



## WHAT'S UP, DOC?



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### Appreciating Alumni and Nurturing Giants

Coming together to celebrate and appreciate the contributions of alumni were two great reasons for the Duke-NUS Alumni Social Night. Organised by the Duke-NUS Alumni Relations department, the Alumni Social Night on 9 March 2016 was held at Octapas Spanish Tapas Bar in Clarke Quay.

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### Tribute to Our Alumni Mentors

During the past few years, the alumni have increasingly provided invaluable advice and guidance to our medical students. Here is a glimpse of the impact Duke-NUS alumni have made on our students' learning and their lives.

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### The Little Things That Matter

*By Dr Andrew Chou, MD 2015*

After four years of medical school, I am now a resident in Orthopaedic Surgery at SingHealth. The foot and ankle service team at the Department of Orthopaedic Surgery at the Singapore General Hospital (SGH), treats and operates on patients facing foot and ankle disorders, such as sports injuries, fractures, and degenerative conditions.

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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](mailto:alumni@duke-nus.edu.sg) and receive a special Duke-NUS travel adaptor gift.

- **Realignment of Alumni Relations Department to Office of Education**
- **Welcome from Dr Mara McAdams, Assistant Dean of Student Affairs**
- **Message from Ms Corinna Ng, Director - Office of Communications, Organisational Development and Alumni Relations**

## ALUMNI COMMUNITY



Are you interested to connect with your peers within the same Residency programme?

Do you want to start any of these new groups:

- 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?



Contact us at [alumni@duke-nus.edu.sg](mailto:alumni@duke-nus.edu.sg) if you want to be involved.

*Guidelines:*

- \* *Setting up of new medical alumni groups is subject to approval from the Duke-NUS Medical Alumni (DNMA) society*
- \* *Group members can come from various residency clusters (SingHealth, NHG, NUHS).*

## EVENTS



### PAST

- **Chinese Development Assistance Council – Duke-NUS Health Screening**
- **A Night at the Medical School**
- **Alumni Sharing Session**
- **Alumni Social Night**
- **Alumni Movie Night**

### UPCOMING

- **Graduation Dinner**
- **Graduation & Hooding Ceremony**
- **White Coat Ceremony**
- **Pancake Breakfast**

## NEWS BITES



Since 14 March 2016, Dr Shari Koh-Bundgaard (MD 2011) has been appointed as an instructor for the Clinical Overlay (CLOVER) Programme, under the Medical Education, Research & Evaluation (MERE) department at Duke-NUS' Office of Education.



Congratulations to Dr Lim Kheng Choon (MD 2011) on his appointment as one of the Directors of the Singapore Medical Association Charity Fund.



Kudos to Dr Nguyen Thien Khanh (MD 2014) on being accepted as a fellow in the Singapore-Stanford Biodesign Programme.

- **Congratulations to Dr Petty Chen (Class 2011) on her paper in the Asia Pacific Journal of Public Health, which has re-defined the way gestational diabetes is screened.**
- **Read about how Dr Olivia Tan and Dr Tay Yu Ling have contributed to a new framework for more efficient diagnosis of heart patients.**

## SEASON'S GREETINGS







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## WHAT'S UP, DOC?

### Appreciating Alumni and Nurturing Giants



Coming together to celebrate and appreciate the contributions of alumni were two great reasons for the Duke-NUS Alumni Social Night. Organised by the Duke-NUS Alumni Relations department, the Alumni Social Night on 9 March 2016 was held at Octapas Spanish Tapas Bar in Clarke Quay.

A rousing success on its debut, the Alumni Social Night saw a bigger turnout than expected, so much so that the catering figures had to be increased at the last minute! Guests got to enjoy delectable Spanish cuisine over drinks and convivial company. Alumni were entertained musically by students as the student emcees held the night together.

Leveraging on the relaxed, informal atmosphere, a birthday cake magically appeared for Dr Bianca Chan (MD 2011) and Dr Mara McAdams (Assistant Dean, Student Affairs), whose birthdays fell in March. The duo was lured onto the stage on the pretext of playing a game, all in the name of good fun of course!

