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EDITOR'S NOTE

Corporate Communication Unit



Greetings and welcome, readers!

Welcome to the Second Edition of MED BULL', your go-to source for the latest updates, events, and achievements within the Faculty of Medicine. We extend warm greetings to each and every one of you and hope you are having a productive and fulfilling year thus far.

In this edition, we are excited to present a diverse range of reports, stories, and features that showcase the remarkable work being carried out within our esteemed faculty. From groundbreaking research breakthroughs to impactful community outreach programs, we aim to inspire and inform our readers with stories that highlight the transformative power of medicine.

We would like to express our heartfelt appreciation for your continued support and engagement. Your enthusiasm and feedback have been instrumental in making MED BULL' a trusted resource within our medical community. We are committed to serving you with quality content that educates, enlightens, and entertains.

Thank you for joining us on this exciting endeavor. Together, let us embrace the challenges and opportunities that lie ahead, as we work towards a brighter and healthier future. Stay tuned for the upcoming 3th Edition of MED BULL', where we will continue to deliver enriching reports and captivating stories.

Wishing you continued success and well-being as we progress through the year!

EDITOR-IN-CHIEF

Dr. Nur Faizah Ali

FACULTY

ACTIVITIES



The Federation of Islamic Medical Associations (FIMA) 20th International Camp for Medical Students 2022, Indonesia

Dr. Intan Kartika Kamarudin

Department of Otorhinolaryngology - Head & Neck Surgery

Ten years 3 and 2 students from the Faculty of Medicine (FOM), Universiti Teknologi MARA (UiTM), were selected to be the delegates for the Islamic Medical Association Malaysia (IMAM) contingent of 12 to the 20th International Student Camp. The camp was held from the 29th of November until the 5th of December 2022 at Karang Anyar Regency, Indonesia. This camp was organized by the Islamic Medical Association in the Kingdom of Saudi Arabia (IMAKSA) and the World Assembly of Muslim Youth (WAMY) in collaboration with the Federation of Islamic Medical Associations, Students Affairs Council (FIMASAC), Indonesia Islamic Medical Association (IIMA) and University of Muhammadiyah in Yogyakarta (UMY). Following the theme, "Effective Habits of Successful and Influential Medical Professionals," this camp aimed to improve the heme, "Effective Habits of Successful and Influential Medical Professionals," this camp aimed to improve the abilities and



skills of the participants in building networking, teamwork, and leadership.

The contingent started their journey on the 28th of November 2022 from Kuala Lumpur International Airport 2 (KLIA2), flagged off by Dr. Intan Kartika Kamarudin, Lecturer at the UiTM FOM and IMAM Youth Exco. They arrived at the Yogyakarta International Airport (YIA), Yogyakarta, and traveled for six hours to reach the venue of the camp at Agrowisata Amanah Resort, Solo. UiTM was represented by Alia Nabila Mohd Shahiruakmal, Nurnazirah Elias, Syahidah Adilah Mohd Nizam, Anis Hazirah Mohd Amin Selvedran, Aleeya

Batrisyia Alif Fizrul Fernandez, Nur Aina Naqiyah Saifullizam, Siti Farhana Mohd Shahrom, Muhammad Hafiz Yusri, Ainul Husna Hassan Basri and Nur Aimeen Faqihah Azahar.

The camp was joined by 120 delegates from Islamic Medical Associations from 15 different countries and was inaugurated by the President of IMAKSA, Dr. Riyadh Abu-Sulaiman. Delegates were given rooms and groups consisting of different nationalities to ensure active interactions and networking between different IMAs. Their activities include lectures from renowned speakers from different IMA, including Saudi Arabia, Malaysia, and Indonesia.

The delegates had workshops on the modules of the lectures, and they concluded each session with group presentations. The module covered throughout the camp includes 'Life, Goals, Balance and Focus,' 'Story of Success,' which portrays how the resort owner managed to build the Agrowisata from a one-hectare farm to an infamous resort in the region, 'Personal Planning,' 'The 8Vs of Being the Instrument of Allah's Rahmah and Shifa', 'Building Self Discipline, Habit of Continuous Learning and Positive Thinking,' 'Psychological Resilience, Social Intelligence and Communication' and 'The International Biomedical Ethics in Islamic Prospective.'





Delegates were given the opportunities for multiple sessions of physical activities, including rock climbing, flying fox, river water tubing, and water polo, to ensure a healthy balance between their physical and academic well-being. They were brought up the Mount Lawu by four-wheel drives on an adventurous sightseeing day in the middle of the week. There were also community service programs with the locals where the delegates were assigned to check vital signs and present educational talks on nutrition, common non-communicable diseases, and infectious diseases to the villagers to expose them to volunteerism and early application of their clinical skills.

