Dear Friends,

The past few months have been exciting and packed with much activity. Allow me this opportunity to share with you some.

In April, the inaugural World Health Summit Regional Meeting – Asia (WHSRMA) which was supported by the Ministry of Health, Singapore, and jointly hosted by the NUS School of Medicine, MOH Holdings and the M8 Alliance was held successfully from 8 to 10 April 2013 at the Ritz-Carlton, Millenia Singapore. This is the first time that the World Health Summit held its first regional meeting outside of Berlin! Over 900 leading professionals from diverse fields with the interest to improve healthcare and health systems from Singapore as well as internationally came together to discuss and exchange ideas on current issues of medical research, innovation and health systems and find solutions for today’s health challenges in Asia. I am very proud that it is now regarded as the premier medical education conference in the region. The meeting this year celebrated its 10th anniversary, and it was aptly themed “A Celebration of Innovation and Scholarship in Medical and Health Professional Education - Trends, Issues, Priorities, Strategies (TIPS)”. Congratulations to Associate Professor Chong Yap Seng (Head of the Medical Education Unit) and Dr Dujeepa D. Samarasekera (Chairman, Organising Committee 10th APMEC 2013) for your leadership in our medical education endeavour!

In this issue’s My Story, we have invited Phase II Medical student Andrew Arjun Sayampanathan to share with us his experiences in the Chua Thian Poh Community Leadership Programme and how it has enhanced his understanding and skills towards contributing to the various communities of Singapore. Furthermore, some of our students have recently volunteered to take part in Project Oranges with Love, a new initiative that is led by Phase II Medical student Lim Li Yan and her team from the Medical Society of NUS. This project involves giving oranges and singing Chinese New Year songs to patients in various hospitals.

Getting in touch with our alumni community, we are privileged to have Dr Ang Peng Tiam from the Class of 1982 sharing about his days as an undergraduate and how he is contributing back to society through his past and present roles in the medical field. Also, it is very heartening to see our alumni reconnecting with each other through the recent NUS Medical Alumni Gathering held at MINI Habitat.

I would like to take this chance to express my deepest appreciation to the doctors and staff who have helped us during the recent Admissions Exercise. We, at the School, are deeply grateful to everyone for taking the time to help us in the selection of our future doctors.

This issue of MediCine is filled with many interesting reads, with contributions from our students, alumni and staff.

Please enjoy!

Yeoh Khay Guan
Dean
Yong Loo Lin School of Medicine
Being the first regional meeting held by the World Health Summit (WHS) outside Berlin, the inaugural World Health Summit Regional Meeting – Asia, which took place in Ritz-Carlton, Millenia Singapore, had concluded successfully on Wednesday, April 10 2013! Held from April 8 to April 10 2013, the well anticipated Summit saw over 900 delegates from 46 countries, among them 120 speakers from more than 20 nations, including Australia, China, India, Indonesia, Japan, Thailand, United Kingdom and the United States.

Hosted by National University of Singapore (NUS) and Ministry of Health Holdings, the over-arching theme of the Summit was on “Health for Sustainable Development in Asia”. The scientific program was planned and organised by the multi-disciplinary schools of NUS; Yong Loo Lin School of Medicine (YLLSoM), Saw Swee Hock School of Public Health, Lee Kuan Yew School of Public Policy and NUS Business School.

The programme was supplemented by a series of satellite meetings which saw successful engagement from various healthcare institutions. “Organising the satellite meeting and attending the WHS have been fulfilling; I’ve gained much insight into many global healthcare issues,” said Ang An Shing (Phase III Medical student). He is one of the 48 Medical students sponsored by YLLSoM to attend the Summit.

Student volunteers from YLLSoM had the opportunity to host visiting Ministers and senior officials from healthcare organisations. For instance, Trevor Tan (Phase I Medical student) was the Deputy Chief Liaison Officer in overseeing all operations and closely tracking the movements of delegates and VIPs. Prior to the Summit, Medical student volunteers underwent two-day intensive liaison officer training to be equipped with Foreign Service level protocol.

