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EDITOR'S NOTE



**GREETINGS AND
WELCOME DEAR
READERS!**

Welcome to the latest edition of our MED BULL', a vibrant reflection of the dynamic spirit and academic excellence that defines our institution. As you turn the pages of this publication, we invite you to embark on a journey of discovery and exploration, delving into the diverse array of initiatives, achievements, and opportunities that shape our faculty and hospital community.

As readers, you play a vital role in our community, and we are thrilled to share this journey with you. Whether you are a prospective student, an esteemed alum, or a dedicated member of our faculty, we extend our sincerest gratitude for your continued support and engagement.

Together, let us celebrate the achievements of our community, inspire one another, and forge new paths towards a brighter future.

Thank you for joining us on this exciting journey.

Warmest regards,

EDITOR-IN-CHIEF

Dr. Nur Faizah Ali



FACULTY ACTIVITIES



SMART TEENS: A HEALTH AWARENESS AND EMPOWERMENT PROGRAM FOR SECONDARY SCHOOL STUDENTS

Dr. Nik Munirah Nik Mohd Nasir, Dr. Hayatul Najaa Miptah, Dr. Nafiza Mat Nasir, Assoc. Prof. Suraya Abd Razak, Assoc. Prof. Dr. Farnaza Ariffin, Dr. Aiza Nur Izdihar Zainal Abidin, Dr. Khairatul Nainey Kamaruddin & Dr. Lina Lohshini Kanoo

Department of Primary Care Medicine



The Family Medicine Specialist (FMS) from the Department of Primary Care Medicine, Faculty of Medicine UiTM, in collaboration with Sekolah Menengah Kebangsaan (SMK) Sierramas, conducted an interactive program on “Penjagaan Kesihatan Reproduksi Remaja” and “Pencegahan Gejala Merokok dan Vape Dalam Kalangan Remaja.” It is a 2-day program from the 19th until the 20th of October 2023,

conducted in the school hall at SMK Sierramas. This program aimed to educate and empower secondary school students about relevant health issues affecting teenagers today.



On the first day, the focus of the activities was centered around the theme of adolescent sexual and reproductive health. Dr. Nafiza Mat Nasir, one of the FMS who had led the session, started her talk on the topics “Kenali dan Sayangi Diri,” “Jantina dan

Gender,” “Tanggungjawab Saya,” and “Teknik Penolakan.” In between the talk, the facilitators, Assoc. Prof. Dr. Farnaza Ariffin, Dr. Hayatul Najaa Miptah, Dr. Aiza Nur Izdihar Zainal Abidin, Dr. Khairatul Nainey Kamaruddin, and Dr. Nik Munirah Nasir, conducted group activities with the students, who were divided into groups of 12–15 people, consisting of both boys and girls. The group activities allowed the students to express themselves and engage with the facilitators while discussing the presented topics.

On the second day, there were a total of 180 students who participated in the program. They were divided into groups with facilitators among the FMS: Assoc. Prof. Dr. Suraya Abd Razak, Dr. Nafiza Mat Nasir, Dr. Lina Lohshini Kanoo, Dr. Hayatul Najaa Miptah, and Dr. Aiza Nur Izdihar Zainal Abidin, who guided them on the topics of smoking and vaping.

The main activity for this session was planning and presenting a sketch related to smoking and vaping cessation. The scenarios included: advising peers on the dangers of vape, advising family members to quit smoking, and handling smokers who vaping in no-smoking areas in the community. The students, with their creativity and ingenuity, had made the session not only educational but fun as well.

We received positive feedback from the students and the teachers and are looking forward to more collaborations in the future. As they say, our teenagers are our hope for the next generation; and each of us has a role in shaping their future.





FORGING TRADITION: THE UiTM TRAUMA COURSE 2023

Dr. Nadiya Hazizan, Dr. Nur Ayuni Khirul Ashar, Dr. Sharifah Nor Amirah Alsagoff & Dr. Mohd Reza Mohd Aridz
Department of Orthopaedics & Traumatology



Aligned with its objective to become a thriving hub of educational excellence, UiTM has consistently embraced ongoing education and training as integral components of its pursuit. The Department of Orthopaedic Surgery and Traumatology UiTM recently organized a UiTM Trauma Course.

