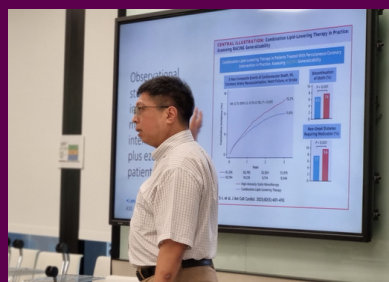


Dear Reader,
Welcome to our fifth newsletter for 2023!



General Practitioners' Research Engagement Session



We are delighted to share the resounding success of the 2nd education session hosted by the Primary Care Research Network (pcRn) on 2 Sept 2023. This event brought together an engaged audience of approximately 20 general practitioners and medical students.

The session commenced with an insightful introduction to pcRn by Assistant Professor Lee Eng Sing, highlighting the work done by pcRn and its future plans. Next, Professor Tai E Shyong followed with a captivating lecture on the latest developments in lipid lowering treatments, providing attendees with valuable insights into this crucial clinical work. Ms. Joanne Lim next shared the Healthy Living with Online Support and Education (HOPE) study, shedding light on innovative research approaches. Mr. Aloysius Chow then presented the intricacies of cluster randomised controlled trial methodology, equipping our attendees with a deeper understanding of this research method. The session continued to expand its horizons with introductions to the PUMA and CAPTURE studies by Mr. Aloysius Chow and Ms. Joanne Lim. These studies hold promise to have significant clinical impact on primary care practice.

In closing, the session featured a brief overview of Dr. Tim Hart's Management of UTI in Primary Care in Singapore study, offering a glimpse into the exciting research endeavours happening within our community.

Stay tuned for upcoming education sessions and discussion opportunities tailored to the primary care setting. Our commitment to advancing knowledge in this vital field remains unwavering, and we look forward to your continued support and participation in our endeavours.

LKC Family Medicine Student Interest Group (SIG)



The LKC Family Medicine Student Interest Group (SIG) was established in 2018, with the vision to cultivate greater awareness and interest in Family Medicine within LKC student body. Since then, our SIG has grown significantly and we now have close to 400 active members consisting of current students and alumni. Apart from the ExCo, the SIG has a team of passionate volunteers working tirelessly behind the scenes on numerous initiatives.

The SIG plans and hosts various events such as *Caught Not Taught*, *More Than Meets the Eye* and *Residency Sharing*, where we invite distinguished Family Physicians to share more about their careers and what being a Family Physician entails, and residents to talk about their experience as junior physicians in Family Medicine. Our upcoming event, **Introduction to Family Medicine**, is held annually and aims to give students an insight into the many exciting facets of Family Medicine. Every year, we refresh our content and bring our members the latest developments in the primary care landscape. In this year's instalment, we present a segment on a new development, HealthierSG. Attendees over the years have shared that this event presents a never-seen-before side of Family Medicine and leaves them with a deeper appreciation for the practice.

Additionally, the SIG creates and delivers content related to Family Medicine through diverse media to engage and educate our student community. We harness the power of social media and stay connected with our members on our Instagram page. One can find academic quizzes and important information regarding common conditions in a bite-sized and digestible format on our Instagram page.

We also seek to be the bridge between aspiring student-researchers and accomplished Family Physicians, as well as researchers, by forging strong partnerships with esteemed organisations such as LKC Medicine's own Primary Care Research Network (pcRn). This Academic Year, the SIG aims to intensify our commitment to research endeavours by seeking meaningful research opportunities for LKC students to take up. We hope to get our students more involved in Family Medicine-specific research by better matching students' research interests to the research projects that are currently available. We are also seeking to pilot a new initiative where students propose potential research topics to researchers so do look out for more information on this! **Follow [Instagram@lkc.fm](#) Email: lkcfammed@gmail.com**

Thank you and Farewell Laurie

Thank you for the opportunity to help advance the Primary Care Research Network and the research interests of Singapore's family medicine and primary care community. Being able to support pcRn members through research consultations and research methods workshops was an honour and a pleasure. (The picture accompanying this note—a Zoom screenshot from a pcRn research methods workshop—is tangible proof of how much I enjoyed interacting with pcRn members.) I had the privilege of witnessing so many important research accomplishments in the 2+ years I was at pcRn and at the Primary Care & Family Medicine Research program at LKCMedicine.



The future is bright for primary care research in Singapore! As I have only moved a short way away—to the Division of Family Medicine at the Yong Loo Lin School of Medicine at National University Singapore—I still get to reap the benefits of the pcRn and the supportive environment it fostered. I wish you all the best in your future research endeavours.

“Challenges faced by immigrants in healthcare access in Covid-19”

We have finally come to the last scholarly project sharing for students who were attached to PCFM in 2022. Ben Chua is featured where he shared what he has learned from the attachment.

I chose to take on this project as I felt that migrant health was an area that was overlooked, not just in Singapore but globally. Given how COVID-19 cases rose exponentially and caused a health crisis in the migrant population in Singapore during the pandemic, I appreciated how migrant health often slips through the cracks in even a robust healthcare system like Singapore's. Given the challenges that COVID-19 has posed, the study aimed to find out how COVID-19 has impacted the barriers to healthcare access faced by migrants.



