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VITAL SCIENCE

Editor: John Davidson
Production and copy-editing: Adeline Sim

Vital Science is a quarterly publication produced by the Office of Communications and Development.

For this issue, the banner features 3rd year Duke-NUS medical students Vincent Tay and Wong Ann Mei examining Sim Man as part of the clinical skills training program that will prepare them for actual clinical practice. Dr. Mara McAdams, Operations Director of the Clinical Performance Centre at Duke-NUS, facilitates the interactive simulation-based learning.
Two years on from its inception and the Cancer and Stem Cell Biology (CSCB) Program at Duke-NUS is already making waves. Vital Science reports how successful collaborations with key local players have spurred research into Asia-centric cancers and, in one case, have led to the initiation of a multi-national clinical trial.

The program itself is one of the founding signature research programs of the Duke-NUS Graduate Medical School. Its mission, according to Program Director Professor David Virshup, is first to do world-class research in the area of cancer and stem cell biology – as he sees it they are working to “push back the forces of darkness and learn new things about cancer and stem cells” – as well as to provide teaching and research opportunities for the University’s medical students. “We have basic science programs, translational science programs and clinical intervention trials all based on making a steady advance against cancer”.

With a focus on cancers affecting the Asia region, namely gastric cancer, chronic myeloid leukemia, hepatocellular carcinoma, breast and renal cancer, the program blends basic cancer biology with translational science and clinical studies to form a multi-pronged research offensive. And with internationally renowned scientists leading the charge against The War on Cancer, the CSCB Program is establishing itself as a powerhouse in the cancer research arena.

A key strategy behind the program is that it utilizes the strengths of the existing cancer research community in Singapore to forge collaborations and research partnerships, including with the National Cancer Centre Singapore (NCCS), NUS and the A*STAR Research Institutes.

The collaboration with NCCS is a beneficial meeting of their interests in the clinical and translational research side and Duke-NUS’ interests in the basic and translational research. “So we have faculty who have labs in both places, we have joint meetings and share samples and ideas”, Professor Virshup adds.

Perhaps one of the most exciting projects born from the collaboration with NCCS, so far, is Associate Professor Patrick Tan’s research into the stratification of gastric cancer. Working with the Singapore Gastric Cancer Consortium, Associate Professor Tan and team have come up with a reliable molecular signature with which to sub-classify gastric cancer. The clinically significant implications are that the molecular subclasses may exhibit different responses to standard therapies. “So they are now doing a prospective trial to see if they can improve treatment based on a large cooperative group based on the work they have done here with NCCS”, Professor Virshup says. “I think that is very exciting and could make a real difference to people in Singapore and Asia”. Gastric cancer is one of the most common cancers affecting men and women in cancer, ranking number five among men and number seven among women.

Another promising development comes from Associate Professor Ong Sin Tiong’s team, who has produced exciting new data on a specific gene that may help to determine clinical outcomes for patients with a particular type of leukemia. The group, which includes a very close collaboration with Assistant Professor Charles Chuah at Singapore General Hospital (SGH) and the department of hematology there, has just been granted a $2 million grant to expand their research. “These two research projects rely heavily on our tie-ins with NCCS and SGH”, Professor Virshup adds, emphasizing again the importance of both cooperation – building collaborative networks with the local institutes, and marrying basic science with translational research.
“What makes a cancer research program really exciting is when you have the ability to bring in people who are actually seeing patients into the same research arena as you have your basic scientists”, says Professor Virshup. “This is for a couple of reasons: it drives home the urgency of the problem; it provides you with the ability to study real diseases, and it allows you to more quickly translate the things you learn in a lab to something that is important to people”.

“It is great to have everyone in the same room, get these many different perspectives and generate ideas to spark and the collaborations in motion. It is an extremely talented group of people who are doing genuinely good work – because it really does matter who your neighbor is and we are fortunate to have these strong neighbors. I think we make them better and they make us better”.

