Advancing Best Care through Education & Research

6th Asia Pacific Primary Care Research Conference
in conjunction with Family Medicine Symposium

21 - 23 September 2017 | 8.30am - 4.30pm
The Academia (Singapore General Hospital)

Organised by:

Supported by:
Welcome Message

Welcome to the 6th Asia Pacific Primary Care Research Conference in conjunction with Family Medicine Symposium! This is the 3rd time that the conference has been held in Singapore, and is jointly organized by the College of Family Physicians, Singapore, and the SingHealth Duke-NUS Family Medicine Academic Clinical Program (FM ACP).

This year, we have several eminent plenary speakers, who will be delivering 6 wide-ranging keynote lectures, including healthy living, family medicine as a career, doing complex trials in primary care, developing capabilities in health profession education, health services research, and developing the next generation of practitioners.

Our conference will continue the good achievements of the previous conferences, and will again have several tracks, which will be of interest to both our fledgling researchers as well as our more experienced ones!

The research championship continues to be a key feature of our conference. This year we have 9 teams competing, and they will be guided by experienced researchers to develop their research ideas into viable projects.

We continue the tradition of the Rajakumar Award, which will be given to the top 3 best poster presentations. The Wong Heck Sing Award will be given to the top 3 oral presentations for the conference.

As we develop primary care research capabilities in the Asia Pacific region, we are glad to be able to provide a platform for researchers, whether academics or practicing clinicians, to gather, share ideas, network and form collaborations.

We look forward to a memorable 2 day meeting, and hope that you will find the programme useful, meaningful and enlightening!

Dr Tan Ngiap Chuan

Dr Tan Tze Lee

Co-chair
6th APPCRC / Family Medicine Symposium
Organising Committee

Senior Consultant
SingHealth Polyclinics

Academic Vice Chair (Research)
SingHealth Duke-NUS Family Medicine Academic Clinical Programme

President
College of Family Physicians Singapore

PRE-CONFERENCE PROGRAMME
21 September 2017, 0830 hrs to 1630 hrs | The Academia

4 CME points will be awarded for each day of the conference
12 CME points will be awarded for participation in the full 3-day conference.

START | PRE-CONFERENCE - 21 SEPTEMBER 2017 THURSDAY

0830 | Registration And Light Refreshments
Venue: L1-S1
Venue: L1-S2
Venue: L1-S3
Venue: L1-S4

Workshop 1 | Research Championship
Venue: L1-S1

Workshop 2 | Using Psychometrics To Improve Assessment In Medical Education
Venue: L1-S2

Workshop 3 | Harnessing Patients’ Experiences To Improve Healthcare: A Workshop On Experience-Based Co-Design
Venue: L1-S3

Workshop 4* | Quality Improvement Essentials
Venue: L1-S4

0930 | Tea
Venue: L1-S1
Venue: L1-S2
Venue: L1-S3
Venue: L1-S4

Workshop 1 | Research Championship
Venue: L1-S1

Workshop 2 | Using Psychometrics To Improve Assessment In Medical Education
Venue: L1-S2

Workshop 3 | Harnessing Patients’ Experiences To Improve Healthcare: A Workshop On Experience-Based Co-Design
Venue: L1-S3

Workshop 4* | Quality Improvement Essentials
Venue: L1-S4

1030 | Lunch Symposium By GSK, Exhibitions And Registration
The Unmet Need In COPD Management: Right Treatment For The Right Patient
Dr Ong Thun How, Senior Consultant, Respiratory and Critical Care Department, Singapore General Hospital
Venue: Auditorium

1100 | Tea
Venue: L1-S1
Venue: L1-S2
Venue: L1-S3
Venue: L1-S4

Workshop 1 | Research Championship
Venue: L1-S1

Workshop 2 | Using Psychometrics To Improve Assessment In Medical Education
Venue: L1-S2

Workshop 3 | Harnessing Patients’ Experiences To Improve Healthcare: A Workshop On Experience-Based Co-Design
Venue: L1-S3

Workshop 4* | Quality Improvement Essentials
Venue: L1-S4

1230 | SEMI-FINALS RC
Venue: L1-S1

Workshop 5 | Providing Feedback To The “Difficult” Learner: Where Do We Start?
Venue: L1-S2

Workshop 3 | Harnessing Patients’ Experiences To Improve Healthcare: A Workshop On Experience-Based Co-Design
Venue: L1-S3

Workshop 4* | Quality Improvement Essentials
Venue: L1-S4

1330 | SEPI-FINALS RC
Venue: L1-S1

Workshop 5 | Providing Feedback To The “Difficult” Learner: Where Do We Start?
Venue: L1-S2

Workshop 3 | Harnessing Patients’ Experiences To Improve Healthcare: A Workshop On Experience-Based Co-Design
Venue: L1-S3

Workshop 4* | Quality Improvement Essentials
Venue: L1-S4

1430 | Tea
Venue: L1-S1
Venue: L1-S2
Venue: L1-S3
Venue: L1-S4

Workshop 1 | Research Championship
Venue: L1-S1

Workshop 5 | Providing Feedback To The “Difficult” Learner: Where Do We Start?
Venue: L1-S2

