



SINGHEALTH
RESIDENCY
YEARBOOK
2017/2018



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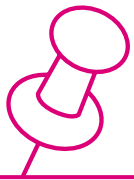
YEAR BOOK EDITORIAL TEAM

• Resident Committee 2017/2018

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Dr Cheong Li Anne Dr Tan Jin Rong
Dr Davies Lucy Jennifer Dr Tang Zhi'En Joyce
Dr Julian Tay Dr Woo Yew Lok

• SingHealth Academy Communications

• Graduate Medical Education (GME) Office



RESIDENTS' COMMITTEE (RC) FOREWORD

Dear Graduands,

As one chapter closes, another begins!

This yearbook is themed "**Reflections – Our Memories**".

Residency was probably no walk in the park for most of us, but there is strength in solidarity and strategy. No doubt we have made firm friends and allegiances in our colleagues.

As you progress to the next hurdle, remember, "What lies behind us, and what lies before us are small matters compared to what lies within us." - Ralph Waldo Emerson.

From all of us in the RC and Graduate Medical Education (GME) office – may we congratulate you on your success!



Dr Woo Yew Lok
RC Co-chair



Dr Cheong Li Anne
RC Co-chair



Dr Joyce Tang
RC Communications Subcommittee Co-chair



Dr Davies Lucy
RC Communications Subcommittee Co-chair



Front row, from left
Dr Chinmaya Shrikant Joshi, Dr Li Ming Yue, Dr Davies Lucy, Dr Margaret Cheong, Dr Cheong Li Anne, Dr Dominique Seow and Dr Woo Yew Lok

Back row, from left
Dr Yong Jin, Dr Low Wei-Liang, Dr Lee Man Xin, Dr Steve Wong, Dr Glenn Goh, Dr Reuben Foo and Dr Julian Tay

CONGRATULATORY MESSAGE FROM GROUP CEO



“ You are part of this critical core to shape tomorrow’s medicine, research and education. ”

My heartiest congratulations to the fourth graduating cohort of SingHealth Residents! This year, we are proud to celebrate the graduation of 155 Residents – the largest cohort of graduates since we started the Residency Programme in 2010.

As doctors, you are in a privileged position to comfort, heal and empower those who entrust their lives in your hands. To be effective, you must gain your patients’ trust and take time to listen to what truly matters to them to help each of them achieve their care goals.

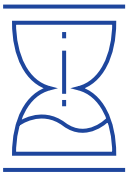
As we face a rapidly ageing population and need to cater to changing needs and demands, it is crucial to build a strong local core of doctors who are equipped with skills to provide safe, innovative care across the entire continuum. You are part of this critical core to shape tomorrow’s medicine, research and education.

As you embark on this new chapter of your medical career, I urge you to stay inquisitive and continue learning. Be the catalyst for change so that you can pioneer new approaches and sustainable solutions that will improve care delivery. Always retain your focus to care for each individual with compassion, commitment and integrity.

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

Prof Ivy Ng
Group Chief Executive Officer, SingHealth





REFLECTIONS FROM OUR PAST DIO

“ Always work as a team; never work alone. ”

Assoc Prof Lim Boon Leng served as the SingHealth Designated Institutional Official (DIO) from June 2012 to May 2018, officially stepping down and passing the baton on to the new DIO, Assoc Prof Tan Hak Koon, on 1 June 2018. Assoc Prof Lim is an inspiring figure and was a key driver in leading SingHealth Residency through a period of growth and transformation.

You were DIO for six years, stepping down only recently. What did you enjoy most about your work as DIO?

I enjoyed the great teamwork we had at SingHealth Residency. I worked very closely with the Associate Designated Institutional Officials (ADIOs), our Programme Directors (PDs), and administrators who are very passionate about their roles. I also thoroughly enjoyed working and interacting with our Residents; the energy from our conversations has kept me going!

Share with us your most memorable moment in SingHealth Residency.

The most memorable and stressful period was in 2012, when I first took on the role of DIO. Our Residency Programmes were undergoing evaluation for Accreditation Council for Graduate Medical Education-International (ACGME-I) accreditation that year—and they had to be completed within three months after taking over as DIO! Thankfully, we passed. Three years later, in 2015, we again had to contend with re-accreditation assessments and accreditation for all the medical subspecialty Senior Residency Programmes. We managed to clear it all with three years' accreditation. SingHealth Residency also successfully attained a four-year institutional re-accreditation. We did very well in that.

I am also proud of the advances we have made in the Residents' Overall Satisfaction Index. During my initial years as DIO, the SingHealth Overall Satisfaction Index was below the national average. When ACGME-I surveyed the Residents in 2015, for the first time, we went above the national average—a result that we have managed to sustain over the next three years. To me, that is a sign that we have done something right, and that Residents are having a fulfilling learning journey with us.

What advice would you give our graduands and Residents on how to sustain their passion in medicine?

Always work as a team; never work alone. SingHealth is the largest healthcare cluster in Singapore, and we have a very good composition of ADIOs from the various hospitals as well as great administrative support. We emphasise close collaboration among the different PDs and encourage teamwork among the Residents.

The other piece of advice is to maintain a good work-life balance, as a way of keeping burnout at bay. Although we spend many hours at work, we should not neglect our social and family lives. During the weekends, I like to spend quality time with my family and my non-medical friends. This helps me to recharge and keep my sanity.

What is your favourite spot on the Singapore General Hospital (SGH) campus?

My favourite spot is the SGH Surgical Intensive Care Unit (SICU) Tearoom! This is where anaesthetists—both senior and junior—congregate to share tips on how to handle difficult work problems, and at the same time bond with one another. I often feel inspired by the morale of the staff working here, and sometimes also share gossip! Gossiping can be actually very de-stressing (laugh!). In my younger days, I may have gone there to vent my frustrations, but now, I tend to listen to others voicing their grievances. When you share your emotions instead of bottling it within yourself, you feel much better.



Assoc Prof Lim Boon Leng
*Deputy Group Director (Graduate),
Education, SingHealth
Designated Institutional Official (DIO),
SingHealth Residency (Jun 2012 to
May 2018)*



UP CLOSE WITH DIO

“ Embrace continuous learning. We are never the best—we can always do better. ”

As the newly appointed DIO of SingHealth Residency, how do you cope with more responsibilities and expectations?

You have to be passionate in whatever you want to do. Without passion, you will not go very far in medicine. Our workload as doctors is heavy and stressful. After 30 years of practice, I have learned that without passion, you will not last long and will eventually 'fizzle' out. I took up this role as DIO because I owe my training and career to the institution. At this point of my career, I am glad to be able to contribute and give back in any way I can.

What is your darkest fear as a doctor?

Poor patient outcomes, whether they are due to preventable or non-preventable factors. Ultimately, we all have good intentions and constantly strive for good patient outcomes, but mistakes do happen. However, how do we ensure good patient outcomes? We certainly cannot prevent all the poor patient outcomes, but we try our very best to do so. In the context of Obstetrics & Gynaecology, this could be whenever there are maternal deaths, which thankfully do not happen very often. As an educator, it would be considered a failure if we were unable to train competent Residents with the right aptitude and, more importantly, the right attitude. Residents must be honest and have integrity, be kind and compassionate to their patients, and be collegial with their team members.

What is one piece of advice you have for our Residents?

First, uphold the highest levels of integrity and honesty. Doctors must maintain a consistent standard that the public can trust. Own up to your mistake, and learn from it; never try to cover it up!

Second, be persistent. Failures and difficulties are unavoidable. There may be complaints or difficult cases, but do not be upset for too long. Face up to failures and persist.

Next, be a team player. We all need help from others. Healthcare is a team game, and you cannot do it on your own. Be humble and listen to others around you, and you will learn along the way.

Finally, embrace continuous learning. We are never the best—we can always do better. There is always something new to learn; medicine is ever-changing. Be willing to accept new things.

Where is your favourite spot on the Singapore General Hospital (SGH) campus, and why?

The labour ward is a very happy place and at the same time, it has lots of action. Strangely, I find a sense of peace amidst the hustle and bustle. The tearoom at the labour ward specifically would be my favourite hideout.



Assoc Prof Tan Hak Koon
*Designated Institutional Official (DIO),
SingHealth Residency and
ADIO (SGH), SingHealth Residency*



UP CLOSE WITH ADIO

KK Women's and Children's Hospital (KKH)



Prof Chay Oh Moh

Associate Designated Institutional Official (KKH), SingHealth Residency

You are the first female Emeritus Consultant in SingHealth. What is one thing that has kept you going every day in your medical career?

My love of Medicine, and the privilege and the opportunity to make a difference in the lives of patients and their families.

Share some advice with our graduands on how to deal with difficult situations or bad patient outcomes, especially as a junior doctor.

These are challenging situations to both junior and senior Residents. It is important to remain calm, be empathetic and listen. Most situations will improve (or at least not escalate) with empathetic listening ears. Always remember that there are colleagues who are willing and able to help you cope with these stressful situations—you are never alone.

What is one thing that our graduands and Residents should always keep in mind?

Always remember the reason that led you to a medical career in the first instance.

Where is your favourite spot in KK Women's and Children's Hospital (KKH)?

The lotus pond at the back of KKH. Unfortunately, like many other things in Singapore, it will soon disappear.

Changi General Hospital (CGH)



Assoc Prof Tay Yong Kwang

Associate Designated Institutional Official (CGH), SingHealth Residency

Life as a doctor can be challenging due to the heavy clinical load and multiple responsibilities. When was one of the hardest times in your medical career, and how did you cope with it?

Becoming an Associate Consultant (during my time, it was called Senior Registrar), or 'a highly qualified Registrar', was a challenging point in my medical career. You are considered a specialist but you are fairly junior and still learning. Do not be afraid to ask if you are unsure of the diagnosis or the management. No matter how experienced you are, remember that no man is an island. Even now, if there is something difficult, and the patient is not getting better, I make it a point to reach out to colleagues for help.

What tips do you have for our graduands?

As doctors, we have a tendency to be hard on ourselves when something goes wrong. There is a difference between reflection (positive) and rumination (negative) – Reflect on what went wrong, strive to improve and move on. We have blind spots and there is a need to keep up with the latest advances in your discipline. Your colleagues may have a fresh paradigm and more experience. Do not be afraid to learn from them, even if they are junior to you.

How do you unwind after a hard day at work?

It is important to spend time with my family and loved ones. Do not neglect them. As they are your pillar of support. Exercise is also important, and I often go for a walk or swim to relax.

Where is your favourite spot in Changi General Hospital (CGH), and why?

Tucked away in the centre of CGH, across a sunlit corridor, is the Graduate Medical Education (GME) office. It is a cosy place, stocked with snacks and drinks. It is quiet and gives me space to think, yet also offers the chance to catch up with the GME staff.



UP CLOSE WITH ADIO

Sengkang General Hospital (SKH)



Dr Melvin Chua Peng Wei
Associate Designated Institutional Official (SKH), SingHealth Residency

What are you most passionate about in teaching?

There are many aspects of teaching that I am passionate about. However, the one thing I am most passionate about is imparting the art of placing patients at the heart of all we do. This is especially true when dealing with geriatric patients. More often than not, they require a little more 'TLC' and can be very challenging to manage. Each geriatric patient is a diagnostic and management conundrum. I hope to impart the ideals of good geriatric care to all who are willing to learn.

How would you encourage our graduands and Residents to impart their knowledge to others?

We often forget that today's medical students are tomorrow's doctors. The competence of tomorrow's doctors lies in our hands. Hence, we must remember that imparting knowledge is only one aspect of the journey of education.

Sengkang Health is starting its operations this year. Which aspects of this new institution are you most looking forward to?

In August 2018, Sengkang General Hospital (SKH) will have opened and our first batch of patients will have been admitted and discharged. The hospital infrastructure is an awesome sight as I have seen it being built from the ground up. The one thing I look forward to everyday is working with the SKH Campus medical, nursing and allied health professional teams. For the last 3 years, the camaraderie that has been built makes this team a close-knit one. They have been like my second family (don't tell my wife that!).

Research



Prof Tan Eng King
Associate Designated Institutional Official (Research), SingHealth Residency

Please share some tips with our graduands and Residents on how you manage to balance research and clinical work.

When I first started, there were no academic programmes to help us administratively or financially. We also had to contend with the busy demands of our clinical work. Many people left research because they were unable to cope.

One needs to have the passion and desire to find answers to clinical questions and to solve clinical problems. We were also guided by encouraging mentors. Extra time was required outside working hours; if you have the passion, you will be able to find that balance.

For those of us who want to start pursuing research interests, where and how should we begin?

First, you will need to identify one or a few mentors within the field of specialty that you are interested in. Your mentor will be able to guide you in various areas as well as advise and critique your work.

At SingHealth, there are several programmes in place that support doctors regardless of which stage of their career they are in. Young doctors may consider the Clinician Scientist Residency Programme, which allocates protected time and financial support for research. Residents who have completed their Residency training programme may continue academic research with the Nurturing Clinician Scientist scheme. Those who are more established may enter the National Clinician Scientist scheme.

More importantly, budding researchers should recognise that the spectrum of research is wide and as long as there is a question to answer, research will always be meaningful. Simple studies like comparing the efficacy of different medications and other forms of health services research appear mundane but are clinically important. It may not be apparent, but research forms the cornerstone in many things doctors do in their daily clinical practice.

Would you have any pearls of wisdom to share?

Cultivate personal pursuits beyond medicine. A balanced life equals a happy doctor, and a happy doctor means better care to patients (and happy patients). Enjoy yourself! Life can be tough during training; it gets even tougher after you finish training. Find time to pursue your hobbies and get away from medicine. Do what makes you happy. You will find that this happiness inevitably carries into your day-to-day work.



ADVANCED INTERNAL MEDICINE

PROGRAMME DIRECTOR'S MESSAGE



“Congratulations! Every single one of you brought something unique into the programme – contributed growth and development of Internal Medicine in your own ways.

Thank you for being part of the AIM family. I am so glad and excited you will now walk with us on this journey to re-imagine Medicine and leave a positive mark for patient care!”

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

“It is better to have tried and failed than to have never tried at all.”



