



SINGHEALTH RESIDENCY

YEARBOOK 2018/2019

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YEAR BOOK

EDITORIAL TEAM

Resident Committee 2018/2019

- Dr Joyce Tan Zhi'En
- Dr Dorinda Chew Chee Yee
- Dr Kenneth Chin Fu Wen
- Dr Christopher Seow Wen-Xing
- Dr Chua Cherie
- Dr Glenn Goh
- Dr Chinmaya Shrikant Joshi

SingHealth Academy
Communications

Graduate Medical Education
(GME) Office

RESIDENTS' COMMITTEE (RC) FOREWORD



Dear Graduates,

Heartiest congratulations to you on this milestone achieved! It has not been easy but we're certain that it will be worthwhile.

In putting together this yearbook, we were inspired by the commitment of our graduated seniors, who have certainly made an impact on us – shaping us to be the doctors we are today and inspiring us to achieve higher standards for the benefit of those we serve. As you embark on this new chapter of your career and life, it is now your turn to leave a legacy; to leave your footprint in the path you are on, so that others after you may learn and be empowered to do better.

On behalf of our SingHealth colleagues and peers, we would like to thank you for your contributions and congratulate you on your success. Continue to make a difference wherever you are!

*From the Residents' Committee
2018/2019*



From left to right Dr Glenn Goh, Dr Chinmaya Shrikant Joshi, Dr Yong Jin, Dr Kenneth Chin Fu Wen, Dr Krishnasamy Balasubramanian Jaydeesh Khanna, Dr Felix Maverick Rubillar Uy, Dr Maria Novani, Dr Rachel Chun Phoy Cheng, Dr Lucy Davies, Dr Dorinda Chew Chee Yee and Dr Joyce Tang Zhi'En

RC Co-chairs



Dr Yong Jin



Dr Lucy Davies

RC Communications Subcommittee



Dr Kenneth Chin Fu Wen



Dr Joyce Tang Zhi'En



Dr Dorinda Chew Chee Yee

CONGRATULATIONS! FROM GROUP CEO, SINGHEALTH



“To deliver holistic care that truly matters to our patients and their caregivers, we need to look beyond the hospital walls to find innovative and sustainable ways to support them in the community.”

My heartiest congratulations to the fifth graduating cohort of 152 SingHealth Residents!

It is a privilege to be part of the healing profession. As young clinicians, you have a hand in shaping the way care is delivered to patients. I believe the well-rounded exposure you have had at SingHealth institutions during training has equipped you with the competencies needed to perform at the top of your practice.

A bright future lies ahead as you embark on your medical career and contribute to building and shaping public healthcare. The fresh perspectives and new ideas you bring are valuable in the care transformation journey to help our population keep well, get well and age well.

We all know that an aging population and increasing chronic disease burden will have an impact on the healthcare system. As we rethink and redesign care

models and processes to address this, we also need to take into account our patients' emotional and social needs.

To deliver holistic care that truly matters to our patients and their caregivers, we need to look beyond the hospital walls to find innovative and sustainable ways to support them in the community.

I applaud you for your commitment to serve in public healthcare. As you embark on this rewarding journey to comfort and heal, I encourage you to continually push the boundaries to define tomorrow's medicine.

Congratulations once again, and I wish you all the very best for the future!

Prof Ivy Ng

Group Chief Executive Officer, SingHealth

#WORD – INSIGHTS FROM OUR DIO



**Assoc Prof
Tan Hak Koon**

*Designated Institutional
Official, SingHealth
Residency*

Financial success
should not be the
ultimate goal in
Medicine.

If you were a superhero, what supernatural power would you like to have, and why?

The powers of Captain America. I am most impressed by his good attitude and level-headedness. Capt is able to see the big picture and humbly considers everyone's point of views. He is sensible in the way he leads. He is also determined to improve the lives of mankind on earth. As part of the Avengers, Capt plays a pivotal role in a team that showcases a lot of collaboration. Every member has a different skill, so they play different roles to save the day, just like in Medicine. Without interprofessional collaboration, a man with a single skill set will not be able to save our patients.

Share some tips with our junior doctors on how they can cope with the current medicolegal climate.

Our medicolegal climate is more and more litigious due to increased literacy and easily accessible information. Young doctors can expect to have their clinical techniques and decisions questioned by more patients and they should also expect to experience more lawsuits in their career. However, not all is doom and gloom. There are several ways our young doctors can equip themselves in preparation for these changes.

Firstly, **equip yourself with knowledge** on the latest medical advancements and exchange such information with others across departments and specialties. An exchange of specialised knowledge can help clinicians make more informed decisions and account for the difficult ones. Also, work on your communication skills, practise open communication with your patients and keep them informed to the best of your abilities.

Next, **grow your passion as a doctor and express it.** When patients sense your passion, litigious situations can be minimised as people tend not to doubt the integrity of those who are passionate. You also need to make sure you are covered with Medical Indemnity Insurance and participate in medicolegal courses as you grow your passion.

Thirdly, **be mindful about defensive medicine;** not to be overly cautious and spend resources on unnecessary medical investigations, but to use it as an opportunity to change certain practices that can help improve clinical practice.

What does success in Medicine look like to you?

Many think that success in Medicine is about making money and enjoying the glamour of the job. While it is important for one to be able to provide one's family with a decent standard of living, financial success should not be the ultimate goal in Medicine. It should be to *save lives, relieve pain and bring comfort* to people. Therefore, my true success in Medicine is reflected in the number of lives I can save and my continual efforts to raise the standard of healthcare in Singapore.

"If I had not pursued Medicine, I would have pursued..."

To be honest, I've never considered pursuing anything other than Medicine. If I was not given the opportunity to pursue Medicine, I would consider being a lecturer in Chinese Literature because it enriches my mind. ▽

#WORD – INSIGHTS FROM OUR ADIOS



**Prof Lim
Swee Han**

*Associate Designated
Institutional Official (SGH),
SingHealth Residency*

It is important to be
intentional about
getting rest and to have
a conclusion to your
workday.

Share some tips on how our junior doctors can ensure optimal well-being amidst their busy clinical work.

- **Protect your time.** It is important to be intentional about getting rest and to have a conclusion to your workday. This can be done by leaving the wards once you have handed over your work completely, instead of hanging around.
- **Make time to do what you enjoy.** Personally, I enjoy listening to classical music and reading up on research. It helps me to unwind after a busy day.
- **Lead a healthy lifestyle.** Exercise, eat well and get sufficient sleep. These are fundamental to ensuring optimal well-being so that we can serve our patients better.

What is one thing you have learnt from our Residents?

There are many things I have learnt from them. For example, their dedication to work, professionalism despite hardship, and ability to stay resilient amidst stress and responsible in the tasks given to them.

I vividly recall setting up a meeting with a Resident who needed some help from me. He came to our meeting, properly dressed and well groomed. After interacting

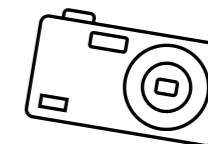
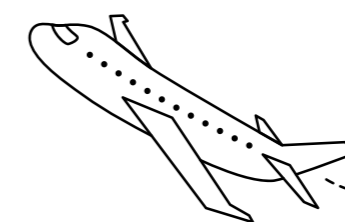
with him, I discovered that it was his off-day and he returned to the hospital specifically to meet me. I was impressed because he dressed in respect for our meeting and did not turn up in casual wear (not that I would have minded!). This may be a very small thing, but it reflected genuine desire and humility to learn.

I wish I had more time for...

As someone who enjoys travelling, I would like more time to explore the world with my family, the people I treasure. I enjoy travelling because it allows us to see other ways of doing things, beyond how we operate in Singapore.

What is your philosophy in Medicine?

As much as possible, Medicine and treatment must be evidence-based. Evidence-based procedures are supported by scientific logic, which is essential in showing our patients that our treatments are effective. ▽



#WORD – INSIGHTS FROM OUR ADIOS



**Assoc Prof
Tay Yong Kwang**
Associate Designated
Institutional Official (CGH),
SingHealth Residency



No matter what other roles a doctor may take up – be it research, education or administration – we are, first and foremost, clinicians.

Where is your favourite go-to lunch spot on a work day?

If I have time for lunch, my favourite place is Subway. Though on most days, I will bring lunch from home as my clinic tends to overrun. It's usually something simple like a sandwich or bun.

What keeps you going when the going gets tough in Medicine?

Life is tough, with its hills and valleys, but my faith and family keep me going through it all. They are my anchors in times of instability and bulwark against stressful forces.

As we aspire to climb the corporate ladder and ranks, it is easy to neglect our family. However, when something bad happens to us, our friends may not be around. But our family will stand by us no matter what happens. It is also good to have a moral compass to keep us anchored and to point out the correct path to take.

If you were a superhero, what supernatural power would you like to have, and why?

A superhero with powers to predict events in the future and the ability to change the outcomes, for example, acts of terrorism such as the Easter Bombings, wars or ethnic conflicts. If I could foresee these events and

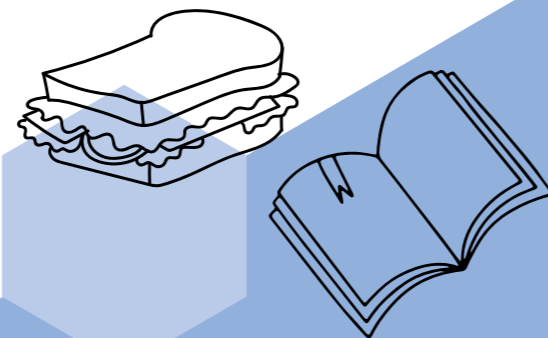
somehow prevent them from actually occurring, there can be peace in the world. And apart from outer peace, I would like the assurance of inner peace.

What does success in Medicine look like to you?

Being a clinician at heart, **success in Medicine is when my patients get better and when I make a difference in their lives.** No matter what other roles a doctor may take up – be it research, education or administration – we are, first and foremost, clinicians. Therefore it is important to sharpen our clinical skills and keep up with advances in our speciality.

"If I had not pursued Medicine, I would have pursued..."

I would have become a teacher, maybe in a secondary school teaching Science or Literature. Teaching is my second passion and I find it to be very meaningful. Teachers have the ability to nurture the young and shape the future. Although I eventually became a doctor, I am glad to have 'lived out' my second passion in teaching with many opportunities given to impart knowledge and experiences in healthcare. ▲



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



We need to be mindful and caring towards our colleagues who may need help or a little more guidance along the way.

Share a wish you have for the future of healthcare. How can we realise this wish?

Over the years, SingHealth has successfully inculcated many desirable values amongst its staff, setting a good foundation to build from. As a clinician educator, I am keen to build on an even stronger education culture in healthcare, where teaching of future generations of doctors, nurses and allied health professionals become as second nature to us as taking care of our patients.

A large part of our profession is based on apprenticeship and as we reflect on our past, we need to realise that **without the hours invested by each of our selfless teachers, we will not have been moulded into the clinicians we are today.**

Thus, the next time you see a medical student standing in the corner and avoiding eye contact for fear that the Consultant is going to ask him/her the next question, I urge you to engage and enrich that young mind.

What is one thing you have learnt from our Residents?

Our Residents never fail to amaze me. The verve and the energy to undertake the responsibilities of clinical

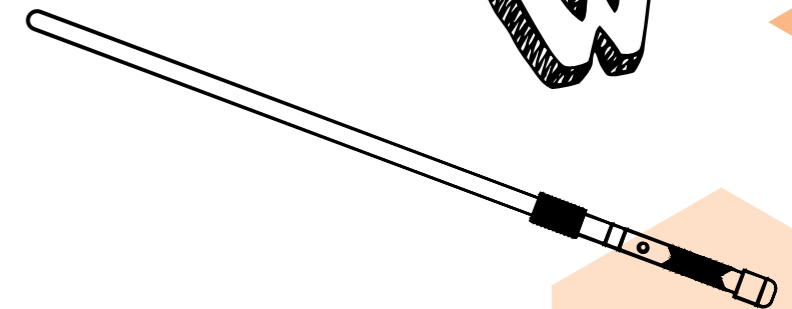
work, courses, exams, committees, and yet be able to find time to do other activities beyond medicine is simply... mind boggling! As the responsibilities are many, we also need to be mindful and caring towards our colleagues who may need help or a little more guidance along the way.

