



WHAT'S UP, DOC?


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The 5th Duke-NUS Dialogue: Healthcare Transformation - Innovations for our Future

The 5th Duke NUS Alumni Dialogue was successfully organised on 30 November 2018. We were honoured to have Prof Tan Chorh Chuan (Chief Health Scientist, Executive Director, Ministry of Health Office of Healthcare Transformation, Ministry of Health) as the guest speaker for the evening.

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The 4th Duke-NUS Dialogue: Sustainable Healthcare: Mission Im (possible)?

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2018 Alumni Survey

109 alumni participated in the second Annual Duke-NUS Alumni Survey. This represents 35% of the alumni community – an increase in participation from last year.

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Student Townhall

Last September 2018, Duke-NUS' Student Affairs and Alumni Relations hosted a Student Town Hall to give students a chance to hear from and have a dialogue with Duke-NUS and SingHealth leadership.

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ALUMNI IN THE NEWS



SingHealth Duke-NUS Scientific Congress

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Dr Chong Jia Loon, 2014 Intake

Dr Chong Jia Loon is an MD-PhD candidate at Duke-NUS Medical School and holds a Bachelor of Engineering (Bioengineering) degree from the National University of Singapore. He completed his thesis defense on the 4 of September and is currently in his final year of the MD Programme.

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Dr Shashendra Aponso, Class of 2015

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Dr Brian Chan, Class of 2017

At Your Service – Our Alumnus Dr Brian Chan, Class of 2017 was featured on the latest issue of the AlumNUS magazine.

"I wanted to become a doctor to serve others when they are at their most vulnerable," he said.

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Dr Cecilia Kwok, Class of 2011

An inspiring graduate from the pioneer Class of 2011, Dr Cecilia Kwok, who is today an Associate Consultant in the Department of Psychiatry, Singapore General Hospital, was featured in the Sep – Oct 2018's Singapore Health issue.

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Dr Shravan Verma, Class of 2014

Doctor steps up to help injured biker at Raffles Quay: He's CEO of medical service Speedoc – an app that brings a house call doctor directly to where you are 24/7.

Our Alumnus Dr Shravan Chandra Verma, Class of 2014 was featured on the STOMP news where he was spotted helping an injured biker at Raffles Quay.

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SingHealth RiSE Awards 2018

A happy moment for Duke-NUS! At the recent SingHealth RiSE Awards, our alumni bagged several awards. We are happy to share the LIST OF Duke-NUS winners!

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ALUMNI EVENTS AND MENTORSHIP



- Chinese New Year College Reunion Talks 2018
- Duke-NUS Bowling Challenge
- Project Inspire
- Through the Stethoscope – Geriatric Health Screening
- Class of 2018 Graduation Welcome Party
- Annual General Meeting 2018
- NUS Day of Service 2018
- Duke-NUS Social Night 2018

UPCOMING EVENTS



Stay tuned for the following exciting events coming your way soon.

- Duke-NUS Movie Night 2019 on 22 Feb at Golden Village Vivocity
- An evening with Chief Justice Sundaresh Menon, at the 6th Duke-NUS dialogue on 10 May 2019

ALUMNI RELATIONS



- Getting to know the Alumni Relations Team
- Wanted: Alumni's Stories and Participation at Recruitment Roadshows!



DEAN'S YEAR END MESSAGE

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WHAT'S UP, DOC?

The 5th Duke-NUS Dialogue: Healthcare Transformation - Innovations for our Future

The 5th Duke NUS Alumni Dialogue was successfully organised on 30 November 2018. We were honoured to have Prof Tan Chorh Chuan (Chief Health Scientist, Executive Director, Ministry of Health Office of Healthcare Transformation, Ministry of Health) as the guest speaker for the evening. Founding Duke-NUS Governing Board Chairman and Honorary DNMA member, Mr Tony Chew and Dr Melanie Chew kindly hosted the event. More than 70 guests comprising alumni, students, faculty and senior leaders were present at the Dialogue which was preceded by a buffet dinner.



Themed "Healthcare Transformation – Innovations for our Future", the dialogue covered a wide spectrum of engaging issues, from the impact of Artificial Intelligence (AI) in healthcare especially in diagnostic medicine to the application of AI for the improvement of patient care (the future of self-health management). Prof Tan shared with the group updates from NHGP's Telecare and CGH's Telehealth programmes, two cutting edge instances of how technology could be harnessed to support home care self-monitoring with support from care managers.



The evening wistfully culminated with many happy smiles.

Special thanks to the DNMA Committee members for organising the Dialogue and hosting tables at the event and to the following alumni leaders who facilitated this Dialogue:

- Dr Maverick Uy, Class of 2013, President of Duke-NUS Alumni Association
- Dr Nicholas Shannon, Class of 2017
- Dr Olivia Tan, Class of 2015
- Dr Goh Kian Leong, Class of 2018



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The 4th Duke-NUS Dialogue: Sustainable Healthcare: Mission Im (possible)?

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The turnout was overwhelming with nearly 50 alumni turning up for the networking session which included a grand dinner followed by a dialogue session between the alumni, distinguished guests and the speaker.



We were delighted to have Prof Ho Teck Hua, NUS Senior Deputy President and Provost to join us for the occasion. Prior to the commencement of the dinner, guests took the chance to take photos with their alumni and friends. Many also took the rare occasion to catch up with past alumni and teachers. They were also introduced to the invited guest speaker for the night as well as senior leaders from SingHealth and Duke-NUS.



The networking session started with all the invited guests being treated to a sumptuous spread of fine dining. After the dinner, Perm Sec Chan Heng Kee spoke about "Sustainable Healthcare: Mission Im(possible)". Dr Olivia Tan, Class of 2015 moderated and fielded questions from guests.

Following the conclusion of the talk, Dr Ruan Xucong, Class of 2017 presented the Duke Stone to PS Chan as a token of appreciation. The night ended with all the attendees taking a group photo.

Special thanks to the following alumni who had undertaken key roles during the Dialogue:

- Dr Maverick Uy, Class of 2013, President of Duke-NUS Alumni Association
- Dr Eric Cher, Class of 2014
- Dr Olivia Tan, Class of 2015
- Dr Ruan Xu Cong, Class of 2017

2018 Alumni Survey:

109 alumni participated in the second Annual Duke-NUS Alumni Survey. This represents 35% of the alumni community – an increase in participation from last year.