CONGRATULATORY MESSAGES

“Big congratulations to our AIM graduates!! This marks the end of your specialist training, but the start of a very new, exciting and challenging journey ahead. All the best!”

Dr Soh Shui Boon
Core Faculty

“Congratulations! This is just the beginning. Wishing you all the best as you embark on a new journey.”

Ms Fasihah Mohamed Yasin
Programme Executive

Dr Yeo Li Fang



BEST TIP TO SURVIVE RESIDENCY
Resilience!

BEST ON-CALL DINNER
Ah Teck.

Dr Nithia Angamuthu



BEST ON-CALL TIP
Eat.

MESSAGE FOR GRADUATING BATCHMATES
Don't give up!

Dr Kan Yin Li Juliana



BEST ON-CALL TIP
Eat, sleep, repeat.

FAVOURITE QUOTE
"But did you die?" - Dr Ken Jeong

Dr Yee Yucai



BEST TIP TO SURVIVE RESIDENCY
Be the best at what you are talented in.

HIDDEN TALENT/HOBBY
I have a motorcycle license. Took me a whole year to earn it.

BEST MEMORIES

01

Thank you lunch with overseas Faculty, Dr Larry Greenblatt and Dr Mamata Yanamadala



02

Fun moments





ANAESTHESIOLOGY

PROGRAMME DIRECTOR'S MESSAGE

“ Be the reason someone smiles today. ”



“ Today, the field of Anaesthesia gains the third cohort of promising new stars from Residency. Congratulations on your graduation and may you be the trailblazer for the future of Anaesthesia! ”

Assoc Prof Darren Koh
Programme Director, Anaesthesiology



CONGRATULATORY MESSAGES

“ Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.” (Albert Einstein). Thank you for all your hard work in the past. I am looking forward to more working and questioning with you in the future. Many congratulations and well done. ”

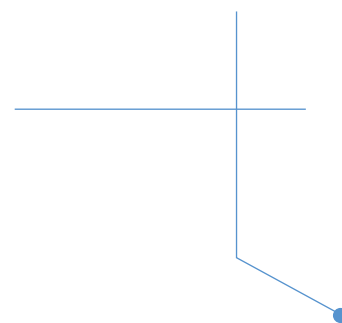
Dr May Mok Un Sam
Associate Programme Director

“ Congratulations to all the graduating Residents! Looking forward to your contributions to patient care and academic medicine. ”

Assoc Prof Sng Ban Leong
Core Faculty

“ Dear SHARP graduands 2018, it's been a pleasure to be part of your learning journey, even the struggles and challenges. Congratulations on your achievements! ”

Assoc Prof Ng Suah Bwee Agnes
Core Faculty



Dr Sim Yilin Eileen



Dr Loh Wei Wen Leonard



BEST TIP TO SURVIVE RESIDENCY

It's a marathon, not a sprint. The journey that matters is your own.

BEST RESIDENCY MEMORY

While inducing a patient for emergency surgery to arrest massive bleeding, she told me before falling asleep: "no pressure, I have two young boys at home, waiting for their mum". She made a full recovery and wrote me a thank you card!

Dr Chow Sau Yee



Dr Lee Si Jia



Dr Ong Ee Teng



Dr Chow Yuen Mei



Dr Lim Wan Yen



Dr Moo Xin Ying Daphne



Dr Goh Hui Fen Jacqueline



BEST ON-CALL DINNER

Christmas dinner last year - my colleague's mum cooked up a storm for the on-call team :)

FAVOURITE QUOTE

Be kind, for everyone you meet is fighting a battle you know nothing about.

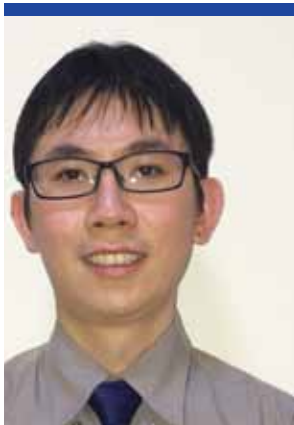
Dr Goh Qing Yuan



Dr Lee Yi Lin



**Dr Saw Kah Ming
Eddy**



HOW TO STRIKE A WORK-LIFE BALANCE

Marry an understanding partner.

HIDDEN TALENT/HOBBY

League of Legends.

**Dr Wong Mei Jin
Irene**



Dr Yeoh Chuen Jye



BEST TIP TO SURVIVE RESIDENCY

Breathe in. Breathe out.

MESSAGE FOR GRADUATING BATCHMATES

Don't morph into the monsters.

Dr Jason Chan



BEST ON-CALL TIP

Don't rush or try not to.

HOW TO STRIKE A WORK-LIFE BALANCE

Be nice to the roster maker.

BEST MEMORIES

01 Chinese New Year Party



03 Residents' engagement session



02 Residents retreat



04 SHARP induction and promotion ceremony 2016



CARDIOLOGY

PROGRAMME DIRECTOR'S MESSAGE

“ Do. Or do not. There is no try. ”



“ To my graduating Senior Residents, I am incredibly proud of all of you and your achievements. The programme was tough and many of you experienced challenges. Now that you have started work as Associate Consultants, please allow me to share some thoughts.

First, never stop learning. Graduating from Senior Residency is the first step before many more to come.

Second, it is often miscommunication that leads to conflicts. Whenever you are unhappy with someone, remember that they probably meant well, so be as kind as possible.

Third, have integrity in word, action, and intention. Without integrity, people never know if they can trust you; as a doctor, integrity is the core of your being.

Lastly, seek help when you are unsure, whether in medicine or life. Your friends, colleagues, and family will always lend a helping hand. In turn, help when you can. ”

Assoc Prof Yeo Khung Keong
Programme Director, Cardiology
(from July 2012 to June 2018)



CONGRATULATORY MESSAGES

“Glad to see all of you maturing to become confident and competent Cardiologists. I am sure you will move on to scale even greater heights in your budding career. Don't forget humility, compassion and passion, and pass on the good work and attributes to the future generation.”

Dr Chai Siang Chew
Associate Programme Director

“Hearty congratulations to the four of you! Your perseverance, hard work and determination has finally paid off. It's been a joy working with all of you. Wishing you plentiful success in your future endeavours as Cardiologists!”

Mr Shane Christopher Chew
Senior Programme Executive



Dr Huang Weiliang



BEST ON-CALL TIP

Bathe, eat, sleep (in that order). Save yourself so you can save others.

BEST TIP TO SURVIVE RESIDENCY

Remember that morning always comes.

Dr Huang Weiting



HOW TO STRIKE A WORK-LIFE BALANCE

Just wing it.

MESSAGE FOR GRADUATING BATCHMATES

You guys are the pillars of strength through this long journey, and I will not exchange anything in the world for going through this with you.

Dr Huang Zijuan



BEST POST-CALL TREAT

Able to sleep and do nothing.

FAVOURITE QUOTE

Smooth seas never made a skillful sailor.

Dr Koh Si Ya Natalie



BEST ON-CALL TIP

As the most optimistic person once told me, "Morning comes sooner when the call is terrible."

MOST INSPIRING FELLOW RESIDENT AND WHY?

Dr Huang Weiting (our Chief Resident) - she never shies away from taking the bulk of the work so that the rest of us can be spared, and is always unfailing in her generosity of spirit, kindness and patience; without her, I don't think I could have made it past the exit finishing post! She is a true servant leader.

BEST MEMORIES





CARDIOTHORACIC SURGERY

PROGRAMME DIRECTOR'S MESSAGE



“Dear Cynthia, Alicia, and Sivaraj, I have long looked forward to this day. Having never doubted that it would come, I still find myself to be surprised at the speed that you have grown into empathetic, mature, and capable clinicians who are not just able to think on your feet, but also to treat the patient holistically, not just the disease. I am beyond proud of you. In my mind, you are ready to go forth to do battle with disease. I look forward to working side by side with you as peers. Wishing you all the very best.”

Dr Victor Chao

Programme Director, Cardiothoracic Surgery

“A good surgeon doesn't just concentrate on technical ability, but also on the appropriateness of what you're doing.”

Benjamin Carson



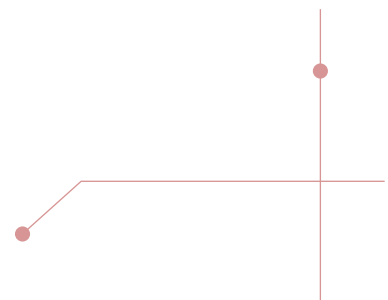
CONGRATULATORY MESSAGES

“Congratulations on being the pioneers of the Cardiothoracic Surgery (CTS) Residency programme. I hope that you have found this six year journey enriching and possibly the best part of your junior doctor life before you metamorphosis into a full-fledged surgeon and its burdens. As you now take the next step into greater responsibility, do not forget your original intent when you first entered into the programme. Hold on to your ideals and dreams. And stay true to your aims to improve the lives of the people that you touch in your journey. Congratulations again and well done!”

Prof Kenny Sin
Core Faculty

“Heartiest congratulations to Alicia, Cynthia and Sivaraj! It has been a great pleasure and privilege working with you, the pioneering batch of CTS Residents. Thank you for your dedication to the programme and may you will continue to inspire your juniors and excel!”

Ms Koh Jia Hui
Programme Executive



**Dr Chia Ming Li
Cynthia**



**BEST TIP TO SURVIVE
RESIDENCY**
There is light at the end of the
tunnel.

BEST RESIDENCY MEMORY
Heh. When I pass my exams :)

**Dr Chia Xue Fen
Alicia**



**Dr Sivaraj Pillai
Govindasamy**



BEST MEMORIES

01

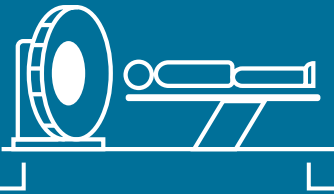
Chilling out
after work



02

Learning together with fellow
Residents and Faculty





DIAGNOSTIC RADIOLOGY

PROGRAMME DIRECTOR'S MESSAGE



“Dear Residents, finally, you have reached the end of your Residency journey. It’s been a long road with many new experiences, challenges and lessons. Hopefully, these encounters have served as useful tools to help you grow not only in medical knowledge but also in the other essential skills that will make you good clinicians. I trust that as you continue to acquire knowledge as qualified Radiologists you will also find time to share this knowledge and experience with upcoming Residents that follow after you. Congratulations and well done!”

Assoc Prof Winston Lim Eng Hoe
Programme Director, Diagnostic Radiology



CONGRATULATORY MESSAGES

“Congratulations! We are extremely proud of your achievements and we are certain that this day will only be one of the many proud and successful moments in your careers. As you celebrate your accomplishments, take a moment to consolidate your wisdom and reflect on your Radiology training so that you will be prepared to take on the challenges in the future. Go forth and do amazing things!”

Dr Shaun Xavier Chan
Associate Programme Director

Dr Lee Yee Wah Margaret



“Congratulations on your outstanding achievements in reaching this important milestone in your lives! Looking back, it was all worth it in chasing your dream. Wishing you all the best in the wonderful career you have chosen!”

Ms Ivy Quek, Ms Gloria Shamala Paul, Ms Shine Awyong and Ms Ida Farhana
Programme Admin Team

Dr Cheong Hui Ting Elizabeth



BEST ON-CALL TIP
Resistance is futile.

BEST RESIDENCY MEMORY
Preparing for final FRCR with a bunch of good friends <3

Dr Ho Mien Ivan



BEST TIP TO SURVIVE RESIDENCY

Strengthen your social bonds to reduce your risk of burnout.

MESSAGE FOR GRADUATING BATCHMATES

Remember the pain and hard work we went through to make life better for our juniors, who will otherwise have to endure the same problems we experienced.

Dr Jeffrey Fong Kah Keng



BEST ON-CALL DINNER

Anytime I get to walk out.

FAVOURITE QUOTE

There are no mistakes, only opportunities to learn.

Dr Justin Christopher Ng



BEST ON-CALL TIP

Stay hydrated. Keep calm. Don't lose your cool.

FAVOURITE QUOTE

Impossibilities are merely things which we have not yet learned.

Dr Saravana Kumar Swaminathan



HIDDEN TALENT/HOBBY

Playing chess.

BEST MEMORIES

02

Gaming it all during the Residency Games Day 2017



03

Residency Open House 2016



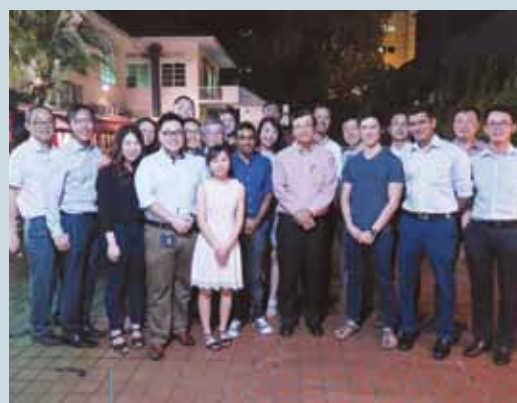
01

Programme Retreat 2015



04

Programme Cohesion





EMERGENCY MEDICINE

PROGRAMME DIRECTOR'S MESSAGE



“It is most gratifying to see our graduands progress and mature as physicians ready for independent clinical practice. Over five years, our Residents and Faculty worked alongside each other, sharpening their skills. The journey was not an easy one. The daily battles with uncertainty, doubts, work, domestic struggles and many other frustrations created a never ending challenge. It has been my immense pleasure to see them stay the course and succeed. My heartiest congratulations and best wishes as they continue on their lifelong journey in their quest to better the lives of our patients.”

Assoc Prof Leong Kwok Fai Mark
Programme Director, Emergency Medicine

“End of Residency opens up possibilities to fulfil one’s purpose in life.”



CONGRATULATORY MESSAGES

“I hope your time in the SingHealth Emergency Medicine Residency Programme was a memorable part of your journey in life. My wish is that you have achieved your dreams and that the dream has transformed into a positive experience for you and those whose lives were touched by you.”

Adj Asst Prof R Ponampalam
Core Faculty

“It has been a long and sometimes tough journey through Residency. I hope that you will be generous in giving of your time and resources to shape the future, as those who had before you. Always be humble and always strive to become better, as a person, a physician, and a citizen of the world. The future holds much to be influenced by you. Congratulations!”

