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Siti Aisyah Shamsuddin

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EDITOR'S NOTE

Assalamualaikum wbt & Greetings to all!

As we all know, the year 2022 marks the 20th Anniversary for the Faculty of Medicine UiTM. Achieving such milestone was definitely was not an easy feat and despite all the hurdles and obstacles that came crashing for the past 20 years, we've managed to face all of it head on.

Therefore, I'd like to take this opportunity to express my deepest gratitude and thank you, to the past and the current members of the faculty, for all the blood, sweat and tears that were shed in establishing the Faculty of Medicine UiTM as one of the best medical faculty in the country, and hopefully the best in the world!

We hope you will enjoy this edition of Med Bull' and stay safe. Till we meet again in the year 2023!

Editor-in-Chief
Dr. Nur Faizah Ali

Student Learning Time (SLT) Workshop

Dr. Nur Amalia Amani Che Baharum

Department of Medical Education



On 8th and 22nd November 2022, the Department of Medical Education organized a full-day physical workshop on Student Learning Time (SLT) calculation. 18 coordinators from every major and minor posting, 12 coordinators from all preclinical modules as well as year coordinators attended the workshop, which took place at the Seminar Room, Level 3, Faculty of Medicine, UiTM.

The workshop was graced with the presence of a speaker – Dr. Nurul Alimah Binti Abdul Nasir, the Head of Department of Medical Education.

Through a constructive method of information delivery, the workshop has successfully provided participants with an in-depth understanding of Student Learning Time (SLT), its methodology and real-life application. Lecturers were also taught on how to apply SLT in completing Table 4 for the upcoming MQA visit and COPPA documentation.

The workshop began with an opening remark by Associate Professor Dr. Hazlyna, the Deputy Dean (Academic), Faculty of Medicine, UiTM, followed by the speaker's presentation for the morning session which was heavily focused on the concept of SLT.

In the evening, the participants were exposed to the practical aspects of SLT, including SLT calculation using Table 4, guided by Medical Education certified facilitators.

In a nutshell, the Department of Medical Education was delighted with the overall outcome as participants demonstrated in-depth understanding and ability to apply SLT, at the end of the session. It is hoped that the workshop has benefitted everyone in many ways and the Department of Medical Education will continue to serve by providing more exciting teaching and learning opportunities in future.

UiTM Hosted an e-Conference on Palliative Care

Dr. Diana Katiman

Palliative and Supportive Care Unit, Department of Medicine



UiTM Palliative and Supportive Care Unit, in collaboration with the Malaysian Hospice Council (MHC) and the Ministry of Health, Malaysia, collaborated in organising the 14th Malaysian Hospice Conference on 3rd-4th December 2022.


The e-conference was conducted via the Airmeet platform with full support from the staff at the Department of Medical Education, Faculty of Medicine, UiTM. Themed “Building Sustainable Palliative Care in Malaysia”, the e-conference featured national and international speakers with recent updates on common palliative care topics.

The event was officiated by Dato' Dr. Asmayani binti Khalib, Deputy Director-General of Health (Medicine) from the Ministry of Health, Malaysia. Four plenaries were delivered by

international speakers, renowned in their respective fields.

Dr Stephen Connor, Executive Director of Worldwide Hospice Palliative Care Alliance talked about “Building Sustainable Palliative Care”. Dr Kathryn Mannix is a retired Consultant in Palliative Medicine at Newcastle, United Kingdom and the author of several internationally acclaimed books on psycho-social support. She delivered a hypnotising plenary entitled “Listen” followed by a separate talk on “Cognitive First Aid”.

The third plenary speaker was Dr Frank Ferris, the Executive Director of Palliative Medicine, Research and Education at OhioHealth in Columbus, Ohio. His talk was entitled “Developing sustainable education programmes in palliative care”. The last plenary session, “Spirituality in Healthcare”



was delivered by Dr Christina Puchalski, Professor of Internal Medicine and Palliative Medicine, George Washington University Medical School.

298 doctors, nurses, administration staff and volunteers from hospital and community-based palliative care services in Malaysia and some south-east Asian countries participated in the e-conference.

The Airmeet platform allowed participants to network and visit virtual booths from various sponsors and members of the Malaysian Hospice Council.

The e-conference concluded with positive feedback from speakers and participants and it is hoped that a similar event would be conducted physically in the future.

Department of Emergency Medicine 2022 Wrap Up

Dr. Dahiyah Aisyah Ruslan Affendy
Department of Emergency Medicine



The Department of Emergency Medicine (DEM) officially began its service in Hospital Al-Sultan Abdullah UiTM Puncak Alam (HASA), on 17th January 2022. The Grand Opening Ceremony was attended by several of the Head of Departments and officiated by Assoc. Prof. Mohamad Iqbal alongside our Deputy Director, Assoc. Prof Izuanuddin.



Throughout the year of 2022, the DEM has been actively involved in a myriad of programmes and had the opportunity to compete in a number of

opportunity to compete in a number of national competitions. This year marks the first time that the National Pre-Hospital Care Championship had a team represented by DEM UiTM. Held in Penang on 16th October 2022, our team of four Assistant Medical Officers (AMO) competed with 49 other teams from all over Malaysia, where they were assessed on their innovative skills as a first responder.