Over three days of intense, thought-provoking dialogues, the M8 Alliance Statement was issued, a call to action for governments to take a whole-of-society approach to formulating health policy that is critical to sustain development and growth in Asia and around the world. The M8 Alliance Statement, along with speakers’ presentation slides and Summit Bulletins can be found on the World Health Summit website.

"At times, it could get hectic and challenging due to the concurrent movements of different delegations, as well as the need for us student volunteers to balance our studies at the same time. Nevertheless, I’m very proud to say that our entire liaison team did an impeccable job!"
– Trevor Tan (Phase I Medicine student), Deputy Chief Liaison Officer

"The Summit was an eye-opener into the world of international relations! It gave me a great opportunity to meet people from different nationalities and backgrounds."
– Seet Yu Shiang (Phase I Medicine student), Principal Liaison Officer for Indonesia Vice Minister of Health

"I had a great three-day break to work with my future partners in healthcare – while managing a fleet of BMWs!"
– Rebekah Lee (Phase I Medicine student), Transport Liaison Officer
The 10th Asia Pacific Medical Education Conference (APMEC) organised by the Medical Education Unit, Yong Loo Lin School of Medicine (YLLSoM), National University of Singapore (NUS) was held in NUS from 16th to 20th January 2013. Being the 10th anniversary year of the APMEC, the theme was on “A Celebration of Innovation and Scholarship in Medical and Health Professional Education - Trends, Issues, Priorities, Strategies (TIPS)”. Professor Tan Chorh Chuan, President of National University of Singapore graced the event that was attended by over 800 medical and healthcare professional educators from 34 countries.

The conference began with two days of pre-conference workshops followed by two days of the main conference and one day of post-conference workshops. The main conference consisted of six plenary lectures, seven symposia, four Great Ideas in Medical Education sessions, four Best Practice sessions, four Special Interest Group sessions, four Free Communication sessions, a Best Poster session and four e-Poster sessions. There was also a trade exhibition.

New to this year’s APMEC were the e-Posters. These were presented throughout the main conference days and participants could view the posters on LCD screens at their convenience. Selected abstracts were published in a special issue of the Medical Education journal. The journal publishes material of the highest quality, reflecting worldwide or provocative issues and perspectives in the field of education for healthcare professionals and is read by teachers of medicine, medical educators, administrators of faculties or medicine workers and researchers involved in the development of medical education as a whole.

The 10th anniversary APMEC dinner was well-attended, with a cake-cutting ceremony by YLLSoM leadership as well as the former and current chairpersons of the APMEC. The event was highlighted by delightful multicultural performances by Chinese and Malay student dancers and Instrumental Music by Indian student musicians, from the NUS Centre for the Arts.
NUHS – Harvard BIDMC Internal Medicine Update 2013

It began in 2010 when National University Health System (NUHS) collaborated with Harvard University’s Beth Israel Deaconess Medical Center (Harvard BIDMC) on faculty development, education and research to share the latest trends and updates in Internal Medicine. On 22 to 24 February 2013, about 150 local and international faculty members attended and benefited from the symposium.

The bi-annual symposium addressed key issues in the areas of Internal Medicine and presented updates on sub-specialties such as Nephrology, Endocrinology, Respiratory and Critical Care Medicine, Neurology, Infectious Diseases and Geriatric Medicine. Local and international experts and peers networked in this learning platform, gathering more insights on the current trends and issues in Internal Medicine. The first two days were mainly lectures, with the third day introducing an inaugural Post-Graduate Medical Exam preparatory course which aims to equip Internal Medicine Residents with a better know-how of the board exam proceedings. The Guest-Of-Honour for the three-day event was Associate Professor Aymeric Lim, the Chairman of Medical Board of the National University Hospital.

“We hope that this course will leave you with fresh thoughts on the medical profession and give a boost in your journey to providing better care for patients.”

