

# NHG SEED

## Mentors Profiles

In every one of you, there is great potential.

The NHG SEED (Supporting Exploration among Early-career Doctors) Programme aims to close the mentoring gap through developing quality mentoring relationships within the NHG Kampung, and in so doing, aspire to help you to reach your goals in your budding careers.

We have brought together mentors from across various paths, ranging from near-peers to esteemed clinicians, all with their own unique insights to share with you.



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## Adj Asst Prof Endean Tan Zie Hean



Institution: TTSH  
Specialty: General Medicine  
Career Track: Clinical Education

### 3 things about me:

1. I have extremely varied interests, so will be happy to discuss almost every topic under (or above) the sun
2. I have many hobbies and will be happy to introduce them to anyone who is keen
3. I only eat lunch when I have a student or mentee to share the time with!

### Short bio about mentor

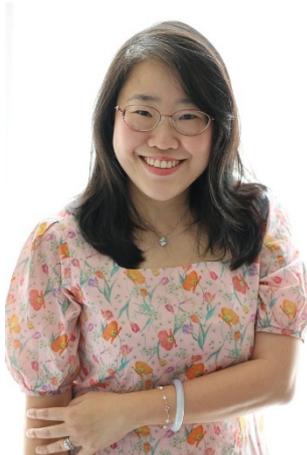
*Senior Consultant, General Medicine, Tan Tock Seng Hospital  
Head of the Acute Internal Medicine Service, TTSH  
Clinical Director, Mobile Inpatient Care at Home for TTSH and the National Healthcare Group  
Chairperson, Internal Medicine Residency Advisory Committee  
Examiner for NUS, NTU, Duke-NUS, Joint Committee on Specialist Training, and the Royal Colleges of Physicians of the United Kingdom*

Asst Prof Endean Tan wears many hats in his multiple roles as a clinician, educator and administrator, but his heart truly sings when it comes to patient care and teaching.

His specialty (in General Internal Medicine) is best experienced in sampling the wide range of clinical cases he sees on a daily basis in the inpatient and outpatient arenas. When presented with the breadth and depth of Medicine, the beauty and the raw energy of this life choice driving this physician will become apparent. He particularly enjoys the intensity and scope of Acute Medicine, and counts himself fortunate being able to deliver medical care to those in need no matter where they are.

He loves teaching a wide range of multi-disciplinary audiences, from pre-medical school to post-graduate students, and with that he has discovered a passion for mentorship. Much more can be done to support and plan the careers of our junior colleagues, and it is with great pleasure that he embarks on this journey with the NHG SEED programme!

## A/Prof Faith Chia Li-Ann



Institution: TTSH

Specialty: Rheumatology, Allergy and Immunology

Career Track: Clinical Education

### 3 things about me:

1. Passionate about medical education
2. Journeying through learning how to fulfil work and life responsibilities
3. CCA choral music.

### Short bio about mentor

A/Prof Faith Chia is a Senior Consultant in the Department of Rheumatology, Allergy and Immunology, Tan Tock Seng Hospital, Singapore. She is a Fellow of the Royal College of Physicians and Surgeons (Glasgow), Royal College of Physicians (London) and Academy of Medicine. She is the President-Elect of the College of Physicians and President of the College of Clinician Educators. She has received peer reviewed research funding and served for many years on the institutional research ethics board.

Faith is passionate about education the future generations of physicians and actively teaches and examines at undergraduate and graduate level. She has been recognized with numerous teaching awards including the NHG Education Leaders Award and the ACGME International award for Physician Leaders. She is Vice Dean (Education) at the Lee Kong Chian School of Medicine and Adjunct Associate Professor at the Yong Loo Lin School of Medicine. She is the Education Director of Tan Tock Seng Hospital's Pre-Professional Education Office and Cluster Education Director (Pre-Professional Education), National Healthcare Group. She was previously the Designated Institutional Official, NHG Residency. She is currently the Programme Director for the Singapore Chief Resident Programme, MOHH Healthcare Leadership College.

Faith is married with two school-going children who ensure she keeps learning new things. Balancing and fulfilling work and life responsibilities is an ongoing adventure, and she is cognizant of the unique challenges faced by women in medicine. Music is a crucial aspect of her life and she continues to devote time to choral music.

## Asst Prof Llewellyn Lee Kuan Ming



Institution: TTSH  
Specialty: Ophthalmology  
Career Track: Clinical Education

### **3 things about me:**

Can't say no to the 3 Fs:

1. Football
2. Food
3. coFfee (haha sorry last one a bit belong)

### Short bio about mentor

Dr Llewellyn Lee is currently a Senior Consultant and Deputy Head, Oculoplastics Service with National Healthcare Group Eye Institute @ Tan Tock Seng Hospital. He completed a year-long fellowship in Seoul under the esteemed Professor Kim Yoon Duck at Samsung Medical Center, and has a sub-specialty interest in oculoplastics. He currently serves as Chair of the Oculoplastic Subspecialty Committee, College Of Ophthalmologists, Academy of Medicine, Singapore.

He is the immediate past Head of Training & Education, as well as the inaugural and immediate past Programme Director of the NHG Ophthalmology Residency Programme, where he oversaw the training of ophthalmologists that came through our department.

Dr Lee currently serves as the Designated Institutional Official (DIO) of NHG Residency. He has been awarded the Accreditation Council for Graduate Medical Education International (ACGME-I) physician educator award, and has been an invited speaker at local and international ophthalmic and medical education conferences.

## A/Prof Michelle Jong



Institution: TTSH  
Specialty: Endocrinology  
Career Track: Clinical Education

### **3 things about me:**

The mentee I am looking for is someone:

1. Who can teach me something about life and the universe
2. Who wants to look at their own dark thoughts in a confidential setting
3. Who needs a cheerleader and champion to navigate the complexities of being a person in the healthcare workplace

### Short bio about mentor

Michelle Jong is the NHG Chief Clinical Education Officer. Her portfolios span two domains Education, Endocrinology. Her fascination with technology can be described as 'enthusiastically cautious'. Her work and style of work is strongly influenced by the other aspects of her life that make up her whole, namely: mother, wife and daughter, friend, colleague, leader and follower. She likes to think through frameworks building heuristics to make life more manageable.

Her blood coffee concentration is often "normally abnormal"

## Dr Phua Eng Joo



Institution: KTPH  
Specialty: General Medicine  
Career Track: Clinical Education

### Short bio about mentor

Dr Phua is a senior consultant endocrinologist with the Department of General Medicine at Khoo Teck Puat Hospital (KTPH). As an experienced medical educator, he has a keen interest in nurturing young doctors to become healthcare professionals for the future.

Dr Phua currently leads the Division of Endocrinology at KTPH and is also Associate Designated Institutional Official with NHG Residency.

## Dr Gerald Tan Jit Shen



Institution: TTSH  
Specialty: Diagnostic Radiology  
Career Track: Clinical Informatics

### **3 things about me:**

1. There is no lesson plan for Life
2. 99% of what I learnt wasn't in the syllabus
3. YOLO

### Short bio about mentor

Gerald Tan graduated from medical school in 2001 and is currently a radiologist at Tan Tock Seng Hospital. He also holds various clinical informatics roles within the National Healthcare Group, and educational portfolios with Lee Kong Chian School of Medicine, Nanyang Technological University.

## Dr Hii Shiun Jiin Joshua



Institution: KTPH

Specialty: -

Career Track: Clinical Informatics

### 3 things about me:

1. Technical “geek” and therefore focus on development of technical solutions to support Clinical IT: usability, process efficiency and enhancing clinical excellence
2. Less enthusiasm for IT project management and policies
3. For NHG, the main phase of ‘building’ electronic medical record is almost over (data generation and reporting), so the next phase would be working towards analysis, prediction and actionable insights

### Short bio about mentor

MBBS, GDFM

Deputy Director, Office of Clinical Informatics, Yishun Health

Pioneer clinical champion of electronic medical record at Yishun Health, Sunrise Clinical Manager.

Design, set up and deploy closed loop laboratory, blood and blood products, radiology and medication orders

Build clinical logics for alerts and error trapping

Design, set up and deploy electronic clinical documentation, referrals and blue letters

NHG Inpatient Clinical lead for Next Generation Electronic Medical Records, Epic

Set up, deploy and set up for NHG and NUHS acute and community hospitals

NHG Lead and Yishun Health Clinical Champion for electronic Critical Result management and alerts

## Dr Ravinder Singh Sachdev



Institution: TTSH

Specialty: ICC - Continuing and Community Care

Career Track: Clinical Informatics

### 3 things about me:

1. Laughter is the best medicine, followed by narrow-spectrum antibiotics.
2. Where there's a **will**, there's a **won't** – that's where the real work begins!
3. Health Informatics is as much about computers as Cardiology is about the stethoscope!

### Short bio about mentor

Dr Ravi Sachdev is a Family Physician, Senior Consultant and Chief Medical Informatics Officer and Deputy Director of the Office of Clinical Informatics at Tan Tock Seng Hospital (TTSH), Singapore. He received his medical degree in Singapore, and postgraduate training in the UK, including a Master's degree in Health Informatics from the University of Sheffield, and is a Dell-EMC-certified Data Scientist.

He is chairman of TTSH's Telehealth Steering Committee and a member of Singapore's National Telehealth Workgroup. Dr Sachdev is a clinical innovator, with several active projects in the areas of remote monitoring & medication adherence. His special interests lie in the application of the Internet of Things to Healthcare, as well as in Data Analytics and Machine Learning.

## A/Prof Terence Tang Eng Yeow



Institution: KTPH  
Specialty: Geriatric Medicine  
Career Track: Clinical Informatics

### **3 things about me:**

1. Geriatric Medicine
2. Value Based Care
3. Clinical Informatics

### Short bio about mentor

Dr Terence Tang is a practicing physician with the department of Geriatric Medicine at Khoo Teck Puat Hospital. Having led the department previously, he continues to care for older people in the hospital. He is an advocate of care integration and lobbies for a value based & cross disciplinary approach to care delivery.

Currently, he advises the Cluster as the Group Chief Clinical Informatics Officer. He oversees the development and improvement of the Electronic Medical Record (EMR) system and related matters.

He was instrumental in the setting up and adoption of the EMR during the inception of Khoo Teck Puat Hospital, Admiralty Medical Center and Yishun Community Hospital. Recently, he led the implementation of the enterprise wide EMR across NHG. He continues to be involved with various cluster and national Medical Informatics as well as Value Based care committees and initiatives.

Dr Tang is passionate about using information to guide continuous improvement efforts at various levels of the system, impacting ultimately, the delivery of care.

He obtained his medical degree at the University of Singapore and went on to attain a Masters in Internal Medicine with the Royal College of Medicine (UK). He is an accredited specialist in Geriatric Medicine with the Specialist Accreditation Board and had attended advanced management courses at the Harvard Business school and at INSEAD.

He continues his passion in medical education through an associate professorship with the National Technological University, Lee Kong Chian School of Medicine.

## Dr Chiu Li Qi



Institution: TTSH

Specialty: Emergency Medicine

Career Track: Clinical Quality and Patient Safety

### **3 things about me:**

1. Avid traveller of the roads less travelled.
2. Always enjoy a chat over projects and how to develop them.
3. Provide a listening ear for support.

### Short bio about mentor

I'm an Emergency Physician with a keen interest in acute trauma care, quality and patient safety, as well as quality improvement. I am closely involved in the hospital's quality improvement programme and strongly believe in using data to drive change. Off work, I love traveling.

## Adj A/Prof Tai Hwei Yee



Institution: TTSH  
Specialty: Anaesthesia & Intensive Care Medicine  
Career Track: Clinical Quality and Patient Safety

### **3 things about me:**

1. Loves food
2. Loves travelling
3. Loves dogs

### Short bio about mentor

Adj A/Prof Tai is trained as an Anaesthetist and Intensive Care Physician. In 2000, she accepted a part-time administrative role and has held several portfolios in TTSH including Director, Casemix Office, Assistant Chairman Medical Board for Clinical Quality and Audit and Director Surgical ICU, Director, Pre-Admission, Counseling and Evaluation Service; She has served on many committees and workgroups at hospital, cluster and national level engaging with other healthcare professionals on quality and patient safety, technology assessment, information technology and education.

She was appointed as Deputy Chief Quality Officer, NHG in 2008 and became the Group Chief Quality Officer in 2015, stepping down in 2022. She was the Director of NHG Institute of Healthcare Quality from 2011 to 2014 and also the Quality and Patient Safety Lead at the LKC School of Medicine from 2012-2023. Currently she is Senior Consultant at NHG Group Quality and also serves as senior advisor to IMH Quality and Value Committee.

In addition to her quality and patient safety roles at TTSH and NHG, A/Prof Tai was also the Co-Chair of the Singapore Healthcare Improvement Network (SHINe) from 2012-2018 and through that network, worked to improve clinical outcomes and safety for patients in Singapore. She was the Executive Lead for SHINe's Harm Reduction Large Scale Initiative (LSI) involving more than 45 public and private healthcare institutions and was also involved in developing a National Curriculum for PSQI education for healthcare professionals. She was appointed as part time professional consultant to MOH in 2012, assisting MOH Quality and Value Division as well as the Licensing Division. She advises the professional services division in MOH on Anesthesia Fees.

A/Prof Tai received the National Medical Excellence Award as a Clinical Quality Activist in 2012, NHG Outstanding Citizen award in 2006 and NHG Distinguished Achievement award in 2012. She received NHG's Lifetime Achievement award in 2024 for her contributions to NHG.

## Dr Darren Seah Ee-Jin



Institution: NHGP  
Specialty: Family Medicine  
Career Track: Healthcare Administration and Leadership

### **3 things about me:**

1. I'm married with 3 children (all boys!)
2. I love meats and wines.
3. I have many sports interests but limit myself to mostly running and badminton.

