



Dear Reader,
Welcome to our first newsletter for 2024!



Welcome New Faculty!

Associate Professor Jo-Anne Manski-Nankervis

I'm delighted to be joining the Primary Care and Family Medicine team at Lee Kong Chian School of Medicine as Associate Professor in Primary Care. I am an academic GP with experience working in community health and private general practice in Melbourne, Australia. During my GP registrar training I caught the research bug, and have been involved in research and teaching at the Department of General Practice and Primary Care at The University of Melbourne ever since.

Over the last ten years (the COVID years excluded!) I've been privileged to visit Singapore, learn about the evolving health system, innovative research being undertaken and to meet clinicians in both the polyclinics and private GP clinics. I look forward to meeting more of you and collaborating to develop our LKCMedicine primary care research agenda, to ensure that it meets the needs of clinicians, patients and health services both today and as we look forward into the future.

My research interests have focussed on use of data to describe general practice activity, and the use of technology to help optimise the care provided in general practice, with a focus on type 2 diabetes, chronic kidney disease and cardiovascular disease. I decided to take this path for a number of reasons. The first one is that there is a general lack of understanding of the complex work that is undertaken in general practice; without describing what we do we can't demonstrate our value, drive policy changes or identify areas for improvement. The second is that technology – which needs to help, not add to workload – is a potential facilitator to helping us optimise the care that we provide to patients, given the sheer breadth of conditions we need to be able to prevent, identify and manage. If you work in private general practice, I hope that you will consider participating in our General Practice Snapshot study, where we aim to collect data on consultations to shine a light on the care that is provided. We will be sharing more information about that with you soon!

I am a keen advocate for primary care research – so if you have any ideas, feedback, or are interested in participating in research I would love to hear from you.

A/Prof Jo-Anne Manski-Nankervis

 Joanne.mn@ntu.edu.sg

Welcome Dr Sabrina Wong to PCFM too!

I'm excited to be a part of PCFM. I completed a Ph.D. in Medicine with Prof Helen Smith at the Lee Kong Chian School of Medicine in 2022, and am currently also Deputy Director at the Clinical Research Unit, National Healthcare Group polyclinics. My research interests center on the prevention and management of long-term conditions within primary care and community settings. I believe that through inter-disciplinary approaches and by understanding the complex interplay between individual behaviors, social contexts, and healthcare systems, we can develop practical strategies that improve health outcomes and reduce the burden of long-term conditions on both individuals and communities.

I am currently leading the Patient Activation through Conversations (PACt) study, that aims to evaluate the impact of health coaching on diabetes outcomes, and the HPV self-sampling study, that aims to evaluate feasibility, impact and cost effectiveness of HPV self-sampling. At the same time, we have been evaluating the use of digital technology to empower individuals to take a more active role in their healthcare. I am looking forward to collaborating more closely with fellow clinicians and researchers at LKC and in the Primary Care Research Network (pcRn).



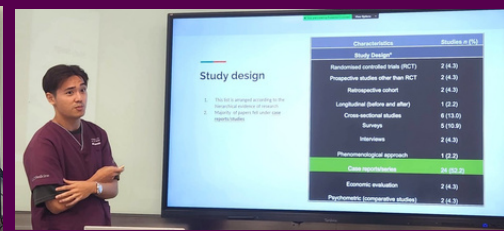
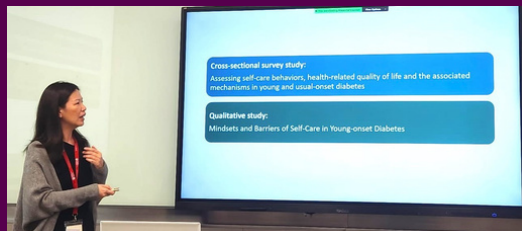
New Research Grant Awarded!



Assistant Professor Lee Eng Sing has been awarded a gift of S\$4,740,000 from Lien Foundation for the SoundKeepers Programme. The programme aims to reduce the onset of depression in seniors via early screening and community intervention, at a stage known as subsyndromal depression (SSD) - when signs of depressive symptoms emerge but are not severe enough to be treated under existing services.

