

# SINGAPORE MEDICAL COUNCIL

## ACCREDITATION OF FELLOWSHIP PROGRAMME FOR OVERSEAS ADVANCED TRAINEES

<b>Institution</b>	Khoo Teck Puat Hospital
<b>Department/Division</b>	Department of Geriatric Medicine
<b>Period of Training</b>	3 – 12 months
<b>Training Programme</b>	Geriatric Medicine and Aged Care

This document contains the details of the above training programme.

### **FACULTY**

Programme Director:

A/P James Low

Programme Co-director:

Dr Claudia Koh

Faculty members:

A/P Philip Yap  
A/P Lawrence Tan  
A/P Ng Chong Jin  
Dr Su Su  
Dr Ang Yan Hoon  
Dr Rachel Cheong  
Dr Grace Lim  
Dr Priscilla Ng  
Dr Harold Lo  
Dr Laurence Tan  
Dr Mansha Khemlani

The Programme Director, in consultation with the Head, Dept of Geriatric Medicine will be overall-in-charge of the programme.

### **DURATION OF TRAINING PROGRAMME**

The training duration is recommended to be between 3 months to 1 year depending on the needs of the trainee. The time allocated for each of the modules will be tailored accordingly. Extension of training can be made on a case-by-case basis but should not extend beyond the permissible period of 1 year in total. It will be the prerogative of the Programme Director and/or Head of Department to decide on the extension sought by the Fellow.

### **OBJECTIVES OF TRAINING PROGRAMME**

The Fellowship Programme in Geriatric Medicine (FPGM) aims to provide overseas geriatric medicine specialist trainees with the opportunity to train in geriatric medicine and learn about

comprehensive healthcare for the older patient. Singapore is a rapidly ageing country which has implemented many programmes to face the challenges of caring for an ageing population. Many countries within the region are also facing a similar phenomenon and can learn from Singapore's experience.

Apart from building goodwill, the FPGM would help position Khoo Teck Puat Hospital (KTPH) and Singapore at the forefront of Geriatric Medicine education and training, not only within this region but also in the greater Asia-Pacific basin.

This programme will cement Singapore's position as a premier healthcare training and education hub and help make it a center of excellence for Aged Care, which is aligned with the strategic goals of Singapore Medicine.

## **ENTRY REQUIREMENTS**

The foreign-based doctor must fulfill the following criteria:

1. Possess a postgraduate degree or its equivalent in Geriatric Medicine or General Medicine from their home country,
2. Must have clinical experience of at least 1 year in Geriatric Medicine and been working in a clinical setting in the preceding 3 years, in their home country,
3. Have a basic medical degree from an accredited (by the home country) medical university or medical school,
4. Have passed the relevant national licensing examination in the country of conferment of basic degree,
5. Have evidence of at least 12 months of housemanship / internship experience with a certificate indicating satisfactory completion of housemanship or its equivalent,
6. Be registered as a medical practitioner in the country of current practice and be certified to be of good standing by the Medical Council or the relevant national authority.
7. Must be conversant as well as able to communicate and write in the English language.

## **PROGRAMME CONTENT AND TRAINING MODULES (See Appendix A for details)**

The fellowship will allow the Fellow to be rotated through the various subspecialty programmes and services within the healthcare cluster. The programme will include the following:

<b>Module</b>	<b>Consultant-in -charge</b>	<b>Nature of Training</b>
Acute and Emergency care of the elderly	Dr Harold Lo	Supervised practice
Cognitive Services	A/P Philip Yap	Supervised practice
Continence Service	A/P Lawrence Tan	Supervised practice
Hip Fracture Unit/ Orthogeriatrics	Dr Su Su	Supervised practice
Peri-operative Care	Dr Priscilla Ng/Dr Grace Lim	Supervised practice
Frailty	Dr Rachel Cheong / Dr Wong Sweet Fun	Observership
Palliative Care	Dr Laurence Tan/Dr Mansha Khemlani	Supervised practice
Long Term Care/Telegeriatrics	Dr Laurence Tan/ A/P James Low	Observership
Community Care	Dr Ang Yan Hoon	Observership
Yishun Community Hospital	Dr Lee Kok Keng	Observership
EOL/ Geriatric Clinical Ethics	A/P James Low/Dr Lawrence Tan	Observership
Research and Education	Dr Rachel Cheong/Dr Claudia Koh	Supervised practice

## **COMPONENTS OF TRAINING**

## Clinical Responsibilities

Fellows, undergoing supervised practice, will be allowed to carry out assessments of patients and document into the electronic clinical management system of the hospital, under the supervision of a consultant or above always. They are expected to participate in ward rounds, outpatient clinics, multidisciplinary team meetings and continuing medical education (CME) sessions of the department. They will be allowed to prescribe into the electronic prescribing system under the supervision of a consultant. This prescribing privilege will be allowed on a case by case basis with the approval of the Head of Department and must fall within the ambit of what is allowed by the Fellow's SMC registration. The Fellows will be given access to the medical records (hard copy and electronic) of patients. However, medical confidentiality and adherence to the PDPA act should be strictly observed always. Night or on-call duties are not expected of the Fellows.

