

# **Dr Ken Lee Puah MBBS (S'pore), MRCSEd, M.Med (Ortho Surg), FRCSEd (Orth), FAMS**

## **Contact Information**

Department of Orthopaedic Surgery  
Singapore General Hospital  
20, College Road  
Academia, Level 4  
Singapore 169856

## **Current Position**

Associate Consultant, Department of Orthopaedic Surgery, Singapore General Hospital

Clinical Lecturer, Department of Orthopaedic Surgery, NUS Yong Yoo Lin School of Medicine

Clinical Physician Faculty Member for SingHealth Orthopaedic Surgery Residency Program

Physician Faculty for SingHealth Postgraduate Year 1 (PGY1) Training Programme

Singapore Chief Residency Programme (SCRIP) Alumni Council Member

## **Career Objective**

Working towards a career as a Shoulder and Elbow Orthopaedic Surgeon

## **Fellowship training**

AOTrauma Fellowship under Prof. Dr. med. Ralph Hertel at Lindenhof, Bern, Switzerland from 09 April 2018 to 09 May 2018

## **National Service**

Holding the rank of Major

Reservist Orthopaedic Surgeon with the 11th Mobile Surgical Team, on Reservist on Voluntary Extended Reserve Service (ROVERS) scheme

Singapore Armed Forces (SAF) Good Service Medal awarded on 23 February 2015

National Service Medal awarded on 30 July 2015

### **Medical Undergraduate Education**

Yong Yoo Lin School of Medicine, National University of Singapore (NUS) 2000 to 2005

1. Conferred MBBS (S'pore)
2. Participated in Undergraduate Research Opportunity Programme (UROP) under Prof. Yap Hui Kim, Department of Paediatrics, National University of Singapore from 2000 to 2005, awarded a Distinction
3. Member of the University Lifeguard Corps, qualified as a lifeguard in 2001, represented the varsity as a member of the University Lifesaving team, obtained Silver for the Men's Taplin Relay in the Singapore Lifesaving Society's Open-Water Championship 2003 for NUS

### **Post-graduate qualifications**

1. Fellow of the Academy of Medicine Singapore, College of Surgeons, Chapter of Orthopaedic Surgeons from 30 April 2018
2. Fellow of the Royal College of Surgeons of Edinburgh (Orthopaedic Surgery) from 1 September 2017
3. Passed Joint Specialty Fellowship - Orthopaedic Surgery Exit Examination (2017) on 14 May 2017
4. ECFMG Certified in USA from 2014
5. Conferred M.Med (Orthopaedic Surgery) from Yong Yoo Lin School of Medicine, National University of Singapore on 21/2/2009
6. Member of the Royal College of Surgeons of Edinburgh from 2008

### **Career History**

Associate Consultant, Department of Orthopaedic Surgery, Singapore General Hospital (SGH) from 1 November 2017

Chief Resident from July 2015 to 2017 as part of the Singapore Chief Residency Programme (SCRCP)

*SingHealth Orthopaedic Surgery Resident (from 4/7/2011 to 2/7/2017)*

*Registrar*

1. Department of Orthopaedic Surgery, SGH, 5/5/2009 to 3/7/2011

*Medical Officer*

1. Department of Orthopaedic Surgery, SGH, 1/11/2007 to 4/5/2009
2. General Surgery, CGH, 3/5/2007 to 31/10/2007
3. Urology, CGH, 1/11/2006 to 2/5/2007
4. Neurosurgery, National Neuroscience Institute (NNI), 3/5/2006 to 31/10/2006

#### *Housemanship*

1. Medicine, SGH, 3/1/2006 to 29/4/2006
2. Orthopaedic Surgery, NUH, 30/8/2005 to 2/1/2006
3. Paediatric Medicine, KKWCH, 30/4/2005 to 29/8/2005

