



National University  
Hospital

# A HEALTHY COMMUNITY

SHAPING MEDICINE • TRANSFORMING CARE



## Advancing Academic Medicine As A Tertiary Hospital

The National University Hospital (NUH) is the first university hospital in Singapore, and a major tertiary and referral institution. While NUH opened its doors on 24 June 1985, its legacy goes back to the founding of what is today the NUS Yong Loo Lin School of Medicine in 1905. Since NUH's opening, more than a million patients pass through our doors each year. Every patient success story and every triumph over illness motivates our healthcare professionals to strive for greater breakthroughs in treatment and provide the best possible care.

Built with state-of-the-art facilities and staffed by an experienced team of healthcare professionals, NUH is a major referral centre for advanced medical care. The Hospital's comprehensive range of services for medical, surgical, and dental conditions include Cardiology;

Gastroenterology and Hepatology; Obstetrics and Gynaecology; Ophthalmology; Oncology; Paediatrics; Orthopaedic Surgery; and Hand and Reconstructive Microsurgery. NUH is the only public hospital in Singapore to offer adult, paediatric, and obstetrics and gynaecology services under one roof. Besides offering organ transplant programmes for adults (kidney, liver, and pancreas), NUH is also Singapore's only public hospital that has a paediatric kidney and liver transplant programme.

NUH is the tertiary hospital of the National University Health System (NUHS), Singapore's first Academic Health System. The Hospital works with healthcare entities such as acute and community hospitals, national specialty centres, and polyclinics within the NUHS group to deliver seamless and sustainable patient care.



*“Our clinicians and scientists work hand-in-glove to spearhead major advances in patient care.”*

NUH hosts some of the best and brightest brains in the region. Our clinicians and scientists work hand-in-glove to spearhead major advances in patient care as well as achieve research breakthroughs in cancer, heart disease, neurological illnesses, infectious diseases, and more. NUH’s research findings are then translated to new treatments benefitting patients.

As the principal teaching hospital of the National University of Singapore Yong Loo Lin School of Medicine and Faculty of Dentistry, NUH places great emphasis on nurturing world-class healthcare leaders of the future. To succeed in this pivotal role, the Hospital works closely with NUS Medicine, the Alice Lee Centre for Nursing Studies, NUS Dentistry, and the Saw Swee Hock School of Public Health.

Over the years, NUH has built on its foundation and capabilities, and remains focused on the three-pronged mission to meet the healthcare needs of patients through quality, innovative, and cost-effective care.

In today’s fast-changing healthcare landscape, NUH continues to challenge boundaries and chart new territories, bringing hope to patients and enhancing Singapore’s reputation for medical excellence.



## Putting Our Patients First

Ensuring our patients' health and well-being is at the heart of what we do. Our patients inspire us to remain at the forefront of quality care and service. The Hospital's healthcare teams, advanced systems, and considered processes come together to meet our patients' expanding needs.



## Providing Better, More Efficient Care

With Singapore's ageing population, NUH is seeing an increasing number of patients with multiple co-morbidities. The Hospital is committed to providing well-coordinated and integrated care, so our patients are treated in the most appropriate environment.

Where possible, we have implemented initiatives to transfer selected inpatient treatments and surgeries to outpatient settings. This reduces hospitalisation costs and treatment times for patients.

To better support the growing complexities of public healthcare needs in Singapore, the National University Cancer Institute, Singapore (NCIS), the National University Heart Centre, Singapore (NUHCS) and the National University Centre for Oral Health, Singapore (NUCOHS) are conveniently situated within the NUH premises – providing dedicated cancer, heart, and dental care.



*“With a strong network of partners and ongoing hospital initiatives, we ensure our patients are well taken care of within the community.”*



## Collaborating To Provide Integrated Patient Aftercare

Our duty of care towards patients continues even after they are discharged. With a strong network of partners and ongoing hospital initiatives, we ensure our patients are well taken care of within the community. Patients who require continued care after their discharge will get the necessary assistance to transition smoothly from the hospital to the community. Patients who are ready to be discharged but require rehabilitative or long-term care have access to our partnering step-down care institutions. Similarly, patients with stable chronic conditions such as diabetes or hypertension are referred to primary care partners when they no longer require specialist care, so they can be cared for in the community.

## Pushing Research Boundaries

A strong research culture has always guided how NUH approaches medical and healthcare challenges. The Hospital has been actively involved in translational research to bring hope and new cures to patients. Our healthcare professionals constantly push the boundaries to break new ground – from pursuing research to better understand patient conditions to pioneering treatment therapies and procedures.



### Bringing New Hope to Paediatric Leukaemia Patients

For children battling acute lymphoblastic leukaemia, the CAR-T cell therapy presents them with a ray of hope. The experimental therapy in NUH involves taking a patient's T cells (the immune system's attack machines) and modifying their receptors to Chimeric Antigen Receptors (CAR), which recognise cancer cells. This produces CAR-T cells that hunt down and kill the cancer cells. NUH doctors were able to carry out this treatment on a five-year-old British boy, whose rare form of aggressive cancer had not responded well to chemotherapy and a stem cell transplant. Today, no cancer cells have been detected in his blood, representing the first major step towards a full recovery.

### Encouraging Early Detection of Gastric Cancer

Our team of clinicians developed a blood test known as Gastroclear, which can accurately detect gastric cancer in its early stages. The first of its kind, this test kit can detect 87 per cent of gastric cancers, compared to conventional tests that only have an accuracy rate of 50 to 60 per cent. Gastric cancer secretes abnormal levels of microRNA into the blood, and the test works by looking out for patterns of microRNA, which regulate the gene expression in the blood sample. The test kit has been progressively rolled out in Singapore's public hospitals, and provides an option to patients who are not keen on an initial endoscopy.



# Nurturing Tomorrow's Healthcare Professionals

NUH upholds the time-honoured tradition of mentoring and training students, and plays a leading role in nurturing Singapore's future healthcare professionals. Our Residency Programmes are some of the most sought-after because they offer rich learning experiences and a wide spectrum of clinical opportunities. NUH is also home to several purpose-built training facilities, adding to the optimal learning experience for healthcare professionals.



## NUHS Residency Program For Doctors

The NUHS Residency Program\* provides postgraduate medical training. It offers a rich educational experience as our doctors are trained in evidence-based medicine and have the opportunity to handle a diverse casemix of medical conditions. It also provides a solid foundation for doctors keen on a career in academic medicine. The programme is undergirded by organisational values of teamwork, respect, integrity, compassion, excellence, and patient-centredness to help groom compassionate and caring healthcare leaders.

\*Accredited by the Accreditation Council for Graduate Medical Education-International, a USA-based board responsible for the accreditation of postgraduate medical education training.

## Nursing Residency Programme

Our year-long nursing residency programme offers an evidence-based curriculum that supports new graduate nurses in their transition to become competent and confident professionals. Designed with the aim of developing effective clinical nursing leaders for the future, the programme allows trainees to participate in interactive learning by undergoing clinical scenarios related to core topics such as leadership, patient outcomes, and professional roles.

## Pharmacy Residency Programme

Residents go through clinical rotations covering different specialties, and learn essential principles of clinical pharmacy such as medication safety and practice leadership. They have ample opportunity to expand their scope of practice skills by participating in research projects. These projects equip aspiring clinical pharmacists to serve in multidisciplinary care teams and to better care for patients in an acute care setting.

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