Preventive Medicine Residency Program

In Preventive Medicine, we aim to “protect, promote, and maintain health and well-being and prevent disease, disability, and premature death” among individuals and defined populations.

The Preventive Medicine Residency program is a National Program with NUHS as the sponsoring institution.

The following affiliated institutions participate in our program:
Agency for Integrated Care
Communicable Disease Centre/Ian Tock Seng Hospital
Health Promotion Board
Khoo Teck Puat Hospital
Ministry of Health
Ministry of Manpower: Occupational Health Department
National University Health System
Singapore Armed Forces: Preventive Medicine Unit
Singapore General Hospital

In the first three years, our residents acquire core knowledge and skills across a broad range of preventive medicine competencies.

The advanced practicum in Preventive Medicine provides another 24 months of training with the goal of developing specialized skills in one or more of the following areas:

a. Public health (leading to specialist certification in Public Health)
   i. Disease control and epidemiology
   ii. Health policy and administration
   iii. Health services research

b. Occupational and environmental medicine (leading to specialist certification in Occupational Medicine)

Key Features of the Preventive Medicine Residency program
• Broad range of experiential learning across various participating sites throughout Singapore
• Outstanding teaching faculty with strong teaching and mentoring culture
• On-site academic training in NUHS
• Internationally recognized training centre - We have trained leaders in preventive medicine in Singapore and the region for more than 5 decades

List of APDs and Core Faculty Members:
1. Dr Matthias Toh (National Healthcare Group Polyclinics & HQ) matthias_toh@nhg.com.sg
2. Dr Eugene Shum (Khoo Teck Puat Hospital) shum.eugene@alexandrahospital.com.sg
3. Clin Prof Goh Kee Tai (Ministry of Health) goh_kee_tai@moh.gov.sg
4. Dr Chew Ling (Health Promotion Board) chew_ling@hpb.gov.sg
5. Asst Prof Judy Sng (National University Hospital System) ejhjsing@nus.edu.sg
6. Dr Benjamin Ng (Tan Tock Seng Hospital) benjamin_ng@ttsh.com.sg
7. Dr Gan Siok Lin (Ministry of Manpower) gan_siok_lin@mom.gov.sg
8. Dr Fong Yuke Tien (Singapore General Hospital) fong.yuke.tien@sgh.gov.sg
9. Dr Jason Yap (Agency for Integrated Care) jason.yap@aic.sg
10. Dr Heng Bee Hoon (National Healthcare Group HQ) bee_hoon_heng@nhg.com.sg
11. Dr Vernon Lee (Singapore Armed Forces) vernonlim@hotmail.com
Curriculum and Rotation Roster

Residency Year 1
Residents entering the program in post-graduation year 1 (PGY1) will have 3 hospital postings in Medicine, General or Orthopedic Surgery and in one elective department such as Pediatrics. The duration of each posting is 4 months. Residents entering the program after PGY1 will complete 2 clinical postings of 6 months duration each.

Residency Years 2 and 3
Residents will be exposed to a wide range of basic practicum experiences within our participating institutions. They will receive a gradation in responsibility and competency as they progress from one residency year to the next.

Required rotations during the practicum years are as follows:
- 6 months direct patient care in a primary care facility
- 3 months direct patient care in an infectious disease department
- 2 months attachment at a governmental public health agency (e.g. Ministry of Health or Ministry of Manpower)

The training requirement for each resident is unique, depending on his or her area of intended specialization. As such, rotations will be individually tailored for every resident in consultation with the program director and the associate program directors.

Residents must also successfully complete a Master of Public Health (MPH) or equivalent degree and pass an exit examination to proceed to the advanced practicum stage.

List of Residents:

2011
- Dr Jeff Hwang
- Dr Rachna Bajaj
- Dr Hanley Ho
- Dr Raymond Lim
- Dr Adelina Young
- Dr Winston Chin
- Dr Olivia Teo
- Dr Joshua Wong

2010
- Dr On Todd
- Dr Tan Xin Quan
- Dr Jake Goh Jit Khong
- Dr Alexander Gorny
Residents’ Testimonials:

What Our Residents Say

“As a doctor, I have often felt helpless watching patients suffer mortality and severe morbidity from preventable lifestyle diseases. I have also come to realise how health (or ill-health) is affected by a wide range of factors, spanning the social, economic and political realms. I chose to join preventive medicine because I believe that while prevention may not always be possible, it is always better than cure. I am excited about making a difference on a wider level and benefitting not only individual patients, but whole groups of people. Also, preventive medicine offers the chance to work not just at the national level, but the international one as well.

As Singapore moves into the 21st century, with a growing yet ageing population, it will continue to face new challenges in the arena of health. I hope that I will be able to make a difference, however small or great, in the nation and beyond.”

- Dr Winston Chin

“Traditionally, being a doctor has always been about reaching out to individuals, and about having a positive impact on the lives of those we meet. But there are limitations in so many aspects, on our time, our resources and even our ability to see the big picture.

In that regard, preventive medicine allows us to help many others, to maximize what we can do with whatever we are given.

I look forward to learning and equipping myself with the skills needed to make that difference!”

- Dr Adelina Young

Preventive Medicine Residency Orientation on 5 May 2011 at NUHS

Preventive medicine faculty and residents at the National Public Health and Occupational Medicine Conference, 2010.
1) Who can apply for Preventive Medicine Training?

Medical graduates can apply to enter Year 1 (R1) of the Preventive Medicine Residency program. They may also apply after acquiring 12 months or more clinical experience (transitional year, or equivalent).

2) What is the duration and scope of Preventive Medicine training?

The program comprises a 1-year clinical, 2-year basic practicum and a 2-year advanced practicum phase.

3) What are the subspecialties in Preventive Medicine Training?

Residents can sub-specialize in Public Health or Occupational Medicine.

4) What is the didactic training in the program?

During the course of the program, training sessions consisting of lectures, tutorials, and seminars will be organized for residents. These training sessions will cover the competencies required of the resident in the various stages of the program.

5) Who supervises the residents?

Every resident will be assigned a mentor. The mentor and resident are encouraged to meet regularly. The mentor will offer advice, provide information, and help in interpreting institutional and department policies. The mentor will also guide the resident in terms of career development and appointments.

Residents can also approach the PD, any of the APDs or the core faculty for advice.

6) Where can I obtain more information on the program?

Please visit our residency website at http://www.nuhs.edu.sg/nuhsresidency/programs/preventive-medicine.html for more information.

You can also request an appointment with our Program Director, any of our Associate Program Directors or Program Coordinator.

**Contact Information**

Program Director:  **Professor David Koh**
ephkohd@nus.edu.sg

Program Coordinator:  **Mr. Kenny Chiw**
kenny_chiw@nuhs.edu.sg
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