



WHAT'S UP, DOC?



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On Call: Reflections of a Radiologist

By Dr Chia Ghim Song, Class of 2011

"Quick, get a CT abdo-pelvis for this newly admitted patient to rule out appendicitis", my on-call registrar ordered.

It was my very first call. While I had requested for CT scans before as a sub-intern in my 4th year, this was different. No longer was I a medical student, which meant that the radiologist on call was going to be a lot less forgiving.

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Alumni Shadowing: Thoughts of a student exploring his calling

By Shawn Ng, Year 2 NUS Pre-Med Student

Why do I want to be a doctor?

This question has probably been asked so often that it has become a cliché, but the significance of this simple question is not to be underestimated. In fact, its relevance remains pertinent regardless whether we are just embarking on this journey or veterans in this noble field. This question lies at the very core of our motivation, affecting everything else in the ensuing line of work.

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ALUMNI RELATIONS



Alumni Benefits

- Birthday vouchers
- Free travel adaptors
- NUS *Alum*NUS and Duke-NUS Term Cards
- Special Promotion – Duke-NUS Plaque Offer

ALUMNI GROUPS



Duke-NUS Medical Alumni (DNMA) 2nd Annual General Meeting & Alumni Reunion

On Friday 29th August 2014, Duke-NUS's second alumni reunion dinner was held at the cozy ambience of OKB Café.

Thanks to the combined efforts of the DNMA Management Committee and Duke-NUS Alumni Relations Office, alumni from the four graduated classes enjoyed the chance of reuniting with familiar faces.

EVENTS



PAST

- Graduation Dinner 2014
- Class of 2014 Graduation & Hooding Ceremony
- White Coat Ceremony 2014
- Duke-NUS Medical Alumni (DNMA) 2nd Annual General Meeting & Alumni Reunion
- Deans' Pancake Breakfast
- Alumni sharing sessions

UPCOMING

- **Night at the Medical School**
Date : 13th November 2014 (Thursday)
Time : 6pm - 8pm
Venue : LEAD Room, Level 2, Duke-NUS
- **Faculty Appreciation Soiree**
Date : 12th December 2014 (Friday)
Time : 6.30pm to 10pm
Venue : Duke-NUS Atrium

NEWS BITES



Residency In SingHealth Excels (RISE) Award – Dr Esther Low receives Partners In Education Award

Dr Esther Low (former President of the Duke-NUS Student Council) receives the Partners In Education Award for her partnership and collaboration with SingHealth in reaching out to the medical students.



Dr Bianca Chan and Dr Ku Chee Wai speak at the SingHealth – Duke-NUS Scientific Congress

Bianca and Chee Wai were invited as speakers at the SingHealth – Duke-NUS Scientific Congress!



Neo Shu Hui



Yeo Shi Yun



Catherine Goh Wenhui

Congratulations to our first batch of PhD graduates from the Integrated Biology and Medicine (IBM) Program!

Congratulations to our first batch of PhD graduates from the Integrated Biology and Medicine (IBM) Program! We warmly welcome them to the Duke-NUS Alumni family!

- [Updates on USMLE Step 3](#)

HUMERUS SECTION



Remember to

KEEP CALM AND CARRY ON
DON'T PANIC AND FREAK OUT
KEEP CALM AND STAY STRONG
SCREAM AND SHOUT AND LET IT ALL OUT

KEEP CALM AND STUDY HARD
READ MOORE AND READ DALLEY
WORK HARD AND PLAY HARD
KEEP FRIENDS AND LOVE YOUR FAMILY

By Dr Lim Jing Wei, Class of 2012

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Vote Your Favorite Poster Contest

[Check out these 18 posters specially designed by Dr Lim Jing Wei!](#)

Which one speaks most to you? Cast your vote for your favorite poster to win a prize! Email us at alumni@duke-nus.edu.sg and let us know your choice. The closing date of contest is 14 November 2014 and winners will be notified via email.



HOME >> WHAT'S UP DOC?

WHAT'S UP, DOC?

