



LEARN IN NHG

A Newsletter of NHG Education

SEP/OCT 2023

IN FOCUS



NHG-NTU LKCMedicine Renews Partnership to Develop Integrated Healthcare Ecosystem

FACE-TO-FACE



Caring for Caregivers

VOICES



Making the World a Better Place, One Community at a Time

HAPPENINGS



NHG Teachers' Day 2023: Guiding. Engaging. Mentoring.



Editorial: Michelle Teo, Eugene Seng
Visual Comm Design: Illy Ayuni Bte Abdul Latif
For enquiries, please email: nhg_education@nhg.com.sg

Copyright © 2023 National Healthcare Group Education. All rights reserved

**INSPIRING Professionals
IMAGINING Tomorrow
ReINVENTING Healthcare**

NHG EDUCATION

NHG-NTU LKCMedicine Renews Partnership to Develop Integrated Healthcare Ecosystem



The NHG-LKCMedicine Collaborative Framework was signed by Prof Joseph Sung (second from left) and Prof Philip Choo (second from right), who were flanked by Mr Tan Tee How and Mr Lim Chuan Poh



With the collective palms of (from left) Prof John Chambers, Prof Leo Yee Sin, Prof Philip Choo, Mr Tan Tee How, Mr Lim Chuan Poh, Prof Joseph Sung, and Assoc Prof Lim Su Chi, marked the launch of the Academy of Clinician Scientists and Innovators

To address some of Singapore’s future healthcare challenges such as its ageing population, rising impact of chronic diseases, and escalating healthcare costs, the National Healthcare Group (NHG) and Nanyang Technological University (NTU), through the Lee Kong Chian School of Medicine (LKCMedicine), has inked a new NHG-NTU LKCMedicine Collaborative Framework Agreement (CFA) on 6 Sept 2023.

The CFA renews and extends the NHG-NTU LKCMedicine collaborative partnership by another 10 years, which will focus on further developing education, research, innovation and enterprise, talent, and resources to build a more integrated healthcare ecosystem.

In his opening address, NHG Chairman, Mr Tan Tee How, highlighted the signing of the CFA as a “milestone”. He said, “The identified areas of collaboration will form the foundation for the healthcare transformation journey that we are embarking on. They will not just provide better solutions to health issues of the individual, but also improvements to the system that adds years of healthy life.

“Good healthcare is like a tricycle, with clinical services as its front wheel, and education and research as the back wheels. We need all three wheels to be in tip-top condition in order for our journey towards the end-goals of good population health to be safe and smooth.”

Sharing the same sentiments, LKCMedicine Chairman, Mr Lim Chuan Poh, who also gave his address said, “What we seek to achieve together in the CFA is to redefine medicine and transform healthcare that will bring benefits to the community under the Healthier SG framework.



NHG Chairman, Mr Tan Tee How, giving his opening address

“This is where we will continue to leverage, and derive synergies from shared resources such as digital resources, facilities, and joint centres across NHG, LKCMedicine, NTU, and other external partners.”

Launched in conjunction with the CFA, the Academy of Clinician Scientists and Innovators (ACSI) was established with the vision of providing a home for clinician scientists and innovators at NHG and LKCMedicine.

As one of the co-leads for ACSI, Professor Joseph Sung, Dean (LKCMedicine), stressed the importance for research and innovation to address the future needs and challenges facing Singapore’s healthcare system, such as the issue of an ageing population.

“We need people who understand the patients’ needs,” he said. “But they also need to take the lead to see how things can be done better, how we can provide healthcare more efficiently, and also more effectively so that our patients will benefit from it.”

Prof Sung emphasised that the purpose of research is to “serve our patients better”, and believes that there is a need for more clinician scientists and innovators “to find new ways, more effective, and cost-effective ways of taking care of our patients”, and not to repeat things that have been done before.

Echoing Prof Sung, fellow co-lead Professor Leo Yee Sin, Senior Advisor (NHG), said that the ACSI is a collaborative platform for both institutions to advance care through synergy and innovation.

“We hope that ACSI will be able to bring together the key elements to support people here who want to do research, and be able to achieve your goal(s),” said Prof Leo.

“The more important base that we want to build is that of mentorship... (and) to be able to bring everybody together and nurture you to be a good mentor.”



