

Dear Reader,

Welcome to our fourth newsletter for 2023!



Fostering Collaborative Efforts for Innovative Research and Evaluation

Mini-lab at March 2023 SingHealth Duke NUS Quality Innovation Day

Delivered by Dr Laurie Goldsmith & Asst Prof Lee Eng Sing, with advance contributions by Prof Helen Smith

This is a continuation from the previous newsletter sharing highlights from this mini-lab.

The Centre for Primary Health Care Research & Innovation (CPHCRI), a joint initiative between Lee Kong Chian School of Medicine (LKCMedicine) and National Healthcare Group (NHG), also supports collaboration through its seedcorn funding. These primary care research projects require collaboration between NHGP and LKCMedicine. CPHCRI has funded 10 primary care research focusing on a variety of topics: how people work in the health care system (e.g., how primary care physicians use information); the experience of delivering or receiving types of services (eg., tele-dermatology); and how patients experience and care for specific illnesses (e.g., people with diabetic foot ulcers).



Collaboration on these projects included working across institutions (which sometimes extended beyond NHGP/ LKCMedicine collaboration), working across clinical specialties and academic disciplines, and documenting the perspectives of more than one health care system actor.

CPHCRI grant recipients described multiple ways that collaboration enhanced their research, including:

- Bringing research skills and clinical understanding that would otherwise be missing on the research team;
- Refining incorrect assumptions about how various clinical specialties approached care of particular types of patients;
- Expanding reach for recruiting study participants;
- Streamlining research activities;
- Providing local data on the challenges that are unique to how primary care is delivered in Singapore;
- Enhancing knowledge translation of study findings; and
- Developing primary care research capacity, such as supporting early career researchers and providing the foundation to apply for larger research grants.

The mini-lab concluded with encouraging the audience to consider engaging in collaboration as it is worth the effort. Collaboration not only improves individual research and evaluation efforts. **Collaboration leaves a legacy that broadens individuals and expands community** to enhance future research and evaluation and ultimately improve health care systems.

NHGP-LKC Research Forum

The inaugural NHGP-LKCMedicine Research Forum was held on 14 July 2023 at Kallang Polyclinic. This hybrid event brought together over 25 clinicians and researchers from the National Healthcare Group Polyclinics, the Lee Kong Chian School of Medicine Primary Care and Family Medicine Research Programme, and the Primary Care Research Network.

The forum unfolded as a tapestry of ideas woven by three thought-provoking presentations. Firstly from Kallang Polyclinic, Dr Ong Kah Pieng, unfurled insights from his qualitative study on the patient experiences of telemonitoring HbA1c tests. His exploration illuminated the intricate interplay between technology and patient well-being, offering new perspectives for enhanced care delivery. Next, Dr Sze Kai Ping from Geylang Polyclinic shared the findings of his qualitative study, peering into the minds of doctors to unravel their perceptions of the impact of digital tools on doctor-patient relationships in Primary Care. This introspective journey raised pivotal questions about the evolving landscape of medical interactions.



Last but not least, Ms Joanne Lim (Research Assistant, LKCMedicine) and Mr Aloysius Chow (Research Associate, LKCMedicine) presented the Healthy living with Online suPport and Education (HOPE) study. This encapsulated the essence of progress, illuminating the path towards a future where empowered patients stride hand in hand with technology.

In anticipation of the next NHGP-LKCMedicine Research Forum that will be held in February 2024, brace yourselves for another captivating chapter of inquiry, camaraderie, and revelation. Keep an eye on the pages of our forthcoming newsletter for registration details!

General Practitioners' Research Engagement Session

We are thrilled to share the resounding success of the Lee Kong Chian School of Medicine Primary Care Research Network's (pcRn) inaugural education session, a dynamic event that illuminated new horizons in primary care research. On 17 June 2023, more than 20 dedicated general practitioners gathered to embark on a journey of intellectual discovery and professional growth.

Setting the stage for an enriching day, Assistant Professor Lee Eng Sing introduced the pcRn and passionately shared the network's vision and mission. Our audience was then engaged in a lecture by Visiting Associate Professor Jo-Anne Manski-Nankervis about the Myths of Statins. With evidence-backed insights, attendees gained a fresh perspective on this important aspect of patient care. Following this, the intricacies of cluster randomised controlled trial methodology was presented by Mr Aloysius Chow. The session continued to captivate with compelling studies that aim to shape the future of primary care. Our attendees were introduced to the Healthy living with Online suPport and Education (HOPE) study by Ms Joanne Lim, the PUMA and CAPTURE study by Ms Wong Zhi Ying and Mr Ngai Yan Tai and the Management of UTI in Primary Care in Singapore study by Dr Tim Hart. These studies underscore our commitment to advancing patient outcomes in Singapore.



Extracted from World Heart Federation Website:
<https://world-heart-federation.org/>

As we reflect on this gathering of minds, we extend our heartfelt gratitude to our esteemed partner, AstraZeneca, whose generous support ensured that our attendees were nourished both intellectually and gastronomically.

Stay tuned for more inspiring sessions, dynamic discussions, and opportunities to unite in our shared pursuit of knowledge.

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.



Management of Urinary Tract Infections in Primary Care in Spore

If you are a general practitioner and treat patients with Urinary Tract Infection (UTI), you are invited to join our study describing the use of antibiotics in the treatment of UTI.

Participating GPs would be asked to complete a short questionnaire after each UTI consult, detailing the characteristics of the presentation and management (no patient identifiers). Participants will receive a S\$5 token of appreciation for each completed unique response.

If you are interested in taking part as a participant or research member, please scan the QR Code or contact Dr Tim Hart tim.hart@ntu.edu.sg



Upcoming Conference



TRANSFORMING
FOR A HEALTHIER POPULATION
12 - 13 October 2023 | MAX Atria Singapore EXPO

CLICK FOR PROGRAMME GUIDE

Chatbot-delivered Information Literacy Game for Primary Care Physicians and Medical Students

Are you a practicing doctor and keen to understand more about ways to consume and evaluate medical information online?

We are inviting you to be part of this study to test and discuss your perceptions of using Rileybot, a chatbot-delivered information literacy game. You are expected to test the application for at least 1-week. Your participation will allow us to tailor the application based on your needs and preferences. Participants will receive a S\$30 token of appreciation for the completion of the 1-week trial and S\$10 for the completion of an interview.

If you are interested in taking part, please complete the eligibility survey by scanning QR code or click this [link](#). For more details, contact Prof Reddy at sreenivasulu.reddy@ntu.edu.sg or Ahmad at ahmad.ij@ntu.edu.sg



pcRn Membership is free and open to doctors, nurses, allied health professionals and medical students who are interested in primary care research. Please click [here](#) for the membership form. For medical students, click [here](#).