



SR

15

*Living My Love  
of Medicine*

SingHealth Residency Yearbook Academic Year 2014/2015

# CONTENTS

## GRADUATING RESIDENTS FEATURE

- 10 **Advanced Internal Medicine**
- 13 **Emergency Medicine**
- 14 **Family Medicine**
- 22 **General Surgery**
- 24 **Nuclear Medicine**



## CONGRATULATORY MESSAGES

- 3 **Prof Ivy Ng**  
Group Chief Executive Officer, SingHealth
- 4 **Assoc Prof Lim Boon Leng**  
Deputy Group Director, Education, SingHealth  
Designated Institutional Official, SingHealth Residency
- 8 **Assoc Prof Tan Hak Koon**  
Associate Designated Institutional Official, SGH
- 9 **Prof Tan Eng King**  
Associate Designated Institutional Official, Research
- 25 **Prof Chay Oh Moh**  
Associate Designated Institutional Official, KKH
- 28 **Assoc Prof Tay Yong Kwang**  
Associate Designated Institutional Official, CGH



## SPOTLIGHT

- 26 **Off the Beaten Path**  
Medical and relief missions
- 27 **A Class of Her Own**  
Teaching initiatives



## RESIDENTS' COMMITTEE

- 5 **Editors' Foreword**
- 7 **Residents' Committee Foreword**
- 32 **Residents' Committee Feature**



## PHOTO BOOTH

- 41 **Advanced Internal Medicine**
- 42 **Emergency Medicine**
- 43 **Family Medicine**
- 45 **General Surgery**
- 46 **Nuclear Medicine**

## RESIDENCY LIFE

- 6 **Residency Milestones**
- 34 **Project Hope**
- 35 **SingHealth Orientation**
- 36 **Student Internship Program Bootcamp**
- 37 **SingHealth Residency Games**
- 38 **SingHealth Residency Open House**
- 39 **RiSE Awards**
- 40 **SingHealth Duke-NUS Scientific Congress**

## FUN FACTS & TRIVIA

- 29 **SCRP Cohort 1**
- 30 **SCRP Cohort 2**
- 47 **Graduating Residents**

### Editorial:

**Residents' Committee Co-chair** Dr Vanessa Tan, Dr Teo Jiahui **RC Communications Sub-comm** Dr Alvin Tng, Dr Amila Silva  
**Contributors** Prof Ivy Ng, Assoc Prof Lim Boon Leng, Assoc Prof Tan Hak Koon, Prof Tan Eng King, Prof Chay Oh Moh, Assoc Prof Tay Yong Kwang, Dr Kang Mei Ling, Assoc Prof Mark Leong, Dr Ho Chih Wei Sally, Dr Cheow Peng Chung, Dr Winnie Lam Wing Chuen, Dr Wong Wei Teen, Dr Chan Jing Jing, SCRPs Cohort 1 and 2, Program executives from Advanced Internal Medicine, Emergency Medicine, Family Medicine, General Surgery and Nuclear Medicine. **Special thanks to Dr Ou Yang Youheng, photographer for the yearbook**

## CONGRATULATORY MESSAGE FROM



**Prof Ivy Ng**

Group Chief Executive Officer, SingHealth

**M**y very warmest congratulations to all graduating Residents! SingHealth Residency first started in 2010 to nurture the next generation of medical professionals into highly skilled medical leaders who are innovative, self-directed learners with a strong sense of ethics and compassion. From an inaugural intake of just 63 Residents, the program has grown significantly with more than 800 Residents currently being trained and we are proud to be celebrating the graduation of 34 Residents this year.

A graduation, otherwise known as commencement, signifies a new beginning. This marks the start of your medical career as a specialist after five years of intensive, rigorous training. This achievement has not been without hard work and commitment and we applaud you for persevering to get to the finish line!

I hope the opportunities here at the SingHealth Duke-NUS Academic Medical Centre have been useful. The range of options here to participate in world-class research, clinical trials, and access the latest medical training

and technology should have helped you discover your passion and interest areas. I trust that you will bring your passion for medicine and valuable knowledge learnt from your mentors to wherever you may pursue your medical career. As you embark on an exciting new chapter of your professional life, remember to stay curious and make learning an integral part of your journey.

Theodore Roosevelt, the 26th President of United States observed in a 1903 address, "Far and away the best prize that life offers is the chance to work hard at work worth doing." So bear in mind that for every patient you interact with, your care contributes to their well-being; each scan and chart you pore over helps to make critical diagnoses. Your professional life may have its highs and lows but if you always put your patients at the heart of all you do, you will find your career in healthcare to be meaningful and very fulfilling.

Congratulations once more and I wish you a successful and rewarding career in healthcare!

## CONGRATULATORY MESSAGE FROM

### Assoc Prof Lim Boon Leng

Deputy Group Director, Education, SingHealth  
Designated Institutional Official, SingHealth Residency

**M**y heartiest congratulations to SingHealth Residency's inaugural batch of graduands!

I am proud to see you embarking on your careers as specialists. You are the pioneer batch of specialists to be trained under the American ACGME-I Accreditation system with structured rotations, clear learning objectives in every rotation and evaluations by teaching faculty. In comparison to the old days of 'seeing one, doing one and teaching one', you are much better off under the new Residency program.

You have received your training in SingHealth, the largest Sponsoring Institution in Singapore, and also the one with the best case-mix. SingHealth Residency sought to provide you with the depth and breadth of academic knowledge, and opportunities to hone your clinical skills. In combination with graded responsibility and supervision, we have been preparing you as future leaders in the medical field. You are poised to become well-rounded clinicians who will practice evidence-based medicine and carry on the calling to improve the standard of healthcare.

I have seen how you, as the pioneering cohort, overcame the initial challenges of a new training system and worked diligently to become the best versions of yourself. In the present climate, where the future of medicine lies in the conscientious pursuit of research and education to improve healthcare, these skills will take you far.

It is also with appreciation that I say your generosity in sharing knowledge has shaped SingHealth Residency's training. Besides the Chief Residents Workshop to nurture future leadership, the "Residents as Future Teachers" (RAFT) programme to cultivate the next wave of clinical educators has also been highly commended.



I hope to inculcate the spirit of giving back in you. I strongly encourage you to return as educators and Faculty for your fellow Residents and juniors, just as you have benefitted from the guidance of your own peers, Faculty and mentors.

I wish you all the best in your journey as a specialist and look forward to seeing you excel. I am certain that your drive to provide a helping hand to those in need will lead you to hold patients at the heart of all you do. Congratulations once again!

## EDITORS' FOREWORD



What does a yearbook mean to you? Is it an item to store in a corner of the study room? Or perhaps another paper weight to flatten dried flowers for your potpourri project? We hope that for many of us, it would mean something more. It should reflect the vibrancy of our SingHealth campus life and serve as a testament to what we accomplished together. This sentiment resulted in us riffling through our cupboards and long-forgotten boxes for our old yearbooks from as early as Primary School days for research's sake!

We have condensed the best ideas from our favourite yearbooks and are pleased to present the inaugural yearbook edition for our graduating batch of SingHealth Residents 2014/2015. In this book of celebrations, it holds memories of various successful events held in the past year – from research and education events, to community involvement and orientation programs – reflect and bear testament to the vibrancy of our SingHealth campus life.

Our people are the core focus of SingHealth. In our yearbook, we're proud to present the graduating batch of Residents from Advanced Internal Medicine, Emergency Medicine, Family Medicine, General Surgery and Nuclear Medicine! In addition, we're featuring the various Chief Residents from the current and previous cohorts who share some words of wisdom!