Workshop 3 | Harnessing Patients’ Experiences To Improve Healthcare: A Workshop On Experience-Based Co-Design
Venue: L1-S3

Workshop 4* | Quality Improvement Essentials
Venue: L1-S4

1530 | SEMI-FINALS RC
Venue: L1-S1

Workshop 5 | Providing Feedback To The “Difficult” Learner: Where Do We Start?
Venue: L1-S2

Workshop 3 | Harnessing Patients’ Experiences To Improve Healthcare: A Workshop On Experience-Based Co-Design
Venue: L1-S3

Workshop 4* | Quality Improvement Essentials
Venue: L1-S4

1630 | END OF PRE-CONFERENCE PROGRAMME

* For Workshop 4 on Quality Improvement Essentials, registration will start at 8am. The workshop will start at 8.30am and end at 5pm, with tea and lunch breaks in between.

The study visit to Polyclinic on 21 September has been shifted to 22 September, 2.30pm - 5pm.
The 6th Asia Pacific Primary Care Research Conference (APPCRC) focuses on the training of family physicians (FPs) to conduct primary care research in the region. In Singapore, research and education are the two key pillars supporting the advancement of Family Medicine (FM) in the SingHealth Duke-NUS Academy. Clinical Programme (ACP). Training in FM research spans across undergraduate education to the advanced fellowship training program.

Medical students are trained to carry out community health research projects. The FM Residency program has incorporated research as part of their curriculum in which the residents also embark on community health research projects in groups. Beyond their Master of Medicine in FM qualification, FPs can embark on fellowship training programs organized by the College of Family Physicians Singapore (CFPPS) to carry out individual research projects. The Master in Clinical Investigation (MCI) and PhD. Thus, the new generation of FPs will be equipped with skills to conduct clinical, health service, and education research. This is critical in the context of an aging population with increasing complex medical conditions, the ability of the FP to evaluate the effectiveness of their medical treatment, service delivery, and training will be an invaluable skill and asset to the primary healthcare community.
Workshop 2

Using Psychometrics To Improve Assessment In Medical Education

 Synopsis
Psychometrics is a field of study that helps one make sense of a measurement that is made, usually in relation to a property of a person that one wants to measure. In medical education, more often than not, the ‘measurement’ refers to an ‘examination item’ (or ‘assessment item’; e.g. a multiple choice question, an observed rating), and the ‘property’ refers to an ‘ability’ (e.g. clinical reasoning, basic sciences knowledge, communication skills) that we want to measure. So, psychometrics could be utilized to answer key questions such as: to what extent has one measured the said property; what would be the result if the measurement is repeated; is there any error in the measurement? Hence, psychometric tools have become an indispensable asset in the quality assurance of medical examinations.

Two of the most useful psychometric concepts that are commonly used are validity and reliability. This workshop will first discuss the key principles related to validity and reliability. Then, the workshop will proceed to introduce the common indices that one uses to estimate validity and reliability. Finally, the workshop will illustrate how best the said validity and reliability indices could be interpreted in practical terms. In addition, this workshop will introduce participants to an invaluable concept that all assessment has traditionally ignored. This concept, which is called ‘standard setting’, refers to how best to set the pass mark.

This workshop will be of benefit to all medical teachers and administrators who take part in setting, marking, implementing or evaluating (i.e. analyzing/processing the marks and other related data) medical examinations. It would be ideal if the participants could bring their own laptops (preferably fully charged) to this workshop.

Dr. Gominda Ponnamperuma
Assistant Director | Centre for Medical Education, Yong Loo Lin School of Medicine, National University of Singapore

Workshop 3

Harnessing Patients’ Experiences To Improve Healthcare: A Workshop On Experience-Based Co-Design

 Synopsis
For many years, businesses have used their customers’ experience to develop and refine their products and services. It is now becoming increasingly desirable in healthcare to become more user-centred. In this workshop, participants will explore using research methods adapted from different disciplines, including business, anthropology and health service research, to capture ‘user experience’. The workshop will illustrate the different approaches with examples based on real-life studies that have engaged patients and their carers. It will address how one can move along the continuum of user influence, from patient satisfaction surveys all the way to experience-based co-design.

Workshop 4

Quality Improvement Essentials

 Synopsis
This concise workshop provides an overview of key concepts in Quality Improvement (QI) in healthcare, takes participants through essential thinking processes when embarking on a Quality Improvement project, and introduces useful tools for problem analysis, testing of solutions, and measurement of improvement. Participants are encouraged to come with problems or ideas for QI projects, and use the skills learnt as part of practical application of learning. There will be opportunities for consultation on project ideas and approaches.

Dr Chow Mun Hong
Family Physician, Senior Consultant and Director | Quality Management, SingHealth Polyclinics

Workshop 5

Providing Difficult Feedback: Where Do We Start?

 Synopsis
Providing effective feedback is essential to enhance learners’ performance in medical education. However, most educators would have had difficult conversations with their learners at some point in their clinical teaching which hinders the effectiveness of the feedback. This workshop is about exploring the various models of giving effective feedback and strategies to overcome barriers to giving feedback to learners. In particular, participants of this workshop will be introduced to an interactive feedback model to enable these difficult conversations.

