my current PD) when I applied for Residency.

FAVORITE DESTINATION
Bali spa villas — wind, sea, sun, alcohol.



Dr Chen Yufan



Dr Ho Ying Ci



Dr Lie Sui An



Dr Tan Zihui



Dr Tsai Fung Chen



Dr Zheng Zhongxi



Dr Chang See Seong



Dr Lew Hui Jian, John Paul



Dr Low Wen Hao





CARDIOLOGY

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

Our annual BBQ at my condo... most of them had to do chin ups against the PD! I was also impressed that this batch went to Bangkok together to celebrate passing the exit exams!

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

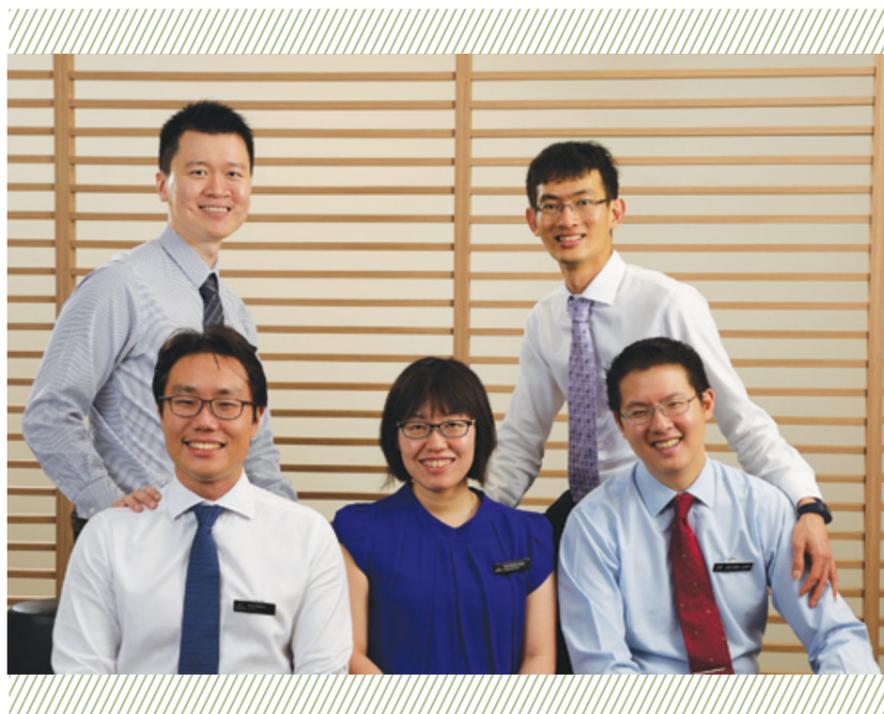
Work very hard! Establish your reputation early. Don't be too gung-ho; everyone wants to be able to trust your judgment to be a safe Specialist. Challenge yourself, keep an open mind. Remain curious and keep learning. Perhaps most importantly, be a good person, be nice and always treat people with respect; behave with professionalism and integrity. Remember the Hippocratic Oath.

HOW DOES IT FEEL TO WATCH YOUR FIRST BATCH OF RESIDENTS GRADUATE?

I am very proud of them. They've worked hard, and have become friends over the course of the Senior Residency. I believe they will be friends for life. All of them are excellent doctors and people; I would trust them to look after my family. I wish them mastery in the chosen profession, contentment in their personal lives and above all, good health!

If they ever go to private practice: the advice remains the same — but do donate to the hospital if you do well. We need it for patients, research, and education!

Assoc Prof Yeo Khung Keong
Program Director, Cardiology



CONGRATULATORY MESSAGES

Despite being the first batch of this work in progress, it is amazingly gratifying to see how each of you have grown and developed into strong, independent, confident, and mature clinicians, while still holding on to the enthusiasm and collegiality that has sustained you through the long hours of training. It is a privilege to be your colleague, and an unmitigated joy to be your friend.

Congratulations!

Asst Prof Chin Chee Tang
Core Faculty



It's been an honor working with this group of brilliant and talented doctors. It's safe to say that the future of Cardiology in Singapore is in good hands.

Mr Shane Christopher Chew
Senior Program Executive



Dr Ho Jien Sze

IN 10 YEARS, I HOPE THAT...
There will be research quality and output.

BEST RESIDENCY MEMORY
Friends.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Friendships are forever.

BEST DAY IN RESIDENCY
The day I passed my exams.

FAVORITE DESTINATION
Home sweet home.



Dr Mohammed Rizwan Amanullah

IN 10 YEARS, I HOPE THAT...
Healthcare costs will be improved.

BEST RESIDENCY MEMORY
My time with my fellow Senior Residents.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Put in effort and never say die.

BEST DAY IN RESIDENCY
The day I cleared my exit exam.

BEST PIECE OF ADVICE
Never lose your cool.

FAVORITE DESTINATION
There is no place like home.



Dr Loh Xingyuan Julian Kenrick

IN 10 YEARS, I HOPE THAT...
I will improve.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Always be kinder than you feel.

BEST DAY IN RESIDENCY
They were mostly all good days.

BEST PIECE OF ADVICE
Don't sweat the small stuff — and it's all small stuff.

FAVORITE DESTINATION
Starbucks.

FAVORITE ON-CALL DINNER
Porridge.



Dr Pinakin Vijaykumar Parekh

IN 10 YEARS, I HOPE THAT...
I will be able to make up for lost time with family after concentrating on Residency training in the past few years.

BEST RESIDENCY MEMORY
Mugging with friends towards the last race — The Exit Exams.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Friends are your best teachers.

INTERESTING INCIDENT AT WORK
When I had a mid-Residency crisis and grew out a full thick black beard. Not sure what I was thinking in retrospect.

BEST DAY IN RESIDENCY
When I did my very first diagnostic angiogram independently.

FAVORITE DESTINATION
My own quiet room at home. It smells of me. I can hear myself there.



Dr Ng Choon Ta

IN 10 YEARS, I HOPE THAT...
Patients' understanding of their conditions and medication will be better, and that they will adopt healthier lifestyles.

BEST RESIDENCY MEMORY
The camaraderie and friendships forged over the years.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Truly awesome batch mates, and cheers to many more years of friendships to come.

INTERESTING INCIDENT AT WORK
During my first day of Senior Residency, I resuscitated a patient till 9pm. I guess that's what Cardiology is about — jumpstarting the heart.

BEST PIECE OF ADVICE
Always do what is in the best interest of your patient.

FAVORITE DESTINATION
Too many to name. Always good to travel to avoid burn out (no matter where).

FAVORITE ON-CALL DINNER
McDonald's.



Dr Lee Phong Teck

BEST RESIDENCY MEMORY
Preparing for exit exams with the bunch.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Onwards and upwards.

BEST DAY IN RESIDENCY
Passing the exit exams.

BEST PIECE OF ADVICE
Work harder.

FAVORITE DESTINATION
NHCS level 12.



Dr Foo Jie Sheng



Dr Yap Jiunn Liang Jonathan

BEST RESIDENCY MEMORY

The camaraderie among the bunch of us!

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Life is a journey not a destination...
Take your time!

BEST PIECE OF ADVICE

Pain is weakness leaving the body.

FAVORITE DESTINATION

Japan with its "powderful" ski slopes.

FAVORITE ON-CALL DINNER

Packed food from home!



Dr Khoo Chun Yuan



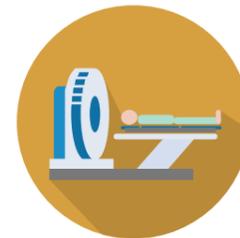
BEST MEMORIES



DAY OUT



FUN AT WORK



DIAGNOSTIC RADIOLOGY

PROGRAM DIRECTOR'S MESSAGE



HOW DOES IT FEEL TO WATCH YOUR FIRST BATCH OF RESIDENTS GRADUATE?

You guys are indeed an exceptional bunch: amongst you, there are some who are clinically strong, while others have the potential to be leaders in administration, education and research. Many of you are multi-talented and are actually pretty good in several of these facets. I have had great pleasure watching you develop as individuals and as a team, and have enjoyed the challenges and triumphs along the way.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

As you leave Residency, I urge you to continue pursuing your goals in your chosen profession of Radiology, but more importantly, to persevere in your growth as individuals who play other roles as children, siblings, spouses, parents, and friends. I am looking forward to your contributions to our SingHealth Diagnostic Radiology Residency as Faculty. I wish you every success.

Assoc Prof Winston Lim Eng Hoe
Program Director, Diagnostic Radiology

CONGRATULATORY MESSAGES

Congratulations to Yet Yen, Kheng Choon, Ghim Song, Yan Rong, Jasmine, Si Wei, Wendy and Wei Kiong on your graduation. On behalf of all Faculty, I would like to wish you all the best in your future career and endeavors.

Adj Assoc Prof Harvey Teo
Associate Program Director



You've taken on an amazing journey becoming a Radiologist. Continue to climb and seek excellence. We send you our sincere congratulations!

Ms Ivy Quek & Ms Gloria Shamala Paul
Program Admin Team



Dr Beh Chan Yiing Joey

BEST RESIDENCY MEMORY
Too many to count.

HIDDEN TALENTS/HOBBIES
Proficient at piano, can consistently make babies laugh.

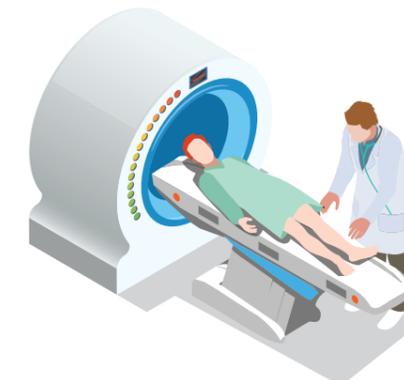
MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Hitch your wagon to a star.



Dr Chia Ghim Song



Dr Chua Ming Er Jasmine





Dr Yan Yet Yen

IN 10 YEARS, I HOPE THAT...

We will be able to incorporate the use of artificial intelligence to increase efficiency of reporting, improve the visibility of Radiologists in their role in patient care, and improve quality of patient care.

BEST RESIDENCY MEMORY

Dr Yong Yan Rong and his band performing during Radiology Asia Gala dinner.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Finally!

BEST DAY IN RESIDENCY

Graduation.

BEST PIECE OF ADVICE

To always view things positively and makes the best out of every situation.

FAVORITE DESTINATION

Japan — ski and onsen.



Dr Cheong Sook Chuei



Dr Sangha Brar Jaspreet Singh



Dr Kheok Si Wei



Dr Lim Kheng Choon

BEST RESIDENCY MEMORY

The friendships.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

We have endured the countless exams and assessments together. All the best in your careers.

BEST PIECE OF ADVICE

You have to work hard for what you want. Nobody owes you a living.

FAVORITE DESTINATION

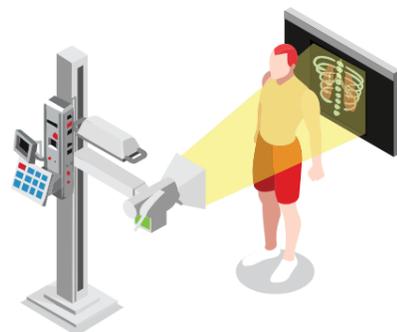
By the sea... The calming effect of the sea breeze and waves lapping at the beach.

FAVORITE ON-CALL DINNER

My mum's cooking.



Dr Cheong Wei Kiong



Dr Yong Yan Rong

IN 10 YEARS, I HOPE THAT...

Department efficiency, healthcare worker welfare, and the public perception of radiologists will improve.

BEST RESIDENCY MEMORY

Going out of hospital for lunch with other Residents when there is time.

HOBBIES

Electric guitar and music production.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

We were great as a team. Will miss working with some of you guys.

INTERESTING INCIDENT AT WORK

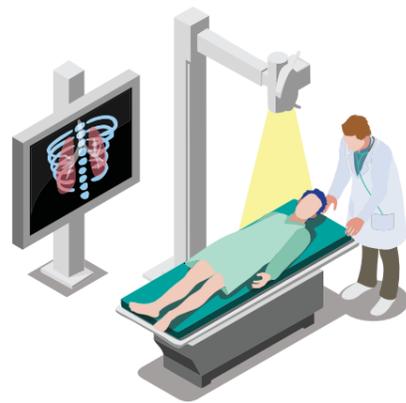
When I had to run back in the rain from Eastpoint without umbrellas.

BEST PIECE OF ADVICE

Don't forget that there is a patient behind every scan.



Dr Lau Chin Wah



BEST MEMORIES



Team Bonding @ Xcape Games Room



Residency Open House 2012



Program Retreat with Program Director and Core Faculty



Chinese New Year Cohesion 2017





EMERGENCY MEDICINE

PROGRAM DIRECTOR'S MESSAGE



ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

Training to be an independently-accredited Specialist is an important milestone in your professional career. The journey which started five years ago has now entered an exciting but challenging phase of practice, deeper reflection and continuing development and improvement. The relationships and camaraderie fostered during Residency can help support each of you.

Assoc Prof Mark Leong Kwok Fai
Program Director, Emergency Medicine



CONGRATULATORY MESSAGES

Congratulations!

You have passed your exams, completed Residency and become one of us. We were once your mentors and now we go by our first names and cover each other's shifts. Now you are in charge, you make the decisions. It is an uncharted ocean, the seas of new knowledge beckons, the unknown draws you in. The patient is yours and yours alone. Welcome to the practice.

Dr Ang Shiang-Hu
Core Faculty



Congrats on moving out of training grounds. Though your skills may be impressive, you are not Jedi yet. Setbacks lie ahead as this game is inevitably about experience. Unlearn what you have learnt every day, spread the light of FOAMed and avoid the dark side of overconfidence. Remember, sick people depend on you being calm and collected. The Faculty will be with you — always.

Adj Asst Prof Rahul Goswami
Core Faculty



Dr Chan Shi-En Joanna

IN 10 YEARS, I HOPE THAT...

The patient safety mindset and empathy that doctors have for patients will be improved.

BEST RESIDENCY MEMORY

Going for late night suppers with fellow Medical Officers on shift.