### Short bio about mentor

Dr Darren Seah is a Senior Consultant Family Physician at the National Healthcare Group Polyclinics (NHGP).

He graduated from NUS in 2001 and was conferred the Fellowship of the College of Family Physicians (Singapore) in 2011.

He is Director, Primary Care Academy and Family Medicine Development in National Healthcare Group Polyclinics. He practices primary care medicine 1-2 days a week at Hougang Polyclinic. His main clinical interests lie in Diabetes and Cardiovascular medicine and is currently co-chairperson of the NHG Diabetes and Metabolic Steering Committee.

Beyond current institutional activities, Dr Seah is currently Censor-in-Chief in the College of Family Physicians (Singapore) and is an active NSman serving as Chief of Staff 6 DISCOM.

## A/Prof Nicholas Chew Wuen Ming



Institution: WH

Specialty: Psychiatry

Career Track: Healthcare Administration and Leadership

### 3 things about me:

1. Former NHG Group Chief Education Officer, NHG Residency DIO and NHG Education Director.
2. Joined Woodlands Health in 2017 as CMB
3. Enjoys interacting with fellow healthcare professionals, discussing ideas on how we can make our work better.

### Short bio about mentor

Dr Chew serves as the Chairman Medical Board, Woodlands Health.

He obtained his MBBS in 1995, Masters of Medicine in Psychiatry in 2001, a Graduate Diploma in Psychotherapy in 2000 from the National University of Singapore. He obtained Master of Science in Health Professions Education from Massachusetts General Hospital Institute of Health Professions in 2013.

Dr Chew served as deputy head of the Department of Psychological Medicine at Tan Tock Seng Hospital from 2006-10 and was promoted to senior consultant in 2011. During this time he started a post stroke depression management program, “Effective Mood Management After Stroke”, in collaboration with the Rehabilitation Medicine Department, and the “HIV Psychiatry Program” with the Communicable Disease Center at Tan Tock Seng Hospital. He was awarded the Health Manpower Development Program Award in 2005 to pursue further education in consultation liaison psychiatry and short-term psychodynamic psychotherapy at Montreal General Hospital and McGill University. He also served as Assistant Chairman Medical Board (Medical Manpower Development) from 2013-2015.

Dr Chew was appointed as Designated Institutional Official of the NHG Residency from 2011 to 2018 and Education Director, NHG Pre-Professional Education Office from 2015 to 2017 and Group Chief Education Officer, NHG from 2015 to 2020.

## Dr Amila Punyadasa



Institution: WH

Specialty: Emergency Medicine

Career Track: Hospital Clinician Scheme

### **3 things about me:**

1. I'm committed to the holistic development and well-being of my mentees
2. I'm committed to life-long teaching and learning
3. I'm very family orientated and believe in achieving a good work-life balance

### Short bio about mentor

Dr Amila practices Emergency Medicine with a special interest in medical education, team work dynamics (crisis resource management or CRM) and simulation-based training. In addition, he serves as adjunct Associate Professor at the Lee Kong Chian School of Medicine, NTU. He is also an Assistant Professor at the Yong Loo Lin School of Medicine, NUS.

Dr Amila obtained his Bachelor of Medicine, Bachelor of Surgery and Bachelor of the Art of Obstetrics degrees in Belfast, Northern Ireland in 1995.

Dr Amila has combined his great passion of teaching with clinical care to the population of Singapore. Amongst his many education-related portfolios he is the Program Director of the hospital clinician scheme for WH, he is the immediate ex-lead (medical) of the Simlab and Chief instructor of ACLS. Amila is employed as Senior Consultant in the emergency department of woodlands health where he serves as Director of medical education. He is the immediate ex-clinical director for the ED. He is also the medical lead for health literacy for the hospital.

He started his career in the United Kingdom as a surgical trainee before moving to Hong Kong where he trained as a surgical research fellow, before settling in Singapore in 2000 and discovering his passion for emergency medicine. After training in the emergency medicine residency program in Singapore, he obtained Membership into the Royal College of Surgeons of Edinburgh in Accident & Emergency Medicine as well as his Masters of Medicine (Accident & Emergency) from NUS, in August 2004, with distinction and became a specialist in 2008. He practiced as an Associate Consultant in NUH ED before joining the Ng Teng Fong administration in 2010 as a consultant and becoming a senior consultant in 2015. There he served as Associate Dean and Medical L&D Chairman and was heavily involved in all forms of education. In 2019, he joined Woodlands Health where he has served as Health Literacy Chairman, PD of the Hospital Clinician scheme, start-up medical lead of the simulation center and Chief Instructor of ACLS.

He has received numerous teaching awards during his time as a clinician in Singapore. These include the 2013-2014 and 2016-2017 AY Undergraduate Best Tutor department awards – Emergency Medicine Department as well as the 2013-2014 AY SILVER Award for second best undergraduate tutor in Alexandra Hospital and Jurong Health and 2016-2017 AY GOLD Award for Best undergraduate tutor in Jurong Health. Additionally, he is a four-time Winner of the Yong Loo Lin School of Medicine Dean's Award for Teaching Excellence (2013-2014, 2015-2016, 2016-2017 and

2017-2018) and the First Jurong Health Campus recipient of the Deans Honour Roll Award (for 3 consecutive wins in the Deans Award for Teaching Excellence category).

He also has received the Yong Loo Lin School of Medicine Special Recognition Award, received from the Dean for mentoring the medicine graduating classes of 2013, 2015, 2016 & 2017 and is also a two-time winner of the NUS Medsoc Outstanding Tutor Award in 2017 and 2019. He also won the Teaching Excellence (Medical) Award at the Inaugural NUHS Teaching Awards (2018) as well as the NHG Teaching Award for Senior Doctors (2020). In addition, he has won PGY1 teaching awards receiving the PGY1 CEP A\* award in Teaching in 2015 as well as the CEP Teaching Award for Best Simulation Session 2017 (Internal Medicine Simulation).

## Dr Tang Yee Lin



Institution: TTSH  
Specialty: Pathology  
Career Track: Hospital Clinician Scheme

### **3 things about me:**

1. I can't live without the gym.
2. Believes that calories are better shared.
3. Loves adding vinegar to her food.

### Short bio about mentor

Hello! I'm a graduate of YLLSOM and completed my Surgical/Anatomical Pathology residency training at TTSH. In addition to my clinical duties, I'm actively involved in various Co-Curricular Activities (CCAs) at the hospital, such as running the Hospital Clinician Scheme. I enjoy engaging in conversations, having good company and food, and working out at the gym!

I'm really looking forward to meeting all of you!

## Dr Vikram Manian



Institution: WH

Specialty: Emergency Medicine

Career Track: Hospital Clinician Scheme

### **3 things about me:**

1. I am one of the first to graduate from the Hospital Clinician career track
2. I concurrently completed a Masters in Public Health to develop my interest in healthcare outside of my primary practice in Emergency Medicine
3. I enjoy exploring new places, hiking and climbing mountains

### Short bio about mentor

Dr Vikram practises Emergency Medicine with special clinical interests in trauma, public health, and travel medicine.

Dr Vikram completed his undergraduate medical training at the NUS Yong Loo Lin School of Medicine in 2016 and completed the Hospital Clinician Graduate Diploma in 2023. He is currently pursuing a Masters in Public Health at the NUS Saw Swee Hock School of Public Health.

Dr Vikram joined Woodlands Health in 2020 and is a mentor for junior doctors under the NHG SEED programme. Dr Vikram is also an instructor in Advanced Trauma Life Support and conducts practicums on trauma care for civilian and military physicians.

A keen advocate for accessible and equitable healthcare, Dr Vikram volunteers in a medical capacity with various community organisations including HealthServe, Club2Care and Pink Dot SG.

Dr Vikram speaks English and Tamil.

## Dr Bernice Heng Qi Hui



Institution: TTSH

Specialty: Hand & Reconstructive Microsurgery

Career Track: Near-Peer

### **3 things about me:**

Besides clinical work, she treasures the time spent with her family traveling and experiencing different cultures. Her love for the great outdoors and sunshine often mean that she can found taking small hikes or leisurely swims where no work texts or emails can reach her (thankfully!) She feels blessed to be able to mentor young doctors as they carve out their career and personal lives.

### Short bio about mentor

Dr Bernice Heng is a Consultant in Hand and Reconstructive microsurgery at Tan Tock Seng Hospital in Singapore. She graduated from the National University of Singapore (2014) and became a Fellow of the Academy of Medicine (Hand Surgery) (2021). Her clinical interests include nerve-related injuries, spasticity and microsurgical reconstruction. She was awarded the American Society for Surgery of the Hand International Traveling fellowship in 2023 where she was able to broaden her horizons in recent surgical advances in nerve related pain injuries and prosthesis use. Dr Heng is also involved in both undergraduate and post-graduate teaching and was recently awarded the AY2023/2024 TTSH Medical Teaching Award (Top Twenty Teachers; Divisions of Surgery and ADM).

## Dr Chan May Fong



Institution: NHG  
Specialty: Orthopaedic Surgery  
Career Track: Near-Peer

### 3 things about me:

1. I truly believe that interest, a good attitude, and willingness to put in the work will get you to wherever you want to be!
2. I enjoy doing martial arts recreationally – I was brought up doing Taekwondo, and have since transitioned to Muay Thai and have dabbled in Brazilian JiuJitsu
3. When I was young, the love for putting together furniture (Ikea and otherwise) was what gave me the idea to try for Orthopaedic Surgery

### Short bio about mentor

May Fong is a final year Orthopedic Surgery Resident. She graduated from the University of Adelaide, South Australia in 2015, and returned to Singapore to work as a house officer in 2016.

During her time in medical school, she served in the Adelaide University Singapore Association as a committee member and education representative. She helped to organize events throughout the year for the Singaporeans studying in Adelaide, so as to build a “home away from home” for the students. As education representative, she organized tutorials for the junior medical students, and liaised with MOHH during the initiation of the Pre-Employment Grant.

Currently, she is part of the Singapore Orthopedic Trainees Committee (SOTC) that comprises representatives from each cluster tasked with gathering feedback and raising concerns of residents to the Residency Advisory Committee. The committee also organizes the inter-cluster Residents Challenge at the annual Singapore Orthopedic Association (SOA) meeting.

More recently, she also participated in the Singapore Chief Residency Program (SCRIP) representing NHG Orthopedic surgery.

In addition to post-graduate education, May Fong also assists with undergraduate education by volunteering as a tutor, examiner, most recently having served as assistant convenor for NUS YLL Phase 3 examinations.

May Fong has a keen interest in clinical innovation and is applying this to her research ventures. Her biomechanics project with NTU engineering students clinched gold in the Basic Science poster category at the Singapore Health and Biomedical Congress 2023, and best trauma paper at SOA 2023. She hopes that she can further expand this interest in clinical innovation and eventually apply it on a larger scale to positively impact the patient population.

## Dr Cheryl Saw Jiayu



Institution: NHG  
Specialty: Anaesthesiology  
Career Track: Near-Peer

### 3 things about me:

1. I have a brother who is also studying post-graduate medicine overseas, so I may have some recent experience in giving advice/support to someone who has never worked in Singapore before
2. I still love to play games (Playstation/Steam/phone) even though I am in my 30s
3. I am a homebody and always welcome virtual meet ups if that's what the mentees prefer

### Short bio about mentor

Cheryl is a final year NHG Anaesthesiology Resident. She graduated from the University of Aberdeen (Scotland, United Kingdom) in 2016, and returned to Singapore in the same year to start her medical career as a House Officer.

During her time in medical school, she founded and became President of the University of Aberdeen Singapore Society, which aims to bring together and support Singaporeans both studying and working in Aberdeen. Cheryl also played an active role in medical education, where she organised mock examinations for junior students in her university.

In residency, Cheryl was appointed the Chief Resident for the NHG Anaesthesiology Programme in 2023, where she was involved in providing resident support in both academic and social activities. She also served on the NHG Residency Council Executive Committee as the Community Engagement Officer, where she collaborated with Boy's Town to organise an engagement day involving new NHG residents and Boy's Town beneficiaries.

Cheryl strongly believes in the importance of collaboration between specialties, professions and institutions to improve on and adapt to the current healthcare landscape. She aims to work towards building a nurturing environment for both new and existing doctors, which will enhance the collective spirit of commitment towards patients and also bolster effective relationships within the working community. She hopes to help new incoming doctors assimilate into the Singapore healthcare environment.

In her free time, Cheryl enjoys spending time with her pet dog and is also an avid gamer.

## Dr Edwin Liang Fueng Chee



Institution: NHGP  
Specialty: Family Medicine  
Career Track: Near-Peer

### **3 things about me:**

1. I believe that everyone should find meaning in all they do and have dreams to work towards.
2. I enjoy both tea and coffee.
3. Music is my passion.

### Short bio about mentor

Dr. Edwin Liang is a practising Family Physician in Yishun Polyclinic. He has completed Family Medicine residency training and successfully obtained both the Graduate Diploma in Mental Health (GDMH) and Master of Medicine in Family Medicine (Mmed (FM)) post-graduate degrees, after graduating from the National University of Singapore Yong Loo Lin School of Medicine. He has a keen interest in community/ home-based care and is currently the head of a Teamlet in the polyclinic. Beyond clinical work, he is also passionate in medical education and is actively involved in the mentoring of junior doctors in the polyclinic.