Among other notable involvements, a team was sent to join Konvesyen KIK (Kumpulan Inovatif dan Kreatif) and managed to be crowned as best performance. The Hixie App, is designed to have the ability to upload documents (i.e.: ECG) into Unimeds for easy referencing of doctors to patient's hardcopy documents.

We were also privileged to host various examinations on a national level. DEM

UiTM was involved with the Pre Medical Specialist Pre-entrance Examination (MedEx) course on 11th-12th January 2022. Our Medical Officer (MO), Dr Fhaisol became the emcee for the programme.



We were also the main organiser for the Masters Examination for Emergency Medicine session 2021/2022 from October to November 2022. Our fellow Emergency Physicians

(EP) coordinated both the theory and practical sessions, which had 99 and 50 candidates respectively, held at UiTM's Faculty of Medicine in Selayang.



A number of programmes were organised with the collaboration of other departments. A Plaster of Paris (POP) workshop was conducted on the 17th June 2022, in partnership with the Orthopaedics Department, to train staff regarding basic casting knowledge. Experienced AMOs from Orthopaedics Department Hospital Sungai Buloh (HSB) facilitated the sessions.

On the 31st of August 2022, a Basic Emergency Procedure Workshop was organised with the help of HSB staff on an array of procedures commonly done to further enhance their skills.

One Stop Crisis Centre (OSCC) Seminar was also organised on 29th November 2022, as an introduction to OSCC service in HASA. Guest speakers from O&G, Forensics, Paediatrics, Surgery, Psychiatry, Social Welfare and Polis

Diraja Malaysia (PDRM) were invited to shed some light regarding their respective roles in OSCC cases.



On 23rd November 2022, our department was involved in Career Day, in conjunction with Open Day of Faculty of Medicine Sungai Buloh, DEM UiTM had the opportunity to educate and share interesting facts and skills, including Cardiopulmonary Resus-

citation (CPR) and choking knowledge, trauma and airway stations and demonstration of equipment such as AED and LUCAS. On the same day, we were given the privilege to host the Perhimpunan Bulanan November along with the Anaesthesiology Department in HASA.



Multiple programmes are conducted regularly, such as Continuous Medical Education (CME) classes are done twice a week for the staff. Intradepartmental courses such as Asthma course, Dengue course, Triage Course, Basic Trauma Life Support (BTLS) and Soft Skills course are done twice a year each, to ensure standardised knowledge between all

the staff and keeping up to date with the latest guidelines. Furthermore, Monthly Mindfulness Sessions are conducted by having lectures on spirituality for holistic development and timely reminders to the staff. Practical teaching sessions and moulages are done on a regular basis to train the staff on the adequate approach for different types of cases and to equip them with a specific set of skills.



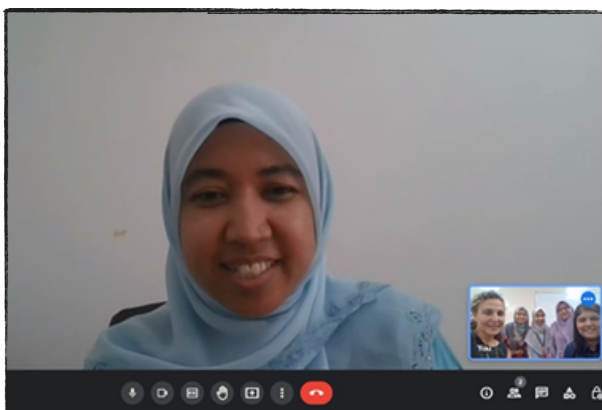
The Beginning of a Strategic Alliance'

Dr. Hasidah Abdul Hamid

Department of Primary Care Medicine



On the 30th of November 2022, Professor Dr. Pemra C Unalan, a Professor of Primary Care from the Marmara University in Turkey visited the Department of Primary Care Medicine in Sungai Buloh Campus. During the visit, the department members headed by Associate Professor Dr. Siti Fatimah Badlishah Sham and Profesor Dr. Anis Safura Ramli welcomed Prof. Dr. Unalan as we get to know each other better.



Associate Professor Dr. Noor Shafina Mohd Nor, Deputy Dean (Postgraduate & Professional Training) also extended

a warm welcome by connecting virtually with Prof Unalan during her visit.



We started with presentations on the history of primary care in Malaysia, followed by presentations on clinical services, postgraduate teaching and research activities in primary care of both universities and countries. This was followed by further discussion on the future planning and potential collaborations between UiTM and Marmara University. During the sharing sessions, we found a lot of similarities in terms of primary care clinical services and postgraduate training, including the challenges that we face in both countries.

Lastly, we showed Prof Unalan around the Sungai Buloh Campus, including visits to the primary care clinics, the facilities and the services we provided. This initial visit looks promising and we

intend to follow up with further co-operative and collaborative works to strengthen the relationship between the 2 universities and countries. This includes extending the collaboration in research, exchange of students, teaching opportunities, subspecialty teaching opportunities, subspecialty and sabbatical trainings in both universities. Here's to a beginning of a more successful alliance between international educational institutions.



