

**COMPREHENSIVE OBESITY MANAGEMENT  
FELLOWSHIP ATTACHMENT PROGRAMME IN SGH**

Components	Information
<b>1. Division/ Department</b>	Division of Medicine / Department of Endocrinology
<b>2. Title of Programme</b>	Clinical Fellowship Training in Comprehensive Obesity Management (6 to 12 months max)
<b>3. Relevant Registrations</b>	<ul style="list-style-type: none"> <li>• Temporary Registration with Singapore Medical Council (SMC)</li> <li>• Training employment pass application with Ministry of Manpower, Singapore (MOM) (upon successful Temporary Registration with Singapore Medical Council)</li> </ul>
<b>4. Overview</b> 4.1 Background information	<p>Obesity is a complex chronic medical condition associated with multiple other complex medical conditions such as type 2 diabetes mellitus, non-alcoholic fatty liver disease, obstructive sleep apnea. An inter- / multi-disciplinary approach is essential in the management of obesity.</p> <p>The SGH Obesity Centre is a well-established inter-disciplinary team with a rich experience in the management of overweight and obesity. The obesity team consists of endocrinologists, bariatric surgeons, gastroenterologist, internal medicine physician, dietitians, psychologists, physiotherapists, nurses and co-ordinators. It also runs its own clinical research. The programme is based on the inter / multi-disciplinary clinical service, harvesting on of the experience of the clinicians, researchers and allied health of the Obesity Centre team.</p>
4.2 Goal/ aim(s)	<ol style="list-style-type: none"> <li>1. Be able to clinically assess a patient with overweight and obesity</li> <li>2. Be able to prescribe a lifestyle therapeutic program for a patient with overweight and obesity</li> <li>3. Be able to prescribe adjunctive pharmacotherapy for a patient with overweight and obesity</li> <li>4. Be able to assess eligibility for metabolic and bariatric surgery in a patient with obesity</li> <li>5. Achieve an understanding on the different types of metabolic and bariatric procedures, their various effects, benefits, side-effects</li> <li>6. Be able to manage a patient undergoing metabolic and bariatric surgery: pre- and post-operative management (short and long-term)</li> <li>7. Be able to work effectively in a collaborative manner within a multi- and inter-disciplinary team managing a patient with overweight and obesity</li> </ol>
4.3 Duration	6 – 12 months
4.4 Hyperlinks/URL Sites	<a href="https://www.sgh.com.sg/patient-care/specialties-services/Obesity-Centre?fireglass_rsn=true#fireglass_params&amp;tabid=a72468cae70a1f00&amp;start_with_session_counter=4&amp;application_server_address=ihispteltd27-asia-southeast1.prod.fire.glass">https://www.sgh.com.sg/patient-care/specialties-services/Obesity-Centre?fireglass_rsn=true#fireglass_params&amp;tabid=a72468cae70a1f00&amp;start_with_session_counter=4&amp;application_server_address=ihispteltd27-asia-southeast1.prod.fire.glass</a>
<b>5. Target Audience</b>	To be eligible for training in the subspecialty of obesity, a physician must have completed categorical residency training. This training may be in Internal Medicine, Family Medicine or subspecialty training such as endocrinology, gastroenterology, nephrology or cardiology.

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<p>5.1 Pre-requisite /eligibility requirement(s)</p>	<p>General requirements for Temporary Registration for training (required by SMC):</p> <ul style="list-style-type: none"> <li>• A basic medical degree from an accredited medical university or medical school</li> <li>• Passed the relevant national licensing examination in the country of conferment of basic degree, where applicable</li> <li>• Evidence of at least 12 months houseman-ship / internship with a certificate of satisfactory completion of houseman-ship or equivalent</li> <li>• Been registered as a medical practitioner in the country where he is currently practising</li> <li>• Been certified to be of good standing by the Medical Council or the relevant national authority</li> </ul> <p><b>Note:</b> The doctor should be in active clinical practice (and been registered as a medical practitioner in the countries of practice) for the 3 years preceding the application for medical registration in Singapore.</p> <p>In addition to the above criteria, <b>Clinical Fellows</b> must:</p> <ol style="list-style-type: none"> <li>a) Have a minimum of 3 years working experience as a medical officer (or equivalent)</li> <li>b) Fulfil English Language requirements of SMC if the medium of instruction for the basic medical qualification is <u>not</u> in English</li> <li>c) Preferably have obtained a postgraduate diploma or medical degree in his country or overseas</li> <li>d) Be sponsored by (i) the government, or (ii) regional health authority or (iii) an appropriate institution in the home country. For (d)(iii), the doctor must be on current full-time employment (40 hours or more per week) with the sponsoring institution.</li> </ol> <p>As a Clinical Fellow, the doctor will be allowed to be involved in patient care and make entries in patients' case note, communicate care plans to patients and fellow healthcare professionals, and perform procedures under <u>direct</u> supervision or Level 1 supervision under SMC's Supervisory Framework.</p> <p><b>Department's requirement, if any (only for Clinical Fellow in this subspecialty):</b> Clinical Fellow must have completed categorical residency training. This training may be in Internal Medicine, Family Medicine or subspecialty training such as endocrinology, gastroenterology, nephrology or cardiology.</p>
<p>6. Learning Objectives</p>	<p>This fellowship would allow the Fellow to acquire:</p> <ul style="list-style-type: none"> <li>• The basic skillsets and understanding of management of overweight and obesity in a multi-disciplinary tertiary care setting.</li> <li>• How to clinically assess a patient with overweight and obesity</li> <li>• How to prescribe a lifestyle therapeutic program for a patient with overweight and obesity</li> <li>• How to prescribe adjunctive pharmacotherapy for a patient with overweight and obesity</li> <li>• How to assess eligibility for metabolic and bariatric surgery in a patient with obesity</li> <li>• Achieve understanding on the different types of metabolic and bariatric procedures, their various effects, benefits, side-effects</li> </ul>

