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Primary Care in a Pandemic

by How Jin Wei (NTU Lee Kong Chian School of Medicine) and Eugene Tan (NUS Yong
Yoo Lin School of Medicine)

On behalf of the Family Medicine Extravaganza 2021 Organising Committee

After a year's hiatus due to the Covid19 pandemic, the annual Family Medicine Extravaganza saw a return in the virtual space in the form of a Zoom webinar. Jointly organised by the Joint Committee of Family Medicine Singapore (JCFMS) and medical students from the NTU Lee Kong Chian School of Medicine, NUS Yong Loo Lin School of Medicine, and Duke-NUS Graduate Medical School, the 7th run of the Extravaganza expounded on the unique position of family medicine being the bridge between the community and healthcare with aptly themed 'Primary Care in a Pandemic'. An evening aimed to reflect the local impact of the global pandemic on primary care, participants tuned in on the 29th of January on their devices from all across Singapore to this enriching Extravaganza of personal sharing and informative discourse.



Our speakers, (Clockwise) Dr Dale Lim, Dr Angela Tan, Dr Loo Yuxian and Dr David Ng shared about their experiences.

Opening the event, Dr Dale Lim set the tone for the evening with a call back to the days at the start of the outbreak; from the first case on local shores, on to his own experience setting up and adopting outdoor consultations, Dr Lim showed us what it truly meant to be working on the frontlines. His sharing of the rapidly evolving situation and his own experience with Covid19 cases set a precedent of what it meant to be an adaptable and vigilant physician, to think ahead of the curve and anticipate what will come next.

Dr Angela Tan continued on the theme, speaking on the impact on home care services. Despite only a video feed, her passion for the homebound patients

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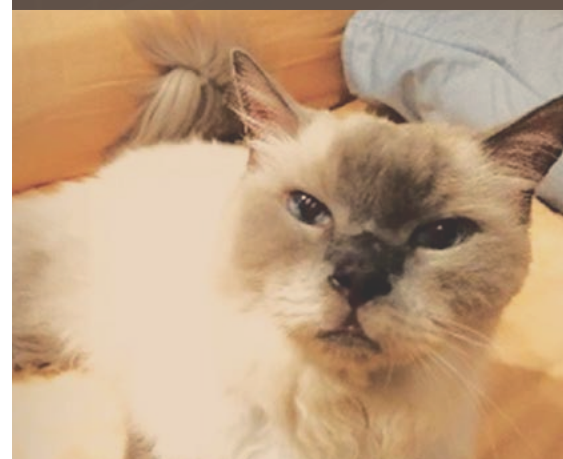
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FAMILY PRACTICE SKILLS COURSE

Chronic Disease Management 2021 Update

The College of Family Physicians Singapore would like to thank the Expert Panel for their contribution to the Family Practice Skills Course #89 on "**Chronic Disease Management 2021 Update**", held on 30-31 Jan 2021.

Expert Panel:

A/Prof Goh Lee Gan
Dr Tan Seng Kiong
Dr Benjamin Lam
Dr Joanna Leong
Dr Desmond Wai
Dr Rohit Khurana

Chairperson:

Dr Jason Chan
Dr Kenneth Tan

(continued from Cover Page: Primary Care in a Pandemic)

was tangible, and many participants were greatly touched by her sharing on how simple changes can lead to drastic impact on the patient's life.

Looking ahead, Dr David Ng highlighted how the rapidly evolving medical landscape was able to tackle various considerations in the pandemic through telemedicine programmes. He shared on the existing schemes within our local landscape, and showcased telemedicine's role in complementing the care for certain groups of patients. While the personal touch of face-to-face consultations still remains a cornerstone of family medicine, it was heartening to learn about the positive impact this had on our patients' lives.

Last but not least, addressing a recurring question from the past years, participants were brought through the various pathways to becoming a family physician by Dr Loo Yuxian. Dr Loo's simple diagrams demystified the various routes one could undertake to become a primary care physician, as well as further training options that are available.

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◀ Our esteemed panelists, and our emcee Tangming facilitating the discussion.

▼ Our lucky draw winners with their brand-new stethoscopes sponsored by College of Family Physicians Singapore (CFPS).

The second segment of the Extravaganza saw a lively discourse between the programme directors, residents, and trainees of various programmes in the form of a panel discussion. The wide selection of esteemed panellists hailed from the National Healthcare Group, SingHealth, National University Health System residencies, and the College of Family Physicians. This year's panel discussion drew on the advantage of a webinar in addressing the attendee's questions, whereby participants were able to poll questions and hear their highest voted queries be fielded by the panel. Despite the limitations of video conferencing, the discussion saw light-hearted, candid, enlightening responses, from delving into sharings of trainees' personal experiences, to frank answers to hotly pondered speculations surrounding the speciality.

The evening concluded with a lucky draw event, sponsored by the JCFMS. The organising committee would like to thank our esteemed speakers and panellists for taking time out of their busy schedules to grace our event, as well as the support of the JCFMS in the successful conduct of this year's Extravaganza. We hope all participants were able to take away a little something for themselves!



images courtesy of DGMS NUS

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Telemedicine in SingHealth Polyclinics during the COVID-19 Pandemic

by Dr Emily Lee, Family Physician, SingHealth Polyclinic's Remote Care Workgroup Deputy Clinical Lead

Contributions from: Dr Gary Kang, SingHealth Polyclinic's Remote Care Workgroup Clinical Lead, and Dr Gilbert Tan, SingHealth Polyclinic's Remote Care Workgroup Chairman & Clinical Services Lead

With the advancement of technology and increasing digitalisation of health services, the practice of medicine has significantly changed in the last 20 years. 'Telemedicine' is used interchangeably with 'Telehealth', which refers to the systematic provision of healthcare services over physically separate environments via

Information and Communications Technology. It consists of four main domains: Tele-collaboration; Tele-treatment; Tele-monitoring and Tele-support. Video Consultations fall under Tele-treatment, where healthcare professionals and patients/caregivers interact remotely for the purposes of direct clinical care.

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