



# GRADUATION YEARBOOK 2019 2020



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- Dr Jonathan Han Youxiang

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## Graduate Medical Education (GME) Office

# Foreword

From the Residents' Committee AY 2019/2020



## Dear graduands,

Our heartfelt congratulations on your successful graduation! Graduating amidst the global pandemic is definitely a milestone achieved. COVID-19 may have changed our plans, postponed our leave and revised our postings, but through it all, we have seen you, our seniors, grow to tackle these challenges with a brave calm front. We are proud to have worked alongside you and we know that your legacy will only continue to grow from here. Thank you for inspiring and motivating us in our Residency journey.

In 2020, SingHealth Residency celebrates its 10<sup>th</sup> anniversary and we highlight this significant milestone in this Yearbook. Themed

'Celebrating 10 Years of Residency', we look at how far SingHealth Residency has evolved over the past decade and hear stories from seniors and Faculty.

We would like to express our heartfelt thanks to Residents, Faculty and administrators who have contributed to this Yearbook!

Warmest regards,

**Residents' Committee  
AY2019/2020**

# Congratulations!

From Group CEO, SingHealth



**M**y heartiest congratulations to the sixth graduating cohort of 155 SingHealth Residents! You have graduated in a year of unique challenges and adversity, and I am proud that you have displayed perseverance and grit to complete your course.

2020 has presented both challenges and opportunities for us to change the ways we work, play and live. It serves as a reminder of the need to always challenge the status quo so that we constantly find new ways to improve. The post-pandemic future will uncover more areas for change, as every country, society and industry adjusts to a 'new normal' brought on by the impact of COVID-19.

A British writer, Vivian Greene, once said, **"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."** COVID-19 has presented many moments which have challenged the way we work and deliver care to our patients. At the same time, in adapting to the rapid changes in response to the pandemic, we have seized the opportunity to question how we can innovate and become more efficient through the use of technology, by improving our processes and in looking fundamentally at the way we operate. Ultimately, these improvements aim to bring positive impact to our patients and their loved ones for greater efficiency and outcomes, as well as to our staff as we foster deeper meaning and fulfilment at work.

The Academic Year 2020 also marks SingHealth Residency's 10<sup>th</sup> anniversary. Over the last decade, we have successfully groomed and nurtured more than 710 Residents into specialists across different medical specialties. I am heartened to see that many of our young clinicians have stepped up and taken on greater responsibilities as well as applying what they have learnt in their respective specialties. Many of our SingHealth Residency alumni are now well-respected clinicians in their own right, and it gives me great pride to witness their professional growth and development since their Residency training days. You have now joined the fold, and we welcome you warmly as our peers and fellow colleagues.

As you embark on the next chapter of your medical career, you will have a hand in shaping the way care is being delivered to patients. I believe the well-rounded exposure you have had through your Residency training will stand you in good stead as you continue to grow in your career.

Congratulations once again to each and every one of you, and I wish you a successful and fulfilling journey in public healthcare!

**Prof Ivy Ng**

Group Chief Executive Officer, SingHealth

# Message

From DIO

**W**armest congratulations to all graduating Residents! It has not been an easy year, and you have all done incredibly well in juggling your clinical load while preparing for your exit examinations amidst the pandemic.

Although the impact of COVID-19 has brought unprecedented change in our daily lives, it has also brought many opportunities for us to learn new skills. Our healthcare landscape is continuously evolving with emerging diseases and new illnesses. As you progress in your medical career, you will face multiple challenges in a volatile, uncertain, complex and sometimes ambiguous environment. I urge you to always be conscientious in improving your knowledge and keeping abreast with medical advancements, so that you can give your patients the best possible care.

This year also marks SingHealth Residency's 10<sup>th</sup> year in graduate medical education. Over the past decade, the Residency family has stood together during good times and through challenging ones, and has progressed in leaps and bounds to achieve numerous milestones. With the combined efforts of our Residents, Faculty and administrators, I am

proud that SingHealth Residency has built a robust training structure and system that is internationally recognised, and has trained many Residents to be successful clinicians, educators and scientists in their own fields. All of these would not have been possible without the dedication and commitment from each of you in SingHealth Residency.

Your graduation is a major milestone in your medical career, and I am sure this will be the first of your many achievements to come. I am confident that all of you will have a bright future and my best wishes to each and every one of you.

## Prof Tan Hak Koon

Designated Institutional Official,  
SingHealth Residency

**“Always practice good medicine by upholding the highest standards of integrity, honesty and professional conduct.”**



# Message

## From ADIOs



### Prof Lim Swee Han

Associate Designated Institutional Official (SGH), SingHealth Residency

The COVID-19 pandemic has definitely placed great pressure on our healthcare system, and has caused significant disruption to your training and exam preparations. Despite all that, thank you for your hard work and for persevering through this difficult period of time.

This pandemic has taught us valuable lessons that cannot be found in textbooks, such as teamwork, vigilance and importance of hygiene – all of which should still be continued even after the pandemic is over.

Most importantly, I hope that you will always remember the reason you chose to be a doctor in the first place.

**“Always prioritise your patients in everything that you do and uphold the highest standards of professionalism.”**



### Prof Chay Oh Moh

Associate Designated Institutional Official (KKH), SingHealth Residency

The end of Residency marks a new milestone and a new beginning! You may be graduating during a challenging time, but every cloud has a silver lining.

During challenging times, there are excellent opportunities to be innovative and to do things differently. During times of uncertainties, diversity is a unique strength, so take this opportunity to leverage on the strength of interprofessional team.

I have absolute faith that you will be pivotal in maintaining excellent

healthcare for our patients in the new normal. Always remember to be flexible as the willow trees, but adhere to your principles and professionalism, no matter how difficult the situation is.

**“Never lose sight of why you chose to be a doctor. There will be stressful moments, but stay positive and always keep hope in your heart.”**



## Prof Tay Yong Kwang

Associate Designated Institutional Official (CGH), SingHealth Residency

Graduation marks a critical and significant milestone in your professional career. As you become an Associate Consultant, do not be afraid to ask for help or advice.

Although you may have completed your specialist training, you are still relatively junior and there is always more to learn. At times, you may feel embarrassed to ask for help but that should not stop you from doing so. Everyone has blind spots,

and there are always people who are more experienced than you are. So do not be afraid to ask and learn from your colleagues and juniors.

**“Do not feel ‘paiseh’ to ask when in doubt. After all, you are your patients’ advocate.”**



## Prof Tan Eng King

Associate Designated Institutional Official (Research), SingHealth Residency

It has been a long journey, but you made it! This will be the start of your own great journey where you can bring compassion, dedication and light to our fellow human beings along the way.

In Medicine, we never stop learning if we want to put ourselves in the best and optimal position to provide the best possible care to our patients.

I will leave you with this quote:

*“I am stronger because I had to be, I am smarter because of my mistakes, I am happier because of the sadness I have known,*

*And now wiser because I have learnt.”*

**As you continue to climb the ladder, remember to display ‘not pride of knowledge, but humility in wisdom’.**



## Assoc Prof Melvin Chua Peng Wei

Associate Designated Institutional Official (SKH), SingHealth Residency

Do you remember that fateful day when you attended your first ever medical school interview — the very first day as a medical student, the struggles you had and finally, the day you graduated from medical school?

I hope you will always remember the reason you entered this profession and vocation in the first place. Enjoy the next chapter in your career and soak

in your new roles and responsibilities. There will never be a dull moment, so welcome to “one hell of a ride”!

**“As trainees, we will always meet extraordinary individuals who have inspired many generations of junior colleagues. From now on, you can be that individual too.”**

# Valedictorian Feature

Each year, SingHealth Residency recognises and honours one Resident from the graduating cohort, who has displayed outstanding qualities and traits, as Valedictorian. This year, we are proud to have **Dr Raymond Reinaldo Tanugroho** from Paediatrics, and we invite him to share about his journey in Residency.



## Why did you choose your speciality in Paediatrics?

I feel inspired whenever I work with children as their hopeful and optimistic demeanour never fails to motivate me to be a better doctor in order to provide them with the best possible care.

Most importantly, I chose to be a Paediatrician as I find it especially rewarding to see my patients grow up and live as normal a life as possible by helping them to live through their childhood ailments.

## What was the most unforgettable memory that you had while working as a Resident in the Paediatrics department?

I vividly recall the passing of a five-year-old patient with a complicated medical background. After her passing, her family members gathered around her to sing songs and pray for her. What her mother did next left a deep impression on me as she thanked her for teaching them how to love. I thought to myself, "If we could just show a fraction of a mother's love and dedication in caring for our patients, it would definitely leave a huge positive impact on the outcome of our patients' care."

It is always inspiring to see the perseverance and unconditional love that parents have for their children – especially towards children with special needs or are suffering from chronic medical conditions. More often than not, we, as healthcare providers may find caring for our patients emotionally and physically draining, even if it is just for a couple of hours. Yet, these caregivers never waver in their care and concern despite having to care for them on a daily basis. Their selflessness inspires me to hone my skills and work towards being a better doctor, so that I am able to leave a positive impact on my patients and these caregivers too.

## What kept you going in your Residency journey?

The support and encouragement from my friends, mentors and family members. It is also the thought of having a life of service to others and the sense of duty to utilise the knowledge and skills acquired through Residency training to make a positive difference in my patients' lives.

## What is one impact that you hope to make in the medical scene?

I hope to make healthcare much more accessible to children from disadvantaged backgrounds through the expansion of surveillance programmes that anticipate medical and social issues among high-risk families.

## Any advice for your juniors to thrive in Residency?

- Keep doing your work with **integrity and good intentions**;
- Learn to **be kind to yourself and others** as the road in Medicine is stressful and we all have a part to play in creating a supportive environment to show appreciation and genuine care for each other;
- **Find courage** in everything that you do and do not be afraid to step out of your comfort zone.



# Congratulations 2020 Graduates!

## Advanced Internal Medicine

Dr Ho Hui Min Kayleigh  
Dr Lim Wenrui Rachel  
Dr Maeda Momoe  
Dr Ng Choong Tatt  
Dr Tay Tian En Jason  
Dr Than Zaw Oo  
Dr Wong Hai Liang Marc  
Dr Yee Xianguang Joel

## Anaesthesiology

Dr Chen Jinghui  
Dr Chia Xian Qing Pamela  
Dr Chong Margaret Yanfong  
Dr He Yingke  
Dr Lim Michelle Leanne  
Dr Lim Zhen Wei  
Dr Lin Huixin, Sarah  
Dr Ma Wai Wai Zaw  
Dr Nanthini D/O Ravindran Pillay  
Dr Quak Su Min  
Dr Siow Wei Shyan

Dr Steffi Chan Kang Ting  
Dr Tan Hon Sen (Chen Fengcheng)

## Cardiology

Dr Iswaree Devi Balakrishnan  
Dr Keh Yann Shan  
Dr Teo Zhenwei  
Dr Wang Luo Kai  
Dr Wang Yue  
Dr Yan Limin

## Cardiothoracic Surgery

Dr Yap Kok Hooi

## Diagnostic Radiology

Dr Kee Tze Phei  
Dr Lee Shuhui Melissa  
Dr Liew Jia Ren Perry  
Dr Lim Hui Shan Cheryl  
Dr Tan Bangwei Mark  
Dr Tan Sheng Ming Alexander  
Dr Vimbai Chekenyere  
Dr Wang Qi Wei Mark

## Emergency Medicine

Dr Jeevan Raaj S/O Thangayah  
Dr Lam Sze Jia  
Dr Wong Zi Yang (Huang Ziyang)  
Dr Zhang Yuan Helen

## Endocrinology

Dr Choo Kuan Swen  
Dr Yew Jielin

## Family Medicine

Dr Dypti Lulla  
Dr Eric Tao Chan  
Dr Goh Shao Sheng  
Dr Gwendoline Tan Wan Hua  
Dr Han Weiyao  
Dr He Cong En Jeremy  
Dr Hosanna Liha Anak Lis  
Dr Lam Shi En, Cheryl  
Dr Lau Jiali  
Dr Lee Ern Jie Abigail  
Dr Lee Ke Yao  
Dr Lee Pei Rong  
Dr Lim Lay Khim  
Dr Lim Li Cui Rachel  
Dr Loi Zhi Bing Julian  
Dr Ong Ruiheng  
Dr Quek Khai Wen  
Dr Shen Xiao You

Dr Tan Yu Quan  
Dr Tan Zhi En  
Dr Teo Chiang Wen  
Dr Xue Mengchen

## Gastroenterology

Dr Johnathan Lum Huey Ming  
Dr Lim Chong Teik Thomson  
Dr Lim Miao Shan  
Dr Liou Wei Lun  
Dr Tan Chin Kim

## General Surgery

Dr Benjamin Poh Ruimin  
Dr Chua Weiquan Darren  
Dr Darius Aw Kang Lie (Hu Kanglie)  
Dr Koo Chee Hoe  
Dr Lasitha Bhagya Samarakoon  
Dr Lee Chee Meng

## Geriatric Medicine

Dr Lim Pei-Wen  
Dr Tan Wee Beng, Alvin  
Dr Tay Yu Ling  
Dr Vignesh Sivasamy

## Haematology

Dr Cao Ling

## Hand Surgery

Dr Chung Sze Ryn

## Medical Oncology

Dr Tan Ya Hwee  
Dr Zhang Zewen

## Neurology

Dr Joanne Xie Peiting  
Dr Ng Chai Ching  
Dr Ng Gee Jin  
Dr Shen Jia Yi  
Dr Chan Chung Charles David  
Lee Lien Kwee  
Dr Li Weishan  
Dr Newman Cheng Sze Yan

## Neurosurgery

Dr Ker Rui Xin Justin  
Dr Wan Kai Rui

## Nuclear Medicine

Dr Cheng Tai Jit Lenith  
Dr Ooi Su Kai Gideon

## Obstetrics & Gynaecology

Dr Ang Xiao Hong Joella  
Dr Caroline Tan Chiew Ping  
Dr Chua Hui Kiang Angelina  
Dr Chuah Theng Theng

Dr Ho Xin Yi  
Dr Li Xinyi  
Dr Lim Whui Whui  
Dr Ng Zheng Yuan  
Dr Wan Kai Jing  
Dr Wong Ker Yi  
Dr Yeo Mei-E Samantha Rachel

## Ophthalmology

Dr Beau James Fenner  
Dr Foo Chao Ming Reuben  
Dr Lee Yi Fang  
Dr Nathalie Chiam Pei Yu  
Dr Ng Wei Yan  
Dr Soh Yu Qiang  
Dr Tan Peng Yi

## Orthopaedic Surgery

Dr Boo Ho Chin  
Dr Chew Zhihong  
Dr Kizher Shajahan Mohamed Buhary  
Dr Li Zongxian  
Dr Lim Wei-An Joel  
Dr Lim Yee Gen  
Dr Ou Yang Youheng  
Dr Xia Zhan

## Otolaryngology

Dr Christina Ng Hui Lee  
Dr Sim Ling Hui Brenda

Dr Tang Zhi'En Joyce  
Dr Xu Shuhui

## Paediatrics

Dr Ang Siok Hoon  
Dr Ang Yi Shan  
Dr Charanya Rajan  
Dr Cheah Sue Mei  
Dr Chow Wen Hann  
Dr Fong Wen Yan Nikki  
Dr Lee Shu-Yi Gabrielle  
Dr Loh Sin Wee  
Dr Raymond Reinaldo Tanugroho  
Dr Syeda Kashfi Qadri  
Dr Tan Lay Ong  
Dr Tan Liling Lynette  
Dr Tan Sher Kit Juliet  
Dr Teo Jean Nee

## Pathology

Dr Tay Zhi En Amos

## Plastic, Reconstructive & Aesthetic Surgery

Dr Feng Jiajun  
Dr Goh Siaw Lin Cindy  
Dr Hui Li Yu Cheryl  
Dr Wong Wei Jiat Allen

## Rehabilitation Medicine

Dr Koh Minghe Moses

## Renal Medicine

Dr Ekanayaka M Mahesh  
Kumara Ekanayaka  
Dr Guo Weiwen  
Dr Lee Pei Shan  
Dr Tan Chee Wooi

## Respiratory Medicine

Dr Chew Wui Mei  
Dr Hui Li Yan Sandra  
Dr Koh Hsien Hui Kenneth  
Dr Low Weizheng Jason

## Rheumatology

Dr Chuah Tyng Yu  
Dr Tan Tze Chin

## Urology

Dr Du Jingzeng

Read on to find out  
what each programme  
has to say! →

# Advanced Internal Medicine



“When life throws rubbish at you, upcycle!”

**Dr Kang Mei Ling**  
Programme Director

## If your programme was a food, it would be...

There is no specific food to describe Advanced Internal Medicine (AIM). AIM is more of an international buffet — with wide variety of patients, issues and career opportunities etc. The choices are endless!

## What are you most proud of about this graduating cohort?

Despite being scattered across different hospitals due to compulsory cross-cluster rotations etc., we made the effort to remain connected with each other with the help of technology. We even had meals together via Zoom!



18<sup>th</sup> European Congress of Internal Medicine 2019



### Dr Than Zaw Oo

#### Real-life superhero?

Prof Ong Yong Yau. Not only is he a great mentor, he is a person of integrity whom I respect and look up to!



### AIM Residents



### Dr Wong Hai Liang Marc

#### Real-life superhero?

Dr Kang, or affectionately known as Mama Kang. Despite her huge administrative workload as Advanced Internal Medicine's Head of Department (HOD), she never fails to set aside time and energy to nurture all of her Residents on an individual level. She inspires me to do greater things, to think out of the box and to not take 'no' for an answer.