What is your favourite after work activity?

Engaging my little gal and teaching her how to read and write... we're up to letter "W" now.

If you were a superhero, what supernatural power would you like to have, and why?

I have never been a big superhero fan, but I am a massive Star Wars fan (likely a generation thing!). The Jedi's *The Force* will be a great one to have as it is the most practical "super power". I believe *The Force* is strong in each of us, enabling us to influence (Jedi mind trick), inherent foresight – "sixth sense" (intuition to treat our patients) and gradually develop resilience. "Do or Do not. There is no try." ▲



#WORD – INSIGHTS FROM OUR ADIOS



**Prof Chay
Oh Moh**

Associate Designated
Institutional Official (KKH),
SingHealth Residency



It is pivotal to have a sound understanding of core principles that underpin successful Interprofessional Collaborative Practice and actual interprofessional collaboration in clinical practice.

Share one thing our junior doctors should take note of in their future journey in Medicine, and why.

As our future pipeline of specialists, you are critical contributors to healthcare who will be leading clinical teams very soon. Therefore, it is pivotal to have a sound understanding of the core principles that underpin successful Interprofessional Collaborative Practice (IPCP) and actual interprofessional collaboration in clinical practice. These principles include:

- **being respectful and having open team communication**
- **understanding roles and responsibilities of the different healthcare providers**
- **demonstrating mutual respect for each profession's values and**
- **developing thoughtful reflection and humility to learn from one another.**

I would say taking time to explore, observe and emulate the above core principles will prepare you well for IPCP. Only by upholding these principles can we work towards ensuring a strong collaborative team in healthcare.

If you were a superhero, what supernatural power would you like to have, and why?

Wow. Does that mean I can do whatever I want? I want the superpower to heal mankind and the world!

I wish I had more time for...

Weekly nature walks at MacRitchie Reservoir on Saturdays, and less events, activities and examinations over my weekends. This is the time I make appointments to meet friends for some outdoor exercise. Doing something different with people I don't meet at work and meeting friends from various walks of life always offers me different perspectives and fresh insights. The walks also provide quiet moments (at least we don't talk about work in the hospital) and time for reflection. It also helps me to keep fit, which I feel is critical for my mental wellness. ▲



**Prof Tan
Eng King**

Associate Designated
Institutional Official
(Research), SingHealth
Residency



If we can make a meaningful contribution to the lives of our patients and their relatives, in any small or big ways – that will be a great success.

What does success in Medicine look like to you?

The definition of success is always tempered with relativity and depends on the individual's goals and aspirations. Personally, I think that if we can make a meaningful contribution to the lives of our patients and their relatives, in any small or big ways – that will be a great success!

Describe your philosophy in Medicine.

As Dau Voire said, "Laughing is and will always be the best form of therapy". **We have to be bright and positive ourselves in order to infect our patients with the same positivity and optimism.** Having walked more than 25 years with some of my patients, I know this attitude has helped us to grow old happily together. This is what Medicine and life is about. The journey is more important than the destination.

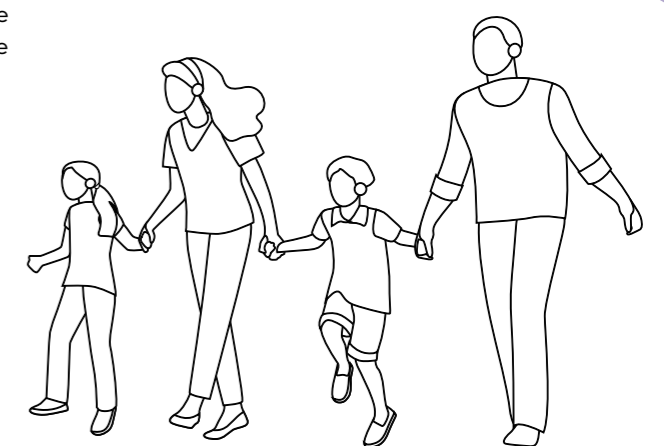
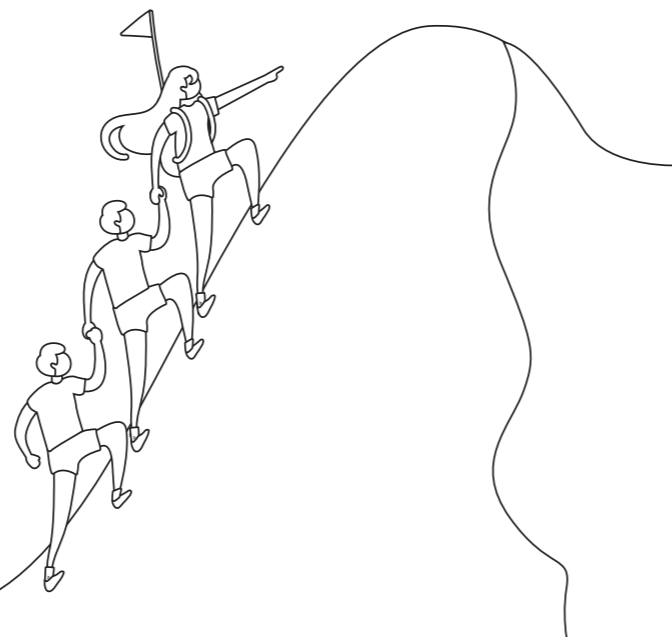
If you were a superhero, what supernatural power would you like to have, and why?

I wish for the power of the new age superhero; The Happy Man. He possesses the power to make everyone

happy and satisfied with their life, and he is within all of us, just waiting to be called.

I wish I had more time for...

My family and myself. Medicine is a tough discipline. To be successful and competent, we have to dedicate a lot of our time and energy, which causes family life to take a back seat. Thus, it is very important to intentionally dedicate some time weekly to our family and friends. Sometimes it is the mere physical presence with your family that will go a long way in supporting them. This includes attending your kid's performance and sporting events or even simpler things like reading or sharing stories with them. ▲



ADVANCED INTERNAL MEDICINE



From the Programme Director

What is your fondest memory of this cohort?

This is a very vocal cohort and I remember, with pride and joy, the passionate discussions and sometimes heated debates we shared. They are Residents with opinions and ideas; and they care enough to participate and give back to the programme, department and ecosystem as much as they have gained from these. They are collegial and especially caring towards their juniors, yet strict with regards to standards and integrity. They are self-motivated yet live the ethos of "Patients. At the Heart of all we Do". I feel very proud and privileged to have been their Programme Director.

An animal that best describes my graduating cohort of Residents is...



AIMers are octopuses. We have 8 "fingers" in every pie of healthcare; and are flexible and adapted multi-taskers. Yet we are tenacious, determined and never let go once we latch onto a mission.

We observe, learn and think; and have growth potential to become giants.

“ Don't let perfect be the enemy of the good... every little drop counts.

Dr Kang Mei Ling
Programme Director



▶ From left to right Dr Loo Khang Ning, Dr Hsieh Yi Chen Jenny, Dr Kang Mei Ling, Dr Low Su Hui Esther and Dr Shaikh Abdul Matin Bin S Abd Malek Mattar



Daily work essentials?

“ I never leave home without my iPad Pro. Not only does it keep me on the ball with my patients but I can always use it to slip in some exam revision at any time of the day! ”

DR SHAIKH ABDUL MATIN BIN S ABD MALEK MATTAR



Daily work essentials?

“ A water bottle is a MUST to stay hydrated. ”

DR HSIEH YI CHEN JENNY



Pre-call routine?

“ Getting in extra snuggle time and playtime with my kiddo! Also, ensuring powerbanks are all charged up for sufficient ammunition to last the call. ”

DR LOW SU HUI ESTHER



Faculty and Senior Residents Appreciation BBQ



Favourite work shoes?

“ These two pairs of shoes that have accompanied me through countless nights of thrilling and unforgettable calls. Skechers GoWalk 4 is extremely comfy for running up and down entire hospitals. Whereas the Birkenstock Gizeh is a relaxing thong for a quick rest in rare moment of peace. ”

DR LOO KHANG NING



Together, we #AIM high

ANAESTHESIOLOGY



From the Programme Director

What is your fondest memory of this cohort?

As this brood leaves its nest, the most memorable would be the day they first arrived.

An animal that best describes my graduating cohort of Residents is...

Eagle. It powerfully soars great heights and is always watchful over the panorama and fiercely protective. While mighty in the air, an eagle is also strongly grounded. The eagle accepts challenges with unshakable courage, determination and confidence. It also represents the virtues of wisdom, intuition, creativity, resilience, vision and hope.



“ Until you spread your wings, you have no idea how far you will fly.

*Assoc Prof Koh Liang Khai Darren
Programme Director*

Favourite past time?

“ Badminton! I enjoy this game because its engaging; involving a lot of quick and strategic thinking and it is interactive. It helps me to de-stress and keeps my mind fresh. ”

DR EDWIN LIM KANG WEI



DR LEONG XIN FANG



DR NG VON VEE



DR KWA CHARLENE



DR LI WEI LING LYDIA



Gathering with Faculty and Residents



DR LIM MING JIAN



DR KIRTHINANDA DINOOSURAN



DR LEE SONG EN JOHN



DR AU YONG PHUI SZE

CARDIOLOGY



From the Programme Director

What is your fondest memory you shared with this cohort?

What impresses me the most about this stellar group of fellas is their ability to build characters through hardship, their thirst for knowledge and eagerness to perfect their craft. I am proud to have them as fellow colleagues from now on.

An animal that best describes my graduating cohort of Residents is...

A phoenix. Our work sometimes makes us feel like we are burned down to ashes, but by the next day we are reborn and rise up stronger, and it's all worth it.

“ Hardships often prepare ordinary people for an extraordinary destiny.

Dr Jeffery Lau Man Chun
Programme Director



► From left to right Dr Ignasius Aditya Jappar, Dr Oh Ying Zi, Dr Wong Ningyan, Dr Lau Man Chun Jeffery, Dr Audry Lee Shan Yin and Dr Lim Chew Yeh



Favourite past time?

“ I enjoy hiking and other outdoor activities with family. These help me to unwind and refocus on clinical work subsequently. ”

DR IGNASIUS ADITYA JAPPAR



DR OH YING ZI



Past and present Residents

Favourite work shoes?

“ Black sketches or track shoes if I'm in scrubs. They're comfortable for long walks! ”

DR WONG NINGYAN



Best memory in Residency?

“ Time spent with fellow residents squashed in the CCU MO room or level 12 NHCS, discussing cases, celebrating small wins, happy personal news or commiserating over losses. ”

DR AUDRY LEE SHAN YIN



DR LIM CHEW YEH



#WorkHardPlayHard



CARDIOTHORACIC SURGERY



From the Programme Director

It has truly been a privilege and pleasure to train Dr Zameer!

“ In every situation, there is always a choice. Choose to do the best for your patients.

*Dr Victor Chao Tar Toong
Programme Director*



▶ From left to right Dr Zameer Bin Abdul Aziz and Dr Victor Chao Tar Toong



Open House 2018



Suiting Up with Smiles!

DR ZAMEER BIN ABDUL AZIZ



#learningtogether

DIAGNOSTIC RADIOLOGY



From the Programme Director

What is your fondest memory of this cohort?

Going for a Karaoke session after their orientation dinner as Year 1s; there are quite a few singers amongst this group! Their talents were subsequently tapped on at various Academic Clinical Programme (ACP) and SingHealth events.

This cohort of Residents will be remembered as fun loving and strong, with many of them excelling in their Residency. They initiated a Fellowship of the Royal College of Radiologists (FRCR) final examination course, "Little Red Dot" to supplement the Faculty directed VIVA course, aka Kan Cheong Spider. Both courses have helped greatly in improving the final FRCR examination pass rate for the programme.

