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The FM ACP's main priorities include:

- coordinating care practices
- developing new models of integrated care

- promoting multidisciplinary and inter-professional care and learning
- supporting undergraduate and postgraduate medical education
- improving healthcare delivery and impact

We look forward to further transformation of patient care in Family Medicine through the work of clinician faculty and staff in FM ACP.

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## Family Medicine Review Course (FMRC) 2017

by Dr Poh Zhongxian Adrian, Dr Xu Bangyu, Dr Ong Chong Yau, Dr Taiju Rangpa, FCFP 2016-18



*the* 2<sup>nd</sup> Family Medicine Review Course was held on 20<sup>th</sup> May 2017 at the Academia, Singapore General Hospital. It marked an especially auspicious day for the community of Family Physicians, as it also coincided with the celebration of World Family Doctors' Day.

As the role of the Family Physician continues to evolve in the context of the local healthcare setting, it is imperative that we keep updated, and continually improve and equip ourselves. The Family Medicine Review Course provides such a platform and opportunity to learn and refresh, as well as to establish and strengthen fraternal ties both within the primary care community and our hospitalist specialist colleagues.

The 2017 edition of the Family Medicine Review Course was jointly organized by the College of Family Physicians Singapore (CFPS), Chapter of Family Physicians, Academy of Medicine Singapore (AMS), as well as the Department of Family Medicine and Continuing Care, Singapore General Hospital. We are also thankful for the support that we received from our sponsors.

The inaugural course in 2016 led by Dr. Wang Mingchang was a resounding success, and we had hoped to build upon the winning formula. This year, there were 240 registered participants for the course. Including the speakers and organizing committee, there were over 260 doctors in attendance that afternoon. We were very heartened by the overwhelming response to what looks to be one of the signature events on the local family medicine calendar.

The organizing committee is also very grateful and indebted to our advisors – Dr. Chng Shih Kiat (Chapter of Family Physicians), Dr. Low Sher Guan Luke (College of Family Physicians) and Dr. Ng Lee Beng (Fellowship Program Director) – for their unwavering support and guidance over the 6 months of preparatory work leading to the day of the course.

This year, we were particularly excited over what we thought was a tantalizing scientific program lined up for the afternoon. The plenary sessions included topics concerning the emerging local healthcare challenge of Frailty in the field of Geriatrics, to exploring frontiers in the realm of Treatment

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Resistant Hypertension in the field of Cardiovascular Medicine. There were also 2 parallel symposiums covering pertinent primary care topics in Pediatric Medicine, Pediatric Surgery, Hematology and Gynecology. We were also very privileged to have an august panel of speakers who were distinguished and highly accomplished in their sub-specialty field.

It is fitting that the organization of such a course is entrusted to Family Medicine Fellows in training every year – as it embodies the spirit of paying it forward. This ‘rigors’ of course organization represents an indirect contribution to the community of family doctors where we also belong, and a commitment to our patients as we seek to be better for their sakes.

The betterment of medicine takes place in the consultation, in the lab, in clinical trials, in medical education and in helping one another grow as physicians. Our nation and all who reside in Singapore will be better, when we are all better collectively as family doctors. As we pursue higher ground in the current healthcare transformation and the evolving definition of the role of the family physician, we need to help one another along so we can all contribute in singleness of heart and mind. The whole is greater than the sum of all its part.

### *Dr Xu Bangyu*

I have learnt the importance of teamwork and coordination in the planning and execution of the review course proper. Recognizing and appreciating the strengths of every individual fellow trainees, synergistic outcomes can be achieved when we learnt to tap on and integrate each other strengths and concerted efforts. Unexpected events can still occur despite all the numerous preventative measures installed in place. During one of the break-out sessions, the speaker had requested for another set of her presentation slides to be used instead. As the chairman rushed to retrieve the correct presentation slides from his laptop, I calmly approached the speaker and retrieve the correct one from the thumb-drive. This tiny hiccup lasted only for 1 minute. By staying calm and providing support to one another, unexpected events can be managed expectantly as well!