NTU LKCMedicine Chairman, Mr Lim Chuan Poh, addressing the attendees



Talent Development

Academy of Clinician Scientists and Innovators (ACSI)

Joint Talent Development Schemes:

- Clinician Scientist Preparatory Programme (CSPP)
- Clinician Scientist Preparatory Programme Plus (CSPP+)
- Clinician Scientist Fellowship (CSF)
- CSF Bridging Grant (CSFBG)
- Clinician Scientist Career Scheme (CSCS)

Translational Research and MedTech Innovation

- SKIN RESEARCH INSTITUTE OF SINGAPORE
- ALIVE (Alliance for Health Innovation)
- HELIOS (Healthcare Innovation and Leadership)
- Rehabilitation Research Institute of Singapore (RRIS)
- Centre for Primary Health Care Research & Innovation
- collab NOVENA
- Tripartite Infectious Diseases Programme
- PaIC (The Palliative Care Centre for Excellence in Research and Education)
- Brain Bank Singapore
- Transforming Vascular Health Programme

Caring for Caregivers: Alleviating Burnout and Building Sustainable Resilience with Mindful- Compassion Art-based Therapy (MCAT)

In the third session of the Humanity at the Heart of Healthcare Seminar Series held on 18 Jul 2023, Associate Professor Andy Ho Hau Yan, Head of the Department of Psychology at the Nanyang Technological University School of Social Sciences, was invited to share his insights on alleviating burnout amongst healthcare professionals. The webinar was joined and moderated by Dr Mervyn Koh, Medical Director at Dover Park Hospice.

Prioritising Self-Care

A/Prof Ho shared that self-care is often overlooked by healthcare professionals (HCP) in the pursuit of providing quality patient care, and this often results in burnout, which is defined as a state of emotional, physical, and mental exhaustion caused by excessive prolonged stress.

Scientific evidence has shown that burnout can often lead to troubling physical symptoms in the long-term, including a weakened immune system and increased susceptibility to illnesses. Other studies have also shown that burnout has been associated with workplace errors, which is potentially harmful to both patients and HCPs.

"Self-care, to me and to all of you, cannot simply be a luxury. It needs to be a necessity for you to do your job competently and well," said A/Prof Ho.

“

Self-care, to me and to all of you, cannot simply be a luxury. It needs to be a necessity for you to do your job competently and well.”

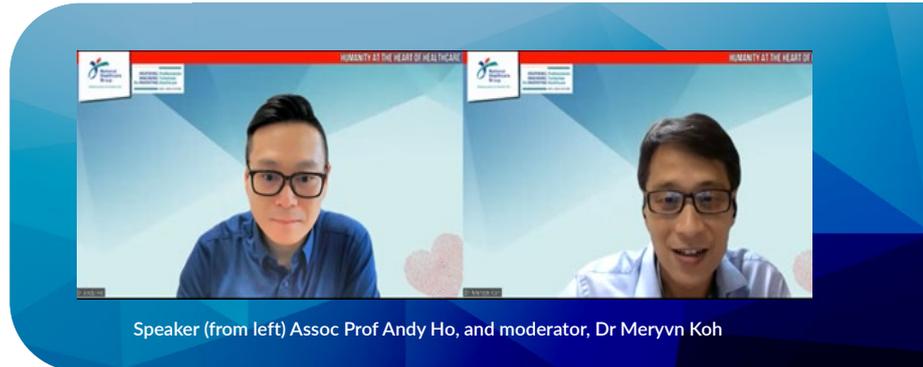
- Associate Professor Andy Ho



Mindful-Compassionate Intervention

He introduced the Mindful Compassion Art-based Therapy (MCAT), an intervention framework which he specifically developed to help HCPs reduce burnout, promote self-compassion, and improve their quality of life. A/Prof Ho shared that his motivation behind the development of MCAT came from wanting to support his wife who was involved in palliative care social work (as well as people in similar lines of work), to cope with the high levels of stress and trauma that might potentially come with the job.

He explained that MCAT was conceptualised by incorporating components of self-care practices: compassion, mindfulness and sharing of individual experiences.



Speaker (from left) Assoc Prof Andy Ho, and moderator, Dr Mervyn Koh

- Practising compassion can help alleviate our feelings of vulnerability, inadequacy, and suffering, which aids to promote resilience, personal growth, and healing.
- The concept of mindfulness involves paying attention to the present moment's experience without judgment or resistance. Being mindful involves accepting things as they are at the present moment, being curious to learning, and letting go of any self-interest or self-doubt.
- Sharing our experiences allows for an avenue for the expression of creativity, allowing for profound emotions to be translated into tangible visual art, which results in the better articulation of thoughts, and deepening the understanding of ourselves and others.

Having this understanding can in turn help us cultivate connections, relationship building, and communal support, forming the foundational bedrocks for healing, said A/Prof Ho, and he believes that MCAT can act as an appropriate intervention technique for HCPs to practise self-care, manage stress, and negative emotions.

Evaluating MCAT

To evaluate the effectiveness of MCAT, A/Prof Ho conducted a randomised controlled trial involving 56 frontline end-of-life HCP participants, who underwent six weeks of MCAT intervention sessions.

