

NUHS Anaesthesiology Residency Programme



Dr. Teo Ting Zhang
NUHS Anaesthesiology Residency Programme
2020 Cohort

NUHS Anaesthesiology Residency Programme is truly an incredible place to be trained. My experience thus far has greatly exceeded my expectations every step of the way in my residency journey. The programme offers trainees an opportunity to be exposed to all the essential subspecialties and a myriad of cases. This is instrumental in allowing trainees to be familiar and comfortable in managing these cases and building confidence in our capabilities.

A key tenet of the residency programme is a strong emphasis on education. I believe there is no better way to learn than doing a case under the appropriate guidance. The faculty, seniors, and even residents have developed a teaching culture where a safe space is provided for trainees to formulate and implement their management plans without compromising patient safety. The department also spares no effort for post graduate examinations which are all planned out in a structured fashion. Besides the varied day-to-day clinical work, the programme promotes a strong research and quality improvement culture. Outside of work, the department encourages residents to pursue their healthy interests as part of our holistic development.

Looking back at my journey thus far, I have no qualms about strongly recommending NUHS Anaesthesiology Residency Programme to anyone interested in pursuing a career in Anaesthesia.

NUHS Diagnostic Radiology Residency Programme



Dr. Adriel Goh
NUHS Diagnostic Radiology
Residency Programme
2016 Cohort

The NUHS Diagnostic Radiology Residency Programme provides comprehensive and structured training that prepares residents to become well-rounded radiologists after the end of the five-year programme.

Although it is a specialty with a steep learning curve, the residents are given ample support to develop a solid clinical foundation. They have various opportunities to attend regular teachings, putting them in good stead to pass the Fellowship of the Royal College of Radiologists examinations. They will also have a chance to rotate between NUH and NTFGH for their subspecialty postings. Both hospitals have diverse patient profiles and case mixes that complement exposure to commonly seen and complex medical conditions.



Dr. Stella Lee
NUHS Diagnostic Radiology
Residency Programme
2017 Cohort

In terms of culture, the department is made up of seniors who take an active interest in their juniors' growth and development. Many of the consultants readily avail their time to impart their knowledge and advice. Beyond training and work, there is ample support in ensuring that trainees have time with family. For example, many of us have managed to start our families during our residency years with sufficient time to spend with our young children in their formative years. This is something that many of us truly cherish about the training structure.

NUHS Emergency Medicine Residency Programme



Dr. Clement Lim
NUHS Emergency Medicine
Residency Programme
2019 Cohort

As an Emergency Medicine resident, I have had the opportunity to rotate through various departments in NUH and NTFGH. In the process, I have had the privilege of making friends from various specialties.

What I appreciate about the NUHS Emergency Residency Programme is the myriad of opportunities available. Regardless of interests, be it clinical, research, education or administrative – you can find the space and mentorship to pursue it. Being a university institution, we benefit from having mentors who are passionate about education and prioritise residents' development and growth. I have had no lack of opportunities to learn both the practical and theoretical.

Ultimately, what I value most about my residency experience is having a supportive faculty and mentors. As with every resident, I have had my own difficulties and struggles. With each struggle, I have experienced genuine care, support and encouragement from my mentors who helped me through each difficult period. I have come to trust that my faculty has my back, is willing to listen, and is there for me when I need it – and that, to me as a resident, is most important.

NUHS Family Medicine Residency Programme



Dr. Cindy Zhu
NUHS Family Medicine Residency Programme
2019 Cohort

In the stormy journey of a junior doctor, the NUHS Family Medicine Residency is my anchor and safe harbour. I always feel safe coming back to the programme directors and faculty to discuss patient care, clinical practice, or personal advice for balancing a young family and my career.

The nurturing spirit of the programme is deeply rooted and has been passed down through generations of residents. As I approach the end of my residency training to become a competent family physician, I look forward to joining our alumni community in giving back to the residency that raised us.

NUHS General Surgery Residency Programme



Dr. Tiffany Gan
NUHS General Surgery
Residency Programme
2018 Cohort

The last four years in General Surgery Residency Programme have been a great experience. There have been many opportunities for hands-on experience and mentorship from a great team of supportive faculty. This is especially essential given the rigour of surgical training.