“ Keep gaining experience!

*Assoc Prof Lim Eng Hoe Winston
Programme Director*

Share an inspiring quote with our graduands.

As Albert Einstein once said, "Information is not knowledge. The only source of knowledge is experience. You need experience to gain wisdom."

An animal that best describes my graduating cohort of Residents is...

Dogs. They will hunt down the problem if you just give them a whiff of clinical information, and are clinicians' best friends in times of uncertainty.



▶ From left to right Dr Karande Gita Yashwantrao, Assoc Prof Lim Eng Hoe Winston, Dr Kok Shi Xian Shawn and Dr Lee Shu Yi Sonia



#RadiologistsUnite!



Best memory in Residency?
“ Definitely doing courses, mugging and passing exams with a great bunch of friends. ”
DR LEE SHU YI SONIA



DR TAN EU JIN



DR JYOTHIRMAYI VELAGA



DR WEN WEI DAVID



DR SHI HAIYUAN



DR AFTAB SYED



DR FAIMEE ERWAN BIN MUHAMAT NOR

Best on call meal?
“ Chicken and duck porridge from Crystal Jade’s Dim Sum – Absolute comfort food for the soul! ”

DR KOK SHI XIAN SHAWN



Favourite past time?
“ My hobby is trail running. Running outdoors is good for taking your mind off work, getting a better perspective on things, and having a change of environment. It also helps me feel closer to nature, and the air is definitely fresher outside than in the radiology department. ”

DR LIM YURUI DAVID



DR LI JUNSIYUAN



Daily work essentials?

“ My water bottle. For religious reasons, I don’t drink coffee or tea. Water is my go-to ‘caffeine shot’; when the going gets tough, I chug down more. ”

DR LAI YUSHENG KEEFE



DR MAAZ MOHAMMAD SALAH



DR LAI CHOOI YAN ANNA LOIS



DR KARANDE GITA YASHWANTRAO



DR VORA BIMAL MAYUR KUMAR



Breaking the ice @ Orientation

EMERGENCY MEDICINE



From the Programme Director

What is your fondest memory of this cohort?

One of my fondest memory is outside the confines of Academia – it was during one of our programme retreat where we shed our 'status' and 'hierarchy' to 'fight' and dodge projectiles against one another over team games.

“ May you find true purpose in your pursuit.

Assoc Prof Leong Kwok Fai Mark
Programme Director



▶ From left to right Dr Ganti Sameera, Assoc Prof Leong Kwok Fai Mark, Dr Sembukuttige Yudara Madusanka Kularathne, Dr Chinmaya Shrikant Joshi, Dr Ting Boon Ping, Dr Susmita Roy Chowdhury, Dr Sanjeev Shanker, Dr Chan Chee Yun Eunice, Dr Teo Tess Lin and Dr Lee Shu Yu

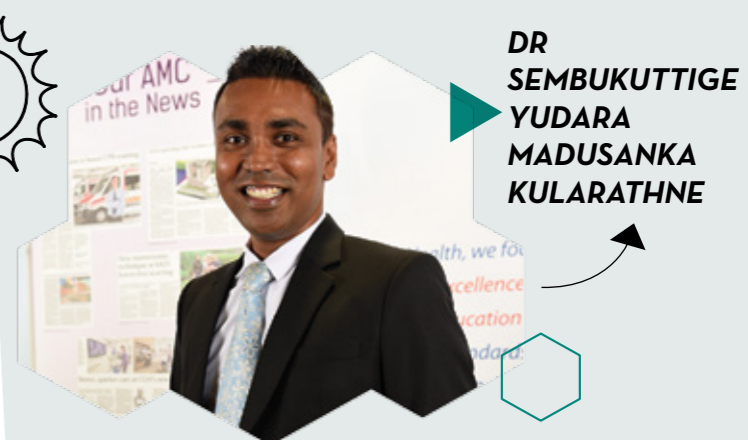
Favourite work shoes?

“ I exclusively wear Crocs to work. Currently on my 4th pair since the start of Residency. They feel like a warm blanket cuddling my feet with a bonus of being easy to wash all the blood, pus and puke off! ”

DR SANJEEV SHANKER



Team Building!



DR SEMBUKUTTIGE YUDARA MADUSANKA KULARATHNE

Favourite past time?

“ I've recently grown to love fixing jigsaw puzzles. It occupies my mind totally in a mind-numbing way and forces me to sit down and concentrate on solving it piece by piece until you can suddenly see the big picture. This is similar to those undifferentiated and critically sick patients whom you just can't figure out, but puzzles are a lot more calming for sure. ”



Programme Dinner 2018

DR SUSMITA ROY CHOWDHURY



#wicked



Best memory in Residency?

“ When I get to work with a fellow classmate or friend from another specialty as part of a tag-team. I remember how I walked by a cardiac arrest case and started to lead the resus while my Anaesthesia friend, who also walked past incidentally, helped to intubate the patient. ”

DR TING BOON PING

Person who has inspired your Residency journey?

“ Dr Nina, a former staff registrar from SGH, who gave me a single word of inspiration, 'Persist'. It still rings the clearest in my mind till now. ”

DR LEE SHU YU



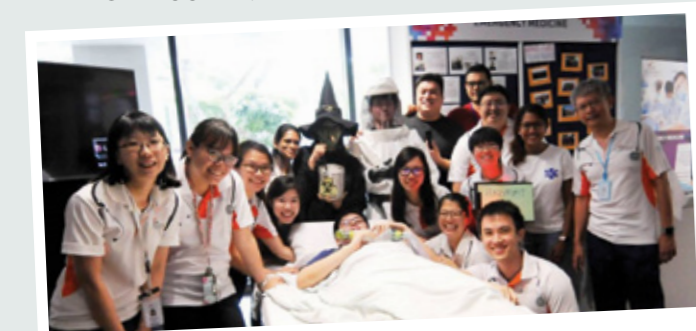


#Fun@FreshmenOrientation

Favourite work shoes?

“ I have a pair of Mizuno sports shoes that are just about 10 years old. They've followed me up mountains and down rivers, and now they've followed me into the Resus room. I didn't mean to use them at work, since I don't fancy blood stains on cloth shoes, but when my previous work shoes gave out on me I swapped to this pair as a "temporary" replacement and soon decided they were too comfortable to get rid of. Yes, they have holes in them and yes, my socks never match - which is a great conversation starter, by the way. It's somewhat of a running joke now that I'll get an exasperated colleague going "TESS, CAN I BUY YOU NEW SHOES??" at least once a week. Totally makes my day. ”

DR TEO TESS LIN



Open House 2018

Favourite past time?

“ HIIT at F45. I do it whenever I'm not on shift. It's a mental and physical challenges that helps me to de-stress after work. ”

DR CHAN CHEE YUN EUNICE



Best on call meal?

“ Anything we order in. When my colleagues and I decide that we need good food on a busy shift, we order food from Foodpanda/Deliveroo. ”

DR GANTI SAMEERA



Daily work essentials?

“ To take the load off my pockets and ensure I don't forget any essentials, I carry the following gear in my drop leg pouch. The most high yield items are the trauma scissors, stationery, torch light and blood tubes. The silver badge is reminiscent of my NS days – I was initially going to the IT field but my stint as a medic in NS made me switch fields - so this badge is a reminder of where it all began. Everyone who sees me with the pouch often remarks that it looks as if I am going to war - but on a busy Monday doesn't it feel like that? ”

DR CHINMAYA SHRIKANT JOSHI



Doctors or actors?

ENDOCRINOLOGY



From the Programme Director

Share an inspiring quote with our graduands.

“Your work is to discover your work and then, with all your heart, to give yourself to it.” - Buddha

An animal that best describes my graduating cohort of Residents is...

Parrots, which can solve puzzles based on logical reasoning,



“ My fondest memory is their willingness to step forward unconditionally to help friends in need.

Dr Kek Peng Chin
Programme Director



▶ From left to right Dr Koh Hui Lin, Dr Elaine Chua Jia Min and Dr Ann Kwee Kerwen



SGH Endo Update 2018



Favourite past time?

“ Mountain climb – The best views come with the hardest climbs. ”

DR ANN KWEE KERWEN



ENDO 2017 Conference

Daily work essentials?

“ Work phone, pen, name stamp, some cash. ”

DR KOH HUI LIN



Birthday Celebration in Reg Room

Happy Birthday!

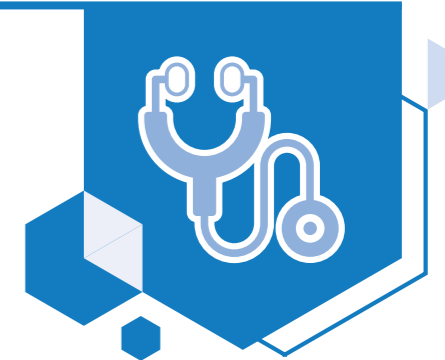


DR ELAINE CHUA JIA MIN



#learningandhavingfuntogether

FAMILY MEDICINE



From the Programme Director

My heartiest congratulations to our graduands! You have demonstrated strong teamwork and collaboration, and weathered through thick and thin to achieve a new level of academic inquiry. I would like to wish each and every one of you a bright future and career ahead!

Share an inspiring quote with our graduands.

“Do the right thing, do the best you can, and always show people you care” – Lou Holtz

An animal that best describes my graduating cohort of Residents is...

The golden retriever best describes the cohort because it is a valued family friend, dependable and enjoys interaction. It offers protection and represents happiness, adaptability and excellent quality of life.

“ Go forth to influence positive change, contribute back to Family Medicine, and touch the lives of the people in the community and colleagues around you.

Dr Joanne Quah
Programme Director



▶ From left to right Dr Aaron Singh Sohan Singh, Dr Goh Glenn, Dr Xu Cunzhi, Dr Tan Mui Suan, Dr Lee Mei Sung, Dr Emily Pui-Yan Lee, Dr Tan You Mei Charmaine, Dr Choo Ying Ying, Dr Ch'ng Wan Xing Michelle, Dr Edmund Chan Tick Chia, Dr Li Yufei, Dr Soh Zhi An Benjamin, Dr Foo Jong Yi, Dr Lim Wei Ling, Dr Joanne Quah, Dr Lim Han Wei, Dr Yap Chui Yin, Dr Lai Wei Na and Dr Ting Sing Ling



DR PARK YAE SOL



DR SULAIHA BTE ITHNIN



DR XU CUNZHI



DR CHESTER CHONG MING KWANG

Best on call meal?
“ Kaisen Jyo Chirashi meal with hot miso soup from MIZ Japanese Restaurant. ”



DR CHOO YING YING



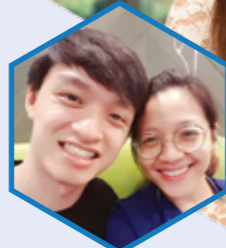
DR LEE MEI SUNG

Pre-call routine?
“ Having a great meal with my beloved hubby. It is one of the best moments before ‘war’ starts. ”



DR TING SING LING

Best music to reflect on work to?
“ I listen to music while cycling to work and one of the regular songs is “Have It All” by Jason Mraz. I have a baby boy and the lyrics of this song expresses what I wish for him. My son is a motivation for me in my journey and the song also acts like a gentle reminder of it. ”



DR CH'NG WAN XING MICHELLE



DR TAN MUI SUAN



DR GOH GLENN



DR YAP CHUI YIN

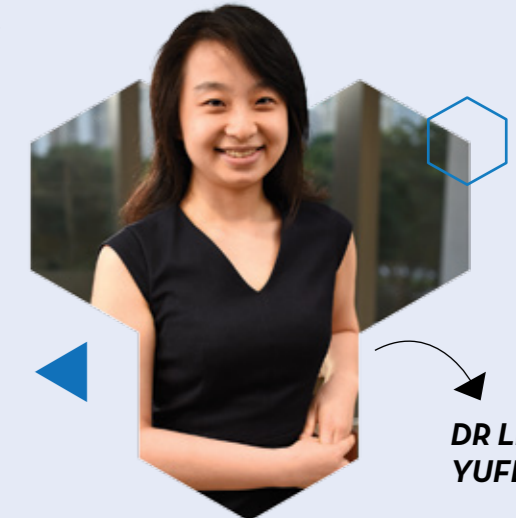
Favourite past time?
“ Gaming. It reminds me that there is more to life than just work, and practically, it does help with visuo-motor coordination, spatial representation and visual attention. All work and no play makes Han Wei a dull boy. ”



DR LIM WEAI LING



DR LIM HAN WEI



DR LI YUFEI

Daily work essentials?
“ My mask and stethoscope. In primary care clinic, we face a lot of patients coming in with viral upper respiratory tract infection. Wearing a mask can help to protect myself from the bacteria. ”



Also, wearing my stethoscope on my neck gives me the confidence to run the clinic. ”

DR FOO JONG YI



Get-together after Sat Core teaching



DR SOH ZHI AN BENJAMIN

Favourite past time?
 “ We go to the gym. Because education is important, but so are big biceps. ”



DR LAI WEI NA



DR CHEE ZHENHUI JADE NICOLETTE

Entertainment that have inspired your Residency journey?