**Dr Amila Silva**  
RC Communications  
Sub-comm Vice-Head

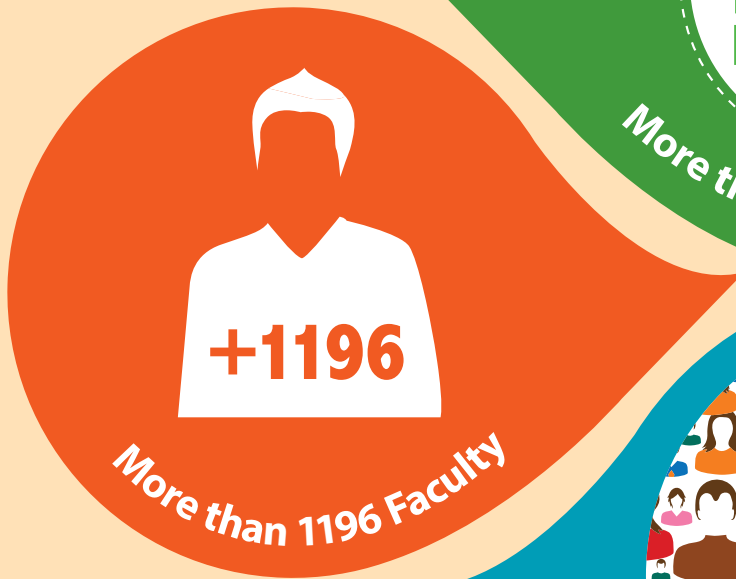
**Dr Alvin Tng**  
RC Communications  
Sub-comm Head

It has been a learning journey for both of us but we are deeply honored to be involved in the creation of this yearbook. We are truly thankful for the help of the various Faculty members, Residents' Committee, as well as the Residency administrative staff, without whom this yearbook would not come to fruition. The yearbook that you're holding in your hands now will take you down memory lane, which was filled with happy memories. Let it become something to flip through fondly twenty years down the road.

Once again, we would like to congratulate our graduating batch of Residents!

# Residency Milestones

for AY 2014



# RESIDENTS' COMMITTEE FOREWORD



## Our Vision

The Residents' Committee (RC) fosters a sense of community amongst SingHealth Residents and connects seniors and Residents while actively engaging medical students.

Currently in its fifth year, the RC consists of 37 Residents across all the programs and is made up of 5 subcommittees:

- Education
- Research/Duty Hours
- Volunteerism
- Communications
- Student Relations

## What we do

The **Student Internship Program (SIP) Bootcamp** is a key event organized by the RC to engage medical students. Residents serve as educators, imparting the Year 4 medical students with practical skills to becoming effective interns. This year, the RC created a brand-new program, **Students Today, Aspiring Residents (STAR)** program, which provides one-to-one mentoring by our own Residents for medical students from all three medical schools in Singapore.

To forge camaraderie with Faculty and Residents, the RC and Graduate Medical Education (GME) Office organizes **SingHealth Residency Games**, an annual event that allows Faculty and Residents to display their athleticism and sportsmanship and come together for some fun and laughter!



Dr Teo Jiahui  
Residents' Committee Co-chair

Dr Vanessa Tan  
Residents' Committee Co-chair

RC also plays an active role in organizing events for Residents to serve the general community. Working with **Project Groomover** for the second year, the RC assisted in health screening for needy households before Chinese New Year. The RC also gathered four SingHealth Resident Doctors to participate in an Overseas Medical Missions trip to Yangon with NUS Yong Loo Lin Medical students.

This year, the RC created a new online blog for Residents to share their experiences. On behalf of the RC, we would like to dedicate this yearbook to all graduating Residents!

## Outlook of the Residents' Committee

Over the five years since it was first setup, the RC has gradually found its place and purpose in SingHealth Residency. We hope to continue fostering a group of individuals who are passionate about keeping our vision – to serve the Residents, medical students and the community.



## CONGRATULATORY MESSAGE FROM

### Assoc Prof Tan Hak Koon

Associate Designated Institutional Official,  
Singapore General Hospital (SGH)

methods might be replaced in an instant with better and faster ways. What is important is the ability to adapt and reabsorb new knowledge. Along with a structured curriculum and dedicated learning plans, your Medical training was bolstered with protected learning hours to encourage constant self-improvement. I am pleased that many of you have made full use of your precious time to study, observe and assimilate. Through your perseverance, you have surmounted the various challenges of medical specialty training.

The next crucial responsibility is to move SingHealth forward to greater heights. As the pioneering batch of graduating Residents, your efforts to glean the best from the training not only benefitted yourself, but also set the benchmark for top-notch Medical education. Because of your willingness to work hard, SingHealth Residency programs have achieved international recognition under the ACGME qualifications. Some of you have also gone above and beyond, adding weight to your clinical workload by participating in the Residents' Committee and SingHealth Chief Residency Program, which helped us enhance Residency life in all aspects. Continue cultivating this open culture of feedback so that our programs are fine-tuned for your juniors who will enter a SingHealth that will be led by you, our future leaders.

The third and final motto you must hold especially close to heart: Never forget that patients are Number One. A human touch is needed because our patients are live human beings, not only defined by their case numbers, but also by their lives with distinct hopes and fears, likes and dislikes.

These are the principles I live by and as they have helped me, I hope that you will find them useful. As our first "product" of a vastly improved training system, I am confident that you will more than measure up. It is a good start for everyone here at SingHealth. Graduating cohort of 2015, continue to shine. My warmest congratulations once again!

**T**o the graduating cohort of 2015, congratulations! Your graduation is a major step toward becoming a full-fledged specialist. This is but the first of many achievements you will accomplish over the years.

You have been chosen because of your intrinsic values that went further than stellar academic results. We looked for honesty and integrity, which would inspire trust in our patients. Next, the determination and drive to be in for the long haul were noted. Ultimately, a compassionate heart to serve those in need was the final confirmation that we had a team of top talents on our hands. As doctors, we all have the lifelong calling to serve patients to the best of our abilities. Hence, Medicine is a marathon. To excel in your chosen profession, a three-pronged approach is vital.

The first key is continuous learning as our patients' lives are in your hands. Today's cutting-edge medical technology could become obsolete quickly. Traditional



## CONGRATULATORY MESSAGE FROM

### Prof Tan Eng King

Associate Designated Institutional Official, Research

**C**ongratulations to the first cohort of 2015 graduands! You have worked hard to present the best of yourself always, and I am proud that you will be joining the ranks of specialists in SingHealth. Your graduation marks the dawn of a new era; advances in medical technology based on extensive research will allow you to consistently provide better healthcare for your patients. This also means that you are free to pursue, even encouraged, to play a part in vital research that will chart the future of Medicine.

The way Medicine is being practised now involves a concerted effort to link different specialties, clinical and non-clinical factors in a multi-disciplinary platform. Our approach in SingHealth to Clinical Research is highly coordinated, with Residents being involved in research projects that target priority healthcare areas in Singapore. I am pleased to see that you have honed your analytical skills and learnt to probe beneath the surface. These are how research breakthroughs happen! I speak on behalf of my colleagues when I say your work is deeply appreciated. When you contribute research in your various areas of expertise, our knowledge bank increases resulting in more information that can save lives. With more data, come more innovations that will spearhead tomorrow's Medicine.

An exciting development that I would like to highlight is the rise of Precision Medicine. In our mission to provide world-class healthcare and enhance the way patients are being treated, Precision Medicine would allow for tailored treatment based on genomics, physical, physiological and physiological make-up of individuals. Health problems are pinpointed with minimal pain and risk for our patients. Solutions can also be planned out most efficiently, based on our patients' specific needs. Precision Medicine, which is based on the dual elements of sound medical studies and empathy for patients,



combines our collective calling to treat the body and mind. As more research is needed before this project takes off, I would like to urge all of you to apply your talents to future planning, while servicing your existing patients. Being a good doctor means that patients entrust their lives to you; being an even better doctor means that you are forward-looking and anticipate potential medical needs.

We are proud to have nurtured you throughout your journey from R1 till today, where you are all competent clinicians with bright futures. I leave you with this thought: Deliver the care that you would like to receive. Once again, congratulations to all graduating Residents!

# ADVANCED INTERNAL MEDICINE



**Dr Kang Mei Ling**  
Program Director, Advanced Internal Medicine

## Recall your first day of specialist training. How was it like?

I had 16 blue letter consults and my pager (yes, pager!) was beeping non-stop. I was also extremely nervous about giving ID advice to people who may have been my seniors, but by the end of the day; I was scolding confidently in my characteristic loud voice, all the House Officers who were calling me without knowing their patients' histories well.