The successful outcome of the Family Medicine Review Course 2017 is the fruit of the team work of all the

The FCFP class of 2016-2018 is better and wiser from the experience we have gleaned from the preparation, as well as from the lectures of the 2nd Family Medicine Review Course. In particular, the preparatory journey over the past 6 months in preparing for the course has drawn us closer as a class, and has also shown us how all our strengths and weakness complement one another. The whole is greater than the sum of all its parts. Synergism has many applications. Indeed, in many aspects of medicine too.

Learning never stops. It stops because we stopped looking, asking and reflecting. I believe we grow better as doctors, when we grow as a person. May we seek to be better, that our patients may be better.

Below is a collection of reflections and learning points from ‘various parts’ of the FCFP 2016-2018 mechanism, as we recount our journey. May it also inspire you to catch on the flame and join the fray to contribute in our own small way in moving Family Medicine in Singapore onward and forward, as we aspire to push frontiers and discover new horizons.

fellowship trainees, the CFPS administrative staffs and the various experienced senior trainers from the fraternity of family medicine. From the planning of the program line-up to the logistic preparation to the running of the review course, everybody’s contributions are like the numerous jigsaw pieces which when put together collectively produces a beautiful jigsaw puzzle. The Family Medicine Review Course provides a platform to allow Family Physicians to upgrade their skillsets and also to lead by example, encouraging and aspiring the next generation of Family Medicine trainees to constantly upgrade themselves so as to provide the best holistic patient-centered care for our patients. As the Chairperson for the main plenary session, I have learnt that it is important to be able to correlate the topic covered by our esteem Specialist speaker back to the family medicine-orientated perspective, thereby allowing the Family Physicians to be able to integrate this new skillset acquired from the review course to provide better care for our patients.



## *Dr Ong Chong Yau*

It would not have been done without a joint effort of the whole cohort of trainees. At the very beginning of the fellowship program, a group of three trainees has been assigned. I must say that to have Adrian as the chief of the organizing committee is a blessing. We have started the allocation of duties with appointment of subcommittees very early about nine months ahead of the estimated day of the review course. I was assigned to be in the scientific committee with Sai Zhen and Taiju. Together with Adrian, we had several discussions on the topics to be included in the FM review course. Because of the scarcity of the time allocated to each speakers, we needed to be specific in choosing the emphasis of the topics- update, approach, diagnosis, or management. Family medicine being a specialty with broad coverage of disciplines made the choice of topics virtually unlimited! The scientific committee has suggested over 50 topics after consideration of the importance of the topics to current date and the relevance of the topics to practice.

## *Dr Taiju Rangpa*

This was a good learning process in organizing a large conference. Such course has to be well planned with good distribution of manpower so that each does his or her part of the work and collaborate for a successful outcome. Teamwork was very nicely demonstrated amongst our batch mates as we coordinated with each other and the support staff from the college. We also got to know each other better during the process. This bonding will help us for future family medicine

The relevance to practice is another challenge as family physicians works in different settings. After the shortlisted topics were made, we discussed on the most important emphasis to each topic that would possibly benefit our heterogeneous audience. After agreeing with the final six topics ourselves, we discussed about the potential speakers for the topics. We submitted our draft of topics to the two supervisors Dr Luke Low and Dr Chng Sher Kiat. Reply from supervisors representing the College of Family Physicians Singapore came rather fast. We have made few rounds of changes after receiving suggestion from the supervisors before finalizing the topics and speakers. The six topics were divided into one combined plenary session, one pediatrics track and one gynecology-hematology track. We were again lucky that the six speakers were keen and able to deliver their expertise on the topics on the chosen date of FM review course.

endeavours. As the chairperson for the paediatrics track, liaising with the paediatric speakers was a good learning process. As our learning goals in family medicine may be different from the hospital based paediatricians, there is a need to guide the speakers what is expected from their teachings to general practitioners in the review course. Moving forward, we should organize more such courses as it benefits all in the family medicine fraternity.