## Dr Muhammad Faisal Bin Johandi



Institution: TTSH  
Specialty: Geriatric Medicine  
Career Track: Near-Peer

### 3 things about me:

1. Believes that being a doctor does not define my identity
2. Believes in active citizenry
3. Enjoys running and swimming

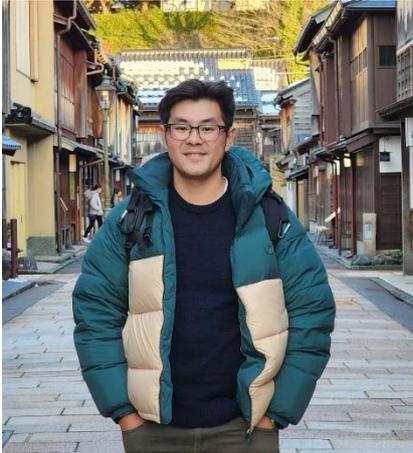
### Short bio about mentor

Dr Faisal Johandi is currently a Senior Resident in the Geriatric Medicine Senior Residency Programme at the National Healthcare Group (NHG). He completed his Bachelor of Medicine and Bachelor of Surgery (MBBS) at the National University of Singapore. Thereafter, he pursued junior residency training in Internal Medicine and now undergoing further training in Geriatric Medicine. Dr Faisal is a member of the Royal College of Surgeons of Ireland and the Royal College of Physicians in the United Kingdom.

Dr Faisal contributes actively to medical research and education, with publications in scientific journals and participation in local and international conferences. He was co-editor of a book on successful ageing titled "Hikmah Senja: A Collection of Advice and Stories to Age Gracefully". He is also a clinical tutor at both NUS Yong Loo Lin School of Medicine and NTU Lee Kong Chian School of Medicine.

Dr Faisal's commitment to healthcare extends beyond clinical practice; he plays an active role in the community as the Lead for Health in M3 @ Marsiling-Yew Tee and Project Lead of Gaya Sihat @ Marsiling-Yew Tee Health Programme. He also holds leadership positions in various grassroots committees. His dedication to improving the health and wellbeing of older adults underscore his commitment to both medicine and community.

## Dr Joel Zhou Cheng'en



Institution: TTSH  
Specialty: Diagnostic Radiology  
Career Track: Near-Peer

### 3 things about me:

1. I didn't choose radiology as a specialty
2. I (we) don't (always) work in the dark\
3. I am passionate about (not) working

### Short bio about mentor

Joel is currently an interventional radiologist at Tan Tock Seng Hospital. He attained his medical degree from the University of New South Wales (Sydney, Australia) in 2015 and went on to complete the NHG diagnostic radiology program, where he was appointed as chief resident. During his tenure as chief resident, Joel took on roles within both the NHG Residency Council and the NHG Residency Wellness Committee. He was also selected to participate in the esteemed Singapore Chief Residency Program.

A strong advocate for excellence in medical education, Joel remains deeply engaged in both undergraduate and postgraduate education. He actively contributes to the training of future medical professionals at the Yong Loo Lin School of Medicine and Lee Kong Chian School of Medicine, as well as within the radiology community.

Outside of his professional life, Joel enjoys traveling, indulging in good food, and dragon boating along Kallang Basin on weekends. He also actively volunteers with the community, where he is a grassroots leader for Ang Mo Kio-Hougang CSN.

## Dr Jonathan Wong



Institution: NHG  
Specialty: Respiratory Medicine  
Career Track: Near-Peer

### **3 things about me:**

1. Jonathan believes that both the private and public sector are valid career paths
2. Outside of medicine, he is always on the lookout for good playgrounds to bring his kids to / fun things for kids to do in Singapore! (please tell me if you have any!)
3. His main medical interests are pleural medicine and intensive care

### Short bio about mentor

Jonathan Wong graduated from NUS YLLSoM in 2017. He is currently a Senior Resident in Respiratory and Critical Care Medicine, having spent his junior residency in the NHG IM Program. He was appointed Chief Resident for Respiratory Medicine and served on the Residency Exco for the academic year of 2023-2024. He is also a research fellow for the Support for Aspiring Research Talent Programme in TTSH for 2024-2025. Outside of work, Jonathan is married with 2 kids.

## Dr Kalaiselvan Karthigaiyan



Institution: NHG  
Specialty: Advance Internal Medicine  
Career Track: Near-Peer

### 3 things about me:

1. I am passionate about junior doctor wellness and burnout. Being aware of how difficult it is sometimes to talk about these issues, I hope to be able to provide a safe space to try to navigate these concerns.
2. Having spent a considerable part of my years in training without an actual 'five-year plan' or concrete long-term goal, I can relate quite naturally with the camps of the 'undecided' and 'not-particularly-ambitious'. I have however learnt the importance of making choices that allow for further exploration while ensuring continued personal/professional development during this process.
3. I am a strong proponent of finding reprieve through the pursuit of interests that are entirely non-medical. As a compulsive class-taker, this had led me to embark on formal regular lessons in French and Sanskrit just months prior to my exits.

### Short bio about mentor

Dr. Karthigaiyan is an Associate Consultant in the Department of General Medicine at Khoo Teck Puat Hospital. He graduated from the National University of Singapore's Yong Loo Lin School of Medicine in 2017 and completed his postgraduate training through the National Healthcare Group (NHG) Internal Medicine residency program. He attained his MRCP (UK) in 2021 and MMed in Internal Medicine in 2022.

He completed his specialist training in Advanced Internal Medicine through the NHG AIM Senior Residency program, during which he served as chief resident. His clinical interests lie in the fields of acute and general medicine, quality improvement, and clinical education.

Dr. Karthi is also actively involved in teaching at both undergraduate and postgraduate levels and was recognized with the NHG Teaching Award for Junior Doctors in 2024.

## Dr Koh Soon Hock

Institution: TTSH  
Specialty: Urology  
Career Track: Near-Peer

## Dr Rebecca Au Tian Mei



Institution: NHG  
Specialty: Pathology  
Career Track: Near-Peer

### **3 things about me:**

1. I am a foodie.
2. I enjoy painting and arts.
3. I love animals and cats.

### Short bio about mentor

Rebecca is a current pathology senior resident at TTSH, where she is undergoing specialized training in the diagnosis of diseases through the examination of tissue, organs, and bodily fluids. She has demonstrated a commitment to improving patient outcomes through a combination of diagnostic acumen and a deep understanding of pathology's role in precision medicine. She is also involved in medical education and mentoring, teaching medical students and junior residents in both clinical and laboratory settings.

Looking ahead, she aims to further develop expertise in gastrointestinal pathology as she is due to exit this year. Outside of medicine, she enjoys arts and painting and visiting museums.

## Dr Reggie George John

Institution: TTSH  
Specialty: Otorhinolaryngology  
Career Track: Near-Peer

### **3 things about me:**

1. No question is too small—ask away!
2. I'm kind of a "journey is as important as the destination" kind of guy
3. Growth is serious business, but we'll keep it fun.

### Short bio about mentor

I'm Reggie, a ~~long-suffering~~ ENT third year resident who enjoys helping juniors grow—both personally and professionally."

- 2.
- 3.

## Dr Shaam Achudan

Institution: NHG  
Specialty: Orthopaedic Surgery  
Career Track: Near-Peer

## Dr Sheena Phua Say Hoon



Institution: TTSH  
Specialty: General Surgery  
Career Track: Near-Peer

### 3 things about me:

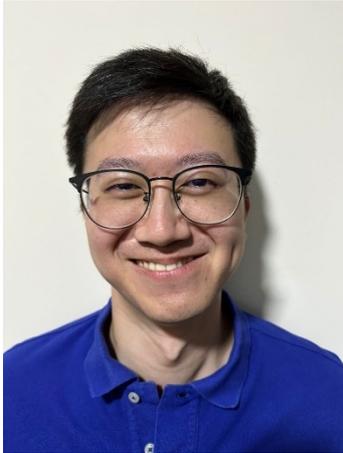
1. Believes in the power of work-life balance, and that a fulfilling life outside of work is essential for mental well-being
2. Wanted to do Neurology as a student up till HO-days. Her advice is always that life as a student is worlds apart from life as a doctor, and our priorities changes along the way. So, take your time and don't rush into commitments—explore what truly resonates with you first.
3. She has a special fondness for Totoro, as anyone who knows her well would attest.

### Short bio about mentor

Dr. Sheena Phua is a specialist surgeon at Tan Tock Seng Hospital in the General Surgery department, with an interest in breast surgery. She graduated from the National University of Singapore's Yong Loo Lin School of Medicine in 2016, making it to the Dean's List. After earning her Master of Medicine from NUS in 2021, Sheena completed her General Surgery specialty training in 2023 and became a Fellow of the Royal College of Surgeons in Edinburgh, UK, all in the same year. She's passionate about oncoplastic surgery and reconstruction, with a goal of improving patient outcomes through advanced surgical techniques. Outside of the operating room, Sheena is deeply involved in medical education. She's been actively teaching since her trainee days and now holds roles as clinical faculty at both NUS Yong Loo Lin School of Medicine and NTU Lee Kong Chian School of Medicine. Her dedication to teaching has earned her recognition with awards like the NUS Medicine Teaching Award in 2021 and the NHG Teaching Award for Junior Doctors in 2022.

Sheena is all about balance—whether it's working hard, staying active, or just kicking back. Outside of work, you'll most likely find her in the studio, either vibing along with the music in rhythmic cycling or finding her core and balance on the pilates reformer. They say endorphins are nature's little burst of happiness, good for both body and soul." After a solid workout or on those well-deserved lazy days, she'll be curled up on the sofa, humming her favourite tunes or binge-watching her shows. From thrillers to rom-coms, if it's got a great storyline, she's in. And then, there's karaoke—Sheena's ultimate weakness. Any time, any place, she's all in for belting out a song, whether she's got a microphone in hand or just singing along from the heart. Music is her happy place, and it's a huge part of the vibe she brings to everything she does.

## Dr Man Shiu Yuen



Institution: TTSH  
Specialty: Emergency Medicine  
Career Track: Near-Peer

### **3 things about me:**

1. I am currently the site lead for ED Hospital Clinicians
2. I have a special interest in Disaster Medicine
3. I enjoy the occasional karaoke session

### Short bio about mentor

Dr Man graduated from YLLSOM in 2013 and rotated through ED, Anaesthesia and ICU during his MOPEX years. After serving as a Navy medical officer during NS, he joined NHG Emergency Medicine residency where he served as Chief Resident. Now an Associate Consultant in TTSH ED, he balances a rewarding work life with the joys of raising two children at home.

## Dr Teh Yuan Kai



Institution: NHG  
Specialty: Renal Medicine  
Career Track: Near-Peer

**3 things about me:**

1. I'm an advanced open water diver
2. I love stand up comedy
3. I love beach, sea, mountain

Short bio about mentor

I'm Yuan Kai, newly minted nephrologist. I love online medical education via social media, podcasts, X (formerly known as twitter), bluesky etc.

Dr Ng Zhi Guang



Institution: TTSH  
Specialty: Gastroenterology & Hepatology  
Career Track: Near-Peer

## Dr Michael Yam Gui Jie



Institution: TTSH

Specialty: Orthopaedic Surgery

Career Track: Research and Innovation

### **3 things about me:**

Favorite 3 quotes -

1. If you cannot, you must can.
2. Do or do not, there is no try.
3. Pain is temporary, honor is forever.

### Short bio about mentor

Michael Yam is a orthopaedic surgeon in Tan Tock Seng Hospital and specialises in trauma and adult construction. He exited from NHG orthopaedic residency as the first clinician scientist track resident.

Innovation has been a large part of Dr Yam's life and is the current Clinical Director and founder of the TTSH medical 3D printing center. He was also a recent fellow of the NHG Innovation fellowship 2022-2023.

Dr Yam is also a teacher and mentor to his residency juniors, overseeing a program to ready them for their upcoming MMed exams. In recognition for his efforts, Dr Yam was previously awarded the NHG teaching award for Junior doctors.

Dr Yam is also passionate about research. He was successful in the procurement of several grants of above 1.2mil as principal investigator. He has also been published in local and overseas journals and has presented his research in conferences of a global stage.

## A/Prof Rupesh Agrawal



Institution: TTSH  
Specialty: Ophthalmology  
Career Track: Research and Innovation

### Short bio about mentor

Associate Professor Rupesh Agrawal is a Senior Consultant, Head, Research and Clinician Scientist at the National Healthcare Group Eye Institute @Tan Tock Seng Hospital.

After completing his residency and fellowship in Uveitis and Ocular trauma from Sankara Netralaya, Chennai (1999-2003), he was a faculty member at Shri Ganapati Netralaya, Jalna (2003-2008) and L V Prasad Eye Institute, Hyderabad, India (2008-2009). After being awarded the NMRC overseas research training fellowship, he spent time at Moorfields Eye Hospital (MEH), London with Prof Carlos Pavesio and completed his MD (Res) training fellowship at Institute of Ophthalmology, University College London (UCL) (Nov' 2012 – Oct' 2014) and is now associated with Institute of Ophthalmology as Research Associate and as Honorary consultant with MEH. His clinical areas of expertise are ocular inflammatory disorders (uveitis) including ocular tuberculosis and HIV and ocular trauma.

He has published many articles in peer-reviewed journals and presented several papers, lectures on uveitis and ocular trauma. He is a recipient of numerous grants for basic-translational science projects pertinent to ocular inflammation and drug delivery. He is associated with Singapore Eye Research Institute (SERI) as Co-Head of Ocular infections and antimicrobials, with Lee Kong Chian School of Medicine, Nanyang Technological University (NTU) as Associate Professor and as Adjunct Associate Professor with Eye ACP Programme at Duke NUS Medical School.

His key research areas of interest are: Development of sustained release drugs for back of the eye. Novel biological markers for ocular inflammation. Characterising red blood cell behavior and its implications in diabetic retinopathy. Choroidal vascular imaging using index first published by him: Choroidal vascularity index.