**THE MAIN PLAYERS**

**Associate Professor Patrick Tan**  
Laboratory of Genomic Oncology, Duke-NUS  
Principal Investigator, NCCS

“Our lab focuses on the use of genomic technologies to comprehensively analyze the spectrum of molecular aberrations in cancer cells. By studying these aberrations, we hope to gain insights into the biological pathways involved in creating a cancer, and how to rationally disrupt these pathways to inhibit cancer cell growth”.

Associate Professor Tan and his team hope to apply their research in order to classify gastric cancer patients before treatment into separate groups according to the biological nature of their tumor – and then ultimately devise the best therapy for each group.

“Our research falls into the general area of ‘personalized’ or ‘tailored’ medicine. That is, rather than adopt a one-size-fits-all standard to all cancers, we want to use genomic information to develop highly individualized treatment protocols for patients. We believe that this is necessary to tangibly impact cancer outcomes”.

Associate Professor Tan’s research has already translated into two clinical trials, one for liver cancer and the other for stomach cancer.

**Professor Teh Bin Tean**  
Group Director for Translational Research  
(SingHealth, Singapore)  
Adjunct Professor, Duke-NUS

“We are using a genomic approach to profile cancer from Asian patients and to correlate these genetic alterations with drug sensitivity and resistance”.

The goal of Professor Teh’s research is to elucidate the underlying molecular mechanism of cancer tumorigenesis and drug resistance, with the hope of providing personalized medicine and reducing the management cost of cancer patients.

He believes that the collaboration with NCCS is a “perfect match”. “They have all the clinical patients and materials and they do the clinical trials – we can work closely together to advance our research and discoveries. Research today requires an emphasis on collaborations; I am very sure through our internal and external collaborations, we will be able to make strides in the cancer field”.
Assistant Professor Alexandra Pietersen
Laboratory of Mammary Stem Cells and Breast Cancer, Duke-NUS
Senior Scientist, Cellular and Molecular Research, NCCS

“We are interested in how stem cells and lineage commitment are regulated in the mammary gland and how deregulation of these processes contributes to breast cancer. We use laboratory mice to study what happens to stem cell function if we manipulate genes that are known to be overactive in breast cancer”.

“It has also become clear that breast tumors are very heterogeneous and that only a small subset of tumor cells is aggressive. Unfortunately, it seems that these cells are also the most difficult to kill. We are testing the hypothesis whether these cells are characterized by stem cell properties and if targeting these stem cell properties can improve treatment success”.

By understanding how stem cells are regulated in the normal tissue, Assistant Professor Pietersen and her team hope to better understand what goes wrong during tumour formation. “This may contribute to the development of new therapies in unpredictable ways, but one concrete option that we are testing right now is whether targeting of the phosphatase Wip1 could help to sensitize the aggressive and therapy-resistant ‘cancer stem cells’ to radiation”.

Associate Professor Caroline Lee
Principal Investigator, Laboratory of Cancer Functional Genomics, Duke-NUS
Associate Professor, NCCS

Associate Professor Caroline Lee’s main focus is hepatocellular carcinoma (HCC) and genome analysis. By bringing a valuable genomics perspective to the fore, she aims to gain fundamental insights into how hepatitis B virus infection predisposes to liver cancer.

“Our Laboratory has identified a gene that may play an important role in HCC. This gene is expressed at high levels in the tumors of HCC patients and its expression can also be stimulated by inflammation. We are utilizing the latest state-of-the-art technologies to fully characterize the Hepatitis B virus in Singaporean HBV-associated HCC patients. Hopefully, one of the molecules that we have identified may serve either as a prognostic marker or marker that can identify individuals who are at high risk for the development of HCC or it can be used as a therapeutic target for HCC”.

A second research focus is to understand how polymorphisms, in particular, single nucleotide polymorphisms (SNPs) contribute to differences in drug response as well as susceptibility to diseases including cancer. “We are focusing on SNPs that are significantly different amongst different ethnic groups to evaluate if some of these SNPs may account for the great variation in drug response/disease susceptibility amongst ethnic groups”.

