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Greetings and Welcome Dear Readers!



EDITOR-IN-CHIEF

Dr. Nur Faizah Ali

In this edition, you'll find articles and features that showcase our commitment to innovation, research, and community engagement. These include research projects with the potential to enhance healthcare outcomes, as well as stories highlighting our students' achievements, both within and beyond the classroom.

We would like to express our gratitude to the entire Faculty of Medicine community for their dedication and passion in pursuit of our shared goals. We hope you find this publication informative and inspiring, and we welcome your feedback and suggestions for future editions.

In this 3th Edition, we have strived to bring you the latest updates, inspiring stories, and thought-provoking content that align with our mission to inform, educate, and inspire. We value your continued support and readership, which motivates us to reach new heights in the quality and relevance of our publication.

We look forward to meeting you again in the next issue of "MED BULL."



FACULTY ACTIVITIES



MULTIPLE MINI INTERVIEW (MMI) STUDENT SELECTION 2023/2024

By: Dr. Anis Shafina Mahfudz
Department of Radiology



Determining the future generation of medical doctors is a daunting task burdened with significant responsibilities and enormous consequences. Since 2019, the Faculty of Medicine UiTM has been conducting Multiple Interviews (MMI) to recruit medical students into their UiTM Bachelor of Medicine & Bachelor of Surgery (MBBS) program. For the 2023/2024 MBBS student intake, the MMI selection session was jointly organized by the Academic Office & Department of Medical Education (DoME) over a two-day period from 31st May to 1st June 2023 in UiTM Faculty of Medicine, Selayang Campus.

Preparations began as early as February 2023, when the MMI 2023/2024 organizing committee members made the necessary planning and coordination and diligently prepared and vetted the MMI questions. Multiple MMI assessor training and calibration sessions were also conducted to ensure that all the faculty members and assessors involved were consistent in their assessments. A candidate online briefing was held on 29th May 2023 to brief candidates on the MMI selection session, to which a total of 609 candidates were invited.



On the actual MMI day, a total of 540 candidates from all over Malaysia with various academic backgrounds were interviewed, and a total of 106 assessors were involved in the selection process. Candidates were divided into multiple cohorts and rotated through various interview stations to achieve a more comprehensive assessment and select the most suitable candidate.

A special thanks to Associate Professor Dr. Fazah Akhtar Hanapiah, Dean of Faculty of Medicine UiTM, Associate Professor Dr. Hazlyna Baharuddin, Deputy Dean Academic and Associate Professor Dr. Nurul Alimah Abdul Nasir, Head of Department of Medical Education for assisting and supporting this program. The MMI 2023/2024 organizing committee would also like to thank all the Faculty of Medicine lecturers who participated as assessors, as well as the Faculty of Medicine and Department of Medical Education support staff for their tireless dedication and hard work to ensure that this year's MMI was a successful event.



DARI HATI: A PUBLIC SPEAKING INITIATIVE FOR NON-ACADEMIC STAFF

By: Dr. Noraziah Sahlan

Department of Medicine Microbiology & Parasitology



In August 2023, the Clinical Laboratories Department (CDL) launched a public speaking program among the non-academic staff. The program dubbed Dari Hari aimed mainly to build and boost self-confidence among the non-academic staff in CDL. The program was scheduled to be held once a fortnight, and all CDL staff comprises science officers, medical laboratory technologies, clerks, and health attendants who will take turns to share and deliver a topic of their choosing for 15-20 minutes at 08:30 in the morning to their colleagues. The topics can be from various fields of interest or knowledge, and the staff is

as long the sharing has good information to be shared and beneficial take-home messages.

The head of the department, Dr. Noraziah Sahlan, kick-started the program, where she shared her takes on the topic of acceptance of Allah's will and provision on 3th August 2023. During the session, she shared personal experiences dealing with having hopes of getting her prayers answered. She then shared how she dealt with the disappointment when it seemed that the prayers were not answered as she would like. The key to dealing with this, according to her, was to believe

wholeheartedly and have the utmost confidence that Allah is the best planner and He has your best interest. Only then will we be content and satisfied with Allah's provision.

The second session of the program took place on 14th August, where Encik Thalhah, science officer from the Medical Microbiology Unit, delivered a topic titled Chasing Inner Calm and Peace of Mind. In his talk, Encik Thalhah shared some religious tips on how to find a state of inner tranquillity, calmness, and contentment. He stressed the importance of performing daily salat, daily reading of the Quran, reciting dhikr, and daily litanies. These practices bring us closer to Allah, keep our minds at peace, and give us a sense of well-being.



At the point of writing, the next session is scheduled on the 31th August, to be delivered by Dr Rafizah, science officer for the Chemical Pathology Unit. All science officers and medical officers are currently rostered to take part in this program, which will run at least until July 2024. The medical laboratory technologies, health attendants, and clerks will be rostered to take part in this program starting July 2024.

To date, this program has been well received by the staff. We will endeavor to make this program part of the working culture in the department. Apart from boosting their self-confidence level, this program also acts as another platform where the staff can interact and communicate with each other positively. This program also aims to drive the strengthening of the bond between staff and enhance cooperation between units in the department that will contribute to the effectiveness and productivity of the department specifically and contribute to the betterment of UiTM as a whole. The department hopes that all staff will be able to reap the benefits of this program and enjoy themselves participating in this program in many years to come.

PICTURE PERFECT: MASTERING IMAGING INTERPRETATION IN REHABILITATION MEDICINE

By: Dr. Muhamad Faizal Zainudin, Dr. Anie Farhana Ngimron, Dr. Nor Faridah Ahmad Roslan, Dr. Mazlifah Omar, Assoc. Prof. Dr. Natiara Mohamad Hashim & Assoc. Prof. Dr. Nadia Mohd Mustafah

Department of Rehabilitation Medicine



On the 10th of August 2023, the Rehabilitation Medicine fraternity celebrated a significant milestone with its first-ever national radiological workshop in Rehabilitation Medicine, titled “Picture Perfect: Mastering Imaging Interpretation in Rehabilitation Medicine.” Held at the illustrious Kompleks Auditorium Khalid Yusoff, this 2-day course was a proud initiative of the Department of Rehabilitation Medicine, UiTM.

Boasting a diverse roster of 80 attendees, the event saw a vibrant mix of rehabilitation medical officers, master’s degree trainees, and seasoned rehabilitation physicians coming together to forge new frontiers in medical learning.



Course Aims and Overview

The workshop was meticulously designed to offer a deep dive into imaging interpretation that is crucial to Rehabilitation Medicine. Given that a significant portion of Rehabilitation Medicine revolves around neurological and musculoskeletal disorders, the selected topics were perfectly tailored to meet the distinct needs of the rehabilitation community.

Dr. Muhamad Rahimi Mohd Rusli, the charismatic emcee, set the tone for the event with a heartfelt prayer, seeking blessings from Allah the Almighty for a successful workshop. This was followed by an inspiring address by Dr. Nor Faridah Ahmad Roslan, the head of the department, who then officially inaugurated the workshop with aplomb.

Stellar Line-up of Speakers

An array of distinguished speakers graced the workshop. From the Radiology Department, we had the insights of Associate Professor Dr. Hilwati Hashim, Dr. Khariah Mat Nor, Dr. Natasha Mohd Arifin, and Dr. Mohd Shukry Mohd Khalid. Representing the Department of Orthopaedics from Shah Alam Hospital was Dr. Muhammad Azrin Mohd Asihin. Their expert sessions encompassed brain and spine CT and MRI, the nuances of joint X-rays, and the diagnostic value of CT & MRI in assessing low back pain.



