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some funding to modify the infrastructure of my clinic so that I can provide swabbing for my patients. The outside of the clinic is not feasible for swabbing.

CM: What are some important lessons that you have learned during this COVID-19 pandemic, or words of encouragements that you would like to share with fellow healthcare workers?

GK: The old adage of preparing for a rainy day holds so true on an individual and national level. This is one lesson I will never forget now or in the future.

Hang in there everyone. All for one and one for all. We will get through this together. Let's try to make the best of

each day, one day at a time. The best is yet to be. Not the worst. I love this phrase from my favourite movie-cartoon, 'Yesterday is history. Tomorrow is a mystery, but today is a gift! That is why it is called the present.'

CM: Any other thoughts or ideas that you would like to share?

GK: Wishing all of you good health and stay safe. Our family, our patients, and our country needs us to keep our healthcare service going. Thank you to each and every one of you for your continuing contribution too.

■ CM

Proliferation of CME Webinars during COVID-19

by Dr Low Cheng Hong, Charity, Family Physician, Editorial Team Member (Team B)

In the March 2020 issue of College Mirror, the Cover Story by Dr Lily Aw on "Invitation to MOH-CFPS Webinar for GPs on COVID-19" ended with the note that "SMC is aware of concerns about not having enough educational opportunities for CME points". Indeed, during circuit breaker and safe-distancing measures in force, with all the Saturday CME seminars and medical conferences cancelled, doctors wondered how they could fulfil the CME points for their renewal of practising certificate in December. To their pleasant surprise, in the months following, they find themselves overwhelmed by an unprecedented explosion of online CME webinars. The whole Continuing Medical Education (CME) local scene changed from the norm of physical seminar attendance to predominantly online teaching.

Partly Instrumental in this digital explosion online is the doctors' chat groups on WhatsApp and Telegram. The "[SECURE] COVID-19 Townhall for Doctors" linking doctors to health care leaders and experts, was set up on 25 Jan 2020 to help face the rapid challenges of COVID. Protocols and workflows to handle

COVID patients in primary care are brainstormed here, with rapid exchanges of information, feedback and intriguing day-to-day COVID situation news update. The "Kopitiam COVID19" gathers doctors, dentists, and paramedical health care providers to share their thoughts and feelings in the thick of COVID tension. Announcements of Webinars surface frequently in these channels, and in many other splinter groups, for Doctors to inform one another of upcoming events. On 27 June 2020, these merged into another long running group to become the "CME Webinar Calendar" --- the most prolific Dr's CME WhatsApp chat, providing updated CME programme for primary care. The calendar is updated constantly and can be accessed from <https://tinyurl.com/LF-SGW-LatestCalendar>.

Innovated and developed chiefly by Dr Roy Teow, these WhatsApp and Telegram groups reach out to a wide audience of more than 1,500 doctors locally. Pulsating broadcast of CME Webinar listing becomes a daily read. Since the worsening COVID outbreak in February, the number of Webinars each day have increased. Just counting from the archived records from the CME



Launching of Video Assisted Self (VASE) learning on mental health conditions

Webinar Calendar, in March there were about 15 webinars; in April 43; in May 63; in June 47; reaching the highest count of 110 in July; and in August about 42 thus far.

A number of institutions have begun their own inhouse or regular public webinars, journal clubs or lectures. The latest on stage is the VASE CME programme! Video Assisted Self learning of mental health conditions is started by a multi-talented team consisting of 9 doctors, psychologist, and pharmacist, setting out with a vision to crystallise important basic mental health concepts for the busy primary care doctors. The programme was launched with a lively lunch-break Webinar on Depression on 23 July 2020. Subsequently, its full video is loaded onto IMH website (under Education >> Medical Education >> CME). Attached resource materials and check-lists are available to be downloaded for easy reference.

On 28 April 2020, Singapore Medical Council announced the changes in CME to enable doctors to fulfil their CME requirements in this COVID period:

1. Core points are awarded for all COVID related webinars
2. Raised CME cap for category 3A, from 10 to 20 CME points

For Category 3A self-study claims, doctors can read articles that are published in PubMed or specified peer reviewed journals, or view recorded webinars or VASE videos with SMC ID numbers quoted.

"When the going gets tough, the tough gets going."

While this resilient spirit is displayed in the combat against COVID in all our front liners, it is certainly true of our fraternity too in the area of Continuing Medical Education. The proliferation of the webinars serves not only for our CME points fulfilment and the enhancement of knowledge, there is much labour behind the preparation, presentation, videoing, recording, compilation, tabulation, archiving — unseen yet sacrificial and tireless — a growth zone for our professional development.

■ CM

Singapore EXPO and COVID-19

by Dr Aziz Noordin, Family Physician, Editorial Team Member (Team B)

I still remember the afternoon of 7th Feb 2020 vividly. Singapore raised its DORSCON (Disease Outbreak Response System Condition) level to ORANGE. A mix of anticipation and worry, facing an uncertain contagion. I had a deluge of messages from friends and family, asking to go to the supermarket to buy food items and other necessities. I had to continue my clinic session and see the remaining patients. I missed the frenzied buying and placed my trust that we have things under control.

The weeks following the announcement, additional measures were rolled out, to help rein in the spread of COVID-19 within the community.

It was during this period when the number of migrant workers staying in dormitories testing positive for COVID-19 started to rise. New clusters formed at these dormitories and with an increase in community cases, Singapore announced its circuit breaker (CB). Frantic messages from some of my migrant worker patients and their supervisors etched a strong impression of uncertainty and confusion.

Concurrently, Singapore EXPO was temporarily converted to a Community Care Facility (CCF) to house COVID-19 patients with mild symptoms or



Even after the darkest night, the sun will rise again. EXPO Community Care Facility.

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