HIDDEN TALENTS/HOBBIES

Talent for insomnia (exacerbated by having two young kids).

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

I hope we can continue to make a positive difference for the patients and our juniors and grow in compassion and competency.

INTERESTING INCIDENT AT WORK

I was almost brought to tears when treating an elderly patient who had no one except for a friend who lived in the next block. She was so afraid of having to stay in hospital she was near tears. I was touched by the dedication of her friend, who made an effort to be by her side and sought to reassure her. This incident showed the reality of how difficult and frightening it is for elderly to be admitted into an unfamiliar environment, particularly in the absence of family.

BEST PIECE OF ADVICE

"If you don't go for dinner, there will be 39 patients in the queue instead of 40. So you should just go for dinner."
- Dr Shen Yuzeng, batch of 2016.



Dr Koh Shao Hui

IN 10 YEARS, I HOPE THAT...

There will be more focus on the individual as a whole, rather than on various pathologies.

BEST RESIDENCY MEMORY

Saving the life of a young patient who collapsed from VF in the Emergency Department.

HOBBIES

Pokémon and Starcraft 2 (Zerg).

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Life is unpredictable.

INTERESTING INCIDENT AT WORK

Kids sticking funny objects into their orifices!

BEST PIECE OF ADVICE

Better to fail than to not have tried.



Dr Nur Diana Bte Zakaria

IN 10 YEARS, I HOPE THAT...

There will be more cost-effective healthcare, better community awareness, and improved Emergency Department capabilities.

BEST RESIDENCY MEMORY

Working alongside batchmates as colleagues.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Work hard, play hard!

BEST PIECE OF ADVICE

If you have a choice between something easy and something difficult, do what is more difficult — it is usually also the right thing to do.

FAVORITE DESTINATION

Anywhere with sun, and a book.

FAVORITE ON-CALL DINNER

Fried chicken.



Dr Wan Paul Weng

IN 10 YEARS, I HOPE THAT...

Critical care and the use of technology at the Emergency Department will be improved.

BEST RESIDENCY MEMORY

Residency retreat sessions, when we can break away from the hustle and bustle of Emergency Department work to enjoy the company of like-minded individuals.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

There is so much potential in each and every one of you. Graduation isn't the end, new opportunities await.

BEST DAY IN RESIDENCY

After our weekly emergency medicine conference, a few of us went to complete an Escape Room. Great fun having to tackle those puzzles with them.

BEST PIECE OF ADVICE

There are 3 As to being a great doctor. Approachable, so that people may come to you. Available, be there when people need you. Adept, be skillful in what you do.



Dr Gayathri Devi D/O Nadarajan





BEST MEMORIES



Residency Open House 2015

OPEN HOUSE



Residency Open House 2016

AWARD



Emergency Medicine Residents' Day Out



RiSE Awards 2016



ORIENTATION

Freshmen Orientation 2016

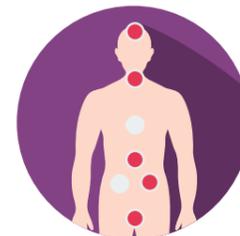


PROGRAM RETREAT

Program Retreat 2016



Program Retreat 2017



ENDOCRINOLOGY

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

Both Zhu Ling and Amanda are outstanding Senior Residents who have shown great enthusiasm in their work and learning. They have come up with innovative ways to improve care for patients and learning experiences for their peers.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

Graduating from the program is the beginning and not the end of lifelong learning. I hope they can continue to keep their passion in learning and caring for their patients.

Dr Kek Peng Chin
Program Director, Endocrinology

CONGRATULATORY MESSAGES

Congratulations to the graduating Senior Residents! We are very glad that these doctors chose us as their training destination, and we are grateful for all the contributions they made to our department and to our patients during their time here. We wish them all the very best in their future endeavors, and are proud to have been part of their journey in Academic Medicine.

Dr Goh Su-Yen
Core Faculty



Dr Lam Yun Rui Amanda

IN 10 YEARS, I HOPE THAT...

The physical and emotional challenges our patients encounter while living with diabetes will improve, as well as my metabolism to be back to what it was 10 years ago.

BEST RESIDENCY MEMORY

Late nights in the office bonding with each other over poke bowls, inside jokes, and our old friend, Microsoft Powerpoint.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

"Congratulations! Life begins now." — A quote from Dr Swee Du Soon, batch of 2016

INTERESTING INCIDENT AT WORK

Having fellow Residents deliver dinner, snacks, coffee or general mortal body sustenance to whoever is having the most exhausting day.

BEST PIECE OF ADVICE

Every day of your life, learn one new thing, and teach someone else one new thing.

FAVORITE ON-CALL DINNER

Pho Stop (because it really has, on occasion, halted the ICU admissions).



Dr Zhu Ling

IN 10 YEARS, I HOPE THAT...

We will have a victory in the war against diabetes, improved accuracy of hormone assays, and more affordable treatment for all.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Thanks Amanda for being there for me 24/7 all these years!

BEST PIECE OF ADVICE

Relax.

FAVORITE DESTINATION

Home.

FAVORITE ON-CALL DINNER

Pho Stop.





FAMILY MEDICINE

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

Towards the end of R3, a number of our graduating Residents were faced with the news of restructuring and that the clinic they trained in will come under another cluster. We worked hard and are happy to have minimized disruptions to their training and exam preparations. In the long term, we are looking forward to the opportunity to build more bridges and work more closely with our faculty and friends across clusters.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

Be Physicians with a heart for patients. Make a difference and touch lives. Keep on learning and teaching the next generations. Contribute to primary care transformation wherever you practice!

Dr Sally Ho
Program Director, Family Medicine
(from January 2011 to August 2017)

CONGRATULATORY MESSAGES

Finally, you have reached this milestone in your lives. Every write-up, MCQ, and case log tested your knowledge and forged your perseverance. You have grown not just as doctors, but also as a beloved community of people dedicated to serve your fellow men. The battle lines are in sight, break forth and conquer!

Dr Jason Chan
Core Faculty



Congratulations on your successful journey through Residency! The road ahead is full of exciting opportunities and I look forward to meeting you there. All the best in your future endeavors and may you all sail through the MMed with flying colors!

Dr Guo Xiaoxuan
Core Faculty



Dr Quah Yan Ling

IN 10 YEARS, I HOPE THAT...

Polyclinics will be more self-sustaining with more facilities, and that there will be better integration of healthcare between public and private healthcare sectors.

BEST RESIDENCY MEMORY

Running clinic sessions together with seven other fellow batchmates during the Resident Continuity Clinic was fun!

HIDDEN TALENTS/HOBBIES

I have been dancing and practicing gymnastics since the age of four.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Enjoy being who you are, no matter what you eventually decide to do in the future!

INTERESTING INCIDENT AT WORK

A patient registered in the clinic just to 'see me' without having any other complaints.

FAVORITE DESTINATION

The pool! I love chilling by the poolside and swimming is an excellent form of exercise!



Dr Tan Huey Chieng

IN 10 YEARS, I HOPE THAT...

I will smile a little more :)

BEST RESIDENCY MEMORY

Fun-filled learning in the Resident Continuity Clinic and unforgettable hospital experiences in various specialties.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Have a wonderful life ahead!

INTERESTING INCIDENT AT WORK

Pre-Call Team Flower Bath.

BEST PIECE OF ADVICE

Knowing your weakness is your greatest strength.



Dr Lim Shu Fen



Dr Teh Sue Faye

IN 10 YEARS, I HOPE THAT...

There will be an improved right siting of care, better community resources, more comprehensive care, and person-centered healthcare promotion, especially for the ageing population.

BEST RESIDENCY MEMORY

Going through various postings with my batchmates has only made us even closer as one big family.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Try to learn as much as you can when rotating through different postings although the duration is rather short.

INTERESTING INCIDENT AT WORK

Seeing genuine gratitude from appreciative patients.

BEST DAY IN RESIDENCY

Passing all the postings and being able to progress on to R3.

BEST PIECE OF ADVICE

It's okay not to know everything, but it's more important to learn and read up more on what you do not know.



Dr Lim Soon Lee



Dr Lin Shijun Cheryl

IN 10 YEARS, I HOPE THAT...

There will be fewer wrinkles on all our foreheads.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

I hope we will all find satisfaction and happiness in our future.

INTERESTING INCIDENT AT WORK

I enjoy meals with colleagues when we are on call, and dinner after a hard day's work.

FAVORITE DESTINATION

Fiji has beautiful waters with easy snorkeling even for a poor swimmer like me.

FAVORITE ON-CALL DINNER

Any chocolate-filled treats my friends are kind enough to bring to me from the outside world.



Dr Liu Sha

IN 10 YEARS, I HOPE THAT...

I will become a knowledgeable educator.

BEST RESIDENCY MEMORY

Study group preparations for exams: intense but funny.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Never stop learning and improving your communication skills.

INTERESTING INCIDENT AT WORK

Five boys with their mother came to Children's Emergency for consult and I was the doctor...please imagine the scene.

BEST DAY IN RESIDENCY

The day when we heard both my husband and I got into a Residency program.

BEST PIECE OF ADVICE

You are a good doctor, keep it up!



Dr Yusrina Bte Yusoff



Dr Lim Jietong

IN 10 YEARS, I HOPE THAT...

There will be better public awareness for patient self-care.

BEST RESIDENCY MEMORY

Our Faculty mentors and program executives — wonderful people doing great work.

HOBBIES

Reading Tolkien's works and listening to Classical/Celtic music.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Rise, fellows, rise, the world is all before ye. Fear not to grasp what fortune sends.

INTERESTING INCIDENT AT WORK

Folks in Polyclinic helping each other out on bad manpower days. Our Deputy Director (Dr Wong Wei Teen) cancels her admin block to see patients, Dr Joanne Quah and Dr Mark Ng return on blocked/off days as well. It's the dedication and care of our mentors who inspire me.

FAVORITE ON-CALL DINNER

When the team gets together for a meal no matter how busy it is.



Dr Virginia Hartono



Dr Cheng Duo-Ying

BEST RESIDENCY MEMORY

Made a lot of friends through the different rotations.

HIDDEN TALENTS/HOBBIES

Taekwondo black belt holder.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

We made it! :)

BEST DAY IN RESIDENCY

Graduation day.

BEST PIECE OF ADVICE

Hold on a little longer and it will be worth it in the end.



Dr Meera Ravindran



Dr Stephanie Ong Tze Hui



Dr Yee Wenjun Gabriel Gerard



Dr Chen Ruiting



Dr Quek Si Min Ginny

IN 10 YEARS, I HOPE THAT...

The structure of the primary healthcare system will be improved.

BEST RESIDENCY MEMORY

Friendships that I have made in Residency with my fellow batchmates and also with the different people in the departments I rotated through.

HOBBIES

I love to build lego.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Congratulations to all of us for getting through Residency. It was not an easy journey yet we made it, made new friends and discovered things about ourselves along the way!

INTERESTING INCIDENT AT WORK

During a busy Emergency Department (ED) shift in which I was prepared to skip lunch (as usual), a patient's relative asked if I had eaten and I said no. She returned 10 minutes later bearing food and reminded me to take a break. Despite the fact that she herself spent so long at the ED waiting for her mother to be seen, she still had the kindness to spare a thought for me.

BEST PIECE OF ADVICE

To remember that it is never about me when patients get upset.



Dr Choong Shangxian Derek



Dr Zheng Lifeng

IN 10 YEARS, I HOPE THAT...

Primary care will be improved so that most patients with chronic diseases can follow-up with one family Physician.

BEST RESIDENCY MEMORY

The camaraderie among my fellow R3s.

HIDDEN TALENTS/HOBBIES

I play the flute.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Pass MMed together!

INTERESTING INCIDENT AT WORK

My continuity clinic patient with stage five Chronic Kidney Disease finally agreed to see Renal after I tried to persuade her over the past three visits. She said "Doctor, initially I refused but now I agree to go as you won't give up persuading me."

BEST PIECE OF ADVICE

Dr Sally Ho: "Remain broad, never anchor a case too early." I always used this to remind myself to generate a list of differential diagnoses so as to avoid missing out important diagnoses.

FAVORITE DESTINATION

My bed. Sleeping is the most relaxing past-time.



Dr Lee Siew Choo Phoebe

IN 10 YEARS, I HOPE THAT...

I will become a better version of myself.

BEST RESIDENCY MEMORY

Meeting this group of awesome people.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Congrats!

BEST PIECE OF ADVICE

At least add a value to every patient visit.

FAVORITE DESTINATION

Gym, feels good after gym class.

FAVORITE ON-CALL DINNER

Song Fa Bak Kut Teh.



BEST MEMORIES



Residency Games Day 2015 @ Zoom Park Singapore



Family Medicine Get Together 2014: Jailbreak @ Lock Down



Celebrating a Fellow Resident's Wedding

FUN AFTER WORK



Tampines Group



Family Medicine Get Together 2017 Sharpshooters @ Laser Tag



Tampines, Geylang and Outram Groups



"Are you thinking what I'm thinking?"



SingHealth Family Medicine Residency — We made it!



Residency Games 2017 — The Wacky Family Medicine Wizarding Family



NUS Family Medicine 30th Anniversary



Family Medicine Get Together 2016



Sengkang Group



Candid Moments



SingHealth Polyclinic Dinner & Dance 2016 — A Tune into Time



GASTROENTEROLOGY

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

The most outstanding memory I have of the current graduating batch is at the national selection interviews, when the results of the SingHealth Residents were in the top bracket in the ranking. I knew then that this was a special batch with great talents who would definitely excel in whatever they do, and that I would not be training just Gastroenterologists, but also educators, researchers and administrators who will make significant contributions above and beyond clinical excellence.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

I wish for them to be competent and independent Gastroenterologists who are compassionate, professional and empowered in self-improvement, research and medical education. They must strive to contribute to the healthcare of the nation as well as establish themselves as internationally-renowned gastroenterologists who will be leaders in medicine and research.



Dr Jason Chang
Program Director, Gastroenterology

Dr Li Weiquan James

IN 10 YEARS, I HOPE THAT...
My repertoire of endoscopy skills will improve.