Engaging Sessions and Heartfelt Appreciation

One of the highlights was the enlightening discussion of intriguing cases frequently seen in Rehabilitation Medicine. The subsequent question and answer session sparked vibrant interactions, much to the attendees' delight. Feedback was overwhelmingly positive, with participants expressing gratitude for this pioneering workshop.



We extend our profound gratitude to our esteemed speakers for their captivating presentations. A special acknowledgment goes to the organizing committee, whose unwavering dedication and commitment were instrumental in making this event a grand success.

As curtains drew on this landmark event, our hope is that the attendees left enriched, having gained invaluable insights and lessons. We are optimistic about hosting this event in subsequent years, aspiring to make it an annual gathering that empowers future rehabilitation physicians.



NORTH BORNEO INTERVARSITY SABAH SURGICAL QUIZ COMPETITION 2023

By: Dr. Nor Faezan Abdul Rashid, Dr. Mohd Firdaus Che Ani &
Dr. Nora Julianna Osman
Department of Surgery



On the 2nd and 3rd of June 2023, the Faculty of Medicine University Malaysia Sabah organized a North Borneo Intervarsity Sabah Surgical Quiz Competition in conjunction with the Sabah Surgical Conference 2023, held between the 1st - 4th June 2023. The competition was held in the University Malaysia Sabah, with a total of 6 universities participating, including the Faculty of Medicine UiTM. The other universities were the University Putra Malaysia (UPM), University Science Malaysia (USM), University Malaysia Sabah (UMS), International Medical University (IMU), and SEGi University.

The competition aimed to test the student's knowledge of surgery, not just in theory but also in clinical application. This gave the students an opportunity to do their revision for their upcoming professional exam in October. A few weeks before the competition, the students had several revision classes with some surgeons about specific topics. Among the surgeons who contributed to the revision classes were Dr. Siti Mayuha Rusli, Dr. Shaiful Amir Abdul Manap, Dr. Muhammad Safwan Abdullah, Dr. Mohd Razin Hassan, Dr. Mohd Firdaus Che Ani, and Dr. Nor Faezan Abdul Rashid.

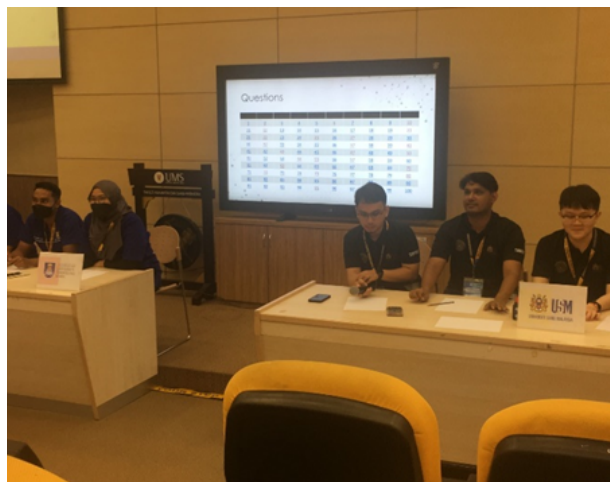
A total of 5 medical students participated in the competition: Robiyatul Atifah Mohd Rohimi, Najwa Zulaika Mohd Ali, Tengku Nur Adibah Aini Tengku Muhammad Abdussalam, and Ahmad Saiful Ridzuan Shaik Anuar. The competition consisted of 2 rounds each, where the students had their chances to answer individual and group challenges. For the first round, UiTM had to compete against IMU and later with USM.



First round (UiTM vs. IMU)

Despite our student's best efforts to compete in this competition, they lost the battle against the two universities. After the competition, the students got to know their competitors from other universities, establishing networking among these six universities. They got to exchange experiences studying medicine at other universities, including private universities such as IMU and SEGi University.

The students were also given complimentary access to the Sabah Surgical Conference, which was held at the Hilton Hotel in Sabah, where they had a beneficial talk given by experienced speakers, mainly to talk about life as house officers and the opportunity to further their studies in the surgical field.



Second round (UiTM vs. USM)

CANVA WORKSHOP

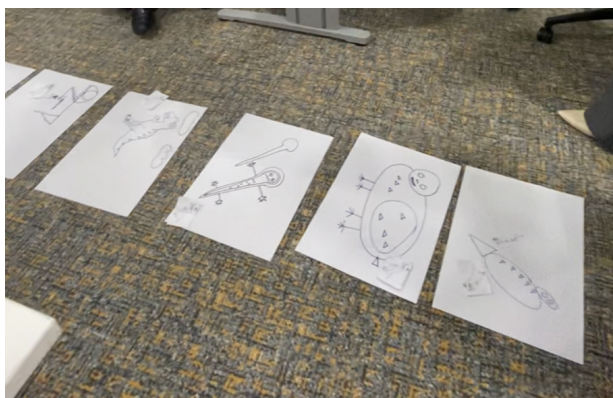
CREATIVE GRAPHIC DESIGN USING CANVA

By: Dr. Nabilla Husna Mad Hashim
Department of Medical Education



Twenty years ago, the average person focused on a screen for 2.5 minutes before switching attention. However, our ability to maintain awareness has significantly dwindled in this current era of constant screen hopping and app switching. Hence, prompt use in good graphic design as visual aids helps to convey complex information more effectively. Good visual aids also can improve student engagement and their motivation to learn. Therefore, on 29th July 2023, the Research, Innovation, and Technology Unit under the Department of Medical Education (DoME), together with the Department of Ophthalmology

Faculty of Medicine, organise a workshop entitled Creative Graphic Design using Canva for Beginners. This workshop was initiated to educate Faculty of Medicine members on the basics of graphic design and promote creative design in teaching and learning. This hybrid workshop was attended by 42 faculty members physically and online. The workshop was officiated by Assoc. Prof. Dr. Nurul Alimah (Head of the Department of Medical Education)



Our enthusiastic speaker, Dr. Roslaili Anuar, kept the workshop dynamic at its highest. Dr. Roslaili is the Head of Social Sciences and Humanities in the Faculty of Education, UiTM. A lecturer with vast experience in graphic design, including as an editor in one prominent Malaysian magazine, Jelita, she kept all participants engaged throughout her interactive session. Dr. Roslaili started the workshop with an exciting yet meaningful ice-breaking slot that delivered the message of differences in command and execution. Subsequently, she gave a short lecture about the basics of graphic design. After a short break, participants are involved in a hands-on session that allows for active involvement in the learning process.

The workshop concluded in the afternoon with a Canva presentation made by one of the participants. At the end of the workshop, Dr. Nor Azimah Abd Aziz, the Research, Innovation, and Technology unit lead, thanked Dr. Roslaili for sharing her expertise and her willingness to be part of the workshop. Most participants are delighted with the workshop and request for more similar workshops to be organized in the future. In light of this success, the Research, Innovation, and Technology, Department of Medical Education (DoME) welcomes all future collaboration to embrace innovation in improving teaching and learning.



MEDICAL UPDATES 2023

By: Dr. Aimy Abdullah
Department of Medicine



In line with our dedication to providing competent patient care and disseminating up-to-date knowledge to healthcare providers, the Medical Department of the Faculty of Medicine and Hospital Al-Sultan Abdullah duly organised the first UiTM Medical Updates conference on 21st of July and the 22nd July, 2023. Showcasing a lineup of distinguished speakers from our very own department, the conference highlighted clinically relevant updates on topics spanning all the diverse medical subspecialties available in Hospital Al-Sultan Abdullah.

More than 130 participants attended the seminar, which was held in the auditorium of Hospital Al-Sultan Abdullah. Ranging from medical students to specialists and consultants, delegates proffered overwhelming positive feedback for the speakers and topics as well as the venue. This conference successfully promoted the department as a whole as a reckonable force in continuous education in Medicine.

