

Primary Care and Family Medicine

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Welcome to our last newsletter for 2024!

The year has gone by very quickly and marks the end of my first year in Singapore. For me, there have been many highlights: the SPARK primary care Multimorbidity Series, development of our research strategy, successful roll out of our PCFM studies including HOPE, PUMA and Soundkeepers and being exposed to primary care research across the region at WONCA Asia Pacific.

Most of all, I have enjoyed being welcomed to the primary care community here at LKCMedicine, but also by our partners at NHGP, SingHealth Duke-NUS Family Medicine Academic Clinical Programme, SingHealth, NUHS, NUS Department of Family Medicine and SPARK.

Together we formed the RAISE alliance which will facilitate the sharing of information, research and collaboration across our institutions to continue to strengthen academic family medicine. I've also been welcomed into GP clinics to learn more about the environment in which GPs practice and appreciated the generosity in which people share their experience and knowledge. Planning for next year is well afoot and I look forward to sharing these plans with you in due course. I'd also like to acknowledge the PCFM team: Eng Sing, Darren, Agnes, Mei Li, Sam, Vicky, Liz, Tim, Aayishah, Aloysius and Ray for all their amazing work this year.

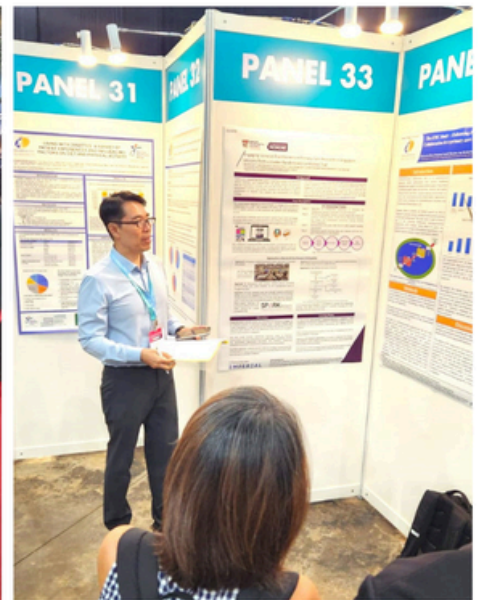
I hope that you and your loved ones have the opportunity for a break over the holiday season and I thank you all for your contribution and community. ~ **Associate Professor Jo-Anne Manski-Nankervis, Professor of Primary Care and Family Medicine**

Singapore Health and Biomedical Congress 2024: Adding 15 million years of health life

SHBC was held on 10-11 October this year with PCFM making a number of contributions, including Jo-Anne Manski-Nankervis as a panellist in the Adding Life to Years by Integrating Health and Social Care plenary, the SPARK booth promoting primary care research opportunities, our Visiting Professor Jon Emery presenting on the application of polygenic risk scores to tailor cancer screening in primary care and Lee Eng Sing presenting a poster on primary care research recruitment. Primary care research and translation also shone with presentations from many of our NHGP colleagues including Sabrina Wong, Tang Wern Ee, Ben Lam and award winners Quek Jing Sheng, Ng Xinyao, Sze Kai Ping, Koh Jan Ming Ian, Chen Tongyuan and Julia Zhu Xiaoli.

On 12th of October the Primary Care Academy GP Symposium was hosted at LKCMedicine and was dedicated to advancing primary care practices in line with Healthier SG initiatives. The Primary Care Family Medicine Research Programme shared about SPARK (Singapore Primary Care Research and Knowledge) Network in a booth at the event. The event "Continuum of Care: Paving Pathways for a Healthier Community" had approximately 150 attendees.





Invitation to Participate in Research

PUMA: A validation of PUMA COPD screening tool for use in the Primary Care Setting

We are actively looking for family doctors in private practice to join this study.

Objectives:

- To determine the validity of the PUMA questionnaire for screening of COPD patients among current and ex-smokers aged 40yrs old and above in the primary care setting in Singapore.
- To determine the prevalence of COPD among the sample of current and ex-smokers
- To evaluate the cost effectiveness of using mobile spirometry to screen and diagnose COPD in Singapore's primary care setting.

