

# COLLEGE OF PSYCHIATRISTS

## ANNUAL REPORT FOR YEAR ENDED 31 DECEMBER 2018

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, continuing education in psychiatry, advocacy in quality care and safe clinical psychiatry practice. 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.

An important milestone in the history of local psychiatry was achieved on 5 November 2014 when the College of Psychiatrists was officially formed. From then, the College has enjoyed the following the advantages:

- a) Equal standing with other Colleges under AMS;
- b) Raising the profile of the specialty both locally and overseas;
- c) Providing a good platform to develop subspecialties and allow subspecialties to have more focused activities;
- d) Acquiring greater autonomy in developing professional initiatives and activities;
- e) Having more financial autonomy.

### COLLEGE COAT OF ARMS DESCRIPTION



The College of Psychiatrist Crest's design is centered on the ten qualities of a good psychiatrist. The College of Psychiatrist's motto of "Competence, Wisdom and Compassion" reflects the basic fundamental qualities expected of a good Psychiatrist.

The College Crest incorporates the traditional serpent-entwined rod of Asclepius, which is symbolic of Medicine and Psychiatry, representing the professionalism expected of Psychiatrists.

The Shield encompasses two Figures, which are representative of how Psychiatrists are expected to be both good communicator and listener. The Chevrons within the shield represent the boundaries that Psychiatrists need to abide by. The lion within the shield symbolize the College serving Singapore, the

Lion City, and also serves as a reminder of the honesty and integrity that Psychiatrist are expected to have in their practice.

The College of Psychiatrist Coat of Arms / College Crest are jointly designed by: Dr Melvyn Zhang WB and Ms Alina Tong.

## PRESIDENT'S MESSAGE



Year 2018 has been another good year for the young College of Psychiatrists since its inception in November 2014, with its focused engagement of CME themes relevant to the practice of psychiatry and research. This helped sharpened the professionalism of psychiatry across many fronts!

We register our deep appreciations to the 2018 College Council and Sections, through their leadership together with the CME faculties contributing to another successful year!

The establishment and initiation of a new fourth Section of Addiction Psychiatry attest to the emphasis on the professional development in addiction medicine, an important domain of specialty practice in Singapore. This new Section augments the 3 existing Sections of Child & Adolescent Psychiatry, Neuropsychiatry and Neurostimulation, addressing to their respective emerging new practice standards.

We are also pleased to announce the establishment of the Annual Dr Paul Ngui Lecture series, through a generous education grant to support academic development and lecture in the areas of mood disorder and psychotherapy. The inaugural lecture will be launched at the 2019 COPsych AGM Lecture. We would like to specially thank Dr Ngui for his keen interest and support in advancing the professional development of psychiatry at the College.

Besides advancing clinical professional training through College CME, we have also engaged the NUS Center for Biomedical Ethics to co-organize the 8th International Clinical Ethics Conference on 30, 31 Oct 2018 on Ethics in Psychiatric Practices, an evolving area of importance with strong academic and clinical relevance to our College Fellows.

The College is actively developing its roles in providing medical expert position in emerging issues of psychiatry, and the need to engage the wider public, providing them with objective and evidence based professional opinion, helping to enhance quality psychiatry care and safe practices, serving the public's larger interest. This will continue to evolve and in the process help demystify and destigmatize mental health care patients and their care.

The College thanks Psychiatrist Fellows for their continued support and strong interest in pursuit of professional training, and the many educational partners for providing their resources to sustain high quality training this past year.

The Council continues to seek out and serve the needs of our Fellow in the New Year 2019!

**DR JOHN WONG**

President & President-Elect (2017 – 2021)

**College of Psychiatrists**

**Academy of Medicine, Singapore**

**COUNCIL MEMBERS 2018 – 2019**

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President & President-Elect	Dr John Wong Chee Meng
Vice President	Dr Yap Hwa Ling
Honorary Secretary	Dr Giles Tan Ming Yee
Honorary Treasurer	Dr Robin Goh Kye Hock
Council Members	Dr Lee Cheng Dr Daniel Fung Shuen Sheng Dr Leslie Lim Eng Choon Dr Roger Ho Chun Man
Co-Opted Members	Dr Lee Ee Lian Dr Lee Tih Shih Dr Lim Yun Chin Dr Mok Yee Ming Dr Winslow Rasaiah Munidasa Dr Ong Say How

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Photo taken at the 2<sup>nd</sup> College of Psychiatrists' Council Meeting (2018 – 2019) on 1 Feb 2019