EDUCAMP 2023: FORGING UiTM FUTURE DOCTORS WITH iDART

By: Dr. Anis Shafina Mahfudz, Dr. Nadzratulaiman Wan Nordin, Dr. Norazilah Mat Jin, Dr. Noorkardiffa Syawalina Omar & Dr. Mohd Azahari Basri



This year, UiTM Faculty of Medicine's EDUCAMP 2023 was centered on the five central UiTM iDART values, which consist of "Ilmu, Disiplin, Amanah, Rajin & Tanggungjawab." This program was tailor-made for UiTM MBBS Year 3 students. It was successfully conducted in Hospital Al-Sultan Abdullah (HASA) UiTM Puncak Alam over two days from 14th of July to 15th of July 2023.

EDUCAMP 2023 consisted of various professional, motivational, and spiritual talks and physical enrichment activities. On Day 1, a total of 226 students were welcomed by the Dean of the Faculty of Medicine, Associate Professor Dr. Fazah Akhtar Hanapiah, who gave a talk on

"Holistic and Excellent UiTM Medical Students and ESI-iDART Values." A motivational session by Datuk Dr. Harlina Halizah Siraj, the Founder of Akademi Dr. Har, followed this. The day continued with several other professional and spiritual talks, and in the afternoon, the students were divided into small groups, where they competed in the "Sukaneka" session. The winners of "Sukaneka" EDUCAMP 2023 were:

EDUCAMP 2023 Sukaneka

- 1st place: Group 5 - PLKN
- 2nd place: Group 9 - Santai
- 3rd place: Group 7 - Geng Bas Sekolah & Group 14 - Gardenia

On the second day of EDUCAMP, these Year 3 students had the opportunity to learn from their super seniors, as representatives from UiTM Medicine Alumni, Dr. Dahiyah Aisyah Ruslan Affendy, Dr. Mohammad Zaki Mohamad Shukri and Dr. Nadya Abdul Ghapar shared their experiences in surviving medical school, housemanship and working as a medical officer in Ministry of Health (MOH) hospitals and HASA UiTM. Following this, Dr. Beni Isman Rusani, a Cardiologist from Institut Jantung Negara with a prominent social media presence, enlightened the students on "Effective Communication." The students also benefited from a "Professional Etiquette" session given by professional image consultant Muna 'Izzah Fadzil from SB Professional Academy.



Throughout the program, each student group was required to send a representative to give a 3-minute talk on randomly distributed topics during the "UiTM HOT STAGE" as well as to prepare a 6-minute performance, showcasing their creativity and talent during the finale event of "UiTM GOT TALENT." The winners of these sessions are as follows:

UiTM HOT STAGE

- 1st place: Group 7 – Muhammad Khairul Ikhwan Azhar
- 2nd place: Group 9 – Nurdayana Batrisya Azril Sham
- 3rd place: Group 8 – Yusairah Ahmad Taufan

UiTM GOT TALENT

- 1st place: Group 1 – C-section
- 2nd place: Group 5 – PLKN
- 3rd place: Group 3 – Dilapan



EDUCAMP 2023 concluded with a Closing and Giving Ceremony that was attended by Associate Professor Dr. Noor Shafina Mohd Nor, Deputy Dean of Postgraduate & Professional Training, as well as Associate Professor Dr. Ahmad Izzuanuddin Ismail, Deputy Director (Clinical) of HASA UiTM. The overall EDUCAMP 2023 winners are as follows:

BEST EDUCAMP 2023 TEAM:

Group 7 – Geng Bas Sekolah

BEST EDUCAMP 2023 FACILITATOR:

Dr. Mohd Zaquan Arif Abd Ghafar

A special thanks goes to Associate Professor Dr. Fazah Akhtar Hanapiah, Dean of Faculty of Medicine UiTM, Professor Dr. Sazzli Shahlan Kasim, Director of HASA UiTM, Professor Dr. Ahmad Nazrun Shuid, Deputy Dean of Student Affairs, Associate Professor Dr. Noor Shafina Mohd Nor, Deputy Dean of Postgraduate & Professional Training, as well as Associate Professor Dr. Ahmad Izzuanuddin Ismail, Deputy Director (Clinical) of HASA UiTM for attending and supporting this program. The EDUCAMP 2023 Organizing Committee would also like to thank all the Faculty of Medicine lecturers who participated as facilitators throughout the EDUCAMP 2023 program.



ENGAGING WITH THE COMMUNITY: CREATING HEALTH AWARENESS IN BUKIT BADONG

By: Prof. Dr. Masaany Mansor & Dr. Muhammad Nur Islam Zahari
Department of Otorhinolaryngology



On Saturday, 27th of May 2023, the Department of Otorhinolaryngology, Head and Neck Surgery (ORL-HNS) took one step further, leaving the comforts of our typical hospital working environment and weekend to engage with the workers of Gamuda Water Treatment Plant and their family members in Bukit Badong. The event was supported by the UiTM Medical Faculty in collaboration with Hospital Al Sultan Abdullah (HASA). Knowledge of common ORL-HNS diseases, such as Obstructive Sleep Apnea (OSA), Occupational noise-induced hearing loss, Head Neck Cancer awareness, and healthy lifestyle from diet to physical activities to reduce obesity, the leading

cause of OSA among adults, was disseminated. Collaboration from many other departments, including the Department of Ophthalmology, Dietetics and Nutrition, Rehabilitation Medicine (physiotherapy), and Public Health Medicine increased the program's impact.



The event started with a welcoming speech from Mr. Azman Abdul Aziz, the Gamuda Plant Manager, followed by Professor Dr. Masaany Mansor, introduced the ORL-HNS service and created awareness of the symptoms of head-neck cancer requiring immediate referral. The crowd was also aware that in 2019, Malaysia was nominated as the fattest country in Southeast Asia, with 15.1% of our population categorized as obese. Thus, attention to the subsequent lectures would be beneficial and not to be taken lightly.

A series of lectures entitled Obstructive Sleep Apnea & Occupational Noise-Induced Hearing Loss by our ORL-HNS Surgeon, Good Dietary Habit by the Dietician and Nutritionist team, Safe Exercise for Chronic Disease by the Medical Rehabilitation team, and Common Eye Diseases in Malaysia by our Ophthalmologist ensued. The organizing committee also prepared prizes for those who could answer questions from each lecturer at the end of each session to keep the crowd attentive. In addition, Exercise for Chronic Disease managed to keep the crowd alert as our physiotherapist demonstrated simple and practical exercises to be performed anywhere.

Simultaneously, health screenings by the medical students from the UiTM Student Surgical Association (USSA), medical officers, and specialists from various departments were being held in the next hall. The community's

demographic data, such as height and weight, was documented, as well as their blood pressure and blood glucose, and was performed smoothly by our UiTM, the year 2 to year four medical students. ORL-HNS screening, such as ear, nose, throat, and neck examinations, were conducted by the medical officers from the ORL-HNS department. This was followed by objective hearing assessments performed by our audiologist, Ms. Nursyaza Liyana binti Mohd Zamni, and Ms. Nur Annisa Rohaya binti Md Zakaria Bhuiyan, with cooperation from the Global Precision Sales and Service company who were our strategic partners and were kind to lend their mobile Kudu Wave Hearing Machine to screen for hearing loss. Eye assessment was conducted by the Ophthalmology team, led by Dr. Norasyikin Mustafa, Head of the Department of Ophthalmology HASA, comprising the optometrist, staff nurses, and health care assistants. The data were collected



and analyzed by an ORL-HNS specialist at the last counter before participants left the hall. A referral letter is given. Out of 74 participants who underwent our health screening, 34 required referral letters. Among the referrals, 35% were detected to have hearing loss, 11% were referred to ophthalmology, and 3 participants had nasal polyps.