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<b>7. Course/Training Syllabus</b>	Fellows will have the opportunity to participate in clinical activities including observation of specialists and allied health professionals specializing in obesity management at the SGH Obesity Centre, running the outpatient obesity clinic under direct supervision, regular multidisciplinary meetings and case discussions, inpatient rounds to see patients before and after bariatric surgery.															
<b>8. Training Method</b>	<p><b>Method of Supervision:</b> Direct observation and feedback. Clinical Fellow will be supervised by an assigned supervisor at all times.</p> <p><b>Observed Only:</b> Fellows will have opportunities to observe the following procedures: Bariatric surgery including sleeve gastrectomy and gastric bypass Endoscopic procedures including endoscopic sleeve gastropasty and intragastric balloons.</p> <p>Job rotation to Department of Upper GI and Bariatric Surgery.</p> <ul style="list-style-type: none"> <li>Up to 3 sessions during rotation to OT to observe bariatric surgical procedures performed by surgeons from the Upper GI and Bariatric Surgical Department</li> </ul> <p>Job rotation to other institutions not required.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #A9A9A9;"> <th colspan="3">TRAINING ACTIVITIES &amp; METHODOLOGY</th> </tr> <tr style="background-color: #D3D3D3;"> <th style="width: 45%;">Name of activity</th> <th style="width: 25%;">Frequency / No. of sessions / Length of session</th> <th style="width: 30%;">Teaching methodology</th> </tr> </thead> <tbody> <tr> <td>Observation in Clinical Sessions</td> <td>5 sessions / week  3 hours each session</td> <td>Observation of specialists and allied health professionals specializing in obesity management in their course of work</td> </tr> <tr> <td>Review patients at the Obesity Clinic</td> <td>2 sessions / week  3 hours each session</td> <td>Direct supervision by faculty of how trainee assesses and counsels patients with overweight and obesity</td> </tr> <tr> <td>Case Presentation</td> <td>Once per rotation  30 minutes</td> <td>Supervised by a faculty</td> </tr> </tbody> </table>	TRAINING ACTIVITIES & METHODOLOGY			Name of activity	Frequency / No. of sessions / Length of session	Teaching methodology	Observation in Clinical Sessions	5 sessions / week  3 hours each session	Observation of specialists and allied health professionals specializing in obesity management in their course of work	Review patients at the Obesity Clinic	2 sessions / week  3 hours each session	Direct supervision by faculty of how trainee assesses and counsels patients with overweight and obesity	Case Presentation	Once per rotation  30 minutes	Supervised by a faculty
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	Journal Club	Once per rotation  45 minutes	Supervised by a faculty
8.1 Night Duties Requirement	No night duties required.		
8.2 Running of Clinics Requirement	2 outpatient clinics a week.		
9. Assessment and Evaluation	<p>Clinical Fellow will need to demonstrate their proficiency level based on the following competencies:</p> <ol style="list-style-type: none"> <li>1) <b>Patient Care</b> Ability to demonstrate comprehensive assessment of patients with obesity and utilise the various available modalities including lifestyle modification, pharmacotherapy and bariatric surgery.</li> <li>2) <b>Medical Knowledge</b> Understands the basic pathophysiology of obesity, and up-to-date knowledge involving the risks/benefits of the various options used to treat obesity.</li> <li>3) <b>Practice-Based Learning and Improvement</b> Ability to apply this knowledge in the clinical setting. Demonstrates reflective practice and ability to incorporate good clinical practices learned from this attachment to his home institution.</li> <li>4) <b>Interpersonal and Communication Skills</b> Demonstrate care, concern and empathy for patients with obesity. Ability to communicate and work effectively with the inter-disciplinary team.</li> <li>5) <b>Professionalism</b> Demonstrates integrity and ethical behaviour. Follows through on tasks assigned to trainee.</li> <li>6) <b>Systems-Based Practice</b> Awareness of the complex interplay between the individual and the environment in predisposing a person towards obesity. Appreciation of the necessity of public health efforts involving public and private sector in obesity prevention and management at a population level</li> </ol>		
9.1 Assessment approaches	<p><b>Formative assessment:</b></p> <ul style="list-style-type: none"> <li>• Regular evaluation between Clinical Fellow and Supervisor / Head of Department</li> <li>• Reflective journal- logbook recordings of training activities</li> </ul>		