#### **Educational Appointment**

1. Clinical Lecturer, Department of Orthopaedic Surgery, NUS Yong Yoo Lin School of Medicine 1 June 2018 to 31 December 2021
2. Clinical Physician Faculty Member (CPFM) for SingHealth Orthopaedic Surgery Residency Program from 1 May 2018 to 30 June 2021
3. Physician Faculty, SingHealth PGY1 Programme from 2016 to 2019

#### **Duke-NUS Medical Student Teaching as Faculty**

1. Duke-NUS Advanced Clinical Practice Course – Musculoskeletal Session 25 June 2018
2. Duke-NUS Advanced Clinical Practice Course – Musculoskeletal Session 9 October 2017
3. Duke-NUS Advanced Clinical Practice Course – Musculoskeletal Session 12 October 2016
4. Duke-NUS Capstone Course 2012: Surviving Housemanship
5. Year 4 Musculoskeletal Clinical Block 4: The art of musculoskeletal physical examination 8 November 2010

#### **Courses Conducted**

1. Facilitator, SCRP Seminar 4: "Teaching, Learning and Leading" held on 31 Jan – 2 Feb 2018 at Academia, Singapore General Hospital.
2. Facilitator, SingHealth Residency Leadership Programme (SRLP) Cohort 2 - Induction 15 January 2018, Academia, Singapore General Hospital
3. Facilitator, SCRP Seminar 2: 'Working Together to Build Resilience' held on 6 – 7 October 2017, at the NSRCC Sea Sports Centre in Changi.

4. Table Instructor, AOTrauma Course – Basic Principles of Fracture Management Course and Basic Principles of Fracture Management for Operating Room Personnel Course 24 to 26 August 2017. Singapore
5. Facilitator, SCRP Seminar on “Looking Back & Leading Forward” held on 18 August 2017
6. Faculty, Basic Surgical Skills Workshop, 15 July 2017, held at Academia, Singapore General Hospital
7. Facilitator, SCRP Seminar on “Using Lean Tools to Evaluate Systems” held on 2 June 2017 at Tan Tock Seng Hospital
8. Co-Facilitator, SRLP In-Person Seminar 2 - The 2D1N Team Building Event 24-25 Feb (Fri-Sat) 2017 with Focus Adventure Sembawang
9. Co-Facilitator, SRLP Seminar 1, Understanding SRLP, Yourself & Others (20-21 January 2017) held at Academia, Singapore General Hospital
10. Conducted Hip and Knee Arthroplasty Cadaveric Workshop for Residents from 11 to 12 December 2016 at Academia, Singapore General Hospital
11. Table Facilitator, 4th Singapore Chief Residency Programme (SCRP) Seminar on Teaching 1-2 December 2016 held at Academia, Singapore General Hospital.
12. Speaker at SingHealth SIP Boot Camp held on 19 March 2016 at Academia, Singapore General Hospital
13. Instructor for Basic Surgical Skills Workshop on 23 January 2016 held at Academia, Singapore General Hospital.
14. Table Instructor. AOTrauma Course – Advances in Fracture Management 25-29 August 2015. Singapore.
15. Faculty National. AOTrauma Course – Basic Principles of Fracture Management 21-23 November 2014. Singapore.
16. Instructor for Basic Surgical Skills Workshop on 18 October 2014 held at Singapore General Hospital.
17. Instructor for SSSC-Sanofi Musculoskeletal Injection Workshop held on 12 October 2012
18. Instructor at Introductory Course to Knee Arthroplasty for HOs and MOs at the Department of Orthopaedic Surgery, SGH, held on 10 September 2011
19. Organised and conducted Suture Workshop for HOs, MOs, Residents and Year 5 Medical Students on Student Internship Programme (SIP) from the Yong Yoo Lin School Of Medicine, National University of Singapore to on 6 November 2010