International Research Collaboration - University of Nottingham, United Kingdom and Universiti Teknologi MARA, Malaysia

Professor Dr. Anis Safura Ramli

Department of Primary Care Medicine

The UK-Malaysia Joint Partnership Call on Non-Communicable Diseases project titled 'Reducing Premature Coronary Artery Disease in Malaysia by Early Identification of Familial Hypercholesterolaemia' marked another level of an international research collaboration between University of Nottingham (UoN), United Kingdom and Universiti Teknologi MARA (UiTM), Malaysia.

It is a collaborative research project between the Institute of Pathology, Laboratory and Forensic Medicine (I-PPerForM), UiTM, the Department of Primary Care Medicine, UiTM and the Faculty of Medicine and Health Sciences, UoN.

Familial Hypercholesterolaemia (FH) is a common inherited genetic condition, and a recent study showed that it is affecting 1 in 100 individuals in Malaysia. Failure to detect and manage this condition early will lead to premature heart disease.

This project began on the 1st of January 2020 for a period of three years until the 31st of December 2022.

It is led by Professor Dr. Nadeem Qureshi, a Senior Professor of Primary Care and the Leader of Primary Care Stratified Medicine (PRISM) Research Group, UoN; and Professor Dr. Anis Safura Ramli, a Professor of Primary Care and the Deputy Director of I-PPerForM, UiTM.

The main objective of this project was to detect FH early in order to prevent premature heart disease. It involved finding cases of FH from 12 primary care clinics in Klang Valley, Malaysia.

To date, recruitment of patients for this project has been completed and genetic analysis to confirm the diagnosis of FH is currently being conducted. Patients who are suspected to have FH are offered free genetic testing under this project, which is not routinely available in Malaysia.

Once diagnosed with FH, patients are offered the best of care including cascade screening of their family members. The ultimate goal is to help them prevent premature heart disease and save lives.

Project Leaders



Professor Dr. Anis Safura Ramli
Professor of Primary Care/Family Medicine
Universiti Teknologi MARA, Malaysia



Professor Dr. Nadeem Qureshi
Senior Professor of Primary Care
Universiti of Nottingham, UK

Project Members



Professor Datin Dr. Hapizah Mohd Nawawi
Senior Professor of Chemical Pathology & Metabolic
Medicine
Universiti Teknologi MARA



Dr. Nazrila Hairizan Nasir
Deputy Director (Primary Care)
Family Health Development Division
Ministry of Health



Professor Dr. Joe Kai
Senior Professor of Primary Care
University of Nottingham, UK



Professor Dr. Jo Leonardi-Bee
Professor of Epidemiology & Public Health
University of Nottingham, UK



Assoc. Prof. Dr. Suraya Abdul Razak
Assoc. Professor of Family Medicine
Universiti Teknologi MARA



Assoc. Prof. Dr. Aznida Firzah Abdul Aziz
Assoc. Prof. of Family Medicine
Universiti Kebangsaan Malaysia



Assoc. Prof. Dr. Noor Alicezah Mohd Kasim
Assoc. Prof. of Chemical Pathology
Universiti Teknologi MARA



Assoc. Prof. Dr. Siti Fatimah Badlishah Sham
Assoc. Prof. of Family Medicine
Universiti Teknologi MARA



Assoc. Prof. Dr. Mohamed Syarif
Assoc. Prof. of Family Medicine
Universiti Teknologi MARA



Assoc. Prof. Dr. Noorhida Baharudin
Assoc. Prof. of Family Medicine
Universiti Teknologi MARA



Assoc. Prof. Dr. Siti Hamimah Sheikh Abdul Kadir
Senior Professor of Chemical Pathology & Metabolic Medicine
Universiti Teknologi MARA, Malaysia



Dr. Alyaa Al-Khateeb
Senior Lecturer of Biochemistry & Molecular Medicine
Universiti Teknologi MARA



Dr. Hasidah Abdul Hamid
Senior Lecturer of Family Medicine
Universiti Teknologi MARA, Malaysia



Dr. Ralph Kwame Akyea
NIHR SPQR Post-doctoral Fellow
University of Nottingham, UK

On Thursday 19th of May 2022, the University of Nottingham Global Engagement Strategy Support Unit were invited to visit I-PPerForM and attend a Memorandum of Collaboration (MoC) presentation ceremony at the Chancellery Building, UiTM.

This MoC is signed for a period of three years from January 2022 until December 2024. It is an extension of the previous Academic Collaboration Agreement which was signed from January 2020 until December 2021.

At I-PPerForM, Mr. David Ouchterlonie, the Associate Director for Global Engagement, Strategy Support for UoN and Ms. Shannon Baverstock, the Senior Global Engagement Manager for UoN were welcomed by Professor Datin Dr. Hapizah Mohd Nawawi, the Director of I-PPerForM and her team.

A traditional Malaysian breakfast started off the visit, followed by a presentation highlighting the research achievements of the centre since its opening. The UoN delegates were particularly impressed by the I-PPerForM 'Hall of Fame', where students and staff research success is showcased for all to see. It was noted that this method of promoting success stories has provided immeasurable motivation to the researchers at I-PPerForM.





Following this, the UoN delegates were transferred to the UiTM Main Campus in Shah Alam to meet with Professors from various Faculties for a round table discussion on research and academic collaboration, chaired by Professor Dr. Shahriman Zainal Abidin, the Assistant Vice-Chancellor (Internationalisation), UiTM Global.