Assoc Prof Evelyn Wong
Core Faculty

Dr Eunizar Binte Omar



BEST ON-CALL TIP
Bring chocolates to keep morale up despite a busy call!

HOW TO STRIKE A WORK-LIFE BALANCE
Prioritise, take time off if you need to.

Dr Abhay Kant



BEST TIP TO SURVIVE RESIDENCY
Learn to stay calm in the resus room mayhem.

HOW TO STRIKE A WORK-LIFE BALANCE
There is a parallel life besides the hospital and books. Try hard not to let one take over the other.

Dr Lau Hong Khai



HIDDEN TALENT/HOBBY
Listening to music.
BEST POST-CALL TREAT
McDonald's.

Dr Chua Wei-Lin Tallie



BEST TIP TO SURVIVE RESIDENCY
Treasure family and good friends. They'll be there through the tough times, the missed appointments, the exam stress, the irregular schedule. And they'll be cheering you on during the happy times till the end.
FAVOURITE QUOTE
Not all those who wander are lost – JRR Tolkien.

Dr Lau Yee Lyn Corinne



FAVOURITE QUOTE
Enjoy what you can, and endure what you must.

Dr Quah Li Juan Joy



BEST ON-CALL DINNER
Sushi Platters.
HOW TO STRIKE A WORK-LIFE BALANCE
Time is rubber. Stretch it.

BEST MEMORIES

01

Programme Retreat 2015



02

Post shift hangout



03

CNY Lohei



05

EuSEM 2016



04

Commencement 2016



06

Freshmen Orientation 2013



07

Annual Programme Dinner 2017





ENDOCRINOLOGY

PROGRAMME DIRECTOR'S MESSAGE



“Congratulations on your graduation from the Endocrinology Programme. The seeds we have planted three years ago have grown into strong little trees. However, this is the beginning of another journey where you will need to continue to nourish your knowledge to allow the tree to continue to blossom with wisdom and respect. I hope you can keep your enthusiasm and principle that you have practiced during your training years, to continue to excel in your work and patient care.”

Dr Kek Peng Chin
Programme Director, Endocrinology

“This is the start of another journey in your medical career; maintain your passion and principles to continue to excel in knowledge and patient care.”



CONGRATULATORY MESSAGES

“There was fun, there will be more fun. You had doubts and you had woes; there will be more doubts and lots more woes. But if you keep the principles, if you keep learning, keep looking up, keep expecting, and keep working for the better, things will always be cheerfully OK. 😊”

Dr Vanessa Au
Associate Programme Director

“All the best to you all in your future endeavours and careers. It's been a great pleasure to work with all of you despite the short period of time. Hope to work alongside with you again soon!”

Ms Goh Wei Peng
Programme Executive

**Dr Chuah Bingfeng
Matthew**



BEST ON-CALL TIP
Sleep the day before.
BEST POST-CALL TREAT
A movie.

**Dr Lim Yuan Ling
Amanda**



BEST TIP TO SURVIVE RESIDENCY
Training is tough, but train hard and train well. Make it a point to take care of each other.

MESSAGE FOR GRADUATING BATCHMATES
I have to thank my fellow Endocrinology batchmates for being the most lovely, patient and supportive friends that I could ever train with. Even as we take separate paths, I am certain that our friendship and camaraderie will continue. All the best!

Dr Tay Wei Lin



BEST MEMORIES

01 Graduating Senior Residents attending conference



02

2018 CNY lo-hei session



03

Department meal



04 Birthday celebration





FAMILY MEDICINE

PROGRAMME DIRECTOR'S MESSAGE



“My heartiest congratulations to each and everyone of you on your graduation from the SingHealth Family Medicine Residency Programme! You have done well and through your learning journey, demonstrated resilience, a keen spirit of enquiry and a kind heart for patients. I wish you a fulfilling career ahead as Family Medicine continues to be the steadfast cornerstone of our healthcare system in this exciting new era ahead.”

Dr Joanne Quah
Programme Director, Family Medicine

“To hear always, to think always, to learn always, it is thus that we live truly.”

Sir Arthur Helps

CONGRATULATORY MESSAGES

“Each of you has painstakingly endured the hardship of Residency training, making sacrifices in one way or another to complete your Residency training and taking the exams. For one purpose – to be a better doctor, a good family physician. It is a privilege that I am able to contribute in some way to your journey. Your perseverance and resilience touched me. Sincerely wishing you all the best in whatever you do.”

Dr Ng Lai Peng
Core Faculty

“Congratulations on completing Residency! I hope that as you look back on the past three years, that you can give yourself a pat on the back for persevering through the difficult times, and smile at the memories of good times spent with your fellow Residents. Many well wishes for your future endeavours, and all the best for your MMed exams!”

Dr Charmaine Kwan
Core Faculty

Dr Chen Yanjun Jean



BEST TIP TO SURVIVE RESIDENCY
Persevere.

BEST POST-CALL TREAT
Sleep.

Dr Choo Han Jun



Dr Adrian Tan Piow Thye



BEST ON-CALL TIP
Never take the last lift!

FAVOURITE QUOTE
Luck is what happens when preparation meets opportunity.

Dr Cheng Ke Yi



HIDDEN TALENT/HOBBY
Playing the piano.

FAVOURITE QUOTE
The sun will rise eventually.

Dr Jambay Dorji



BEST TIP TO SURVIVE RESIDENCY
Never take it so seriously. No one gets out alive anyways.

HOW TO STRIKE A WORK-LIFE BALANCE
It doesn't exist so stop chasing it.

Dr Navpreet Kaur



BEST ON-CALL TIP
Your phone will stop ringing soon.

BEST TIP TO SURVIVE RESIDENCY
Sleep when you can.

Dr Chiang Swee Kiat Clarence



MESSAGE FOR GRADUATING BATCHMATES
Good luck for your exams!

FAVOURITE QUOTE
Good is good.

Dr Lee Jin Fu Marcus



BEST TIP TO SURVIVE RESIDENCY
Before rotating to a different department, always speak to a friend working in that department about the workflow and survival tips.

BEST POST-CALL TREAT
Hot chocolate at SGH Starbucks.

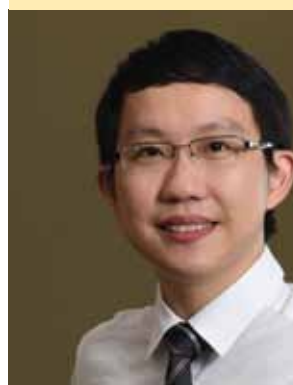
Dr Goh Shi Min Shermin



BEST TIP TO SURVIVE RESIDENCY
You always have your friends to rely on and you're never alone.

HOW TO STRIKE A WORK-LIFE BALANCE
To always make time for friends and family.

Dr Lee Wei En Joseph



BEST POST-CALL DINNER
Tian Tian Chicken Rice.

BEST RESIDENCY MEMORY
My first code blue during my last hospital call.

Dr Ong Yingxian Natalie



BEST ON-CALL TIP
Have dinner.

BEST TIP TO SURVIVE RESIDENCY
Make friends.

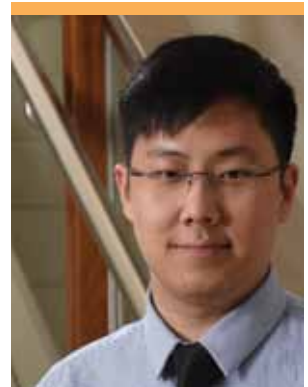
Dr Gun Shih Ying



HIDDEN TALENT/HOBBY
I can recite and sing the alphabets backwards from Z to A.

MESSAGE FOR GRADUATING BATCHMATES
We made it!! Never lose heart on why we first decided on the path of Family Medicine and never lose sight of the potential we can all fulfil down the road...

Dr Lim Chee Sem



Dr Sin Yew Leong



BEST ON-CALL TIP
Sleep whenever you can.

MESSAGE FOR GRADUATING BATCHMATES
It has been a great journey together. Take care everyone!

Dr Soh Feng Wei



BEST TIP TO SURVIVE RESIDENCY

Take things a step at a time and keep going.

HOW TO STRIKE A WORK-LIFE BALANCE

Keep a hobby and spare some time for it.

Dr Chan Xin-Bei Valerie



HOW TO STRIKE A WORK-LIFE BALANCE

Have tai tai tea whenever the opportunity avails and watch tons of netflix.

MESSAGE FOR GRADUATING BATCHMATES

Yay! No more case logs and projects hehe.

Dr Sun Wen Xin



BEST ON-CALL DINNER

McDonald's!

FAVOURITE QUOTE

Everyday is a new day:)

Dr Tan Tat Hao Alon



BEST ON-CALL TIP

Hot pot with yusheng!

HOW TO STRIKE A WORK-LIFE BALANCE

Turn off the irritating work phone after 5pm.

Dr Wu Junqi



BEST RESIDENCY MEMORY

No calls in final year.

MESSAGE FOR GRADUATING BATCHMATES

It is less painful when I see you guys suffer too.

Dr Tay Shi Han Jolene



BEST ON-CALL TIP

Hot pot.

MESSAGE FOR GRADUATING BATCHMATES

Really enjoyed the last three years with you all.

BEST MEMORIES



01 FM Orientation 2015 - In the Beginning



02 FM Retreat 2016 - Family time at the zoo



03

FM Get-Together 2017 - FM Sharp Shooters



04 FM Retreat 2017 - Art Jam



05 Residency Games Day 2017 - Famtom Menace



06 Angpow Bliss CNY 2018



07

FM Get-Together 2018 - Clinic Brothers



08

Rhemato OSCE - exam prep





GASTROENTEROLOGY

PROGRAMME DIRECTOR'S MESSAGE



“ My wish is for all of you to be competent and independent Gastroenterologists who are compassionate, professional and empowered in self-improvement, research and medical education. You must strive to contribute to the healthcare of the nation as well as establish yourselves as internationally-renowned Gastroenterologists who will be leaders in medicine and research. ”

Assoc Prof Jason Chang
Programme Director, Gastroenterology



CONGRATULATORY MESSAGES

“Dear Graduating Senior Residents of 2018, Congratulations! Well done on achieving your specialty accreditation! I am proud of all of you and wish you all the very best in your future endeavours. May you have a fulfilling career, and may your passion in Gastroenterology continue to grow!”

Dr Andrew Kwek
Associate Programme Director

“Congratulations guys! All the best in the next part of your Gastro journey!”

Ms Natasha Choo
Programme Executive

**Dr Kwan Kah Wai
Clarence**



**Dr Gan Tau Ming
Aaron**



Dr Teh Guo Xiang
Jonathan



Dr Tan Jin Yang
Terence



Dr Wong Yu Jun
Eugene



BEST MEMORIES



01

RISE Awards 2017
Best Medical
Subspecialty Award –
Gastroenterology

02

Fun times at work!





GENERAL SURGERY

PROGRAMME DIRECTOR'S MESSAGE

“ Learn as if you were not reaching your goal and as though you were scared of missing it. ”

Confucius



“ My heartiest congratulations to our General Surgery graduands! Kudos for persevering through the vagaries of our tough surgical Residency programme and seeing it through to the very end.

I hope that all of you can take a step back to reflect on your achievements and the friendships you have forged during this journey. Continue to work together and bring medical care for our surgical patients to a higher level.

As a General Surgeon, training and learning should never end. Let the end of Residency be the start of your lifelong pursuit for surgical excellence. ”

Dr Tan Ngian Chye

Programme Director, General Surgery



CONGRATULATORY MESSAGES

“Congratulations to our Class of 2018 General Surgery graduands! We hope that you have enjoyed this exhilarating surgical odyssey, and as you look back, treasure the beautiful struggle that you have gone through to transform into young, ebullient surgical specialists-to-be. The landscapes have shifted, the sceneries have changed and the challenges are mounting since you embarked on this journey, but we trust that you will remain steadfast in your pursuit of surgical virtuosity!”

**Ms Carolyn Ho, Ms Laney Guevarra
and Ms Veronica Chue**

Programme Admin Team

**Dr Koh Fangju
Beatrice**



Dr Lee Zhen Jin



**Dr Nita
Thiruchelvam**



YOUR FAVOURITE QUOTE
When you're feeling the stress on call, just remember that the sun will rise again.

MESSAGE FOR GRADUATING BATCHMATES
Thank you friends, I'm glad we got through this together!

Dr Rena Dharmawan



HOW TO STRIKE A WORK-LIFE BALANCE

Read the "Four Burners Theory."

FAVOURITE QUOTE

If it doesn't challenge you, it doesn't change you :)

**Dr Ng Ying Ru
Yvonne**



BEST POST CALL TREAT
Sleep.

YOUR FAVOURITE QUOTE
Gut feelings are guardian angels.

Dr Tan Yong Hui Alvin



BEST ON-CALL TIP
Eat and sleep whenever possible.

BEST ON-CALL DINNER
Steamboat.

**Dr Cheryl Chong
Xi Zi**



BEST ON-CALL TIP

Stay calm and prioritise! Eat and sleep whenever possible! Do not afraid to escalate!

MESSAGE FOR GRADUATING BATCHMATES

Congratulations! Looking forward to working side-by-side in the future!

Dr Ng Zhi Peng



Dr Ong Wei Lin Lester



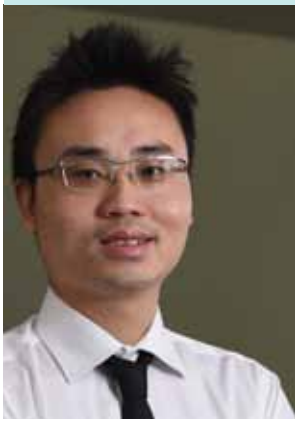
BEST TIP TO SURVIVE RESIDENCY

Surgery Residency is easier and more enjoyable with friends.

BEST RESIDENCY MEMORY

Staying back late for transplant with Mr Koh.

Dr Teo Nan Zun



BEST ON-CALL TIP
Prioritise your work and attend to the urgent ones first!

BEST TIP TO SURVIVE RESIDENCY
Fulfil all Residency requirements early and read up consistently.

