

Promoting Screen for Life in a Neighborhood General Practitioner Clinic in Singapore

Kinyui Alice LO* MD, MMED (Singapore), PhD

 Department of Family Medicine, National University Health System, Singapore

 *kin_yui_lo@nuhs.edu.sg

Introduction

- Screen for Life (SFL) program is a nationwide health screening initiative to encourage early detection of certain chronic diseases and cancers in Singapore in GP setting

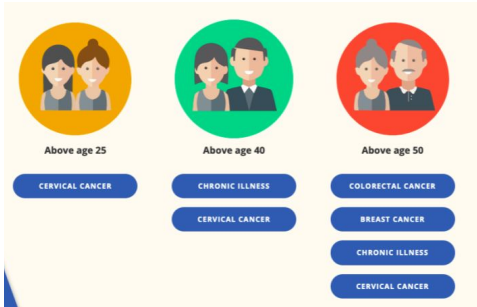


Fig 1: Information graphics on chronic diseases (hypertension, diabetes, hyperlipidemia and obesity) and cancers screened under SFL

- Eligible Singaporeans pay at most \$5 SGD (\$30 HKD) per visit
- We present the results of a successful quality improvement project (QIP) that increased the take-up rate of SFL from Oct 2022 to Apr 2023 in Raffles Medical Bedok North clinic by 363%

Methods

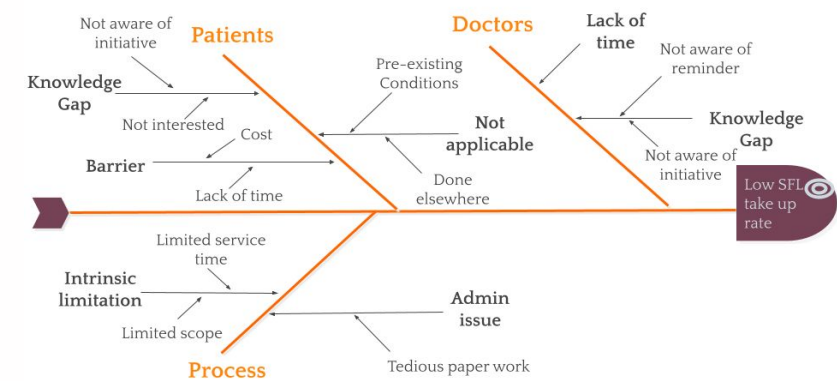


Fig 2: Root-cause analysis identified potential barriers in promoting SFL

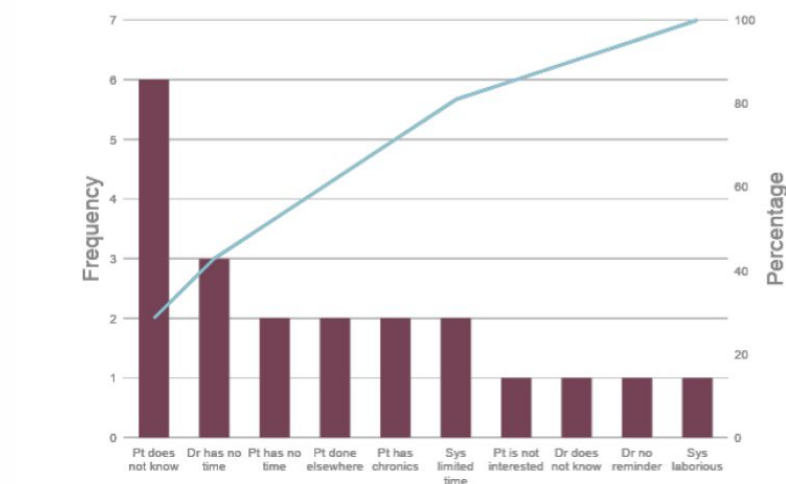


Fig 3: Pareto chart showed that lack of awareness among patients and lack of time among doctors as the top 2 barriers in promoting SFL