Famously dubbed UiTC 2023, it was held in Hospital Al-Sultan Abdullah UiTM Puncak Alam from 2nd to 3rd December, 2023. This marks the third consecutive year of this program since its inception in 2021, continuing a tradition of excellence.

The recent installment of UiTC in 2023 featured elevated topics aimed at exposing participants to more complex orthopaedic cases, including complex fracture fixation around the joints and current concepts in calcaneum and scapula fixation. From general approaches to managing specific orthopaedic conditions, alongside hands-on training through its sawbone sessions, the topics were specifically designed for senior medical officers and junior specialists. The highly anticipated practical sawbone sessions received an overwhelming response through their

productive coaching and effective training.

We thank everyone who took part in making the event a complete success. It is now a platform for networking among orthopaedic professionals, with participants, speakers, facilitators, and strategic partners gathered from different parts of Malaysia.

The immense success of UiTC has catapulted the department's name and UiTM to becoming a household name within the country's orthopaedic community. The brand will continue to expand, benefiting thousands more orthopaedic hopefuls nationwide and, in due time, being brought internationally. UiTC is an annual event, a cherished part of the Orthopaedic UiTM tradition. Looking forward to UiTC 2024.



Figure 1: Dr. Kamarul Al-Haqq, an advanced trauma surgeon from Hospital Tengku Ampuan Rahimah, briefed the participants before the sawbone workshop session.

Figure 2: The 2-day UiTC course offers a packed schedule filled with lectures, workshops, and demonstrations, creating ample opportunities for learning and engagement.



INCREASING AWARENESS OF DIABETES WITH A HEALTH SCREENING PROGRAM IN CONJUNCTION WITH WORLD DIABETES DAY 2023

Dr. Nur Aini Eddy Warman, Dr. Mohd Hazriq Awang, Dr. Aimi Fadilah, Dr. Nur Aisyah Zainordin, Dr. Fatimah Zaherah Mohamed Shah & Dr. Rohana Abdul Ghani
Endocrine Unit, Department of Medicine



World Diabetes Day is celebrated annually on 14th November and aims to raise awareness about diabetes mellitus. In line with the theme of World Diabetes Day 2023, emphasizing 'Access to Diabetes Care,' the UiTM Endocrine team organized a two-part health screening and education program that extended its reach to the community, emphasizing a commitment to outreach and engagement with society.

The first phase of the World Diabetes Day (WDD) celebration was held on 4th November 2023. Organized by the Hospital Al-Sultan Abdullah Endocrine Unit, in conjunction with the Hospital Al-Sultan Abdullah (HASA), Faculty of Medicine UiTM, and KPT Prihatin Komuniti Sejahtera, this health screening WDD program was held in Dewan Majlis Perbandaran Kuala Selangor. The event was held in collaboration with other departments, including the pediatric department, the pharmacy department, the ophthalmology department, and the business development unit HASA.

The event featured a multitude of engaging activities, which included interactive and informative booths. The booth was comprised of activities for health screening, body fat analysis, eye

health examination, oral health examination, medication awareness, child health screenings, and healthy eating. There were also quizzes, games, and coloring competitions.



The 5-hour event was a success, attracting nearly 300 participants from the local community of the surrounding neighborhood and a diverse crowd, all contributing to a lively and educational atmosphere.

The World Diabetes Day celebration was extended to the second phase, which catered to increasing awareness and education about diabetes. This event was held on 27-29th November 2023, at Anjung Zam Zam Hospital Al-Sultan Abdullah. Health screening, a healthy eating booth by the Dietetic Department, a cooking demonstration by the Faculty of Health Science at UiTM, and rehabilitation education for patients with diabetes by the Rehabilitation Medicine were among the events that took place on the second phase. This 3-day event was again a success, and has attracted nearly 200 participants, consisting of staff, patients, and their relatives.



