

The College of Public Health and Occupational Physicians was inaugurated on 1 February 2013, from the Chapter of Public Health and Occupational Physicians founded in 1980. As part of the Academy of Medicine, Singapore, the College is a professional institution of Public Health, Occupational Medicine and Aviation Medicine specialists to advance the art and science of Preventive Medicine in Singapore through postgraduate specialist training, maintenance of high standards and ethical integrity through continuous professional development. The College provides professional leadership and makes recommendations to the Academy on respective specialist qualification and training. The College engages challenges related to the health and well-being of the population, and its Fellows serve on many national academic, training and intervention programmes.

FOREWORD BY COLLEGE PRESIDENT



Dear Fellows of the College of Public Health and Occupational Physicians,

Thank you for your continuing support to the College Council over the past year.

These are challenging times for the world, for Singapore, and the healthcare community due to COVID-19. Public health and occupational physicians are on the frontlines dealing with a variety of COVID-19 issues and I salute all of our Fellows working hard to contain the spread of the virus.

At our last AGM on 26 April 2019, we discussed on what the College can do further to meet our Fellows' needs, which was well-attended by 21 Fellows. We also received positive feedback and suggestions on organizing the next study trip to Taiwan, which had to be postponed due to COVID-19.

Even as we deal with the disruptions of COVID-19, we will remain committed to continue developing professional activities during this period, using videoconferencing platforms, and look into organizing continuing medical education (CME) activities. We will also continue to invite the Preventive Medicine residents to these events to engage them early to introduce them to the activities of the College and to encourage them to consider joining the college when they complete their training.

2019 also saw the successful organization of the 14th Singapore PHOM Conference, with the theme of "Preventive Health in a Changing World". More than 375 people attended the conference. At the PHOM Conference, we awarded A/Prof Wong Mee Lian with the College's Lifetime Achievement Award for her work and contributions to public health in Singapore. The Fellows' lunch held during the conference saw 41 Fellows attending this annual event, where AMS Master updated everyone on the direction and activities of AMS.

This year also saw 10 new Ordinary Members joining the College - the membership breakdown and statistics are outlined in the Annual Report. We hope that more public health, occupational medicine, and aviation medicine specialists will join our community in the future, and hope that you can help to encourage your peers to join us.

As we progress into a challenging 2020, the College wishes to record its appreciation and thanks to the Council and all CPHOP Fellows for their support and efforts in the past year. It has been my privilege to serve as the President of the College for four years, and I will hand the baton to Dr Matthias Toh, who will take over as the new College President. I hope that you will support him as much as you have supported me, and I'm sure that he will take the College to new heights.

Once again, thank you for your continuing support for the College, and hope that we will be able to come out stronger as a College after COVID-19.

COLLEGE COUNCIL 2019 - 2020



Standing (left to right):

*Dr Angela Chow (Council Member), Dr Clive Tan (Council Member), Dr Melvin Seng (Honorary Secretary),
Dr Lucy Leong (Co-Opted Member)*

Seated (left to right):

Dr Matthias Toh (President Elect), Dr Vernon Lee (President), Dr Gan Wee Hoe (Vice President)

Absence with apologies:

Dr Lim John Wah (Honorary Treasurer), Dr Brian See (Co-Opted Member)

6th ANNUAL GENERAL MEETING

The 6th Annual General Meeting (AGM) of the College of Public Health & Occupational Physicians was held on 26 April 2019. It was attended by some 23 fellows who came to support and witness the 6th Council of the College takes office.



