

NUHS Advanced Internal Medicine Senior Residency Programme



Dr. Shoban Krishna Kumar
NUHS Advanced Internal Medicine
Senior Residency Programme
2020 Cohort

The decision to choose a senior residency programme was fraught with lots of anxiety and fear. The only certainty I had was the aim to become a holistic physician who puts patients first above all else.

As I near the end of my Advanced Internal Medicine (AIM) Senior Residency Programme, I look back with great relief that I had made the right decision for myself and my patients. The programme has nurtured my clinical, academic, educational and leadership skills. As a Senior Resident, I was rotated to different specialties, allowing me to experience the entire spectrum of care, from acute care to palliative care, which has instilled confidence in my ability to manage the patients through various phases of care. The programme has also emphasised the importance of supporting residents to attend numerous courses to keep abreast of the latest medical knowledge and clinical practice advancements.

Personally, the strength of any residency would be its faculty. The AIM faculty comprises inspiring role models who are always ready to go the extra mile for the residents to ensure their well-being and learning. They are eager and willing to provide support and guidance for any endeavour. The faculty brings the best out of every resident. Despite their heavy commitment to us, it is truly breath-taking to see them forge the way ahead in medicine with initiatives such as NUHS@Home, AIM Supportive Care and GENIE.

NUHS Cardiology Senior Residency Programme



Dr. Nicholas Chew
NUHS Cardiology
Senior Residency Programme
2020 Cohort

I am fortunate to be part of the NUHS Cardiology Senior Residency Programme, as it has allowed me to develop as an aspiring cardiologist.

The programme's strong focus on academics gave me various opportunities to develop my interests in multiple roles in clinical, research and educational arenas. It offers a well-structured and nurturing environment to enhance our knowledge and skillsets in various fields such as coronary artery disease, myocardial disease, heart failure, hypertension, congenital heart disease, valvular disease, vascular disease, and arrhythmias.

I am grateful for our approachable and enthusiastic mentors in providing us with unparalleled training for the future. Together, the programme is a tight unit that works hard for one another, with our dedicated goal of providing compassionate and high quality patient-centred care to those we serve.

NUHS Endocrinology Senior Residency Programme



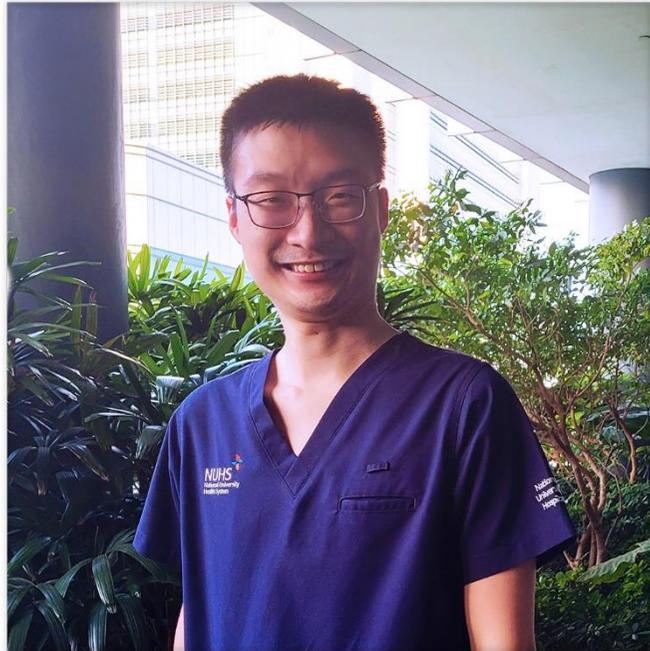
Dr. Jolene Kiew
NUHS Endocrinology
Senior Residency Programme
2018 Cohort

The NUHS Endocrinology Senior Residency Programme provides comprehensive training through mentorship and didactic teachings.