Opportunities around staff exchange and students mobility were also deliberated during the round table discussion. Professor Dr. Nadeem Qureshi has already successfully supervised a PhD student from UiTM, Dr. Hasidah Abdul Hamid, who is also a Senior Lecturer of Primary Care in UiTM. Historically, UiTM is known for its teaching excellence but in the last seven years the university has taken a huge step towards becoming a leading research university in Malaysia and ASEAN. This partnership with UoN will further enhance UiTM's research reputation and will take both universities a leap forward in research and innovations.



To end the visit, a presentation ceremony was held, at which Mr. David Ouchterlonie was presented with a bound copy of the MoC and a beautiful plaque to commemorate the occasion. This MoC consolidates and further enhances the academic and research collaboration between both institutions in the future.



On the 27th of June 2022, delegates from UiTM consisting of Professor Dr. Anis Safura Ramli and three postgraduate students, Mr. Johanes Dedi Kanchau, Miss Aisyah Kamal and Miss Maryam Hannah Daud visited the UoN. They were welcomed by Mr. Steven Hardy, Senior Research Development Manager for the School of Medicine UoN, Professor Dr. Nadeem Qureshi, Professor Dr. Jo Leonardi-Bee, Ms. Shannon Baverstock, Dr. Ralph Kwame Akyea and Dr. Hasidah Abdul Hamid. A meeting was conducted to review the progress of the collaborative research project. The team also deliberated on strategies to maximize research output such as joint publications between the two universities.

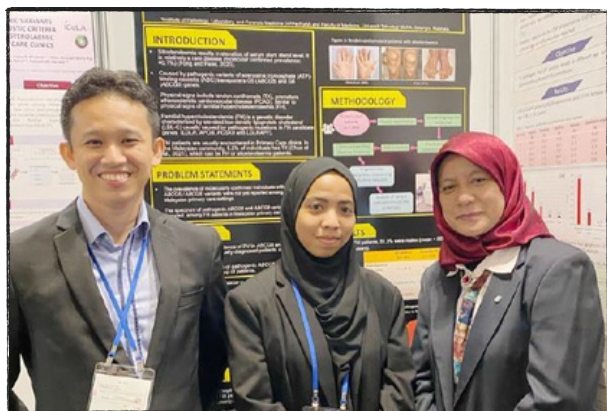


The visit to UoN was followed by scientific paper presentations of the output of this collaborative research project at the 27th World Organization of Family Doctors (WONCA) Europe Conference at ExCeLL, London from the 28th of June until the 1st of July 2022. A total of two scientific research papers were presented at this Conference.



Professor Datin Dr. Hapizah Mohd Nawawi and her team presented the output from this collaborative research project at the 11th International Congress on Lipid and Atherosclerosis (ICoLA) with Asian-Pacific Society of Atherosclerosis and Vascular Diseases (APSAVD), which was held at Conrad Seoul, Korea on the

5th to 17th of September, 2022. A total of three scientific research papers were presented at this Conference.



On the 12th to 14th of September 2022, Professor Dr. Nadeem Qureshi and Dr. Luisa Silva visited UiTM. On the first day of the visit, delegates from UoN visited Selayang Baru Health Clinic which was one of the sites for this collaborative research project. We were greeted by Dr. Lee and his team.



The second day of the visit was filled with meeting on research progress and manuscript writing. Several manuscripts for joint publications are currently being drafted by the UiTM and UoN teams.



On the third day of the visit, delegates from UoN were given a warm welcome by Dr. Zainab Mohd Noor, the Director for Department of International Affairs (DIA), UiTM Global and her team. Further discussion on opportunities of staff exchange and students mobility was deliberated during this meeting.



In the afternoon on the third day of the visit, the research team delivered a webinar which was well attended by more than 200 participants all over Malaysia. The webinar was co-organised by I-PPerForM and UiTM Global.



