



College of Public Health and Occupational Physicians

Newsletter Issue 12

July 2018

President's message



A/Prof Vernon Lee

Dear Fellows,

We have just concluded the successful Annual General Meeting for 2018, which saw many of you participate in the proceedings, share your ideas, and network over dinner. The new Council will work with you to take these ideas forward.

The 13th Singapore PHOM Conference, with the theme of "Sustainable Health for All", will be held on 4th and 5th October this year. The meeting will be supported by the Singapore General Hospital, and will feature a keynote lecture by PS Ng Chee Khern from the Smart Nation and Digital Government Office, and two expert panels on key topical issues. We strongly encourage all of you

to join us at the meeting and also at the Fellows' lunch.

This year, as a continuation of our CME activities, we have organised a talk by Prof Wong Mee Lian on the Evaluation of Complex Interventions: Lessons learnt from STI Preventions Interventions in Priority Groups in Singapore. We have planned more CME activities for the rest of the year, and hope to see you there.

I would like to take this opportunity to thank Dr Jason Yap, the Vice-President of the College who will be stepping down from the College Council, for all the support and hard work that he has given to the College over the many years of service. His enthusiasm and contributions have laid the foundations of the College for the future.

I also wish to congratulate Dr Lim John Wah, Dr Clive Tan, Dr Matthias Toh, and Dr Gan Wee Hoe for their election to the College Council. I hope that you will support them and the Council in the coming years. I thank all of you for your continued support of the College and the College Council.

Yours Sincerely,
Vernon Lee
President (2016-2020)

COLLEGE COUNCIL

Vernon Lee
President
Gan Wee Hoe
Vice-President
Clive Tan
Honorary Secretary
Lim John Wah
Honorary Treasurer
Angela Chow
Council Member
Kenneth Choy
Council Member
Matthias Toh
Council Member
Mona Toh
Council Member

EDITORIAL TEAM

Mona Toh
Editor
Clive Tan
Deputy Editor
Jason Yap
Member

Lunar New Year Get-Together & CME

23 February 2018

The College celebrated Chinese New Year with a CME talk and a quick tour of the new LKC School of Medicine premises on 23 February 2018. We were honoured to invite Prof Wong Mee Lian to share on 'Evaluation Of Complex Interventions: Lessons Learnt From STI Preventions Interventions In Priority Groups In Singapore'. 22 people attended and gathered together to socialize, network, and catch up with friends. After the CME talk, everyone also gathered for Lo-Hei - the tossing of the yu sheng for good fortune before Dinner.



Fellows enjoying the great view after the tour of LKC School of Medicine!

How about a group photo?



Social Activity (Bowling) and Lunch

10 March 2018



5th Annual General Meeting of College of Public Health and Occupational Medicine

18 May 2018

17 Fellows attended the 5th Annual General Meeting (AGM) on 18 May 2018, followed by dinner at The Scholar Chinese Restaurant.



“Spotlight on Residency” - Journey Through The National Preventive Medicine Residency

By Dr Seng Yi Feng Melvin

Dr Melvin Seng held the position of Chief Resident of the National Preventive Medicine Residency in 2017/18 and has recently passed his Exit Examinations. He is currently working in the Occupational and Environmental Medicine Unit in Singapore General Hospital, where he endeavours to provide quality occupational health services. Melvin is also pursuing a Master of Business Administration (MBA) program in NUS, is a proud father of two, and is always looking forward to the next family holiday.



Dr Melvin Seng

I started my journey in Occupational Medicine when I did an elective posting with Prof David Koh during medical school, and I had already set my mind on Occupational Medicine as a medical student. I embarked on the National Preventive Medicine Residency Programme and was fortunate to meet many mentors along the way. During this journey, I have benefited much from the guidance of our wonderful Program Directors and faculty.

The field of Occupational Medicine is evolving. It is important to integrate different dimensions of occupational health involving work, health, wellness and the environment. Increasingly, organisational and systems-based thinking is important to contextualise and help implement occupational health policies. In the healthcare institution, we are focused on the prevention and control of healthcare-associated infections and improving the occupational health of healthcare workers, with senior management support. It is important to formulate strategic policies and be effective in the implementation of occupational health programs.

The Preventive Medicine residency programme is evolving, and it prepares us to address new challenges in the society today. Recently, I had a meaningful encounter in the Occupational Medicine clinic in SGH, where I was reviewing a security guard who had poorly controlled diabetes and was admitted for a cerebrovascular accident. We were part of a multi-disciplinary team to optimize his health and rehabilitate him to return to work. At the organisational level, we also organised the annual influenza vaccination exercise for SGH and SingHealth institutions, which is important for patient safety and occupational health of healthcare workers.

Reflecting on my days as a resident, I felt that the residency programme provided an excellent framework for us to acquire the necessary skill sets in public health and occupational medicine. It is important to remain current and relevant to this fast-changing field even after exiting from the programme, and I will continue participating in education and research projects. Just as I have benefitted from the pioneers in this specialty, I hope to contribute towards the grooming of future generations. As a team, we would be able to advance Occupational Medicine and improve access to occupational health services for the population together.