Booths set up outside of the halls comprised of those by the Department of Dietetics and Nutrition, Rehabilitation Medicine, Public Health, Business Development Division, and not to forget our strategic partner WI Medic (introducing CPAP machines and treatment for OSA), who also sponsored our program's official T-shirt. There was a lucky draw session as the event approached its end. Finally, all participants and committee members gathered together for the closing ceremony. Mrs. Normaini Othman, Head of Human Resources, and Mr. Azman Abdul Aziz voiced their utmost appreciation to our team and hoped this would not be the last program with them.

The pre and post-test showed marked improvement in the participant's knowledge. Feedback from the participants showed all were satisfied with the program, content of lectures, health screening session, how the program was executed, and time management. Subsequent follow-ups of those with obesity and those who received referral letters will be done

during the 3rd and 6th month after the event by our ORL HNS team to see the program's effectiveness further to improve our subsequent community service projects.

In conclusion, it is an impactful and meaningful program that can be improved with involvement from more departments, concurrent with the blue ocean strategy. Meeting the community at their workplace has enabled us to share valuable knowledge with the blue-collar workers who may not have time to care for their well-being, juggling 2 or 3 jobs daily to make ends meet. This program can also detect and prevent diseases from their early stage. The ORL HNS department plans to organize similar programs to involve factories and offices around HASA to assist in culturing a healthier community and support UiTM to transform Puncak Alam into a Medical City.

APPLIED BASIC MEDICAL SCIENCE COURSE FOR MEDICAL OFFICERS 2023

By: Dr. Afifah Samsudin, Dr. Vimal Varma & Dr. Asmah Azizeh
Department of Anaesthesiology & Intensive Care



On 10th and 11th June 2023, the Department of Anaesthesiology & Intensive Care, Universiti Teknologi MARA (UiTM) successfully hosted the Applied Basic Medical Science Course for Medical Officers 2023. The course held at the UiTM Sungai Buloh Campus brought together experienced professors and lecturers from various medical specialties within the Faculty of Medicine, UiTM. Our goal was to empower medical officers with the necessary knowledge and promote a culture of continuous learning, enabling them to deliver better care to their patients.

102 medical officers from all corners of Malaysia attended the two-day course, with the Anaesthesiology Department making up the majority of attendees and a few from the Emergency Department. The study delved into crucial physiological and pharmacological topics, imparting a comprehensive foundation to the participants.

The first day started with Dr. Vimal Varma, representing the organizing committee, who extended a warm welcome to the participants and set a positive tone for the enriching sessions that awaited them.



On the first day of the course, they were focused on physiology, starting with a lecture on the anatomy of the cardiorespiratory system by Assoc. Professor Dr. Muhammad 'Abid, a Cardiothoracic Surgeon. Dr. Rusnaini and Dr. Khaiful Shafiq, a Cardiothoracic Anaesthesiologist and Cardiologist, respectively, followed with discussions on the mechanical and electrical complexities of the cardiovascular system. Professor Dr. Karis Misiran, a highly respected figure in Anaesthesiology, simplified even the most complex respiratory system concepts, impressing the audience with his presentation skills and extensive knowledge. Attendees were fully engaged and alert throughout the lecture, and Dr. Engku Naim explained the mechanics of the respiratory system after the presentation. No caffeine or sugar boosts were necessary to maintain focus.

After a lunch break, Dr. Muhammad Iqbal, a Consultant Nephrologist, gave a lecture on the renal system. He discussed the complex mechanisms involved in waste filtration and elimination and the regulation of electrolyte and acid-base balance. Assoc. Professor Dr. Hazlyna, a Consultant Rheumatologist, then shared her knowledge on immunology topics, covering basic immune mechanisms of immunopathology such as hypersensitivity and autoimmunity. The day ended with Professor Dr. Karis returning to the stage to enlighten the participants on the central nervous system.

The second day of the course was dedicated to pharmacology, with Professor Dr. Nafeeza, a renowned Pharmacology Professor, starting the session by explaining the fundamentals of pharmacokinetics and pharmacodynamics. Dr. Isqandar, a Cardiothoracic Anaesthesiologist, then covered essential pharmacological concepts to lay a strong foundation for the rest of the day's proceedings. The day, they continued with experienced anaesthesiologists from the organizing department delivering lectures on drugs vital to anaesthesiology and emergency department practitioners. These lectures focused on drugs considered as 'bread-and-butter' for these professionals.



Dr. Asmah discussed analgesics' usage and potential challenges, while Dr. Afifah explained the mechanisms of action and clinical implications of muscle relaxants. Dr. Vimal Varma captured the participants' attention with interactive quizzes before discussing reversal agents and neuromuscular monitoring. Dr. Siti Aznida talked about intravenous anaesthetic agents, and Dr. Fauziah explored the historical aspects and modern use of inhalational agents. Finally, Dr. Ivy Sim shared her knowledge of local anaesthetics. The course ended with a group photo session, highlighting the sense of camaraderie and shared experiences among the participants.

Efforts were made to ensure participants of the course received a comprehensive and informative learning experience despite time constraints. Online question-and-answer sessions were conducted to provide opportunities for participants to seek clarification about any uncertainties they may have had.

The course's remarkable success and the incredibly positive feedback we received from participants have motivated us to organise similar studies in the future.



CONSTRUCTION OF SINGLE BEST ANSWER (SBA) QUESTION WORKSHOP BY DEPARTMENT OF MEDICAL EDUCATION

By: Dr. Nur Amalia Alani
Department of Medical Education



The single best answer (SBA) question, otherwise known as one best answer (OBA) question, is popularly used in undergraduate and postgraduate medical education assessment. It is an assessment tool for the cognitive domain that is best used to assess problem-solving and higher-order thinking skills. Therefore, constructing a high-quality SBA question can be daunting for academicians, especially if no prior training is given, as it necessitates a solid understanding of the learning outcomes (LOs).

In pursuit of our goal to create exemplary exam questions, the Department of Medical Education has taken a proactive step by organizing workshops focused on constructing Single Best Answer (SBA) questions. These workshops were conducted on 11th May 2023, 5th July 2023, and 18th August 2023. The intention behind offering multiple dates is to accommodate the busy schedules of our esteemed academicians, ensuring that they can participate and benefit from the workshop.

The workshops were genuinely enriched by the presence of Associate Professor Dr. Nurul Alimah Binti Abdul Nasir, Head of the Medical Education Department, as the speaker and Professor Dr. Jamiyah Binti Hassan as the facilitator. Their combined expertise in the domain of curriculum and assessment added immeasurable value to the workshops. Assoc. Professor Dr. Nurul Alimah and Professor Dr. Jamiyah both brought to the table a wealth of knowledge and skills that significantly contributed to the workshop's success.



The workshops consisted of lectures and hands-on sessions, allowing a comprehensive learning experience for the participants. The hands-on activity required the participants to construct SBA questions and discuss them collectively during the vetting session.

The inclusion of these components allowed participants to acquire essential knowledge and practical skills in producing high-quality Single Best Answer (SBA) questions. Additionally, at the end of the workshop, all participants were also provided with an SBA checklist to ensure that the knowledge and skills gained are effectively retained and applied later.

Furthermore, the survey conducted by the Department of Medical Education following the completion of the workshops was a commendable initiative to assess the impact and effectiveness of the programme. The survey result showed that the majority of the participants exhibited a clear understanding of the critical elements necessary for constructing high-quality SBA questions, as well as recognizing the importance of this skill.