- + On Call: Reflections of a Radiologist
- + Alumni Shadowing: Thoughts of a student exploring his calling

CONTENT

- + What's up, Doc?
- + Alumni Relations
- + Alumni Groups
- + Events
- + News Bites
- + Humerus Section

WHAT'S UP, DOC?



On Call: Reflections of a Radiologist

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"Quick, get a CT abdo-pelvis for this newly admitted patient to rule out appendicitis", my on-call registrar ordered.

It was my very first call. While I had requested for CT scans before as a sub-intern in my 4th year, this was different. No longer was I a medical student, which meant that the radiologist on call was going to be a lot less forgiving.

With a sense of trepidation, I tried to find out as much as I could about the patient before I called the on-call radiologist. Upon whom I 'vomited' the entire deluge of the patient's presenting history and physical examination before getting to the indication for the scan.

"Why do you need an urgent CT scan? Isn't appendicitis a clinical diagnosis?", said an impatient and withering voice at the other end.

"Err... Because based on the clinical history and physical exam, my registrar thinks it is acute appendicitis." I replied meekly.

"Well if your registrar is pretty certain its appendicitis then shouldn't the patient be on the operating table?"

I was stumped by the rhetorical question posed by the annoyed but also tired and stressed out on-call radiologist. Although over that year I eventually learnt how to tickle the radiologist into granting a similar scan for my patient, I suspect my experience that night paid off because of my persistent and pitiful begging.

Fortunately, while this was the first of my many encounters with the on-call radiologist, it wasn't representative of most of my exchanges which were generally more cordial. It was also a good thing that this encounter didn't deter me from choosing to specialize in radiology. And while you may suspect it, I did not choose radiology so that I could strike fear in inexperienced interns.

It wasn't long before I was required to do first line calls, taking on a similar role as the on-call registrar, during my recent rotation to KKH. Only when one is placed in a similar situation of great responsibility does one finally understand how the on-call radiologist must have felt when he received my call. Was the scan necessary? Why is the doctor calling, wasting time and not getting to the point?

An ultrasound scan, when ordered on call at KKH, is performed by the on-call radiologist (aka me). Depending on the complexity, each scan may take anything from about 30 minutes to one hour. It turns out that there are a number of potentially life-threatening emergencies that may happen on call, such as a ruptured ectopic pregnancy. One does not want to be caught in a situation where an emergent case is delayed because of another non-urgent case. The onus is on us to triage and prioritize the requests; hence we reject scans that are not justified or non-urgent. Failing to do so compromises the safety of our patients.

Armed with these experiences, I now teach the Duke-NUS students who spend 1 week of their Year 2 curriculum in radiology. In particular (no prizes for guessing), part of what we teach is on how to request for scans from the on-call radiologist. Hopefully with practice requesting for scans from the radiologist as students, it will eventually make for a better night call for both the intern and the unsuspecting on-call radiologist.

Recently, Bianca and I shared our experiences in Dr Thiru's PCY 2 course on "moral distress and ethical dilemmas" in medical education. During the session, it suddenly struck me how easy it is to forget that we were once students. As we gain more experience through our training and become proficient, it is easy to forget the incompetencies and uncertainties we had to navigate as uninitiated medical students at the wards or as a newly minted intern. Let us never forget that we were once also students.

Congratulations to my fellow alumni who have newly graduated as interns, become MOs and also to my classmates who have turned senior residents. I am sure that as we progress in our training, we will continue to strive to teach, nurture and mentor students in a safe learning environment.

Note to self: I will try to control my temper even if I'm having a terrible call. Keep calm.



HOME >> WHAT'S UP DOC?

WHAT'S UP, DOC?

- + On Call: Reflections of a Radiologist
- + Alumni Shadowing: Thoughts of a student exploring his calling

CONTENT

- + What's up, Doc?
- + Alumni Relations
- + Alumni Groups
- + Events
- + News Bites
- + Humerus Section

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Alumni Shadowing: Thoughts of a student exploring his calling

By Shawn Ng, Year 2 NUS Pre-Med Student

Why do I want to be a doctor?