20. Organized and conducted Suture Workshop for House Officers, Residents and Medical Officers on 17 July 2010
21. Organized and conducted Suture Workshop for House Officers and Year 5 Medical Students on Student Internship Programme (SIP) from the Yong Yoo Lin School Of Medicine, National University of Singapore, on 3 October 2009
22. Organized and co-ordinated the combined Tendon Repair Workshop for Medical Officers (MOs) and Registrars in conjunction with the Department of Hand Surgery, Singapore General Hospital, held on 12 September 2009
23. Organized and conducted Suture Workshop for House Officers (HOs) held on 20 June 2009

### **Courses Attended**

1. AORecon Course—Complex Total Hip and Knee Arthroplasty. June 30–July 01, 2018 Singapore
2. AO Trauma Masters Course—Current Concepts—Knee Injuries and Deformities. December 3–8, 2017 Davos, Switzerland
3. Basic Ilizarov Cadaveric Workshop and Open Tibia Fracture Course on 4-6 September 2017 at Ng Teng Fong General Hospital in Singapore
4. International Cadaveric Shoulder Workshop 2017. Thai Orthopaedic Society for Sports Medicine of the Royal College of Orthopaedic Surgeons of Thailand. Faculty of Medicine, Chiang Mai University, Thailand. 21 July 2017.
5. International Cadaveric Knee Workshop 2017. Thai Orthopaedic Society for Sports Medicine of the Royal College of Orthopaedic Surgeons of Thailand. Faculty of Medicine, Chiang Mai University, Thailand. 20 July 2017.
6. Mitek Sports Medicine Shoulder and Knee Course, Bangkok, Thailand, 17 to 18 June 2017
7. Management for Traumatic Instability of the Elbow and Contracture Release. Cadaveric Workshop and Course, 22 July 2016, Department of Hand and Reconstructive Microsurgery, National University Hospital.
8. Basic Level, Singapore Wrist Arthroscopy Course (27 - 28 February 2016)
9. Upper Limb Cadaveric Workshop 14 October 2015, The Academia, SGH
10. Shoulder & Elbow Arthroplasty & Trauma Cadaveric Course on 10 – 12/7/2015 at Khoo Teck Puat Hospital
11. 2nd Singapore Foot & Ankle Arthroscopy & Reconstruction Cadaveric Workshop 26 to 28 November 2014, Tan Tock Seng Hospital, Singapore.

12. Peer to Peer Masterclass in Management and Avoidance of Complications in Complex Spine Surgery 2 to 3 August 2014, Singapore General Hospital, Singapore.
13. Knee Arthroscopy Cadaveric Course 26 July 2014, Chapter of Orthopaedic Surgeons, College of Surgeons, Singapore.
14. AOSpine Principles Course 28 to 29 September 2013 Singapore.
15. Zimmer Trauma Bioskills Periprosthetic Fracture Fixation workshop 29 August 2013. Chiang Mai Thailand.
16. College of Medicine Chapter of Surgeons Hip and Knee Cadaveric Course 23-24 November 2013. Chulalongkorn University Hospital Bangkok Thailand.
17. AOTrauma Course – Advances in Operative Fracture Management 22-24 August 2013. Singapore.
18. Advanced Trauma Life Support Course 27 to 28 June 2013
19. 1st CGH Shoulder Arthroscopy and Arthroplasty Course “The Why, How & When To Do”, 8-9 June 2013
20. Arthrex Shoulder Course at the Arthrex-Chula Training Center in Bangkok, Thailand on 19 April 2013
21. Flexor Tendon Repair Workshop at Khoo Teck Puat Hospital held on 23 February 2013
22. 6th CGH Basic Total Knee Arthroplasty Workshop held on 19 January 2013
23. Education & Simulation in Healthcare 2012: Sports Injuries Workshop on 18 August 2012
24. 30th Basic Instructional Course on Microsurgery from 16 - 20 April 2012 SGH.
25. Stryker Computer Assisted Orthopaedic Surgery Course on 2 & 3 April 2011 organised by the University Orthopaedics, Hand & Reconstructive Microsurgery Cluster, Division of Hip & Knee Surgery, National University Hospital
26. AOTrauma Minimally Invasive Osteosynthesis (MIO) course held in Chiang Mai, Thailand from 5 May 2011 to 7 May 2011
27. Fundamental Critical Care Support Course from 17-18 September 2011
28. Wrist Dissection Course - Cadaveric Workshop conducted by the Department of Hand Surgery, SGH on 14 January 2011
29. AO Clinical Investigation Course for Investigators held on 26 February 2011 as part of the AO Certified Study Center (AOCSC) Training Program