Dr Gan Han Nee
Senior Consultant | Accident and Emergency Department, Changi General Hospital

Lunch Symposium by GSK, Exhibitions and Registration

The Unmet Need In COPD Management: Right Treatment For The Right Patient

 Synopsis
This one-hour lunch symposium will discuss the differences in COPD management, the unmet needs in the treatment of COPD and the right treatment for the right patient.

Dr Ong Thun How
Senior Consultant | Department of Respiratory and Critical Care Medicine, Singapore General Hospital
DAY 1 PROGRAMME
22 September 2017, 0800 hrs to 1900 hrs | The Academia

START | CONFERENCE DAY ONE - 22 SEPTEMBER 2017 FRIDAY
0800 | Registration
0830 | Opening Ceremony
Welcome And Opening Addresses
Guest-of-Honor: Associate Professor Kenneth Mak, Deputy Director of Medical Services (Health Services Group), Ministry of Health, Singapore
Venue: Auditorium
0915 | Keynote Lecture I
Nudges For Healthy Living
Professor Eric Andrew Finkelstein, Health Services and Systems Research, Duke-NUS Medical School
Venue: Auditorium
0945 | Refreshments, Exhibitions And Poster Display
1015 | Keynote Lecture II
Promoting Careers In Family Medicine To Undergraduates
Professor Helen Smith, Professor of Family Medicine and Primary Care, Lee Kong Chian School of Medicine, Nanyang Technological University
Venue: Auditorium
1045 | Venue: L1-S1
Venue: L1-S2
Venue: L1-S3
Venue: L1-S4
Session 1
Oral Presentation
Session 2
A Roundtable Discussion On Conducting Complex Intervention Trials In Primary Care Settings
Session 3
Clinical Ethics
Session 4
Best Practices In Scale Development And Validation
1245 | Lunch Symposium By MSD, Exhibitions And Poster Displays
9-valent HPV Vaccine: The New Era In HPV Disease Prevention
A/Prof Timothy Lim, Head and Senior Consultant (Gynaecological Oncology), Deputy Chairman, Division of O&G, KK Women’s and Children’s Hospital
Venue: Auditorium
1330 | Keynote Lecture III
Health Services Research In The SingHealth Duke-NUS Academic Medical Centre – Applications In Primary Care
Professor Julian Thumboo, Director, Health Services Research Centre, SingHealth
Venue: Auditorium
1400 | Keynote Lecture IV
Developing The Next Generation Of Practitioners: Should We Focus More On The TRUST Factor
Dr Duseepa D. Samarakara, Director, Centre for Medical Education, National University of Singapore
Venue: Auditorium
1430 | Venue: L1-S1
Venue: L1-S2
Venue: L1-S3
Venue: L1-S4
Venue: Outram Polyclinic
Session 5
Introduction To Meta-Analysis
Session 6
Education And Residency Showcase
Session 7
Pushing The Boundaries Of Family Medicine
Session 4 (Continue)
Best Practices In Scale Development And Validation
Study Visit To Polyclinic
1530 | Refreshment, Exhibition And Poster Display
1600 | Venue: L1-S1
Venue: L1-S2
Venue: L1-S3
Venue: L1-S4
Venue: Outram Polyclinic
Session 5 (Continue)
Introduction To Meta-Analysis
Session 6 (Continue)
Education And Residency Showcase
Session 7 (Continue)
Pushing The Boundaries Of Family Medicine
Session 4 (Continue)
Best Practices In Scale Development And Validation
Study Visit To Polyclinic (continue)
1900 | Conference Dinner
Venue: Level 3 Atrium, Academia
2100 | END OF DAY ONE PROGRAMME

DAY ONE CONFERENCE SESSION SYNOPSES

Keynote Lecture I

Nudges For Healthy Living

22 September 2017, Friday 9.15am - 9.45am | Auditorium

Synopsis
Reality is that preventing chronic diseases is easy. Don’t smoke, don’t drink (too much), diet, exercise, and get a good night’s sleep is generally all it takes. Yet, reality is that few of us can pull it off. As a result, rates of chronic diseases are increasing worldwide and health systems are struggling to keep up. Nudge Theory, which takes advantage of concepts from psychology and economics, is increasingly discussed as a tool to stem the rise in chronic diseases. This session will present the theory and evidence behind the use of nudges for preventing and managing chronic disease and the implications for practitioners and health systems.

Professor Eric Andrew Finkelstein
Professor | Health Services and Systems Research, Duke-NUS Medical School

Keynote Lecture II

Promoting Careers In Family Medicine To Undergraduates

22 September 2017, Friday 10.15am – 10.45am | Auditorium

Synopsis
Some students commence their medical studies with very negative perceptions of family medicine. In this presentation, Professor Smith will discuss her own data on the complex ways in which role models influence career aspirations and specialty choices. She will then discuss some approaches that are being used by educators to shift Family Medicine to be ‘a career by choice, not chance’.

