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Yong Loo Lin School of Medicine

Medicine

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Dean's Message



Dear Colleagues,

We have had a great start for this year, and we are fast approaching the 2nd quarter of 2012.

Firstly, allow me this opportunity to extend our heartiest congratulations to our students for their achievements at the recent NUS Student Achievement Awards 2012 as well as at The Med-Law Games 2012! Miss Chiong Yee Keow (M5 student) won the trophy award for Distinguished leadership; Miss Shen Xiayan (M3 student) and Mr Jonathan Ng (M3 student) won the merit and trophy awards respectively for Community Projects; and the 62nd NUS Medical Society won the trophy award for Community Projects in the group category.

In the Med-Law Games 2012, Medicine won by triumphing over Law in 9 sports out of 12! At the Med-Law Debate on 17 February 2012, our Year 2 student Sanjiv Nair won the Best Speaker award.

We are all extremely proud of each and every one of our students! Their achievements go to show that we not only excel academically but we also have a vibrant student culture where students and staff play and work hard together.

On the School's front, the Medical Education Unit of the Dean's Office once again successfully organised the 9th Asia Pacific Medical Education Conference 2012 from 11-15 January 2012. APMEC has grown from strength to strength over the years, and the Conference this year attracted over 650 participants from more than 34 countries worldwide. We are all looking forward to the "10th anniversary edition" of the Asia Pacific Medical Education Conference next year which I am sure will once again surpass all expectations!

An upcoming signature event is the Official Opening of the Centre for Translational Medicine (CeTM) on 3 July 2012.

The 3rd of July commemorates the founding of our Medical School in 1905. DPM Teo Chee Hean has kindly accepted our invitation to be the Guest-of-Honour for the event. We will be sharing with you some highlights of this milestone in the upcoming issues of *Medicine*.

I would like to encourage our alumni, faculty and staff to join us for the Medical Dinner 2012 that will be held on the evening of 3 July 2012. This will be a time to welcome our new graduates in Medicine, Pharmacy and Nursing into the healthcare family, as well as a time for reunion and bonding among peers. More details on the Medical Dinner 2012 will be available very soon!

A/Prof Yeoh Khay Guan

Dean

Yong Loo Lin School of Medicine

Asia Pacific Medical Education Conference 2012



TOP Growing number of participants for APMEC • ABOVE Participants focusing on activities at the event

This year's Asia Pacific Medical Education Conference (APMEC) was held from 11th to 15th Jan 2012. With the theme: "TOWARDS TRANSFORMATIVE EDUCATION FOR HEALTHCARE PROFESSIONALS in the 21st Century - Nurturing Lifelong Habits of Mind, Behaviour, and Action – Trends, Issues, Priorities, Strategies (TIPS)", the event reflects global and regional focuses on developing versatile healthcare professionals to meet the demands of the 21st century.

The aim of the conference was to share and learn from the experts in medical and healthcare professional education and best practices adopted internationally. Many world-renowned and distinguished medical and health professional educators shared their experiences, expertise and leadership with the participants. The conference offered a full array of pre-conference workshops covering medical and healthcare professional education as well as pre-conference training programmes conducted in collaboration with the

European Association of Standardised Patient Educators (ASPE) and the Association for Medical Education in Europe (AMEE). Two new segments were introduced – Great Ideas in Medical Education (GIME) and Best Practice Series – with the aim to stimulate ideas, generate discussions as well as create opportunity for potential collaboration among the participants and faculty.

Participants were also given the opportunity to tour the new Centre for Translational Medicine (CeTM) which houses the state-of-the-art teaching-learning facilities and the simulation training centre.

The aim of the conference was to share and learn from the experts in medical and healthcare professional education and best practices adopted internationally.

NUHS Chief Executive A/Prof Benjamin Ong addressing the participants during the Opening Ceremony

As a continuation of the partnership between Medical Education journal and APMEC, the Medical Education journal has created a virtual issue based on the APMEC 2012 meeting theme.

The Asia Pacific Medical Education Conference has grown and strengthened over the years. It is now in its 9th year attracting over 650 participants from more than 34 countries in the Asia-Pacific region and beyond.

25th East Asian Medical Students' Conference (EAMSC) 2012 – A Freshman's Story....

6th of February 2012, Monday – the most dreadful day of the week. Mondays remind me, and I presume anybody, for that matter, that a glorious weekend has ended, and yet another demanding week of school and work. And you know what the worst part is? Some of us, myself included, have just stepped out of a beautiful, unforgettable dream, back into reality, which makes the switch that much more unbearable.

