

# Dr Goh Kar Cheng

**Designations:**

Family Physician, Department of Psychological Medicine, National University Hospital

**Qualifications:**

MBBS (S'pore), MMed (Fam Med) (S'pore), GDIP (Geri Med) (S'pore), GDIP (Mental Health) (S'pore)

**Specialties:**

Family Medicine

**Special Interests:**

Complex Care, Community Geriatric Care, Community Dementia and Geriatric Psychiatry

## Biosketch

Dr Goh does care consolidation for patients with dementia or geriatric psychiatric illnesses and chronic medical conditions. She obtained the Master of Medicine (Family Medicine) in 1996 and has many years of experience working with elderly patients with complex care needs. Additional post-graduate diplomas in Geriatric Medicine and Mental Health provide her with a unique triangulation of skill sets to manage the multiple chronic conditions of patients by one primary doctor.

Additionally, Dr Goh is a family physician with NUHS Community Care Team and works with primary care partners for shared-care of persons with dementia and geriatric patients with psychiatric illnesses. With the explosion of patients living with multiple co-morbidities coupled with psychosocial issues, Dr Goh is a strong advocate for holistic person-centred care provided by one primary doctor. To this end, she strives to mentor young doctors towards developing expertise in complex care.

Dr Goh is actively involved in training of medical students, doctors, nurses and allied health professionals. She receives invitations regularly to give lectures to various community partners and non-profit groups. She is also on the core team of SMA Centre of Medical Ethics and Professionalism that organises webinars for general practitioners. She has also designed workshops for dementia caregivers and conducts these workshops to empower persons with dementia and their caregivers.

## Awards

- Book Prize for Graduate Diploma in Geriatric Medicine 2019
- NHGP Teaching Award, 2019
- Quality Improvement Projects Award 2019- Outstanding Project (NIBT)
- NHGP ICARE Champion Awards 2020- GOLD (for excellent patient care)

## Journals & Publications

1. How, L.A., Lee, X.X., Lee Hui-En, S.A., Teo, Y.H., Goh, K.C. and Tan, L.F. (2025) 'The impact of sarcopenic obesity on frailty, cognition, and function in community-dwelling older adults', *Journal of Frailty, Sarcopenia and Falls*, 10(3), pp. 150–156. [IF 1.7]
2. Goh Kar Cheng, Yap Lin Kiat Philip. Visual hallucinations on a background of cognitive decline. *Australian Journal of General Practitioners* August 2023, Vol 52, Issue 8. [IF 1.7]
3. Tan, L. F., Teng, J., ...K.C. Goh et al. Geriatric Services Hub- A Collaborative Frailty Management Model between The Hospital and Community Providers. *Journal of Frailty & Ageing* April 2023, Vol 12, p316-321 [IF 3.3]
4. De Roza, JG, Ng DWL, Wang C, Soh CSC, Goh LJ, Mathew B K, ... & Goh KC. Impact of Perceived Safety and Barriers on Physical Activity Levels in Community-Dwelling Older Adults During the COVID-19 Pandemic in Singapore: A Cross-Sectional Mixed Methods Study. *Journal of Aging and Physical Activity* 2022, 1(aop), 1-7. [IF 1.83]
5. De Roza JG, Ng DWL, Mathew BK, Jose T, Goh, LJ, Wang C, Soh CS, Goh KC. Factors influencing fear of falling in community-dwelling older adults in Singapore: a cross-sectional study. *BMC geriatrics* 2022, 22(1), 1-10. [IF 3.74]
6. Wang, D, Boo YYA, Goh KC, Goveas RR. Psychiatric causes of behavioural change in adults less than 65 years old. *Singapore Med J* 2022. 63(8):456-461. [IF 3.331]
7. Goh KC. Comment on: Adopting a palliative approach to dementia care in the community: a participatory action research. *Singapore Med J* 2021; 62(10): 560 [IF 1.141]