



PHS EXPANDS ITS SCOPE

The 10th edition of the NUS Public Health Service (PHS) included a slew of new services, such as dental checks

The PHS, a community initiative led by medical students from the National University of Singapore Yong Loo Lin School of Medicine (NUS Medicine), offers free public health screening and encourages participants to take appropriate measures to achieve and maintain good health while managing their chronic conditions.

NUHS PARTNERSHIP

In 2014, the PHS took place in Clementi from 11 to 12 October. That year, the PHS began its partnership with the National University Health System (NUHS), a regional health system, to introduce a more integrated and holistic intervention approach to improve health outcomes.

People with abnormal results were encouraged to see their respective family doctors. Those who did not have family doctors had the option of using one free consultation session with a family physician from Frontier Family Medicine Clinic (Frontier FMC).

Frontier FMC, a Community Health Assist Scheme (CHAS)-registered partner and the primary care partner of the NUHS, is located in City Vibe at Clementi Central. Participants requiring further specialist care can be directly referred to medical institutions under the NUHS umbrella.

Thanks to the partnership, more than 80% of the participants who were referred to Frontier FMC turned up to see a doctor there.

Encouraging 2015 participants to do the same, Dr Amy Khor, Senior Minister of State, Ministry of Health and Ministry of the Environment and Water Resources, said at the launch of the PHS 2015 that “this is very good, as prompt treatment can improve our health outcomes and quality of life.”

ENHANCED SCREENING

2015 marked the 10th anniversary of the PHS. It was held in Clementi over the weekend of 17 and 18 October, and more than a thousand residents attended.

To mark the anniversary, and also because of the community’s encouraging and positive response to outreach efforts, the organisers decided to make this edition of the PHS extra special by rolling out additional services.

Oral health screening services were available to residents, courtesy of 60 dental students from the Faculty of Dentistry at the NUS. Another feature of PHS 2015 was the addition of a convenient, on-site registration for screenings for breast and cervical cancers, the number one and number 10 types of cancer respectively among women in Singapore.

Beyond the two-day screening, PHS 2015 also kick-started a new Young

Health Ambassador Programme, in which a group of secondary school students was coached on ways to encourage good eating and lifestyle habits among their families, friends and the elderly in their community.

As Singaporeans age, the PHS will also evolve to meet the needs of recipients while giving medical students opportunities to engage and interact with the community they are training to serve as eventual healthcare providers. “NUS Medicine graduates must possess more than clinical knowledge. Strong people skills are essential to communicate sensitively and effectively with their patients. Empathy has to be a key trait of a doctor’s demeanour. We want our students to be doctors who understand what a privilege it is to serve, and whose care for their patients is motivated by compassion and respect,” says Associate Professor Yeoh Khay Guan, Dean of NUS Medicine. +



Guest-of-Honour Dr Amy Khor (back row, fourth from right) and NUS Medicine Dean Assoc Prof Yeoh Khay Guan (back row, fifth from right) taking a group photo with some of the student volunteers at PHS 2015