Professor Helen Elizabeth Smith
Professor | Family Medicine and Primary Care, Lee Kong Chian School of Medicine, Nanyang Technological University
Keynote Lecture III

Health Services Research In The SingHealth Duke-NUS Academic Medical Centre – Applications In Primary Care

Synopsis

The Vision for Health Services Research (HSR) in the SingHealth Duke-NUS Academic Medical Centre (AMC) is to improve the health of Singapore and the region through HSR driving excellence in population health. To achieve this vision, The SingHealth Health Services Research Centre was set up in August 2015 to facilitate HSR in SingHealth, working together with Duke-NUS through the Health Services Research Institute. One major initiative has been the formation of living laboratories for HSR in Primary Care, the Regional Health System and the Community. These living laboratories (termed “Health Engagement and Action Labs” or HEALS) have yielded promising results in population segmentation and characterization of the burden of chronic diseases. The Community HEAL has also served as a testbed for the expansion of an integrated community of care to support subjects at high risk readmission in the community. These HEALS have also served as the platform for career development for promising HSR researchers in Primary Care. This presentation will provide an overview of these and other initiatives in HSR and their potential impact on improving outcomes in primary care in Singapore.

Keynote Lecture IV

Developing The Next Generation Of Practitioners: Should We Focus More On The TRUST Factor

Synopsis

The discussion will focus on the importance of building trust between the trainer and the trainees in postgraduate medical education. The presentation will share best evidence information regarding the rationale behind and the contemporary best practices in developing “trusting” relationships with the trainees. It will also focus on the impact of building trust on patient outcomes in postgraduate medical education.
Session 3

Clinical Ethics

22 September 2017, Friday 10.45am – 12.45pm, L1-S3

Synopsis

Family Physicians aspire to discharge their duties to the best of their abilities. With increasing complexity of medical care options and the increasing expectations of personal and professional accountability, physicians often encounter multiple issues that require them to analyse and balance complex ethical conflicts, make difficult decisions and justify why the decisions are made. Clinical ethics provide a means to an awareness of the values and ethical conflicts, and together with ethical and clinical competencies, it serves to provide a platform for good patient care. An overview of the clinical ethics in healthcare setting will be presented, followed by interactive workshops, where scenarios on clinical ethical issues faced by family physicians in decision making will be discussed.

Dr Paul Goh
Family Physician, Senior Consultant and Clinic Director
SingHealth Polyclinics - Tampines

Dr Swah Teck Sin
Family Physician, Senior Consultant
SingHealth Polyclinics - Outram

Ms Sumytra Menon
Senior Assistant Director
Centre for Biomedical Ethics, Yong Loo Lin School of Medicine, National University of Singapore

Dr Jacqueline Chin
Associate Professor
Centre for Biomedical Ethics, Yong Loo Lin School of Medicine, National University of Singapore

Session 4

Best Practices In Scale Development And Validation

22 September 2017, Friday 10.45am – 5pm, L1-S4

Synopsis

Scales are instruments used to measure health status, attitudes, perceptions and emotions. Some of the common scales used in family medicine and primary care setting are: Medical Interview Satisfaction Scale, Maslach Burnout Inventory, Patient Reported Experiences and Outcomes of Safety in Primary Care (PREGOS-PC). The process of developing and validating scales involves three stages: conceptualizing, operationalizing and evaluating. While these three stages are also present in the development and validation of assessment tools, there are distinct differences between the two processes. Understanding the details and differences of the process of developing and validating scales will allow for better appreciation of the usefulness and relevance of scales in family medicine and primary care.

At the end of the workshop, participants should acquire basic knowledge in:
1. Thinking and defining what to measure (Conceptualization)
2. Writing and adapting items and questions (Operationalization)
3. Testing the validity of the items and questions (Evaluation)

Participants will be able to understand and interpret research findings on scale development, design simple scales and adapt existing scales using the best practices shared during the workshop.

Mr Lim Yong Hao
Senior Research Analyst
Health Outcomes & Medical Education Research (HOMER), Education Development Office, National Healthcare Group (NHG)

Ms Ong Sik Yin
Research Analyst
Health Outcomes & Medical Education Research (HOMER), Education Development Office, National Healthcare Group (NHG)

Ms Ong Yu Han
Research Analyst
Health Outcomes & Medical Education Research (HOMER), Education Development Office, National Healthcare Group (NHG)

Session 5

Introduction To Meta-Analysis

22 September 2017, Friday 2.30pm – 5pm, L1-S1

Synopsis

Meta-analysis is an important component of systematic review and is often referred to the statistical methods of combining evidence. With appropriate data from individual studies, a pooled estimate can be derived using different models in meta-analysis.

This workshop provides a brief introduction to meta-analysis, aimed at researchers who want to understand how to conduct and interpret meta-analysis. It will first discuss forest plot and how to interpret the results in forest plot. Then, several commonly used effect measures for binary and continuous outcomes (including risk ratio, risk difference, odds ratio, mean difference and standardized mean difference) will be introduced. The issues of heterogeneity among studies will be discussed. Fixed-effect and random-effects models will be explored and the use of Review Manager to conduct meta-analysis will be demonstrated.