The residency training encompasses rotations to different institutions within NUHS, all of which have unique training opportunities, diverse patient population and enthusiastic faculty. This makes for an excellent environment to train and gain surgical experience.

In addition, the unique thing about the programme is the abundant opportunities for research exposure, including a research month where there is a wide array of research exposures to engage in and can be a great eye-opener. This should be a consideration, especially if there is interest in the further pursuit of research while undergoing surgical training.

Integrated Programme for Hand Surgery



Dr. Abby Choke
Integrated Programme for Hand Surgery
2018 Cohort

Hand Surgery is a niche specialty that not only deals with hand and wrist conditions; it encompasses a wide range from reconstruction of complex limb wounds, brachial plexus injuries, and also goes beyond to help improve the quality of life for those who suffer from debilitating spasticity, stroke and tetraplegia.

I am fortunate to be the first batch of residents under the integrated national programme. We are able to gain exposure to the specialty in different institutions and learn the different ways of doing things from mentors of different backgrounds and philosophies.

It has been an exciting journey, being able to see, treat, operate, and witness how our patients improve, and how the very little details matter i.e. how we make the incision, how we design our flap, and how we place the suture.

There are times when we feel tired from a busy call, or dejected from not able to do more (e.g. reattaching a mangled finger), but at the end of the day, it all 'comes to a balance' when we have patients who are thankful for the work we do, or those who actually have an excellent outcome, and this can be immensely satisfying.

I am also thankful to have a very supportive faculty who does timely check-ins on our welfare and training progress. In Hand Surgery, there is so much to learn, so much to do; it's a never-ending learning journey!

NUHS Internal Medicine Residency Programme



*Dr. Wilson Goh
NUHS Internal Medicine
Residency Programme
2020 Cohort*

I am very grateful to have been a part of NUHS Internal Medicine Residency Programme. Residency training has helped us to hone our clinical skills while emphasising on the importance of professionalism and compassion. I enjoy coming to work daily knowing that I would be constantly challenged with the diverse and yet ever-evolving pathologies as we prepare for the future.

I feel blessed to have an approachable faculty who believes in us and gives us the autonomy as we progress in our knowledge and confidence. The monthly to three-monthly rotations through the various subspecialties have provided us with the perfect balance to explore and develop our interests while equipping us with core skills to deal with emergencies.

Prided on the strong foundation of education and research, the programme offers a great mixture of hands-on experience and didactic teachings as we grow as physicians.

Residency is undoubtedly challenging and there are days when I feel worn out, however, I always feel supported with great mentors and teammates whom I know I can always count on in these trying times.

My experience thus far has been enriching and I look forward to continue training and growing in this giving and happy environment.

NUHS National PGY1 Programme



Dr. Aaron Goh
NUHS National PGY1 Programme
2021 Cohort

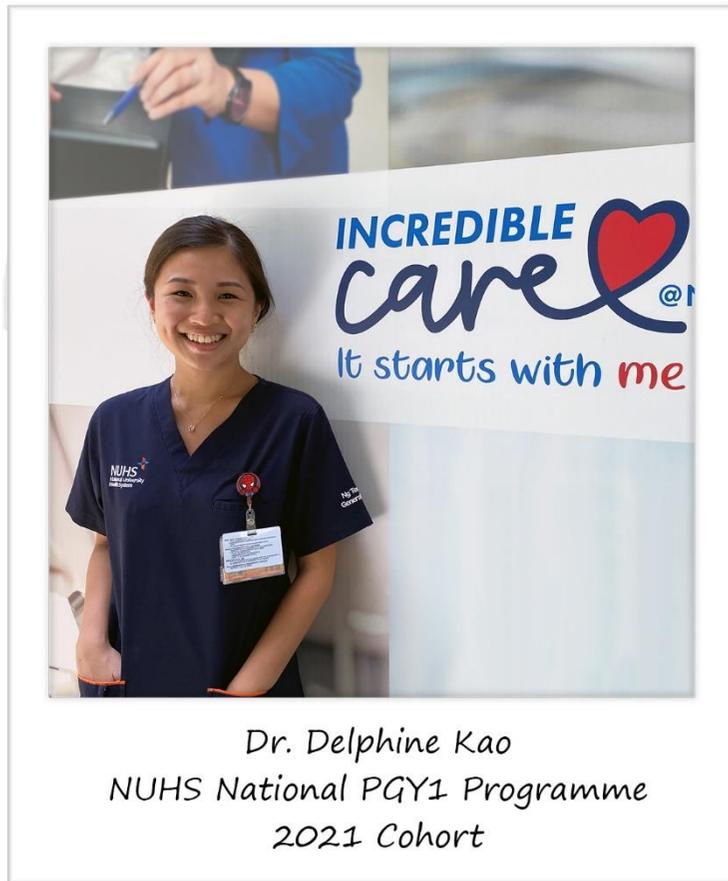
The transition from a medical student to a first-year junior doctor is indeed a challenging one, but it is also a time of immense growth and self-discovery. I am thankful to have done my PGY1 rotations at NUHS, where I was well-supported to become the clinician that I am today.