BEST RESIDENCY MEMORY
Spending time working with Residents across specialties on particularly busy days or especially difficult cases and seeing what can be done through collaboration.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Don't forget how we started out and what we've been through, or we'll have no idea where we need to be going.

INTERESTING INCIDENT AT WORK
As a young Medical Officer, I once mistook a Senior Consultant with a young-sounding voice as a fellow Medical Officer and raised some questions about the handover. Needless to say, I had near syncope when I saw who signed off in the file after reviewing the patient!

BEST PIECE OF ADVICE
To pursue the cognitive aspects of my specialty and subspecialties — really awesome advice.

FAVOURITE DESTINATION
Desktop in Academia (the Gastro guys will know where) — it had SPSS :)



My best wishes to the graduating batch of 2017! I am sure each one of you will embark on a successful career, with plenty of energy and vigor! Congratulations!

Dr Andrew Kwek
Associate Program Director



Congratulations to all of you! Thanks for being a great group to work with and here's wishing you the very best in your career ahead!

Ms Natasha Choo
Program Executive



Dr Cheah Chang Chuen Mark



Dr Ekstrom Victoria Sze Min

BEST DAY IN RESIDENCY
The day I passed my exit!

BEST PIECE OF ADVICE
There is more to life than work.

FAVORITE ON-CALL DINNER
Fillet-O-Fish with fries and diet coke.



GENERAL SURGERY

PROGRAM DIRECTOR'S MESSAGE



ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

Even though you have completed Residency training, the Residency's six Core Competencies will still serve as useful roadmaps for your further development as a surgeon. In other words, as you continue to elevate your medical knowledge and patient care competencies as a surgeon, do not neglect developing your interpersonal and communication skills, professionalism, practice-based learning and system-based practice competencies. All the best for your future endeavors!

Assoc Prof Cheow Peng Chung
Program Director, General Surgery

CONGRATULATORY MESSAGES

Congratulations on your completion of SingHealth General Surgery Residency! Looking back, it was all worth it. Thank you for being so cooperative with us during your training, we look forward to your contribution as Faculty soon.

**Ms Carolyn Ho,
Ms Laney Guevarra &
Mr Wong Chun Meng**
Program Admin Team



Dr Mok Chi Wei



Dr Lee Yang Yang

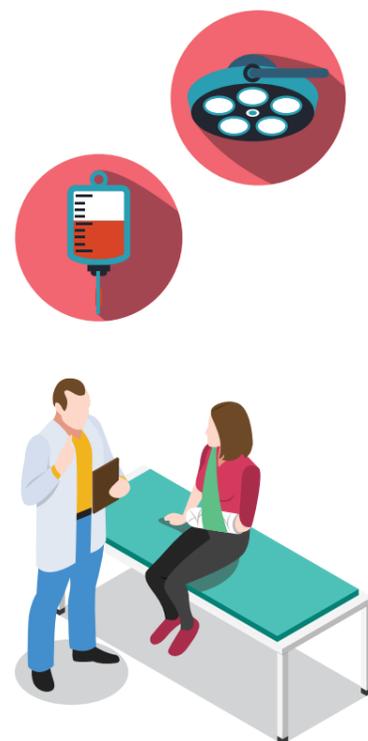


Dr Ng Ya-Lyn Annalisa

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
We survived! Let's always strive to do what is best for our patients.



Dr Chok Aik Yong



Dr Ho Kok On



Dr Seow En, Isaac

IN 10 YEARS, I HOPE THAT...
Singapore's reliance on ACGME will be reduced or removed.

BEST RESIDENCY MEMORY
The friends, mentors and admin staff.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Congratulations on your graduation.

BEST PIECE OF ADVICE
Never listen to unsolicited advice.



Dr Koh Ye Xin

IN 10 YEARS, I HOPE THAT...
Organ transplantation will gain greater acceptance in the society.

BEST RESIDENCY MEMORY
My dear friend Dr Chok Aik Yong.

HOBBIES
I enjoy sleeping quite a bit.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Keep the faith, stay the course and remember why we became surgeons.

BEST PIECE OF ADVICE
You have to be your own man some day.

FAVORITE DESTINATION
Surgical skills lab — open 24 hours, seven days a week. All the peace and quiet you can find there while honing your skills.



Dr Natascha Ekawati Putri

IN 10 YEARS, I HOPE THAT...
There will be greater flexibility to modulate Residency regulations according to local needs.

BEST RESIDENCY MEMORY
Charting unknown waters together with the pioneer batch!

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Thanks for the memories!

INTERESTING INCIDENT AT WORK
Patient's relatives came back to clinic bearing two huge containers of raw fishcakes they hand-carried on the flights all the way from their hometown! The boxes were so big they barely fit into the office fridge.

BEST DAY IN RESIDENCY
First day of work.

BEST PIECE OF ADVICE
Do or do not, there is no try.



BEST MEMORIES



At Long Last, We've Made It!



FUN AT WORK



DAY OUT



GERIATRIC MEDICINE

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF ASTRID?

It took a lot of hard work to reach this goal today. We are so privileged to be part of your journey to share your tears and joy. Your perseverance and dedication have enabled you to embark on this successful chapter of life. Your devoted work has finally paid off. Never stop learning, never stop asking questions, and never forget that medicine is an art as well as a science.

ANY WORDS OF ADVICE FOR ASTRID AS SHE EMBARKS ON THE NEXT PHASE OF HER CAREER?

Your brilliant achievement today is remarkable. You have made us proud. Keep up the good work, and keep your compassion for the elderly patients. Continue to dream big and believe in yourself. Graduation is not the end of the learning journey; it is the beginning of a new exciting chapter.

Dr Nguyen Minh Ha
Program Director, Geriatric Medicine

HOW DOES IT FEEL TO WATCH YOUR FIRST RESIDENT GRADUATE?

Congratulations on your graduation! Your dream has come true. May this success bring you more achievements and feats in life ahead. I wish you all the best in your chosen career as a Geriatrician.



Dr Astrid Melani Suantio

IN 10 YEARS, I HOPE THAT...

Geriatric persons in the future truly have better health and care.

BEST RESIDENCY MEMORY

Being awake for 35 hours straight post call.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Keep going and have inner peace.

INTERESTING INCIDENT AT WORK

Indwelling Catheter exploded (think baptism in urine) and arterial puncture site rebleed (think baptism in blood).

BEST DAY IN RESIDENCY

The day after a call. Food tasted better, bed felt really awesome.

FAVORITE ON-CALL DINNER

Microwaveable Nasi Briyani packet from Cheers.

CONGRATULATORY MESSAGES

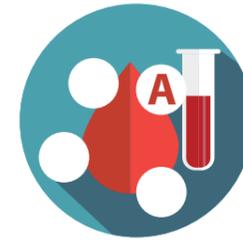
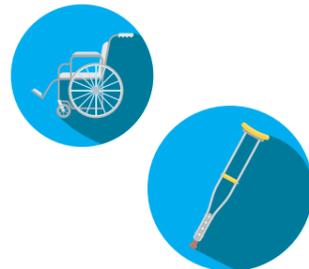
Congratulations! You have reached an important milestone in your journey to become a Geriatrician. It truly has been an honor and a privilege to journey with you. As you go forth, constantly hold on to the good and throw away the bad. Know your patients. Know their caregivers. Know yourself and your education may yet be complete.

Dr Dennis Seow
Core Faculty



Astrid, congratulations on completing your Residency training! Thank you for being such an amazing Resident to work with for the past three years. All the best in your career!

Ms Mona Seow
Senior Program Executive



HAEMATOLOGY

PROGRAM DIRECTOR'S MESSAGE



ANY MESSAGE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

Denise, Dixon and Harti have had it rough, overcoming intense competition for training slots under consistently inconsistent circumstances. Senior Residency has been a refuge of sorts and a wonderful experience together. They now graduate under similar circumstances. Tough times shape tough individuals. They are ready for the world!

Dr Ng Heng Joo
Program Director, Haematology

CONGRATULATORY MESSAGES

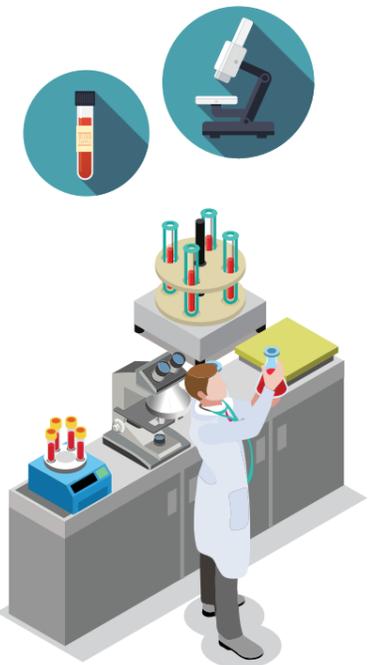
Congratulations on finally reaching the start of a journey to something big. I hope you will continue to enjoy Haematology for many years to come, in the same way as how it got you started and pulled you through Residency!

Dr Ang Ai Leen
Core Faculty



You fought battles, overcame obstacles. You had a goal, gave it your soul. You worked hard, went the extra yard. You gave it your all, you stand tall. Congratulations!

Ms Shine Awyong
Program Executive





Dr Dixon Grant



Dr Hartirathpal Kaur
D/O Juspal Singh



Dr Tan Yan Denise

BEST RESIDENCY MEMORY
Sitting at level nine chatting with my fellow Senior Residents!

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Be open minded when it comes to the future!

FAVORITE DESTINATION

Travelling halfway around the world to escape from work!

FAVORITE ON-CALL DINNER

Pastamania — easy to order.



Dr Quek Kim Siang Jeffrey



BEST MEMORIES



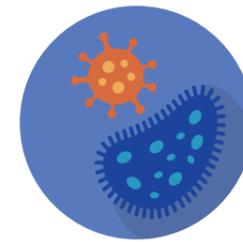
Celebrated Program Director's Birthday During Senior Residency Open House



Chinese New Year Lo Hei 2017



Engagement Dinner



INFECTIOUS DISEASES

PROGRAM DIRECTOR'S MESSAGE



HOW DOES IT FEEL TO WATCH YOUR FIRST BATCH OF RESIDENTS GRADUATE?

I am very proud of them! I share their joy of completing this part of their life journey and also in anticipating more exciting and fulfilling days ahead for them. Each of them has blossomed over the past three years and they have been such a vital part of our department family.

WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

There is joy and then there are times when we are angry and sad, but what impressed me most is that all of them stood together to help each other in times of need.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

Pay it forward. This is not only for patients but also to your colleagues and your juniors as well as your academic work. I want them to be better than us.

Dr Limin Wijaya

Program Director, Infectious Diseases

CONGRATULATORY MESSAGES

Kudos on making it through Senior Residency! It has been a great pleasure and privilege to watch all of you mature, both as a physician and as a person. Though there are challenges bigger than passing exit examinations that lie ahead, we are confident that the values and teachings instilled will stand you in good stead.

Dr Benjamin Cherg
Core Faculty

Good results are attained through hard work. There are no shortcuts to any place worth going. I am proud that your dedication has enabled you to accomplish your Residency years. You will be continuing on an incredible, amazing journey dedicating yourselves to the care of others. Continue to climb and aspire towards excellence. With love and pride, I send you my sincere congratulations!

Ms Faazilah Farveen Nasar
Program Executive



BEST MEMORIES

DAY OUT





Dr Sim Xiang Ying Jean

BEST RESIDENCY MEMORY

Making the many friends that helped me survive Residency.

HOBBIES

I enjoy painting or drawing when I'm free.

BEST PIECE OF ADVICE

To always put patients first.

FAVORITE DESTINATION

Anywhere away from work and my phone.

FAVORITE ON-CALL DINNER

Deliveroo.



Dr Soh Xiao Jue Jade



Dr Tan Seow Yen



Dr Teh Yii Ean



Dr Riamiza Natalie Haji Momin

IN 10 YEARS, I HOPE THAT...

I will have a better work-life balance, more quality time with family and to travel more.

BEST RESIDENCY MEMORY

Making lifelong friends and comrades.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

We did it!

INTERESTING INCIDENT AT WORK

When a junior colleague complimented my voice during a phone update.

BEST PIECE OF ADVICE

Remember what you came to do... intention is key.

FAVORITE DESTINATION

Bingki for Bingsu — nothing beats the solace afforded by sweet injeolmi-laden icy desserts shared amongst like-minded colleagues and friends.



MEDICAL ONCOLOGY

PROGRAM DIRECTOR'S MESSAGE



ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

To all our graduating Senior Residents, congratulations on completing your Medical Oncology Residency program. You all have worked hard for this day and achieved this success with distinction. Well done!

Always remember to work hard, be humble, and put your patients at the center of all that you do.

I wish you all a fruitful and challenging career in Medical Oncology.

Dr Richard Quek Hong Hui
Program Director, Medical Oncology

CONGRATULATORY MESSAGES

Hello guys! Well done and congratulations! Mighty proud of you all for coming so far. This is but a means to an end. Looking forward to exciting times ahead!

Dr Eileen Poon
Core Faculty



Well done! Congrats on your success and welcome to AC hood! It only gets harder from here...

Dr Kiley Loh
Core Faculty



So proud of you! It's been such a joy seeing you guys through your training. Congratulations on becoming Oncologists! #ytchasingyoumore

Ms Loh Yeting
Program Executive



BEST MEMORIES



Department Lunch at Aura



Infectious Diseases Week 2017



Dr Lee Jie Xin Joycelyn



Dr Tanujaa D/O Rajasekaran



Dr Chan Yong Sheng Jason



Dr Chan Junjie Jack

IN 10 YEARS, I HOPE THAT...
There will be greater public awareness of cancer preventive strategies, improved treatment outcomes for cancer patients, as well as more equitable access to healthcare resources.

BEST RESIDENCY MEMORY
The Christmas parties and gift exchanges around our Christmas tree in the SRs' office.

HOBBIES
Karaoke!

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Tanujaa, Jason & Joyce: I'm really glad and privileged to have worked, studied, and holidayed with you. Going through Senior Residency was made easier because of your companionship. Val: You're not forgotten — you'll see the "light at the end of the tunnel" soon.