## How different was training life then and now?

Workload was heavier; there was no protected time or limit to the number of patients we saw, but we were also "freer" in many ways. Supervision and documentation were not so systematic and rigid and we mostly learnt on the job. But there were cons to this as well. If one happened to miss seeing a condition during one's training, too bad! You just won't know! These days, structured education ensures key things are taught to all trainees; and formative feedback is given to develop multiple competencies at the same time. Training now is also more evidence-based than expert clinician-led.

## Any memorable incidents that happened during this period that have particularly struck you?

These are our pioneer batch of Residents in more ways than one; and endured many uncertainties and changes in the system. On one occasion, they were told they were promoted one moment; and in the next, told that it was withdrawn! I was indignant and from that moment on, it became very clear to me that my role as a Program Director was not just a teacher but also an advocate for my Residents.

## What are some of your program's key milestones?

We brought about tangible changes in our home department; and I believe my Residents changed things for the better for many people as a result.

## What have you gained out of mentoring this graduating cohort?

I remain young by mixing with young people! I feel very privileged for the opportunity to influence minds and lives; and I feel very honored they accepted me as a teacher and a friend.



*Dr Kang Mei Ling (left in blue) traineeship years in Rheumatology*



**Dr Lim Wan Tin**

“ Wan Tin is a dedicated and reliable colleague who is a bonus to any team she belongs to. She works hard beyond what is expected of her, and does so without asking for any recognition in return.  
p.s. she loves a good coffee ;)



**Dr Tan Poh Yong**

“ Smart, exuberant and affable, Poh Yong has a likeable and pleasant personality, and not to mention good-humored too.”



**Dr Chong Jiamin Chiara**

“ Pretty, smart, friendly and capable, You can count on her to complete whatever task she has been assigned to the best of her abilities, no matter how tough the task is.”

“

*What's particularly special to us, as a whole, is being part of the first batch of the AIM Senior Residency program and growing up together, as well as closer, as a group. We have had the greatest bunch of colleagues and bosses, and our journey together has made us more confident and self-assured. Hopefully we have shaped the program for the better, and will leave behind something good for the future AIMmies.*”



**Dr Shalini Sri Kumaran**



**Dr Krithikaa D/O Nadarajan**



**Dr Ibrahim Muhammad Hanif**



**Dr Tan Yuyang**

# EMERGENCY MEDICINE



**Assoc Prof Mark Leong**  
Program Director, Emergency Medicine (EM)

“Decisive, chatty and cheerful, Geraldine’s always full of laughter! Not to mention, she always enjoys a good pint of beer!”



**Dr Geraldine Leong**



**Dr Chan Jing Jing**

## Recall your first day of specialist training. How was it like?

I am not sure what our Residents remember on day one. It is probably about ACGME-I competencies, duty hours and my repeated exhortations with regards to their procedure logging. My own first day was unforgettable (despite no mention of competencies, evaluations and ITE). I can recall vividly my Senior Registrar, a well-respected Endocrinologist, asking me to choose what I would like to succumb to, stroke or heart attack? Despite the overwhelming workload (two Medical Officers reviewing 60 to 80 patients whilst on call), his morbid question was never far from my thoughts. And how different my answer and perspective on life and death was when he revisited the question at the end of the posting.

## Any memorable incidents that happened during this period that have particularly struck you?

I recalled, with deep satisfaction, when one of our graduating Senior Resident intuitively placed defib pads (not part of standard SOP) on our AMI patient moments before he collapsed from VF cardiac arrest. Without missing a beat, his rhythm was restored and calm returned because of a pre-emptive intervention based on experience gained from previous patient encounters. It is indeed gratifying and satisfying to be part of the program and health care system that produces competent graduates of the highest calibre.

## Personal message for graduating Residents:

Apart from being a catchy phrase, “patients at the heart of what we do” is an apt reminder that we owe our clinical education and professional development to our patients.

“She’s quiet, unassuming, and responsible - just too bad about her very, very, very bad luck when it comes to work! Always! The camaraderie between us EM Residents are very strong, and I cherish the times we spend outside work having supper and de-stressing at weird hours.”



# FAMILY MEDICINE



**Dr Ho Chih Wei Sally**  
Program Director, Family Medicine (FM)

## Recall your first day of specialist training. How was it like?

The first two years of FM training took place in different hospital departments and there was no additional mentoring or clinical teaching as trainees within the departments. In the third year, we finally started primary care in the polyclinics, there was variable clinical teaching in preparation for the MMed FM exams depending on the Family Physicians in the different polyclinics.

## How different was training life then and now?

It is so different! Residents now have assigned supervisors, progress is monitored with regular feedback to help one keep on track and improve. There is a lot more direct supervision clinically which allows feedback and learning to take place. Residents and Faculty are given time to learn and teach. There is a lot more commitment to improve the learning environment even though we face the same issues of service obligations and manpower shortages. FM Residents now return to the polyclinic once a week right from the first year and

learn to manage patients in a directly supervised environment with feedback and small group case discussions.

## Any memorable incidents that happened during this period that have particularly struck you?

The pioneer Residents were very close and studied and worked well together. They formed study groups to prepare for the new ABFM part of the MMed FM MCQs as well as the tough clinical exams. They were good-natured and resilient and took the many uncertainties of a new program in stride. I am really delighted that they are also now actively coaching their juniors to help them prepare for the upcoming examinations.

A couple of our Residents serve communities in need, spending their leave on overseas mission trips regularly, despite their busy rotations and studies. One of them was recently awarded the Healthcare Humanity Award for 2015.

I remember when we had our interviews and matching exercise for the second batch, I noticed with some concern one of our R1 Residents sitting really close to a pretty candidate waiting for the interviews. It wasn't till later that we realized they were engaged. Since then, we have had a few more couples and a baby in our program practicing Family Medicine at another level.

## What are some of your program's key milestones?

One of the milestones was being the first FM program in Singapore to achieve initial ACGME-I accreditation for both foundational and advanced specialty requirements. After the initial mock site visit, the accreditors had deemed that Singapore's system of primary care service delivery and education made it very unlikely for us



## Family Medicine Graduating Cohort 2015



“What’s fulfilling? Receiving thank you cards from patients saying that I have made a difference in their lives. Being in primary care, we do not perform major procedures or surgeries for patients so it made me realize that even the small things we do for the patients go a long way.”

Top row, from left: Dr Esther Lee Cui Wei, Dr Guo Xiaoxuan, Dr Png Su-Yin Eunice, Dr Choong Kuan Siew, Dr Brindha Balakrishnan, Dr Alicia Boo Ying Ying, Dr Hee Pei Ru Hilda, Dr Lim Woon Ching Sarah, Dr Chang Zi Ying, Dr Wee Xue Jia Serene  
Front row, from left: Dr Zhuang Qingyuan, Dr Muhammad Sabith Salieh, Dr Lee Hang Keong, Dr Tan Wee Chuan

to achieve accreditation. Our Faculty and executives worked hard with management and were thrilled to be recognized for our efforts.

Another milestone is graduating entire cohorts with nil or minimal attrition from the program. It was gratifying that the program and the residents themselves were able to support one another through the journey.

### What have you gained out of mentoring this graduating cohort?

Being a Program Director has been quite an experience. I often liken it to parenting. It is a journey that is at the same time rewarding and satisfying, though it may seem difficult and thankless at times. It involves supporting, correcting, watching Residents and the program grow and learning to let go. While the administrative work can be tiresome at times, the teamwork among Faculty, admin team and Residents have been inspiring. The Faculty and admin team have put in tremendous effort, staying late, putting in extra hours at home, working within constraints and interpreting requirements meaningfully. Residents have been resourceful in maximizing their learning, giving constructive feedback

and contributing their talents and efforts towards team efforts. It has all resulted in a learning environment that we hope supports our learners to be the best they can be!