This question has probably been asked so often that it has become a cliché, but the significance of this simple question is not to be underestimated. In fact, its relevance remains pertinent regardless whether we are just embarking on this journey or veterans in this noble field. This question lies at the very core of our motivation, affecting everything else in the ensuing line of work.

I feel that all too often, many of us contemplating a career in medicine have glossed over this question, preferring to entertain the notion of transient/superficial objectives such as 'I don't like anything else and since my grades are good... Might as well do it' or 'what can I get out of being a doctor?', rather than what we can and should provide and contribute as a doctor. Rather than formulating a goal and then working retrospectively to find out why we want to achieve that goal, we should take time to seriously explore and discover the calling in our life, and then identify the goal at the end of it. This process allows the reason to shape the end rather than the other way round. What is a worthy enough reason that can sustain my drive in this extremely trying field (if medicine is indeed the outcome after serious and honest self-reflection)? The single most uttered word that I have heard from many friends (and even seniors who are already doctors) in medicine is 'jaded (-ness)', and sometimes (though perhaps rarely admitted) with a tinge of regret. Perhaps, there is a perfectly logical reason for that.

What better way to affirm this than to be on the job itself? I was really blessed to have this opportunity to shadow and learn under the tutelage of a wonderful and very insightful mentor Dr Andrew Green, as well as the equally delightful team at the Department of Clinical Epidemiology in Tan Tock Seng Hospital (TTSH). A big thank you to Prof Angela Chow, Dr Win Mar Kyaw, Dr Hanley Ho, Mr Alif Ibrahim... and many more... for welcoming me into the team.

Despite a short stint of only 5 days, the insights that I have gained were invaluable. Likening myself as a 'police' of sorts at the hospital, I have gained privileged access to many different wards, catching glimpses of various specialty doctors, nurses and allied health workers hard at work in unison (killing multiple birds with one stone). The Clinical Epidemiology department also has its own version of the famous 'doctor rounds' that differ somewhat from what you often view on television series; incorporating surveillance and vigilant maintenance against potential biohazards posed to the hospital population, on top of checking on the status of their patients. A highlight of my shadowing experience was the epidemiological investigations and management of a cluster of acute febrile illness cases that occurred in one of the wards on my first day on the job! This incident rightly brought into perspective the importance this department plays in being the first line of defence as well as an integrative force of our nation - to safeguard its population from such communicable diseases. The swift action of clamping down on 'ground zero' and the immediate action to protect patients and staff from exposure while investigating if transmission had occurred, was quite a unique and interesting experience.

This opportunity would not have been possible if not for the help of many important Duke-NUS staff to which I am greatly indebted to (Sarada, Joan, Nisah, just to name a few). They are truly one of the most fabulously selfless groups of people I have ever come across, laboriously tapping all the resources they have (in the form of personal requests from the various people they know) to assist me after I sent only one email, asking if there are shadowing opportunities.

Going back to the start of my reflection on the importance of finding your calling, the resources are all laid out nicely before you (to all students contemplating on whether to embark on this medical journey) to utilise and explore. Do not waste this golden opportunity, grasp it, sink your hands into it and figure out if this is what you really want – a rewarding career that you foresee yourself doing passionately 40 years down the road. As my mentor, Dr Andrew Green said, 'keep your options open', why restrict yourself when you can still afford it? Eventually you have to start closing doors and settle on something. Enjoy exploring, as it is crucial to choose which open door is the right one to enter.

Perhaps then, as prospective medical students explore further and become more attuned with themselves, I could finally hear more of my friends in medicine proclaiming their trade with pride and with genuine smiles across their faces.



