

NOVEMBER 2015



WHAT'S UP, DOC?







After medical school: Building a community of giving and teamwork

On 21 August 2015, Duke-NUS Medical Alumni (DNMA) society held their third Annual General Meeting and alumni reunion at Duke-NUS. Elections for the new committee, which are held bi-annually, were conducted this year. With the burgeoning number of alumni members each year, a new motion was passed to elect six committee members instead of the initial five, to enable more diverse views from various member interests.

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Dr Sashen Aponso: The Journey So Far By Dr Sashen Aponso, MD 2015

In my first week as a doctor at the Singapore General Hospital (SGH), it felt very strange and surreal that just a few weeks earlier, I had been a mere student in those very wards looking for cases to practise for my exams. Now, I was being called "Doctor" and my friends and I kept thinking that people were calling someone else.

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ALUMNI RELATIONS





Update your particulars and get a gift from us

Stay connected with Duke-NUS and be kept informed of the latest happenings!

If you have recently changed your email address, contact number or any of your other particulars, email your latest information to alumni@duke-nus.edu.sg and receive a special Duke-NUS travel adaptor gift.



Sponsoring your Class Reunion

If you are thinking of organising a class reunion, please contact the Alumni Relations Office at alumni@duke-nus.edu.sg We will sponsor up to \$20 per person for each class reunion.















Do you want to connect with your peers within the same Residency programme? Do you want to start new groups e.g. General Surgery Alumni Group, Anaesthesia Alumni Group,

Family Medicine Alumni Group, Orthopaedics Alumni Group, Ophthalmology Alumni Group, Emergency Medicine Alumni Group, Obstetrics & Gynaecology Alumni Group, Overseas Alumni

Group or any other alumni group? * Setting up of new medical alumni groups are subject to approval from the Duke-NUS Medical Alumni (DNMA) society and the group

members can come from various residency clusters (SingHealth, NHG, NUHS). Contact us at alumni@duke-nus.edu.sg if you want to be involved in these alumni groups.



→ Radiology Alumni Group's first

Annual Dinner

- White Coat Ceremony 2015 DNMA Committee's first retreat

Chinese Development Assistance Council – **Duke-NUS Community Health Screening 2015**

UPCOMING

- Night at the Medical School Christmas @ Duke-NUS

Congratulations to our new PhD graduates!

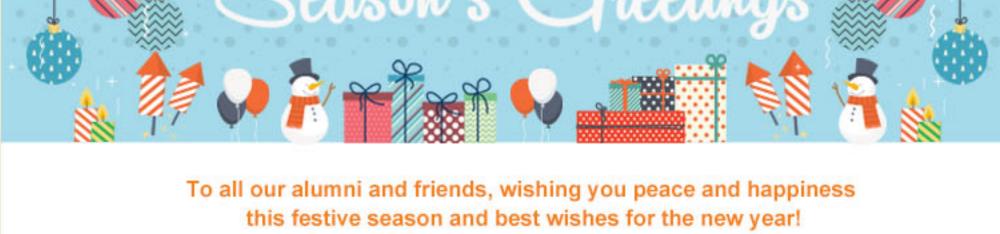
NEWS BITES



- Kheng Choon, Dr Christina Anne Jelly and Dr Emily Hsieh Hip Hip Hurray for Dr Rena Dharmawan!
- Dr Petty Chen's study leads to pilot diabetes screening for pregnant mums

SEASON'S GREETINGS







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WHAT'S UP, DOC?



Dr Sashen Aponso: The Journey So Far

By Dr Sashen Aponso, MD 2015

In my first week as a doctor at the Singapore General Hospital (SGH), it felt very strange and surreal that just a few weeks earlier, I had been a mere student in those very wards looking for cases to practise for my exams. Now, I was being called "Doctor" and my friends and I kept thinking that people were calling someone else.

My interest in Medicine was piqued at a young age, mostly out of admiration for my own doctors and the belief that being a doctor is a noble profession that called for kindness and compassion. I shadowed doctors in high school and pursued a degree in Human Biology at Stanford University before joining Duke-NUS.

Learning never stops in Medicine. Besides learning hard facts about the human body, diseases and the sciences, Medicine is really about humanity. During a medical oncology elective, I presented a thoroughly detailed medical history that I was very proud of, to my consultant. However, I was floored when he asked me about my patient's hobbies and favourite foods. I think such instances made me realise I wanted a specialty that encompasses broad medical knowledge and engages both my heart and mind – and I found that in Internal Medicine.

Since graduating, it seems that the learning has only intensified and I have quickly accepted how and when to ask for help. As a junior doctor, there is something to learn from everyone – from senior doctors to nurses, especially when on night call.