## Family Medicine Graduating Cohort 2014

Dr Chew Chun Yang  
Dr Jason Lau Ye Xiang  
Dr Liu Changwei  
Dr Loo Yu Xian  
Dr Loo Hsueh Han  
Dr Ngho Hui Lee Sharon  
Dr Poon Zhimin  
Dr Tan Seng Soon Dennis  
Dr Wong Wei Teen



**Dr Brindha Balakrishnan**

“ A kind-hearted spirit, she is smart, outgoing and approachable. ”



**Dr Alicia Boo Ying Ying**

“ Highly intelligent, organized and high achiever - always the driving force behind getting things done on time. ”



**Dr Choong Kuan Siew**

“ Sporty and outgoing, loves travelling. Always ready to go out of the way to lend a helping hand to her friends. ”





**Dr Png Su-Yin Eunice**

“Cheerful and hardworking, she has a vibrant and colourful personality. For an ardent foodie, she certainly is still able to maintain her figure!”



**Dr Lee Hang Keong**

“Needs his daily coffee eye opener; an honest guy, and loves his family loads!”





**Dr Esther Lee Cui Wei**

A maestro of Excel spreadsheets, she's feisty, meticulous and trustworthy.



**Dr Hee Pei Ru Hilda**

Elegant, kind, hardworking and loves her dog to bits. She checks in on you even to make sure you're alright at work - makes work-life so much more bearable!



**Dr Guo Xiaoxuan**

Modest, organized, dependable - with similar perfectionist expectations when it comes to work!



“ Very very smart. But outside of the workplace, she’s always ready to share marriage tips from an expectant mom during long car rides! ”



**Dr Chang Zi Ying**



**Dr Muhammad Sabith Salieh**

“ Jovial and full of energy - and always raiding the pantry for snacks! ”



**Dr Ng Yau Tung**

“ Happy, cheerful, pleasant and responsible - though very occasionally challenging me for the prize for being late. ”



**Dr Sim Chee Yong Mark**

“ Easy going, introverted, pleasant, and our very own... Mr Starbucks! Always requires a cup to get through the day. ”



**Dr Tan Yu Wen Jonathan**

“ First impressions can be misleading, but turns out he’s really friendly, not to mention, intelligent, capable and modest. ”



**Dr Zhang Jia Jia Mandy**

“ Despite returning from overseas, she had no problems adapting quickly and settling down to be the caring and effervescent doctor that she is to her patients; and the cheerful and helpful friend to us all. ”



**Dr Wee Xue Jia Serene**

“ Quiet, compassionate, efficient, responsible... and very fit! ”



**Dr Tan Wee Chuan**

“ Wee Chuan is very funny, dependable, approachable, friendly and really cares for his patients - even thinking about their problems after the clinic session ends! ”



“ Really smart - top scorer for ITE!  
Focused, with low threshold for  
stupidity. Quote of the day: “Speak to  
the hand!” ”



**Dr Zhuang Qingyuan**



**Dr Lim Woon Ching Sarah**

“ An excel pro,  
he can talk to  
anybody and  
everybody about  
anything under  
the sun! ”



**Dr Chen Weiming Darren**



**Dr Lee Fang Chin**

“ Goal-oriented and meticulous,  
working with her has been nothing  
short of entertaining and rewarding.  
Will miss the sound of your slapping  
feet next door as you plow through  
your patients! ”

“ A sweet and caring individual,  
she never fails to spend that extra  
time with patients even if she’s  
tired or worn out. ”



# GENERAL SURGERY



**Dr Cheow Peng Chung**  
Program Director, General Surgery

## Recall your first day of specialist training. How was it like?

Under the BST/AST training system, although BST trainees might do postings in different hospitals, all my BST postings were done in Singapore General Hospital (SGH) except for my Orthopaedic posting (a compulsory posting for General Surgery trainee then), which was in the old Toa Payoh Hospital.

## How different was training life then and now?

Training life in SGH has essentially remained the same over all these years, except that it is more structured now with a system in place to ensure our trainees are guided along the way. Similar to what training life is like now, we learnt hands-on, by managing patients in the wards and clinics, performing endoscopy and doing/assisting surgery in operating theatres. We also have to present at X-ray conferences, Journal Clubs and M&M meetings. These 'practical' trainings are important

as it provides invaluable experience that cannot be obtained merely by reading the books. We had to take a lot of personal responsibility in our own training, especially in acquiring endoscopy and surgical skills. The increased focus on training roadmaps is the way forward, but it is still important that each Resident takes personal responsibility in his own training.

## What are some of your program's key milestones?

Our program is one of the Phase 1 programs that started the Residency system. An important milestone is achieving Initial Accreditation on our second attempt. We subsequently obtained 4 years of Continued Accreditation, the longest among all the programs that went for re-accreditation in 2012. Credit goes to Prof Wong Wai Keong, who was the Program Director then. Hopefully we will do as well in our next accreditation in 2016. This year is another milestone for our program with four Residents from the pioneer batch graduating from the program.

## What have you gained out of mentoring this graduating cohort?

I became involved in Residency as Associate Program Director in Nov 2009 and subsequently as Program Director in Jan 2013. It is a great privilege to have the chance to develop a more structured General Surgery training program than that of the BST/AST system. The path is not easy, as we have to learn to adopt a new training system and adapt it to local practice, which is rather entrenched still. What have I gained out of this? Tenacity!

## Personal message for graduating Residents:

Big congratulations to the four Residents from our pioneer batch who have successfully completed the grueling, pressure-cooker, 5-year Residency program: Darryl, Jialin, Wan Sze and Winson. The road has not been easy, but they showed that with determination and hard work, it can be done! I look forward to them joining the program as Faculty and contributing to improving our training.



Dr Tan Jian Hong Winson



Dr Ng Jia Lin

“ Five years ago, we entered the program filled with uncertainty and unfamiliarity. The program was new, the rules were new, the requirements were new - no one knew what to expect. Fast forward five years, I think we can confidently say that we have grown in many ways, though the road ahead is still long. We are thankful for all our seniors and juniors who have helped us along the way, learning from each and everyone to become better doctors and surgeons. ”



Dr Pek Wan Sze



Dr Lim Mingjun Darryl



# NUCLEAR MEDICINE



**Dr Winnie Lam Wing Chuen**  
Program Director, Nuclear Medicine

## Recall your first day of specialist training. How was it like?

I personally feel that specialist training is much more structured nowadays. Back in the days when I first started specialist training, we had to figure out many things ourselves and learn the hard way. Nowadays, there's more guidance and mentorship, not to talk about welfare as well!

Having a part to play in educating the next generation of healthcare professionals is a privilege and an immense responsibility. Through education, I hope to inspire more like-minded individuals to join us in improving tomorrow's medicine.

## What have you gained out of mentoring this graduating cohort?

I am very glad to see our first batch of graduating Senior Residents complete their specialist training. They are all very bright and smart. I look forward to seeing them carry the flag of Nuclear Medicine high.



*Dr Winnie Lam (second row in red), during her last year of specialist training at the SGH Nuclear Medicine Update Conference Dinner 2009*



**Dr Tong Kian Ti Aaron**

“It's been a memorable journey thus far as a doctor-in-training. I still remember my very first night call as a HO – I finally settled down to lunch at 3am in the morning in the ward pantry! Standing next to the dustbin, I stared out of the window into the rainy weather wondering what my future medical career would be. In the blink of an eye, I'm now a Nuclear Medicine Physician!”



## CONGRATULATORY MESSAGE FROM

### Prof Chay Oh Moh

Associate Designated Institutional Official,  
KK Women's and Children's Hospital (KKH)



**C**ongratulations on the completion of your Residency training. You have all worked hard and persevered over the past few years!

SingHealth Residency has continued to develop specialists that will ensure sustainable high quality care for our patients. Apart from our Residents' clinical skills being honed continually, they are also nurtured and allowed to develop in areas of leadership and management.

Many of our Residents play an important role in administration, such as planning rosters and participation in development of curriculum. This is by no means, a small feat. It tests many facets of the leadership qualities like communication, inter-personal skills, collaboration, integrity and the ability to build a trusted reputation.