Every night the delegates were exposed to multiple cultures of different countries via Cultural Night activities which included an introduction to games, food, traditional attires, and movies. The activities fostered a better

understanding and tolerance of the differences and similarities of each country. This golden opportunity was supported by the FOM. The students had gained invaluable lessons and experience from the start of their journey throughout the whole week of the camp. They returned with widened horizons, increased confidence, and extensive networking with medical students from all around the world.



Forensic Entomology Workshop 2023

Mohd Yusri Idorus

Institute of Medical Molecular Biotechnology (IMMB)

Faculty of Medicine and IMMB are honored to host and welcome lecturers and students from the National University of Singapore (NUS) who participated in the Forensic Entomology Workshop 2023, starting from February 20 until February 24, 2023. This five-day workshop consisted of a series of lectures, discussions, and fieldwork attended by 38 NUS students, including 17 Master's students in forensic science. The delegation from NUS was led by Assoc. Prof. Stella Tan (Associate Provost for Student Conduct and Director of the Forensic Science Program at NUS), Dr. Shawn Lee, and Mr. Ng Wei Bo.

On the very first day of this workshop, participants had the opportunity to visit the IMMB laboratory facility, which was followed by a brief explanation session of the workshop led by Assoc. Prof Dr. Heo Chong Chin and Assoc. Prof. Stella Tan. In preparation for practical and fieldwork sessions, participants were

also divided into several groups. Then, students were exposed to the basics of entomology through a lecture by AP. Dr. Heo with the title 'Introduction to General Entomology' and 'Introduction to Forensic Entomology.' In the afternoon, participants were given time to prepare fly traps, and then the traps were placed in the determined field area according to their groups.



On the second day, they started as early as 8.30 am with the trap's inspection. The traps need to be checked, improved, and adapted to the current weather conditions to ensure the trap functions appropriately. After the morning inspection, lectures started with the talk

Assoc. Prof. Dr. Heo and Dr. Abby Jones. In these lectures, participants were exposed to how to collect, identify, classify, and preserve flies for observation and research. The second day ended with the MOA Exchange Ceremony between UiTM and NUS, which was also attended by the top management of the UiTM, students, and the media.



On the third day, participants had the opportunity to observe and collect insects in the field. Insects were then studied through classification and observation. The source of these insects was chicken carcasses that had been rotted for several days. This mimicked the real situation of corpse decay in a

crime or accident. Apart from this fieldwork, participants were also exposed to forensic science through a lecture entitled Identification of Flies of Forensic Importance and Forensic Acarology.



On the 4th day, participants had the opportunity to listen to the sharing of studies and experiences of researchers from the FUN ENTO LAB research group led by AP. Dr. Heo and his team members; Dr. Tania Ivorra, Dr. Abby Jones, Mr. Abdul Rahman Kazim, Ms. Nur Adilla Zaini, Ms. Nurul Azmiera Zamri, and Ms. Nur Aliah Natasha Azmi.





In the afternoon, participants had the chance to visit Forest Research Institute Malaysia (FRIM). Here, participants learned about plant species diversity and had the opportunity to observe insect specimens in the entomology museum.



The final day began with lectures by AP. Dr. Heo, with the title of 'Application of Forensic Entomology' and a special lecture by Assoc. Prof. Dr. Razuin Rahimi, a forensic pathologist at UiTM, under the heading 'Forensic Entomology: From Autopsy to the Courtroom.' Afterward, the participants presented their respective task results by groups and were assessed by Assoc. Prof. Dr. Thuhairah Hasrah Abdul Rahman (the Deputy Dean of Research & Innovation at the Faculty of Medicine UiTM), AP. Stella Tan and AP. Dr. Heo as the judge.

At 5.00 pm, AP. Dr. Thuhairah, and AP. Stella Tan gave the concluding remark and certificates presentation during the Closing Ceremony of the Forensic Entomology Workshop 2023. We hope more collaboration will be initiated between UiTM and NUS in the near future following the successful forensic entomology workshop.





