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fellow students who are equally passionate about promoting Family Medicine as a potential career option. It would be great if future committees could keep up this spirit!

Wu Hongking, Phase 3 Medical Student,  
Duke-NUS Graduate Medical School

### Importance of Promoting Primary Healthcare

Every speaker highlighted the increasing role of Family Medicine doctors and primary healthcare teams in the evolving healthcare landscape both locally and internationally, in light of pertinent issues such as the ageing population. Many acknowledged the need to further develop Singapore's primary healthcare services, to ensure sustainability and efficiency for our healthcare system in the long run.

Personally, I feel that it is important for physicians of the future to promote primary healthcare to their patients, regardless of their eventual specialty.

Edwin Liang, Phase 5 Medical Student,  
NUS Yong Loo Lin School of Medicine

Overall, the Family Medicine Extravaganza 2016 was well-received by participants and the Family Medicine doctors who graced the student-led event. Moving forward, we strive to continue being strong advocates for primary healthcare, through initiatives such as the Family Medicine Mentorship Program (pioneered by the Family Medicine Clinical Specialty Interest Group from NUS Yong Loo Lin School of Medicine in partnership with CFPS), as well as the upcoming Family Medicine Extravaganza 2017!

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## CFPS Family Medicine SIG Mentorship High Tea

by Dr Lim Hui Ling, Council Member, College of Family Physicians Singapore



On 12 November, CFPS hosted a high tea session at the Hotel Grand Pacific to facilitate a meet up between mentors and their medical students. After an introduction by A/Prof Lee Kheng Hock, Dr Lim Hui Ling shared a few ideas and quotes on what mentorship is and how it benefits both the students and their mentors. Dr Julian Lim then shared more about his personal experience with mentoring students and younger doctors and shared some pointers on mentoring gleaned from attending a conference in Japan.

Most of the time was devoted to facilitating interaction between medical students and their assigned mentors so that they could ask questions freely and learn directly from their own as well as other mentors around their table.

For us as mentors, it was refreshing to talk to these younger future colleagues and to share our experiences with them. We left with a fulfilling sense of an afternoon well spent.

Do read on for some reflections from the students who attended the session.

### LIM MEI XING • DUKE-NUS MS3

*I had the privilege of attending the mentors-medical students high tea meet-up session at Hotel Grand Pacific. As I have yet to experience family medicine as a clerkship, it was a very good opportunity for me to find out more about family medicine as a career choice. During the session, we were put informally into small groups with one family physician in each group. For me, I had a good chat with our mentor of the day, Dr Lim Huiling. Not only did she share candidly about her choice of family medicine and the wide range of conditions that a family physician needs to know, she also shared about the difficulties faced juggling a job as a junior doctor as well as the responsibilities setting up a family at the same time. It was certainly helpful being able to talk to female physicians who have walked through the path of juggling the different duties of being a doctor as well as a mother, giving us advice and encouraging us that these difficulties can be overcome.*

*The afternoon was also filled with simple and entertaining games such as guessing how our mentors' day is like. As a medical student with endless assignments and exams to study for, I remember feeling surprised to hear about*

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*how the family physicians are able to make time for their hobbies aside from family time and work. In fact, they encouraged us to have a hobby instead of all work and no play!*

*Other than the small group interaction, we had the opportunity to engage in large group Q&A session. Interesting questions were raised, ranging from how family physicians withstand the professional solitude in a clinic setting to how they continually keep up with the constant updates of medical knowledge. It was certainly a fruitful afternoon for me!*

### ZHANG MINGMING • DUKE-NUS MS3

*The Mentors-Medical Students High Tea Meetup session, organized by College of Family Physicians Singapore, was held at Hotel Grand Pacific on 12 November 2016. Around 20 family physicians and 30 medical students attended this event. The low student-to-doctor ratio allows small group discussions and effective communication between students and doctors.*

*This high tea session was a great experience for me as a medical student. During the session, we first had small group discussions with our mentors. My mentor shared with me her 20 years' experience from when she was a trainee rotating in different specialties till now as a practitioner in a private sector. She told me how she managed to work as a junior doctor and set up a family at the same time. She also explained her rationale for going to private sector and choosing the*

*medical group that she has been working for for 10+ years. It was very helpful for us students to learn about what work is like as a family physician, especially when we are exploring our career choices.*

*The large group Q&A session further broadened my view of family medicine. I was very impressed by the wide range of things family physicians can do. Some doctors choose to work in secondary or community hospitals where they provide high-quality inpatient care. Some choose to join medical groups that emphasize on personalized medicine and holistic care. Some decide to open their solo practice. It cleared up my concern that family medicine practice may be very limited.*

*Our mentors kindly shared their daily life with us during the game session. I was again impressed by the variety of lives that our family physicians are leading. We have leaders of their medical groups, entrepreneurs, parents who send children to school and bring them home every day, adventurers who have 10 hobbies, etc. As much as they enjoy life with their own families and friends, they always remember to connect with each other and keep updated with the latest practice guidelines and healthcare policies from various seminars, journal clubs and what's app group.*

*I had a great time at the high tea session. I believe all the students feel the same way.*

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## Precepting Medical Students in the Family Medicine Posting

reported by Dr Chan Hian Hui Vincent, Council Member, College of Family Physicians Singapore and A/Prof Goh Lee Gan, Past President, College of Family Physicians Singapore

The second session of the Community of Practice for Family Medicine (FM) Educators was held on 3 September 2016 at our College Lecture Room. The topic of precepting was chosen as many family doctors are involved in teaching medical students in their practice. We were honoured to have A/Prof Cheong Pak Yean as our guest speaker, and he shared with us perspectives of his teaching experience.

### 1 View the FM posting as an opportunity

The FM posting remains the opportunity where medical students can see patients managed as persons with body and mind functioning in family/social groups in the community. The opportunity is to teach medicine as an integrative discipline of breadth that is delivered not just in ambulatory clinics but also in community hospitals, palliative care and community outreach settings in the continuum of care outside specialist hospitals.

### 2 Be prepared

A/Prof Cheong emphasized that it was important for all teachers to be ready to teach in the community context. Teachers should be well versed with approaches to common conditions. The manuals provided by the NUS Yong Loo Lin School of Medicine (YLL SOM) FM Department and various clinical practice guidelines for chronic diseases are useful references. Be prepared to impress upon students that *the clinical methods and thinking are the same* as that taught in the hospital settings except that they are now applied in the primary, personal, continuing and comprehensive contexts.



Guest speaker A/Prof Cheong Pak Yean with participants at the Community of Practice for Family Medicine Educators (COP-FME) session on teaching Family Medicine students in the outpatient setting. College vice-president Dr Tan Tze Lee and COP chairman Dr Ang Seng Bin were also present.

### 3 Be engaging

The simple act of introducing students to the clinic staff and profile of the practice is one good way to engage the students in your professional world. After they have sat through the clinic sessions, it is important to engage

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