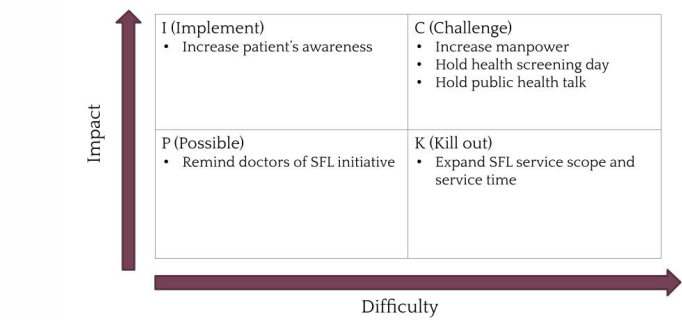


Fig 4: PICK chart prioritised strategies to promote SFL

Results

- 2 PDCA (Plan-Do-Check-Act) cycles were undertaken
- 1st PDCA cycle involved displaying visual reminders and posters around the clinic did not lead to significant increase
- 2nd PDCA cycle involved handing out a physical SFL reminder card to patients by clinic assistants led to a 363% increase in SFL take-up

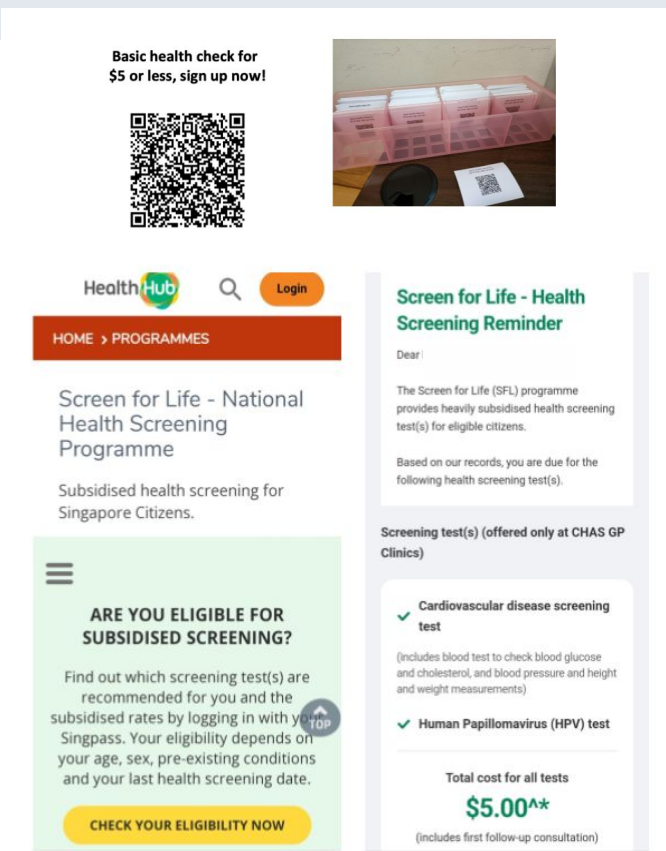


Fig 5: SFL reminder card, which was similar in size to a clinic queue number ticket (top left and right), led patient to the official government portal on which they can check their own eligibility and cost for SFL (bottom left and right)

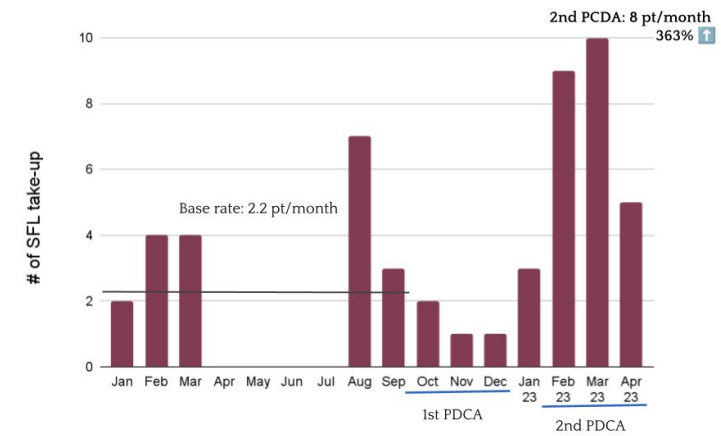


Fig 6: Initiatives undertaken during the 2nd PDCA cycle led to a 363% increase in SFL take-up rate. Baseline rate was 2.2 patients per month based on results from the first 9 months in 2022

Conclusion

- Initiatives that involves active promoting and empowerment of patient autonomy are effective to promote health screening

Future Direction

- SFL has since been renamed to Healthier SG which has an expanded scope in preventive care and chronic diseases management
- Similar strategies can be employed in promoting Healthier SG in a GP setting

Acknowledgement: I would like to thank Dr Michael Wong (Raffles Medical Group clinic cluster head) for advice, RMG Bedok North clinic staff for implementation of the project and National University Polyclinic (NUP) for conference sponsorship