



# GERIATRIC MEDICINE

SENIOR RESIDENCY PROGRAMME



*Living My Love  
of Medicine*

# DISCOVER THE GERIATRIC MEDICINE SENIOR RESIDENCY PROGRAMME

The SingHealth Geriatric Medicine Senior Residency programme aims to equip aspiring Geriatricians with the medical knowledge plus the clinical, leadership and organisational skills necessary to care for our elderly patients.

We adopt a patient-centric approach and treat our elderly patients with compassion and dignity. We focus on the person as a human being and emphasise holistic care. Our aim is to maintain an older person's quality of life and independence, against the backdrop of multiple comorbid conditions, ageing and the vicissitudes of life.

Geriatric Medicine is a multidisciplinary specialty. We work with interprofessional healthcare teams including nurses, physiotherapists, occupational therapists, speech therapists, social workers, care coordinators, pharmacists, dieticians, counsellors and psychologists. In addition, we collaborate with primary care physicians, medical specialists, various healthcare institutions and elder care organisations.

If you are passionate about the elderly, have a deep respect for them and look forward to building meaningful relationships with your patients and their families or caregivers, we welcome you to join the SingHealth Geriatric Medicine Senior Residency programme and the fraternity of Geriatricians.



## YOUR LEARNING EXPERIENCE

### DIVERSE TRAINING AND CAREER OPTIONS

A Geriatrician's career path is diverse and varied.

You can choose to practice in many different settings, ranging from acute to community hospitals to long-term care facilities such as nursing homes. Or you can opt to provide home care and consultancy services to day centres, rehabilitation centres and other agencies which provide elder care services. Hence, one of the cornerstones of Geriatric Medicine training is exposure to a wide spectrum of geriatric services. With our programme, you can expect excellent core geriatric training in the first year, followed by comprehensive training and rotations in various affiliated institutions in the second year.

### COMPREHENSIVE AND RIGOROUS CURRICULUM IN GERIATRIC MEDICINE

You will be exposed to a comprehensive mix of general Geriatric Medicine training and subspecialty training in acute, sub-acute and long term care institutions. Through small group tutorials, lectures, journal clubs, supervised general Geriatric Medicine and subspecialty clinics, multidisciplinary rounds, and regular knowledge assessment, you will assume graded responsibilities at each level of training, which will be commensurate with your confidence and experience.

## OUR CURRICULUM

The SingHealth Geriatric Medicine Senior Residency programme is a 3-year structured training programme. The first two years are Accreditation Council of Graduate Medical Education - International (ACGME-I) accredited and the third is accredited by the Specialists Accreditation Board (SAB), Singapore. Core training will take place at Singapore General

### FAST-GROWING SPECIALTY AND CAREER OPPORTUNITIES

Geriatric Medicine is a fast-growing specialty with many exciting possibilities and career opportunities. As Singapore and countries in Asia rapidly age, there is much room for growth in the provision of services, care interventions and research for the elderly. Besides providing healthcare for older patients, Geriatricians are also set to become expert educators, researchers and leaders in elder care policy.

As an aspiring Geriatrician, it is important for you to go beyond the core curriculum to develop your skills and knowledge, and become a well-rounded clinician and expert in your field. That is why we encourage all our Senior Residents to participate in local and overseas courses and conferences, as well as projects, audit and research work.

### RENOWNED FACULTY, DEDICATED MENTORS

We have an outstanding pool of Faculty members with a wealth of experience in Geriatric Medicine and medical education. They are highly committed to training the next generation of Geriatricians and have a proven track record in mentoring young Residents like you. We also strive to provide an enriching and individualised educational experience for you. With a favourable Resident - Faculty ratio and a high level of Resident supervision, we offer a conducive learning environment to help you get the most out of your training.

Hospital (SGH) and Changi General Hospital (CGH) in Year One. Year Two will comprise rotations to participating sites for comprehensive Geriatric Medicine training. These include St Andrews Community Hospital, Bright Vision Hospital, Dover Park Hospice, Hospice Care Association, Institute of Mental Health, home care teams and nursing homes.

### We offer the following subspecialties on our programme:

- Cognitive disorders including delirium and dementia
- Falls
- Palliative Medicine
- Continence
- Orthogeriatrics
- Rehabilitation Medicine
- Psychogeriatrics
- Transitional / Home care

<b>SR1</b> (Core Geriatric Medicine – 6 months at SGH and 6 months at CGH)	SGH/CGH (3 months)		SGH/CGH (3 months)		SGH/CGH (3 months)	SGH/CGH (3 months)
<b>SR2</b> (External Rotations)	<b>Community Geriatrics</b> Day hospitals, community hospitals, nursing homes, day rehabilitation, home care services, and other community services (2 months)	<b>Geriatric Psychiatry</b> Common psychiatric illness and problems in the elderly including depression, delirium and dementia (1 month)	<b>Rehabilitation</b> Principles of rehabilitation in the elderly patients (1 month)	<b>**Medicine Subspecialties</b> Including but not limited to Internal Medicine, Neurology, Rheumatology, Infectious diseases, Renal Medicine, Cardiology, Respiratory Medicine, Gastroenterology, Oncology, Haematology, Dermatology (Min. 2 months)	<b>Palliative Medicine</b> Inpatient Palliative care, inpatient hospice and home-based hospice care (2 months)	Revision/Consolidation of Geriatric Medicine with end of year 2 assessment (4 months)

\* Do note that slight changes in duration and rotations within Year one and two may occur as the final programme has not been finalised. Do consult your PD/APD for any updates eventually.

\*\* Rheumatology will be the default choices especially if one has not done them before.

Year Three, which is locally accredited, will include consolidation of Geriatric Medicine skills, subspecialty development and/or research in Geriatric Medicine. Subspecialty training and development may take place at SGH, CGH or other Geriatric Medicine departments. Senior Residents will only enter into the third year of training upon successful completion of the first two years.

## YOUR CAREER PROSPECTS & DEVELOPMENT

The three years of training will end with a local exit examination, following which you will be accredited as a Geriatrician by the Specialist Accreditation Board. After completion of three years of training, eligible candidates can also apply for further advanced training in an approved overseas institution under the Health Manpower Development Programme (HMDP), Ministry of Health, Singapore.

## HEAR FROM OUR RESIDENTS

“ I chose SingHealth Residency for the patient complexity and the wide range of specialist departments, and my learning experience has been exponential. I have been fortunate to work with experienced clinicians who are supportive of our learning needs. It is a privilege to be a part of a multidisciplinary team that aims to deliver quality care to our elderly patients.

**DR MUNIRAH ALHAMID**  
Geriatric Medicine Senior Resident, Year 2018

“ I was drawn to Geriatric Medicine when I was a medical student, inspired by its holistic nature, patient group, and work. SingHealth Geriatric Medicine Senior Residency Programme has been a fantastic experience and opportunity to live my dream daily for the rest of my career. It has a structured teaching programme to ease us into the world of Geriatrics with mentors who are dedicated to our growth. A great experience on the whole!

**DR GURINDERJIT KAUR**  
Geriatric Medicine Senior Resident, Year 2018



# GET IN TOUCH

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