Dr Lew Pei Shi



BEST TIP TO SURVIVE RESIDENCY
Your programme coordinators are your best friends!

MESSAGE FOR GRADUATING BATCHMATES
We survived and we did it! You guys rock!

Dr Shaun Lee



BEST ON-CALL TIP
When in doubt, escalate.

BEST TIP TO SURVIVE RESIDENCY
Do what you need to do. Think of the end goal.

BEST MEMORIES





GERIATRIC MEDICINE

PROGRAMME DIRECTOR'S MESSAGE



“My heartiest congratulations to our graduating Senior Residents. I commend you on your hard work and efforts in your training. The next phase of your career will be filled with exciting new challenges and ongoing personal development as a Geriatrician. I am confident that you will continue your active learning journey and deliver the best holistic care to your patients in partnership with their families and our interdisciplinary colleagues.”

Dr Goh Kiat Sern
Programme Director, Geriatric Medicine

“Dream big; never give up on doing what you feel is best for your patients.”



CONGRATULATORY MESSAGES

“Warmest congratulations on becoming Geriatricians! It has been heartening to be a part of your learning journey, experiencing the growth of your proficiencies and expertise. You encourage us with your energy and we welcome your fresh ideas. Keep on asking good questions as you shape your own practice of clinical medicine for older people. May you continue to kindle the spirit of collaborative and interdisciplinary care. Go forth, and inspire others!”

Dr Christopher Lien
Core Faculty

“Congratulations on completing your Residency training! All the best in your careers!”

Ms Mona Seow
Senior Programme Executive

BEST MEMORIES

Dr Chau Shi Min
Christine



Dr Sharifah
Munirah Binte
Abdullah Alhamid



HOW TO STRIKE A WORK-LIFE BALANCE

Remember there is a life outside the hospital. Keep separate phones and don't check emails after work!

FAVOURITE QUOTE

Liberate (free them from their illnesses), activate (rehabilitate them when they are better) and celebrate (when they walk out of hospital) - Dr Samuel Chew

01

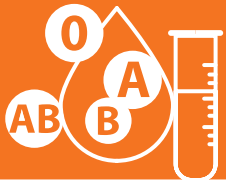
Lunch celebration for our graduation!



02

Senior Resident's wedding





HAEMATOLOGY

PROGRAMME DIRECTOR'S MESSAGE



“Dear Shin Yeu and Aidah, Congratulations on graduating the Senior Residency programme – it is a big achievement in a Resident’s life. It is the culmination of a chapter in your life and the beginning of another great chapter where you can write a new story. It’s time to celebrate! You have certainly earned it, now own it! Carry on your spirit of hard work and continue to be humble. Hearty wishes for you to excel in the future!”

Dr Chandramouli Nagarajan
Programme Director, Haematology

“You are brilliant, able and ambitious! It’s time to step into your brand new life! Go confidently in the direction of your dreams and pursue them with courage!”



CONGRATULATORY MESSAGES

“My heartiest congratulations to Shin Yeu and Aidah on their graduation from Senior Residency. I am sure you are looking forward to the next phase of your career with excitement and perhaps some trepidation. But fear not – your places amongst Haematologists are well-earned and deserved. It’s a pleasure to have both of you join us.”

Dr Ng Heng Joo
*Programme Director, Haematology
(from July 2012 to Dec 2018)*

“Congrats on achieving this milestone, Shin Yeu and Aidah! It sure has been a long academic journey but today is proof that you have borne the fruit of your labour. Remain sincere and driven, and I am confident that you are capable of delivering the best care to your patients.”

Ms Clansandra Hum
Programme Executive

BEST MEMORIES

Dr Ong Shin Yeu



01 Haematology department superhero themed party 2018



02

Birthday celebration fun!



03 Haematology department retreat 2017



Dr Nurul Aidah Abdul Halim



BEST TIP TO SURVIVE RESIDENCY

Make good friends with your fellow Residents.

HOW TO STRIKE A WORK-LIFE BALANCE

Set your priorities right. Be fully present be it at work or at home. Some expectations will still fall short but don't be too hard on yourself.

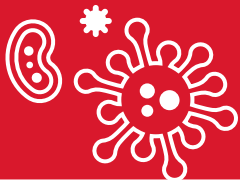
04

PD and Senior Residents engagement dinner. Indulging in spanish cuisine at Don Quijote at Dempsey



05

Haematology party photo collage



INFECTIOUS DISEASES

PROGRAMME DIRECTOR'S MESSAGE



“ Well done both! Over a period of just three years, the Faculty has been delighted to see you grow and mature into fully fledged Infectious Diseases physicians. This step up in your careers will see you face more challenges and responsibilities, which may at times appear overwhelming. In the midst of all this, let us not forget why we are all here in the first place and continue to devote ourselves to the care of our patients. It is my hope that wherever you are, you will pay it forward and continue to educate the next generation of doctors. ”

Dr Benjamin Cherng
Programme Director, Infectious Diseases

“ Keep calm and keep learning. ”



CONGRATULATORY MESSAGES

“As you prepare for the next phase of your life, do not doubt that a small step can create a sweeping change. Rise above the noises and pressures. What seems like a catastrophe could be turned into an opportunity. Dream big and run with it.”

Dr Limin Wijaya
Core Faculty

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

Ms Faazilah Farveen Nasar
Programme Executive

**Dr Wong Hei Man
Anson**



BEST ON-CALL TIP
Never take the last lift and never eat 'bao'.

BEST POST-CALL TREAT
Early post call!

Dr Zheng Shuwei



BEST MEMORIES





MEDICAL ONCOLOGY

PROGRAMME DIRECTOR'S MESSAGE

“ As you begin this new journey as a specialist, always remember the people who helped you get here – your teachers. There is no better way to do that than to become part of the teaching Faculty. ”



“ Congratulations to all of you and a warm welcome to you as fellow colleagues as you embark on this exciting journey as a Medical Oncologist! The hard work, sweat and toil have all come to fruition. Wishing all of you a wonderful and fulfilling career ahead. ”

Dr Ravindran Kanesvaran
Programme Director, Medical Oncology



CONGRATULATORY MESSAGES

“Congratulations on your success! Looking forward to working more with all of you!”

Dr Loh Wei-Jen Kiley
On behalf of the Core Faculty

“Congratulations everyone! Hope this long journey has been a fruitful one. All the best and see you around!”

Ms Esther Chng
Programme Executive

Dr Huren Sivaraj



BEST ON-CALL TIP
Catch up on sleep whenever you can.

BEST POST-CALL TREAT
Spa and then lots of sleep.

Dr Lim Chiew Woon



BEST RESIDENCY MEMORY
Surviving the uncertainties and challenges of preparing for exits with my batchmates.

FAVOURITE QUOTE
“I know if I failed, I wouldn't regret that. But the one thing I would regret is not trying” - Jeff Bezos

Dr Yang Shiwen
Valerie



BEST TIP TO SURVIVE RESIDENCY

Don't worry about the things you can't change. Focus on the things that you can.

FAVOURITE QUOTE

"Man cannot discover new oceans unless he has the courage to lose sight of the shore." - Andre Gide

Dr Lai Geet Yi
Gillianne



BEST ON-CALL DINNER

Ordering Ah Teck and sharing it with the other Registrars and Medical Officers on call.

HOW TO STRIKE A WORK-LIFE BALANCE

Try not to use 'citrix' at home if you can help it.

Dr Chang Wei Yin
Esther



BEST ON-CALL TIP

Sleep when you can.

HOW TO STRIKE A WORK-LIFE BALANCE

Stop believing that it's possible.

BEST MEMORIES

01 Department dinner 2016



02

Christmas gift exchange!



03

Department lunch



04

Dr Richard's farewell dinner



05

Post-ITE 2018



06

Senior Residents with Dr Richard



NEUROLOGY NNI – SGH

PROGRAMME DIRECTOR'S MESSAGE



“A very warm congratulations for your successful completion of Neurology specialist training! It has really been my pleasure to work along with you and see each of you progress tremendously. I am very sure that you will excel across all clinical, education and research spheres in neurology and I look forward to work closely with all of you in future.”

Dr Wahab Syed Shahul Hameed
*Programme Director, Neurology
(NNI – SGH)*



CONGRATULATORY MESSAGES

“Time flies. The start was dramatic, the process was challenging, but Senior Residency is ending for you. We are privileged to have participated in your training as your mentors and friends. Over the years we have witnessed your independence, self-discipline, determination, and kindness, these are special. We have no doubt you will be the brightest clinicians/researchers for our department in future! We look forward to working with you as Neurology consultant colleagues.”

**Assoc Prof See Siew Ju, Dr Simon Ting,
Assoc Prof Deidre Anne DS and
Dr Yip Chun Wai**
Core Faculty

“Upon graduation remember to thank those that got you here! You are Welcome! Thanks for making our jobs a little bit more interesting! It’s going to be exciting working with you as ACs!”

Ms Jeslyn Phoen and Mr Romano Soliano
Programme Admin Team

Dr Tan You Jiang



HOW TO STRIKE A WORK-LIFE BALANCE
Eat, sleep, tennis, gym.

BEST POST-CALL TREAT
A pint of guinness.

Dr Kaavya Narasimhalu



HIDDEN TALENT/HOBBY
Master of Corny Jokes.

MOST INSPIRING FELLOW RESIDENT AND WHY?

Dr Yong Ming Hui!
I really don't know how she does it. After a while, it is very common to get jaded and start focusing only on the issue at hand for each patient rather than the patient as a whole. She is very dedicated when it comes to caring for her patients. Keep it up!

Dr Yong Ming Hui



BEST ON CALL TIP
Just keep going.

BEST TIP TO SURVIVE RESIDENCY

Making great buddies and a second family at work.

Dr Zhao Yi Jing



BEST TIP TO SURVIVE RESIDENCY

Try to enjoy while you're in the midst of it, knowing that once three years has passed, it will never come back.

BEST MEMORIES

01 Neurology SGH Retreat Dinner



02
Kaavya, Yi Jing and You Jiang

03

Ming Hui (left) & Yi Jing (right)



05 SGH Dinner 2018



04

Team Neuro





NEUROLOGY NNI – TTSH

PROGRAMME DIRECTOR'S MESSAGE



“Dear SRs, I would like to congratulate you on successfully completing three years of Neurology Senior Residency training. This is another milestone in your career that I hope will be satisfying and fulfilling. I know that the training has not been easy as you not only have to learn clinical Neurology, but also deal with other clinical practice, academic, and administrative challenges.

I am proud that you have come through with flying colours and I hope that the experience has made you better clinicians, researchers, educators, and administrators. As you embark on your new roles as specialists, let your actions be guided by your motivation to become doctors in the first place. Without sounding too clichéd, I sincerely believe that you will put patients at the heart of all that you do.”

Assoc Prof Kevin Tan

*Programme Director, Neurology NNI - TTSH
(from July 2012 to June 2018)*



CONGRATULATORY MESSAGES

“Congratulations Jasmine and Christopher! Not just on clearing your exits but for the hard work and consistency during the last three years of Residency. You’re a wonderful addition to our family and we look forward to working with you.”

Dr Yasmin Binte Idu Jion,
*Programme Director and
Dr Daniel Oh, Senior Consultant*

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

**Ms Jeslyn Phoen and
Mr Romano Soliano**
Programme Admin Team

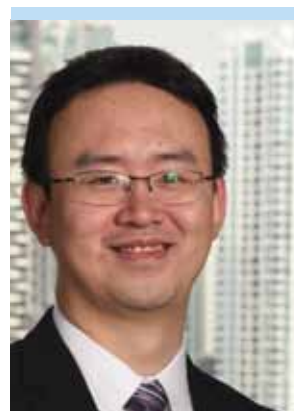
Dr Koh Shimin Jasmine



**BEST TIP TO SURVIVE
RESIDENCY**
Stay excited.

BEST RESIDENCY MEMORY
Day to day bantering at the
registration area.

Dr Seet Ying Hao Christopher



**BEST TIP TO SURVIVE
RESIDENCY**
1095 days and counting
down.

**MESSAGE FOR
GRADUATING BATCHMATES**
No more calls!

BEST MEMORIES

01 CNY celebrations!
Huat ah!



02 Dinner with Hipsters



04 Jasmine runs for Multiple Sclerosis



03

Neurology
NNI-TTSH
Shenanigans



05

Jasmine and Assoc Prof Kevin Tan at Multiple Sclerosis run



06

Chris and Jasmine with the Great Prof Loong

07

Chris and the bosses at the annual Open House





NEUROSURGERY

PROGRAMME DIRECTOR'S MESSAGE



“It is with great pride and joy for me to celebrate this momentous occasion with three of my graduating Residents – Lester, Ady, and Eddie.

You are the pioneer batch of Neurosurgical Residents graduating from the SingHealth Neurosurgery Residency Programme. I am indeed glad to have had the opportunity to helm the programme and be an integral part of your training together with immense support from Core Faculty, Physician Faculty and Programme Executives.

You have crossed a significant milestone and with the closing of this chapter, a door to new beginnings has opened. I hope you embrace the challenge to be fearless in pursuit of your dreams to become stellar Faculty and continue to progress Neurosurgical care, education, and research to greater heights in Singapore. ”

Dr David Low
Programme Director, Neurosurgery

“ You can't ever reach perfection, but you can believe in an asymptote toward which you are ceaselessly striving. ”

Paul Kalanithi (Late Neurosurgeon and writer)

CONGRATULATORY MESSAGES

“Congratulations on completing Neurosurgery Residency! Residency is a tough and arduous experience. Today, you stand at the cusp of a lifelong journey of learning and discovery which I am confident will be a most fascinating and fulfilling one for you. ”

Assoc Prof Ng Wai Hoe
Medical Director, National Neuroscience Institute

“It's been a long road of late nights and long mornings but you've made it! It has been our pleasure seeing you through your training in becoming a Neurosurgeon. Congratulations! Looking forward to working with you as an Associate Consultant. ”

Ms Jeslyn Phoen and Mr Soliano Romano
Programme Admin Team

Dr Ady Thien



BEST POST-CALL TREAT
Strawberry Smiggles.

MESSAGE FOR GRADUATING BATCHMATES
A friend should always underestimate your virtues and an enemy overestimate your faults.

