



**Dr Kwang Yeong How**

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Colorectal Service  
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**Qualifications**

1. MBBS, Yong Loo Lin School Of Medicine, Singapore (2007)
2. MRCS (Edinburgh) (2009)
3. Final Master of Medicine (Surgery) (2013)
4. FRCS (Edinburgh) (2014)
5. Specialist Accreditation in General Surgery, Singapore, 19 May 2014

**Appointments**

1. Clinical Director, Perioperative Recovery Office
2. Director, Endoscopy centre TTSH
3. Executive Committee Member, Graduate Medical Education Office.
4. Co-Chair, NHG Health Application Clinical Governance Committee
5. Senior Clinical Lecturer, Yong Loo Lin School of Medicine
6. Clinical Faculty, Lee Kong Chian School of Medicine
7. Service Lead, Joint Oncology Innovation Taskforce
8. President, Society of Parenteral and Enteral Nutrition (Singapore)
9. Executive Committee Member, Society of Colorectal Surgeons (Singapore)
10. Member, Clinical Value Quality Assurance Committee (CVQAC)
11. Member, Value Management Steering Group (VMSG)
12. Member, Hospital Acquired Infection Elimination Collaborative
13. Member, Surgical Care Committee
14. Member, Clinical Innovation Committee
15. Member, National Value Based Healthcare Workgroup, Colorectal Resection
16. Member, Frailty Ready Hospital Steering Committee
17. Member, Digital Services Digital Innovation Technologies Committee



### **Awards**

1. Best Free Paper, 8<sup>th</sup> Society of Emergency Medicine in Singapore Annual Scientific Meeting, 19-20 January 2007
2. Ministry of Health Holdings Postgraduate Exam Scholarship 2009
3. Chapter of General Surgeons, College of Surgeons, Singapore: Best Trauma Poster, 11 April 2010
4. Best Teacher 2013-2014, Junior Category, Division of Medicine and ADM.
5. Ng Teng Fong Healthcare Improvement Program Grant for Enhanced Recovery After Surgery in TTSH, December 2015
6. Bronze Award, Implementation of Enhanced Recovery After Surgery (ERAS) Programme for Elective Colorectal Surgery: A single institution's experience, Annual Combined Surgical Meeting 2016, Poster Presentation
7. Gold Award, A qualitative study evaluating the outcome of Enhanced Recovery After Surgery (ERAS) protocol in patients undergoing elective colorectal surgery through an interdisciplinary approach, Singapore Health and Biomedical Congress 2016, Oral presentation
8. Silver Award, TTSH ERAS Team, National Healthcare Group Team recognition Awards 2017
9. Outstanding Presentation Award for TTSH ERAS Task Force, VDC Conference 2019
10. NHG Teaching Award for Senior Doctors, 2019
11. TTSH Milestone award for ERAS, 2021
12. Asia Hospital Management Awards (HMA) – Excellence Award, 2021
13. NHG Young Achiever Award, 2021
14. Gold Award, Impact of COVID-19 pandemic on compliance to enhanced recovery pathways and perioperative outcomes after colorectal surgery, Singapore Health and Biomedical Congress 2021 (COVID-19 our response to a New Challenge) - Oral presentation

### **Grants**

1. Ng Teng Fong Healthcare Innovation Program Grant awarded for ERAS, from December 2015 for 3 years
2. NHG-CMTI Joint Medtech Grant 2019 for development of SERA (Surgical Enhanced Recovery Assistant) Smart App

### **Invited Presentations**

1. Invited Speaker, From R3 to R4 - Transiting from junior resident to senior resident, Singapore Health and Biomedical Congress, Education Summit, 27 September 2014