“ The film “Man of Steel” gave me strength to finish Residency. In many ways, Residency calls us to be the best version of ourselves, which is to be like Supermen and Superwomen, who are larger than life, to our patients, families and friends. To remind myself of this, I keep my Superman torchlight on my clinic desk every day. ”



DR AARON SINGH SOHAN SINGH

DR EDMUND CHAN TICK CHIA



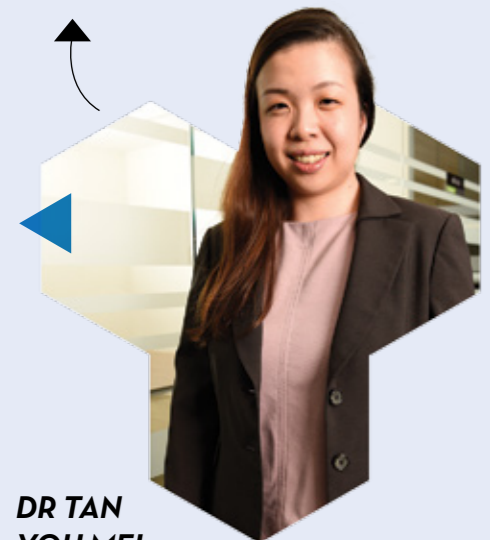
People that have inspired your Residency journey?

“ From the backline to frontline, support line and campers... my fellow Residents! ”

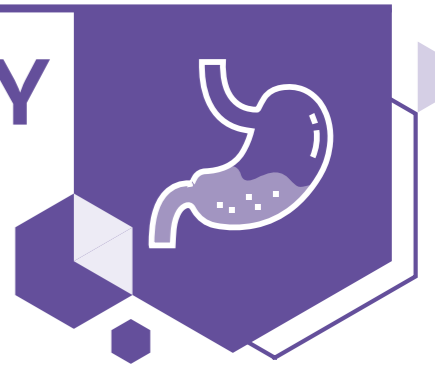
DR EMILY PUI-YAN LEE



DR TAN YOU MEI CHARMAINE



GASTROENTEROLOGY



From the Programme Director

Share an inspiring quote with our graduands.
 Help others achieve their dreams. Pay it forward!

An animal that best describes my graduating cohort of Residents is...

Tardigrades, aka ‘water bears’. They are highly resilient creatures and can survive under many extreme conditions. Most importantly, they know how to live life at the given moment.

“ The best way to do great work is to love what you do. ”

Dr Ong Wai Choung Programme Director



▶ From left to right Dr Marianne Anastasia De Roza, Dr Tey Tze Tong and Dr Ng Yi Kang

Best on call meal?

“ Usually Deliveroo in a mixed rice bowl. For post calls, it would be my favourite type of food – dessert! ”

DR MARIANNE ANASTASIA DE ROZA



At Singapore Hepatology Conference 2018

Favourite place on campus?

“ Gastro Senior Residency office aka the man-cave. It is especially decked out and equipped by generations of Senior Residents for our welfare and sanity. It also features a mini-bar, TV, nespresso machine and even a playstation amongst other amenities! ”

DR NG YI KANG



Squeezing on the Korea Subway



Scrubs Team

Best memory in Residency?

“ The friends I made in Internal Medicine and Gastroenterology. Even though work is tough, it becomes enjoyable when done together with friends! ”

DR TEY TZE TONG



GENERAL SURGERY



From the Programme Director

My heartiest congratulations to our graduands! Kudos for persevering through the vagaries of our tough surgical 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. Remember that successful surgery is a team effort, and so continue to work together to bring medical care for our surgical patients to a higher level.

“ At the same time, may learning and teaching always be a part of your journey as a surgeon! ”

Dr Tan Ngian Chye
Programme Director



Quarterly gatherings with fellow Residents

Entertainment that has inspired your Residency journey?

“ Pokemon. Because I wanna be the very best, like no one ever was. ”

DR LYE JIAN YING TIFFANY





DR TAN SI YING

Best memory in Residency?

“ My trip to Taiwan for a course with my batch mates. We spent time travelling the whole of Taiwan prior to and after the course! ”

**DR WONG SI MIN
JOLENE**



#buildingfriendships



**DR SZYMON
MIKULSKI**

Health, w
clinical
and
healthcar
improv



Post-call routine?

“ Watch Netflix after a whole day of operating post-call! ”

**DR SEE HUIMIN
AMANDA**

DR LIN WENJIE



Graduating Residents trip



Graduands hanging out with their Faculty and Programme Executives



DR ELIZA SIN I-LIN



Favourite work shoes?

“ I wear skechers because they are comfy, light-weight and get me where I want to be! ”

DR HING JUN XIAN



Best on call meal?
“ Macs. ”

DR TIAN WEI CHENG BRIAN ANTHONY



Best memory in Residency?

“ Drinks with Residency Colleagues. ”

DR LOH WEI LIANG



RISE Awards 2018!

HAEMATOLOGY



“ I’m sure today will be only the first of many proud, successful moments for you.

Dr Chandramouli Nagarajan
Programme Director

From the Programme Director

Dear Melinda and Lawrence, Congratulations on your well-deserved success and all the very best for your upcoming future as you start out as an independent Haematologist!

It took a lot of hard work to reach this goal. You had to show up, whether you felt like it or not and be caring every day whatever your own circumstances were. I hope you feel great about what you’ve accomplished, and I hope you’ll continue to be a person who is caring for your patients and try the best for them always. What makes it extra-special is having watched you grow, having so many good memories of you both and knowing all the challenges you’ve worked through to get to this day.

An animal that best describes my graduating cohort of Residents is...



Leopard. It symbolises perseverance, confidence, power, intelligence, independence, leadership, steadfastness, gracefulness, swiftness and physical strength – all the qualities that are required to be a good haematologist that goes for the kill against the aggressive blood disorders.



▶ From left to right Dr Tan Si Yun Melinda and Dr Ng Cheng Kiat Lawrence



DR TAN SI YUN MELINDA



Indulging in Spanish cuisine at Don Quijote at Dempsey



DR NG CHENG KIAT LAWRENCE



Celebrating Melinda's Birthday!



Haematology department superhero-themed party 2018



A standard Haem engagement dinner always involves wine



HAND SURGERY



From the Programme Director

What is your fondest memory you shared with this cohort?

Being on overseas conferences with the cohort. I get to see how they interact with the guests and overseas colleagues, keeping the SingHealth flag flying high as they represent the department, hospital, cluster and country. Rebecca has the knack for being sociable and with high EQ. I am very encouraged by her efforts to link up with other fellow clinicians to collaborate and build lasting friendships.

An animal that best describes my Resident is...

Mountain goat; sure footed and cool. In the face of adversity, nothing fazes it.



“ The world is yours to conquer, so seize every opportunity and don't look back.

*Assoc Prof Andrew Chin Yuan Hui
Acting Programme Director*



▶ From left to right Assoc Prof Andrew Chin Yuan Hui, Dr Lim Qian Ru Rebecca and Dr Jacqueline Tan



Favourite past time?

“ Chinese ink painting. It is calming and helps me maintain a zen temperament to concentrate for long hours. This mental strength is needed for complex microsurgical cases.”



Chillax at work

DR LIM QIAN RU REBECCA



INFECTIOUS DISEASES



From the Programme Director

Share something special about this cohort.

They have an attitude of genuine care as seen from the times they get upset about a perceived lapse or poor patient outcome. Attitude is the little thing that makes a BIG difference.

An animal that best describes my graduating cohort of Residents is...

Like spiders weaving their webs – they link together various pieces of information to come up with the best fit diagnosis and management plan for their patients.



“ Knowledge can be taught, but a good attitude is so much more difficult to pass on.

*Dr Benjamin Cherg Pei Zhi
Programme Director*



▶ From left to right Dr Thien Siew Yee, Dr Chan Fu Zi Yvonne and Dr Benjamin Cherg Pei Zhi



All smiles on the learning journey!



DR CHAN
FU ZI
YVONNE



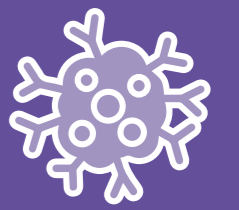
Celebrating Mid-Autumn Festival

DR THIEN SIEW YEE



Enjoying hotpot with our Associate Consultants!

MEDICAL ONCOLOGY



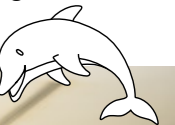
From the Programme Director

What is your fondest memory of this cohort?

Taking the graduation photo with this cohort was a truly enjoyable experience – they could still share a light moment together while they were at the stressful peak of exit exam preparations.

An animal that best describes my graduating cohort of Residents is...

Dolphins. These animals are known to be caring as they stay with their injured until help is available. Likewise, our graduands will hold onto their dying patients to the very end.



“ To quote Michelle Obama, “It is absolutely still possible to make a difference.”

Dr Ravindran Kanesvaran
Programme Director



► From left to right Dr Teh Yi Lin, Dr Lee Suat Ying, Dr Saw Pei Li Stephanie, Dr Han Shuting, Dr Chiang Jianbang, Dr Ravindran Kanesvaran and Dr Tan Ying Cong Ryan Shea



DR TEH
YI LIN



What is Christmas without a gift exchange?



**DR TAN
YING CONG
RYAN SHEA**



CNY Lunch with Division of Medical Oncology



**DR SAW
PEI LI
STEPHANIE**



Full attendance!



**DR CHIANG
JIANBANG**



**DR HAN
SHUTING**

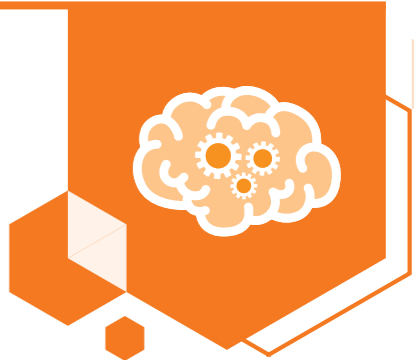


DR LEE SUAT YING



Attending conferences together is a MUST!

NEUROLOGY



From the Programme Director

Dr Pang Yu Zhi is a doctor who is full of compassion and knowledge. He has developed well in the past three years as a good neurologist. I wish him all success and will be happy to work with him in future.

“ Continue your calm demeanour all your life.

*Adj. Assoc Prof
W.S. Shahul Hameed
Programme Director*



Neurology gathering



Dapper-ed up with Associate Consultants



**DR PANG
YU ZHI**

NEUROSURGERY



From the Programme Director

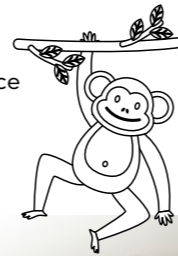
Julian and Min Wei are our pioneering batch of graduating Residents who have gone through the full SIG and Neurosurgery curriculum of the programme. I am proud to have been part of their learning journey through out their years of training.