- Professor Lawrence Ho, Chair, University Medicine Cluster, National University Health System, Singapore
In the age of innovation and technology, Yong Loo Lin School of Medicine has embarked on a Mobile Learning Programme to explore how mobile computing platforms can be used to enhance teaching and learning in medical education. This exciting 2-year pilot programme examines best practices that can then be applied across various cohorts and courses in the near future. Students and staff can apply for proof of concept funding to embark on mobile learning projects that will enhance the way they learn or teach. This pilot programme is applicable to Phase I Medical students only as it is designed to test how the projects complement the medical curriculum in both preclinical and clinical years. Students who did not own a tablet were given a subsidy to buy an iPad, Android, or other tablet that meets minimum specifications.

For more information on the programme, contact Ms Agnes Lye at medsla@nus.edu.sg

An iBook developed for Anatomy class.

A student analysing CT scan via the tablet.
As part of this year’s Open Day which fell on 16 March 2013, Yong Loo Lin School of Medicine opened an admissions booth at University Town (U-Town) and organised tours at the Centre for Translational Medicine (CeTM) for visitors to get more information on courses we offer and a glimpse of our facilities.

Our admissions booth at the buzzing U-Town, Exhibition Hall 2 consisted of booths by Nursing, Dentistry and Medicine. Visitors were given handouts and explained to about the school’s community-focused cutting edge curriculum and vibrant student life. There were also talks given by Professor Hooi, Associate Professor Jeanette Lee and Associate Professor Lau Tang Ching.

The open day tours at CeTM hosted a record high number of close to 500 students and parents in total. The guided tour showcased the key educational facilities within the building, the Centre for Health Simulation, the medical library and the museum at Clinical Research Centre. Also, one of three remaining known copies of the Hippocratic Oath was displayed at the CeTM foyer, much to the delight and amusement of our visitors! The other two copies can be found in University of Cambridge, United Kingdom and University of Illinois, United States.
In today’s healthcare context, expansion of the private sector and increasing demands on public healthcare poses numerous challenges in retaining good doctors and healthcare professionals. Hence, a leadership training programme was organised by the Yong Loo Lin School of Medicine in collaboration with Ministry of Health Holdings to prepare student leaders for leadership roles and build on attributes required of a public healthcare professional. Held at the National Community Leadership Institute campus, 50 Medical student leaders attended the inaugural leadership training programme on 22 February 2013.

Using the SEED Competency Framework, the Yong Loo Lin School of Medicine – Healthcare Leadership College (YLLSoM–HLC) Leadership Training aims to nurture qualities of compassion, teamwork and good communication skills. Representing the domains “Self”, “Enabling”, “Execution” and “Direction”, SEED sought to provide students with the learning experience to identify and foster individual potential, teamwork and civic responsiveness. Activities are designed to encourage students to become effective leaders through exciting indoor and outdoor experiential learning activities, such as Raft Escape, a challenge requiring students to role-play as survivors stranded on a “raft” and strategically coordinate their movement towards the “shore”.

YLLSoM–HLC Leadership Training participants

All ready to “Raft Escape”!

Warming up with some “high fives”.

Team Challenge Rescue

Inspiring opening address by Dean, Healthcare Leadership College, Chairman of the Medical Board at NUH, Associate Professor Aymeric Lim.
In 2011, Mr Chua Thian Poh established a generous S$5 million gift for the initiation of the Chua Thian Poh Community Leadership Programme with the vision of developing strong community leaders for the Singapore of tomorrow. I was fortunate to be part of the pioneer batch of students back in 2012.

As part of the programme, I did a nine-week internship at Central Singapore Community Development Council, a module in Social Innovation at Tembusu College, as well as a module in Leadership in a Complex World at Cinnamon College. I also attended several talks ranging from community murals to human trafficking to social entrepreneurship to venture philanthrocapitalism.

Furthermore, I had the opportunity to write and present a social research paper on Assets Mapping and Assets Based Community Development in Kampong Glam at the Chua Thian Poh Community Leadership Programme Symposium 2013, in which Minister for Social and Family Development, Mr Chan Chun Sing, was the Guest of Honour. The research sprouted to the initiation of Community Health Integration in December 2012, a health screening in Kampong Glam which involved more than 100 medical, nursing and dental students from NUS. The health screening was under the direction of Jason Goh, my fellow batch mate, and myself in kind collaboration with the Medical Alumni Association and Peace Connect Senior Activity Centre.