Department of Clinical Epidemiology, Tan Tock Seng Hospital: (L-R) Ms Nwe Ni Win, Dr Win Mar Kyaw, Mr Mervin Tan, Mr Shawn Ng, Dr Andrew Green, Mr Alif Ibrahim and Prof Angela Chow

Dr Andrew Green (Class of 2012, third from right) helped Shawn explore his calling through alumni shadowing. If you would like to be part of the Alumni Shadowing Program, contact the Duke-NUS Alumni Relations Office at alumni@duke-nus.edu.sg



HOME >> ALUMNI RELATIONS

ALUMNI RELATIONS

+ Alumni Benefits

CONTENT

- + What's up, Doc?
- + Alumni Relations
- + Alumni Groups
- + Events
- + News Bites
- + Humerus Section

ALUMNI RELATIONS

Alumni Benefits



1. They have collected their birthday vouchers, have you?

Happy birthday, October-born alumni babies!

As a valued alumni member of the Duke-NUS family, this is just our way of saying that you matter, we remember you and want to reconnect with you.

Receive a \$10 voucher during your birthday month. Email alumni@duke-nus.edu.sg to collect your birthday voucher.

Terms & Conditions:

- Voucher must be collected during your birthday month.
- Duke-NUS reserves the right to withdraw this birthday benefit at any time without prior notice.



2. Have you updated your particulars?

Update your particulars with us to stay connected with the School and receive a special gift of a handy travel adaptor. Email alumni@duke-nus.edu.sg for more details now!



NUS AlumNUS Card



Duke-NUS Term Card

3. Do you have the NUS AlumNUS and Duke-NUS Term Cards?

The NUS AlumNUS card entitles you to exclusive discounts from merchants on the NUS campus and across Singapore. The Duke-NUS Term Card, renewable on an annual basis, gives you access to our Duke-NUS Building even after office hours. We have presented the AlumNUS and Term Cards to you during your graduation.

If you have lost any of the cards or would like to renew your Duke-NUS Term Card, contact us at alumni@duke-nus.edu.sg for assistance.

Duke-NUS Plaque Offer



4. Special Promotion for Duke-NUS Alumni only!

Convert your hard earned MD degree into a plaque!

Order your Duke-NUS Poroseal Plaque before 30 November 2014 and enjoy a discount of over \$40! Simply scan or take a photo of your certificate and email it to info@poroseal.com.sg to order. Payment instructions will follow.

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HOME >> ALUMNI GROUPS

ALUMNI GROUPS

- + Duke-NUS Medical Alumni (DNMA) 2nd Annual General Meeting & Alumni Reunion
- + Alumni Sharing Sessions

CONTENT

- + What's up, Doc?
- + Alumni Relations
- + Alumni Groups
- + Events
- + News Bites
- + Humerus Section

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Thanks to the combined efforts of the DNMA Management Committee and Duke-NUS Alumni Relations Office, alumni from the four graduated classes enjoyed the chance of reuniting with familiar faces.

Dr Fatima Usmani expressed her joy at being a part of this evening's reunion. "Some of us are working in different hospitals. With schedules clashing, we have not been able to meet as often as we would like. This really gives us the opportunity to see where everyone is and find out how they're doing. Catching up with old friends is always nice."

Dr Padmastuti Akella similarly mentioned, the chance to meet and reconnect with old classmates is indeed hard to come by, more so when everyone is busy building their careers and starting their own family.

Hence on that Friday night, despite the wet weather outside, everyone gathered at the café were kept toasty warm with the seemingly endless servings of tasty dishes, coupled with the camaraderie of chatting with old friends.

The alumni of Duke-NUS were not alone in their reminiscing of old times. Many had brought their partners and families along for the nostalgic night, and as mentioned by Dr Fatima, "It is really great as it's rare to see that other side of people's lives."

As old friendships were rekindled and new ones formed, the cheery atmosphere in the café was heightened when the lucky draw started. Several winners walked away with exclusive Duke-NUS game sets.

"I hope we can do more events like this. I hope we can only grow bigger and better." With the night gradually approaching its end, Dr Padmastuti showed keen interest in participating in future DNMA events.

"Of course these kind of events (reunion dinners) are good in bringing the alumni together, but it would also be nice if we could come together and contribute at other sorts of community events."

We hope that like Dr Padmastuti, everyone left the café with full bellies, an even fuller heart, and anticipation of seeing each other again in the near future.

