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Volume 6, Issue 6
December 2023Dear Reader,
Welcome to our sixth newsletter for 2023!Happy
New Year

2024

*We hope 2023 has been a good year for you!**2023 has been a busy year for the department. The PCFM team has been working hard to prepare the cluster RCT trial – HOPE. The team is ready to start in December. At the same time, the department has successfully obtained funding for three projects relating to subsyndromal depression, COPD and HealthierSG due to start next year.**In summary, 2023 has been a year of preparation, honing our strength for the big push soon with four big studies happening in 2024. For now, let's take some time in December during the festive season to reflect, recharge and relax with our loved ones before a busier 2024 commences.**Merry Christmas and a blessed New Year 2024!*

pcRn engaging GPs in primary care research



We are pleased to share that in the second half of 2023, the Primary Care Research Network (pcRn) had successfully conducted two education sessions for approximately 40 general practitioners and medical students. Both sessions opened with an introduction of pcRn by Assistant Professor Lee Eng Sing, the Director of the Primary Care and Family Medicine (PCFM) Research Programme. The speaker for the first session on 17 June was Associate Professor Jo-Anne Manski-Nankervis who talked about the common myths of statin therapy. The second session on 2 September had Professor Tai E Shyong who provided updates on lipid lowering treatments. In both sessions, we presented three ongoing primary care projects within the PCFM programme. Our research assistant, Ms Joanne Lim, introduced the **Healthy living with Online suPport and Education (HOPE)** study and invited general practitioners as research collaborators. Our research associate, Mr Aloysius Chow, presented the intricacies of the cluster randomised controlled trial methodology and, alongside our interns Ms Wong Zhi Ying and Mr Ngai Yan Tai, presented the upcoming Validation study of the PUMA and CAPTURE Scale in the Singapore Primary Care Setting. Lastly, Dr Tim Hart presented on the Management of Urinary Tract Infections in Primary Care in Singapore study.

We thank all our speakers and our interns Ms Wong Zhi Ying, Mr Ngai Yan Tai, Mr Koh Yuan Sheng, Ms Alya Humaira Bte Muhammad Hafiz, Ms Nuruddini Hidni Bte Khalid and Mr Lee Hong Sheng in ensuring the success of pcRn's education sessions, and look forward to more engagement sessions in the new year.

hello

WELCOME TO PCFM



Dr Vicky Qin, the new Research Fellow in PCFM, is actively involved in several projects including the Healthy Living with Online suPport and Education (HOPE) project that aims to evaluate the impact of different interventions on cardiovascular disease prevention, and CAPTURE-PUMA study that seeks to uncover the prevalence of chronic obstructive pulmonary disease (COPD)

and identify a potential tool for screening COPD in the primary care setting in Singapore. Driven by the curiosity about the complex nature of healthcare, her research interest focuses on understanding the determinants of chronic diseases management, and how the health inequality in chronic disease management can be addressed by different interventions at the individual, community and system level, to inform health policy decision making. Vicky received her Ph.D. in Public Health (Health Systems and Behavioral Science) and Master in Public Policy (Economic Policy Analysis) from the National University of Singapore.

Sharing of LKC Scholarly Project Student Tan Chin Kiat, Class of 2025

“Access to health care for young healthy adult Singaporeans”



My scholarly project delved into the significance of primary care continuity among young Singaporean adults, a topic that greatly intrigued me due to its relevance, especially in light of the Healthier SG initiative.

Despite my lack of prior research experience, I was fortunate to receive unwavering guidance from my dedicated supervisors, Dr. Goldsmith and Li Zi. Through their mentorship, I not only learned about qualitative research but also acquired the essential skills for qualitative interviewing, data collection, and analysis. They also helped me make sense of the data I collected and allowed me to craft a coherent narrative highlighting the value of continuity of care among young adults. Their assistance transformed what could have been a daunting journey into a smooth and insightful learning experience. My goal was to gain insights into the realm of research, and I can confidently say that this experience was both enlightening and enriching. I eagerly anticipate further honing my skills through future opportunities.

2nd NHGP-LKC Research Forum

Hybrid @ LKCMedicine Novena Campus and Zoom

1 February 2024 (Thu) 5:30pm – 7:00pm

[Register Here](#)



A qualitative systematic review of health coaching for managing type 2 diabetes mellitus

Nikhita Ramesan, LKC Scholarly Project Student



A scoping review of primary care and family medicine research in Singapore

Adam Harith Bin Razali, LKC Scholarly Project Student

A systematic review of the factors associated with intrinsic capacity in community-dwelling adults

*Dr Jonathan Chong
Family Physician, Associate Consultant, NHGP
Head, Hougang Polyclinic, NHGP*



Understanding the challenges faced by young adults with type 2 diabetes receiving care at the polyclinics

*Dr Sabrina Wong
Family Physician, Senior Consultant, NHGP
Deputy Director, Clinical Services, NHGP*



**CME points pending, subject to approval*

A Collaboration between

LEE KONG CHAN
SCHOOL OF
MEDICINE

2025 LKCMedicine
Scholarly Project
Student



Email: fammednetwork@ntu.edu.sg

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Poster presented at conferences

