

GP IN-SYNC

A monthly e-newsletter by
NUH GP Liaison Centre



Specialist in Focus

October 2014



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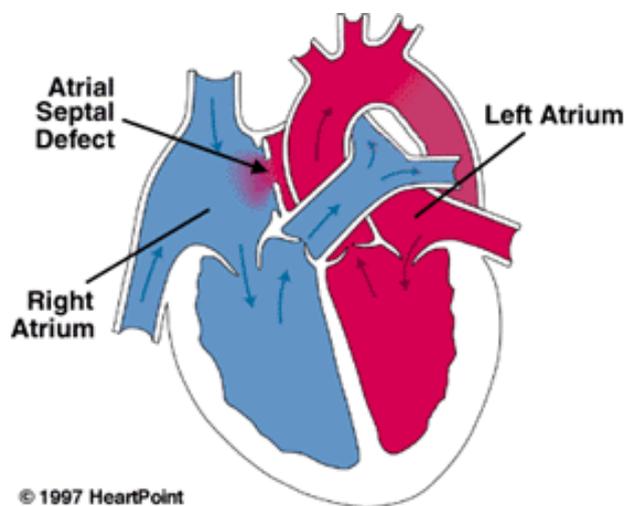
Dr Terence Lim graduated from NUS in 2000 and obtained his specialist accreditation in 2007. Following a fellowship at the Great Ormond Street Hospital for Sick Children in London from 2008 to 2009, he was appointed Consultant in 2010.

His clinical work is largely on infants, children and young persons with congenital heart diseases.

Dr Lim's clinical interests include critical heart disease in infants, sports cardiology in the young and heart failure in children.

His research interest is primarily on Kawasaki Disease in particular using retinal assessments for risk prediction in Kawasaki Disease.

Clinical Highlights



Congenital Heart Conditions (Newborn)

Congenital heart conditions are caused by abnormal formation of the heart structure when the baby is in the womb.

There are a variety of congenital heart conditions. They can be due to wrong connections of major blood vessels coming out of the heart, abnormal openings between different parts of the heart (shunts), or blockage of normal blood pathways (stenosis).

Signs & Symptoms

Some parents may already know that their baby has a congenital heart condition, diagnosed by ultrasound during pregnancy. These babies will be attended to at birth by our doctors.

Babies with congenital heart conditions may be sick soon after birth, appearing blue around the lips due to inadequate blood oxygenation, or due to poor heart function. Others may appear well and will only be diagnosed during the doctor's physical checks. The most frequent sign is a heart murmur (extra sound heard using the stethoscope) detected by the doctor in the nursery, or at a routine check at about one month of age.

Diagnosis and Treatment Options

If diagnosis was known before birth, baby will be examined and attended to at birth by our doctors, and referred to the paediatric cardiologist after stabilization. Echocardiography (ultrasound of the heart) will be done. Various blood tests and Chest X-ray may also be needed.

The more serious conditions will require special medications, breathing support and urgent referral to the cardiothoracic surgeons. For most other conditions, once the diagnosis is confirmed on the 2D Echocardiography, baby may be discharged home with a follow-up appointment, with or without medications to be taken by mouth.

Post-Op Care

If surgery is required, the baby will be cared for in the Paediatric Intensive Care (PICU) or Neonatal Intensive Care facility (NICU) after the heart operation.



GP Liaison Centre (GPLC)

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Visit us at http://www.nuh.com.sg/nuh_gplc/

Specialist in Focus



Dr Chew Su Yah

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MRCPCH (UK)

*Consultant,
Children's Emergency of the
Department of Paediatrics,
Khoo Teck Puat-National University
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Dr Chew Su Yah obtained her basic medical degree (MBBS) from the National University of Singapore in 2000. She was awarded the bronze medal from the Singapore Medical Association.

She received her basic paediatric and neonatal training in Singapore and obtained her post-graduate degrees in paediatrics - Masters of Medicine in Paediatrics and Membership of the Royal College of Paediatrics and Child's Health (UK) in 2004.

In 2010, she completed her fellowship in Paediatric Emergency Medicine in The Children's Hospital in Westmead, Sydney.

In addition to paediatric emergency medicine, Dr Chew's interests include quality improvement, medical education, analgesia and procedural sedation. She hopes one day all paediatric patients will be able to receive emergency care that is painless.