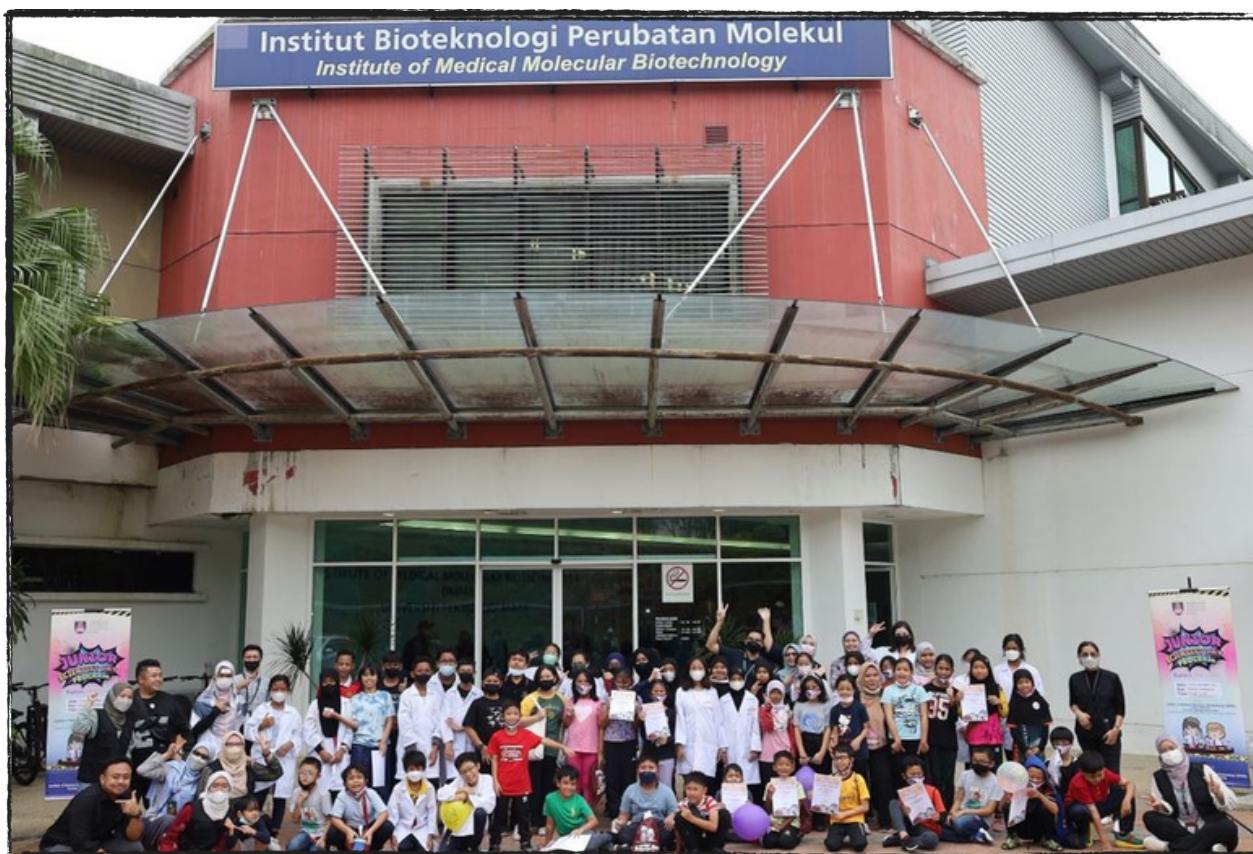
The 3-day visit ended successfully and both the UiTM and UoN teams are looking forward to an enduring research and academic collaboration for many, many more years to come.



Junior Scientist Day 2022 – Crime Scene Investigation Program

Mohd Ameer Azezy Abdul Wahab

Institute of Medical Molecular Biotechnology



The Junior Scientist Day program (JSD) was held on 13 and 14 December 2022 and organized by the Institute of Medical Molecular Biotechnology (IMMB), Faculty of Medicine UiTM, Sungai Buloh Campus in collaboration with various departments and public agencies. The main objective is to contribute to the national Science, Technology, Engineering, and Mathematics (STEM) program with a theme of Crime Scene

Investigation (CSI) and to expose and attract students aged between 6 to 13 years old to the world of crime scene investigation. A total of 107 children have participated in this program including 20 children from *asnaf* families who have been sponsored by the staff of Faculty of the Medicine UiTM. Our JSD - CSI program provides school students the insight of real-world problems in science beyond their classroom.

This aligns with the STEM objective of enhancing analytical thinking by contextual learning with practical exercises. Dr. Mohd Danial bin Mohd Efendy Goon is the chairman of the program and is assisted by the deputy chairman, Dr. Noor Fahitah binti Abu Hanipah with two advisors Assoc. Prof. Dr. Heo Chong Chin and Assoc. Prof. Dr. Siti Hamimah binti Sheikh Abdul Kadir and other committee members consisting of the staff from IMMB, LACU, MPG and DOME under the Faculty of Medicine, UiTM.

The novelty of this program is that all the activities were conducted in IMMB laboratories with state-of-the-art equipment and facilitated by established scientists and forensic teams from Hospital Sungai Buloh, Hospital Al Sultan Abdullah, Royal Malaysia Police (PDRM) Forensics (D10), Faculty of Dentistry UiTM, and the Fire and Rescue Department of Malaysia (BOMBA) Forensic. Activities were divided into 8 stations: Crime Scene Investigation (CSI), Fingerprint analysis, Forensic Entomology, Forensic Pathology - Autopsy, Forensic Odontology, Haematology, DNA Analysis, and Crime Forensic - Fire and Rescue Department of Malaysia.

A crime scene investigation (CSI) station was established by Forensic Department, Hospital Al-Sultan Abdullah, UiTM and assisted by Forensic Department Hospital Sg

Buloh and PDRM CSI Department (Bukit Aman). This station's goal was to expose participants on the process of identifying and collecting biological and physical samples and the methods applied in investigating a crime scene.



The Fingerprint Analysis Station (PDRM) taught the participants how to lift fingerprints from a crime scene and how to analyse fingerprints. Participants were also exposed to the various powders use by PDRM to lift fingerprints. Shapes of fingerprints were also taught to the participants



Forensic Entomology Station (IMMB) taught participants on methods to collect samples at a crime scene involving flies and to estimate time of human decomposition and death

based on maggot's life cycle.



Forensic Pathology – Autopsy (HASA & HSB) exposed participants on the procedure of an autopsy and the tools used in an autopsy. This station also explained the difference between the chest x-ray presentation of a COVID-19 patient and normal human chest x-ray.



The Forensic Odontology Station (Faculty of Dentistry) explained

participants the ways to identify and interpret bite marks on victim. The station also demonstrated how to distinguish between human and wild animal bite marks.