Dr Eddie Tan Tung Wee



BEST ON-CALL DINNER
Foodpanda.

FAVOURITE QUOTE
Better lucky than good.

Dr Lee Chee Hoe Lester



BEST ON-CALL DINNER
Christmas 2016. Brought my MO for buffet with turkey near the hospital.

MESSAGE FOR GRADUATING BATCHMATES
Work starts now.

BEST MEMORIES

01

Dr David Low and Assoc Prof Ang Beng Ti with the pioneer batch of Residents after their FRCS Exams



02

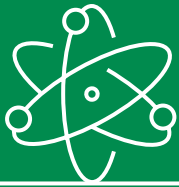
Dr Lester Lee at the EANS Meeting in Spain



03

Neurosurgery Faculty farewell dinner





NUCLEAR MEDICINE

PROGRAMME DIRECTOR'S MESSAGE



“Congratulations on your graduation from Residency! This marks the beginning of potentially many decades of career in Nuclear Medicine. I am glad to have contributed to your development as Nuclear Medicine Physicians and as individuals I believe you can achieve great things. Don't worry if you haven't really figured out what you want in life. Make the best of things as they come along. With age, things get clearer and wisdom grows.”

Dr Winnie Lam
Programme Director, Nuclear Medicine

“Only freedom from vanity can show one's lofty goal of life; and only peace of mind can help him to achieve something really lasting. To be talented, one must learn; and to learn, one must have a peaceful mind. One cannot develop his talent without learning, and one cannot accomplish his learning without peace of mind.”

Zhuge Liang (circa 200AD)

CONGRATULATORY MESSAGES

“Wee Ming, your humble attitude and caring ways have blessed the lives of your patients and colleagues. I am certain you will be a respected servant leader in the future. All the best and congratulations.”

Dr Xie Wan Ying
Core Faculty

“Congratulations on your successful completion of Nuclear Medicine training! Wishing you all the best in your future endeavours!”

Ms Agnes Ho
Programme Executive

“Many congratulations to Wei Ying for exiting from the Nuclear Medicine and Molecular Imaging Residency Programme! We welcome you into the community with open arms. In addition to shouldering patient care and scan reporting as part of her training, Wei Ying has been very active in the Quality Improvement programme in the department.”

Dr Sumbul Zaheer
Core Faculty

Dr Peh Wee Ming



FAVOURITE QUOTE
“Good judgement comes from experience. Experience comes from bad judgement.”

Dr Tham Wei Ying



BEST MEMORIES



01

Lunch at Tiong Bharu

02

Genuine Care Award 2017



03

Department lunch at Yan at National Gallery Singapore



05

Team building at Thow Kwang Pottery



04

Dinner with HMDP visitor Prof Drzezga at The Halia at Singapore Botanic Garden



07

Fun times!



06

Department dinner at Shangri-La



OBSTETRICS & GYNAECOLOGY

PROGRAMME DIRECTOR'S MESSAGE



“I am very happy to share this important milestone as our Residents embark on a new life journey. It is a great moment of joy and pride for our Residency Programme to see them as successful independent practitioners, achieving potential in their careers. As specialists, I wish to remind them to enter this next stage with a deep sense of commitment to life-long learning with self-belief. They should not be afraid to take up new challenges. At the same time, they should not shy away from asking for advice when required.”

Dr Manisha Mathur
Programme Director, Obstetrics & Gynaecology

“In life, always strive for excellence and be the best you can be.”



CONGRATULATORY MESSAGES

“You should know that this graduation is an outstanding achievement. It not only validates what we already know, it tells the whole world that there’s nothing you cannot conquer. As you enjoy the fruits of your labour, remember that hard work truly does pay off. Cherish your success and be inspired by it. Congratulations on your graduation and welcome to the real world!”

Dr Jessie Phoon
Associate Programme Director

“Hearty congratulations on the completion of Residency! Today, the field of OBGYN gains very promising new additions! As you embark on the next chapter, celebrate your graduation remembering the friendships forged, happy memories during training, and look forward to exciting dreams for the future. Wishing each and every one of you the best on this journey!”

Ms Felicia Ang Yiqian
Programme Executive

**Dr Jacqueline Jung
Jingjin**



**BEST TIP TO SURVIVE
RESIDENCY**

Make it a passion, not a job.

BEST RESIDENCY MEMORY

Having all my colleagues-turned-good-friends watch over my terrible CTG when I was in labour in KKH.

Dr Yip Swee Lin



BEST RESIDENCY MEMORY

Playing music surrounded by fellow Residency friends singing along at Raffles Convention Centre (and another time at SGH block 7 level 9).

**MOST INSPIRING FELLOW
RESIDENT AND WHY?**

Dr Sheri Lim, for her resilience and outstanding personality.

**Dr Celene Hui Yan
Yan**



BEST ON-CALL DINNER

Food deliveries from UberHubby.

BEST POST-CALL TREAT

Aromatherapy massage.

**Dr Jill Lee Cheng
Sim**



BEST ON-CALL TIP

Prophylactic eating. Prophylactic sleeping. Prophylactic toileting. And spare underwear too if you do obstetrics.

**MOST INSPIRING FELLOW
RESIDENT AND WHY?**

Dr Sheri Lim just shows up every day and proves to everyone that you can do it all, yet be lovely, caring, humble and a great doctor, mother and friend.

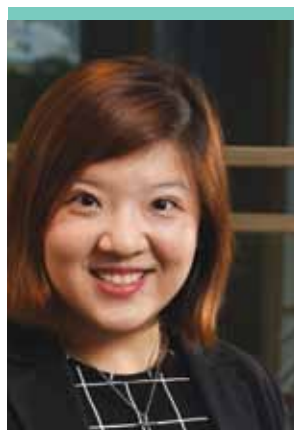
Dr Qi Maili



Dr Kho Chye Lee



**Dr Thain Pei Ting
Serene**



BEST ON-CALL DINNER

Piping hot steamboat dinner in the labour ward tea room with the entire on call team on day three of Chinese New Year! :)

FAVOURITE QUOTE

"A cheerful heart is good medicine." - Proverbs 17:22

**Dr Serena Koh
Meiling**



BEST ON-CALL DINNER

"Lo-hei" on Chinese New Year day one.

**HOW TO STRIKE A WORK-LIFE
BALANCE**

"If you're going through hell, keep going."
- Winston Churchill

Dr Sheri Lim Ee-Lin



**BEST TIP TO SURVIVE
RESIDENCY**

Have friends and a sense of humour.

**MESSAGE FOR GRADUATING
BATCHMATES**

Indeed, this life is a test. It is a test of many things - of our convictions and priorities, our faith and our faithfulness, our patience and our resilience, and in the end, our ultimate desires.

BEST MEMORIES

01 | SGH Annual Party



02 | Christmas Call 2017



03 | Resident's Wedding



04 | Photo at National Training Programme



05 | Residency Games 2017

06 | OBGYN Residency Retreat 2014



07 | Residents Gathering



08 | Residents BBQ in April 2018





OPHTHALMOLOGY

PROGRAMME DIRECTOR'S MESSAGE



“Congratulations on reaching the end of Residency! It has been a privilege to be part of your learning journey. From those first tentative days as Residents, you have grown into your roles as caring and competent Ophthalmologists. We hope you will carry on the knowledge, skills, and values that you have gained during your time with us to care for your patients to the best of your ability, and help mould the next generation of Ophthalmologists. We are proud of you, and look forward to working together for our patients.”

Dr Jean Chai Shu Ming
Programme Director, Ophthalmology

“What lies behind us and what lies before us are small matters compared to what lies within us.”

Henry Stanley Haskins



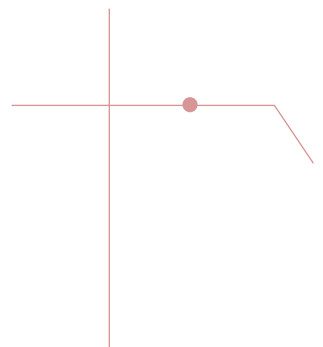
CONGRATULATORY MESSAGES

“You did it! You now have the knowledge and clinical skillsets to be called Ophthalmologists! Take pride in how far you have come – your hard work and resilience have finally paid off. You had the privilege of being trained and mentored at the Singapore National Eye Centre – a Centre of excellence not just in Asia but around the world. You will have the capability of not just providing the highest quality of eye-care to your patients but also the potential to be the leaders of change. Have faith in how far you can go! Always stay human and remember that the main purpose of training to be doctors is to be able to help others. Congratulations once again!”

Dr Arundhati Anshu
Core Faculty

“Hearty congratulations on your graduation. You have done us proud and we know you guys will continue to reach for the sky! We look forward to witness your success beyond Residency!”

Ms Esther Teo and Ms Myra Ng
Programme Admin Team



Dr Huang Shimin
Olivia



Dr Tan Licia



Dr Pg Noor Affizan
Binti Pg Hj Abd
Rahman



Dr Lim Pin Miao
Fiona



**BEST TIP TO SURVIVE
RESIDENCY**
Work hard.

BEST POST-CALL TREAT
Massage.

BEST MEMORIES



01 Those were
the days
(SNEC D&D
2013)

02

SNEC D&D
2017

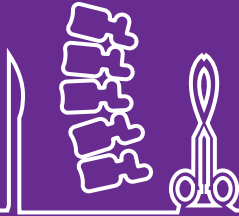


03 Caught in the act (SNEC D&D 2017)

04

Stealing a shot at
Academia





ORTHOPAEDIC SURGERY

PROGRAMME DIRECTOR'S MESSAGE



“ My heartiest congratulations to our second batch of SingHealth Orthopaedic Residents for successfully completing your training. You have done yourself and the programme proud for achieving this goal. It has been a long journey and I hope you feel that the programme had guided and served your needs to be a full-fledged Orthopaedic Surgeon. The time now is for some reflection and consolidation as you prepare for the next goal – that to reach expertise. Your journey has entered a new phase and now it is you who has to plan and fulfil your next goal. ”

Assoc Prof Inderjeet Singh Rikhraj
Programme Director, Orthopaedic Surgery

“ Climb onto the shoulders of giants to reach your next goal. ”



CONGRATULATORY MESSAGES

“ Paediatric Orthopaedics, being a mandatory posting in the Residency programme, gave me the unique privilege of seeing all the Residents grow in the journey into becoming independent specialists. Therefore it was with great pride that I received elated messages letting me know how all of them in SingHealth had passed the exit FRCS. It was indeed well deserved. While this might seem like the end, it is truly the beginning of a much more exciting journey. One where they will decide on the paths and diversions and in some cases even build new ones. ”

Assoc Prof Arjandas Mahadev
Associate Programme Director

“ All the best for the future and stay cool as always! We know all of you worked very hard for this and we are proud of your achievements.

All of you will be greatly missed by us! ”

Ms Puvaneswari D/O Mohan, Mr Jimmy Too, Ms Shereen Kaur D/O Manjit Singh and Ms Hanis Junie Bte Khusairi
Programme Admin Team

Dr Ang Fu Hong Benjamin



HOW TO STRIKE A WORK-LIFE BALANCE

Work when working. Live your life when not working.

BEST POST-CALL TREAT

Operating.

Dr Chen Haobin



BEST RESIDENCY MEMORY

Time spent with my study group mates in Hongkong for the FRCS prep courses.

HIDDEN TALENT/HOBBY

Drone flying.

Dr Huang Miao'en Deborah



BEST RESIDENCY MEMORY

Residency Games Day playing quidditch.

BEST POST-CALL TREAT

Long post-call swims!

Dr Chen Yongqiang Jerry Delphi



BEST ON-CALL TIP

Rest whenever possible.

BEST RESIDENCY MEMORY

Passing FRCS.

Dr Raghuraman Raghavan



Dr Hamid Rahmatullah Bin Abdul Razak



BEST RESIDENCY MEMORY

Me adjusting the clock at the back of Ward 75 Conference Room so that we would all be early for morning rounds and avoid the wrath of Assoc Prof Inderjeet Singh!

MESSAGE FOR GRADUATING BATCHMATES

It never gets easier, but we get better!

Dr Tan Shi Ming



BEST TIP TO SURVIVE RESIDENCY

Stay positive and happy. Surround yourself with happy people. Keep learning, work hard and smile.

FAVOURITE QUOTE

If I have seen further than you, it is by standing on the shoulders of giants.

Dr Huang Yilun



BEST ON-CALL TIP

Do not take the last lift.

BEST ON-CALL DINNER

Ah Teck Zi Char.

Dr Justine Lee Yun Yu



BEST ON-CALL TIP

When you are annoyed that some ah-ma got herself admitted at 3am despite having had back pain all week, imagine she is your grandma so that you will treat her compassionately.

BEST ON-CALL DINNER

Korean fried chicken wings (yum!) + homemade beef stew from a House Officer's mother (yum yum!). It was the Christmas season. The on-call team had been jolly well behaved and received few admissions that night.

Dr Teo Hong Lee Terry



BEST ON-CALL TIP

Calls are always good, either you learn more or rest more.

BEST POST-CALL TREAT

A day in the theatre.

BEST MEMORIES

01 Early Residency years



02 Dinner Retreat 2016

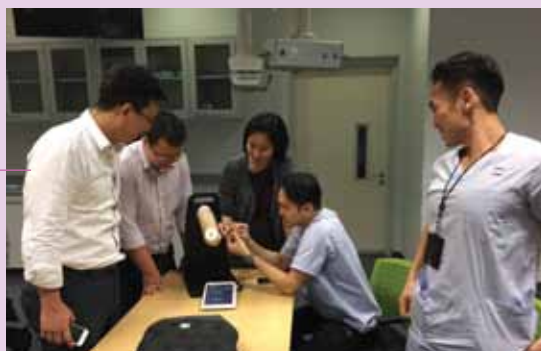


03 Happy moments



04

The more we learn, the more we gain



05

Supporting each other's achievements and celebrating the moment together





OTOLARYNGOLOGY

PROGRAMME DIRECTOR'S MESSAGE

“ Focus on what’s important, and keep pursuing your passion! ”



“ Congratulations on completing your Residency journey! It has been a difficult five years, and while this may mark the end of a chapter, it is also the beginning of a new phase in your career. Residency has taught you what you need to be a competent specialist, but it is what you do next that will define you as an ENT surgeon. I am confident that you will do the fraternity proud as you continue to strive for excellence in all that you do, while continuing to give back generously to the system that nurtured you. ”

Dr Neville Teo
Programme Director, Otolaryngology



**Dr Chua Shu May
Celeste Ann**



BEST TIP TO SURVIVE RESIDENCY

Everyone has different strengths and weaknesses. Do not keep comparing yourself with others. Strive to be the best that you can be.