The study used a systematic review of literature from five databases (PubMed, Embase, CINAHL, Cochrane, and Web of Science), followed by thematic analysis to group identified barriers, and qualitative metasynthesis to analyse the relationships between barriers.

From the 37 papers identified for data analysis, six themes were identified: socio-cultural, financial, logistical, legal, knowledge and skills, and psychological. While most of these barriers were also reported pre-pandemic, lack of documentation became a more prominent barrier during the pandemic. Language barriers and fear among migrants were also increased due to the pandemic.

Ultimately, we found that though the pandemic has worsened some barriers to healthcare access, the development of digital healthcare has provided new opportunities to tackle some issues. More policies are needed to protect migrant healthcare rights and governments need to carefully evaluate the use and conditions of administrative detention centres. Relevant organisations need to tailor the dissemination of health information for migrants' native languages, and the development of digital health services needs to work towards enabling better communications and providing translation services.

This project was an enriching learning experience for me but was challenging as I had never done a systematic review before and was unfamiliar with this type of research. I had some doubts about whether I could even complete the project in time due to the daunting number of articles I would have to review. I could not have done so without the patient guidance of my mentor Dr Chen Shiwei who was there with me every step of the way, and the advice of Dr Laurie Goldsmith who conducted qualitative analysis sessions every week for all of us who were doing qualitative analysis projects. My mentors were nothing but kind, approachable, and encouraging, and made the research process a very enjoyable experience.

Many of the skills I have learned such as using Covidence and its integration with Endnote, as well as the process of critically appraising research papers, will undoubtedly come in handy in the future. Having done a systematic review, I now have more confidence in this area of research and have a renewed appreciation for systematic reviews when I come across them in medical literature.



World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nations Resolution 61/225. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

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



Singapore Lung cancer Screening Through Integrating CT with other biomarkERs (SOLSTICE)



SOLSTICE is a multidisciplinary lung cancer screening research study led by a team of medical oncologists, pulmonologists, cardiothoracic surgeons, and radiologists from SingHealth and collaborating healthcare institutions. This study is funded under the National Medical Research Council's (NRC) Open Fund – Large Collaborative Grant (OF-LCG) and falls within the population health outcomes theme under a Lung Cancer programme. The purpose of this research study is to examine if Low Dose Computed Tomography (LDCT) scan and blood-based biomarker test are effective for lung cancer screening in Singapore.

This study will be piloted on SingHealth Outram Campus and enrolment has started in February 2023. Study procedures would include (1) low-dose computed tomography scans, (2) blood collection, and (3) completion of questionnaires – quality of life and lifestyle related.

The study is recruiting both smokers and non-smokers of the following criteria:

- Age: 50-80 years old
- Heavy smoker: 30 pack-years or more (current smoker or former smoker who has quit less than 15 years)
- Never smoker, or has smoked less than 10 pack-years and has quit smoking for at least 15 years with the additional risk of:
 - >> Family history of lung cancer in 1st or 2nd degree relatives (including parents, siblings, children, uncle/aunts, grandparents, nephew/nieces)

We seek the help of primary care and family physicians to refer potential at-risk individuals and direct interested participants to this important study.

Individuals who are interested in the study can scan the QR code to fill in a pre-screening form or write in to lung_cancer_screening@singhealth.com.sg.

Upcoming Event

Dementia Care across the Continuum: Multi-Dimensional Peek into the Unknown

24 November 2023 Friday 2pm - 5pm via Zoom

[Register Here](#)



A/Prof Dan Yock Yong
Deputy Director-General Health
Services Group
Ministry of Health

As Singapore develops into a super-aged society, the number of persons living with dementia (PLWDs) is expected to rise. Collective efforts among healthcare professionals, policy makers and researchers are crucial in preparing our healthcare system to meet the growing care needs of PLWDs in Singapore.

This "Knowledge to Practice Series (KPS)" webinar aims to mobilise relevant conversations and drive necessary actions to help utilise our limited resources across the care continuum.

Organised by the Geriatric Education and Research Institute (GERI), in collaboration with the Ministry of Health, Chapter of Geriatricians (Academy of Medicine Singapore) and Society for Geriatric Medicine Singapore, this KPS webinar will address existing gaps in the continuum of care for PLWDs based on the research evidence gathered by GERI and its partners.

Relevant areas of discussions include the level of awareness, dementia prevention, measurement, services in primary care settings, integrated care, and end-of-life care. The webinar will also cover:

- Up-to-date evidence synthesis of diagnostic tools which can help identify possible dementia among older adults in community.
- Showcase of a programme that could relieve caregiving burden.
- Prognostic models to identify when PLWDs would require palliative care in order to enhance their quality of life.



A/Prof Philip Yap
Senior Consultant
Department of Geriatric Medicine
Khoo Teck Puat Hospital

For more information on the webinar, please visit [here](#).

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](#).