*Front row (from left to right):*

*Dr Robin Goh Kye Hock (Honorary Treasurer), Dr Daniel Fung Shuen Sheng (Council Member), Dr Rasaiah Munidasa Winslow (Co-opted Member), Dr Ong Say How (Co-opted Member), Dr John Wong Chee Meng (President), Dr Yap Hwa Ling (Vice President), Dr Lim Yun Chin (Co-opted Member), Dr Giles Tan Ming Yee (Honorary Secretary), Dr Lee Cheng (Council Member), Dr Mok Yee Ming (Co-opted Member), Dr Leslie Lim Eng Choon (Council Member).*

*Not in photo:*

*Dr Roger Ho Chun Man (Council Member), Dr Lee Tih Shih (Co-opted Member), Dr Lee Ee Lian (Co-opted Member)*

## **ANNUAL GENERAL MEETING**

The 4<sup>th</sup> Annual General Meeting of the College was held on 21 May 2018 at Novotel Singapore on Stevens Polaris II & III, Orchard District, 28 Stevens Road #01-01, Singapore 098382. A total of 19 Fellows attended the meeting.

## COUNCIL MEETINGS

The council meets once every four months to conduct the business and affairs of the College.

In 2018, the council has met three (3) times on 26 January, 11 April, and 5 September.

## MEMBERSHIP

The membership of the College stood at 124 as of 31 December 2018, consisting of 118 Local and 6 Overseas Fellows.

The following were admitted as Fellows of the Academy of Medicine, Singapore (CPSYCH) in 2018:

- Dr Lee Kim Huat Jason
- Dr Tay Teck Sng Andre
- Abishek Mathew Abraham



## ACTIVITIES

### Continuing Medical Education (CME)

The College had organised the following lectures in 2018.

Date	Topic	Speakers
18 January	Section of Neuropsychiatry – Mind Brain Rounds	<b>Prof William Honer</b> <i>Head, Department of Psychiatry Director, UBC Institute of Mental Health</i>
2 February	Seminar in Developmental Therapeutics and Psychopharmacology Update for Psychiatrists in Practice	<b>Prof Robert Hendren</b> <i>Professor of Psychiatry and Behavioral Science; Division of Child and Adolescent Psychiatry, UCSF School of Medicine</i>
6 February	Section of Child and Adolescent Psychiatry – Management of Treatment Resistant Depression in Adolescents: Lessons Learned from the TORDIA Study and Beyond	<b>Prof David Brent</b> <i>Chief of Child and Adolescent Psychiatry, Western Psychiatric Institute and Clinic; Professor of Psychiatry, Paediatrics and Epidemiology at the University of Pittsburgh School of Medicine</i>
5 April	Section of Neuropsychiatry – Mind Brain Rounds	<b>Dr Simon Ting</b> <i>Consultant Neurologist, National Neuroscience Institute(SGH); Adj A/Prof, Duke-NUS Medical School; and Clinical Senior Lecturer, NUS</i>
18 April	Section of Neuropsychiatry – Electroencephalography for the Non-Epileptologists	<b>A/Prof See Siu Ju, NNI</b> <i>Senior Consultant, Neurology (SGH Campus)</i>
26 July	Section of Neuropsychiatry – Mind Brain Rounds	<b>Dr Ho Zheng Chong</b> <i>Resident, Dept of Psychiatry, Singapore General Hospital</i>
18 August	Section of Child and Adolescent Psychiatry – Divorce & Custody Seminar <ul style="list-style-type: none"> <li>• Psychological and Emotional Impact On Children</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dr Ann-Marie Lo Castro</b> <i>Principal Clinical Psychologist, Executive Coach; Therapeutic Play Practitioner; and Clinical</i></li> </ul>

Date	Topic	Speakers
	<ul style="list-style-type: none"> <li>• Assessment of Child and Parents</li> <li>• Functions of the Family Justice Court</li> <li>• Presentation of 2 Case Studies</li> </ul>	<p><i>Supervisor, Institute of Mental Health &amp; Child Guidance Clinic</i></p> <ul style="list-style-type: none"> <li>• <b>Adj A/Prof John Wong</b> <i>Senior Consultant, NUHS Residency Program; Senior Consultant Psychiatrist with the Department of Psychological Medicine National University Health System; and President, College of Psychiatrists, AMS</i></li> <li>• <b>Mr Kevin Ng</b> <i>District Judge, Family Justice Courts</i></li> <li>• <b>Prof Wong Sze Tai</b> <i>Senior Consultant Infant, Child and Adolescent Psychiatrist, Gleneagles Medical Centre Visiting Consultant, National University Health System &amp; Institute of Mental Health</i></li> </ul>
28 August	<b>Section of Child and Adolescent Psychiatry – Youth School-Based Mental Health Literacy in the Context of Horizontal Integration in the Pathway Through Care</b>	<p><b>Prof Stanley Kutcher</b> <i>Professor and Sun Life Financial Chair in Adolescent Mental Health, Department of Psychiatry, Dalhousie University, Nova Scotia, Canada</i></p>
20 October	<b>Singapore Electroconvulsive Therapy &amp; Neurostimulation Course 2018</b>	<ul style="list-style-type: none"> <li>• <b>Dr Mok Yee Ming</b> <i>Chief, Department of Mood and Anxiety, Institute of Mental Health</i></li> <li>• <b>Dr Poon Shi Hui</b> <i>Consultant, Dept of Psychiatry, Singapore General Hospital</i></li> <li>• <b>Dr Tor Phern Chern</b></li> </ul>

