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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

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## 'CEGAH 3 SERANGKAI SEBELUM BERANGKAI' HEALTH FEST POST-COVID-19 PANDEMIC

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The UiTM Health Fest 2023 with the theme 'Cegah 3 Serangkai Sebelum Berangkai' was held on the 20th of August 2022 in Dewan Teratai, Seksyen 19 in Shah Alam and attended by more than 150 community participants. The carnival was coordinated by fourth-year medical students from the Faculty of Medicine, UiTM Sungai Buloh in collaboration with Majlis Perwakilan Penduduk Zon 7 and Majlis Bandaraya Shah Alam (MBSA).



The carnival was officiated by Assoc. Prof. Dr. Effat Binti Omar (Deputy Dean Academic, Faculty of Medicine UiTM) and Tuan Hj Jamil (Head of Majlis Persatuan Penduduk Zon 7, Shah Alam). Also in present, Tuan Ahmad Syahid Bin Samsijan (Representative of Majlis Bandaraya Shah Alam), Assoc. Prof. Dr Mariam binti Mohamad (Head of Department Public Health Medicine, Faculty of Medicine), Assoc. Prof. Dr Ahmad Taufik Jamil (Year 4 PHPM posting Coordinator), and Nor Aidil Adha bin Abdullah Sani (Health Program Director).



Besides health education and exhibition, free basic health screening with consultation, quizzes, and mini-games were also included in the carnival. There was a variety of mini-game booths for kids such as coloring contests, jump rope, congkak, and dam aji, as well as outdoor traditional sports such as Tarik upih and bowling kelapa. There was also a health forum on "Cegah 3 Serangkai Sebelum Berangkai" with invited panelists: Dr. Zahir Izuan Azhar (Public Health Medicine Specialist), Sir Nazrul Hadi Ismail (Dietician and Nutritionist), and Tuan Hj Rahman (representative of the community group).



Through the carnival, the community obtained knowledge about the risk factors that contribute to hypertension, diabetes mellitus, hypercholesterolemia, and NCDs complications such as heart disease and chronic kidney disease, as well as gained insight and awareness regarding a better lifestyle to avoid NCDs complications. The students also showed a cooking demonstration on healthy meals and illustrated the “suku-suku separuh” healthy eating as the Ministry of Health recommended. The lucky draw and prizes-giving ceremony were held towards the end of the carnival.