KEY RESULTS FROM THE SURVEY INCLUDED:

- Majority of Class of 2017 who replied reported that they felt well-prepared for PGY1.
- **40%** of respondents have conducted research in the past. Many of these are junior residents.
- **31%** of respondents have served in a leadership capacity this past year.
- **50%** of respondents see themselves in Clinician Plus careers in the future.

Overall it was a positive response from the alumni which saw many of them reconnecting with the school. We were encouraged with the response and wish to express thank you to those who had given us their feedbacks.

Student Townhall

Last September 2018, Duke-NUS' Student Affairs and Alumni Relations hosted a Student Town Hall to give students a chance to have a dialogue with Duke-NUS and SingHealth leadership. On the agenda were recent MD curriculum updates, a review of the current residency landscape as well as a Q&A session with leadership. Students from all four years and the MD-PhD programme were in attendance. Dr Maverick Uy, President of the Duke-NUS Alumni Association, was also present as a representative of the Duke-NUS Medical Alumni.

Assistant Professor Shiva Sarraf-Yazdi, Associate Dean of Educational Strategies & Programme Development, opened the Town Hall by discussing recently implemented curricular changes that included the integration of clinical time and Family Medicine into the research year in order to give students more clinical exposure. Then, Associate Professor Tan Hak Koon, SingHealth Residency Designated Institutional Official (DIO), gave an overview of the residency landscape and how from 2019 onwards there will be no direct entry to residencies for final year medical students in Singapore. Finally, faculty, alumni and students reviewed careers and residency opportunities in Singapore, moving forward. Professor Thomas Coffman, Dean of Duke-NUS Medical School, also addressed the recent suspension of the US residency programme, citing the discussions between MOH and the school that led to the decision.

The Q&A session was a lively one that had Dr Maverick Uy asking the panel of Professor Ian Curran, Duke-NUS Vice-Dean of Education, Assistant Professor Ng Yee Sien, Duke-NUS Assistant Dean of Professional Support and Development, Professor Lim Soon Thye, Duke-NUS Associate Dean of MD Programme and Associate Professor Tan Hak Koon, about the employment prospects in Singapore for graduates. Dr Tan shared that there will be many opportunities for doctors to practice in the various polyclinics, specialist centres and community hospitals that are set to open on the island. Dr Tan also reiterated that there is no discrimination between local and foreign graduates of the three Singaporean medical schools when it comes to securing a residency position.

There were many points raised at the Town Hall that showed that the students, alumni and management of the SingHealth Duke-NUS Academic Medical Centre are concerned and committed to ensuring the success of Duke-NUS graduates.


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The event attracted leaders, healthcare professionals, academics and researchers across the healthcare professions to share the latest medical developments and scientific advances in innovation, research and education.

Dr Vivian Balakrishnan, Minister for Foreign Affairs, served as Guest of Honour and Prof Mary Klotman, Dean, Duke University School of Medicine, gave the keynote speech.

Duke-NUS was proud to see that Dr Shashendra Aponso, Class of 2015, and Dr Chong Jia Loon, MD-PhD student, were invited to speak at the event.

Dr Chong Jia Loon, 2014 Intake

Dr Chong Jia Loon is an MD-PhD Candidate at Duke-NUS Medical School and holds a Bachelor of Engineering (Bioengineering) degree from the National University of Singapore. He completed his thesis defense on the 4th of September and is currently in his final year of the MD Programme.

As part of his PhD dissertation project, Jia Loon has been actively involved in a series of studies related to the development and validation of an instrument that matches health and social services to needs in an ageing population called the Simple Segmentation Tool.

Arising from the conclusion of the SingHealth Duke-NUS Scientific Congress, we decided to ask him about his presentation. "I was invited to speak at the Health Services Research Symposium of the Congress. The title of the symposium was 'Population Segmentation: What, Why and How'. To prepare for my role as one of the speakers, I consolidated research results from my PhD thesis that may be of interest to my audience and created relevant presentation slides. It was an honour to be given the opportunity to share my research work with fellow colleagues in healthcare," said Jia Loon.

Jia Loon has always felt motivated in the area of research. He added that his decision to focus on health services research is also related to his interest in improving the way healthcare is delivered for purposes of optimising population health. "Research is a powerful instrument for helping us solve problems. Besides pushing the boundaries of knowledge, it provides opportunities to significantly and positively impact society," said Jia Loon.

While sharing that research provides a potentially meaningful career with opportunities to work on challenging problems which affect many people, Jia Loon also acknowledged that one challenge as an aspiring clinician scientist was balancing clinical and research responsibilities, of which both require a significant amount of time and focus.

We asked what advice he would give to aspiring researchers. "Exploratory research often involves a fair amount of failures. Therefore, supportive mentors and peers are invaluable for providing guidance and support. It is also important to remember that luck plays a role in research. As Gary Player once said: the harder you work, the luckier you get!" said Jia Loon. Jia Loon sees a bright future in the career prospects of a clinician scientist. "As healthcare systems attempt to cope with increasing demands of an ageing population and technological disruptions, health services research will be important for purposes of evaluating and developing innovative yet cost-effective means of meeting population healthcare needs," emphasised Jia Loon. He foresees that medicine will become increasingly personalised due to several factors: a more discerning and educated population, increased uptake of innovative digital technology and increased capability of healthcare providers.

Jia Loon is also an active member of Gordon Arthur Ransome College and frequently advises the junior students in the college. During his free time, Jia Loon relaxes by going for runs or spends time with his family and friends. As our interview came to an end, we wished him good luck and success in all his endeavours.



Dr Shashendra Aponso, Class of 2015

Dr Shashendra Aponso (whom most of us know as Dr Sashen), a Duke-NUS alumnus of the Class of 2015 with a passion for public speaking, went on stage at the Academia auditorium for the ethical debate at the 2018 SingHealth Duke-NUS Scientific Congress.

Duke-NUS Alumni Relations caught up with the young doctor over a cup of coffee – the rich aroma of Arabica providing the perfect backdrop to the conversation that was to follow, on Dr Sashen's life in and outside hospital and his recent experience at the debate.

Born in Oman, to Sri Lankan parents, Sashen grew up as the quintessential third culture kid. Having completed his schooling in Oman, he graduated from Stanford University (USA) in 2011 with an Honours degree in Human Biology before moving to Singapore to attend Duke-NUS Medical School for his MD degree. Since graduating with an MD in 2015, Dr Sashen has pursued training as a SingHealth Internal Medicine resident and is currently posted to the department of Dermatology at Singapore General Hospital.

