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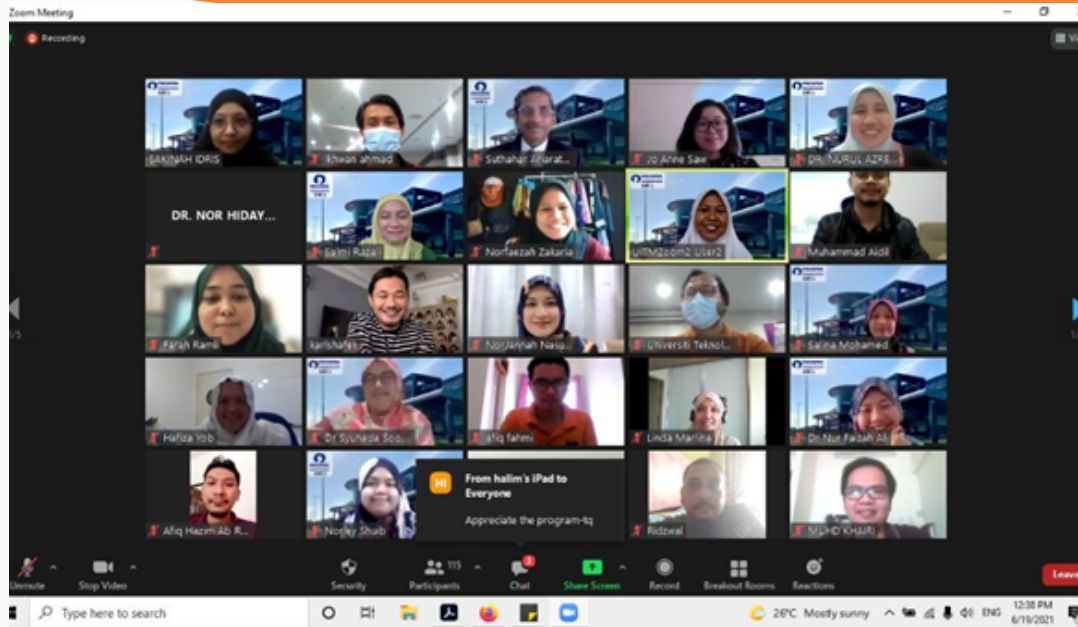
Fakulti
Perubatan

Med Bull'

No.3/2021



"PROGRAM PENDIDIKAN PSIKIATRI UNTUK PESAKIT DAN KELUARGA"



PROSPEK 2021

BY:

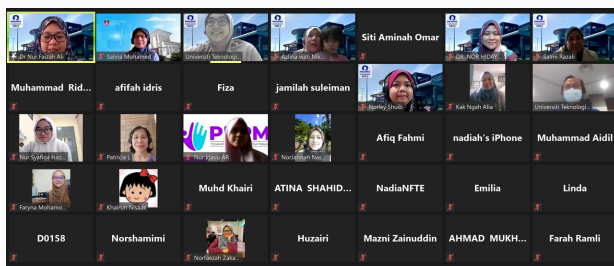
DR NOR SYUHADA
AP DR SALMI RAZALI
DR NOR HIDAYAH JARIS

The key to healing is to understand one's condition. Unfortunately, there are still many misunderstandings, stigmas, and myths in our society regarding mental illness. As a result, patients often feel alone in dealing with their mental health as they fear other people will not understand them and invalidate their struggles. This issue has affected patients tremendously in accepting their condition and being committed to treatment.

Acknowledging these loopholes, the Department of Psychiatry, Faculty of Medicine UiTM has curated a program named PROSPEK- 'Program Pendidikan Psikiatri Untuk Keluarga dan Pesakit.'

PROSPEK is a psychoeducation program that provides information and support to understand mental disorders and their treatment, psychological skills, the recovery process, and rehabilitation to patients and their loved ones.

All their concerns and queries would be answered directly by our expert and experienced psychiatrist and clinical psychologist.



👉 The first session of PROSPEK aimed to strengthen patients' and caregivers' understanding of mental disorders and pharmacological treatments. 👉

👉 We shared five topics with the participants: the importance of medication adherence, understanding antidepressants, mood stabilizers, antipsychotics, anxiolytics, and benzodiazepines. 👉

There were 149 participants from various states of Malaysia, including Sabah and Sarawak, registered for the two days courses

Apart from patients and their family members, PROSPEK has gathered participants from the public, non-government organizations, university students, doctors, and nurses from around the country. Each participant received a copy of the PROSPEK handbook that was delivered to them. This book was written by the staff of the HUiTM Psychiatry Department and comprised the topics shared in the webinar.

We have received numerous positive responses from the participants. Here are some of them:

👏 **Awesome! The program is very beneficial and gives understanding to patients, family members, and anyone else because the presentation by the experts is delivered in simple language. I am delighted and hope that the committee will organize more programs like this that involve patients and family members in the future.** 👏

👏 **Very informative especially to the patients, we are alert with our medications, and after this course, I feel motivated to recover compared than before when I used to feel numb and hopeless.** 👏

👏 **The presentations from the specialist are clear and easy to understand.** 👏

In the future, we aim to organize more programs like this to continue cultivating psychoeducation and support about mental health in the community.

We want to express our sincerest gratitude to the Faculty of Medicine, UiTM, and Hospital UiTM Puncak Alam for sponsoring us in organizing the PROSPEK webinar.

**PROGRAM PENDIDIKAN PSIKIATRI
UNTUK PESAKIT & KELUARGA**
Program atas talian melalui Zoom Webinar

19 Jun 2021
9.00 pagi

(PROSPEK) - Sesi 1

BERSAMA PAKAR PSIKIATRI ANDA

	Prof Madya Dr Salmi Razali Pakar Perunding Psikiatri dan Pensyarah Kanan Perubatan UiTM		Prof Madya Dr Salina Mohamed Pakar Perunding Psikiatri dan Pensyarah Kanan Perubatan UiTM
	Prof Madya Dr Suthakar Ariatnam Pakar Perunding Psikiatri dan Pensyarah Kanan Perubatan UiTM		Dr Nurul Azreen Hashim Pakar Perunding Psikiatri dan Pensyarah Kanan Perubatan UiTM
	Dr Nor Jannah Raduan Nasution Pakar Psikiatri dan Pensyarah Kanan Perubatan UiTM	TETAMU JEMPUTAN	
		Fatima Shaib Pengasas 1Momen4Them	Karl Shafek Sekutu dan Usahawan

IMBAS UNTUK MENDAFTAR:

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Untuk pengamal perubatan:
8 MATA CPD

Yuran Penyertaan (untuk 2 sesi):
Pesakit :RM 25
Orang awam, pelajar, staf UiTM :RM 50

Setiap peserta akan diberikan:
1. e-sijil (e-certificate)
2. Buku rujukan (yang akan dipos ke rumah)

Atau buka pautan:
<https://tinyurl.com/PROSPEKUiTM>

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