



Sim Sai Zhen

Family Physician, Consultant, NHG Hougang Polyclinics

Research Interests:

- Multimorbidity
- Frailty
- Physical Activity
- Intrinsic Capacity
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Biography

Dr. Sim SZ is a dedicated family medicine professional who obtained her Master of Family Medicine in 2015 and her Fellowship in Family Medicine in 2018. She is actively involved in medical education, serving as a clinical tutor at the Yong Loo Lin School of Medicine and the Lee Kong Chian-Nanyang Technological University School of Medicine. In addition to her teaching role, she is also research tutor at the College of Family Medicine where she mentors fellowship trainees in their research projects. Dr. Sim has a special research interest in multimorbidity and frailty, contributing to her expertise in managing complex health issues in patients.

Selected Publications

- **Sim SZ**, Ng X, Gan WC, et al. Empowering self-assessment of frailty: A revised CFS-Self tool for primary and community care. *Ann Geriatr Med Res*. Published online August 1, 2025. doi:10.4235/agmr.25.0076
- Ahmad Hatib, A., Koh, HL. & **Sim, SZ**. The role of family health climate in physical activity and sedentary behaviour in primary care patients with diabetes – a cross-sectional study. *BMC Prim. Care* 26, 93 (2025). 2025 Apr 01. <https://doi.org/10.1186/s12875-025-02789-y>
- Chua AYJ, Lee ES, Lee PSS, Lew JK, **Sim SZ**. Self-perceived nutrition competence of primary care physicians in Singapore: a cross-sectional study. *Prim Health Care Res Dev*. 2025 Feb 12;26:e11. doi: 10.1017/S1463423624000689. PMID: 39935048; PMCID: PMC11836661.
- **Sim SZ**, Ding SY, Lew JK, Lee ES. Understanding treatment burden in adults with multimorbidity in the Singapore primary care setting: An exploratory study using the Multimorbidity Treatment

Burden Questionnaire. *Annals of the Academy of Medicine Singapore*. 2024 May 10;53(5):318-320. doi: 10.47102/annals-acadmedsg.2023229.

- Ng XR, Tey YXS, Lew KJ, Lee PSS, Lee ES, **Sim SZ**. Cross-sectional study assessing health outcome priorities of older adults with multimorbidity at a primary care setting in Singapore. *BMJ Open*. 2023 Dec 11;13(12):e079990. doi: 10.1136/bmjopen-2023-079990
- Koh ZWJ, **Sim SZ**, Lew KJ, Lee PSS, Lee ES. Evaluation of the clinical effectiveness of telephone consultation compared to face-to-face consultation in terms of glycaemic control among patients with suboptimally controlled type 2 diabetes: a retrospective cohort study. *BMJ Open*. 2023 May 9;13(5):e063094. doi: 10.1136/bmjopen-2022-063094.
- **Sim SZ**, Teo SH, Kong JW, Lim Z, Ng MYK, Tang WE. COVID-19 in Singapore - a case series from primary care. *Singapore Med J*. 2021;62(1):48-51.
- **Sim SZ**, Koh HL, Lee SPS, Young DY, Lee ES. How does multimorbidity affect middle-aged adults? A cross-sectional survey in the Singapore primary healthcare setting. *BMC Fam Pract*. 2020;21(1):190. Published 2020 Sep 14. DOI: [10.1186/s12875-020-01262-2](https://doi.org/10.1186/s12875-020-01262-2)

Notable Research Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
Singapore Health and Biomedical Congress (SHBC) Singapore Primary Care Research Award (Poster) – Gold for “Frailty in an elderly primary care population with multimorbidity”	2022
Singapore Health and Biomedical Congress (SHBC) Singapore Primary Care Research Award (Poster) – Bronze for “Understanding the Link between Intrinsic Capacity and Frailty in Singapore’s Primary Care Population with Multimorbidity”	2023
NHG-LKCMedicine Clinician-Scientist Preparatory Programme Plus (CSPP Plus)	2023