As I enter the next stage of my career, I welcome the new challenges that await me. Occupational Medicine is moving beyond the traditional occupational diseases, and there are new and emerging areas of concern. We are constantly reviewing the health and safety risks of novel occupational hazards. With an ageing population and lean workforce, we need to make use of our expertise to help the workforce remain healthy and productive. I look forward to working together with my Preventive Medicine colleagues to improve the health of populations.

“What’s Happening”

Stepping back from the Trees to see the Forest

By Dr Ng Yih Yng

I am an Emergency Medicine physician that recently also became a Public Health specialist. I am currently working as a Emergency Medicine physician in Tan Tock Seng Hospital and concurrently serving as the Singapore Civil Defence Force’s Chief Medical Officer and the HomeTeam Chief Medical Officer for the Ministry of Home Affairs.

My work requires me to integrate emergency medical services between the SCDF 995 ambulances and the emergency medical departments of the restructured Hospitals in the areas of cardiac arrest, trauma, STEMI and stroke. In MHA, I oversee public health and occupational health issues across the Home Team Departments in areas such as operational job fitness, trainees’ medical coverage, occupational health of specific to uniformed services and even prisoner healthcare policies.

My journey as a healthcare professional is rather unique - when I was training to be an emergency physician (2001-2008), I was posted to serve as the Head of the Preventive Medicine Branch in the SAF. I had no public health background, except for what I had learnt as an SAF camp Medical Officer, managing camp hygiene, outbreaks and implementing medical directives written by doctors before me capturing their collective wisdom dripped in blood, sweat and tears from years of military medical experience.

As I was about to complete my Emergency Medicine Advanced Specialty Training in 2008, the SAF told me to reconsider my plans to do a clinical EM fellowship in University of Southwestern Texas and apply to do a MPH instead. In the end I ended up doing an MPH/MBA at Johns Hopkins University as I felt that the MBA would come in useful – it was a decision that I have never regretted.

Upon returning back, I worked in the SAF’s HQ Medical Corps, coordinating SAF medical operations overseas and then ran a group of SAF medical centres until 2012, when I was called to serve in the SCDF as its Chief Medical Officer (CMO), a job that required me to combine my emergency medicine and public health knowledge to review and enhance the SCDF emergency medical services, from 2012 till 2018.



Dr Ng Yih Yng

Improving an emergency medical services system is a complex public health problem which requires a combination of skill sets that rarely co-exist together because emergency medicine and public health was traditionally seen as being diametric oppositions. Improving the low national bystander CPR rates of 20% (from 2001-2011) to 55% (2015) is an example of public health in practice using the intersection of these skills. This has correspondingly doubled cardiac arrest survival for witnessed cases from 11.4%(2011) to 21.6%(2015).

After 8 years of almost full time public health practice and 40 over public health/EM research papers later, I’ve decided to apply to be recognised as a public health practitioner and join the very unique group of what I would term as “Public Health Clinicians” that aim to integrate public health more directly with clinical practice. Perhaps in time to come, we could become a chapter of the college ourselves, eh?

13th Public Health and Occupational Medicine Conference: Sustainable Health for All

By Dr Tan Xin Quan and Dr Gan Wee Hoe

Dr Tan Xin Quan is the Honorary Secretary of the 13th PHOM Conference Organising Committee.

Dr Gan Wee Hoe is the Chairman of the 13th PHOM Conference Organising Committee.

13TH SINGAPORE PUBLIC HEALTH & OCCUPATIONAL MEDICINE CONFERENCE

SUSTAINABLE HEALTH FOR ALL

4-5 OCTOBER 2018

ONE FARRER HOTEL & SPA

3 OCTOBER 2018 (PRE-CONFERENCE WORKSHOPS)

Globally, life expectancies are rising and with it, a rising burden of chronic disease. The resultant increase in complexity and demand for care has put a great strain on healthcare systems, with many struggling to cope. Combined with increasing costs as new medical investigations and treatment modalities develop, there is urgency to build sustainability in our systems and ensure access to healthcare.

It is against this backdrop that we have selected the theme for the 13th Public Health and Occupational Medicine (PHOM) Conference, "Sustainable Health for All". We will explore how value-based care, shifting our system focus from healthcare to health, and harnessing game-changing technology could address some of the key challenges facing our healthcare systems. The 13th PHOM Conference will take place from 4-5 Oct 2018 at the One Farrer Hotel. The conference is organised by the College of Public Health and Occupational Physicians and supported by the Singapore General Hospital.

We are excited to have as our Keynote Speaker, Mr Ng Chee Khern, Permanent Secretary for Smart Nation and Digital Government Office (SNDGO) under the Prime Minister's Office. Since the launch of Singapore's Smart Nation initiative in 2014, SNDGO has made our daily lives more convenient through technology – from digitising coupon payment for parking charges via a mobile app, to implementing a national e-payment system through the now ubiquitous PayNow app. In healthcare, assistive technology, analytics, robotics and even the launch of the national HealthHub portal create new possibilities and allow Singapore as a nation to redesign tenets of our healthcare system. We can look forward to exciting updates from PS SNDGO at the upcoming conference.