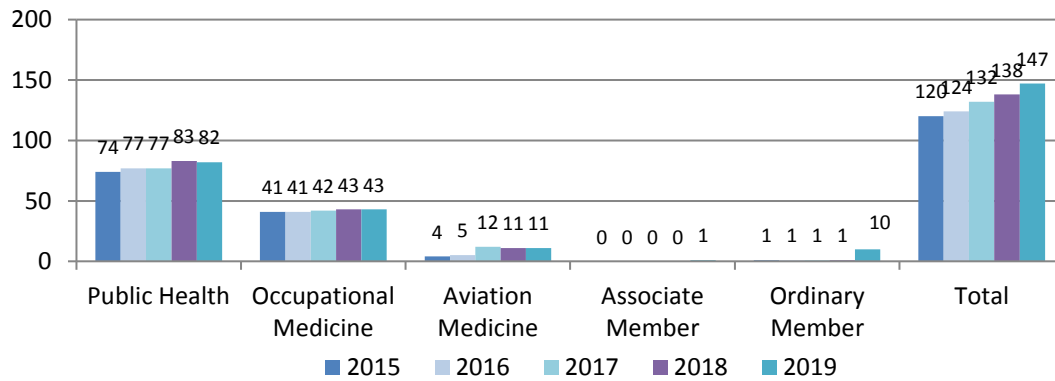
The 6th Council for the year council term 2019 - 2020 were:

President	:	Dr Vernon Lee
President Elect	:	Dr Matthias Toh
Vice President	:	Dr Gan Wee Hoe
Honorary Secretary	:	Dr Melvin Seng
Honorary Treasurer	:	Dr Lim John Wah
Council Members	:	Dr Angela Chow Dr Clive Tan
Co-opted Members	:	Dr Brian See Dr Lucy Leong

MEMBERSHIP

The Membership of the College stood at 147 as of 31 December 2019.

The College Membership consisted of 125 Local Fellows, 11 Overseas Fellows and 10 Ordinary Member and 1 Associate Member.



The following was admitted as Ordinary Member of the Academy of Medicine, Singapore (CPHOP) in 2019:

- Dr Chiew Calvin Jing-Ye
- Dr Jayaprakash Kamala Priya
- Dr Lim Huai Yang
- Dr Loi Alicia Siew Ting
- Dr Loke Hsi-Yen
- Dr Mougammadou Aribou Zeenathnisa
- Dr Priyanka Rajendram
- Dr Soo Jiunn Jye Roy
- Dr Wei Enli Wycliffe

The following was admitted as Associate Member of the Academy of Medicine, Singapore (CPHOP) in 2019:

- DrTay Swee Kwang Andrew Epaphroditus

The College would like to take this opportunity to welcome all who had joined in 2019.

ACTIVITIES

14th Singapore Public Health & Occupational Medicine Conference

The 14th PHOM conference was held at Equarius Hotel on Sentosa Island. The conference ran from 15 to 16 Oct 2019, with pre-conference workshops held on 14 Oct.

This year's conference theme was "Preventive Health in a Changing World", and explored the impact that rapid socio-economic, demographic and technological changes have on population health.



Permanent Secretary, Ministry of Health and Guest-of-Honor, Mr Chan Heng Kee delivering the Opening Address at the Opening Ceremony of the 14th PHOM Conference.

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At the Opening Ceremony of the 14th PHOM Conference: [from left] Dr Kyle Tan Xin Quan, Dr S R E Sayampanathan, Mr Paul Lim (husband of A/Prof Wong Mee Lian), A/Prof Wong Mee Lian, PS Chan Heng Kee, Dr Vernon Lee, and Dr Clive Tan.

The conference brought together more than 375 delegates from Singapore and the Asia Pacific region, with participants from a range of backgrounds including academics, practitioners, policymakers, clinicians and students.

Professor Vivian Lin, Executive Dean and Professor of Practice (Public Health) at the University of Hong Kong, and former Director of Health Systems at Western Pacific Region Office of the World Health Organisation delivered the keynote lecture on a "Sustainable Health System, in the 21st Century". She shared insights on the multiple meanings of "sustainability", as well as the need to move beyond

health services to the Sustainable Development Goals (SDGs). She highlighted the central role of universal health coverage in achieving the SDGs and discussed how a multi-sectoral and whole of society approach is increasingly required in an interrelated, interconnected and indivisible world.



Dr Kyle Tan Xin Quan, Organising Chair of the 14th PHOM Conference presenting an appreciation token to Professor Vivian Lim who delivered the keynote lecture.

