

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 support to the College Council over the past year. At our last AGM on 18 May 2018, we discussed on what the College can do to meet our Fellows' needs, and to achieve the College's mission. We remain committed to continue developing professional activities, and look into organizing social and networking events. We have also been working closely with AMS on key issues that affect the broader medical and specialist community, and many of our Fellows have participated in these activities.

We have continued to organize continuing medical education (CME) activities, often coupled with social events to bring our Fellows closer together. We have also continued 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. Some of our CME activities have also garnered interest from non-Fellows, and is testament to the interesting topics that we offer. We also supported the National Preventive Medicine Grand Rounds where Fellows are encouraged to attend to discuss topical issues of interest with the residents.

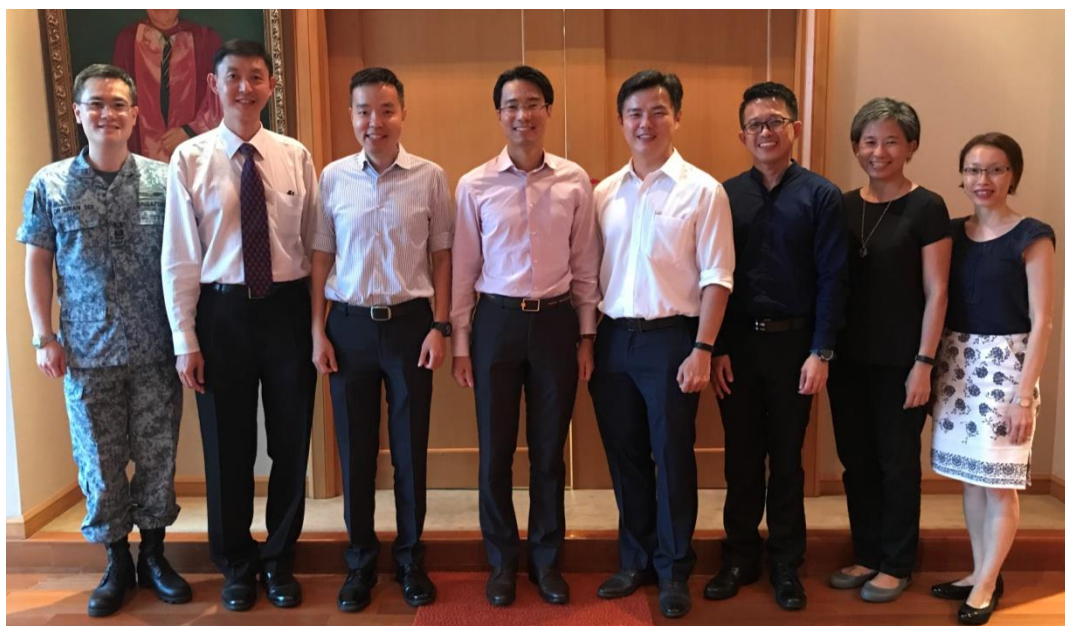
With regards to increased scope of activities, we received feedback on the interest in having a study trip, and organized the inaugural study trip to Hong Kong from 17 to 19 Jan 2019. This was very well attended by 21 Fellows and other accompanying persons. We visited the Hong Kong College of Community Medicine, Elderly Health Service, Department of Health, Hospital Authority and Ministry of Labour at the Kwun Tong Occupational Health Clinic, and built excellent relations with our HK College counterparts. We hope to be able to receive them in a reciprocal visit.

2018 also saw the successful organization of the 13th Singapore PHOM Conference, with the theme of "Sustainable Health for All". More than 400 people attended the conference. At the PHOM Conference, we awarded Dr Shanta Emmanuel 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 44 Fellows attending this annual event, where AMS Master Dr S R E Sayampanathan updated everyone on the direction and activities of AMS.

This year also saw 6 new Fellows 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.

Thank you for your continuing support for the College, and hope that we will be able to conduct more activities in the areas of advocacy on key preventive issues, and international engagements.

COLLEGE COUNCIL 2018 - 2019



Standing (left to right):

Dr Brian See (Co-Opted Member), Dr Matthias Toh (Council Member), Dr Gan Wee Hoe (Vice President), Dr Vernon Lee (President), Dr Clive Tan (Honorary Secretary), Dr Lim John Wah (Honorary Treasurer), Dr Mona Toh (Council Member), Dr Angela Chow (Council Member)

Absence with apologies:

Dr Kenneth Choy (Council Member)

5th ANNUAL GENERAL MEETING

The 5th Annual General Meeting (AGM) of the College of Public Health & Occupational Physicians was held on 18 May 2018. It was attended by some 12 fellows who came to support and witness the 5th Council of the College takes office.



