The SingHealth Geriatric Medicine Senior Residency Program aims to equip aspiring geriatricians with the medical knowledge plus the clinical, leadership and organizational skills necessary to care for the elderly - our patients.

We adopt a patient-centric approach and treat our elderly patients with compassion and dignity. We focus on the person as a human being and emphasize holistic care. Our aim is to maintain an older person’s quality of life and independence, against the backdrop of multiple comorbid conditions, ageing and the vicissitudes of life.

Geriatric Medicine is a multidisciplinary specialty. We work with an interprofessional healthcare teams including nurses, physiotherapists, occupational therapists, speech therapists, social workers, care coordinators, pharmacists, dieticians, counselors and psychologists. In addition, we collaborate with primary care physicians, medical specialists, various healthcare institutions and elder care organizations.

If you are passionate about the elderly, have a deep respect for them and look forward to building meaningful relationships with your patients and their families or caregivers, we welcome you to join the SingHealth Geriatric Medicine Senior Residency Program and the fraternity of Geriatricians.

"It is a privilege to journey with a person in his/her twilight years. It may not always be rosy and smooth sailing, but a well-trained geriatrician who is patient-centric, holistic and compassionate will be able to make a difference to their lives and the lives of their loved ones. Such a geriatrician will also be aware of evidence-based geriatric medicine and be able to make decisive clinical judgments in deciding the appropriate care interventions for a frail older person. The good geriatrician must be a leader, an advocate, an excellent communicator and most of all, a good person.

Dr Nguyen Minh Ha
Program Director, Geriatric Medicine"
WHY SINGHEALTH GERIATRIC MEDICINE?

Diverse Training and Career Options

A geriatrician’s career path is diverse and varied. You can choose to practice in many different settings, ranging from acute to community hospitals to long-term care facilities such as nursing homes. Or you can opt to provide home care and consultancy services to day centers, rehabilitation centers and other agencies which provide elder care services.

Hence, one of the cornerstones of Geriatric Medicine training is exposure to a wide spectrum of geriatric services. With our program, you can expect excellent core geriatric training in the first year, followed by comprehensive training and rotations in various affiliated institutions in the second year.

Comprehensive and Rigorous Curriculum in Geriatric Medicine

You will be exposed to a comprehensive mix of general Geriatric Medicine training and subspecialty training in acute, sub-acute and long term care institutions. Through small group tutorials, lectures, journal clubs, supervised general Geriatric Medicine and subspecialty clinics, multi-disciplinary rounds, and regular knowledge assessment, you will assume graded responsibilities at each level of training, which will be commensurate with your confidence and experience.

OUR CURRICULUM

The SingHealth Geriatric Medicine Senior Residency Program is a three-year structured training program. The first two years are Accreditation Council of Graduate Medical Education - International (ACGME-I) accredited and the third is accredited by the Specialists Accreditation Board (SAB), Singapore.

Core training will take place at Singapore General Hospital (SGH) and Changi General Hospital (CGH) in Year One. Year Two will comprise rotations to participating sites for comprehensive Geriatric Medicine training. These include St Andrews Community Hospital, Bright Vision Hospital, Dover Park Hospice, Hospice Care Association, Institute of Mental Health, home care teams and nursing homes.

We offer the following subspecialties on our program:

- Cognitive disorders including delirium and dementia
- Continence
- Falls
- Orthogeriatrics
- Psychogeriatrics
- Palliative Medicine
- Rehabilitation Medicine
- Transitional / Home care

Year Three, which is locally accredited, will include consolidation of Geriatric Medicine skills, subspecialty development and/or research in Geriatric Medicine. Subspecialty training and development may take place at SGH, CGH or other Geriatric Medicine departments. Senior Residents will only enter into the third year of training upon successful completion of the first two years.

* Do note that slight changes in duration and rotations within Year one and two may occur as the final program has not been finalized. Do consult your PD/APD for any updates eventually.

** Rheumatology will be the default choices especially if one has not done them before.
Fast-Growing Specialty and Career Opportunities

Geriatric Medicine is a fast-growing specialty with many exciting possibilities and career opportunities. As Singapore and countries in Asia rapidly age, there is much room for growth in the provision of services, care interventions and research for the elderly. Besides providing healthcare for older patients, geriatricians are also set to become expert educators, researchers and leaders in elder care policy.

