

Fellowship Programme

Our department of Anaesthesiology currently offers both Regional Anaesthesia and Chronic Pain Fellowship programs under our wing. Our faculty members are highly motivated in teaching and keen to share their rich mix of international and local experiences.

Regional Anaesthesia Fellowship

Regional Anaesthesia has evolved over time with Ultrasound-guided regional anaesthesia techniques gaining fast traction. With established benefits of regional anaesthesia such as improved perioperative outcomes, there is a need for training in this area to promote competence, improve operator confidence and augment patient safety.



Our department has been proactive in teaching and have taught a steady stream of international fellows adept at regional anaesthesia. We are confident our program can help Fellows gain familiarity and proficiency in a wide range of nerve blocks, multimodal analgesic techniques, local anaesthetic and narcotic infusions, analgesics and adjuvants.

In KTPH, we have a centralized RABA (Regional Anaesthesia Block Area) station where patients from various operating theatres who require regional blocks are gathered. This area is well-equipped with a permanent ultrasound machine and block trolley to improve ergonomics during block performance. Fellows will be given opportunities to work in the RABA area, where assigned Regional block specialists will be available to guide and supervise their skills.



The fellowship is designed to gain expertise in technical and non-technical skills of regional anaesthesia. The range of blocks over the course of 1 year may include:

Basic blocks	Spinal, Ankle blocks, Ilioinguinal, Lateral cutaneous nerve, Femoral, fascia iliaca and adductor canal blocks. Superficial cervical plexus block, brachial plexus blocks (including interscalene, supraclavicular approaches)
Intermediate to advanced blocks	Lumbar and thoracic epidurals Brachial plexus blocks (including infraclavicular, suprascapular) Truncal blocks such as Transverse Abdominal Plane blocks/Rectus sheath/Erector spinae plane blocks/PECS blocks Obturator / Sciatic nerve
Others	Continuous catheter techniques

In addition, Fellows will be given opportunity to participate in patient care during Acute Pain Service rounds where fellows gain exposure to important aspects of post-block management and identification of a suitable patient for blocks.

Training Duration

- Duration of fellowship can vary from 6 to 12 months. Final Approval of the training duration will be decided by the respective Program Director

Clinical Responsibility

- Based on the subspecialty chosen, fellows will be assigned to relevant operating theatres / work location of interest
- Fellows will be expected to maintain and update their logbooks regularly to track their work and experience.
- Night duty may or may not be required.

Supervision

- The Program Director will be the overall in charge for the fellowship program
- A senior doctor / Associate Consultant grade and above will be assigned to the Fellow as a direct supervisor to ensure that training needs are suitably met. The supervisor will be responsible for monitoring the training and performance and will provide feedback to the fellow and Program Director
- Fellows will be working under the supervision of a senior doctor at all times, during elective and emergency settings

Research and Academic activities

- Our department believes strongly in keeping up to date with the latest guidelines, algorithms and equipment. Fellows will be given opportunities to participate in our department teaching program, where the latest literature and studies can be presented and discussed.

- Opportunities will be available to participate in research activities, publications and presentations in scientific meetings, audits and new projects.

Requirements

- Fellows are required to have completed their basic medical degree and completed their post-graduate training in Anaesthesia in their home country before applying for the fellowship – this is to ensure basic skills and knowledge before embarking on the relevant sub-speciality.
- For registration with Singapore Medical Council, Fellows will need to show support and endorsement by their sponsoring institution for the fellowship programme.

Application

Interested applicants are required to submit their current CV and 2 testimonials with a cover letter stating their reasons for applying for the fellowship. Kindly email the Program Director, Dr Geraldine Cheong at cheong.geraldine.pc@nhghealth.com.sg. Please copy your application to Ms Jennifer Mong at mong.jennifer.kw@nhghealth.com.sg.

Pain Medicine Fellowship

Objectives

- Teaching interventional pain medicine in an evidence-based manner
- Candidates learn fluoroscopic and ultrasound guided techniques
- Learn about psychology, pharmacology, intravenous lignocaine/ ketamine infusions and physical therapy in pain management while working as part of multidisciplinary team

Program content

Candidate will learn to obtain comprehensive pain history, perform physical examination and order/ read diagnostic tests. Candidates will be expected to gain familiarity and proficiency in a wide range of interventions, multimodal analgesic techniques, local anaesthetic and narcotic infusions, analgesics and adjuvants. Management of patients on Acute Pain Services (APS) will also be emphasized.

