

(continued from Page 9: A Day in the Life of a Homecare Doctor)

a) patients and their families are worried about going to the hospital due to visitor restrictions and isolation protocols. This is not ideal for the patient and caregivers as there is a concern that the patient will die alone.

b) I have to wear PPE in the patient's home which may have poor ventilation and have a fan at the very best, unlike a clinic/hospital where ventilation is better.

**CM:** Are there any memorable stories to share from your time working as a homecare doctor?

**LJX:** a) The love and bonding between family members, for example, my 108-year-old patient who still worries about her son who is 88 years old, as he has ill health from chronic diseases

b) Family members cooking for me or preparing food for me each time I visit them

c) A husband and wife (in their 80s) whom I saw regularly (from chronic disease to diagnosis of cancer to their demise at home). I was invited by their daughter to give a talk to other residents at a Resident Committee meeting.

d) The many gifts and cards from the family members of deceased patients to thank me for walking the last journey with them.

**CM:** Any pearls of wisdom for our readers who are interested to do homecare?

**LJX:** a) Train well in family medicine, palliative medicine and geriatric medicine.

b) Must enjoy driving around.

c) Must be ok with unpredictable hours (24/7 standby). My family members always say I am addicted to my phone as I am on it most of the time)

d) Must be good with multitasking (using the car GPS, driving, taking a call from a pharmacist/nurse/patient/family member while Whatsapp messages beep in the background (from a nurse/patient/family member)).

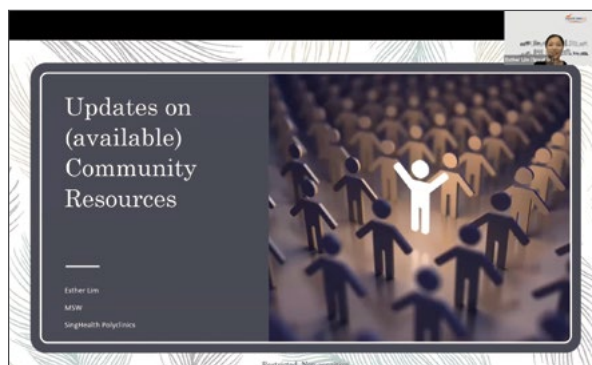
Thank you, Dr Lai, for your time and your inspiring sharing with all of us.

■ CM

## Reflections from Family Medicine Review Course (FMRC) 2021

by the Organising Committee, FMRC 2021, Trainees of FCFP(S) 2020-2022

This year's Family Medicine Review Course is titled: Navigating the New Normal in Primary Care: Key Updates and Practice Pearls. It is jointly organised by the Chapter of Family Medicine Physicians (Academy of Medicine) and the College of Family Physicians Singapore, and this will be the first time the FMRC will be conducted via a virtual platform in view of the current pandemic. The COVID-19 pandemic has evolved to be an important health and social care crisis globally. Even as Singapore takes cautious steps with strategies aiming to further contain the infection, it is important for Family Physicians to remain relevant going forward while caring for our population through these challenging times.



In this edition of the course, we endeavoured to bring an exciting variety of topics including updates on National Immunisation Schedule and subsidies, availability of community resources for our patients, recognising tricky ECGs in daily practice and management of obesity.

The course also coincides with the celebration of World Family Doctor's Day (WFDD), and we thank all of our participants, frontliners and Family Physicians for their tireless contributions during this pandemic. We also want to thank our advisors and faculties, as well as Joel from College of Family Physicians for their support and guidance over half a year of preparation leading to the course.

FMRC 2021 was an amazing experience for me. Due to COVID-19 event restrictions, we faced the dual challenge of taking up the torch of organising a reputable event, and transiting it to an online-format, both for the first time. It was clear to me this would not be possible without the excellent teamwork and collaboration. We planned the program topics, discussed the logistic challenges, found solutions collectively and were working together to provide this exciting and practically relevant line-up of lectures. It was truly heartening to see the overwhelmingly positive response from audiences on the day itself. Well done all!

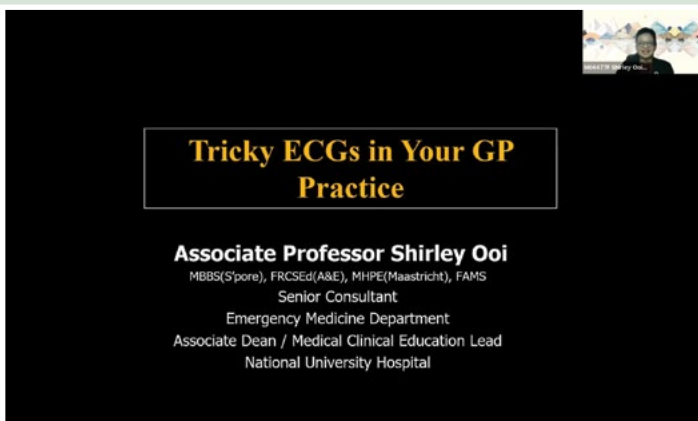


*Dr Alexia Zhu Yujin*

Helping to plan the first virtual FMRC with my peers was indeed a challenge. The topics had to be curated from an extensive range of subjects in particular so as to provide our audience with an engaging and enjoyable experience. We are indeed very grateful for the kind assistance from our esteemed speakers from both the primary care and specialist fraternity, who had taken their time off to share with us their knowledge and valuable experience. It was an honor to work alongside the team and speakers to bring this course to our friends and colleagues in the primary care community.



