



College of Psychiatrists Annual Report 2015

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.



FOREWORD BY PRESIDENT

Dr Ng Beng Yeong
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 also issued a position statement on the use of repetitive transcranial magnetic stimulation in the treatment of major depressive disorders in November 2014. This would pave the way for further developments in the field of neurostimulation and in time to come, repetitive TMS will be readily available to many sufferers of depression in the country.

Right now there are two sections subsumed under the College, the section of Child and Adolescent Psychiatrists and the section of Neuropsychiatry. Both sections have been active this year in organising teaching activities. The Mind-Brain Rounds organised by the section of Neuropsychiatry are held quarterly in Academia, Singapore General Hospital, and these sessions are well attended by psychiatrists and neurologists. A/Prof Lee Tih Shih, Chairman of Section of Neuropsychiatry, spelt out the objectives for the section as follows:

- Build bridges with neurologists and rheumatologists in College of Physicians and Neurosurgeons in College of Surgeons

- To design and implement appropriate education for residents and updating of Fellows (e.g. NMDA encephalitis)
- To facilitate the development of quaternary Neuropsychiatry services in our healthcare system
- To nurture academic and research links in Neuropsychiatry support for interest psychiatrists

The Academy of Medicine, Singapore conducted PRITE exams for 46 registered Psychiatry residents in Singapore on 10 October 2015. It is heartening to note that the national psychiatry residency is maturing and the programme has attracted a significant number of residents. It is crucial for the College to evolve and remain relevant, so as to retain our existing Fellows and to be able to attract new blood.

The College was a supporting institution/society for the 3rd ASEAN Sleep Congress 2015, which was held in Academia, Singapore General Hospital from 20-22 November 2015. The event was well attended by sleep medicine specialists, doctors and healthcare professionals from the region. The symposium on sleep psychiatry was well attended by doctors and the allied health professionals.

The way forward for the College is to continue to collaborate with doctors from other medical and surgical disciplines and also to collaborate with other professional groups, for example, the legal profession. We plan to organise a forensic psychiatry update course in early part of 2016 and this is done in collaboration with our friends and colleagues from the legal profession. It will be an exciting year ahead of us.

THE 2015-2017 COUNCIL



Front Row (from left to right): Dr Ho Chun Man Roger (Co-opted Member), Dr Ng Kah Wee (Honorary Secretary), Dr Yap Hwa Ling (Honorary Treasurer), A/Prof Ng Beng Yeong (President), A/Prof John Wong (Vice-President)

Back Row (from left to right): A/Prof Leslie Lim, A/Prof Winslow Rasaiah Munidasa, Dr Robin Goh (Co-opted Member), Dr Ong Say How (Co-opted Member)

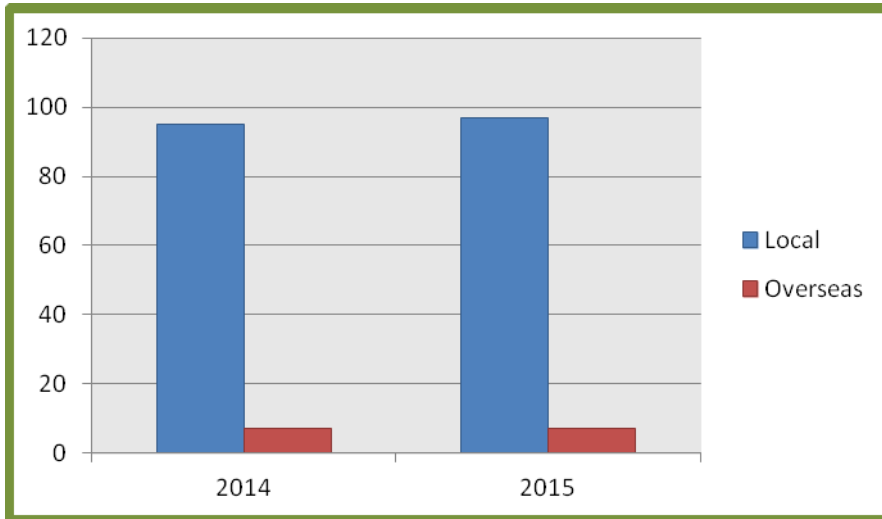
Not in photo: Dr Mahendran Rathi (Council Member), Dr Celine Wong (Council Member), Prof Daniel Fung (Co-opted Member)

MEMBERSHIP

The membership of the College stood at 109 as of 31 December 2015, consisting of 102 Local and 7 Overseas Fellows.