Examples of interventions offered in Khoo Teck Puat Hospital:

Head and Neck procedures	Median branch block and neurolysis, Facet joint blocks, Stellate ganglion block, Cervical epidural/ selective nerve root block, Trigeminal Ganglion block
Chest/ Thorax procedures	Intercostal nerve block, suprascapular nerve block, Erector Spinae block
Lumbar/ Abdominal procedures	Lumbar transforaminal/ selective nerve root block, Lumbar sympathetic block, Lumbar facet injections, Median branch block and neurolysis, Caudal Epidural injections, Splanchnic nerve block and neurolysis
Pelvic procedures	Sacral selective nerve root injection, Ganglion Impar block, Sacroiliac joint injection and neurolysis
Upper extremity procedures	Brachial plexus block, Gleno-humeral/ Acromio-clavicular joint, Peritendinous and Bursa injections, PRP (Platelet Rich Plasma) injections
Lower extremity procedures	Sciatic nerve block, Piriformis muscle injection, Bursa injections, Hip and Knee joint intraarticular injections and Radiofrequency ablation of nerves

Training Duration

The duration of the fellowship can vary from 6 to 12 months (maximum 12 months). Final approval of the training duration rests with the Program Director

Clinical Responsibility

- Fellows will be based in Khoo Teck Puat Hospital, Yishun Health.
- Clinical responsibilities will be focused on three main areas:
 - ✓ outpatient pain consultations
 - ✓ interventional pain procedures
 - ✓ inpatient pain rounds and referrals for pain management
- Fellows will be expected to maintain and update their log book regularly to track their work and experience.
- Provision will be made for Fellows to maintain their general anaesthesia skillset by performing elective and emergency anaesthetic work. The latter may include night duties.

Supervision

- The Program Director will be the overall in-charge for the Fellowship Program.
- The fellow will only practice in Department of Anaesthesia, KTPH.
- A Senior Doctor of Consultant grade or above will be assigned to the Fellow as a direct Supervisor to ensure that the training needs are suitably met. The Supervisor will be responsible for monitoring the training and performance and will provide feedback to the Fellow as well as the Program Director.
- The Fellow will be working under the supervision of a SMC-approved supervisor from Department of Anaesthesia, KTPH (Senior Doctor) always, during elective and emergency settings.

Research and Academic activities

- Opportunities will be available to participate in research activities, publications and presentations in scientific meetings, audits, initiate new projects, and formulate care plans/protocols for patient management.
- Candidates will be expected to participate in the Department's teaching program. They will be expected to present relevant literature review, case studies and discussions. Opportunities will be made available to teach Junior Residents.
- The fellows will also receive complimentary registration for the annual 'AACES Pain Medicine Ultrasound Course' organized by pain physicians in the department.

Requirements

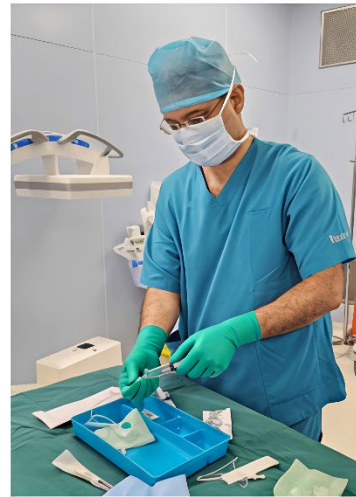
- Fellows are required to have completed their basic medical degree AND completed their postgraduate training in Anaesthesia in their home country before applying for the Fellowship. This is to ensure basic skills and knowledge before embarking on further training and development in the subspecialty area of Pain Medicine.

- For registration with Singapore Medical Council, Fellows will need to show support and endorsement by their sponsoring institution for the fellowship program.

Application

Interested applicants are required to submit their CV and 2 testimonials with a cover letter stating their reasons for applying for the fellowship. Kindly email the Program Director, Dr Ashutosh Joshi at Ashutosh.Joshi@nhghealth.com.sg.

Please copy your application to Ms Jennifer Mong at mong.jennifer.kw@nhghealth.com.sg.



Pain procedures being performed in operating theatre



Initial assessment in Nurse lead Pain Clinic

The tenacious throbbing toe

3

June 2022

7.30am via Zoom
Department of Anesthesia

Clinical
Pathological
Conference

Synopsis:

We present a case of a 44-year-old Chinese lady who was admitted electively for a left toe-nail avulsion and excision biopsy of an overlying eponychial lump. While her operation was uneventful, her post-operative recovery was marred by persistent debilitating pain of the operated toe.

Her left toe was noted to have episodic swelling with purplish hue with neuropathic pain patterns.

Her pain management was complicated by her background of major depressive disorder on high dose antidepressants and a history of serotonin toxicity resulting asthmatic flares and mood irritability.

In addition, her drug allergies to multiple analgesics to Codeine, Tramadol, Oxycodone, NSAIDs and Paracetamol also limited our analgesic regime. She and her family were also growing increasingly frustrated of her non-remitting toe pain.

Join us as we share her 2-month recovery journey. We will focus on the various pain therapeutics used in her case, the need to recognise adverse serotonergic effects these patients can develop and finally, managing the expectations of chronic pain patients.