Associate Professor Kanaga Sabapathy
Duke-NUS Professor and Principal Investigator, Laboratory of Molecular Carcinogenesis, NCCS

Associate Professor Kanaga Sabapathy’s main interest is molecular carcinogenesis – his key objective being to understand the process of cellular transformation from a normal cell to a cancer cell in order to develop molecular-based therapeutic strategies capable of wiping out cancerous cells.

His laboratory focuses on “understanding how normal cells respond to various environmental factors”. By achieving a thorough knowledge of these processes he hopes to elucidate ways of controlling the aberrant cell growth which eventually leads to cancer and to also identify diagnostic markers that can be used for prediction of cancer susceptibility.

“With the targets identified, we can try and search for inhibitors of them to eradicate cancer cell growth.”
A touch of the dramatic arts is ensuring that Duke-NUS medical students get the best education possible. Vital Science goes behind the scenes at the Clinical Performance Center (CPC) and explores the roles of healthy people portraying real patient situations.

Telling a patient he is about to die or has a life-threatening disease can be emotionally confronting, for both patient and doctor, and has to be done with the utmost care. The CPC prepares the students for scenarios like these as well as teaches students the basic communication and physical exam skills they will need as doctors. This is done through the use of Standardized Patients (SPs), people carefully trained to tell a patient’s story and simulate physical conditions.

The use of SPs is widespread in medical schools in the US, but in Singapore it is fairly new. According to Dr. Sandy Cook, Associate Dean of Medical Education, Research and Education: “It is a critical part of the teaching in US medical schools, including Duke University. The SP program was considered vital to include in the development of Duke-NUS’ curriculum and undertaken on a vigorous scale”.

Practicing talking to a patient and trying out doctor-patient situations might seem like a strange occurrence, but as an educational tool it is vitally beneficial. “It is a perfect way to teach the students essential clinical skills through practicing, rather than spending all their time on book-learning or watching others”, says Dr. Mara McAdams, the Operations Director of the CPC. “Also, being able to ask the SP for the patient’s perspective is valuable for the students to learn how they can better interact with patients,” she says.

Clinical faculty are involved in case writing and SP training to ensure that the case and the portrayal are realistic. To increase the educational value of the encounters, all cases are based on actual patients and real communication challenges. Added Dr. McAdams: “SPs are given a carefully crafted script from the clinical faculty and are taught to simulate physical symptoms. So, for an abdominal pain case, the SP will wince during the exam when touched at a certain spot.”

Dr. Cook believes these interactions help students develop their skills through a combination of practice and feedback. One of the advantages of the program is that the scenario can be paused at any time to make direct teaching points. “Feedback comes either through the faculty who are watching them, through the SP, or through self reflection,” she says.

Students encounter SPs throughout the four years for educational purposes, and SPs are also used for exams at the end of the first, second and fourth years. The difficulty of the SP scenarios and the expectations on the students is escalated each year. SPs can be trained to consistently portray the role so that each student has the “same” patient encounter. This standardization allows for more valid and reliable comparisons to be made among students.
Currently, Duke-NUS has a pool of between 40-50 SPs and is still on the lookout for more patient actors. One of the issues with SPs is if they are overused the realism gets lost. If a student interviews an SP one day for chest pain and then the following week the student encounters the same SP with a different history, it becomes confusing. “We want to have SPs of all ages, both genders and different ethnic backgrounds so we can do programs across all demographic groups”, says Dr. McAdams.

Andrew Koh, a 22-year old SP, has participated in the program for the past year. He has recommended the program to friends, as it is “fun and provides a reasonable remuneration”. Andrew has played different roles ranging from a patient with a headache; with a sexually transmitted infection; with a stomach pain; as well as an emotionally distraught grandson who is told his grandfather will die soon. He believes the program prepares the students to better empathize with the patients they will care for in the future.