Each weekly session invited participants to explore different themes such as self-care, stress management, and sharing of clinical cases. Through activities such as guided meditation, art making, and group discussions, participants were able to reflect, relate with one another, and better articulate their thoughts and feelings. These allowed them to improve their management of negative emotions, thereby building resilience and mindfulness.



At the end of the six-week intervention, participants were assessed using a variety of standardised psychometrics measures involving burnout resilience, mindfulness, self-compassion, quality of life, and death attitude at pre- and post-intervention timings.

Participants felt an overall and continued increase in the improvement of their quality of life, resilience, mindfulness, and non-reactivity to negative emotions. Burnout and mental exhaustion also continued to decrease even weeks after post-intervention, which affirmed MCAT's effectiveness in helping to foster mindful living, reduce burnout, and cultivate sustained resilience amongst the participants.

A/Prof Ho and Dr Koh urged HCPs to incorporate mindfulness practice into their daily schedules. They reiterated the importance of creating spaces and platforms for HCPs to process their emotions, and foster relationships in teams.

"After all, the quality of care of patients is only as good as the quality of health of their caregivers," said A/Prof Ho.



Sample of an artwork produced by a participant for week two's theme on "Symbol of Stress and Transformation": The transformation of an active erupting volcano into a lush forest. The artist stated: "Stress may not be a bad thing. It can bring out the brilliance in people." Photo credit: Assoc Prof Andy Ho

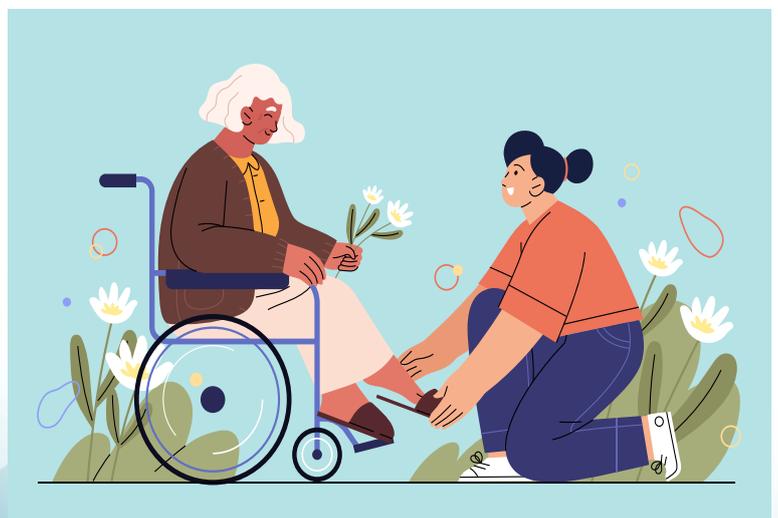


A combined artwork mural produced by participants at the end of the six-week intervention, titled: "Seasons of Life: Let the fallen leaves be nourishment for next spring, together in this endless journey of life". Photo credit: Assoc Prof Andy Ho

About the Humanity at the Heart of Healthcare Seminar Series by NHG Education Research

The theme of the "Humanity at the Heart of Healthcare" series considers the mobilisation of the arts, humanities, and social sciences in addressing pertinent issues within the healthcare ecosystem and the larger medical narrative.

Please click or scan the QR code below to register your interest for the upcoming seminar series on 17 Nov 2023, featuring Assistant Professor Chiang Hui Ling Michelle, Coordinator of the Medical Humanities Research Cluster, School of Humanities, Nanyang Technological University. Dr Chiang will be speaking about the value of illness narratives -- how patient stories about their illness, treatment and sometimes death, can transform healthcare professionals' understanding about caring relations in sickness and in health.



Project ISIP:

Making the World a Better Place, One Community at a Time

A team of seven medical students from Nanyang Technological University's Lee Kong Chian School of Medicine (LKCMedicine), embarked on a week-long overseas community involvement in Bacolod City, Philippines, from 8 to 14 Jul 2023, under the guidance of Tan Tock Seng Hospital (TTSH) Pre-Professional Education Office (PPEO).

Called Project ISIP, this endeavour was part of the LKCMedicine Overseas Community Involvement Project (OCIP), and TTSH PPEO's interprofessional education initiative. Together with the University of Saint La Salle's (USLS) College of Nursing, students from the USLS College of Medicine, and Balayan (USLS' Community Extension Programme), the team embarked on a series of health screenings for beneficiaries of partner communities located in the city and nearby towns.



Team ISIP with the USLS College of Nursing and the Hacienda Carmen Community Leaders



Conducting health education on diabetes and high blood pressure for the villagers of Hacienda Carmen

One of the first stops for the team was Hacienda Carmen, a community around 10km outside the city centre. The team conducted health screenings and health education classes on the management of hypertension and Type 2 Diabetes – two of the most prevalent diseases amongst the villagers. The team made targeted home visits to villagers suffering from serious diseases to get an in-depth understanding of their health and the socio-economic conditions contributing to their current state. They also conducted a separate health screening and dental hygiene education for 32 children from the village.