We commonly describe this as a condition known as the post-conference syndrome, an infectious and highly contagious condition from which no delegate, group moderator or organising committee member is spared. The symptoms include terrible nostalgia, Facebook addiction, an unexplainable attachment to one's conference t-shirt and photo albums, and inertia to settle into what once was. Yes, it is true, we have an epidemic on our hands, and it isn't one that can be easily resolved.

Everything happened so fast. On Sunday the 15th of January 2012, I reported early for registration and tour-guide duties at the hotel lobby. It was a challenge managing the delegates who were accumulating too quickly, and bringing delegates on a tour along the Singapore River and to Great World City was a reprieve compared to ushering duties.

Thankfully, everyone ended the day with a crazy, fun-filled welcome party

at Club Avatar, returning to the hotel happy, albeit late.

Day 2 came almost too soon, with fewer than three hours of sleep to separate the days. That Monday, the 16th of January 2012, was a day of first-time experiences for me. It was the first time I've had less sleep for reasons other than exams and sleepovers. It was the first time I've ever had to do a wake-up call. (Most of the time it's the other way around.)

I made my first visit to the NUS Kent Ridge Guild House. During the interactions there, I learnt of someone who has 26 uncles on his paternal side alone. I heard the first cover of Coldplay's Viva La Vida that I like – a stellar performance by Joel, his violin and Cheryl, who danced to it. And it was the very first time I craved coffee to stay awake during a lecture. It felt as if adrenaline was a scarce resource in my body. I can't imagine how the organising committee was feeling.

In a nutshell, the second conference day comprised three opening keynote lectures, presentations by the various delegations, an afternoon of dance practices for the group moderators, and dinner at The Deck. I learnt that day that good fun and great company make up for all disappointments, big or small. We thought we'd have a struggle with 16 sleepy delegates and four fatigued GMs, but joy abounded – all was not lost.

Day 3, 17th of January 2012, saw interesting workshops on Infectious Diseases, and a health campaign poster competition. That evening we had a most scrumptious dinner at Lau Pa Sat, inclusive of chili crabs, satay, chicken rice, oyster omelettes and topped off with ice kacang. What a meal! One delegate even said it was his best meal in Singapore. A ride on the Singapore flyer, an excruciating walk back to the hotel, and smiles ended the beautiful day.



By the fourth day of the conference, I was starting to wonder whether exhaustion, and constant mental and physical activity, was a more effective slimming programme than good ol' exercise. Over the past few days I hardly had time to think of eating, let alone actualise the thought. It was another hectic day. First, we visited the National Environment Agency's (NEA) Sin Ming branch, and were given a crash course on mosquito catching. Operation Disinfect, our community service project to teach little children in kindergarten how to wash their hands, took place in the afternoon. We taught them a song and dance to help them remember the 7-steps of effective hand washing, repeating the dance later as a flash mob performance at City Square Mall. That was my first flash mob ever! A hard day's work was duly rewarded with a trip to the Night Safari.

The Closing Ceremony, Cultural Fair and Cultural Night took place on the final day of the conference. The realisation that my fairytale week was ending started to set in. Every country team was required to put up a cultural performance for the closing conference dinner. The Japanese presented a fisherman's dance, the Indonesians showcased their angklung skills, South Korea brought their famous brand of k-pop music to the stage, and much more! It was all so fascinating I literally forgot to eat. I made many friends that night and enjoyed myself more than I can express.

We didn't leave the hotel till 1 in the morning; some groups even went out after. Bright and early on the 20th of January, we went back to the hotel to see our friends off, and hand them their photos of group 20 in wooden photo frames. We also offered to take a couple of Hong Kong delegates to Chinatown in the morning for a Singapore breakfast of kaya toast and soft-boiled eggs. They said it made their trip.



Kids at a local kindergarten learn the importance of hand hygiene

Selwyn Hughes, a published author, wrote in his daily devotionals: where there is no challenge, there is little change. EAMSC challenged my thinking – positivity over rigidity and negativity. It led me to view conferences differently and appreciate cultural exchange a little more. Prior to this conference I had no desire whatsoever to improve my mandarin, and a stagnant interest in Chinese culture. I now have friends around the world, sharing with me things about their wonderful countries. I made new friends in medical school. I gained confidence. And most importantly, I learned to keep moving forward, and face tomorrow with a positive attitude, remembering the best of today and learning from the worst. Even though this conference has come to an end, it's not THE end of the world. Everything about EAMSC challenged me to greater heights – the people, the hours, the limits.

I left Riverview Hotel on the 20th of January 2012 feeling humbled by the people I've met, and inspired by them all, but also deeply saddened that they won't be physically around in Singapore anymore. The symptoms are wearing off, slowly, gradually, as the exams draw near.

If you ever catch this infectious bug, don't panic. This is a condition that brings joy and hope for the future. Who knows? I might see all my friends again at the next conference, and maybe make some new ones. Challenges are inevitable, but embracing them gracefully, joyfully with a willing heart, and a constant smile, is the true secret to life.