INTERESTING INCIDENT AT WORK
The recurrent mix-up inside and outside the department between the "Chan brothers" — Jason and I. Actually, it's not funny after a while :(

BEST DAY IN RESIDENCY
Holding the Site Initiation Visit of the clinical trial which I wrote.



Dr Nagavalli D/O Somasundaram



NEUROLOGY NNI – SGH

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF RAVINDRA?
I have seen a great transition over the training years, from a Senior Resident to a specialist. From having low self-esteem and competence (but a high drive to learn) to high confidence, competence and commitment to excel.

ANY WORDS OF ADVICE FOR RAVINDRA AS HE EMBARKS ON THE NEXT PHASE OF HIS CAREER?
Work smarter, not harder. Find the things that you enjoy and focus your time and energy on them. Stay healthy and maintain good social relationships within and outside of work. Be as energetic and robust at the end of your career as you are at the beginning of your career.

Assoc Prof Prakash Kumar
Program Director, Neurology NNI – SGH
(from July 2012 to July 2017)

CONGRATULATORY MESSAGES

To Neurology's most bubbly, jovial and comical Senior Resident; it has been a great pleasure seeing you through your journey in becoming a Neurologist. Looking forward to working with you as an Associate Consultant.

Congratulations Ravi!

Mr Romano Soliano
Program Executive



Dr Ravindra Singh Shekhawat

IN 10 YEARS, I HOPE THAT...
There will be AM and PM teams in place of the 'on-calls' system.

BEST RESIDENCY MEMORY
When I cleared my PACES and ABIM exams.

HIDDEN TALENTS/HOBBIES
I love to make people laugh.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Attitude defines your personality. Keep your attitude right and knowledge will follow.

BEST DAY IN RESIDENCY
The day I received the Outstanding Resident Award.

BEST PIECE OF ADVICE
Keep yourself around the people with good heart that will make you a better doctor.



BEST MEMORIES



Celebrating Ravi's Successful Exit from Neurology Senior Residency Program



RiSE Awards 2016

AWARDS



Post Round Kopi

CHILL

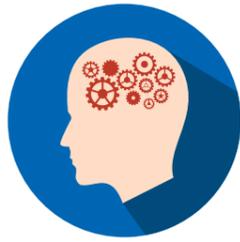


Post ITE Meal



Christmas Caroling in the Wards

CHRISTMAS



NEUROLOGY NNI – TTSH

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

I was impressed with my trainees for learning faster and more than I did when I was at their stage of training. The level of discussion about clinical cases that they could have during their Grand Ward Round presentations, even at an early stage of their training was heartening and gave me high hopes for them.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

1) Stay curious and keep learning. Education is a lifelong process and there is always something new to learn each day.

2) Do your best for your patients. Medicine is a calling and whatever you do in the future should contribute to improving patient care.

3) Pay it forward. Just as you benefited from excellent teachers and mentors, train the next generation of healthcare professionals to be better than yourselves.

Assoc Prof Kevin Tan
Program Director, Neurology NNI – TTSH

HOW DOES IT FEEL TO WATCH YOUR FIRST BATCH OF RESIDENTS GRADUATE?

I feel like a proud parent watching my children mature as they grow and develop. I believe that they received training in a better way than I did. I wish them the very best in whichever subspecialty field or academic domain they go into, and that they will have a positive impact on people around them in their careers.

CONGRATULATORY MESSAGES

Congrats on completing your three years of Senior Residency training. While the journey may have been challenging at times, we very much appreciate your perseverance and are grateful that you have completed the journey well. All the best for the rest of your Neurology career, and we look forward to your contributions to the department and future generations of trainees. Best Wishes!

Assoc Prof Louis Tan
Core Faculty

CONGRATULATORY MESSAGES

This batch was hardworking, knowledgeable, resourceful, and will make great Neurologists. They had bright research ideas too and will go on to achieve greater heights in research.

Assoc Prof Nagaendran Al Kandiah
Core Faculty



Congratulations on your graduation! Take pride in how far you have come and have faith in how far you can go! This is just the beginning of many new titles you will acquire throughout your life as a Neurologist.

Mr Romano Soliano
Program Executive



Dr Koh Pei Xuan

IN 10 YEARS, I HOPE THAT...

The fear medical students and Residents have of Neurology is reduced because it is actually so much fun!

BEST RESIDENCY MEMORY

The day to day banter that goes on in the registrar area is the absolute best.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

You guys are the best! Would not have made it through without your companionship and support.

BEST DAY IN RESIDENCY

The last day!

BEST PIECE OF ADVICE

There is no light at the end of the tunnel.

FAVORITE DESTINATION

Home. It's the only place I go to other than work.



Dr Neo Xiu Min Shermyn



Dr Chen Zhiyong



Dr Chiew Hui Jin



BEST MEMORIES



Zhiyong and Pei Xuan with Dr Kalpana



Christmas Lunch Break at Neurology Residents Corner

CHILL



Shermyn Running for Multiple Sclerosis with Assoc Prof Kevin Tan

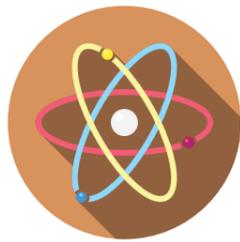
DAY OUT



NNI – TTSH Shenanigans



Shermyn and Hui Jin with Dr Tu Tian Ming



NUCLEAR MEDICINE

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?
This is the first time that both my Residents from the batch have participated in the Singapore Chief Residency Program. Well done!

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?
We have reached the era of molecular imaging and therapeutics. The future possibilities are infinite. Welcome to the Nuclear Medicine community and I hope you will contribute significantly.

Dr Winnie Lam Wing Chuen
Program Director, Nuclear Medicine



CONGRATULATORY MESSAGES

Congratulations, Charles! It has been wonderful to see you grow in Nuclear Medicine. Your hard work and diligence have paid off. I wish you the best and that you continue to lead the discipline into new heights of diagnosis and therapy.

Dr Kelvin Loke
Core Faculty

Well done Colin! You have achieved so much during your Residency. We are proud to call you our former Resident and now, our fellow colleague. Welcome aboard!

Dr Xie Wanying
Core Faculty

Congratulations on this wonderful achievement! May you continue to climb and aspire towards excellence!

Ms Agnes Ho
Program Executive



Dr Goh Xian-Yang Charles



Dr Colin Tan Jingxian

IN 10 YEARS, I HOPE THAT...
Government subsidies can be expanded for our many needy patients who require oncological investigations and support, and that there will be a national post-graduate medical training program without clustering to foster a culture of service-driven learning.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Never stop dreaming.

BEST DAY IN RESIDENCY
Every day is a kind of great day. I enjoy coming to work.

FAVORITE DESTINATION
Changi Beach Park for a run, because it's quiet and you run with the sound of the waves.



BEST MEMORIES



DINNER

Department Staff Family Dinner 2015



Poster Presentation at the European Association of Nuclear Medicine Annual Congress 2015



SGH Formal Dinner 2017



FUN AT WORK

Senior Residency Open House 2016



OBSTETRICS & GYNECOLOGY

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

I was about to start an emergency surgery for an ectopic pregnancy in the wee hours of the morning and was being assisted by a very capable Resident. She dutifully prepared the patient and stood on the assistant's side. Upon being asked as to how many such surgeries she had done by herself, she answered that she had assisted many but had not been fortunate enough to perform one by herself. Since it was a straightforward procedure, I decided to take her through the case. The joy and excitement on her face after finishing the operation that night will forever be etched in my memory.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

As Specialists and independent practitioners, self-belief is imperative and you should never be afraid to take up new challenges, but at the same time, you should not shy away from asking for advice from your seniors and colleagues if necessary.

Dr Manisha Mathur
Program Director, Obstetrics & Gynecology

HOW DOES IT FEEL TO WATCH YOUR FIRST BATCH OF RESIDENTS GRADUATE?

I am confident that they will fly high in their careers, knowing that the rigor of six years of a well-rounded OBGYN training has equipped them with adequate knowledge and experience to do so.

It will be a great moment of joy and pride for our Residency program to see these Residents as successful independent practitioners, achieving their full potential in their future careers.



CONGRATULATORY MESSAGES

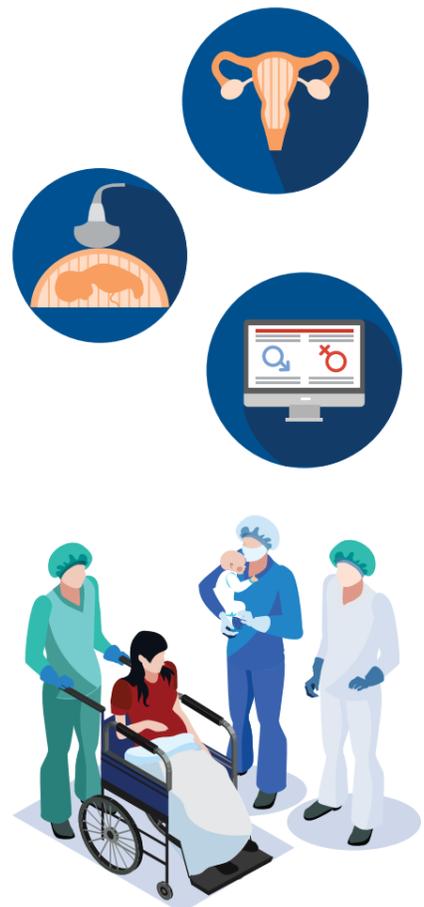
It gives me unalloyed satisfaction that our pioneering batch of Residents is now at the end of their Residency. It has been both a fascinating and challenging journey, as we worked together to navigate the obstacles and mold the program, which has been thrice awarded Best ACGME-I Program since its inception. I have learnt much in the process and am fully convinced that we have trained good people who will go on to surpass us. As our 'first born' who are now preparing to leave the nest, I want to thank you for your unbridled enthusiasm and cohesion in blazing a trail for subsequent Residents, and wish you every success in your future endeavors. Never stop learning and always pay it forward.

Assoc Prof Tan Lay Kok
Associate Program Director

CONGRATULATORY MESSAGES

On behalf of the OBGYN Residency admin team, we would like to express our appreciation to the first batch of Residents for supporting the program whenever we needed them throughout the six years of training. Your cohort was always the first batch to go through uncertain moments but yet never once gave up on us. Your efforts have paid off with an improved program for the next generation of Residents. We are proud of your dedication to OBGYN and hope that you will continue to inspire excellence in your next chapter of life as Specialists.

Ms Belinda Huang
Assistant Program Manager



Dr Ho Weng Yan



Dr Tung Su Zhen Janice

IN 10 YEARS, I HOPE THAT...

There will be improvement in patient empowerment in our clinical practice, and that we will address bad work culture practices. I also wish to become a stronger and more self-assured woman in my various roles as a friend, mentor, sister, daughter, wife and mother.

BEST RESIDENCY MEMORY

How and when I met my best friends who are also in the same Residency! :)

HIDDEN TALENTS/HOBBIES

I love to design and create stage props and costumes.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

I look forward to the opportunities to work together with you even as we may begin to walk different paths.

BEST DAY IN RESIDENCY

The day I was seeing patients in clinic through the day, and then admitted in labour later that night. It was particularly memorable to be personally experiencing an important event that I witness and assist in almost everyday in my Residency training. And then delivering my son among the rally of our Residency family — peers, seniors and nurses!

FAVORITE ON-CALL DINNER

'Takeaway' brought by my husband, all the more appreciated for its rarity :p



Dr Lim Hui Ping Michelle



BEST MEMORIES

HAPPY MOMENTS



Black Tag Ceremony
— Eugene



Black Tag Ceremony
— Michelle



Black Tag Ceremony
— Liana



Black Tag Ceremony
— Weng Yan



Happy Moments

DAY OUT



Promotion Treat 2015



CHILL



Residency Retreat 2015



OPHTHALMOLOGY

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

I will always remember this second batch of graduating seniors by their diverse backgrounds and individuality; it reminds us that one size does not fit all, and how it is always important to be flexible and willing to think outside the box. Thank you for keeping things interesting.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

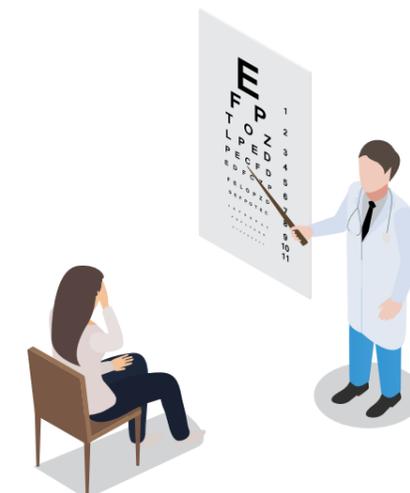
Focus on expanding and developing your knowledge and skills. The future is yours. We depend on you to continue to be creative and innovative to help shape how medicine and Ophthalmology will be practiced in the future. I challenge you to use your youth and energy to always look to making it ever better.

Adj Assoc Prof Audrey Chia Wei-Lin
Program Director, Ophthalmology

CONGRATULATORY MESSAGES

Congratulations! It's been a privilege to participate in your journey. While it is the end of your training, it is by no means the end of learning — we hope that the skills acquired during your Residency will help you adapt to the rapidly changing landscape of Ophthalmology. We are also proud of how you have helped in guiding the junior Residents, and hope you will continue these efforts.

Dr Jean Chai
Associate Program Director



CONGRATULATORY MESSAGES

You have all now proven yourselves to have the knowledge and the skills to be able to proudly declare that you are trained eye doctors. I have no doubts that you will take this seriously and continue to provide the highest quality of care that we associate with SNEC. To be able to say you've completed training at SNEC is truly an achievement that is recognized throughout the world's Ophthalmic community — it's a badge of honor.

Some of you may remember when you started that we warned you that the 'prize' of completing training is something that has to be earned. Now you've done it, and you can be rightly proud of that. I hope you have learnt to enjoy your job and appreciate the position that you are now in. Being able to help people in the most precious of senses, sight, is a real privilege. Use this training as a platform to launch your careers, aim to be the best because your foundation is such that you really can. Well done!