This year's cohort of residents also led patient care and safety initiatives by being involved in Quality Improvement Projects which displayed their commitment to patient well-being. This is important

to ensure seamless succession planning for the future so that everyone of you is challenged and mentored to excel clinically and in other areas such research and education.

Press on when you seem to be working harder than expected, I believe that you are being blessed with greater learning opportunities. (When I was a Pediatric Registrar, many years ago, my boss Prof Tan Cheng Lim would have been surprised if I had been on night call and he did not see a full ICU!). The best teachers are your patients, be grateful and respectful to them for enriching your clinical experience.

The completion of Residency is the beginning of a long enriching career to actualising the passion of rendering optimal care to all the patients. Learning does not stop here. Rather, it is the beginning of lifelong learning and improvement. The Residency Class of 2015 now begins a new phase of their lives. Best wishes and I look forward to working with the new graduates.

# MEDICAL AND RELIEF MISSIONS: OFF THE BEATEN PATH

By Dr Wong Wei Teen  
*Family Medicine*



**H**aving been on medical and relief missions to rural villages in Mongolia, Indonesia, Cambodia, Philippines and India, Dr Wong Wei Teen sheds some light on the challenges faced. She shares her compassion and encounters with the spiritual, physical and emotional needs of disadvantaged children, youth and adults, and how it builds her resiliency.

## **Describe mission trips and community projects you have participated in during your time as a Resident.**

In the last 3 years, I have made 11 mission trips. One of which was leading medical and relief missions to Region 8 of Philippines post Super-Typhoon Haiyan and Typhoon Ruby.

## **How do you think this has played a part in helping you grow?**

More than honing medical skills, the exposure to communities in far-flung areas and of different cultures has given me much depth to understanding the needs of different communities. In the midst of scarcity of resources, I've been reminded several times that the wholesome care of any individual is addressing the biopsychosocial wellbeing of each individual. Often, the expression of care and concern for each person far outweighs what the dispensing of a pill and bottle can do.

Meeting and serving with other healthcare counterparts overseas has also been a fruitful experience as I learn

from others. One cannot have gone and not come home giving thanks for the abundance and access we have in Singapore healthcare and also stirred compassion from within.

## **How did you juggle your time between being a Resident and organizing such projects?**

Apart from work and training hours, I have also dedicated time for preparation of teams, administrative and logistical work. Whilst these needed many late nights, I believe the joy to be part of these teams and to encourage others kept me going. Meaningful work and service often reaps much more than what we deem to have 'sacrificed'. Friends and family also gave much support and encouragement.

## **Why did you decide to be involved in Humanitarian projects during your years in Residency?**

Rather than starting later, why not now? I have been very blessed in many things in life, and believe that there is capacity to step out beyond comfort zones to offer a hand to others in need.

## **Please share the most memorable Humanitarian experience you have encountered on your trips.**

During the early medical / relief mission to Tacloban, Philippines in January 2014, our team was conducting a clinic in one school house. It was a satellite school that was originally designated as an evacuation centre but was hit by the typhoon, which took the lives of 22 students and teachers. While attending to the crowd of patients,

I came across a mother who was in tears, witnessed her own child being washed away by the strong currents. That child never came back. I cried with her, for her loss. Medicine would most certainly not resolve the critical life-changing events and her losses. What she needed then was empathy and love and concern as she struggled through accepting her losses, and gaining new understanding of hope and home. She appreciated that we were not there to dish out vitamins, but certainly, to address some of the soul's needs. At that moment I wasn't a physician, I was someone who connected with her during her moments of grief.

There are just too many beautiful moments to share. One of those moments was when I considered the fragility of life, the frailty of man-yet also the hope that lights up, and the joy that brims over, when love and concern is extended.

**What is the most important thing you have learnt while participating in Humanitarian projects?**

Don't expect comfort, but expect to be a comfort to others. Always have a teachable and humble spirit in giving and learning, and you'll find what you receive is way more than what you have given. Be a blessing, because we are so blessed.

**We heard you have received the Healthcare Humanity Award in 2015. How has the award been an encouragement to you?**

To press on in good faith to journey on with patients and their families, and also to continue to reach out to the underserved and less privileged in different parts of society. Some of these journeys have been physically and emotionally challenging, but each one returns great joy and learning.

**Do you foresee yourself continuing these Humanitarian projects in the future?**

Yes, still going on.

**How have fellow Residents played a part in encouraging you to pursue your interest?**

They have encouraged the efforts. During the period when I was away, some have offered me study notes for sessions I was not able to attend.

**Are there any mentors you would like to thank?**

Faculty who encouraged my going and clinic doctors who have given me the specific leave-applications to go on trips, and my colleagues who have taken an interest to hear updates from the project sites, and affirmed the meaningfulness of such trips and journeys.

## TEACHING INITIATIVES: A CLASS OF HER OWN

**By Dr Chan Jing Jing**

*Emergency Medicine*

**Briefly describe the teaching projects you have participated in during your time as a Resident.**

We teach regularly as part of our Emergency Medicine (EM) Residency - fellow trainees in SingHealth and at national level too. I also teach at courses such as ACLS and the SGH Ultrasound course, in addition to medical student teaching, as a Senior Resident.



**How do you think this has played a part in helping you grow?**

These early experiences in teaching have allowed me to move on to teaching on a larger scale, and now as an Associate Consultant I am helping to take charge of junior doctors' training in my department.

**How did you juggle your time between being a resident and educating others?**

It's a tight ship, but it's possible with planning.

**Please share the most memorable teaching experience you have encountered.**

Teaching paramedics about ECGs - their enthusiasm was infectious, and clearly have been doing much reading on their own.

**What is the most important thing you have learnt while educating others?**

It is important not just to teach, but to encourage and create a positive learning environment that does not penalise those who need just a little more time to progress.

**How have fellow Residents played a part in encouraging you to educate others?**

My fellow EM Residents are very keen on teaching, which helps keep the passion going.

**Are there any mentors you would like to thank?**

The Core Faculty of EM Residency. They have created big shoes for us to fill as future medical educators.



## CONGRATULATORY MESSAGE FROM

### Assoc Prof Tay Yong Kwang

Associate Designated Institutional Official,  
Changi General Hospital (CGH)

Congratulations to our inaugural batch of Residency graduates! I am delighted that you have completed your training with the same determination as the generation of doctors before you.

During my training, my peers and I did not have the opportunity of a structured training system. Fast forward to today, a curriculum is tailored for each program as Residents enjoy supervision, support and continuity in addition to developing the necessary medical skills and knowledge.

The Residents' Committee (RC) is an example, where the Residents have picked up new challenges and excelled. The RC acts as a bridge between the Residents and the seniors, for instance, organizing networking sessions. The RC has championed many meaningful initiatives, such as overseas humanitarian mission trips where the Faculty and Residents provide medical care for the needy. The RC has also spread its wings in other areas of engagement, like the Student Internship Program Bootcamp and collaborations with committee representatives from Yong Loo Lin School of Medicine and Duke-NUS Graduate Medical School. By willingly taking on more diverse responsibilities, you will be able to learn about the people and the world around you.

As I looked back at our growth over the years, I am proud of what we have achieved and look forward to future batches of graduating Residents. You have accomplished a great deal and have matured to be well-rounded clinicians.

Once again, my very best wishes for your continued success in your specialty.

# FUN FACTS

## Singapore Chief Residency Program (SCRIP)

### SCRIP Cohort 1



**Dr Chan Ching Yee**

Otolaryngology

**Favourite quote**

Medicine for the poorest patients

**Favourite lunch place on a work day**

Any place with good company

**Your hidden talent/ special interest**

Loves to bake



**Dr Jonathan Yap**

Cardiology

**Favourite quote**

Work hard, play hard

**Misconception about your speciality**

Cardiologists are in truth friendly and approachable people (most of the time at least)

**Your hidden talent/ special interest**

Surviving on minimal sleep



**Dr Geraldine Leong**

Emergency Medicine

**Favourite quote**

Work hard, play harder!