2nd Selangor Geriatrics Conference 2023

**Dr. Aimy Abdullah, Dr. Noor Azleen Ahmad Tarmizi,
Dr. Mohd Zaquan Arif Abd Ghafar**
Geriatrics Unit, Department of Medicine



Malaysia officially attained the status of an aging nation in 2022. The healthcare system faced a significant rise in older adult patients across all specialties, compelling healthcare professionals to be more competent in the care of this complex and heterogeneous population. In recognition of this, the UiTM Geriatric Medicine Unit, alongside the Geriatric Medicine Units of Hospital

Selayang, Hospital Sg. Buloh and Hospital Tengku Ampuan Rahimah Klang had jointly organized the 2nd Selangor Geriatrics Conference 2023, which was aptly themed 'Practical Dilemmas in Older Adults.' The conference aimed to provide non-geriatricians with an opportunity to listen to the experts discuss common yet complex and vital issues faced by medical professionals when managing geriatric patients.

The conference was held on the 3-4th of March 2023 in Hospital Al-Sultan Abdullah UiTM. Many distinguished speakers from various subspecialties, including geriatrics, cardiology, hematology, endocrinology, nephrology as well as palliative care medicine, delivered a diverse array of topics ranging from optimizing medical therapy in acute and chronic conditions to addressing intricate ethical issues in the very vulnerable and frail patient. More than 130 participants attended the

event from all corners of Malaysia, including Kelantan, Pahang, Sarawak, and even Australia. Apart from the engaging lectures presented, participants were also given the opportunity to visit several booths showcasing different products pertinent to the well-being of geriatric patients. The conference was a success on several different levels, with many participants expressing interest in joining future Geriatrics events as well as attracting the interest of several junior doctors to consider undertaking Geriatrics as their subspecialty in the future.





White Coat Ceremony

Dr. Sabrina Ab Wahab

Coordinator CBCM/White Coat Ceremony, 2022/2023

The white coat ceremony signified a meaningful step for the Year 3 MBBS students as they moved from their preclinical to clinical years of training. As the students anxiously awaited the start of the ceremony, 30 respected professors and lecturers gathered in the front of the hall, ready to don the whole batch of students.

The ceremony started with an opening speech by the dean, Assoc Prof Dr. Fazah Akhtar Hanapiah, and an outstanding performance by the students. The event was chaired by Dr. Nur Azah Mohd Isa, welcoming the entire room filled with a renewed spirit and passion for medicine as the Year 3 students donned their white coats.

The leader of the Year 3 students, Muhammad Haneef Taqiyuddin, then led the group in reciting the pledges of medical students as written with supervision by Dr. Mark Tan Kiak Min. The students pledged to always act in

their patient's best interest, continuously improve their skills and knowledge, and uphold the highest standards of professionalism. Closing Remarks by the Deputy Dean, Assoc. Prof. Dr. Hazlyna Baharuddin, followed this. The white coat ceremony was also featured on TikTok, a popular social media platform. This event was captured in a video showcasing the students' excitement and anticipation as they donned their white coats. The clip has garnered widespread attention, receiving likes and numerous views from users. Link as attached: <https://vt.tiktok.com/ZS8oJSGuW/>







CSC Accredited by Malaysian Resuscitation Association (MyRES) for Life Support Training Courses

Dr. Mohamad Asyraf Mohamad Nor Johari
Department of Medical Education

The Clinical Simulation Centre (CSC) at Universiti Teknologi MARA's Faculty of Medicine has been accredited by the Malaysian Resuscitation Association (MyRES) for its Basic Life Support (BLS) and Advanced Life Support (ALS) training courses. This accreditation, which is valid until 21st February 2028, is a testament to the CSC's commitment to delivering high-quality resuscitation training courses based on the latest peer-reviewed guidelines for effective resuscitation.

MyRES is a well-known organization that includes more than 20 societies and organizations, including the National Heart Association Malaysia, the Ministry of Health Malaysia, and the Malaysia Medical Association. MyRES was established to promote high-quality and standardized resuscitation techniques and to coordinate and facilitate resuscitation activities in Malaysia.

simulators and facilities, the CSC operates on three different Universiti Teknologi MARA campuses: CSC Sungai Buloh, CSC Selayang, and CSC Hospital Al-Sultan Abdullah, Puncak Alam, which was recently established. The CSC can conduct life support courses, workshops, and seminars for the faculty, hospital, and external organizations. Currently, BLS certification is available to clinical staff, lecturers, undergraduate and postgraduate students, as well as private entities.

This accreditation is a significant milestone for the CSC, and the center is dedicated to continuing to provide high-quality resuscitation training courses that adhere to the latest standards and guidelines. The CSC is honored to be recognized by MyRES and will continue to contribute to the development of the healthcare industry in Malaysia.