Adj Assoc Prof Rahat Husain
Associate Program Director

Congratulations on your accomplishments! We are truly grateful to you guys for all the support you have given us in running events and exams. We hope you've had an enriching experience with Residency. We wish you a great career ahead and see you around!

Ms Esther Teo & Ms Myra Ng
Program Admin Team



Dr Yap Zhu Li



Dr Chong Guang Wei Wesley

IN 10 YEARS, I HOPE THAT...

I will be a better doctor, husband, and father.

BEST RESIDENCY MEMORY
Passing my exits.

HIDDEN TALENTS/HOBBIES
Inline Speed Skating.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Congrats everyone!



Dr Saadia Zohra Farooqui



Dr Ho Wei Min Henrietta



Dr Loh Kai-Lyn

IN 10 YEARS, I HOPE THAT...

The Residents' learning journey through Residency and collegiality among colleagues and across sponsoring institutes will be improved.

BEST RESIDENCY MEMORY

Prof Cullen printed a paper he wrote in the 1950s for me in a discussion about a patient we saw in clinic the previous day. I really appreciated the gesture.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Congrats!

INTERESTING INCIDENT AT WORK

A patient wanted to 'pay' me in mangoes after a consultation in the emergency department.

BEST PIECE OF ADVICE

"Dawn always comes." It's good to think about that when you are having a bad call.

FAVORITE ON-CALL DINNER

When you crash another department's dinner because the eye Medical Officer is by her lonesome self.



BEST MEMORIES



PARTY



FUN





ORTHOPAEDIC SURGERY

PROGRAM DIRECTOR'S MESSAGE



HOW DOES IT FEEL TO WATCH YOUR FIRST BATCH OF RESIDENTS GRADUATE?

My heartfelt congratulations to the five of you, our first batch of graduands under the ACGME-I program. You have done yourself and us proud! Your hard work has paid off. Now, after some time for celebration, comes the work of becoming experts in your field as you have proved your competence.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

The road is lined with many distractions. Stay on the straight and narrow, wherever your future may lie, always keep improving and set short and long term goals.

Never say you are too old to learn new things, even when you reach expertise. The day you say that, is the day your skills and thinking will begin to deteriorate. I hope that this program has helped you in your journey and do think of giving back. Nothing given is considered too small.

Assoc Prof Inderjeet Singh Rikhraj
Program Director, Orthopaedic Surgery



CONGRATULATORY MESSAGES

Congratulations on your success at the FRCS exams! This is a well-earned time of celebration, rest and renewal. After many years of study, you are entitled to look on your achievements with satisfaction and pride.

In passing the FRCS, you have cleared the last examination goal of your life. However, it also marks the true beginning of your surgical career. From now on, you will have goals less well-defined and, to some degree, of your own making. The kind of work you want to do in your role in the Orthopaedic and hospital community as well as in your own family are decisions you should take time to make.

Finally, we hope you will remember the trials and tribulations you experienced in becoming an Orthopod. Spare a thought for your juniors as they attempt to follow in your path. If you have benefitted from the help and consideration of your seniors, pass on the favor to those that follow.

Dr David Chua
Core Faculty

All the best for the future. We are very proud of the five of you and we know all of you have worked very hard for this. All of you will be greatly missed by us. Do not forget the admin team!

**Ms Puvaneswari D/O Mohan,
Mr Jimmy Too, Ms Shereen Kaur
& Ms Hanis Junie**
Program Admin Team



Dr Wong Pak Leung Kenneth

IN 10 YEARS, I HOPE THAT...

The standard of care and advancement in the field of Pediatric Orthopaedic Surgery will improve.

BEST RESIDENCY MEMORY

Travelling overseas for examination preparatory courses with batch mates.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Keep going guys!

BEST DAY IN RESIDENCY

The day I got accepted into Residency.

BEST PIECE OF ADVICE

Learn on the go.

FAVORITE DESTINATION

Hokkaido, Japan. Beautiful scenery and great company.



Dr Puah Ken Lee

IN 10 YEARS, I HOPE THAT...

There will be further improvements in training, patient care and allocation of our limited resources.

BEST RESIDENCY MEMORY

Seeing that 100% of our Orthopaedic Surgery Residents passed the FRCS.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Thank you for completing this long journey together with me.

INTERESTING INCIDENT AT WORK

When I was mistaken for a Senior Consultant at work. And when the Senior Consultant was mistaken for me.

BEST DAY IN RESIDENCY

When I saw a Senior Resident whom I have trained successfully take a junior Resident through the very same procedure that I have taught.

FAVORITE ON-CALL DINNER

Ah Teck at SGH or Yeo Keng Nam Chicken Rice at CGH.



Dr Seah Renyi Benjamin

IN 10 YEARS, I HOPE THAT...

I will be able to touch lives at a more personal level, and be able to make clinic consults fun.

BEST RESIDENCY MEMORY

Passing the final exam and the feeling of freedom that comes with it.

HOBBIES

I enjoy art and interior design.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Never be afraid of change and always adapt to new challenges — especially the ones we currently face.

INTERESTING INCIDENT AT WORK

My registrar on call was attempting to take a detailed medical and social history from a bar hostess. He was confused about her job description — it was hilarious watching from the side.

BEST PIECE OF ADVICE

Medicine is an art — embrace it.



Dr Seng Chusheng

IN 10 YEARS, I HOPE THAT...

Salary, welfare and protected time for doctors will improve.

BEST RESIDENCY MEMORY

Passing my exit exams.

HOBBIES

Keeping marine fish tanks and flying drones.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

All the best in future endeavours.

INTERESTING INCIDENT AT WORK

Operating on different patients.

FAVORITE DESTINATION

USA. I like the big country.



Dr Ng Yeong Huei

IN 10 YEARS, I HOPE THAT...

There will be better patient care and advances in Orthopaedic Surgery and research.

BEST RESIDENCY MEMORY

Retreat with the Faculty and Residents.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Work hard and maintain the passion to do good for your patients.

INTERESTING INCIDENT AT WORK

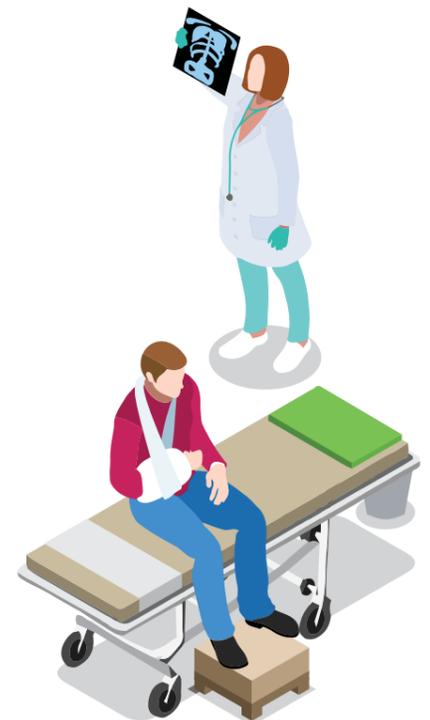
When my patients thank me for making them better.

BEST PIECE OF ADVICE

Treat every patient like your own relative.

FAVORITE DESTINATION

My home is where I can relax and spend time with my family.





BEST MEMORIES

DAY OUT



FUN AT WORK



CHILL AFTER WORK



OTOLARYNGOLOGY

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

A very motivated and cohesive bunch. It has been a great joy seeing them grow through the years.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

Congratulations on completing Residency! We look forward to you joining the ranks of Faculty and helping to bring our Residency program to greater heights!

Dr Constance Teo
Program Director, Otolaryngology
(from May 2014 to June 2017)

CONGRATULATORY MESSAGES

Congratulations on completing your Residency training! While this is a major milestone in your life as a doctor, it is just the start of another phase as you continue to hone your skills. We are confident that you will all be able to excel at whatever you choose to pursue, and push the boundaries for Otolaryngology in Singapore and abroad.

Associate Program Directors
and Core Faculty



Congratulations to all of you. It has been pleasant working with you during my time in the Otolaryngology Residency program. All the best in your future endeavors!

Ms Janeiro Wang
Program Executive



“



Dr Kiong Liqin Kimberley



Dr Tan Yee Jueen Vanessa

IN 10 YEARS, I HOPE THAT...

Singapore will be a regional centre of excellence for speciality care, providing high quality primary health care, great food options, massage centre and exercise facilities (swimming pool, tennis courts, badminton courts) in hospital grounds.

BEST RESIDENCY MEMORY

The friendships through hardship.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Have kids. Make time for your parents, family and friends.

BEST DAY IN RESIDENCY

When I delivered my baby in SGH, and was a patient in my own hospital.

BEST PIECE OF ADVICE

Persevere. Look 10 years ahead.

FAVORITE DESTINATION

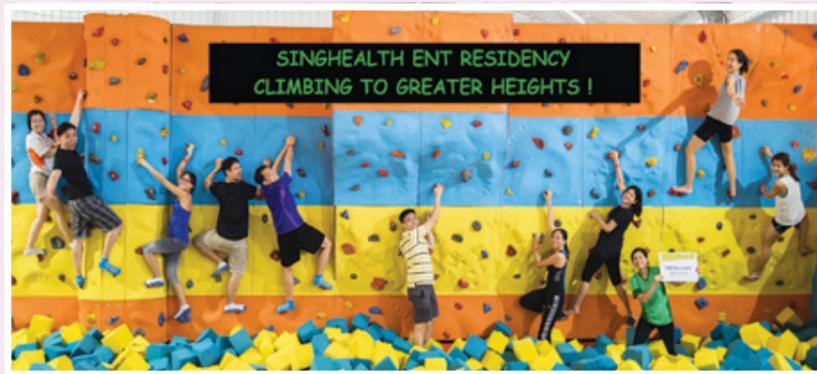
Run up Mount Faber. Break a good sweat, gain a clear mind.



Dr Loh Ray Han Shaun



BEST MEMORIES



PATHOLOGY

PROGRAM DIRECTOR'S MESSAGE



HOW DOES IT FEEL TO WATCH YOUR FIRST RESIDENT GRADUATE?

Seeing our pioneer Resident Dr Timothy Tay graduate from the program with great success, makes us feel that the hard work put in by Faculty is worthwhile. We hope that he will continue to adopt the core values of the ACGME in the next phase of his career.

WHAT IS YOUR MOST OUTSTANDING MEMORY OF TIMOTHY?

Timothy sacrificed his time and volunteered for duties when junior doctors needed help.

ANY WORDS OF ADVICE FOR TIMOTHY AS HE EMBARKS ON THE NEXT PHASE OF HIS CAREER?

"Humility is the solid foundation of all virtues"
– Confucius

Dr Alwin Loh Hwai Liang
Program Director, Pathology

CONGRATULATORY MESSAGES

Timothy has led the Residents in the capacity of unofficial 'chief' over the years. Always dependable and caring, he has taken care of the junior Residents as a peer and helped them navigate the complex world of junior Residency. I am confident Timothy will be a valuable addition to any Pathology department.

Dr Javed Iqbal
Associate Program Director



Take a moment to look back at your achievements that you have accomplished and the track that you have laid. Each step has been a building block for your life and career. Well done on your graduation. Be the best that you can be. YOLO!

Ms New Lee May
Senior Program Executive

“



Dr Tay Kwang Yong Timothy

IN 10 YEARS, I HOPE THAT...

We will have more personalized medicine for patients, as well as an expanded role for Pathologists in cancer diagnostics.

BEST DAY IN RESIDENCY

My last day (just kidding!).





PEDIATRICS

PROGRAM DIRECTOR'S MESSAGE



WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?
It is an extremely humbling and proud moment to see this current batch taking the lead in many of the department activities, including teaching sessions and ward rounds. I still remember some of them as House Officers, so to see the transformation has been incredible and rewarding!

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?
As clichéd as it sounds, continue to do what you love, because it's true. Pediatrics can be challenging even at the best of times, but as long as we know what we do because of the children we care for, no task is insurmountable.

Dr Raveen Shahdadpuri
Program Director, Pediatrics



Hi everyone, congratulations! This is a great day which you have all been looking forward to — Graduation! The initial years were challenging but you helped to innovate and endured all the changes which were beyond our control, and emerged victorious and resilient. I am proud that you have been steadfast and helped to develop the program to what it is today.

Assoc Prof Chong Chia Yin
Physician Faculty



I feel like a proud mother seeing all of you graduate. The six-year journey was not easy. Challenges and sometimes disappointment are inevitable. It is always my pleasure to be at your side and try to make your training experience as smooth as possible. Best wishes on your graduation! Cheers to new beginnings!

Ms Irene Hernandez
Program Executive



Dr Nur Adila Binte Ahmad Hatib



Dr Loo Kai Guo Benny

IN 10 YEARS, I HOPE THAT...
My kids will grow up happily.

BEST RESIDENCY MEMORY
When my fellow Residents and I were able to create a cultural change.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
We've made it!

INTERESTING INCIDENT AT WORK
People mixing me up with Christopher, Jeremy and Weidi.

BEST DAY IN RESIDENCY
The first and last day of Residency.

FAVORITE DESTINATION
Disneyland, it's where the magic is.

FAVORITE ON-CALL DINNER
When everyone is able to eat and chat together.



Dr Christopher Ho Wen Wei

IN 10 YEARS, I HOPE THAT...
There will be more tolerance, love and forgiveness.

BEST RESIDENCY MEMORY
The friendships among hardship.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Finally the day has come!

BEST PIECE OF ADVICE
Don't sweat the small stuff.

FAVORITE DESTINATION
Home.

FAVORITE ON-CALL DINNER
Chicken rice!



Dr Wee Wei Yi Lynette

IN 10 YEARS, I HOPE THAT...
Healthcare workers will be more appreciated for their hard work and dedication.

BEST RESIDENCY MEMORY
Residency friends — the way we hear each other out from day to day and help each other in patient care.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Be happy!

BEST DAY IN RESIDENCY
I thought it was the day I joined Residency. Now it will be the day I finish my Residency!

BEST PIECE OF ADVICE
Do your best and let God do the rest.

FAVORITE ON-CALL DINNER
UberEats/Foodpanda/Deliveroo menu — delivered to the ward step!