"Well, it was truly an honour to be part of the ethical debate for the SingHealth Duke-NUS Scientific Congress", Dr Sashen admitted with a smile. "Although I have had many opportunities for public speaking during my years in school, college, medical school and residency, debate was one area in which I had relatively less exposure. So when I was invited to participate in the ethical debate, I saw it as a chance to go beyond my comfort zone. Little did I know that I would be debating against such an eloquent team, the members of which included Prof Toh Han Chong - an extremely articulate orator whom I look up to. I certainly learnt a lot from him, just by sharing the same stage. The debate itself was an exciting experience. I had the pleasure of working together with Dr Camilla Wong (Director, Allied Health, Seng Kang Health) and Andy Sim (Principal Medical Social Worker) whose energy and good humour made it all the more enjoyable. Apart from the tremendously valuable learning experience, it was a privilege to also listen to other speakers at the Congress presenting their work", he told me.

"So why medicine?" I asked him. "When I was little, I was blessed with very caring family doctors. I suppose they inspired me and that's what kindled the spark. Later on, during my O-level years when I shadowed doctors, I knew that this was what I wanted to do for the rest of my life. I wanted a career that was both an art and a science, one that intertwined personal interaction and intellectual challenges – and medicine was the perfect fit".

For someone who described the medical profession as both art and science, it came as no surprise that Dr Sashen finds himself drawn to the field of dermatology, his current rotation. He feels that one of the biggest factors that piqued his interest towards dermatology is the visual component to dermatological diagnosis. "Painting has been a hobby of mine ever since I can remember, and I sometimes feel that examining, describing and understanding a skin condition is similar to critiquing and fully appreciating an art piece." I wonder whether Dr Sashen might have become an accomplished painter if he had not become a doctor. I learnt that he still paints during his free time, and has an online portfolio of his works at www.artbysashen.com.

Being a medical doctor also bring along several challenges in the course of Dr Sashen's work. One of the obvious challenges, is having to effectively manage time between his clinical work and the many examinations that he has had during his Internal Medicine residency while still making time for career development (research projects & reading), personal growth and wellness.

When asked what advice he would give to aspiring doctors, his reply was somewhat philosophical. "Be prepared for a lifetime of learning, always be kind and most importantly take care of yourself as your own health and happiness are vital in order for you to take care of your patients".

"It is truly a wonderful time to be a doctor", Dr Sashen added. "Advances in scientific research and technology have already allowed us to live in the 'hospital of tomorrow' - novel drug therapies, artificial intelligence and innovative collaborations with other fields, to name a few. Yet, all our advances bring their own challenges. Our rising aging population means more elderly who require medical care and therefore special considerations both in terms of health care and social support".

Dr Sashen enjoys the outdoors and he makes sure to schedule "green time" into his off day. He enjoys Singapore's wilder nature trails such as MacRitchie and Sungei Buloh as much as he relishes the manicured landscapes of the botanic gardens – his favourite running route. One of his favourite nature treks was during his recent summer trip to Scotland where he was enchanted by the beauty of the Scottish Highlands (featured in his photograph).



Dr Brian Chan, Class of 2017

At Your Service – Our Alumnus **Dr Brian Chan**, Class of 2017 was featured in the last issue of the AlumNUS magazine.

"I wanted to become a doctor to serve others when they are at their most vulnerable," he said. Read more [here](#).



Dr Cecilia Kwok, Class of 2011

An inspiring graduate from the pioneer Class of 2011, **Dr Cecilia Kwok**, who is today an Associate Consultant in the Department of Psychiatry, Singapore General Hospital, was featured in the Sep – Oct 2018's Singapore Health issue.

A full extract of the article from the Sep – Oct 2018's Singapore Health Issue had been extracted for your reading pleasure:

Dying of a broken heart

According to Dr Cecilia Kwok, grief can place a huge stress on one's emotional and physical systems. Physiological changes brought on by major emotional stress may significantly increase the risk of a heart attack. "This type of stress can increase blood pressure and heart rate, raise stress hormone level, constrict blood vessels, disrupt cholesterol-filled plaques in coronary arteries, and make blood more likely to clot, which would increase the risk of a heart attack up to 21 times within the day.

Sleeping poorly, eating badly or missing medications for chronic illnesses during the grieving process can further raise the risk, she added.

Intense emotional stress from grief can also trigger a rare heart condition known as stress cardiomyopathy where the heart muscle suddenly weakens.

"The exact cause is not known, but experts think that a surge in stress hormones such as adrenalin can trigger changes in the heart muscle that prevent it from contracting effectively," she said, noting that the condition is more commonly seen in post-menopausal women, possibly due to their lower levels of heart-protective oestrogen.

People who are already at risk for heart disease and heart attacks, because they suffer from conditions like high blood pressure or high cholesterol levels, may be especially prone to a heart attack following the loss of a love one, said Dr Kwok.

But not everyone experiences such a dramatic response to grief. Suffering mental distress is a natural response to a loss, such as the death of a loved one or even the loss of a job or relationship, said Dr Kwok. In the elderly, grief can be due to the loss of independence and health.

As a person comes to terms with loss, a series of emotions sets in. According to the model for the grieving process proposed by Swiss-American psychiatrist Elisabeth Kubler-Ross, there are five stages, but not everyone goes through all of them or in a fixed order, said Dr Kwok.

"The most common initial reaction is shock. The person may feel that the loss is not real or he is in a dream, and this state of shock or detachment can last from a few days to weeks, after which the grieving process starts," she said.

After this stage, reality - and the pain of loss – which can trigger feelings of anger and frustration, said Dr Kwok.

The next two stages are known as the bargaining and depression stages. During the bargaining stage, the person may dwell on what he could have done to prevent the loss, while sadness sets in during the depression stage, she said.

Finally, there is acceptance.

"In this final stage of grief, you accept the reality of the loss. Although you still feel sad, you can start to move on with your life," said Dr Kwok.

How long someone grieves depends on the type of loss, age, relationship with the person who has passed away, belief and support systems, personality, as well as physical and mental health, she said.

What is known is that time heals most wounds. "In general, after a year to 18 months, the grief will be less likely to be at the forefront of your mind. You may continue to feel sad, but you can still get on with your life and it won't overwhelm you," said Dr Kwok.

Some people may find it difficult to cope with their loss, and when grief persists or worsens, it can turn into a debilitating condition known as complicated grief.

"Even when you're grieving, there will be something that lifts your spirits, such as when you see your children. In the case of complicated grief, nothing will make the grieving person feel better," said Dr Cecilia Kwok.