It emphasises our learning and provides adequate supervision and guidance to expand my clinical knowledge and practices. Beyond medical knowledge, the values and communication skills I have learnt during my training have been vital in my daily work.

Overall, it has been a valuable and memorable experience.

NUHS Gastroenterology Senior Residency Programme



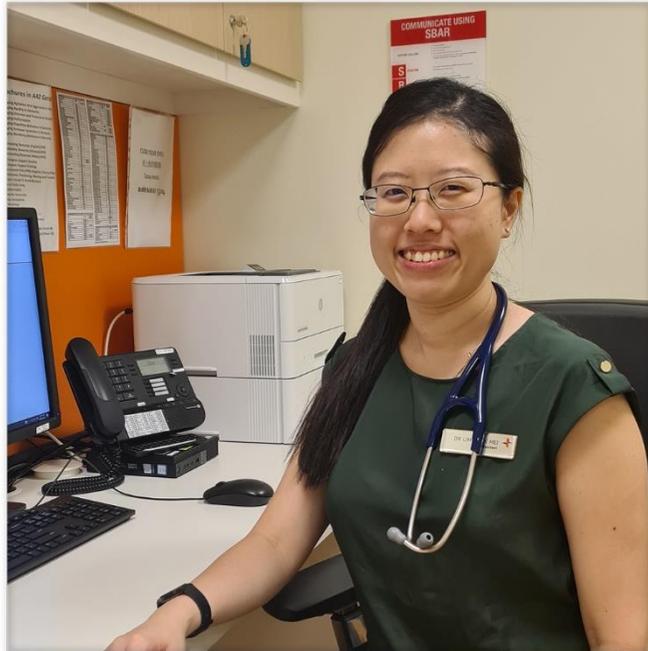
Dr. Benjamin Tay
NUHS Gastroenterology
Senior Residency Programme
2020 Cohort

I feel fortunate to be training in the Gastroenterology Senior Residency Programme. It is a well-grounded core programme with structured learning objectives to accommodate individual interests.

The programmatic structure favours extensive procedural exposure with ample experience accrued even at early stages of training. Practising at the busy referral centre provides broad exposure to all facets of luminal and liver training and leaves you well-versed in managing complex cases. Subspecialty training avenues are readily available, and there are plentiful research and teaching opportunities with passionate mentors keen to nurture one's development.

I feel that my educational needs always come first and are well underpinned by a supportive faculty and leadership. It is a privilege to have been accepted into this programme.

NUHS Geriatric Medicine Senior Residency Programme



Dr. Lim Seok Mei
NUHS Geriatric Medicine
Senior Residency Programme
2019 Cohort

After completing my junior residency, I chose to specialise in Geriatric Medicine as I appreciate the embodiment of the biopsychosocial model in patient care. Singapore is an aging population, and geriatricians are at the forefront of helping our citizens age well as the disease burden increases along with life expectancy. Training with NUHS Geriatric Medicine Residency Programme has helped me appreciate the varied disease presentations in the elderly and the geriatrician role in managing not just the disease but also the mood, mentation, physical functioning, and social aspects of an individual in a holistic fashion.

During my senior residency years, I truly appreciated the other facets of healthcare in the outpatient and community settings, focusing on early interventions and preventive care to support our elderly in the community and prevent hospitalisations. As geriatricians are both generalists and specialists in the same setting, electives in specialties like Neurology, Rheumatology, Psychiatry and Urology give me the opportunity to learn from the specialists in managing common specialty-related geriatric presentations. The learning environment is conducive, and the patient load provides the right balance for honing clinical skills, knowledge and experience without being overwhelming.

The faculty members are approachable and supportive, always willing to share their experiences with the trainees. The didactic teachings with protected learning time allow interaction with trainees from other institutions and sharing of knowledge. The years of my

senior residency have given me breadth and depth of clinical experience and confidence to practise as a budding specialist. If I were to choose again, I would still select NUHS Geriatric Medicine Senior Residency Programme!

