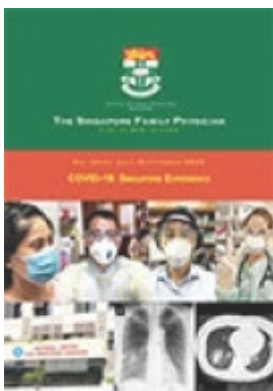


Sundays, October 2020
8.30pm to 10.30pm

Disruptions & Adaptations



A series of 4 webinars was successfully staged by the College in the Circuit Breaker (CB) period in April 2020 with an average of 400 doctors attending each session. The series Identified the enemies and our friends in the pandemic, explored the tension between being safe and being lonely, examined how to manage anxious moments and to live with the uncertainty. The proceedings are now published in the Singapore Family Physicians <https://www.cfps.org.sg/publications/the-singapore-family-physician/issue/188>

Past the CB period but still in DORSCON Orange, Singapore is still learning to adapt to the pervasive and intrusive disruptions to our lives and practices. A second series of four webinars would be staged each Sunday at 830 pm in October 2020, to address the present issues, reflect on the disruptions & how we have coped. We also examine both the state of the doctor and that of family practice.

4 Oct 2020



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The Present State of the Pandemic

- Disruptions of Epic Proportions
- Present State of COVID-19 Pandemic
- Economic Impact on Medical Practice & Nation

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- "Where Have All the Patients Gone?"
- Reinventing FM Practice
- Round Table: Family Practice Post-COVID-19

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Modulators & Facilitators:

**Cheong Pak Yean, Goh Lee Gan & Julian Lim with
Tan Yew Seng, Thirumoorthy, Tan Tze Lee, Wong Chiang Yin
& Wong Tien Hua**

- Click on the above icons to go to the respective info 
- Click on the CFPS logo top right of pages to return here 



Sunday, 4 October 2020
8.30pm to 10.30pm



COLLEGE OF FAMILY PHYSICIANS
SINGAPORE

COVID-19 RESILIENCE II: Webinar 1

The Present State of the Pandemic



Adj Asst Prof Tan Tze Lee
President, College of Family Physicians, Adjunct Assistant Professor at YLL SOM & Duke-NUS Graduate Medical School, Family Medicine (FM) Physician, Edinburgh Clinic

Opening Address - Disruptions of Epic Proportions

COVID-19, the worst public health challenge the world has faced since 1918, has devastated public health on a global scale.

This pandemic has caused disruptions of epic proportions in both the medical and economic health of the nation. The College staged a series of four webinars in April 2020 during the circuit breaker period. The proceedings have been published in a special edition of the Singapore Family Physician, the College Journal. In this first of our second series of four additional webinars, we will explore other aspects of these seismic events, and how we have had to adapt to overcome these challenges.



A/Prof Hsu Li Yang
Vice Dean of Global Health Programme & Leader of Infectious Diseases at NUS Saw Swee Hock School of Public Health, Infectious Disease Physician, Assoc Prof, YLL SOM NUS

Present State of COVID-19 Pandemic

We are currently in the 10th month of the pandemic, which continues to exert a tremendous impact on all aspects of human society and interactions. Although Singapore and much of the region has brought COVID-19 under control, the case count and deaths have increased in other parts of the world, including Europe and US where a winter surge is feared. Travel has and will remain severely curtailed for at least another year, while economies still struggle to adapt to interventions designed to limit interaction and spread of the virus.

The silver lining is that great progress has been made in vaccine development, and therapies are now available that can mitigate the clinical impact in ill subjects. COVID-19 interventions have also reduced the prevalence of multiple other infectious diseases in Singapore, although the record is mixed in other countries. It is plausible that this virus will eventually become yet another circulating endemic respiratory virus rather than being eliminated.