Dr Wilson Tam
Assistant Professor
Alice Lee Centre for Nursing Studies, National University of Singapore

Dr Lau Ying (Cherry)
Assistant Professor
Alice Lee Centre for Nursing Studies, National University of Singapore
Session 6

Education And Residency Showcase

Friday, 22 September 2017  2.30pm – 5pm  L1-S2

Synopsis
Understanding the needs of patients and learners is key to the delivery of good patient care and effective medical education. SingHealth Family Medicine educators and residents share their research insights into patient enablement, patient education and education innovations in this showcase. Dr Jason Chan measured the Patient Enablement Index (PEI) and studied patient, physician and system factors affecting patient enablement in an Asian context. Dr Suriya Prakaash and Dr Goh Zhaojing evaluated elderly patients’ awareness of pneumococcal vaccination and the effects of a brief educational intervention on their attitude towards vaccination. Dr Cheryl Tan assessed the knowledge of Pioneer Generation Package (PGP) benefits and the influence of education of its benefits on the choice of primary care provider. Dr Ng Lai Peng shares her experience of creating an animated video to teach primary care physicians the procedure of IUCD insertion and the assessment of learner acceptability and confidence post-training.

Session 7

Pushing The Boundaries Of Family Medicine

22 September 2017, Friday  2.30pm - 5pm  L1-S3

Synopsis
First speaker is Dr Adrian Tan. Dr Tan is a consultant in Tan Tock Seng Hospital (TTSH), and is the deputy director of the Home Ventilation and Respiratory Support Service (HVRSS), which is one of the home care programmes run by TTSH taking care of adult patients requiring mechanical ventilation support at home. He will share on the work he is doing in HVRSS, and how being a family physician has helped him provide care at this niche setting.

Second is Dr Kelvin Koh from Jurong Community Hospital (JCH), who will focus on dementia care in the intermediate and long term care setting. He helped set up the dementia care ward in JCH and developed the multidisciplinary team comprising of doctors, nurses, therapists and medical social workers to provide holistic, person-centred subacute dementia care.

Third is Dr Raymond Ng Han Lip who is a palliative care physician working in Tan Tock Seng Hospital, with the background training in family medicine. He will share about his journey to becoming a palliative care physician, and the roles of family physicians in palliative care.

Fourth is A/Prof Lee Kheng Hock who is senior consultant, Department of Family Medicine Continuing Care (FMCC) in Singapore General Hospital (SGH). He is the founding Head of FMCC. The team of 30 doctors provide inpatient, outpatient and transitional care as part of Division of Medicine, SGH. The team also runs Bright Vision Hospital which is a 315 bed community hospital. They provide medical care to patients in the various services including sub-acute care, rehabilitative care, chronic sick care and palliative care. A/Prof Lee is concurrently the Medical Director of Bright Vision Hospital. A/Prof Lee will share the pioneering work of his team of doctors in their decade long journey from 2006 to the present, demonstrating how the team push the boundaries in response to the emerging needs of the patients and the healthcare system.

Dr Jason Chan
Family Physician, Associate Consultant and Deputy Clinic Director | SingHealth Polyclinics - Geylang

Dr Ng Lai Peng
Family Physician, Consultant | SingHealth Polyclinics - Tampines

Dr Cheryl Tan
2016 Graduate | SingHealth Family Medicine Residency

Dr Suriya Prakaash
2016 Graduate | SingHealth Family Medicine Residency

Dr Goh Zhaojing
2016 Graduate | SingHealth Family Medicine Residency

Dr Tan Kok Heng Adrian
Family Physician, Consultant | Department of Continuing and Community Care, Tan Tock Seng Hospital

Dr Raymond Ng
Consultant | Palliative Medicine Department, Tan Tock Seng Hospital

Dr Kelvin Koh Wee Boon
Senior Consultant & Director | Post-Acute and Continuing Care, Jurong Community Hospital

Associate Professor
Lee Kheng Hock
Senior Consultant | Department of Family Medicine and Continuing Care, Singapore General Hospital

Lunch Symposium By MSD, Exhibitions And Poster Displays

9-valent HPV Vaccine: The New Era In HPV Disease Prevention

22 September 2017, Friday  12.45pm – 1.30pm  Auditorium

Adj A/Prof Timothy Lim
Head & Senior Consultant (Gynaecological Oncology), Deputy Chairman, Division of O&G | KK Women’s Hospital and Children’s Hospital
DAY 2 PROGRAMME
23 September 2017, 0800 hrs to 1730 hrs | The Academia

START
0730
Registration

0800
Keynote Lecture V
From Building Competencies To Developing Capabilities In Health Profession Education
Professor Lim Shih Hui, Group Director, Education, SingHealth
Venue: Auditorium

0830
Keynote Lecture VI
Advancing Best Care For Patients With Diabetes Mellitus Through Action Research In Family Medicine
Professor Cindy Lam, Danny D. B. Ho Professor in Family Medicine, Department of Family Medicine and Primary Care, The University of Hong Kong
Venue: Auditorium

0900
Refreshments, Exhibitions And Poster Displays

0930
Venue: L1-S1
Venue: L1-S2
Venue: L1-S3
Venue: L1-S4

Session 8
Applying Behavioral Economic Principles To Design Health Interventions
From EBM To iEBM: How The Internet Of Things (IoT) Is Influencing Evidence Based Medicine (EBM)