My experiences in the Chua Thian Poh Community Leadership Programme have been exceptionally helpful and relevant to my current involvements outside academic life. Being the youngest member of the Grassroots Dunearn Neighbourhood Committee (NC) and chairing the Dunearn NC Youth Chapter, the programme has helped me tremendously by equipping me with the knowledge concerning many social issues which exist in Singapore. It has taught me quite a lot about leadership, putting equal weightage on both the terms ‘community’ and ‘leadership’ in community leadership. I believe such management and operations skills are great assets as I lead teams and join others to help needy communities.

The programme has also instilled in me a strong sense of desire to assist the migrant worker community, as it made me aware of such communities and the need to help them. They invited speakers who directly engage which such communities, allowing us to hear firsthand the experience fellow Singaporeans have had assisting them. Hearing stories by such experts are truly inspiring and move many of us to social action eventually. Hence, some of my friends at medical school and I stepped up to start the Constructing Care Collaboration (CCC), in collaboration with two community clinics which aims to meet the healthcare needs of migrant workers in Singapore via the provision of healthcare at a lower price. The aim of this programme, with Professor Hooi Shing Chuan as our mentor, is to provide fellow medical students the opportunity to appreciate the existence of such hidden communities, feel empathy for them, and eventually translate it to social action.

In all, I must say what I eventually do may be different in the future based in the shifting and metamorphosing of needs, issues and landscapes of the Singapore of tomorrow. I may garner new experiences, new ideas to help a completely different community. Whatever the case is, I am confident that the Chua Thian Poh Community Leadership Programme would still place me in a good position to tackle the challenges other communities face.
What is Project Oranges with Love (OWL) about and how are you involved in it?

Project OWL is a new initiative that the Social Directorate of MedSoc came up with this year. We collaborated with Nursing, Dentistry and Pharmacology students to bring cheers to the patients during the Chinese New Year festive period. It was spread out over 3 different days in the month of February, and had approximately 80 student participants from the four faculties to give out the oranges and sing Chinese New Year songs to the patients. I had the privilege of having a good committee, which worked closely with the four hospitals we reached out to this year, namely NUH, SGH, TTSH and Renci Hospital, while I oversaw the project as a whole.

What motivated you to initiate this project?

The directorate was looking for an activity that will bring together students from the various healthcare professions as we will all be working closely together in the near future. In addition, given that quite a large proportion of patients in hospitals are middle aged to elderly people who tend to place emphasis on Chinese New Year, we wanted to bring joy to those patients who sadly had to be admitted to the hospital over the festive period.

Describe some of the difficulties you faced in organising Project OWL.

Being a new initiative, we were initially uncertain of the responses from the various hospitals as well as the avenues of our funds. Fortunately, NUH, SGH, TTSH and Renci were very supportive of the event, allowing us to carry out the project in their hospitals as well as fully funding the project. It was also very encouraging that either the senior faculty members or senior managements from the four hospitals went along with the volunteers to distribute the oranges to the patients and applauded the student volunteers for signing up to be part of this project.

What is the most memorable moment for you in this project?

I went along with the groups during the event to distribute the oranges as well as sing the Chinese New Year songs and these first hand experiences in executing the project on the ground were very memorable. The smiles on the patients’ faces, as well as them clapping and even singing along the familiar Chinese New Year tunes, showed me that we have brought joy to the patients. It was also very heartening to see that though the students from various faculties were meeting each other for the first time, they were united and worked well together.

Will we be seeing more of Project OWL?

Based on the feedback that we have gotten from the volunteers, most of them are keen on signing up for this project again next year. So yes, we definitely look forward to organizing Project OWL again next year! We hope that we will be able to reach out to more patients in the years ahead by expanding to more hospitals and possibly looping in more future colleagues such as the Social Works students.
NUS Medical Alumni Gathering at MINI Habitat

On 25th February 2013, Yong Loo Lin School of Medicine held its very first medical alumni gathering at the MINI Habitat showroom. The alumni had an opportunity to test-drive various MINI models and dine amongst MINI cars. Our Dean, Associate Professor Yeoh Khay Guan, was also present to mingle with the alumni.