*Dr Alon Tan Tat Hao*



Planning for the FMRC this year was challenging as all communication and planning was done virtually and not in person. The COVID-19 pandemic had made planning for the FMRC different from the previous years. The event itself was virtual over Zoom and had no face-to-face interactions. However, it had a good turnout for the number of participants and the event was made very interactive despite being done virtually. The variety of topics, with speakers from different backgrounds, had received good feedback from the participants. Not only was knowledge passed on to the large audience of Family Physicians and General Practitioners, the hosts and co-hosts of FMRC, including myself, did learn a lot from the useful talks. Fervently, this knowledge will then benefit our patients in the community in Singapore.



*Dr Clarence Chiang Swee Kiat*

Planning the FMRC 2021 was an interesting experience, especially with a global pandemic going on. It was challenging to find topics that were relevant, informative and not too exhausted in this climate. It would not have been possible without excellent teamwork amongst the organising committee members and coordination by our wonderful chairpersons. It was heartening to see that the FMRC was well received. All in all, I am grateful that I was given an opportunity to partake in organising this annual event.



*Dr Candice Lee Wei Zhen*

Planning the FMRC during a pandemic was challenging because during the months leading up to the conference, it was difficult to predict what the situation would be like during the conference itself. Eventually when it was decided to hold the conference on Zoom, my classmates and I needed to understand what the Zoom platform was capable of (for example, the number of participants allowed, sharing screen, host rights, setting up of polls) and then to communicate this with the speakers. It was very encouraging to see the active participation in the polls and over the Zoom chat during the session! Organising this virtual FMRC taught me the importance of teamwork and adaptability, especially during these changing times.



*Dr Joanne Khor Huiyi*

Organizing the Family Medicine Review Course 2021 and working with my FM colleagues opened my eyes to the wide variety of settings Family Physicians practice in. Family Physicians are making a big difference, and we do so with the support of our specialist colleagues who generously share their expert knowledge with us.



*Dr Kenneth Tan Kian Wee*

(continued on the next page)

(continued from Page 11: Reflections from Family Medicine Review Course (FMRC) 2021)

Having the opportunity to plan and co-host FMRC was a very humbling experience, made even more challenging due to the COVID-19 pandemic. The pandemic has impacted many lives and forced us to conduct it via zoom and limited the interaction and planning between the committee..As such, we really had to leverage on everyone's strengths and contacts to deliver a meaningful and relevant FMRC.

We purposefully chose topics that cover the breath of family practice, the role we play in coordination of care and practice pearls that we can take home with us. I have learnt alot from my classmates as well as myself through this process and am grateful that our efforts paid off.



*Dr Lawrence Lam Teck Meng*

FMRC 2021 was the first time it was conducted virtually. We were in the middle of a pandemic with a recent spike in cases. The organising committee has never met up face-to-face for the entire planning of this FMRC but we still managed to pull it off with positive responses from participants. Thanks to technology, we were able to get over 500 participants to attend and still had an interactive course with chats and polls. This was indeed a fulfilling experience to organise this significant family medicine event.

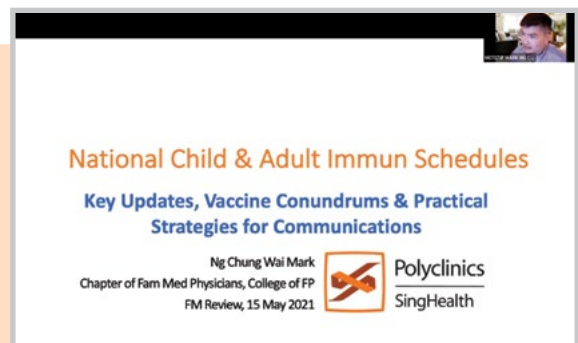


*Dr Lim Wei Khoon*

Organising the FMRC 2021 is indeed a challenge in the backdrop of a rapidly evolving Covid-19 pandemic - right from deciding to move it to an online platform as compared to a face-to-face course. The departure from norm makes the logistics of the course more complicated but I am blessed to have a group of highly committed organising team, coming up with a wide range of relevant topics for Family Physicians. I have also learnt the power of teamwork and coordination in smooth execution of the course, and as Co-chairperson, I have learnt the importance to tie in the topic discussions to family medicine perspective, and ultimately to provide relevant updates in helping our Family Physicians to provide better care to our patients in the new normal.



*Dr Chua Ying Xian*



The national Family Medicine Review Course 2021 would not have been possible without the collaborative efforts of the entire cohort of trainees, from the discussion of topics with consideration of the importance and relevance to practice; the venue of organizing the course; the invitation of the speakers; and the completion of the course were all fruitful learning experiences.



*Dr Lim Wei Ling*

It had been a challenge planning the FMRC as this is the first time that such an event was conducted virtually and we had no prior experience of conducting it. I was grateful to be part of this organising committee who had showcased absolute resourcefulness at liaising with speakers and teamwork in taking up additional responsibilities to make sure this event ran smoothly. It was indeed heartening that the turnout was good and more importantly, that the participants found it to be beneficial for their continued medical education. The scale of the turnout was even more heartwarming during these trying times as it showed that even though we are separated in our various clinical settings, we are still able to unite as one family medicine fraternity.



*Dr Moses Tan Mong Heng*