NUHS' strong teaching and mentorship culture was a defining trait of all my PGY1 rotations. NUHS provided valuable opportunities to learn from some truly excellent clinicians who sharpened my clinical acumen in an environment which strikes a fine balance between autonomy and guided supervision. Beyond clinical knowledge and skills, NUHS equips its trainees to deliver incredible patient-centered care. In my experience, I've witnessed healthcare workers of all ranks routinely going the extra mile for the patients whom they serve—and this motivates me to do the same for the patients under my care.

I have been blessed with the opportunity to be mentored by some truly outstanding seniors in NUHS who are not only concerned with your professional growth but also care deeply for your personal development. It was over the occasional 'kopi' rounds or team lunches where bites of clinical and/or life wisdom were passed on to us and where values were imparted. My mentors in NUHS have inspired me to not just undertake my work with excellence, but to pay it forward to the next generation of PGY1s and medical students.

The support from the hospital and PGY1 leadership have been especially meaningful for my batch of PGY1s, having graduated into the thick of the COVID-19 pandemic which brought additional physical, emotional, and mental stressors to an already challenging PGY1 year. With every successive COVID wave we had to battle, there were strong safety nets to ensure our well-being: Core Clinical Faculty Members (CCFMs) who would check in on us, institution well-being champions who were ready to lend a listening ear to our struggles (at any time of the day, 24/7, and all 100% confidential by the way!) amongst other mental health resources that were made available to support us through an especially trying time.

NUHS National PGY1 Programme



As a HO fresh out of medical school, the culture in NUHS felt very warm and welcoming. I remember being quite nervous stepping into the working environment and having patients to take ownership of. Slowly and gradually, my anxiety eased and I started to pick up skills along the way as seniors in NUHS regardless of rank, would take time out to teach hard skills like clinical approaches and soft skills such as how to break bad news and how to conduct a family conference.

Besides the opportunistic teachings during ward rounds everyday, the NUHS PGY1 Programme also organises workshops for us that guide us through the daily scenarios that we may face. In Paediatrics at NUH, there are clinical simulation courses for common CTSPs and emergencies like code blue. I've found myself remembering these simulation courses and what was taught when I'm on-call and faced with the same emergency. A sedation course was also taught to us and as HOs, it felt empowering to be able to administer sedation and help relieve the workload of our seniors.

Lastly, NUHS really puts in effort to ensure the welfare of its PGY1s. For IM, NUH is one that does the night float system, allowing us to have shorter working hours and less fatigue, yet similar clinical learning opportunities as overnight calls. For Paediatrics at NUH, we have 8am post-call which does wonders for mental health. Many NUHS seniors have been working hard to advocate for shorter working hours for their juniors by carrying out further

studies on the benefits of the float system. I really see that our feedback is heard and our welfare is well-protected in NUHS.

All in all, I have truly enjoyed my PGY1 Programme in NUHS and could not have asked for a better place to grow.

NUHS Obstetrics and Gynaecology Residency Programme



Dr. Kanneganti Abhiram
NUHS Obstetrics and Gynaecology
Residency Programme
2015 Cohort

When I first had to choose a residency back in 2012, the strengths of the NUH O&G department (such as opportunities for growth, strong mentors, and close interdisciplinary cooperation) won me over. I would never have been able to fully understand how much more I would gain.