**Favourite lunch place on a work day**

Don't have lunch, usually have high tea or supper post shift - Stranger's Reunion, Drips Café, all those small cafes at Tiong Bahru for tea and suppers at Koko Nara, Fengshan Bedok Block 85, Changi Airport (they're 24 hours!)



**Dr Winson Tan**

General Surgery

**Favourite quote**

Choose a profession you like and you will never have to work a single day

**Misconception about your speciality**

General Surgeons have no life (we just make the most of our life with whatever little time we have)

**A funny/touching/ interesting incident in hospital**

Was operating once when a fellow colleague's pants dropped down! Cool as he was, he stoically instructed the nurses to pull up his pants for him. My idol!



**Dr Mark Cheah**

Gastroenterology

**Favourite quote**

"Never, Never Give up" - Winston Churchill

**Favourite lunch place on a work day**

Block 6 level 9 Baker's Husband - there's always a seat!

**Misconception about your speciality**

Gastro: We love scopes. Not human waste excrement



**Dr Thay Yu Jia**

Anaesthesiology

**Favourite quote**

"Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air"- John Quincy Adams

**Favourite lunch place on a work day**

The OT tearoom!

**Misconception about your speciality**

That anaesthetists puts people to sleep and then disappear



**Dr Mavis Teo Miqi**

Anaesthesiology

**Favourite quote**

If you want to walk fast, walk alone

If you want to walk far, walk together

**Favourite lunch place on a work day**

Anywhere out of the operating theatre

**Your hidden talent/ special interest**

I know my Korean boy bands and stars as well as my drugs!

## SCRP Cohort 2



First row, from left:  
 Dr Huang Weiting, Dr Vanessa Tan,  
 Dr Sinead Wang,  
 Ms Joan Lee (Medical student,  
 Dance choreographer)  
 Second row, from left:  
 Dr Pek Jen Heng, Dr Koh Yexin,  
 Dr Mohammad Taufik,  
 Dr Zheng Zhongxi  
 Third row, from left:  
 Dr Tan Yi Hua, Dr Lie Sui An,  
 Dr James Li, Dr Daniel Ting,  
 Dr Foo Jiasheng



### Dr Vanessa Tan

Otolaryngology

#### Favourite quote

Do more than just exist  
**Your special interest**  
 Leading a team of ENT Residents/seniors on an overseas outreach program

#### Your hidden talent/ special interest

There's this 4-year-old Malay little girl who would always come to see me with neatly plaited hair. One day, she came to see me with messy, untied hair. When I asked her why her hair wasn't tied in the usual pretty plaits, she innocently said "I came with my papa"



### Dr Daniel Ting

Ophthalmology

#### Favourite quote

Learn from yesterday, live for today and hope for tomorrow. The important thing is not to stop questioning

#### Misconception about your speciality

Eye isn't just about research. It is also a microsurgical specialty that requires tremendous brain-eye-hand-foot coordination in a high speed but tight environment

#### Your hidden talent/ special interest

Downing a glass of beer in less than 3 seconds



### Dr Pek Jen Heng

Emergency Medicine

#### Misconception about your speciality

Jack of all trades, master of none - should read: jack of all trades, master when needed

#### Your hidden talent/ special interest

Improving dexterity and coordination through Nintendo 3ds gaming  
**A funny/touching/  
 interesting incident in  
 hospital**

Responding to 'ah PEK' when nurses calling out for elderly male patient instead



### Dr Zheng Zhongxi

Anaesthesiology

#### Favourite quote

YOLO! – You Only Live Once!

#### Favourite lunch place on a work day

Mandatory lunch in OT!  
 Otherwise Jen Heng's Dad's Hainanese Pork Chop Curry Rice stall!

#### Your hidden talent/ special interest

Singing KTV!



**Dr Sinead Wang**

*Family Medicine*

**Favourite lunch place on a work day**

Din Tai Fung

**Misconception about your speciality**

GPs don't just treat cough and cold

**Your hidden talent/ special interest**

Closet Tai Tai



**Dr Foo Jie Sheng**

*Cardiology*

**Favourite quote**

What doesn't kill you makes u stronger

**Misconception about your speciality**

Any patient with hypotension or hypertension, tachycardia or bradycardia, desat should be referred to cardiology

**Your hidden talent/ special interest**

I can sleep for 16 hrs straight



**Dr Huang Weiting**

*Cardiology*

**Favourite lunch place on a work day**

Highlanders Coffee

**Misconception about your speciality**

Not all hypotension in hospital is cardiac in nature

**Your hidden talent/ special interest**

Touch Rugby



**Dr Mohammad Taufik Bin Monhamed Shah**

*Diagnostic Radiology*

**Misconception about your speciality**

Radiologists are a reclusive asocial bunch

**Your hidden talent/ special interest**

Telling jokes (haha!)

**A funny/touching/ interesting incident in hospital**

I was mistaken for an electrician on my first day as a houseman



**Dr Tan Yi Hua**

*Pediatrics*

**Favourite lunch place on a work day**

McDonald's! Sinful but satisfying, happy food!

**Your hidden talent/ special interest**

Playing a wind instrument in the Community Centre Chinese Orchestra

**A funny/touching/ interesting incident in hospital**

Kid: "Mummy mummy! Can I tell the doctor a joke?"

\*Mummy nods her head\*

Kid: "Doctor! An apple a day keeps the doctor away!"

Me: "Why is that a joke? It is the truth!"

Kid: "I don't like apples and so I refused to eat it yesterday. So i have to see you today!"



**Dr James Li Weiquan**

*Gastroenterology*

**Favourite quote**

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen" - Winston Churchill

**Misconception about your speciality**

People often ask me if Gastro looks after the stomach and colon, but it becomes pretty clear on blue letter days that it's everything between the diaphragm and lower limbs, not to mention the oesophagus!

**Your hidden talent/ special interest**

Telling a joke in the middle of a tense situation (and sometimes causing one if badly timed)



**Dr Lie Sui An**

*Anaesthesiology*

**Favourite lunch place on a work day**

It's either OT pantry or no food, so I guess it has to be the OT pantry

**Misconception about your speciality**

Anaesthesiology is not just about A,B,C- Airway, Breathing, Chair and chill.

**A funny/touching/ interesting incident in hospital**

No funny incident, I am very serious at work. The laughing gas we use at work is a misnomer



**Dr Koh Ye Xin**

*General Surgery*

**Favourite lunch place on a work day**

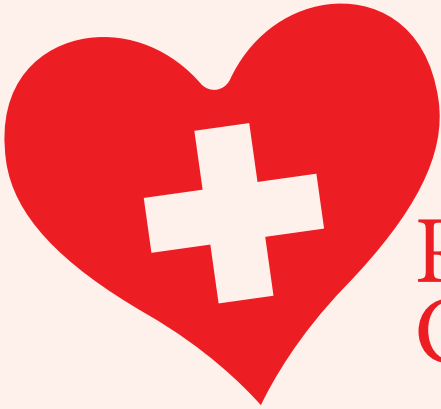
Operating theatre lunch. Means we are operating and that's way cooler than lunch

**Misconception about your speciality**

We are nice people too

**A funny incident in hospital**

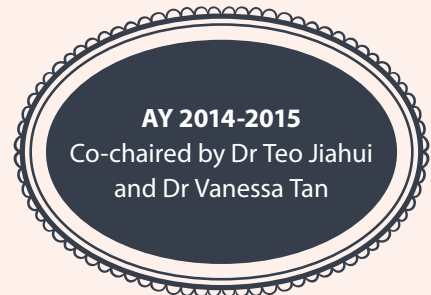
The moments when the senior surgeon sometimes says something wrong and yet we all obediently nod in reverence



# RESIDENTS' COMMITTEE



First row, from left: Dr Eugene Wong, Dr Colin Tan, Dr Png Lu Hui, Dr Teo Jiahui, Dr Vanessa Tan, Dr Tan Licia, Dr Amila Silva  
Second row, from left: Dr Alvin Tng, Dr Ang Chay You, Dr Ho Xin Yi, Dr Cheong May Anne, Dr Samantha Yeo, Dr Benjamin Au,  
Dr Raymond Reinaldo, Dr Gideon Ooi