### Hangout over the weekend



### Hear from our Resident Alumni...

### Dr Chiara Chong

*Advanced Internal Medicine Residency Alumna*

### Share your well-wishes with the graduating Residents!

Congratulations on completing training! It is finally time to enjoy the fruits of your labour and enjoy work without having to worry about Clinical Evaluation Exercises (CEX) and Direct Observation of Procedural Skills (DOP).

### Any advice for juniors?

Maintaining an interest or hobby out of work is cathartic and energising at the same time. Good coffee, especially with friends, also helps.

# Anaesthesiology



“Love your family,  
like your work.”

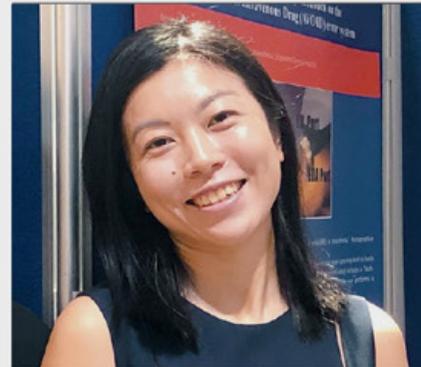
**Assoc Prof Koh Liang Khai Darren**  
Programme Director

**If your programme was a food,  
it would be...**

Chocolates. A lot of hard work goes behind the scenes of making a good piece of chocolate. Similar to chocolates, there is a sense of tradition, culture and history with Anaesthesia. The science and art of making fine chocolates is reflective of the rigorous training of an anaesthetist-in-making. The ultimate fine quality and satisfaction of chocolate matches the soothing and relieving quality of Anaesthesiology.

**What are you most proud of about this  
graduating cohort?**

Just like a box of assorted chocolates, this cohort is made up of dynamic professionals. Each graduate offers their own unique personality, skills and strengths to contribute to the future of the Anaesthesia fraternity!



**Dr Chia Xian Qing Pamela**

**Best memory in Residency?**

The times where I discovered some superstitions to be true! Such as, do NOT mention that you want an “exciting” call. I remember being on call in ICU and had just responded to a ‘code blue’ with my Medical Officer (MO). He remarked that it was his first time attending one and would like to experience more. As soon as he mentioned that, my phone rang for another ‘code blue’. This was followed by a third ‘code blue’ in succession!



**Dr Lim Zhen Wei**

**Message to your future kids?**

Life is 10% what happens to you and 90% how you react to it.



**Dr Ma Wai Wai Zaw**

**Favourite post-call meal?**

Dry braised duck noodles with chilli from Redhill Food Centre!



**Dr He Yingke**

**Best memory in Residency?**

As an Anaesthesiology Resident, SGH EOT registrar call is one of the most dreaded experiences we have in Residency. The call can be so eventful as a result of continuous A/B chits, resuscitation and blood transfusion that you lose track of the time and tend to skip meals. However, the post-call time is also one of the high moments in Residency, as you feel an overwhelming sense of achievement after surviving a busy call.





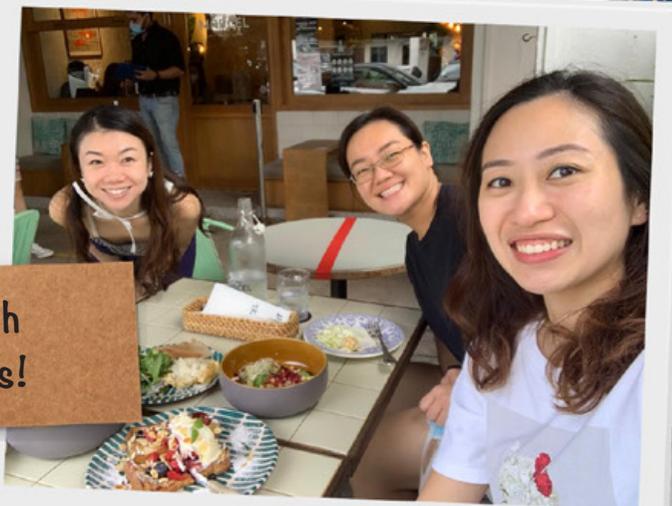
### Dr Lin Huixin Sarah

#### Favourite post-call meal?

Anything sweet that goes well with a good cup of coffee. In fact, my favourite post-call meal is whenever I get to have it with my colleagues-turned-friends as we reminisce about how the night before was the 'mother of all calls' and how we all survived it. Not only does it give us a sense of relief and accomplishment, it also shows the importance of teamwork and what it can achieve!



Happy  
(SURPRISE)  
Birthday!



Lunch  
Kakis!



### Dr Tan Hon Sen

#### Favourite post-call meal?

A good post-call brunch is one that's with friends, as we celebrate the end of a stressful and tiring session, and bond over our shared experiences.



# Cardiology



Sunny day  
at Rochester,  
Manchester, USA



**If your programme was a food,  
it would be...**

Mao Shan Wang durian. It's intense and awesome, but not necessarily to everybody's taste.

**What's your fondest memory with this  
graduating cohort?**

Pre-COVID-19 coffee rounds. Sigh, no more coffee rounds now.



My inspiring quote:

**“Act as if what you do makes  
a difference. It does.”**

— William James

**Dr Jeffrey Lau Man Chun**  
Programme Director



Let's take a wefie!



NHCS Annual  
Dinner and Dance

# Cardiothoracic Surgery



## Message from the Programme Director

Our only graduate, Dr Yap Kok Hooi, has come along very well. He has improved clinically and technically. I'm proud to be able to participate in his training.

Let's catch up!



“Never stop learning, because life never stops teaching.”

**Dr Victor Chao Tar Toong**  
Programme Director



Dinner with the Cardiothoracic Surgery Family



## Dr Yap Kok Hooi

### Pre-call routine?

Making sure I do not take the last or furthest lift available before starting my shift as I have been told it will bring bad luck!

# Diagnostic Radiology



My inspiring quote:

**“The only true wisdom  
is in knowing you  
know nothing.”**

— Socrates

**Assoc Prof Lim Eng Hoe Winston**  
Programme Director

**If your programme was a food,  
it would be...**

A buffet filled with variety of food where Residents get to have a ‘taste’ of different training sites and Faculty during their rotations.

**What are you most proud of about this  
graduating cohort?**

Seeing this cohort adapting quickly to the demands and challenges of COVID-19 while making their transition to staff radiologists.



**Dr Kee Tze Phei**



**Little Red Dot  
(Exam Prep Course)**



**Dr Lee Shuhui Melissa**

**Best memory in Residency?**

Definitely the wonderful company and friendships forged throughout my Residency journey!



**Dr Tan Sheng  
Ming Alexander**

**Best memory in Residency?**

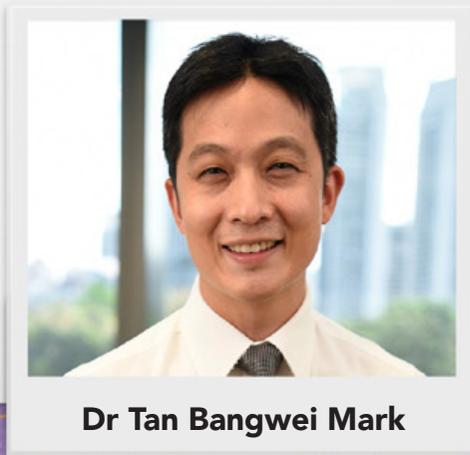
The friendships forged and the camaraderie I had with the batch of colleagues after returning from National Service (NS). We would help each other out whenever we could, especially if one of us had a heavier list of postings with fewer trainees. It's heartening to know that, up till today, we could always turn to each other for help. Residency has been an incredible journey as I have learnt a lot from my peers and from cases while on-call. It has kept me humble and challenged me to be better.



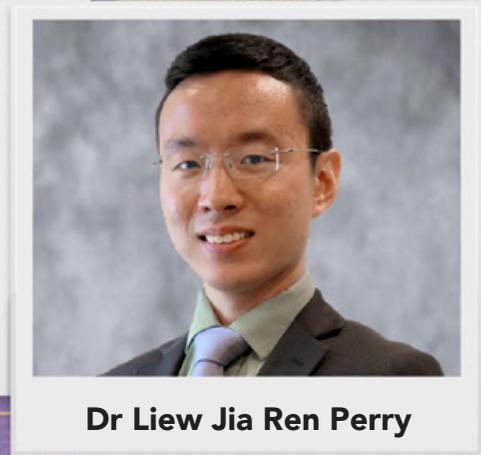
**Taking 'X-ray'  
to the next level**



**Dr Lim Hui Shan Cheryl**



**Dr Tan Bangwei Mark**



**Dr Liew Jia Ren Perry**





Programme Cohesion



**Dr Vimbai Chekenyere**

**Message to your future self?**

Smile more and don't stress the small stuff. There will always be greater and lesser people than yourself.



Post-call Gathering



**Dr Wang Qi Wei Mark**



# Emergency Medicine



My inspiring quote:

“An enterprising curiosity,  
an undefeatable spirit,  
tenacity in pursuit, readiness  
for sensible self-denial, and  
above all, compassion.”

— Kurt Hahn

**Assoc Prof Leong Kwok Fai Mark**  
Programme Director



Emergency Medicine  
Annual Retreat 2016

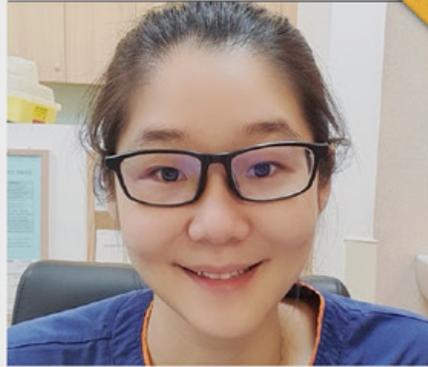


**Dr Jeevan Raaj**  
S/O Thangayah

**Pre-call routine?**

I always take a shower before my night shift and I would never take the last lift or eat pau ever. *Pantang!*

We've Got an  
Emergency Situation @  
Open House 2015



**Dr Lam Sze Jia**  
Real-life superhero?

Dr Lee Wee Yee was my assigned mentor at the start of Residency. To some, she may appear to be strict and no-nonsense. But to me, she has always been an approachable, supportive and nurturing figure throughout my Residency journey. I could count on her to be there for me, to give me timely feedback and to guide me through my Residency journey via regular meet-up sessions etc. For that, I'm truly thankful for all that she has done for me during my time in Residency.



**Dr Zhang Yuan Helen**  
Pre-call routine?

Workout, workout, and more workout!  
Working out helps to clear my mind and  
freshen up before a busy shift.



Smile, Everybody!

# Endocrinology



My inspiring quote:

“By three methods we learn wisdom: First, by reflection, which is the noblest;

Second, by imitation, which is the easiest;

And third by experience, which is the bitterest.”

— Confucius

**Dr Kek Peng Chin**  
Programme Director

**If your programme was a food, it would be...**

Ayataka green tea. We don't need to be sweet to be well-liked.

**What are you most proud of about this graduating cohort?**

For staying united and their readiness to respond to needs in the face of a pandemic.



Birthday Celebration  
pre-COVID-19

Bubble Tea Treat  
at Reg Room



# Family Medicine



“Be the best version of you!”

**Dr Joanne Quah**  
Programme Director

**If your programme was a food, it would be...**

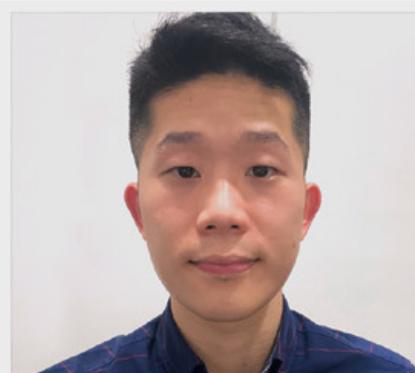
Colourful nonya kueh rainbow lapis sagu or 'jiu cheng gao'. Our talented incoming R1s would be akin to the ingredients — fragrant pandan leaves, yummy coconut milk and sticky tapioca flour etc. The cooking process refers to our dedicated Faculty as they patiently nurture each Resident, with the help of our hardworking administrative team who tirelessly facilitate the trainings. The end product? An attractive and aromatic kueh, similar to our wonderful graduands who are at the pinnacle to serve our patients.

**What's your fondest memory with this graduating cohort?**

I took over as Programme Director just when this graduating batch started out as R1s. We have journeyed through ups and downs and enjoyed learning together. Who would have known that we could create Avenger terrariums, shoot nerf guns, balance spaghetti with marshmallows, become cooking champions with SingHealth values, or even become escape room experts?



**Residency Games Day**



**Dr Goh Shao Sheng**

**Best memory in Residency?**

My memories during the different stages of my Residency life include:

**Pre-Residency:**  
Fam Med is life!

**During Residency:**  
Fam Med is “*bao ga liao*” (doing everything and covering all roles).

**After Residency:**  
Fam Med is about the community, family and friends!



**Dr Lam Shi En, Cheryl**

**Favourite place at work?**

7 - 11 at Health Promotion Board (HPB) building for coffee and snacks!



## SingHealth Polyclinic Career Briefing 2020



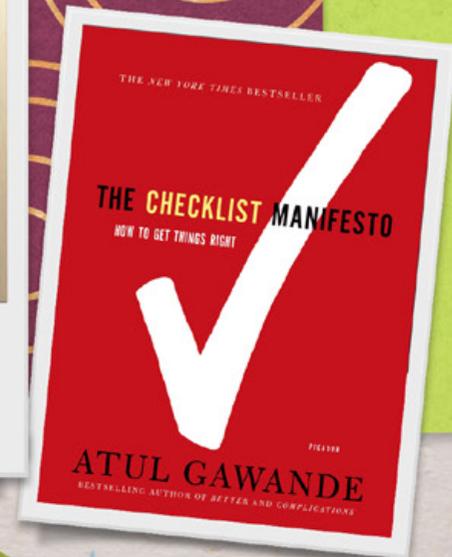
**Dr Hosanna Liha Anak Lis**  
**Best memory in Residency?**

From pre-call to post-call, and pre-exam to post-exam, the constant support I have received from my relaxed other half has helped me to maintain my sanity. The cuddly piggies were my little furry stress balls too!



**Dr Tan Zhi En**  
**Favourite Entertainment?**

The Checklist Manifesto  
by Atul Gawande





### Dr Lim Li Cui Rachel

#### Favourite post-call meal?

Poké bowl and flat white. Although flat white isn't the most advisable post-call drink, it keeps me awake when I'm supposed to be resting.



### Dr Tan Yu Quan

#### Best memory in Residency?

Fellow Residents sharing tips on how to survive each hospital postings and other random funny moments during "consultations" (e.g. calling on-call MO for review on Urology cases, only to realise the on-call MO was also a Family Medicine Resident).



### Dr Lee Ke Yao

#### Daily work essentials?

Wireless earphones. A song with good lyrics or a podcast with good stories is all I need to start my day!

### Hear from our Resident Alumni...

## Dr Wong Wei Teen

Family Medicine Residency Alumna

### Share your well-wishes with the graduating Residents!

We see your passion in heart and spirit burning.  
We applaud your maturity in this turning.  
We celebrate your growth through these years of learning.  
We envisage your talent refined and sterling.

Dear graduates,

This is but one milestone. We are never alone.

We grow as persons and as professionals,  
in journeys of change(s).

Keep Faith, Kindle Hope, Knit Love,  
in your journey to care, to comfort and to complement.

### Any advice for juniors?

To each one, a unique being  
Life's seasons, keenly perceiving  
As carers, keep on believing,  
To give much, in joy and grieving.  
Your tears, reflect deep sympathy  
Your cheers, spur our community  
Your gears, knit a team's unity  
Your peers, gift of a family  
So well, the reason there's growing  
Sow well, the garden with ploughing  
Soul-well, the season of knowing  
Sew well, the mosaic prints' glowing.  
A devotion and a decision, would thou duly deliberate  
A decade of decadence – spent and whiled away in the blink of an eye;  
or a deposit of dedication – invested for the generation to fly.



# Gastroenterology



“Your graduation is not a ticket to freedom or a good life. Grab it by its horns and ride the wave because it is the ticket to change the way medicine will be practised and taught.”

**Dr Andrew Ong**  
Programme Director

**If your programme was a food, it would be...**

Coffee. We are like coffee beans, full of variety and yet unique in taste in each subspecialty within the programme; with hopes that each Resident would be able to infuse the water around them with flavour, punch and character.

**What are you most proud of about this graduating cohort?**

For rising up to the challenge of COVID-19 without murmuring, and despite the difficulties they faced during their exams.



All Smiles after  
Exit Exam



Gastro CNY  
2019 Gathering



**Dr Johnathan Lum  
Huey Ming**

**Daily work essentials?**  
iPhone charger.



**Seoul Full  
from Seafood~**



**Dr Lim Chong Teik  
Thomson**

**Daily work essentials?**  
Toothbrush (because you don't  
know when you will need it).



**Secret Santas!**



**Dr Tan Chin Kim**

**Daily work essentials?**  
Cereal bar because you never know  
when you will need a snack for a  
mid-day pick-me-up!

# General Surgery



“Teaching is crucial not only in training others, but also ourselves. *Docendo discimus!*”

**Adj Assoc Prof Tan Ngian Chye**  
Programme Director (2018 – 2020)

## Message from the Programme Director

My heartfelt congratulations to the graduating cohort of General Surgery Residents! This cohort has proven their mettle and shown their resilience as they withstood the rigours of general surgical training on top of the challenges brought about by the COVID-19 pandemic. Well done everyone!