Dr Zhang Zhewei Dyan



Dr Tan Yi Hua

BEST RESIDENCY MEMORY
The wonderful friendships that I treasure greatly through the years.

HIDDEN TALENTS/HOBBIES
I play the french horn.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Always believe in yourself that you can achieve more than what you have already achieved.

INTERESTING INCIDENT AT WORK
A child gave me a Transformer figurine during his last follow up in my continuity clinic. I was touched beyond words.

BEST PIECE OF ADVICE
Never doubt yourself and always believe that you can do it.





Dr Ho Pui Yoong Valerie

IN 10 YEARS, I HOPE THAT...

Medical records will go entirely digital and that community Pediatric care will be improved with good anticipatory guidance.

BEST RESIDENCY MEMORY

The wonderful friendships made.

HIDDEN TALENTS/HOBBIES

I used to be a national synchronised swimmer.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Congratulations! We made it!

INTERESTING INCIDENT AT WORK

The parents of a baby wrote a card and brought chocolates for the nurses and doctors two days after their baby passed away from an incurable disease. They expressed gratitude for the care rendered to their child during the inpatient stay. The child's father held back tears as he passed the items to me. We were touched by their selflessness and how they could still place others above their own grief.

FAVORITE DESTINATION

Italy. Great for food, culture and shopping! :)



Dr Shoba Nanthini Selvanathan

IN 10 YEARS, I HOPE THAT...

Community Pediatrics and the practice of evidence-based medicine will be improved.



BEST MEMORIES



PLASTIC, RECONSTRUCTIVE AND AESTHETIC SURGERY

PROGRAM DIRECTOR'S MESSAGE



HOW DOES IT FEEL TO WATCH YOUR FIRST RESIDENT GRADUATE?

It is really gratifying to watch Weihao graduate as our very first Plastic Surgery Resident. Having been there right from the start of his Residency, I have watched him grow from a young eager Resident to a mature, passionate surgeon. Weihao is someone who upholds high standards for himself and his juniors, constantly pushing himself and others to achieve greater heights. I am always amazed by his ability to juggle a young family and his busy work schedule. Never once have I heard him complain about the heavy workload and demands as a Resident. With his inquisitive mind, he is always ready to challenge the norms but is always respectful to his seniors. I really look forward to having him as a colleague and I wish him all the best in his future career.

Assoc Prof Ong Yee Siang
Program Director,
Plastic, Reconstructive and Aesthetic Surgery

CONGRATULATORY MESSAGES

Dear Weihao, graduation isn't the end of a tough journey; it is the beginning of a beautiful one. Congratulations and welcome to the family.

Dr Terence Goh
Core Faculty



Weihao, you're from our pioneer batch of Plastic Surgery Residency graduands. Congratulations! The key to a successful career is to keep learning and pushing new frontiers through research. All the best!

Assoc Prof Tan Bien Keem
Head of Department



Dr Liang Weihao





REHABILITATION MEDICINE

PROGRAM DIRECTOR'S MESSAGE



HOW DOES IT FEEL TO WATCH YOUR FIRST BATCH OF RESIDENTS GRADUATE?
It's a moment of joy and celebration for all of us. They are now accomplished Physicians and I wish them all the best for their future plans.

WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?
It is really commendable how they pulled off and assimilated in the program, especially in their first year. There were only two of them and between them, lots of clinical and educational work to share. They had to prepare one to two presentations a week besides their usual duties. They have made us really proud.

ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?
As the saying goes, "the job is not done yet". This is the time to reflect, plan and excel in their careers and pass on the values to our younger generation.

Dr Ashfaq Ahmed Larik
Program Director, Rehabilitation Medicine



In the blink of an eye, three years have passed and you're now on the cusp of your professional career as a Rehabilitation Physician. It has been a privilege to have been your Program Director. I wish you all the best for the exciting times ahead and remember to always do right by your patients and colleagues. Congratulations!

Dr Bok Chek Wai
Program Director
(from September 2012 to August 2016)



Congratulations to all of you for completing your Residency training and overcoming all the challenges! It has been a pleasure working with my first batch of Residents! Thank you and all the best!

Ms Fasihah Mohamed Yasin
Program Executive



Dr Ramalingam Mothi Babu

IN 10 YEARS, I HOPE THAT...
The common man's perspective about Rehabilitation Medicine will improve.

BEST RESIDENCY MEMORY
Project Groomover 2016.

HIDDEN TALENTS/HOBBIES
Making people laugh.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
Do it before it's too late (I mean the log book).

INTERESTING INCIDENT AT WORK
I was walking back home after a hectic day when suddenly a passerby called me by my name. She told me that her husband (who was my patient) has passed away recently and thanked for the care I had rendered. It really made my day.

BEST PIECE OF ADVICE
"Be the best in whatever you do" and "If it doesn't kill you, it makes you stronger in life".

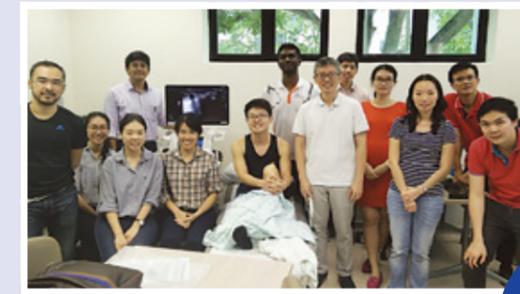
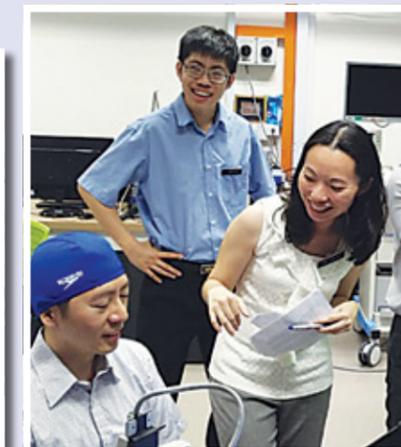


Dr Kwok Kah Meng

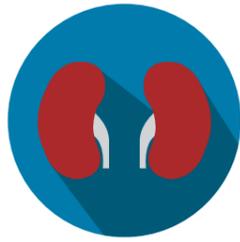
MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
In the face of an increasingly complex healthcare landscape, I believe that the value of a Rehabilitation Physician lies not just in being an orchestra conductor who holistically and dynamically prioritises patient-centered needs with a symphony of allied health professionals, but also in being an unconditional and unwavering beacon of hope against the depths of adversity that many of our patients and their families may be in.



BEST MEMORIES



OPEN HOUSE



RENAL MEDICINE

PROGRAM DIRECTOR'S MESSAGE



ANY MESSAGE FOR PEIYUN AS SHE EMBARKS ON THE NEXT PHASE OF HER CAREER?

Congratulations Peiyun, you are now a Renal specialist! Remember to work well and live well.

Dr Jason Choo Chon Jun
Program Director, Renal Medicine



CONGRATULATORY MESSAGES

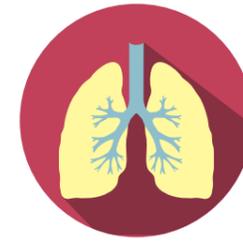
Congratulations Peiyun! You have deservedly moved to the next stage in your career after conquering every challenge and test that you were subjected to by Residency. Observing you mature through the training into a budding Nephrologist was an absolute joy. The SingHealth Renal Medicine program was privileged to have you and we wish you the very best for your future.

Dr Manish Kaushik
Core Faculty



Congratulations on your completion of the Senior Residency training! Education is the most powerful weapon that you can use to change the world. Always follow your dreams, believe in yourself and whatever you're chasing next. :)

Ms Natalie Oh
Program Executive



RESPIRATORY MEDICINE

PROGRAM DIRECTOR'S MESSAGE



ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

Congratulations on completing your training! We are proud of all of you and I am confident that you will make meaningful contributions and advance the care for patients in so many ways. Remember it is a lifelong journey to being a truly outstanding specialist, and you will need to continue to learn and grow in order to serve your patients well. I hope you will always have joy and fulfillment in your career.

Dr Ong Thun How
Program Director, Respiratory Medicine

CONGRATULATORY MESSAGES

Hearty congratulations on passing the 'exits'! Your graduation marks the beginning of lifelong learning. There will be challenges ahead of you, but turn them into opportunities instead. I believe the SingHealth Residency program has prepared you well for challenges ahead. Best wishes for a bright journey and a successful career.

Dr Low Teck Boon
Associate Program Director



Congratulations Kiran, Carrie, Anthony and Pei Yee! Your hard work has paid off and we are so proud of you! Thank you for putting up with our nagging and endless chase for your paperwork to be done. All the best for your future!

Ms Tan Shi Hwee & Ms Carol Tan
Program Admin Team



Dr Liu Peiyun

BEST RESIDENCY MEMORY
Going through thick and thin with my fellow Senior Residents.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES
We made it!

BEST PIECE OF ADVICE
Keep calm and carry on.

FAVORITE DESTINATION
Europe.

FAVORITE ON-CALL DINNER
4 Fingers.



BEST MEMORIES



Dr Leong Kah-Lai Carrie



Dr Yii Chau Ang Anthony



Dr Tiew Pei Yee





Dr Kiran Sharma

IN 10 YEARS, I HOPE THAT...

I hope I can make a positive difference to my family, work and loved ones. I have always been lucky to meet the best people who are responsible in making me who I am today. I just hope that someday, I too can make that change for others.

HIDDEN TALENTS/HOBBIES

I used to write when I was young.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Take care as always!!

BEST PIECE OF ADVICE

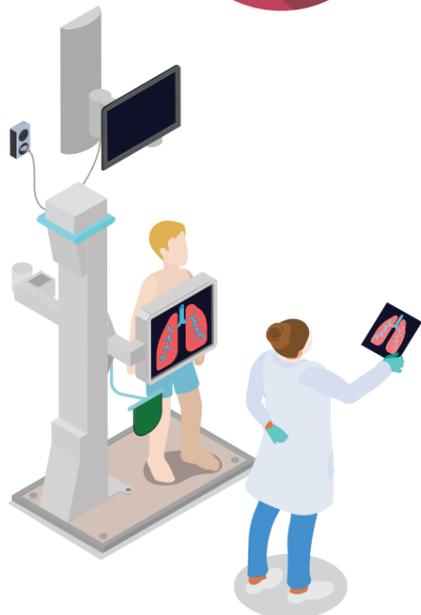
What doesn't kill you makes you stronger!

FAVORITE DESTINATION

Home, because home is where heart is.

FAVORITE ON-CALL DINNER

The ever reliable Ah Teck uncle.



BEST MEMORIES



RHEUMATOLOGY

PROGRAM DIRECTOR'S MESSAGE



ANY MESSAGE FOR SUE-ANN AS SHE EMBARKS ON THE NEXT PHASE OF HER CAREER?

Congratulations Sue-Ann on being the first person to complete the SingHealth Rheumatology Residency program! We are delighted that you have passed the exit examinations and we warmly welcome you to our fraternity of Rheumatologists.

You are starting another exciting phase of your career. Always remember that you went through these difficult years of training and sacrifice for the purpose of being a good Rheumatologist. In the journey ahead, you may choose to focus on being a clinician to provide excellent care for patients, a researcher to explore more efficacious ways to treat rheumatic diseases, an educator to teach others to manage patients, or an administrator to empower healthcare teams to improve patient care. Whichever path you take, place the patient at the center of all that you do.

We wish you all the best and look forward to your contributions.

Adj Assoc Prof Ng Swee Cheng
Program Director, Rheumatology

CONGRATULATORY MESSAGES

You are an achiever and you have made the program proud! All the best and have a successful future!

Ms Grace Ho
Program Executive



Dr Ng Pei Lun Sue-Ann

BEST RESIDENCY MEMORY
Learning Rheumatology with all my peers.

BEST DAY IN RESIDENCY
The very last day.

BEST PIECE OF ADVICE
We learn something new everyday!

FAVORITE DESTINATION
Beach holiday.

FAVORITE ON-CALL DINNER
Fast food.

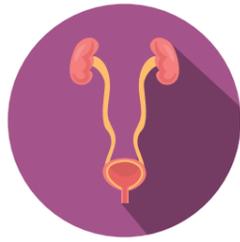


BEST MEMORIES



RHI-Retreat





UROLOGY

PROGRAM DIRECTOR'S MESSAGE



ANY WORDS OF ADVICE FOR THE GRADUATING RESIDENTS AS THEY EMBARK ON THE NEXT PHASE OF THEIR CAREER?

1. Develop a consistent learning habit: Once you graduate, it is up to you to keep up with your own education. Therefore, I would encourage all of you to push beyond your comfort zone and learn more than what is required of you.
2. Urology is a marathon, not a sprint: Work hard, but do not get caught up in the work/academic grind. Strike a balance where you can. It is important to get adequate rest and sleep, stay healthy, and have social relationships outside of your work. If you have an enjoyable personal life, you will be even happier in your career.

3. Never lose your compassion: Always be a good listener to your patients.

4. Stay humble, be nice to other staff and nurses. There will always be something you do not know and things you have never seen. Never be too shy or afraid to ask for help if you don't know something or just want a second opinion.

Assoc Prof Weber Lau
Program Director, Urology

HOW DOES IT FEEL TO WATCH YOUR FIRST BATCH OF RESIDENTS GRADUATE?

Congratulations! You have all worked hard and now you have been equipped with the necessary skills and competencies for the advancement of the field of Urology. As Urology Residents, you have been given such a wonderful opportunity for a comprehensive training that will help to change the care of patients. Be passionate about your work and make best use of the talent and ability within you and approach any patient with assuredness and compassion.

Besides being technically sound, you must also understand that your clinical decision has the ability to directly alter the course of your patients' lives. Therefore, I urge all of you to be devoted listeners who always aim to maintain true dialogues and honest communication with your patients.

With your optimism and commitment to excellence, I look forward to learning how you will make a difference to our field of Urology.

WHAT IS YOUR MOST OUTSTANDING MEMORY OF THIS GRADUATING BATCH?

