

BECOMING A JUNIOR DOCTOR IN SINGAPORE

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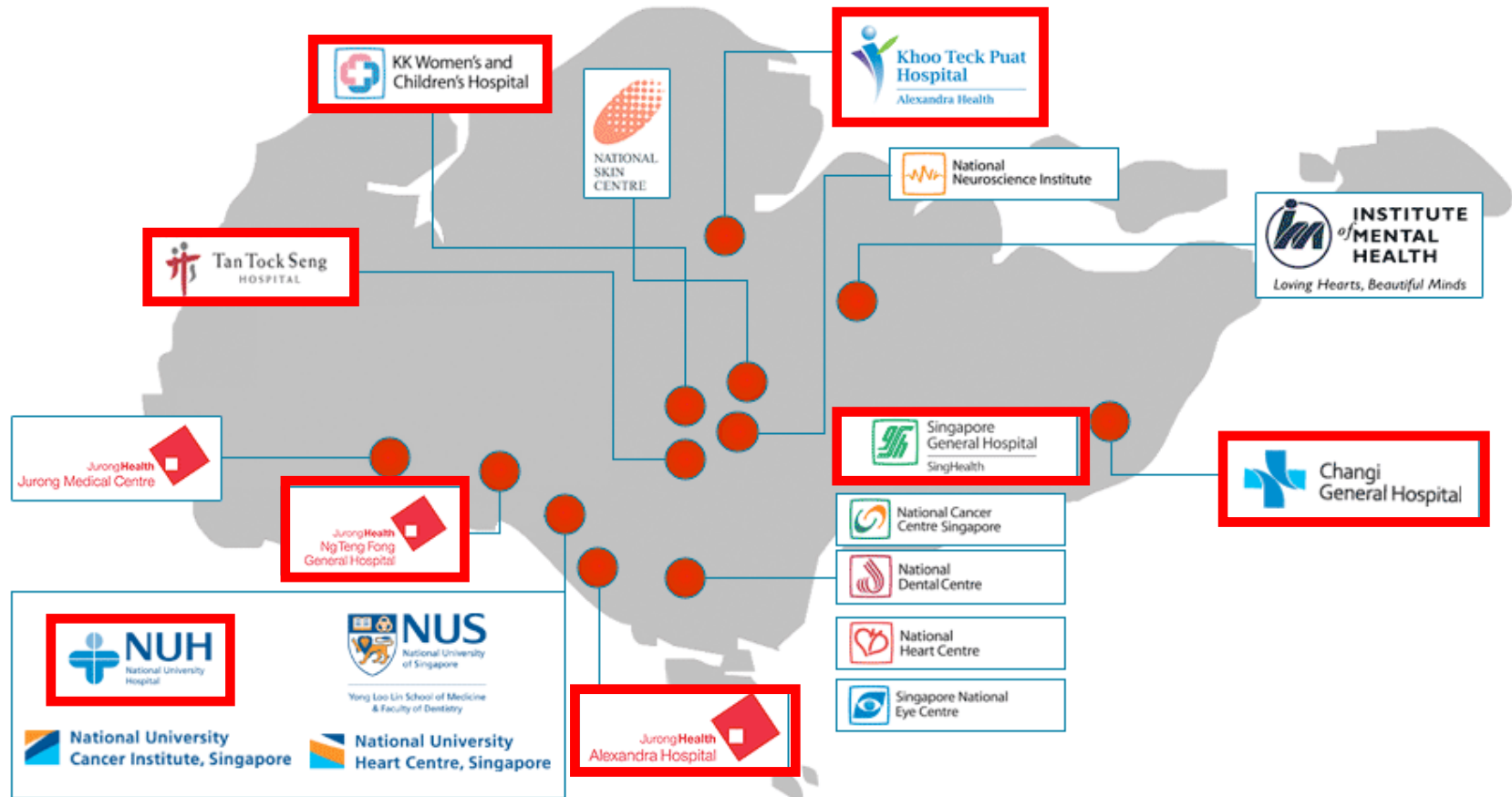
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- The author of this presentation has made every effort to ensure the accuracy of the information in this presentation, however is not responsible for any inadvertent errors.
- In any doubt, check with the official sources first-hand.
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Public Healthcare Institutions in Singapore



