

Doctor's Feedback on College's CME Activities & GDFM Programme

As part of our continuing efforts to stay relevant to our Members' needs, the College Mirror asked some of our Members for their comments on the College's CME activities and the GDFM programme. Dr See Toh Kwok Yee graduated in 1987 and is practising as solo family physician. Dr Sarani Bte Omar graduated with a MBBS in 1985 and FFAI in 1990 and currently runs her own practice. Dr Anbumalar Ramiah graduated with a MBChB in 1995 and Dr Teo Yii Jin graduated in 1997 with a MBBch, BAO (Ireland).

College's CME Events

College Mirror:

How do you find the CME events organised by the college?

Dr See Toh :

The College's Continuing Medical Education Committee has always been at the forefront encouraging and providing relevant CME programs for the family physicians. Over the years, these events have helped empower us to reach our professional and personal goals by giving us access to some of the best lecturers and courses.

Dr Sarani :

They are generally informative and up-to-date.

Dr Teo :

The topics are varied and most of the speakers are very interesting. They allow me to update myself on the latest interventions and the ability to interact with the speakers is

a great advantage over learning from static means like textbooks or the internet.

Dr Anbumalar :

The topics covered under the CME events are extremely useful, particularly the Updates.

College Mirror:

In what ways do you find them beneficial?

Dr See Toh :

First of all, the selection of the topics and subject matters are relevant to my work as a Family Physician. Secondly, the considerate scheduling of the CME events permit busy doctors like myself to attend. Thirdly, such events provide an opportunity to interact with other like-minded fellow family physicians to exchange views and to enjoy the camaraderie.

Dr Sarani :

Keep us up-to-date and help in our judgement and assessment of our patients.

Dr Teo :

Many of the CMEs conducted by professional medical bodies are catered towards tertiary care and not towards Primary Care. I think that the CMEs conducted by the College are far more relevant to the family physician. The opportunity to interact with other family physicians is also beneficial as we are able to discuss and compare management of "difficult cases" that we face in our practice.

Dr Anbumalar :

They cover the relevant topics quickly and adequately without dwelling too much into the details. These topics are also relevant to the GP practice. Moreover, the lecturers and speakers were good.

College Mirror:

Which topic areas would you like to see CME events covering more?

Dr See Toh :

With the multitudes of practice guidelines that have descended upon us, especially over the last two years, I wonder if we can have CME events planned specifically for the discussion of how these guidelines can be best adapted and adopted in a Family Practice.

Dr Sarani :

Paeds/OTG/TCM, complementary medicine, ethics of practice etc.

Dr Teo :

I have found skills courses the most beneficial. The ability to improve your technique and learn new techniques surpasses book learning. Unfortunately, the courses are sometimes over-subscribed and need to be booked way in advance, which is difficult for many of us as we don't know our roster 3-4 months in advance.

Dr Anbumalar :

More on chronic conditions such as diabetes, lipids, hypertension and CVS illnesses as there are always new developments in these areas. It is important for GP to keep pace with them.

College Mirror:

How do you think events can be further improved?

Dr See Toh :

In the future, perhaps we can have real-time online CME events for those doctors who are unable to make the physical attendance?

Dr Sarani :

A more spacious venue would be good.

Dr Teo :

Organise more skills courses. The ability to book on-line would be nice.

Dr Anbumalar :

Possibly a bigger venue.

College Mirror:

How do you find the GDFM program so far?

Dr See Toh :

Interesting, relevant and not particularly demanding on my time.

Dr Sarani :

Good. I would appreciate a hard copy of the notes.

Dr Teo :

Most of the modules are very interesting. As for the notes, I would prefer bound copies of each module when attending FMTTP lectures. Most of the members in my tutorial group also share this view.

Dr Anbumalar :

Very useful and relevant for all GPs and those planning to be GPs. It also provides an opportunity for fellow GPs to get together and learn from one another. Perhaps there could be less emphasis on examinations and more on the learning aspect.

College Mirror:

How does GDFM benefit you in your practice as a GP?

Dr See Toh :

I recognise the reality that today's Medicine is undergoing unprecedented rapid changes and the rising community's expectations for our professional services. The challenge, therefore, is to find time to keep abreast with current knowledge and practice standards. The solo GP can no longer practise like the proverbial frog in the well with a limited vision of the world. This program helps me to keep up with these new knowledge and technology at a relatively relaxed pace and at the same time, provide a powerful network of mentors, collaborators and friends.

Dr Teo :

As I am the youngest member in the tutorial group, I find tutorial sessions extremely beneficial as not only am I able

to learn from the excellent tutors (Dr Lee Kheng Hock and Dr Gerard Low), I am also able to learn from the other more experienced GPs in the group. Some of them have many years of experience in private GP practice and I have learnt a lot of non-medical information from them – like how to run clinics.

Dr Anbumalar :

The pace is fine and the small group tutorials are optimal for learning and asking questions. Relevant topics are also taught and discussed, which provide a good revision for the GPs and the GPs-to-be.

College Mirror:

Will you recommend the GDFM to other doctors to attend the program?

Dr See Toh :

Not meaning to sound like a paid commercial, I have no reservations recommending this program to fellow doctors. After all, efforts to maintain high standards of practice have to be continuous and lifelong, so why not choose a relatively undemanding and yet very relevant program like this to start the habit of CME!

Dr Sarani :

Yes!

Dr Teo :

I have already recommended the programme to a good friend who is already in his first year of GDFM training. I think that the ability to interact with all the experienced GPs and tutors is a golden opportunity unrivalled by other abilities of continued education.

Dr Anbumalar :

Definitely!