HOW TO STRIKE A WORK-LIFE BALANCE

Striking a work-life balance is a constant juggling act - there will be new demands on our time popping up along the way and we need to take these in our stride and make the appropriate adjustments so that we are investing our time in the things that are important and meaningful to us.

Dr See Xinyin Anna



BEST RESIDENCY MEMORY

The day we got in, and the day we got out of Residency!

FAVOURITE QUOTE

Be well-trained. The world is your oyster!

Dr Tan Toh Hui Leonard



HIDDEN TALENT/HOBBY
Photography.

BEST POST-CALL TREAT
Nasi Lemak.

BEST MEMORIES

01 Residency Freshmen Orientation 2018



02 Bonding and gathering sessions

03

Bonding and gathering sessions



04

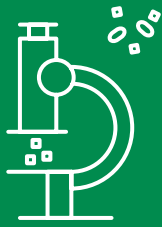
Outdoor retreat



05

Residency appreciation dinner 2018





PATHOLOGY

PROGRAMME DIRECTOR'S MESSAGE



“Tracy and Po Yin are amazing colleagues to work with. Both are hardworking and completed their final exams one year ahead of time. I am sure they will have a bright future in our department.”

Adj. Assoc Prof Loh Hwai Liang Alwin
Programme Director, Pathology

“Humility is the solid foundation of all virtues.”
Confucius



CONGRATULATORY MESSAGE

“Tracy is meticulous and attentive to the little details, making her a welcome addition to the gastrointestinal and liver pathology team! Po Yin is cheerful and hardworking. She is a constant source of optimism to the department!”

Dr Leow Wei Qiang
Core Faculty

Dr Loh Jiezhen Tracy



BEST RESIDENCY MEMORY
Going on exam preparation courses overseas with other Residents.

FAVOURITE QUOTE
So much universe, and so little time - Terry Pratchett.

Dr Tang Po Yin



BEST ON-CALL TIP
Best thing about being a Pathology Resident? No night calls!

BEST TIP TO SURVIVE RESIDENCY
Attend tutorials. Even if you still can't differentiate between a neutrophil and a tumour cell on microscopy or think the Faculty is speaking Klingon, just attend. It will all make sense. One day. Maybe.

BEST MEMORIES





PAEDIATRICS

PROGRAMME DIRECTOR'S MESSAGE

“ So be sure when you step, Step with care and great tact. And remember that life's A Great Balancing Act. And will you succeed? Yes! You will, indeed! Kid, you'll move mountains. ”

– Dr Seuss (*Oh, The Places You'll Go!*)



“ Congratulations on completing your Paediatrics training journey! It may feel like a very long time to you, but remember, it is just the beginning of a longer one, where you have the power and ability to make a real difference in the lives of children and their families. Never forget the reasons why you chose Paediatrics and the people you serve who make the journey worth the sacrifice. We are all immensely proud of your achievements. ”

Dr Raveen Shahdarpuri
Programme Director, Paediatrics



CONGRATULATORY MESSAGES

“Hearty congratulations on your graduation. As you enter the next stage in career and gear up to soar high in your respective areas of interest, our sincere wishes come along with you, with utmost confidence that you'll make our programme proud!”

Dr Veena Rajkumar
Associate Programme Director

“Congratulations on your accomplishment! We are so proud of the people you have grown to be and will continue to watch you progress, and contribute to the future of Paediatrics education.”

Ms Kendrix Lim
Senior Programme Executive

**Dr Chang Su Ying
Serena**

Dr Ng Wei Di



**Dr Tan Mui Ching
Joanne**



**BEST TIP TO SURVIVE
RESIDENCY**

Make friends.

**MESSAGE FOR
GRADUATING BATCHMATES**

Hang in there, there's
always light at the end of
the tunnel.

**Dr Lim Kian Boon
Joel**



BEST TIP TO SURVIVE RESIDENCY

Select a good mentor and
develop good relationships
with all your colleagues
(Seniors, Residents, juniors,
nurses, allied health as well as
administrators!)

**MESSAGE FOR GRADUATING
BATCHMATES**

Thank you all for walking this
journey with me, for the support
rendered, for covering for me
when I needed it, for the lovely
company and of course, for all
the fun and laughter.

**Dr Sharline D/O
Suhumaran**



**HOW TO STRIKE A WORK-
LIFE BALANCE**

Work hard when you need
to but always make time
for family. They will be your
guiding light!

BEST POST-CALL TREAT

Home-cooked lunch and a
massage/facial right after.

**Dr Chan Jiahui
Charmaine**



**Dr Low Bao Bei
Kelly**



BEST ON-CALL TIP

Remember to feed yourself
and your juniors.

BEST ON-CALL DINNER

Delicious home-cooked
food offered by the nurses
during a busy call.

**Dr Pearly Chang
Pei Qi**



**Dr Moira Chia
Suyin**



**HOW TO STRIKE A WORK-LIFE
BALANCE**

Time management.

FAVOURITE QUOTE

To cure sometimes, to relieve
often, to comfort always.

**Dr Sudipta Roy
Chowdhury**



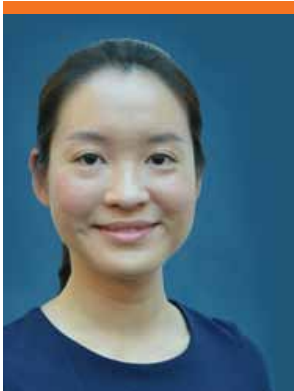
BEST ON-CALL TIP

A warm shower at the start and
at the end of the call.

BEST ON-CALL DINNER

Anything that's eaten together
with the others on call.

Dr Li Jiahui



BEST TIP TO SURVIVE RESIDENCY

There is light at the end of the tunnel.

BEST POST-CALL TREAT

Good sleep, of course!

Dr Ho Meng Dao
Jeremy



BEST RESIDENCY MEMORY

There was a little Japanese girl who unfortunately, drowned in an accident. I was on call the night she was admitted to ICU. Her parents were sobbing at the bedside, it was heart wrenching. But I'll never forget that moment when they got up to leave for the night, addressed the medical team and said "Thank you for treating my daughter" and bowed down to us. I have never seen such an amazing sight. It always brings tears to my eyes.

MESSAGE FOR GRADUATING BATCHMATES

Pay it forward.

BEST MEMORIES





PLASTIC, RECONSTRUCTIVE & AESTHETIC SURGERY

PROGRAMME DIRECTOR'S MESSAGE

“ Keep a humble mind as the learning journey is endless. ”



“ The last six years has been a long and arduous journey. It is extremely heartening to see you guys transform from young, inexperienced doctors to mature, confident Plastic Surgeons. I have no doubt you will excel in your future career and contribute as much to the specialty as you have benefited. I hope that you will look back at this time of your life with joy and tears. Joy that you have achieved another significant milestone in your life and tears for all the sacrifices you have made. Don't forget to thank those around you who have made this journey possible: your family, your mentors, and most of all your colleagues. ”

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



CONGRATULATORY MESSAGE

“ Have mental and emotional fortitude, and never be blinded by vainglory or monetary returns in your careers. ”

Dr Gale Lim
Core Faculty

**Dr Sun Mingfa
Jeremy**



BEST ON-CALL TIP

Have a large bao in the morning to nourish yourself and keep you going for the rest of the day. Because you know there's a lot to learn and accomplish tonight! This was inspired by Dr Ng Shin Yi. I followed his example and never looked back.

HOW TO STRIKE A WORK-LIFE BALANCE

Have something outside work that you are fiercely passionate about and engage in that activity at least once a week.

Dr Pek Wan Sze



BEST ON-CALL TIP

Wisdom handed down the generations - in the darkest of hours, remember that the sun will always rise. The harder the call, the greater the 8 am euphoria!

FAVOURITE QUOTE

"You are what you think" - Ben Carson.

Dr Mok Wan Loong James



BEST TIP TO SURVIVE RESIDENCY

Start early, ramp up quickly... (Beer > Wine > Whisky).

BEST POST-CALL TREAT

A free frap.

BEST MEMORIES

01

Wefie at department photoshoot



02

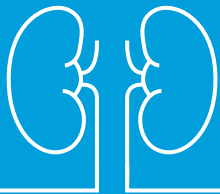
Programme BBQ retreat 2016



03

PRAS Residents with KKH Faculty members





RENAL MEDICINE

PROGRAMME DIRECTOR'S MESSAGE



“Congratulations! This is just the first step into a fruitful and satisfying career as a Nephrologist. You have all worked hard for this moment and we are very proud of you! I hope that all of you continue to strive for excellence as your time in Residency taught you the foundation blocks to lifelong learning. Also, don't forget that family is always very important. Do cherish their support behind each and every one of you.”

Dr Jason Choo
Programme Director, Renal Medicine

“ Work Hard, Play Hard. ”



CONGRATULATORY MESSAGES

“I would like to extend my heartiest congratulations along with the entire Renal Faculty to the 2018 graduands. While the journey has been tough, each one of you has grown from strength to strength. As you embark on the next phase of your professional journey, please remember learning is a lifelong process. It has been a pleasure being a small part of your learning journey!”

Dr Roy Debajyoti Malakar
Associate Programme Director

“Congratulations on the completion of your three-year Renal Medicine Senior Residency Training programme! Wishing you all the best for your future endeavours and may you all become outstanding Nephrologists!”

Ms Wan Xin Yi
Programme Executive

Dr Yeon Wenxiang



MESSAGE FOR GRADUATING BATCHMATES
We did it as a TEAM! :)

FAVOURITE QUOTE
“What doesn't kill you just make you stronger!”

Dr Phang Chee Chin



BEST TIP TO SURVIVE RESIDENCY
Work hard and play hard.

BEST ON-CALL TIP
Sleep sleep and sleep.

BEST MEMORIES

Dr Mayank Chawla



HIDDEN TALENT/HOBBY
Playing on the guitar.

MOST INSPIRING FELLOW RESIDENT AND WHY?
Dr Yeon Wenxiang - always kept his cool whatever the circumstances.

Dr Riece Koniman



BEST ON-CALL TIP
There will always be light at the end of the tunnel.

HIDDEN TALENT/HOBBY
Able to sleep 16 hours straight when post call, while NBM NPU and BNO.

01 Birthday Celebration



02 AY 2017 SR1 Orientation Dinner



03 Programme Retreat



04 Programme Retreat



05 Dinner Get-Together



06 Dinner Get-Together

07

Programme Retreat





RESPIRATORY MEDICINE

PROGRAMME DIRECTOR'S MESSAGE



“Congratulations! It’s been a long and hard road to get here, and I am proud of all of you for slogging through to the bitter end. Remember to always keep your patients front and centre of all you do; in the road ahead there’s a lot of hard work still but the future is bright and waiting for you to carve out your niche. ”

Dr Ong Thun How
Programme Director, Respiratory Medicine



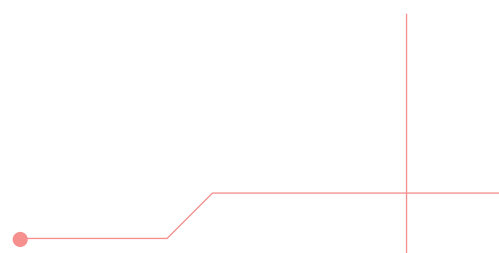
CONGRATULATORY MESSAGES

“Heartiest congratulations on your well-deserved graduation! I am so very proud of you and am confident that you will be great Respiratory physicians! Remember to never stop learning and challenging yourself to become the best version of yourself. Best wishes on your future endeavors!”

Dr Choo Xue Ning
Associate Programme Director

“Congratulations on your graduation. Thanks for putting up with our endless and countless reminders for your paperwork to be done. Best wishes for a bright journey ahead!”

Ms Tan Shi Hwee and Ms Carol Tan
Programme Admin Team



Dr Chai Hui Zhong



Dr Poh Kai Chin



Dr Goh Junyang Ken



BEST MEMORIES

01 Therese's farewell



02 Retreat at Lime Restaurant

03

Cooking retreat



04

Senior Residency Open House 2015



05

Run For Hope 2017





RHEUMATOLOGY

PROGRAMME DIRECTOR'S MESSAGE



“Dear Stanley,
Congratulations on reaching yet another important milestone in your life. The past few years have truly been an exciting journey and I look forward to many more exciting years working with you as a colleague. Sir William Osler once said: “The good physician treats the disease; the great physician treats the patient who has the disease”. May your simple gestures continue to touch the hearts and lives of patients in extraordinary ways.”

Dr Warren Fong
Programme Director, Rheumatology

“Always do your best. What you plant now, you will harvest later.”



CONGRATULATORY MESSAGES

“Heartiest congratulations, Stanley! The fun starts now.”

Dr Yeo Siaw Ing
Core Faculty

“Congratulations and best wishes for all your tomorrows. Hope you’ll always find yourself as happy and full of big, crazy dreams as you are today!”

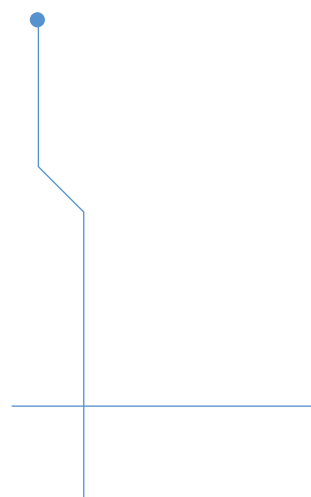
Ms Grace Ho
Programme Executive

Dr Stanley Angkodjojo



BEST ON-CALL TIP
Pray. Make sure you don’t skip meals.

BEST TIP TO SURVIVE RESIDENCY
Always be kind, for everyone is fighting a hard battle.