That night, Dean Thomas Coffman took the opportunity to personally present certificates of appreciation to recognise several alumni members who have selflessly and generously given their time on numerous occasions to help their juniors despite heavy personal and professional commitments.

On the importance of maintaining close and strong ties with our alumni, Dean Coffman had this to say. "Their journey with the School does not end at graduation. It is crucial that we know their journey in residency, as it ensures the school continues to prepare future doctors adequately. They are the accomplishments of the school and they represent qualities the school aims to cultivate in its students." He added, "The clinician scientists the school aims to groom have a long journey ahead, and we wish to ensure they are supported and engaged throughout their careers."

A pleasantly surprised award recipient was Dr Zhou Yi, who was initially unsure if she could even attend the event due to her busy schedule. "I feel appreciated, as part of the Duke-NUS family and it motivates me to want to contribute more. I appreciated the help and good advice I got from seniors when I was a student, and I want to help my juniors. They remind me of myself just one or two years ago," she shared, as she applauded the event organiser for the chance to also catch up with her former classmates.

Noting the surprisingly strong turnout as well was Dr Leong Dalun, another award recipient. "Usually, I would meet a handful of classmates at other events. It is rare for so many of us to be here," he mused. On a more serious note, he also shared that his motivation to offer his time to his juniors stemmed from his personal belief that "a good school will have support from a strong alumni network. I believe a strong bond between the school and its alumni members is essential and I just want to play my part in forging a stronger connection. I benefited from alumni involvement as a student, so I am doing the same for my juniors now. I hope my juniors will do the same for their juniors in future as well."

Below the surface of the evening's merriment, it was evident that the ties between the alumni and the school run deep and strong.

“ If I have seen further, it is by standing on the shoulders of giants. ”

S I R I S A A C N E W T O N





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### Tribute to Our Alumni Mentors

During the past few years, the alumni have increasingly provided invaluable advice and guidance to our medical students. Here is a glimpse of the impact Duke-NUS alumni have made on our students' learning and their lives.

#### 1. Dr Andrew Khor Yu Kheat (MD 2014) / Youyi (MS 2016)



YOUYI

“ Dr Andrew Khor Yu Kheat was very nurturing and caring during my MICU posting. He made sure I had enough hands-on procedures and always made some time for teaching. A role model for me indeed. ”



ANDREW

#### 2. Dr Wong Zi Yang (MD 2014) / Jia Loon (MS 2018)



JIA LOON

“ Dr Wong was an MS4 when I was an MS2 and he helped me and my classmates a lot by bringing us to see interesting clinical cases in the wards and guiding us on how to clerk patients and present our findings. Thanks to Dr Wong, we became much more confident and better prepared for our year-end clinical exam. ”



ZI YANG

#### 3. Dr Zhou Zhi Hong (MD 2013) / Jowell (MS 2019)



JOWELL

“ I would like to thank Dr Zhi Hong for being an approachable alumni, mentor and friend. Dr Zhi Hong's willingness to teach has allowed me to be exposed to many clinical aspects of his specialty. He is truly a role model for myself and other medical students to learn from. Having experienced the support I got from Dr Zhi Hong, I too, will be an alumni coach for juniors in the future! ”



ZHI HONG

#### 4. Dr Foo Li Lian (MD 2012) / James (MS 2016)



JAMES

“ Dr Foo Li Lian mentored me proactively at every opportunity during my Ophthalmology elective in year 2, and also during my Ophthalmology SIP in year 4. I respect her because she went the extra mile by sacrificing part of her weekend to teach Duke-NUS Ophthalmology SIG members eye examination skills at a workshop. She is an alumna who has inspired me to pay it forward in the future. ”



LI LIAN

#### 5. Dr Momoe Maeda (MD 2014) / Michael (MS 2018)



MICHAEL

“ Dr Momoe Maeda was wonderful in providing guidance and encouragement during the neurology clerkship session. She taught me more than just the biomedical side of medicine. She taught us how to work as a part of a medical team along with tips on how to be a more effective clinician. ”