It was lovely to catch up with old friends in the profession – and those new and trendy cars, they made us all feel young again!

– Choo-Ng Bee Hua (center), Class of 1977
As a child, have you always aspired to be a doctor?

My parents came from humble beginnings. Both managed to study to the equivalent of primary three. Mum’s studies were disrupted by the war and Dad was too poor to afford school fees. They impressed upon all of us the importance of studying hard and getting a university education.

When one of my two elder brothers was studying Medicine in university, he seemed to be having such a fun time. Our dinner conversations were always spiced with exciting stories of patients he had encountered in the hospital wards. He told stories of patients with massive bleeding from trauma that were resuscitated from the brink of death. There were stories of triumph over illness as well as sad stories of defeat. I wanted very much to be a part of the excitement and action in fighting against sickness and disease.

What are your most memorable moments during your NUS Medical undergraduate days?

The best part of being an undergraduate was living in King Edward Hall. The orientation period - to be ragged as a freshee and later to rag others, was all part of the fun. The ragging was a bit rough but we all took it in our stride. I also remember the days of cheering on the teams as they battled in the sports arena, the late night mahjong games that lasted till sunrise and alcohol-soaked parties to mark the end of clinical postings and examinations.

The most memorable event, at the end of our final examinations, was when we decided to paint a “zebra crossing” between King Edward Hall and Singapore General Hospital. This pedestrian crossing proved to be such a “hit” that now, an official crossing has been installed in its place.

Your initial intention was to specialise in cardiology. What made you pursue oncology instead?

After I completed my higher exams in Internal Medicine, I went to see Dr Kwa Soon Bee, the Director of Medical Services and Permanent Secretary (Health). I told him of my plans to specialise in cardiology. He explained to me that there were three specialties that needed to be developed in Singapore, one of which was Medical Oncology. He asked me to try out any of the three for 6 months and if I did not like it, he would ensure that I would get a traineeship in any specialty of my choice.

After six months dabbling in oncology, I decided that I wanted to pursue further training in the field. I was one of the earliest in my cohort to be awarded an overseas scholarship to go to the US because there was no formal oncology training program in Singapore at that time. I spent a year at MD Anderson Cancer Centre and another year at Stanford University Medical Centre.

What were your inspirations and challenges of being the founding Head of the Department of Medical Oncology at Singapore General Hospital?

The Department of Medical Oncology was established in 1991 and I was appointed the founding head, simply because I was the only trained medical oncologist in Singapore General Hospital. After two years in the States, there was so much that I learnt and I wanted to share my experience with others. I introduced the idea of tumour boards where all the various disciplines - surgery, radiation oncology, medical oncology, pathology and radiology would come together to present and discuss the management of various cancers. Initially, there was only one board that covered all the cancers. Later, more and more boards were formed to address each specific cancer type.

My biggest challenge was to wrestle the use of chemotherapy from the radiotherapist. In those days, radiotherapists were able to administer chemotherapy as well as radiotherapy. I slowly managed to convince them that patients’ interest were best served if we were able to incorporate the best practices in the two fields by developing the two specialties separately. During my tenure, I managed to convince Mr Yeo Cheow
... continued from previous page

Tong, the Minister of Health, of the need of setting up a National Cancer Centre. Today, there are three cancer centres in Singapore - National Cancer Centre of Singapore, National Cancer Institute and Parkway Cancer Centre.

After putting in years of hard work and dedication into establishing the oncology department at SGH, what motivated you to go into private practice in 1997?

There were several factors that I took into consideration. The thinking at that time was that no one should remain as a head of department for too long and I agreed. Each headship term was three years and heads should serve a maximum of two terms. Since I was appointed head in 1991, I gave myself six years to implement the things I wanted to do. After setting up the department, I was looking for new challenges, such as going into the private sector.