A/Prof Jeremy Lim
Associate Professor & Director of NUS Saw Swee Hock School of Public Health's Global Health Programme. He advises healthcare/ health tech companies on business strategy in Singapore and around the region

Economic Impact on Medical Practice & Nation

COVID-19 has ravaged multiple sectors and life will never be the same again. We in healthcare are not spared - whilst some practices have become very busy, others have seen patient volumes slow to a trickle. How should doctors be thinking about COVID-19 and its economic and practice implications?

In this discussion, A/Prof Lim will explore the economic impact of COVID-19 in healthcare and suggest possible responses to maintain practice viability.



Sunday, 11 October 2020
8.30pm to 10.30pm



COLLEGE OF FAMILY PHYSICIANS
SINGAPORE

COVID-19 RESILIENCE II: Webinar 2

State of Disruptions & Coping



A/Prof Goh Lee Gan
*Senior Consultant, Dept
of Family Medicine NUHS
& Director, Institute of
Family Medicine, College
of Family Physicians
Singapore*

On Coping & Making Progress

Come 11 October 2020, we, our families, and fellowmen would be under siege of the COVID-19 pandemic no less than 37 weeks and 3 days counting from 23 Jan 2020 when the first local case was diagnosed. We look back with amazement at the disruption this single strand RNA virus has caused to the world and us. But we are all coping and making progress.

The dormitory migrant workers' infections were the unexpected turn that made Singapore fall from being an exemplary success to a cautionary tale of fast spread in crowded dormitories. The infections have come down but still not quite over.

At the time of writing this abstract (12 Sep 2020) – the Singapore tally stood at 57,337 cases – with 27 deaths. The dormitory tally on 7 September was reported as “nearly 57,000 workers” out of the 300,000 workers (in April at the time of the lock-down). The SARS-COV 2 virus still lurks.



Dr Cyrus Ho Su Hui
*is a consultant psychiatrist
in Dept of Psychological
Medicine YLL SOM NUS.
He is also a certified
acupuncturist and has
interest in both western
and chinese medicine for
holistic psychiatric care*

Psychological Impact of COVID-19 on healthcare workers and coping strategies

COVID-19 is one of the most destructive pandemic outbreaks in modern history. Healthcare workers (HCWs) are the first line of contact with COVID-19 patients. The psychological stress and anxiety that HCWs face when caring for COVID-19 patients may affect their professionalism and motivation to work, and the psychological impact may extend years beyond its initial outbreak.

In my presentation, I will highlight results from our local studies that explore the psychological impact of the COVID-19 outbreak among HCWs and discuss strategies to enhance their mental well-being.

Reference:

http://www.annals.edu.sg/pdf/special/COM20043_HoCSH_2.pdf

Mental Health Strategies to Combat the Psychological Impact of COVID-19 Beyond Paranoia and Panic

Cyrus SH Ho, Cornelia YI Chee, Roger CM Ho

(continued on the next page)



State of Disruptions & Coping

Sunday, 11 October 2020
8.30pm to 10.30pm



COLLEGE OF FAMILY PHYSICIANS
SINGAPORE

...(continued from previous page)



Dr Ng Lee Beng
Senior Consultant, FM
and Continuing Care
Dept SGH; Adjunct Asst.
Prof; Duke-NUS Graduate
Medical School

Dancing with COVID-19: Staying safe after Circuit Breaker

During the COVID-19 crisis, the people of Singapore found themselves presented overnight with new rules and unfamiliar curbs on their behavior to slow the transmission of the virus. Non-compliance to basic health advisories may arise from fear and confusion, or ignorance, experienced by the layperson. This can be mitigated by adequate, timely education explaining the ‘whys’ behind the ‘whats’.

This includes education of non-medical hospital personnel, including health attendants and ancillary staff, who found themselves in the thick of the hospital response to the pandemic.

Simple and inexpensive measures that are everyone’s responsibility continue to be of utmost importance after the circuit breaker. Good understanding of the basis for these health advisories is key to reducing “COVID fatigue”, and ensuring continued self-led protection against a second wave of infection the ‘whys’ behind the ‘whats’.