2. Invited Speaker, Surgical Nutrition, 1<sup>st</sup> Tan Tock Seng Hospital Nutrition Workshop, 25 October 2014
3. Invited Speaker, Postoperative Management Of The Gut, 1<sup>st</sup> National Enhanced Recovery After Surgery Congress: Moving Forward With Better Patient Outcomes, Manila, 8 September 2016
4. Invited Speaker, Implementation of ERAS In Tan Tock Seng Hospital, Strategies and Challenges, 1<sup>st</sup> National Enhanced Recovery After Surgery Congress: Moving Forward With Better Patient Outcomes, Manila, 8 September 2016
5. Invited Speaker, Postoperative Management Of The Gut, 1<sup>st</sup> Singapore National Enhanced Recovery After Surgery Symposium, Singapore, 10 September 2016
6. Invited Speaker, Implementation of ERAS In Tan Tock Seng Hospital, Strategies and Challenges, 1<sup>st</sup> Singapore National Enhanced Recovery After Surgery Symposium, Singapore, 10 September 2016
7. Invited Speaker, Train The Trainer: Enhance Surgical Recovery, Viet Duc hospital, Hanoi, Vietnam, 28-29 October 2016
8. Invited Speaker, Implementation of ERAS In Tan Tock Seng Hospital, Strategies and Challenges, 29<sup>th</sup> Royal College of Anaesthesiologist of Thailand Meeting, 19 March 2017
9. Invited Speaker, ERAS Principles and Practice, Rajavithi Hospital, Bangkok, 20 March 2017
10. Invited Speaker, Strategies for Successful Implementation of ERAS Program, King Chulalongkorn Memorial Hospital, 20 March 2017
1. Invited Speaker, Enhanced Recovery After Surgery – The Standard of Perioperative Care, Society of Colorectal Surgeons of Singapore Annual Scientific Meeting 2017
2. Invited Speaker, Asia Pacific Advanced Hemodynamic Summit 2017, Xian, China
3. Invited Speaker, Optimising The Practice Of ERAS. 7th Pensma(Parenteral & Enteral Nutrition Society of Malaysia) Congress, 6-7 July 2018, Kuala Lumpur, Malaysia
4. Invited Speaker, ERAS Implementation Experience, Periclip 2018, Kuala Lumpur, Malaysia, 2 December 2018
5. Invited Speaker, TTSH ERAS Implementation Experience, Periclip 2019, Bangkok, Thailand, 24 May 2019
6. Invited Speaker, ERAS from A Surgeon's Perspective. ANAPAC, Bangkok, Thailand, 24-26 May 2019
7. Invited Speaker, The Evolution Of Eminence-Based To Evidence-Based Medicine In Singapore, Singapore Colorectal Week, 16-18 August 2019
8. Invited Speaker, Patient Experience: My ERAS Journey, ERAS Asia Congress, Singapore, 27-28 September 2019



9. Invited Speaker, Digital Application For Pre and Post Operative Surgical Care, Singapore Health and Biomedical Congress 2019, 10-12 October 2019
10. Invited Speaker, Navigating Hemodynamics, Advanced Hemodynamic Monitoring and Enhanced Recovery After Surgery in OR and ICU, 14-15 October, Singapore
11. Invited Speaker, Current Status of ERAS In Asia, Annual Congress of Korean Surgical Society, 31 Oct – 2 Nov 2019, Seoul, Korea
12. Invited Speaker, Smartphone Application for improving patient experience and enhancing recovery in perioperative care, Co-creation of patient centric digital solutions for surgery journeys Seminar, 14 November 2019,
13. Invited Speaker, Role Of Minimally Invasive Surgery In Enhanced Recovery After Surgery, 5<sup>th</sup> Asian Congress Of Robotic And Laparoscopic Surgery, 15<sup>th</sup> November 2019
14. Invited Speaker, ERAS, Addressing The Key Principles And Key Challenges Arab Health, Anesthesia and Pain Management Conference, Dubai, United Arab Emirates, 29 January 2020

### **Advisory Boards**

1. Nestle Immunutrition Advisory Board 2019
2. MSD, AP Anesthesia Expert Input Forum, 16 November 2019

### **Conference Organiser**

1. Organizing Chairperson, 1<sup>st</sup> Singapore Enhanced Recovery After Surgery Symposium, Singapore, 10 September 2016
2. Organizing Chairperson 2<sup>nd</sup> Singapore Enhanced Recovery After Surgery Symposium, 28 September 2017
3. Singapore, 3<sup>rd</sup> Singapore Enhanced Recovery After Surgery Symposium, 22 September 2018
4. Organizing Chair, 1<sup>st</sup> ERAS Asia Congress joint 4<sup>th</sup> Singapore Enhanced Recovery After Surgery Symposium, 27-28 September 2019