SoundKeepers aims to tackle this via the development of two components over three years: A unique AI screening tool, and a 12-week community-based early intervention programme. The programme entails LKCMedicine working with multiple collaborators such as NTU School of Computer Science and Engineering, National Healthcare Group Polyclinics, Institute of Mental Health, Fei Yue Community Services and Club HEAL.

2nd NHGP-LKC Research Forum



On 1 February, the Primary Care and Family Medicine (PCFM) Research Programme and National Healthcare Group Polyclinics (NHGP) have successfully conducted the 2nd NHGP-LKC Research Forum. More than 40 participants, including Associate Professor Sanjay Chotirmall, Associate Prof Jo-Anne Manski-Nankervis, Associate Professor Tang Wern Ee, GPs, researchers and medical students attended the forum.

After an opening speech given by Assistant Professor Lee Eng Sing, the Director of Primary Care and Family Medicine Research Programme, two scholarly project students and two family physicians from NHGP presented their research works on primary care and chronic disease management. The first speaker, Ms Nikhita Ramesan (medical student), presented a scoping review on health coaching for managing type 2 diabetes mellitus. The second speaker was another medical student, Mr Adam Harith Bin Razali, who presented a scoping review on primary care and family medicine research conducted by Singaporean GPs. The third speaker was Dr Jonathan Chong from NHGP who presented a systematic review on the factors associated with intrinsic capacity in community-dwelling adults. The last speaker was Dr Sabrina Wong from NHGP who presented on the challenges faced by young adults with type 2 diabetes receiving care at the polyclinics based on evidence from both quantitative and qualitative research. All presentations ended with a Q&A and discussion on future research.

We thank all speakers and their supervisors on preparing and sharing their research works. We look forward to more research work sharing in the next NHGP-LKC Research Forum.

Sharing of LKC Scholarly Project Student, Nikhita Ramesan, Class of 2025



Hello! My name is Nikhita Ramesan, and I am a Year 4 student at the Lee Kong Chian School of Medicine. My scholarly project focuses on the components of health coaching and their associated health outcomes for Asian patients with type 2 diabetes mellitus. This topic appealed to me as type 2 diabetes mellitus is a highly prevalent condition in Singapore, and I was eager to explore how health coaching can be optimised to meet the diverse needs and cultural backgrounds of Asian patients, ultimately improving disease management and overall well-being. As health coaching gains popularity, I aim to highlight the specific components that are most beneficial for diabetic patients through this research. Conducting a scoping review for the first time was a challenging yet incredibly rewarding experience. With the guidance of my supervisors, Prof. Lee Eng Sing and Mr. Aloysius Chow, I learned how to meticulously organise and analyse data, and how to craft a structured and detailed report.



Invitation to Participate in Research

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



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](#).



Upcoming Conference



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

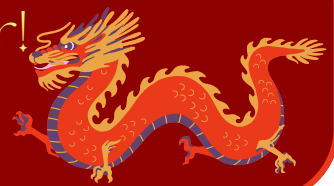
Meeting Dates: 21 - 24 August, 2024

Here's wishing all pcRn members a
Happy and Prosperous Dragon Year!



From the Management and Staff of

Primary Care and Family Medicine Research Programme (PCFM),
Primary Care Research Network (pcRn)



World Health Days

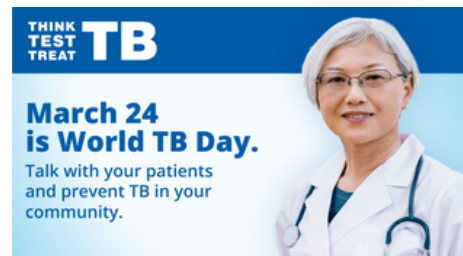
World Hearing Day 3 Mar 2024

Changing mindsets: Let's make ear and hearing care a reality for all!



World Tuberculosis Day 24 Mar 2024

World TB Day is to raise public awareness about the devastating health, social and economic consequences of tuberculosis (TB) and to step up efforts to address the global TB epidemic.



World Health Day 7 April 2024

This annual celebration draws attention to a specific health topic of concern to people all over the world. The date of 7 April marks the anniversary of the founding of WHO in 1948.



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](#).