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# Editor's Words

by CI Asst Prof Low Sher Guan Luke, FCFP(S), Editor (Team C)

Every 9 months, I happily planned and looked forward to meeting up with my team C members again. It was not just coming together for storyboarding, but beyond that, it was also a time to rekindle friendships and relationships, find out how each of us are doing, and finding out who had the most inspiring stories in our family medicine fraternity to publish and to keep our readers hungering for more. As we took stock of the various events and happenings in our fraternity, it served as a reminder of how far we had come, what we had achieved, and what more we could look forward to as we gazed at the frontiers of family medicine. This landscape is evolving faster than most of us dared say we are comfortable with, but if not now, then when? The stress level in the past year, and the upcoming year ahead, was so much higher than the last decade combined, but if not now, then when? The comfort that we could hold on to, and which we can continue to count on in future, was that we are all in this together, and every little contribution that we could place on the table would count for a greater collective good of the fraternity. Thus this issue is no different from our past mottos of our team, and we seek to connect and inspire our readers to the stories of many heroes and heroines in family medicine.

Many family medicine trainees starting out in their journeys of further training in family medicine came to our commencement ceremony, which served as a significant milestone marking the start of their various training programs. Beyond the training, each family physician should ponder over the bigger question and purpose that we could all play in our healthcare system. The past years had proven to the healthcare system, the ministry, the family physicians and the patients that our efforts to strengthen primary and community care is very much needed, more so when Singapore is now pivoting to preventive care and Healthier SG. We started seeing mindset shifts, and we should continue to ride on this wave of transformation to evolve primary and community care in tandem with the healthcare system efforts. We also had this discussion during our World Family Doctors

Day dinner and panel discussion, where we heard from prominent leaders who are at the forefront of Healthier SG.

One of the common clinical encounters in our practices are when our patients require a referral. Sure, it is about writing a letter so that another specialist can continue investigations and treatment. That is if all goes well. But there is so much more to it than that, as Vincent pointed out in his article. COVID-19 has also brought along some innovations that pleasantly surprised us. A few years ago, the only places where we would find virtual reality googles would be in computer stores and some geeky homes, but now it would not be a surprise to find them in some polyclinics. Read about how this was implemented for young children who are coming forth for their childhood vaccination, to reduce their fears and anxieties of an otherwise unpleasant clinical encounter.

We continue to see new leaders in family medicine, who are rising to take on the baton of leadership, in the constant charge towards advancement of our fraternity. We were very privileged in this issue to hear from two of them and their stories of how they came to take up such roles and what they hoped to achieve in the years to come. One of the authors also contributed an article on his experience in Singapore Chief Residency Programme which is a prestigious milestone, and how it had shaped his experience in leadership.

On a lighter side of things, we also brought in stories of how some of our doctors found joy beyond work, to have the ability to recharge in the short term so that they could run the long marathon. As well as how life had changed after fellowship for one of the authors.

I would like to leave you with this phrase that continues to inspire me till this day. "If you want to go fast, go alone. But if you want to go far, go together!" Yes, I look forward to our fraternity to go far together!