

Primary Care and Family Medicine

Contact us at: fammednetwork@ntu.edu.sg
Volume 7, Issue 4, Aug/Sept 2024

Welcome

The year is hurtling ahead at speed – it is hard to imagine it is September already! The last couple of months have seen a lot of activity, culminating in a fantastic WONCA Asia-Pacific conference hosted here in Singapore. I was fortunate to attend, hear the latest in research in the region and to learn about new health policies and models of care that are being launched. Practice-based research networks, such as SPARK, can play a key role in shaping the research and policy agenda but there are many barriers. We are actively exploring these, and want to make it easier for family doctors to participate in research. Research is sometimes seen as superfluous – and I understand this when people are busy running clinics and providing patient care. For me, it has always been a welcome complement to clinical practice, offering a number of benefits – a way to foster curiosity, to be part of a community, and to contribute to patient care beyond the 1:1 consultation. I hope that you will consider being part of this journey. Not everyone will have had the opportunity to attend WONCA – so you can check out some of the LKC contribution through these [links](#) (News: Aug-Sept 2024). Please feel free to contact me with any reflections or ideas – my door is always open.

Associate Professor Jo-Anne Manski-Nankervis, Professor of Primary Care and Family Medicine

List of LKC Medicine Contributions

1. **“Past, present and future: The important role of practice-based research network in generating and facilitating research”** Type: Oral Presentation; Presenting Author: Associate Professor Jo-Anne Manski-Nankervis
2. **“Introducing Riley: Your Personalized Evidence-Based Medicine Information Literacy Chatbot”** Type: Workshop; Presenting Author: Assistant Professor Lee Eng Sing and Ms Rebecca Lavanie David, Senior Medical Librarian, LKC Medicine
3. **“Engaging General Practitioners in Primary Care Research in Singapore: Lessons Learnt from the HOPE CVD-GP Research Project”** Type: Poster Presentation; Presenting Author: Ms Sam Xin Hui, Research Fellow
4. **“Understanding Singapore Health Professionals’ Career Planning and Development Behaviours”** Type: Poster Presentation; Presenting Author: Ms Leong Li Zi, Research Assistant



Introducing SPARK Advisory Board Members



Assistant Professor Lee Eng Sing
Chair, SPARK Network
LKC Medicine, NTU

The Primary Care Research Network (pcRn) has been reinvigorated and renamed as Singapore Primary cAre Research and Knowledge (SPARK) network. It is chaired by **Assistant Prof Lee Eng Sing** with members that include **Associate Prof Jo-Anne Manski-Nankervis**, **Dr Leong Choon Kit**, **Dr Edwin Chng**, **Dr Melvyn Wong**, **Dr Theresa Yap** and **Dr Amelia Binte Ahmad Hatib**.

The SPARK network will create a Learning Health System for primary care in Singapore, promote and reduce hurdles to research by making research participation minimally disruptive to clinic operations, obtain grants and fundings for the Learning Health System with a sustainable and scalable modus operandi, attain clear visibility to all stakeholders, and train and groom academic researchers in family medicine. The network with its new visual will be revealed soon. Stay tuned for our exciting launch in November!



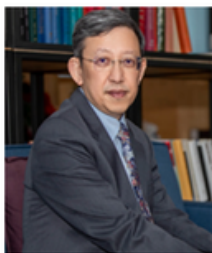
Associate Professor Jo-Anne Manski-Nankervis
Professor of Primary Care and Family Medicine
LKC Medicine, NTU



Dr Amelia Binte Ahmad Hatib
Family Physician, Associate Consultant
Toa Payoh Polyclinic (NHGP)



Dr Theresa Yap
Family Physician, Director
Yang & Yap Clinic & Surgery



Dr Leong Choon Kit
Family Physician
Mission Medical Clinic



Dr Edwin Chng
Head, Clinical Safety & Risk Management
IHH Healthier SG



Dr Melvyn Wong
Deputy Medical Director
Raffles Medical Group, Primary Care Division

Family Medicine Clinician Scientist Development Programme

Are you a family doctor or GP interested in research and medical education but haven't had the time to pursue it? Primary Care and Family Medicine @ LKC Medicine is offering two 12-month positions for family doctors to spend one day a week to participate in research projects and some medical student training. Successful candidates will benefit from working with a multidisciplinary team, participate in primary care research training opportunities and receive 1:1 mentoring from an academic supervisor. Funding is available to facilitate your time away from the clinic.