Session 9
FM Research With Medical Students: The Singapore Experience

Session 10
FM Research With Medical Students: The Singapore Experience

Session 11
Target Zero Harm – Improving Patient Safety In Primary Care

1130
Research Championship Finalist Presentations
Venue: Auditorium

1230
Prize Presentation
Venue: Auditorium

1300
Registration
Lunch Symposium By AMGEN
Long Term Management Of Osteoporosis – How To Start And How To Continue?
Dr. Ang Seng Bin, Head And Consultant Family Physician, Family Medicine Service, KK Women’s and Children's Hospital
Venue: Auditorium

1400
FM Symposium Opening
Primary – Obesity And Diet Management
Dr. Tham Kwang Wai, Senior Consultant, Department of Endocrinology, Singapore General Hospital
Venue: Auditorium

1500
Venue: Auditorium
Venue: L1-S1
Venue: L1-S3

Clinical Update 1
Geriatrics – Ageing Well
A/Prof Rashmi A Merchant, Head And Senior Consultant, Geriatrics, National University Hospital

Clinical Update 2
TCM/Acupuncture – Pain Management
A/Prof Kong Kong Ho, Senior Consultant, Head of Services, Tan Tock Seng Hospital

Clinical Update 3
GP, Sharing – Medical Mission
Dr. Laxang Choon Kh, GP, Mission Medical Clinic
Dr. Wong Wei Tien, Family Physician, SingHealth Polyclinics-Outram

1600
Refreshments

1630
Venue: Auditorium
Venue: L1-S1
Venue: L1-S3

Clinical Update 4
Psycho-Geriatrics-Dementia
Dr. Bharathi Balasubramani, Consultant, Psychological Medicine, Changi General Hospital

Clinical Update 5
Sports Medicine
Dr. Ng Chung Sen, Staff Registrar, Changi Sports Medicine Centre, Changi General Hospital

Clinical Update 6
Paediatrics – Fussy Eating
Dr. Soh Jian Yi, Consultant, Paediatrics – Fussy Eating

1730
END OF DAY TWO PROGRAMME

Note: Programme is subjected to changes.

DAY TWO CONFERENCE SESSION SYNOPTSES

Keynote Lecture V

From Building Competencies To Developing Capabilities In Health Profession Education
23 September 2017, Saturday 8am – 8.30am
Auditorium

Synopsis
Health profession education has been evolved from the old style of “structure/process” education to a competency-based health profession education (CBHPE). This CBHPE requires four components: (1) identifying the outcomes, e.g. competent clinicians; (2) defining performance levels for each competency; (3) developing a framework for assessing competencies; and (4) continuous evaluation of CBHPE-program to see if it is indeed producing the desired outcomes.

Examples of common competency frameworks are the Accreditation Council for Graduate Medical Education (ACGME), American Board of Medical Specialties (ABMS) Outcomes Project and the CanMEDS roles. Each competency framework starts with broad distinguishable areas of competence that, in the aggregate, define the desired outcomes for a clinician.

Within the ACGME framework, there are six core competencies: Patient Care, Medical Knowledge, Interpersonal and Communication Skills, Professionalism, Practice-based Learning and Improvement, and Systems-based Practice. However, being competent in the above six core competencies of their own specialty or subspecialty is not good enough.

With a growing number of people with multiple co-morbidities, an aging population, and increasing patient expectations, clinicians now need to develop more generic professional capabilities (GPCs) on top of achieving competencies in professional knowledge, skills and values. They have to develop other GPCs which include health promotion & disease prevention, patient safety, quality improvement, teamwork, management and leadership, education & training, and evaluation & clinical application of research.

In summary, well designed and structured clinical training programmes will enable us to produce highly competent healthcare professionals who can handle common conditions and certainties. With increasing healthcare need in an aging population, we need to redesign our training programmes to build their capabilities through more holistic clinical education, so that they are better prepared and more capable to handle unexpected conditions and uncertainties.

Keynote Lecture VI

Advancing Best Care For Patients With Diabetes Mellitus Through Action Research In Family Medicine
23 September 2017, Saturday 8.30am – 9am
Auditorium

Synopsis
An important purpose of family medicine research is to inform primary care on best practice. Primary care is becoming more complex with increasing burden from chronic disease management. Implementation of evidence-based best practice of chronic disease management is challenging in primary care because of the large number and wide variety of patients. Different research methodology and skills can be applied to evaluate, inform and improve primary care on how quality practice can be implemented. This presentation will share the experience from planning to dissemination of results of a family medicine research study on the evaluation of quality of care and effectiveness of a territory wide structured risk assessment and management programme for patients with diabetes mellitus (RAMP-DM) in primary care. It will illustrate how Action Research was applied to engage service providers to reflect on their practice and Audit Spiral could drive continuing quality improvement. A longitudinal observational cohort design was applied to the big data collected in routine clinical care to generate evidence on the effectiveness and cost-effectiveness of RAMP-DM in real-world primary care. The results of this research study have enabled the normalization of RAMP-DM in all public primary care clinics in Hong Kong.