Equipped with state-of-the-art



Young Anatomist ExploRACE Program

Dr. Choy Ker Woon, Dr. Nurul Raudzah Adib Ridzuan
Department of Anatomy

The Department of Anatomy is excited to share our recent success of Young Anatomist ExploRACE, a program aiming to nurture and spark young children's curiosity in exploring and racing for Anatomy knowledge through a series of plays. To our knowledge, this is the first-ever program that exposes the knowledge of Anatomy in young children in the form of hands-on and games-based in Malaysia.



The Young Anatomist ExploRACE program was held successfully on 23rd Feb 2023 (Thursday) from 8.30 am to 1 pm at the Medical Museum and lobby of



the Faculty of Medicine, UiTM. This program was led by Dr. Choy Ker Woon and was facilitated by 34 facilitators, with the participation of 97 young anatomists 5 to 12 years old. Associate Professor Dr. Fazah Akhtar Hanapiah, the Dean of the Faculty of Medicine UiTM, officiated the program.

The Young Anatomist ExploRACE program is an initiative designed to provide young anatomists aged between 5 to 12 years old with an opportunity to explore the various aspects of Anatomy, including anatomical dissection, gross Anatomy, histology, embryology, and

Applied Anatomy. The objective of this program is also aligned with the Science, Technology, Engineering, Art, and Mathematics (STEAM) Education Guide set by the Ministry of Education, which aims to improve early childhood education.



During the program, the young anatomists were divided into small groups. Then, each group was given a treasure map that contained the map and location of 10 Anatomy station games. One of the highlights of the game is "Body in the Jar," where the young anatomists were requested to hunt the dissection of cadavers according to a list. Before proceeding to the next station game, the quizzes and explanations were given by the station game master to the young anatomists, which further sparked their interest in Anatomy. At the end of the program, all the young anatomists were gathered again. Young Anatomist Awards were given to the best groups. Short but sweet questions and answer session was also held at the end of the program for the young anatomist and parents to answer simple Anatomy questions.



We received positive feedback from the parents, with 100% of them stating that the Young Anatomist ExplORACE program has high educational value and yet fun. Overall, the Young Anatomist ExplORACE program was a huge success, providing young Anatomists with a unique and immersive learning experience. The program not only exposed the students to knowledge but also provided them with valuable soft skills, such as teamwork and communication skills, that will benefit them throughout their life.

We want to express our sincere gratitude to the Faculty of Medicine, Medical Museum, facilitators from the various departments of the Faculty of Medicine and Dentistry of UiTM as well as external sponsors for their continuous support. The Department of Anatomy is hoping to organize the Young Anatomist ExplORACE program on an annual basis. We look forward to seeing the continued growth and success of the next generation of anatomists. Till then, stay tuned for the next 2024 Young Anatomists ExplORACE.



Journey Through Ramadan – A Diabetes in Ramadan Patient Education Program

Dr. Fatimah Zaherah Mohamed Shah, Dr. Nur 'Aini Eddy Warman

Endocrine Unit, Department of Medicine

The incidence of Type 2 Diabetes Mellitus (DM) in Malaysia is increasing, with an estimated almost 4 million adults diagnosed, according to the Malaysian National Health and Morbidity Survey (NHMS) 2019. This is primarily contributed by the Malay race, with a prevalence of 59%, followed by the other races, translating into a large population of people with diabetes who will be fasting during the month of Ramadhan in this country. Fasting in Ramadhan for those with diabetes mellitus is challenging and needs close monitoring with sufficient and comprehensive medical advice.

Diabetic complications during fasting are more frequently seen in patients with inadequate disease control or insufficient information. To address this issue, a diabetes patient education program was designed and conducted for patients attending the UiTM endocrine clinic. This program aimed to facilitate knowledge attainment and improve the dissemination of information, mitigate the risk of diabetic complications in Ramadan, pave the way to fasting safely.



Themed 'Journey Through Ramadan', this diabetes in Ramadhan patient education program was held in the diabetes and endocrine clinics at Hospital Al-Sultan Abdullah (HASA) and the UiTM medical center at Sungai Buloh, administered throughout March 2023. Conducted at the clinic waiting area, this program was organized into three parts. Commencing with a self-educating activity, Muslim patients familiarized themselves with handling diabetes during fasting from information on poster boards prepared specifically for the program.

Next, each patient had an individualized consultation with an appointed specialist from the endocrine team, where they had a risk calculation of fasting in Ramadhan and further explanation on managing diabetes during the month. The risk of fasting was calculated based on the International Diabetes Federation – Diabetes in Ramadan (IDF-DAR) practical guideline, where the personalized score was categorized into the high, moderate, and low risk of fasting in Ramadan.