Together with the neurosurgical Faculty, we have seen them grow in maturity, experience and surgical skills, and we are indeed proud to have them join the ranks as our future fellow neurosurgeons.

I have faith that Julian and Min Wei will take neurosurgery to greater heights as they leap ahead from the shoulders of giants.

An animal that best describes my graduating cohort of Residents is...

A rhesus macaque! Macaques are intelligent fast learners and are able to adapt to different environments. They sacrifice themselves and have aided in a great deal of scientific and medical research. They have preceeded humans into space breaking frontiers.



“ The brain is an organ of destiny. Use it to fulfill your hopes and dreams.

Assoc Prof David Low Chyi Yeu
Programme Director



► From left to right Assoc Prof David Low Chyi Yeu, Dr Han Xinguang Julian and Dr Chen Min Wei



Birthday celebrations!



Paint ball or pain ball?



DR CHEN MIN WEI



DR HAN XINGUANG JULIAN



HIIT-ing it up at F45 for Programme Retreat!

OBSTETRICS & GYNAECOLOGY



From the Programme Director

I am extremely proud of the accomplishments of my graduating Residents as they stand on the threshold of an exciting new phase of their specialist career. I congratulate them and wish to remind them to enter the next stage of their experience with a deep sense of commitment to lifelong learning. As specialists, they should never be afraid to take up new challenges and should not shy away from seeking the advice of their seniors and colleagues. I am confident that their rigorous training has prepared them well to take on their new role.

“ When it rains, look for rainbows; When it's dark, look for the stars; Don't give up, carry on.

Dr Manisha Mathur
Programme Director

I have seen this cohort, grow from strength to strength in their abilities and skills, from tentative first years to confident Senior Residents, giving opinions and questioning decisions of their seniors. I felt like a proud mum when they passed their examinations with flying colours and felt their pain when they had setbacks. This cohort has helped me with planning of their teaching and made it more interesting and meaningful, which was something I was struggling with. Their initiative has resulted in not only improved attendance of their peers at the weekly teaching programme but also more interactions and participation. This makes me confident that our programme will be in safe hands in the future.

An animal that best describes my graduating cohort of Residents is...

Emperor penguins, which are elegant, animals with team spirit, immense stamina, resilience and ability to adapt to, and cope under pressure in stressful or difficult situations.



► From left to right Dr Ho Ping Ling, Dr Ng Yang Huang Grace, Dr Foo Anqi Sharon, Dr Ee Tat Xin, Dr Lim Yu Hui, Dr Manisha Mathur, Dr Ryan Lee Wai Kheong and Dr Ng Xin Hui Ada

Share a book that has inspired your Residency journey.

“ When Breathe Becomes Air by Paul Kalanithi – the most beautiful and devastating book I've read during Residency. ”

DR FOO ANQI SHARON



DR EE TAT XIN



Favourite work shoes?

“ Slippers. People who work in the labour ward know the mess that can happen at anytime. Slippers are perfect as they can be rinsed multiple times and they dry super fast. ”

DR LIM YU HUI



Sweating it out at SingHealth Residency Games Day 2015



Best memory in Residency?

“ Meeting, learning and growing together with my seniors, who have become my best friends at work! ”

DR NG YANG HUANG GRACE





Together at the Asia Pacific Gynaecological Endoscopy Training (APGET) in Bangkok

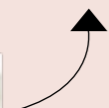


DR HO PING LING

Best memory in Residency?

“ Being in the labour ward watching and getting all the babies to pop out while I was a junior doing my night float. ”

DR NG XIN HUI ADA



Residents' Gathering



Best music to reflect on work to?

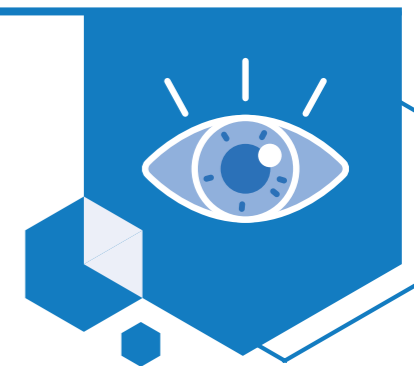
“ Eclectic range from mandarin, cantopop to rock and metal. ”

DR RYAN LEE WAI KHEONG



Christmas Year End Engagement Party 2018

OPHTHALMOLOGY



From the Programme Director

Congratulations to our largest, most hardworking and fun cohort! We are all very proud of how far you have all come in your Residency journeys and the ophthalmologists you have become.

We are delighted that you have all found avenues to flourish in: leadership, charity work, research, education, quality and clinical service improvement initiatives, clinical innovation etc, on top of your clinical work, and look forward to supporting your development as colleagues!

An animal that best describes my graduating cohort of Residents is...

Eagles. Good vision with an eye for detail (pun intended), tenacious, fearless, high flyers, but still taking the time to nurture the next generation.



“ To quote Winston Churchill, “Success is stumbling from failure to failure with no loss on enthusiasm.”

Dr Jean Chai Shu Ming
Programme Director



▶ From left to right Dr Val Phua Jun Rong, Dr Low Jin Rong, Dr Ng Si Rui, Dr Au Wai Yin Benjamin, Dr Sim Khung Peng Shaun Sebastian, Dr Christine Yau Wen Leng, Dr Jean Chai Shu Ming, Dr Foo Li Lian and Dr Kiew Sieh Year

People that have inspired your Residency journey?

“ Life isn't about waiting for the storms to pass but learning to dance in the rain. I've been blessed with the privilege of journeying through life with this Wonder Woman who never fails to bring a smile even when the going gets tough. ”

DR VAL PHUA JUN RONG



DR SIM KHUNG PENG SHAUN SEBASTIAN



#onpoint for D&D



DR NG SI RUI



At the Asia-Pacific Academy of Ophthalmology 2017



Eye screening was fun

Best memory in Residency?

“ Spending good time with friends and family who support and help one another throughout Residency. ”

DR LOW JIN RONG



Eye screening day



DR FOO LI LIAN



Best memory in Residency?

“ Don't take life too seriously. In a course of a lifetime, what does it matter? ”

DR AU WAI YIN BENJAMIN



#enchanted at SNEC D&D 2018



DR CHRISTINE YAU WEN LENG

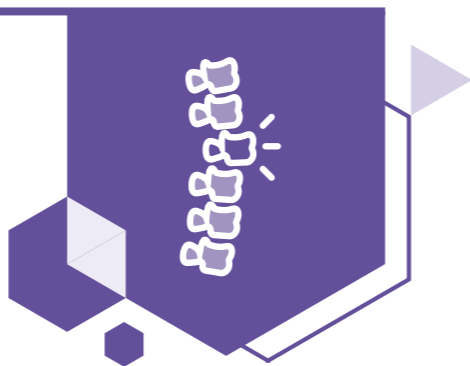
Favourite past time?

“ Rock climbing! It is great fun, good for destressing and venting frustrations. And no matter how absolutely crap your day has been, it's like a reminder to keep climbing over your obstacles. ”

DR KIEW SIEH YEAN



ORTHOPAEDIC SURGERY



From the Programme Director

Congratulations to our 3rd batch of Orthopaedic Residents who have successfully completed the SingHealth Orthopaedic Surgery Residency programme. I am sure that you are full of ideas and expectations.

Do take a deserved break from the rigours you have gone through, and take stock of where you are and the direction in which you want to carve your journey. The environment has become more complex and you have many choices, which can cause much confusion and anxiety. Guidance for the next phase of your journey is at hand and you are still welcomed to knock on my door for any advice, should you need any.

I hope that you have found the programme beneficial to your progress and that you would take some time to help improve and contribute to the programme.

Once again, my congratulations to all of you.

“ The learning journey should not stop here.

Assoc Prof Inderjeet Singh Rikhraj
Programme Director



► From left to right Dr Wang Tzong-Yee Colin, Dr Png Wenxian, Dr Suraya Zainul-Abidin, Dr Lim Beng Teck Jason, Dr Woo Yew Lok, Dr Kenny Tay Xian Khing, Assoc Prof Inderjeet Singh Rikhraj and Dr Maduwilla Gamarachhige Amila Nirmal Silva



Pre-call routine?

“ Cannot take the last lift and walk beside the person in the call team who eats pau! Irrational but faithfully adhered to :) ”

DR SURAYA ZAINUL-ABIDIN



DR WANG TZONG-YEE COLIN



The year we won Best Residency Programme at RiSE Awards 2015



DR WOO YEW LOK



DR MADUWILLA GAMARACHHIGE AMILA NIRMAL SILVA



DR LIM BENG TECK JASON



Santa's Helpers (Christmas Gathering 2016)

Book that has inspired your Residency journey?

“ Awareness by Anthony de Mello. This book helped me through some tough times in Residency. Life is not all about clinics, surgery, research, the rat race for financial reward or professional acclamations. Take time out for yourself and your loved ones. It will make you a better doctor, and patients will appreciate you for it. ”

DR TAY KAE SIAN



DR PNG WENXIAN



DR CHUA SER KENON



Best music to reflect on work to?

“ Bossa nova jazz. ”

DR KENNY TAY XIAN KHING



Residency Programme Retreat 2017 - Master Chefs of SingHealth Orthopaedics

OTOLARYNGOLOGY



From the Programme Director

Congratulations on completing your Residency journey! It has been a long journey; I have known some of you since you were medical students and medical officers. Over the years, you all have grown as individuals and developed as physicians. I hope that you have learnt many invaluable lessons in Residency, both clinical and life skills, which will help you in the years ahead. This is the end of a chapter in your career, but the beginning of a whole new phase in your lives.



“ Hold fast to your dreams, grow nurturing relationships, and keep pursuing your passions! ”

Dr Neville Teo
Programme Director



► From left to right Dr Ng Jia Hui, Dr Png Lu Hui, Dr Neville Teo, Dr Chua Jian Kai Andy and Dr Pang Cui-Ying Maria Judith

DR CHUA JIAN KAI ANDY



Residency Games Day 2018



ENT Residents' Research Round Event 2019

DR NG JIA HUI



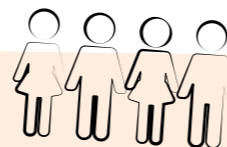
Entertainment that has inspired your Residency journey?

“ Rather than a particular title, the act of reading my child's favourite books to her many times over has inspired me. May our practice of Medicine be like a child with her favourite books – Never getting bored of cases, always ready for the next experience. ”

DR PANG CUI-YING MARIA JUDITH



#bondingtime



DR PNG LU HUI



Residency Orientation 2018

PAEDIATRICS



From the Programme Director

Dear Paediatric Senior Residents, it is with great pride and honour that I wish you all a hearty congratulations on the completion of your Paediatrics Residency training! Whilst the path may have seemed daunting, with a blink of an eye, you are all now at the start of another new adventure of your blossoming career. Remember to continue to serve the children and their families in your care with love, passion and humility. This is the ultimate privilege bestowed upon us. I look forward to working together with all of you as peers in our SingHealth family in the many coming years.

Despite your varied individual differences and backgrounds and cultures, all of you have truly demonstrated absolute unity in diversity. You have continually come together to work, study and play hard through thick and thin. My wish for all of you is to maintain this closeness as you progress in your Paediatrics journey.

Share an inspiring quote with our graduands.

“There can be no keener revelation of a society's soul than the way in which it treats its children.” – Nelson Mandela.

An animal that best describes my graduating cohort of Residents is...

Otters. Playful by nature with a never ending curiosity and mix easily with a wide range of personalities, whilst being imaginative, hard-working and creative. Always willing to work hard for the good of everyone we care about.



“ It has been gratifying to witness the development and strengthening of bonds between the Graduating Residents over the years.

Assoc Prof Raveen Ishwardas Shahdadpuri
Programme Director



▶ From left to right Dr Karen Donceras Nadua, Dr Koh Ai Ling, Dr Teh Kai Liang, Dr Kam Kai-Qian, Dr Ong Li Ming, Dr. Guadalupe Cara Jimenez Viegelmann Assoc Prof Raveen Ishwardas Shahdadpuri and Dr Chia Shi Yun



Escape Room at our Annual Programme Retreat



Favourite past time?