Daily life is disrupted because the person can only focus on his loss. Some people miss their loved one so much, they find little meaning in life or living.

"For a grieving person, simple everyday tasks may feel insurmountable, and he may find it difficult to keep up. It may be helpful for friends and family to offer practical help such as assisting with the funeral arrangements, and daily chores like cooking and taking care of the children or laundry," said Dr Kwok.

Emotional support is also important, but Dr Kwok cautioned against offering comments that minimises the griever's strong emotions, such as "he's in a better place now", "she's had a good life" and "I got over my loss quickly".

"Everybody grieves differently. It's hard for us to imagine what it is like for another person. Acknowledge their feelings, don't make judgements, and provide emotional support to the person by just being there for him," she said.



Dr Shravan Verma, Class of 2014

Doctor stepped up to help injured biker at Raffles Quay: He's CEO of medical service Speedoc – an app that brings a house call doctor directly to where you are 24/7.

Our Alumnus Dr Shravan Verma, Class of 2014 was featured on the STOMP news where he was spotted helping an injured biker at Raffles Quay.

Read more [here](#) and [here](#).

SingHealth RiSE Awards 2018

A happy moment for Duke-NUS! At the SingHealth RiSE Awards, our alumni bagged several awards. We are happy to share the LIST OF Duke-NUS winners!

Quality Improvement Project Award
 Project: Reducing length of stay for patients admitted with acute gout
 Dr Tan Tze Chin (Class of 2011, Internal Medicine – Rheumatology)

Inspiring Resident-Educator Award
 Dr Dypiti Lulla (Class of 2016, Family Medicine)

Outstanding Resident Award
 • Dr Lim Miao Shan (Class of 2011, Internal Medicine – Gastroenterology)
 • Dr Tan Tze Chin (Class of 2011, Internal Medicine – Rheumatology)
 • Dr Goh Junyang Ken (Class of 2012, Internal Medicine – Respiratory Medicine)
 • Dr Kaavya Narasimhalu (Class of 2012, Internal Medicine – Neurology)
 • Dr Neo Ghim Hoe (Class of 2012, Orthopaedic Surgery)
 • Dr Tan Pei Ling (Class of 2012, Internal Medicine – Rehabilitation Medicine)
 • Dr Zhang Zewen (Class of 2013, Internal Medicine – Medical Oncology)
 • Dr Tay Yu Ling (Class of 2014, Internal Medicine – Geriatric Medicine)
 • Dr Show Yuan Bin, Dominique (Class of 2015, Pathology)
 • Dr Ho Shu Fang (Class of 2016, Emergency Medicine)

Resident Committee Appreciation Award
 Dr Goh Glenn (Class of 2015, Family Medicine)

More information can be found [here](#).

SingHealth Residency Graduands
 Dr Angela Renayanti Dharmawan (Class of 2011, General Surgery)
 Dr Andrea Binte Omar (Class of 2011, Emergency Medicine)
 Dr Ong Shi Yeu (Class of 2012, Internal Medicine – Haematology)
 Dr Chang Wei Yin Esther (Class of 2012, Internal Medicine – Medical Oncology)
 Dr Kaavya Narasimhalu (Class of 2012, Internal Medicine – Neurology)
 Dr Yong Ming Hui (Class of 2012, Internal Medicine – Neurology)
 Dr Goh Junyang Ken (Class of 2012, Internal Medicine – Respiratory Medicine)
 Dr Tay Wai Lin (Class of 2012, Internal Medicine – Endocrinology)

NUHS Residency Graduands
 Dr Andrew Green (Class of 2012, Preventive Medicine)
 Dr Ho Gim Hin (Class of 2012, Internal Medicine – Gastroenterology)

NUG Residency Graduands
 Dr Daniel Yong (Class of 2011, Urology)
 Dr Lim Wei Shyan (Class of 2012, Psychiatry)
 Dr Charmain Heah (Class of 2013, Emergency Medicine)

SingHealth Best Junior Doctors Awards

Best House Officer Award
 This award recognizes top performing House Officers for their outstanding contributions and service, as nomination by their respective Heads of Department.

Dr Yeo Junjie (Class of 2017)

National Outstanding Clinician Scientist Resident Awards
 This national award recognises Clinician Scientist Residents for their outstanding performance and contribution in specialist training and research to improve patient care. The winners are selected by a panel comprising members from the Specialist Accreditation Board Research Committee and Research Training Review Panel. Only two awards were given this year, and both were awarded to SingHealth Residents.

Dr Ku Chee Wai (Class of 2013, Obstetrics and Gynaecology)



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ALUMNI EVENTS AND MENTORSHIP



Chinese New Year College Reunion Talks 2018

The Duke-NUS's Student Council, Student Affairs and Alumni Relations co-organised the Chinese New Year College Reunion Talks 2018 on 21 February 2018.

Recent graduates, Drs. Ruan Xu Cong, Class of 2017; Francine Tan, Class of 2017; Wu Hong King, Class of 2017 and Sumitro Harjanto, Class of 2015, graciously volunteered their time to give a talk on tips for CPX4. Attendance was enormous!

Drs Tina Tan, Class of 2011 and Galih Kurnarso, Class of 2013 alumni who each has young families, spoke about challenges of managing work-life balance.

Drs Vincent Tay, Class of 2011 and Vera Goh, Class of 2017, budding clinician scientists shared how they managed to remain active in research while in residency training.

A large number of MD-PhD students attended the talk and were encouraged to learn about programs and opportunities.

We are always keen on hosting alumni talks for students (and alumni). If you have an idea for a talk, please contact us at alumni@duke-nus.edu.sg.



Duke-NUS Bowling Challenge

On 20 March 2018, the Alumni Relations and the Student Council jointly-organised a bowling challenge for our alumni and students at the Mount Faber Safra Superbowl.

The event which saw strong participation from our alumni in SingHealth, was to create opportunities for students and alumni alike to interact not only through academic and formal gatherings but also through fun and interactive sports, like bowling.

After a simple dinner buffet, our bowlers began to settle down and took turns to show their bowling prowess as the balls rolled towards their targets and deafening echoes sounded throughout the lanes when the pins were struck down.

Though we did not get to witness the elusive "turkey" (3 consecutive strikes) nor "4-bagger" (four consecutive strikes), it was nevertheless a strike fiesta for all as everyone looked forward to another enjoyable bowling session in the near future.



Project Inspire

To better prepare final year students for the start of their tenure as house officers, the SingHealth Internal Medicine Residency organised Project Inspire on 12 and 19 May 2018.