The Haematology Station (MPG Staff) primarily explained the components and shapes of blood. This station also showed the participants how to identify human blood groups using ABO antigens.



The DNA Analysis Station (IMMB) taught participants how DNA is extracted from collected biological samples and how to analyse the DNA using gel electrophoresis method. They were also showed the DNA bands produced through gel electrophoresis and how to correlate the results to

distinguish DNA from the victim and suspects.

The Malaysian Fire & Rescue Forensic Department mainly explained how the Malaysian Fire and Rescue Forensic Department handles forensic cases and also showed the forensic equipment they use.



Each activity was conducted to enhance participants' cognitive development with emphasis on analytical and soft skills. This program offers exciting opportunities for

students to connect with their peers and forensic experts in Malaysia, learning new skills, build self-esteem, enhance participant's interest in learning science and polish their creativity and innovation skills to move forward and become competitive by thinking critically.

Participants were challenged to identify the perpetrator from the list of suspects based on scientific evidence and clues obtained at each station. Furthermore, this program would bridge the gap between scientists and public agencies with school children, explaining and emphasizing the importance and role of science for national development. In addition, early exposure to these participants through this program would inspire them to further their studies in STEM field.

MIVG Unearths Medical Students' Talents and Potentials in Sports

Yusuf Bin Muhammad Fadhlullah Ng
Sekretariat Mahasiswa Fakulti

A medical student is often seen as a bookworm and an individual whose extra-curricular activity might not be on par with students of other courses. In reality, medical schools in Malaysia actually host an annual event where medical students compete against each other in a variety of events to reach the prestigious title of champion. The Medic Intervarsity Games, or MIVG in short, is an annual intervarsity sports event held by the Asian Medical Student Association (AMSA) Malaysia.



MIVG aims to promote a healthy lifestyle among medical students and foster good relationship and sportsmanship in medical schools in Malaysia. After two years of being held virtually due to the COVID-19 pandemic, this year AMSA proudly announced that MIVG will return to the physical format on three separate dates with four separate venues. The

venues were the Panasonic Sports Centre in Shah Alam, UiTM Shah Alam Sports Centre, UPM Sports Centre, and UNITEN Sports Centre. As a precaution, AMSA strictly observed proper SOP to avoid any outbreak among the players due to mass gathering.

Sekretariat Mahasiswa Fakulti (SMF) is a student association from Faculty of Medicine UiTM responsible for recruiting the best players among the medical students and managing them during the event from 8th of October to 11th of November. 26 medical schools competed against each other for MIVG 2022 in 11 physical sports and 5 E-sports. Faculty of Medicine UiTM sent a total of 171 students to a variety of sports such as Valorant, PUBG, DOTA 2, handball, volleyball, and basketball. Other physical sports that were contested besides previously mentioned include track and field, netball, football, futsal, aerodance, frisbee, badminton, and table tennis. Capping off the list of games, Mobile Legends and virtual run were also listed under the virtual category.

Despite being an annual event, MIVG is not immune from any challenges or

activities required a lot of determination and patience from students. Other than that, SMF also faced the challenge of lacking manpower to handle the huge group of players.

With many shortcomings from both the organizers' and players' sides, contingents from UiTM were still able to shine under pressure. We would like to proudly announce that our medical students bagged medals in their respective games. The gold medals were brought home by the all-time favourite aerodance, volleyball in women category, and PUBG. Valorant and the women's handball won the silver. Men's volleyball, men's handball, and the 4x100m under the track and fields were all bronze medallists. At the closing of the games, UiTM's Faculty of Medicine was ranked third overall, with USM taking the first place followed by the runner-up, AIMST University.

Last but not least, I would like to congratulate everyone in the contingent whether they won a medal or not because ultimately what they achieved was a great feat among medical students. They proved that they were not only able to show competency in academics but also in other fields such as sports. I also would like to congratulate the SMF and the volunteers for aid throughout this huge and memorable event. Before I end my writing, I would like to quote the famous basketball player, Michael Jordan, "Never say never. Because limits, like fears, are often just illusions."



Medical Olympiad: Where Our Future Heroes are Born

Aqif Izdiyar Aziz

Medical Students Association

Wherever the art of medicine is loved, there is also a love for humanity. These are the famous words of Hippocrates who is now renowned around the globe as the father of modern medicine. The significant medical advancements brought by him through modern medicine has contributed greatly towards the welfare of mankind and allowed us to lead more prosperous and fulfilling lives. It is important to note that the Medical Student Association (MESTA) of UiTM was established many years ago for this cause by helping to produce holistic medical students that are complete with ethics and professionalism. In order to further elevate the quality of our future doctors, MESTA took a proactive initiative by organizing a program which is widely known as Medical Olympiad.



Medical Olympiad is an annual program held by the Academic Bureau



of MESTA in order to improve the academic performance and welfare of medical students of the Faculty of Medicine in UiTM. This program mainly involves Year 2 students who will be sitting for the preclinical Professional Examination at the end of the semester. The focus of this program is to test the level of the students' preparation as well as providing a reliable medium to measure their progress in terms of academics. This is done by attempting to emulate the format and components which are commonly found in the real exam. By providing this type of exposure, it allows the students to familiarize themselves with the questions and build their confidence as they advance through medical school. Medical Olympiad is typically held over the span of three days, with each respective day focusing on one or two components of the exams which are very familiar among our students.