“ Travelling and seeing the world. ”

DR TEH KAI LIANG



DR TAN HUI YIN JESSICA



DR CHIA SHI YUN



Bonding time at SingHealth Residency Games



Entertainment that has inspired your Residency journey?

“ The movie, 13 Going On 30. I love these lines from the female lead: “I think all of us want to feel something that we’ve forgotten or turned our backs on because maybe we didn’t realise how much we were leaving behind. We need to remember what used to be good. If we don’t, we won’t recognise it even if it hits us between the eyes.” This has been a reminder for me to focus on the positive side of things whenever I met difficulties during my Residency years so that I can hopefully be less cynical at the end of this journey. I think that I have been rather successful! ”

DR KAM KAI-QIAN



DR GOH SUK-HUI LYNETTE



DR ONG LI MING



Best memory in Residency?

“ Definitely my junior Residency years. During this time, I had built strong bonds with my fellow Residents, and polished my knowledge to achieve better clinical care for patients, so to embrace the spirit of ‘Patients. At the Heart of All We Do!’ ”

DR KOH AI LING



DR LIM HWEE YING



Best memory in Residency?

“ When I was conferred the degree of Master of Medicine (Paediatric Medicine) together with my dearest friends, in the presence of my beloved family. One of the proudest and happiest moments of my life. ”

DR SAMANTHA LEE MAY PING



#WeLoveOurPaed-ple



Favourite place on campus?

“ “The Happy Place!” A secret nook somewhere in KKH that helps restore peace and sanity for my friends and I. ”

DR KAREN DONCERAS NADUA



DR GUADALUPE CARA JIMENEZ VIEGELMANN



DR CHAN SU-WAN BIANCA

PATHOLOGY



From the Programme Director

What is your fondest memory of your graduating Resident?

Seeing them overcome difficulties and setbacks with encouragement from faculty and fellow colleagues.

An animal that best describes my Resident is..

Eagle. Sharp eyes for fine cellular details.



“ As Confucius said, “Humility is the solid foundation of all virtues.

Adj. Assoc Prof Loh Hwai Liang Alwin
Programme Director



▶ From left to right Adj. Assoc Prof Loh Hwai Liang Alwin, Dr Cheng Xin Min and Adj Asst Prof Leow Wei Qiang

Daily work essentials?

“ Many different coloured markers! Important for marking out areas of interest on the microscope slides. ”

DR CHENG XIN MIN



PLASTIC, RECONSTRUCTIVE AND AESTHETIC SURGERY



From the Programme Director

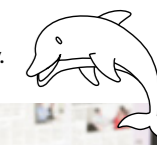
Our Residency programme is challenging and rigorous, and our aim is to build on strengths and work on weaknesses both clinically and personally. As the new PD, it has been a privilege being partly responsible for the growth of this cohort not just as surgeons, but as good people.

What is the fondest memory you have shared with your Resident?

Fond memories are too numerous to pinpoint any in particular. My greatest happiness is to see my Resident as a responsible, competent plastic surgeon who will set an excellent example for future generations, and who will heal not just the bodies, but also the hearts and minds of his patients.

An animal that best describes my Resident is..

Dolphin. Intelligent and nimble clinically, caring and humble personally.



“ Whatever you do, always do good.

Dr Adrian Ooi
Programme Director



▶ From left to right Dr Adrian Ooi, Dr Vincent Tay and Assoc Prof Ong Yee Siang



Pre-call routine?

“ Put my children to bed the night before and kiss my wife goodbye. Beyond work, I believe my family is still the most important part of me as I am a part of them. They will be there when the dust settles and the glory fades. Each doctor is replaceable to a patient, but not each husband and father. So, they certainly deserve a ritualised routine before I become in absentia for a day! ”



#practicemakesperfect

DR VINCENT TAY

REHABILITATION MEDICINE



“ Never underestimate your ability to bring change in the lives of people you care for. Not just with your knowledge and skills, but also as a companion on their arduous journeys.

Dr Ashfaq Ahmed Larik
Programme Director

From the Programme Director

What is the fondest memory of this cohort?

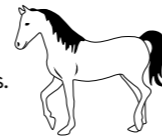
They have been a great team to work alongside through the thick and thin of their Residency days. Despite active engagement in various training activities, their support to the department and rehabilitation team has been exemplary.

Other laudable endeavours on their part were their involvement in local community projects and participation in overseas medical and humanitarian missions.

I wish them all the best of luck for the future.

An animal that best describes my graduating cohort of Residents is...

A horse. Energetic and selfless in helping people with mental and physical limitations to achieve their goals and reach far destinations.



▶ From left to right Dr Chen Enhan Dominic, Dr Chen Jing and Dr Tan Pei Ling



DR CHEN ENHAN DOMINIC



People that have inspired your Residency journey?

“ Alot of doctors I have worked with have inspired me. Dr Ng Yee Sien is one of them. He encouraged me to choose Rehab Medicine for Senior Residents training, and I did! ”

DR CHEN JING

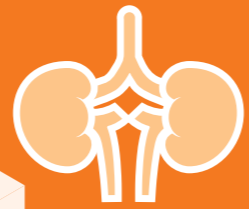


DR TAN PEI LING



Programme Orientation

RENAL MEDICINE



From the Programme Director

What is your fondest memory you shared with this cohort?

Having post-work gatherings, and discussing work and non-work issues over a good meal!

An animal that best describes my graduating cohort of Residents is...

A gorilla. Well-grounded with their own outstanding individuality.



“ The journey ahead is going to be hard, but hard doesn't mean impossible. ”

Dr Jason Choo
Programme Director



▶ From left to right Dr Tay Hui Boon, Dr Choo Chon Jun Jason, Dr Tan Hui Zhuan and Dr Tng Ren Kwang Alvin



Programme Retreat



Privileged to be under Prof Woo's tutelage!



Entertainment that has inspired your Residency journey?
“ Les Misérables. ”

DR TAY HUI BOON

People that have inspired your Residency journey?

“ Dr Darren Lee, an ex-Associate Consultant and also, our most inspiring role model. I remember him to be academically brilliant, very proficient and capable in his clinical work, humble, friendly and caring to his juniors. I am truly privileged to have had a chance to work with him. This one's for you, Darren! ”

DR TNG REN KWANG ALVIN



Department Dinner



DR TAN HUI ZHUAN



RESPIRATORY MEDICINE



“ I have many fond memories of our guys – they have worked hard through thick and thin to get to where they are now.

*Dr Ong Thun How
Programme Director*

From the Programme Director

What is your fondest memory of this cohort?

Seeing them win the Singapore thoracic society fellow's challenge, improve through many tutorials and resuscitating patients together in ICU.

Share an inspiring quote with our graduands.

As my favourite poet, Maya Angelou wrote, "When we give cheerfully and accept gratefully, everyone is blessed."

An animal that best describes my graduating cohort of Residents is...



They're quite different animals, actually. I have eager beavers, who are hardworking, smart and resourceful, and charm those around by their cheerful endeavour. They are a joy to work with, but they need to be aware that they might occasionally be causing unintentional environmental damage. I also have young lions, who are fierce and brave, and can hold their own out in the jungle. I'm proud of them too, but would like them to remember that survival in the wild is usually a collaborative co-existence in the ecosystem.



► From left to right Dr Chew Si Yuan, Dr Kam Li Wei Michelle and Dr Tan Yi Hern



What's up?



DR CHEW SI YUAN



DR TAN YI HERN



Run For Hope 2017



Senior Residency Open House 2018



DR KAM LI WEI MICHELLE

RHEUMATOLOGY



From the Programme Director

What is your fondest memory of your graduating Resident?

I fondly remember my Resident being part of a batch that is very dedicated and one that works well together. They would often help to cover each other's duties when needed. Overall, the batch has taken on a proactive role in their learning, helping each other to identify gaps in their training and encouraging all to cross the finishing line together.

An animal that best describes my Resident is...

A bee. Hardworking and meticulous, and able to spread the "honey" of life and find joy in bringing comfort to our patients.



“Quoting Mother Teresa, “Spread love everywhere you go. Let no one ever come to you without leaving happier.”

Dr Warren Fong
Programme Director



▶ From left to right Dr Nur Emillia Binte Roslan and Dr Warren Fong

Favourite place on campus?

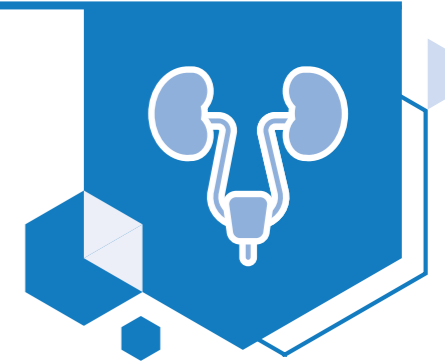
“ This corner in the registrar room is where I make my coffee to start the day and additional cups of whichever comforting drink to get me through the day and on call!

I bought this poster at a time when I was feeling particularly stressed and worn out and placed it there to lighten up the mood! ”

DR NUR EMILLIA BINTE ROSLAN



UROLOGY



From the Programme Director

A big congratulations on your completion of the SingHealth Urology Residency programme. Our desire is that we have inspired you to commit to urology as a life-long learning process and continue to improve the field throughout your careers. We should all share the goal to better our profession by developing new surgical techniques, utilising appropriate technologies, and applying laboratory advances that provide ever-greater safety and benefit for our patients. Hopefully, our Residency programme has provided you with the right guidance and expertise to accomplish this objective and to ignite your passion for urology which is essential for a successful and fruitful career.

Share an inspiring quote with our graduands.

“I was bold in the pursuit of knowledge, never fearing to follow truth and reason to whatever results they led.” – *Thomas Jefferson*

An animal that best describes my graduating cohort of Residents is...

Dolphins. They love and work well as a team in water and exhibit caring behavior towards each other like a family.



“As a family, it is our most sincere desire that all of our Residents will become better urologists than their mentors.”

Assoc Prof Lau Kam On Weber
Programme Director



▶ From left to right Assoc Prof Lau Kam On Weber, Dr Thomas Chan and Dr Edwin Jonathan Aslim



Community Outreach Programme 2019 at St John's Home for Elderly Persons



At SingHealth, we focus on clinical excellence and education to improve healthcare services.

Best memory in Residency?

“ Residency Open House 2018. For me, it was a unique avenue to show my two young daughters what I actually do at work, whom am I working with, and what doctors are like! ”

DR THOMAS CHAN



DR EDWIN JONATHAN ASLIM



Urology Residents Bootcamp 2019!

#WORD – RESIDENCY VALEDICTORIAN 2019

Every year, SingHealth Residency recognises one Resident who has displayed outstanding traits and qualities, and honours the Resident as Valedictorian. This year, we are proud to announce our first female Valedictorian, **Dr Teo Tess Lin** from Emergency Medicine, and we invite her to share on her journey in Residency.



1 In three words, describe your journey in SingHealth Residency.

Yearning. Searching. Found.

I started out in Residency yearning for something. I didn't even know what I wanted; I just felt like there had to be something more to life than just work.

This led me into a period of searching which revealed to me that I had been yearning for a sense of validation and personal identity: "Who am I and what do I really want?"

It was later on in Year 4, when I became a Senior Resident and Chief Resident of the SingHealth Residency Leadership Programme (SRLP), that I gained a better sense of self and decided to follow my heart, instead of seeking external validation.

This change in perspective eventually led me to be more involved in the things I enjoy about Residency; my programme, Faculty and fellow Residents. Residency can be stressful but I wanted others to see that with a good support network of Residents and Faculty, it could very well be the best time of your career. So, I started looking at wellness, resilience and the medical humanities during my time as Chief Resident, and things clicked for me.

I discovered that all the time spent seeking to improve myself so that I could become "better", actually did nothing to change the way I saw myself.

Instead, focusing on what I could do for others and actually doing it changed the way I felt about myself. And so, that's how I found myself.

