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# Editor's Words

by CI Asst Prof Low Sher Guan, FCFP(S), Chief Editor

On May 19, 2023, we celebrated World Family Doctor Day, a special occasion to honour the remarkable work each of you has undertaken throughout the year. It is a day where we express our heartfelt appreciation for your unwavering dedication, tireless efforts, and compassionate care that have profoundly impacted the lives of countless residents, patients, and their families across various healthcare settings.

I am pleased to announce that I will be handing over the leadership of College Mirror Team C to Dr Gabriel Yee, who will undoubtedly guide the team to new heights. Gabriel has been closely involved with the team and has established excellent working relationships with its members. In this issue, he will join me in contributing to the editor's words section and provide a preview of the exciting articles to be expected.

Although I will continue as the chief editor overseeing the publication as a whole, I cannot help but feel a tinge of sadness as I bid farewell to Team C. Together, we have spent the past few years diligently researching current news in family medicine, exploring emerging trends, and introducing new elements, such as the insightful articles from Prof Cheong and the fascinating anecdotes about the diverse roles of our family physicians. These additions have enriched the publication and our team eagerly anticipates each opportunity to collaborate and bring the issue to fruition.

Each of us has a time when we are called to serve, as well as a time when we are called to mentor and empower the next generation, allowing those who are more capable than us to carry on the work and continue the journey. It has become evident to me that what matters most is not one's individual capabilities, but rather their selflessness and altruism. A leader who shines as a star player may draw attention to themselves, but when their time comes to an end, the team readily embraces the next appointed leader. On the other hand, a team player leader who directs attention toward the collective

achievements and celebrates alongside the team elevates the entire group in the process. Such a leader takes pride in the accomplishments of the team, prioritises spotlighting and showcasing their efforts, and remains modest and low-profile. When their tenure concludes, the team joyfully embraces the next leader, eagerly seeking the same qualities in their new captain while fondly remembering the outgoing leader for establishing the right culture and values. Simultaneously, the outgoing leader wishes the incoming leader all the best, content to fade into the background and provide the new leader with ample opportunities to shine. I have experienced this transition before when I passed the baton to Gabriel at Bright Vision Community Hospital, and I am experiencing it once again as I happily hand over the reins of our dedicated College Mirror Team C to him. Let us extend our best wishes to Gabriel as he embarks on this leadership journey with Team C in the upcoming issue.

*Each of us has a time when we are called to serve, as well as a time when we are called to mentor and empower the next generation, allowing those who are more capable than us to carry on the work and continue the journey.*

By Dr Yee Wen Jun Gabriel Gerard, FCFP(S), Editor (Team C)

**T**ransitions, Trials, and Teamwork. Indeed, teamwork is the glue that binds all of us together to overcome trials, with constancy of purpose.

I first knew “Dr” Luke when he came to support BVCH and I was a newly minted Associate Consultant (AC) after my FCFP, recalled to BVCH to support the COVID operations. Those were the days where 30,000 cases a day were the norm, and travellers had to be separated by port of origin as they might be carrying variants of concern (VOCs). “Dr” Luke quickly established that we work as a team, with as little hierarchy as possible, and role-modelled, real-time, agile leadership and compassionate mutual care (even before they were SingHealth buzzwords!). I truly fondly remember Luke for his leadership and guidance, and there isn’t a day that I don’t think “what would Luke do if he were in the same situation” when I am faced with conundrums. (This is also a good opportunity to share my appreciation for how the FCFP programme has equipped us to holistically deal with such dilemmas – for FPs who are interested in upskilling, you won’t regret it!)

The next major trial that confronts us is the implementation of Healthier SG (HSG). The “why” of HSG is quite clear – Singapore’s ageing population together with the ravages of cardiometabolic disease, cognitive impairment, and cancer will lead to an unsustainable situation where society might simply grind to a halt if we do not put brakes on escalating healthcare costs (driven partly by the populace’s view that healthcare is a solution to all wicked problems). Whilst CFPS will work in getting the population holistically healthier – our best work in healing the populace requires deep and broad collaboration with all sectors of society.

*Indeed, teamwork is the glue that binds all of us together to overcome trials, with constancy of purpose.*

Whilst no one questions the “why”, there are many ways “how” we might implement HSG. These must balance multiple stakeholders, especially our private GP colleagues who are the backbone of our FM workforce in the implementation. MOH is aware of this too, and aiming to help it make financial sense to our GP colleagues without having them suffer a “death by admin”. Our Polyclinic colleagues together with our GP colleagues will certainly have an even greater role in preventive health. Our FM colleagues in the Community and Acute Hospitals will have our hands full for the foreseeable future as the crest (yes, these days, everyone

talks in COVID terms) of the silver tsunami has not even hit yet, and we stand ready to work with our outpatient colleagues in transitioning patients and their families back into the community.

How do FPs keep ourselves sane during the pandemic? In this issue of *The College Mirror*, Dr Catherine Chan, BVCH Consultant, describes how she chanced upon gardening, which dovetailed with her role as our director of dementia and cognitive care services. Gardening clearly fosters teamwork – I help Catherine water her plants and vice versa when she is gone.

Dr Luke Low, Dr Julia Yuen, and myself describe how e-sports bonded us together and strengthened our commitment to the public service (psst... Dr Catherine has recently joined us in our escapades, and she throws a mean flying kick. Virtually of course!). Really, the only enemies are the illnesses and inequalities in society that we as FPs, public and private, outpatient and inpatient, must band with our specialist colleagues against.

With the return to DORSCON Green, I share a little of what I’ve been up to (aside from computer gaming) and hope all of us are enjoying the post-pandemic new normal with our families, friends, and colleagues.

Dr Ng Lok Pui from SingHealth Polyclinics shares regarding how the implementation of MyCareTeam (MCT) is transforming the patient care journey, tapping on existing staff, but improving collaboration between them and with the patient to achieve the best health outcomes together. We look forward to its success as this will be a key support for the HSG roll-out at SHP.

Everyone needs new toys in preparation for HSG and Dr Lawrence Ng kindly went CMS shopping on our behalf. We thank him for sharing his experience, and the pros and cons of various CMS systems. We hope this will be of use to the readers who are thinking of upgrading or changing systems.

In all trials, there are places that anchor us and remind us of the need for constancy of purpose. For me it is BVCH, but that is a story for another day 😊 Prof Cheong Pak Yean shares how Tsap Keng Chu is one such place, which despite her dark past has served to train generations of senior FM leaders. (Psst... read to the end to find out the rich history of the entire row of shophouses!)

Indeed, teamwork with constancy of purpose is truly what gets us through transitions and trials. #Gameon