**AY 2014-2015**  
Co-chaired by Dr Teo Jiahui  
and Dr Vanessa Tan





**AY 2013-2014**  
Co-chaired by Dr Daniel Ting  
and Dr Serene Tan

First row, from left: Dr Liu Changwei, Dr Darren Chen, Dr Tay Zeyun, Dr Mark Cheah, Dr Benny Loo, Dr Mok Chi Wei,  
Dr Muhammad Sabith, Dr Ang Chay You, Dr Christopher Liu, Dr Eugene Wong  
Second row, from left: Dr Ho Xin Yi, Dr Lim Huili, Dr Teo Jia Hui, Dr Jill Lee, Dr Denise Tan, Dr Katrina Heng, Dr Tan Si Ying,  
Dr Ong Ee Lin, Dr Kai Qian, Dr Leela Devi, Dr Chung Siok Li, Dr Foo Li Lian, Dr Jasmine, Dr Samantha Yeo  
Third row, from left: Dr Chew Chun Yang, Dr Szymon Mikulski, Dr Daniel Ting, Dr Lim Jia Xu, Dr Chen Haobin, Dr Jia Qing,  
Dr Serene Tan



**AY 2012-2013**  
Co-chaired by Dr Jill Lee  
and Dr Benny Loo

First row, from left: Dr Tay Zeyun, Dr Mark Cheah, Dr Benny Loo, Dr Daniel Ting, Dr Chew Chun Yang  
Second row, from left: Dr Katrina Heng, Dr Lim Huili, Dr Tan Siying, Dr Denise Tan, Dr Jill Lee, Dr Ong Ee Lin, Dr Serene Tan,  
Dr Darren Chen

**AY 2011-2012**  
Chaired by  
Dr Lee Guo Zhang

# RESIDENCY LIFE



## Project Hope

Project Hope is a voluntary initiative by SingHealth Residency's Volunteering Committee. The aim of this program is to place doctors in the community to serve the less fortunate. While igniting our Residents' passion for volunteerism and deepening their insights on the physical and emotional well-being of patients, Project Hope is doing its part to raise awareness of the unseen needy in our midst.

The second edition of Project Hope was marked by goodwill on Saturday, 7 February 2015. Working hand-in-hand with Project Groomover, which is in its 6th year, Residents and Medical Students trooped en masse to spread some Chinese New Year cheer to 38 patients under the care of SingHealth Medical Social Workers.

The patients were visited by 16 eager Residents and Medical Students who performed thorough health screenings to monitor their chronic medical conditions.

Our future clinicians also conducted environment assessments of their patients' living conditions to make sure their homes were free of physical hazards and spring-cleaned ahead of the festivities. This was important as some of these patients were older and had some difficulty ambulating. Some of the patients were also in need of visitors and a friendly face or two, as they had no next-of-kin. Our Residents lifted spirits and brightened their patients' day with lively chats, which made the physical check-ups more comfortable!

All in all, it was a day of hard work, which was well worth the effort. It certainly helped our Residents remember that sometimes all our patients need is a touch or some kind words. While treating medical problems, all doctors should never forget to see our patients as people, not just subjects.



## SingHealth Orientation

As each calendar year winds its way into April, we take the opportunity to welcome new Residents into our big SingHealth family. This year was no exception! Together with the Residency Committee, our hardworking Residency staff planned out a day of fun in the sun for all our Residents and Faculty.

Departing from the old Duke compound, there was a palpable sense of excitement in the air. The new Residents were split up and grouped with older Residents and Faculty members who had taken time off from their weekend rounds. In no time at all, everyone spilled out of the buses onto the sunny Siloso beach at Sentosa.

It was organized mayhem as the different orientation groups pitted themselves against each other across five

different beach game stations. With the beach obstacle course, zorb race, inflatable beach volleyball, and perennial favorites, water soccer and captain's ball, age and seniority were cast aside as everyone played their hearts out under the scorching sun. Diving into the sand to save a volleyball point; performing body-twisting acrobatics to grab the Captain's ball; getting all wet and sandy was no problem at all, if only to score that precious victory point!

As the afternoon activities wound down, our new Residents got a chance to sit down with their seniors and Faculty as they swapped battle stories and got to know each other better over a buffet dinner spread. Till next year, where the fun and games will begin again!

## Student Internship Program (SIP) Bootcamp

The SIP Bootcamp is aimed at empowering medical students with necessary skills and approaches to commonly faced challenges House Officers face. Held across four days in SGH clinics, the SIP Bootcamps helped medical students cope better ahead of starting work in hospitals.

Students were divided into small groups of five to six and were rotated across various stations, covering important and common clinical scenarios on night calls. Internal Medicine kicked off proceedings with two sessions. This

followed up by lectures and sharing sessions by the other subspecialties, including General Surgery, Pediatrics, Orthopaedics and Obstetrics and Gynaecology as well as practical sessions such as intubation skills, by Anaesthesiology, Emergency Medicine, Otolaryngology and Ophthalmology.

The RC was very encouraged by the positive feedback from the students and will continue to improve on subsequent bootcamps.



Cast made by Medical students



Knot tying station by General Surgery



Radiology Resident presenting on X-rays



Cast demonstration by Orthopaedic Surgery



Chest tube removal



## SingHealth Residency Games

For the second consecutive year, SingHealth Residency organized a fun-filled experience not only for Residents, but also for the students of Yong Loo Lin School of Medicine, Duke-NUS Graduate Medical School and Lee Kong Chian School of Medicine. The annual SingHealth Residency Games brought the Resident community together, for this is one day when Hospitalists work side by side with the Emergency Physicians, Anesthesiologists do not look at their watches, and a day Radiologists and Pathologists emerge for a breath of fresh air.

With close to 200 participants split across 36 teams, each group vied for the championship title by pitting their skills against one another. After an action-packed, nail biting encounter, it was team Orthowarriors who rose to the top and clinched the championship trophy for 2014.

From paintball in 2013 to bowling in 2014, what will it be in 2015? You can bet that there will be variety, loads of entertainment and an opportunity for a new team to rise to the top.



## SingHealth Residency Open House

The SingHealth Residency Open House was held on Saturday, 25 July 2015 at the Academia. The excitement and carnival-like atmosphere was palpable as cheerful orange and silver balloons lining the walkway waved in the breeze. Aimed at showcasing our various specialties and programs to graduating medical students, current House Officers and Medical Officers, the Open House drew a crowd of over 500.

The Academia was abuzz with activities as different specialties set up their respective booths along the corridors to wow visitors. From the creative hands-on experience of using ultrasound to locate fruits buried in agar plates at the Radiology booth, to taking a photo with Pediatrics' Baymax mascot, there was something for everyone. Urology even brought down their scopes and training sets for students to have a go at!

It was certainly a fruitful day for everyone as students got a chance to learn more about the specialties they were interested in. We certainly hope to see them working alongside us in the near future!



## Residency in SingHealth Exceles (RiSE) Awards

As an institution with a long history in clinical work, academic studies and research, SingHealth has always prided itself in recognizing what forms the backbone of its success – its people.

The RiSE Awards are held annually to celebrate and honor the achievements and stellar performances of our Residents and Faculty. Held on 13th August 2015 in the Academia, it was an evening of celebration as over 300 Residents and Faculty were recognized for excelling in their pursuit of excellent healthcare.





## SingHealth Duke-NUS Scientific Congress

The 3rd SingHealth Duke-NUS Scientific Congress was held from 5 to 6 September 2014 at the Academia. A signature biennial event, which showcased the ongoing academic exchange and collaboration in education, research and care between SingHealth and Duke-NUS to improve patients' outcome, this year's edition was themed "Academic Medicine - Transforming Vision to Reality". We were proud to have hosted our keynote speaker, Prof Elizabeth G. Armstrong, who shared with us on her topic of "Nurturing Innovation through Education in the Academic Medical Center".