This year, we will be introducing a new format in the form of a Plenary Expert Panel. This is a Roundtable which brings together experts for discourse and debate on an issue of topical interest. There will also be Q&A from the audience, thereby facilitating an interactive session for all conference participants. In line with this year's theme, we will be holding two Plenary Expert Panels, on Harnessing the Fourth Industrial Revolution Technology for Population Health and Educating Future Doctors on Sustainable Healthcare, respectively. These will no doubt spur deep and reflective conversations on "Sustainable Health for All" over the duration of the conference and beyond.

As a deliberate effort to reach out to junior members of our fraternity, we have inducted six Preventive Medicine Residents to the Organising and Scientific Committees this year. They have been entrusted with meaningful roles and importantly, opportunities for engagement and interaction with seniors in the course of the conference planning and organisation. We believe that this will go a long way towards introducing them to the mission of our College.

The thematic focus of the 13th PHOM Conference contributes to our national conversation on sustainable healthcare, as well as the global imperative to drive efforts in quality and value-based care to balance the trend of rising healthcare demands in many regions of the world. We hope that this conference will not only raise awareness, but also stipulate further discussions and seed action plans towards this vision.

Populi Salus Summa!



13TH SINGAPORE PUBLIC HEALTH & OCCUPATIONAL MEDICINE CONFERENCE

SUSTAINABLE HEALTH FOR ALL

4-5 October 2018 (Thursday – Friday) | One Farrer Hotel
3 October 2018 (Pre-Conference Workshops)

CONFERENCE HIGHLIGHTS

GUEST OF HONOUR

MR EDWIN TONG

Senior Minister of State
Ministry of Health, Singapore

KEYNOTE ADDRESS



MR NG CHEE KHERN

Permanent Secretary
Smart Nation and Digital Government Office
Prime Minister's Office

PLENARY EXPERT PANELS

Plenary Expert Panel 1: Harnessing the 4th Industrial Revolution for Population Health

Moderator: **PROF JULIAN THUMBOO**

Director, Health Services Research Centre, SingHealth



ASSOC PROF KENNETH MAK

Deputy Director of Medical Services (Health Services Group), Ministry of Health, Singapore



MR CHUA CHEE YONG

Director, Planning Group
Integrated Health, Information Systems



MR LAURENCE LIEW

Director
AI Industry Innovation, AI Singapore



ASST PROF REUBEN NG

Senior Fellow, Geriatric Education and Research Institute and Lee Kuan Yew School of Public Policy



DR SUMITRA SHANTAKUMAR

Regional Epidemiology Director, Worldwide Epidemiology, Asia Pacific and North Asia, GlaxoSmithKline

Plenary Expert Panel 2: Educating Future Doctors on Sustainable Healthcare

Moderator: **PROF TEO YIK YING**

Dean, Saw Swee Hock School of Public Health



PROF IAN EDWARD CURRAN

Vice Dean, Education
Duke-NUS Medical School



ASSOC PROF LAU TANG CHING

Vice Dean, Education
Yong Loo Lin School of Medicine



PROF NAOMI LOW-BEER

Vice Dean (Education)
Lee Kong Chian School of Medicine



ADJ ASSOC PROF MABEL YAP

Director, Professional Training and Assessment Standards Division, Ministry of Health, Singapore

PRE-CONFERENCE WORKSHOPS

Back-to-back pre-conference workshops will be held on **3 October 2018, Wednesday, 9:00 am - 4:00 pm** at **Saw Swee Hock School of Public Health** featuring:

Use of Geographic Information System in Public Health and Occupational Medicine: Geographic Information System and Geospatial Analysis

Faculty:

ASSOC PROF ALEX RICHARD COOK

Vice Dean (Research) and Domain Leader (Biostatistics & Modelling)
Saw Swee Hock School of Public Health

DR BORAME SUE LEE DICKENS

Research Fellow, Saw Swee Hock School of Public Health

Health Economics: A (Mostly Painless) Introduction to Health Economic Evaluation

Faculty:

ASSOC PROF JOANNE YOONG

Director, Centre for Health Services and Policy Research
Saw Swee Hock School of Public Health

For more info visit www.phconference.sg or email PHConference@ams.edu.sg

Supported by:



MARK YOUR CALENDAR!
Upcoming Social Activity (Air Pistol) and Dinner
15 August 2018

The College will be organising a social activity (Air Pistol) and Dinner on 15 August 2018.

Date : **15 August 2018, Wednesday**
Time : **6.30pm**
[Dinner will be start at 6.30pm and Air Pistol will start at 7.30pm]
Venue : **Indoor Air Weapon Range**
SAFRA Yishun Country Club
60 Yishun Avenue 4
Singapore 769027
Activity : **Air Pistol**

RSVP your attendance via email to the College Secretariat at phom@ams.edu.sg by Tuesday, 31 July 2018.



**College of Public Health and
Occupational Physician**

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