One of the highlights of this trip was extending the team's reach outside of Bacolod City through a new partnership with the Negros Occidental Nutrihealth Alliance. The team was privileged to serve over 100 residents, young mothers, and their children, in the town of Don Salvador Benedicto (approximately 50km outside the city centre), where they conducted a paediatric screening for the very first time in OCIP's history.

It was also another first for OCIP, as the team visited the Bahay Pag-asa Youth Centre (an extension programme of USLS), a halfway house for youth in conflict with the law. The team conducted health screenings for 30 young men, and a mindfulness workshop to help these men foster a sense of connection, fellowship, and a better understanding of their emotions.

Team ISIP members shared similar sentiments as they reflected on their experiences – an overwhelming sense of humility. The warmth, openness, and hospitality of the communities they have engaged with affirmed the true essence of medicine – a deep-rooted, fundamental connection between humanity and healing. They also expressed their appreciation to the newly gained insights into the healthcare profession during their engagement with the nutritionists and dieticians whom they worked alongside during the trip.

Project ISIP is grateful for the countless moments that have shaped and opened new perspectives for the LKCMedicine students. It remains unwavering in its commitment to serve, looking forward to future opportunities to contribute their time, effort, and resources, to nurture brighter and healthier communities, one step at a time.



The team conducting health screenings for residents and children in the town of Don Salvador Benedicto



NHG Teachers' Day 2023:

GEM - Guiding. Engaging. Mentoring, and Preparing the Next Generation of Healthcare Professionals



Guiding. Engaging. Mentoring.

From left: Prof Philip Choo, Group Chief Executive Officer (NHG), presented the NHG Education Leaders Award to Asst Prof Edean Tan from Tan Tock Seng Hospital, and Ms Wang Wenjing from Woodlands Health

NHG Education Leaders Award

Asst Prof Edean Tan Zie Hean

Dr Hum Yin Mei Allyn

Dr Phua Eng Joo

Ms Wang Wenjing

285 exemplary clinical educators from across different professional groups and institutions in National Healthcare Group (NHG) were recognised for their commitment in nurturing the next generation of healthcare professionals at this year's NHG Teachers' Day (30 Aug).

A new award category – NHG Teaching Award for Clinical Support Staff – was introduced to recognise support staff such as healthcare assistants, pharmacy technicians, and therapy assistants, who are involved in the professional and clinical development of students and staff in NHG.

"This year's theme of 'Guiding. Engaging. Mentoring (GEM)' is very apt, as education is no longer only about the imparting of knowledge and skills, but about nurturing and preparing our learners for the work that they have to do," said Professor Benjamin Seet, Deputy Group Chief Executive Officer (Education & Research), NHG, who delivered the opening speech.

He further elaborated that the "work" that these future learners do, will be quite different from what it is today. Prof Seet urged for NHG's educators to think differently, adapt, and change their teaching approach to help learners navigate through some of the challenges that Singapore's healthcare system faces in its transformation journey.



Prof Benjamin Seet congratulating all 285 awardees during his opening speech

generative AI (artificial intelligence) will further disrupt how we teach and learn", said Prof Seet.

In his concluding remarks, Prof Seet reaffirmed NHG's commitment to continue preparing its workforce to face these challenges, and build a stronger culture of teaching, research, and innovation in its institutions.

"We will work closer with academic partners like LKCMedicine and NTU to strengthen our capabilities, fill some of our gaps and generate the evidence base to achieve better population health," he said.

"We will (also) evolve our education system to keep up with the new demands on our workforce. The future looks exciting!"



Awardees were also treated to slew of fringe activities at this year's celebrations

Firstly, as Singapore embarks on the Healthier SG initiative, shifting from acute hospital care to primary and community care, "there is a need to train the next generation of healthcare professionals (HCPs) for this paradigm, as well as to retrain the existing workforce to think and work differently," he said.

Secondly, with healthcare facing technological disruptions such as HCPs needing to interface with data, algorithms and machines, Prof Seet stressed for the healthcare education system to prepare both current and future HCPs to "participate in patient education, health risk communication and health behavioural interventions", in order to "achieve the goals of better patient outcomes and a healthier population".

And lastly, Prof Seet said that with the transformation of medical education, he urged for medical educators to find innovative ways to change the way to teach and train medical students. "The need to memorise anatomical features, and biochemical pathways is no longer relevant, when information is so readily accessible"; and "the large language models, and

For more photos from the event - <https://for.sg/td2023fb>

Follow the link to view this year's awardees list - <https://for.sg/td2023awardees>

Click here to watch the "This is why I teach" video https://youtu.be/mMwZN-O_uEs