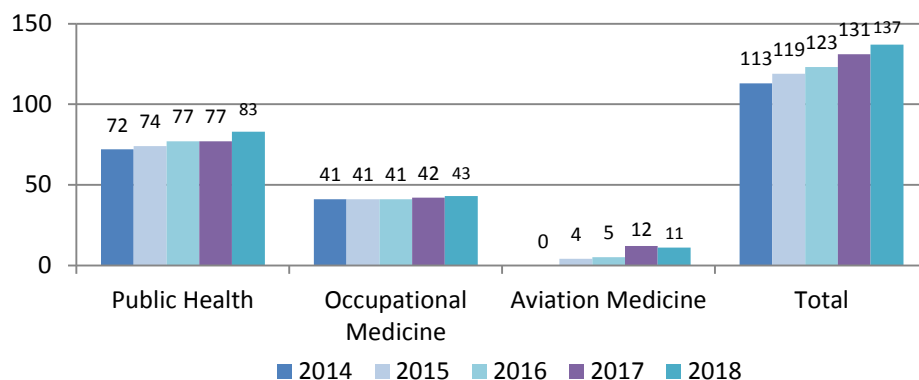
The 5th Council for the year council term 2018 - 2019 were:

President	:	Dr Vernon Lee
Vice President	:	Dr Gan Wee Hoe
Honorary Secretary	:	Dr Clive Tan
Honorary Treasurer	:	Dr Lim John Wah
Council Members	:	Dr Angela Chow
		Dr Gan Wee Hoe
		Dr Kenneth Choy
		Dr Matthias Toh
		Dr Toh Cheong Mui, Mona
Co-opted Members	:	Dr Brian See

MEMBERSHIP

The Membership of the College stood at 137 as of 31 December 2018.

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



The following was admitted as Fellow of the Academy of Medicine, Singapore (CPHOP) in 2018:

- Dr Chia Bingzhu Dennis
- Dr Ho Zheng Jie Marc
- Dr Leong Lucy
- Dr Liu Jiaming
- Dr Chikul Mittal
- Dr Seng Yi Feng Melvin

The College would like to take this opportunity to welcome all who had joined in 2018.

ACTIVITIES

13th Singapore Public Health & Occupational Medicine Conference

The 13th PHOM Conference was held at the One Farrer Hotel, a change of venue from the Grand Copthorne Waterfront Hotel which delegates have been accustomed to over the last few years. The conference ran from 4 to 5 Oct 2018, with pre-conference workshops held on 3 Oct.

The theme was “Sustainable Health for All”, in response to the challenges of an ageing population, the rising burden of chronic diseases, emerging and re-emerging communicable diseases as Singapore shifts the spotlight from healthcare to health, focussing on prevention.



Senior Minister of State for Health Mr Edwin Tong (centre) graced the opening ceremony and addressed the audience. Here, he is flanked by Dr S R E Sayampanathan, Master, Academy of Medicine, Singapore and Dr Gan Wee Hoe, Chairman, 2018 PHOM Conference, on the left, with Mr Ng Chee Khern, Permanent Secretary (Smart Nation and Digital Government) and Dr Kenneth Mak (Deputy Director of Medical Services, Ministry of Health) on the right.

This year's conference was supported by Singapore General Hospital which helped organise two plenary expert panels and provided the Pigeonhole™ service for interactive question and answer sessions. The College hopes to continue to partner major healthcare providers in the organisation of future conferences. The key conference sponsors this year were the Lee Foundation and Sanofi Pasteur.

The conference attracted healthcare professionals and students. Participants were a good mix of medical and non-medical professionals, from occupational health, infectious diseases, family medicine and other public health areas primarily from the Ministry of Health, the National University of Singapore/National University Health System, Health Promotion Board, and the Singapore Armed Forces.

The preconference workshop on Geographic Information Systems by A/Prof Alex Cook and Dr Dickens Sue Borame from SSHSPH was well-attended, as was the Health Economics workshop conducted by Dr Joanne Yoong from the Center for Economic and Social Research, University of Southern California.



Pre-conference workshops on Geographic Information Systems and Health Economics were delivered at the Saw Swee Hock School of Public Health. Here, A/Prof Alex Cook is delivering part of the Health Economics pre-conference workshop.