To 2nd year medical student Timothy Hart, the SP program is both interesting and worthwhile. Timothy says the experience is fairly “traumatic, due to the topics which tend to make good SP encounters”. “For example, we tend to practice dealing with depressed, aggressive or mute patients in SP sessions, as well as our first faltering steps into clinical interviews”. He believes that the program is most effective when used alongside traditional teaching and working with real patients under supervision, and adds that the SP program should be used not just to train doctors but also to train other medical professionals. “I realize the importance of having clinical considerations in mind when learning even the basic science of medicine, and I think it would be to the benefit of patients to be treated by doctors who learnt medicine in this way”.

3rd year medical student Wong Ann Mei describes confidence as one thing she has gained from the SP program. “It makes us confident for when we are eventually exposed to real patients in the wards,” she says. Apart from helping to sharpen her practical skills and preparing her for ‘real’ life in the ward, Ann Mei believes that the program also allows students to “experience the ‘first’ feel of a real doctor”. She says the program’s faculty provides the support the students need to build their confidence as they learn challenging clinical skills.

The use of simulated scenarios might seem unusual at first, but these encounters promote students’ development of essential clinical skills while doing no harm to real patients. “In particular, effective Doctor/Patient communication is integral to the successful treatment of patients. The more we can do to foster this skill, the better doctors our students will be. Communication skills do not come naturally; they need to be nurtured and practiced”, Dr. McAdams says. “The SP program improves communication through this practice in a safe environment for both student and patient. We hope we are advancing the learning of communication skills through this strategy”.

If you or someone you know would like to join the SP program, please contact cpc@duke-nus.edu.sg.

Faculty members are key to the success of simulation-based learning. Dr. Mara McAdams guides 2nd year Duke-NUS medical student Priyam Dipak Shah as he listens for the characteristics of a heart murmur on Simulator K, one of the Clinical Performance Center’s two cardiopulmonary simulators.
Come August this year, the first set of students at Duke-NUS will be embarking on a groundbreaking, team-based PhD program – one which promises to train the next generation of biomedical researchers and put them on the fast track to success. Vital Science goes behind the scenes to find out more.

Duke-NUS is preparing for the launch of its new PhD program in Integrated Biology and Medicine (IBM), a multi-disciplinary degree tailored towards students wishing to pursue a lifelong career in biomedical research. Whereas most PhD programs offer training in a basic science, the IBM program gives students the fantastic and unique opportunity to specialize in a disease or health outcome, leveraging on the university’s five signature research programs: Cancer & Stem Cell Biology; Neuroscience & Behavior Disorders; Cardiovascular & Metabolic Disorders; Emerging Infectious Diseases; and Health Services & Systems Research.

The main draw of the new program is its emphasis on driving translational research. This means grooming researchers capable of taking scientific discoveries made at the laboratory bench, applying them at the bedside.

“We are trying to produce graduates who can interface with clinicians and take research findings into the clinics”, Dr. Scott Summers, Associate Professor at the Laboratory of Ceramides and Metabolic Diseases, and Director of Graduate Studies, explains.

To achieve this, Duke-NUS brings together people from a unique blend of specialties. “We are recruiting students from a variety of disciplines and are asking them to interact in a way that will enable interactions between basic scientists and those actually working in healthcare”, says Dr. Summers. One example of this can be found in the infectious disease program that not only brings together research scientists but specialists in epidemiology as well.

PhD students are given a thorough training in core scientific principles, which cover the whole spectrum from enzyme kinetics and thermodynamics to population studies and clinical trials. But unlike many other PhD programs, Dr. Summers and his team have tailored the curriculum to better prepare students for situations they will face in the job market.

“We tried to really re-think the curriculum”, Dr Summers explains. “We started discussing the job of being a scientist, and what types of skills our students needed to be truly successful and advance discovery. When one becomes a leader of a research team, there are a lot of concepts you never have been exposed to which all of a sudden become very relevant to your job. Things like intellectual property, how to do drug screens, develop biomarkers, or do population statistics, or even the big hurdles in therapeutic areas. These are topics that are not typically discussed in graduate education, but are very important for someone wanting to advance translational science”.