The following will be admitted as Fellows of the Academy of Medicine, Singapore (CPSYCH) in 2016:

- Dr Chin Chee Hon
- Dr Ian Gordon Munt
- Dr Jared Ng Wei Lik
- Dr Jimmy Lee Chee Keong



The College had organised the following lectures in 2015.

Session	Date	Topic/Speakers
1	30 Jan	Sleep Disorders in shift workers – Dr Wong Sheau Hwa , SAF Consultant Psychiatrist
2	12 Feb	Cultivating Wise Mind: An Introduction to Dialectical Behavior Therapy - Sharon Cohan Sung, Assistant Professor, Clinical Sciences, Duke-NUS
3	20 Mar	The place of culture in global mental health - Prof Laurence Kirmayer Acupuncture & Mental Illness - Dr Cyrus Ho
4	24 Mar	Overview on metabolic syndrome and psychotropics - A/Prof Sim Kang, Senior Consultant, IMH A pragmatic approach to the management of metabolic syndrome - Dr Tan Hong Chang, Consultant, Department of Endocrinology, SGH
5	17 Apr	Revisiting treatment goals in Depression: Recent advances and treatment options - Prof Roger McIntyre, Professor of Psychiatry and Pharmacology, University of Toronto, Head of the Mood Disorders Psychopharmacology Unit, University Health Network, Toronto, Canada
6	7 May	LIVE WEBCAST : Clinical update in prevention of depressive phase bipolar disorders – Dr Terence Ketter, Chief Bipolar Disorders Clinic, Stanford University Scholl of Medicine, California Mental Capacity & LPA – Mr Daniel Koh, Public Guardian, Office of the Public Guardian
7	27 May	Omega-3 Fatty Acid Deficits and Mental Health Risks; Depression, Violence, and Suicide - Dr Joseph Hibbeln, Clinical Investigator and Acting Chief, Laboratory of Membrane Biochemistry and Biophysics (LMBB), Section of Nutritional Neuroscience (SNN), National Institute on Alcohol Abuse and Alcoholism