Grandpa was right. No pain, no gain; no challenge, no change. I hope you've enjoyed reading about my time and memories as a truly blessed EAMSC group moderator. This may very be history's only record of the pathology and signs of the condition known as post-conference syndrome. Limited thought has gone into formulating a cure, but perhaps... perhaps there isn't a need for one, except maybe to attend the next East Asian Medical Student Conference.

Contributed by:

Alexandra Yung *Class of 2016*

Make it Happen!



ABOVE Last Deadly Commandment: 'Thou Shall Work the Camera at All Times' • RIGHT A/Prof Hooi Shing Chuan graced the event as the Guest-of-Honour
 BOTTOM First Deadly Commandment: 'Thou Shall Do Anything to Get on Top'

Make It Happen was a project conceived by a group of Year One medical students from the Yong Loo Lin School of Medicine last August with the aim of bringing hope into the lives of the children from Lighthouse School. The school caters to children who are either visually-handicapped, hearing-impaired or children with learning disabilities such as autism. Raising funds through a charity play for the children was an interesting way to use drama to make a difference in their lives rather than a conventional fund-raising activity and hence the play was born.

Entitled 'The Six Deadly Commandments,' the play was a light-hearted comedy comprising of little vignettes which reflected the quotidian conundrums of an average human being. The play tied in with the principal project aims because it dealt with human flaws and was penned in the hope that the audience will leave the play hoping to be better people. Despite the fact that it was the acting début for the majority of the medical students, they toiled laboriously during the December holidays and practice made perfect. Motivating each other with the ultimate goal of contributing

to the school, the students made it happen when the play finally came into fruition.

Held at Alliance Française on the 13th and 14th January 2012, the cast performed before a total of six hundred spectators over three shows. The project highlights the need to not only use words but actions to make it happen in the lives of underprivileged children. In spite of countless trials and tribulations encountered along the way, the Make It Happen team reaped the fruit of their labour when they managed to raise an astounding six thousand for the Lighthouse School.





ABOVE One big 'Make It Happen' Family • CENTRE Hades 'As the more perceptive of you probably realised, this is HELL' • RIGHT Project Directors: R R Pravin & Teo Wei Shan (Left & Right), Creative Director: Ms. Nishtha Kharb (Centre)

The play concluded Phase I of the project. Phase II involves the funds being channelled to the purchase of IT equipment and the construction of the Cosy Corner in the library of Lighthouse School after which Phase III will involve the team conducting IT classes to equip the children with elementary skills in Microsoft Word and Microsoft PowerPoint.

The Make It Happen Project team would like to express their heartfelt gratitude to the Yong Loo Lin School of Medicine, the Medical Society, NUS Young Change Makers for awarding them this once-in-a-lifetime opportunity as well as all who came to support the play. Every little contribution will go a long way, making a difference in the lives of generations of children in Lighthouse School.

The Year One medical students hope to inspire other youths to use drama as well as other unique means to make a difference not only in the lives of others but also to become better people themselves right here, right now.

Contributed by:
R R Pravin Class of 2016

NUHS Scientist Programme (NCSP)

NCSP was developed to create a supportive environment to groom a pipeline of potential clinician scientists in the coming years to compete for Clinician Scientist Award (CSA), Singapore Translational Research (STaR) Investigator Award and other competitive funds.



A/P RONALD LEE CHI HANG
(Dept. of Medicine (Cardiology))
MBBS, MD, FRCP (Edin)

Research Area:
Relation between obstructive sleep apnea and coronary artery disease, Intravascular imaging to study atherosclerosis, Acute coronary syndrome.



DR VITALY SOROKIN
(Dept. of Cardiac, Thoracic and Vascular Surgery)
FRCS (Edin) Cardio-Thoracic Surgery

Research Area:
Micro RNA profile in patient with ischemic heart disease.



DR NICHOLAS CHEW SERN YAN
(Division of Infectious Diseases, University Medicine Cluster)
Clinical Infectious Diseases and HIV medicine
MD, PhD

Research Area:
Pathogenesis of HIV associated co-morbidities including bone demineralization/osteoporosis.



DR NG SIOK BIAN
(Dept. of Pathology)
Senior Consultant, MBBS, FRCPA, Specialty interest in Haematolymphoid Pathology

Research Area:
Lymphoproliferative disorders, especially those related to Epstein-Bar virus. Recent research work related to gene expression and miRNA profiling of nasal NK lymphoma.



DR CITRA NURFARAH BINTE ZAINI MATTAR
(Dept. of Obstetrics and Gynaecology)
Associate Consultant, MBBS, Mmed (O&G), MRANZCOG

Research Area:
Intrauterine gene and stem cell therapy.