The IBM program will also serve as the preferred path for medical students wishing to earn a combined MD/PhD degree, which is tailored for those wishing to combine biomedical research with clinical medicine. As a result, the class of incoming PhD students will include a significant percentage of current Duke-NUS medical students, who will be interacting with their peers from basic science or economics backgrounds in team-based learning exercises. According to Dr. Summers, this will help foster relationships between research scientists, clinicians, and health economists, creating an awareness of patient needs and driving translational research. Such a team-based learning approach is not generally used in graduate PhD programs, but Dr. Summers believes it is vital.
Students in the PhD Program will be given extensive training much more appropriate for the type of career the students will have as independent researchers. Furthermore, with students being taught largely from the primary literature rather than from textbooks, they will be encouraged to immediately start thinking like a scientist – putting them on the “fast track to success”.

Overall, it is the novel curriculum emphasizing translational science and use of team-based learning modalities which makes this program differ from other PhD programs – both in Singapore and internationally, even standing ahead of programs offered in the US. Students get the rare opportunity to learn how to run a lab and how to integrate with the clinical world. They also benefit from being able to work side-by-side with their mentors.

“We have an opportunity here to do something really different, and I am very excited about what that means, because I think that this program could result in a model for graduate programs elsewhere,” Dr. Summers says. “I am hoping that our students find this training really prepared them well and they get jobs where they facilitate research getting into the clinics”.

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Moving home for Medicine
By: Sara Tan, MS1 (Class of 2013)

Like mountain goats that climb altitudes of up to 4,000 meters to forage for food, what helps us medical students climb the demanding terrain of a medical education at Duke-NUS?

Firstly, it begins with the drive within each of us; similarly those mountain goats have to have some innate determination to ascend those heights. My interest in medicine was kindled from a young age with an enjoyment of science; however, helping treat infants with cleft palates during honours was what truly solidified my desire to become a physician.

Being a Singaporean, a natural choice was to apply to Duke-NUS, a “foreign” graduate medical program in my very own hometown.

I was eager to return home to Singapore after spending five years in Sydney to be with family. In hindsight an excellent decision. Since just trying to understand all the basic science of medicine is extremely challenging, it is wonderful to be close to friends and family that support and take care of you – making the arduous studying easier to bear.

Singapore has always been famous for its scrumptious food, our signature dishes such the irresistible chilli crabs and many more. For this very reason, we Singaporeans abroad flock home to satisfy our taste buds; similar to the goats we cross obstacles in search of good food.

So leaving the sunny beaches of Sydney behind, I embarked home to join the class of 2013. Here I have made friends with a superbly diverse lot of folks, and within a very short period as we stand together and support each other, we have shared a great number of laughs and exciting times.

Like the mountain goats we too must be determined to succeed. A significant advantage for choosing Duke-NUS was the ideal that the school nurtured an endless love of learning and research, a trait necessary in every successful physician. As students we learn that there is no limit to medical knowledge and we must strive to excel. We develop the awareness that throughout our careers every physician will be a researcher, a student and a coach.

Now having survived through nine months of school, the allegory of a mountain goat balancing its hooves off an almost vertical cliff becomes apt. Medical school is all about balance. A balance between school life and a personal life, between much-needed sleep and cramming facts into your head for tomorrow’s assessment. So as the goats hurdle ledges, we too
are making leaps towards a rewarding professional peak. I just hope we can all stay on solid rock.

In all, for many reasons I am glad I returned to Singapore to pursue my medical education. So far, it has been an enriching and inspiring time, and I hope it continues to fuel my desire to serve with compassion and care.
Duke-NUS welcomes North Carolina delegates


The American delegates were on a week-long study trip to Singapore to gain greater understanding of Singapore in several areas such as:

- The co-relation between the nation’s economic development planning & educational policy
- The nation’s approach to teaching Mathematics and Science & training teachers to teach both subjects
- The nation’s approach in identifying and training future school leaders

The program, which was first initiated in January 2008, was organized by the North Carolina Center for International Understanding, a public service program of The University of North Carolina, in collaboration with the Public School Forum of North Carolina. This is the program’s second study trip to Singapore. In addition to a special briefing session on Duke-NUS, the delegates were also taken on a tour of the educational and research facilities.