He is currently secretary of International Society of Ocular trauma and Asia Pacific Ophthalmic Trauma Society. He was conferred with Healthcare Humanity Award by President of Singapore (2011) and President Volunteerism Philanthropy Award (PVPA) in 2018 for his humanitarian work across the island and Asia. He also serves as an examiner for Royal College of Surgeons and Physicians, Glasgow, UK.

## Prof Steven Thng Tien Guan



Institution: NSC  
Specialty: Dermatology  
Career Track: Research and Innovation

### **3 things about me:**

1. Color blind but head the skin pigmentary disorders clinic
2. Spent my early years in medical missions
3. A clinician scientist hopeful

### Short bio about mentor

Hi, I am Steven, a dermatologist masquerading as a clinician scientist, who not only battles skin woes but expertly navigate the complex world of family gatherings as the youngest of seven siblings. Despite being color-blind, I currently head the pigmentary disorders clinic, with a knack for turning skin blemishes into vanished memories. From a young age, nestled among a bustling and noisy household of 7 boys, I have learned the art of making my voice heard while tinkling with hand-me-downs has sparked my research genes, both of which I am using to my advantage in clinics, lab and conferences. When not in lab or clinic, I can be found savoring the finer things in life, namely wine, sake and good food. With a toast in one hand and a research paper in the other, I hope to make my mark in the world of dermatology, one cheerful sip and successful treatment at a time.

## A/Prof Subramaniam Tavintharan



Institution: KTPH

Specialty: General Medicine

Career Track: Research and Innovation

### 3 things about me:

1. I used to serve as ADIO for NHG Residency from 2009-2016.
2. I am a father of two wonderful sons who are 27 years old this year.
3. I am blessed to be able to contribute back to the community and currently help with a free medical clinic.

### Short bio about mentor

Tavintharan, MBBS (Singapore), FRCP (Edinburgh), MCI (NUS), FAMS (Endocrinology), graduated in Medicine from National University of Singapore in 1989. He is a Senior Consultant in the Diabetes Centre in Khoo Teck Puat Hospital (KTPH), and with specialist accreditation in Internal Medicine and Endocrinology. He is the Deputy Director of Clinical Research Unit in KTPH, involved in collaborative research both nationally and internationally. A/Prof Tavin also serves as co-chair for the NHG DM Steering Committee.

With a special interest in Lipidology and preventative cardiology, A/Prof Tavin runs the Lipid Clinics in his institution. He initiated the launch of the FH Registry in 2016 and set-up a collaborative program, the FHCARE to help to increase the awareness of FH, initially amongst healthcare professionals, towards reducing the rates of undiagnosed FH and increasing the rates of persons with FH receiving appropriate care. Singapore is part of the EAS-FH Study collaboration, with A/Prof Tavin serving as the National Lead for Singapore.

FHCARE setup up genetic screening and cascade testing for FH amongst the public care network in Singapore. This has been supported in 2022 by a Precision Health Research, Singapore (PRECISE)'s Clinical Implementation Pilot (CIP) competitive grant under the National Precision Medicine Program. This work aims aim for early diagnosis and appropriate management for people and families with FH, paving the way for personalized care.

## Dr Xu Chuanhui



Institution: TTSH

Specialty: Rheumatology, Allergy & Immunology

Career Track: Research and Innovation

### 3 things about me:

#### 1. **Focus on Research and Patient Care:**

My work centers on improving patient outcomes in rheumatology, particularly in areas like rheumatoid arthritis and systemic lupus erythematosus. I believe in the importance of integrating research with clinical practice to address gaps in patient care and hope to share this perspective with my mentees.

#### 2. **Approach to Mentorship:**

I aim to provide a supportive environment that encourages independence and critical thinking. While I offer guidance and feedback, I also encourage mentees to take ownership of their learning and professional growth.

#### 3. **Collaboration and Approachability:**

I see mentorship as a collaborative process and value open communication. I am always available to discuss challenges, share advice, or offer support. My goal is to help mentees grow as well-rounded clinicians and researchers while learning and growing alongside them.

### Short bio about mentor

Dr. Xu Chuanhui is a consultant in the Department of Rheumatology, Allergy and Immunology at Tan Tock Seng Hospital. In 2012, he completed a collaborative M.D./Ph.D. program, earning his M.D. from Peking University, China, and his Ph.D. from the University of Groningen, the Netherlands. Since relocating to Singapore in 2014, Dr. Xu has achieved Membership of the Royal Colleges of Physicians (MRCP, UK) in 2016 and Fellow of the Academy of Medicine, Singapore (FAMS) in 2022. During his rheumatology training (Clinician-Scientist track), he was acknowledged with the National Outstanding Clinician Scientist Resident Award 2020 from the National Medical Research Council (NMRC).

With a committed focus on research, Dr Xu has a good track record of publications in peer-reviewed journals and successfully obtained several competitive research grants. He is actively involved in the national and international scientific community. He contributes as a member of the Asia Pacific League of Associations for Rheumatology (APLAR) rheumatoid arthritis special interest group, the APLAR Young Rheumatologist Board, and Asia Pacific Lupus Collaboration. Additionally, he is involved in various committees that focus on the development of guidelines and recommendations for managing rheumatic diseases. He is the co-investigator of several international clinical trials.

He holds teaching appointments at both Yong Loo Lin School of Medicine (National University of Singapore) and Lee Kong Chian School of Medicine (Nanyang Technological University of Singapore), actively contributing to both undergraduate and postgraduate medical education. Additionally, he is involved in improving patient care quality as the department's quality review officer.

Publication list: <https://scholar.google.com/citations?user=Dv7-BxUAAAJ&hl=en>

## Dr Abdul Kareem Saleem Ahmed



Institution: TTSH  
Specialty: General Surgery  
Career Track: Residency Programme Director

### 3 things about me:

1. **Passion for Clinical Innovation and MedTech**

I am interested in advancing clinical practices through innovation and exploring the potential of medical technology to improve patient care.

2. **Family Life**

I am married to an anaesthetist, and together we share the joys and challenges of raising three wonderful children while navigating our careers in healthcare.

3. **Rediscovering a Love for Squash**

After many years, I've recently taken up squash again, a sport I loved and played competitively during my school days. It's been a rewarding way to reconnect with fitness and balance work with recreation.

### Short bio about mentor

Dr Saleem Ahmed graduated from Yong Loo Lin School of Medicine, National University of Singapore in 2010 and was awarded the Gold Medal in medical ethics. He commenced General Surgery Residency Training in National Healthcare Group in 2010. He successfully completed his residency training in 2018 and undertook the Joint Speciality Fellowship Examination in General Surgery and was admitted as a fellow of the Royal College of Surgeons of Edinburgh. He successfully completed a Royal College of Surgeons accredited overseas fellowship in St Richard's Hospital, United Kingdom as a senior clinical fellow in bariatric surgery.

Dr Saleem is actively involved in clinical research as well as undergraduate and postgraduate teaching. He is an instructor of Advanced Trauma Life Support (ATLS) course. He is the Program Director for Surgery-in-General residency, National Healthcare Group as well as senior clinical lecturer at the Yong Loo Lin School of Medicine, National University of Singapore. He serves as an adjunct lecturer and surgical lead for Year 5 at the Lee Kong Chian School of Medicine, Nanyang Technological University of Singapore. Dr Saleem was awarded NHG teaching excellence award in 2021. He is the co-investigator for multiple clinical trials and has published multiple peer-reviewed manuscripts on gastric cancer, metabolic/bariatric surgery, and clinical innovation.

Dr Saleem is member of the hospital's weight management service and serves as mentor for the hospital's Clinical Practice Improvement Program. He is also a member of the Obesity and Metabolic Surgery Society of Singapore (OMSSS) and International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO).

## Dr Audrey Wee Chuan Rui



Institution: KTPH

Specialty: General Medicine

Career Track: Residency Programme Director

## Dr Bundele Manish Mahadeorao



Institution: TTSH

Specialty: Pathology

Career Track: Residency Programme Director

### 3 things about me:

1. I have been learning pathology for last 25 years and it doesn't seem to stop; so its an ongoing process
2. I do fail more than I win
3. I believe with clarity and commitment, any goal is achievable for everyone, so it's good to know yourself well -what interests you, try it and see if you can commit to what needs to be done to achieve your goal.

### Short bio about mentor

Dr. Manish M Bundele is a Senior Consultant Pathologist in the Department of Pathology, Tan Tock Seng Hospital, Singapore. He graduated from the Nagpur University, India in 1998), pursued postgraduate training in Pathology. He is a Fellow of the Royal College of Pathologists of UK since 2012. He was awarded the prestigious Ministry of Health Scholarship for fellowship training and underwent a 6-month Head and Neck pathology training at UPMC, University of Pittsburgh, USA in 2016 under the tutelage of Professor Raja Seethala. He practices general Histopathology with a subspecialty interest in Head and Neck Pathology. He participates in postgraduate teaching and does collaborative research with UPMC in head and neck pathology and related molecular pathology. He believes in keeping abreast with the latest evidence-based medicine, and is committed to furthering the understanding of diseases through clinical audit and research. He has contributed to this through multiple international peer-reviewed scientific journal publications, presentations at both local and overseas conferences, and co-authoring of book chapter/s. He is also reviewer of multiple international pathology journals for head and neck subspecialty such as International Journal of Surgical Pathology, Histopathology, Journal for Clinical Pathology and Diagnostic Pathology.

He is also passionate about teaching and nurturing the next generation of doctors. He currently serves as an Adjunct Clinical Faculty at the Lee Kong Chian School of Medicine (Nanyang Technological University).

## Dr Chong Khai Beng



Institution: TTSH

Specialty: Otorhinolaryngology

Career Track: Residency Programme Director

### **3 things about me:**

1. I have studied and worked in Malaysia before doing my specialist training in Singapore.
2. I prefer Zoom/Teams over face
3. Research is not my strength.

### Short bio about mentor

Dr Chong Khai Beng is an Otorhinolaryngology (Ear, Nose & Throat) Senior Consultant at Tan Tock Seng Hospital who specializes in sleep medicine and obstructive sleep apnea surgery. He completed his advanced specialist training in Otorhinolaryngology in 2015 and hands-on fellowship training in transoral robotic surgery and sleep disordered breathing surgery with Professor Claudio Vicini in Italy in 2016. Dr Chong subsequently obtained Master of Science in Sleep Medicine under University of Oxford in 2020. Dr Chong is active in medical education and is an Adjunct Assistant Professor & Clinical Educator at Yong Loo Lin School of Medicine, National University of Singapore. He is also an Adjunct Clinical Faculty at Lee Kong Chian School of Medicine, Nanyang Technological University. Dr Chong is currently the Programme Director for Otorhinolaryngology for National Healthcare Group Residency.

## Dr Daphne Yang Zihui



Institution: TTSH

Specialty: Geriatric Medicine

Career Track: Residency Programme Director

### 3 things about me:

1. I love tea (especially green & oolong) and enjoy collecting teaware
2. My childhood ambition was to be a veterinarian
3. I used to learn languages (French, some Japanese, some Spanish) and felt that it provided a window to new experiences, cultures and perspectives. Hope to pick up this again when less busy with clinical work/the kids in future to keep myself actively ageing and reduce cognitive frailty!

### Short bio about mentor

I am a geriatrician who is interested in improving the health and function of older adults, and have a special interest in sarcopenia management and falls prevention. I also wear the hat of programme director for the Post-Graduate Year 1 programme in TTSH. Outside work, I am a mother to two active and sunshine boys and enjoy yoga/pilates/an occasional swim.

## Dr Hong Qiantai



Institution: TTSH  
Specialty: General Surgery  
Career Track: Residency Programme Director

### **3 things about me:**

1. Appreciates face to face interaction
2. Better at listening than talking
3. Even better at buying you a drink

### Short bio about mentor

Dr Hong Qiantai graduated from National University of Singapore (NUS) in 2010. Upon graduation, he began General Surgery Residency training as the inaugural batch of the National Healthcare Group (NHG) Residency Programme. During his training, he also served as the President of the NHG Residents' Council between 2016 to 2017.

Dr Hong received his Master of Medicine (Surgery) from his alma mater. He has been accredited as a specialist by the Ministry of Health, Singapore since 2018, having passed the Joint Specialty Fellowship Examinations in General Surgery and exited as a Fellow of the Royal College of Surgeons of Edinburgh.

Dr Hong enjoys the dynamic nature of clinical practice as well as working as a team. His subspecialty interest lies in Vascular and Endovascular Surgery. He is a keen educator, serving as clinical faculty and examiner to both the NUS School of Medicine and the Lee Kong Chian School of Medicine. He is also currently the Associate Programme Director for the NHG General Surgery Residency Programme.

## Dr Huang Wenhui



Institution: TTSH

Specialty: General Medicine

Career Track: Residency Programme Director

### **3 things about me:**

1. I am pretty forthcoming when mentoring/advising
2. I truly believe that everyone is different and we should respect stylistic differences even as we curate a list of desirable qualities we want our trainees to have
3. I don't bite

### Short bio about mentor

Hi there! I am an General Medicine physician by training. Out of clinical work, I am heavily involved in undergraduate and postgraduate education. With that in mind, I am generally well placed to provide some form of longitudinal mentorship.

## Dr Jason Chan Meng Huey



Institution: NHGP  
Specialty: Family Medicine  
Career Track: Residency Programme Director

### **3 things about me:**

1. My background would be in public primary care.
2. I am SC on the DISC scale
3. I would prefer to meet face to face rather than on zoom for the sessions

### Short bio about mentor

Jason is an accomplished medical professional currently serving as the Assistant Director in the Family Medicine Development Department. With a robust background in clinical work and medical education, he has been instrumental in shaping the future of family medicine in Singapore.