We look forward to organizing World Diabetes Day in the next year on a larger scale with the aim of reaching a broader audience. Our commitment to promoting awareness, providing access to diabetes care, and fostering community engagement remains at the forefront of our efforts.



“PENYAYANG HEALTH FESTIVAL” BRINGING PEOPLE TOGETHER FOR WORLD AIDS DAY

**Dr. Hayatul Najaa Miptah, Dr. Nafiza Mat Nasir &
Dr. Nik Munirah Nik Mohd Nasir
Department of Primary Care Medicine**

Shah Alam, December 2023 – 1st December is World AIDS Day, an initiative by the World Health Organization (WHO) that brings together people around the globe, providing the community with an opportunity to spread awareness on HIV/AIDS-related issues. In conjunction with this, Pusat Kesihatan UiTM Shah Alam, in collaboration with Kelab Penyayang UiTM and Pejabat Kesihatan Daerah (PKD) Petaling, organized the Penyayang Health Festival (PHF) to commemorate the celebration of World AIDS Day. This event aimed to increase awareness among students and staff from various faculties at UiTM and the public in general regarding the impact of HIV/AIDS on society and to educate on disease prevention.

Family Medicine Specialists (FMS) and medical officers (MO) from the Department of Primary Care Medicine, Faculty of Medicine UiTM, and medical students from the Persatuan HealX (Reproductive Cluster) were invited to participate in this event, providing health education and the latest relevant information on HIV/AIDS to the attendees. The event was held on 12th and 13th December 2023, in Dewan Kolej Mawar, UiTM Shah Alam.

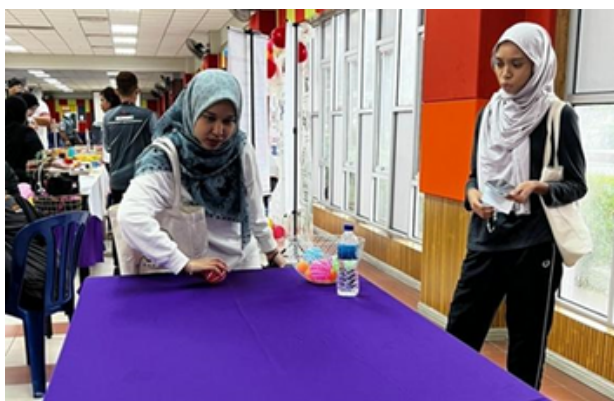


The Activities

The booth from the Faculty of Medicine offered interactive educational activities to the attendees. The games include 'Wheel of Health', 'Table Bowling', and 'Giant Snake & Ladder'. Through 'play and learn', it engaged participants attending the booth, the FMS and medical students, and created a more effective learning experience.



'Wheel of Health'



'Table bowling'



'Giant snake & ladder'

An HIV/AIDS-themed question series was prepared at the booth, emphasizing the common symptoms of the disease, mode of transmission, screening test and treatment. Among the questions are: "Can we share drinks with a person who has HIV infection?", "Is getting an HIV test painful?" and "Can HIV infection be treated?". The educational games were anchored by our medical students, and the experience has helped them to develop their confidence and nurture their communication skills in delivering clinical knowledge to the public.

The session also provided opportunities to the public for further discussion through the "Meet the Doctors" corner led by the FMS on site, Dr. Nafiza, Dr. Najaa and Dr. Nik Munirah and the MOs, Dr. Syazwani and Dr. Tarmidzi. We also had some one-on-one discussions with those who needed further consultation and helped them to demystify the facts and myths about HIV/AIDS. We were able to rectify misconceptions among the participants and encourage them to get the correct messages across to family and friends.

Output and Conclusion:

The informative and interactive learning and education session provided valuable insights and resources for attendees to comprehend HIV/AIDS issues effectively. With more than 600 people visiting and participating in the activities, this health educational program served as a powerful platform for increasing awareness and knowledge regarding HIV/AIDS among the public, particularly UiTM students and staff. Through like-minded collaborations, the Department of Primary Care, Faculty of Medicine UiTM remain committed to supporting efforts in health education as well as promoting healthy lifestyle practices for the prevention of HIV/AIDS.