Senator Debbie Clary said "I was extremely impressed by the presentation at Duke-NUS".

So impressed that Senator Clary shared it immediately with three young friends who were considering Medical School, and they were very positive about the advantage of starting clinical rounds in the second year of medical school and the difference that Duke-NUS’ TeamLEAD approach makes.

Senator Robert Atwater (2nd from left) with the Senior Management at the Duke-NUS masonry stone wall, situated at the entrance of the Duke-NUS Graduate Medical School Singapore

Representative Marvin Lucas (2nd from left) and Senator Debbie Clary (center) with Professor Patrick Casey, Professor Bob Kamei and Dean Professor Ranga Krishnan
Duke-NUS Dean wins research award

In February 2010, Professor Ranga Krishnan was presented the Award for Research in Geriatric Psychiatry by The American College of Psychiatrists.

Professor Krishnan was honored for his contributions to advancements in Geriatric Psychiatry, including the understanding of the neurobiology of late life mental disorders. He was among the first investigators to establish a link between "silent" strokes and depression in the elderly, and his work as key investigator in the SADHEART study demonstrated that post-myocardial infarction depression is a serious and treatable psychiatric disorder.

Apart from being the Dean for Duke-NUS Graduate Medical School, he is also a Professor in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center, which he formerly chaired.

Congratulations to Professor Krishnan!
Farewell Sanders Williams, Welcome Michael Merson

In January this year, Duke-NUS bade farewell to one of its founding fathers while at the same time welcoming a new Vice Chancellor.

The school hosted a luncheon for founding Dean Dr. Robert Sanders Williams who has moved from Duke to become the President of The J. David Gladstone Institutes, a freestanding basic research enterprise affiliated with the University of California, San Francisco. As well as being a successful leader, the highly-awarded Dr. Williams is an outstanding physician-scientist who discovered genes, proteins, and pathways that control the development and proliferation of cardiac and skeletal muscle cells. He has published approximately 200 articles in prestigious scientific publications and holds five patents for his work.

At the same occasion Duke-NUS welcomed Dr. Michael Merson as the new Vice Chancellor for Duke-NUS Affairs (w.ef. Mar 1, 2010). Dr. Merson, who is also the director of the Duke Global Health Institute (DGHI), will serve as the primary liaison between Dr. Victor Dzau, Chancellor for Health Affairs, Duke University and the leadership at Duke-NUS, and the many other governmental and external stakeholders there.

Dr. Merson’s distinguished background in global health, including 17 years with the World Health Organization and a stint as Dean of the Yale University School of Public Health, uniquely qualifies him to assume this additional responsibility. Dr. Merson’s efforts to partner with various institutions in the region on global health research and education projects will be a natural complement to this new leadership role at Duke-NUS.
Duke University's Fuqua Business School comes to Singapore

A 36-member student delegation from Duke University's Fuqua School of Business visited Duke-NUS on March 11, 2010. This visit forms part of the student delegates’ study trip for their three elective courses in International business. The goal of such visits is to allow these MBA students an in-depth view of different companies / organizations and the challenges faced by these companies / organizations.

Vice Dean of Education Professor Bob Kamei took the opportunity to take the delegates through Duke-NUS’ innovative team-based learning platform – TeamLEAD. The platform, which stands for Learn, Engage, Apply and Develop, trains students to be proactive in their individual and team learning; and develop creative thinking skills that will empower them to be a major advocate for their patients and communities that they served.

"It was fascinating to learn how Duke-NUS applied team-based learning in the classrooms. It reminded me of the team-based learning that we use at Fuqua. I would be curious to try their team-based testing in some of my classes." Thomas Day, Fuqua 2011.