Project Inspire is a resident-run, in-house simulation of the common emergencies faced by house officers in the course of their work in the wards.

Our final year students were put through a wide breadth of scenarios including the management of hyperkalemia with acute kidney injury, acute hemolytic transfusions reaction, bleeding gastric ulcers and nosocomial fevers among many others.

Our alumni members played essential roles in making Project Inspire a continuous success. Special thanks to the Project Inspire team which consisted of IM residents from both Duke-NUS and YLL for bringing everyone together to help our graduating students!

Project Inspire team: Drs Ruan XuCong, Wu Hong King, Francine Tan and Angela Yap (all from the Class of 2017) and Drs Wilbert Ho, Cherie Gan, Germaine Loo and Samuel Soh from Yong Loo Lin School of Medicine.

Participating Mentors:

Drs Maverick Uy, Class of 2013; Anuradha Pandey, Class of 2015; Kenneth Goh, Class of 2017; Vicki Tan, Class of 2017; Lawrence Law, Class of 2015; Tan Hong Yu, Class of 2017; Ang Chieh Hwee, Class of 2016 and Drs Lim Fang Yi, Tan Wei Chong, Richard Lu, Daryl Lo, Chua Jia Hui, Albert Teng.

We are grateful to our alumni members who came back on both Saturdays to lead the stations and shared their experiences with the attendees which comprised of more than 90% of our final year students.



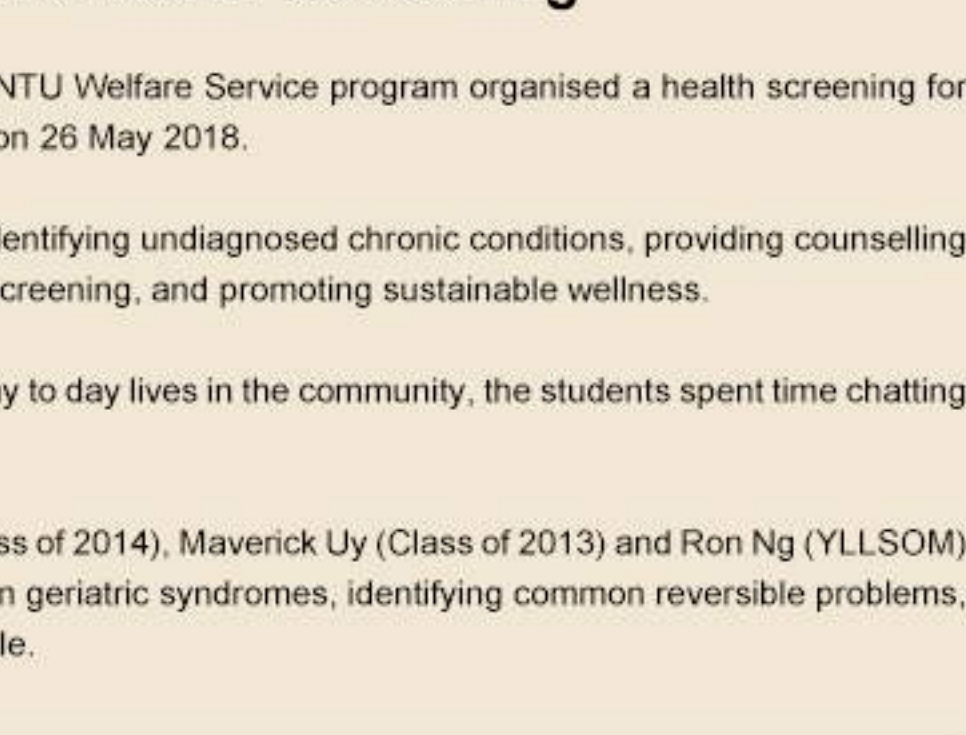
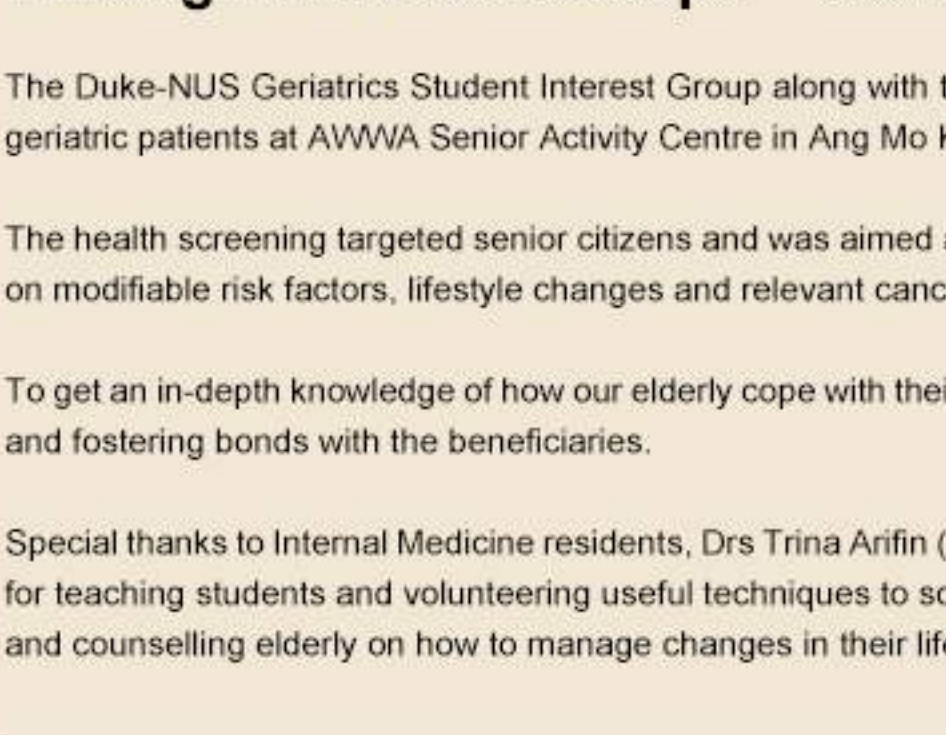
Through the Stethoscope – Geriatric Health Screening

The Duke-NUS Geriatrics Student Interest Group along with the NTU Welfare Service program organised a health screening for geriatric patients at AWWA Senior Activity Centre in Ang Mo Kio on 26 May 2018.

The health screening targeted senior citizens and was aimed at identifying undiagnosed chronic conditions, providing counselling on modifiable risk factors, lifestyle changes and relevant cancer screening, and promoting sustainable wellness.