MOMOE

#### 6. Dr Andrew Chou (MD 2015) / Shannon (MS 2018)



SHANNON

“ I would like to show my appreciation for Dr Andrew Chou, a great educator who always provides time for students no matter how busy his schedule may be. Thank you! ”



ANDREW

#### 7. Dr Fong Sheng (MD 2015) / Ivy (MS 2018)



IVY

“ I would like to show our appreciation to our senior Dr Fong Sheng for going the extra miles and spending extra time to give us tutorials in the wards. ”



FONG SHENG

#### 8. Dr Tan Pei Ling (MD 2012) / Gwen (MS 2018)



GWEN

“ She most definitely went the extra mile to teach me and provide opportunities for learning. She also looked out for me all the time, especially when I felt absolutely lost as a new student in the wards. Even now, she will check in to see how I'm doing whenever we run into each other in the hospital. ”



PEI LING





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### The Little Things That Matter

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Like every other resident, the work hours can be really long. Like, really long. I once worked three night calls in a row within a week, which was probably not the smartest decision I have ever made. After working as a

junior doctor, you come to realise that there is always more work to be done. While we should always strive to do the best for our patients, I have come to realise that we should also not neglect taking care of ourselves, spending time with family and friends, pursuing our personal interests or just catching up on sleep. Besides, if the number of post-grad exams you are required to pass is any indication, Medicine is a lot more of a marathon than a sprint and it is all too easy to burn out early on.

The reality of life as junior doctor got me thinking – as fully qualified and licensed doctors, we now have ridiculously busy clinical duties, close to zero room for errors, and our patients trust us to have their best interests at heart. Yet, despite busy schedules, lack of sleep, and countless other responsibilities, some of the best teachers I had in medical school were the freshly graduated house officers who took the time to teach me. With this in mind, Dr Petty Chen and I developed the Resident Mentorship Programme, which we hope to formally roll out soon.

Having walked in their shoes, we Duke-NUS alumni are in a better position to teach the Duke-NUS students in the wards in ways that relate to them better. However, heavy clinical workloads and the lack of a proper mentoring structure can make it frustratingly difficult to do so. The new Resident Mentorship Programme aims to provide the infrastructure required and give due credit to these unsung heroes who play such critical roles in the wards educating our students. Besides giving junior doctors the opportunity to hone their own teaching skills, we hope to foster stronger student-alumni relations and develop a culture of teaching and mentoring within the community.

With the help of the Duke-NUS Medical Alumni society, we hope this programme can and will encourage alumni to become mentors by having students fill out feedback forms for their mentors. Taking it one step further, we are also looking into possibly having them complete the CEX or New Innovations evaluation forms if their mentors are senior residents and above. These evaluations will culminate in mentors receiving official letters of recognition from Duke-NUS to certify the number of hours the mentors have spent teaching at the end of each clerkship. This recognition will be of great help in fulfilling the teaching component of the residents' portfolios.

We would like to start with three core rotations: Internal Medicine, Paediatrics, and General Surgery. As the programme expands, we aim to integrate the resident mentors into the clerkships themselves. For example, it would be great to have a General Surgery alumnus teaching basic suturing skills to students, or an Obstetrics and Gynaecology mentor supervising the teaching clinics.

Besides improving the way we teach and learn in the wards, the ultimate goal for this programme is to cultivate kinship and camaraderie between the alumni and the students. For the alumni, I hope this provides them the opportunity to pay it forward, because they remember what it was like to be wide-eyed, enthusiastic, and in need of support and guidance. As for the students, I hope they appreciate their mentors' efforts and have the desire to pay it forward when their time comes – to look forward to becoming resident mentors themselves after they graduate. At the heart of it all, everyone has a stake in Duke-NUS, whether they are students or alumni.

For more information on the new Resident Mentorship Programme or if you are interested to sign up for this programme, please contact [alumni@duke-nus.edu.sg](mailto:alumni@duke-nus.edu.sg).





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## ALUMNI RELATIONS

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## ALUMNI RELATIONS

### Realignment of Alumni Relations Department to Office of Education

With effect from 1 April 2016, the Alumni Relations Department, currently residing in the Office of Communications, Organisational Development and Alumni Relations, will transfer to the Student Affairs Department in the Office of Education.



