

Nurturing Our Future



# Family Medicine

Residency Program



"Exciting challenges for Family Physicians are differentiating the trivial from the severe; diagnosing based on a few symptoms and signs; and perhaps the most difficult, and yet the most satisfying, is to help patients take ownership to change behavior in chronic disease management."

## Program Director's Welcome

Welcome to the SingHealth Family Medicine Residency Program. Family Medicine is a discipline that provides comprehensive healthcare to people of all ages. Unlike acute hospital medicine, Family Medicine provides the opportunity of building long-term relationships with patients and often, their families too.

A Family Physician manages the patient in his own environment, taking into account his lifestyle, occupation and significant life factors. Conditions presenting to primary care are often early and undifferentiated. Exciting challenges for Family Physicians are differentiating the trivial from the severe; diagnosing based on few symptoms and signs; and perhaps the most difficult, and yet the most satisfying, is to help patients take ownership to change behavior in chronic disease management.

As the leading and largest public healthcare cluster in Singapore, SingHealth is an excellent place to begin your journey in Family Medicine. Our mission is to train well-rounded Family Physicians to be competent in holistic patient care. Our program is balanced with a good mix of clinical training, didactic lectures, skills workshops and research opportunities. Our faculty members are committed to continuing the strong tradition of nurturing the next generation of Family Physicians and clinician leaders.

We invite you to rise up to the challenges of a fulfilling career in Family Medicine and look forward to having you on our team!

**Dr Ho Chih Wei Sally**  
Program Director (Family Medicine)  
SingHealth Residency Program



## Nurturing Competent Family Physicians

The Family Medicine Residency Program at SingHealth aims to train competent Family Physicians to provide personal, primary, comprehensive and continuing care for individuals in the context of the family within the community. Our Family Physicians will be able to offer the full range of acute, chronic and preventive services.

Besides imparting traditional competencies of medical knowledge and patient care, the equally important core competencies of professionalism, interpersonal skills and communication, practice-based learning and systems-based practice will be taught and assessed.

All residents will have an assigned Family Medicine mentor from the first year. With regular feedback from formative assessments, residents will be enabled to take on graduated responsibilities, including supervisory and teaching roles.

Besides preparing our Family Physicians to work in primary care clinics, the wide ranging training in acute, chronic and preventive care will benefit those who wish to work in other settings such as the acute or intermediate and long term care sectors. It also offers a good foundation for doctors planning to pursue specialty or subspecialty training in geriatric medicine, palliative medicine, and sports medicine.



## Learn And Grow With The Best

### Superior Rotations, Wide Exposure

Through our 3 major hospitals, 5 national specialty centers and a network of 9 polyclinics, SingHealth offers unparalleled learning opportunities and is able to provide all the rotations necessary for the program. The comprehensive and extensive range of case mix will provide exposure to every facet of primary healthcare. SingHealth Residency has been a popular choice among trainees for its robust training program.

### Dedicated Faculty, Inspiring Mentors

Our clinicians lead and inspire in pursuing excellence in the 3 pillars of SingHealth: Clinical Service, Education and Research. Our experienced faculty members have a strong track record in undergraduate and postgraduate Family Medicine training and examinations. The commitment of dedicated teachers has helped to create a teaching and learning culture that students and trainees value.

*"I have been fortunate to be a SingHealth Polyclinic trainee, where structured comprehensive and holistic training was arranged for me. This included protected time for weekly tutorials, clinical sessions and even attachments to the School Health Service. I am also fortunate to have benefitted from the mentorship provided by my director and senior colleagues at the Polyclinic."*

**Dr Vincent Chan Hian Hui**  
Family Physician,  
SingHealth Polyclinics-Pasir Ris

## Program Curriculum

The SingHealth Family Medicine Residency is a structured 3-year training program.

