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# Editor's Words

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

Healthier SG, preventive health and family medicine have become the buzz words for a post-Covid world. In transiting from a reactive healthcare community, we are preparing ourselves to be proactive in encouraging our patients to adopt a healthy diet, active lifestyle, regular screening, vaccination and optimal chronic disease management. This will be the main thrust in the coming years as Singapore brace itself to meet the demands of an aging population and escalating healthcare costs.

Prof Tan Chor Chuan, Chief Health Scientist, Ministry of Health highlighted four common factors that are critical to transforming health, which include a focus on preventive care, behaviour change, data-sharing and a well-integrated health ecosystem. GPs will receive greater support so that they can be the key drivers of Healthier SG. They will be empowered to anchor a sustainable new business model centred on preventive health and holistic care.

Our minister of health, Mr Ong Ye Kung, outline five key components of the Healthier SG strategy, which includes mobilising our network of family physicians, family doctors, to envision one family doctor for every Singaporean. Other strategies include healthcare plans, community partnerships and "social prescriptions", a national Healthier SG enrolment programme to encourage patients to commit to see one family doctor and adopt one care plan. Lastly, the necessary support structures are critical for implementation so that family doctors in the frontline of Healthier SG will have good system and data support. We have invited senior family doctors to share on these five key components how we can move forward in making Singaporeans healthier.

Dr Tan Eng Chun, a heart lander GP in private practice is privileged to mentor the next generation of doctors to understand the unique position of GP to care for the entire family from cradle to grave. He shared about participating in Primary Care Networks and GP+ Co-operative as a new model of care to leverage on partnerships and collaboration. He feels that the solo

GP clinic can benefit from the additional ancillary services, shared resources and administrative support provided by these partnerships. This will enable the GP clinics to support the country's pivotal shift to preventive care.

Fresh graduate Dr Justin Lim shared his wonderful experience during a GP attachment where he observed the trained GP relying on his astute clinical acumen and judgement to make an accurate diagnosis without over dependence on investigations. More importantly, the GP left a deep impression to care for his patients as people with their values, emotions and needs. This strong doctor-patient relationship is part of patient-centric care which has tangible implications on patient outcomes.

Dr Terence Tan continues to venture into expanding telemedicine to providing access to healthcare through receiving and delivering healthcare data remotely. He is a medical volunteer with Likarnya Online which is a UK based not for profit with the purpose of providing a Virtual Clinic for Ukrainian Refugees. He joined them as the medical lead to help develop processes for volunteer facing and patient-facing functions. This showcase the heart of a family physician to give back to society and the strength as an expert in generalist care and a collaborator across borders.

On an ethical note, Dr Lawrence Ng, pens a reflective column based on his previous experiences as a medico-legal consultant with the Medical Protection Society. He share fictitious case scenarios of medical education on aesthetic medicine practice where he broach deep questions to stimulate discussion and approaches to ethical dilemmas.

As family doctors, we are privileged to be recognised as key drivers of Healthier SG with a focus on preventive health, which is a principle and pillar of family medicine. We look forward to the trust and support from our medical fraternity and stakeholders as we work towards our vision of "One Family Doctor for Every Singaporean".