

Project Title

Screening for Life with Your Family Doctor

Project Lead and Members

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- Ms Deborah Lee
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Organisation(s) Involved

General Practitioners at Ang Mo Kio, Community Operations & Network
Development (Partnerships), Tan Tock Seng Hospital, Health Promotion Board

Healthcare Family Group(s) Involved in this Project

Medical, Nursing, Healthcare Administration

Applicable Specialty or Discipline

General Practitioner, Community Health Team

Project Period

Start date: 22 May 2022

Completed date: 28 Sep 2022

Aim(s)

- Increase activation of residents to complete SFL (37% eligible residents unscreened) with eligible GP clinics

- Anchor resident's preventive care journey with GP by supporting them with lifestyle interventions and programmes from TTSH Central Health's (CH) Community Health Team (CHT).

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Lessons Learnt

See poster appended/ below

Conclusion

See poster appended/ below

Additional Information

This project was featured at the Central Health Action & Learning Kampung (CHALK) Poster Showcase 2022.

Project Category

Care Continuum

Preventive Care, Health Promotion, Public Awareness

Population Health, Physical Health

Keywords

General Practitioner, Screen for Life

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Screening for Life with Your Family Doctor

Team Members

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Partners

Community Operations & Network Development (Partnerships) | Division for Central Health | Tan Tock Seng Hospital | Health Promotion Board



Project Synopsis

The project piloted in Ang Mo Kio aimed to tackle two key areas:

- (1) Increase activation of residents to complete SFL (37% eligible residents unscreened) with eligible General Practitioner (GP) clinics.
- (2) Anchor residents' preventive care journey with GP by supporting them with lifestyle interventions and programmes from TTSH Central Health's (CH) Community Health Team (CHT).

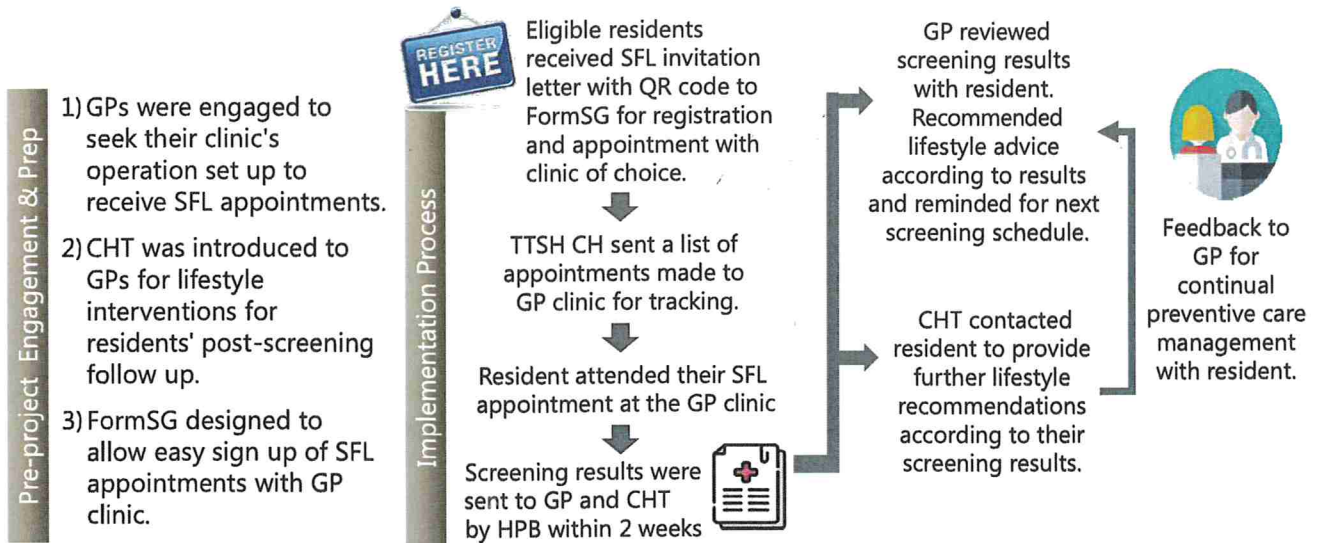
In collaboration with two GPs in Ang Mo Kio, Dr Melvyn Tan (AMK Family Clinic) and Dr Ong Guan Hong (Pancare Medical – Ang Mo Kio), residents' SFL appointments were facilitated by CH with the clinics.

Post-screening, CHT recommended lifestyle interventions to residents based on their screening results, and provided a feedback loop to the GPs for follow through of preventive care management.

Why Screen? How are GPs involved?