The patients were then advised on the management of their medications, as well as the timing for monitoring their blood sugar during fasting. Additionally, they were also informed regarding the complications and recognizing symptoms of hypoglycemia and the treatment for it, as well as when to break the fast. They subsequently

received guidance on dietary recommendations and judicious physical activity from the diabetic educators.

This whole education process was facilitated by a booklet, which was designed and produced specially for this program. This guide detailed essential knowledge on fasting in Ramadhan for people with diabetes. It was divided into a few categories, comprising of the population at high risk for continuous fasting, adequate timing of blood sugar monitoring, when to break the fast in the event of complication and steps to handle the situation, medication adjustment, dietary advice and tips on keeping active during the fasting month. Further avenues of assistance were provided for the patients to communicate with the diabetic educators during the fasting month if required. After the education program, each patient received a certificate in the form of a fridge magnet as an acknowledgment of their involvement as well as a tool of reminder. The program was concluded mid-Ramadhan, with more than 180 attendees and with positive input from the participants.



Testing Their Limit: Imicrobe Quiz Competition

Dr. Noraziah Sahlan

Department of Medical Microbiology & Parasitology

On 11 Mac 2023, 4 students from the Faculty of Medicine (FOM) Universiti Teknologi MARA (UiTM) Puncak Alam braved the cold and dark morning to take part in a quiz competition held at Universiti Sains Islam Malaysia, Nilai, some 80 km away from Puncak Alam. This competition, aptly named IMICROBE competition, is a yearly event organized by the Faculty of Health Sciences Universiti Sains Islam Malaysia (USIM). This year FOM UiTM was represented by year three medical students for this event.

In preparation for this competition, the Team had a few practice sessions. Since they are familiar with the question format that will be used in the competition, these sessions aimed at acclimatizing them to the feel of competition. These sessions were facilitated by Dr. Siti Norbahiyah Awad dan Dr. Noraziah Sahlan from the medical microbiology and parasitology department.



On the day of the competition, the Team, which comprised Firdaus Afiq Bin Faizal, Tengku Nur Iman Binti Tengku Fadil Hisham, Nur Sakinah Binti Mohd

Shafie and Nurfhatin Atirah Binti, Mohamed Zoefry chaperoned by Dr. Noraziah Sahlan arrived at the competition venue at around 730 am, where they had their breakfast and followed by a briefing on the competition given by the organizer. The competition started at 9 am. This year there were 30 teams from local universities all over Malaysia participating in the competition. Some universities send more than 1 team. For UiTM this year, we only managed to send 1 team.

This competition focused on microbiology, immunology, and infectious disease topics, and all their questions were based on these subjects. The competition started with the preliminary round, where the participants were required to answer several MCQ questions individually, followed by OSPE-like questions that were answered in groups. The marks from each participant contributed to their overall team marks. The total marks were then tabulated, and the teams with the top 24 scores proceeded to the next stage of the competition. Our Team did well in this round, where they managed to place at the 14th spot with total marks of 77 out of 100.

The next stage of the competition is the knockout stage. UiTM team faced their first opponent and emerged as the winner, beating the Team from Universiti Sultan Zainal Abidin (UniSZA). Next, they faced the Team from

Universiti Kebangsaan Malaysia (UKM), where they unfortunately lost and lost their chance to proceed to the next stage.

Even though the Team did not end up as the top winner, the experience and opportunities of competing were valuable to the participants. The participants were enthusiastic at the opportunity of challenging themselves and testing their knowledge and endurance in a stiff competitive environment. This boosts their confidence and makes them more confident in themselves. Furthermore, the opportunity to represent the faculty gave them a sense of pride, which is priceless.

Next, they faced the Team from Universiti Kebangsaan Malaysia (UKM), where they unfortunately lost and lost their chance to proceed to the next stage.

Even though the Team did not end up as the top winner, the experience and opportunities of competing were valuable to the participants. The participants were enthusiastic at the opportunity of challenging themselves and testing their knowledge and endurance in a stiff competitive environment. This boosts their confidence and makes them more confident in themselves. Furthermore, the opportunity to represent the faculty gave them a sense of pride, which is priceless.

In conclusion, this event had a lot of positive impact on the participants, and we plan to participate again in the coming year. With the continuous support from the faculty, we are confident that we can do better and will become a strong contender in the competition for years to come.