### Dynamic Training Experiences

You can expect a fulfilling learning journey in your training to become a Family Medicine physician, with comprehensive training activities, that include:

- 1) **Core rotations**
  - Emergency Medicine • General Surgery • Geriatrics • Internal Medicine
  - Obstetrics & Gynecology • Orthopedics • Pediatric Medicine • Polyclinics
- 2) **Supplementary attachments / Skills workshops**
  - Dermatology • Evidence-Based Medicine / Research • Ophthalmology • Otorhinolaryngology • Palliative Medicine
  - Private General Practitioner Clinic • Quality Improvement • Sexually Transmitted Infections • Sports Medicine
- 3) **Family Medicine Continuity Clinics**
- 4) **Elective rotations**
  - Community Hospital • Dermatology • Family Medicine and Continuing Care
  - Ophthalmology • Otorhinolaryngology • Palliative Medicine • Sports Medicine
- 5) **Didactic lectures**
- 6) **Tutorials and other small group learning**
- 7) **Simulation training**
- 8) **Regular formative assessments and feedback**
- 9) **Research opportunities**

Continuity Clinic sessions at a Family Medicine Center will be a key feature from Residency Year 1.

### Graduated Responsibilities

As you learn and gain in competencies, you will be given graduated responsibilities in patient care, as well as teaching and supervisory roles over junior residents and medical students.



*"SingHealth Polyclinics has been an integral part of my Family Medicine training. With structured learning opportunities, coupled with enthusiastic and approachable mentors, SingHealth Polyclinics has made my current learning journey an exciting and fulfilling one. Thank you."*

**Dr Wong Pei Ying**  
Senior Resident Physician,  
SingHealth Polyclinics-SengKang

*"Under the wings of the dedicated team at SingHealth Polyclinics, I have grown into a Family Physician equipped to care for my patients from cradle to grave. It also opens up further opportunities for advancement at SingHealth Polyclinics. I totally enjoyed my traineeship journey with SingHealth Polyclinics."*

**Dr Tan Yee Leng,**  
Family Physician,  
SingHealth Polyclinics-Marine Parade



## Program Curriculum

### Sample Rotation Chart

R1	Posting	Internal Medicine 3 months	Geriatrics 3 months	Pediatric Medicine 3 months	Surgery 3 months
	Workshop	Dermatology	Palliative Medicine	Otorhinolaryngology	Evidence-Based Medicine / Research
	Continuity Clinic	Family Medicine Center (Polyclinics)			
R2	Posting	Emergency Medicine 3 months	Orthopedics 3 months	Obstetrics & Gynecology 3 months	Elective 3 months
	Workshop	Ophthalmology	Sports Medicine	Sexually Transmitted Infections	Private General Practitioner Clinic
	Continuity Clinic	Family Medicine Center (Polyclinics)			
R3	Posting	Family Medicine Center (Polyclinics) 12 months			
	Workshop	Quality Improvement • Psychiatry			
	Continuity Clinic	Psychiatry			

## Our Faculty

### Program Director

**Dr Ho Chih Wei Sally**

Assistant Director (Education & Research) & Consultant Family Physician,  
SingHealth Polyclinics

### Associate Program Directors

**Dr Mark Ng Chung Wai**

Consultant Family Physician, SingHealth Polyclinics

**Dr Matthew Ng Joo Ming**

Associate Consultant, Dept of Family Medicine & Continuing Care, SGH

### Core Faculty

Dr Gilbert Tan Choon Seng  
Dr Goh Lay Hoon  
Dr How Choon How  
Dr Quah Hui Min Joanne

Director & Consultant Family Physician, SingHealth Polyclinics-Geylang  
Director & Senior Family Physician, SingHealth Polyclinics-SengKang  
Deputy Director & Senior Family Physician, SingHealth Polyclinics-SengKang  
Deputy Director & Senior Family Physician, SingHealth Polyclinics-Outram  
Assistant Director, Family Medicine Training, SingHealth Polyclinics

## Contact Information

Program enquiries can be sent to [FamMedResidency@singhealth.com.sg](mailto:FamMedResidency@singhealth.com.sg)

For more information, please visit <http://www.singhealth.com.sg/EducationAndTraining/Residency/Programs/Family-Medicine/Pages/Home.aspx>

For details on application and selection process, please refer to <http://www.mohh.com.sg>

## Partners in Academic Medicine



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