If you are interested to participate in this study, please email or Whatsapp your interest to the study team: **Dr Vicky Qin**, mengqi.qin@ntu.edu.sg; Whatsapp to **Dr Kenneth Tan (Co-Investigator)** at 97659149, or **Dr Lee Eng Sing** at 96815623 if you would like to have a better understanding of the PUMA study.

Join us in advancing planetary health by sharing your voice in our climate survey!

A research team from NTU is studying how to integrate climate change communication into healthcare practices (NTU-IRB-2024-480). We are seeking your experience as a healthcare provider to understand your view about climate change, its health impacts, and how we can help our patients to better prepare for this global health threat.



The survey is anonymous and will take no more than 10 minutes to complete. You can access the survey at his [link](#) or can the QR code. For enquiries, you may contact Frederick Chan, huifei001@ntu.edu.sg. Thank you for your participation.



NTU Health Psychology Lab

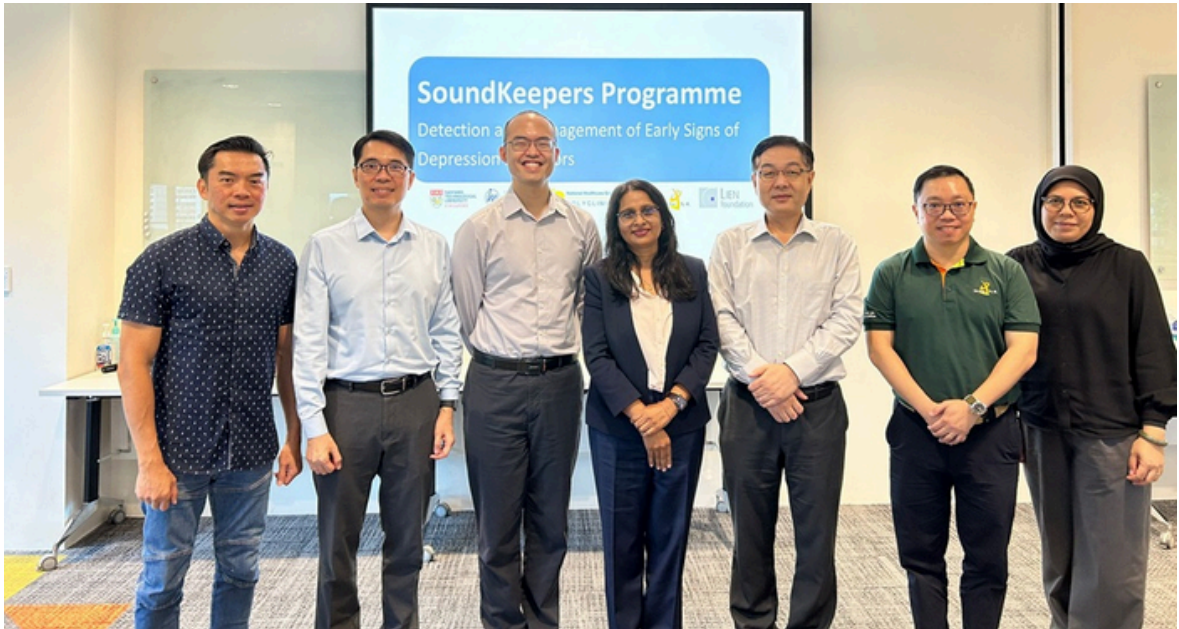
Highlights



Visiting Professor, Jon Emery

7-9 Oct: University of Melbourne Professor of Primary Care Cancer and LKCMedicine Visiting Professor Jon Emery provided important insights into cancer screening and risk stratification during his visit. He presented on this topic at SHBC 2024. Prof Emery will continue to assist with the development of LKCMedicine's cancer prevention and early cancer detection programme.

