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*"Welcome to our second newsletter of 2024.**We are pleased to introduce you to our growing team at Primary Care and Family Medicine, encourage you to participate in research projects and to get involved in our upcoming lecture series. The pcRn is only as strong as its members – we would like to thank the community for your feedback and letting us know what is important to you. We will be embarking on a reinvigoration of the pcRn supported by our incoming advisory group. Please feel free to contact us if you have any ideas or feedback to help in this process. We look forward to seeing you at our upcoming events!"**Lee Eng Sing and Jo-Anne Manski-Nankervis, Directors, PCFM*

Upcoming Events

Primary Care and Family Medicine @ LKCMedicine
invite you to an interactive session with
Professor Sir Aziz Sheikh

Future of Primary Care and Primary Care Research Register Here

13 May 2024 Monday 4pm – 6pm

Clinical Sciences Building Level 5, Seminar Room 5



[Professor Sir Aziz Sheikh](#) is a GP and clinical epidemiologist. He currently serves as Professor of Primary Care Research and Development, Director of the Usher Institute and Dean of Data at the University of Edinburgh, and will from August 2024 take up the positions of Nuffield Professor of Primary Care Health Sciences and Head of Department of the Nuffield Department of Primary Care Health Sciences at the University of Oxford.

He is Visiting Professor at Lee Kong Chian School of Medicine and will share his vision for the future of Primary Care and Primary Care Research (4-5pm), followed by a mentorship session (5-6pm).

PhD students and ECRs are especially invited to attend.

◆ Multimorbidity Education Seminar ◆

LKC Primary Care and Family Medicine are organising four Saturday education sessions focussing on:

1. Multimorbidity
2. Activities in three clusters to assist in management of patients with multimorbidity
3. Specialist input on latest evidence and guidelines for ischaemic heart disease, stroke and chronic kidney disease which form the basis of new HealthierSG care protocols.

Keep an eye out for an e-mail in May to register!

Invitation to Participate in Research

Your participation is vital to us, please support!

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](#).

UTI Management Survey

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.

Complete a short questionnaire after each UTI consult and receive a S\$5 token of appreciation for each completed response.

No patient identifiers or patient consent is required.

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



Improving Cardiovascular Risk Conversations in Primary Care in Spore

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 Leong Li Zi lizi.leong@ntu.edu.sg for more information



Conversations for life: Laying the groundwork for more effective communication in palliative care

GPs play a key role in caring for people across the lifespan, including end of life. In order to optimise conversations and decision making at the end of life we need the input of health professionals with at least one year experience in working in end-of-life related health services via a 20 minute online survey.

You will be reimbursed with a S\$20 NTUC gift card as a token of appreciation. Please click [here](#) for more information and [here](#) to access the survey and consider sharing with your medical, nursing and allied health colleagues.

19.May.2024



WORLD
FAMILY
DOCTOR
DAY.

HEALTHY
PLANET,
HEALTHY
PEOPLE.



Credit: WONCA

Special Feature: World Family Doctor Day 2024

Dr Theresa Yap, pcRn member, “My research journey”

World Family Doctor Day is celebrated annually on 19 May worldwide. On this day, let's honour and appreciate the tireless efforts of family doctors and primary care teams in improving healthcare outcomes and creating healthier communities worldwide.



This World Family Doctor Day, we would like to feature one of our pcRn member, Dr Theresa Yap on her research journey.

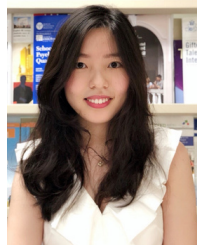
“Doing clinical research, as a GP, is not new. It is exciting as much can be done in primary care, where research involves real needs from both the patient's and GP's points of view, where we can identify areas for improvement in GP work and patient care. These can help answer clinical questions and give a better outcome for the patient. However, there are challenges for the GP due to time constraints, patient selection, and cooperation. Thus, trials need to be tailored for the busy GP and cater to the patient's convenience as far as possible. Eventually, it comes down to the question of “What's in it for me?”. The impetus to do this must be beyond monetary incentives. We hope to uplift human life in ways we never imagined. Through PcRn, we have a GP-friendly platform for research.” ~ Dr Theresa Yap, Yang and Yap Clinic and Surgery

Welcome on board to Primary Care and Family Medicine @ LKC!



Dr Ng Mei Li
Research Fellow

I'm thrilled to be a part of the Primary Care and Family Medicine (PCFM) team at LKCmedicine as a Research Fellow. I am a Certified Clinical Research Professional with over 8yrs of experience overseeing clinical research. My support has gone toward cardiometabolic disease-focused clinical research at NUSMED, Singhealth, and the National Healthcare Group (NHG). Moving forward, I am excited to engage with cross-functional teams across PCFM networks to improve primary care practice in Singapore. It is an honour for me to be a part of a dynamic healthcare system that provides comprehensive, high-quality care to individuals with chronic illness.



Dr Xu Xinyue
Research Fellow

Dr Xinyue Xu (left) is a new Research Fellow in PCFM. As a motivated qualitative health researcher, she has background in medical sociology and health communication. She is primarily trained in qualitative research methods and specialises in Conversation Analysis. Xinyue received her PhD in Social Science and Health Communication from The University of Hong Kong, Master in Political Science from University of Bristol and Bachelor of Arts in Applied Linguistics from University of Warwick. She has worked in various healthcare contexts such as dentistry, advance care planning and AI implementation in medicine. Her research is inherently interdisciplinary, and her research interests include medical sociology, health interactions, discourse studies, interview studies and health education. She continues exploring new topics and contexts in health service, and currently in PCFM, she is working on the qualitative evaluation of healthcare intervention projects and the co-design and development of healthcare assistance tools.

Sharing of LKC Scholarly Project Student, Adam Harith, Class of 2025



Hi! I'm Adam Harith, a year 4 student at the Lee Kong Chian School of Medicine. I embarked on a scholarly project with some great mentors: Dr Lee Eng Sing, Dr Tim Hart, and Dr Laurie Goldsmith. Our project was a scoping review on Family medicine research conducted by Singapore GPs, where we aimed to map out and delve into various topics being explored on Family Medicine in Singapore. It was a project where I had learned a great deal from my mentors – fostering and honing my critical thinking skills, cultivating open-mindedness to explore new ideas and perspectives and being adaptable and flexible in a project where there were numerous changes along the way. I couldn't be more grateful for their guidance, lessons and heart to heart conversations I shared with them, as I gained experiences and lessons that extend far beyond the scope of this scholarly project. Thank you for this experience!