In a nutshell, the Medical Education Department was delighted with the overall outcomes of these workshops. It is hoped that the workshops have benefitted everyone in many ways, and the Medical Education Department will continue to serve by providing more exciting and impactful training opportunities for academicians in the Faculty of Medicine, UiTM.

INTERNATIONAL COLLABORATION: OFFICIAL VISIT FROM THE FACULTY OF MEDICINE, UNIVERSITAS HASANUDDIN TO THE DEPARTMENT OF REHABILITATION MEDICINE, HOSPITAL AL-SULTAN ABDULLAH

By: Dr. Muhamad Faizal Zainudin, Dr. Anie Farhana Ngimron, Dr. Nor Faridah Ahmad Roslan, Dr. Mazlifah Omar, Assoc. Prof. Dr. Natiara Mohamad Hashim, & Assoc. Professor Dr. Fazah Akhtar Hanapiah
Department of Rehabilitation Medicine



On the crisp Wednesday morning of July 12th, 2023, the Department of Rehabilitation Medicine warmly received an eminent delegation from Universitas Hasanuddin (UNHAS), Sulawesi, Indonesia. This international rendezvous aligned with the continuous commitment in the Memorandum of Understanding (MoU) ratified in August 2022. The MoU was a significant agreement between the Faculty of Medicine, UNHAS, and the Faculty of Medicine, Universiti Teknologi MARA (UiTM).

The distinguished delegates from UNHAS included Dr. Rumaisah Hasan, President of PERDOSRI (Perhimpunan Dokter Spesialis Kedokteran Fisik dan Rehabilitasi, Indonesia), Dr. Husnul Mubarak, Head of the Department of Physical Medicine & Rehabilitation, and Dr. Yose Waluyo, Head of Physical Medicine & Rehabilitation Study Programme. Representing UiTM was Associate Professor Dr. Fazah Akhtar Hanapiah, Dean of the Faculty of Medicine and the President of the Malaysian Association of Rehabilitation Physicians (MARP), Dr. Nor Faridah Ahmad Roslan, Head of the Department, and a team of academic, clinical, and

administrative staff from the Department of Rehabilitation Medicine at Hospital Al-Sultan Abdullah (HASA). This diplomatic exchange aimed to deepen the partnership between the two institutions, with an eye toward advancing rehabilitation medicine in Indonesia and Malaysia through strategic, collaborative efforts.



The delegates were welcomed at the Anjung Zam-Zam lobby at 10:00, with warm greetings and a personalised welcome billboard. The camaraderie was palpable as they participated in a jovial group photography session in the hospital lobby. They then proceeded to the Tun Abdul Razak Library (PTAR) Meeting Room for an engaging session with introductions and insightful presentations. Each party showcased their respective departments and medical associations, illuminating their accomplishments and strategising future directions.



There was a unanimous sense of mutual understanding and shared concern about the limited number of rehabilitation physicians within both countries' health and education ministries. With their close-knit fraternity, the conversation revolved around optimising their partnership to augment academic and research capacities in the rehabilitation field across Indonesia and Malaysia.

In parallel with UiTM, UNHAS launched a postgraduate training program despite a limited number of academic staff. The exchange proposed the possibility of cross-institutional lecturing, inviting educators from each institution to provide lectures to trainees through both virtual and physical platforms. As the dialogues wrapped up, the delegates were treated to a taste of Malaysia with traditional kueh Melayu and teh tarik.



The delegates were subsequently given a guided tour of HASA's facilities, which included PTAR, executive clinics, the Department of Rehabilitation Medicine clinic, hydropool, physiotherapy gym, occupational therapy gym, speech & language therapy consultation room, and the gait analysis laboratory. This was followed by a delightful lunch featuring authentic Malaysian cuisine.



The memorable occasion concluded with an exchange of university plaques, a symbol of an enduring partnership, followed by another commemorative photography session at the HASA lobby. The fruitful visit marked another significant milestone in the relationship

between UNHAS and UiTM, bolstering their commitment to the advancement of rehabilitation medicine in their respective nations. The successful visit inspired anticipation for upcoming academic and research engagements, thus further solidifying the mutual ambition to foster and propel the field of rehabilitation medicine for years to come.



HOW TO ACE IN BIOCHEMISTRY AND MOLECULAR MEDICINE

By: Dr. Wan Nor I'zzah Wan Mohamad Zain, Assoc. Prof. Dr. Suhaila Abd Muid,
Assoc. Prof. Dr. Mudiana Muhamad,
Assoc. Prof. Dr. Jesmine Khan & The Lecturers of the Department of
Biochemistry and Molecular Medicine
Department of Biochemistry and Molecular Medicine



On the 4th of July 2023, the Department of Biochemistry and Molecular Medicine (BMM) organized a seminar entitled How to Ace in Biochemistry and Molecular Medicine. The seminar was attended by all Year 1 UiTM medical students (MBBS 240) and held in Auditorium 1, Faculty of Medicine, UiTM Sungai Buloh Campus. It was a half-day seminar consisting of a series of talks by an invited Professor of Biochemistry with an MBBS degree and vast experience teaching the subject, two lecturers from the department, and one alumnus of the UiTM medical graduate.

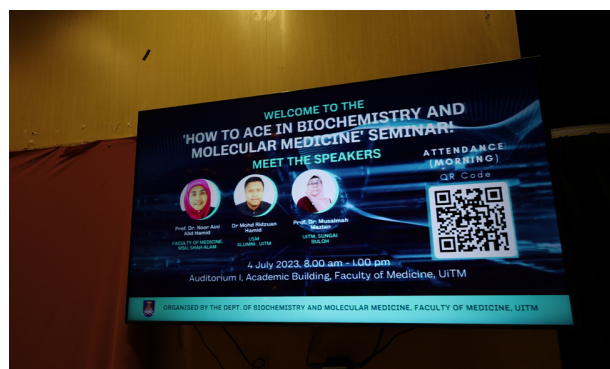
The seminar's main objective was to address students' comments regarding teaching and learning BMM subjects. Their feedback extracted from the Student's Online Feedback (SUFO) mainly highlighted the difficulty in learning BMM subjects, which we hypothesized was attributable to several factors. From our point of view as educators, a significant setback refers to student's lack of awareness of the importance of BMM and its relevance in medicine. Moreover, most students expressed concerns about the challenges of learning the "dry" BMM

subject with numerous intricate biochemical pathways. Hence, the half-day seminar intended to inculcate sustainable interest in BMM among the preclinical medical students in the Faculty of Medicine, UiTM, via effective learning techniques towards acing BMM examinations. More importantly, the relevance of BMM in clinical medicine was the main emphasis in ensuring sustainable interest throughout the five-year medical programme. Last but not least, the seminar aimed to enhance the relationship and interaction between the preclinical medical students and BMM lecturers.



During the event, speakers highlighted the importance of BMM in clinical scenarios by explaining to medical students how biochemistry concepts are applied in clinical medicine or practice. For example, by discussing the biochemical basis of diseases, the interpretation of laboratory tests, and the effects of drugs on biochemical pathways. This connection to clinical practice can help students perceive the practical value of BMM. Topics also

included the effective way to study BMM and tips on answering exam questions.



A survey was conducted among all students at the end of the session to gauge the outcome of the programme. Most of the students have responded that interaction with experts during the event has inspired and deepened their interest in the subject. The level of students' interest in Biochemistry and Molecular Medicine increased after the programme compared to before the programme (4.61 vs. 3.93 out of 5) (Figure 1a and b). To our pleasant surprise, 95% of the students voted that BMM is essential and relevant to completing the medical programme (Figure 2a). In comparison, 93% agreed that the seminar had motivated them to learn BMM more effectively (Figure 2b). On average, the overall rating of the programme by the students secured a score of 4.76 (Figure 3).