My hope for the graduating batch of Residents is that they will continue to learn and hone their skills. Surgical training is a never-ending process, and I sincerely wish that all of you will continue to strive to become excellent surgeons that are full of compassion and empathy. Lastly, I hope that you will never forget to teach, guide and mentor your juniors. All the best!



**General Surgery Residents**



## Dr Lee Chee Meng

### Best memory in Residency?

Getting to know my wife during my Paediatric Surgery rotation and having two beautiful girls, Madeline and Megan, during our Residency training.





**Dr Chua Weiquan Darren**



**Hands-on Fun!**



**Dr Koo Chee Hoe**



**Camera ready!**

**Hear from our Resident Alumni...**

**Dr Winson Tan**

*General Surgery Residency Alumnus*

**Share your well-wishes with the graduating Residents!**

Congratulations on completing Residency! The learning journey continues for us all, but you are clearly more equipped to help patients now!

**Any advice for juniors?**

The end of Residency marks the beginning of a new chapter — the learning journey as a Consultant. Residency training is short and it's impossible to be exposed to the entire repertoire and spectrum of cases in clinical practice. So, keep in mind to never be afraid to seek advice and counsel from your peers and seniors. That's how we all learn and is the optimal approach for patient care.

# Geriatric Medicine



My inspiring quote:

**“Disentangle the physical, mental and social components on these illnesses in the elderly.”**

— Marjory Warren

**Dr Goh Kiat Sern**  
Programme Director

## Message from the Programme Director

My deepest congratulations to our graduating Residents. As you embark on your career in Geriatric Medicine, I wish you all the very best in your endeavours.

## What are you most proud of about this graduating cohort?

This year has been a particularly testing period for our fraternity, especially when we thrive on close personal interactions with our team and family but have to limit our movements as a result of cross-cluster restrictions. Despite the adversities faced, I am heartened that you put in extra effort into your learning and exam preparations, as well as your camaraderie in spite of the enforced safe distancing measures.

# Haematology



“Follow your passion. Stay true to yourself. Love what you do, get good at it and help as many as you can!”

**Dr Nagarajan Chandramouli**  
Programme Director

**If your programme was a food, it would be...**

Fruit salad. It is a mixture of sweet and sour aspects of the job that makes Haematology a healthy, balanced and enjoyable programme!

### Message from the Programme Director

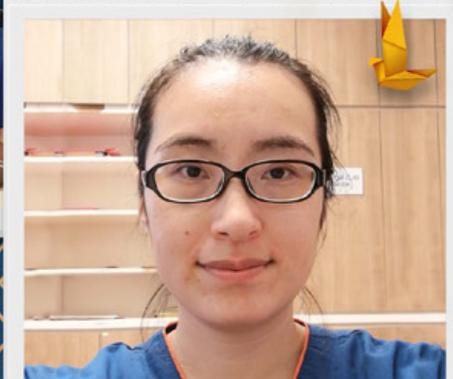
I am proud of Dr Cao Ling for overcoming and persisting through her personal struggles to finishing well in her Residency journey! Congratulations on your successful exit from the programme as a qualified haematologist!



**MO Appreciation Dinner with Dr Ng (HOD)**



**Pre-COVID Birthday Celebration**



**Dr Cao Ling**

### Daily work essentials?

Jacket, iPad, book or paper that I can read on the way to work.

# Hand Surgery



**If your programme was a food, it would be...**

*Popiah.* It requires a wide variety of skillsets (including microsurgery and arthroscopy) to deal with soft tissues as well as bone or joint conditions.

### **Message from the Programme Director**

I am proud of our only graduating Resident, Dr Chung Sze Ryn, for successfully exiting the Residency programme despite the challenges faced and for setting a good example for her juniors.



**Work Out, Eat Well**

My inspiring quote:

**“Stillness is where creativity and solutions to problems are found.”**

— Eckhart Tolle

**Dr Chong Chew Wei**  
Programme Director



**Dr Chung Sze Ryn**  
**Best memory in Residency?**

This is a picture of my work family who have inspired, supported, and taught me throughout my 6 years in Residency. But don't be fooled by the smiles as there were lots of blood, sweat and tears behind this photo.



# Medical Oncology



“The best is yet to be.”

**Dr Ravindran Kanesvaran**  
Programme Director

**If your programme was a food, it would be...**

Char kway teow with cockles. This is because a lot of oncology is about warming the cockles of our patients' hearts.

**What are you most proud of about this graduating cohort?**

The team spirit, camaraderie and cohesiveness of this graduating cohort was truly admirable.

**Happy Occasion!**



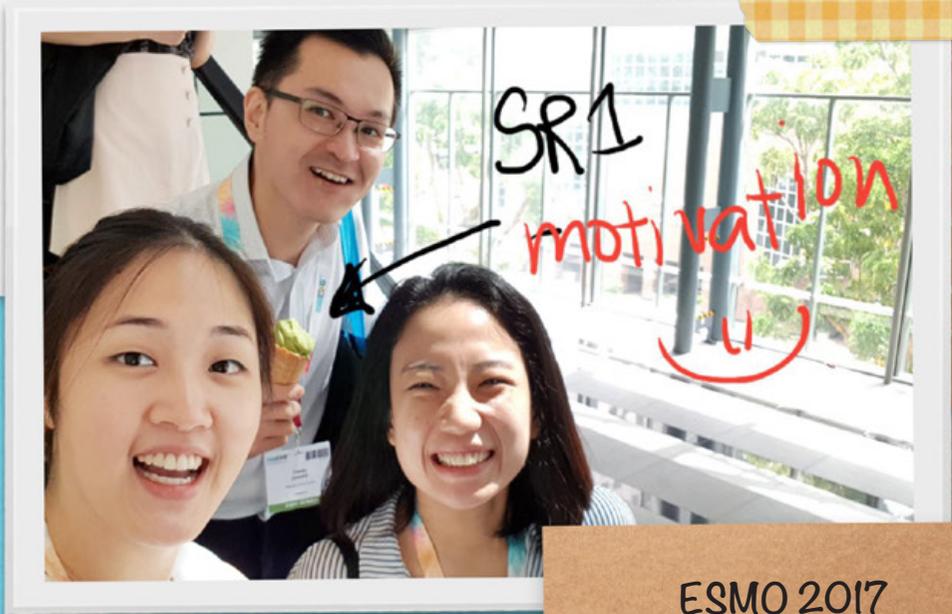
**The Legendary Call**



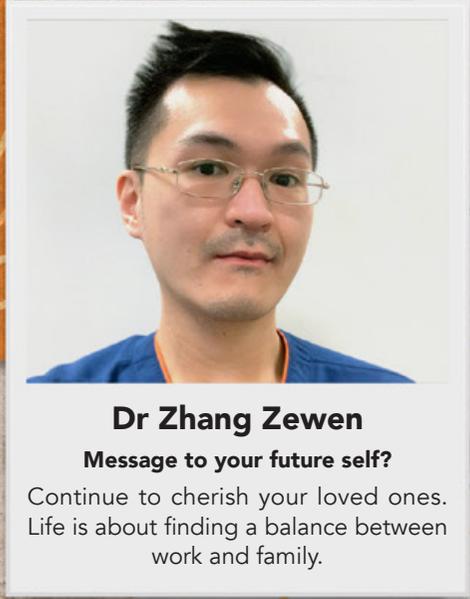
Dinner with our Beloved Mentor



Dr Tan Ya Hwee



ESMO 2017



Dr Zhang Zewen

**Message to your future self?**

Continue to cherish your loved ones. Life is about finding a balance between work and family.

# Neurology



My inspiring quote:

**“Do the best you can until you know better. Then when you know, do better.”**

— Maya Angelou

**Learning is a continuous process and we can learn so much from our patients.**

**Dr Yasmin Bte Idu Jion**  
Programme Director

**If your programme was a food, it would be...**

Nasi lemak with crispy chicken rendang and awesome sambal. Two local comfort food fused with a unique twist that are guaranteed to stimulate both sympathetic and parasympathetic systems (translate: salivation and perspiration)! It's also apt for our newly integrated programme between TTSH and SGH campuses, combining NNI's expertise while retaining the rich history of our institution.

**What are you most proud of about this graduating cohort?**

This cohort performed well under pressure, while maintaining work-life balance and juggling their new roles in marriage and parenthood. Well done and congratulations!



**Dementia Conference**



**Dr Ng Gee Jin**  
Daily work essentials?

Tendon tape.



**Dr Chan Chung Charles**  
**David Lee Lien Kwee**

**Best memory in Residency?**

Residency training has been a steep learning curve with many ups and downs. Nonetheless, I am grateful for the support that my fellow Residents have provided and the friendships developed throughout this Residency journey. I am also thankful for the opportunities given to learn from leaders in their own fields.



**Dr Joanne Xie Peiting**

**Best memory in Residency?**

Thankful for the memories forged with my batch mates. We all made it through Neurology Residency programme together!



**Master of Medicine Ceremony**



**Neurology Christmas Party**



**Dr Ng Chai Ching**

**Best memory in Residency?**

A birthday surprise amidst our stroke activations! 😊 Work definitely becomes enjoyable when you have a group of great colleagues who take good care of you!





**Birthday  
Celebration!**



**Mandatory Shot at  
Fellow Colleague's Wedding**



**SRs and AC Get-Together**



**Hear from our Resident Alumni...**

**Dr Jasmine Koh Shimin**

*Neurology Residency Alumna*

**Share your well-wishes with the graduating Residents!**

Congratulations on completing your Neurology Residency! May you continue to experience joy and passion for the rest of your Neurology career.

**Any advice for juniors?**

Stay cohesive and forge strong bonds together, for this will certainly take you far 😊

# Neurosurgery



My inspiring quote:

**“Always do what you are afraid to do.”**

— Ralph Waldo Emerson

**Adj Asst Prof Jai Prashanth Rao**  
Programme Director

**If your programme was a food, it would be...**

Durian. On the external façade, it doesn't look inviting. The thorns represent the difficulties in getting into the programme. And once the thorny husk is pried open to reveal the fruit, some aspects of it will drive people away (e.g. the pungent smell of the durian). But those who are able to overcome the 'thorns and smell' will eventually get to taste the succulent fruit of success and appreciate why durian is known as the 'King' of all fruits!

**What are you most proud of about this graduating cohort?**

The mental resilience and dedication to build camaraderie among their neurosurgical colleagues.



**Raising Funds for SingHealth President's Challenge**



**Neurosurgeons of Tomorrow**

Neurosurgeons  
Fitspo



Bottoms-up!



**Hear from our Resident Alumni...**

**Dr Chen Min Wei**

*Neurosurgery Residency Alumnus*

**Share your well-wishes with the graduating Residents!**

Congratulations and welcome to the club! You have with you the foundations for which you will rely upon as your true training has just begun. While you enjoy the freedom of being an Associate Consultant, embrace the weight of being ultimately responsible for the life of a fellow human being.

**Any advice for juniors?**

Take every achievement and setback in your stride and always aim for perfection. For all the good that you have received throughout your training, be thankful and repay that kindness by showing the same to your juniors. For all the hard times you have endured throughout your training, be even more thankful that you are now in a position to change the culture so that no one has to go through the same again.

Finally, practise what you preach and I look forward to being friends/colleagues!



Wedding Fun  
with the Bosses

# Nuclear Medicine



“Embrace failure for there is a learning opportunity in every mistake made.”

Dr Xie Wan Ying  
Programme Director

**If your programme was a food, it would be...**

Yogurt with granola and fruit toppings. We provide an essential medical knowledge base (yogurt) paired with practical based sessions (granola) and a healthy dose of professionalism (fruit toppings).

**What are you most proud of about this graduating cohort?**

I am impressed by my graduating Residents as not only are they well equipped with medical knowledge and analytical skills, they are also humble and proactive in educating the junior Residents.



Team Lunch!



Department of Nuclear Medicine and Molecular Imaging's (DNNMI) Annual Christmas Party

# Obstetrics & Gynaecology



My inspiring quote:

**“If you really want to do something, you will find a way. If you don’t, you will find an excuse.”**

— Jim Rohn

**Dr Manisha Mathur**  
Programme Director

**If your programme was a food, it would be...**

Biryani. It's made up of rice, meat and a blend of unique spices. Like each spice that gives the biryani its distinctive taste, each of our Residents brings his/her individual characteristics and strengths to make our programme 'flavourful' and extra special.

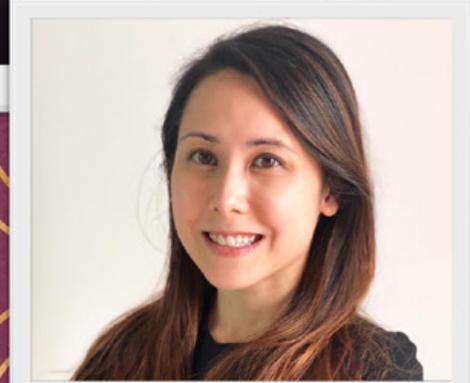
**What are you most proud of about this graduating cohort?**

I am fond of all my Residents but this year's cohort stands out the most. Despite multiple postponements of their exit examinations and deployment to lead the 'Isolation Response' team, this batch remained resilient, as they dealt with constant changes while leading from the front. I am proud of their grit, maturity, and feel confident that they will be successful as independent specialists.



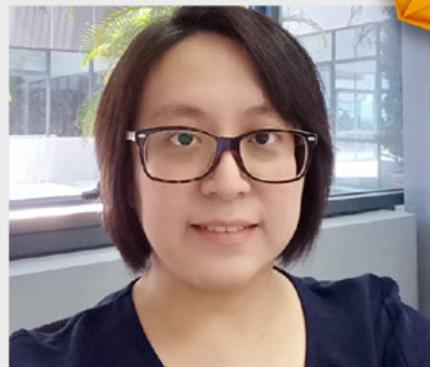
**Dr Ang Xiao Hong Joella**  
**Daily work essentials?**

Extra undergarments. It often gets messy in the labour ward where I've been splashed with blood, liquor and meconium etc. — you name it, I've got it.



**Dr Yeo Mei-E Samantha Rachel**  
**Daily work essentials?**

Breast pump. I'm grateful that KKH and SGH's OG are breastfeeding-friendly!



**Dr Caroline Tan Chiew Ping**



**Dr Li Xinyi**

**Favourite place at work?**

The level 8 link bridge between KKH's Women's and Children's Tower is a little-known but ideal location to take a breather away from the crowd. It also provides a vantage point to enjoy the lovely landscape around KKH. I love the peace and quiet that it gives me to refresh and recharge.



**SingHealth Residency Games Day 2017**



**Year-End Christmas Engagement Party 2019**



**Royal College of Obstetricians and Gynaecologists (RCOG) Congress**



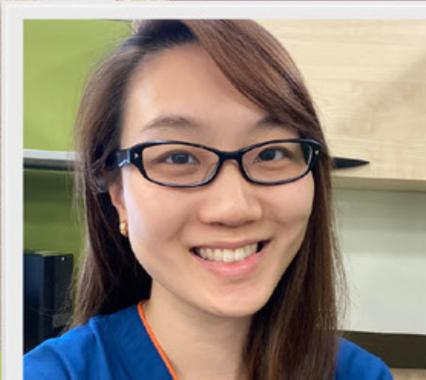
**Dr Wong Ker Yi**

**Favourite post-call meal?**

Favourite food at any time of the day?  
A cup of Wang's coffee



**Dr Chuah Theng Theng**



**Dr Ho Xin Yi**

## Residency Programme Retreat 2017 — Laser Tag Experts



### Hear from our Resident Alumni...

#### Dr Jill Lee Cheng Sim

*Obstetrics & Gynaecology Residency Alumna*

#### Share your well-wishes with the graduating Residents!

You made it! As part of your "work family", I cannot be more proud that your hard work over the years has finally paid off and you have checked off another milestone. Cheers to "no more exams" and good luck with the next phase of your career!

#### Any advice for juniors?

A lot of people were there for you as you were building your success. It is now time to pay it forward – to your juniors, your patients, your family and to the rest of your team.

The next few years will probably challenge your sleeping pattern to new heights, whether from worrying about your patients or a booming obstetrics business etc. Despite all that, always ensure that you remember to take some time for yourself and your loved ones around you.

# Ophthalmology



My inspiring quote:

**“The greatest glory of living lies not in never falling but in rising every time you fall.”**

— Nelson Mandela

**Dr Jean Chai Shu Ming**  
Programme Director

**What are you most proud of about this graduating cohort?**

I am most proud of how they have extended themselves beyond just acquiring the clinical competencies of Residency, by taking on leadership and education roles, and excelling in them.



**Dr Foo Chao Ming Reuben**

**Daily work essentials?**

Caffeine, caffeine, caffeine! Unless I have a surgery scheduled during the mornings, I would always start my day with a cup of coffee. If I have to miss it because of my surgeries, I would definitely get my fix immediately afterwards!



**Dr Ng Wei Yan**

**Celebrating the Best PD!**



**Dr Nathalie Chiam Pei Yu**

**Best memory in Residency?**

My best memories in Residency are definitely the ones with my colleagues turned friends, who have journeyed together with me. It's been a blessing to work amongst you guys!



**Dr Tan Peng Yi**

**Best memory in Residency?**

The various examinations...just kidding! I have fond memories of participating in the Residency games and getting to know a group of good friends through the SingHealth Residency Leadership Programme (SRLP).



Eye ACP  
Young Faculty Day



**Dr Beau James Fenner**

**Daily work essentials?**

This mini shoehorn is always in my work bag. After constantly fumbling around, trying to put my work shoes on in the crowded changing room post-surgery, I got this little gem to make my life easier.