When the graduating Senior Residents participated in the Residency Orientation, their willingness and enthusiasm to support and guide the junior Residents always impress me. It is only through their contribution that our Urology Residency program won the Best JCST Program at the RISE Awards in 2016.



CONGRATULATORY MESSAGES

Dear guys,

It is finally the end of our 'incubation period' and time to deliver new Urologists from a new training system. Despite the initial teething problems, I am glad to witness your growth, from young, green and blur Year One Residents, to wise, confident, bold and newly exited Urologists. These six long years came with sweat, tears and lots of hard work, as well as laughter and comradeship that I'm sure you will treasure for the rest of your life. This is just the beginning of a next phase of your life. I wish you all the best and may the force be with you!

Dr Ng Lay Guat
Core Faculty



Congratulations to the pioneer graduates of SingHealth Urology Residency.

Compassion and care for patient must be a tenet of your Urology journey.

Strive to be a game-changer and demonstrate resilience to effect that change. Together, you will be the vanguard that elevates SingHealth Urology to the next quantum.

Assoc Prof Henry Ho
Core Faculty



Dr Chen Kenneth

IN 10 YEARS, I HOPE THAT...

We can reduce the waiting time for patients at tertiary institutions, and change the way we treat cancers, onwards to personalised medicine!

BEST RESIDENCY MEMORY

Winning the Best JCST Program in 2016!

HIDDEN TALENTS

I have a knack for impersonating people.

MESSAGE FOR YOUR FELLOW GRADUATING BATCHMATES

Soldier on! The end is nigh!

BEST DAY IN RESIDENCY

Winning the Residency Games for the first time in 2015!

BEST PIECE OF ADVICE

Happy family, happy work, not the other way round.



Dr Joshua Lee Song Liang



Dr Teo Shunming Jonathan



Dr Yam Wai Loon



Dr Lim Kheng Sit Jay

IN 10 YEARS, I HOPE THAT...

I will be able to upgrade my pay, my house, and my car.

BEST RESIDENCY MEMORY

Alicia Goh Hui Peng — our admin champ.

INTERESTING INCIDENT AT WORK

Once, my Head of Department was mistaken to be a family member by a House Officer, who asked her nicely to wait outside while he examined the patient!

BEST DAY IN RESIDENCY

The day when I passed my exits!!!

FAVORITE ON-CALL DINNER

4 Fingers!



BEST MEMORIES



WINNERS!

RISE Awards 2016



Urology Residency Open House 2015

OPEN HOUSE



Urology Residency Retreat 2017



SGH Graduating Residents 2017



Urology Fair 2017



Transition of SGH HOD, April 2017



Urology Residency Chill-out 2016



SingHealth Residency Orientation 2016



Dr Yam Wai Loon's End of SGH Posting 2016



Passed Exit Exam! July 2017



RESIDENCY VALEDICTORIAN 2017

Every graduation ceremony marks a new beginning for each of our Residents. This year, SingHealth Residency celebrates the successful graduation of our third cohort — the largest to date. With each graduating cohort, SingHealth Residency recognizes one outstanding Resident who best represents the finest traits, qualities and standards within SingHealth Residency, and honors the Resident as Valedictorian. We offer our heartiest congratulations to the 2017 Valedictorian, **Dr Lie Sui An**, and invite him to share his reflections.

When was your hardest time in Residency?

My hardest time in Residency was when two loved ones in the family were diagnosed with cancer, one after another, a year apart. The first happened during my final MMed exams. The guilt of casually brushing aside complaints that later turned out to be stage 4 cancer gnawed long and hard at me. And even before the first ordeal was over, the second bad news came. My world came to a hard stop. It was a long-drawn battle, filled with emotional turmoil. It was tough trying to juggle being a caregiver and keeping up with the rigorous demands of Residency training. I owe it to my many friends, colleagues, and family members who saw me through the dark times. I am glad that has since passed.

Was there any patient or incident that changed your outlook in life?

Being on the receiving end of healthcare as a 'patient's next-of-kin' (not once, but twice) in the most emotionally susceptible circumstances changed my outlook in life. It has also changed my perspective of practicing medicine. I learnt that what matters to patients is not the ability of the doctor to quote statistics off articles published in the latest journal, or rattle treatment plans to them. What matters is to be more human. One should never forget the art in the science, the compassion, and empathy. I have also learnt to always be kind, for everyone is fighting a hard battle unknown to us.



"What matters is to be more human. One should never forget the art in the science, the compassion, and empathy."

- Dr Lie Sui An, Valedictorian 2017

You have participated in the Singapore Chief Residency Program (SCRP) in 2014. How has the experience contributed to your growth as a Resident?

My experience in the SCRP has allowed me to learn aspects of personal and team leadership, and has helped me understand what makes an effective leader in various situations. I also had the chance to work with Chief Residents from other institutions. The opportunity to build bridges and relationships was invaluable. The highlight of my Residency journey was the privilege of being selected for the Duke Durham Chief Resident Networking session. The interaction with the US Chief Residents was a humbling experience, and I am extremely thankful for this.

Any advice for your juniors?

"There are no tasks too menial or small for good leadership. You will have to make that decision to step up, to risk being ridiculed, to fall, and to pick up the broken pieces, to dust dirt off the knees, and to carry on. Repeat this often enough, and the fruit of your labor will surely be sweet." These words have spurred me on, to believe in what I do, and to do what I believe in, and so I hope to pass this on.

What are your aspirations for your future journey in medicine?

I will be starting on my Advanced Specialist Training (AST) training in Intensive Care Medicine from July. I hope to, first and foremost, be a competent Anesthesiologist and Intensivist. Along the way, I hope to be able to contribute to medical education — to further strengthen the development, mentoring and training of Residents, and do my part for the greater healthcare system.



Dr Lie Sui An at Duke Durham Chief Resident Networking Session



CHILL



INAUGURAL CHIEF RESIDENTS GRADUATION AND ALUMNI REUNION 2017

A graduation ceremony was held on 7 July 2017 at Academia to celebrate the graduation of the inaugural cohort of Chief Residents from the SingHealth Residency Leadership Program (SRLP) and to commend the third cohort Chief Residents from the national Singapore Chief Residency Program (SCRP) for the successful completion of their respective leadership programs.

The SRLP is an in-house leadership training program that was developed in January 2017, modeled closely after the national SCRCP. The program aims to build our clinician pipeline through the inputs and experiences of next generation Resident leaders. 13 Chief Resident alumni from the SCRCP have stepped forward to help shape this program and also acted as mentors and co-facilitators. The six-month long program comprises seminars that teach essential leadership skills such as systems thinking, communications and team-building.

The graduation ceremony was an evening of celebration and networking as cohorts of Chief Residents and alumni gathered for a time of reunion and gained nuggets of wisdom from SingHealth leaders.



SINGHEALTH RESIDENCY LEADERSHIP PROGRAM (SRLP)

Share with us your thoughts on being the inaugural batch of SRLP Residents.

It has been a real privilege to be a part of the inaugural cohort of SRLP Residents! Being able to take some time to learn about aspects apart from day-to-day clinical practice has really given me additional perspective as to how much more can be done to improve patient care.

What have you learnt about yourself from this program?

Through the various workshops, I've come to understand how my personality and preferences influence my leadership style and how I interact with others, be it team members in my department or with physicians from other departments. It has made me more aware of the strengths and weaknesses of my own leadership style, so that I can know where my limitations are and when the situation calls for a different sort of approach.

Favorite on-call food

Anything donated by a kind-hearted nurse during a busy call just tastes extra amazing.

Favorite hangout in the hospital

Starbucks, because that means it's a really good day.

Favorite quote

There are so many to choose from, each for a different purpose and time. But a good one I hold close to my heart from Tolkien – "There is some good in this world, and it's worth fighting for."



Dr Tallie Chua Wei-Lin
Emergency Medicine

Share with us your thoughts on being the inaugural batch of SRLP Residents.

It is a privilege to be part of this inaugural program and I have learned a lot — not just about myself but also of my fellow participants and the system as a whole.

Name a Faculty/Mentor that has inspired you, and why.

A Faculty that has inspired me since I was a student is Assoc Prof Lim Soo Teik, who goes out of his way in teaching students and guiding juniors in the department. He is a role model to many of us, with his exemplary patient care and tireless work ethic.



Dr Wong Ningyan
Cardiology

Share with us your thoughts on being the inaugural batch of SRLP Residents.

Being part of the inaugural SRLP has been a wonderful learning experience for me. The program has taught me to embrace and augment my traits as a quiet introvert, and to develop my own leadership style that is uniquely suited for me to contribute in my workplace.

Favorite on-call food

Food deliveries from my hubby.

Favorite place in hospital

The library at KKH.

Favorite quote

"It is good to love many things, for there in lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done." – Vincent Van Gogh.



Dr Celene Hui Yan Yan
Obstetrics & Gynecology





Dr Loh Jiezhen Tracy
Pathology



Share with us your thoughts on being the inaugural batch of SRLP Residents.

It's been a great journey so far. Hopefully, we will continue to forge bonds and to work closely with each other in the future.

Name a Faculty/Mentor that has inspired you, and why.

Adj Assoc Prof Lim Kiat Hon, Senior Consultant and Head, Department of Anatomical Pathology. He is always approachable and willing to teach and impart knowledge.

Favorite on-call food

From hazy memories of being on-call, I'd say any food on-call is good.

Favorite quote

"Give a man a fire and he's warm for a day, but set fire to him and he's warm for the rest of his life." – Terry Pratchett. I interpret as this — if one inspires someone to do something, the effects last much longer than just telling or forcing someone to do something.

Share with us your thoughts on being the inaugural batch of SRLP Residents.

It's an honor and a privilege to be a part of this leadership training program. Especially since I'm primarily posted to KKH, the program is an opportunity to interact with and be exposed to fellow colleagues and leaders outside of my immediate environment. Being a part of this program has granted me perspectives that go above and beyond my current station. The SRLP has also allowed us to be introspective, learning more about ourselves as individuals and learning how to recognize traits in others, in an effort to improve our inter-personal skills.

Describe a SRLP session that has inspired you, and why.

I was very impressed with Assoc Prof Ong Biauwei Chi's session on systems thinking and collaborative leadership. Her sharing was sincere and heartfelt, displaying her passion and drive in her work as a leader and also reflecting the realities of how difficult it is to develop solutions for intricate and complex healthcare systems.

Best on-call survival tip

Prioritize and be opportunistic. Take time to calm yourself to plan your movements and actions when you feel overwhelmed. Recognize when you need help.

Mantra in life

Do your best, be receptive and honor each other.



Dr Lim Kian Boon Joel
Pediatrics



Dr Raj Vikesh Tiwari
Urology

Share with us your thoughts on being the inaugural batch of SRLP Residents.

It has been a humbling experience and a privilege to be part of the inaugural batch of the SRLP. This program enables Residents from a wide range of specialties to interact in a non-work related setting, allowing them to learn more about each other and more importantly about themselves. In particular, I have found a new appreciation for the myriad personality types and the importance of good communication to bridge the differences between us, so as to bring our best towards achieving a shared purpose — caring for our patients.

Name a leader that has inspired you, and why.

I have been most inspired by Prof Foo Keong Tatt, the father of Urology in Singapore who has epitomized the values of life-long learning and tailoring our care to the individual patients.

Favorite on-call food

Anything but pau!

Best on-call survival tip

Avoid the last lift and don't eat pau!

Favorite quote

"To cure sometimes, to relieve often, and to comfort always — this is our work." – Hippocrates

Share with us your thoughts on being the inaugural batch of SRLP Residents.

I did not expect to be in the SRLP. Not everyone is born a leader; there is a need to learn how to be a leader along the journey and for me, it's a steep learning curve.

What have you learnt about yourself from this program?

I learnt that I'm quite easy-going and have a relaxed attitude towards most things. The advantage of my personality is that I tend to work well with people. However, the drawbacks are that I don't manage my time very well and may be careless when it comes to handling important things. I depend on friends, family, and colleagues to steer me back on track.

Best on-call survival tip

The thing that takes the most effort to do while you are on-call is usually the correct thing to do. If you do that, both you and your patient may survive your call.

Favorite hangout in the hospital

Clinical staff office in CGH — free hot beverages and biscuits, with a massage chair.

Favorite quote

A Chinese saying: "A leader with good personal conduct will be able to lead effectively even without issuing any orders; nobody will follow or obey a leader with bad personal conduct."



Dr Ong Wei Lin Lester
General Surgery



Share with us your thoughts on being the inaugural batch of SRLP Residents.

The SRLP has been a thoroughly enriching and interesting program that has taught us important leadership skills. It was great getting to know fellow Residents from other departments and it was also a great networking opportunity.

What have you learnt about yourself from this program?

The SRLP really helped us explore our strengths and weaknesses, and this has given me a clearer picture on how to improve as a leader.

Best on-call survival tip

Eat whenever you can, or carry a snack bar with you.

Favorite on-call food

Cup noodles late in the night when nothing else is open.

Favorite hangout in the hospital

Academia library where it's cool and quiet.



Dr Ng Wei Yan
Ophthalmology

Share with us your thoughts on being the inaugural batch of SRLP Residents.

The SRLP has been an invaluable and unique opportunity to learn more about myself, colleagues and the healthcare system we work in. I am grateful to be part of the inaugural batch and for the continuing perspectives given by senior leaders within the organization in the form of mentorship. I believe that the continuing connection between individuals will help effect positive change within the healthcare system we work in.

What have you learnt about yourself from this program?

I have learnt to appreciate the unique strengths we have as individuals and how to vary my approach to people differently as we work together. I have also learnt that in order to lead and bring about effective change, you need to begin by mastering yourself.

Best on-call survival tip

Have friends.

Favorite on-call food

McDonald's.

Favorite hangout in the hospital

Garden.



Dr Sheri Ee-Lin Lim
Obstetrics & Gynecology



Dr Pang Cui-Ying Maria Judith
Otolaryngology

Share with us your thoughts on being the inaugural batch of SRLP Residents.

It is a real privilege to be part of the inaugural batch of SRLP residents. I'm grateful for the chance to participate in this program, for the networking opportunities, and for the new friendships forged. I hope that through this, we will be able to lead our institutions in their future endeavors, and that more Residents will be inspired to take on leadership roles.