30. AO Principles in Operative Fracture Management for Surgeons Course from 27 to 29 August 2009
31. Advanced Trauma Life Support Course 26 to 27 May 2010
32. J&J Bipolar Workshop on 12 June 2010 at Tan Tock Seng Hospital
33. J&J Bipolar, Hip and Knee Sawbone Session for SGH Registrars on 3rd July 2010 held at SGH
34. Basic Shoulder Arthroscopy Course 28 September 2010
35. 2nd Introductory Course in Knee Arthroplasty and Computer Navigation on 22 & 23 May 2010 organised by the University Orthopaedics, Hand & Reconstructive Microsurgery Cluster, Division of Adult Reconstructive Surgery, National University Hospital
36. Practical Critical care Course (PRACC) held in May 2006 at the Department of Anesthesiology, TTSH

### **Overseas Attachment**

1. 301 Hospital Joint Fellowship 10-14 December 2018, Beijing, China
  2. Visiting Surgeon Program on Elbow Repair & Elbow Arthroscopy to Asan Medical Center, Seoul South Korea 13-14 November 2018 under Prof In-Ho Jeon and Prof Kyoung-Hwan Koh
  3. Observership at the Department of Orthopaedic Surgery, Duke University, Durham, USA from 17 to 24 May 2017 as one of 2015 - Top 3 SingHealth Chief Residents.
1. Attachment to Section of Shoulder Surgery and Section of Arthroscopy and Sports Medicine of the Department of Orthopaedics at the University of Santo Tomas Hospital, Manila, Philippines from 6 to 11 May 2013.

### **Overseas Exchange Programme**

1. Represented Singapore Orthopaedic Association as an ASEAN Orthopaedic Association Junior Travelling Fellow from 25 Oct - 11 Nov 2018
2. Singapore Ambassador Exchange Programme to Hong Kong Orthopaedic Association Congress 2015 for the Singapore Orthopaedic Association.

### **Conference Presentations**

1. KL Puah, IKW Ng, JYY Lee, DTT Lie. Novel Radiographic Parameters for Proximal Humerus Arthroplasty for Fractures do not affect clinical outcome. Presented at the 28th Congress of the European Society for Surgery of the Shoulder and the Elbow (SESEC-ESSSE), September 19-22, 2018, Geneva, Switzerland.