Applications close 30 September, with the program to commence on the 3rd of February 2025.

Interested in knowing more? Please contact A/Prof Jo-Anne Manski-Nankervis (joanne.mn@ntu.edu.sg) or Asst Prof Lee Eng Sing (eng_sing_lee@ntu.edu.sg) for further information.

Invitation to Participate in Research



Healthy living with Online suPport & Education (HOPE) Project

Are you a practicing GP
who sees patients at risk
of cardiovascular disease
(CVD)?

We are currently recruiting GPs to collaborate in our study that aims to evaluate strategies to reduce the risk of CVD through lifestyle changes. Our HOPE study is a cluster randomised controlled trial that aims to evaluate three interventions: communication of lifestyle, health, and genetic risk of CVD, and a mobile app that aims to elicit lifestyle changes to reduce CVD risk.

Participating GPs will receive a token of appreciation. If you are interested in joining our study or want to find out more, contact the study team at HOPE@ntu.edu.sg or check out our [HOPE website](https://hope.ntu.edu.sg).

Improving Cardiovascular Risk Conversations in Primary Care in Singapore



We are exploring cardiovascular risk conversations between primary care doctors and patients in Singapore with a view to identify challenges in communicating specific risks and enhancing patients' health literacy and understanding of risk-relevant concepts.

We are recruiting private GPs who conduct regular cardiovascular risk assessments with their patients to participate in our study.

If you are interested in participating in this study, please **scan QR code** or email Ms. Li Zi lizi.leong@ntu.edu.sg for more information.

PUMA: A validation of PUMA COPD screening tool for use in the Primary Care Setting

We are actively looking for family doctors in private practice to join this study.

Objectives:

- To determine the validity of the PUMA questionnaire for screening of COPD patients among current and ex-smokers aged 40yrs old and above in the primary care setting in Singapore.
- To determine the prevalence of COPD among the sample of current and ex-smokers
- To evaluate the cost effectiveness of using mobile spirometry to screen and diagnose COPD in Singapore's primary care setting.

If you are interested to participate in this study, please email or Whatsapp your interest to the study team. **Dr Vicky Qin**, mengqi.qin@ntu.edu.sg or Whatsapp to **Dr Kenneth Tan (Co-Investigator)** at 97659149, or **Dr Lee Eng Sing** at 96815623 if you would like to have a better understanding of the PUMA study.

Join us in advancing planetary health by sharing your voice in our climate survey!

A research team from NTU is studying how to integrate climate change communication into healthcare practices (NTU-IRB-2024-480). We are seeking your experience as a healthcare provider to understand your view about climate change, its health impacts, and how we can help our patients to better prepare for this global health threat.

The survey is anonymous and will take no more than 10 minutes to complete. You can access the survey at his link or can the QR code. For enquiries, you may contact Frederick Chan, huifei001@ntu.edu.sg. Thank you for your participation.

NTU Health Psychology Lab



Highlights

Primary Care Multimorbidity Seminar Series

13 July: The first of four primary care multimorbidity seminars was successfully conducted on 13 July 2024 from 2pm to 5pm hosted by A/Prof Jo-Anne Manski-Nankervis. Adj A/Prof Victor Loh from Department of Family Medicine, National University Health System spoke on the 'Year of Care Programme approach to Personalised Care and Support Planning'

at National University Polyclinics followed by Prof Jose Valderas who shared on the 'Applicability of Patient Reported Experience and Outcome Measures (PREMS and PROMS) to patients with Multimorbidity'.

After tea-break, Asst/Prof Lee Eng Sing elaborated on the conceptual framework for Multimorbidity described in the HealthierSG Multimorbidity Care Protocol. Next, a presentation of the draft HealthierSG care protocol for Stroke was made followed by a 'Question and Answer' session facilitated by Dr Wong Tien Hua (President of the College of Family Physicians, Singapore) with A/Prof Deidre Anne De Silva (National Neuroscience Institute) and Asst/Prof Lee Eng Sing as panelists.

The next three sessions will be on **28 Sep 2024, 16 Nov 2024 and 1 Mar 2025**. Every session will be different with a short recap of what was covered in the last seminar. Expect to see how management of patients with multimorbidity will be shared from the perspectives of a primary care clinician, a primary care academic researcher and the writer of the HealthierSG care protocol for the complications of common primary care chronic conditions. Nurses from Agency of Integrated Care were also present to share how they can support HealthierSG GPs in their work. **You don't want to miss the next session.**



Qualitative Research Workshop by Professor Meredith Temple-Smith

15 July: The Primary Care and Family Medicine team hosted Professor Meredith Temple-Smith from Department of General Practice and Primary Care, University of Melbourne who presented a workshop on qualitative research methods. Attendees learnt how to use qualitative methods to explore, explain or evaluate and develop confidence in applying theories and frameworks in their research.