Integrated Programme for Haematology



Dr. Edwin Thong
Integrated Programme for Haematology
2019 Cohort

"All the soarings of my mind begin in my blood."

- Rainer Maria Rilke

Haematology is a specialty that demands intellectual rigour fused with the passion for service running through one's veins. The Integrated Programme for Haematology provides senior residents with an ideal specialty training platform. It is a unique programme that allows broad exposure to various aspects of haematology through cross-cluster rotations across various institutions, harnessing each institution's strengths in blooding a well-rounded haematologist.

Being based at NUHS gives us access to world-class faculty who are always ready to guide us and contribute to our professional and personal development. We are also provided with many resources to tap on to further our interests, be it in research, medical education, or quality improvement projects.

The programme is an intense but fulfilling one with well-curated teaching sessions and rigorous clinical demands, which help mould us into better doctors and haematologists. We welcome new blood to our programme and guarantee a blast of a time!

NUHS Infectious Diseases Senior Residency Programme



Dr. Nicholas Ngiam
NUHS Infectious Diseases
Senior Residency Programme
2021 Cohort

Pursuing Infectious Diseases (ID) Senior Residency Programme training at NUHS provides broad clinical exposure to various medical, surgical and immunocompromised patients.

From diagnosis dilemmas to novel therapeutics, ID remains an ever-changing field and essential field, particularly in the context of a global pandemic. Through it all, we share a contagious passion for the subject, where seniors are always eager to teach and guide juniors.

NUHS Medical Oncology Senior Residency Programme



Dr. Low Jia Li
NUHS Medical Oncology
Senior Residency Programme
2018 Cohort

The NUHS Medical Oncology Senior Residency Programme provides an environment of rigorous clinical training.

The faculty is deeply involved in furthering resident knowledge of the field while also being enjoyable to work with. There were ample research opportunities and I was able to actively participate in clinical trials.

The NUH training programme helped me develop into a more holistic Oncologist.

NUHS Neurology Senior Residency Programme



Dr. Jing Mingxue
NUHS Neurology
Senior Residency Programme
2019 Cohort

The NUHS Neurology Senior Residency Programme is truly an exceptional training programme. It is well-balanced in terms of breadth and depth, providing trainees with adequate exposure and experience to become competent in independently managing a wide spectrum of neurological disorders at the end of the three-year programme. This is achieved through a healthy mix of clinical work and education. There is high degree of supervision from the faculty and senior physicians within the department, facilitating a conducive environment for practice and learning. The teachings are comprehensive and robust, and best of all delivered by subject matter experts in the respective subspecialties such as neuromuscular, epilepsy, movement, vascular neurology and so on, ensuring our knowledge and practices are most up-to-date and evidence-based. With NUH, a tertiary hospital as our main training site, our programme also promotes academic excellence for those who are research inclined by providing fertile grounds for budding clinical investigators under the tutelage of nurturing mentors who are renowned clinician scientists themselves. And it is not only the faculty who are making this programme tick, the Division of Neurology also boasts some of the best administrative and laboratory staff out there who are always approachable and helpful. Thanks to them, our well-being is always meticulously taken care of.

Make no mistake, residency training is no walk down the park. There is high expectation for the residents to juggle clinical duties with learning, research and various administrative tasks. I am fortunate to have bosses and peers in the programme whom I can turn to even

in the darkest hours to find strength and solace to push on, be it during that 3am HASTEN activation which requires EVT, or ablating those persistent ictal runs on a Sunday afternoon way past rounding hours. I have made friends throughout this journey whom I now consider my second family. Looking back at 3 years ago when I was standing at the crossroad of my medical career, I could not be more thankful for where I am training today. NUHS Neurology is without a doubt a place where I can call home.