2. KL Puah, YB Chong, RWW Chong, KL Ong, YJ Lim, DYH Lee. The influence of Hill-Sachs lesions and glenoid deficiencies on recurrence and functional outcome after arthroscopic Bankart repair. A Single-Institution experience. Presented at 11th Biennial ISAKOS Congress, 4 to 8 June 2017, Shanghai, China.
3. KL Puah, YB Chong, RWW Chong, KL Ong, YJ Lim, DYH Lee. Return To Sport And Patient Satisfaction After Arthroscopic Bankart Repair. A Single-Institution Experience. Presented at the Singapore Orthopaedic Association 39th Annual Scientific Meeting 2016.
4. KL Puah, HC Chong, LSS Foo, NN Lo, SJ Yeo. Clinical and Functional Outcome of Primary Condylar Constraint compared to Posterior Stabilised Knee Arthroplasty. Presented at the Singapore Orthopaedic Association 39th Annual Scientific Meeting 2016.
5. KL Puah, SJ Yeo, TS Howe, MH Tan, IR Singh. Prevalance Of Stress And Burnout In An Orthopaedic Residency Programme. Presented at the Singapore Orthopaedic Association 39th Annual Scientific Meeting 2016.
6. YB Chong, KL Puah, RWW Chong, KL Ong, YJ Lim, DYH Lee. Return To Sport And Patient Satisfaction After Arthroscopic Bankart Repair. A Single-Institution Experience. Presented at 2016 Congress of Asia-Pacific Knee Arthroscopy and Sports Medicine Society (APKASS) & The 13th International Forum of Orthopaedic Sports Medicine and Arthroscopic Surgery (IFOSMA), 9 to 12 June 2016, Hong Kong.
7. KL Puah, HC Chong, LSS Foo, NN Lo, SJ Yeo. Clinical and Functional Outcome of Primary Condylar Constraint compared to Posterior Stabilised Knee Arthroplasty. Presented at 2016 American Academy of Orthopedic Surgeons Annual Meeting, 1 to 5 March 2016, Orlando, FL, USA.
8. KL Puah, MS Salieh, AHC Tan. Outcomes of Arthroscopic Capsular Release for the Diabetic Frozen Shoulder. Presented at the Hong Kong Orthopaedic Association's 35th Annual Congress 6 to 8 November 2015, Hong Kong.
9. KL Puah, W Yeo, MH Tan. Clinical and Radiographic Outcomes of Computer-Navigated Total Knee Arthroplasty Are Not Adversely Affected by Body Mass Index. Presented at the Singapore Orthopaedic Association 38th Annual Scientific Meeting 2015.
10. KL Puah, AKS Yew, DTT Lie. Validation Of A Simplified Skin Pointer Device For Knee Rotation Measurement: A Cadaveric Study Using A Rotation-Meter. Presented at the Singapore Orthopaedic Association 38th Annual Scientific Meeting 2015.
11. KL Puah, HC Chong, LSS Foo, NN Lo, SJ Yeo. Clinical and Functional Outcome of Primary Condylar Constraint compared to Posterior Stabilised



- Knee Arthroplasty. Presented at 2016 American Academy of Orthopedic Surgeons Annual Meeting, 1 to 5 March 2016, Orlando, FL, USA.
12. KL Puah, W Yeo, MH Tan. Clinical and Radiographic Outcomes of Computer-Navigated Total Knee Arthroplasty Are Not Adversely Affected by Body Mass Index. Presented at International Society for Technology in Arthroplasty's 28th Annual Congress, 30 September to 29 October 2015, Vienna, Austria.
  13. KL Puah, AKS Yew, DTT Lie. Validation Of A Simplified Skin Pointer Device For Knee Rotation Measurement: A Cadaveric Study Using A Rotation-Meter. Presented at 10th Biennial ISAKOS Congress, 7 to 11 June 2015, Lyon, France.
  14. KL Puah, AKS Yew, DTT Lie. Validation Of A Simplified Skin Pointer Device For Knee Rotation Measurement: A Cadaveric Study Using A Rotation-Meter. Presented at the SGH 21st Scientific Meeting 2015. 2nd Runner-up for Best Poster Award (Basic Science/Translational).
  15. KL Puah. Work-Life Balance and The Orthopaedic Resident. Presented at the Singapore Orthopaedic Association 37th Annual Scientific Meeting 2014 as Faculty.
  16. RB Seah, SL Chia, KL Puah, PCC Chang. An atypical presentation of acute pancreatitis after simultaneous bilateral total knee replacement: A case report. Presented at the Singapore Orthopaedic Association 36th Annual Scientific Meeting 2013.
  17. KL Puah, AKS Yew, DTT Lie. Mechanical Properties Of The Rotator Cuff Tendons: A Cadaveric Study. Presented at The 7th ACASA (Academic Congress of the Asian Shoulder Association) 2011 July 7 & 8, 2011, Okinawa, Japan.
  18. KL Puah, DTT Lie. Outcome Of Primary Shoulder Hemiarthroplasty For Treatment Of Proximal Humeral Fractures. Presented at The 7th ACASA (Academic Congress of the Asian Shoulder Association) 2011 July 7 & 8, 2011, Okinawa, Japan.
  19. KL Puah, MH Tan. Computer-Aided Surgery In Total Knee Arthroplasty: Correlation Between Intra-Operative Alignment And Post-Operative Radiographs – Presented at the Inaugural SingHealth Duke-NUS Scientific Congress, 15 – 16 October 2010.
  20. KL Puah, KP Wong, W Yeo, HCA Tan. A Comparison Of Clinical Outcomes Of Two Methods Of Femoral Hamstring Graft Pin Fixation In Anterior Cruciate Ligament Reconstruction - Presented at the Singapore Orthopaedic Association 32nd Annual Scientific Meeting 2010 for the Young Orthopaedic Investigator's Award.

