



FAMILY MEDICINE

RESIDENCY PROGRAMME

*Living My Love
of Medicine*

DISCOVER THE FAMILY MEDICINE RESIDENCY PROGRAMME

Family Medicine is a discipline that provides comprehensive healthcare to people of all ages. Unlike acute hospital medicine, Family Medicine provides you with the opportunity to build long-term relationships with patients and their families.

A Family Physician manages each patient in his or her own environment in the community, taking into account lifestyle, occupation and significant life factors. Exciting challenges for Family Physicians include differentiating severe conditions from the less critical, and making an early diagnosis despite the paucity of signs and symptoms. Perhaps the most difficult and yet most satisfying, is helping patients take ownership and change their behaviour in managing chronic diseases.

As the leading and largest public healthcare cluster in Singapore with a comprehensive network of polyclinics, community hospitals, major hospitals and national specialty centres, the SingHealth learning environment offers unparalleled opportunities to be excellent clinicians – it is an ideal place to begin your journey in Family Medicine. The programme is balanced with a good mix of clinical training, didactic lectures, skills workshops and scholarly opportunities. The Faculty is committed to continuing our strong tradition of nurturing the next generation of Family Physicians and clinician leaders.

An ideal Family Medicine Resident is compassionate, has good interpersonal and communication skills, and is an enthusiastic self-directed learner. We value teamwork and a collaborative culture, and are committed to our patients and colleagues. Maturity, integrity and humility are also essential characteristics. We welcome those who share the same values to join us as we provide better, safer and more affordable care for our patients, who are at the heart of all we do.

PRIMARY HEALTHCARE LANDSCAPE

Ministry of Health Beyond Healthcare 2020 priorities include Beyond Hospital to Community, Beyond Quality to Value and Beyond Healthcare to Health, while the SingHealth Regional Health System's mission is partnering to enable Singaporeans to keep well, get well, and age well. The MOH Office of Healthcare Transformation: Future Primary Care also aims to make primary care the centre of gravity for most health needs with, "One person – one care team".

Family medicine is currently at the centre of this exciting evolution, and now is the best time to come on board, as innovative models of care are being built to address the health needs of our community. Family Physicians are the backbone of this integrated healthcare system, playing a crucial role in providing primary access to healthcare in the community.

YOUR LEARNING EXPERIENCE

The SingHealth Residency Family Medicine Programme is a three-year programme that aims to train compassionate and excellent Family Physicians, and future leaders in the discipline. Here, you will find abundant training opportunities that will challenge and help you grow in the medical field.

RICHNESS OF PATIENT CARE

As a SingHealth Family Medicine Resident, you will take care of undifferentiated patients with varied health needs from prenatal care to end-of-life care. You will work with patients from all walks of life, giving you wide exposure to a diverse clinical case-mix.

RENOWNED FAMILY MEDICINE MENTORS

Faculty members are recognised for their outstanding accomplishments in Family Medicine education and are committed to academic excellence. Many amongst our faculty are examiners of various postgraduate Family Medicine examinations. A mentor will be assigned to every Resident for the entire Residency training to provide close supervision and guidance in preparation for a career in Family Medicine. Unsurprisingly, SingHealth residency graduates have consistently achieved excellent pass rates for the Masters of Medicine (MMed) Family Medicine examinations.



YOUR CAREER PROSPECTS & DEVELOPMENT

The Family Medicine Residency Programme provides the best training for community Family Medicine practice.

Upon completion of the programme, Residents will have the opportunity to practise in a variety of settings. The range of possibilities includes polyclinics, family medicine centres, home care, community hospitals and acute hospitals. In the public sector, you can look forward to advance in your career from Family Physician to Associate Consultant, Consultant and eventually Senior Consultant.

Those interested in further development are highly encouraged to take up the Fellowship in Family Medicine. Other training opportunities include graduate diplomas in Geriatric Medicine, Dermatology and Mental Health. The programme is also a good foundation for those who wish to work in the intermediate and long-term care sectors, as well as those who plan to pursue specialty or subspecialty training in Geriatric, Palliative, and Sports Medicine.

A WEALTH OF SCHOLARLY OPPORTUNITIES

There is a myriad of opportunities for research in the SingHealth Family Medicine Academic Clinical Programme (ACP). All Residents will undergo research training and take part in research projects during their training. There are ample opportunities to present posters and oral presentations at academic conferences, and publish in scientific journals.

Those who have completed the Residency programme can proceed to advanced research training programmes such as the Khoo Scholar programme at Duke-NUS Medical School and the Master in Clinical Investigation at the NUS Yong Loo Lin School of Medicine.

During the programme, our Residents will also be trained in Clinical Quality and will have the opportunity to work in teams to conduct quality improvement projects in the clinical setting.

HEAR FROM OUR RESIDENTS

“ My time in the Residency programme has enabled me to appreciate the importance of Family Medicine – that it involves a lot more than merely referring patients onwards to the relevant specialties. I have come to appreciate the importance of the role of primary healthcare. This is in no small part due to the excellent guidance and teaching that we receive during our Residency.

DR BRINDHA BALAKRISHNAN

Family Medicine Residency Alumna, Year 2015
University of New South Wales Alumna

“ The concept of Family Medicine interests me thoroughly. There is so much more to bridging the gap between disease and health than just a prescription. Comprehensive and continuing care in the community can help to reduce healthcare burden and costs. The primary care physician acts as the coordinator of care of the patient in today's complex healthcare system. Thus, in such an important field, I feel empowered to contribute.

DR LIM ZONG YI

Family Medicine Resident, Year 2018
NUS YLL SoM Alumnus

“ As the SingHealth Family Medicine Residency requires us to rotate to multiple specialties including Internal Medicine, Geriatrics, Orthopaedics, Surgery, Paediatrics and Obstetrics & Gynaecology to name a few, we get superb exposure that helps us to train better as Family Physicians. We return to our continuity clinic one afternoon a week and that allows us to practise what we have learnt and follow up on our patients. It feels wonderful to be able to perform the role of the Family Physician providing continuing care, building rapport and gaining the trust of the same patient. On top of this, we have a senior supervisor always available for consult in the clinic should we meet with any problems.

DR POON ZHIMIN

Family Medicine Residency Alumna, Year 2014
NUS YLL SoM Alumna



GET IN TOUCH

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