The first round mainly tests on Multiple Choice Questions (MCQ) whereby the participants are given 180 True or False statements. The top 40 participants with the highest overall score will be shortlisted to enter the second round which tests on OSPE questions. They will be required to answer a multitude of questions based on the diagrams provided by the examiners. This round heavily focuses on both gross and microscopic histology.



The final round is held on the last day whereby 9 finalists will be selected to compete in groups of three to answer Short Answer Questions (SAQ) and Problem-Based Questions (PBQ) in front of other students that spectate as audiences. This round utilizes buzzers whereby the first group that presses the buzzer will be given the opportunity to answer first, before the questions are opened to the other groups. One judge from each medical department will be appointed to evaluate the answers of the finalists and award marks for each correct response.



After having to hold this program online due to the pandemic last year, it is with great pleasure that we were able to conduct Medical Olympiad 2022 physically in UiTM Sungai Buloh campus. A wide list of standard operating procedures (SOPs) were in place in order to ensure that the program flows smoothly and so that we can curb the transmission of the virus from disseminating among our beloved students. With all the proper measures in place, the program was conducted successfully and no issues pertaining this program have ever emerged.



All in all, this program turned out to be a major success which gained full support from the students and lecturers involved. We, from MESTA,

would like to grasp this opportunity to extend a heartfelt thank you to all the committee members involved in organizing this program and congratulations to all the winners that triumphed in this competition. We sincerely hope that with beneficial programs like these, we will be able to

produce outstanding doctors that aspire to dedicate their lives for the community and the people of our beautiful nation. We hope that this seemingly ordinary competition will produce extraordinary doctors that will give massive contributions for generations to come.



Faculty of Medicine Open Day

**Dr. Mardiana Abdul Aziz, Dr. Nadzimah Mohd Nasir, Dr. Ruzi Hamimi Razali |
Dr. Mas Irfan Jaya Mahamooth | Dr. Muhammad Huzaimi Haron**

*Department of Pathology | Department of Obstetrics & Gynaecology |
Department of Pharmacology*



On 23rd November 2022, the Faculty of Medicine (FoM), UiTM held its first Open Day as part of a series of events to celebrate the faculty's 20th anniversary. The Open Day was held in UiTM Sg Buloh Campus and was attended by participants from Pusat Asasi UiTM, secondary school students from several boarding schools in Malaysia, as well as the faculty's medical students and staff.

Lively beats of kompang by a group of medical students greeted the participants as they arrived at the faculty lobby. The participants were ushered to the auditorium where the Open Day began with the singing of *Negaraku* and *Wawasan Setia Warga UiTM* by the FoM's students' choir, followed by doa recital.

The Open Day was officiated by the Dean, followed by an introductory talk

about the faculty by the Deputy Dean (Academic) and a sharing session by an alumnus.



The participants were subsequently divided into small groups and were rotated through various planned activities which included a guided campus tour to the Clinical Simulation Centre (CSC) and the Anatomy laboratory, Career Fair, and health screening; the latter included weight, height, and blood pressure measurement and visual acuity examination stations. The participants

also had a chance to practice suturing hands-on. A bazaar with a variety of food trucks lined up added to the festivity.



In the CSC, the participants were given the opportunity to try out virtual reality, learn cardiopulmonary resuscitation, and select medical procedures at the focused skills stations. In the Anatomy laboratory, the participants observed organ dissection and specimen pots demonstrated by the department staff.



For the Career Fair, over 20 booths were prepared by all the departments in the FoM. Each department showcased their specialties in the most creative and engaging ways

providing a platform for the participants to learn about the various career pathways in Medicine, and to allow direct interaction with the department staff. The participants also had the chance to mingle with the current FoM students and learned about the student societies and extracurricular activities in FoM via the student society's booths. In between the planned activities, the participants were free to roam the faculty grounds and visit the bazaar.

The closing ceremony then took place at the faculty lobby; it was kicked off by a live FoM's students' band performance, followed by a closing speech by the chair of the organizing committee and a prize-giving ceremony, which saw the Department of Radiology emerged as the winner of the best Career Fair booth. This was followed by a lively lucky draw session and concluded with the presentation of souvenirs to each school and Pusat Asasi representatives.

Alhamdulillah, despite being the first time held on such a large scale, the Open Day went smoothly. Overall, we received positive feedback from the participants who thoroughly enjoyed the experience. We believe the Open Day had achieved the objectives set; which were to introduce Medicine as a career pathway, provide exposure to various specialties in Medicine, and allow participants to explore life as

medical students in UiTM FoM. Many had indicated that the Open Day had changed their perspectives of medical school and what life as a medical student and a doctor is like. We hope the experience will turn into an inspiration for the participants to pursue Medicine in the future, particularly in UiTM.

Our heartfelt thanks to all FoM students and staff who had volunteered and worked tirelessly in preparing and executing the Open Day. It aptly signified the togetherness of the faculty members fostered throughout the years. The Open Day was indeed a day to remember for many more years to come.