Future Ophthalmologists!



# Orthopaedic Surgery



“It is okay to take some time out to smell the roses, and remember to do it on a regular basis.”

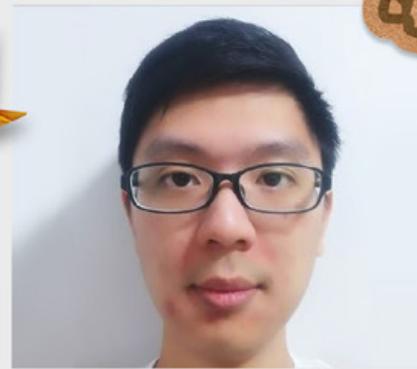
**Assoc Prof Inderjeet Singh Rikhraj**  
Programme Director

## Message from the Programme Director

Dear Orthopaedic Surgery graduands, this year has been a long and tough journey as a result of COVID-19. Despite that, I’m proud of your ability to adapt and cope with the sudden disruptions to the norm.

I hope that you will remember that learning does not stop upon completion of your Residency journey. It’s important to make time for reflective-practice and continue on this self-perpetuating cycle of learning and improvement. Always aim high, remain humble and human in your journey towards becoming an excellent Orthopaedic surgeon.

Once again, congratulations on your successful completion of the SingHealth Residency Orthopaedic Surgery programme.



**Dr Boo Ho Chin**  
Favourite post-call meal?  
Pau and ayam penyet.



**Dr Chew Zhihong**  
Favourite post-call meal?  
Bak chor mee.



**Residency Games Day 2018**



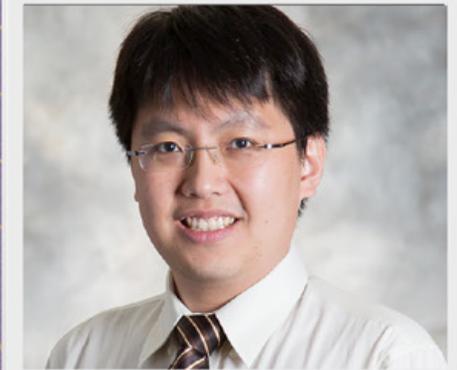
BBQ Programme  
Retreat 2018



**Dr Kizher Shajahan  
Mohamed Buhary**

**Best memory in Residency?**

Definitely the time spent with my Residency family playing games and attending our annual programme retreats together. We would always have a good time and it never failed to bring out the competitive spirit in all of us.



**Dr Lim Yee Gen**

**Pre-call routine?**

Checking in on the patients and on-call team and ensure that they are well taken care of prior to my call.



**Dr Xia Zhan**

**Best memory in Residency?**

I fondly remember my time spent at SingHealth Residency's Open House 2019. Together with my fellow Orthopaedic Surgery colleagues, we had a fun time helping out at the booth and engaging with prospective Residents.



**Dr Lim Wei-An Joel**

**Unforgettable memory in Residency?**

Getting married on the 2<sup>nd</sup> week of November, without realising that it was the Orthopaedic In-Training Examination (OITE) weekend and ended up having to skip the examinations!

## Group Photo @ Programme Retreat 2018



### Dr Li Zongxian

#### Favourite post-call meal?

CGH's Kopitiam mala ban mian. Nothing beats a hot bowl of spicy noodles that warms the dysthymic post-call soul, especially on a cold rainy day.



### Dr Ou Yang Youheng

#### Message to your future kids who aspire to be a doctor?

Medicine may be a tough journey, but it will be all worth it at the end. It is truly a privilege to be able to treat patients.

### Hear from our Resident Alumni...

## Dr Hamid Rahmatullah Bin Abd Razak

Orthopaedic Surgery Residency Alumnus

### Share your well-wishes with the graduating Residents!

*"A journey of a thousand miles begins with a single step."*  
Nobody said it better than Laozi.

Several years ago, each of you took this important step in your career and today, you deserve to be celebrated as you have completed one of the arduous journeys in your life.

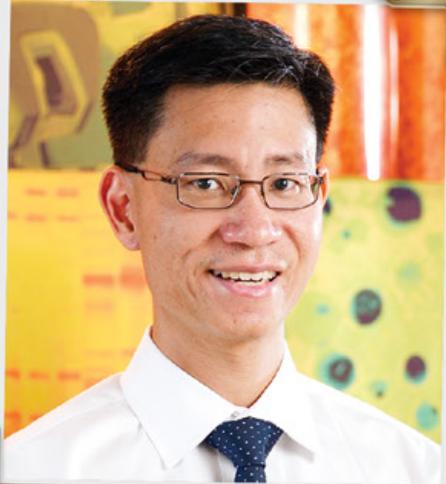
Years of sacrifice, perseverance and sheer tenacity have culminated into a beautiful conclusion to your Residency chapter. Remember the important lessons that you have learnt throughout your Residency journey as these lessons will put you in good stead as you advance in your career as a specialist.

Despite 2020 being a challenging year, there is still much to look forward to and I wish you the very best in all your future endeavours!

### Any advice for juniors?

Residency training may be tough at times, but I would always remind myself of this quote used by the US Navy SEALs — *"The only easy day was yesterday!"* There will be days where it may seem like nothing ever gets easier, but always remember it is through this ordeal that we are getting better.

# Otolaryngology



My inspiring quote:

**“All we have to decide is what to do with the time that is given us.”**

— Excerpt from *The Lord of the Rings*

**Dr Neville Teo**  
Programme Director

**What are you most proud of about this graduating cohort?**

This has been the most challenging and memorable year, especially for the graduating batch, who had to deal with uncertainties over the postponement of exit exams and its impact on their promotion. Nevertheless, they continued to flourish in these difficult times, adapted quickly to changes in demands and situations, came up with new initiatives in education and research to address the needs that they saw around them.



**Zoo Outing!**



**ENT Residents' Research Round Event**



### Dr Sim Ling Hui Brenda

#### Message to your future kids who aspire to be a doctor?

Be joyful in whatever you choose to do and give thanks in all circumstances. The journey will be rewarding no matter how tough it gets!



Spin Time @ Absolute!



### Dr Xu Shuhui

#### Something you have kept from the past?

This was given to me by the wonderful staff at Sengkang General Hospital (SKH) ENT department. It always reminds me of the good times, great company and priceless friendships made.



### Dr Tang Zhi'En Joyce

#### Best memory in Residency?

One of the best memories I had in Residency was being in the Residents' Committee (RC). It was like joining a co-curricular activity (CCA) in school, forging friendships and camaraderie with Residents from other disciplines.

# Paediatrics

## Escape Room Experts



My inspiring quote:

**“You treat a disease: you win, you lose.**

**You treat a person: I guarantee you will win, no matter what the outcome.”**

— Patch Adams

**Adj Assoc Prof Raveen  
Shahdadpuri Ishwardas**  
Programme Director

**If your programme was a food, it would be...**

Sushi. What appears to be so basic, simple and elementary, belies skills that require utmost discipline, diligence and meticulousness.

**What are you most proud of about this graduating cohort?**

Despite the COVID-19 pandemic, everyone came together without hesitation to help in the various services areas (e.g. EID wards).



**Dr Tan Sher Kit Juliet**

**Best memory in Residency?**

Some of my favourite on-call memories involved going to the (now defunct) McDonald's at KKH before their closing time, to order a warm and crispy apple pie to provide me with the much-needed fuel to get through the night.



**Dr Fong Wen Yan Nikki**

**Daily work essentials?**

Water bottle. The work days in Residency were always so busy, especially when we were on calls. Sometimes, having a sip of water could be life-saving!



### Dr Charanya Rajan

#### Favourite place at work?

The link bridge between the two towers at KKH is my favourite place. It was where I often found myself taking deep breaths of fresh air to slow down and to recharge after a long day of busy calls. The view of the morning sun from this bridge was also where I sought solace on many difficult nights.



### Dr Lee Shu-Yi Gabrielle

#### Favourite post-call meal?

Wang's peanut butter toast set meal with iced lemon tea. The best post-call mood lifter!

#### Hear from our Resident Alumni...

### Dr Benny Loo Kai Guo

*Paediatrics Residency Alumnus*

#### Share your well-wishes with the graduating Residents!

My heartiest congratulations to all Residents for completing their Residency training. I hope the Residency journey has been a fulfilling one. This is a great milestone in your lifelong career and I wish everyone the very best in your future careers.

#### Any advice for juniors?

I would encourage my juniors to listen, be humble and always show compassion. To listen is to accept feedback and reflect on one's actions so that one can always improve. To be humble for the medical landscape is ever changing and what is new today may be outdated tomorrow. To treat others and oneself with compassion as pain and suffering are inevitable in your medical career ahead, but always remember that you have the ability to comfort and heal.



### Dr Raymond Reinaldo Tanugroho

#### Message to your future kids who aspire to be a doctor?

Have courage and be kind!



# Pathology



## Strategic Retreat — Faculty Appreciations



My inspiring quote:

**“Kites rise highest against  
the wind, not with it.”**

— Winston Churchill

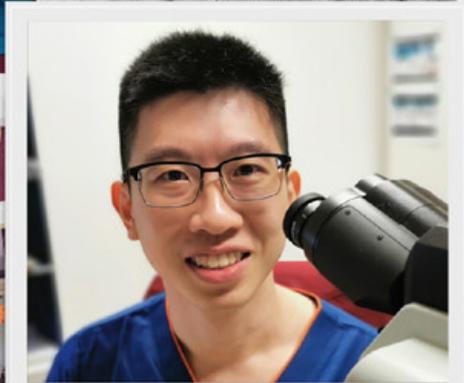
**Adj Asst Prof Leow Wei Qiang**  
Programme Director

**If your programme was a food,  
it would be...**

Rainbow cake. Similar to a rainbow cake, anatomical pathology is visually appealing with a myriad of colours under the microscope. We use basic medical principles and layer them (e.g. different colours) on, to derive at the correct diagnosis!

**What are you most proud of about this  
graduating cohort?**

I am most proud of this graduating cohort for the camaraderie that they have built with their junior Residents.



**Dr Tay Zhi En Amos**

**Favourite place at work?**

The old Pathology building at Outram Road, which had since been demolished. Not only was it spacious and quaint, it also had this old-fashioned charm to it that I like. It was a place where I spent most of my first year of Residency at.



# Plastic, Reconstructive & Aesthetic Surgery



“Live each day with kindness and the best of intentions, and you will never fall short.”

**Dr Adrian Ooi**  
Programme Director (2019 – 2020)

**If your programme was a food, it would be...**

Molecular gastronomy as Plastic Surgery is a true blend of science and art.

**What are you most proud of about this graduating cohort?**

For exhibiting true teamwork and leadership in the face of a crisis. With a national shortage of manpower compounded by COVID-19 duties, the graduating cohort rallied the troops and coordinated deployment to enable a seamless day-to-day work and ensured that training wasn't compromised.



**Dr Hui Li Yu Cheryl**

**Daily work essentials?**

Surgical loupes. A must-have for every plastic surgeon.



Post-Exam Shot



**Dr Cindy Goh Siaw Lin**

**Message to your future kids who aspire to be a doctor?**

To my darlings, thank you for always putting up with my tired, grouchy and short-tempered days. You have made this a wonderful journey, giving me reasons to smile every day regardless of the circumstance. In the future, I hope you will choose to walk this path as I did, for it is more rewarding and fulfilling than I had imagined. I pray I will be there to hold your hand(s) every step of the way.



**PRAS Residency BBQ Retreat 2019**



**Dr Feng Jiajun**



**Dr Wong Wei Jiat Allen**

**Favourite place at work?**

My favourite place is in the operating theatre. In the hallowed operating theatre, we are entrusted with the lives of our patients. This is where the skills taught to us are put to good use, guided by the principles of beneficence, non-maleficence, justice and autonomy.

# Rehabilitation Medicine



“Medicine is a continuous learning and you have just started embarking on an exciting trip.”

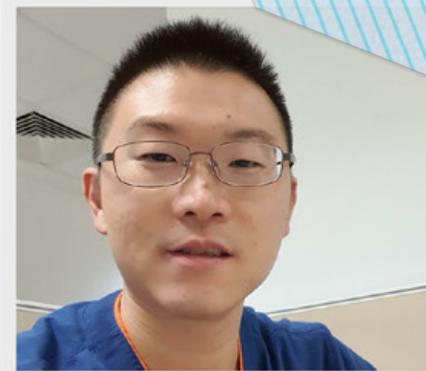
**Dr Joyce Lui Siew Kwaon**  
Programme Director

**If your programme was a food, it would be...**

Pandan chiffon cake. A deliciously baked pandan chiffon cake requires good ingredients, patience and correct skills, just like a successful and compassionate Rehabilitation Medicine physician should be.

**Message from the Programme Director**

Our graduand, Dr Koh Minghe Moses has done us proud in the way he handled the challenges faced amidst a pandemic and continued to perform with excellence. My heartiest congratulations and all the best!



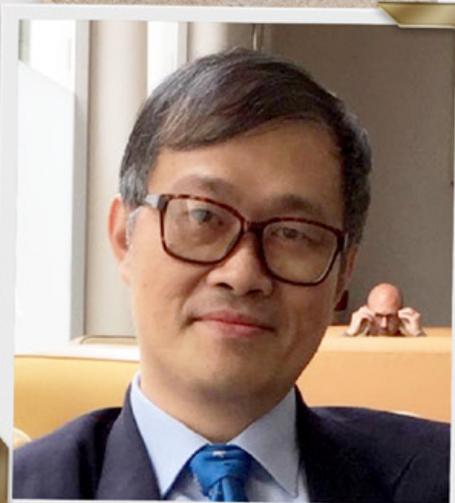
**Dr Koh Minghe Moses**

**Favourite post-call meal?**

Awesome authentic Hyderabad chicken biryani from Mr Biryani!



# Renal Medicine



**If your programme was a food, it would be...**

Spicy tom yam — even as you cry (due to the spiciness), you feel satisfied making a difference for your patients.

**What are you most proud of about this graduating cohort?**

For pulling through despite unprecedented pandemic challenges.

My inspiring quote:

**“Change is the only constant.”**

— Heraclitus

**Assoc Prof Tan Han Khim**  
Programme Director



**Christmas Gathering with Renal Medicine Residents**



**Renal Medicine Programme Dinner**

# Respiratory Medicine



**Dr Ong Thun How**  
Programme Director

**What are you most proud of about this graduating cohort?**

This year's cohort is graduating into the eye of the storm. Despite many uncertainties surrounding the COVID-19 pandemic, I'm proud of them for stepping up to help where necessary without complaints.



All Smiles for the Camera



Respiratory Medicine  
Annual Retreat



### THE HURRICANE EFFECT: AN UNUSUAL PHENOMENON IN THE PULMONARY ARTERY

Jason Low

Si Yuan Chew  
Nicole N. Sieow  
Chee Hong Loh



### Dr Low Weizheng Jason

#### Unforgettable memory in Residency?

One of my fondest memories in Residency was having the opportunity to give a presentation at an overseas conference. Incidentally, one of the presentation's co-authors, a fellow Resident who was also at the conference, promised to be there to lend moral support. But she ended up missing the entire presentation altogether, as there was a last minute change in the presentation schedule. Although it wasn't her fault, it has become an 'inside' joke between us, as I never fail to remind her about the incident and how much "disappointment" she had caused me by not showing up.



### Dr Hui Li Yan Sandra

#### Favourite post-call meal?

7-11 hanjuku (soft-boiled) eggs.



### Dr Koh Hsien Hui Kenneth

#### Daily work essentials?

My water bottle and phone charger.



Lung Centre Retreat



Cook Off!

# Rheumatology



My inspiring quote:

**“The best way to find yourself is to lose yourself in the service of others. Your true value goes beyond you, you can only find it when you are serving others for the greater good, not for selfish reasons.”**

— Mahatma Gandhi

**Dr Warren Fong**  
Programme Director

**If your programme was a food, it would be...**

Cake. First, to make a successful cake, you need a good recipe. A good recipe consists of different ingredients (e.g. people from different walks of life). Each ingredient brings with it its unique contribution to the desired outcome of the cake.

In the same way as baking a cake, I hope this programme has brought all of you together, each with your own unique strengths. And after having successfully gone through all the ‘mixing, whisking, sifting and inevitable heating’ process, may you all continue to pursue the art of creating THE perfect cake.

**What are you most proud of about this graduating cohort?**

This graduating cohort will be most remembered for taking on leadership roles, driving innovation, capitalising on new technology to continue to deliver world-class medical care during an ongoing pandemic.

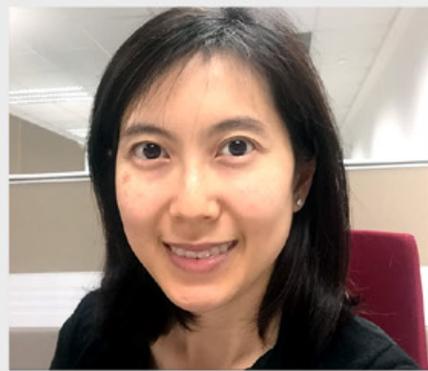


**Tze Chin and Tyng Yu  
with Mr Skeleton**



**Rheumatology Patient  
Appreciation Day**

Middle of a  
Busy Day, with PD



**Dr Chuah Tyng Yu**  
Daily work essentials?  
Priority? Snacks 😊



**Dr Tan Tze Chin**  
Daily work essentials?  
My 'toughbook'. It is my lifeline as it contains all of the presentation slides I have prepared for work.