Name a Faculty that has inspired you, and why.

Dr Ian Loh, Otolaryngology, CGH, teaches at every opportunity — whether in the clinic or in the operating theatre. He is enthusiastic, accessible, and willing to answer any question we may have, however mundane it may be.

Best on-call survival tip

When you see food, EAT.
When you see a chair, SIT.
When you see a bed, SLEEP.

Favorite hangout in the hospital

Any place to sit with friends and have a drink.

Favorite quote

"Do small things with great love."
— Mother Theresa



Share with us your thoughts on being the inaugural batch of SRLP Residents.

There was a bit of uncertainty when I was 'arrowed' by my PD to attend this, but after a few sessions with all the participants from different subspecialties, I think we all enjoyed it! It helped us form good bonds and working relationships, so next time when we are required to consult each other in clinical practice, it can just be a quick phone call or WhatsApp message! We also understand each other's viewpoints much better and hopefully we will all be leading SingHealth together in the near future!

What have you learnt about yourself from this program?

I think it has given me a lot of perspective on what I can do as a leader in medicine on top of the daily routine of patient care. It has also broadened my view on the complex task of being in a leadership position in medicine. It is not only about self-development or improvement, but how you expand your scope and push through limitations to contribute to your working environment, improving together for the larger goal.

Best on-call survival tip

A quick shower! It makes you refreshed before going on for another run of madness! I think prioritization and time management is important, as you can't split yourself to attend to everyone and everything at the same time. However, that comes with experience, and I believe that being calm and cool during call gives you better control of the situation, no matter how bad it is!

Share with us your thoughts on being the inaugural batch of SRLP Residents.

It is an honor and a privilege to be selected, knowing that my peers saw something in me they wish to nurture. It is also rewarding to know that our hard work, dedication and commitment are recognized by the institution.

What have you learnt about yourself from this program?

I found out more about my character (extrovert), and my abilities at presentation and delivery of ideas.

Best on-call survival tip

Start off the call with 50 push-ups and 50 sit-ups. It will perk you up without fail.

Things like "eating pau", "last lifts", "red underwear" and eating "dumpling noodles" don't work.

Favorite hangout in the hospital

Ward 74 B side MO room. Free flow barley made by my beloved ward auntie.



Dr Loo Khang Ning
Internal Medicine

Favorite on-call food

UberEATS and Deliveroo provide many options for delivery to SGH! I tend to go for Japanese food as they are nicely packed and easier to eat. TEPPE!

Mantra in life

Your bad calls are the ones you will learn from the most!



Dr Tan You Jiang
Neurology NNI – SGH

Share with us your thoughts on being the inaugural batch of SRLP Residents.

The SRLP sessions have created an amazing platform for me to know and interact with Residents within the SingHealth cluster which I truly feel could not have been possible otherwise. Beyond the friendships I have forged, the SRLP also served to inculcate a sense of belonging to SGH. My purview of issues related to healthcare has not only expanded after attending this program, but I have also been equipped with new skills and knowledge to effectively address those issues. I hope this program continues to allow Residents to experience this succinct yet robust program!

What have you learnt about yourself from this program?

New people and new environments are never easy, but they are an integral part of life. This program has served to highlight that notion and encouraged me to push my boundaries by immersing myself in a different culture and environment, independent of the social networks upon which I have relied on in the past.

Best on-call survival tip

Keep calm — though it's easier said than done.

Favorite on-call food

100 Plus — you'll need the hydration.

Mantra in life

Take your dreams seriously!



Dr Iswaree Devi Balakrishnan
Cardiology

Share with us your thoughts on being the inaugural batch of SRLP Residents.

I am very humbled and honored by this opportunity to learn about leadership from our own senior management, and gaining fresh insights and perspectives from my peers who are all high achievers and leaders in their disciplines.

What have you learnt about yourself from this program?

I have learnt more about my strengths and weaknesses, and how these influence the way I interact with others around me.

Best on-call survival tip

Bring a phone charger or a power bank. Listen to a bit of calming music every now and then.

Favorite on-call food

Iced latte — caffeinated, filling due to the milk, and can be drunk very fast if an urgent call comes because it is cold rather than hot.

Mantra in life

Keep learning!



Dr Chua Jian Kai Andy
Otolaryngology



Dr Guo Xiaoxuan
Family Medicine

Share with us your thoughts on being the inaugural batch of SRLP Residents.

SRLP is an incredible journey of self-discovery and professional development. It is a privilege to meet and network with like-minded individuals across various specialties in SingHealth, who are excited and passionate about the work they do. The sessions that we had with our Institution's leaders were particularly memorable and enlightening in helping me understand the system better.

Favorite quote

Learning is like sailing against the current — keep forging ahead or you will be swept behind (Chinese saying).



Share with us your thoughts on being the inaugural batch of SRLP Residents.

I am truly privileged to be part of the inaugural batch of SRLP Residents. The experience has so far been pleasurable, diverse, and extremely rewarding. I would like to take this opportunity to thank my Program Faculty and coordinators for all their tremendous effort in organizing the SRLP.

What have you learnt about yourself from this program?

SRLP has provided me a fresh perspective of approaching leadership. It reminds me of the importance of continuous personal reflection amidst my busy day-to-day clinical work, allowing me to better understand, recognize, optimize, and foster the right leadership qualities and strategies necessary as we strive to enhance our healthcare system. This six months journey in SRLP has also highlighted the importance of trust and a strong sense of camaraderie, the understanding of differences in human behavior and focusing on the needs of the individual and team in order to create and maintain a more efficient, effective and motivated team as we move forward together.

Best on-call survival tip

Have a good rest the day before.

Favorite hangout in the hospital

Staff Lounge Level 9.

Mantra in life

Things may not always be perfect. Always try your best in whatever you do.



Dr Chia Xue Fen Alicia
Cardiothoracic Surgery



Share with us your thoughts on being the inaugural batch of SRLP Residents.

I am very honored to be selected for this program. I have made new friends and have enjoyed the course tremendously.

What have you learnt about yourself from this program?

This program has taught me a lot about myself and has made me more aware of my strengths and weaknesses. I learnt that I am a Myers-Briggs ISTJ type and I need to focus on being a team player. This program has provided me with exposure to the administrative aspect of medicine and made me realized the complexities of healthcare. I have found that community service can be extremely rewarding and look forward to future opportunities to serve the community.

Favorite on-call food

Ah Teck.

Favorite hangout in the hospital

The library (when it's quiet).

Mantra in life

Absolute power corrupts absolutely.



Dr Ang Chay You
Orthopaedic Surgery

Share with us your thoughts on being the inaugural batch of SRLP Residents.

It is my honor and pleasure to be selected!

What have you learnt about yourself from this program?

I am very lucky to be where I am today, and that I can contribute more to the system.

Best on-call survival tip

Sleep when you can.

Favorite on-call food

Zi char.

Favorite hangout in the hospital

Kaffe and Toast.



Dr Teo Nan Zun
General Surgery



LIFE IN SINGHEALTH RESIDENCY



SINGHEALTH DUKE-NUS SCIENTIFIC CONGRESS 2016

The SingHealth and Duke-NUS Academic Medicine partnership notched another success with the SingHealth Duke-NUS Scientific Congress on 23 and 24 September 2016, attended by more than 3,000 multidisciplinary healthcare professionals, researchers, academic, students as well as overseas healthcare leaders.



The biennial Congress is an important platform for ideas, innovation and discovery as the best healthcare minds come together to shape the future of medicine. Themed 'Today's Research and Education for Tomorrow's Healthcare', the 2016 Congress had a strong focus on Academic Medicine with more than 110 international and local speakers sharing their clinical and research findings, skills and experiences. This included a Resident-led symposium, which showcased the research and education achievements of our Residents for tomorrow's healthcare.



Mark your calendar for the next SingHealth Duke-NUS Scientific Congress on 21 and 22 September 2018!



SINGHEALTH RESIDENCY GAMES DAY 2016

At SingHealth Residency, we believe that teamwork, respect and mutual understanding form the fabric of good healthcare delivery. The annual Residency Games Day is held with the aim to enhance inter-specialty interaction and cohesion among our Residents and medical students through fun-filled activities and friendly competition.

The Residency Games Day 2016 was held on 26 November at the Kovan Sports Centre. With the theme "Muggle Quidditch" (inspired by Harry Potter), Residents, Faculty and medical students had an exciting afternoon riding foamed broom sticks and chasing the 'snitch' — forming new friendship and camaraderie while strengthening old ties.

The event ended on a high note with the Best Dressed Award going to Family Medicine program; the Best Medical School Award presented to NUS Yong Loo Lin School of Medicine; and the Residency Games Championship landed in the hands of the Internal Medicine program!





INAUGURAL SINGHEALTH HACKATHON 2017

Initiated by two SingHealth Residents, Dr Cheong May Anne and Dr Rena Dharmawan, the first-ever SingHealth Hackathon was successfully held at Academia on 21 and 22 January. The event attracted more than 50 healthcare professionals and medical students from multiple disciplines in Singapore to brainstorm new ideas and innovations to improve our patient care systems.

The Hackathon focused on three key challenges in healthcare — Coordination, Communication and Rehabilitation. Over the two days, participants discussed issues in healthcare, presented innovative solutions, and developed prototypes and ideas. The event successfully gathered a spectrum of healthcare stakeholders under one roof with many innovative ideas and solutions being pitched.



Dr Cheong May Anne (left) and Dr Rena Dharmawan



Winners of Hackathon "Co-ordination" Challenge



JUDGING PANEL



Winners of Hackathon "Communication" Challenge



TEAM DISCUSSION



Winners of Hackathon "Rehabilitation" Challenge



SINGHEALTH RESIDENCY FRESHMEN ORIENTATION 2017

The annual SingHealth Residency Freshmen Orientation for new residents was held on 22 April as SingHealth welcomed 231 new Residents.

Residents, together with senior management and Faculty, participated in a fun-filled day of team building activities at Sentosa. They were divided into random teams named after their favorite childhood superheroes, and tasked to race around the island in a simulated 'Amazing Race'. Though many were strangers to one another at first, they warmed up gradually and worked together as teams to complete the challenges and obstacles.

After a day of team-building, new friendships were forged and existing bonds strengthened, which is paramount in seeing the Residents through their rigorous training. The day ended with a sumptuous lunch and engagement with SingHealth's leaders.

FUN



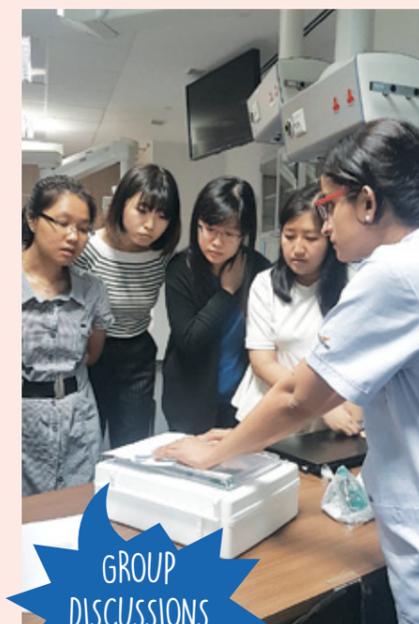
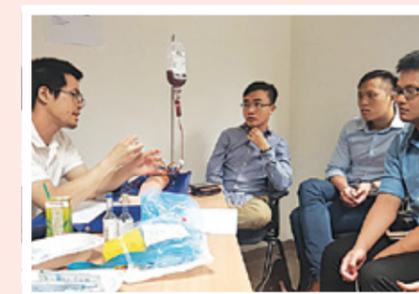
TEAM BONDING



STUDENT INTERNSHIP PROGRAM (SIP) BOOTCAMP 2017

Spearheaded by the RC Education Subcommittee, the annual SIP Bootcamp is a teaching initiative that equips final year medical students with practical knowledge to deal with day-to-day challenges as a House Officer. It aims to ease the transition of a medical student to a professional.

Held on 27 May, the one-day intensive bootcamp was segregated into various stations, covering a comprehensive range of topics: common situations in the wards, critical medicine, basic radiological knowledge, suturing skills, on-call scenarios as well as communication scenarios. Medical students also had hands-on opportunities to try out the medical equipment and learn more about what SingHealth Residency can offer.



GROUP DISCUSSIONS



SINGHEALTH RESIDENCY OPEN HOUSE 2017

More than 500 Medical Students, Medical Officers and Residents attended the annual SingHealth Residency Open House on 29 July to explore the programs for their specialist career. The Open House is SingHealth's largest medical student engagement effort that showcases our strengths as the Sponsoring Institution of choice for Residency training.

This year, the Medical Subspecialty Senior Residency Open House and the Residency Open House were held concurrently for the first time, with the aim of promoting greater interaction among the medical students and our Program Directors, Faculty and Residents.

The event showcased the wide range of specialties and programs through booths, cutting-edge equipment, skits that depicted real life scenarios as well as an injection of fun through the use of simulation activities such as the SIMS Escape Room Challenge, video and eye equipment, and more.



A&E SKIT



SIMULATION ACTIVITIES



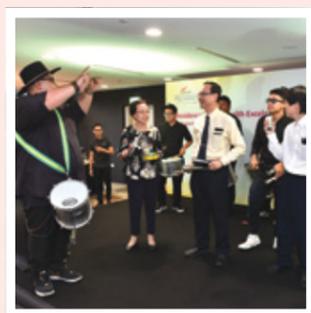
RESIDENCY IN SINGHEALTH EXCELS (RiSE) AWARDS 2017

In recognition of education and clinical excellence, Residents and Faculty gathered at the Academia on 10 August, to celebrate the achievements of their peers and colleagues at the annual Residency in SingHealth Excels (RiSE) Awards.

This year, more than 270 outstanding Residency Faculty and top-performing Residents were honored in the RiSE Awards. A new award was also introduced this year — the Most Improved JCST Program Award, which recognizes the most improved program in 2017 selected based on JCST survey results. The award recipients are truly an inspiration to all of us for their commitment towards clinical, education and research excellence.



WINNERS



Living My Love of Medicine



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