



Sabrina Wong Kay Wye

Family Physician, Senior Consultant
Deputy Director and Principal Clinician Researcher, Clinical
Research Unit, NHGP
Clinical Director, Primary Care and Family Medicine, Assistant
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Research/Innovation Interests:

- Digital health programs
- Innovative models of care
- Chronic Disease Management
- Behavioural Health
- Frailty

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Research Profile: [ORCHID](#) / [LinkedIn](#) / [Google Scholar](#) / [Research Gate](#)

Biography

Assistant Professor Sabrina Wong is Deputy Director of the Clinical Research Unit at NHG Polyclinics, and the Clinical Director of Primary Care and Family Medicine at the Lee Kong Chian School of Medicine. She is also a Senior Consultant Family Physician and a Principal Clinician Scientist. She graduated from the National University of Singapore with an MBBS degree in 2001 and subsequently completed the M.Med (Family Medicine) and Fellowship of the College of Family Physicians. In 2022, she completed a PhD (Medicine) at the Lee Kong Chian School of Medicine focusing on young adults with type 2 diabetes.

Asst Prof Sabrina Wong was awarded the Human Manpower Development Award in 2023, where she completed an attachment at the Nuffield Department of Primary Care Health Sciences, University of Oxford. She received the NMRC HPHSR Clinician Scientist Award in 2024, and the NMRC Population Health Grant (Open) in 2025 for the development and evaluation of a digital health coach for weight management in type 2 diabetes. She was also awarded the Singapore Biodesign Faculty Fellowship in 2025.

Currently, she leads multi-disciplinary teams of clinicians and researchers, focusing on development and implementation of innovative and precision approaches to empower people in the community.

Selected Publications

- Ng XR, Quek IP, Pereira MJ, Molina JA, Ngeow J, **Wong SKW**. Randomised controlled trial evaluating the impact of different methods of HPV DNA testing for cervical cancer screening in Singapore's primary care settings: a study protocol. *BMJ Open*. 2025 Mar 24;15(3):e095091. doi: 10.1136/bmjopen-2024-095091. PMID: 40132819; PMCID: PMC11934401.
- Quek JS, Lew JK, Lee ES, Smith HE, **Wong SKW**. Prevalence of complexity in primary care and its associated factors: A Singapore experience. *Annals Academy of Medicine, Singapore*. 2025 Feb 14; 54(2). <https://doi.org/10.47102/annals-acadmedsg.2024312>
- **Wong SKW**, Lew J, Soon W, Griva K, Smith HE, Lim SC. Profiles of knowledge, self-efficacy, psychological and physical health in type 2 diabetes and its association with outcomes. *Patient Education and Counseling*. 2024 Oct 28. doi: 10.1016/j.pec.2024.108482
- Quek JS, Lee ES, Low LL, **Wong SKW**. How family physicians in Singapore recognise complexity during consultations: a qualitative study. *BMC Primary Care*. 2024 Apr 25;25(1):134. doi: 10.1186/s12875-024-02368-7.
- **Wong SKW**, Soon W, Griva K, Smith HE. Identifying barriers and facilitators to self care in young adults with type 2 diabetes. *Diabetic Medicine*. 2023 Sep 28:e15229. doi: 10.1111/dme.15229. Online ahead of print.
- **Wong SKW**, Soon W, Griva K, Smith HE. Diabetes knowledge, self-efficacy and dietary, psychological and physical health barriers: comparing young and usual-onset type 2 diabetes. *Diabetic Medicine*. 2023 Aug 19;e15207. doi: 10.1111/dme.15207. Online ahead of print.
- **SKW Wong**, HE Smith, JJS Chua, K Griva, EJ Cartwright, AJ Soong, R Dalan, L Tudor Car. Effectiveness of self-management interventions in young adults with type 1 and 2 diabetes: a systematic review and meta-analysis. *Diabetic Medicine*, 2020 Feb;37(2):229-241

Notable Research/Innovation Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
National Healthcare Innovation and Productivity (HIP) Medal 2021: Best Practice Medal for “Implementing tele-consultation services for the care of chronic conditions”	2021
Singapore Health and Biomedical Congress (SHBC) Singapore Primary Care Research Award (Oral) – Silver for “Assessing the association of Support, Psychological health, self-efficacy, illness perceptions and Knowledge (SPARK) on self-care behaviors and glycemic control in type 2 diabetes: the SPARK study”	2021
Singapore Primary Care Conference (SPCC) 2023 Oral Presentation – 1st prize for “Diet and physical-activity network models in young and usual-onset diabetes”	2023
Singapore Health and Biomedical Congress (SHBC) Singapore Primary Care Research Award (Oral) – Gold for “The impact of care coaching in improving outcomes in patients with suboptimal diabetes control”	2023
NHG Enhanced Population Health Fund (EPHF) for “Patient Activation through Conversation (PACT) program”	2023
Singapore Cancer Society (SCS) Cancer Research Grant 2023 for “Evaluating the impact of self-sampling HPV DNA test for cervical cancer screening in a real-world setting: a randomised controlled study”	2023
National Medical Research Council (NMRC) HPHSR Clinician Scientist Award (Investigator Category) for “Bringing about Optimal weight loss Outcomes through dietary and weight management Support driven by generative artificial intelligence Technology (BOOST-AI): A pragmatic randomised controlled study in type 2 diabetes”	2024
National Medical Research Council (NMRC) Population Health Research Grant (PHRG) Open Category for “An AI weight management program in type 2 diabetes: development, validation and evaluation of the Wabi program”	2024
Singapore Biodesign Programme Faculty Fellowship	2025
NHIC I2I for “Early Identification of Functional Frailty with CareCam”	2025

Translating Research/Innovation Into Healthcare

- [Asst Prof Sabrina Wong shared about Tele-consultations at Health Matters program hosted by CNA938 on 16 Jul 2021](#)
- [Chronic conditions, complicated cases: How the healthcare system is helping such patients' featuring Patient Activation through Conversations \(PACT\) program published on The Straits Times on 10 Nov 2023](#)