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Editor's Words

by Dr Fok Wai Yee Rose, FCFP(S), Editor (Team A)



As 2020 draws to a close, there has never been a greater need to reflect and be thankful for many things in our lives that we have often taken for granted, like our health, our families, our jobs and our future. Disruptions & Adaptations are profound words which resonates with many of us, to survive in a post-Covid world. Although we can postulate how long this pandemic will take to recover, we can never be sure. However one thing is certain, that is the need for us to live, work and play in the midst of uncertainty. Taking time for self-care, preventing burnout and developing mental resilience are key elements to help ourselves bounce back and even thrive in the face of adversities.

As a family medicine fraternity, we have definitely achieved much, standing behind our country in our fight against Covid-19, making personal sacrifices and putting patients before ourselves. Compassion and empathy are core elements of medicine and our family physicians in Bright Vision Hospital worked hard to reach out to our migrant patients to cope with their physical ailments and their psychological distress. Going forward, we need to incorporate biopsychosocial holistic care to every patient we meet.

On the clinical level, we have improved in our approach to tackle infectious diseases, adhere to infection prevention and control guidelines, organise workflows, implement appointment system and hasten progression of telemedicine. These interventions have been associated with improved healthcare outcomes and it is important to continue all these good efforts even after Covid-19 has left our shores.

On the education front, we have pressed on in virtual training and novel ways of assessment and examinations. To our surprise, remote learning has succeeded in reaching out to a larger group of learners with greater convenience and efficiency. As a result, our faculty has proposed a hybrid of virtual and face-to-face learning in our curriculum. We are proud to have two gold medalists in our fellowship exams, who despite the odds, excelled beyond expectations. Our MMED trainees did us proud to achieve a remarkable performance and we are grateful to many who agreed to pay forward by coming back to serve. Our faculty has decided to strengthen the mentor-mentee partnership in our training programmes, to provide support and self-directed learning.

It is timely for primary care to advocate for preventive care in the form of vaccination as our country roll out the National Adult Immunisation Schedule. Covid-19 has shown us the need to protect everyone, especially our healthcare workers and vulnerable groups and the perils of neglecting this critical aspect of preventive care. As our patients' trusted family doctors, we need to persevere in encouraging and reminding our patients to receive relevant vaccinations to protect themselves and their families.

As family doctors, we can play an important role in our patients lives as we press on to educate, train and adopt evidenced-based medicine in our practice, together with a heart of compassion. 2020 has been a memorable year and we hope that 2021 will bring family medicine to greater heights, for our patients!

■ CM

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FAMILY PRACTICE SKILLS COURSE

Contemporary Type 2 Diabetes Management – What's New?

The College of Family Physicians Singapore would like to thank the Expert Panel for their contribution to the Family Practice Skills Course #86 on "Contemporary Type 2 Diabetes Management – What's New?", held on 19 September 2020.

Expert Panel:
Dr Lim Choon Pin
Dr Khoo Chin Meng
Dr Titus Lau

Chairperson:
Dr Ben Ng

Person Centred Diabetes Care and Meal Planning for the Older Person

The College of Family Physicians Singapore would like to thank the Expert Panel for their contribution to the Family Practice Skills Course #87 on "Person Centred Diabetes Care and Meal Planning for the Older Person", held on 26 September 2020.

Expert Panel:
Dr Khoo Chin Meng
A/Prof Tai E Shyong
Dr Harvinder Kaur

Chairperson:
Dr Moses Tan