Procurement of goods, services and construction services

Getting it Right the First Time

Understanding and knowing the procedures of purchasing is essential when comes to procurement of goods, services and construction services.

The three principles governing the university procurement are:

- Transparency
- Value for money
- Open and fair competition

Some key points to take note when dealing with purchases:

1 Purchases not exceeding S\$5,000. These should be treated as off-line purchases unless the supplier required a Purchase Order (PO) and this PO has to be raised through the GeBIZ system. One quotation is needed for such purchases.

2 Purchases above S\$5,000 but not exceeding S\$15,000. These should be done through the GeBIZ system (raising the PO) even though the three quotations are obtained manually via fax or email.

3 Purchases above S\$15,000 but not exceeding S\$100,000. These should be done as an "Invitation to Quote (ITQ)" via the GeBIZ system. Open quotation is recommended for such purchases and the minimum period of quotation shall be 4 working days.

4 Purchases above S\$100,000. These should be done as an "Invitation to Tender (ITT)" via the GeBIZ system. Like ITQs, open tender is recommended and the minimum period of tender shall be 14 days. If there's a need for briefing/site showround, the period of tender should be extended till 21 days.

5 Purchases (of equipment) above S\$500,000 which have a research component. Approval has to be sought from the NUS Central Equipment Committee (CEC) before calling the tender. These purchases are done similarly as per item 4 once CEC has cleared the proposal.

Two important points to bear in mind when come to purchases as in items 4 and 5:

- If there's any involvement in contract agreement for purchasing amount of S\$100,000 and above, the agreement has to be reviewed by the Office of Legal Affairs (OLA) before recommendation for award in the GeBIZ system.
The contract agreement has to be signed by the Dean.
- If the purchase of service is construction-related, clearance with Office of Estate and Development (OED) is necessary on the design phase.

APRIL

- 25** Resus & Revitalise
NUHS Tower Block

MAY

- 3** CE Town Hall Meeting
NUHS Auditorium
- 11** NUHS Grand Round Talk
Auditorium, NUHS Tower Block
- 18** NUHS Bedside to Bench and Back – Infectious Diseases Symposium
#04-01, Smart Classroom, CeTM
- 23** Meet The Faculty
Auditorium, NUHS Tower Block
- 23** 'I want to Run'
Athletics Arena, NUS Sports & Recreation Centre
- 25** Resus & Revitalise
NUHS Tower Block

JUNE

- 22-23** Operation Theatre 4
La Salle Singapore Airlines Theatre
- 25** NUHS Grand Round Talk
Auditorium NUHS Tower Block
- 30** Pre-MediCamp Tea Session
Peter and Mary Fu Lecture Theatre, CeTM

JULY

- 3** Official Opening of the Centre for Translational Medicine
Peter and Mary Fu Lecture Theatre, CeTM
- 3** Medical Dinner
Swissotel Merchant Court Hotel
- 3-6** MediCamp
Venue TBC
- 7** Commencement Ceremony (UG Medicine)
University Cultural Centre Hall
- 8** Commencement Ceremony (Nursing & PG Medicine)
University Cultural Centre Hall



Laughter – The lighter pill

Relax, you are not the first doctor to sleep with one of his patients

As she lay there dozing next to him, a voice inside his head kept saying, "Relax, you are not the first doctor to sleep with one of his patients."

But another voice kept reminding him, "Howard, you are a veterinarian."

5 Benefits of Benefits of having Alzheimer's disease

- 5 You never have to watch reruns on television.
- 4 You are always meeting new people.
- 3 You don't have to remember the whines and complaints of your spouse.
- 2 You can hide your own Easter eggs.
- 1 Mysteries are always interesting.

Remember:

*If you can laugh at it, you can survive it.
Look for humour and humour will find you!*

Quote of the Day

f In all things of nature there is something of the marvellous **J**
– Aristotle

Did you know that ... ?

1 Jan 1962, the University of Singapore was founded as a separate university from the University of Malaya in Kuala Lumpur.

Riddle

For some I go fast, for others I'm slow. To most people, I'm an obsession, relying on me is a well-practised lesson. What am I?

Answer: Time



The **Yong Loo Lin School of Medicine** was the first academic body in Singapore's history dedicated to tertiary education. Established in 1905, it has the honour of being the foundation of what has now evolved into the National University of Singapore. The School is a strong component in the University's Mission to advance knowledge and foster innovation, educate students and nurture talent in service of Singapore and society.



Picture Quiz

Who is this?

Email your entries by **30 May** to:
yllsom@nus.edu.sg.

Three prizes are up for grabs. If more than three(3) correct entries are received, a ballot will be conducted.

ISSUE 2 • APRIL 2012

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