Technical Bits

- The Melbourne MD and MBBS are both recognised by the Singapore Medical Council (SMC) <http://www.smc.gov.sg/>
 - This means that as long as you successfully graduate, there are no additional exams you have to take to work as a medical practitioner in Singapore
- Work as a House Officer (HO) under Provisional Registration
- Satisfactory completion of PGY1 required to gain Conditional Registration
 - Completion of internship in Australia is recognised for Conditional Registration
- Conditional Registration requires supervised practice, 2 years for Singaporeans and 4 years for SPRs/foreigners) prior to Full Registration (this is for non-specialists)
- MOH Holdings (MOHH)
 - Holding company of Singapore's public healthcare assets
 - Common employer of all junior doctors in Singapore
 - Coordinates the posting of house officers and medical officers
 - Coordinates the residency application process



MOH HOLDINGS



PGY1

- House Officer (HO) roughly equivalent to intern in Australia
- 3 x 4-month rotations
 - 4 months of General Medicine
 - 4 months of General Surgery/Orthopaedic Surgery
 - 4 months of General Medicine/General Surgery/Orthopaedic Surgery/Obstetrics and Gynaecology/Paediatrics
- You can preference your rotation combinations and which hospitals you would like to do each rotation in

What Happens after PGY1

- Become a Medical Officer (MO) with similar responsibilities as HMO2+ in Australia
- If you have decided what specialty you want to do, apply for residency while working as a HO/MO and then enter a program
- If you are still unsure of which residency to go for or fail to match to a program
 - Medical Officer Posting Exercise (MOPEX)
 - 6-month rotations in almost any specialty and institution (by preference and availability)
 - Try out different things and network with potential referees

Applying for a Job as a HO

- Submit application to physician@mohh.com.sg with:
 - Completed employment application form
http://physician.mohh.com.sg/download/MOHH_Employment_Form.pdf
 - CV
 - Academic transcripts
 - Copy of passport
- No official closing date, but please submit before the end of June (the earlier the better) in order to secure an interview spot
- Employment interviews held in Melbourne (05 August 2015 this year)
- Panel interview – mix of general and clinical questions
- Same process for interns/HMOs in Melbourne who wish to apply for a MO position
- Start work around February/March after graduation
- NOTE: While it is not difficult to gain employment as a HO in Singapore, PGY1 positions are starting to become saturated in recent years and you should not treat this as an absolutely fail-safe backup

Residency in Singapore

- Structured specialist training modelled after the US system (with elements from the UK such as exams)
- 3-8 years depending on specialty and sub-specialisation then exit as a specialist (Associate Consultant)
- You **DO NOT** have to enter a residency program to work as a doctor in Singapore
- Residency programs are run under 3 Sponsoring Institutions, each comprising a cluster of healthcare institutions

- SingHealth <http://www.singhealthresidency.com.sg/>



- National University Health System (NUHS) <http://www.nuhs.edu.sg/nuhsresidency/>



- National Healthcare Group (NHG) <https://www.nhgresidencyprogram.com.sg/>



Residency Programs

Can apply as a MD4 and enter at PGY1

- Internal Medicine (5-6.5 years)*
- General Surgery (5 years)
- Emergency Medicine (5 years)
- Paediatrics (6 years)
- Preventive Medicine (5 years)
- Psychiatry (5 years)

Can apply as a MD4 but enter after PGY1

- Anaesthesiology (5 years)
- Diagnostic Radiology (5 years)
- Family Medicine (3 years)
- Obstetrics and Gynaecology (6 years)
- Ophthalmology (5 years)
- Orthopaedic Surgery (6 years)
- Otorhinolaryngology (5 years)
- Pathology (5 years)

Can only apply as a HO/MO

- Cardiothoracic Surgery (6 years)
- Neurosurgery (6 years)
- Urology (6 years)
- Plastic Surgery (6 years)
- Hand Surgery (6 years)
- Radiation Oncology (5 years)

*Internal Medicine Senior Residency (after 3 years of IM Junior Residency)

- Advanced Internal Medicine (2 years)
- Cardiology (3.5 years)
- Dermatology (3.5 years)
- Endocrinology (3 years)
- Gastroenterology (3 years)
- Geriatric Medicine (3 years)
- Haematology (3 years)
- Infectious Diseases (3 years)
- Medical Oncology (3 years)
- Neurology (3 years)
- Nuclear Medicine (2 years)
- Renal Medicine (3 years)
- Rehabilitation Medicine (3 years)
- Respiratory Medicine (3 years)
- Rheumatology (3 years)

