

# Reflections from Family Medicine Review Course (FMRC) 2019

by the Trainees of FCFP(S) 2018-2020



FMRC made me learn so much that it cannot be fit into four lines. In summary, the resilience of the human spirit trumps all difficulties, especially when appropriately motivated. Secondly, one needs to be the change one wants to see, especially in the field of chronic diseases like Diabetes.

Thirdly, the Family of FMRC has come together, together with the Families of FM (like my dear wife Sally) to host and make the event a success.

*Dr Yee Wenjun Gabriel Gerard*

When planning FMRC, I didn't expect it to morph into the excellent event it turned out to be. The addition of the audience feedback system, the usage of a website for registration, having the audience to inject themselves with insulin pens and having a good mix of pharmacological and nonpharmacological lectures was a result of the team effort of this fellowship batch. Well done class!

*Dr Meyappan Meykkumar*

There was never a dull moment in FMRC and I was kept on the edge of my seat most of the time. I have learnt that the use and coordination of interactive IT polls, hands-on sessions such as insulin injections, and most importantly allowing the audience to walk into the shoes of the patients, and feel what they feel, truly made the difference.

*Dr Tan Khai Wei*

As one of the co-organisers, it was fulfilling to see the fruits of our labour after months of planning and encouraging to see the class work together as a team on the day itself. The event was engaging and enriching and I believe many of the participants came away with new knowledge and perspectives on DM. Well done all!

*Dr Tan Hsu-Chen Andrea*

Organising the FMRC required months of planning so that everything went as planned on the day. Effective time keeping helped speakers keep to their allocated time so that subsequent speakers could also start on time. Including buffer time such as the tea break allowed for overruns. Feedback from audience members would have been useful.

*Dr Ngu Haidee*

The choice of the theme was timely as the war against diabetes wages on. The speakers chosen collectively refreshed in our minds the need for a multipronged approach to managing this lifestyle illness. It was encouraging to appreciate that we now have a formidable arsenal of medication with which to deal with hyperglycemia, but all the more gratifying is that medication is not the only weapon we have - the art of practice, from influencing to coaching, dietary awareness to psychological and social stimulants is just as important and effective in this day of increasing digitization, connectivity and patient activation.

*Dr Chung Wai Hoong Irwin*



FMRC was truly an excellent event and kudos to my classmates who spearheaded the organisation. It was a good opportunity to learn from both family medicine experts as well as specialists about updates in this hot topic of diabetes. The topics were interesting and varied and speakers engaging. Glad to have been there!

*Dr Muhusin Aysha Reema*

I could see the amount of effort my classmates made in organising the FMRC, and it was a huge task that was well accomplished. I was glad that the audience found the course interesting, useful, and how the speakers used different techniques to engage the audience. It is an honour to be in the same class as the organising committee and see their hand work bear fruit. Well done!

*Dr On Todd*

It was a very relevant course for the family physicians who are at the front line managing patients with diabetes. I was extremely impressed by the passionate speakers who provided practical tips for the doctors, as well as the organising team who coordinated the practice equipment, choice of topics and other logistics. I am glad that I had the opportunity to help out at this FMRC as part of Fellowship class of 18-20.

*Dr Chong Wee Min Justin*



The FMRC was an amazing experience in many ways. I appreciated how our fellowship batch was able to come together and work together as a batch under the guidance of our organising committee. We got the opportunity to know fellow batch mates better and built cohesiveness as a batch. So kudos to our organising committee for embodying the spirit of teamwork! I also appreciated the chance to further our knowledge of diabetes, the speakers offered a biopsychosocial approach to managing diabetes which serves us well as family physicians.

*Dr Chiang Shu Hui Grace*

My first thought when I stepped into the venue was 'Am I at the right place?' because the whole venue was set up very professionally. It is truly amazing what the organisers have managed to accomplish as this was their first time organising such a big event. Good job to the organisers and all my fellow batch mates!

*Dr Quek Si Min Ginny*

(continued on Page 16)

(continued from Page 13: Reflections from Family Medicine Review Course (FMRC) 2019)

Certainly, organising a big event such as Family Medicine Review Course is an eye opener. I only play a small part in this event which makes me appreciate and learn from the main organising batch mates a lot more for their effort, responsibility, selflessness, team spirit and time. As for myself, I guess I will be a better usher if there is such an opportunity next time. In short, this has benefited everyone.

*Dr Tey Cheng Hwee Joyce*

FMRC 2019 was an excellent event. Topics discussed included both pharmacological and non-pharmacological management of diabetes which made the event very informative and relevant to family physicians. After months of planning, it was heartening to see the participants enjoying the event. This would not have been possible without the support of all my batch mates!!!

*Dr Sebastian Amith*

It was evident that lots of thought, time and effort have gone into the planning and organising of the Family Medicine Review Course 2019, so kudos to the organising team for leading the class to achieve such a feat. I'm sure many of the participants enjoyed the engaging sessions and gained a lot of new insights with regards to the holistic management of diabetes in primary care.

*Dr Yuen Sok Wei Julia*

Helping to plan a large scale educational event for fellow colleagues was an interesting challenge. Especially in identifying topics that would interest the audience. It also gave new insights into engaging and working with multiple stakeholders. It was an honour to be able to plan this event.

*Dr Lin Shijun Cheryl*

Organising FMRC 2019 allowed us to appreciate first-hand the efforts and challenges faced in planning a successful large scale CME. The effort and care to detail of the committee was evident throughout the course as an exhaustive array of topics were covered. Thanks too to our knowledgeable esteemed speakers who were engaging and passionate.

*Dr Cheah Ming Hann*

FMRC 2019 was a resounding success.

This was the feedback my residents and colleagues who attended it gave.

This success could not have been possible without the collaborative effort of the entire batch and the organising committee led by Gabriel and Meykkumar. The participants also shared that the topics were well-chosen as they were highly relevant to Family Medicine and they were impressed with the smooth flow of the event.

*Dr Zheng Lifeng*



## Experience Beautiful NZ!

Enjoy the great outdoors and the unique Kiwi lifestyle. NZLocums is New Zealand's only government-funded General Practitioner recruitment agency.

### We can offer:

- Practices in beautiful locations across NZ
- Personalised, streamlined recruitment service
- Medical registration support
- Accredited orientation course upon arrival.

Contact us to find out more!  
enquiries@nzlocums.com | www.nzlocums.com