Alumni Sharing Session

Dr. Sabrina Ab Wahab
Coordinator CBCM, 2022/2023

The alumni sharing session was held for the year 3 students in the Consolidation of Basic Clinical Method module. The lecture hall was filled with enthusiastic students eager to hear from those who had already gone through medical school's rigours.

Dr. Nor Hidayah Jaris, a Psychiatrist and lecturer, moderated the session. The speakers were none other than our alumni who had returned to the faculty to become lecturers.

Dr. Nur Azah Mohd Isa, a passionate Paediatrician, shared her unique perspectives and experiences, enlightening the students about what to expect as they progressed through medical school. She recognized the value of teamwork in the medical field.

The last speaker, a diligent Emergency Physician, Dr. Muhammad Nur Azmi Baharuddin, spoke about how every healthcare team member, from the

doctors to the nurses, played a crucial role in patient care. He also shared the joys of being a doctor and the fulfillment.

As the session ended, we thanked the alumni for taking the time to share their valuable insights. The students left the lecture hall feeling inspired and motivated to continue their medical journey, armed with a deeper understanding of the challenges and rewards ahead.





UiTM World Obesity Day Program 2023

Dr. Mazapuspavina Md Yasin, Dr. Zahirah Tharek, Dr. Khasnur Abdul Malek, Dr. Nik Munirah Nik Mohd Nasir, Dr. Khairatul Nainey Kamaruddin, Dr. Lina Lohshini Kanoo & Assoc. Prof. Dr. Ilham Ameera Ismail
Department of Primary Care Medicine

UiTM's Weight Management Clinic (WMC/Obesity Clinic) and the Department of Primary Medicine (PCM) UiTM organized a UiTM World Obesity Day (WOD) 2023 program at HASA UiTM between 13 March to 17 March 2023, supported by Al-Sultan Abdullah Hospital (HASA), with Professor Dr. Sazzli Shahlan Kasim as the Director and Faculty of Medicine (FOM) UiTM Sg Buloh Campus with Prof Fazah Akhtar Hanapiah as the Dean. This program was in conjunction with the World Obesity Federation (WOF) celebration of WOD on 4 March 2023. The theme was 'Changing Perspectives: Let's Talk About Obesity.'

The program was in collaboration with the Department of Medical Education (DOME), Perpustakaan Tun Abdul Razak (PTAR), Health Education and Awareness Leaders (HEALX), Department of

Occupational Safety and Health (DOSH), and Corporate Comm HASA UiTM. Industrial collaborators included were iNova Pharmaceuticals Pte. Ltd, Novo Nordisk Pharma, In-body Asia Sdn. Bhd, Persatuan Bulan Sabit Merah (PBSM) and Bank Islam Malaysia Bhd.



This World Obesity Day is lead by
 • Dr Zahirah Tharek • Dr Mazapuspavina Md Yasin
 Family Medicine Specialist and Weight Management Clinic, HASA

UiTM's WMC/Obesity Clinic is a multidisciplinary specialist clinic. It was started in 2017 and now runs at Rehabilitation Clinic HASA. Members are Mazapuspavina Md Yasin, Khasnur Abdul Malek, Zahirah Tharek, Nik Munirah Nik Mohd Nasir, Khairatul Nainey Kamaruddin, Lina Lohshini Kanoo, and Ilham Ameera Ismail (PCM); Rohana Abdul Ghani, Nur Aisyah Zainordin, Fatimah Zaherah binti Mohamed Shah, Aimi Fadilah Mohamad, and Mohd Hazriq Awang (Endocrine); Mazlifah Omar (Rehabilitation medicine), Hashbullah Ismail (Clinical exercise physiologist) and Noor Fatimah Ilias (Physiotherapist); Theevashini Krishnasamy (Bariatric surgeon); Mahenderan Appukutty (Nutritionist); Nazrul Hadi Ismail (Dietitian); Azlina Wati Nikmat and Sakinah Idris (Clinical Psychologist); Khariah Mat Nor (Radiologist) and Zarina Ishak Nurul Ain Abidah Abdul Halim (Diabetic educator nurses).



The events held were Clinicopathological Conference presentations on obesity cases. Forums of experts in managing obesity and obese patients experienced “how to deal

with obesity.” Virtual cooking demonstration (video display) and sharing health information about a healthy menu. To walk the talk, participants were provided a healthy lunch menu with calories of < 400kcal/meal.