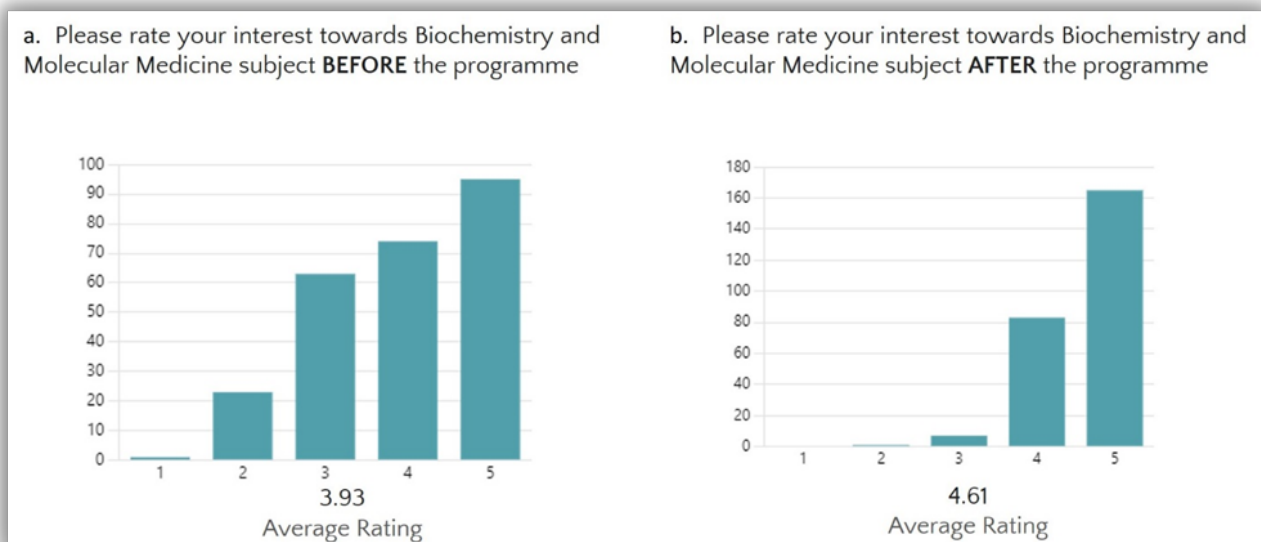


Figure 1: Evaluation of the seminar by star rating (1 is lowest and five is highest)

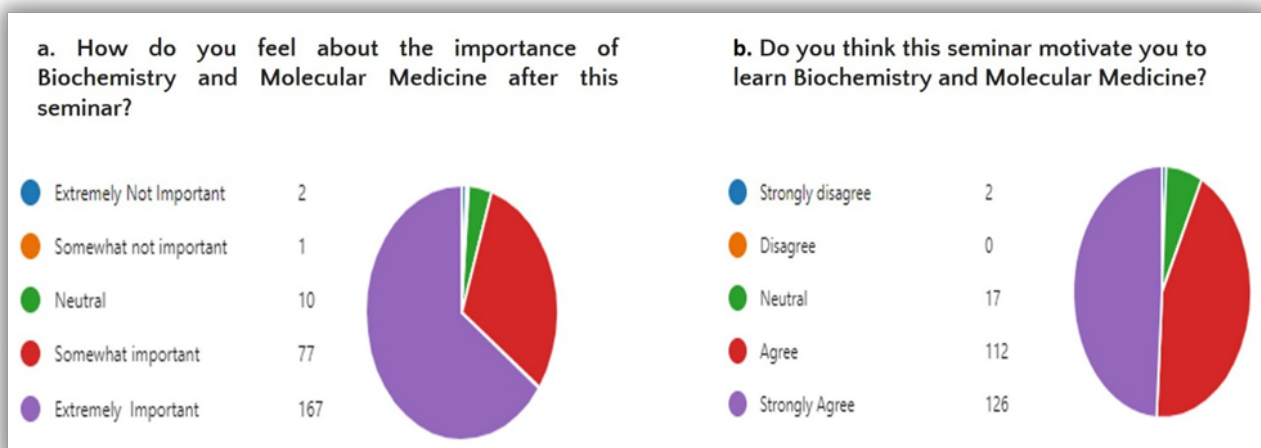


Figure 2: Post-seminar evaluation

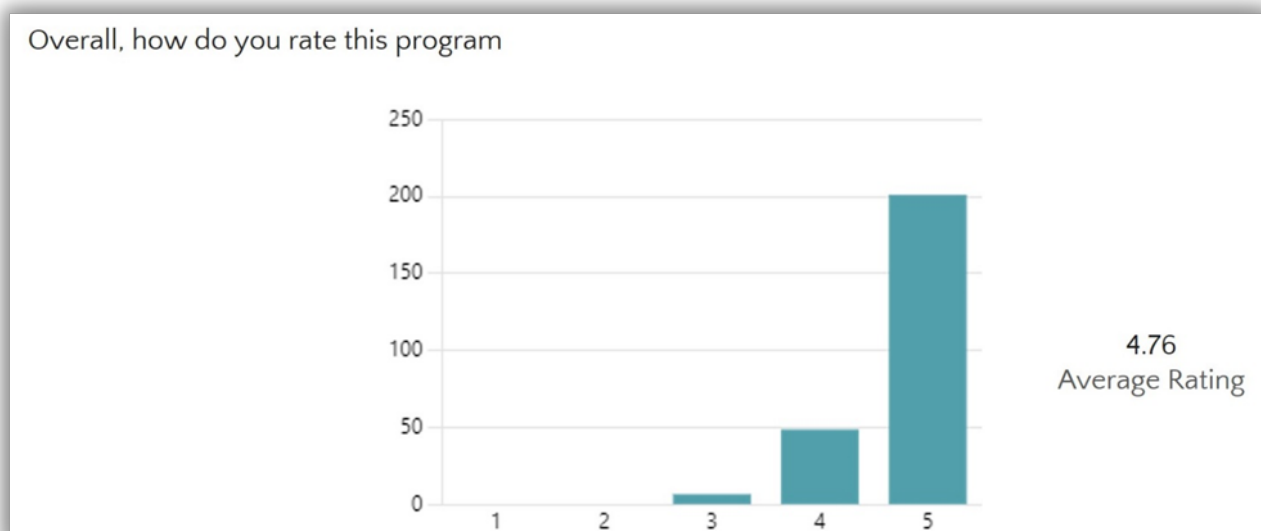


Figure 3: Overall evaluation of the seminar by star rating where one is the lowest, and five is the highest

DISTINCT ROLE OF THE PORT KLANG HEALTH OFFICE AS A CROSS-BORDER GATEKEEPER IN THE PREVENTION AND CONTROL OF COMMUNICABLE DISEASES

By: Dr. Chen Xin Wee & Dr. Zahir Izuan Azhar
Department of Public Health Medicine



International ports of entry, known as 'Pintu Masuk Antarabangsa (PMA),' have a distinct responsibility in facilitating the international trade service. Their role includes receiving and handling merchandise, clearance of travellers, collection of duties, and enforcement of import regulations. One of the most important fundamental functions of PMAs is their contribution to public health through effectively controlling the international spread of communicable diseases. At PMAs, disease surveillance, control, and integral activities include the evaluation of travellers, assurance of staff and infrastructure capabilities, coordination

of public health surveillance with national health surveillance systems, and compliance with international health regulations.