Reference: On-line training resource

<http://www.cfps.org.sg/publications/the-singapore-family-physician/article/1543>

“Staying safe after Circuit breaker“ is a set of education materials that aims to educate the WHY behind WHAT everyone is supposed to do. Else it becomes just a game of cat and mouse - comply with the measures only when the enforcement officer is around.



Dr Julian Lim
FM Physician,
Newlife Family Clinic &
Surgery, College Council
member & past Programme
Director of MMed(Family
Medicine) College
programme

Public Health Preparedness Clinic (PHPC)

According to the “Phases of Disasters” framework, we have moved beyond the “heroic” and “honeymoon” phases and are now entering into the “reconstruction” phase, hopefully by-passing the “disillusionment” phase. In times like these, we need to return to our foundation in Family Medicine – with “Primary Care” and “Community” being the two being called to the forefront.

Personally, being a PHPC helped in mitigating the effects uncertainty, disruption and disillusionment during this pandemic. Unfortunately, burnout caused by data entry is a high price to pay. For those who are not yet a PHPC, do consider joining us as we adapt and “Reconstruct” for the future.

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State of Disruptions & Coping

Sunday, 11 October 2020
8.30pm to 10.30pm



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Dr Chng Shih Kiat
*FM Physician & Med
Director Raffles Medical
Clinics, Censor Board
Member, College of Family
Physicians, Adjunct Asst
Prof Duke-NUS GMS*

Migrant Workers' Dormitories

Family medicine doctors and primary care physicians are the most adaptable physicians in a changing and disrupting environment. The family physicians, supported by adequate resources, can be quickly mobilised to assist in crisis and can do an excellent job in it.

In the early days of the COVID-19 pandemic when cases and clusters were starting to emerge among the foreign workers and fears were rising in the community about the seemingly worsening situation in Singapore, MOH reached out to the private GPs and GP group practices to help in the effort to manage and contain the spread of the infection in the dormitories.

This is a short account of the challenges that the doctors and nurses faced during that time and how a tight working partnership with MOH and MOM eventually helped to bring the outbreak among the foreign workers under control.



Dr Vincent Tok
*is a family Physician in
Shalom Medical Group and
is actively interacting with
fellow family doctors in the
frontline to stay connected
in this time of COVID-19*

Connectivity in the Frontline

Connectivity is defined as the state of being connected or interconnected to the larger community. This talk explores the concept of connectivity and how it applies to the GP clinics that have been in the front-line fighting this pandemic.

Are we more connected now than in previous outbreaks/pandemics e.g. SARS, H1N1? How has this been achieved? Has this connectivity made a difference? Has it made us better informed & equipped to rise to the challenge? As a result of this increased connectivity, are we more resilient & resolved, better able to cope with the myriad problems - professional, administrative & social that this situation has brought on? How has it helped?

Finally, what lessons for the future can we draw from this experience?



Sunday, 18 October 2020
8.30pm to 10.30pm



COLLEGE OF FAMILY PHYSICIANS
SINGAPORE

COVID-19 RESILIENCE II: Webinar 3

State of the Doctor



**Adj A/Prof Cheong
Pak Yean**

*Internal & Family Medicine
Physician, Adjunct Associate
Prof, YLL SOM NUS & Duke-
NUS Graduate Medical School*

► It's Not a Sprint!

As the COVID-19 pandemic continues, the reality that our adaptation as doctors to this pestilence is not a sprint sinks in. The outbreak appears now contained in Singapore. Outside the pandemic festers on, with second and even third waves overwhelming the medical resources of affected countries.

The medical armamentarium remains primordial. Social and physical distancing impose communication and access barriers between doctors and patients. There is multifarious loss in our patients too with invidious psycho-social damages. Family structures are stretched, social connectedness strained. Economic losses escalate. Speakers in this series have counselled acceptance of and retooling for the 'new normal', to face our own loss with equanimity and that of our patients with compassion. It is thus better to frame our predicament as a marathon instead.



