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CM:
So Angela, what inspired you to start Intimacy coaching practice? Tell me more about this, how long since you set it up etc

AT:
As a life coach, I often have to work with clients with relationship issues, and these are coupled with physiological sexual issues as well. I saw that by further my training in sexual health I will be able to help my clients better. Also in the family practice setting, it is common to have patients with sexual issues that is not spelt out as the presenting complaint.

Previously, I did a search for people with expertise in this domain but realised there is very limited support locally. And that prompted me to get myself trained and start a practice as such.

I officially set up the practice after obtaining my fellowship with ESSM last year.

CM:
Thank you for sharing with us your special journey as a family physician. I understand you and your husband are expecting your first child in February 2019. We wish you and your family all the best and safe delivery!

■ CM

Quo Vadis Cancer Survivorship Training

Interviewed by Dr Fok Wai Yee Rose, MCFP(S), Editor (Team A)

Cancer survivors are increasing in numbers, thanks to the capabilities of modern healthcare technology. There is a need to involve the primary care physicians (PCPs) to play a big role in caring for this group of people. NCCS (National Cancer Centre Singapore) has planned a Cancer Survivor Care Outreach Programme for PCPs. College Mirror interviewed A/Prof Goh Lee Gan, Director of the Institute of Family Medicine, College of Family Physicians Singapore for his views.

College Mirror (CM):

Hi A/Prof Goh, thank you for supporting our National Cancer Centre Singapore (NCCS)'s education outreach to Primary Care Physicians (PCPs) and for accepting the College Mirror invitation for an email interview.

A/Prof Goh Lee Gan (GLG):

Thank you Rose. It is my pleasure.

CM:

What do you think about the importance and relevance of community cancer survivorship education?

GLG:

Cancer survivorship is the next Cinderella in medicine, meaning that just like the fairytale Cinderella – Cancer survivorship as a subject of medical importance went through undeserved neglect and is about to spring into significance in our day-to-day practice. I am happy to see that NCCS is taking a lead in connecting cancer care with the primary care provider community.

As Dr Chng Joo Wee has pointed out in a recent editorial in the Annals of Academy of Medicine Singapore: "Patients with cancer today are doing better than they ever have been in the past... Indeed, cancer is no longer a death sentence for most, and some declare that it is the new chronic disease."^[1]

But cancer survivorship is also not plain sailing. The patient may not be perfectly well and there is a need for developing a multidisciplinary care team to take good care of them.

CM:

Would you like to share with us how cancer care education has evolved from Prof John Wong's conversation with you in the 1990s till now?

GLG:

Yes. I remembered Prof Wong visiting me in the then Department of Community, Occupational, and Family Medicine (COFM) located at level 2 of NUH building. He was ahead of his time. He saw the importance of getting the PCPs involved in cancer care. That was more 30 years ago. The general wisdom is a good idea takes a generation to bear fruits.

Cancer care education progressed from disease therapy and care of patients from the effects of cancer and the effects of therapy as well. Those of us who have been clinicians for some decades also learnt from our patients first-hand the joy, trials and tribulations as they journey beyond snatching them from the jaws of death.

A teacher of mine lived some forty years after his NPC was successfully treated with radiotherapy. He lived on to teach generations of doctors. Then the late effects of radiation therapy set in and he struggled several years with that.

CM:

How do we go about upskilling the PCP to meet the challenges of complex care like in cancer survivorship?

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GLG:

I am very happy to see NCCS has taken leadership in developing health literacy and clinical skills amongst PCPs. Thanks to Dr Soong Yoke Lim and you, Rose as key players in this.

I can see you folks have thought deep and systematically how your team has planned to teach cancer survivor care to our PCPs. Four skills courses to cover the whole scope of cancer survivorship care. And, just to recap: (1) Breast & gynaec cancer; (2) Lymphoma, leukemia; (3) Gastrointestinal

cancer; and (4) Lung, NPC, Prostate, Germ cell cancers. Wonderful.

CM:

Thanks once again for your support of NCCS' PCP Cancer Survivors Outreach Programme.

REFERENCES

Chng WJ. Cancer in 2019 - Progress and Challenges - A Perspective. *Ann Acad Med Singapore*. 2019 Feb;48(2):45-47. PubMed PMID: 30926975.

■ CM

Chapter of Family Medicine Physicians, Academy of Medicine, Singapore — *Why Bother?*

by Dr Ong Chong Yau, FCFP(S), Associate Consultant, SingHealth Community Hospitals

It was a rainy Saturday afternoon. After I handed over my daughter with HFMD to my wife who had to prematurely leave her lung cancer conference, I managed to cross the Causeway to attend the AGM of the Chapter of FM Physicians, Academy of Medicine, Singapore (AMS). Upon arrival I was warmly received by Mr Joseph Kerk our Executive Director, A/Prof Lee Kheng Hock our Chapter Chair, and the rest of the FM family (see photo). I was told by the senior household members that we should be thankful to be able to hold FM meetings in the AMS.

It has been four years since the momentous milestone that was the forming of a Chapter of Family Medicine Physicians. It signifies our acceptance as peers by our specialist colleagues. It is the fruit of labours our FM family put in over the past four decades.

Why the need for this Chapter when we already have the CFPS? Why need FAMS when one already holds an FCFP(S)? Joining the Chapter goes beyond getting the five-letter title and becoming \$800 poorer. There is a greater good



and objective to advance FM as a specialty in Singapore, and to promote interdisciplinary medical education in FM.

I went home comforted that I had not wasted my six hours. I have learnt to appreciate the need for spending some time planning and systematically showing forth the good work that FM have done for the health ecosystem in Singapore through the Chapter. We have come so far and we need to keep going further.

For those with FCFP(S) who are eligible, do join the Chapter to make your voice count and be part of the fraternity striving for the good of Family Medicine. The Chapter will be holding the Annual Tea Party for newly graduated CFPS Fellows on 31 August 2019 at Singapore Atrium Orchard Road. All the best in advance to our fellowship candidates and see you there!

I will end by echoing the words of the Chair of the Chapter of FM Physicians: "***We can do [much] together as like-minded colleagues, passionate about moving Family Medicine forward.***"

■ CM