



Post GP Webinar Spotlight

Cervical Cancer Screening: Effective Consultation with Patients – 15 August 2020, Saturday

The recent webinar on “Cervical Cancer Screening: Effective Consultation with Patients” was held successfully following the recent shift to HPV primary screening strategy for cervical cancer screening in Singapore.

Cervical cancer is the only women’s cancer where effective screening and vaccination are available. HPV has been shown to be the main cause of cervical cancer worldwide. Screening allows for the early detection and treatment of precancerous changes, which effectively prevents eventual cancer progression. While transient HPV infection does not cause cancer, persistence of high-risk HPV does lead to cancer over 10 – 30 years. The HPV DNA test has been shown to be a more sensitive screening test compared to cytology, hence the move towards HPV primary screening in Singapore. An audit in the National University Hospital (NUH), which had introduced the HPV DNA test as an alternative to cytology-only screening since 2014, had shown an increase of 37% in the diagnosis of high-grade Cervical Intraepithelial Neoplasia (CIN) since the introduction.

Adequate patient counselling is crucial to ensure compliance to regular follow-up and to clear any misconception the patient may have about the infection. The test is recommended for women aged 30 years old and above, and is performed five-yearly as compared to the three-yearly cytology screening. Since the introduction of HPV primary screening, there has been a paradigm shift in our cervical cancer screening practice. More in-depth counselling by healthcare professionals has also seen a dramatic move

towards deeper patient understanding of the natural history of cervical cancer and HPV infection as well as the implications of a positive HPV test. Healthcare professional resources are available from The Society for Colposcopy & Cervical Pathology of Singapore (SCCPS) website while patient information resources are available on the HealthHub, Singapore Cancer Society and National University Cancer Institute, Singapore (NCIS) websites.

HPV vaccination is a key element necessary in the prevention of cervical cancer. While regular cervical screening will help protect women against progression of current infection by high-risk HPV, the HPV vaccine acts as protection from future exposure to high-risk HPV. The HPV vaccine is licensed for both men and women between the ages of 9 and 26 years old in Singapore.

In the fight towards eradication of cervical cancer in Singapore, it is important to highlight to patients that regular cervical cancer screening should still be continued even with completion of HPV vaccination.

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Coronary Artery Disease and Aortic Stenosis – 22 August 2020, Saturday

The webinar on “Coronary Artery Disease and Aortic Stenosis” was recently hosted by National University Heart Centre, Singapore (NUHCS). It focused on updates in the management of coronary artery disease and aortic valve stenosis.

The prevalence of coronary artery disease remains significant, and we discussed the varied clinical presentations of such patients to primary care physicians. These include both symptomatic and asymptomatic patients. Among symptomatic patients, differentiation between acute coronary syndrome from stable, chronic coronary syndrome is important. The urgency of diagnosis and treatment differs between the two presentations. While the former requires expeditious referral to the hospital for coronary evaluation and revascularisation, the latter could be treated and evaluated at primary care and referred onward less urgently for further non-invasive or invasive management. The current method of percutaneous coronary intervention (PCI) and the management of post PCI antiplatelet treatment were also reviewed. The concept of ischemic risks and bleeding risks was explained and this influenced the duration of dual antiplatelet treatment.

The next important topic was aortic stenosis. I highlighted the fact that this condition remains underdiagnosed due to lack of patient awareness and perhaps an incorrect perception that treatment options are limited. The incidence of significant aortic valve stenosis increases exponentially from 55 years onwards. The natural history is such that the patient is at high risk of mortality when they

become symptomatic. The symptoms of dyspnoea and chest discomfort should be evaluated. In addition, the fact that careful auscultation is the key to diagnosis was reinforced. To understand auscultation, the cardiac murmur of severe AS (ejection systolic murmur) was demonstrated. The diagnostic tests such as a transthoracic echocardiogram as well as treatment options were also discussed. These include transcatheter aortic valve implantation (TAVI) – a much less invasive treatment for patients – as well as surgical aortic valve replacement. The post procedure and follow-up care were described, and red flag symptoms requiring attention (such as dyspnoea, fever, dizziness or change in auscultatory signs) were also emphasised.

This webinar generated very active participation. The next webinar that we are planning would focus more on practical tips on the clinical examination of patients with valvular heart disease.

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Happenings @ NUH

Singapore National Day Awards 2020

Warmest congratulations to all recipients of the Singapore National Day Awards 2020! The awards are a means of recognising various forms of merit and service to our nation. This year, a total of 55 NUH staff received this prestigious honour and we are proud to share our joy with you.

Meritorious Service Medal:

- A/Prof Benjamin Ong Kian Chung – Senior Consultant, Division of Neurology, Department of Medicine

Public Administration Medal (Bronze):

- Prof Wong Hee Kit – Senior Consultant, University Spine Centre, Department of Orthopaedic Surgery
- A/Prof Peter George Manning – Vice-Chairman, Medical Board (Risk Management & Medico-Legal) & Emeritus Consultant, Emergency Medicine Department
- A/Prof Sophia Ang Bee Leng – Vice-Chairman, Medical Board (Quality, Safety & Operations), Head of Medical Affairs (Clinical Governance) & Senior Consultant, Department of Anaesthesia
- A/Prof Raymond Valentine Lin Tzer Pin – Head & Senior Consultant, Division of Microbiology, Department of Laboratory Medicine

Commendation Medal: 4 recipients | **Efficiency Medal:** 23 recipients | **Long Service Medal:** 23 recipients

Upcoming Webinars

Please visit our website for more event details: www.nuh.com.sg/GPLC

Event Date/ Time	Event Titles	Registration Details / Links
12 Sep 2020, 2pm – 3pm	Aortic Stenosis Awareness Program	https://forms.office.com/Pages/ResponsePage.aspx?id=IXn-yPAG30uPKgyKeYZIDRt6Zua_PDIBipcGds-i1qJUN0Q5QkhQQVE5WUVPVzM4Nk5JUTROWERUVi4u
19 Sep 2020, 1pm – 2pm	Contemporary Cancer Issues For GPs and Primary Care	https://ihis.zoom.us/webinar/register/WN_augTODuLT--vX5bgK3wl5g
24 Oct 2020 2pm – 3pm	Oncology Issues in Primary Care	https://ihis.zoom.us/webinar/register/WN_m2JqEx8hTTm0jaDEiq2Aog
31 Oct 2020, 2pm – 5.30pm	Wong Hock Boon Paediatric Masterclass Webinar 2020 – Pearls in Paediatrics	https://form.gov.sg/5f16b8959e6a4a0011f84a94 <i>Note: There is a registration fee of S\$30 for this event</i>
31 Oct 2020, 2pm – 4pm	Annual NUH Urology GP CME Updates 2020	Please email your name, MCR no., clinic name, email address and contact no. to gp@nuhs.edu.sg Upon confirmation, an email with the link and password will be sent to you two days prior to the event.



Weathering the COVID-19 storm: Tips for Mental Well-Being

Here are some useful tips that you can share with your patients to help keep their mental and emotional well-being in check:

National University Hospital

01
Organise a watch party with family and friends.

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02
Take breaks and deep breaths when feeling stressed.

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03
Do a pleasant activity to reward myself after work.

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04
List one thing that went well for me today.

Brought to you by NUH's **Department of Psychological Medicine**.