Project Soundkeeper Official Launch



16 Oct: The SoundKeepers Programme was officially launched with a media event. Soundkeepers is a three-year research study to develop an AI tool using voice biomarkers to detect early signs of depression (subsyndromal depression) in seniors and a community intervention programme to manage the condition outside healthcare settings. The study is led by LKCMedicine Primary Care Family Medicine Research Programme in collaboration with six partners: College of Computing and Data Science (CCDS) from Nanyang Technological University, Singapore, National Healthcare Group Polyclinics and Institute of Mental Health, Fei Yue Community Services, Club HEAL and Lien Foundation. [Click here for article.](#)

Art and Science of Medicine Festival 2024



19 Oct: LKCmedicine held its second Art & Science of Medicine Festival at Kampung Admiralty with the theme of “Connecting Medicine, Health & Life.” PCFM collaborated with OPEN, the Office for Patient Engagement, to engage the community and explore what would make it easier for Singaporeans to engage in cancer screening programmes. These insights will shape our developing Primary Care Cancer research theme.

Primary Care Multimorbidity Seminar Series

We are happy to announce that we have successfully held three multimorbidity seminars this year, with more than 120 participants. Each session began with an introduction to multimorbidity, followed by presentations from family doctors representing different healthcare clusters reflecting on programmes to optimise care for people with complex conditions in primary care. Academic speakers from the three different medical schools then addressed topics such as data management, patient-reported outcomes, and shared decision-making. The seminars featured discussion panels on HealthierSG care protocols on stroke, chronic kidney disease (CKD), and stable ischaemic heart disease (IHD), accompanied by group discussions. We thank the collaborators from all the different institutions including Agency of Integrated Care and College of Family Physicians, Singapore for their contributions to the seminars. **We will have a finale seminar on 1st March 2025 together with the official launch of SPARK.** Make sure to add this date to your calendar! See you next year!



Primary Care Multimorbidity Seminar on Healthier SG Chronic Kidney Disease Care Protocol 28 Sept 2024



Primary Care Multimorbidity Seminar on Healthier SG Ischaemic Heart Disease Care Protocol 16 Nov 2024

Primary Care Research Alliance in Singapore (RAISE)

Introduction to UTI

- Affects 40% of women in Singapore at some stage¹
- Majority of diagnosis and management of UTI takes place in primary care
- Treatment options:
 - urinary hygiene (including drinking more)
 - NSAIDs
 - anti-muscarinics
 - urine alkalinization
 - antibiotics

¹Singapore Med J 2024; 57(9): 485-491

A man with glasses and a light blue shirt is speaking into a microphone. He is identified as Dr Tim Hart in the bottom right corner of the image.

19 Nov: The 4th RAISE seminar was hosted by PCFM, LKCmedicine on 19 Nov with 25 attendees in Zoom. Dr Tim Hart, formerly a Research Fellow with Primary Care and Family Medicine at LKCmedicine and an ongoing collaborator, presented his research exploring Urinary Tract Infection and Management in private general practice setting in Singapore. Dr Ng Xin Rong, a family physician and Associate Consultant from NHGP-Toa Payoh shared his research protocol for A Randomised Controlled

Study on the Impact of Self-Sampling HPV DNA test for Cervical Cancer Screening. RAISE (Primary Care Research Alliance in Singapore) is a collaboration between all three Singapore University family medicine departments, healthcare clusters and SPARK. We look forward to sharing more primary care research in 2025! If you are interested in being added to the mailing list, please contact your University or healthcare institution or e-mail us at fammednetwork@ntu.edu.sg



Family doctors championing Patient and Public Involvement and Engagement



19 Nov: The first Patient Voices Symposium was held on 19 November, and was book ended with interactive workshops and the OPEN Voices Library, supported by Human Library Singapore. Four Family Doctors played central roles in the Symposium, together with patient partners. A/Prof Antoine Boivin from University of Montreal presented on Learning Together to Care With Each Other: How Research Partnerships Can Transform Health Relationships; Prof Kelsey Hegarty from University of Melbourne on Advancing Patient Involvement in Research and Education and Prof Sophie Park from University of Oxford on Enabling Patient Partnership in Clinical Education and Research. Prof Jonty Heaversedge introduced Bridging Divides: Using public deliberation to guide controversial decisions.

OPEN is co-led by Ai Ling Sim-Devadas and Jo-Anne Manski-Nankervis. If you want to read about OPEN and some of the fantastic patient partners, you can look at the [OPEN website \(click here for OPEN website\)](#) or read the article in The Straits Times ([click here for article](#)). The first patient partners are about to be onboarded to help in the development of the Primary Care Cancer research programme at LKCMedicine.

See you in 2025! Happy New Year!