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Editor's Words

by Dr Tan Eng Chun, MCFP(S), Editorial Member (Team A)

Greetings, my fellow colleagues,

This CM issue has a number of interesting articles that illustrates the strides made by Family Medicine to meet the urgent medical needs in our rapidly changing healthcare landscape.

On our cover page is an article written by our Chief Editor, Dr Luke Low, on the new Seng Kang Community Hospital that epitomises the spirit of Patient Centred Care. In his own words, "it is a place that allows our patients to heal on their own terms with a soothing, unhurried environment and a healthcare approach that considers patient's deepest needs."

On the community front, there is an article on SingHealth South East (SE) Regional Health System (RHS) group who had developed an innovative model of care with the geographically-based SGH Community Nursing Service. As a family physician situated in a mature estate, many of my elderly patients visit senior activity centres and family service centres regularly. It is my sincere hope that this model of community care will succeed in augmenting the eco system support and communications between GPs, community partners and the hospitals in their care.

On topics relevant to our fellow colleagues in private practice, we invited our College President, Adjunct Asst Prof Tan Tze Lee, who is also the President of COPD Association, Singapore, to share his experience and pearls of wisdom in the management of Chronic Obstructive Pulmonary Disease (COPD) patients in the community. Our College President together with A/Prof Ng Kee Chong from College of Paediatrics and Child Health, Singapore also penned another article on an important topic on the use of Codeine-containing cough medications. Other topics include an article on tips for smooth administration of

CHAS claims. We hope that this article can help GPs answer some of their queries and avoid possible pitfalls and audit lapses.

At the start of 2019, an interesting workshop titled the *Intimacy and Sexuality Workshop 2019* was held at College of Family Physicians (CFPS). The workshop was specially designed for Family Physicians in the Mind Body Interest Group (MBIG), which was the brain child of our former College President, A/Prof Cheong Pak Yean. My ever dynamic classmate, Dr Jean-Jasmin Lee, shares with us on deep insights of the topics on sexuality and intimacy that were discussed and the positive feedback that many of the participants provided.

In this issue, we also had the privilege of interviewing the various programme directors and associate programme director on their vision, initiatives and directions for the various academic programmes; GDFM, MMed(FM) and FCFP(S). We also spoke to the recent graduands of MMed(FM) and FCFP(S) on their learning, challenges and advice for the current trainees.

Lastly on a lighter note, *College Mirror* conducted an interview with master luthier Behrad Gorgani, on the art of making custom made guitars. Having had the opportunity to learn string instruments (Ukelele and Erhu) in my younger days, it was intriguing to learn that to craft a perfect guitar, it not only involves building a balanced instrument but also paying meticulous attention to the ergonomics that will prevent potential musculoskeletal disorders.

We hope that you will enjoy and find relevance reading the articles. There are also various exciting CMEs like the annual *Family Medicine Review Course* and *Family Practice Skills Courses* coming up. Do remember to register early for the courses!

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