At Andrew's Wedding

# Urology



My inspiring quote:

**“You treat a disease: you win, you lose.**

**You treat a person: I guarantee you will win, no matter what the outcome.”**

— Patch Adams

**Assoc Prof Weber Lau Kam On**  
Programme Director (2013 – 2020)

## **If your programme was a food, it would be...**

Mooncakes. The Chinese usually present mooncakes as a symbolic gesture of maintaining ties of unity and emotional bonds. It represents the close ties that our Faculty and Residents have as they work hand-in-hand to improve the programme and it is such a sweet relationship. There are many varieties of mooncakes too. Besides traditional flavoured ones, there are mooncakes with a modern twist. Similarly, although we value the conventional master-disciple impartation of knowledge, the programme encourages new innovation in teaching and learning too.

## **Message from the Programme Director**

I am proud of Jingzeng for his hard work and perseverance to overcome the various challenges posed by COVID-19 to successfully pass his exit examination.



## **Dr Du Jingzeng**

### **Best memory in Residency?**

The fondest memories I had in Residency are the first and last days of my six-year Urology Residency journey. I fondly remember the excitement I had on the first day as a Urology Resident in SingHealth and the great sense of achievement I felt when I passed my exit exams. It was not easy, but we made it!



**Urology Annual Retreat  
@ One Farrer**

# Event Highlights

in SingHealth Residency AY2019-2020

27-28 September 2019

## SingHealth Duke-NUS Education Conference 2019

The biennial SingHealth Duke-NUS Education Conference, a landmark event in healthcare education, was successfully held on 27 and 28 September 2019, and attended by close to 900 healthcare educators and learners from Singapore and around the region.

With the theme “Building Resilience and Well-being in Healthcare Education through Interprofessional Collaborations”, the conference emphasised the importance of education and training in helping healthcare professionals to develop mindfulness and resilience to ensure safe and sustainable healthcare.

At the “Followership to Leadership — The Transformative Journey of Medical Residents” symposium, our Residents and Faculty shared insightful stories and personal takeaways on the challenges and tips on leadership in healthcare as well as the importance of leadership as an essential skill for all healthcare professionals.

Mark your calendars for the next SingHealth Duke-NUS Education Conference in September 2022!



15 November 2019



## SingHealth Residency Year-End Party 2019

Organised by the Residents' Committee (RC), the inaugural SingHealth Residency Year-End Party was created to bring Residents, Faculty and staff together to build camaraderie and celebrate the year-end with food, drinks and lucky draw prizes. Residents and Faculty played games and witnessed the crowning of SingHealth Residency's Pageant King and Queen from the Medical Oncology Senior Residency Programme. The party facilitated bonding across Residency programmes and unleashed the quirkiness and stylish sides of our Residents and Faculty.



## Christmas Carolling

SingHealth Residents brought Christmas musical cheer to the wards of Singapore General Hospital (SGH). Organised by the RC, this initiative successfully brought some festive joy of Christmas to the patients and staff.

The moving 'musical machine' was led by guitarists Dr Deborah Khoo and Dr Cheong May Anne, Residents from Anaesthesiology and Haematology Residency respectively, violinist Dr Ong Rui Heng from Family Medicine Residency as well as Prof Tan Hak Koon, DIO of SingHealth Residency. Together with the allied health professionals and nurses, our Residents went around the wards belting out crowd favourites such as Feliz Navidad and Jingle Bells. What a joy it was seeing everybody's faces lighted up as they received gifts and sang along to the Christmas carols!



24 December 2019



3 June - 29 July 2020

## SingHealth Residency e-Open House 2020

The annual SingHealth Residency Open House took on an exciting new take this year as the first-ever virtual Open House was held over June and July 2020. More than 300 local and overseas medical students, House Officers (HOs) and Medical Officers (MOs) were treated to a series of 19 virtual sessions hosted by various Residency programmes. Although the usual physical "Meet-and-Greet", games and 'live' demonstrations could not take place, prospective Residents still had the opportunity to connect and interact with our Faculty and Residents to learn more about their medical career options in SingHealth.



## SingHealth Residency Chief Residents Dialogue Session 2020

The first virtual SingHealth Residency Chief Residents Dialogue Session 2020 successfully took place on 14 October and gathered 42 Chief Residents from the SingHealth Residency Leadership Programme (SRLP) and the national Singapore Chief Residency Programme (SCRP). Our Chief Residents had the opportunity to interact with Prof Ivy Ng, GCEO, SingHealth, as they shared about the challenges posed by COVID-19 pandemic. The dialogue session saw vibrant discussions on managing burnout and enhancing physicians' well-being, so as to build a resilient healthcare workforce.



14 October 2020

# Stronger Together

The current COVID-19 pandemic has been a period of uncertainties and challenges for our healthcare fraternity, but there is always a silver lining to every dark cloud.

Our Faculty and graduating Residents share their challenges and key takeaways from this pandemic.

## Dr Kang Mei Ling

*Programme Director,  
Advanced Internal Medicine*

COVID-19 pandemic is not just a healthcare and humanitarian crisis; it is also an opportunity to reflect, appreciate and value the important people and things in life, so as to make transformative changes in the way we live and work.

## Dr Kek Peng Chin

*Programme Director,  
Endocrinology*

We must be ready for sudden changes, and be open-minded to the implementation of new measures.

## Assoc Prof Darren Koh

*Programme Director,  
Anaesthesiology*

Structure and flexibility, in equal measure.

## Dr Nagarajan Chandramouli

*Programme Director,  
Haematology*

Keeping your temptations and habits in check, as well as following a disciplined lifestyle can help one to go a long way in life and especially during a pandemic!

## What is your biggest takeaway from COVID-19?

### Assoc Prof Melvin Chua

*ADIO, SKH*

COVID-19 is an unprecedented crisis of untold magnitude. In the future, we would be that generation of doctors to tell our colleagues of our experience and sacrifices during this pandemic.

This is also a time we saw what our generation of doctors are capable of. I am heartened say that we have all stood shoulder to shoulder in this time of crisis. You have stepped up. We have all stepped up.

### Dr Victor Chao

*Programme Director,  
Cardiothoracic Surgery*

Life is always full of ups and downs. It is important to stay resilient and flexible to cope with the challenges that may arise and to prevent burnout.

### Dr Yasmin Bte Idu Jion

*Programme Director,  
Neurology*

Life can throw us curveballs anytime. We have to stay strong and adaptable to move ahead. Most importantly, remember to support each other along the way.

### Prof Tan Eng King

*ADIO, Research*

The COVID-19 pandemic has epitomised the unpredictability of life and the need to innovate and adapt to changing circumstances, so as to emerge from these challenges, stronger and better.

### Adj Asst Prof Jai Prashanth Rao

*Programme Director,  
Neurosurgery*

Life has a way of throwing us curveballs, but we have to learn to hit them out of the park. The best way is to remain flexible, in approach and thought. Always be on our guard for changes that will come. Most importantly, we must be equipped with a toolbox of skillsets that can be rapidly deployed to fill gaps that may arise as a result of sudden changes. 'Black swan' events will always happen too, but we should not approach it with fear or trepidation. Instead, learn to embrace it so that we can always achieve our true potential.



## Dr Adrian Ooi

Programme Director,  
Plastic, Reconstructive  
and Aesthetic Surgery

When there's a will, there's a way. No matter the circumstances or obstacles, there will always be silver linings in adversities.

## Assoc Prof Tan Han Khim

Programme Director,  
Renal Medicine

To be adaptable in the way learning is taught and delivered.

## Dr Jeffrey Lau

Programme Director,  
Cardiology

"In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to."

— David Hollis

## Assoc Prof Inderjeet Singh Rikhraj

Programme Director,  
Orthopaedic Surgery

There will always be light at the end of a long, dark and stressful tunnel.



## Dr Joyce Lui

Programme Director,  
Rehabilitation Medicine

To think out of the box. Flexibility and selflessness.

## How has your programme adapted to teach during COVID-19?



## Dr Joanne Quah

Programme Director,  
Family Medicine

Our graduands have stayed calm and appreciative despite the threat of COVID-19. Our Faculty have worked hard to create multiple e-learning platforms such as Virtual RCC, Virtual Saturday Core and the Faculty SOC Discussion to help our graduands better prepare themselves for their upcoming MMed exams.

## Adj Assoc Prof Tan Ngian Chye

Programme Director,  
General Surgery

As General Surgery becomes more and more sub-specialised, the need to collaborate and work together as surgeons becomes even more critical. The COVID-19 pandemic presented us with opportunities to do just that as we collaborated with National University Health System (NUHS) and National Healthcare Group (NHG) to conduct cross-cluster didactic lectures and viva practice sessions for candidates taking the Fellowship of the Royal College of Surgeons (FRCS) exit examinations.

## Dr Chong Chew Wei

Programme Director,  
Hand Surgery

We started relying on technologies such as Zoom to conduct and to record our weekly didactic sessions, as well as subscribing to cloud sharing services that allowed our Residents to share notes and journal articles relevant to their trainings.

## Dr Andrew Ong

Programme Director,  
Gastroenterology

COVID-19 offered us a unique opportunity to re-evaluate what we were doing. We came out stronger and more focused in the way we teach, assess and mentor our Residents. Despite the difficulties in the face of a pandemic, it has spurred innovation, dedication and camaraderie within the Faculty, to help each other cross the finishing line.

## Dr Ravindran Kanesvaran

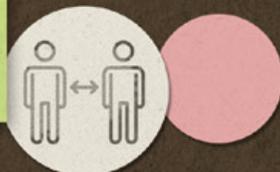
Programme Director,  
Medical Oncology

Online teaching via virtual platforms have made teaching sessions much more accessible with better attendance rates than in-person sessions.

## Dr Xie Wan Ying

Programme Director,  
Nuclear Medicine

The programme has now shifted to the use of web-based software to conduct lectures and peer review sessions. There is an increased emphasis on self-directed learning with reading materials and online courses/references too.



## Dr Jean Chai

Programme Director,  
Ophthalmology

COVID-19 has nudged us into embracing technology to teach and this has had a number of positive effects, such as greater Faculty participation, resulting in richer discussion and introduction of new teaching methods devised to address gaps (e.g. a surgical video series to discuss less commonly seen operations).

## Adj Assoc Prof Shahdadpuri Raveen Ishwardas

Programme Director,  
Paediatrics

We have had to adapt to and accept the 'new normal'. Most of our teaching sessions have also migrated to Zoom and if done well, it can be just as engaging as in-person sessions.

## Dr Warren Fong

Programme Director,  
Rheumatology

Our programme, like many others, has swiftly embraced technology to conduct virtual teachings and assessments. Our Faculty have also been proactive in ensuring supervision in the clinics were not overlooked as a result of the movement restrictions, and that each precious patient encounter was maximised to facilitate experiential learning.

## Adj Asst Prof Leow Wei Qiang

Programme Director,  
Pathology

Our programme has leveraged strongly on technology to continue teaching amidst the global pandemic. We even did a study on the effectiveness of tele-education for our histopathology Residents during COVID-19.

## Assoc Prof Weber Lau

Programme Director,  
Urology

We split into teams, met in smaller groups and used Zoom to conduct our weekly teachings as well as mock vivas for our Residents while adhering to the social distancing measures in place.

## What has COVID-19 taught you?

### Our Graduating Residents say...

## Dr Than Zaw Oo

Advanced Internal Medicine

To spend more time with my loved ones and to travel more! ☺

## Dr Lim Zhen Wei

Anaesthesiology

Adaptability and ability to evolve have been crucial in our fight against COVID-19. We must continue to embody this spirit in any future challenges.

## Dr Tan Hon Sen

Anaesthesiology

As healthcare professionals, we are lucky to receive the trust, confidence and resources from society that have allowed us to do our jobs and contribute to the pandemic management effort. The unprecedented need to provide excellent clinical care to our patients, while simultaneously reducing physical contact and improving healthcare efficiency have exposed opportunities for innovation and improvement. It is a challenging time to be a healthcare professional, but I am looking forward to being a part of this fast-changing healthcare landscape.

## Dr He Yingke

Anaesthesiology

Nothing in life should be taken for granted as life is unpredictable in many ways. We can however, train ourselves to be stronger to welcome the unknown future ahead.

## Dr Lee Shuhui Melissa

Diagnostic Radiology

COVID-19 or not, hygiene is very important!



## Dr Tan Sheng Ming Alexander

Diagnostic Radiology

We have taken so much in our lives for granted (e.g. eating with colleagues, department welfare events, and overseas conferences etc.).

Life at work is far less colourful and enjoyable without these elements, and I have come to realise how important human interaction is on a psycho-emotional level, especially when one is deprived of it.

Although virtual meetings and consultations are a dream come true, it also meant that we no longer have opportunities to visit a different country ☹️ This is a loss we may never get back.

## Dr Lim Chong Teik Thomson

Gastroenterology

COVID-19 has taught me to always leave room to plan for the unexpected.

## Dr Yeo Mei-E Samantha Rachel

Obstetrics & Gynaecology

If anything, the challenges of COVID-19 have taught me about resilience because tough times don't last, tough guys do!

## Dr Jeevan Raaj S/O Thangayah

Emergency Medicine

Not to take anything for granted and to be appreciative of our jobs as healthcare providers.

## Dr Lim Miao Shan

Gastroenterology

Resilience and teamwork.

## Dr Cao Ling

Haematology

A pandemic affects everyone's life. We must always stay vigilant and be prepared to face similar situations in the future.

## Dr Ng Gee Jin

Neurology

Everyone is equal in the eyes of COVID-19. I have also learnt to spend more time with my loved ones as life is so unpredictable.

## Dr Hosanna Liha Anak Lis

Family Medicine

The importance of supporting each other in times of need.

## Dr Liou Wei Lun

Gastroenterology

"Don't stop when you're tired. Stop when you are done."

The fight against COVID-19 may be a long battle, but we can get through it if we remain resilient.

## Dr Ng Chai Ching

Neurology

Life is unpredictable. Cherish every single moment with your loved ones. You only live once!

## Dr Ang Xiao Hong Joella

Obstetrics & Gynaecology

My batch mates are the most resilient bunch of Residents that I know. Despite having to deal with multiple exam cancellations, delays and uncertainties as a result of COVID-19, I'm glad that we have all successfully cleared our exams!

## Dr Lee Ke Yao

Family Medicine

Self-care is just as important!

## Dr Tan Chin King

Gastroenterology

Never underestimate the impact of infectious diseases.

## Dr Tan Ya Hwee

Medical Oncology

Change is the only constant.

## Dr Chan Chung Charles David Lee Lien Kwee

Neurology

Although the sudden appearance of COVID-19 had upended everyone's plans, it was comforting to see my fellow colleagues taking the lead to ride through the storm, so that our patients were able to continue receiving the same level of care. It also reminded me of the importance of a good support network of family and friends to help get through this difficult period.



## Dr Li Xingji

*Obstetrics & Gynaecology*

COVID-19 has definitely been punishing, but also rewarding. Whilst our lives have been put on hold as we guarded the frontlines for the safety of our patients and loved ones, we have also been richly rewarded by the camaraderie and love that cheered us on.

As we refreshed the now essential skills of donning, doffing and operating in Powered Air-Purifying Respirator (PAPR), we also reaffirmed our reasons for choosing to do medicine. After all, seeing our patients safe, recovering and going home healthy is really why we put ourselves on the frontline.

## Dr Boo Ho Chin

*Orthopaedic Surgery*

Life still goes on.

## Dr Ou Yang Youheng

*Orthopaedic Surgery*

Civil liberties are easily dissolved by fear.

## Dr Chuah Tyng Yu

*Rheumatology*

We have to adapt to changes faster than the virus could mutate to survive!

## Dr Foo Chao Ming Reuben

*Ophthalmology*

Our healthcare system requires the concerted effort of everyone to keep afloat. Kudos to all the healthcare heroes who have helped in one way or another at the frontlines.

## Dr Tan Peng Yi

*Ophthalmology*

COVID-19 has taught me the importance of resilience and adaptability. One must always remember to rest and recharge as our personal well-being is essential, especially in such trying times!

## Dr Tang Zhi'En Joyce

*Otolaryngology*

Besides fear and anxiety, it could also bring out the best in people in such difficult times. Although there were significant risks in coming into contact with the virus, there were people who actually volunteered to work in isolation facilities and foreign dormitories etc. to lend a helping hand.

## Dr Lee Yi Fang

*Ophthalmology*

COVID-19 has taught me to be appreciative of the times spent with my family; be grateful for good health and be thankful for the sacrifices that others have done for us.

## Dr Kizher Shajahan Mohamed Buhary

*Orthopaedic Surgery*

Despite the uncertainties and constant changes to my Residency journey, I have learnt a lot from this pandemic. It has taught me the importance of resilience, gratefulness and perseverance. Having a good support group at work and at home have definitely helped me to get through this difficult period too.

## Dr Tay Zhi En Amos

*Pathology*

We have taken too many things for granted.

## Dr Low Weizheng Jason

*Respiratory Medicine*

To treasure the opportunities for social interactions with friends and family. No longer am I going to take these occasions for granted!

## Dr Ng Wei Yan

*Ophthalmology*

The need to be dynamic and open-minded.

## Dr Lim Yee Gen

*Orthopaedic Surgery*

Expect the unexpected and overcome it by working together.

## Dr Raymond Reinaldo Tanugroho

*Paediatrics*

The value of teamwork and perseverance during these challenging times.

## Dr Koh Hsien Hui Kenneth

*Respiratory Medicine*

It is important to always be prepared for all eventualities. Having a good team helps too.