2 What is the most memorable lesson you have taken away from your time in Residency?

Learning how to deal with varying perspectives. Perspectives are fascinating because they differ so much between individuals. New perspectives, by definition, show me a way of looking at the world which I may never have considered, and can be very enlightening. To borrow a quote from Anaïs Nin: "We do not see things as they are; we see them as we are."

Yet it is precisely because perspective is something so individualistic – being formed from a person's experiences and values – that we will never truly be able to see the exact same thing



Teo with her batchmates and Prof V Anantharaman at their Master of Medicine (MMED) graduation

that someone else sees. In that sense, no matter how hard we try to understand each other, we still may not be able to comprehend a different point of view or even consider its existence, and that often leads to frustration and tension. Thankfully, my experience in Residency has helped me to be aware of differing perspectives and deal more effectively with potential conflicts.

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

To make the path a little nicer for those who have yet to pass through. I hope to do so through small steps, even if it just means cheering up the person next to me or making things easier or simpler for my juniors. The big picture plan involves words like “wellness”, “resilience” and even “humanities”, and I eventually do hope to contribute in these areas, but as with all things it is best to start with the small steps.

4 If you were a superhero, what supernatural power would you like to have?

The ability to Ctrl-F literally anything. I can never find the things that I want when I want them, be it my pen, my keys, my life, my time... 😊

5 Any advice for your juniors in Residency?

Know yourself, know where you're going, and then just have fun finding your way there. I don't know how anyone who has completed exit examinations can do so without the support of their friends at their side. No one should go crazy alone. The friends I've made in Residency have been unexpected, exasperating and heart-warming all at once. I couldn't have gotten through it all without them. The friends I've made from other specialties and professions through my Residency postings have also been a great source of support. Nothing makes the work easier like having someone sticking it out with you when the going gets tough.



SRLP Project Mates!



Top Down Wefie with SingHealth Colleagues at RiSE Awards!



Tess with her Residency mentor, Prof Evelyn Wong

SINGAPORE CHIEF RESIDENCY PROGRAMME (SCRCP) COHORT 5, AY2017 - 2019

Organised by MOHH, the Singapore Chief Residency Programme (SCRCP) is a year-long national programme that aims to prepare tomorrow's doctors to meet challenges in Singapore's rapidly evolving healthcare landscape, promote excellence in the medical education, and advance the country's Public Healthcare System. At SingHealth Residency, the SCRCP is made more holistic by providing participating Chief Residents with an extra year of on-the-job training. The training offers participants valuable guidance from mentors that help in the completion of their portfolios and CVs and the sharpening of their leadership skills for continuing professional growth. Top Chief Residents will have the opportunity to do in an attachment at Duke University Hospital in Durham, North Carolina.

DR KOO CHEE HOE

General Surgery

1 Sum up your experience in the SCRCP in 3 words.

Enriching. Exhilarating. Eye-opening.

2 What will you miss most about the programme?

The in-depth discussions with friends from other clusters, which undoubtedly sprung many new perspectives and creative solutions.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would bump ideas off the people around me and explore various opinions and perspectives through open discussions. This helps us to find a best-fit solution for all levels.

4 When the going gets tough, I tell myself...

Experiences help us to learn so that we can get stronger and better.



DR JOELLA ANG XIAOHONG

Obstetrics & Gynaecology

1 Sum up your experience in the SCRCP in 3 words.

Inspiring. Enlightening. Insightful.

2 What will you miss most about the programme?

The opportunity to meet people from different backgrounds and institutions who share the same desire to make the world a better place. It is a privilege to share and bounce ideas off these great minds.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would organise more gatherings outside of the SCRCP seminars to keep everyone inspired and motivated.

4 When the going gets tough, I tell myself...

Without the rain, there would be no rainbow.



DR QIU LIMING

Neurosurgery

1 Sum up your experience in the SCRCP in 3 words.

Illuminating. Impelling. Humbling.

2 What will you miss most about the programme?

Meeting like-minded friends and discussing / learning about things outside of usual medical or subspecialty practice.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would look at things from different perspectives, angles and levels. I have learnt that that conflicts and misunderstandings often arise because each person only has his or her own limited view of what is ongoing.

4 When the going gets tough, I tell myself...

Do the right thing because it is right.



SINGAPORE CHIEF RESIDENCY PROGRAMME (SCRP)

**DR CHENG DUO-YING***Family Medicine***1 Sum up your experience in the SCRCP in 3 words.**

Humbling. Exciting. Rewarding.

2 What will you miss most about the programme?

The opportunity to mingle around enthusiastic young leaders of the various specialities and the sharing of ideas to improve Singapore's healthcare system.

3 When the going gets tough, I tell myself...

Everything seems impossible until it is done. Just keep swimming!

DR NATHALIE CHIAM PEI YU*Ophthalmology***1 Sum up your experience in the SCRCP in 3 words.**

Inspirational. Mentorship. Collegiality.

2 What will you miss most about the programme?

The monthly seminars which covered a multitude of issues, such as the future-proofing of our healthcare system, leadership skills, the art of being an educator and more. Also, the thoughtfully curated reading materials, presentations and discussion sessions that have broadened my perspectives and have inspired potential ideas for improving our healthcare ecosystem.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

Having a network of like-minded colleagues, and the opportunity to meet individuals from senior management for discussions and exchanges of ideas revolving around healthcare delivery and medical education.

4 When the going gets tough, I tell myself...

Gradatim Ferociter: Step by Step, Ferociously. This is the motto of Jeff Bezos' Blue Origin!

**DR KAMALESH ANBALAKAN***Cardiology***1 Sum up your experience in the SCRCP in 3 words.**

Eye-opening. Controversial. Introspective.

2 What will you miss most about the programme?

The time afforded to discuss our healthcare system with stakeholders from every level.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would give more prompt feedback to those I have had the privilege to teach so that they would have the opportunity to improve earlier.

4 When the going gets tough, I tell myself...

Roll with the punches.

**DR RAYMOND REINALDO TANUGROHO***Paediatrics***1 Sum up your experience in the SCRCP in 3 words.**

Humbling Inspiring. Nurturing.

2 What will you miss most about the programme?

The camaraderie formed among "like-minded individuals across different specialities to create a positive change.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

To be more confident and to continue honing my leadership skills with deliberate intention as great leaders are forged from multiple past failures and experiences.

4 When the going gets tough, I tell myself...

That it is an opportunity to grow and to rally people towards a common goal. It does not matter much how many times we fall but how we choose to stand up after.

DR LI XINYI*Obstetrics & Gynaecology***1 Sum up your experience in the SCRCP in 3 words.**

Discover. Inspire. Aspire.

2 What will you miss most about the programme?

The camaraderie formed across the cluster and specialties, which allowed for a free exchange of ideas, opinions and experiences.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would once again enter the programme with an open mind so that I can learn maximally about myself, my team and the system I am in.

4 When the going gets tough, I tell myself...

Never give up, and the tough will get going!



COHORT 5, AY2017 - 2019

**DR HO FU WAH ANDREW***Emergency Medicine***1 Sum up your experience in the SCRCP in 3 words.**

Exhilarating. Enriching. Eye-opening.

2 What will you miss most about the programme?

Happy hour with friends across institutions and disciplines.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

Read more of the prescribed readings (books, articles etc)! Only after the programme did I have time to plough through some of them and I realize the wealth of resources that they are!

4 When the going gets tough, I tell myself...

Perspectives perspectives perspectives. "Toughness" on the ground often reflects systematic imperfections. Implementing positive change in the system will surely smooth out "tough" processes for its individuals. That means each of us have a role to better the environment we operate in. SCRCP has reinforced this belief system and empowered me to act on it.

SINGAPORE CHIEF RESIDENCY PROGRAMME (SCRP)

COHORT 5, AY2017 - 2019


**DR GABRIEL GERARD
YEE WENJUN**

Family Medicine

1 Sum up your experience in the SCRCP in 3 words.

Mind-blowing. Inspiring. Grounding.

2 What will you miss most about the programme?

The lateral thinking and systems perspectives we applied during the programme.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would think with a systems lens from now on but balance it with the patient's needs and wishes. This is because just like the human body, the optimisation of one portion of the healthcare system can lead to de-optimisation of others; yet being overly bureaucratic would lead to an erosion of public trust. It is the art of balance that we have gained from SCRCP, and now we have become master blenders, who need to continue keeping our skills.

4 When the going gets tough, I tell myself...

I can accomplish anything through God who strengthens me.


DR JAMES CAI XINZHE

Cardiology

1 Sum up your experience in the SCRCP in 3 words..

Friendship. Passion. Coffee (alot of it).

2 What will you miss most about the programme?

I will miss the times we have spent chatting about the latest issues in healthcare and beyond. We come from different specialities, across various hospitals, so listening to each others' perspective on current issues is always an eye opening experience. I have made many like-minded friends over the course of the year.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would definitely go in with an open mind again. This has allowed for my perspective on public healthcare to be broadened during our rich discussions.

4 When the going gets tough, I tell myself...

Keep looking up. Never give up, never surrender. The sun will always rise and there are always friends around. Also, don't eat pau and don't take the last lift.


DR TAN BANGWEI MARK

Diagnostic Radiology

1 Sum up your experience in the SCRCP in 3 words.

Understanding healthcare systems

2 What will you miss most about the programme?

Conversing and trading viewpoints about current and future healthcare issues.

4 When the going gets tough, I tell myself...

Tomorrow, with its cortisol, coffee and rested colleagues, will come around.

SINGHEALTH RESIDENCY LEADERSHIP PROGRAMME (SRLP)

COHORT 3, AY2019 - 2020

The SingHealth Residency Leadership Programme (SRLP) aims to build capacity and grow the pool of SingHealth Chief Residents with leadership potential. Selected Residents will undergo a six-month training that equips them with relevant leadership skills, such as systems thinking, team-building and communications. Participants will get to benefit from valuable mentorship that will help to build up their portfolios and sharpen their leadership skills for professional growth. A pool of Chief Resident alumni is also actively involved in the mentoring and facilitation of the programme. Top Chief Residents will have the opportunity to do in an attachment at Duke University Hospital in Durham, North Carolina.


DR TAN HWEI LEONG

General Surgery

1 Sum up your experience in the SRLP in 3 words.

Happy. Heuristic. Humbling.

2 What will you miss most about the programme?

The regular engagement with my fellow SRLP cohort mates from a variety of specialties and departments.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would probably have tried to step out of my comfort zone and actively interacted with my SRLP cohort mates at an earlier stage. They have been a fantastic bunch of people I have been fortunate enough to know, a realisation I wish I had much earlier on.

4 When the going gets tough, I tell myself...

The price for the life I want, is the life I have.

DR CHUA WEIQUAN DARREN

General Surgery

1 Sum up your experience in the SRLP in 3 words.

Mind blowing greatness

2 What will you miss most about the programme?

The friendships I have made.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I will spend more time talking to others about non-work related topics as I often speak to my colleagues about work and do not get to know more about their dreams and aspirations. Moving forward, I hope that by knowing them a little more, I can help them to fulfill their best potential.

4 When the going gets tough, I tell myself...

Push on, your destination is one step closer.


DR JOHN LOH MING REN

Otolaryngology

1 Sum up your experience in the SRLP in 3 words.

Colleague to friends

2 What will you miss most about the programme?

The interaction between Residents across disciplines.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

Nothing! It was a great programme.

4 When the going gets tough, I tell myself...

That I'm surrounded by colleagues, friends and family that care.



DR TAN WEIXIAN ALEX
Cardiology

- 1 Sum up your experience in the SRLP in 3 words.**
Rewarding. Rejuvenating. Inspiring.
- 2 What will you miss most about the programme?**
The friendships, collective learning and laughter.
- 3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.**
To keep an open mind when faced with a new challenge or opportunity. I would gladly go through it (SRLP) all over again!
- 4 When the going gets tough, I tell myself...**
Take a deep breath (suck it up) and get the job done.