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	<p><b>Summative assessment:</b> Periodical assessment reports as required by Singapore Medical Council</p> <p><b>Feedback:</b></p> <ul style="list-style-type: none"> <li>• End-of-training feedback form as required by Singapore Medical Council</li> <li>• End-of-training feedback session with SGH-PGMI</li> </ul>															
<p>9.2 Evaluation Process</p> <p>9.2.1 General overall grading system</p>	<p>The general overall grading system evaluates the Clinical Fellow's performance upon completion of the fellowship programme. All Clinical Fellow will be given a general overall grading status at the end of the fellowship programme based on the grading criteria requirements incorporating the six competencies based knowledge, skills and performance that Clinical Fellow must demonstrate throughout the programme.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #4F81BD; color: white;">Grading Status</th> <th style="background-color: #4F81BD; color: white;">Description</th> <th style="background-color: #4F81BD; color: white;">Grading Criteria Requirements</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"><b>CMP</b></td> <td>Completes the programme</td> <td> <ul style="list-style-type: none"> <li>• Fulfils all training requirements in all 6 domains of evaluation with at least a satisfactory grading</li> </ul> </td> </tr> <tr> <td style="text-align: center;"><b>USP</b></td> <td>Unsatisfactory performance</td> <td> <ul style="list-style-type: none"> <li>• Fulfils only some training requirements in all 6 domains of evaluation with at least a satisfactory grading</li> </ul> </td> </tr> <tr> <td style="text-align: center;"><b>DCP</b></td> <td>Did not complete the programme</td> <td> <ul style="list-style-type: none"> <li>• Did not fulfil any training requirements in all 6 domains of evaluation with at least a satisfactory grading</li> </ul> </td> </tr> <tr> <td style="text-align: center;"><b>WDN</b></td> <td>Withdrawn from the programme</td> <td> <ul style="list-style-type: none"> <li>• Fellow withdraws from the programme or did not complete the required 12 months of fellowship training The programme does not have a provision to extend the training for remedial training</li> </ul> </td> </tr> </tbody> </table>	Grading Status	Description	Grading Criteria Requirements	<b>CMP</b>	Completes the programme	<ul style="list-style-type: none"> <li>• Fulfils all training requirements in all 6 domains of evaluation with at least a satisfactory grading</li> </ul>	<b>USP</b>	Unsatisfactory performance	<ul style="list-style-type: none"> <li>• Fulfils only some training requirements in all 6 domains of evaluation with at least a satisfactory grading</li> </ul>	<b>DCP</b>	Did not complete the programme	<ul style="list-style-type: none"> <li>• Did not fulfil any training requirements in all 6 domains of evaluation with at least a satisfactory grading</li> </ul>	<b>WDN</b>	Withdrawn from the programme	<ul style="list-style-type: none"> <li>• Fellow withdraws from the programme or did not complete the required 12 months of fellowship training The programme does not have a provision to extend the training for remedial training</li> </ul>
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<p><b>9.2.2</b> Options for Clinical Fellow who was graded with a (USP) for unsatisfactory performance</p>	<p>The programme does not have a provision to extend the training for remedial training</p>															
<p>9.3 Criteria for Early Termination</p>	<p>The attachment programme will be terminated early on the ground of the Clinical Fellow's poor performance, misdemeanour, misconduct, negligence or breach of any terms stipulated or referred to in the Fellowship Letter of Offer and Institution Terms and Conditions.</p> <p>The Clinical Fellow may also request to terminate the attachment programme for reasons such as serious illness or other personal obligations.</p>															

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	The institution will review all requests for early termination with the Clinical Fellow and the Supervisor / Head of Department.
<b>10. Course Administration</b>	Type of Certification: Certificate of Training  Training Fee: S\$3,000 (before prevailing GST) per month  Programme Funding source: Self-funded
<b>11. Number of Clinical Fellow to be accepted at any one time</b>	2 Clinical Fellows