21. KL Puah, MH Tan. Computer-Aided Surgery In Total Knee Arthroplasty: Intra-Operative Computer Alignment Does Not Correlate With Post-Operative Radiographs – Presented at the Singapore Orthopaedic Association 32nd Annual Scientific Meeting 2009.
22. HK Yap, KL Puah, YW Lau, CK Heng, PH Tan, GSC Chiang. Steroid-dependent and Resistant Minimal Change Disease: Predictors of Favourable Outcome to Cyclophosphamide. Presented at the Thirteenth Congress of the International Pediatric Nephrology Association, Adelaide 2004.
23. KL Puah, YW Lau, MZ Islam, HK Yap. Steroid-resistant Focal Segmental Glomerulosclerosis in Children – Predictors of Non-response to Therapy. Presented at the National Healthcare Group Annual Scientific Congress 2003.
24. KL Puah, HK Yap. Steroid-dependent and Steroid-resistant Minimal Change Nephrotic Syndrome in Children – Predictors of Good Response to Cyclophosphamide Therapy. Presented at the 7th NUS-NUH Annual Scientific Meeting 2003.
25. HK Yap, KL Puah, CK Heng, YW Lau, WK Gong. Steroid-resistant Nephrotic Syndrome in Children: Predictive Factors For Progression To Renal Failure. Presented at the Eighth Asian Congress of Pediatric Nephrology, Jeju Island, Korea 2002.

## **Publications**

1. KL Puah, AKS Yew, SM Chou, DTT Lie. Comparison of a simplified skin pointer device compared with a skeletal marker for knee rotation laxity: A cadaveric study using a rotation-meter. *World J Orthop* 2018; 9(6): 85-91.
2. KL Puah, MS Salieh, W Yeo, AHC Tan. Outcomes of arthroscopic capsular release

for the diabetic frozen shoulder in Asian patients. *J Orthop Surg (Hong Kong)*.

2018 Jan-Apr;26(1):2309499018757572.

3. KL Puah, HC Chong, LSS Foo, NN Lo, SJ Yeo. Clinical and Functional Outcomes: Primary Constrained Condylar Knee Arthroplasty Compared With Posterior Stabilized Knee Arthroplasty. *JAAOS Global Research & Reviews*, February 2018 - Volume 2 - Issue 2 - p e084.
4. IH Moo, KL Puah, SW Tan, DTC Chua. Delayed presentation of compartment syndrome of the thigh secondary to quadriceps trauma and vascular injury in a soccer athlete. *Int J Surg Case Rep*. 2015;11:56-8. doi: 10.1016/j.ijscr.2015.04.003. Epub 2015 Apr 8.
5. KL Puah, KP Wong, W Yeo, AHC Tan. A Comparison of Clinical Outcomes of Two Methods of Femoral Hamstring Graft Pin Fixation in Anterior Cruciate