Outside the wards, I have also been working with Prof Yeo Kung Keong and the National Heart Centre Singapore (NHCS) on a project inspired by my third-year research as a medical student. That initial third-year project brought about more questions and the SingHealth Medical Student Talent Development Award which I received in my fourth year has enabled me to continue working with Prof Yeo in this follow-up study.

Just a few weeks ago, I was also invited to speak at the Cardiovascular Sciences Academic Clinical Programme's (CVS ACP) Learning Week organised by SingHealth. Held at the National Heart Centre, the event helped to build awareness of the CVS ACP and share new initiatives from the Research, Education and Clinical Services. Since the CVS ACP has clinicians doing research at every level of medical training, the event wanted to showcase the diversity of research within the programme. I was chosen to present the follow-up study I worked on with Prof Yeo and the NHCS. It was such an honour and privilege to share the stage with other established clinicians and researchers. It also gave me the opportunity to learn about other exciting CVS ACP research projects and meet inspiring clinician scientists helming these projects.

Admittedly, these few months as a new resident has been exhilarating. While I do miss the camaraderie and company of studying together with my friends and the memories of being in the wards practising for our physical examinations as medical students, I hold on to these moments dearly. Now, what really stands out in the transition from student to doctor is definitely the immense responsibility, the many lessons one has to learn on the fly and a greater sense of satisfaction at the end of each day.

I am sure the road ahead is filled with many more challenges but I am living my dream and I believe it will be exciting and fulfilling.



Alumni Matters **NOVEMBER 2015**



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WHAT'S UP, DOC?

After medical school: Building a community of giving and teamwork





On 21 August 2015, Duke-NUS Medical Alumni (DNMA) society held their third Annual General Meeting and alumni reunion at Duke-NUS. Elections for the new committee, which are held bi-annually, were conducted this year. With the burgeoning number of alumni members each year, a new motion was passed to elect six committee members instead of the initial five, to enable more diverse views from various member interests.

The newly-elected members of the DNMA Committee are:

President:	Dr Chia Ghim Song	(MD 2011)
Vice President:	Dr Lim Jing Wei	(MD 2012)
Secretary:	Dr Padmastuti Akella	(MD 2013)
Assistant Secretary:	Dr Eric Cher	(MD 2014)
Treasurer:	Dr Syeda Kashfi Qadri	(MD 2012)
Assistant Treasurer:	Dr Anuradha Pandey	(MD 2015)
Committee Member:	Dr Bianca Chan	(MD 2011)

Committee Member:	Dr Karen Nadua	(MD 2011)
Committee Member:	Dr Andrew Green	(MD 2012)
Committee Member:	Dr Andrew Chou	(MD 2015)
Committee Member:	Dr Petty Chen	(MD 2015)
Committee Member:	Dr Martyn Gostelow	(MD 2015)
Honorary Auditor:	Dr Dixon Grant	(MD 2011)
Honorary Auditor:	Dr Felix Maverick Rubillar Uy	(MD 2013)

Interestingly, the elections were facilitated by a few medical students from the Class of 2016 who will become alumni themselves next

year. They volunteered to help to gain insights into the vital role the alumni plays at Duke-NUS.

As Kenneth Chin (Class of 2016) puts it, "The alumni are a very powerful resource which the school must capitalise on. As graduating seniors, we too must continue to be involved in the school-building process." Owen Png (Class of 2016), the current Student Council President, also emphasised the importance of "camaraderie and teamwork in the wards and building a community where we can count on one another to deliver the best medicine possible."

Upon graduation, both Kenneth and Owen would like to serve in the committee and hope to contribute through peer mentorship. Kenneth strongly believes in the merits of mentorship. "As students who have been through the system, we understand the fears and concerns our juniors may face. There is great value in allaying their fears and helping to clarify knowledge gaps and reassuring them," he shared.

"When one cares about something, one makes the time for it," said Dr Karen Nadua, who clearly demonstrates the alumni's passion to give back. Although absent from the AGM after having given birth to a baby boy the week before, her fellow alumni members spoke fondly of her time and effort spent on alumni matters despite her commitments as a doctor, wife and mother-to-be. Her drive to actively shape the Duke-NUS identity stems from personally feeling "so far from Duke-NUS when this was my world not too long ago, and which shaped a significant part of me, that's why I want to be more than another faceless, overworked resident."

As more classes graduate in the years ahead, Dr Karen Nadua wants to remind them that Duke-NUS is home and they can always count on this family. "Duke-NUS does not end with your graduation. In the overwhelming work and uncertainty that may swallow you up, you may find yourself seeking to reconnect with this aspect of your identity and you'd be surprised by the support and familiar comfort of your fellow alumni. And then you can pay it forward."