The scientific congress was flanked by a series of workshops before and after the main two-day event, which covered various topics across medical, nursing and allied health professions. The main event itself showcased a wide selection of symposiums and plenaries, which were anchored by various distinguished speakers, including Prof Freddy Boey helming the Research Plenary, and Prof Mary Lovegrove on the Allied Health Plenary.

All in all, we received a record-breaking 716 abstract submissions from healthcare institutions in Singapore and around the region. The event ended on a high note with more than 3,000 delegates participating in various symposiums and plenary sessions.



# ADVANCED INTERNAL MEDICINE



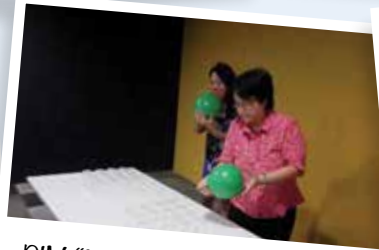
AIM Orientation 2015



R3 Dinner 2013



AIM Beauties



DIM "Minute to Win It" 2015



DIM "Minute to Win It" 2015



DIM "Minute to Win It" 2015



DIM "Minute to Win It" 2015



SR Open House 2014



HOMO Welcome Party



Games Day 2014



President's Challenge... "Bike it, Run it, Do it!" Challenge

# EMERGENCY MEDICINE



Our Own SEA Games Adventure



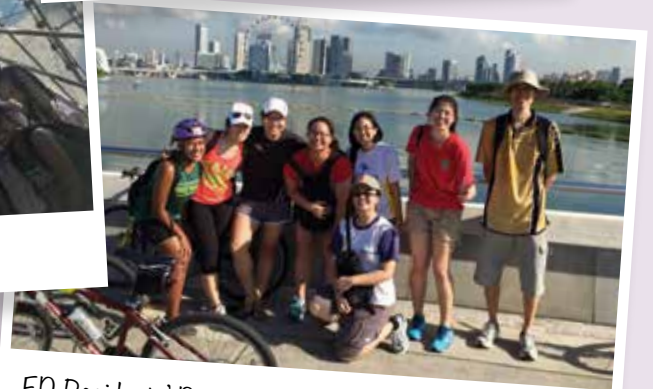
Bonding Time



ED Program Retreat



Cycle Helix Bridge



ED Residents' Day Out



Weekend Warriors with Core Faculty



Post-EMCCs - Wednesdays are our new Fridays



Residency Games - Don't mess with us!



SEA Games Adventure



Post-Exit Exam Celebratory Toasts

# FAMILY MEDICINE



Community Health Project (CHP) - relaxing after a hard day's work



CHP 2013 - Free Health Screening



Residency Orientation 2013



FM Orientation 2014



CHP 2014 Group - Educational Outreach @ HCJC



FM Get-together 2015



FM Engagement 2014



FM Retreat 2015 - clowning around after the retreat



Residency Open House 2013



# FAMILY MEDICINE



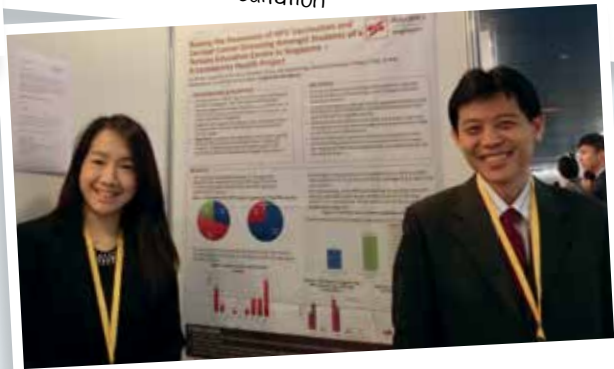
FM Retreat 2015 - Cookie Time



FM Program Re-accreditation



YLL SoM Engagement Session 2014



WONCA Taipei 2015



FM Retreat 2014



Residency Games Day 2014 - FM warriors



FM Retreat 2014



FM Orientation 2013



FM Retreat 2014



# GENERAL SURGERY



We passed FRCS at first attempt!



Dr Ng Jia Lin's diving experience



Successfully passed FRCS!



Dr Winson Tan at the Grand Canyon

# NUCLEAR MEDICINE



21st SGH Lecture & Formal Dinner



A visit by a Korean visitor Dr Lee Jaetae



HMDDP visitor from Vanderbilt University in Tennessee  
Prof Gary Smith (Dr Khor 2<sup>nd</sup> from left and Dr Aaron Tong 2<sup>nd</sup> from right)



Farewell lunch for MOs



Enjoyed a good time together with Program Director,  
Faculty and Residents



Surprise birthday celebration for Program Director, Dr Winnie Lam

# Did You Know?

A collection of interesting facts and trivia about some of our graduating Residents.



**Dr Brindha Balakrishnan**

*Family Medicine*  
Her mantra is Eat.Pray. Love. aka Loves Chocolates & Yoga



**Dr Lee Fang Chin**

*Family Medicine*  
Got married & had her first kid during Residency



**Dr Tan Yu Wen Jonathan**

*Family Medicine*  
Got married & has his first kid during Residency



**Dr Shalini Sri Kumaran**

*Advanced Internal Medicine*  
Loves to dance anytime anywhere



**Dr Boo Ying Ying Alicia**

*Family Medicine*  
Makes it a point to hike and climb mountains in every country that she visits



**Dr Lee Hang Keong**

*Family Medicine*  
Shuttles tirelessly between M'sia and S'pore for the love of his life



**Dr Wee Xue Jia Serene**

*Family Medicine*  
Yoga enthusiast



**Dr Tan Poh Yong**

*Advanced Internal Medicine*  
Loves lame jokes and Ch8 dramas



**Dr Chang Zi Ying**

*Family Medicine*  
Married to another FM Resident



**Dr Lim Woon Ching Sarah**

*Family Medicine*  
Class monitress (appointed by Qingyuan and Darren)



**Dr Mandy Zhang Jia Jia**

*Family Medicine*  
Entrepreneur minded charmer



**Dr Tan Yuyang**

*Advanced Internal Medicine*  
Passionate about his beliefs



**Dr Darren Chen Weiming**

*Family Medicine*  
Charismatic doctor most loved by patients



**Dr Ng Yau Tung**

*Family Medicine*  
Never dyed his hair nor did any piercing in his life



**Dr Zhuang Qingyuan**

*Family Medicine*  
Has a tattoo



**Dr Tong Kian Ti Aaron**

*Nuclear Medicine*  
Great team player at work and awesome father at home



**Dr Choong Kuan Siew**

*Family Medicine*  
Travels to work & works to travel



**Dr Png Su-Yin Eunice**

*Family Medicine*  
Knows the best electronics store in town



**Dr Chong Jiamin Chiara**

*Advanced Internal Medicine*  
Chiara is an Italian name which means "light"



**Dr Tan Jian Hong Winson**

*General Surgery*  
Got his first child during Residency



**Dr Guo Xiaoxuan**

*Family Medicine*  
Keen interest in photography



**Dr Muhammad Sabith Salieh**

*Family Medicine*  
The lovable bright spark who brings cheer to everyone



**Dr Ibrahim Muhammad Hanif**

*Advanced Internal Medicine*  
The sweetest tongue in Internal Medicine



**Dr Ng Jia Lin**

*General Surgery*  
Love diving



**Dr Hee Pei Ru Hilda**

*Family Medicine*  
Our chic fashionista



**Dr Sim Chee Yong Mark**

*Family Medicine*  
Full time adrenaline junkie, part time physician



**Dr Krithikaa D/O Nadarajan**

*Advanced Internal Medicine*  
Zumba, yoga and travel enthusiast



**Dr Lim Ming Jun Darryl**

*General Surgery*  
Give this man a beer!



**Dr Esther Lee Cui Wei**

*Family Medicine*  
Got married during Residency



**Dr Tan Wee Chuan**

*Family Medicine*  
A simple & down to earth guy



**Dr Lim Wan Tin**

*Advanced Internal Medicine*  
Excited about being "Mr & Mrs"



**Dr Pek Wan Sze**

*General Surgery*  
Pretty doctor in the house



SingHealth

**RESIDENCY**  
for the love of medicine

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