- Ligament Reconstruction. *Proceedings of Singapore Healthcare*. 2013; 22(4): 248-252.
6. RB Seah, SL Chia, KL Pua, PCC Chang. An atypical presentation of acute pancreatitis after simultaneous bilateral total knee replacement: A case report. *J Orthop*. 2013 Dec 1;10(4):200-3. doi: 10.1016/j.jor.2013.09.007. eCollection 2013.
  7. KL Pua, BP Tow, WM Yue, CM Guo, JL Chen, SB Tan. Spontaneous Cervical Spinal Epidural Haematoma in the Post-Partum Period. *Spine (Phila Pa 1976)*. 2011 Sep 8. [Epub ahead of print]
  8. KL Pua, MH Tan. Bisphosphonate-associated atypical fracture of the femur: Spontaneous healing with drug holiday and re-appearance after resumed drug therapy with bilateral simultaneous displaced fractures. *Acta Orthop*. 2011 May;82(3):380-2. Epub 2011 May 11.
  9. KL Pua, PL Chin, NN Lo. The hazards of total knee arthroplasty: A case report in illustration. *Proceedings of Singapore Healthcare*. 2010; 19(3): 248-256.
  1. CL Wei, W Cheung, CK Heng, N Arty, SS Chong, BW Lee, KL Pua, HK Yap. Interleukin-13 genetic polymorphisms in Singapore Chinese children correlate with long-term outcome of minimal-change disease. *Nephrol Dial Transplant*. 2005; 20: 728–734.

### **Grant**

1. SingHealth Academic Medicine Education Institute (AM•EI) Education Innovation Grant 2014: Stress and Coping in Orthopaedic Surgery Residency

### **Book Chapter**

1. KL Pua, SJ Yeo 2010. Computer-Aided Total Knee Arthroplasty. In R Malhotra (Ed), *Mastering Orthopaedic Techniques Total Knee Arthroplasty* (pp 189-200). New Delhi, India: Jaypee Brothers Medical Publishers.

### **Editorial Board**

1. Editorial Board Member, *World Journal of Orthopedics*, 2015 to 2018

### **Awards**

1. SGH Service Quality Partner Award for outstanding service: Service With A Heart Award, January 2019
2. SingHealth You Shine Award 24 July 2017 for SingHealth Residency Leadership Programme (SRLP) Workgroup
3. SingHealth Residency RiSE Award for Inspiring Resident Educator Award 2016/2017

4. Outstanding Chief Resident Award for Academic Year 2015 to 2017
1. 2012 SingHealth Best Resident Award
6. SingHealth Residency RiSE Award for Outstanding Resident 2012
7. SGH Service Quality Partner Award for outstanding service: Service With A Heart Award, April – June 2010
1. SGH Service Quality Partner Award for outstanding service: Service With A Heart Award, August 2009

### **Administration / Management**

1. Musculoskeletal Academic Programme Representative for ECC Ramp-up Strategic Discussion Workgroup since 7 February 2019
2. Member, Ministry of Health Workplace-Based Assessments Committee since 7 May 2018
3. Clinician Representative, Musculoskeletal Academic Clinical Programme, Capstone Organizing Committee from 2017
4. SingHealth Duke-NUS Surgical & Anaesthesia Congress 2017 Moderated Poster Presentation Judge. 4 August 2017
5. 2016 NUS Yong Loo Lin School of Medicine Clinical Speciality Interest Group Talk on Life as a SingHealth Orthopaedic Surgery Resident on 27 February 2016-Speaker
6. 2014 IMG Career Fair - 4 Jan 2014- Resident representative
7. 2013 9th Student Medical-Nursing Education Conference (SMEC) organised by Yong Loo Lin School of Medicine (YLLSoM) Medical Education Unit and the YLLSoM Medical Society's Academic Directorate on 17 August 2013-Speaker for Residency sharing session
8. 2013 SingHealth – Singapore Medical Society UK (SMSUK) Engagement Dinner – Speaker
9. 2008/2009 SGH Orthopaedic Surgery Medical Officer Roster Planner