## What was your COVID-19 experience like?

### Dr Goh Shao Sheng

*Family Medicine*

I was a Medical Officer (MO) tending to potential COVID-19 cases at one of the foreign worker dormitories. It was a challenging period as we had to endure wearing the Personal Protective Equipment (PPE) for long hours under the hot sun while worrying about the possibility of encountering potential COVID-19 patients.

Nevertheless, it was certainly a worthwhile and fulfilling experience as I was able to play my part in combating this pandemic!

### Dr Newman Cheng Sze Yan

*Neurology*

During the peak of the pandemic, I was posted to the isolation wards to care for COVID-19 patients. Although the three months at the isolation wards were tough due to manpower shortage, it was a memorable experience and I am grateful to have played a part in Singapore's fight against the pandemic.

### Dr Tan Yu Quan

*Family Medicine*

It was quite challenging while working at the polyclinic during the pandemic as we had to constantly adapt to the Ministry of Health's (MOH) ever-changing swab criteria. We also had to handle anxious patients who insisted on getting a swab even though they did not fit the criteria. Fortunately, I had the best support I could get from my seniors to get through this trying period of time.

### Dr Chung Sze Ryn

*Hand Surgery*

I was sent to the Leo dormitory for a week as a MO, attending to foreign workers and performing swab tests on suspected COVID-19 cases.

Although it was challenging having to wear the PPE in such hot and humid weather, I'm proud to be able to contribute in the nation's fight against COVID-19.

I couldn't have done it without a great team of nurses, pharmacists and administrative staff etc. as we kept each other in check by reminding one another to take regular water breaks and rest.

### Dr Chia Xian Qing Pamela

*Anaesthesiology*

I was based in SGH during the height of COVID-19. Part of my work then included attending to patients in the isolation intensive care unit (ICU), for airway codes or admissions under surgical disciplines. I was also the first anaesthetist in my department to intubate a COVID-19 positive patient.

There were a lot of uncertainties surrounding the virus then, including the stigma of coming into contact with COVID-19 patients. But I'm thankful to my work family – the isolation ward nurses who worked alongside me, and kept me in check by ensuring I donned and doffed my PPE properly each time; and to my family, for understanding my role as an anaesthetist in the fight against COVID-19.

### Dr Chew Zhihong

*Orthopaedic Surgery*

Due to the surge in infections in the foreign worker dormitories, we had to set up a make-shift medical centre near Avery Lodge, to tend to the foreign workers. This would not have been possible without the wonderful team of nurses, pharmacists and administrative staff who rallied together.

### Dr Lam Sze Jia

*Emergency Medicine*

During COVID-19, I was a Senior Resident at CGH Emergency Department, tending to patients with fever and URTI symptoms.

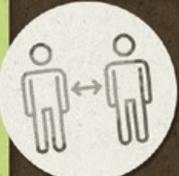
Although the roster and workflow processes were changing on a daily basis, the department remained organised and kept everyone informed of any changes in the planning.

Not only did this help the team to cope with the situation and workload effectively, it also kept us safely protected from possible occupational exposure to COVID-19.

### Dr Xia Zhan

*Orthopaedic Surgery*

I was part of the medical team that helped out at the community care facility at Singapore Expo that cared for recovering COVID-19 patients. Although there was fear and anxiety among the healthcare professionals then, we managed to overcome them to form a committed and motivated team. I'm glad and proud to have been able to do my part in the fight against COVID-19.





## Dr Xu Shuhui

Otolaryngology

I had the opportunity to do my part in the fight against COVID-19 at S11 dormitory @ Punggol — the first and largest COVID-19 dormitory cluster in Singapore. Despite the uncertainties and worries we had on the ground, it's heart-warming to see all of the medical staff and foreign dormitory workers rallying together to get through this difficult period, with smiles on our faces!

## Dr Du Jingzeng

Urology

I'm glad to be given a chance to help out during the COVID-19 pandemic as a co-medical regulator at one of the community care facilities — D'Resort. It was an eye-opening experience tending to asymptomatic patients and learning about the importance of leadership and communication skills.

## Dr Sim Ling Hui Brenda

Otolaryngology

The emergence of COVID-19 was a scary time as there was a lot of uncertainty surrounding the virus then. I was on-call when Singapore reported her first COVID-19 case, which also happened to be the Chinese New Year weekend.

Despite the risks and uncertainties, it was heartening to see fellow healthcare professionals soldiering on instead of shying away from their duties. This gave me courage and strength to go about my daily work, especially when I was involved in the first OT COVID-19 case in SGH.

Although it was not easy having to juggle my exit exam preparations and work, I'm grateful towards my family for their love and support during this difficult time!

## What's something you are grateful for during COVID-19?



## Dr Beau James Fenner

Ophthalmology

I'm thankful to have been part of the healthcare fraternity during this period, to contribute in some ways to help Singapore fight COVID-19.

## Dr Charanya Rajan

Paediatrics

I am immensely grateful to every healthcare professional who has put his or her personal health at risk to be in the frontline, caring for COVID-19 patients and doing their part in containing the damage that this virus has caused.

## Dr Zhang Yuan Helen

Emergency Medicine

My parents.

## Dr Vimbai Chekenyere

Diagnostic Radiology

My mask 😊

## Dr Lim Li Cui Rachel

Family Medicine

Thankful for the coordinated responses within Singapore, which has allowed us to keep COVID-19 under control so far.

## Dr Fong Wen Yan Nikki

Paediatrics

A fitting N95 mask to keep me safe!

## Dr Lee Shu-Yi Gabrielle

Paediatrics

Prepping for my exit examinations amidst the COVID-19 pandemic would not have been possible without my colleague and friend, Lynette. Thank you for keeping me sane!



## Favourite COVID-19 "da-bao" food?

### Dr Ma Wai Wai Zaw

Anaesthesiology

White Restaurant's original white bee hoon with signature fried chicken wings!

### Dr Lee Chee Meng

General Surgery

Fishball noodles from Jalan Tua Kong Lau Lim!

### Dr Goh Siaw Lin Cindy

Plastic, Reconstructive & Aesthetic Surgery

None. COVID-19 actually made me lose weight because "da-bao" food usually turns soggy and cold by the time it's my turn to eat 😊

### Dr Lam Shi En, Cheryl

Family Medicine

Caffé Pralet's rice bowls

### Dr Zhang Zewen

Medical Oncology

Food from Noodle Story.

### Dr Li Zongxian

Orthopaedic Surgery

Grain! Especially when they were having the healthcare discount across their menu.

### Dr Hui Li Yu Cheryl

Plastic, Reconstructive & Aesthetic Surgery

Nothing beats home-cooked goodness delivered to the doorstep from my parents, filling both my heart and tummy.

### Dr Wong Hai Liang Marc

Advanced Internal Medicine

Owl Bar's beef and brawn was especially good during the COVID-19 period as we were not allowed to venture outside the SGH campus in search of good food!

### Dr Tan Zhi En

Family Medicine

Bubble tea!

### Dr Koh Minghe Moses

Rehabilitation Medicine

CRAVE's nasi lemak.

### Dr Tan Tze Chin

Rheumatology

Kaffe and Toast's fish soup beehoon! It has been my "lucky" food since junior Residency.

### Dr Lim Wei-An Joel

Orthopaedic Surgery

Lin Yu Mei Kolo Mee from Sengkang.

### Dr Lin Huixin Sarah

Anaesthesiology

Dinner bentos that were lovingly made and thoughtfully donated by members of the public, including a particular shop called 'Beng Who Cooks'.

### Dr Johnathan Lum Huey Ming

Gastroenterology

Menya Musashi's cha shu ramen.

### Dr Tan Sher Kit Juliet

Paediatrics

Bai nian yong tau foo!

### Dr Hui Li Yan Sandra

Respiratory Medicine

So Pho

### Dr Wong Ker Yi

Obstetrics & Gynaecology

Still coffee!



# How do you think the Singapore Chief Residency Programme (SCRP) has helped you, in your current role, to deal with this COVID-19 pandemic?

## Our Chief Residents say...



### Dr Sonia Lee

*Diagnostic Radiology Residency Alumna, SCRП Cohort 5*

*Associate Consultant, Diagnostic Radiology, CGH*

One of my major takeaways was to have the courage to take each challenge as an opportunity for improvement and innovation. Instead of cancelling our annual medical student education event (Survival Radiology) due to social-distancing measures, our team took on the task of bringing our lecture series online using a webinar format. Not only could we reach a larger audience of almost 700 students, we continued to draw high audience participation rates and received extremely positive feedback for our online transition. This pandemic has inadvertently allowed us to pivot towards a richer online learning experience.

#### **Favourite COVID-19 "da-bao" food?**

Wolf Burger with bubble tea delivery for an extra morale boost to get us through long days!

### Dr Kiew Sieh Yeap

*Ophthalmology Residency Alumna, SCRП Cohort 5*

*Associate Consultant, Ophthalmology, SNEC*

The friendships made during SCRП have helped to coordinate our responses across the departments and institutions.

#### **Favourite COVID-19 "da-bao" food?**

Geylang claypot rice that was formerly at Lorong 33 Geylang!



### Dr Teh Kai Liang

*Paediatrics Residency Alumna, SCRП Cohort 5*

*Associate Consultant, Rheumatology and Immunology Service, KKH*

Even as a healthcare professional, I too faced the same anxiety as the public during COVID-19. SCRП taught me the importance of resilience as well as to remain focused on the tasks at hand amidst the uncertainties and constant changes surrounding a pandemic.

#### **What's something you are grateful for during COVID-19?**

Zoom. It helps me to stay connected with my friends as we celebrated virtual birthdays despite being socially apart.

### Dr Cheong May Anne

*Haematology Senior Resident SCRП Cohort 5*

Resilience. The resilience to deal with, and adapt to constant changes and limitations. It was the one theme that was emphasised during my days in SCRП that stuck and has helped me to deal with this current COVID-19 pandemic.

#### **Share with us your experience during this COVID-19!**

I'm based in SGH Haematology's department. During COVID-19, we had to adapt to constant changes to our practices. Some of these changes have enhanced the department as we developed new protocols for the Haematology centre and revamped our education programme.



## Our Faculty Says...

### Dr Benji Lim

Associate Programme Director,  
Cardiology

#### How has your programme adapted to teach during COVID-19?

A lot of social interaction has been minimised to practice social distance/workplace segregation and most of our teachings are now done remotely via Zoom instead of the traditional face-to-face learning.

#### Favourite COVID-19 "da-bao" food?

Anything but "bao" and things that are no longer moving! Comfort food like protein salad bowl from Harvest in Katong works too.

#### What's something you are grateful for during COVID-19?

My parents and family for helping to look after the little monkeys when we are busy at work and colleagues for supporting and helping each other.



### Dr Khoo Zi Xean

Core Faculty,  
Paediatrics

#### How has your programme adapted to teach during COVID-19?

We organised a few early infant diagnosis (EID) emergency code simulation to upskill our Residents and kept teaching going during this unprecedented period.

We also constantly ensure that our Residents are well-fed during their long hours of shift covering the EID wards.

#### Favourite COVID-19 "da-bao" food?

Avocado milkshake.

#### What's something you are grateful for during COVID-19?

My wife and my family for their support while I was away doing voluntary work at the Swab Isolation Facility.

### Dr Chin Chee Yang

Core Faculty,  
Cardiology

#### How has your programme adapted to teach during COVID-19?

Shifting to online tutorials and an increased subscription of online materials (e.g. Adult Clinical Cardiology Self-Assessment Programme (ACCSAP)) to facilitate self-study.

#### Favourite COVID-19 "da-bao" food?

A pandemic is no excuse to eat 'da-bao' food. Please prepare your own healthy lunch!

#### What's something you are grateful for during COVID-19?

Al Gore. For inventing the Internet.

### Dr Cristelle Chow

Associate Programme Director,  
Paediatrics

#### How has your programme adapted to teach during COVID-19?

A film screening, titled "The Next Pandemic" was held for Paediatrics Residents attached to COVID-19 isolation wards to have a further understanding and discussion on pandemic preparedness as well the impact of COVID-19 on our daily lives.

#### Favourite COVID-19 "da-bao" food?

A hearty and healthy Poké bowl with avocado that can be eaten at any temperature.

#### What's something you are grateful for during COVID-19?

Ziplock bag to store my essentials (e.g. mask)

### Dr Lim Chee Yeong

Associate Programme Director,  
Diagnostic Radiology

#### How has your programme adapted to teach during COVID-19?

Video-conferencing tutorials, remote read-out sessions between trainees and consultants as well as creating blended e-learning modules for R1 plain film report trainings.

#### Favourite COVID-19 "da-bao" food?

Bubble tea!

#### What's something you are grateful for during COVID-19?

Campus wi-fi.



### Dr Kelvin Loke Siu Hoong

Clinical Core Faculty Member,  
Nuclear Medicine

#### How has your programme adapted to teach during COVID-19?

Like many other programmes, we have replaced face-to-face meetings and teaching sessions with videoconferencing platforms such as Zoom and Webex. A lot of interactions between Residents have also shifted to messaging platforms such as WhatsApp or TigerText too.

#### Favourite COVID-19 "da-bao" food?

Anything that's available on GrabFood, FoodPanda or Deliveroo etc.

#### What's something you are grateful for during COVID-19?

Residents who lent a helping hand to maintain a continuity of service, especially when there was a manpower shortage when Singapore first entered DORSCON-Orange.



### Dr Tham Wei Ying

Clinical Core Faculty Member,  
Nuclear Medicine

#### How has your programme adapted to teach during this COVID-19?

Relying on Zoom to conduct teaching sessions.

#### What's something you are grateful for during COVID-19?

Internet.

## Clin Assoc Prof Harvey Teo

Associate Programme Director,  
Diagnostic Radiology

### How has your programme adapted to teach during COVID-19?

Implementation of self-ultrasounds that allowed Residents to continue with their training during the circuit breaker period.

### Favourite COVID-19 "da-bao" food?

Packed home-cooked meals.

### What's something you are grateful for during COVID-19?

Grateful that many conferences (e.g. ASNR 2020) went virtual, and gave our staff the opportunity to "attend" it.

## Dr Tan Gan Liang

Clinical Core Faculty Member,  
Respiratory Medicine

### How has your programme adapted to teach during COVID-19?

COVID-19 has led to an increased usage of Zoom for our meetings and teaching sessions. Teaching via Zoom is surprisingly fun and engaging. Most importantly, it allows us to stay connected while adhering to the social distancing measures.

### Favourite COVID-19 "da-bao" food?

Beef chow fun.

### What's something you are grateful for during COVID-19?

My cloth mask (when not in clinical areas). It gives me a sense of security even though it may not be as effective as a surgical mask.

## Dr Choo Xue Ning

Associate Programme Director,  
Respiratory Medicine

### How has your programme adapted to teach during COVID-19?

A lot of sessions on various aspects relating to COVID-19 were conducted for our Residents. This included sessions on donning and doffing of PPE and PAPR. PAPR resuscitation simulation sessions were also conducted for our junior and senior Residents to get them accustomed to working in high risk areas like the Respiratory and Critical Care Medicine (RCCM) and medical intensive care units (MICU).

In adherence to the social distancing measures, we limited the number of face-to-face meeting sessions and shifted our usual respiratory and ICU continuing medical education (CME) sessions on to Zoom instead.

### Favourite COVID-19 "da-bao" food?

Definitely Shake Shack and Ark's coffee amongst all. "Da-bao" food was something that we all looked forward to during this COVID-19 period as social gatherings were disallowed.

### What's something you are grateful for during COVID-19?

I am grateful for my supportive husband and family who have been my pillar of strength during this tough period.

## Dr Mihir Ananta Gudi

Clinical Physician Faculty Member,  
Pathology

## Dr Sathiyamoorthy Selvarajan

Clinical Core Faculty Member,  
Pathology

### How has your programme adapted to teach during COVID-19?

Like all other programmes, we adopted and relied heavily on technology like Zoom to teach during these unprecedented times. However, the initial idea of using Zoom to conduct virtual trainings was met with scepticism. None of us believed that it was possible but we were proven wrong. We were able to teach, share training materials and even participate in webinars (e.g. ACP Research Day) in the comfort of our own rooms.

### Favourite COVID-19 "da-bao" food?

We have so many favourites as there are plenty of offers on delivery apps during COVID-19. These favourites include Fat Papa's meatless burgers, Anjappar's Gobi Manchurian or local food from Tiong Bahru market! We even have a weekly "da-bao" session that we look forward to now.

### What's something you are grateful for during COVID-19?

We are extremely grateful to the support given to us by our colleagues, laboratory and administrative staff, as well as Programme Executive, Lee May. Without them, we wouldn't have been to continue delivering high quality service and training during these uncertain times.

## Dr Tan Eng Loy

Associate Programme Director,  
Obstetrics & Gynaecology

### How has your programme adapted to teach during COVID-19?

Zoom, Zoom and more Zoom!

### Favourite COVID-19 "da-bao" food?

There isn't a need to "da-bao" as I have more chances to eat at home as we are able to join in meetings virtually, instead of in-person.

### What's something you are grateful for during COVID-19?

My iPad and Macbook Pro. Without them, attending meetings or conducting teaching sessions via Zoom would have been impossible.

## Dr Ng Kok Kit

Clinical Core Faculty Member,  
Urology

### How has your programme adapted to teach during COVID-19?

Conducting Zoom tutorials and attending virtual conferences, which has contributed to a greater cross-institutional participation.

### Favourite COVID-19 "da-bao" food?

Food from the East such as Bedok North's nasi lemak, Simpang Bedok's 'bah chor mee' and Tampines market's kolo mee.

### What's something you are grateful for during COVID-19?

Moisturisers. It keeps my hands and face hydrated despite the frequent hand washing and wearing of mask.