Clinical Highlights

Children's Emergency

The Children's Emergency at National University Hospital, provides services 24 hours a day for 365 days a year and ensures that children will be seen in a clinical setting that focuses on their special needs.

Children suffering from trauma, medical and surgical conditions are treated by a team of doctors, nurses and support staff specially trained to work with children in an environment that caters to their special needs.

Any child with a problem is seen and receives prompt care - regardless of whether it is a minor cut or major trauma, a slight viral fever or a severe pneumonia.

The Children's Emergency Service is part of Khoo Teck Puat-National University Children's Medical Institute's determination to provide seamless comprehensive medical care to the children in the western cluster.

It also works closely with consultants in all the various paediatric subspecialties to ensure that children receive the best possible care regardless of how complex their problems may be.

It is located next to the adult Emergency Department and has been specially designed with child-friendly amenities complemented with bright and cheery decoration/ mural.

Apart from the warm and friendly interior, caregivers of our paediatric patients can expect smoother service with numbered stations that make navigation around the Children's Emergency easier. There is also an electronic queue system that allows automated allocation of doctor to patients.

Paediatric patients can also engage themselves with activities such as colouring in the Children's Emergency while they wait for investigations or while they are under observations.





Shaping Medicine for the Future

CME Registration: <https://nuhcme.com.sg/>

First hospital-supermarket collaboration to encourage healthy eating and shopping

In Singapore's first ever hospital-supermarket collaboration, the National University Hospital (NUH) partners NTUC FairPrice to teach practical skills in lifestyle modification by educating people to select healthier food alternatives.

This is exclusively available at the FairPrice outlet located at One@Kent Ridge, which shares the same building as the NUH Medical Centre.

For our patients, they can now come to the NUH Medical Centre for their appointments and at the same time pick up tips on reading food labels and learn what should go into their grocery trolley at the 'Healthy Shopping Tour' conducted by NUH Dietitians.

For those who are too busy to read the labels or have little time to shop, there is also the option of a new 'Dietitian's Choice' bay to help consumers make informed food choices when grocery shopping.

The dedicated bay houses healthy food choices handpicked by our Dietitians for the convenience of shoppers who are looking to modify their diets but may not have the knowledge and time to examine the various labels of different brands just to pick out healthier options.

Our Dietitians have done the 'homework' on behalf of shoppers by comparing the overall nutrition quality of the foods at the FairPrice outlet and selecting a good range of healthy staple foods including rice, noodles, cereals, snacks and drinks. This makes shopping for healthy groceries easy and possible at one glance. These selected food items are low in saturated fat, trans fat, sugar, salt and high in fibre.

Dr Lim Su Lin, Chief Dietitian, Department of Dietetics at NUH hopes to encourage more people to eat healthily. She says, "If one is taking care of a family, healthy grocery shopping becomes an important responsibility as we want to make sure that healthy eating begins at home and good habits are instilled from young.

Chronic diseases do not happen overnight and take considerable years of unhealthy lifestyle to develop. Healthy eating should be a lifestyle and goes a long way to prevent heart disease, obesity, diabetes, high blood cholesterol and hypertension."

Some people may think 'healthy eating' is usually troublesome and involves a higher cost. The 'Dietitian's Choice' bay was developed to change this perspective. It consists of food options from familiar household brands which are as tasty and affordable as the other options on the regular shelves. This bay is strategically situated adjacent to the vegetables and fruits section, which makes the area a one-stop for healthy grocery shopping.

Mr Seah Kian Peng, Chief Executive Officer (Singapore) of NTUC FairPrice said, "FairPrice has always been promoting healthy eating and active living. We are thus delighted to partner NUH to encourage our customers to make healthier food choices. We believe this initiative will further educate customers on the importance of understanding nutritional labels and making informed choices while shopping for groceries."



Upcoming GP CME Events

Date	Topic
18 Oct	NUH Gastroenterology Updates

Registration & Lunch will start at 12.30 PM

Event Venue:

NUHS Tower Block, Auditorium, Level 1
1E Kent Ridge Road, Singapore 119228

Please CALL us @ 6772 5695 / 5079 for registration & enquiries or visit our CME Portal @ <https://nuhcme.com.sg/>.