Since 2002, Jason has been actively involved in the management of patients within hospital settings and is currently engaged in general clinic and family physician clinics at NHGP-Geylang Polyclinic. His extensive experience includes supervising residents in clinical work, assessments, program planning, and evaluation.

In addition to his clinical responsibilities, Jason has made significant contributions to medical education. He has been a Clinical Tutor at LKC School of Medicine since 2018 and has held various roles in postgraduate education, including Programme Director for the NHG Family Medicine Residency Programme since July 2020 and a Graduate Diploma in Family Medicine (GDFM) tutor. His commitment to education is further exemplified by his role as Chair of the NHG Residency Dismissal Review Committee and as an Adjunct Faculty member at NHG College.

Jason's leadership extends to organizational roles, where he has served as the Deputy Head of Geylang Polyclinic and as the Deputy Advisor for the Respiratory Specialist Advisory Group. He is also the Co-Chair of the NHG COPD Respiratory Workgroup. His dedication to improving healthcare delivery has earned him several accolades, including the NHG Teaching Award for Senior Doctors in 2019 and the NHGP Best Family Medicine Trainer Award in 2020.

Outside of his professional life, Jason is married and actively participates in his community by co-leading a missional cell in his church and mentoring couples. He enjoys spending time with his family and has a penchant for collecting toys, often indulging in this hobby.

With a strong foundation in family medicine, Jason holds multiple degrees, including a Master's in Medicine (Family Medicine) and a Master's in Health Professionals Education. He is also a Fellow of the College of Family Physicians (Singapore).

Jason is passionate about advancing the field of family medicine through education, mentorship, and innovative healthcare practices.

## Dr Joanne Kua Ee Chia



Institution: TTSH  
Specialty: Geriatric Medicine  
Career Track: Residency Programme Director

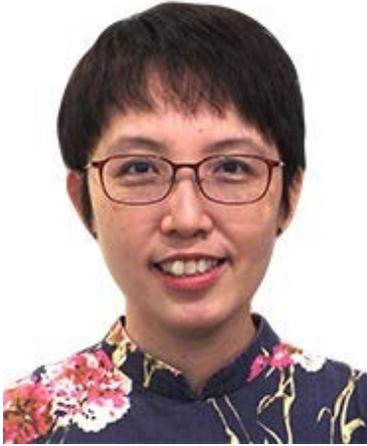
### **3 things about me:**

1. I enjoy good coffee.
2. I am a K-drama fan.
3. I appreciate music.

### Short bio about mentor

The impact of living with my grandmother since young made me want to be a Geriatrician. After rotating through geriatric medicine, the wholistic care contextualised to each and individual patient compelled me to pursue this as a career and I have never regretted choosing to journey and look after the older adults. In addition to caring for older adults at work, I also have 2 primary school going children to look after so juggling between work and family is a skill I'm continuously mastering.

## Dr Koh Li Wearn



Institution: TTSH

Specialty: Rheumatology, Allergy & Immunology

Career Track: Residency Programme Director

### 3 things about me:

1. I believe that Healthcare has to start with Self-care for patients as well as doctors
2. Every moment is an opportunity for learning
3. Everyone is someone we can learn from

### Short bio about mentor

Dr Koh Li Wearn graduated with Honours from the University of Cambridge Clinical School, United Kingdom. She was a pre registration house officer in Leeds, and completed her basic post graduate medical training in Sheffield, UK. She was then appointed locum service registrar in Rheumatology in Leicester, UK for 5 months, before commencing her Specialist Registrar training in Rheumatology in the West Midlands rotation in the UK. Upon completion of her specialist training, she was appointed Consultant Rheumatologist at the University Hospitals Birmingham NHS Foundation Trust and honorary consultant to both the Royal Orthopaedic Hospital, Birmingham and the Birmingham Women's Hospital. She relocated to Tan Tock Seng Hospital, Singapore at the end of 2011.

Dr Koh is passionate about teaching, with involvement ranging from public education, preuniversity and medical students to interspecialty medical, nursing and allied health trainees and colleagues. She was a clinical core faculty member of the NHG Rheumatology Residency Programme at its inception and since 2019, has been the Programme Director. She is also Clinical Senior Lecturer at the Yong Loo Lin School of Medicine, and Adjunct Assistant Professor at the Lee Kong Chian School of Medicine. She has been involved in training and supervision of advanced practice nurses and prescribing pharmacist in Rheumatology. She has also been the Co-chair of the NHG Residency Wellness Committee since 2019.

Dr Koh is the TTSH site Principal Investigator for the Singapore National Biologics Register –a collaborative effort between NHG, NUHS and Singhealth institutions. She is also a co-investigator in various other research initiatives within the department.

## Clin A/Prof Koh Nien Yue



Institution: TTSH  
Specialty: General Medicine  
Career Track: Residency Programme Director

### 3 things about me:

1. I am a coffee addict
2. I prefer self-guided tour compared to guided tour
3. I like to sing

### Short bio about mentor

Associate Professor Koh Nien Yue graduated in 1994 with MBBS from the National University of Singapore and obtained her MRCP (United Kingdom) from the Royal College of Physicians in 1998. She has been accredited as a specialist in Internal Medicine and in Palliative Medicine by Specialist Accreditation Board, Singapore since 2002 and 2010 respectively. She obtained her Master of Science (MSc) in Health Professions Education from the Massachusetts General Hospital Institute of Health Professions in 2013. She is currently a Senior Consultant at Tan Tock Seng Hospital.

Besides clinical interests, A/Prof Koh has been actively involved in the education of medical students, nurses, allied health, house officers, medical officers, residents and senior residents. She was the Programme Director of the NHG Internal Medicine Residency Programme from 2010 to 2014, Assistant Dean in Lee Kong Chian School of Medicine from 2018 to 2024 and is currently the Programme Director of the national Palliative Medicine Integrated Programme.

## Dr Kwok Jia Lun



Institution: TTSH  
Specialty: Urology  
Career Track: Residency Programme Director

### **3 things about me:**

1. Interested in mentoring and providing development advice for Junior doctors
2. Opportunity for mentoring in research
3. Passionate about endourology

### Short bio about mentor

Dr Jia Lun KWOK is a Consultant with the department of Urology at Tan Tock Seng Hospital.

He graduated from the National University of Singapore (NUS) Medicine. He completed specialist training with the Transitional Year Residency and Urology Residency Programs under the National Healthcare Group and received an Outstanding Resident Award. He is a member of the Royal College of Surgeons of Edinburgh, and a Fellow of the Academy of Medicine Singapore (Urology) as well as the Royal College of Physicians and Surgeons of Glasgow. He holds a Master of Science in Management of Healthcare Industries.

His areas of interest within Urology are endourology, stone disease, prostate conditions and minimally invasive surgery. Dr Jia-Lun Kwok was awarded the Healthcare Manpower Development Plan (HMDP) scholarship. He finished one year of Clinical Fellowship in Endourology under Associate Professor Dr Etienne Xavier Keller at University Hospital Zurich (Switzerland), receiving advanced training in endourology, including stone and prostate surgery. He has also visited many Endourology centres of excellence worldwide to learn surgical techniques.

Dr Kwok is the current Program Director of the NHG Urology Residency Program. He also holds teaching appointments as Clinical Lecturer with Yong Loo Lin School of Medicine, National University of Singapore (NUS); as well as Clinical Teacher and Content Expert with Lee Kong Chian School of Medicine, Nanyang Technological University (NTU). He is a recipient of the NHG Teaching award and is active in undergraduate and postgraduate medical education. As a keen researcher, he has published various peer-reviewed papers in respected journals with international collaborations, and is also a regular reviewer for journals.

## Dr Lau Boon Jia



Institution: IMH  
Specialty: Psychiatry  
Career Track: Clinical Education

### **3 things about me:**

1. I appreciate the complexities of the challenges that our residents face as they navigate their training amid coping with other commitments in a very competitive society.
2. I am also quite a pragmatist.
3. With my own experience as a resident, having worked with residents for the past few years, and what I've learned from people from all walks of life as a psychiatrist, I can offer advice and support which can be helpful for their wellness and growth.

### Short bio about mentor

#### *Professional Introduction*

Hi, I'm Boon Jia, the Program Director for a psychiatry residency program in Singapore. I've just taken on this role recently in 2024. Over the years, I've found a passion for mentoring and supporting residents as they navigate the challenges and rewards of a career in psychiatry. I enjoy developing new approaches to tackle the challenges within our residency programme, such as enhancing our training program's curriculum and ensuring that our residents are well-prepared to meet the evolving needs of mental health care locally and internationally.

Apart from my key focus area in postgraduate medical education, I also lead the Anxiety Service in the Institute of Mental Health, where we have an OCD clinic and a PTSD service, working with dedicated multidisciplinary teams to improve care for our clients and patients.

#### *A Bit About Me Personally*

Outside of work, I'm a husband and a father to two wonderful daughters, ages 4 and 2. Family time is a top priority for me, and we enjoy traveling together, especially on scenic and kid-friendly trips such as a recent trip to Perth. I'm also a watch enthusiast, much to the curiosity (and often dismay) of my friends who listen to me go on and on about horological musings. When I have downtime, I love reading a variety of non-fiction books on my trusty Kobo Clara Colour.

## Dr Liew Hung Tze Michelle



Institution: WH

Specialty: Post Acute & Rehabilitative Care (PARC)

Career Track: Residency Programme Director

### Short bio about mentor

Dr Liew specialises in Rehabilitation Medicine and Acute Medicine with special clinical interests in spinal cord injury, amputee and musculoskeletal rehabilitation.

Dr Liew graduated with a MbChB (UK) from the University of Dundee in 2008.

Dr Liew is passionate about medical education and improving a patient's life after trauma, particularly after spinal cord injury and amputation.

Dr Liew speaks English, Mandarin and Malay.

## Dr Low Hsien Min



Institution: TTSH

Specialty: Diagnostic Radiology

Career Track: Residency Programme Director

### **3 things about me:**

1. I enjoy going for long runs in my free time.
2. I dread speaking in public.
3. Would probably have played computer games full time if I did not enter medicine

### Short bio about mentor

I graduated from NUS in 2009 and finished my residency in Diagnostic Radiology in 2017. My subspecialty is in abdominal radiology, with a special interest in hepatobiliary imaging.

## Dr Melissa Tien Chih Hui



Institution: TTSH  
Specialty: Ophthalmology  
Career Track: Residency Programme Director

### **3 things about me:**

1. Music
2. Walking my dog
3. Cooking

### Short bio about mentor

Dr Melissa Tien is a Senior Consultant with the National Healthcare Group Eye Institute @ Tan Tock Seng Hospital. Her areas of clinical interest include Neuro-ophthalmology, Visual Electrophysiology, Cataract and General Ophthalmology.

Dr Tien underwent a 12-month fellowship at the Royal Melbourne Hospital and the Royal Victorian Eye and Ear Hospital, Melbourne, where she trained in Neuro-ophthalmology and Visual Electrophysiology under the supervision of A/Professor Owen White, Dr Neil Shuey and Dr Heather Mack. She also had the privilege of training in Visual Electrophysiology under Professor Graham Holder at Moorfields Eye Hospital, London. Her research work includes the use of the ocular-motor system as a surrogate marker of cognitive inhibitory impairment and the characteristics of patients with visual snow syndrome.

Dr Tien currently serves as Programme Director for the NHG Ophthalmology Residency Programme, overseeing post-graduate ophthalmology training for the National Healthcare Group. She is also Head of Training & Education for the National Healthcare Group Eye Institute @ Tan Tock Seng Hospital, and Clinician Lead for the Visual Electrophysiology service.

## Adj Asst Prof Muhammad Farhan bin Mohd Fadil



Institution: TTSH  
Specialty: Orthopaedic Surgery  
Career Track: Residency Programme Director

### 3 things about me:

1. I went through several MO postings in different hospitals before finally deciding on orthopaedics.
2. My PSA says I spend too much time talking to my patients.
3. I love nasi padang.

### Short bio about mentor

Dr Farhan is a senior consultant in the Dept of Orthopaedic Surgery. He obtained his basic medical degree from the National University of Singapore School of Medicine in 2004. After working in various specialities, he found his calling in the practise of orthopaedics.

Training in various orthopaedic departments in Singapore, he completed the rigorous course and was certified a Fellow of the Royal College of Surgeons (Edinburgh) in 2012. He was awarded an overseas scholarship under the Human Manpower Development Program by the Ministry of Health in 2013. This allowed him to further his dual interests in Foot and Ankle Surgery and Lower Limb Reconstruction in Liverpool, UK.

Foot and Ankle Surgery is a fascinating and fast evolving subspecialty in orthopaedics where problems can range from toenail issues to symptomatic deformities to complex fractures and sequelae of neurological problems. Dr Farhan constantly strives to improve and update himself on the latest concepts and techniques in treating them.

He is also a member of the international AO Trauma organization, reflective of his other interests in trauma, especially that of the lower limb. Another area he finds challenging are lower limb deformities secondary to trauma and neurological problems. Through his training at the Royal Liverpool University Hospital, he is well placed to treat them with several skill sets involving internal fixation as well as circular external fixators, applying the techniques of Ilizarov.

Besides his clinical duties, Dr Farhan is also active in education, receiving several awards for it. He is involved in the teaching of medical students from NUS and NTU medical schools, NHG orthopaedic residents and in advanced nursing courses. He is also invited overseas to teach and lectures on topics related to Foot and Ankle and Trauma.

He participates actively in research, mentoring and leading residents in their various biomechanical and clinical projects. For these efforts, he has several publications in peer reviewed journals and presentations at international conferences on their work. Amongst the awards he has received are the Minister for Health Award in 2006 for his Indonesia disaster relief efforts and Healthcare Humanity Award in 2010.