In light of this, the Department of Public Health Medicine has arranged an educational visit to the Port Klang Health Office (PKHO), or 'Pejabat Kesihatan Pelabuhan Klang' with the intention of gaining an insight into the functions, responsibilities, workflow, and coordination with other relevant authorities in disease surveillance, control, and prevention as an international marine-based PMA. Specifically, it aims to understand the

Specifically, it aims to understand the role of PKHO in implementing public health measures at PMA by preventing the spread of infectious diseases from other countries and managing food imports while adhering to Malaysia and international regulations (including the International Health Regulations of 2005). There was a total of 21 Master of Public Health students and two lecturers who conducted the visit on 4th July 2023.

Port Klang is the first marine-based PMA in Malaysia to obtain ISO certification. Among the key performance indicators to be achieved by the PKHO are related to ensuring food safety and quality and effectively preventing the transmission of infectious diseases (for example, Yellow Fever, Plague, Zika, and COVID-19 infections) at the port, either preventing their entry to Malaysia or controlling the exit to foreign locations. Their duties consist of a 100% evaluation of food customs and consignment inspection, label checks on packaged food and finished products, sampling 1% consignments for food analysis, issuance of ship sanitation certificates -Ship Sanitation Control Exemption Certificate (SSCEC) and Ship Sanitation Control Certificate (SSCC). PKHO collaborates with multiple organizations to ensure the effective implementation of health and safety measures within the port area, such as the Port Authority Klang (Lembaga Pelabuhan Klang), Maritime Department (Jabatan Laut),

Royal Malaysian Customs (Kastam Diraja Malaysia) and Department of Veterinary Services (Jabatan Haiwan) and others.



Services and efforts provided by PKHO are undeniably crucial to the health of the public. The disease prevention and control activities carried out at marine-based PMAs must be executed with utmost diligence to safeguard the nation's health. Their efforts to enforce health regulations to preserve public health by safeguarding the PMA against potential international health threats are highly respected.



WORLD NO TOBACCO DAY, 31 MAY 2023: “WE NEED FOOD, NOT TOBACCO” A COMMITMENT TO A SMOKE-FREE GENERATION

By: Dr. Lina Lohshini Kanoo & Assoc. Prof. Dr. Ilham Ameera Ismail
Department of Primary Care Medicine



Puncak Alam, 31st May, 2023 - Al-Sultan Abdul Aziz Hospital (HASA) and the Faculty of Medicine (UiTM) focus on patient treatment and emphasize disease prevention. World No Tobacco Day (WNTD) is an initiative by the World Health Organization (WHO) since 1997 that serves as a global platform to raise awareness about tobacco-related issues, preventable deaths, and diseases.

In line with this, HASA and the Faculty of Medicine, UiTM, in collaboration with The Rakan Strategic World No Tobacco Day (WNTD), an alliance of various NGOs and CSOs, professional bodies, institutions, and industrial agencies,

organized a program to commemorate the day, on 31st of May 2023.

ORGANIZED BY

Quit Smoking Clinic (KBM), Primary Care Medicine Department, Faculty of Medicine UiTM & Centre for Occupational Safety, Health & Wellbeing (COSHAW), UiTM

CO-ORGANIZED BY:

- Department of Public Health, HASA UiTM
- Department of Dentistry, Dental Faculty, UiTM
- Department of Pharmacy, HASA UiTM
- Department of Medical Education (DOME), FoM UiTM
- Perpustakaan Tun Abdul Razak (PTAR), FoM UiTM
- Health Education and Awareness Leaders (HEALX)

This event aimed to increase awareness among adolescents, students from various faculties at UiTM, HASA staff, and the public regarding the significance of addressing tobacco and vaping problems while promoting healthy lifestyle practices.



Clinical Learning and Activities:

The day started with a tobacco-themed "Clinicopathological Conference" by the Department of Primary Care Medicine, Faculty of Medicine, emphasizing the global burden of smoking, its prevalence among the population, smoking and vaping cessation modalities, and the tobacco endgame roadmap. This paved the way for the much-anticipated event highlight, featuring an expert panel forum led by family physicians, an emergency physician, a health economist, and clinical pharmacists. The forum presented a power-packed discussion to demystify the hazards of tobacco versus vaping. Special emphasis was placed on legislation and awareness of advocacy towards the tabling of the Control of Tobacco Products and Smoking Bill (RUU CTPS) with the empowerment of the Generational End Game 2007 (#GEG2007)



Engaging Students and the Community:

To actively raise awareness among school students and university undergraduates, a sketch competition entitled "Tak Nak Rokok" was next showcased. This competition encouraged school-going students, whilst being coached by university undergraduates, to creatively express their understanding of the dangers of smoking and teen vaping. This led to a gripping and heartwarming, on-stage display of determination towards advocacy and steps to combat the effects of peer influence on tobacco and vape use among adolescents.

Concurrently, general health screening was offered to participants with specialist consultation onsite and appropriate referrals to the dedicated smoking cessation clinic (Klinik Berhenti Merokok) run by the Primary Care Medicine team in PPUiTM, Sungai Buloh.



The event was also host to an interactive display of exhibition booths involving various agencies dedicated to the battle against tobacco and vape use, such as the Malaysian Women's Action for Tobacco Control and Health (MyWatch) and our very own departments of Public Health, Dentistry, Pharmacy and the Centre of Occupational Safety, Health and Wellbeing (COSHawW).



Output and Conclusion:

The informative clinical learning session, expert panel discourse, teen sketch competition, health screenings, and colorful booth exhibitions provided valuable insights and resources for attendees to comprehend tobacco and vaping issues effectively. With more than 700 participants registered for the event, which was also streamed online via eight social media platforms, this inaugural program served as a significant milestone toward increasing awareness and knowledge regarding tobacco and vaping-related issues in HASA (UiTM).

The involvement of school-going students, undergraduates from various faculties in UiTM, hospital staff, and the public at large created an opportunistic platform for the continued promotion of healthy lifestyle practices and awareness on the prevention of tobacco and vaping use.



Through like-minded collaborations, Al-Sultan Abdullah Hospital (HASA) and the Faculty of Medicine, UiTM remains committed to supporting efforts against the harms of tobacco and the evolving vape pandemic.

BUSINESS MODEL CANVAS (BMC) WORKSHOP

A HANDS-ON TRAINING FOR THE TRAINERS (ToT)

By: Assoc. Prof. Dr. Khasnur Abd Malek
Department of Primary Care Medicine



This ToT is an ongoing training initiative aimed at equipping the lecturers in the Faculty of Medicine with the necessary skills to effectively deliver teaching and learning sessions on the 'Business Model Canvas' (BMC) topic. The focus is on preparing medical lecturers to instruct the module on BMC for the undergraduate elective course 'Health Professional Entrepreneurship' (MED 216) to enhance their competence in this area.

The elective course 'Health Professional Entrepreneurship' (MED 216) at the UiTM Faculty of Medicine is designed to cultivate an entrepreneurial mindset

among undergraduate medical students. The course is divided into two parts. Part 1 was first introduced in 2022 and is offered to second-year undergraduate medical students. In 2023, these students will proceed to complete Part 2. One of the topics covered in Part 2 is the 'Business Model Canvas' (BMC), a valuable tool for entrepreneurs to map and strategize their business plans. BMC plays a vital role in launching innovative products or enhancing existing businesses.

The Workshop

The Doctorpreneur committee members from the Faculty of Medicine, Universiti Teknologi Mara (UiTM) organized the training workshop in collaboration with the Entrepreneurship Development Centre (MASMED), UiTM. It took place on the 12th of July 2023 at the Department of Medical Education (DOME), Faculty of Medicine, Sungai Buloh Campus, UiTM. Experts from the Entrepreneurship Development Centre (MASMED), UiTM, and Ts. delivered and facilitated the program. Dr. Rohana Zur, the Director of MASMED, and Ts. Dr. Maslina Abdul Aziz's Head of Studies and Research Department. The program was attended by 28 lecturers from the Faculty of Medicine at UiTM.