As I near the end of this journey almost 10 years later (including some time away for National Service), if I had to describe it as a walk in the park, it would be as one through a bed of roses with all the accompanying thorns.

The NUHS O&G Residency Programme is longer than most, but I know it is so because the women that we look after deserve the best. This is a programme that expects you to give your best but promises to make you better. It has been, no doubt, a difficult journey where one has faced regret and deep failure which has overall been redeemed by the greater satisfaction that one has grown more competent and confident.

More importantly, I feel I have walked this path with a second family comprising parental figures (i.e. the faculty) and siblings (i.e. fellow residents big and small). While we are not immune to the squabbles and petty fights any family has, we also have borne witness to each other's milestones and have become deep friends with each other's families. We have

shared tears and laughter together and have covered each other often. To sign on to be a resident here is to join a family that will, in the end, have your back through thick and thin even as it promises to demand the most out of you.

While I am glad to come to the end of this formative but challenging phase of my life, if I had to do it again, I would choose this programme again in a heartbeat.

NUHS Ophthalmology Residency Programme



Dr. Tong Weihan
NUHS Ophthalmology Residency Programme
2020 Cohort

Prior to working at NUH, I had heard of the strong teaching culture and looked forward to working here. After a posting in Ophthalmology, my interest was piqued. Under the tutelage of my senior colleagues, I gained invaluable skills and experience in clinical practice. The more I learnt, the more I was captivated by the sheer amount of knowledge needed to understand the organ that grants us the gift of sight. I also witnessed the deleterious effects of vision loss on a person's quality of life, and the extraordinary changes an Ophthalmologist could create by restoring their sight. I hoped that one day, I will also be able to do the same for my patients.

In NUHS Ophthalmology Residency Programme, the training is structured with passionate teachers in the department, among both consultants and fellow residents. A resident gets general Ophthalmology exposure early on, followed by subspecialty exposure as one progresses in training. The clinical cases seen here are diverse and complex, each with great learning value. Many patients often require management by Ophthalmologists of different subspecialties and in certain cases, multidisciplinary management with colleagues from other specialties are required in order to provide the best patient care. Apart from diverse clinical exposure, there is also a strong culture of research in NUHS. This pushes clinicians to strive for clinical excellence, to provide the best care for our patients by practising evidence-based medicine.

Surgery is another key component of the programme, with direct supervision and guidance, encouraging your progression to become an independent surgeon. There are ample opportunities to hone your surgical skills with early exposure to cataract phacoemulsification surgery starting as early as year one of residency. This important hallmark of the programme undoubtedly contributes to earlier acquisition of surgical skills for residents to become competent ophthalmic surgeons in the future.

It is said, and true, that learning never ends, not even for the most eminent among us. During residency here, learning and training will become an enjoyable part and parcel of your daily life, honing you to become a competent Ophthalmologist.

NUHS Orthopaedic Surgery Residency Programme



*Dr. Tan Jun Hao
NUHS Orthopaedic Surgery
Residency Programme
2016 Cohort*

The NUHS Orthopaedic Surgery Residency is a very strong and established residency programme. I chose this programme not only for its excellent teaching, but more importantly for its close-knit community amongst the residents and faculty.

Clinical training here is second to none, with a solid curriculum that fosters learning and growth in a supportive and encouraging atmosphere. The programme is structured such that residents at all levels have great hands-on experience, with wonderful exposure to a variety of surgical cases with differing complexities. Strong emphasis is also placed on the TRICEP values (Teamwork, Respect, Integrity, Compassion, Excellence, Patient-Centredness), to ensure that each resident has a holistic and comprehensive training.

Here at NUHS, there are plenty of research opportunities and eager mentors to provide personalised guidance. There is a strong emphasis and support to guide residents through their individual research journeys, with various research grants and mentorship available to all.

Overall, I feel that the NUHS Orthopaedic Surgery Residency programme is a well-curated, nurturing and comprehensive program that aims to endow each resident with the necessary skills to become the best Orthopaedic Surgeon he or she can become.