To get an in-depth knowledge of how our elderly cope with their day to day lives in the community, the students spent time chatting and fostering bonds with the beneficiaries.

Special thanks to Internal Medicine residents, Drs Trina Arinif (Class of 2014), Maverick Uy (Class of 2013) and Ron Ng (YLLSOM) for teaching students and volunteering useful techniques to screen geriatric syndromes, identifying common reversible problems, and counselling elderly on how to manage changes in their lifestyle.



Class of 2018 Graduation Welcome Party

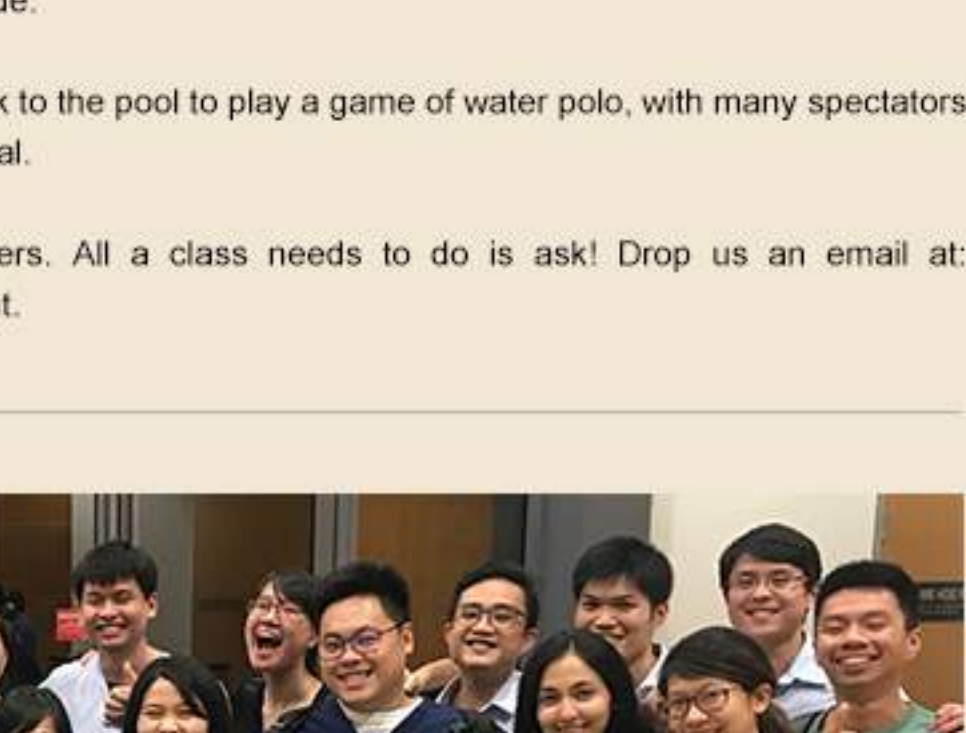
Congratulation to the Class of 2018 (our 8th batch of MDs) who graduated in June.

To welcome the newly minted doctors, the Class of 2018 and Alumni Relations co-organised a graduation welcome party for the alumni and the graduating class at the Owl Bar on 26 May 2018.

Besides being treated to a spread of freshly barbequed and mouth-watering food by the staff of Owl Bar, both alumni and the graduating class also enjoyed a warm get-together by the pool side.

To spice up the event, some of the graduates even sportingly took to the pool to play a game of water polo, with many spectators cheering at the top of their lungs whenever either side score a goal.

Alumni Relations is keen to sponsor yearly class get togethers. All a class member to do is ask! Drop us an email at alumni@duke-nus.edu.sg to start planning your next class event.



Annual General Meeting 2018

On 24 August 2018, Duke-NUS Medical Alumni (DNMA) society held their sixth Annual General Meeting (AGM) and alumni reunion at Duke-NUS. It was wonderful to see the strong presence of the Class of 2018 as they transitioned well to PGY1.

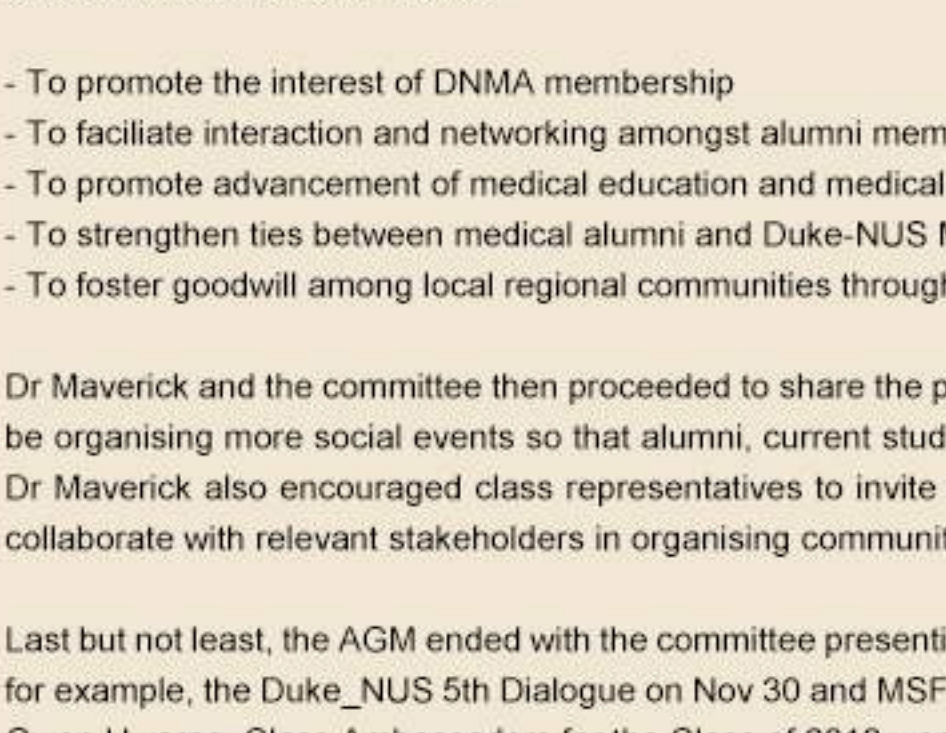
After welcoming everyone, Dr Maverick UY, Class of 2013 and President of DNMA, thanked previous committee members for their service to DNMA and encouraged the Committee to further build on the strong foundation. He proceeded to discuss the objectives of DNMA which were as follows:

- To promote the interest of DNMA membership
- To facilitate interaction and networking amongst alumni members
- To promote advancement of medical education and medical research
- To strengthen ties between medical alumni and Duke-NUS Medical School
- To foster goodwill among local regional communities through service activities

Dr Maverick and the committee then proceeded to share the positives and challenges faced by DNMA. Going forward, DNMA will be organising more social events so that alumni, current students and staff will have more opportunities to interact and network. Dr Maverick also encouraged class representatives to invite their classmates to DNMA events. He added that he would like to collaborate with relevant stakeholders in organising their service events in the coming months.