David Phillips, Fuqua 2011 added: “As business school students, we’re often thinking about the importance of brands, partnerships, and other ways to create value. The Duke-NUS partnership is exciting to learn about because it's a relationship that benefits both parties involved, and could be a model that other schools will want to copy.

Founded in 1970, Fuqua is the youngest of the top-tier U.S business school and currently ranked No. 8 in the Business Week 2008 rankings of all business schools. It has an annual enrollment of approximately 1,400 into programs such as the Duke MBA (daytime), Duke MBA Global Executive, Duke MBA Weekend Executive, Duke MBA Cross Continent, Duke Goethe Executive MBA and the Ph.D. program.

The study trips also included cultural visits, where several activities will be planned to expose students to the culture of the country being visited.
Our Doctors for Doctors Fund

Doctors truly understand how financially challenging medical education can be. The training is long and rigorous, so this is not a career to pursue if one’s primary goal is to make a lot of money.

For talented students from economically disadvantaged backgrounds, the dream of becoming a clinical-scientist can be hard to afford and realize. Books, living expenses and taking advantage of growth opportunities can be limited for those students whose economic circumstances make just paying tuition a struggle. However, Duke-NUS encourages its students to continually embrace a holistic, well-rounded approach to their medical training. This is where Duke-NUS’ Doctors for Doctors Fund can make a real difference.

The Fund was established in late 2009 when one of Duke-NUS’ pioneer teaching faculty became our first donor. This generous donor, who personifies the true spirit of mentorship, has humbly asked to remain anonymous.

If you are interested to play a meaningful role in supporting our students’ medical training experience, our Development Office welcomes your donations. Besides benefiting aspiring clinician-scientists, your gift will enjoy a one-for-one match by the Singapore government and a 250% tax deduction for the calendar year 2010.

Please contact development@duke-nus.edu.sg or Tel: +65 6516 6696 to make this happen or to find out more about.
Nine spectator-thronged levels, six high-adrenaline races, one team of proud champions - to put it simply, it was one solid hour of cheers, perspiration and excitement. And not forgetting the countless witnesses to this landmark campus event that cheered the teams on.

The inaugural Duke-NUS Vertical Challenge was an indoor race held within Duke-NUS, and from the main entrance through to the 9th floor. There were six teams of enthusiastic participants from the four student colleges, DUNES and the Education Office - each team comprising five runners who covered the five legs of the race. Participants were filled with high energy and confidence with an end goal for GOLD!
Dr. Craig Stenberg, Associate Dean for Student Affairs & Admissions, was all smiles as he started the first team off. With no second to waste, Dr Ooi Choon Jin, College Master of College I (College 1’s team is pictured above), leapt up the grand stairway with a tuning fork (which was the baton) in hand. The clock was ticking away and though it was hard to see the running participant from the atrium, the intermittent cheering at the respective floors provided a good audio indication. A round of applause followed when the first race was concluded.

The other teams continued the race: DUNES led by Dr. Cheong Jit Kong, College II by Associate Professor Ong Sin Tiong, College III (College 3’s team pictured above) by Professor Michael Chee, College IV by Associate Professor Paul Yen, and the Education Office by Ms. Jeanette Lai.
In the end, DUNES (left) claimed 3rd place and College III won 2nd. But it was College IV (pictured on right) that went home with the glory, it was the fastest team at just under 1min 18sec. They walked away with not just the Gold medals but also the Inter-Collegiate Games Challenge Shield.

Planning this event started months ago with a group of student volunteers. The intent was to organize an event to bring the different student classes together. However, the heartening support and encouragement from the various departments emboldened the committee to extend the invitation beyond the student population. We envisage this event growing into a campus-wide affair that will bond the wider Duke-NUS community even closer.

Our appreciation too goes to the various departments (Student Affairs, Facilities Planning & Research Operations, etc.), safety marshals (staff & students), and student organizers. We look forward to a bigger race next year and a uniquely Duke-NUS tradition ahead.

Thank you for making history with us.

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