**Adj Professor
T Thirumoorthy**

*Duke-NUS Graduate
Medical School &
Academic Director, Centre
of Medical Ethics &
Professionalism SMA*

► The Doctor as the Therapeutic Agent in The Pandemic

In the times uncertainty and volatility of a pandemic of a new viral infection where there is an absence of effective therapeutic agent or preventive vaccine, we return to our Professionalism (mothership) to discover that the constant therapeutic agent when all else is missing is the physician – the physician has always been a therapeutic agent throughout the history and tradition of the healing science and art.

This presentation will discuss on how to revive and enhance the role of the physician as a healer and therapeutic agent using clinical skills, competencies, reflective practice, self and social awareness techniques.



Dr Tan Yew Seng

*Senior Consultant
Palliative Physician
Oncocare Cancer Centre*

► Human Dimension Attending to Loss

The COVID-19 pandemic presents a global situation of loss at multiple levels and across different dimensions. No one, including the GP, may be exempted from any loss. But apart from the GP grappling with his or her personal losses, patients also present to the GP with direct manifestations of their grief, or with clinical scenarios which are tainted by or are masquerades of loss and grief.

In this session, we explore how the GP may encounter situations of loss and grief and the role of the GP in attending to them. The fundamental ground for attending may be described by ABC: an Attitude of "not knowing"; Being present and Bearing witness; and Compassionate action. We shall also discuss the importance of mindfulness in sustaining these elements, and how mindfulness may be relevant at the consultation room. Finally, the session will briefly describe some specific techniques which may be helpful in addressing grief and loss.



Sunday, 25 October 2020
8.30pm to 10.30pm



COLLEGE OF FAMILY PHYSICIANS
SINGAPORE

COVID-19 RESILIENCE II: Webinar 4

State of Family Practice



Dr Wong Tien Hua
*Vice-President, College
of Family Physician &
Past President SMA, FM
Physician & principal
Mutual Healthcare
Medical Clinic*

► Overview: Where Have All the Patients Gone?

This year's Chinese New Year public holiday stretched over a three-day "long weekend" in late January. Singaporeans enjoyed the holiday season, spending time with family and friends, and many took the opportunity to travel overseas for a short break. The Coronavirus was already brewing in China and new cases had spread to neighbouring countries. The first confirmed case in Singapore was announced a few days earlier on 23rd January.

The quiet streets and relaxed atmosphere during the holiday weekend did not reflect the mounting anxiety and unease, especially for those of us in the medical profession. The seismic event first announced in Wuhan in late December heralded the coming Tsunami of cases on its way to our shores.

By March, more and more new Covid cases had started to appear in the community. Primary care facilities were busy handling both their regular patients and screening suspect cases, of which the definition of "suspect case" kept changing as the authorities struggled to keep pace with the evolving situation.

All this changed in April when the patient load dropped off suddenly, like falling off a cliff. Waiting rooms suddenly went quiet. GPs saw clinical cases drop to a fraction of what it was in the months before, and revenues dipped to below business sustainability.

A combination of reasons had resulted in this fallout, including the circuit breaker restrictions, policies restricting the movement of healthcare workers, and guidelines on handling suspect cases such as mandatory 5 days stay home medical certificates.

This segment takes a closer look at the factors that led to the precipitous loss of income for GPs, with many clinics facing existential threats to their livelihood.

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**Adj Professor
T Thirumoorthy**
*Duke-NUS Graduate
Medical School &
Academic Director, Centre
of Medical Ethics &
Professionalism SMA*

Reinventing FM Practice in The New Normal

The New Normal usually refers to changes that occur in Society after a major crisis where what was previously unusual or uncommon becomes the standard, usual, or expected. As a result of the COVID-19, there are many gross and minor changes to the practice of medicine which has been discussed in the earlier webinars.

In the presence of all these changes, we look for the familiar and constant from which we could rebuild an effective doctor-patient relationship and medical practice in the new normal. Revisiting the core of medical professionalism, we find the first principle of the Primacy of the Patient's welfare – the patient's interest being upheld above that of the physician's and other third parties. The first principle embodies the core of trust and confidence of patients and public in the profession and the healthcare system. In clinical practice this converts to Patient-centred medicine.