Mr Ng Chee Khern, Permanent Secretary for Smart Nation and Digital Government Office in the Prime Minister's Office, delivered the keynote lecture which focused on critical enablers for a smart nation. Using a matrix, he illustrated how technologies of digital services, the Internet of Things, data analytics, artificial intelligence and robotics could be used to produce healthier citizens, quality healthcare and affordable treatments. He highlighted the crucial role of culture change to embracing technology, illustrating it with the different approaches that the Chinese and Japanese took in adopting Western technologies in the 19th century and their divergent national outcomes.

The plenary panel discussion on the Fourth Industrial Revolution highlighted some ethical considerations beyond the usual concerns for privacy. Prof David Matchar, Director of the Health Services & Systems Research Programme at Duke-NUS, pointed out the ethical obligation and responsibility of healthcare professionals when using data for the benefit of patients. To obtain the public's buy-in, providers need to provide tangible value and benefit in exchange. The public's willingness to share personal data with companies like Google or Facebook in exchange for the utility received was a case in point.



The plenary panel on the Fourth Industrial Revolution chaired by Prof Julian Thumboo (extreme left). The panel had panellists from various organisations including both government and academia.

The plenary expert panel on the second conference day discussed the topic 'Educating Future Doctors on Sustainable Healthcare'. Vice-Deans for Education from the three local medical schools shared features of their respective curricula that supported the move towards the 'Three Beyonds' "Generalism is the new specialism," quipped Prof Ian Curran, Vice-Dean of Education at Duke-NUS,

who emphasised the need for physicians to pursue primary care “not by chance, but by choice.” The panel agreed that role models, exposure and increasing the attractiveness of medical professions in community care would be important aspects in the training of future doctors.



Vice-deans for education from the three local medical schools joining Prof Teo Yik Ying (far left) and Dr Mabel Yap (far right) in a panel discussion on educating future doctors for sustainable healthcare.

The 12 breakout sessions featured 40 speakers covering various topics in Public Health, Occupational Medicine and Aviation Medicine. Health economics enjoyed perennial interest. This year, health insurance was a particularly hot topic, with enthusiastic participation from the audience who took up aisle space, and spilled out into the corridor. The session discussed recent health insurance safeguards and examined the evolution of health insurance-related policies in Singapore. Other interesting conference topics included data analytics in occupational health, community mental health challenges and evolving epidemiology of Hepatitis E.

Of the 21 oral presentations and 51 poster presentations, six prizes were awarded for oral presentations and three for the poster presentation. One of the judges, Dr Richard Tan, Senior Consultant at ST Healthcare, remarked that being “too ambitious” was the pitfall for many oral presentations, and praised presentations that managed to present complex topics simply.



Seven of the nine prize-winners posing for a photo with Dr Gan Wee Hoe (far left) and Dr Matthias Toh (far right), who were the chairpersons of the organising and scientific committee respectively.

Prize winners for the best oral and poster presentations	
Oral Presentation (Open Category)	
1 st Prize	<u>Dr Lim Wei-Yen</u> Screening for Diabetes with HbA1c: Test Performance of HbA1c Compared to Fasting Plasma Glucose among Chinese, Malay and Indian community Residents in Singapore
2 nd Prize	<u>Prof Eric Finkelstein</u> Six Month Results of a Randomized Controlled Trial of an Incentive-based Physical Activity Program Targeting Both Children and Adults (FIT-FAM)
3 rd Prize	<u>Dr Hanley Ho</u> A Cohort Study on Risk Factors for Antibiotic Resistance in Urinary Tract Infections in the Singapore Primary Care Setting
Oral Presentation (Residents/Students Category)	
1 st Prize	<u>Dr Andrea Lim</u> Facilitators and Barriers of Human Papillomavirus Vaccination in Female Tertiary Students Aged 18-26 in Singapore: A Qualitative Study
2 nd Prize	<u>Dr Tyson Chan</u> Epidemiology of Pneumococcal Disease and associated factors for Invasive Pneumococcal Disease in an acute tertiary hospital in Singapore: 2015-2017
3 rd Prize	<u>Dr Calvin Chiew</u> Machine Learning for Pre-Operative Prediction of Mortality and Intensive Care Unit Admission
Poster Presentation (Mixed Category)	
1 st Prize	<u>Ms M Premikha</u> Association of social and psychological factors with medication non-adherence in polyclinic patients with Type II diabetes: a cross-sectional study
2 nd Prize	<u>Dr Hanley Ho</u> Aetiology and antibiotic susceptibility patterns of urinary tract infections in the primary care setting in Singapore
3 rd Prize	<u>Ms Rebecca Ong Hui Shan</u> Exploration of factors influencing choice of health care provider for non-emergency conditions.