There was health screening offered involves checking the BMI, blood pressure, body fat analysis (BFA), Point of Care Test (POCT) for sugar and cholesterol, fasting serum lipid, fasting blood sugar, renal profile, and total blood count. These were assisted by Dr. Zahir Izuan Azhar and Klinik Warga. For those with a high risk of fatty liver, an ultrasound liver was offered by Dr. Khariah Mat Nor. Other events were the Fitness Challenge test and the Meet the Expert Dietician Booth for Healthy Menu Cooking Exhibition.



The events were hybrid in concept, whereby participants can join either face-to-face in HASA Auditorium or through a live Webinar via UiTM PTAR Library Facebook and YouTube channel. Out of expectancy, amazing responses were received from targeted groups. In addition, there were participants from PDRM and Kolej Kemahiran Tinggi MARA (KKTM) assisted by Mr. Mohd Hafidz Abd Satar from Corporate Comm HASA. The total number of attendees was 2306. The feedbacks were excellent, suggesting it should be done periodically due to its usefulness and the invaluable information shared. We from WMC UiTM would like to thank and give kudos to everyone involved.

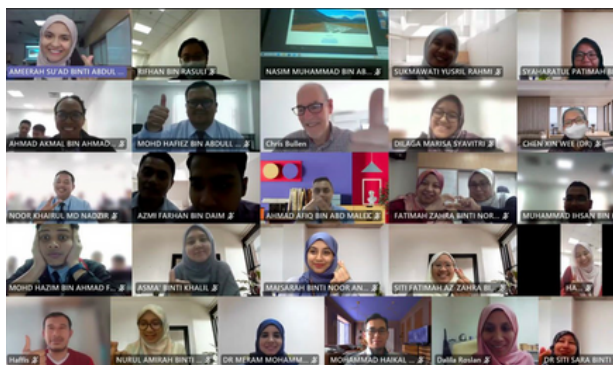


"From Ashes to Action" Cross-border Sharing Session from New Zealand

Dr. Chen Xin Wee

Department of Public Health Medicine

The Department of Public Health Medicine is honored to invite Prof Chris Bullen, a professor from the School of Public Health, The University of Auckland Waipapa Taumata Rau, New Zealand. He is also the Society for Research on Nicotine & Tobacco president and the director of the National Institute for Health Innovation, University of Auckland, New Zealand. The webinar entitled "From Ashes to Action" aims to share effective tobacco control strategies from a public health perspective.



There is a total of 30 participants (lecturers and postgraduate candidates) attended this talk through Microsoft Teams on 8th May 2023, Tuesday at 11 am MYT (3 pm NZT). Prof Chris Bullen began the talk by highlighting the statistics that smoking is the second top risk factor contributing to the number of deaths worldwide after high blood pressure. Tobacco is an obstacle to a



nation's and global development; every Sustainable Development Goal (SDG) is affected by tobacco, from SDG 1 poverty to SDG 17 partnerships for the goals. By applying the epidemiological triad, the agent is the cigarettes, the environment is the clean indoor air policy, and the vector is the tobacco industry (manufacturers, distributors, and vendors).

Several tobacco action plan strategies have been implemented in New Zealand and proved effective. They include:

- (i) the Smokefree Aotearoa 2025 Framework implementation in which a smoke-free generation where anyone born after 2009 is prohibited from ever being sold nicotine,
- (ii) the denicotinisation policy (95% less nicotine in the tobacco),
- (iii) retailer reduction to reduce the easy access and purchase of tobacco,
- (iv) research and evaluation (e.g., Illicit Tobacco Trade Study, CENIC-NZ Study, ITC-NZ Study, and ASH Year 10 surveys annually).

Prof. Chris Bullen strongly believes that denormalization of tobacco smoking is the key to changing people's behavior in tobacco control. Additionally, decisive leadership and political will are paramount to refocus upstream to causes of causes. Extra effort needs to be taken by the Malaysian government to create a smoke-free generation, as the issue of cheap/illegal cigarettes is readily available through smuggling activities and the complicated issue of vaping burgeoning in Malaysia.



Consolidation of Basic Clinical Methods (CBCM): First Batch of Year 3 Students at Hospital Al-Sultan Abdullah

Dr. Sabrina Ab Wahab
Coordinator CBCM, 2022/2023

The 16th of January 2023 was the first day of the clinical year for the third-year medical students, and they were eager to consolidate their basic clinical examination techniques. It is a significant milestone for both the students and the hospital. The commencement of this program marked a new beginning, and it was exciting to see the students move into the hostel in the Puncak Alam campus and become the first batch of Year 3 students in Hospital al-Sultan Abdullah, Puncak Alam. The students were eager to begin clinical years because this was the first time it had been done in a hospital setting.