Date	Topic	Speakers
	<p>Anaesthesia preparation</p> <ul style="list-style-type: none"> <li>• Rational ECT Prescription</li> <li>• How to Read EEG</li> <li>• Maintaining improvement after ECT</li> <li>• Consent and Ethics in ECT</li> </ul>	<p><i>Consultant / Head, General Psychiatry / Neurostimulation Services, Institute of Mental Health</i></p> <ul style="list-style-type: none"> <li>• <b>PROF COLLEEN LOO</b> <i>Professor, School of Psychiatry, University of NSW, St George Hospital, South Eastern Sydney Local Health District</i></li> <li>• <b>DR JOHNSON FAM</b> <i>Assistant Professor, Dept of Psychological Medicine, Yong Loo Lin School of Medicine, National University of Singapore</i></li> <li>• <b>DR CHAN HERNG NIENG</b> <i>Senior Consultant, Department of Psychiatry, Singapore General Hospital</i></li> <li>• <b>DR TAN SHENG NENG</b> <i>Director Consultation Liaison / Psychiatry Service Assistant / Director Integrated Sleep Service Consultant Department of Psychological Medicine Changi General Hospital</i></li> </ul>
25 October	<b>Section of Neuropsychiatry – Mind Brain Rounds</b>	<p><b>Dr Simon Ting</b> <i>Consultant Neurologist, National Neuroscience Institute(SGH); Adj A/Prof, Duke-NUS Medical School; and Clinical Senior Lecturer, NUS</i></p>
7 November	<b>Adventures of a Behavioral Neurologist</b>	<p><b>Dr Simon Ting</b> <i>Consultant Neurologist, National Neuroscience Institute(SGH); Adj A/Prof, Duke-NUS Medical School; and Clinical Senior Lecturer, NUS</i></p>



### **Staff Registrar Scheme (SRS) – Diploma in Psychiatry Course**

Dr Aung Win from the 2<sup>nd</sup> intake in 2014 had conferred on 22 September 2018.

There are 3 trainees (Dr Wang Nan, Dr Wong Hon Khuan & Dr Sim Ching Ching) for the 3<sup>rd</sup> intake which started on 1 September 2018.

Dr Wong and Dr Sim are F-reg doctors while Dr Wang is a T-reg.

They are projected to complete the SRS Diploma on 31 Aug 2020.

### **Psychiatry Resident In-Training Examination (PRITE)**

AMS had conducted the 2018 Psychiatry Resident In-Training Examination (PRITE) for 37 registered Psychiatry residents in Singapore on 6 October 2018.

### **FORMATION OF THE SECTION OF ADDICTION PSYCHIATRY**

The Section of Addiction Psychiatry was officially formed on Monday, 21 May 2018 During the 4<sup>th</sup> College of Psychiatrists AGM. Members of the Section had their inaugural meeting earlier, on Wednesday, 28 March 2018. A/Prof Lee Cheng was elected as Chairman, and Dr Peh Lai Huat as Vice-Chairman. Dr Lambert Low was elected as Secretary.

### **PROFESSIONAL OPINION**

The College had submitted opinions to external parties. The professional opinions are listed below.

S/N	Topic	Organisation
1.	List of Prohibited Practices in Healthcare Services Bill	Ministry of Health
2.	Query on the proposed requirements for sex change (TST)	Ministry of Health

## FUTURE PLANS AND ACTIVITIES

The College Council will embark on the following in the coming year 2019/2020:

- Targeted CME Clinical Skill workshops in emerging psychiatry practices, and Professional Up to Date Symposiums
- Define focus areas for Mental Health and Wellness advocacy, and media communication engagement.
- Building capacity for Medical Experts in Psychiatry
- Strengthen College's financial plan and revenue streams to support sustainable programmes and mission
- Focused enrollment of new Psychiatrist Fellows and Associate members to enhance professional representation in AMS

~ End of Report ~