Last but not least, the AGM ended with the committee presenting last year's activities and highlighting a series of upcoming events for example, the Duke_NUS 5th Dialogue on Nov 30 and MSF's Film Screening in the coming months. Dr Goh Kian Leong and Dr Gwen Hwang, Class Ambassadors for the Class of 2018 were nominated to be part of the DNMA Management Committee.

Special thanks for Charles Tiu (MD-PhD) and Nella Chua (MS2) for helping to record the minutes.



NUS Day of Service 2018

Alumni Relations organised a carolling event as part of the university wide annual NUS Day of Service (DOS) on 1 September 2018.

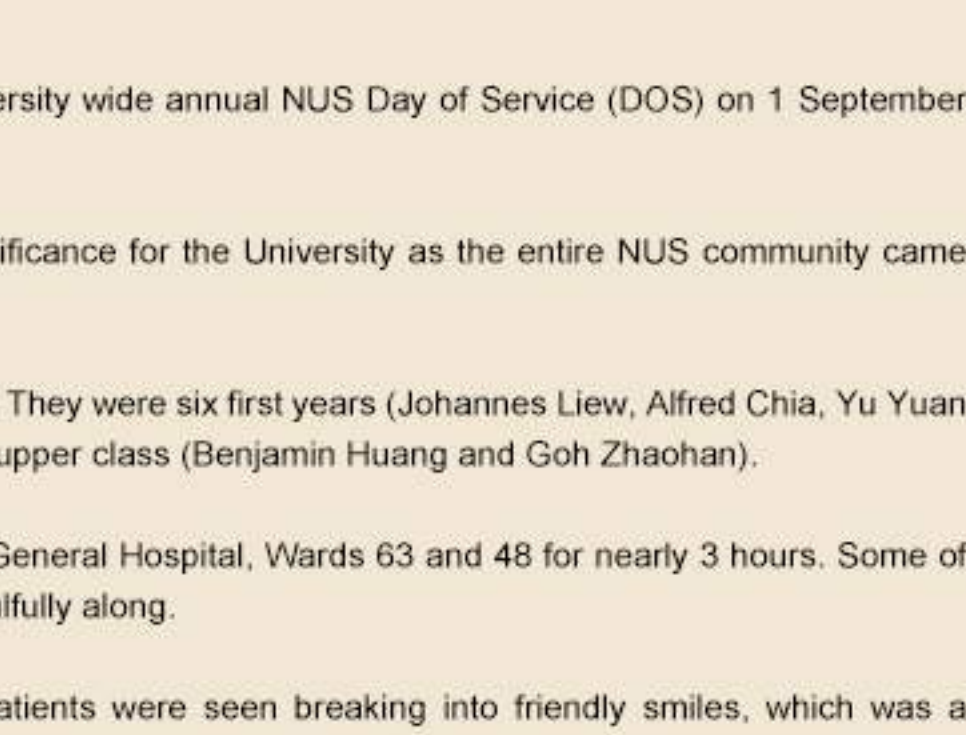
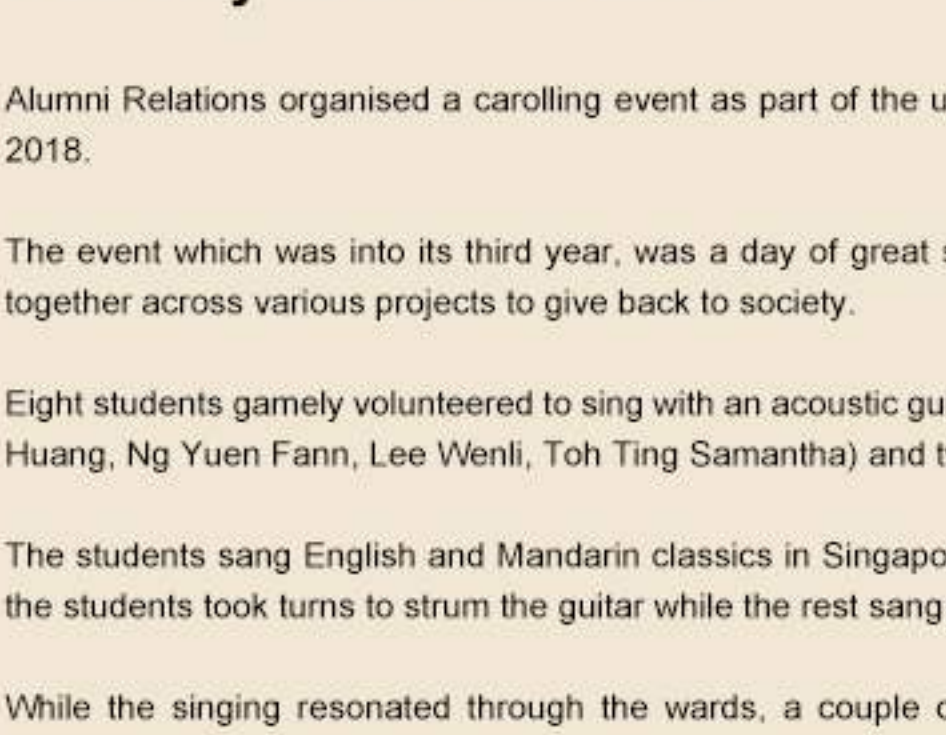
The event which was into its third year, was a day of great significance for the University as the entire NUS community came together across various projects to give back to society.

Eight students gamely volunteered to sing with an acoustic guitar. They were six first years (Johannes Liew, Alfred Chia, Yu Yuan Huang, Ng Yuen Fann, Lee Wenli, Toh Ting Samantha) and two upper class (Benjamin Huang and Goh Zhaochan).

The students sang English and Mandarin classics in Singapore General Hospital, Wards 63 and 48 for nearly 3 hours. Some of the students took turns to strum the guitar while the rest sang soulfully along.

While the singing resonated through the wards, a couple of patients were seen breaking into friendly smiles, which was a welcoming sight as the warm gesture served as a great encouragement for our team of "singers" who were performing in a hospital ward for the first time.

