

College of Psychiatrists Annual Report 2014

The College of Psychiatrists was officially formed on 5 November 2014 under the umbrella of Academy of Medicine, Singapore. Formerly, the Chapter of Psychiatrists was formed in 1986. Now as a College, it continues to provide professional leadership and continuing education in psychiatry. The College also provides recommendations to the Academy on specialist qualification and training, and Fellows of the College serve on national specialist training committees and academic programme committees.



Dr Ng Beng Yeong
President

FOREWORD BY PRESIDENT

An important milestone in the history of local psychiatry was achieved on 5 November 2014 when the College of Psychiatrists was officially formed. As indicated in a previous letter to our Fellows, the advantages of forming a College include the following:

- a) To have equal standing with other Colleges under the Academy of Medicine (AMS);
- b) To raise the profile of the specialty both locally and overseas;
- c) To provide a good platform to develop subspecialties and allow subspecialties to have more focused activities;
- d) To have greater autonomy in developing professional initiatives and activities;
- e) To have more financial autonomy.

We envisage that with the formation of the College, more psychiatrists will be proud to join the College, participate in our activities and contribute to both clinical and academic pursuits related to psychiatry and mental health. It has been a rewarding experience to see many Fellows coming for the Inaugural General meeting and various CME activities organised by the College. It is the camaraderie that will sustain the College and keep us going. On behalf of the Interim Council, may I thank the Master of Academy of Medicine and all our Fellows for the support and confidence that they gave to us during this period of transition from a chapter to a College.

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The Interim 2014-2015 Council

President : Dr Ng Beng Yeong
Vice President : Dr Wong Chee Meng John
Honorary Secretary : Dr Ho Chun Man Roger
Honorary Treasurer : Dr Goh Kye Hock Robin
Council Members : Dr Fones Soon Leng Calvin
Dr Mahendran Rathi
Dr Ong Say How
Dr Winslow Rasaiah Munidasa
Dr Yap Hwa Ling



Membership

The membership of the College stood at 102 as of 31 December 2014, consisting of 95 Local and 7 Overseas Fellows.

The following were admitted as Fellows of the Academy of Medicine, Singapore (CPSYCH) in 2014:

- Dr Chan Heng Nieng
- Dr Ng Kah Wee
- Dr Tor Phern-Chern
- Dr Soh Teck Hwee
- Dr Wong Celine

Inaugural General Meeting

The Inaugural General Meeting (IGM) of the College was held on 5 November 2014 at Goodwood Park Hotel. It was attended by some 50 Fellows to mark the establishment of the College. Master, the Guest-of-Honour, had graced the occasion that evening.



Continuing Medical Education (CME)

The College had organised the following lectures in 2014.

- Symposium - 'Obsessive Compulsive Disorder (OCD) & Hoarding'

(Co-organisers: Chapter of Psychiatrists, Academy of Medicine, Singapore & Department of Psychiatry, Singapore General Hospital)

Date: 12 February 2015

Speakers/Topics:

- 1) Dr Subramaniam Mythily (Director, Research Division, Institute of Mental Health, Singapore) – 'OCD & Hoarding: Epidemiological Findings'
- 2) Dr Ng Kelvin (Associate Consultant, Department of Psychiatry, Institute of Mental Health, Singapore – 'Challenges in Managing OCD & Hoarding in the Community'
- 3) A/Prof Lim Eng Choon Leslie (Senior Consultant, Department of Psychiatry, Singapore General Hospital) – 'Cognitive Behavioural Therapy (CBT) in OCD'

Chairperson: A/Prof Ng Beng Yeong

- Seminar - 'Psycho-Oncology'

(Co-Organisers: Chapter of Psychiatrists, Academy of Medicine, Singapore & Department of Psychological Medicine, National University Health System)

Date: 19 March 2014

Speakers/Topics:

- 1) Dr Leong Sun Chee Terence (Consultant, Department of Psychological Medicine, National University Health System) – 'The Real Killer in Cancer: When Patients Default'
- 2) A/Prof Chan Alexandre (Associate Professor, Department of Pharmacy, Faculty of Science, National University of Singapore) – 'Supportive Care in Cancer Patients: A Focus on Symptom Burden & Psychosocial Distress'
- 3) A/Prof Ong Yew Kuang (Associate Professor & Senior Consultant, National Cancer Centre, Singapore) – 'Talking with Patient with Terminal Cancer: An Oncologist's Perspective'

Chairperson: A/Prof Mahendran Rathi

- Symposium Neuropsychiatry

(Co-organised by the Chapter of Psychiatrists, Academy of Medicine, Singapore & Department of Psychiatry, Singapore General Hospital)

Date: 24 April 2014

Speakers/Topics:

- 1) Dr Chan Herng Nieng (Consultant, Department of Psychiatry, Singapore General Hospital) – 'Direct Current Stimulation'
- 2) Dr Tor Phern-Chern (Head, Psychological Centre, Singapore Armed Forces) – 'Repetitive Transcranial Magnetic Stimulation'
- 3) Dr Tan Hao Yang (Visiting Associate Professor, Lee Kong Chian School of Medicine, NTU) – 'Functional MRI: Window into Cognitive Brain Circuitry in Psychosis'

Chairperson: A/Prof Lee Tih Shih

- Lecture
 - Date: 27 May 2014
 - Speaker/Topic: Dr Joshua Gooley, PhD (Assistant Professor, Neuroscience & Disorders Program, Duke-NUS Graduate Medical School, Singapore) – ‘Circadian Rhythm Sleep Disorders’
 - Chairperson: A/Prof Ng Beng Yeong

- Child & Adolescent Psychiatry Symposium
 - (Co-Organisers: Chapter of Psychiatrists, Academy of Medicine, Singapore & Department of Psychiatry, Singapore General Hospital)*
 - Date: 26 June 2014
 - Speakers/Topic:
 - 1) Dr Loh Bee Lock Cheryl (Consultant, Psychological Medicine, Changi General Hospital, Singapore) – ‘Oppositional Defiant Disorder’
 - 2) Dr Lim Choon Guan (Consultant, Department of Child & Adolescent Psychiatry, Institute of Mental Health, Singapore) - ‘ADHD in Children & Adolescents: An Update’
 - Chairperson: Dr Cheok Cheng Soon Christopher

- Symposium – ‘Hot Topics in Depression’
 - (Main Organiser: Chapter of Psychiatrists, Academy of Medicine, Singapore)*
 - Date: 5 July 2014 (Session 1 – ‘How We Can Achieve Better Functioning for Depressed Patients in Clinical Practice’)
 - Speakers/Topics:
 - 1) Prof Koen Demyttenaere (Head, Research Group Psychiatry, KU Leuven, Belgium) ‘Antidepressant Efficacy of Antidepressants in Both Negative & Positive Affects in Depression’
 - 2) Dr Carmen Munoz. **PhD** (Servier International, Suresnes, France) ‘Updates on Novel Pharmacological Approaches in Depression’
 - 3) Prof Goran Hajak (Department of Psychiatry, University of Regensburg, Germany) – ‘How We Can Achieve Efficacy that Result in Early & Better Functioning? Clinical Experience in Practice’
 - Moderator: Prof Goran Hajak
 - Date: 6 July 2014 (Session 2 – ‘Experience Sharing’)
 - Speakers/Topics:
 - 1) Prof Arunpongpaisal Suwanna (Chair, Department of Psychiatry, Faculty of Medicine, Khon Kaen University, Bangkok, Thailand) – ‘Sharing Experience with Aglomelatine Treatment in Thai Patients with Major Depressive Disorder’
 - 2) A/Prof Ng Chong Guan (Consultant Psychiatrist, Department of Psychological Medicine, Faculty of Medicine, University of Malaya, Malaysia) – ‘Regaining Passion in Life’
 - 3) Dr Mok Yee Ming (Consultant/Chief/Head of Electroconvulsive Therapy Service, Department of Psychiatry, Institute of Mental Health, Singapore) – ‘Treating MDD: Can We Regain the ‘Joie De Vivre’ for Our Patients’
 - Chair & Co-Chairmen: Prof K. Demyttenaere & Dr Lim Yun Chin