**“Factors
influencing
vaccination decision-
making among late
adopters of COVID-19
vaccines in
Singapore”**



Presented at:

**The Singapore Health &
Biomedical Congress 2023
12 - 13 October 2023**

and,

**Scientific Meeting of the
Society of Behavioral Health
Singapore
28 October 2023**

**Please email to fammednetwork@ntu.edu.sg
for a copy of the poster**



LKCMedicine's Family Medicine and Primary Care Bags Best Research Paper 2022



LKCMedicine's Family Medicine and Primary Care (FMPC) was recently awarded the Best Paper 2022 at the 51st North American Primary Care Research Group (NAPCRG) Annual Meeting for their paper entitled, "Improving Prescribing: A feasibility study of pharmacogenetic testing with clinical decision support in the Primary Health Care in Singapore." [<https://doi.org/10.1093/fampra/cmac124>] Receiving this recognition from NAPCRG, which is one of the largest organisations of researchers in family medicine and primary care in the world, solidifies pcRn's standing as a key contributor of high-quality research in family medicine in Singapore.



Published in Family Practice, an international journal, the research paper details the findings of a first-of-its-kind study in Singapore that assessed the feasibility of pharmacogenetic testing in primary care. Led by former LKCMedicine Professor of Family Medicine & Primary Care Helen Smith who is now at Keele University, the study recruited 189 patients between October 2020 and March 2021 through General Practitioners within the School's Primary Care Research Network. This enabled the research team to gain insights into how genetic variation influences the effectiveness and safety of drugs prescribed to patients.

From the study, the team identified great potential in personalising medicine for patients through pharmacogenetics. These findings herald better management of patients and drug therapy in primary care settings.

Congratulations! 🎉



Publications from successful pcRn Research Consultations

✿ Determinants of vitamin B12 deficiency in patients with type-2 diabetes mellitus - A primary-care retrospective cohort study

Andrew Kien Han Wee and Rehena Sultana; BMC Primary Care DOI: <http://doi.org/10.1186/s12875-023-02057-x>

✿ General practitioners' perceptions of the role of community pharmacists and their willingness to collaborate with pharmacists in primary care

Joy Boon Ka Chong, Clivia Yao Hua Yap, Shawn Lien Ler Tan, Xuan Rong Thong, Yang Fang & Helen E. Smith DOI: <http://doi.org/10.1186/s40545-023-00613-5>

✿ Psychological impact of COVID-19 on employees in a primary healthcare group in Singapore and recommended strategies to improve employees' psychological well-being

Edwin Aik Chen Chng, Aloysius Chow, Helen Elizabeth Smith DOI: [10.4103/singaporemedj.SMJ-2021-338](https://doi.org/10.4103/singaporemedj.SMJ-2021-338)

For research consultation, please complete [Request for initial research consultation form](#). (pcRn members only)

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](#).



Invitation to Participate in Research (cont'd)

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



Antibiotic prescribing for adult urinary tract infections in primary care settings

(sharing study on behalf of Dr Wilnard Tan, pcRn member)



Our study team has been embarking on a research project to understand more about the knowledge / attitudes and perception of primary care practitioners like yourself about the treatment of urinary tract infections. The results of the survey will be used to guide local guidelines development. The survey is conducted online and will take approximately 20-30 minutes (the survey is on the long side but we would like to encourage you to complete the survey). Thus far we have had a good response rate but would like to get more responses to improve the veracity of the results.

Your expertise and insights are valuable to us. Please scan QR code or [link](#) for the survey.

Email: Dr Wilnard Tan Yeong Tze (MOHH) <wilnard.tan@mohh.com.sg>

Upcoming Events



Experience the future of Family Medicine at WONCA APR Conference 2024, set in the dynamic city of Singapore. This global conference unites experts, healthcare practitioners, and researchers for a deep dive into the evolving landscape of primary care. Be part of the dialogue, gain valuable insights, and connect with the international healthcare community. Singapore's rich culture and innovative spirit provide an inspiring backdrop for this transformative event.

Important Dates

Call For Abstracts Opens: 25 October, 2023

Early Registration Opens: Late January, 2024

Regular Registration Opens: July, 2024

Abstract Submission Deadline: 29 February, 2024

Meeting Dates: 21 – 24 August, 2024

Living well with NTU Healthcare Series

Hosted by LKCMedicine

Living Well with Common Joint Pain

10 to 12 Jan 2024

[Apply here](#)

Care and Prevention of Common Sport Injuries

10 to 12 Jan 2024

[Apply here](#)

Living Well with Diabetes Mellitus

24 - 26 Jan 2024

[Apply here](#)

For enquiries, email to pace@ntu.edu.sg

World Health Day



Extracted from World Cancer Day website

World Cancer Day held every 4 February is the global uniting initiative led by the Union for International Cancer Control (UICC).

By raising worldwide awareness, improving education and catalysing personal, collective and government action, we are all working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all - no matter who you are or where you live.