Applying for Residency

- You need to secure employment with MOHH first (i.e. submit job application and attend the employment interview in Melbourne)
- Have a good read through the residency website at <http://physician.mohh.com.sg/residency/index.html> and keep an eye out for online application and portfolio submission (around September)
- 4-station multi-mini-interview (MMI, non-clinical scenarios, 10 minutes each) **IN SINGAPORE** in November
- Those who pass the MMI stage – ranking and matching process
- If matched, enter program in July the following year for direct entry programs
- Difficult but not impossible for IMGs to successfully match as a medical student. It becomes easier after you have worked in the system for a while and people know who you are
- Only apply if you know which specialty you want and only apply for the specialties you want – if you back out you will be barred from applying for one year

Find out More: MOHH Info Sessions

- MOHH usually comes down to Melbourne twice a year to hold career information sessions (March and July/August)
- Topics covered
 - Medical career in Singapore
 - Remuneration and benefits
 - Residency and application process
- Employment interviews are usually held in Melbourne around July/August
- Keep an eye out for details on <http://physician.mohh.com.sg/> for details and updates

My Perspective

- Arguably one of the most advanced medical hubs in the region
- High job security (you don't have to apply for a job every year)
- High patient volume therefore amazing variety of cases and very rigorous training
- Many opportunities to train in highly specialised tertiary centres and also with the expanding public healthcare system in the next few years
- Relatively low cost of living (unless you wish to own a car)
- Fantastic CHEAP food (no more Zouki thank goodness)

My Perspective

- Long hours, heavy workload and very fast pace
 - Normal day is 0700-1700 but can be longer in surgical units
 - HOs work from 7am to 12+pm the next day (30 hours straight) when on call about 4 times a month and you can be clerking 10-20 admissions on a busy call. Some hospitals are slowly moving away from this to a “night float” system.
 - Adds up to 70+ hours per week for medical rotations and longer for surgical rotations
- Lower pay compared to Australia (but taxes are much lower)
- Potential language barriers (most patients speak English but some elderly patients only speak Mandarin, various Chinese dialects, Malay or Tamil)
- Local culture and slang can take a while to get used to, plus unique terms (hypocount/plug/NPU/AMS/TCU???)
- Perennial hot and humid weather (some wards don't have air-conditioning)

To find out what it is really like

- Do an elective in Singapore
 - Guaranteed to be an unique experience 😊
 - Also helps with networking and finding referees for residency application if you are really keen
- Ask your Singaporean classmates
 - Hopefully you know who we are by now 😊
 - Many of us have done electives in Singapore and have some experience with the system

Clinical Electives in Singapore

- The following hospitals accept direct applications
 - Singapore General Hospital (SGH)
<http://www.sgh.com.sg/Education/Undergraduate-Medical-Education/Pages/application.aspx>
 - National University Hospital (NUH)
<http://www.nuhs.edu.sg/education/medical-education/medical-students/electives.html>
 - Tan Tock Seng Hospital (TTSH)
<http://www.ttshppeo.com.sg/home/medical/electives-for-overseas-medical-students>
 - KK Women's and Children's Hospital (KKH)
<http://www.kkh.com.sg/educationandtraining/overseaselective/Pages/Paeditrics.aspx>
- Yong Loo Lin School of Medicine, National University of Singapore (YLLSoM, NUS) coordinates electives for other hospitals as well as the above
<https://itumed.nus.edu.sg/scep/default.aspx>



Yong Loo Lin School of Medicine

Thank You

- For all information regarding a medical career in Singapore, visit <http://physician.mohh.com.sg/> or contact physician@mohh.com.sg
- Singapore Medical Council (medical registration) <http://www.smc.gov.sg/>
- Residency Information and Application <http://physician.mohh.com.sg/residency/index.html>
- Residency Sponsoring Institutions
 - SingHealth <http://www.singhealthresidency.com.sg/>
 - National University Health System (NUHS) <http://www.nuhs.edu.sg/nuhsresidency/>
 - National Healthcare Group (NHG) <https://www.nhgresidencyprogram.com.sg/>

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