CBCM is a 3-week program developed for Year 3 medical students entering the clinical years upon the start of the semester to consolidate their basic clinical examination techniques. On the first day, a series of introductory lectures were given in the hospital's auditorium. The Dean, Assoc Prof Dr.

Prize Giving Ceremony and Feedback Session
Assessment of CBCM

Date: Friday, 3rd February 2023

Time: 9.45am - 11.00am (Feedback session)
11.00am - 12.00pm (Prize giving ceremony)

Venue: Auditorium 1, Hospital Al-Sultan Abdullah, UiTM Puncak Alam Campus

Akhtar Hanapiah, gave an opening speech, and she reminded the students of the responsibility that came with entering the clinical years and encouraged them to work hard. The importance of maintaining professional conduct and treating patients with respect was also emphasized in the subsequent lectures. They also attended a series of lectures on clinical and theory examination. They were taught about the various systems of the body and the standardized techniques used to examine them.

This was followed by the clinical sessions, including history and clinical bedside teachings over the 3-week session. They were assigned into groups, where they would work together, contact and organize sessions with the clinical lecturers. The students were excited to put their theoretical knowledge to practical use and learn from real-life patients. This was the first task for the students, and their tone was formal as the students introduced themselves to their first patient. They were initially nervous, but as they began to examine the patient, they felt a sense of accomplishment. They practiced, enquired the clinical skills, and gained confidence.

Finally, it was time for the students to put their learning into practice, and they had successfully completed the CBCM assessment session. On the closing day, the 3rd of February 2023, the lecturers also gave them feedback on their performance, followed by the prize-winning ceremony by the Deputy Dean, Assoc Prof Dr. Hazlyna Baharuddin. Congratulations again to Group 3, Group 6, and Group 17 for achieving the highest marks in each category (Short Case, Clinical Reasoning, and History Taking) for the assessment session. Overall, it was an excellent initiative from all lecturers involved, and looking forward to witnessing more successful sessions in the future.





'Santun Kasih Anak Yatim': A CSR Project by Corporat Communication Unit

Dr. Nur Faizah Ali

Corporate Communication Unit

In a heartwarming initiative, the Corporate Communication Unit recently organized a special program for the orphans of Rumah Cahaya Kasih during the holy month of Ramadan. The program aimed to bring joy and happiness to the children, and foster a sense of community and compassion during the festive season of Eid Mubarak. With the involvement of dedicated guardians and the support of esteemed guests, the event proved to be a resounding success.

With the spirit of giving at its core, the organizers decided to purchase traditional Malay attire, known as "Baju Raya," for the children. This thoughtful gesture brought smiles to their faces as they eagerly received their new baju melayu and baju kurung, ensuring they would be dressed in style for the upcoming celebration. Additionally, the organizers recognized the practical needs of the orphanage and provided essential kitchen supplies such as Milo,

cooking oil, rice, and more, ensuring the well-being of the children beyond the festive occasion.



To make the experience even more special for the young ones, the organizers arranged for sets of McDonald's "Happy Meal" as their iftar meal. The range of children, between four to seven years old, enthusiastically enjoyed the treat, creating an atmosphere of excitement and joy. Furthermore, in an effort to involve the wider community and make the event even more memorable, the esteemed Dean, Prof. Madya Dr. Fazah Akhtar

Hanapiah, along with several administrative staff, graced the occasion with their presence, providing support and encouragement to both the children and the organizers.



The impact of the program was evident as smiles and laughter filled the air throughout the event. The children's faces lit up with happiness, their newfound attire giving them a sense of pride and belonging. The presence of the respected dean and the administrative staff further highlighted the significance of this initiative, reinforcing the importance of philanthropy and community engagement.

The organizers expressed their satisfaction and gratitude at witnessing the happiness brought about by this charity program. They hope that such endeavors will continue in the future, allowing for more opportunities to bring joy to those in need. The success of this event serves as a reminder of the power of collective efforts in making a positive impact on the lives of underprivileged children, particularly during festive occasions.

In conclusion, the orphan program organized by the Corporate Communication Unit in collaboration with Rumah Cahaya Kasih was a testament to the generosity and compassion of individuals and organizations during Ramadan. By providing not only new attire but also essential supplies and a memorable meal, the organizers and participants brought happiness and a sense of togetherness to the orphans. This heartwarming event serves as a shining example of how small gestures can have a significant impact on the lives of those in need, and it is hoped that such programs will continue to spread joy in the future.



**THANK
YOU**