#### Welcome from Dr Mara McAdams, Assistant Dean of Student Affairs

I am thrilled to be formally involved with the alumni as of April 1st! I am always on the lookout for grads in the building, and the (kind, curious, grad-centred, solutions-focused) interrogations that follow, can now be called work!

You, our alums, are the key to the success of our education mission, and the decision to bring the Alumni Relations group back in to the Office of Education will help better align all of us to the mission. I have been amazed to hear from students how much our alums are mentoring and teaching juniors in their work and also in special sessions with students – our students and those from other schools. I am looking forward to knowing more about what you do for the school, what more you want to do, and what the school needs to be doing to better meet the needs and expectations that the healthcare system has for you.

So, yes, I want to 'use you' to help improve what we are doing here in the school so that future alums are more successful junior doctors, but the decision to site Alumni Relations in Student Affairs rather than, say, in MERE, reflects a broader vision. My focus in my role in Student Affairs is personal and professional development with an emphasis on wellness. All of you are working long hours, juggling personal and professional priorities, while managing daily work pressures alongside the stress and uncertainty of exams and evaluations. Alumni Relations is doing a great job facilitating and supporting events for alumni and this will continue to grow! You can't look after others well if you aren't looking after yourself.

I look forward to reconnecting with each of you at upcoming events. Please contact me at [mara.mcadams@duke-nus.edu.sg](mailto:mara.mcadams@duke-nus.edu.sg) if you want to meet for a coffee or a drink outside a scheduled alumni event.



#### Message from Ms Corinna Ng, Director - Office of Communications, Organisational Development and Alumni Relations

I am so pleased to see how we have graduated 207 MDs, 1 MD/PhD and 8 PhDs over the years. It has been three interesting and eventful years since the Duke-NUS Medical Alumni was set up as a society. The leadership, commitment and numerous contributions of the DNMA committee has not gone unnoticed. I am also delighted to see more and more DNMA members step forward to mentorship and volunteer roles, despite so many tough demands on their time and energy. I just know that our medical students continue to want to interact, learn from and be inspired by you!

To our burgeoning PhD alumni community, may your careers grow from strength to strength.

I hope each of you will be active advocates for your alumni group and stay in touch with your alma mater in the coming years. As I follow your careers and share your stories in the coming years, I am constantly reminded how alumni are the most enduring asset of any institution.

I would also like to put on record the School's appreciation to Ms Joan Ku, Assistant Manager for Alumni Relations, for being the face and voice alumni have been closely interacting with these past three years. I can vouch that Joan has been more than tireless and selfless in serving and supporting our MD and PhD alums!





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## PAST EVENTS

→ 6 December 2015 - Chinese Development Assistance Council – Duke-NUS Health Screening

→ 9 December 2015 - A Night at the Medical School



### 3 March 2016 - Alumni Sharing Session

On 3 March 2016, Dr Chia Ghim Song conducted a refresher course on radiology for the final year students in preparation for their exams. During the lecture, Dr Chia shared useful information and important tips for diagnosing patients when the findings in a scan appears to be inconclusive.

→ 9 March 2016 - Alumni Social Night



### 18 March 2016 - Alumni Movie Night

On 18 March 2016, the Alumni Relations department organised a movie treat for alumni and current students at Golden Village VivoCity to promote alumni-student relations. The 2-hour science fiction movie "Allegiant" captivated the attention of the audience, who enjoyed every minute of it.

## UPCOMING EVENTS

### Graduation Dinner

Date : 3 June 2016  
Time : 6.30pm  
Venue : Mandarin Orchard

### Graduation & Hooding Ceremony

Date : 4 June 2016  
Time : 4.30pm  
Venue : Academia Auditorium

### White Coat Ceremony

Date : 12 August 2016  
Time : 6.30pm  
Venue : Academia Auditorium

### Pancake Breakfast

Date : 2 September 2016  
Time : 7.30am  
Venue : Duke-NUS Atrium