

## Frequently Asked Questions – NUHS PGY1 Programme

### WHY CHOOSE US?

At NUHS, we are committed to **passing on our knowledge to the next generation through mentorship and structured training**. Our goal is to build a better healthcare system for Singapore and our mission is to improve the health of the population through our strengths in **clinical care, education and research**.

The NUHS PGY1 Programme takes care of ALL PGY1 doctors rotating through clinical postings at the National University Hospital (NUH) and Ng Teng Fong General Hospital (NTFGH). Our Programme offers:

- Opportunities to experience multi-disciplinary collaborations and management for our patients
- **Academic and clinical training**
- **Strong mentoring culture**
- **Strong teaching culture** with outstanding and dedicated teaching faculties who are always ready to share their knowledge and insights
- **Protected teaching time**
- **Core Education Programme (CEP)**
- **Pastoral care, humanistic and professional development** through Mind-Body Medicine (MBM) modules and regular engagement/feedback sessions
- Float system (instead of night calls) for selected clinical postings

### WHAT DO WE LOOK FOR IN A POTENTIAL PGY1 CANDIDATE?

We welcome candidates who:

- **Have a sense of adventure**
- **Dedicated to self-improvement**
- **Strive for knowledge**
- **Aspire to be a master clinician, medical educator and/or clinician-scientist**
- **Are interested in residency training and a career with NUHS**
- **Are equipped with the NUHS TRICEP values - Team Work, Respect, Integrity, Compassion, Excellence and Patient-Centredness**

### WHAT POSTINGS DO A PGY1 DOCTOR ROTATE THROUGH?

The core PGY1 postings are:

- Internal Medicine (compulsory)
- General Surgery
- Orthopaedics
- Obstetrics & Gynaecology
- Paediatric Medicine

PGY1 doctors can choose ANY of the 5 disciplines. Obstetrics & Gynaecology and Paediatric Medicine postings are only available at NUH.

Within each posting, PGY1 doctors are rotated through different sub-specialty teams. For example in NUH and NTFGH Medicine postings, they will gain experience in the management of cardiology, respiratory, gastroenterology, nephrology, neurology, endocrinology, palliative medicine, and geriatric medicine conditions.

### WHAT IS THE DURATION FOR EACH POSTING?

Each posting is 4 months.

## HOW DO I CHOOSE THE POSTINGS AT NUHS?

The Ministry of Health Holdings (MOHH) calls for posting requests in January each year. MOHH matches PGY1 doctors to departments and hospitals based on preferences declared by applicants and Sponsoring Institutions (e.g. NUHS, SingHealth or NHG).

You can declare your posting preference during the MOHH PGY1 posting exercise by selecting posting(s) **at NUH and/or NTFGH** and ranking them as your **first choice**. The order of postings is up to your preference e.g. Internal Medicine followed by General Surgery followed by Paediatric Medicine.

You may also register your interest with us. YLL/LKC/Duke-NUS final year medical students can attend our annual Meet-the-Faculty session (usually in December period). Notice for this will be given through the medical school. Overseas final year medical students can email us.

- **NTFGH:** [NTFGH\\_PGY1@nuhs.edu.sg](mailto:NTFGH_PGY1@nuhs.edu.sg)
- **NUH:** [sin\\_yee\\_queh@nuhs.edu.sg](mailto:sin_yee_queh@nuhs.edu.sg)

PGY1 doctors are generally allowed **a maximum of 2 postings within a hospital** but are allowed **to do all 3 postings within the same healthcare cluster**. We encourage PGY1 doctors to select postings in **different institutions** to experience the diverse healthcare system and clinical practices in Singapore, as this will help you decide on residency training and career options in the future.

## HOW DO I KNOW IF I HAVE BEEN ACCEPTED INTO THE NUHS PGY1 PROGRAMME?

You will be notified by MOHH. The NUHS PGY1 Programme coordinators will then contact you regarding the reporting details.

## WILL MY POSTINGS IN NUHS PGY1 PROGRAMME INCREASE MY CHANCES OF ACCEPTANCE IN THE NUHS RESIDENCY PROGRAMME?

Your postings in the NUHS institutes allow interactions between you and the senior staffs and grant opportunities for research collaborations. Senior staffs will get to know you better through these opportunities and may offer recommendation letters for training and career advancement. These will help you secure a PGY2 posting with the same department. First-hand experience in the NUHS institutes will also facilitate your decision in pursuing future training and a career with NUHS.

## WHAT ARE THE ASSESSMENTS DURING THE PGY1 POSTINGS?

MOH mandates formative assessments of PGY1 doctors to ensure they are well-trained in **clinical competency, teamwork, professionalism, collegiality for colleagues, and respect and compassion for patients**.

Such formative assessments are done by the posting and ward supervisors using 3 types of assessment forms designed by the Singapore Medical Council (SMC) and MOH. You are required to meet your posting or ward supervisors monthly for these assessments, when various clinical situations, conditions, or procedures will be discussed. In NUHS, a dedicated committee reviews the assessment forms to ensure PGY1 doctors are progressing in the right track. Early support is provided if a PGY1 doctor is found to encounter difficulties.

## HOW DOES NUHS RECOGNISE OUTSTANDING PGY1 DOCTORS?

PGY1 doctors who demonstrate excellent qualities during their postings will be nominated for **awards of excellence**. The committee members strive to recommend the award of the Certificate of Experience to all PGY1 doctors so as to facilitate their application for complete registration with the SMC.

### AS A PGY1 DOCTOR, WHO WILL BE MY SUPERVISOR?

The NUHS PGY1 Programme is overseen by the Programme Directors (PDs) in NUH and NTFGH, who are assisted by the Associate PDs from each discipline. The APDs and Clinical Core Faculty Members are the posting supervisors for PGY1 doctors during their clinical rotations and will be responsible for your overall assessment. You will also report to a ward supervisor each month as you rotate through the different teams of the discipline.

### WHAT CAN YOU EXPECT AS A PGY1 DOCTOR IN NUHS?

The NUHS PGY1 Programme offers an **integrated, structured and comprehensive training programme** in the areas of:

**Clinical Education and Training:** We provide broad-based teaching and expansive clinical exposure under close supervision. There are plenty of opportunities for academic stimulation and growth. Our programme equips you with medical knowledge and clinical acumen which will build up your confidence as a clinician. Our unique **Core Education Programme (CEP)** is made up of weekly comprehensive sessions that are delivered by specialists in the five core PGY1 disciplines.

**Pastoral Care and Welfare:** We provide mentorship to ensure growth and development in the holistic and humanistic way. Our special monthly **Mind Body Medicine (MBM)** sessions introduce the concepts of mindfulness and reflection to help professionals cope with work-life challenges.

**Assessments:** We provide seamless support for the formative assessments to ensure smooth applications for full medical registration with the SMC.

**Administration:** We provide administrative and logistic support for the clinical postings, from beginning to end.