



From the Editor's desk

WE ARE ON THE WORLD WIDE WEB !

The College has its own website on the world wide web at <http://www.cfps.org.sg>

Through this link, you will be able to access the latest information about the College and its activities, the latest medical information from around the world and do CME-Online.

Our website is the first in the region that offers on-line CME and this is one of the key features of this website. Doctors in Singapore can participate and gain CME accreditation. It is important that the medical education programme of today and the future maximises the capabilities of the internet system and information technology (IT).

By getting a combination our own doctors to provide case-studies, text on current knowledge on medical practice as well as links with other major medical websites, the value of the website in providing up to date and broad range, high quality medical education material is enhanced. It is hoped that the College CME-Online can be a one-stop resource springboard from which to take off to the best internet sites in the world for relevant and practical medical knowledge.

There is also a forum page for you to exchange your ideas, pose questions and give opinions on matters of interest or concern.

The College is working on a distance learning programme based on the modular Family Medicine Teaching Programme. This is presently at the pilot stage.

Do surf the net and tell us what you think!

Ms Yvonne Chung



Announcement

College of Family Physicians Singapore

7th Scientific Conference & 8th Meditech Exhibition

Family Medicine Facing Demographic Change

28 –29 August 1999

College of Medicine Building
(conference)

and

Four Seasons Hotel
(Sreenivasan Oration & Banquet)

Highlights

- **Health Screening in the elderly**
What's effective
Functional assessment
- **Dementia & Alzhiemers' disease**
New advances
Managing dementia
- **Depression in the elderly**
Recognising & managing depression
- **Osteoporosis & HRT**
Treatment options



- **Parkinson's disease**
Early detection
Getting the best outcomes
Managing late disease
- **Workshop on male & female sexual dysfunction**
- **Othopaedic medicine for the elderly- the Cyrax method**
- **Office othopaedics**
- **Hands-on othorpaedic workshops**
- **Falls & pitfalls in the elderly**

- **Urinary incontinence**
Managing the problem
Continence aids

- **Palliative care**
Symptom control
Hospice & dying at home
Bereavement & counselling

- **Sreenivasan Oration: "Medicine and politics- do they mix?"**

Dr Tan Cheng Bock

Look out for the discounted rates for College Members and 'early bird' registration details in the flyers coming your way!



THE COLLEGE MIRROR

Vol 25 No 1 Mar 1999

College of Family Physicians Singapore 28th ANNUAL GENERAL MEETING

Sunday 23 May 1999

Lecture Theatre
College of Medicine Building, Level 1
16 College Road
Singapore 169854

1.30pm

(Lunch will be served from 12.30pm- 1.30pm)



News from the College

3rd Annual Surgical Update for Family Practice

The 3rd Annual Surgical Update for Family Practice was successfully held on 23-24 January 1999 at Le Meridien Singapore. Taking into account of previous participants' feedback, this year's Surgical Update was expanded to one and a half days instead of the two afternoons as was previously the case. This allowed more time for the Teaching Faculty to present their lectures and facilitate a more interactive programme.

The first day's programme was an Update on Degenerative Disorders in Orthopaedics, and included workshops on injection techniques for common orthopaedic problems. Each group of 10 participants was assigned an instructor and the entire group was rotated through four stations, namely: Hand and wrist, Elbow, Shoulder and knee. The small workshops enabled the participants to have more hands-on experience and better instructor-trainee interaction.

Photos

The second day's programme was an Update on Upper GIT Diseases and included an interactive session for participants using a hand-held computerised system, to express an opinion on certain clinical conditions.

Photos

A selective trade exhibition was also held at the venue, supported by Glaxo Wellcome, Johnson and Johnson, PG Books Pte Ltd.

The College would like to thank the 165 participants who registered for this Surgical Update, the Organising Committee, College Secretariat staff and the Teaching Faculty and Workshop Instructors for their time and for sharing their expertise.



CME

Launch of the College Website

The College has a new website <http://www.cfps.org.sg>

It will be officially launched on 22 May 1999.