Being involved in your alma mater's growth and keeping in touch with former schoolmates can be trying especially when faced with life's many challenges. Coupled with long hours in the wards and personal commitments, participation may just sound impossible. However, DNMA has made great strides under the leadership of its inaugural committee, who served from 2013 – 2015.

As the alumni community grows steadily with each passing year, the DNMA Committee has been steadfast and dedicated in addressing the needs of the alumni community and nurturing a sense of belonging, friendship and giving back to the school. The DNMA has actively shown its support to the School through its frequent alumni sharing sessions for current students, participation in community service projects and key events like the Chinese Development Assistance Council - Duke-NUS Community Health Screening, Hooding & Graduation Ceremony, Deans' Pancake Breakfast etc.

One of DNMA's more notable recent initiatives is its alumni residency groups. So far, three networks have been established. They are the Paediatrics Alumni Group, Radiology Alumni Group and the Internal Medicine Alumni Group. These groups serve as a nexus of support, advice and mentorship for the alumni, as they head into the wards officially as doctors. Plans are also underway to launch more specialty groups.

Web: http://www.duke-nus.edu.sg



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PAST EVENTS

31 July 2015 - Radiology Alumni Group's first Annual Dinner



On 31 July 2015, 7 Duke-NUS radiology residents had a wonderful time getting together at their first annual dinner that was fully sponsored by the Duke-NUS Alumni Relations Office. They enjoyed the company, networking opportunity and of course, the scrumptious food!

If you would like to start a new Duke-NUS Alumni Group for a specific Residency Programme, please contact the Alumni Relations Office at alumni@duke-nus.edu.sg.

14 August 2015 - White Coat Ceremony 2015

Click here for photos of the largest Duke-NUS MD class that has graduated.

31 October 2015 – DNMA Committee's first retreat







The Alumni Relations Office helped the new DNMA Committee hold their first retreat with a Halloween-themed get-together on 31 October 2015. The full-day programme included team-building games and strategic discussions on work plans for the next two years.

UPCOMING EVENTS

Check your email for regular updates and invitations to these events!

Chinese Development Assistance Council – Duke-NUS Community Health Screening 2015

Date : 6 December 2015 (Sunday) Time : 9.30am - 5.30pm : Nanyang Junior College Venue

Night at the Medical School

: 9 December 2015 (Wednesday) Date

Time : 6.30pm - 8.30pm (registration starts at 6pm)

: LEAD Room, Level 2, Duke-NUS Venue

Christmas @ Duke-NUS

: 18 December 2015 (Friday) Date Time : 6.30pm - 9.30pm Venue : Atrium, Level 2, Duke-NUS

Web: http://www.duke-nus.edu.sg



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NEWS BITES

Congratulations to our new PhD graduates!

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



Dong Di



Manjeri Aditi Subramaniam

Duke-NUS MD alumni appointed Chief Residents - Dr Chia Ghim Song, Dr Lim Kheng Choon, Dr Christina Anne Jelly and Dr Emily Hsieh

Congratulations to two Duke-NUS' pioneer alumni



Dr Chia Ghim Song (MD 2011) Chief Resident, Radiology SingHealth



Dr Lim Kheng Choon (MD 2011) Chief Resident, Radiology SingHealth

for being selected to participate in the Singapore Chief Residency Programme.

Organised by the Health Leadership College (MOHH), 11 of 15 peer-nominated candidates were eventually selected from 33 programmes in SingHealth Residency.

Duke-NUS is proud of you!



Dr Christina Anne Jelly (MD 2012) graduate, was selected as Chief Resident for the Department of Anesthesia, Critical Care and Pain Medicine at the Massachusetts General Hospital. She will complete her Chief Residency in the next academic year and plans to pursue subspecialty training in Intensive Care and Cardiac Anesthesia.



Dr Emily Hsieh (MD 2013) is currently completing her final year of Paediatric residency at the Floating Hospital for Children at Tufts Medical Center. She will start her Chief year in July 2016.

Hip Hip Hurray for Dr Rena Dharmawan!



Medicine@SG. The team came up with an idea, plugged as the 'Uber' of homecare. Rena is presently a general surgery resident with SingHealth.

Med-tech savvy Duke-NUS medical alumna, Dr

Rena Dharmawan (MD 2011), was in the team

that won third place in the MIT Hacking

Photo: Rena (centre) on stage for the award presentation [Credit: SMART]





2015) conducted the study "Incremental Cost-effectiveness Analysis of Gestational Diabetes Mellitus Screening Strategies in Singapore" as part of her third and final-year student research project in Duke-NUS. The study recommends universal screening for timely interventions and cost-effectiveness. KK Women's and Children's Hospital (KKH) will be offering routine screening in a 6-month pilot for all pregnant patients from 1 January 2016.