		(NIAAA), Bethesda, Maryland, USA New modalities for treatment of ADHD: Is there something fishy going on? - A/Prof Daniel Fung, Chairman Medical Board, Senior Consultant Psychiatrist, Institute of Mental Health
8	9 July	Session I – Optimizing Treatment Outcomes in the Management of Child ADHD: Pharmacological Treatment Beyond Symptom Control - Dr. Andreas Schreiner, Vice President, Medical & Scientific Affairs CNS, Janssen Europe, Middle East and Africa Session II – Intervention Strategies in Managing Children with ADHD - Mr. Chiu Loo Kwong, Director, Olive Tree Development Center
9	11 Jul	Public Forum Examination Stress What makes children stressed - Ms Janice Chng, Senior Occupational Therapist, *REACH Team West, NUH Interventions for children and adolescents - Mr Gifford Chan, Senior Clinical Psychologist, *REACH Team South, IMH What schools/ +VWOs could do to support students experiencing examination stress - Ms Germaine Tan, Senior Clinical Psychologist, *REACH Team Parenting Stressed kids - Ms Poh Chai Hong, Senior Medical Social Worker, *REACH Team East, KKH How I cope with examination stress - Mr Louis Tee, Year 4 Duke NUS Graduate Medical School
10	19 Aug	Hypnosis in the management of pain and psychiatric disorders - A/Prof Gabriel Tan, PhD, ABPP, Associate Professor and Director of Clinical Psychology Program, Department of Psychology, National University of Singapore
Session	Date	Topic/Speakers
11	8 Sept	Brain Training - Implications on Neurogenesis and Neuroplasticity - Stephanie Teo & BCI Lab Team
12	25 Sept	The Pediatric Consultation liaison program as a model of bridging the gap between mental health and medical condition - Dr Ettore Guaia, Head of Service Consultant Child and Adolescent Psychiatrist Acute CAMHS PCLP Child and Adolescent Mental Health Service (CAMHS), Child and Adolescent Health Service, Princess Margaret Hospital
13	28 Sept	Updates on Neurostimulation (ECT, rTMS, +DCS) - Prof Colleen Loo, Professor, School of Psychiatry, University of New South Wales, Sydney, Australia, Academic Chair, Psychiatry, St George Hospital, Sydney, Clinical & Research Psychiatrist, Black Dog Institute, Sydney, Director of ECT, Wesley Hospital, Kogarah, Sydney
14	9 Oct	A novel multimodal approach to treatment of MDD – Dr Vladimir Maletic, Clinical Professor of Neuropsychiatry and Behavioral Science at University of South Carolina School of Medicine, Columbia
15	29 Oct	Management of Adverse effects of Pharmacotherapy associated with bipolar/depressive disorder – Prof Joseph Calabrese, Director, Mood Disorders Program, UH Case Medical Centre, Professor, Psychiatry, CWRU School of Medicine Suicidality in the bipolar/depressive disorder: Overview, Diagnosis and Management – Prof David Sheehan, Distinguished University Health, Professor Emeritus at University of South Florida College of Medicine Tampa
16	26 Nov	Dinner Lecture: Parasomnias - What Psychiatrists needs to know Dr Leow Leong Chai, Consultant, Respiratory and Sleep Medicine, SGH

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	30 Jan	Updates from European College of Neuropsychopharmacology	Dr Seng Kok Han
2	27 Mar	Introducing the New Antidepressant—Vortioxetine	Dr Pranab Kalita Medical Director – Medical Affairs, South East Asia for Lunbeck
3	26 Jun	A New Insight into Treatment of Depression	Dr Roger S. McIntyre Professor of Psychiatry and Pharmacology at the University of Toronto
4	10 Jul	Atypical Antipsychotics: Comparative Studies of oral antipsychotics and updates on the use of Long Acting Injectables in Schizophrenia	Dr Andreas Schreiner Vice President Medical & Scientific Affairs CNS and Internal Medicine Janssen-Cilag Europe, Middle East and Africa
5	28 Aug	Treatment options to tackle non-adherence to medication in psychosis	Prof Robin Emsley Professor and Chair of the Department of Psychiatry University of Stellenbosch, Cape Town, South Africa

STAFF REGISTRAR SCHEME (SRS)

With reference to the Ministry of Health's (MOH's) paper in early 2007 introducing the initiative of conducting a structured diploma programme with on-the-job training as previously proposed by the AMS for foreign doctors whose specialist degrees are not recognised by the Singapore Accreditation Board and whose medical schools are not recognised by the Singapore Medical Council, the College had rolled out its SRS Programme in September 2013. This is a three-year programme and the first intake of three (3) trainees and has graduated in September 2015. The second intake on September 2014 of 4 candidates is still ongoing until September 2016.

PSYCHIATRY RESIDENT IN-TRAINING EXAMINATION (PRITE)

The Academy of Medicine, Singapore conducted PRITE exams for 46 registered Psychiatry residents in Singapore on 10 October 2015. The venue was at the Procedural Skills Lab 2-A & 2-B, Academia Level 2.

INDEPENDENT MEDICAL EXPERT (IME) OPINION

The Chapter received one request for IME opinion in Psychiatry from the Singapore Police Force through the Professional Affairs Department, AMS.

APPRECIATION

The College wishes to record its appreciation to all its Fellows and the Secretariat Staff for their enthusiastic support in the past year and looks forward to their ongoing support in the future activities and projects of the College.

Dr Ng Kah Wee
Honorary Secretary
College of Psychiatrists,
Academy of Medicine, Singapore