Professor Cindy L.K. Lam
Danny D.B. Ho Professor in Family Medicine | Department of Family Medicine and Primary Care, The University of Hong Kong
Session 9

From EBM To IoEBM: How The Internet Of Things (IoT) Is Influencing Evidence-Based Medicine (EBM)

23 September 2017, Saturday 9.30am – 11.30am L1-S2

Synopsis

The Internet of Things (IoT) is a system of interconnected computing devices, mechanical and digital machines, objects, animals, or people that are provided with unique identifiers and the ability to transfer data over a network without requiring human-to-human or human-to-computer interaction. According to Gartner, there will be 21 billion things connected to the Internet by 2020. The IoT has numerous applications in healthcare, including the use of remote monitoring, smart sensors and medical device integration to keep patients safe and healthy, as well as improve how physicians deliver care as well. Healthcare IoT can also boost patient engagement and satisfaction by allowing patients to spend more time interacting with their doctors. At the same time, the role of the IoT in medical research and decision making is expanding with the increasing availability of consumer-based data from, e.g. wearables and social media, as well as heretofore untapped clinical information, e.g. “omics” data, telehealth parameters, etc. This session highlights some of these applications within healthcare research, and how future evidence could be generated using whole population-based IoT data, as opposed to the current method of sampling data, facilitating personalized (n = 1) medicine.

Dr Ravinder Singh Sachdev
Deputy Chief Medical Informatics Officer (CMIO) | Tan Tock Seng Hospital

Session 10

FM Research With Medical Students: The Singapore Experience

23 September 2017, Saturday 9.30am – 11.30am L1-S3

Synopsis

Family Medicine research is done by family physicians (FPs) on their patients and communities they serve. Research should increase knowledge and improve patients’ lives and communities which FPs serve. The Family Medicine (FM) Departments in all three medical schools in Singapore involve students in formal research programs, providing opportunities for students to collaborate with FPs in research. In the process, students learn about FM, research methodologies, data collection, data analysis, writing and presenting skills. This hands-on learning journey in family medicine research is a building block for students in preparation for when they become residents (most, if not all, FM Residency Programs include research as an essential component) and future leaders in FM. This symposium showcases family medicine research done by Singapore medical students, with respective faculty sharing their schools’ approaches to FM research training.

Professor Helen Elizabeth Smith
Professor of Family Medicine and Primary Care | Lee Kong Chian School of Medicine, Nanyang Technological University

Associate Professor Gerald Koh
Associate Professor and Director of Medical Undergraduate Education | Saw Swee Hock School of Public Health, National University of Singapore

Ms Isabelle Yoong Rui Wen, Mr Shawn Tan Lien Ler
Year 4 Medical Students | Lee Kong Chian School of Medicine, Nanyang Technological University

Ms Jaime Yee Jia Xuan, Ms Oen Qi Xuan, Kellynn, Ms Shannon Lee Xin Jing
M.B.B.S Phase III students | Yong Loo Lin School of Medicine, National University of Singapore

Dr Prawira Oka
Assistant Professor | Health Services and Systems Research, Duke-NUS Medical School

Dr Rahul Malhotra
Assistant Professor | Health Services and Systems Research, and Centre for Ageing Research and Education, Duke-NUS Medical School
**Session 11**

**Target Zero Harm – Improving Patient Safety In Primary Care**

23 September 2017, Saturday 9.30am – 11.30am L1-S4

**Synopsis**

“First, do no harm” is a foundational commitment of all in healthcare. This session explores important concepts in Patient Safety and how these can be applied in a Primary Care practice. Key discussion points include the place of culture and systems in the overall Patient Safety framework, important elements in a Patient Safety programme and how these are linked with the Governance and Improvement frameworks in the organization.

SingHealth Polyclinics is a group of nine physician-led, public sector Primary Care Polyclinics serving communities in the Southern and Eastern parts of Singapore. There is strong emphasis on chronic disease management and integrated systems-based practice. Patient Safety is a core organization priority, and “Zero Harm” is the focus of both culture and systems design.

**Dr Chow Mun Hong**
Family Physician, Senior Consultant and Director | Quality Management, SingHealth Polyclinics

**Dr Lim Hwee Boon**
Family Physician, Senior Consultant and Assistant Director | Quality Management, SingHealth Polyclinics

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**FAMILY MEDICINE SYMPOSIUM**

**Plenary**

**Obesity & Diet Management**

23 September 2017, Saturday 2pm – 3pm Auditorium

**Synopsis**

The aim for today’s session is to equip health professionals with emerging knowledge on obesity etiology and to manage obesity management - ranging from advice on diet, physical activity, medication, surgery and more. The speaker also aims to empower primary care doctors to be part of an all-rounded, holistic multi-disciplinary team; coordinating subsequent care, managing weight loss, weight maintenance and also aiming to improve the health outcomes for both children and adults as they journey towards healthy living in the community.

**Dr Tham Kwang Wei**
Senior Consultant | Department of Endocrinology, Singapore General Hospital

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**Clinical Update 1**

**Geriatrics – Ageing Well**

Ageing Population And The Shift Towards Value-Based Care – Role Of Primary Care

23 September 2017, Saturday 3pm – 4pm Auditorium

**Synopsis**

With ageing population, increase in complexity of care and rapid advances in healthcare delivery, healthcare cost is likely to escalate. Healthcare organisations need to move from sick care to health-care by focusing on population health and prevention, cure to care, disease to function, survival to quality of life and focus on value to patients. Better health is inherently less expensive than poor health. Incremental changes have had little impact, and there is a need to restructure healthcare. In the era of value-based care, primary care should be the key player. The key to innovation in primary care is understanding population behavioural and social needs, and to focus on the root causes of what makes them ill, not just treating the acute symptoms they present with. Innovation is needed in structure, organization and care delivery, not just in devices and medications.