## Dr Ng Wei Xiang



Institution: TTSH

Specialty: Emergency Medicine

Career Track: Residency Programme Director

### 3 things about me:

1. I believe attitude is more important than aptitude in a trainee
2. I believe that less is more - processes / workflows / procedures should be as simplified as possible.
3. I dabble in a lot of hobbies (e.g photography, Lego, Gundam model building, gaming etc) but I'm not that great in any of them (just like Emergency Medicine >\_\_<)

### Short bio about mentor

Dr Ng Wei Xiang graduated from NUS Yong Loo Lin School of Medicine in 2010. He obtained his Masters Of Medicine (Emergency Medicine) in 2015 and was accredited as a specialist in Emergency Medicine in 2017. Dr Ng currently practices in the Emergency Department of Tan Tock Seng Hospital as a Consultant Emergency Physician and is the Programme Director for NHG Emergency Medicine Residency. He has a special interest in Emergency Critical Care and believes in pushing the boundaries of the care of critically-ill patients in the ED.

## Dr Ray Lai Tian Rui



Institution: TTSH

Specialty: Endocrinology

Career Track: Residency Programme Director

### **3 things about me:**

1. Navigating burnout - I have been there before.
2. Leading and collaborating well within teams - I have made mistakes before.
3. Being a Christian in the workplace - I am one.

### Short bio about mentor

Ray spends half his time as a consultant in the TTSH Endocrinology department, and the other half of his time (and most of his energy) is spent with his wife, dedicated to the survival of their two toddlers.

He enjoys movies and music in his free time, and knows a lot about the Singapore Zoo because the kids keep dragging him there.

At work, his main interest is in educating undergraduates, allied health professionals and senior residents - and he holds education appointments in these areas.

## Dr Raymond Liang Fueng Hin



Institution: TTSH

Specialty: Gastroenterology & Hepatology

Career Track: Residency Programme Director

### **3 things about me:**

1. I believe mentorship is a two-way street.
2. My favorite sport is basketball.
3. I enjoy a good glass of wine (red preferably).

### Short bio about mentor

I am a consultant gastroenterologist from the Department of Gastroenterology and Hepatology, Tan Tock Seng Hospital, Singapore. I am also serving as the current Programme Director of the National Healthcare Group Gastroenterology Senior Residency programme. I have subspecialty interests in inflammatory bowel disease and the application of artificial intelligence in endoscopy.

## Adj Asst Prof Tham Shuen Loong



Institution: TTSH

Specialty: Rehabilitation Medicine

Career Track: Residency Programme Director

### **3 things about me:**

1. Underwent 5 years training and working in Sydney Australia
2. Spent an extraordinary number of years as Program Director of Rehab Med Senior Residency and advocating for Rehab Med Education
3. Most of his free time is spent managing 3 school-going boys and a golden retriever

### Short bio about mentor

Dr Tham Shuen-Loong is Senior Consultant at the Department of Rehabilitation Medicine, Tan Tong Seng Hospital (TTSH), Singapore. He completed his fellowship in Sydney (Australia) in 2013 and is a fellow of the Australasian Faculty of Rehabilitation Medicine. He currently holds the position of Program Director of Rehabilitation Medicine (National Healthcare Group Residency). And is a clinical teacher at Lee Kong Chian School of Medicine and Adjunct Clinical Educator at NUS Yong Loo Lin School of Medicine. His clinical interests include stroke rehabilitation, intensive care rehabilitation and transition care for persons with intellectual disability.

## Adj Asst Prof Timothy Mark Sebastian Barkham



Institution: TTSH  
Specialty: Laboratory Medicine  
Career Track: Residency Programme Director

### 3 things about me:

1. I don't have a grand plan for life,
2. I believe people can work wonders if they are allowed to, unrestrained by bureaucracy and short sighted management.
3. Finally, the needs of the few outweigh the needs of the many. This means individuals need more help and priority than institutions; if we look after the individuals, they will take care of the institution.

### Short bio about mentor

60 yr old Englishman, married with three children aged 22-26yrs. Born in Uganda, attended boarding schools in East Anglia from 8yrs to 18yrs, in the UK.

Medical school at St Thomas's in London. Specialised in Microbiology at St Thomas's, 1996. 2 yrs at The Hammersmith, London. Moved to TTSH, Singapore in 1999.

I was the first full time Microbiologist at TTSH. I introduced quality, set up and ran occupational health for lab staff, and gave staff the freedom to perform well, which they did.

I've been lucky to get many grants that have enabled me to explore, and translate research into clinical services otherwise not available commercially.

I have worked with people in many other institutions (GIS/NTU/SNEC/A\*STAR ...) e.g. I'm Chairman of the NEA ethics committee, and have had a long relationship with NEA that stemmed from being helpful and interested. e.g. all the NEA dengue surveillance stems from work I did with them in 2003/4. I sit on the NEA Dengue expert advisory panel, advising NEA on deploying Wolbachia.

Microbiology was very clinical in the UK, so I miss that aspect here, where it is more of a background specialty. I have worked in the THVC clinic once a week for about 15 yrs. I enjoy the patient contact.

I enjoy teaching and am subcontracted 20% by NUS to teach medical students. I have recently been appointed as Programme director of the Microbiology Residency.

I set up Tornados Hockey Club with friends in 2003, and still play every weekend during the league.

I set up Tanglin Rugby Club with different friends in 2005, and coached children for 11 years, taking squads on tour around the region, and hosting tournaments with over 2000 attendees.

I took up golf after stopping rugby coaching; it has become my main hobby.

## Adj Asst Prof Timothy Koh Jee Kam



Institution: TTSH  
Specialty: Renal Medicine  
Career Track: Residency Programme Director

### **3 things about me:**

1. I like dogs
2. My journey to Nephrology was not straightforward
3. I am introverted by nature

### Short bio about mentor

Senior Consultant with the Department of Renal Medicine. My interests are in Conservative Kidney Care and Haemodialysis. I am also a Adjunct Senior Lecturer with the LKC SOM, and Adjunct Asst Professor with YLL SOM.

## Dr Vera Lim Qinyi



Institution: TTSH  
Specialty: Anaesthesiology  
Career Track: Residency Programme Director

### **3 things about me:**

1. Took a slightly unconventional route via graduate medicine and serendipitously fell into a specialty that turned out to be the one for me
2. I faked it till I made it while learning lots and failing along the way
3. Curiosity, empathy and diligence are qualities that are important to me

### Short bio about mentor

Am currently an Anaesthetist, with a special interest in regional Anaesthesia and have been thankful for opportunities in education, research and Enhanced Recovery After Surgery (ERAS) quality improvement programme implementation. Passionate about improving perioperative care through multidisciplinary collaboration but recognise the multitude of challenges this can entail.

## Dr Wong Chen Seong



Institution: TTSH

Specialty: Infectious Diseases

Career Track: Residency Programme Director

### **3 things about me:**

- 1.
- 2.
- 3.

### Short bio about mentor

Adjunct Assistant Professor Wong Chen Seong is a Senior Consultant Infectious Diseases Physician at the National Centre for Infectious Diseases (NCID) and Tan Tock Seng Hospital. He received his medical training at the Yong Loo Lin School of Medicine, National University of Singapore and gained Membership to the Royal College of Physicians of the United Kingdom in 2010. He is a Fellow of the Academy of Medicine of Singapore (Chapter of Infectious Diseases Physicians).

Adj Asst Prof Wong is Director of the National HIV Programme, and Director of the NCID HIV Clinical Programme. He is actively involved in HIV clinical care and research, with interests in the socio-behavioural determinants of HIV/STI, HIV/STI prevention, HIV Pre-Exposure Prophylaxis (PrEP), innovations in HIV service delivery such as telemedicine, as well as HIV and ageing and co-morbidity.

Adj Asst Prof Wong is also actively involved in both undergraduate and post-graduate medical education and training, and is a Clinical Lecturer at Yong Loo Lin School of Medicine and Lee Kong Chian School of Medicine, as well as an Associate Programme Director of the National Healthcare Group Internal Medicine Residency Programme.

## Dr Xu Huiying



Institution: TTSH

Specialty: Respiratory & Critical Care Med

Career Track: Residency Programme Director

### **3 things about me:**

1. Outside of hospital, I am an avid food lover. I like trying out new and exotic food.
2. I enjoy spending time with my 2 kids.
3. I enjoy yoga and having quiet time with my book and a cup of coffee.

### Short bio about mentor

Dr Xu Huiying is a senior consultant respiratory physician and intensivist in the Department of Respiratory and Critical Medicine, Tan Tock Seng Hospital, Singapore.

She received the Health Manpower Development Plan (HMDP) award for fellowship training in advanced Chronic Obstructive Pulmonary Disease (COPD) as well as adult critical care medicine in the Royal Brompton Hospital (London, UK) and Imperial College London. Apart from her clinical duties, she is active in both undergraduate and post graduate medical education, and is currently Clinical Assistant Professor in the Yong Loo Lin School of Medicine (National University of Singapore) as well as the Programme Director for the NHG Respiratory Medicine residency programme.

Outside of hospital, I am an avid food lover. I like trying out new and exotic food and I enjoy spending time with my 2 kids. I enjoy yoga and having quiet time with my book and a cup of coffee.

I prioritise patient-centred care and empathy and I believe it is important to approach each patient with kindness, compassion and a willingness to listen.

I am committed to providing mentorship and will be always happy to provide guidance, feedback and support to help you achieve your career goals.

## Dr Yeo Chong Ming



Institution: TTSH  
Specialty: Medical Oncology  
Career Track: Residency Programme Director

### **3 things about me:**

1. Dr Yeo is happy to provide life and career advancement advice to junior doctors.
2. Dr Yeo is willing to help nurture any potential interests in oncology-related pursuits.
3. Dr Yeo is blissfully married with school-going children.

### Short bio about mentor

Dr Yeo Chong Ming is a senior consultant Medical Oncologist in the Department of Medical Oncology, Tan Tock Seng Hospital (TTSH). Dr Yeo's clinical and research interests are in gastrointestinal cancers.

Dr Yeo received his MBBS (Bachelor of Medicine, Bachelor of Surgery) from NUS in 2010. He trained in internal medicine with the NHG internal medicine residency program and was the first graduant of the NHG medical oncology senior residency program in 2016. He is involved in the education and development of young oncologists with his role as the programme director of the NHG medical oncology senior residency program since 2019.

He represents his department as a member of TTSH antibiotic stewardship program, TTSH medication assistance fund (MAF) panel. In addition, he is the site principal investigator (PI) and co-investigator (co-I) of oncology clinical trials and is involved in running the research clinic at PH. Feng Research Centre.

He is currently a Fellow of the Academy of Medicine, Singapore since 2020 and Member of the European Society of Medical Oncology.

## Dr Yeo Pei Shan



Institution: TTSH

Specialty: General Medicine

Career Track: Residency Programme Director

## Dr Yew Min Sen



Institution: TTSH  
Specialty: Cardiology  
Career Track: Residency Programme Director

### **3 things about me:**

1. I believe that junior doctors should get involved in research during their early career rather than later. My own research journey was very much inspired by others who were very much junior to me.
2. My teaching philosophy is to keep things simple as much as possible
3. I enjoy reading and swimming in my free time.

### Short bio about mentor

Dr Yew is a senior consultant in the Department of Cardiology. His main clinical interest is in multimodality cardiac imaging and is currently the head of the Nuclear Cardiology and Cardiac CT service. He is passionate about clinical education and is currently the Programme Director for NHG Cardiology residency.

## Dr Christopher Chia Tze Wei



Institution: TTSH

Specialty: Gastroenterology & Hepatology

### **3 things about me:**

1. Simplicity in work processes
2. flexibility in work ethics
3. Creative thinking

### Short bio about mentor

Dr Christopher Chia is a Senior Consultant and Head of Gastroenterology & Hepatology Department in Woodlands Health (WH). He completed his HMDP training in St Thomas' hospital, London (UK) in advance gastrointestinal (GI) therapeutics and GI motility and has been actively introducing some newer aspects of gastroenterology services to bridge gaps identified in patient care.

His area of interest includes endoscopic ultrasound (therapeutic and diagnostic EUS), endoscopic retrograde cholangiopancreatography (ERCP), endoscopic mucosal resection (EMR) and enteroscopy and other standard gastrointestinal (GI) diagnostics and therapeutics including polypectomy, GI stenting, haemostasis in GI bleeding.

Dr Chia also actively runs the GI motility services in the department offering high resolution manometry (upper and lower GI), pH and impedance studies and wireless pH capsule studies (Bravo capsule) in addition to general hepatology consults. He works closely with his peers in the department and also alongside the surgical teams, palliative care medicine, medical oncology and interventional radiology. He has been actively involved as the committee member of GESS (Gastroenterology Society of Singapore) in 2019-2021 and chaired/organized endoscopy workshop(s) for the national GIHEP conference in the past and been an invited speaker for overseas and local conferences in his area of expertise with relevant publications and scholarly activities. Awards won include Young Investigator Award Gold for SHBC (2017) and GIHEP best endoscopic videos (presented by trainees) 2022 and 2023. Dr Chia was also the NHG Program Director (PD) for Gastroenterology Residency Programme from 2018-2023 and has organized multiple Post Graduate Courses for the Gastro fraternity and Senior Residents alike. He was the Lee Kong Chian (LKC) School of Medicine GI education co-lead before his role as PD. Currently, Dr Chia serves as Adjunct Asst Professor in the LKC School of Medicine and is a Fellow of the Academy of Medicine Singapore (FAMS) and Fellow of Royal College Physicians UK (FRCP) and is also a Visiting Consultant (VC) to Tan Tock Seng Hospital (TTSH).

Dr Chia speaks English and Mandarin.