## Dr Mark Cheah Chang Chuen

Clinical Core Faculty Member,  
Gastroenterology

### What's something you are grateful for during COVID-19?

It would definitely be my family, especially my wife.

COVID-19 was and still is a trying period for everyone, in particular for parents with young kids. The struggle that we, parents had to go through then was the closure of schools and shifting to home-based learning. With a young daughter at pre-school age and a son who's just a few months old, this sudden shift was certainly jarring. On top of that, I had to cover isolation ward duties and even had upper respiratory tract infection (URTI) as the numbers of COVID-19 cases were rising. It was a period of uncertainty for me as I did not know how safe it would be for my family.

Nevertheless, my wife's care towards our children never wavered and I am thankful for all the sacrifices she has to make to keep our family together and safe.

## Dr Soh Shui Boon

Clinical Core Faculty Member,  
Endocrinology

### Favourite COVID-19 "da-bao" food?

Yong tau foo

### What's something you are grateful for during COVID-19?

Zoom.



## Dr Koh Yeow Hoay

Clinical Core Faculty Member,  
Neurology

### How has your programme adapted to teach during COVID-19?

The spread of the disease required an immediate change in the traditional approach towards medical education for our Neurology Senior Residents (SR). Majority of our didactic and discussion sessions have since moved onto Zoom, which encouraged a wider participation rate as SRs across different campuses were able to join in now.

### Favourite COVID-19 "da-bao" food?

Pad khra pao from Tiong Bahru market.

### What's something you are grateful for during COVID-19?

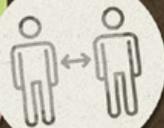
I am grateful for my Nursing Development Unit (NDU) staff, Vivian who never fails to "da-bao" a cup of coffee for me every morning!

## Dr Bee Yong Mong

Clinical Core Faculty Member,  
Endocrinology

### What's something you are grateful for during COVID-19?

Hand sanitiser!



## Dr Ng Su Lyn Adeline

Clinical Core Faculty Member,  
Neurology

### How has your programme adapted to teach during COVID-19?

Whilst COVID-19 has put the brakes on physical teaching sessions, we have switched to tele-conferencing platforms such as Zoom to continue with our teaching sessions. The usage of Zoom has allowed us to harmonise our sessions and to reach a wider participation rate across Tan Tock Seng Hospital (TTSH) and Singapore General Hospital (SGH) campuses.

Furthermore, with cross-cluster restrictions, we had to rely on messaging and videoconferencing tools to communicate with our colleagues at different institutions. This has helped to build a bond and to nurture a spirit of collegiality among fellow colleagues.

### Favourite COVID-19 "da-bao" food?

Huggs Coffee's wrap!

### What's something you are grateful for during COVID-19?

Technology as it gives me the flexibility to telecommute or attend meetings at the comfort of my own home during the pandemic.

## Dr Edward Zhang

Clinical Core Faculty Member,  
Otolaryngology

### How has your programme adapted to teach during COVID-19?

The SingHealth ENT programme has made changes to adapt to this pandemic on both the individual and overall programme levels.

For individuals, due to the cross-cluster restrictions, compromises were made to accommodate to allow new Year 1 Residents to start their General Surgery rotations at SKH (where they were currently rotated to) instead of the usual SGH.

For overall programme, we relied on either Zoom or Webex to continue our teachings and meetings. This has allowed unexpected benefits such as improved convenience, decentralisation and an increased participation rate from specialists involved in the education programme.

### Favourite COVID-19 "da-bao" food?

Char Restaurant via food delivery apps.

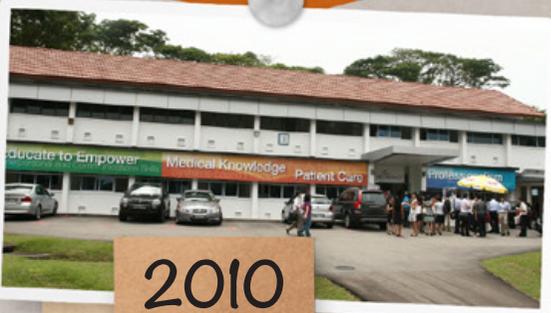
### What's something you are grateful for during COVID-19?

My office space. It has helped me to keep my sanity in check by providing me with my own personal space to breathe and recharge.



Celebrating 10 Years in

# Graduate Medical Education Excellence



2010

SingHealth Residency was formally established as one of the three Sponsoring Institutions for Residency training in Singapore. We welcomed our first cohort of 63 Residents in July.

Five phase 1 Residency programmes obtained the Accreditation Council of Graduate Medical Education International (ACGME-I) accreditation — a testament to our Residency training structure and system.

**Can you name the five programmes?**

See answers on the next page»



2011

Successfully held our first-ever Open House in July, which attracted more than 500 participants.

Seven more phase 2 programmes obtained ACGME-I accreditation:

- Anaesthesiology
- Diagnostic Radiology
- Family Medicine
- Obstetrics and Gynaecology
- Ophthalmology
- Orthopaedic Surgery
- Otolaryngology

Appointed our first Residents' Committee (RC) with 17 members to improve the welfare of Residents.

Launched the inaugural RiSE Awards that recognised outstanding Residents, Faculty and staff for their exemplary achievements and contributions in Residency.



2012

Held the inaugural SIP Bootcamp (a RC-led initiative) to equip medical students with essential skills required of a HO.

Engaged Trauma Recovery and Corporate Solution (TRaCS) to provide Residents with a 'listening ear' to enhance their wellness.

2013

10 phase 3 programmes obtained ACGME-I accreditation:

- Cardiology
- Endocrinology
- Gastroenterology
- Geriatric Medicine
- Haematology
- Infectious Diseases
- Medical Oncology
- Renal Medicine
- Respiratory Medicine
- Rheumatology

Enrolled our first batch of Chief Residents into the Singapore Chief Residency Programme — a national programme that grooms Chief Residents for future leadership roles in the public healthcare.



2015

Graduated our pioneer batch of 34 Residents in September.

Sent our first cohort of top Chief Residents to Duke-Durham for a week-long observership.

Organised the inaugural SingHealth Hackathon, a Resident-led initiative that successfully brought 80 medical students and healthcare staff across the various professions together to improve our healthcare system.

Launched the SingHealth Residency Leadership Programme (SRLP) — our in-house leadership programme that nurtures and grooms Chief Residents with leadership potential.



2017

Two SingHealth Clinician Scientists Residents were the sole awardees of the inaugural National Outstanding Clinician Scientist Resident Award for their outstanding performance in clinical training and research. **Guess how many CS Residents have won this award to date?**

Launched the Resident Procedural Credentialing (RPC) system to ensure Residents' competency to perform relevant procedures on patients without direct supervision.

Formed the Clinical Learning Environment Review (CLER) sub-committees with six focus areas to create a conducive environment for Residents. **Do you know which are the six areas?**

See answers on the bottom of the page ~

2016



Welcomed our 1,000<sup>th</sup> Resident in SingHealth.



2018

Welcomed the newly built SKH as our 4<sup>th</sup> participating site for clinical training, alongside SGH, CGH and KKH.

Celebrating  
10  
Years of Residency

2020

Celebrated our 10<sup>th</sup> year in graduate medical education and have successfully graduated more than 710 Residents to date.

Answers  
2010: General Surgery, Emergency Medicine, Internal Medicine, Pathology, and Paediatrics.  
2017: 7 Clinical Scientists Residents;  
Patient Safety, Care Transition, Supervision, Healthcare Quality, Professionalism, and Resident Wellness.

Hear from

# Our Pioneers

SingHealth Residency turns 10 this year!

Our pioneers in SingHealth Residency — administrators and Faculty alike, share the challenges and untold stories of their early days in Residency.

## Our Pioneering Faculties

### Dr Winnie Lam Wing Chuen

Programme Director, Nuclear Medicine  
(2012 – 2018)

The hardest struggle my team and I faced during the initial phases of SingHealth Residency was having to learn a 'new' medical language as we were accustomed to the old BST/AST system. Nonetheless, I would consider ourselves fortunate as we had predecessors from Phase 1 and 2 Residency programmes, whom we could learn and seek advice from.

I fondly remember attending the 2015 ACGME Annual Educational Conference held in the United States with other Programme Directors and Programme

Executives, where some of us were left stranded in the hotel due to a sudden snowstorm. Instead of moping around, we decided to make the best out of the situation by having snowball fights and making snow angels!

The past 10 years have not been easy but SingHealth Residency has undoubtedly made a name for itself in Singapore's medical scene. This is only possible through the efforts of everyone in SingHealth and I am honoured to have played a part in it.

### Prof Goh Siang Hiong

ADIO, CGH  
(2009 – 2014)

Together with Prof Colin Song, Prof Chay Oh Moh and Assoc Prof Lim Boon Leng, we formed the pioneer batch of Graduate Medical Education (GME) leadership as DIO and ADIOs of SingHealth Residency in 2009. It was an uphill task as we struggled to translate and apply the US-based ACGME-I rules and regulations to our UK-based system then. It was also difficult to get the management to be receptive of new ideas and changes. Thankfully, with communication and persuasion, we managed to overcome these challenges.

One of such important changes implemented was the recruitment process of medical students where they

are no longer able to gain direct entry to Residency without going through the mandatory Postgraduate Year 1 (PGY1) programme. This move greatly reduced attrition and increased motivation among Junior Residents. With a better understanding of their clinical strengths, medical careers and interests, many of them have grown to prove themselves as capable clinicians in their chosen fields, with leadership potential in areas such as research, education and innovation.

This is living proof that we do not only have a system that is good enough to train holistic clinicians, but also a system that is on par with the US standards, which I couldn't be more proud of.

### Assoc Prof Weber Lau

Programme Director, Urology  
(2013 – 2020)

The toughest challenge during the early years of SingHealth Residency was definitely the design and implementation of Residency programmes.

Although educators and Residents were given protected time for education, there was always a need for extra help to take over the heavy service load such as preparation of documents before a

Joint Committee on Specialist Training (JCST) audit.

Fortunately, with great teamwork and effort of each staff member, we managed to overcome this to successfully pass our JCST audits without any citations and was even awarded the Best JCST Programme Award in 2016.

## Assoc Prof Mark Leong

Programme Director, Emergency Medicine  
(2009 – present)

The early days of SingHealth Residency were tough, as there was a constant battle between provision of clinical services and the requirements of education — both of which were equally key aspects of AGCME-I. I still remember vividly our first audit when we received the Letter of Notification from our overseas accreditors. The letter stated that they would be back the following year to give increased scrutiny to the workings of our Residency structure and programmes, and we felt this huge pressure on us to do even better next year. The fact that

we passed the audits successfully the following year, and the years after, left us with a great sense of accomplishment that we had come a long way.

But we are still far from finished! At Residency, all of us agree that 'transformation' is constantly required to keep up with the changing healthcare landscape and its demands, but how we 'transit' into each new phase also matters. It's an exciting, ongoing dialogue and one I'm glad to be a part of.

## Assoc Prof Inderjeet Singh Rikhranj

Programme Director, Orthopaedic Surgery  
(2010 – present)

When Residency first started in 2010, it was a sudden and seismic shift in the way graduate medical education was delivered. Along with this came new portfolios of education delivery, assessments and administration, which were mind-boggling to me.

The most difficult task we faced was to write out the curriculum and fill in the Programme Information Form (PIF), as it was something none of us had been trained to do. Nonetheless, it was thoroughly satisfying to know that we were laying the grounds that would shape the future batches of orthopaedic surgeons. We also faced other challenges like convincing the general Faculty to implement the

curriculum and getting newly minted Residents to understand the programme. We had to be very good 'salesmen' to achieve these.

Although we have turned 10, SingHealth Residency is not yet a finished product as there will always be changes to face and challenges to overcome. This year is probably the most challenging, with COVID-19 throwing a huge wrench in the works. But despite the disruptions, it has also ushered in new ways of delivering education to our Residents. It reminds me that as long as we adapt and change, SingHealth Residency can only grow stronger in the years to come!



## Dr Sally Ho Chih Wei

Programme Director, Family Medicine  
(2011 – 2017)

My appointment as Family Medicine's pioneer Programme Director was a timely coincidence. Before SingHealth Residency started, I happened to be on secondment to Ministry of Health (MOH), assisting in developing and implementing of the 'new' Residency system with ACGME-I.

Despite being familiar with the system and regulations, it was still a struggle having to write the PIF, arrange rotations and create protected time for our Residents. Fortunately, my team and I overcame these struggles with the support and help of our management, Faculty and administrators.

Together with our first batch of Residents, we started a community outreach project

to offer health screening and talks to an under-served population in Singapore. It was a fun and fulfilling experience as our Faculty and Residents had an opportunity to bond over a meaningful project.

Over the past decade, SingHealth Residency has made significant progress in its system and structure to create a platform for our disparate specialties to come together and share stories of their best practices. I am proud to have been part of this journey in nurturing Residents who are now providing primary care as family physicians at our polyclinics, community hospitals and GP clinics as well as Faculty members educating the next generation of aspiring family physicians.



## Assoc Prof Lim Boon Leng

DIO, SingHealth Residency  
(2012 – 2018)



I never imagined that I would be appointed as Designated Institutional Official (DIO), SingHealth Residency in 2012. There was certainly an element of luck in how my career has progressed, and perhaps you could say I was in the right place at the right time with the right people. When Residency programme started, my previous leadership experiences as Director of ICU and Head of Department of Anaesthesiology equipped me with the right skills for the role of ADIO (SGH) and eventually DIO.

The most memorable and hardest struggle I had was in 2012, when I first took on the role of DIO. It was the same year that our

Residency programmes were undergoing evaluation for Accreditation Council for Graduate Medical Education-International (ACGME-I) accreditation and had to be completed within three months after taking over as DIO! Thankfully, we passed.

SingHealth Residency has come a long way, with a more structured curriculum, supervision and assessment framework in place now. This was only achievable, step-by-step, with the team's efforts. These efforts did not happen overnight; we had to address many problems at their roots and I am thankful I had the support of the senior management, ADIOs, PDs, core Faculty and a good team of administrators.

## Dr Victor Chao

Programme Director, Cardiothoracic Surgery  
(2013 – present)



To me, the hardest struggle during the start of Residency was developing a 'training culture' within the department.

Back then, due to the high-risk nature and technical difficulty in operating on patients suffering from cardiovascular diseases, Cardiothoracic Surgery (CTS) Residents had to prove themselves 'worthy' in order to be given the opportunity to be trained. This led to a vicious cycle as those who were unable to prove themselves worthy were trained lesser, and subsequently left behind.

Some of the Faculty members and I decided to take it upon ourselves to provide and ensure that all of our

Residents are sufficiently trained to perform surgical services required of a CTS Resident. The sense of achievement was indescribable when our first batch of Residents graduated and were able to perform surgeries successfully and independently. This was only possible due to the dedication and efforts of a strong core of Faculty who stepped up to mentor our budding surgeons.

SingHealth Residency has indeed come a long way. Nevertheless, it remains a great platform and opportunity for our Residents to improve their clinical, medical and surgical skills, to become safe and qualified surgeons.

## Assoc Prof Ian Yeo Yew San

Programme Director, Ophthalmology  
(2010 – 2014)



The early days of Residency were not easy. The greatest challenge we faced then was learning how to translate the ACGME-I jargons and requirements into practice. Despite these difficulties, I jumped at the opportunity to make Ophthalmology Residency programme better as I have always been passionate about training the next generation of ophthalmologists.

Although there were challenges, there were many enjoyable moments that I came to cherish too. One memory is the first-ever SingHealth Residency Open

House, held at the old Duke-NUS building in 2011, where I was dressed as a 'kung fu' master, while interacting with prospective Residents. It never fails to bring back fun memories and laughter whenever the video of this event is being replayed.

It's heartening to see that we are all working towards a common goal: building an identity that's unique to SingHealth, with the same hopes of nurturing the next generation of doctors who carry the right ethos for patient care, research and education with them.

## Prof Chan Choong Meng

ADIO, SGH  
(2012 – 2014)



The early days of Residency were the hardest, but they were also the 'easiest'. Hardest because we had to start from ground zero without proper guidance; easiest because it gave us ample opportunities to learn, grow and work collaboratively within the SingHealth Residency programmes.

Despite the challenges, I am proud to have had the privilege to work alongside

my fellow ADIOs and DIO, to contribute in some ways to propel SingHealth Residency from its infancy stage to where it is today. All the sacrifices and hard work were worth it when we saw our Residents successfully graduating from their training to become competent doctors in their own fields.

## Our Pioneering Administrators



### Ms Jillian Ang Andrada

Institutional Coordinator,  
GME Office

It has been a memorable 11 years with SingHealth Residency! I first began my journey in Residency as a Programme Executive in Emergency Medicine Residency Programme. At that time, I was still seated at SGH Block 3, Basement 1, with other Consultants and Medical Officers (MOs). You can imagine how isolated the office was, as they were usually all out doing their rounds and seeing to their patients. Thankfully, no ghost sightings or creepy stuff happened!

In 2012, we shifted to the old Duke-NUS building located amidst the hustle and

bustle of Outram Campus. It literally had a 'kampong' feel to it as we had crickets 'serenading' us while we worked overtime and lizards for company in the toilet.

Despite its kampong-ness, I still miss the old Duke-NUS building, which was like an island for all Residency staff to gather, interact and foster bonds with one another. I strongly believe it was the place that has ignited the Residency community spirit that is still strong till today, even though we have all relocated to newer and nicer-looking offices now.