**Associate Professor Reshma A Merchant**
Head and Senior Consultant | Division of Geriatric Medicine, National University Hospital

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**Clinical Update 2**

**TCM/Acupuncture – Pain Management**

Acupuncture In The Treatment of Pain

23 September 2017, Saturday 3pm – 4pm L1-S1

**Synopsis**

Acupuncture involves the insertion of fine filiform needles into the body to achieve therapeutic effects. It is probably the most well studied modality in Traditional Chinese Medicine (TCM). This talk will explore concepts of acupoints, mechanisms of action of acupuncture, current evidence for the use of acupuncture and how it can be integrated into one’s clinical practice.

**Associate Professor Kong Keng He**
Senior Consultant | Department of Rehabilitation Medicine, Tan Tock Seng Hospital
Clinical Update 3

General Practitioner Sharing – Medical Mission
23 September 2017, Saturday 3pm – 4pm  L1-S3

Synopsis
It is fashionable to do medical missions and it looks good on the resume for any aspiring doctor when applying for medical school or that elusive and prestigious residency position. What really defines a mission’s success is the lives impacted and changed. Next must be the sustainability of the program by the local population and how it connects to the global healthcare system of the country. What are some ingredients of a successful mission and what really goes on behind a successful execution of a medical mission?

Dr Leong Choon Kit
Family Physician  Mission Medical Clinic

Dr Wong Wei Teen
Family Physician and Deputy Clinic Director  SingHealth Polyclinics - Outram

Clinical Update 4

Psycho-Geriatrics – Dementia
23 September 2017, Saturday 4.30pm to 5.30pm  Auditorium

Synopsis
Singapore faces a rapidly ageing population. By year 2030, the number of Singaporeans aged 65 and above is projected to double, which means 1 in 4 Singaporeans will be in this age group. Locally, 1 in 10 people aged 60 and above have dementia. Along with the ageing population, this number is expected to grow.

Being at the frontline of care in the community, primary healthcare professionals are the first point of contact in detecting dementia and the behavioural symptoms associated with dementia. It is important for primary healthcare professionals to be able to recognise dementia and their mimics.

Medico-legal aspects in the elderly with dementia are also an area of growing importance which many primary healthcare professionals grapple with. Some recurring questions include: Can mental capacity be assessed in the primary healthcare setting? When should they refer?

In this session, we are honoured to have Dr Bharathi from Changi General Hospital share with us an overview of dementia, as well as medico-legal aspects in elderly with dementia.

Dr Bharathi Balasundaram
Consultant  Psychological Medicine, Changi General Hospital

Clinical Update 5

Sports Medicine
Overuse Injuries: Diagnosis And Management Principles For The Family Physician
23 September 2017, Saturday 4.30pm – 5.30pm  L1-S1

Synopsis
Overuse injuries are tissue damage which result from repetitive and cumulative trauma. They are activity and age specific accounting for up to 30-50% of all sports injuries. They form a significant proportion of the musculoskeletal complaints which physicians see in primary care. They range from chronic tendinopathies in adults to the stress fractures in adolescent athletes. Accurate diagnosis requires physicians to recognize the risk factors, anatomy and to employ relevant physical examination maneuvers. Management are often conservative with the use of physical therapy, orthotics and activity modification. Early recognition and treatment usually lead to a shorter course of the problem.

Dr Ng Chung Sien
Senior Staff Registrar  Changi Sports Medicine Centre, Changi General Hospital

Dr Soh Jian Yi
Consultant  Department of Rheumatology, Allergy and Immunology, National University Hospital

Clinical Update 6

Paediatrics – Fussy Eating
23 September 2017, Saturday 4.30pm to 5.30pm  L1-S3

Synopsis
Picky Eating is a common concern that begins in the preschool years. Healthcare workers are ill-equipped to handle this issue and often brush it aside, especially in the busy clinical setting. The speaker will discuss a directed approach to the consultation, counselling and management suitable for the few minutes the clinician or nurse has in a routine clinic. In addition, he will also review the common questions and myths parents field, which often pose difficulties to the healthcare worker trying to address them.

Dr Soh Jian Yi
Consultant  Department of Rheumatology, Allergy and Immunology, National University Hospital

Lunch Symposium by AMGEN

Long Term Management of Osteoporosis – How to Start and How to Continue?
23 September 2017, Saturday 1.00pm – 2.00pm  Auditorium

Synopsis
Osteoporosis is a chronic disease that affects the older persons. Osteoporotic fractures has great impact on the morbidity and mortality of the older persons and has a great impact on their quality of life. Screening patients at the appropriate time and instituting effective treatment early is key to enable the older persons for active living as long as they can. This session will discuss the individualised approach to the older persons with osteoporosis.

Dr Ang Seng Bin
Consultant Family Physician and Head  Family Medicine Service, KK Women’s and Children’s Hospital
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