Clin A/Prof Chua Sze Hon



Institution: NSC  
Specialty: Dermatology

## Dr Francis Albert Torres Lo



Institution: TTSH  
Specialty: General Medicine

### 3 things about me:

1. A functional introvert, he may be quiet, but he is open to engaging in meaningful conversations.
2. Possesses a nuanced understanding of machine learning and AI in medicine, believing that these technologies should complement traditional bedside physical examination.
3. Strives to be a holistic and well-rounded compassionate doctor, seeking knowledge not only in medicine but also in the social sciences and humanities.

### Short bio about mentor

Francis has been delivering registrar-grade patient care in Internal Medicine since 2012, following his completion of the Staff Registrar Scheme (SRS) training from the Academy of Medicine, Singapore. His work reflects the Ministry of Health's vision for a stable and skilled middle-grade doctor workforce in the restructured hospitals. Aside from pursuing postgraduate studies in geriatric medicine, endocrinology, and ethics, Francis has also received training in venous thrombosis and clinical education (including simulation-based healthcare education) to broaden his clinical interests. Beyond his clinical and teaching duties, he is also involved in junior medical manpower planning, patient safety initiatives, and Advance Care Planning (ACP) training. He has been a recipient of the hospital's Top Twenty Teachers Medical Teaching Award (for the Division of Medicine).

Embracing a humanist philosophy, Francis takes time to enjoy music through his vinyl record collection or attend live performances (spanning pop-rock to classical), challenge his linguistic aptitude (huddling Hokkien, Malay and English during ward rounds, currently trying his luck with Thai and Korean), and indulge in discovering hidden speakeasies and wineries. Realistic on effects of aging, he has been engaging in taekwondo classes, and striving for the heaviest one-rep max in deadlifts and barbell squats.

As potential mentor, Francis's mission for next generation of staff registrars is to encourage a balanced approach that prioritizes mental well-being while maintaining a strong commitment to patient safety. He aims to foster an environment where open expression is welcomed, yet grounded in traditional values of perseverance and mutual respect.

## Dr Giles Tan Ming Yee



Institution: IMH  
Specialty: Psychiatry

### **3 things about me:**

1. I am a people oriented person
2. I am exploring mindfulness based practices
3. I love it when durian season comes along!

### Short bio about mentor

Dr Giles Tan is a Psychiatrist and Senior Consultant with the Department of Developmental Psychiatry at the Institute of Mental Health and Region Chief (East) for General Psychiatry. He provides leadership on clinical quality and patient safety as the hospital's Assistant Chairman Medical Board (Clinical Quality and Value) and is also chair of the IMH Clinical Ethics Committee.

He is President-Elect and Honorary Secretary of the College of Psychiatrist (Academy of Medicine Singapore), Vice-President of the Singapore Psychiatric Association, Associate Director of the Centre for Medical Ethics and Professionalism at the Singapore Medical Association and serves as a member of the MOH National Medical Ethics Committee and SMC Ethics Committee. He holds teaching appointments with the three local medical schools.

## Dr How Kwang Yeong



Institution: TTSH  
Specialty: General Surgery

### Short bio about mentor

Dr How is a senior consultant surgeon in the Colorectal Service of the General Surgery Department, Tan Tock Seng Hospital.

He graduated from Yong Loo Lin School of Medicine (National University of Singapore) in 2007 and obtained his postgraduate masters of medicine degree in 2013. He is a fellow of the Royal College of Surgeons of Edinburgh and a registered specialist since 2014.

Dr How specializes in minimally invasive techniques for the treatment of colon and rectal conditions. His interests include colorectal cancers and inflammatory bowel disease. In addition, he is also trained in surgery for advanced and recurrent pelvic cancers, having completed his overseas fellowship in Royal Prince Alfred Hospital in Sydney under Professor Michael Solomon.

Dr How is a strong advocate for Enhanced Recovery After Surgery (ERAS<sup>®</sup>), a program which focuses on evidenced based, multidisciplinary, perioperative protocols for faster recovery from major surgery. He played a pivotal role in establishing the ERAS<sup>®</sup> program in Tan Tock Seng Hospital, which has won several international awards, and is one of only 2 Centres of Excellence recognized in Asia by the international ERAS<sup>®</sup> Society. He now leads the implementation of evidence based perioperative care in TTSH as the clinical director of Perioperative Recovery Office.

Dr How is also the Director of the Endoscopy Unit in his hospital, one of the busiest endoscopy units in Singapore that provides a comprehensive suite of cutting edge endoscopy services. He is currently an executive member of ERAS<sup>®</sup> Society and past president of the Society of Parenteral and Enteral Nutrition (Singapore).

Besides clinical work, he is also involved in the training of medical students and surgical residents. He is senior clinical lecturer for both Yong Loo Lin School of Medicine (National University of Singapore) and Lee Kong Chian School of Medicine (Nanyang Technological University).

## Adj A/Prof Jerry Goo Tiong Thye



Institution: KTPH  
Specialty: General Surgery

### **3 things about me:**

*“My top 3 core values in professional and personal life are trust, making a difference and wholeheartedness. I am excited to develop good people and talents to their full potential.”*

### Short bio about mentor

Adj. Asst. Prof. Jerry Goo is the Head of the Department, General Surgery at KTPH. He practices as a senior consultant specialising in Breast and General surgery. He has a special interest in oncoplastic breast surgery, trauma and acute care surgery. He graduated from the Royal College of Surgeons in Ireland Medical School. After obtaining his FRCS (Edin) and specialist accreditation, he went to Westmead Breast Cancer Institute and Westmead Trauma Centre in Sydney for his post-fellowship. He provides a full range of surgical operations for benign breast conditions and breast cancer including oncoplastic mammoplasty, skin and nipple sparing mastectomy and breast reconstruction. He was a key member in setting up the Emergency Surgery and Trauma (ESAT) service at KTPH. This was the first dedicated service in Singapore garnering multiple accolades such as NHG Team Recognition awards in 2018 (Bronze) and 2019 (Gold). He actively participates in education and research for improving patient outcomes. He has published more than 40 peer-reviewed journals in breast, acute care surgery and trauma. As an fervent educator, he serves as faculty and co-chair for Residency Core Competency Committee for NHG General Surgery Residency Programme. He is also a Course Director in Advanced Trauma Life Support (ATLS) and Definitive Surgical Trauma Care (DSTC). He currently holds key appointments in the MOH National Trauma Committee, National Value-driven care for breast cancer surgery Committee and Breast Cancer Research Singapore.

## Dr Joyce Yap Kwee Yong



Institution: TTSH  
Specialty: Continuing and Community Care

### 3 things about me:

1. I am a geriatrician by training. My passion lies in community geriatrics. I am interested in the gaps and overlaps – between acute hospital practice and medicine in the community; between healthcare and social determinants of health. While I enjoy working at these transitional points, figuring out the role of a geriatrician in these spaces has been a continuous journey.
2. I am actively involved in health professions education. The underlying ethos of education resonates with me, which I believe is: To enable individuals to be the best version of themselves.
3. I enjoy sports and reading. One of my favourites lines is: “A story is never an answer. A story is always a question.”

### Short bio about mentor

Dr Joyce Yap has an interest in community geriatrics especially transitional care, exercise medicine in the management of chronic diseases and medical education. She is passionate about expanding the possibilities and looking at the gaps in health and healthcare delivery in the community via conversation, collaboration and scholarship.

## Dr Kee Kok Wai



Institution: NHGP  
Specialty: Family Medicine

### **3 things about me:**

1. In his free time, he enjoys volunteering, cooking, gardening and spending time with family.
2. His favourite cartoon character is Doraemon.
3. He previously had a severe water phobia that caused him to hyperventilate during rain showers, but he overcame it through determination and swimming lessons.

### Short bio about mentor

Dr. Kee Kok Wai is a consultant family physician and the deputy head of clinic at the National Healthcare Group Polyclinics (NHGP). He received his undergraduate medical degree from the University of Malaya, Malaysia, in 2010. He completed his family medicine residency training with NHG and obtained a Master of Medicine in both Family Medicine and Internal Medicine in 2014. He achieved a family medicine fellowship with the College of Family Medicine Singapore in 2018. Kok Wai also serves as the assistant director for the Family Medicine Development department at NHGP. He is actively involved in undergraduate, postgraduate, in-service, and faculty development teaching and has received numerous teaching awards.

He has a special interest in endocrine disorders in primary care, faculty development, and health professional education. He is passionate about mentoring juniors and peers. He was part of the inaugural batch of NHG resident mentors for the first intake of LKC Medicine students. He served as the Associate Program Director for the Family Medicine Residency Program from 2017 to 2024 and for the Singapore Chief Residency Program from 2021 to 2023.

He is a certified facilitator for the MBTI personality assessment and a trained facilitator for Action Learning.

## Dr Kelvin Lor Kah Ho



Institution: KTPH  
Specialty: Orthopaedic Surgery

### Short bio about mentor

Dr Kelvin Lor is a Consultant in Spine Surgery at KTPH. He has a special interest in minimally-invasive spine surgery and spine surgery in geriatric patients. He currently serves as the Head of Service for Spine Surgery and is an Executive Committee Member of the NHG Spine Center. Dr Lor completed his HMDP Fellowship in complex spine surgery in Australia in 2021 and is an Asia Pacific Spine Society Fellowship awardee in South Korea in 2022.

## Asst Prof Lester Tan Teong Jin



Institution: TTSH  
Specialty: Orthopaedic Surgery

### 3 things about me:

1. Overseas graduate who came back as a PGY1
2. First batch of ortho residents
3. CCC and PEC member of ortho, with some insights into residency

### Short bio about mentor

Asst. Prof. Lester Tan serves as a Senior Consultant in the Department of Orthopaedic Surgery. His clinical interests are minimally invasive (keyhole) surgery of the shoulder, elbow, hip and knee, shoulder and elbow replacements, upper limb trauma, shoulder and elbow instability, and knee ligament injury surgeries.

Asst. Prof. Lester Tan graduated from the University of Barts & the London school of Medicine and Dentistry, Queen Mary University of London, with a Bachelor of Medicine and Bachelor of Surgery (MBBS) with a Distinction in Clinical Science. He has also completed further postgraduate qualifications: Member of the Royal College of Surgeons of Edinburgh (MRCS), Masters of Medicine in Orthopaedic Surgery (NUS) and Fellow of the Royal College of Surgeon of Edinburgh (FRCSEd Ortho). He is also registered with the Singapore Specialist Accreditation Board.

He is also very involved in medical education, both undergraduate and postgraduate, and has received multiple teaching awards over the years. He serves as the overall orthopaedic lead in the Lee Kong Chian (LKC) school of medicine in NTU. Asst. Prof. Lester is also a senior clinical lecturer in the Yong Loo Lin (YLL) school of medicine in NUS. He is also a core clinical faculty in the Orthopaedic residency training program. Within TTSH, he also serves as the Assistant Program Director for the Post Graduate Year 1 (PGY1) programme, looking after the training and well being of the junior doctors in their first year.

## Dr Lim Chiow Teen



Institution: KTPH  
Specialty: General Medicine

### **3 things about me:**

1. I'm an IMG who understand both the strength and challenges of working in different healthcare systems and cultures.
2. I believe a strong work ethic and professionalism is essential to becoming a good clinician.
3. I believe in individual informed choices.

### Short bio about mentor

I'm currently HOD Medicine in KTPH. I graduated and worked in the UK for many years before coming back to Singapore. I received good mentorship and training locally which allowed me to progress well professionally.

I was a Patient Safety Officer and Medication Safety Chair for 6 years prior and have been actively involved in Quality Improvement and Patient Safety work since my registrar training days.

## Dr Lim Xin Rong



Institution: TTSH

Specialty: Rheumatology, Allergy & Immunology

### 3 things about me:

1. I completed two specialty training programs, which have deepened my expertise and helped me grow in both professional and personal development. I am drawn to my field as it offers the unique challenge in managing complex, multifaceted cases. I enjoy the process of solving intricate medical puzzles and opportunity to make a difference in patients health outcomes and quality of life.
2. My research interests include: Systemic lupus erythematosus, drug allergy and immunodeficiency. I hold several grants and have mentored students and residents on various research projects.
3. I have 2 young daughters and they take up most of my time outside of my professional life.

### Short bio about mentor

Dr Lim is a Senior Consultant in the Department of Rheumatology, Allergy and Immunology (RAI) in Tan Tock Seng Hospital (TTSH) and deputy head of the Clinical Immunology Laboratory in TTSH. She graduated from the National University of Singapore in 2010 and subsequently obtained the Membership of the Royal College of Physician of Edinburgh, United Kingdom and her Master of Medicine degree from the National University of Singapore in 2013. She completed her specialist training in Rheumatology at TTSH in 2017 and fellowship training in Clinical Immunology/Allergy in 2022.

Dr Lim was awarded the Health Manpower Development Plan Fellowship for further training in Adult Immunodeficiency in 2023. She co-leads the adult immunodeficiency service in TTSH and leads the department's genetic testing and counselling service.

Her research interests include immunodeficiency, drug allergy and systemic lupus erythematosus (SLE). She was awarded the National Medical Research Council new investigator grant in 2023. She is also a co-investigator of the Asia Pacific Lupus Collaboration and Asia Pacific Systemic Sclerosis Incident Cohort.

In addition to clinical care and research, Dr Lim is actively involved in teaching students and residents. She is a clinical Senior Lecturer at the NUS Yong Loo Lin School of Medicine, Content Expert and Clinical Practice Facilitator at the Lee Kong Chian School of Medicine and Member of the Internal Medicine Core Faculty and Internal Medicine Programme Evaluation Committee in TTSH.

Dr Lim is a member of the Chapter of Rheumatologists, Academy of Medicine, Singapore, treasurer of the Allergy and Clinical Immunology Society Singapore, member of the Asia Pacific Immunodeficiency Association and steering committee member of the Junior Asia Pacific Association of Allergy, Asthma and Clinical Immunology Allergy Leadership Forum and Cafe (JAAFCA).