'Meet the Doctors'



Consultation and discussion



CTG MASTERCLASS AND LABOUR WARD MANAGEMENT IN HASA, UiTM

Dr. Nadzratulaiman Wan Nordin, Dr. Noorkardiffa Syawalina Omar, Dr. Norazilah Mat Jin & Dr. Zatul Akmar Ahmad
Department of Obstetrics & Gynecology

The integration of cardiotocographs (CTGs) as part of fetal well-being monitoring in labor has largely influenced the decisions and management in the labor ward. With the advent of time, the cardiotocograph tracing interpretation has been revised from time to time. Understanding the cardiotocograph helps clinicians comprehend the in utero situation leading to the decision and method of delivery. The cardiotocographs also hold important medicolegal implications in unfortunate cases. Since 2022, the College of O&G, the Academy of Medicine Malaysia, and a hospital of choice will have the chance to organize a workshop to educate and update knowledge regarding CTG. UiTM was chosen to do the first workshop for the year 2024.



On 29th January 2024, the Department of Obstetrics and Gynecology successfully organized a workshop, the CTG Masterclass and Labour Ward Management. It was held from 8 a.m. to 5 p.m. at Auditorium 2, Hospital Al-Sultan Abdullah HASA UiTM. There were 162 participants in this workshop. 39 doctors and 123 nurses were from university hospitals, government hospitals, and also private hospitals all over Malaysia, including Klang Valley, Perak, Kedah, Terengganu, Negeri Sembilan, Melaka, and Johor. There was one participant from Singapore too.

CTG MASTERCLASS
& Labour Ward Management
29 JANUARY, 2024

MONDAY 8:00 AM - 04:00 PM | VENUE: AUDITORIUM 2, HASA

Doctors RM 100 | Nurse/Midwife RM 80 | DR AIN 0193677840 | DR HUSNA 01132624713

Speakers:

- Dr Carol Lim Kar Koong, MFM Consultant, Hospital Ampang
- Prof Dr Imelda Balchin, MFM Consultant, Professor of O&G, KPJ Healthcare University
- Dr Nadzratulaiman, MFM Consultant, HASA, UiTM
- Dr Emily Christine, MFM Specialist, Hospital Ampang
- AP Dr Maizatul Azma, MFM Consultant, USIM
- Dr Leong May Shi, O&G Specialist, Hospital Tg Karang
- Dr Ian Michael Netto, O&G Specialist, Hospital Serdang
- Dr Noor Fadzleeyanna, O&G Specialist, Hospital Klang
- Dr Normaliza, O&G Specialist, Hospital Cyberjaya

ORGANIZED BY: OBSTETRICS & GYNAECOLOGY DEPARTMENT, HOSPITAL AL SULTAN ABDULLAH, UiTM

The objectives of this workshop were:

- To disseminate knowledge at an affordable cost to doctors, midwives, and nurses.
- To update on the understanding of fetal physiology and pathophysiology behind the patterns that are observed on the CTG trace.
- To improve knowledge and skills on how to apply best practices or scientific evidence in managing daily cases that will improve the standard of care of our mothers and their babies.
- To emphasize how CTG helps to determine the fetal response to hypoxic and mechanical stresses that might occur during labor. An understanding of fetal compensation and decompensation will ensure timely and appropriate action is taken.

- To introduce the latest classification and nomenclature to be used in daily practices instead of the out-dated reactive or non-reactive CTG that is still in practice by many hospitals in Malaysia.



There were nine speakers involved in this workshop. We were lucky to have great and experienced obstetricians, namely, Dr. Carol Lim Kar Koong (Hospital Ampang), Prof. Dr. Imelda Balchin (Damansara Specialist Hospital 2), Assoc. Prof Dr. Maizatul Azma Masri (USIM), Dr. Emily Christine D’Silva (Hospital Ampang), Dr. Leong May Shi (Hospital Tanjung Karang), Dr. Ian Netto (Hospital Serdang), Dr. Noor Fadzleeyanna Mohd Yahya (Hospital Tengku Ampuan Rahimah), Dr. Normaliza Muhamad (Hospital Cyberjaya), and our own Dr. Nadzratulaiman Wan Nordin (UiTM). There were 10 interesting

lectures that covered all areas of CTG and labor waste management. At the end of the workshop, the participants were given a test and needed to pass more than 60% to receive a certificate of achievement. 89.5% of participants passed the test with flying colors.