### Ms Wan Ching Ming

Assistant Institutional Coordinator,  
GME Office



The camaraderie and friendships forged with my colleagues, within and outside of SingHealth Residency over the past decade are things that I cherish and hold dear to my heart.

The highlight of my Residency journey is undoubtedly dressing up with my GME Office colleagues-turned-friends

for the annual SingHealth Year End Party. The amount of ideas we have each year is just mind-boggling, as evident in the photo above, where we were dressed up as zombies.

This shows that in SingHealth Residency, we work hard but we definitely party harder.



### Ms Mona Seow

Programme Executive,  
Geriatric Medicine & Rehabilitation Medicine

I have had many fond memories of SingHealth Residency since I joined in 2009. One of the fondest memories was attending the first-ever ACGME Conference in the United States.

It was an eye-opening experience for all of us – Programme Directors, Programme Executives and administrators from KKH and CGH as we were the first

overseas institution to have attended this conference then.

Through this trip, we saw how differently medical services and facilities were being provided in the United States versus Singapore and gained valuable insights on what we could improve further on once we were back.



### Mr Joseph Li Yong Da

Assistant Manager,  
Postgraduate Year 1 (PGY1) Programme

The PGY1 team works alongside aspiring doctors as they start their first year of PGY1 training (aka Housemanship), and we have the opportunity to witness their growth at the beginning of their medical career. This photo was taken right after an ACGME-I site visit for our Transitional Year Residency Programme (now known as PGY1 Programme) audit in 2015, where I was closely supporting my Programme Director.

As my Residency colleagues would know, every Residency site visit can be a

hair-raising experience as the site visit is a key component of our successful re-accreditation. This photo captured the immense relief and sense of satisfaction I felt right after the successful site visit. Work can be challenging at times, but the opportunities and exposure that I have gained have been most rewarding and satisfying. And on top of it all, the people in Residency whom I have worked with over the last 10 years make it all worthwhile!



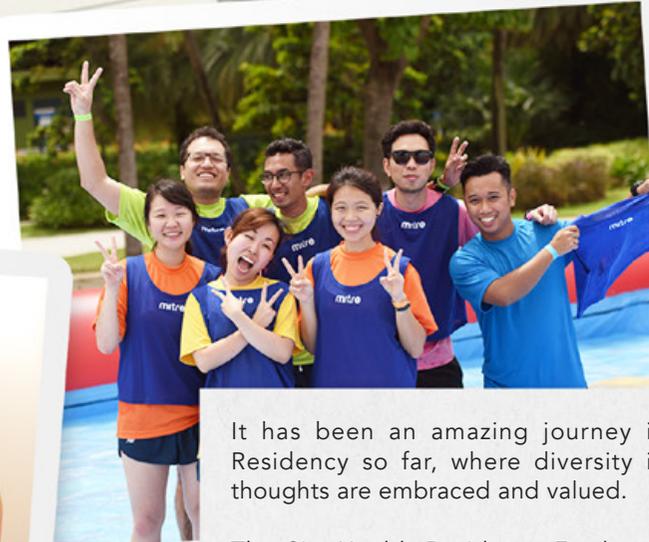
## Ms Jodie Lee Ling Horng

Senior Manager, Centre for Residents and Faculty Development (CRAFD), GME Office

Like SingHealth Residency, this year also marks my 10<sup>th</sup> year anniversary in Residency too! Growing alongside SingHealth Residency has been fun and enjoyable — made possible by the people (colleagues, Faculty and Residents) whom I have had opportunities to learn, work and build camaraderie with.

One of the proudest moments I had in Residency was in 2019, when my team and I were given the opportunity

to work alongside Dr Andrew Ong, Programme Director, Gastroenterology Senior Residency Programme, to present at the SingHealth Duke-NUS Education Conference 2019. It was a fulfilling and memorable experience to have been a part of this landmark event, and to be invited to share our work in front of so many healthcare educators and learners. It was a validation of the hard work and efforts that the CRAFD team has put in over the years.



It has been an amazing journey in Residency so far, where diversity in thoughts are embraced and valued.

The SingHealth Residency Freshmen Orientation held at Sentosa was an event that I would always remember. We participated in games to compete and outdo our Programme Directors, Faculty and new Residents.

## Mr Soliano Romano Ernesto Gomes

Programme Executive,  
Neurosurgery

During each game, your rank, gender or age did not matter. Nobody was spared. It was a fun and eye-opening experience as it is not every day that you get to witness the playful and competitive sides of your PDs, Faculty and colleagues!

## Mr Muhammad Faizal Bin Malkan

Associate Executive,  
Paediatric Surgery

I have been with SingHealth Residency for six years now. Despite my introverted nature, I have come to enjoy meeting and interacting with different people along my Residency journey. All of them have been nothing short of supportive; teaching me to see things from different perspectives and encouraging me to step out of my comfort zone.

I still remember my first ever SingHealth Residency Freshmen Orientation at



Sentosa, where I had to play games with new Residents and Residency Faculty. One of the games included dancing – something that I was particularly shy and embarrassed about! But with the encouragement of my newly befriended Residency family, I managed to pluck up the courage to dance! It was definitely an experience that I would never forget.

# Well Wishes for SingHealth Residency

From the Academic Clinical Programmes (ACP)

## Ophthalmology & Visual Sciences ACP



*Congrats*  
CLASS OF 2020

"The only way to do great work, is to love what you do" - by Steve Jobs

SingHealth Residency has come a long way since its inception, and with many passionate and dedicated Mentors and Teachers, we are able to achieve our goals in training the specialists of tomorrow, keeping in mind our philosophy to put 'Patients. At the Heart of All We Do.'

SNEC Management, Training and Education, and Residency Team

## Musculoskeletal Sciences ACP

CONGRATULATIONS ON YOUR GRADUATION!

YOU ARE AN AMAZING DOCTOR AND WE ARE PROUD TO HAVE BEEN A PART OF YOUR JOURNEY!



## Neuroscience ACP



From all of us at Neuroscience ACP,

*Congratulations*  
on your graduation!



Happy 10<sup>th</sup> Year Anniversary!

Thanks for the memories!

-Esther, Oncology PE (2017-2020)



## Medical Oncology ACP

Dear 2020 graduating Paeds Residents,

May Today's Success Be The Beginning Of Tomorrow's Achievements.

Congratulations!



Paediatrics ACP

From: Paeds Residency Team

Quote from <https://www.congratulationmessage.com/29411/may-todays-success-be-the.php>  
Image from <https://www.pexels.com/photo/silhouette-of-bird-above-clouds-755385/>

Celebrating 10 years of exemplary medical education



SingHealth Residency

Happy 10th Anniversary!

From RADSC ACP

Radiological Sciences ACP

Happy 10<sup>th</sup> Anniversary to SingHealth Residency and many more years to come!  
From ANAES ACP and SHARP



Anaesthesiology ACP

# SINGHEALTH RESIDENCY GRADUATION 2020

Family Medicine ACP

Delighted to know that you have successfully completed the training despite the challenges posed by the pandemic. Well done! Best wishes to the next phase of your career & I look forward to you joining us & bring family medicine to a higher plane

Clinical Asst Prof Tay Ee Guan  
- Vice Chair, Education

The SingHealth Family Medicine Residency program is known for its rigour and the graduands have a good reputation of being of a high standard. You have been trained by institutions that are among the best in Singapore with good international reputation. Your teachers are dedicated in the local and international fraternity. Be proud of your training and do not rest on your laurels. An exciting professional path lies ahead of you.

Assoc Prof Lee Kheng Hock - Deputy Chair, FM ACP

Why Family Medicine? ... its Family before Medicine,  
---your colleagues as a team, like a family  
---your challenge facing the span of biomedical and psychosocial systems,  
---your family, that you will help keep well, get well & live well!"

Clinical Asst Prof Adrian Ee - Chair, FM ACP



Congratulations, and welcome to the Family. In Family Medicine, we are privileged to walk through life's journey with our patients, their families and our communities. May you find success and fulfilment on your professional journey in the years ahead, as we continue to make a difference to many lives.

Clinical Asst Prof Chow Mun Hong - Vice Chair, Strategy and Innovation

Congratulations SingHealth Residency for your 10th Anniversary and congratulations to our Family Medicine graduands!

Clinical Asst Prof David Ng - Vice Chair, Clinical Services



The current COVID-19 crisis is the best textbook for the FM Residents. The chapters contain realistic lessons in the management of people and patients in the community, from preventive care such as screening and mask-wearing to acute treatment of those who are infected. The crisis is an opportunity of a lifetime to imbue the principles and fundamentals of Family Medicine and apply them to effectively maintain the safety and health of the people and patients that they care for amidst the pandemic. SHP FM Residents are exemplary in taking on extra roles and responsibilities, from looking after the foreign workers in the dormitory, medical humanities to Covid-related research. This is what it takes for SHP FM Residents to as our distinguishing future Family Physicians Plus-Plus in Singapore. Value the FM training in SHP and keep up the excellent work!

Clinical Assoc Prof Tan Ngiap Chuan - Vice Chair, Research

## Congratulations to all our Graduands!

# Happy 10 Years of Residency and more years to come!



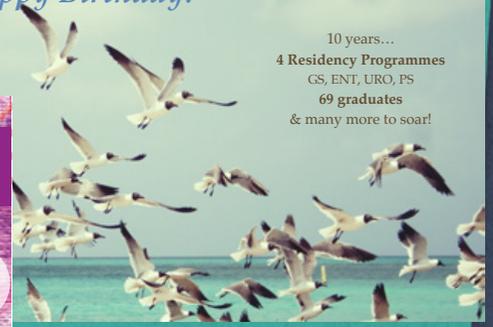
Medicine ACP

Surgery ACP

Give the ones you love wings to fly, roots to come back, and reasons to stay. - Dalai Lama XIV

## SURGERY ACP wishes SingHealth Residency 10<sup>th</sup> Happy Birthday!

10 years...  
4 Residency Programmes  
GS, ENT, URO, PS  
69 graduates  
& many more to soar!



# PATHOLOGY

"The kite flies the highest against winds of adversity. As you open this new chapter in your career, brave the winds and realize your highest potential!"

**Dr Leow Wei Qiang**  
Programme Director,  
SingHealth Pathology  
Residency Programme

"Many congratulations to all Residency graduands! All the best to an exciting next phase of your professional career and may you stand steadfast in always contributing your knowledge and skills for patient care."

**Prof Tan Pusu Hoon**  
Academic Chairman, SingHealth Duke-NUS  
Pathology Academic Clinical Programme

"Congratulations on surviving. Welcome to 20 cups of coffee on week-days. Double on weekends. Good luck, champ. You'll need it."

**Dr Tang Po Yin**  
Consultant  
Anatomical Pathology  
SGH

"Congratulations on completion of your Residency training! Today marks the beginning of an exciting career ahead of you. Continue to hold on to your dreams and ideals for the medical profession. All the best."

**Dr Timothy Tay**  
Consultant  
Anatomical Pathology  
SGH

"Heartiest Congratulations! Wish you all the best in your future endeavours and thank you for all your support."

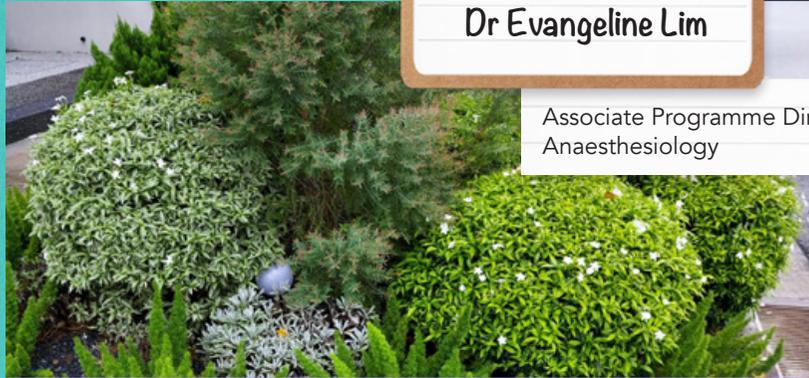
**Dr Choo Fan Foon**  
Resident Lead,  
Anatomical Pathology  
SGH

Pathology ACP

From Faculty and Resident Alumni

Dr Evangeline Lim

Associate Programme Director,  
Anaesthesiology



**Congratulations!**  
**Continue flourishing**

Dr Wong Wei Teen

Family Medicine  
Residency Alumna

Go  
Grow  
Glow  
Together  
weiteen

Dr Jason Chan  
Yong Sheng

Medical Oncology  
Senior Residency Alumnus



Clin Assoc Prof  
Tan Tien Jin

Associate Programme Director,  
Diagnostic Radiology



Dr Vidya Subrahmanya  
Upadhyaya

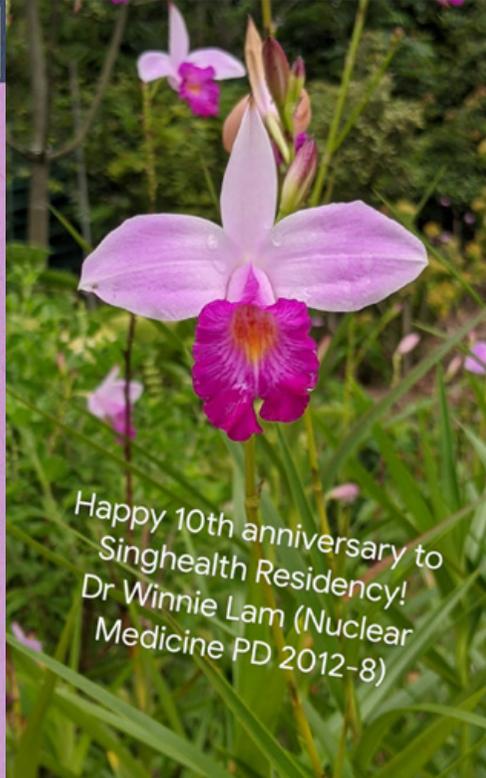
Clinical Core Faculty Member,  
Diagnostic Radiology

As we celebrate what we have accomplished,  
we set the notch a bit higher, for the next milestone.

#singhealthresidency

Dr Winnie Lam

Senior Consultant,  
Nuclear Medicine & Molecular Imaging



Happy 10th anniversary to  
Singhealth Residency!  
Dr Winnie Lam (Nuclear  
Medicine PD 2012-8)

Dr Jason Lim  
Shau Khng

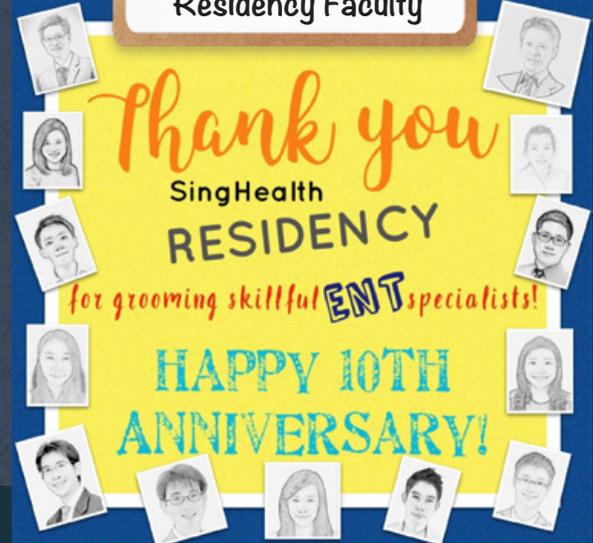
Senior Consultant,  
Obstetrics & Gynaecology

It has been an incredible 10 years of Residency! The evolution of the programme and its relentless pursuit of academic excellence make it one of the most successful programme in Singapore. And I am so proud to be part of this metamorphosis since it's infancy days. Hereby wishing SingHealth Residency a wonderful 10<sup>th</sup> anniversary and many more good years ahead. Cheers!

DR JASON LIM SHAU KHNG



Otolaryngology  
Residency Faculty



To past, present and future Residents, educators, leaders, collaborators and administrators of SingHealth Residency:

Thank you for the  
extraordinary work,  
and here's to the  
road ahead!

Dr Jean Chai  
Programme Director  
SingHealth Ophthalmology  
Residency Programme

Dr Jean Chai

Programme Director,  
Ophthalmology

**Dr Cristelle Chow**

Associate Programme Director,  
Paediatrics

What a long way...  
We're finally 10 today  
Come what may  
We'll always be  
stronger than  
yesterday

#singhealthresidency

**Dr Chew Si Yuan**

Respiratory Medicine  
Residency Alumnus



A hero is an ordinary person who finds strength to persevere and endure despite overwhelming obstacles. Thank you for being the everyday superheroes that continue to inspire and support us through our entire journey in SingHealth Residency!

**Clin Assoc Prof  
Sharon Tow Lee Choon**

Senior Consultant,  
Clinical Associate Professor, SNEC



Dear SingHealth Residents,

Wishing you a fruitful, fulfilling, successful and enjoyable journey through Residency!

**CI A/Prof Sharon Tow Lee Choon**  
Senior Consultant  
Clinical Associate Professor,  
Singapore National Eye Centre

**Dr Daniel Ting Shu Wei**

Ophthalmology  
Residency Alumnus



Congratulations SingHealth Residency on your 10<sup>th</sup> year anniversary!  
Proud to be the pioneer batch of Ophthalmology Residents 10 years ago! :)

**Dr Daniel Ting Shu Wei**  
Consultant,  
Singapore National Eye Centre



Living My Love  
of Medicine



 [www.singhealthresidency.com.sg](http://www.singhealthresidency.com.sg)

 SingHealthResidency

 [residency@singhealth.com.sg](mailto:residency@singhealth.com.sg)