For those modules that allow only clinical observership, the Fellows will be allowed to observe another physician or healthcare worker conduct the clinical activity with the patient but are not allowed to provide direct patient care, document in the case notes (hard copy or electronic) or prescribe medications.

Fellows will be expected to conduct themselves in accordance with the requirements of the Singapore Medical Council's (SMC) Ethical Code and Ethical Guideline (ECEG) 2016 throughout the training period. They should also obtain BCLS certification by the hospital or any accredited training centre, throughout the Fellowship period.

## Research

Fellows will be given the option of being attached to the Geriatric Education and Research Institute (GERI) for a short period of time or remain on site to learn about geriatric research in Singapore. They will be taught about the basic principles of geriatric research such as in developing research questions, undertaking medical literature search, planning research methodology, submission of the research project for IRB approval, applying for grants, collecting data, analyzing the data, writing the manuscript and publishing the final paper. Good projects may be presented at meetings and conferences. The use of simple statistical software such as SPSS, STATA and Invivo, will be taught.

## Academic Activities

Fellows are expected to participate in all of the department's and hospital's teaching activities that are related to their training in Geriatric Medicine. These teaching activities include but are not limited to the following:

Activity	Day of the week and time	Remarks
Department case presentations, mortality round, MDT rounds, PRL (peer review learning)	Weekly (Thursday, 12 pm)	PRL- 1 <sup>st</sup> Thursday of the month
MO teaching rounds- acute medicine, clinic-pharmacology, geriatric medicine	Weekly (Thursday, 8am)	
Dementia Teaching Rounds	Weekly (Tuesday, 1pm)	
Journal Club, EBM and Senior Resident Teaching Session	Weekly (Tuesday, 2pm)	
Hospital's Clinic-pathological Conference and Clinical Forum	Monthly (2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month, 7.30am)	
Continence Teaching	Monthly (4 <sup>th</sup> Friday of the month, 12.30pm)	

Fellows will be expected to present relevant literature review, case studies and discussions during the above teaching activities as well as teaching sessions of the various subspecialty services and programmes. Opportunities will be made available to teach students and junior doctors as well.

**ROTATION(S) TO OTHER INSTITUTION(S) / DEPARTMENT(S)**

Apart from training and practicing in the Department of Geriatric Medicine, Khoo Teck Puat Hospital, Fellows will be rotated to other institutions/departments as follows:

Name of Department	Name of Institution	Frequency of Practice (in percentage)
Yishun Community Hospital	Yishun Community Hospital	About 10%

Rotation details can be found under the “Programme Content and Training Modules” section.

**SUPERVISION METHOD**

The Programme Director, in consultation with the Head, Dept of Geriatric Medicine will be overall-in-charge of the programme.

A doctor of Consultant grade or above will be assigned to the Fellow as Direct Supervisor to ensure that the training needs of the Fellow are suitably met in the place or site of training. The Direct Supervisor will be responsible for overseeing the training and performance of the Fellow at the place or site of training, and will provide feedback to the fellow as well as the Programme Director. The Direct Supervisor may be ward, clinic and/or programme/service based.

The Fellow will work under the supervision of a specialist of Consultant grade or above at all times.

**ASSESSMENT METHOD AND FEEDBACK MECHANISM FOR TRAINEES**

Formal feedback and review sessions between the Fellows and the Programme Director and/or Direct Supervisor will be conducted at monthly intervals. A training log and journal must be kept by all Fellows throughout the training period. This will be reviewed regularly and at the exit interview. The Fellow will be responsible for arranging feedback and review sessions with the relevant supervisors as well as maintenance of the training log and journal. The training log and journal will record noteworthy cases seen during the ward rounds and clinic sessions, chart-stimulated recall and discussions, mini-CEX assessments, lectures attended, etc

At the end of the tenure, successful completion of the fellowship will be ascertained, based on the following:

1. Attendance in at least 90% of all designated and assigned training activities of the department including teaching sessions, ward rounds, specialist outpatient clinic sessions, family conferences, referral letters discussion etc.
2. Review of the Fellow’s training log and journal which must be completed and signed by the respective supervisors,
3. An exit interview at the end of the Fellowship. The interview board will comprise the Programme Director, Head of Department and one other faculty member of the programme. The exit interview will seek to assess if the objectives of the Fellowship have been met, ie the Fellow has attained the level of knowledge, skills and competency for care of the elderly which had been planned at the start of the Fellowship.

A certificate of completion of the Fellowship will be awarded to the Fellow once he or she has met the above conditions. It is important to note that this certificate is not equivalent to a professional certification and, therefore, does not qualify the Fellow to practice as a specialist in Singapore.