NUHS Renal Medicine Senior Residency Programme



Dr. Lim Zhen Yu
NUHS Renal Medicine
Senior Residency Programme
2021 Cohort

Nephrology training has been extremely rewarding and my peers and I have thus far thoroughly enjoyed this ride together. It has been challenging at times but we have gotten each other's back, cheering on and helping each other along the way. No amount of words can put across the amount of gratitude that I have for my batch mates and friends in this journey.

We have been thoroughly inspired by seniors in our division who have been nurturing, patient and understanding. This has allowed us to learn and grow through bedside teachings, ward rounds and dedicated teachings. We are truly grateful and appreciative of the dedication and passion of our seniors. There is always someone there to help out be it seniors or peers within the division and everyone is just one call away. The clinical load is high, but this allows us to better hone our clinical acumen day in and out which allows us to further our training as physicians so that we can better deliver incredible care to our patients. On-calls aplenty and phone calls never cease even when we go post-call but this has helped train our patience, our ability to triage and our ability to handle stress.

Our rotations through various subspecialties within nephrology such as glomerulonephritis, interventional nephrology, transplant, haemodialysis, peritoneal dialysis and chronic kidney disease ensure that we have broad exposure to patients across various subspecialties and learn from the various specialists within our division. This has

allowed us to gain broader perspectives and deeper understanding regarding clinical management of patients within our service.

Our batch has had to face COVID-19 during our training as medical officers/junior residents and now two years later, facing COVID-19 in a whole different light with endemicity amongst us. The resilience that my batch mates and our seniors in the department have shown in dealing with the COVID-19 crisis—which affected our dialysis patients as well as transplant patients—has been truly motivating and inspiring. I am sure we will be able to rise above this challenge and be COVID-19 resilient.



NUHS RESIDENCY OPEN HOUSE 2022

Testimonials – Senior Residency

To our rotating junior Internal Medicine residents who have poured in day and night to take care of our inpatients, we are truly grateful for the time, effort and dedication. Rest assured we are here to help and answer any questions you may have so that you learn about Nephrology whilst continuing to hone and train your clinical skills.

To future batches of Internal Medicine residents and junior doctors who are looking to be inspired day in and out and have strong passion for medicine, look no further because NUHS Renal Medicine Senior Residency Programme has everything here for you and more.

NUHS Respiratory Medicine Senior Residency Programme



Dr. Clare Anne Fong
NUHS Respiratory Medicine
Senior Residency Programme
2020 Cohort

We look for medicine to be an orderly field of knowledge and procedure. But it is not. It is an imperfect science, an enterprise of constantly changing knowledge, uncertain information, fallible individuals, and at the same time lives on the line.

It is these very challenges in Respiratory Medicine that inspire me, that make me want to always be better, to be able to act despite the uncertainties in somebody extremely unwell. It is at the same time also a specialty that requires you to remain connected with your patients, be it breaking the bad news of a cancer diagnosis or allowing our critically ill patients to have a good death.

Despite the busy life of a registrar, I have no regrets doing Respiratory Medicine. There is immense satisfaction in applying physiology to help our patients find their breath of air.

NUHS Rheumatology Senior Residency Programme



*Dr. Julian Lim
NUHS Rheumatology
Senior Residency Programme
2021 Cohort*

If you enjoy Internal Medicine in all its complexity, then the NUHS Rheumatology Senior Residency Programme is for you. In the short span of a year since I joined Rheumatology, I have seen a wide variety of cases ranging from inflammatory arthritis to complex multi-systemic disease.

We see patients of all ages and all walks of life and it is challenging yet gratifying to help them manage their diseases. The chronic nature of the conditions we deal with offers a great opportunity to build long term relationships with our patients.

I am particularly happy to have joined the NUHS Rheumatology Senior Residency Programme as the core faculty and division consultants are friendly and approachable and are always willing to lend a helping hand to the trainees. Their combined experience and wisdom offers great support even as we tackle the most complex of cases. Even with my relative inexperience, I often feel valued as a team member and not simply a junior trainee.

I recommend this programme to anyone thinking of embarking on a journey in this truly fascinating subspecialty.