### **Publications and Posters**

1. Tham KY, Ong JJ, Tan DK, KY How. How much do diabetic patients know about diabetes mellitus and its complications? Ann Acad Med Singapore 2004; 33: 503-9
2. KY How, LM Daniel, SB Lim, Hearing Loss Diagnosed through the Universal Newborn Hearing Screening Programme Ann Acad Med Singapore 2005; 34: S105



3. Heng KW, Tham KY, KY How, Foo JS, Lau YH, Li AY. Recall of discharge advice given to patients with minor head injury presenting to a Singapore emergency department. Singapore Med J. 2007; 48: 1107-10
4. KY How, Kow WC., Appasamy V. Experience with management of patients with splenic injuries requiring splenectomy versus splenorrhaphy. National Healthcare Group Annual Scientific Congress 2008, Poster presentation
5. K.Y. How, A.D. Rao, J.K. Rao. Totally laparoscopic proximal gastrectomy with intracorporeal end to side esophagogastrostomy: a case report and video presentation. International Surgical Week 2011, Video Presentation
6. A.D. Rao, K.Y. How, J.K. Rao Laparoscopic excision of a Brunners gland hamartoma of the duodenum: report of a case and literature review. International Surgical Week 2011, Poster Presentation
7. Vigneswaran N, KY How, TCM Wong. Primary Mucinous Adenocarcinoma of Groin Skin – A Case Report and Review. European Journal of Plastic Surgery. 2012; 35: 113-115
8. “Short Term Outcome of Large Tumours Requiring Pancreatic Resection: Does Size Matter?” 10th World Congress of International Hepato-Pancreato-Biliary Association, IHPBA 2012. Poster Presentation
9. J. J. Leow , K. Y. How , M. H. Goh , W. W. L. Woon , J. K. Low. Non-operative management of obturator hernia in an elderly Female. Hernia, The World Journal of Hernia and Abdominal Wall Surgery, DOI 10.1007/s10029-012-1036-9
10. “Single Incision Laparoscopic Surgery For Revision Of Defunctioning Ileostomy Following Early Post Operative Stoma Mucocutaneous Separation And Retraction” 21st International Congress of the EAES, Vienna 19-22 June 2013, Poster Presentation
11. “Ruptured primary yolk sac tumor of the liver in an elderly patient: an unusual presentation of a rare condition and literature review” International Surgical Week, 25-29 August 2013, Helsinki, Finland, Poster Presentation
12. “Emergency correction of stoma prolapse using a linear stapling device” International Society of University Colon And Rectal Surgeon Congress 2014, 4-7 September, Cape Town, South Africa, Poster Presentation
13. “Successful management of fishbone perforation of sigmoid colon with laparoscopic removal without primary repair or resection” International Society of University Colon And Rectal Surgeon Congress 2014, 4-7 September, Cape Town, South Africa, Poster Presentation





14. “Incidence of complications requiring surgery or stenting during chemotherapy for metastatic colorectal cancer: A single institution study” International Society of University Colon And Rectal Surgeon Congress 2014, 4-7 September, Cape Town, South Africa, Poster Presentation
15. Apical Lymph Node Dissection of Inferior Mesenteric Artery In Colorectal Cancer. Asia Pacific federation of Coloproctology Congress 2015, 4-7 October, Melbourne, Australia
16. A qualitative study evaluating the outcome of Enhanced Recovery After Surgery (ERAS) protocol in patients undergoing elective colorectal surgery through an interdisciplinary approach, Singapore Health and Biomedical Congress 2016, Oral presentation,
17. Goh N, Fong SS, KY How, Wong KY, Loong TH, Tay GT, Apical lymph node dissection of the inferior mesenteric artery, Colorectal Dis. 2016 Jun;18(6):O206-9. doi: 10.1111/codi.13299.
18. Implementation of Enhanced Recovery After Surgery (ERAS) Programme for Elective Colorectal Surgery: A single institution’s experience, 5<sup>th</sup> ERAS World Congress, 10-12 May 2017, Lyon, France, Poster Presentation
19. HM Liu, KY How. Implementation of enhanced recovery after surgery (ERAS) programme for elective colorectal surgery: A single institution’s experience. Clinical Nutrition ESPEN, 2017, 19, 98-99
20. LY Lim, KY How. Relationship between outcomes and compliance to the ERAS protocol for colorectal surgery – A single institution experience. Clinical Nutrition ESPEN, 2018, 25, 205-209
21. QY Lee, HM Liu, YL Lim, KY How. Preoperative carbohydrate loading in diabetic patients within an enhanced recovery after surgery programme for colorectal surgery – Are there any ill effects? Clinical Nutrition ESPEN, 2018, 25, 167
22. KY How, YL Lim, XJ Zhang, QY Lee. Anemia severity affects outcomes of patients undergoing colorectal cancer surgery within an enhanced recovery after surgery programme. Clinical Nutrition ESPEN, 2018, 25, 189
23. V Lim, J Tan, YP Cheang, KY How. Retrospective analysis of perioperative temperature control in patients undergoing colorectal surgery since implementation of enhanced recovery after surgery (ERAS). Clinical Nutrition ESPEN, 2018, 25, 202
24. HG Wong, KY How. Inter-disciplinary team approach towards feasibility of nurse-led early mobilisation for post-operative colorectal patients. Clinical Nutrition ESPEN, 2018, 25, 183-184
25. YL Hu, KY How. Incorporating enhanced recovery after surgery (ERAS) components into an existing elective colorectal clinical pathway leads to improved adherence to eras protocols. Clinical Nutrition ESPEN, 2018, 25, 204-205