- Symposium

(Main Organiser: Chapter of Psychiatrists, Academy of Medicine, Singapore)

Date: 22 July 2014

Speakers/Topics: 1) Dr Ang Wee Kiat Anthony (Consultant Psychiatrist, Consultant Medical Psychotherapeutic & Group Analyst for South West London & St George's Mental Health NHS Trust & Sussex Partnership NHS Foundation Trust, London, UK) – 'Comparing Different Psychotherapeutic Treatments in Borderline Personality Disorder' Facilitators: Dr

Kwok Kah Foo Victor, Ms Vivien Yap & Dr Ho Chun Man Roger

- Forensic Psychiatry Symposium

(Co-Organisers: Chapter of Psychiatrists, Academy of Medicine, Singapore & Department of Psychiatry, Singapore General Hospital)

Date: 20 August 2014

Speakers/Topics: 1) Dr K. Puvanendran (Visiting Consultant, Department of Neurology, Singapore General Hospital) – 'Macabres of Life & Sleep'
2) Dr Goh Hern Yee Jerome (Senior Consultant & Chief, Department of General & Forensic Psychiatry, Institute of Mental Health, Singapore) – 'Kleptomania – Clinical & Legal Issues'

Chairperson: A/Prof Lim Eng Choon Leslie

- Lecture

(Co-Organisers: Chapter of Psychiatrists, Academy of Medicine, Singapore & Singapore Society for Clinical Hypnosis) Date:

19 September 2014

Speaker/Topic: Dr B. Brent Geary, *PhD* (Coordinator of Training, Milton H. Erickson Foundation, Phoenix, Arizona, USA) – 'Clinical Application of Hypnosis in Chronic Pain'

Chairperson: Dr Chee Yin Ing Cornelia



Dr Cornelia Chee (right) - Presenting a Token of Appreciation to Dr B. Brent Geary

- Symposium - 'Electro-Convulsive Therapy (ECT) Refresher 2014'

(Co-Organisers: Chapter of Psychiatrists, Academy of Medicine, Singapore & Department of Psychiatry, Singapore General Hospital)

Date: 25 September 2014

Speakers/Topics: 1) Dr Tor Phern-Chern (Head, Psychological Centre, Singapore Armed Forces) – 'Basics & Latest Research'
2) Dr Mok Yee Ming (Chief, Department of General Psychiatry II; Head, Mood Disorder Unit & Head, ECT Service, Institute of Mental Health, Singapore) – 'IMH Protocols & Consent Process'

Chairperson: Dr Chan Herng Nieng

- Dinner Lecture

(Main Organiser: College of Psychiatrists, Academy of Medicine, Singapore)

Date: 5 November 2014

Speaker/Topic: Prof Eduard Vieta (Professor of Psychiatry, University of Barcelona & Chair, Department of Psychiatry and Psychology, Hospital Clinic,

Barcelona, Spain) - 'Advances in the Diagnosis & Treatment of Bipolar Disorder'

Chairperson: A/Prof Ng Beng Yeong

- Webcast

(Main Organiser: College of Psychiatrists, Academy of Medicine, Singapore)

Date: 12 December 2014

Speaker/Topic: Dr David Sheehan - The importance of restoring function in major depressive disorders

Chairperson: A/Prof Ng Beng Yeong

Breakfast Meeting Sessions

The College had organised the Breakfast Meeting Sessions every last Friday of the month at Novena Medical Centre. The sessions range from case, peer voice, video presentations to journal club and lectures by invited expert speakers. The Chairperson for the session is Dr Lee Ee Lian.