NUHS Otolaryngology Residency Programme



Dr. Margaret Zhang
NUHS Otolaryngology Residency Programme
2018 Cohort

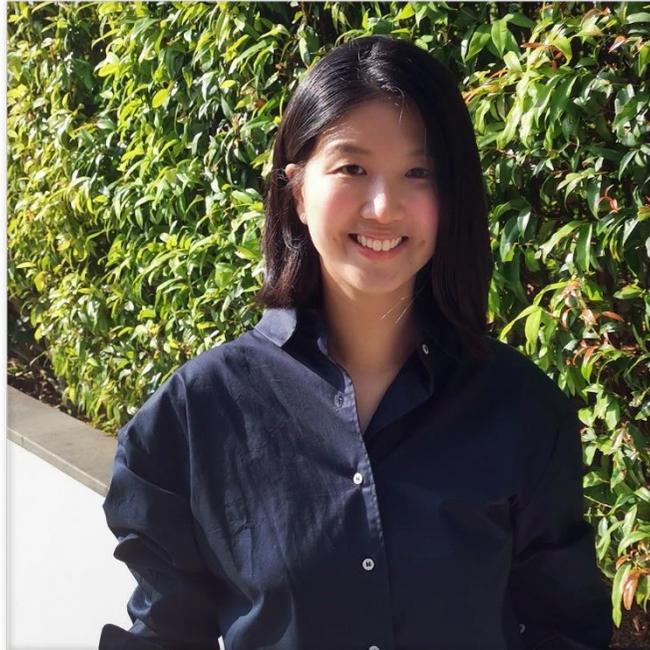
When I started my Otolaryngology Residency Programme training, I was terrified – of the job scope, the patients and the bosses. Of course, I had done Otolaryngology postings by then and had tried rather fervently (at least I thought I did) to get in. I thought I knew the job scope and was fairly familiar with the daily work. However, when I saw my name on the list, I was euphoric initially, but it did give way to self-doubt and a nagging feeling of “what if I didn’t deserve it”.

Yet, almost four years later, it has been an enriching experience, and I do not regret it for a minute. There are more responsibilities, but that comes with equal parts fulfilment. Realising that you can successfully manage more and more conditions and surgeries as time passes is truly wonderful, whether it be tracheostomies or a simple nasal irrigation. Even the seemingly most straightforward procedures can have innumerable permutations, and the journey to learn how to manage them well will be a lifelong quest. It has not been smooth-sailing all the way by any measure, but I have been supported every step of the way.

As Terry Pratchett once wrote: “It is well known that a vital ingredient of success is not knowing that what you are attempting can’t be done.” With some hard work and determination, I am sure you could be an Otolaryngology Resident too.

A bittersweet journey so far for sure, but definitely a choice I will make in a heartbeat if I had to do it all again.

NUHS Paediatric Residency Programme



Dr. Seo Woon Li
NUHS Paediatric Residency Programme
2012 Cohort

We achieve only because we stand on the shoulders of giants- this could not speak more truth about our residency journey.

Back then, barely out of medical school, having to choose a sponsoring institution and a residency programme was just that bit daunting. Without actual work experience, how would I know if I was a good fit for NUHS Paediatrics?

In all honesty, there was a little blind faith. But much of the decision was influenced by my experience as a medical student receiving lectures and tutorials from the faculty, then as a student intern bumbling about with the night call team trying not to be their stumbling block.

Eminent yet unassuming, knowledgeable and dedicated would be how I would describe the faculty. You would think that an illustrious list of achievements would make a faculty unapproachable, yet the truth could not be further from that. As a student, intern, young resident, and then a graduate and now a consultant in my own right, the same faculty served as the family of this second home. We grew under their wings whilst they guided us as we found footing in this demanding yet tremendously fulfilling specialty.

I would go so far as to say that I do not hesitate to regard many of the faculty, once professors, mentors, and teachers, now as friends. We bond over food and coffee, apart from shared experiences in caring for the sick.

The nurturing culture runs deep in this family, as residents themselves become tutors and mentors to the younger. Most of all, we become friends. Working with friends, rather than with people you regard as colleagues, makes a night resuscitation, a challenging procedure on a fragile kid, or a mentally gruelling management of a complex medical condition not just bearable, but fulfilling.