26. YL Hu, KY How, YW Ong. Overcoming barriers and improving adherence to nutritional protocols in enhanced recovery after surgery (ERAS) for colorectal surgery. Clinical Nutrition ESPEN, 2018, 25, 204
27. WY Chan, KY How. Clinical and financial impact of an enhanced recovery programme for colorectal surgery in a public tertiary hospital in Singapore. Clinical Nutrition ESPEN, 2018, 25, 197-19
28. KY How et al, ERAS outcomes in colorectal surgery, does age matter? Clinical Nutrition ESPEN 31 (2019), 123

### **IMG\_9718.jpg Accredited Clinical and Procedural Skills**

1. Diagnostic and therapeutic oesophago-gastroduodenoscopy
2. Diagnostic and therapeutic colonoscopy
3. Advanced laparoscopic general surgical procedures
4. Advanced laparoscopic colorectal procedures
5. Advanced robotic colorectal procedures

### **Extra Curricular Activities and Special Projects**

1. Emcee for Singapore Health and Biomedical Congress 11-12 November 2011
2. Living Well Photo Competition 2012: In Celebration of World Hospice and Palliative Care Day 2012 - 3rd Prize
3. NTUC Fairprice Finest Festival Photo Competition - Finalist
4. "100 Years of Surgical Excellence, Tan Tock Seng Hospital" Commemorative Book - Creative Director, Photographer, Editor
5. 100 Years of Surgical Excellence, Tan Tock Seng Hospital Gala Dinner - Organizing Committee Member
6. Ad-hoc photographer for Departmental events.
7. Designer Trauma Prevention posters
8. MBBS 2013 Assistant Convenor
9. Chairman, Junior Doctor's Committee(Registrar), TTSH , January to October 2013
10. C-Doc design in charge for GS department
11. Member, Hospital Resuscitation Committee
12. Member, Health City Novena Official Launch Exhibition Sub-Committee
13. 4P7R Photography Competition 2014, 1<sup>st</sup> Prize
14. Emcee, Singapore Health and Biomedical Congress, Surgical Track, 2 – 3 October 2015



15. CPIP Project workgroup– Prevention of hospital acquired pneumonia in post elective colorectal surgery patients.
16. SHINe improvement project workgroup to reduce harm related to use of insulin and OHGAs in surgical patients, 2014-2015
17. Better Colonoscopy and Better Colectomy Clinical pathway workgroup 2014-2015

### **Professional Membership**

1. President, Singapore Society of Parenteral and Enteral Nutrition
2. Member, Education Committee, ERAS Society
3. Executive Committee member, Society Of Colorectal Surgeons (Singapore)
4. Fellow, Academy of Medicine, Singapore
5. Member, Society of Colorectal Surgeons, Singapore
6. Member, The Royal College of Surgeons, Edinburgh
7. Fellow, The Royal College of Surgeons, Edinburgh
8. Member, European Society of Clinical Nutrition and Metabolism