BEST MEMORIES



01

Christmas Gathering Dec 2016



02

RHI EPIC QI team 2015



03

Our Senior Residents in a serious group photo



04

SSR MSR Conference 2015



05

SR House Gathering Dec 2016



06

SGH Gala Dinner 2015



UROLOGY

PROGRAMME DIRECTOR'S MESSAGE

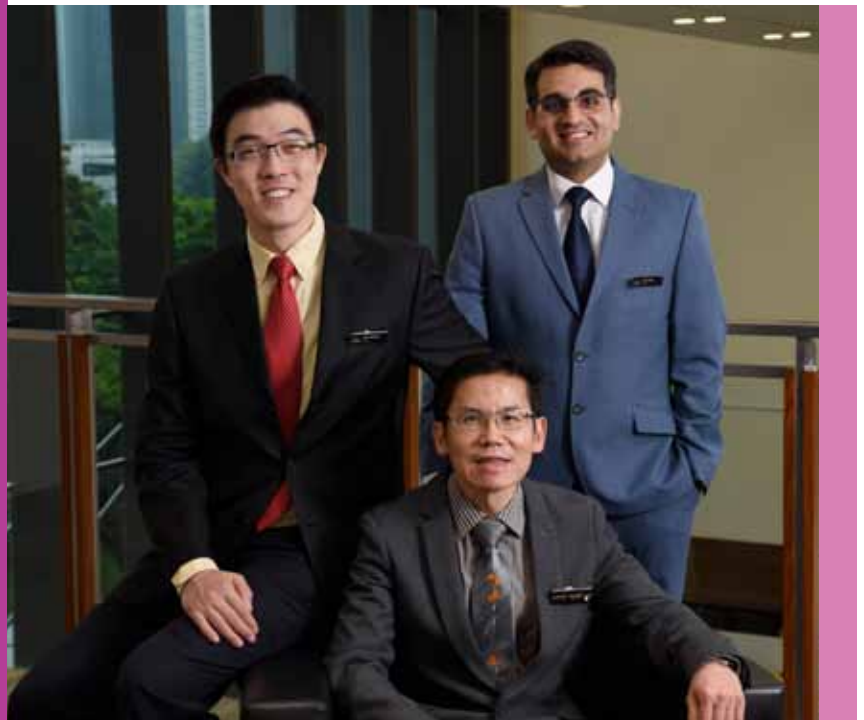


“My heartfelt congratulations to the graduating Urology Residents. You have all worked so hard and proved your dedication in achieving success at your Fellow, Academy of Medicine, Singapore (FAMS). Be committed, make best use of your talent and ability, as well as approach patients with assuredness and empathy. I urge all of you to be devoted listeners who aim to maintain true and honest communication with your patients. Be technically sound as your clinical decision has the ability to directly impact the clinical outcome of your patients. I hope you will serve your patients with care, diligence, and excellence. Wishing all of you the best in your future careers! Cheers!”

Assoc Prof Weber Lau
Programme Director, Urology

“So never stop learning; never stop asking questions; and never forget that medicine is an art as well as a science practiced by doctors and researchers who bring to the bedside – and to the bench – not only technology and training, but also their humanity, caring, and concern.”

Margaret A. Hamburg, M.D. (Stanford School of Medicine, 2012)



CONGRATULATORY MESSAGES

“May every batch surpass the previous one!”

Assoc Prof Henry Ho
Core Faculty

“Our second babies are due! What a relief! Hope it has been a smooth and pain-free labour...All the best!”

Dr Ng Lay Guat
Core Faculty

Dr Raj Vikesh Tiwari
S/O Pkt



BEST ON-CALL TIP
Be cool, calm and collected.

BEST TIP TO SURVIVE RESIDENCY
Patience.

Dr Teo Xin Ling



Dr Lim Yong Wei



HOW TO STRIKE A WORK-LIFE BALANCE
Make work part of your life = work-life balance.

BEST RESIDENCY MEMORY
Being notified I got accepted into the Residency programme.

BEST MEMORIES



02 First Urology Bootcamp 2017



01 Urology Residency Programme Dinner Retreat 2018



03

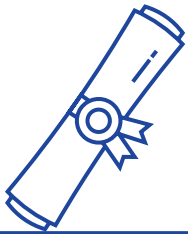
SGH Urology Department Gathering 2018



04 CGH Urology CNY Dinner 2018



05 SGH Urology Team 2018



RESIDENCY VALEDICTORIAN 2018

Each year, SingHealth Residency recognises one outstanding Resident who has displayed the finest traits, qualities and standards, and honours the Resident as Valedictorian.

Dr Hamid Rahmatullah Bin Abdul Razak from Orthopaedic Surgery Residency Programme is the Valedictorian for 2018, and we invite him to share his reflections on his Residency journey in SingHealth.



“We must have the ability to listen and understand the pain, anxiety and uncertainty of our patients to be able to holistically treat them.”

Dr Hamid Rahmatullah Bin Abdul Razak, Valedictorian 2018

How has SingHealth shaped your growth as a Resident?

I am truly a thoroughbred SingHealth Resident as I have done all my postings in SingHealth institutions since I was a house officer! Being a tertiary institution with a wide array of clinical services and a high patient load, SingHealth has offered by far the best possible training as an Orthopaedic Surgeon. On top of that, I have had a very enriching experience as a clinical and translational researcher as well as an educator. Delivering good quality clinical care under stressful conditions has certainly helped me build my resilience over the years. SingHealth has also given me opportunities to attend courses to gain useful skills outside the clinical domain, which has helped me tremendously.

Was there any Faculty or patient encounter that has impacted you during your Residency training and changed your outlook in life?

Burnout is a real phenomenon in the career of a doctor, especially so during Residency years. I felt this early on in my Residency training when I was doing my rotation in General Surgery. I was suffering from physical exhaustion and was feeling jaded as I questioned my desire to continue with my training. I remember a particular patient encounter that impacted me positively and brought me back on track.

It was a patient who had successfully been treated for peptic ulcer disease and was due for discharge. On the day of discharge, she had massive haematemesis and deteriorated acutely. The team had to work really hard to stabilise her and arrange for an emergency scope procedure. She survived the procedure and was fit again for discharge after a week or so. We were relieved. Before she was truly discharged, the patient requested for a photograph with the entire team that cared for her as she wanted to remember us for the rest of her life for helping her. That was a poignant moment for me which reminded me of my original decision to practise medicine – to make a difference in the lives of others.



Senior Residents paying it forward by facilitating the introductory session at the SingHealth Residency Leadership Programme (SRLP)



The SingHealth Orthopaedic Surgery Residents flying their flag high at the annual Singapore Orthopaedic Association (SOA) Residents' Challenge

In your opinion, what is one most valuable skill you have acquired in your Residency days that you would like to impart to your juniors?

I believe that to a doctor, no skill is more valuable than that of listening. We must have the ability to listen and understand the pain, anxiety and uncertainty of our patients to be able to holistically treat them. We must also have the collegiality to listen to our peers and seniors and the humility to listen to our allied health colleagues and juniors in the team setting that we practise in.

What are your aspirations for your future journey in medicine?

I am glad that I have completed this long and eventful journey of Residency, and am excited to be starting the next chapter in my career as an Associate Consultant Orthopaedic Surgeon at the new Sengkang General Hospital. I have always been a sportsman and naturally am drawn to the subspecialty of Sports Surgery. I plan to focus my advanced training in the field of lower limb joint preservation in a bid to prevent patients from needing to undergo a joint replacement in their prime years. I also want to achieve my dream of being a successful academic surgeon and sincerely hope to prove that a surgeon can excel in both surgery and academia.



Dr Hamid and Dr Huang Yilun with Programme Director, Assoc Prof Inderjeet Singh at the American Academy of Orthopaedic Surgeons (AAOS) Annual Meeting in LA



SINGAPORE CHIEF RESIDENCY PROGRAMME (SCRP)

COHORT 4, AY2016 – 2018

Dr Chia Ming Li Cynthia
Cardiothoracic Surgery



GOING THROUGH THE SCRП AND BALANCING WORK AT THE SAME TIME IS NO EASY FEAT. HOW DO YOU JUGGLE THE CHALLENGES FACED?

I learn to try and look at different things from different angles. Hopefully, I am managing alright. Like what the seniors have shared, you want to win the war, not just the battles, so pick your battles and (hopefully) win them.

FAVOURITE QUOTE

To give anything less than your best is to sacrifice the gift!

Dr Lee Si Jia
Anaesthesiology



SHARE WITH US YOUR FORMULA FOR ATTAINING THE RIGHT BALANCE BETWEEN WORK-RELATED AND PERSONAL COMMITMENTS.

I guess the logical thing to do is to prioritise, not forgetting to fulfil things that belong to the important-but-not-urgent category. With time and experience, we get more adept and efficient at the things we do, and as a result, free up more time for us to allocate to other aspects of our lives. The juggling act then becomes easier.

MANTRA IN LIFE

For every minute we are angry, we lose 60 seconds of happiness. Be nice to everyone, we were once in their shoes; we never know how bad their day had been; we never know when we will need a favour in return.

Dr Hamid Rahmatullah Bin Abdul Razak
Orthopaedic Surgery



SHARE WITH US YOUR FORMULA FOR ATTAINING THE RIGHT BALANCE BETWEEN WORK AND PERSONAL COMMITMENTS.

I call my formula the "magic HAT":

Honesty – You have to be honest with yourself, your colleagues and your family with regards to what you can achieve and what you cannot.

Ability – You must know your strengths (and weaknesses). You must also know the strengths of your colleagues and team members, so that you can delegate and assign work well.

Time – You must be able to maximise time. I strongly recommend the audio book "The One Minute Manager" by Ken Blanchard, from which I have learnt various strategies to manage my time better.

Dr Tan Licia
Ophthalmology



HOW HAS LIFE AT WORK CHANGED FOR YOU SINCE YOU JOINED THIS LEADERSHIP PROGRAMME?

Being a Chief Resident has given me the opportunity to play a part in changing the system to improve the situation on the ground for the Residents and patients. I now look at issues at work differently – when dealing with a small issue I can better consider how the larger system may have contributed to or is affected by it.

FAVOURITE HANGOUT IN THE HOSPITAL

Doctors' lounge at SNEC, where the Residents frequently meet for meals or just to chill.

Dr Thain Pei Ting Serene
Obstetrics & Gynaecology



WHAT IS IT LIKE BEING A CHIEF RESIDENT?

This leadership programme has opened up many opportunities for me to serve the Obstetrics & Gynaecology (O&G) Residency programme and the O&G community. I have had the privilege of working on various subcommittees within KKH, dealing with issues such as the War on Diabetes in Singapore from the obstetric perspective, as well as the Zika virus infection and its impact on our pregnant patients. These opportunities have allowed me to see things from a broader perspective and better understand the work processes and considerations that go on in a hospital.

BEST ON-CALL SURVIVAL TIP

This tip was given to me by a friend: "Keep your call phone close, but keep your nurses even closer!" In short, be genuinely nice to your nurses – they can be a great source of advice and support when you're on call.

Dr Jill Lee Cheng Sim
Obstetrics & Gynaecology



SHARE WITH US YOUR FORMULA FOR ATTAINING THE RIGHT BALANCE BETWEEN WORK AND PERSONAL COMMITMENTS.

Decide for yourself what is most important to you. Once you make a commitment to these important values, live by them. Be open and realistic with yourself, your family and work about what you can achieve even if it sometimes means having to say the difficult "no" to others.

BEST ON-CALL SURVIVAL TIP

Always bring a spare underwear to work. Labour ward can be a messy place. ☺

Dr Tng Ren Kwang Alvin
Renal Medicine



SHARE WITH US YOUR FORMULA FOR ATTAINING THE RIGHT BALANCE BETWEEN WORK-RELATED AND PERSONAL COMMITMENTS.

Just be yourself. I started out as a first year Senior Resident in my specialty, and with the extra role, I initially felt rather overwhelmed and tried to fulfil every responsibility and request. After a while, I realised that in trying too hard to please everyone, I was in fact, being less efficient and starting to lose track of myself and who I wanted to be. With less energy spent on second-guessing expectations, and more energy focusing on being who you are and putting in 100% to what you are doing - you can be confident that results will be delivered.

FAVOURITE HANGOUT IN THE HOSPITAL

The Renal Registrar's room - it's a small room hidden away at the end of a corridor next to the dialysis centre. (Usually) stocked with food and the occasional company, it is the best place to hide while on call to get some work done or to rest while riding the night out!

Dr Colin Tan Jingxian
Nuclear Medicine



WHAT IS IT LIKE BEING A CHIEF RESIDENT?

Being a Chief Resident is fulfilling as it exposes us to administrative and teaching duties that can make a difference to our peers. Life is not much different but I feel better equipped with important skills to discharge my duties after attending the SCRP course.

BEST ON-CALL SURVIVAL TIP

Plan for sleep actively. I personally find that I make less error and work more efficiently when I squeeze in at least 30 to 60mins of rest in between tasks, even on a busy call.

Dr Nita Thiruchelvam
General Surgery



WHAT IS IT LIKE BEING A CHIEF RESIDENT?

This course has imparted skills that apply both in the workplace and in personal life. I now pay more attention to the 'science' behind effective communication, fostering teamwork and the art of receiving and giving feedback to improve performance.

FAVOURITE HANGOUT IN THE HOSPITAL

CGH has this amazing pond with fascinatingly large koi. It is surprisingly peaceful to sit at a bench and watch the fishes swim by, especially if you have a moment in the night whilst on call.

Dr Jacqueline Goh Hui Fen
Anaesthesiology



SHARE WITH US YOUR FORMULA FOR ATTAINING THE RIGHT BALANCE BETWEEN WORK-RELATED AND PERSONAL COMMITMENTS.

Mindfulness, sleep and exercise. I start the day with prayer and meditation, followed by a short jog before work. This way, I am more energetic in the day and sleep better at night. In juggling challenges from bosses and colleagues, my guiding principles are kindness and empathy — treat others the way you want to be treated.