The Website contains

- CME on-line
- Forum page for the exchange of views between members
- College newsletter
- Full text articles of the *Singapore Family Physician* journal
- The Sreenivasan Orations - a series of lectures on philosophy & direction of Family Medicine
- College Council and its Committees
- College history and Milestones

The easy access of the CME on-line and the College's journal and newsletter will lead to greater international awareness and recognition of medical research in Singapore.

The CME on-line is a self study programme. The syllabus on Family Medicine is preserved as a 8- module programme consisting of 3 sub-modules covering

- Care of specific population groups like child health, adult health, women's health and health of the elderly
- Systematic approach to medical disorders important in the Primary Care setting, ranging from cardiovascular and respiratory disorders to metabolic and nutritional disorders
- Practice management covering topics from medical records to quality assurance

There are also articles for the doctor to read, case studies to challenge his/her diagnostic and management skills, and MCQs.

The doctor will be able to start on any module and in any order that suits his/her study plan. This self-study plan may be supplemented by face-to-face workshops and clinical skills rounds.

A/Prof Goh Lee Gan

Dr Lee Kheng Hock



MINOR SURGERY COURSE

The College will be launching its Minor Surgery Course for Family Physicians in January 2000.

The finer details are still being worked out by the Organising Committee to see how best to fit in a relevant, interesting and practical programme for our busy Family Physicians. We are planning to include live transmissions of surgical procedures followed by practical hands-on sessions. These sessions will cover procedures for

- Lumps and bumps
- Lipomas
- Sebaceous cysts / abscesses
- Incisional lines & sutures
- Ganglions foreign body excision
- Wedge-resection in-growing toe nails
- Wound care and wound closure
- Management of jagged wounds debridement & cleaning
- Intra-articular joint injections / treatment of tendonitis

Watch out for further details.



Welcome to New Members

A very warm welcome to the following members who joined the College between July 1998 to March 1999:

Ordinary Members

Dr Lam Marcus

Dr Lok Ying Fang

Dr Leong Soh Sum Helen

Dr Yoong It Siang

Associate Members

Dr Chan Yuan Keun

Dr Loh Weng Keong Victor

Dr Chong Chun Hon

Dr Ngeow Colin

Dr Goh Chyen Chye

Dr Soh Soon Beng

Dr Hayes Alana Kim

Dr Tan Boon Yeow

Dr Lau Vi Hok Don

Dr Teo Boon See

Dr Lee Yu Ming

Dr Tng Wei Chiang

Dr Lim Hui Ling

Dr Wang Joon Leong

Dr Lim Wei Liang Daniel

Dr Wong Liang Fu



ULTRASOUND COURSE

The (long awaited) ultrasound course leading to the award of the Graduate Diploma in Basic Ultrasonography (Obstetrics and Gynaecology), will be launched on Sunday 4 July 1999, with an initial intake of 14 trainees.

This course is jointly organised by the College and the Graduate School of Medical Studies, National University of Singapore. It shall, in the first instance be open to family physicians in Singapore.

The aim is to enable the family physician to be

- proficient in the use of ultrasonography in Obstetrics and Gynaecology
- to use this diagnostic tool appropriately and competently in the primary care setting

- in the evaluation of a normal pregnancy
- in the recognition of an abnormal pregnancy.

This will translate to better health care for the population at large; they will enjoy a higher standard of medical care and management at the Family Medicine echelon.

The Ultrasound Committee consists of the following members:

Course Director	Dr Alfred W T Loh
Deputy Course Director	Dr Chew Sing Chai
Faculty Director	NUH A/Professor Anandakumar
Faculty Director	SGH Dr Ann Tan
Faculty Director	KKWCH Dr George S H Yeo
Committee Members	A/Professor Goh Lee Gan
	A/Professor Wong Yee Chee
	Dr Arjit Biswas
	Dr Douglas Ong



Dr Ong Chiou Li

Dr Lawrence Ng

Dr Tan See Leng

Course Administrator Ms Yvonne Chung

Course Secretary Ms Angeline Ong

PROGRAMME STRUCTURE

The programme will be structured in modules with a large distance-learning component. There will be an appropriate blend of lectures, hands-on training, log work and formative self assessment programmes. The main teaching faculty will include staff trained in ultrasonography from the National University Hospital, the Singapore General Hospital and the KK Women's and Children's Hospital. The assessment will be both formative and summative.