## **CRITERIA FOR EARLY TERMINATION OF TRAINEES FROM THE PROGRAMME**

The Fellow's training may terminate early if he/she:

- voluntarily chooses to withdraw from the training programme. Application for voluntary termination should be made with a 1-month notice being served and approved by the Programme Director or Head of Department.
- is found to be unsuitable/unsafe for the training programme by the Programme Director and/or Head of Department

## **MAXIMUM CLINICAL FELLOW INTAKE**

Two (2) Clinical Fellows at any one time

Created by: *A/P James Low*

Supported by: *A/P Ng Chong Jin, Head of Department*

## Appendix A

### Description of Training Modules

Module	Description	Est Duration
General Geriatrics and acute care of the elderly	Fellows will be attached to an acute geriatric ward of the hospital and the specialist outpatient clinic (Clinic C41). They will learn about Comprehensive Geriatric Assessment (CGA) and the geriatric syndromes. Fellows will also learn about the services that support the acute care team, eg the Geriatric Emergency Team, the Early Review Clinics, Complex Cases Clinic, Geriatric Surgery Service, Geriatric Frailty Unit, etc	4-8 weeks
Hip Fracture Unit/ Orthogeriatrics	Fellows will be attached to the Hip Fracture Unit and participate in the Orthogeriatric ward rounds as well as sit in at the Falls Assessment Clinics. Clinical audit and quality improvement programmes will also be taught in this module.	2-4 weeks
Perioperative Care	Fellows will spend time with the perioperative care and geriatric surgery service in conducting assessment, care and management of the elderly in the pre-operative and post-operative period. They will learn about optimization of patients for surgery as well mitigating the complications that may arise in the post-operative period.	2-4 weeks
Acute Geriatric Assessment Unit (AGAU) and Emergency Care of the elderly	Fellows will be given the opportunity to conduct rounds with the AGAU team in the Extended Diagnostic Treatment Unit (EDTU) at the Emergency Department (ED) and learn how to triage, assess and provide urgent care of the elderly in the ED.	2-4 weeks
Cognitive Services	Fellows will be given the opportunity to be attached to the dementia ward (CAMIE Ward ) and Memory Clinics. They will also be able to sit in at support services for patients and caregivers (eg DEEP and New You programmes). A brief attachment as observers at the community services will also be arranged ( eg CARITAS and Forget-Me-Not programmes)	4- 8 weeks
Continence Service	Fellows will be able to sit in at the continence clinics and be attached to the continence nurse. They will also be given the opportunity to observe urodynamic studies (UDS) being conducted and interpret simple UDS results. The Fellow is expected to present at the monthly continence case discussion and presentation.	2- 4 weeks
Palliative Care	Fellows will be attached to the Palliative Care Service which runs an inpatient palliative care unit, a hospital consultative service and specialist outpatient clinics. The Palliative Care Service also provides care in the community (via Project IMPACT) and in the community hospital via the palliative care ward in Yishun Community Hospital.	4-6 weeks

Long Term Care/Telegeriatrics	Fellows will be attached to the Long Term Care Service (LTCS) of the department. The LTCS incorporates the Gericare and Care@NH programmes which provide geriatric and palliative care to nursing homes as well as training and preceptorship to the NH nurses. The Gericare programme also provides a unique telemedicine service with the nursing homes.	2-4 weeks
Community Care	Fellows will be attached to the multidisciplinary Community Care Teams (CCT) which conduct home visits as well as telemedicine consultations with patients in their places of residence. The CCT also conducts multidisciplinary team meetings at their headquarters. In addition, the department together with the ED, runs a hospital-at-home service which provides 24/7 medical care to acutely ill patients in their homes (KTPH@Home service)	4- 6 weeks
Yishun Community Hospital	Fellows who are attached to Yishun Community Hospital will be able to learn about subacute care and rehabilitation of the elderly in an inpatient setting. Apart from that, there is also a palliative care ward and dementia ward within the hospital.	4-6 weeks
Frailty and Population Health	Fellows will be given the opportunity to learn all about frailty and its related conceptual frameworks. They will also be given the opportunity to look at the health promotion and healthy ageing initiatives in the community (eg. Wellness Kampung, Share-a-pot programme, SMART Community Nurse project, etc). Fellows will also be attached to the clusters Advance Care Planning (ACP) Office where they will learn about the ACP programme and the systems in place to support its successful implementation. They would also be given the opportunity to attend the ACP facilitator training workshops.	2 weeks
Research and Education	The Fellow will spend this time (as a block or in divided time frames) with the Geriatric Education Research Institute (GERI) of Singapore. The areas that will be covered are: frailty, health services research, education development, education research, palliative care research, etc. (see above also). Fellows will be taught how to formulate a study proposal, apply for grants, submit for IRB approval, prepare a manuscript for publication, etc.	4- 6 weeks
End-of-life (EOL) /Geriatric Clinical Ethics	Clinical Ethics is emerging as a very important field in healthcare. Fellows will be taught about ethics, law and professionalism with particular attention paid to end-of-life and aged care clinical ethics. They will be taught about the fundamentals of clinical ethics and how to use tools that can assist in decision making for ethical dilemmas.	NA
	<b>Total</b>	26-52 weeks