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ERASMUS MINOR GLOBAL HEALTH PROGRAM: INSIGHTS FROM THE NATIONAL STROKE ASSOCIATION OF MALAYSIA (NASAM) VISIT

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Event Overview

On 1st November 2023, the Department of Rehabilitation Medicine at Hospital Al-Sultan Abdullah spearheaded an enlightening trip to NASAM under the Erasmus Minor Global Health Program. The excursion was tailored to offer the seven third-year medical students from Erasmus Medical School, Rotterdam, an immersive view of Malaysia's distinctive community rehabilitation programs. Accompanying these students were seven dedicated rehabilitation staff from the Hospital Al-Sultan Abdullah.



Spotlight on NASAM

NASAM's trailblazing success in pioneering a holistic community-centric rehabilitation framework for stroke survivors epitomizes Malaysia's unwavering dedication to the stroke community. This visit's essence was multifaceted:

- To allow students to delve into, understand, and laud NASAM's relentless services.
- To juxtapose Malaysia's innovative stroke rehabilitation approaches with those prevalent in the Netherlands.
- To enhance the knowledge horizon of our rehabilitation staff regarding community-centric versus hospital-centric rehabilitation.
- To mark World Stroke Day, which was celebrated on 29th October.

A Deep Dive Into The Program

Madam Nancy Yap, NASAM's Administrative and Event Executive, inaugurated the day with an insightful briefing. The itinerary kick-started with a spirited group therapy session, brimming with music-driven aerobic exercises, targeting highly functional stroke survivors. This segment transitioned seamlessly into therapeutic sessions designed for moderately dependent survivors. The attendees also gleaned invaluable insights from personalized therapy sessions tailored for those necessitating intense therapy or those hindered by physical and cognitive challenges.

The journey did not merely focus on the present; it also provided a panoramic view of NASAM's legacy since its inception in 1996. An interactive dialogue with Ms N. Nagasundari, a seasoned physiotherapist with 13 years under her NASAM tenure, further enriched the students' experience. Commemorative handouts and brochures were distributed as mementos, culminating in a memorable photo-op at NASAM's entrance.



In Retrospect

We fervently hope this expedition ingrains enduring insights into the young minds from Erasmus Medical School, enriching their comprehension of community rehabilitation in Malaysia. May NASAM's journey continue to inspire, adapt, and address the ever-evolving needs of Malaysia's stroke survivors.

Happy World Stroke Day 2023.
Together, we are #GreaterThanStroke!