The panel discussion on “Mind over Matter: Challenges of Early-Onset Cognitive Impairment in Work Ability” brought together experts who provided cross-disciplinary perspectives on enabling persons with cognitive impairment to meaningfully participate in work. I found Ms Dian Karnina’s sharing on Apex Harmony Lodge’s Therapy Through Work For People With Young Onset & Early Stage Dementia (TTW YES) programme particularly refreshing in how it approached persons with dementia – to assume they can do everything until proven otherwise. Often in healthcare we tend to operate from a deficit model which, while useful in framing problems, can sometimes lead us to ignore an individual’s personhood and dignity.

In view of the overwhelming response to last year’s breakout session on health insurance, this year’s conference featured a panel discussion on healthcare financing and how to achieve universal healthcare. Several pertinent issues were discussed, including the challenges in striking the right balance between coverage and waste, and how to define and measure outcomes.



The plenary panel on the “Electronic Cigarettes & Other Tobacco Reduced Harm Products: Godsend or the Devil’s Work?”

A key highlight of the conference was the plenary discussion on electronic cigarettes and other tobacco reduced harm products. The discussion on this controversial topic was lively and engaging, and highlighted the complexities in public health decision making. Although there was no consensus among the panellists, it drove home the point that rather than simply being “godsend” or “the devil’s work”, electronic cigarettes were, to quote panellist Prof Chia Kee Seng, perhaps best characterised as a “human-made” issue.

The breakout sessions were well-attended and covered a diverse range of interesting topics that were particularly relevant amidst a fast-moving global context. This included innovations in promoting health, developments in workplace safety and health, and insights on nutrition and sexually transmitted infections from the latest epidemiological research.



One of the breakout sessions: Sexually-Transmitted Diseases: Old Wine in New Bottles.

On a personal note, the moment that probably left the deepest impression was the citation delivered when A/Prof Wong Mee Lian received the CPHOP Lifetime Achievement Award. In Preventive Medicine, the path of least resistance is often to pursue whatever is in vogue at that particular point in time. This was not what A/Prof Wong did. Instead, she chose to devote her efforts for the benefit of marginalised and vulnerable women. While this is not to say that we should all choose the “unpopular” path, it would be fair to say that A/Prof Wong’s example is a testament and a reminder to us who come after that true Public Health service comes from a place of conviction that our work should have a purpose greater than ourselves.

Overall, the 14th PHOM conference was thought-provoking and showed that successfully doing “Preventive Health in a Changing World” requires going beyond traditional silos and collaborating with multiple sectors. While not understating the challenges ahead, the conference provided inspiration and ideas as to how we can continue to advance the health of individuals and populations even in the midst of uncertainty.

NATIONAL PREVENTIVE MEDICINE GRAND ROUNDS

The College funded refreshments for the National Preventive Medicine Grand Rounds which were conducted by the National Preventive Medicine Residency Program.

The following Grand Rounds were held and funded in 2019:

Date	:	11 April 2019, Thursday
Topic	:	Economic Modelling: Simple Models (Part 1)
Invited Speakers	:	Dr Lim Wei Yen and A/Prof Joanne Yoong
Date	:	18 April 2019, Thursday
Topic	:	Economic Modelling: Complex Models (Part 2)
Invited Speakers	:	Dr Lim Wei Yen and A/Prof Joanne Yoong
Date	:	16 May 2019, Thursday
Topic	:	Systems Thinking: Case Study (Part 1)
Invited Speakers	:	Asst Prof John Ansah
Date	:	23 May 2019, Thursday
Topic	:	Systems Thinking: Application to Health Policy (Part 2)
Invited Speakers	:	Asst Prof John Ansah
Date	:	20 June 2019, Thursday
Topic	:	Developing an Organisational Occupational Health Policy
Invited Speakers	:	Dr Melvin Seng
Presenters	:	Dr Alicia Loi and Dr Teo Ken Wah
Date	:	11 July 2019, Thursday
Topic	:	Health Promotion for STIs: A Global Perspective
Facilitator	:	Dr Raymond Lim
Invited Speakers	:	Dr Ronald del Castillo
Presenters	:	Dr Tay Min Zhi and Dr Priyanka Rajendram
Date	:	22 August 2019, Thursday
Topic	:	Policy-Making for Preventive Health
Invited Speakers	:	Mr Chong Shi Hao
Presenters	:	Dr Chua Jia Long
Date	:	5 September 2019, Thursday
Topic	:	Vaccination Policy and Control of Vaccine Preventable Diseases
Facilitator	:	Dr Steven Ooi and Dr Zubaidah Said
Invited Speakers	:	Mr Lim Soon Kok
Presenters	:	Dr Calvin Chiew and Dr Zeenathnisa Aribou
Date	:	17 October 2019, Thursday
Topic	:	Workplace Health Promotion
Invited Speakers	:	HPB Workplace Health Division
Date	:	21 November 2019, Thursday
Topic	:	GUSTO Study Sharing
Invited Speakers	:	Dr Evelyn Loo