The presentation will share how Patient-centred medicine can be distilled to important skills and competencies. The discussion focuses on Patient centredness at the 4 different levels of practice namely at the Individual physician, the clinical Team, the Healthcare System and at the Professional organisation level.

Round Table: Family Practice Post-COVID-19



Adj Asst Prof Tan Tze Lee
*President, College of Family
Physicians, Adjunct Assistant
Professor at YLL SOM &
Duke-NUS Graduate Medical
School, Family Medicine (FM)
Physician, Edinburgh Clinic*



Dr Wong Tien Hua
*Vice-President, College
of Family Physician &
Past President SMA, FM
Physician & principal
Mutual Healthcare
Medical Clinic*



Dr Nelson Wee
*FM Physician,
Silver Cross Holland
Village, College Council
member & Associate
Programme Director of
MMed(Family Medicine)
College programme*



Dr Kenneth Tan
*FM Physician,
Kenneth Tan Medical
Clinic, Trainer,
MMed(FM) College
Programme*

REGISTRATION

COLLEGE WEBINARS
COVID-19 RESILIENCE II



COLLEGE OF FAMILY PHYSICIANS
SINGAPORE

Disruptions & Adaptations

Sundays, Oct 2020
8.30pm to 10.30pm

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4 Oct 2020
COVID-19 RESILIENCE II: Webinar 1

The Present State of the Pandemic

- Disruptions of Epic Proportions
- Present State of COVID-19 Pandemic
- Economic Impact on Medical Practice & Nation

Meeting ID: 952 1024 8022

Password: CFPS

Registration link: <https://cfps.zoom.us/join/register/tJEvdumqqjMqGNb-XRefIPqOgK6RSAOrCZmQ>

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18 Oct 2020
COVID-19 RESILIENCE II: Webinar 3

State of the Doctor

- It's Not a Sprint!
- The Doctor as the Therapeutic Agent in The Pandemic
- Human Dimension -Attending to Loss

Meeting ID: 985 2801 8875

Password: CFPS

Registration link: https://cfps.zoom.us/join/register/tJwodeGorzMiHdEB_b5NBYSL_5WVDTd7ht-G

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11 Oct 2020
COVID-19 RESILIENCE II: Webinar 2

State of Disruptions & Coping

- Psychological Impact on Singapore Healthcare Workers & Coping Strategies
- Dancing with COVID-19
- PHPC Clinic; Migrant Workers' Dormitories; Connectivity in the Frontline

Meeting ID: 938 1464 6394

Password: CFPS

Registration link: <https://cfps.zoom.us/join/register/tJcldu2uqjOpE9AKFz21tJ6dy6XrwU3s8edM>

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25 Oct 2020
COVID-19 RESILIENCE II: Webinar 4

State of Family Practice

- "Where Have All the Patients Gone?"
- Reinventing FM Practice
- Round Table: Family Practice Post-COVID-19

Meeting ID: 917 3958 8337

Password: CFPS

Registration link: https://cfps.zoom.us/join/register/tJUqdOCtpjMpGdORRMg7pVK7zASdigNGOv_z

Modulators & Facilitators:

Cheong Pak Yean, Goh Lee Gan & Julian Lim with

Tan Yew Seng, Thirumoorthy, Tan Tze Lee, Wong Chiang Yin & Wong Tien Hua

Free registration for all members of CFPS, SMA and Academy of Medicine, Singapore.

You may pre-register for one or more webinars by clicking on the "Registration link" above. A confirmation email for each webinar will be sent to your given email address after you have registered. To attend the webinar, simply click on the link in the particular email received. If prompted by ZOOM for email address, please key in the same email address used for registration.

Alternatively, you may use the unique meeting IDs and passwords given above on that day. ZOOM would still prompt you to register for admission in the following format:

- **First Name:** Your MCR Number - e.g. M12345X
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