As an aspiring geriatrician, it is important for you to go beyond the core curriculum to develop your skills and knowledge, and become a well-rounded clinician and expert in your field. That’s why we encourage all our trainees to participate in local and overseas courses and conferences, as well as projects, audit and research work.

Renowned Faculty, Dedicated Mentors

We have an outstanding pool of Faculty members with a wealth of experience in Geriatric Medicine and medical education. They are highly committed to training the next generation of geriatricians and have a proven track record in mentoring young trainees like you. We also strive to provide an enriching and individualized educational experience for you. With a favorable Resident - Faculty ratio and a high level of Resident supervision, we offer a conducive learning environment to help you get the most out of your training.

<table>
<thead>
<tr>
<th>Year One</th>
<th>Year Two</th>
<th>Year Three</th>
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<tbody>
<tr>
<td>Geriatric Psychiatry</td>
<td>Geriatric Subspecialties</td>
<td>Elective Geriatric Medicine Rotations</td>
</tr>
<tr>
<td>Common psychiatric illness and problems in the elderly including depression, delirium and dementia (1 month)</td>
<td>Including but not limited to Internal Medicine, Neurology, Rheumatology, Infectious diseases, Renal Medicine, Cardiology, Respiratory Medicine, Gastroenterology, Oncology, Haematology, Dermatology (Min. 2 months)</td>
<td>Including but not limited to external rotation to other Geriatric Medicine training units, additional training in community medicine, Palliative Care, Rehabilitation medicine, Geriatric Psychiatry etc. (3 months)</td>
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<tr>
<td>Revision/Consolidation of Geriatric Medicine with end of year 2 assessment (2 months)</td>
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A WARM WELCOME AND THANK YOU FOR REGISTERING YOUR INTEREST IN THE SINGHEALTH GERIATRIC MEDICINE SENIOR RESIDENCY PROGRAM.

THROUGH THIS BROCHURE, WE HOPE TO PROVIDE YOU WITH PERTINENT INFORMATION ABOUT OUR PROGRAM AND THE TRAINING STRUCTURE AVAILABLE TO YOU AT SINGHEALTH.

HELP THE ELDERLY OPTIMIZE THEIR GOLDEN YEARS AND LET THEIR STORIES INSPIRE AND MOTIVATE YOU AS YOU PURSUE THIS CHALLENGING AND REWARDING ROLE THAT MAKES A POSITIVE AND PROFOUND IMPACT ON THE LIVES OF OLDER PATIENTS AND THEIR FAMILIES.

DO CONTACT US IF YOU HAVE FURTHER QUESTIONS. WE WILL BE MOST KEEN TO ANSWER THEM AND GUIDE YOU IN YOUR JOURNEY IN BECOMING A GERIATRICIAN!

DR NGUYEN MINH HA
Program Director, Geriatric Medicine

A WORD FROM OUR PROGRAM DIRECTOR

THE THREE YEARS OF TRAINING WILL END WITH A LOCAL EXIT EXAMINATION, FOLLOWING WHICH YOU WILL BE PROMOTED TO ASSOCIATE CONSULTANT.

AFTER COMPLETION OF THREE YEARS OF TRAINING, ELIGIBLE CANDIDATES CAN ALSO APPLY FOR FURTHER ADVANCED TRAINING IN AN APPROVED OVERSEAS INSTITUTION UNDER THE HEALTH MANPOWER DEVELOPMENT PROGRAM (HMDP), MINISTRY OF HEALTH, SINGAPORE.

FOR THOSE WHO ARE PURSING DUAL ACCREDITATION (I.E. ADVANCED INTERNAL MEDICINE AND GERIATRIC MEDICINE SENIOR RESIDENCY), YOU WILL BE PROMOTED TO ASSOCIATE CONSULTANT AFTER SUCCESSFUL COMPLETION OF ADVANCED INTERNAL MEDICINE SENIOR RESIDENCY BEFORE ENTERING GERIATRIC MEDICINE SENIOR RESIDENCY. FOR THIS GROUP, THE THIRD YEAR OF GERIATRIC MEDICINE SENIOR RESIDENCY MAY BE SHORTENED DEPENDING ON THE CLINICAL COMPETENCY AND TYPES OF POSTINGS COMPLETED BEFORE JOINING GERIATRIC MEDICINE.

CONTACT DETAILS

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FOR MORE INFORMATION, PLEASE VISIT: www.singhealthresidency.com.sg/Pages/GeriatricMedicine.aspx