The training workshop commenced with an ice-breaker activity, providing an overview of the Health Professional Entrepreneurship Elective Program (MED 216) and its integration within the existing five-year undergraduate medical curriculum. The session was then led by Ts. Dr. Maslina Abdul Aziz, who delivered a comprehensive lecture on the nine domains of the BMC and their interrelationships. Numerous examples were shared to facilitate understanding of the processes involved. After the lecture, a short break was taken, followed by forming small groups of six to seven participants. These groups engaged in a brainstorming activity focused on identifying existing problems and proposing solutions. Subsequently, each

group member developed their own BMC to outline their solution.

The workshop resulted in the creation of three distinct BMCs, each offering unique solutions to real-life issues. These BMCs were named HASA Kidz Club (Figure 1), Kedai Kito Café (Figure 2), and Post-Partum Mobile Home Care (Figure 3). Each team had the chance to present their BMC creatively, explaining the different domains within it. Following the presentations, Ts Dr. Rohana Zur provided constructive feedback, identifying areas for improvement and suggesting ways to enhance the BMCs. All three BMCs received highly positive feedback, indicating their effectiveness and potential for success.

The trainers experienced a significant enhancement in their capacities in the following areas:

1. Knowledge and understanding of the Business Model Canvas (BMC) and its domains.
2. The ability to critically apply real-time ideas and concepts related to the nine domains of the BMC.
3. Skill in refining the BMC based on feedback received.

The trainers gained a deeper understanding of the BMC framework through the training, enabling them to apply it in various scenarios effectively. They could analyze and evaluate ideas within the context of the BMC's domains, ensuring a comprehensive and strategic approach. Furthermore, the trainers learned to refine and improve the BMC based on constructive feedback, continuously enhancing its quality and effectiveness.



Figure 1: HASA KIDS CLUB

Figure 2: KOPI KITO CAFE

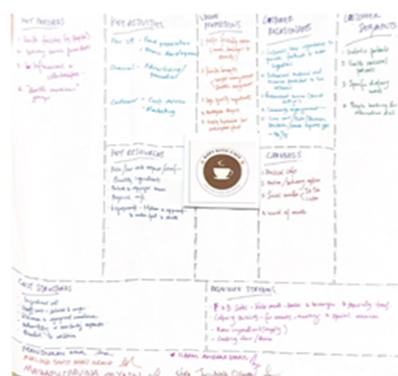
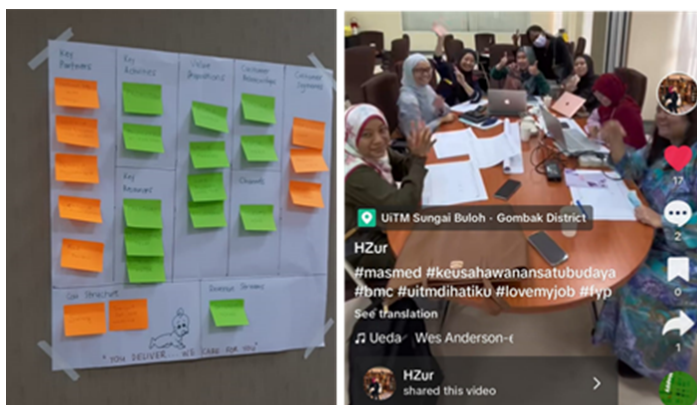


Figure 3: POST-PARTUM MOBILE HOME CARE

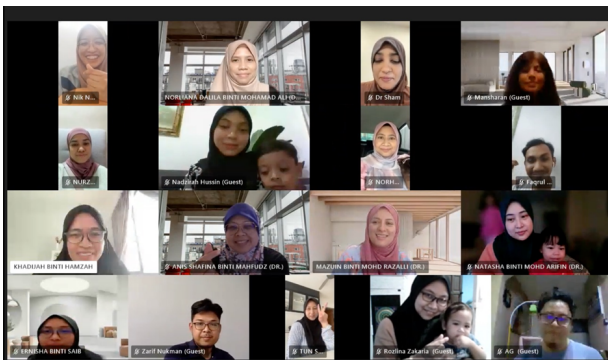


RADIOLOGY DEPARTMENT ACTIVITY INTRAVENOUS CONTRAST MEDIA (IVCM) WEBINAR/COURSE 8.7.2023

By: Dr. Mazuin Mohd Razalli & Dr. Norliana Dalila Mohamad Ali
Department of Radiology

Hospital Al-Sultan Abdullah (HASA) Radiology Department has held the Intravenous Contrast Course (IVCC) annually since 2020. The course was initially held online due to the pandemic. However, we continue to do it online on weekends to encourage more participation from our department.

This year, we held the course on the 8th July, 2023. Even though it was a Saturday morning, most of our department members participated. We are very proud of their commitment and initiatives to improve awareness and knowledge relating to the use of intravenous contrast media in radiological investigations.



The course's main objective is to provide and enhance the knowledge related to the administration of IV contrast media. The aim is also to train the radiographers and staff nurses to be



more competent in administering IV contrast in a safe environment to improve our service to the patients and community.

Malaysian Medical Association (MMA) recognizes the course as a training course with four CPD points awarded to the participants. Unit Latihan UiTM also awarded four training hours to all participants.

We prepared pre-course and post-course questions for evaluation. Our in-house radiologist gave the lectures, and they comprised the safe use of intravenous contrast media in multiple modalities, namely in Computer Tomography (CT), Magnetic Resonance Imaging (MRI), and interventional angiographic procedures. There were also topics of emergency management related to adverse reactions from contrast media and medicolegal issues. Statistically, the pre-course and post-course questions reflected the course objectives and showed a good understanding of the lecture topics.

As a token of appreciation, we have prepared presents for the top three participants with the highest marks. The marks were analyzed individually, and a quick feedback session was held during the Radiology Department's weekly CME session. The winners were Tun Suraiya, Mohd Faqrul and Nik Qahirah.

The course ends at 13:00 with participants feeling much more competent in handling contrast media usage in our Radiology Department. Alhamdulillah, it was a success. We hope to make it available to other healthcare workers outside our department in the coming year.

BASIC SURGICAL SKILL 2023 EMPOWERING SURGICAL KNOWLEDGE AMONG MEDICAL STUDENTS

By: Syahira Nadhira
UiTM Students' Surgical Association



This month has been a historic month for the U.S.S.A, as this club grows and strengthens its engagement with more medical students in Malaysia. A total of around 70 students have been involved in this surgical workshop, where medical students were exposed to hand hygiene and its importance in surgery, common knots used in the operation theater, different types of wound closure techniques, and many more that will be the building block for a medical student once they enter their housemanship year and becomes closer towards becoming a surgeon.

Here is the dean of the faculty of Medicine, Assoc. Professor Dr. Fazah, Miss Nora Julianna as club advisor, several other surgeons, and facilitators from the U.S.S.A and the participants. Interestingly, for this year's workshop, the participants were not only from UiTM but also other universities such as the University of Malaya (UM), Taylor's University, the University of Cyberjaya, and many more, where they can get to know each other. Some of them are also future housemen who graduated and got their medical degrees already but are eager to learn more from these experienced surgeons committed to surgery.

This workshop provides a platform for medical students and junior doctors to learn hands-on, one-to-one with experienced surgeons, which they might not have the opportunity to do in real life. We from the U.S.S. hope that we have empowered medical students to become more interested in learning surgical knowledge and complement the skills needed to become good doctors so that the quality of care we provide to patients is always at its best.





**THANK
YOU**