FAVOURITE QUOTE

"I shall pass this way but once; any good that I can do or any kindness I can show to any human being, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again." — Etienne de Grellet

Dr Quah Li Juan Joy
Emergency Medicine



HOW HAS LIFE AT WORK CHANGED FOR YOU SINCE YOU JOINED THIS LEADERSHIP PROGRAMME?

SCRP has been enlightening in many ways: from learning about myself, to the dynamics of teamwork, leadership styles and how to carry forward positive changes effectively and efficiently. Dialogue sessions with healthcare leaders have helped to create a new dimension and understanding to the system in which we function from day to day.

There are difficult situations to be tackled and difficult questions to be answered – it takes having a rounded view to understand the ever-evolving healthcare landscape, and I am grateful that SCRP has provided that window of opportunity.

Dr Audry Lee Shan Yin
Cardiology



SHARE WITH US YOUR FORMULA FOR ATTAINING THE RIGHT BALANCE BETWEEN WORK-RELATED AND PERSONAL COMMITMENTS.

I don't think there is a formula, but there is a delicate balance. We have all sacrificed many personal hours with family and friends in order to serve our patients, but at the same time we rely on our colleagues to cover us in times where we need to be with our family and friends. Fortunately, my colleagues and bosses are awesome, allowing us to work together to resolve most challenges that come our way.

BEST ON-CALL SURVIVAL TIP

Eat well and don't do cardiac enzymes for asymptomatic patients!



SINGHEALTH RESIDENCY LEADERSHIP PROGRAMME (SRLP)

COHORT 2, AY 2017 – 2018

Dr John Lee Song En
Anaesthesiology



HOW HAS LIFE AT WORK CHANGED FOR YOU SINCE YOU JOINED SRLP?

Having to live with higher expectations from seniors, peers and juniors, as well as greater responsibilities.

Dr Zameer Bin Abdul Aziz
Cardiothoracic Surgery



WHAT HAVE YOU ACCOMPLISHED AS A CHIEF RESIDENT?

Apart from giving me a better overview of our healthcare structure, SRLP has given more perspective into our personal journey from Residency into making a meaningful career for ourselves. I hope to develop on the lessons and insights we have learnt from the course so I may contribute more towards our healthcare system and of course have a positive impact on my patients. It is imperative in this profession for us to embrace lifelong learning and improvement and SRLP has been a useful stepping stone as well.

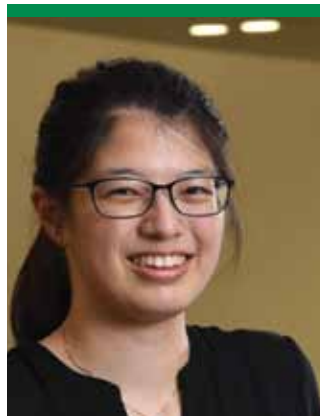
Dr Yan Limin
Cardiology



SHARE YOUR FORMULA FOR BALANCING WORK-RELATED AND PERSONAL COMMITMENTS.

I think it's important to recognise that there's always more work to be done, and it takes effort to spend quality time outside of work – whether it be spending time with family, pursuing a hobby or just having some 'me' time to recharge so that you don't get burnt out. Our loved ones are often a lot more understanding than we give them credit for, and we should not take that for granted.

Dr Teo Tess Lin
Emergency Medicine



WHAT DO YOU WISH TO ACCOMPLISH AFTER ATTENDING THE SRLP?

I want to improve Resident welfare and strengthen the bonds amongst Residents in my programme so that everyone has a strong network of support.

Dr Teo Zhen Wei
Cardiology



WHAT DO YOU WISH TO ACCOMPLISH AFTER ATTENDING THE SRLP?

I would like to build on the various leadership skills learnt during the programme as well as continue to keep in touch with my fellow colleagues in my SRLP cohort.

Dr Jeffrey Hing Jun Xian
General Surgery



HOW HAS LIFE AT WORK CHANGED FOR YOU SINCE YOU JOINED SRLP?

As a Chief Resident, I am privileged to lead events, be it social gathering, or tutorial sessions to draw fellow Residents together and motivate each other to achieve more.

Dr Roshan Mahesh Lalimalani
Geriatric Medicine



SHARE YOUR FORMULA FOR BALANCING WORK-RELATED AND PERSONAL COMMITMENTS?

Time management and focus. I was a foreigner (currently a Singapore citizen) married with two kids. Sometimes, I wish there's 36 hours in a day! Over the years, I have learnt that the way to best manage your time is to focus on one thing at a time and do it properly. When I am at work, I do not reply to family matters and friends unless it is urgent. At home, I focus on my personal affairs and only attend to hospital matters when they are urgent. That way, I try to give undivided attention every time.

Dr Gideon Ooi Su Kai
Nuclear Medicine



HOW HAS LIFE AT WORK CHANGED FOR YOU SINCE YOU JOINED SRLP?

The leadership programme has taught me to take a step back whenever problems occur and try to understand how different system processes may be optimised to deal with problems. I gained a better appreciation for different personality types and how to deal with this when conflicts arise. Ultimately, work-life has improved because I have a network of Chief Resident friends across the various disciplines I know I can count on for help.

Dr Ou Yang Youheng
Orthopaedic Surgery



WHAT HAVE YOU ACCOMPLISHED AS A CHIEF RESIDENT?

I believe that the SRLP is a fantastic opportunity to get to know members from the other specialities and colleagues in Allied Health. By establishing a collaborative network of peers, I am confident that we will be able to meet the challenges of Singapore's future healthcare needs by the strength of our diversity. While a specialist is great at solving narrow specialist problems, broad and ill-defined challenges on the horizon are best approached by a group of thinkers with many viewpoints and unique skillsets.

Dr Xu Shuhui
Otolaryngology



SHARE YOUR FORMULA FOR BALANCING WORK-RELATED AND PERSONAL COMMITMENTS.

One important thing that one of the seniors at SRLP taught me was to 'be present'. In this digital age, it is easy to be distracted by a work text halfway through a family dinner, so I make an effort to put my phone aside when I am not at work. I maximise whatever precious moments I can to connect e.g. discuss my day with my husband on the 15 minute ride to work as I am usually concussed on the ride home, and try to have dinner with parents at least once a week. There's no magic formula, at least none that I have found yet! It just takes effort and commitment to the things that matter in life :)

Dr Ada Ng Xinhui
Obstetrics & Gynaecology



SHARE YOUR FORMULA FOR BALANCING WORK-RELATED AND PERSONAL COMMITMENTS.

My formula between work and personal life is simple – work hard and play hard. While my work does consume a large amount of time and energy, I do remember to take my breaks when I need it, and enjoy myself as much as I can. Some rotations may be harder than the others but this is part of training.

Dr Ee Tat Xin
Obstetrics & Gynaecology



SHARE YOUR FORMULA FOR BALANCING WORK-RELATED AND PERSONAL COMMITMENTS.

The secret to a reasonable work-life balance is probably choosing the correct spouse. My family has been my pillar of support in difficult times and trust me, one does have to get through many difficult times in Residency.

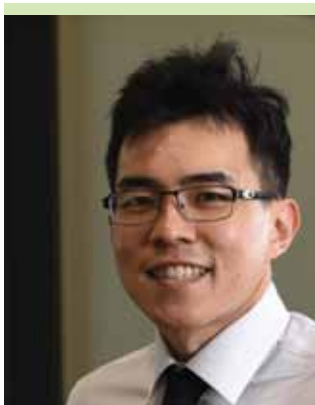
Dr Kam Kai Qian
Paediatrics



HOW HAS LIFE AT WORK CHANGED FOR YOU SINCE YOU JOINED THIS LEADERSHIP PROGRAMME?

I became aware of my shortcoming and this has helped me as a leader in my work. As an extrovert, I tend to be impulsive and react to the situation quickly. I have been trying to change this but I am still work in progress!

Dr Ng Si Rui
Ophthalmology



SHARE YOUR FORMULA FOR BALANCING WORK-RELATED AND PERSONAL COMMITMENTS.

Work is life, find a job you enjoy doing and you'll never work another day in your life!

Dr Chinmaya Shrikant Joshi
Emergency Medicine



WHAT DO YOU WISH TO ACCOMPLISH AFTER ATTENDING THE SRLP?

I would like to explore diverse ways of teaching juniors – Free Open Access Medical Education, Blended Learning, Spaced Repetition. Greater inclusion of nursing in bedside teaching given that they have expressed genuine interest in furthering their knowledge and we see across the board, an expansion of their job scope.

Dr Grace Ng Yang Huang
Obstetrics & Gynaecology



HOW HAS LIFE AT WORK CHANGED FOR YOU SINCE YOU JOINED SRLP?

This leadership program me was an eye opening experience for self-discovery and improvement, healthcare and the importance of good leadership. Reflection in itself has been an interesting journey. These experiences and lessons will and have changed the way I work with my colleagues, my patients and my family. Going through the SLRP with my cohort has also been valuable as many of us share our views, experiences and practices; after the SLRP I hope to maintain these friendships.

Dr Tan Pei Ling
Rehabilitative Medicine



HOW HAS LIFE AT WORK CHANGED FOR YOU SINCE YOU JOINED THIS LEADERSHIP PROGRAMME?

The programme has caused me to open my eyes and ears to see and listen actively to my peers and juniors, while understanding the heart behind decisions made by my seniors. I seek to be the link for everyone to find a common ground of understanding. My hope is that as a healthcare team, we not only provide the best patient care, but also look out for the welfare of fellow colleagues.



LIFE IN SINGHEALTH RESIDENCY

29 & 30
SEP
2017

SingHealth Duke-NUS Education Conference 2017

Organised by the SingHealth Duke-NUS Academic Medical Centre, the SingHealth Duke-NUS Education Conference on 29 and 30 September 2017 gathered more than 1000 thought leaders, inter-professional healthcare educators, aspiring professionals and learners from Singapore's healthcare and academic institutions to learn and exchange best practices in healthcare education.

Themed "Best Practices in Health Professions Education – Challenges and Opportunities", the two-day programme featured a dynamic line-up of more than 110 distinguished overseas and local speakers as well as Residents and learners to share on their teaching and learning best practices. During two of the symposiums, "Near-Peer Teaching – Benefits, Challenge and Future Directions" and "Preparing Residents Today for Tomorrow's Challenges", our Residents shared insightful stories and personal takeaways on their Residency training, and discussed best practices that have equipped them for tomorrow's healthcare.

Mark your calendars for the next **SingHealth Duke-NUS Education Conference on 27 and 28 September 2019!**

01 Assoc Prof Mark Leong, Co-chair of the Education Conference, delivering the welcome address



02 Dr Hamid Razak who was emcee for the Opening Ceremony



03

Opening Ceremony



04

Our Residents and Faculty at the "Near-Peer Teaching" Resident Symposium



25
NOV
2017

SingHealth Residency Residency Games Day 2017



Residency Games 2017, themed **Hunger Games: Residency Strikes Back**, was held on 25 November at the Kovan Sports Centre. This is one of the key events in SingHealth Residency that brings together Residents, Faculty and medical students to build camaraderie and work together in achieving a common goal in a fun and relaxed atmosphere outside of the hospital walls.

Through fun-filled activities and friendly competition, Residents pull out all the stops to defeat their opponents and take home the title of SingHealth Residency Games Champion and the Challenge Trophy. The games included Combat Archery and Saber Tag – a competitive capture-the-flag style skirmish with teams attempting to wipe each other out through a series of taps, jabs, pokes and arrow-shooting. The honours went to the team "Jar Jar Blinks" from Ophthalmology Residency Programme in 2017!

A big thank you to the organising committee and the Residents' Committee involved in the planning and successful execution!



31
MAR
2018

Student Internship Programme (SIP) Boot Camp 2018

Organised by the Residents' Committee Education Subcommittee, the annual SIP Bootcamp is a teaching initiative that is expanded and improved on every year with the aim to equip final year medical students to deal with the day-to-day challenges of a House Officer. This year, with the addition of the simulation stations, local medical students had the opportunities to take on the role of doctors and treat their "patient" exactly as they would be expected to in real life. The contents of the stations were vast, ranging from approach to altered mental status in a patient to management of chest drains. This is one of the few events that had Residents from all disciplines, both medical and surgical, come together to lead and mentor the students – sharing their knowledge while paying it forward.

01 Where the action happens



02 Behind the scenes – the control centre of the simulation station

03 Intense discussion and mentoring led by one of our doctors



04 Interactive hands-on session on troubleshooting a chest drain



20 & 21
APR
2018

SingHealth Residency Freshmen Orientation 2018



This year's Freshman Orientation was held on 20 and 21 April at Sentosa. The two-day programme included an administrative briefing on the first day, followed by some fun in the sun for new Residents at Siloso Beach Sentosa on day two. The day began with pleasantries, ice breakers and awkward introductions (with the stress of learning a lot of new names). Once the games started, the ice was broken, or rather, melted!

Under the scorching sun, teams tackled it out over water soccer, raced down the beach inside four metre inflatable zorb balls, built rafts and sailed across the sea (just a tiny stretch). Through the fun and games, new friendships were forged with lasting marks left behind (that is to say, tan lines ☺).



28
JUL
2018

SingHealth Residency Open House 2018

The annual SingHealth Residency Open House on 28 July attracted eager Medical Students, House Officers and Medical Officers, to explore the options for their specialist career. The Open House showcased SingHealth's strengths as the sponsoring institution of choice for Residency training and the Residency programmes showed up in force, including Medical Subspecialty Senior Residency programmes, with many Faculty and Residents coming down to share their experiences in Residency. Each Residency programme adopted a different tack: amongst others. For example, Emergency Medicine featured a live simulation exercise, and ENT created edible mucous! The event was further bolstered by a portable snack trolley, bubble tea and not one but two frozen yoghurt stands!



16
AUG
2018

Residency in SingHealth Excels (RiSE) Awards 2018



In recognition of education and clinical excellence, Residents and Faculty gathered at the Academia on 16 August, to celebrate the achievements of their peers and colleagues at the annual Residency in SingHealth Excels (RiSE) Awards. This year, more than 340 outstanding Residency Faculty and top-performing Residents were honoured at the RiSE Awards 2018. The award recipients are truly an inspiration to all of us for their commitment towards clinical, education and research excellence.



Living My Love
of Medicine

