



GPP e-News Quarterly

Greetings from the Mental Health – GP Partnership Programme (MH-GPP) Team. This is the eleventh issue of our quarterly e-newsletter and we aim to provide the latest updates from the GPP team. We are happy to hear from our partners, please email us at IMH-GPP@imh.com.sg.

UPCOMING EVENTS

“5 Appetites and 1 Pie: The Management of Mood & Anxiety Disorders”:

MH-GPP has organized a GP forum entitled, “5 Appetites and 1 Pie: The Management of Mood & Anxiety Disorders” on 8 Nov 2014 at Mandarin Orchard Hotel. The forum was well received with 101 GPs attending and was supported through an educational grant by Lundbeck.

Dr. Chee Kuan Tsee, Emeritus Consultant with the Department of General Psychiatry, IMH, helmed the forum and shared useful tips on the approach to clinical diagnosis. He pointed that “It is important to keep in mind that the patient should not be made to fit a diagnosis (from a checklist or out of convenience) but rather the most appropriate diagnosis is selected to fit the patient. Management is then tailored according to the total needs of the individual patient and not treatment of his diagnosis itself.” He also spoke about the 5 Appetites in daily life, which are Food, Sleep, Work, Sex and Recreation and how we can make a quick diagnosis by assessing these 5 factors. Dr. Chee ended the 1.5 hours sharing session with the possible management of mood and anxiety disorders through pharmacotherapy, psychotherapy and the choice of drug.

The Q&A session was responded enthusiastically with lots of questions from the GPs. At the end of the forum, 3 GPs expressed their interest to join our MH-GP Partnership Programme and overall feedback from the attending GPs were that Dr. Chee is a good and engaging speaker with a great depth of knowledge.



This e-newsletter is produced by MH-GP Partnership Programme. For internal circulation only.

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Dr Chee sharing useful tips on mood and anxiety disorders.



A full house enjoying Dr Chee's engaging talk.

Public Service (PS) 21 Excellence through Continuous Enterprise and Learning Awards 2014:

The PS21 ExCEL Awards ceremony was held on 29 Oct 2014. We are delighted to announce that MH-GPP Programme was awarded with a Certificate of Recognition in the Most Innovative Project/Policy category with the project entitled, "Transforming Primary Health Care of Psychiatric Outpatients in the Community through GP Partnership & Education".

The PS21 ExCEL award is presented annually to Public Service policies and projects that have made a difference. They are evaluated based on innovativeness, impact and alignment with the Public Service's spirit of continuous learning and improvement. We are happy that MH-GPP

Programme's project ticked all the boxes.



(Left to right): Team reps Joshua Wee, Dorine Tan, Dr Goh Yen Li, Hannah Huang and Gina Teo receiving their award from MG (NS) Ng Chee Khern – PS (Defence Development) Ministry of Defence.

NHG Improvement Project Competition 2014:

MH-GPP Programme constantly strives for continuous improvement and we are glad that our efforts are recognised. The team was awarded with Merit Award in Best Project Category with the project entitled “The Key to Continued Community Healthcare: Actualizing First Appointments”.



(Left to right): Team reps Joshua Wee, Gina Teo, Christine Tan and Teow Kiok Liang.

Under the Clinical Practice improvement Project (CPIP), we aimed to achieve 100% first attendance (FA) for patients* referred to IMH GP partners by the GPP within a 1 year

period. Interventions were introduced and monitored and as of July 2014, we have successfully to lower the number of patients defaulting FA at GP clinic from 33% to 16%. On average, 84% of patients achieved compliance to FA at GP partners, representing a 17% improvement since interventions begun.

Sharing IMH Expertise at International Conferences:

World Psychiatric Association (WPA) Regional Conference 2014 was held at Hong Kong on 12-14 Dec this year and I am proud to be invited to share on the success on our programme, entitled, “Transforming Primary Health Care of Psychiatric Outpatients in the Singapore Community: Mental Health-GP Partnership Singapore”.

You may wish to view my short abstract from the below link at page 66 under OP2.4.3:

http://www.wpa2014hongkong.org/scientific-info/Abstract%20USB%20file_final.pdf

Yours truly,
Dr. Goh Yen-Li
Consultant



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