DR THERESA TOH SHU WEN
Paediatrics

- 1 Sum up your experience in the SRLP in 3 words.**
Journey of self-discovery.
- 2 What will you miss most about the programme?**
The friends I've made and our shared experiences of learning more about ourselves and how we respond to challenges at the workplace.
- 3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.**
I wouldn't mind doing the team building adventure course again. It was a nice getaway from the mundanity of daily working life to do something I otherwise would not voluntarily do!
- 4 When the going gets tough, I tell myself...**
This can only make me better, stronger and wiser.



DR TEO HOOI KHEE
Cardiology

- 1 Sum up your experience in the SRLP in 3 words.**
Discovery. Friendships. Fun.
- 2 What will you miss most about the programme?**
Discovering ourselves better, building solid friendships and always being encouraged to take that leap forward!
- 3 When the going gets tough, I tell myself...**
The person next door is probably having a worse time than me, so just keep pressing on!



DR TAN PENG YI
Ophthalmology

- 1 Sum up your experience in the SRLP in 3 words.**
Pleasantly eye opening.
- 2 What will you miss most about the programme?**
All the fun and laughter learning alongside Residents from different subspecialties and the invaluable friendship forged.
- 3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.**
Myers-Briggs Type Indicators (MBTI) and conflict management seminars have given me the opportunity to understand myself better. I am better equipped in managing conflicts through different styles based personal or moral values.
- 4 When the going gets tough, I tell myself...**
To take a deep breath and look at the issues as learning opportunities.

DR ZHENG LIFENG
Family Medicine

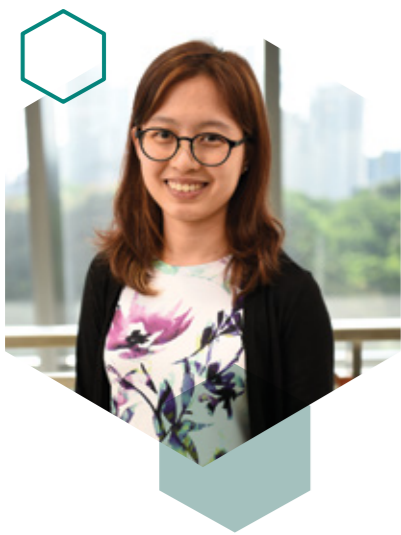
- 1 Sum up your experience in the SRLP in 3 words.**
Enriching, Interactive. Camaraderie.
- 2 What will you miss most about the programme?**
The friends that I have made through the programme.
- 3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.**
To complete the high elements course we had during our camp – I would like to courageously take the "leap of faith".
- 4 When the going gets tough, I tell myself...**
Keep calm and carry on!



DR LIU ZHENGHONG
Emergency Medicine

- 1 Sum up your experience in the SRLP in 3 words.**
Engaging. Intoxicating. Filling.
- 2 What will you miss most about the programme?**
Hanging out with my colleagues from all over SingHealth!
- 3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.**
More meals, more drinks, more gatherings. It is not too late!
- 4 When the going gets tough, I tell myself...**
Time proceeds in one direction – every tough moment will end.

SINGHEALTH RESIDENCY LEADERSHIP PROGRAMME (SRLP)



DR MA WAI WAI ZAW
Anaesthesiology

1 Sum up your experience in the SRLP in 3 words.

Humbling yet enabling

2 What will you miss most about the programme?

The various food-for-thought moments, especially during random exchanges with peers across disciplines.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would love to participate in the Community Involvement Programme again. There is so much more we can learn from the very community we serve in, not just their needs but also their strengths.

4 When the going gets tough, I tell myself...

"What you do makes a difference, and you have to decide what kind of a difference you want to make." - Dr Jane Goodall

DR KENNETH MICHAEL CHEW YUN CHI

Cardiology

1 Sum up your experience in the SRLP in 3 words.

Illuminating. Inspiring. Broadening.

2 What will you miss most about the programme?

My friendly batchmates!

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

Interactivity and new friendships were the best things about the course. On hindsight, I would have stepped out of my comfort zone from the very first session, so that I can get to know others from other facets of healthcare earlier!

4 When the going gets tough, I tell myself...

"Wait on the Lord, be of good courage, and He shall strengthen your heart"



DR KEE TZE PHEI

Diagnostic Radiology

1 Sum up your experience in the SRLP in 3 words.

Excellence. Endurance. Electric.

2 What will you miss most about the programme?

The camaraderie among our cohort.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would jump again from the pole at our high elements course! Perhaps jump higher to aim for the bar this time!

4 When the going gets tough, I tell myself...

Breath, smile and move on, because the tough will get going!



DR LEONG ZHOU HAO

Otolaryngology

1 Sum up your experience in the SRLP in 3 words.

New skills + perspectives

2 What will you miss most about the programme?

Nothing! Because the programme aims to prepare and equip us to be better leaders in our various departments, I instead feel a sense of anticipation and am looking forward to apply the skills I have learnt and manage challenges more intentionally and competently, in the course of my work and duties as a Chief Resident. Also, the camaraderie amongst the programme's participants lives on in our group chat and along the hospital corridors, so it won't be missed.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

Nothing. Mistakes are inevitable and every one made is an opportunity to learn and improve myself.

4 When the going gets tough, I tell myself...

If not me, then who? Grit your teeth and get through it!

DR WONG KER YI

Obstetrics & Gynaecology

1 Sum up your experience in the SRLP in 3 words.

Unique. Enlightened. Fun.

2 What will you miss most about the programme?

The times shared with new friends from the different specialities. From gaining new perspectives to our chit chats.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I will tell my juniors to join the programme if they are given the opportunity as it opens your world to individuals who are shaping the present and future of healthcare and teaches you how to play a part too.

4 When the going gets tough, I tell myself...

The sun always rises and the tides always turn.



COHORT 3, AY 2019 - 2020

DR MARCUS SIM JIN HUI

Internal Medicine

1 Sum up your experience in the SRLP in 3 words.

Inspiring. Humbling. Educational.

2 What will you miss most about the programme?

What I enjoyed most about the programme was being able to interact and get to know colleagues from dentistry, nursing, allied health other specialities. It was interesting to hear different view points and I will miss the friendships that we have built over the course.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would like to interact more with my mentor so as to gain more insights into my future career path.

4 When the going gets tough, I tell myself...

I ask myself, "what do I do this for", and then I will remember my family, who is my anchor in life and motivation to carry on.





DR CHARLENE TANG YU LIN
Nuclear Medicine

1 Sum up your experience in the SRLP in 3 words.

Fun. Enriching. Eye-opening.

2 What will you miss most about the programme?

The friends I made through this journey.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

I would not have done anything differently, because I am grateful for the people I have met, every thing I have learnt, every blunder I have made and every success I have enjoyed along the way.

4 When the going gets tough, I tell myself...

Failures are stepping stones to success.

DR LI ZONGXIAN

Orthopaedic Surgery

1 Sum up your experience in the SRLP in 3 words.

Eye-opening. Refreshing. Enabling.

2 What will you miss most about the programme?

I will miss the team, self-development courses, camaraderie, networking opportunities and the chance to peer into the minds and workings of the senior administrators.

3 Now that you have successfully completed the programme, share one thing that you would have done differently or would do again.

It took some time to shed aside my own preconceived ideations and prejudice before i warmed up and opened my mind to the self-improvement opportunities. If given the chance to start again, i would step into the programme with an open mind that is ready to learn and soak up the experience and perspectives of the trainers and fellow attendees.

4 When the going gets tough, I tell myself...

There is always a lesson to learn at the end of the day, and the next time it will no longer be as tough.



LIFE IN SINGHEALTH RESIDENCY 2018 - 2019

SingHealth Duke-NUS Scientific Congress 2018 (21 & 22 September)

Organised by the SingHealth and Duke-NUS Academic Medical Centre, the 5th SingHealth Duke-NUS Scientific Congress gathered more than 3000 researchers, academics, students and healthcare professionals, from Singapore and around the region to share on the latest medical developments and scientific advances in Academic Medicine to improve patient outcomes.

The biennial Congress is an important platform for ideas, innovation and discovery as the best healthcare minds come together to shape the future of Medicine. Themed, Academic Medicine: Translating Research into Clinical Practice, the Congress focused on the advancement of Academic Medicine with more than 110 international and local speakers sharing their clinical and research findings, skills and experiences. During one of the symposiums on Residency training, the Residency senior management and Faculty shared difficulties in evaluating professionalism, as well as personal takeaways and case studies on how SingHealth Residency is defining professionalism in current medical practice amongst Residents.

Mark your calendars for the next SingHealth Duke-NUS Scientific Congress on the 25 & 26 September 2020!



2018





SingHealth Residency Games Day 2018 (24 November)

The annual SingHealth Residency Games gathered more than 80 enthusiastic Residents and Faculty at at Kovan Sports Centre for an afternoon of sweat and fun! Themed, *Avengers: Infinity Wars*, participants teamed up according to their programmes to play two different games – Battle Arena and Bloop Ball, which involved shooting foam balls and playing soccer in a zorb suit. There was even a friendly soccer match between Faculty and Residents in a battle of experience vs youth.

Holding their crowns as defending champions, Captain Eye-merica from Ophthalmology was titled champions of the 6th SingHealth Residency Games, and Agents of S.H.F.M. from Family Medicine once again clinched the prize for Best Dressed Team. After all the intensive activities, participants were able to cool down with delicious homemade ice-cream!

2018

2019

SingHealth Hackathon 2019 (15 & 16 February)

After a successful first run, the biennial Hackathon completed its second iteration in February this year. Themed, *Care in the Community*, the event attracted nearly 100 participants with diverse backgrounds, from within and beyond SingHealth, to tackle challenges along the three thrusts of the Regional Health System (RHS); Keep Well, Get Well and Age Well.

Through the brainstorming, prototyping and collaboration, a total of 16 ideas and prototypes were generated, some of which were adopted by the RHS team to further develop. The event also included a pre-hackathon workshop, where start-ups and clinicians shared inspiring stories of real world struggles and successes in innovation.



Student Internship Programme (SIP) Bootcamp 2019 (6 April)

Organised by the Residents' Committee, the annual SIP Bootcamp aims to prepare medical students for their eventual work as House Officers through the provision of clinical scenarios to train and hone their clinical skills. This year, the event saw an impressive show of 140 participants and 20 Resident facilitators!



SingHealth Residency Freshmen Orientation 2019 (26 & 27 April)

This year, the Freshmen Orientation 2019 was held at home in our SGH campus and streets of the surrounding neighbourhood - Tiong Bahru! From yoga positions to mind-busting puzzles, it was a day filled with wacky ice-breaking station games, where new Residents and Faculty worked together, going neck and neck against each other's specialties, as they competed in both physical and mental game challenges.

Overall, the freshmen left with fond memories and forged bonds, which will serve as a good foundation to the camaraderie that will be shared for the rest of their Residency journeys!



SingHealth Residency Open House 2019 (20 July)

The annual SingHealth Residency Open House showcased the wide range of SingHealth Residency programmes through dynamic and interactive programme booths. Senior Management, Faculty and Residents came down in full force to host visitors and share with them their first-hand experiences of Residency. Residents also had the chance to explore Medical Specialties at the Senior Residency section of the event. Some visitors got the bonus experience of taking selfies with the lovable Baymax mascot from Paediatrics, getting their hands on real-life medical equipment, and eating a yummy churro!



2019

Residency in SingHealth Excels (RiSE) Awards 2019 (7 August)

The annual Residency in SingHealth Excels (RiSE) Awards gathered Faculty, Residents and staff to celebrate the achievement of their peers and colleagues. More than 290 award recipients were recognised for their commitment and contributions to the training and educational efforts of SingHealth Residency. This year saw the introduction of two new award categories – the Programme Director Award, won by Assoc Prof Darren Koh from Anaesthesiology, and Best PGY1 Training Department, presented to SGH's Internal Medicine. Awards were also given to the following outstanding programmes: Rehabilitation Medicine (Best JCST Programme Award), Renal Medicine (Best Medical Subspecialty Programme Award), Pathology and Anaesthesiology (Best ACGME-I Programme Awards).





*Living My Love
of Medicine*