Khalid Yusoff Auditorium Complex

Nabilah Baharudin

Corporate Communication Unit



Emeritus Professor Dato' Dr. Khalid Yusoff is a name that can never be separated from the Faculty of Medicine UiTM. Although he was no longer with the faculty, he remains as the key figure in building the reputation of the faculty and the longest serving Dean. His contribution towards the faculty during his tenure were countless and can never be challenged. Some of his major contributions proposing and establishing the UiTM Teaching Hospital, which has been in operation since April 2021 and has been renamed as Hospital Al-Sultan Abdullah by His Majesty the Yang di-Pertuan Agong Al-Sultan Abdullah on 23 July 2022. He was also responsible in establishing medical campuses in Selayang and Sungai Buloh which includes the establishment of Sungai Buloh Clinical Training Centre (CTC), which is today known as the UiTM Medical Specialist (PPUiTM), to serve as a training facility for medical students and lecturers

However, on 21 April 2021, the news of his death shocked everyone. The loss of such prominent figure was a really huge blow to the medical field. In honour of all his contribution, the university has granted the faculty's request to rename our auditorium to Kompleks Auditorium Khalid Yusoff. The event held on 2 December 2022 was officiated by YBhg. Prof. Datuk Ts. Dr. Hajah Roziah Mohd Janor, Vice Chancellor of UiTM and with the attendance of the special guests, Professor Datin Paduka Dr. Khatijah Mohd Yusoff, his widow, along with her children and their spouses. The event was also attended by Rector of UiTM Selangor Branch, Professor Dr. Sazali Hamzah, faculty managements, Head of Departments as well as Professors of the faculty.



Coloured Brain Communication for Organization Effectiveness

Siti Aisyah Shamsuddin

Corporate Communication Unit



The Coloured Brain Communication for Organization Effectiveness Program was held on 6 December to 7 December 2022 and 13 December to 14 December 2022 at Dewan Sri Alam, Hotel UiTM Puncak Alam. This program was organized by the Administration & Human Resources Office in collaboration with the Corporate Communication Unit, Faculty of Medicine UiTM. This program were conducted in two sessions with the first session was for the Faculty Management and Head of the Departments while the second session was conducted for all the staff from departments in the Faculty of Medicine. The main objective of this program is to enhance teams and build cooperation between team members and organizations. The program began with the introductory speech by speaker, Mr. Johan Irwan along with his partner Mr. Arif.

"What is a coloured brain?" According to Arthur Carmazzi (2022), a coloured brain is a psychometric tool that measured how neurotransmitter substances and "brain communication" work. The coloured brain model explored how our brain interprets the world around us by identifying the way our brain processes the environment around us. We are better able to communicate with each other, avoiding conflict and misunderstanding while enhancing both individual and group potential.

We started our first day with an Ice Breaking session. Mr. Johan requested each of the participants to draw a picture that describes themselves. Next is the 'Fundamental of Directive Communication' session where Mr. Johan requested each group to draw and design a T-shirt using their creativity.





Then followed by the Understanding Coloured Brain using CBCI session. Each of the participants was required to sign up at www.coloredbrain.com to take the colored brain test using the code given by Mr. Johan. This test will determine the colour of the participants' brain.

No color is the best colors. There are strengths and gaps in each color. We use the colors to harnessing our strength and how do leverage on others on our gaps.

Processor	Strengths	Gaps
GREEN	<ul style="list-style-type: none"> Action driven Fluid Mobile and Adaptable Communicate well 	<ul style="list-style-type: none"> Make rash decision Disorganize Chaotic Impatient
RED	<ul style="list-style-type: none"> Objective driven Think through before acting Analytical Focus 	<ul style="list-style-type: none"> Insensitive Inflexible non-expressive
BLUE	<ul style="list-style-type: none"> Friendly Considerate Concern for people Team player 	<ul style="list-style-type: none"> Emotional Overly concern for people Misunderstood for mixing up work & personal
PURPLE	<ul style="list-style-type: none"> Detailed oriented Highly organized Create system Make things practical 	<ul style="list-style-type: none"> Slow in action / decision Over focus in details at the expense of big picture

Arthur Carmazzi has identified 4 unique ways in which our brain process

information. It is a red brain (linear), blue brain (intuitive), green brain (chaotic), and purple brain (relational). He stated that each of them has its unique ways to create structures, conclusions, boundaries, and solutions.

In the evening, the participants were exposed to the Communication Dynamics and The Colors Leadership Session. Each team is given a task that required team leaders to negotiate with other team leaders. This session has taught us how to approach and negotiate with different coloured brain people.



On the next day, we started with the Pyramid and Human Drivers session. Each group is given 20 minutes to

point out the good and bad characteristics of a leader, guided by Mr. Johan.



Next is the Emotional drivers session. This session evaluated how can your motivation, relationship, performance, and communication, be affect. By acknowledging other people's styles of communication, it can reduce the occurrences of miscommunications and misunderstandings, and minimize conflicts.

In the evening, a session was on how to manage the emotional currency. During this session, each

participants were given RM20 million. The participants were also given a box of cards where they were required to select 5 cards that represent the things that they wish to spend the RM20 million on. Lastly is the Predictive Behaviour session. Each group was required to select a member to act as the boss while the others were the employees.

In the nutshell, is was a fruitful program and we receive positive feedback from participants as well as the speakers. Hopefully this program could be conducted again in the future.