Session	Date	Topic	Speakers/Moderators
1	28/02/2014	Video – 'Decreased Positive Affect & The Role of Bupropion in Major Depressive Disorder'	Prof David Nutt GlaxoSmithKline Pte Ltd
2	28/03/2014	'The Potential Role of Dietary Lipids in Brain Function & ADHD'	Dr Salit Tzaban, <i>PhD</i> PFM Medical Singapore Pte Ltd
3	25/04/2014	Case Discussion	Dr R M Winslow Winslow Clinic Promises Healthcare, Singapore
4	04/07/2014	'Managing Partial Response or Non-Response Strategies in Major Depressive Disorder'	Dr Joyce Yeh Neurologist, Taiwan
5	29/07/2014	'S-Adenosyl Methionine (SAME) Augmentation of Serotonin Reuptake Inhibitors for Antidepressant Non-Responders with Major Depressive Disorder: A Double-Blinded Randomised Clinical Trial'	Dr Lee Ee Lian Senior Consultant Psychiatrist, Promises Healthcare, Singapore
6	26/09/2014	'SMC Accredited AMS Webcast I' Session I – 'Long Acting Injectables' Session II – 'Switching Medications'	Dr Thong Jiunn Yew Dr Tan Wee Lun Marcus Consultant Psychiatrists at Nobel Psychological Wellness Clinic (Ang Mo Kio), Singapore
7	31/10/2014	'SMC Accredited AMS Webcast II'	Dr Lim Yun Chin Consultant Psychiatrist Raffles Hospital Counselling Centre, Singapore

Position Statement on Use of Repetitive Transcranial Magnetic Stimulation in the Treatment of Major Depressive Disorder (rTMS)

The Chapter submitted its draft position statement to AMS Council for approval. The contributors were: Dr Tor Phern- Chern, Dr Ho Chun Man Roger, Dr Lo Yew Long & A/Prof Ng Beng Yeong.

Formation of Sections -Child and Adolescent Psychiatrists & Neuropsychiatrists

These two sections would be formed under the College and officially approved at its first AGM in Y2015. The potential members, 2015-2017 Executive Committees for:

Section of Child & Adolescent Psychiatrists – IMH: Dr Ong Say How, A/Prof Fung Shuen Sheng Daniel; Drs Chin Chee Hon, Ian Munt & Dr Sung Min; NUHS: A/Prof Wong Chee Meng John; Private Practice: Dr Celine Wong & A/Prof Wong Sze Tai & Dr Liew Hwee Sen Alvin (Visiting Consultants, Department of Child & Adolescent Psychiatry, IMH).

Section of Neuropsychiatrists – A/Prof Lee Tih Shih (Chairman), DrChee Kuan Tsee, A/Prof Ng Beng Yeong, Drs Ho Chun Man Roger, Goh Kye Hock Robin, Tor Phern-Chern & Wong Sheau Hwa.

Revamped Webpage

Since the Chapter had transformed into a College which had been inaugurated on 5 November 2014, its existing webpage would be further enhanced.

Staff Registrar Scheme – Diploma in Psychiatry Course

Two intakes were in progress. The first 2013 intake of 3 candidates were awaiting appraisal for the 1st year exams & GDMH results. 4 candidates enrolled into the second 2014 intake.

Psychiatry Resident In-Training Examination (PRITE)

The Academy of Medicine, Singapore conducted PRITE exams for 36 registered Psychiatry residents in Singapore on 4 October 2014. The venue was at the Academia located on 20 College Road.

Independent Medical Expert (IME) Opinion

The Chapter received 2 requests for IME opinions in Psychiatry from the Singapore Police Force through the Professional Affairs Department, AMS.

Ministry of Health (MOH) Requests

The Chapter submitted her opinions to MOH for:

- Hypnotherapy
- Repetitive Transcranial Magnetic Stimulation

MOH Clinical Practice Guidelines

The Chapter provided her feedback & endorsement to MOH for its Guidelines on Anxiety Disorders (2014)

49th Singapore-Malaysia Congress of Medicine (SMCM)

The Academy of Medicine, Singapore will be the main organiser for the 49th SMCM which will be held in Singapore from the 31 July to 2 August 2015. The venue will be in the Academia located on 20 College Road. The College of Psychiatrists will be invited to participate in this congress.

Appreciation

The College thanks all Fellows for their unfailing support to her in the past year for ongoing and projects and activities.

Dr Ho Chun Man Roger
Honorary Secretary, on Behalf of the 2014-2015 Interim Council
College of Psychiatrists
Academy of Medicine, Singapore
31 December 2014