Going forward, we hope that in the coming years, the students and alumni can continue to contribute to the NUS Day of Service and in the process, use their talents beyond medical care to bring joy to the community at large.



Duke-NUS Social Night 2018

On 14 September 2018, students and the Alumni Relations jointly organised a gathering for alumni and students, especially the Class of 2022.

The event was held at the all familiar Owl Bar on a relaxing Friday's evening. TGIF!

Eagerly anticipated by many students and alumni alike, the turnout was a huge success with as many as 60 students and alumni enjoying barbeque. Surrounded by the lush greenery and the evening breeze as well as the inviting pool view, the mood was jovial and laughter was contagious as everyone heartily tucked into the free flow of sumptuous food that was prepared for them.

Everyone was also treated to a series of songs and music belted out by our talented students who had sportingly performed for the event – Can you believe the talent of our own students and alumni?

Before the sky grew dark, everyone came together to take a group photo before they continued to catch up with each other under the watchful eyes of the starry night.



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UPCOMING EVENTS

- + An evening with Chief Justice Sundaresh Menon, at the 6th Duke-NUS dialogue on 10 May 2019

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- + What's up, Doc?
- + Alumni in the news
- + Alumni Events and Mentorship
- + Upcoming Events
- + Alumni Relations
- + Dean's Year End Message

UPCOMING EVENTS

Stay tuned for the following exciting event coming your way soon.

- An evening with Chief Justice Sundaresh Menon, at the 6th Duke-NUS dialogue on 10 May 2019

ALUMNI RELATIONS OFFICE

Duke-NUS Medical School

8 College Road, Level 4, Singapore 169857

Email: alumni@duke-nus.edu.sg | Web: www.duke-nus.edu.sg



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ALUMNI RELATIONS



Getting to know the Alumni Relations Team

The department of Alumni Relations is here to serve you.

Led by Associate Dean Dr Mara McAdams, the team endeavours to strengthen ties between the alumni and the school through events, programmes and workshops. Student Affairs' Maria Tan joins the dynamic team of Dr Mara and Mr Wong Yong Jie. Complemented by a group of enthusiastic alumni committee members, the team hopes to bring our alumni together, to connect through their alma mater and to support curriculum improvements through alumni feedback.

You are always welcome to look us up in the office for a coffee or a chat. Alternatively, you can reach us at alumni@duke-nus.edu.sg, mara.mcadams@duke-nus.edu.sg and our Facebook page www.facebook.com/DNMAsg/.

Wanted: Alumni's Stories and Participation at Recruitment Roadshows!

The Office of Education is working to enhance recruitment efforts as part of the recent Dean's Strategic Plan. As part of the recruitment initiatives, Alumni Relations is working closely with our colleagues in the Communications Department, to highlight alumni stories. Alumni Relations is also helping to find alumni keen to join the Admissions and Recruitment team on their roadshows.

If you are keen to share your stories or to participate at recruitment roadshows, email us at: alumni@duke-nus.edu.sg and we will link you up with the Communications Department and the Recruitment Team.

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DEAN'S YEAR END MESSAGE

**DEAN'S OFFICE**

Memo

Dear Colleagues, Students and Alumni,

I am writing to express my sincere gratitude to all of you for your contributions to Duke-NUS during the past year. As 2018 comes to a close, I want to take this opportunity to review our accomplishments and reflect on our aspirations for the future.

Through a process of reflection and dialogue, we have refreshed the vision, mission and values of our School. The aspirational vision for Duke-NUS of transforming medicine, improving lives will be accomplished by executing our mission of nurturing clinical innovators and translating discovery into better health. Accordingly, we aim to educate pioneering clinicians, innovate to enhance health and inspire excellence. Moreover, with our team of dedicated staff, talented researchers, committed faculty and passionate students, Duke-NUS will continue to bring impactful outcomes to the healthcare landscape in Singapore and beyond.

This year, our education team worked hard to re-structure the MD curriculum to better prepare our students for clinical practice and reinforce our commitment of nurturing our students with a goal of producing "Clinicians First-Clinicians Plus": outstanding clinicians who bring something extra to the practice of medicine. The refreshed curriculum, along with the diversity and expertise of our faculty and our strategic partnership with SingHealth Cluster are powerful assets for promoting high quality medical education and we must ensure that we leverage these resources to continue to produce outstanding clinicians for Singapore. In this regard, a number of our alumni were recognized in the past year with local and national awards including Dr Ku Chee Wai (Class of 2013) who received the National Outstanding Clinician Scientist Resident Award 2018, along with thirteen alumni who received 2018 Residency in SingHealth Excels (RISE) Awards across various categories including the Quality Improvement Project Award, the Inspiring Resident-Educator Award, and the Resident Committee Appreciation Award.

Our researchers continue to excel in transforming the way we understand, diagnose and treat diseases impacting public health in Singapore. This has resulted in continued impressive successes in publications, securing competitive funding, and commercializing discoveries, facilitating translation of the benefits of our research into the public domain. During the past year, a few of these individuals were recognized by prestigious awards including Professor Stuart Cook who received the President's Technology Award 2018 for his innovative work in diagnosing and managing human heart failure, the team of investigators from Duke-NUS and the National Cancer Centre, led by Profs Patrick Tan, Steve Rozen, and Teh Bin Tean who were the first Asian team to be awarded the prestigious American Association for Cancer Research (AACR) Team Science Award, and Professor Patrick Casey, our Senior Vice-Dean for Research, who received the Duke Medical Alumni Association's Distinguished Faculty Award 2018, recognizing his global leadership and excellence in medical research and education.

I have also been delighted to see our Academic Medicine partnership with SingHealth continue to grow stronger and flourish in the past year. The new AMC Link Bridge connecting the Khoo Teck Puat Building with Academia provides a concrete and tangible manifestation of this enduring partnership. In addition, the SingHealth Duke-NUS Global Health Institute (SDGHI) was launched in September 2018 with Professor Michael Merson as Director, with the objective of advancing regional and global health through research, education and clinical care, providing another example of the vibrancy of the SingHealth Duke-NUS Academic Medical Centre.

In conclusion, I would like to congratulate all of you – our researchers, students, faculty and staff – for another superb year. All of our achievements in 2018 were made possible through your hard work and dedication. I am very grateful to each one of you for your contributions to Duke-NUS.

Best wishes for the season, and may 2019 be another terrific year for you and your loved ones.

With my warmest regards,

Professor Thomas Coffman

Dean

Duke-NUS Medical School