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03

Editor's note

05

Insulin Workshop For
Health Care
Practitioners

07

'Cegah 3 Serangkai
Sebelum Berangkai'
Health Fest Post-Covid-
19 Pandemic

09

Geriatrics Unit
2022 Activities

10

Problem-Based Learning
(PBL) Facilitator Training
Workshop

12

The Orthopaedic Family
Day 2023 Our Strength
Lies In Our Unity!

14

Memorandum Of
Understanding Between
Universiti Teknologi MARA
And Universitas Jenderal
Achmad Yani Indonesia

16

Sukan Antara Fakulti
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INSULIN WORKSHOP FOR HEALTH CARE PRACTITIONERS

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A workshop was designed focusing on updating and educating diabetic educators, dietitians, pharmacists, and junior medical officers on insulin use. This workshop, organized by Endocrine team UiTM, was held at Hospital Al-Sultan Abdullah UiTM Puncak Alam, in conjunction with World Diabetes Day was well attended by over 80 participants consisting of healthcare practitioners from the nearby health clinics and hospitals.

The event started with 2 consecutive lectures delivered by the resident endocrinologists, the first was an overview of insulin use and indications, as well as on types of insulin and its administration, whereas the second was on blood sugar monitoring with targets for control, followed by a question and answer session. This was then followed by a presentation by the dietitian on a diabetic diet, glycaemic excursions with certain foods, and some basic principles of carbohydrate counting, paired with quizzes.



The diabetic educator was next with an informative talk on addressing barriers and complications of insulin therapy. A slogan-creating competition was announced, for participants to form creative and inspired slogans about this program.

The next event was a breakout session with a case-based discussion workshop. Participants were divided into 10 groups with seven to nine members, and each group was given an interesting clinical case to discuss and resolve. Cases ranged from storage and transport of insulin, approach and management of hypoglycemia, to titration of insulin to lifestyle and during fasting. There was spirited involvement by the participants, with each group presenting their discussion and conclusion. The morning session ended with a wrap-up, and prize-giving to the best slogan created, coined: "Treat the sweetness, to have a sweet, happy life".



The attendees then had the opportunity to visit the booths for more information on diabetes management and to participate in some games. They also had a chance to discuss any challenging cases with the doctors or diabetic educators at the booth. The special feature of this workshop started in the afternoon session, which was a course on 'Approach to Diabetic Foot'. This course was a collaboration between the UiTM endocrine unit and rehabilitation unit and consisted of introductory lectures and hands-on experience.