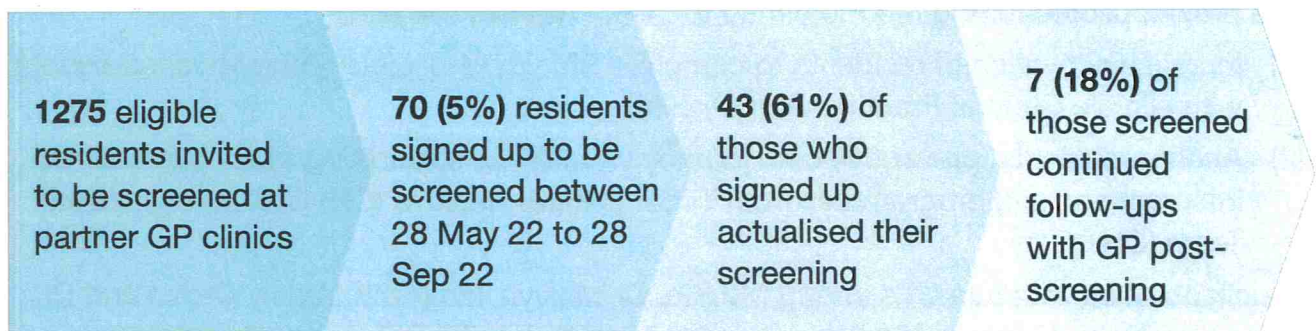
SCREENING is key to early detection of diseases and risk factors, where early treatment can alleviate the onset and complications of diseases. However, many are not compelled to screen regularly and on a timely basis, which could be due to the lack of awareness of clinics in their neighbourhood offering Health Promotion Board's (HPB) Screen for Life (SFL). Thus, the pilot aimed to facilitate a seamless and effective experience for residents to get screened with a GP within their neighbourhood, as well as encourage GP and resident relationship to be established through preventive care management.

How it was done



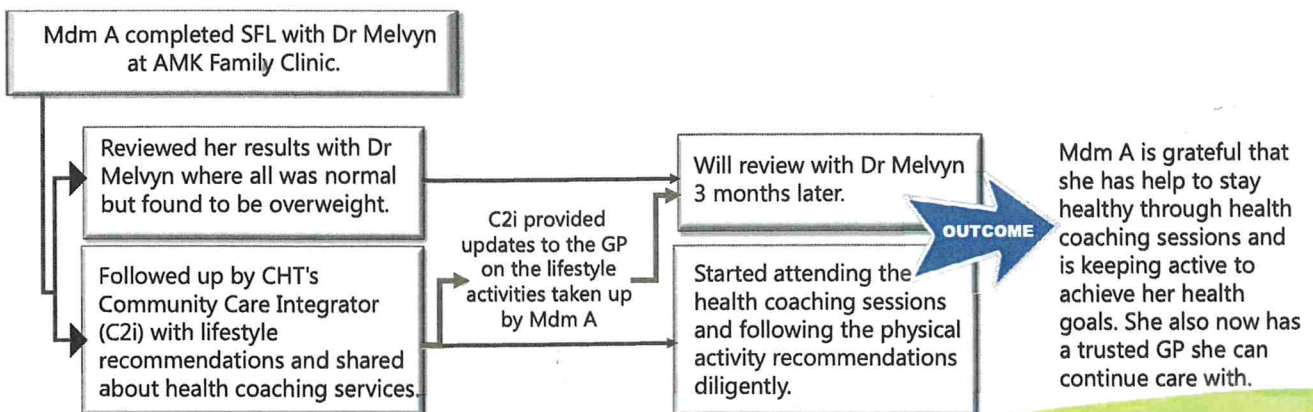
Project Outcome

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Resident's Post-screening Follow Up with GP and TTSH Health Coaches – A Case Study of Mdm A



3

GP saw an increased footfall of residents getting their required SFL completed at their clinic

- Increased SFL screening workload at clinic by tenfold.
- Approximately 20% of residents screened continued to follow-up with their GP post-screening.
- Initiated a trusted relationship between resident and GP (ie. conversion of walk-ins to regular patients of GP clinic, in line with the Healthier SG enrolment of 'One Singaporean, One Family Doctor' for holistic and improved chronic care).

“ Participating in this pilot allowed my clinic to increase walk-in workload for screening, which in turn converts residents to see me as their regular GP for any of their chronic conditions. CH has also provided resources to refer my patients with borderline results for health coaching and lifestyle modifications at the nearby Community Health Posts. ”

Dr Melvyn Tan, GP, AMK Family Clinic

Learnings

- GP did not offer certain (ie. cancer) screenings under SFL. As a result, some residents had to visit another GP clinic for their screening.
- Limited choices of GP clinics to meet residents' preferences
- Manual administrative process to facilitate screenings with GP clinics

Future Plans

- Spread campaign to more residents and GPs in Central subzones
- Collaborate with Open Government Product (OGP) to automate appointment making and tracking process, and expand the listing of GPs and their SFL service offerings
- Engagement with GPs to build a health plan with each resident, and introduce CHT support to help them navigate for lifestyle intervention and programmes for social prescribing.

Source:

1. Healthhub, https://www.healthhub.sg/live-healthy/403/abcs_of_health_screening