## Dr Muhammad Nursuhairi Bin Sumarni



Institution: TTSH

Specialty: Emergency Medicine

### 3 things about me:

1. Won't say no to a cup of teh tarik
2. Prefers acoustic covers of most songs
3. Big Harry Potter and Lord of the Rings fan

### Short bio about mentor

I'm an Emergency Physician with an interest in Toxicology and completed a fellowship with the Princess Alexandra Hospital Toxicology Unit in 2024. Aside from that, I am also involved in medical education and current hold the position of Posting Lead for Emergency Medicine for NTU-LKC.

## Dr Ng Wee Khoon



Institution: TTSH

Specialty: Gastroenterology & Hepatology

3 things about me:

1. I've worked in TTSH since PGY1.
2. I had my kids during my MRCP examination and my exit examination.
3. Both my wife and I are working full time.

### Short bio about mentor

Wee Khoon works in TTSH Department of Gastroenterology and Hepatology. His areas of interests are in advanced endoscopy, artificial intelligence and medical education. He is the deputy director of Endoscopy Centre and Year 5 Assistant Dean for Lee Kong Chian School of Medicine. He is a son, husband, and father to 2 wonderful boys.

## Dr Nimeshi Sanjila Peiris



Institution: KTPH  
Specialty: General Medicine

### **3 things about me:**

1. Consultant in General Medicine at KTPH, with an interest in Acute Medicine.
2. Completed HMDP training at Guys and St Thomas' Trust UK in Acute Medicine and Ambulatory Emergency Care.
3. Currently leading the Medical Short Stay Unit at KTPH.

### Short bio about mentor

Consultant in General Medicine at KTPH, with an interest in Acute Medicine.

Completed HMDP training at Guys and St Thomas' Trust UK in Acute Medicine and Ambulatory Emergency Care.

Currently leading the Medical Short Stay Unit at KTPH.

## Dr Pandit Nihar



Institution: TTSH  
Specialty: General Medicine

**3 things about me:**

1. Holistic care
2. Passionate teacher
3. Avid reader

Short bio about mentor

In my practise as a General Medicine physician, I am passionate about providing holistic care for patients with complex undifferentiated problems and helping them navigate their healthcare path to enable them make informed decisions. Alongside clinical work, my strength lies in mentoring undergraduate, post graduate and allied health professionals and teaching clinical medicine at the patient's bedside.

I would be happy to guide early career doctors who are keen to explore and find their footing as they navigate complex healthcare systems.

Apart from general medicine, my interests lie in vascular and perioperative medicine, health professions education and designing systems for seamless transitions of care.

## Prof Pang Weng Sun



Institution: KTPH  
Specialty: Geriatric Medicine

### **3 things about me:**

- 1) Introvert
- 2) Workaholic
- 3) Likes nature

### Short bio about mentor

Professor Pang Weng Sun is currently the Dean of Healthcare Leadership College (HLC), a division of Ministry of Health Holdings (MOHH). He is a Senior Advisor of the Geriatric Education and Research Institute (GERI) and Senior Consultant in the Department of Geriatric Medicine, Khoo Teck Puat Hospital and Yishun Community Hospital.

Professor Pang assumed the appointment of Vice-Dean (Clinical Affairs) at Lee Kong Chian School of Medicine, a joint partnership between Nanyang Technological University and Imperial College London from 2011 to 2024. He served as Deputy Group Chief Executive Officer (Population Health), National Healthcare Group from 2017 to 2021.

Professor Pang Weng Sun has contributed geriatric and palliative medicine expertise to various community services and worked with the Ministry of Health and other various voluntary agencies in eldercare and palliative care. He was a recipient of the Healthcare Humanity Award (2005), Public Administration Medal Silver (2012), National Outstanding Clinician Educator (2016) and National Healthcare Group Lifetime Achievement Award (2019).

## A/Prof Phua Dong Haur



Institution: TTSH  
Specialty: Emergency Medicine

### **3 things about me:**

1. I enjoy Tang poetry and Chinese Calligraphy
2. The greater good of society is more important than the smaller self
3. "I know in my heart that man is good, that what is right will always eventually triumph, and there is purpose and worth to each and every life"

### Short bio about mentor

Dr Phua Dong Haur graduated from School of Medicine, National University of Singapore in 1999. He qualified as a specialist in Emergency Medicine in 2006. He has a second Master degree in Medical Education specialising in Measurement and Assessment. He is currently working as a senior consultant emergency physician in Tan Tock Seng Hospital Emergency Department.

He is also trained in clinical toxicology at the Rocky Mountain Poison Center, Denver Colorado, USA and the National Poison Center, Veterans in General Hospital, Taipei, Taiwan. He currently provides clinical toxicology consultation service for his hospital emergency department and intensive care units.

He is actively involved in medical education as Assistant Dean of Assessment of the Lee Kong Chian School of Medicine, and Core Faculty member of the Emergency Medicine residency program of the National Healthcare Group. He has facilitated in many faculty development courses of NHG College and has been engaged as consultant in psychometric evaluation for various examinations.

His research interests include acute poisoning and management and clinical decision making.

## Adj Asst Prof Seow Cherng Jye



Institution: TTSH  
Specialty: Endocrinology

**3 things about me:**

I have an interest in

1. Travelling
2. Good food
3. Good movies!

Short bio about mentor

Dr Seow Cherng Jye is a senior consultant endocrinologist from the department of Endocrinology, Tan Tock Seng Hospital. He was previously the program director of the Endocrinology Senior Residency program from 2018-2024 and is currently the principal lead for year 3 LKC Medicine. He has an interest in using technology to improve diabetes care and currently runs the Brittle Diabetes Clinic in Tan Tock Seng Hospital.

## Adj Asst Prof Shawn Vasoo



Institution: TTSH  
Specialty: Infectious Diseases

### 3 things about me:

a. *What inspired you to do what you do and what was the most memorable experience you had in your job?*

I've been fascinated by microbes ever since med school. Tiny but can be so helpful, or harmful. Infectious diseases are something we can treat and cure often, or better still prevent. Microbes have shaped civilization for millennia! A volley of events from 2019 onwards after I assumed my current position – an ebola suspect scare, our first mpox case in 2019, and then COVID-19. You never know what to expect! Also working with a fantastic team of people to fulfil our mission. Learning new things all the time, and also being able to train and work with younger people to step up to fulfil the mission of our organisation.

b. *What is your favourite way to unwind after a long way of work?*

1) The Peranakan restaurant opposite Novena church (Assam Fish+ Chap Chye+ Ngoh Hiang is very good) 2) Staring at my fish tank 3) Taking walks with my wife 4) Spending time with Family

c. *If you were a McDonalds food item, what would you be and why?*

The bun (believe it or not). Soft and flexible, also doesn't seem to turn bad (according to urban legend?).

### Short bio about mentor

Adj. Asst Prof Shawn Vasoo is Clinical Director at the National Centre for Infectious Diseases (NCID) in Singapore and Senior Consultant in the Department of Infectious Diseases at Tan Tock Seng Hospital. He graduated from the National University of Singapore in 2001, and completed an Internal Medicine and Infectious Diseases Fellowship at Rush University Medical Center in Chicago, followed by subsequent fellowships in Clinical Microbiology and Orthopedic Infectious Diseases at the Mayo Clinic in Rochester, Minnesota.

Returning to Singapore in 2014, Adj. Asst. Prof Vasoo leads the Infectious Diseases Research Laboratory at NCID, besides caring for in and out-patients on the Infectious Diseases Service, and also is an educator with the Lee Kong Chian School of Medicine, Nanyang Technological University, and the Yong Loo Lin School of Medicine at the National University of Singapore.

He serves on several editorial boards including the Singapore Medical Journal, BMC Infectious Diseases, the Journal of Bone and Joint Infection and the Journal of Clinical Microbiology. He has an interest in rapid diagnostics, Gram negative resistance, bone and joint infections and outbreak preparedness.

## A/Prof Sim Kang



Institution: IMH  
Specialty: Psychiatry

**3 things about me:**

1. I like travelling
2. I like taking walks in the parks with my wife
3. I like having a bowl of nice chendol

Short bio about mentor

Associate Professor Sim Kang is currently a senior consultant and Assistant Chairman Medical Board (Education) at the Institute of Mental Health. He is an affiliated faculty with the Yong Loo Lin School of Medicine, NUS and Lee Kong Chian School of Medicine, NTU. He is married with 2 children.

## Dr Sunder S/O Balasubramaniam



Institution: TTSH  
Specialty: General Surgery

### 3 things about me:

1. Both my kids were born in my residency years - it was very tiring then but very worth it now.
2. I enjoy running and hope to participate in the marathon again someday. It also helps clear my mind and de stress from work.
3. I will get restless and grumpy if I go too long without operating, like many of my colleagues. But I will also complain if there are too many surgeries without a chance to rest.

### Short bio about mentor

Dr Sunder Balasubramaniam graduated from the Yong Loo Lin School of Medicine (National University of Singapore) in 2009, and completed his Residency in General Surgery (National Healthcare Group) in 2018.

He is a Trauma and Acute Care Surgeon with an interest in Endocrine Surgery. He was awarded the Health Manpower Development Program (HMDP) scholarship by the Ministry of Health in 2019 to further his training in trauma and acute care surgery; and spent a year in Auckland under the supervision of Professor Ian Civil and Dr Li Hsee.

He has played an important role in improving the management of patients with rib fractures in Tan Tock Seng, including surgical fixation of rib fractures in patients. Dr Sunder is a Visiting Consultant at Sengkang General Hospital and Woodlands Health Campus for complex trauma patients.

Apart from surgery, he has a keen interest in medical education and surgical training. He is a regular faculty at the Definitive Surgical Trauma Care Course conducted once a year, and regularly reviews the trauma courses in the TTSH Trauma Training Centre. This is to ensure that the courses delivered remain current and relevant in both content and methods of teaching/training.

## Dr Tan Yan Ru



Institution: TTSH  
Specialty: General Medicine

**3 things about me:**

1. Dr Tan Yan Ru is a Consultant in the Department of General Medicine and a faculty member of the Advanced Internal Medicine Senior Residency Programme.
2. She graduated from The University of Hong Kong and NHG Internal Medicine Residency Programme.
3. Beyond the realm of medicine, she is a passionate music enthusiast and a mother of 2 children.

## Adj. A/Prof Terence Huey Cheong Wei



Institution: TTSH  
Specialty: General Surgery

### **3 things about me:**

1. I have 2 kids.
2. I'm also looking for the elusive work-life balance.
3. Running with friends is better than running alone.

### Short bio about mentor

I am a General Surgeon with a subspecialty interest in Hepatopancreatobiliary conditions. As part of my interest in teaching and education, I also completed a Master of Science in Health Professions Education, kindly sponsored by NHG. I enjoy working in a team, where I can learn from others, and also hopefully to guide others along their professional journey. I believe surgery is a team sport, and that being able to help our patients get better is a great privilege of our profession.

## Adj A/Prof Timothy Teo Wei Wen



Institution: KTPH  
Specialty: Orthopaedic Surgery

### Short bio about mentor

Adj Assoc Prof Timothy Teo is a fellowship trained surgeon specializing in shoulder and elbow surgery as well as arthroscopic and sports surgery of the hip and knee. He has been serving as the Head of Department, Orthopaedic Surgery at KTPH since 2020. He has a special interest in sports and arthroscopic surgery, specializing in joint preservation procedures of the hip, knee, shoulder and elbow, which include ligament, meniscus, cartilage surgery, osteotomy, rotator cuff and instability surgery. He is also proficient in shoulder and elbow trauma surgery and arthroplasty.

His research work is well-published in numerous international peer reviewed journals, and he serves as an invited faculty at multiple local and international conferences and courses. He has shared his expertise on the global stage serving as the official tournament doctor for prestigious international tournaments like WTA (Women's Tennis Association) Finals 2 years in a row.

He serves on the Orthopaedic Residency Advisory Committee of Singapore, and is a proctor on the FRCS exam committee, serving as an examiner for both undergraduate and postgraduate examinations. He is also a core faculty member of both the NHG Orthopaedic and PGY1 Residency. He served as Associate Program Director on the National PGY1 Program. A passionate teacher, he commits time at both NUS and NTU School of Medicine. His contributions earned him multiple teaching awards by NUS, NHG and KTPH, including the NUS Dean's award for teaching excellence. He recently received the National Awards Commendation Medal for his contributions to the COVID-19 fight in 2023.

## Adj A/Prof Vishalkumar G Shelat



Institution: TTSH  
Specialty: General Surgery

### **3 things about me:**

1. Available for active listening
2. Balanced guidance
3. Commitment for clarity of views

### Short bio about mentor

Dr Vishal is a general surgeon trained in open, laparoscopic and robotic hepatobiliary and pancreatic surgery and diagnostic foregut and hindgut endoscopies. He is involved in undergraduate and postgraduate teaching and training; and received hospital, cluster and medical school level various teaching awards. He serves as a program director for PGY1 program and Director of Surgical Science Training Centre at Tan Tock Seng Hospital.

Dr Vishal has published >160 papers and >10 book chapters. He has contributed to many international guidelines, delivered >25 oral invited or nominated international lectures and serves on editorial board of international journals. He serves as a board member of Chapter of Surgeons, College of Surgeons, Singapore. He is the founding member of Singapore HPB association.

Dr Vishal is involved in various surgical quality and patient safety initiatives. He has conducted local primary care and public seminars/forums to raise cancer awareness and drive patient-centric value driven safe surgical care. Dr Vishal has keen interest in healthcare ethics and is an active member of institutional clinical research and ethics committees. He is registered as a medical expert witness and renders medico-legal assistance upon request.