

The Editors' Musings

DR TINA TAN

Editor

Dr Tan is a psychiatrist in private practice and an alumnus of Duke-NUS Medical School. She treats mental health conditions in all age groups but has a special interest in caring for the elderly. With a love for the written word, she makes time for reading, writing and self-publishing on top of caring for her patients and loved ones.



I visited someone in a ward the other day. The last time I was in that particular ward was as a junior doctor doing her general surgery rotation. The way that simple stroll through the ward, past the nurses' station, evoked such strong, visceral memories in my mind is testament to how formative those days were for me. And, I can imagine, for every doctor reading this.

Sometimes, I can hardly believe that over 15 years have passed since I was a house officer. The healthcare landscape has changed drastically in those years, what with the increasingly heavy reliance on technology and artificial intelligence. But some things do

not change, including the fact that we humans fall sick, get older and will someday need the expertise and care of those younger than us.

Think about it. Gen Z, the first digital natives of our time, are already practising doctors. Someday soon, Gen Alpha, the "six seven" and "skibidi" kids, will enter medical school. How will we guide them through their formative clinical years?

This is why our issue's title focuses on the people who will man the future of healthcare. Even as our juniors learn the ropes from us, it remains vital to ensure they are supported in that learning. Even as healthcare evolves, so too must medical education and training.

DR CALVIN TJIO

Guest Editor

Dr Tjio is a resident in diagnostic radiology at the National University Health System. He is the chairperson of the SMA Doctors-in-Training Committee and an SMA Council member. He is interested in medical education, quality improvement and artificial intelligence.



As Singapore's healthcare system continues to evolve, one truth remains unchanged: the future of healthcare depends on the people who deliver it. Today's medical students and junior doctors will become tomorrow's senior clinicians, educators and leaders. Developing our junior doctors is not just about having good medical education. It involves a multifaceted investment in our workforce to ensure the continued resilience of Singapore's healthcare system.

The journey of a junior doctor today markedly differs from that of previous generations. The COVID-19 pandemic disrupted medical training, while the evolving healthcare environment, patient expectations and increased formal documentation have affected the clinical learning environment. During this time, progress has been made to support healthcare worker wellbeing, safeguard work hours and increase the career opportunities available. As we look ahead, the challenge for us is to figure out how to continue to train competent doctors who remain compassionate, resilient and fulfilled in a perpetually changing world.

This issue explores key topics for junior doctors. In one article, we highlight the development of the Well-Being, Inclusion, Safety and Equity (WISE) Guideline by a joint workgroup consisting of representatives from the College of Psychiatrists, Academy of Medicine, Singapore (AMS), College of Public Health and Occupational Physicians, AMS, and the SMA Doctors-in-Training Committee. With this guideline, we hope to help create healthier workplace cultures to support our doctors with psychiatric conditions. We also examine the considerations of starting a family amid medical training, an issue that many face when balancing their professional and personal lives. Last but not least, we return to the fundamentals of medicine with a guide on writing an effective morning ward round note – a skill that remains central to patient safety, interdisciplinary communication and learning clinical reasoning.

We hope these articles will inform, encourage and inspire. Ultimately, developing our junior doctors well is one of the most important investments we can make in the future of Singapore's healthcare. ♦