Duration of the Course

The course is offered on a part-time basis and must be completed within a maximum period of 24 months.

Course syllabus

The first part of the course is a 2-day weekend lecture session. This session will include an overview of the course and detailed lectures on various aspects of ultrasonography in Obstetrics and Gynaecology.

The lecture syllabus consists of the following 5 modules:

Module 1 Ultrasound basics

Module 2 Obstetrics 1

Module 3 Obstetrics 2

Module 4 Gynaecology

Module 5 Social issues



Between month 2 and month 9 of the course, 2 lectures will be conducted on one day each month. Time shall be allocated for discussion and helping the candidate with any problems that he/she may be facing with the logwork.

Logbook

Participants will be issued with a logbook in which they will be required to log a prescribed series of ultrasound cases and images. They will need to complete the log work before being allowed to sit the examination.

Practical sessions

During the course of the first 36 weeks, participants will be assigned to one of the 3 registered training centres for a 3-hour hands-on session every week. At each session, the participant may perform up to 6 supervised ultrasound scans.

EXAMINATION AND AWARD OF THE DIPLOMA

The participant will be allowed to sit the final examination after he/she has completed 75% of the required 400 scans to the satisfaction of the Ultrasound Committee.

There are 3 parts to the examination:

- 30% Viva (based on logbook)
- 30% Written paper
- 40% Skills assessment

The Diploma will be awarded on passing all sections of the examination and only on completion of all 400 scans within the set time frame of 24 months from the start of the course.

The Graduate Diploma in Basic Ultrasonography (Obstetrics and Gynaecology) will be awarded and issued by the Graduate School of Medical Studies, National University of Singapore.

FEES

The course fee for local participants is S\$3,500. This is inclusive of the log book, practical sessions, lectures and examinations.



APPLICATIONS

Applications must be made on the prescribed forms available from the Graduate School of Medical Studies, NUS, or the College of Family Physicians Singapore.

Places will be restricted to 14 eligible applicants on a first come first served basis for the July 1999 intake. All completed application forms together with full payment of course fee and a non-returnable processing fee must reach the Graduate School of Medical Studies by Monday, 14 June 1999.

ENQUIRIES

For further details and enquiries please contact:

Graduate School of Medical Studies
National University of Singapore
Lower Kent Ridge Road
Singapore 119074

Tel: 874 3301

Fax: 773 1462

Email: pmdgen2@leonis.nus.edu.sg

College of Family Physicians Singapore
College of Medicine Building
16 College Road #01-02
Singapore 169854

Tel: 223 0606

Fax: 222 0204

Email: rccfps@pacific.net.sg



VISIT DR ROBERT HIGGINS – PRESIDENT OF WONCA

The College had the pleasure of receiving Dr Robert Higgins, President of the World Organisation of Family Doctors (WONCA) on 11 March 1999.

Dr Higgins was accompanied by his wife Barbara, and met with Council Members and staff of the College. Dr Higgins was able to gain first hand knowledge on the work, role and functions of the College as a representative body of Family Physicians in Singapore and as an academic body promoting CME.

The Council also explored the possibility of the College becoming host to the WONCA Secretariat in the near future. Dr Higgins explained that the WONCA Secretariat is currently located in Melbourne, Australia. Upon the present Chief Executive Officer's retirement in 2001, WONCA will be "looking for a new home". Being one of the more active colleges in WONCA with a good past track record and as one of the leading colleges in the Asia Pacific Region, the College stands in good stead to take on this challenge of hosting a prestigious world body in Singapore. This would undoubtedly bring the world's attention to Singapore and raise the profile of Family Medicine world wide.