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 2018:

Date	: 18 January 2018, Thursday
Topic	: Organizational Development
Facilitators	: Dr Ng Yeuk Fan, Dr Lee Yee Song
Presenters	: Dr Wycliffe Wei, Dr Tyson Chan, Dr Nokuthula Kitikiti
Date	: 1 February 2018, Thursday
Topic	: Translating Public Health Research to Health Policy, Practices and Programmes
Facilitators	: Dr Eugene Shum, Dr Chikul Mittal, Dr Zubaidah Said
Presenters	: Dr Andrea Lim, Dr Calvin Chiew, Dr Lim Huai Yang
Date	: 22 March 2018, Thursday
Topic	: Return to Work
Facilitators	: Dr Ho Sweet Far, Dr Sylvia Teo, A/Prof Chia Sin Eng
Presenters	: Dr Dominic Tan, Dr Wycliffe Wei, Dr Alicia Loi
Date	: 12 April 2018, Thursday
Topic	: Workplace Violence in Healthcare
Facilitators	: Dr Fong Yuke Tien, Dr Aidan Tan
Presenters	: Dr Alicia Loi, Dr Gabriel Chia, Dr Rachel Lim
Date	: 24 May 2018, Thursday
Topic	: Hospital Waste Management
Facilitators	: Dr Judy Sng, Dr Lim Dwee Wee
Invited experts	: Prof Ong Choon Nam, Mr Joseph Hui
Presenters	: Dr Dominic Tan, Dr Gabriel Chia, Dr Nokuthula Kitikiti
Date	: 7 June 2018, Thursday
Topic	: Smoking in Singapore: Update 2018
Facilitators	: Dr Matthias Toh, Dr Aidan Tan
Presenters	: Dr Calvin Chiew, Dr Dominic Tan, Dr Tay Min Zhi
Date	: 12 July 2018, Thursday
Topic	: International Accreditation For Our Restructured Hospitals: A Journey At The Crossroads
Facilitators	: Dr Clive Tan, Dr Nokuthula Kitikiti
Presenters	: Dr Gabriel Chia, Dr Andrea Lim, Dr Tyson Chan
Date	: 2 August 2018, Thursday
Topic	: Regulation
Facilitators	: Dr Liu Jiaming, Dr Andrew Green, Dr Matthew Lee
Presenters	: Dr Dominic Tan, Dr Licia Tan, Dr Tay Min Zhi
Date	: 13 September 2018, Thursday
Topic	: Climate Change And Human Health
Facilitators	: Dr Chew Ling, Dr Lim Dwee Wee, Dr Zubaidah Said
Presenters	: Dr Alicia Loi, Dr Andrea Lim, Dr Elliot Eu

Date : 6 December 2018, Thursday
Topic : **Should Regulations Impede or Promote New Technologies?**
Facilitators : A/Prof Raymond Chua, Dr Zubaidah Said
Presenters : Dr Gabriel Chia, Dr Wycliffe Wei, Dr Sarah Yong

COLLEGE LUNAR NEW YEAR GET-TOGETHER & CME SESSION

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 Prevention 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!



SOCIAL ACTIVITY: Bowling and Lunch

The College organised a social activity – bowling and lunch on 10 March 2018.

**SOCIAL ACTIVITY: Air Pistol and Dinner**

The social activity – air pistol and dinner was held on 15 August 2019.



COLLEGE FELLOWS' LUNCH

The College organised a Fellows' Lunch during the first day of the 13th Singapore Public Health and Occupational Medicine Conference 2018 at Garden Pavillion, One Farrer Hotel. 44 Fellows gathered together to socialise, network, catch up with friends during the conference.

**COLLEGE YEAR END GET-TOGETHER**

The College organized a Year-End Get-Together on 8 November 2018, held at Oscar's, Conrad Centennial Singapore.



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 2018, there was one granted application to Dr Vernon Lee for attending the Malaysia-Singapore Congress of Medicine in Kuala Lumpur.

COLLEGE OF PUBLIC HEALTH & OCCUPATIONAL PHYSICIANS NEWSLETTER

The College published Issue 11, 12 and 13 of the newsletter in January 2018, July 2018 and December 2018 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 2018

Dr Clive Tan
Honorary Secretary
2018 – 2019
College of Public Health &
Occupational Physicians