Another factor I considered was when I saw what happened to some of the senior clinicians whom I had great respect for. I saw how they were side-lined or turfed out even though they had much to share and contribute. I did not want to be in their position.

What is your opinion on the current cancer situation in Singapore and how can it be improved?

We have come a long way. There are many advances in the management of cancer - diagnosis, treatment as well as psycho-social support. The two biggest challenges for cancer are health financing and integrated care.

There is so much we can do for the cancer patient but all these cost a lot of money. The old conventional radiotherapy costs $5000 compared to $20,000 for a course with tomotherapy. The chemotherapy drugs can cost $10,000 or more for each cycle. All this is out of the reach of most Singaporeans. I believe we need to do more in educating and encouraging Singaporeans to buy enhanced medishield plans, which allow them the full coverage for cancer treatment.

Integrated care aims to bring together all the relevant disciplines to ensure that the patient gets the best treatment outcome. This incorporates the efforts of the clinicians, radiologists, pathologists, nurses, counsellors and support group volunteers to help patients cope with and fight this dreaded disease.

What were your inspirations behind publishing the book ‘Doctor, I Have Cancer. Can You Help Me?’

Patients hear things - some true, some false. If they could sit in and watch me consult day in, day out, hearing what I have to say about various issues, it would be fantastic. But you can’t do that. So I decided to write it down in a book where people would just read and say, “Oh, I see.”

I also want this book to be a book of hope, highlighting my patients’ journey with cancer. As doctors, we can try our best to cure those that can be cured, control the disease for those whose lives can be extended and to comfort those for whom little can be done.

Any interesting patient experience to share?

One of my most dramatic patient stories must be Willy, the 5 year old boy from Batam. He was misdiagnosed by many doctors to have an incurable cancer. His father was asked to bring him home to die rather than attempt futile treatment for this large fungating mass that erupted through his abdominal wall. In actual fact, Willy had very advanced testicular cancer, one of the most curable cancers. After six cycles of chemotherapy, Willy was cured of his cancer and he is now a big strapping young man.

Any words of wisdom to share with our current students and peers alike?

Sometimes in the tea room, I hear doctors moan about how tough life as a doctor can be. I don’t agree. I think that we are in a very privileged position to be able to do good each day, earn a decent living, and share in the journey of many patients.
## May – August

Details may be subject to change at the discretion of the respective departments without prior notice.

<table>
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<th>DATE</th>
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| May 8 – 10, 20 | **Teaching for Effective Learning**  
NUS MD11, Clinical Research Centre (CRC) Symposium Rooms 2 & 3 |
| June 29    | **Freshmen Pre-camp Tea**  
NUS Centre of Translational Medicine (CeTM) |
| July 3     | **Medical Dinner**  
Fairmont Hotel Singapore |
| July 3 – 6 | **Freshmen Orientation Camp : Medicamp**  
Aloha Changi |
| July 8 – 10, 17 – 19, 29 | **Competency Based Medical / Health Professional Education**  
NUS MD11, Clinical Research Centre (CRC) Symposium Rooms 2 & 3 |
| July 13    | **Commencement Ceremony 2013**  
University Cultural Centre |
| August 6 – 7 | **NUS Flag & Rag Day**  
NUS Sports & Recreation Centre (SRC) Running Track |
| August 7   | **White Coat Ceremony 2013**  
University Cultural Centre |
| August 24  | **Medical Society Dinner and Dance**  
Concorde Hotel |

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Abstract submission deadline: 24 May 2013, 23:59 hours.
A young woman went to her doctor complaining of pain. "Where are you hurting?" asked the doctor. "You have to help me, I hurt all over", said the woman. "What do you mean, all over?" asked the doctor, "be a little more specific."

The woman touched her right knee with her index finger and yelled, "Ow, that hurts." Then she touched her left cheek and again yelled, "Ouch! That hurts, too." Then she touched her right earlobe, "Ow, even THAT hurts", she cried.

The doctor checked her thoughtfully for a moment and told her his diagnosis, "You have a broken finger."

Q: What do you call 2 orthopedic doctors reading an electrocardiogram?
A: A double blind study!