Alumni Sharing Sessions



6 Aug 2014 - Foundations Course



21 Aug 2014 – Debrief on Ward Activity for PCY2



22 Aug 2014 – Students' Special Interest Group Fair



HOME >> HUMERUS SECTION

HUMERUS SECTION

- + Remember to...
- + Vote Your Favorite Poster Contest

CONTENT

- + What's up, Doc?
- + Alumni Relations
- + Alumni Groups
- + Events
- + News Bites
- + Humerus Section

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READ MOORE AND READ DALLEY
WORK HARD AND PLAY HARD
KEEP FRIENDS AND LOVE YOUR FAMILY

KEEP CALM AND KEEP TRYING to
SLEEP TIGHT AND EAT RIGHT
KEEP CALM IT'S JUST A THESIS
AVOID READING PAST MIDNIGHT

KEEP CALM WHEN TAKING A HISTORY
ALWAYS COMFORT AND DO NO HARM
KEEP FIT AND EXERCISE REGULARLY
TAKE TIME TO UNWIND

KEEP CALM AND TOUGH IT OUT
MEDICAL SCHOOL IS VERY LONG
But DON'T PANIC AND FREAK OUT
KEEP CALM AND CARRY ON

By Dr Lim Jing Wei, Class of 2012

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Poster 1



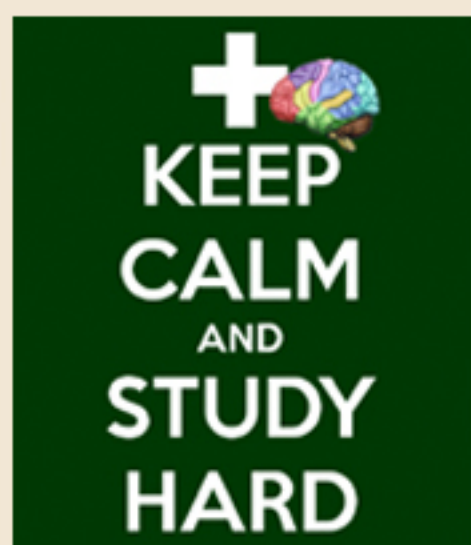
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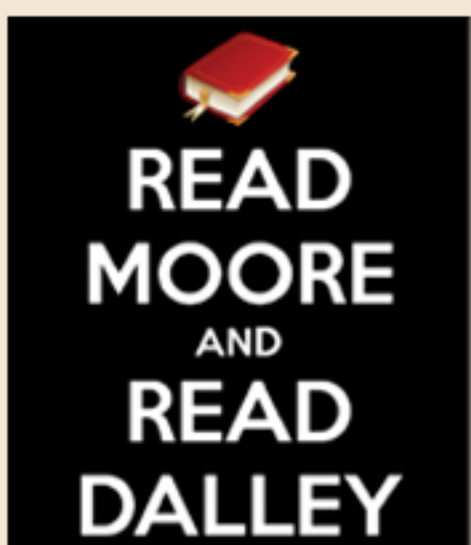
Poster 3



Poster 4



Poster 5



Poster 6



Poster 7



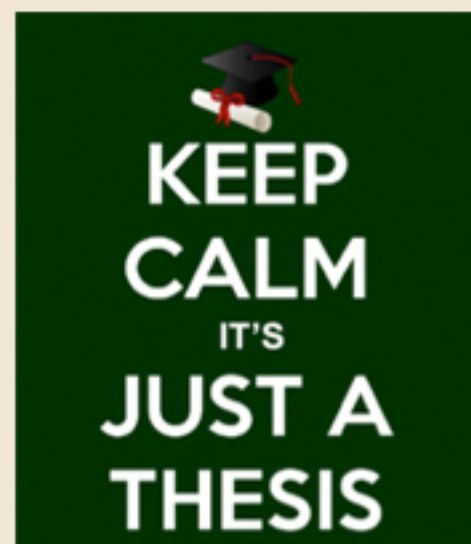
Poster 8



Poster 9



Poster 10



Poster 11



Poster 12



Poster 13



Poster 14



Poster 15



Poster 16



Poster 17



Poster 18

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