

HIGHLIGHTS

From the Honorary Secretary

Report by Clinical Asst
Prof Benny Loo Kai Guo

Dr Loo is a paediatrician in public service with special interest in sport and exercise medicine. He serves to see the smiles on every child and athlete, and he looks forward to the company of his wife and children at the end of every day.



Channel 8 current affairs feature on IPs

The topic of Integrated Shield Plans (IPs), along with the healthcare and insurance industries, was featured on the 1 August 2025 edition of Channel 8's *Frontline*, a Mandarin current affairs programme.

SMA Council member and past President Dr Tan Yia Swam was one of the interviewees for the programme. She emphasised that although running a medical practice is a business, medical professionalism and compassion still matters most. Insurance companies that suspend the issuing of pre-authorisations will add stress for patients during hospitalisation.

Members can view the episode at <https://bit.ly/3HEP61E>.

Reporting of suspected etomidate e-vaporiser offenders

The Ministry of Health (MOH) and Health Sciences Authority issued a joint circular on 29 August 2025, highlighting the change in requirements after the reclassification of etomidate as a Class C controlled drug from 1 September 2025.

All doctors must report suspected etomidate e-vaporiser offenders to the Central Narcotics Bureau and MOH within seven days of attending to the patient.

Suspected etomidate e-vaporiser offenders would be individuals who present to healthcare institutions or clinics in possession of any e-vaporisers or who admit to consuming e-vaporisers, and who show any of the signs and symptoms suggestive of etomidate intoxication, such as unsteady gait, confusion or slurred speech.

More details on the circular can be found at: <https://bit.ly/3JJHFH6>.

LKCMedicine Homecoming 2025

The Lee Kong Chian School of Medicine (LKCMedicine) Homecoming 2025 on 25 July 2025 was a huge success.

The medical alumni gathered at the Clinical Sciences Building Plaza, LKCMedicine for an evening of reconnecting and celebrating.

The Council would like to congratulate Dr Zhou Anlai, winner of the SMA Prize for Best Scholarly Project (Academic Year 2023-24). SMA President Dr Ng Chee Kwan presented the prize to Dr Zhou during LKCMedicine Homecoming 2025.

Recent and upcoming ACE Clinical Guidances

SMA Members familiar with Clinical Practice Guidelines issued by MOH should note that this function has been transferred to the Agency for Clinical Effectiveness (ACE), which publishes ACE Clinical Guidances (ACGs).

Recently published ACGs include:

- Generalised anxiety disorder – easing burden and enabling remission;
- Major depressive disorder – achieving and sustaining remission; and
- Management of chronic coronary syndrome.

Upcoming ACG topics in development include dementia (scheduled for 2025), allergic rhinitis (2026) and more. Further details can be found at the following links:

- Existing ACGs: <https://bit.ly/4lo3x8L>.
- Overview on ACGs and topics in development: <https://bit.ly/4eNxBZ7>.

EatWise SG

EatWise SG is an initiative designed to enhance access to appropriate dietetic and nutrition care in the community, helping individuals achieve better health outcomes closer to home.

This initiative addresses critical unmet nutritional care needs, including:

- Inadequate dietetic support.
- Under-recognition of malnutrition.
- Lack of care continuity for individuals with metabolic diseases, frailty and malnutrition.

Members who are involved in patient nutrition can refer to the resources here: <https://bit.ly/45pVSQC>. ♦