COLLEGE LUNAR NEW YEAR GET-TOGETHER

The College celebrated Chinese New Year on 15 February 2019 at Ka-Soh Restaurant. Nineteen Fellows gathered together to socialise, network, catch up with friends and toss yu sheng for good fortune!

**CME SESSION: “PAYING FOR HIGH COST DRUGS: KOREAN APPROACH”**

The College organised the CME talk at the Centre for Healthcare Innovation on 10 January 2019. We were honoured to invite Visiting Academician, Dr Ahn Jeonghoon to give a talk, on the topic “Paying for High Cost Drugs: Korean Approach”.

**CME SESSION: “THE INTERNAL TOBACCO INDUSTRY DOCUMENTS”**

The College organised the CME talk on “The Internal Tobacco Industry Documents” at The Ministry of Health on 20 August 2019. We were honoured to invite Dr Yvette Van Der Eijk to give this talk.



STUDY TRIP: HONG KONG

The College organised its inaugural study trip to Hong Kong from 17 to 19 January 2019 with 21 Fellows participating in the study trip. Fellows learnt a lot from our Hong Kong friends, while strengthening our social and professional linkages. Throughout the three days, our Fellows also had the chance to reconnect with one another and build a strong sense of community.



The study trip would not have been possible without the assistance and hospitality of Dr Thomas Tsang and his team from the Hong Kong College of Community Medicine.



Within our College, we would like to acknowledge Dr Clive Tan for chairing the organising committee, and the session leads, Dr Arthur Chern, Dr Kenneth Choy and Dr Matthias Toh for coordinating the sessions with their Hong Kong counterparts. A very big thank you to our session hosts - Dr NT Cheung, Dr Mandy Ho, Dr Joanna and their teams for their sharing and kind hospitality.



COLLEGE FELLOWS' LUNCH

The College organised a Fellows' Lunch on the first day of the 14th Singapore Public Health and Occupational Medicine Conference 2019 at the Osia Steak and Seafood Grill, Resorts World at Sentosa. 41 Fellows gathered together to socialise, network, and catch up with friends during the conference.

**COLLEGE YEAR END GET-TOGETHER**

The College organized a Year-End Get-Together on 15 November 2019, held at Yardbird, Marina Bay Sands.



COLLEGE OF PUBLIC HEALTH & OCCUPATIONAL PHYSICIANS TRAVEL ASSISTANCE FUND

The College has a travel assistance fund to sponsor its Fellows to attend overseas meetings and conferences. Through the participation in these activities, the College aimed to: (a) develop ties and collaboration with public health colleges in other countries; and (b) promote the College annual Public Health and Occupational Medicine conference. Funding may include registration fee for the meeting, return economy class airfare and accommodation. For the year 2019, there was no application submitted.

COLLEGE OF PUBLIC HEALTH & OCCUPATIONAL PHYSICIANS NEWSLETTER

The College published Issue 14 (Special Edition – Hong Kong Study Trip) and 15 of the newsletter in March 2019, and July 2019 respectively. The newsletter provides Fellows with an update of the activities that happens bi-annually. It is also a means to reach out to the College's visitors and communicate information useful to Fellows.

APPRECIATION

The College wishes to record its thanks to all Fellows and friends who have supported the various activities throughout the year. The College also places on record its appreciation of the Secretariat.

December 2019

Dr Melvin Seng
Honorary Secretary
2019 – 2020
College of Public Health &
Occupational Physicians