NUHS RESIDENCY OPEN HOUSE 2022

Testimonials – Junior Residency

Looking back, was I a good fit for the residency programme?

Someone who loves children, who would not hesitate to sacrifice a little of themselves for others, and who enjoys a little challenge would find joy in these 6-odd years. More than that, the programme, faculty and coordinators grew with and found the best in me. So that beyond graduation, the giants whose shoulders we stand on become someone who we begin to try to be.

NUHS Pathology Residency Programme



Dr. Tay Wan Jing
NUHS Pathology Residency Programme
2020 Cohort

As a NUHS Pathology resident, there is ample on-the-job training with a wide range of cases to see. The department has many skilled and knowledgeable consultants well-practised in various subspecialties, who have a keen interest in teaching residents.

There is also a strong sense of collaboration and collegiality. Many opportunities are available for research and education, given our close affiliation with NUS. We have a strong culture of collaboration and emphasis on evidence-based practice.

It is a challenging specialty, with a steep learning curve as a resident and constant changes and updates to keep up with. However, the faculty and department are very supportive and dedicated to ensure that the residents are well-taken care of. Overall, the experience has been a very fruitful one for me over the last two years.

National Preventive Medicine Residency Programme



Dr. Leonora Liu
National Preventive Medicine
Residency Programme
2018 Cohort

I chose to join the National Preventive Medicine Residency (NPMR) Programme as I wanted to work at the systems level, to effect change that would benefit the health of communities and populations. To me, health goes beyond healthcare. Equally as important as the medical treatment of the sick are the preventative efforts to address the biological, social and environmental determinants of health.

Through a mandatory Master of Public Health (MPH) in junior residency, NPMR residents acquire essential knowledge in epidemiology, biostatistics and health behaviour change, among other areas. My rotations through public healthcare clusters and public health agencies (e.g., Ministry of Health) have allowed me to leverage on my experience in clinical medicine and apply public health principles learnt during my MPH to shape and operationalise healthcare policies.

By working with a wide range of stakeholders including senior management, policy-makers, clinicians and researchers, the programme has also given me myriad opportunities to hone my collaboration and communication skills. For example, during my time in the Ministry of Health, I facilitated discussions between politicians, clinicians and representatives from the Ministry of Social and Family Development, to develop pilot programmes integrating upstream and downstream health and social care for Persons with Disabilities.

Part of what makes Preventive Medicine (i.e. Public Health and Occupational Medicine) exciting to me is how broad the field is. Since rotations are tailored to each individual resident's interests, this translates into a heterogeneity of experiences among residents. This diversity among residents creates an environment that promotes an interdisciplinary approach to learning and problem-solving, and has trained me to consider each public health issue from different perspectives.

NUHS Urology Residency Programme



Dr. Arshvin Kesavan
NUHS Urology Residency Programme
2016 Cohort

The NUHS Urology Residency Programme is more than just a place of work. It is a family built around providing excellent care, progressing the field and personal growth.

The specialties within medicine are vast and cater to every type of inherent talent. Yet, for those who find themselves gravitating towards a surgical calling, Urology ticks a lot of the right boxes. The array of surgeries is large and includes open, laparoscopic, robotic and endoscopic approaches to the genitourinary tract. Life is never monotonous as aside from acquiring these various surgical skills in theatre, a resident's week will include clinics, shock wave lithotripsy, image guided prostate biopsies, cystoscopies, handling emergencies and managing inpatients. There is a steady stream of new technologies and devices, providing us with new options for old problems.

NUHS Urology also provides a well-developed infrastructure and experienced mentors to guide the academic interest of young specialists in training. Deep thinking and the questioning of dogmas are encouraged together with a strong culture of innovation.

As a surgeon, there is no escaping the fact that a significant amount of time will be at work with the same colleagues. Yet at NUHS Urology, we still choose to spend many evenings together socially which objectively reflects how we feel about each other. I have thoroughly

enjoyed my time as a Resident and if I could do it again, I would choose the same Residency Programme without any hesitation.