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Dear Reader,

Welcome to our third newsletter for 2023!



Fostering Collaborative Efforts for Innovative Research and Evaluation

Mini-lab at March 2023 SingHealth Duke NUS Quality Innovation Day

Delivered by Dr Laurie Goldsmith & Asst Prof Lee Eng Sing, with advance contributions by Prof Helen Smith

Highlights from this mini-lab are shared below and in the next newsletter.

The task of improving health care is often described as a complex or “wicked” problem. Complex problems are best dealt with by recognizing that there is no single definition of the problem and we have incomplete knowledge of potential solutions. Collaboration can be a powerful way of dealing with complex/wicked problems as collaboration can help to uncover the differences between problem definitions and round out some of the incomplete knowledge. This, in turn, allows us to be more effective and innovative in our research and health care system improvement efforts.



CPHCRI Launch Day, Sept 2017

The Centre for Primary Health Care Research & Innovation (CPHCRI), a joint initiative between Lee Kong Chian School of Medicine (LKCMedicine) and National Healthcare Group, provides a compelling example of the importance of privileging collaboration research. CPHCRI employs a Co-Directorship model with representation from both National Healthcare Group Polyclinics (NHGP) and LKCMedicine (Dr Chong Phui-Nah, CEO, NHGP; Prof Helen Smith & Asst Prof Lee Eng Sing, LKCMedicine).

This Co-Directorship model ensures that the two organizations are aware of each other's research and innovation needs and fosters ongoing conversations on healthcare innovation.

In addition to our support of CPHCRI, prRn's emphasis on collaboration has also enhanced research and clinical care in three different ways:

- Helping clinicians set up studies. For example, Prof Helen Smith and Dr Fang Yang from pcRn supported the evaluation of the Covid-19 mobile swabbing booth developed by Dr Teo Boon See from the Camry Medical Centre, the Temasek Foundation, and Applied Total Control Treatment (a precision engineering firm). 170 GPs received the booth and were surveyed on their user experience. Dr Teo Boon See won prizes at two research conferences for this work.
- Providing opportunities for pcRn members to collaborate on research projects. For example, in research led by Prof Helen Smith to investigate the feasibility of pharmacogenetic (or PGx) testing in primary care, 6 GP members of pcRn collected data in their practices to facilitate this research and demonstrate the importance of expanding PGx research beyond Western countries.
- Building stronger partnerships between academics, practitioners, and policy makers. For example, pcRn investment in partnership-building across Singapore—including all three medical schools, many of the major public hospitals and large health care providers, and representation many types of health professionals—ensured strong research design and broad participant recruitment for multiple studies led by Prof Helen Smith on understanding the experiences of female health professionals.

Upcoming Events:

**Mixed Methods
Integration in Health
Research (Virtual)**

Dr Laurie Goldsmith

Date: 1 July 2023, Sat

Time: 2pm - 5pm

[Register Here](#)

**Upcoming Soon!
(Virtual)**

Mr Aloysius Chow

Date: 29 July 2023, Sat

Time: 2pm - 5pm

NHGP-LKC Research Forum

14th July 2023 (Fri), 5:30 – 7:00pm

Held in-person at Kallang Polyclinic Conference Room and on Zoom



**Tele-monitoring with Primary Tech-Enhanced Home
HbA1c Test (PTEC-HAT) - A Qualitative Study on
Patients' Experience**

Dr Ong Kah Pieng

Deputy Head, Kallang Polyclinic
Associate Consultant, Family Physician
National Healthcare Group Polyclinics



**Exploring Doctors' Perspectives of Digital
Tools' Impact on the Doctor-Patient
Relationship in Singapore's Primary
Healthcare Setting - A Qualitative Study**

Dr Sze Kai Ping

Family Physician, Geylang Polyclinic
National Healthcare Group Polyclinics



**Healthy living with Online
suPport & Education (HOPE):
A Cluster RCT in the Primary
Care Setting**

Mr Aloysius Chow & Ms Joanne Lim

Research Associate & Research Assistant
Lee Kong Chian School of Medicine
Nanyang Technological University

Scan here to RSVP!



By attending this event, you consent and grant National Healthcare Group Polyclinics ("NHGP"), its affiliates and service providers the right to collect, use, and/or disclose your likeness, image and/or voice for event publicity and/or other related purposes, and confirm that you have read and agreed to the terms set out at <https://for.sg/personal-data-collection-at-event>.

For any enquiries, please contact
nhgp_cru@nhgp.com.sg

A Collaboration
between

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 Singapore

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



Have you conducted published research in primary care or family medicine? Please share your published research papers/research reports with us.

pcRn is conducting a scoping review to understand the current state of primary care and family medicine research in Singapore. While we are doing standard database searches in this scoping review, we want to make sure that we don't miss any research by pcRn members. Having you send in the citation details for your research papers and/or research reports helps ensure we include them in the scoping review. We have no date limits on this scoping review; any published research paper or research report in primary care/family medicine set in Singapore is eligible to be included. Please send citation details of your primary care/family medicine research publications to fammednetwork@ntu.edu.sg.

Upcoming Conferences



WONCA 2023 is being hosted by the Royal Australian College of General Practitioners (RACGP) and will include everything you love about your RACGP annual GP conference. Held from **26 to 29 October** at Sydney's International Convention Centre, the conference will offer a dynamic program to share research and build best practice.



"Evaluating the user-friendliness of COVID-19 Antigen Rapid Tests (ART) in Spore"

Every year we host 4th-year LKCMedicine students to do 6-week research projects. This "scholarly project" programme exposes medical students to research. Being associated with pcRn and the Primary Care & Family Medicine Research programme also show students the breadth in Family Medicine. Last year we hosted seven students for their scholarly projects. **Mark Ngui**, one of these students, describes his project and what he learnt from the experience. Dr Laurie Goldsmith and Professor Helen Smith were his supervisors for this project.

"I was eager to undertake this scholarly project related to Singapore's efforts in the pandemic as I was interested in studying something that was current and relevant to our local context. Using self-administered ART kits was a key part of Singapore's COVID-19 response, but each ART kit's manufacturer created their own instructions, meaning that different ART kits contained different instructions. This variability in instructions might threaten the correct and safe usage of ART kits, and one way to evaluate this was to assess the user-friendliness of their instruction manuals."

"This was done using various health literacy-related measures and inductive content analysis. We found that ART instructions in Singapore could be improved with respect to readability, a feature particularly important in a multi-lingual country. The use of infographics and videos to provide non-textual information were also important supports for understandability and actionability of ART instructions. Areas where kits varied with respect to instruction features were also identified, whereby each one should be assessed for recommended inclusion or exclusion in future government guidelines."

"This entire project was a novel experience for me. Having only worked with quantitative research before, this was my first time creating my own coding scheme, which was used for the content analysis portion of this project. I did have some reservations about stepping out of my comfort zone and trying something new. Fortunately, as I undertook this project I was also greeted with the most friendly and unassuming mentors who patiently guided me around unfamiliar principles and techniques to apply to my work. We put good effort and simultaneously took every opportunity to learn from the process. Now I have gained some confidence in qualitative research, and this complements the way I read and interpret other qualitative studies too."

We are currently preparing a paper for submission to a peer-reviewed journal.

