

# CONTENTS

- 01** *Cover Story*  
FEELS LIKE HOME
- 02** *Editor's Words*
- 05** *Report*  
COPD, IT'S OUT THERE!
- 06** *Lifestyle*  
INTERVIEW WITH BEHRAD GORGANI
- 10** *Event*  
INTIMACY AND SEXUALITY WORKSHOP 2019  
MIND BODY INTEREST GROUP
- 12** *Report*  
THE DEVELOPMENT OF GEOGRAPHICALLY-BASED SGH COMMUNITY NURSING IN SINGHEALTH (SOUTHEAST) REGIONAL HEALTH SYSTEM
- 14** *President's Forum*  
PRESIDENT'S COLUMN: "THE YOUNG DOCTOR SHOULD LOOK ABOUT EARLY FOR AN ..."
- 15** *Invited Article*  
THE GDFM PROGRAMME
- 18** *Interview*  
Q&A WITH MMED(FM) PROGRAMME DIRECTOR & ASSOCIATE PROGRAMME DIRECTOR
- 19** *Interview*  
Q&A WITH FCFP(S) PROGRAMME DIRECTOR THE IMPOSSIBLE WITH COLLEGE SECRETARIAT
- 21** *Interview & Invited Articles*  
THE JOURNEY TOWARDS THE MMED(FM) & FELLOWSHIP
- 24** *Invited Articles*  
USE OF CODEINE-CONTAINING COUGH MEDICATIONS IN CHILDREN
- 30** *GEP (FPSC #78)*  
CHRONIC DISEASE MANAGEMENT
- 31** *GEP (FPSC #79)*  
GERIATRIC CARE
- 32** *FPSC #80*  
LIFE-COURSE IMMUNIZATION - VACCINATE FOR LIFE SERIES

Published by the **College of Family Physicians Singapore**  
College of Medicine Building  
16 College Road #01-02, Singapore 169854  
Tel: (65) 6223 0606 Fax: (65) 6222 0204  
GST Registration Number: M90367025C  
E-mail: [information@cfps.org.sg](mailto:information@cfps.org.sg)  
MCI (P) 120/09/2017

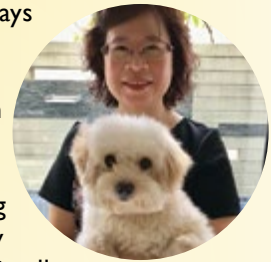
Articles represent the authors' opinions & not the views of CFPS unless specified.  
Not to be reproduced without editor's permission.

## Behind the byline...

Meet the team behind this exciting issue!

### Dr Rose Fok

Rose's priority has always been her family. She thanks God for the privilege to bring them up and now... their 2-year-old dog Momo! She believes in life-long learning and constantly strives to do her best in all that she does.



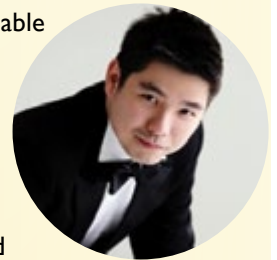
### Dr Tan Eng Chun

Eng Chun believes there is a season for everything in life. For this season, he is busy homeschooling his four adorable children and thanking God for the opportunity to be actively involved in their growing years. In his free time, he enjoys running, travelling to historical cities, and reading books by his favourite writers JRR Tolkien and C S Lewis.



### Dr Terence Tan

Dr Terence Tan runs Enable Healthcare, providing clinical solutions and services. He has a strong interest in musical instrument and artisanal crafts. In his spare time, he plays and builds guitars. (Feel free to contact him at [terence@guitarbench.com](mailto:terence@guitarbench.com))



### Patricia Cheok

Not the most diligent of ukulele learners, but here is me playing "Happy Birthday" for my father earlier this year (it's the only song I can play on the ukulele so far!)