### **Leadership Experience**

1. Co-Lead, Elective Surgery Taskforce Musculoskeletal Division Workgroup since 12 December 2018
2. Lead, Workgroup on standardization of Pre-op investigations since 14 November 2018
3. Core Member, SingHealth Residency Leadership Programme Core Team from 1 July 2018 to 30 June 2020

4. Department of Orthopaedic Surgery Representative, SGH Campus Emergency Planning Committee (EPC) for SGH Campus Mass Casualty Exercise Kingfisher 2017
5. SingHealth Duke-NUS Strategy Retreat 2017 Participant
6. 2016 SingHealth Residency Leadership Programme Workgroup Member and Co-facilitator
7. 2016 Musculoskeletal Sciences Academic Clinical Programme Retreat Participant
8. 2016 SGH Advance Participant
9. 2016 Ministry of Health (MOH) Hip Fracture Bundled Payment Workgroup Participant
10. 2014 Unintended Retention of Foreign Object (URFO) Taskforce Junior Doctor Representative
11. 2014 SGH Ward 75 Quality Improvement Project for SGH TE-IQC Nov-14: Gold Participant

### **Professional Membership**

1. Chairman, Standing Committee on IT-Education, Singapore Orthopaedic Association, 2016/17
2. Chairman, Singapore Orthopaedic Trainee's Committee, Singapore Orthopaedic Association, 2015/16
3. Vice-Chairman, Singapore Orthopaedic Trainee's Committee, Singapore Orthopaedic Association, 2014/15
4. Member, Humanitarian & Outreach Subcommittee, Singapore Orthopaedic Association
5. Associate Member, Singapore Orthopaedic Association
6. Associate Member, Academic Medicine Education Institute (AM•EI), Duke-NUS Graduate Medical School Singapore
7. Honorary Secretary, Management Committee, Alumni Medical Association, 2017/18 (Committee Member from 2012 to 2016)
8. Member, Singapore Medical Association

### **Community Service**

1. Volunteer with the Handicaps Welfare Association since 2010 as a Honorary Advisor (Medical)

2. Judge for the St John Ambulance Brigade Zone 6 Inter-corps First Aid & Home Nursing Competition 2014 held the St John Ambulance Brigade Headquarters on 5 April 2014
3. Judge for the St John Ambulance Brigade Zone 7 Inter-corps First Aid & Home Nursing Competition 2012 held the St John Ambulance Brigade Headquarters on 31 March 2012
1. Participated in the Department of Orthopaedics Community Outreach Programme 2011 on 16th October 2011 at Kwong Wai Shiu Hospital as part of the Kwong Wai Shiu Community Hospital 101st Anniversary Celebration
5. Participated in the ASEAN Orthopaedic Association (AOA) Outreach Programme to Klaten, Indonesia from 18 to 20 March 2011 representing the Singapore Orthopaedic Association
6. Participated in the Department of Orthopaedics Community Outreach Programme 2010 on 8th May 2010 at Kwong Wai Shiu Hospital

### **Current non-work interests**

#### *Running*

- Completed first half-marathon in 2003 (Standard Chartered Singapore Marathon)
- Completed Navy-Singapore Biathlon in 2003
- Represented Tan Tock Seng Hospital in 2006 for the Army Half-Marathon Corporate Team Challenge, obtained Silver
- Completed first full-marathon in 2008 (Standard Chartered Singapore Marathon)
- Completed full-marathon in 2009 (Standard Chartered Singapore Marathon)
- Participated in the SingHealth Annual Inter-Institution Cross Country Meet 2010 10 km event 3 July 2010

### **References**

A/Prof Inderjeet Singh Rikhraj

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Programme Director, SingHealth Orthopaedic Surgery Residency Programme

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