PPI trip to the UK

LKCMedicine Office for Patient Engagement (OPEN) aims to partner with patients to optimise research and medical education. In August, Jo-Anne Manski-Nankervis and Ai Ling Sim-Devadas met with the Patient Experience Research Centre at Imperial College London, Prof Sophie Park at University of Oxford and observed the OneLondon public deliberation on the future of primary care in London. Our learnings are informing OPEN's strategy, together with the input of our patient partners. Our first OPEN Patient Voices Symposium will be held in November.

Upcoming Events

Primary Care Multimorbidity Seminar Series

28 Sept 2024 Sat, 1pm - 5pm

@ LKCMedicine Novena Campus

Hosted by Primary Care and Family Medicine

The consensus-derived definition of multimorbidity is the presence of three or more chronic conditions from a list of 23 chronic conditions. The commonest triad of multimorbidity in primary care is hypertension, hyperlipidaemia and diabetes. One of the common complications of multimorbidity is CKD, which will be discussed in this event.

Invited Speakers



Assistant Professor Sabrina Wong
Family Physician, Senior Consultant
Deputy Director, Clinical Research Unit, NHGP
Patient Activation through Conversations



Professor Ng Chirk Jenn
Senior Consultant, SHP
Clinical Professor, Duke-NUS
Shared Decision Making



Dr Jeremy Koh
Family Physician
Consultant, NHGP
HealthierSG Care Protocol - CKD



Dr Yeo See Cheng
Head & Senior Consultant
Dept of Renal Medicine, TTSH
Q&A Session on CKD Protocol



Dr Elaine Chua
Family Physician and Honorary Assistant
Secretary, College of Family Physicians Singapore
Facilitator for Q&A on CKD Protocol

Primary Care and Family Medicine invites you to an interactive session with
Visiting Professor, Prof Jon Emery

**Colorectal screening and implementation in primary care:
From development to policy**

8 Oct 2024 Tues, 5.00pm - 6.30pm

Zoom / Clinical Sciences Building Level 7, Conference Room 7-1



Professor Jon Emery is the Herman Professor of Primary Care Cancer Research at the University of Melbourne, and the Victorian Comprehensive Cancer Centre (VCCC) Primary Care Research and Education Lead. He is a National Health and Medical Research Council (NHMRC) Leadership Fellow, and Director of the Cancer Australia Primary Care Collaborative Cancer Clinical Trials Group (PC4).

His research focuses on the application of advances in genetic medicine, primary care oncology and the development and evaluation of complex, interventions including computer decision support systems, and new cancer diagnostic and screening technologies.

He leads the Melbourne Primary Care Trials Unit, which includes the VicREN Practice Based Research Network (PBRN). He is also leading the establishment of PARTNER, a national PBRN to support access to trials for rural Australians.

RAISE Primary Care Research Seminar Series

15 Oct 2024 Tues, 4.30pm - 5.30pm
Online @ Zoom



Prof Jose M Valderas Martinez
Head, Department of Family Medicine, NUHS
Welcome and Introduction



Dr Desmond Ong
Senior Consultant, Family Physician, NUP
Developing a Value-Driven Approach for the Management of Multimorbidity in Primary Care



In the Family Medicine Frontline



After setting up my practice in the heartlands, I always felt that I should do more to deliver better patient care to my community. This is a commitment that many other Family Physicians share beyond our daily clinical practice. I'm currently pursuing postgraduate training in family medicine, and my journey has led me to work with SPARK on validating a COPD questionnaire in our local context, a project that I believe will significantly enhance our approach to managing chronic obstructive pulmonary disease. Previously, I've also tried developing an asthma self-management application for my patients.

Research is not a simple endeavour and successful research is dependent on strong teamwork. I've learnt a lot from my mentor Assistant Professor Lee Eng Sing on how to bring people together to form a research team, spot opportunities and move forward.

This project would not be successful without the efforts of fellow Family Physicians, and I am thrilled to collaborate with fellow GPs who share the same interest in advancing our field. Through research activities, we can contribute to a body of evidence that transforms policy and practice, and amplify the voices of family doctors who stand on the frontlines of healthcare.