Chairperson

Dr Ashutosh Joshi (Lead Consultant, Pain Service, KTPH Anaesthesiology)

Presenters

Dr Darryl Heng (Consultant, KTPH Anaesthesiology)

Dr Willis George Christopher (Senior Consultant, KTPH General Medicine)

SSN Lee Xin Yi (Senior Staff Nurse / Pain Specialist Nurse, KTPH Nursing Administration)

➤ 1 CME point awarded

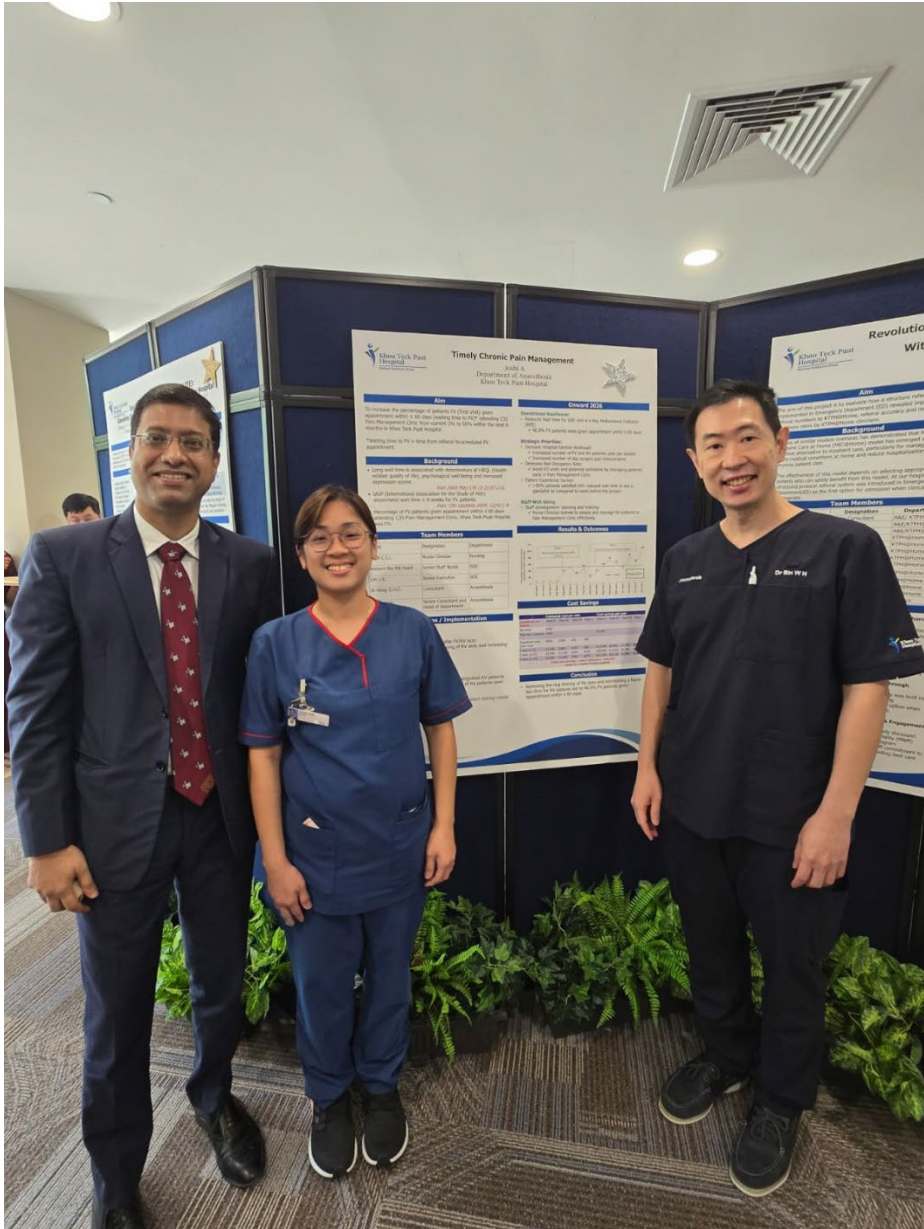
➤ Pre-registration is required:



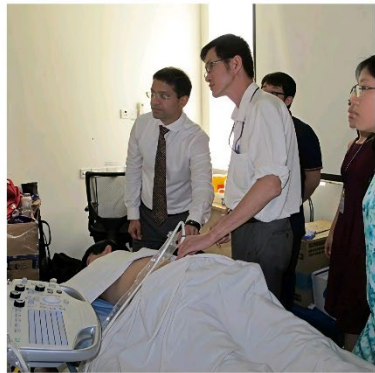
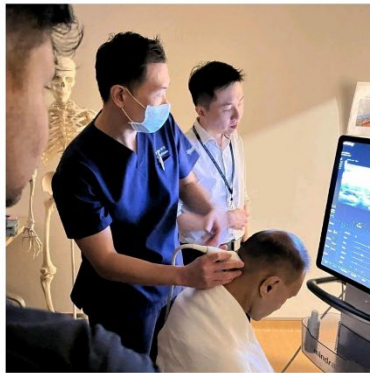
Registration
closes 2 June
2022, 12 PM



CPC (Clinical Pathological Conference) on chronic pain condition presented by our pain physicians and nurses



The CPIP (Clinical Practice Improvement Project) on 'Timely Chronic Pain Management' won One Improvement Award 2025



Department conducts annual AACES (Alexandra Academy for Clinical and Emergency Sonography) Pain Medicine Ultrasound Course in KTPH