We would like to express our gratitude to the Faculty of Medicine UiTM, Hospital Al-Sultan Abdullah UiTM, and all members of the Department of Obstetrics and Gynecology for their help and support in making this workshop a success. We hope this workshop achieved the objectives and was able to emphasize the importance of appropriate CTG interpretation to ensure good quality management of labor.





ADVOCACY WORKSHOP
 TRAINING OF TRAINERS
 FOR HENTI.ELAK. BASMI ASAP
 TEMBAKAU
 PROGRAMME
 20/01/2024

UNIVERSITI MALAYA
 UNIVERSITI TEKNOLOGI MARA
 Fakulti Perubatan
 UM/ UiTM COLLABORATION

ADVOCACY WORKSHOP TRAINING OF TRAINERS FOR HENTI.ELAK.BASMI.ASAP.TEMBAKAU (HEBAT) PROGRAMME: A UM/UiTM COLLABORATION

Dr. Lina Lohshini Kanoo, Dr. Hayatul Najaa Miptah,
 Dr. Nik Munirah Nik Mohd Nasir, Assoc. Prof. Dr. Ilham Ameera
 Ismail & Assoc. Prof. Dr. Suraya Abd Razak
Department of Primary Care Medicine

20TH JANUARY 2024 - It was on a Saturday morning, still fresh into the new year that the Quit Smoking and Adolescent teams from the Department of Primary Care Medicine, Faculty of Medicine, UiTM received a friendly collaborative visit from the researchers under the Nicotine Addiction Research and Collaborating Group (NARCC) Faculty of Medicine, University Malaya.

Our academic peers made their way to our doors on a bid, as a joint venture to plant the seeds of tobacco control advocacy into the hearts and minds of our undergraduates and postgraduate students.

It is now evident that despite many prevention and health promotion efforts made to develop awareness about the

hazards of nicotine; smoking and vaping remains stubbornly prevalent, and the age of smokers is getting younger.



So therefore, in line with Malaysia's aim to be a Smoke-free Nation in 2040, serious youth advocacies must commence and be implemented. There is a need to focus on more sustainable efforts to prevent the population especially school students from becoming future smokers or vapers.



The University Malaya Centre for Addiction Sciences (UMCAS) with its NARCC researchers actively conduct research and programs related to tobacco control. The Generational Endgame (GEG) training of trainers (TOT) has begun in University Malaya since 2015 and has successfully trained university students to become tobacco control advocates for their peers and community.



However, this program has now been rebranded to Henti Elak Basmi Asap Tembakau (HEBAT), in keeping with the recent sideline of government policies with regards to the Generational Endgame (GEG). HEBAT carries the same, if not a stronger call to instil early and sound advocacy against nicotine among our youth, to foster the initial aims set out by the GEG.

In UiTM, the Primary Care Medicine department's adolescent team has developed a training module: The Stop Nicotine Addiction among Secondary School Students (SNAASSS©), a smoking prevention intervention based on an informal, educational, and peer-led approach. This module consists of training the health educators, school awareness campaigns and peer-led group counselling among active smokers/vapers.



Therefore, this proved to be a worthy and timely academia collaboration in recognising the importance of equipping our students as smoke free advocates with knowledge and understanding of the dangers of tobacco and vape.

The day rolled out with an interactive ice breaking session, one which was much needed as we had a varied mix of 42 undergraduate medical students, postgraduate as well as, PhD students from both the Medical and Dental Faculties, in UiTM. This ensued onto the training modules, carefully delivered by a host of lecturers from both the academia comprising of primary care physicians, and emergency medicine specialists with interest in tobacco control advocacy.



The training module topics ranged from historical landmarks, tobacco legislation, goals of tobacco endgame, the hazards of nicotine, tips and benefits of quitting vape/cigarette and communication skills for social media engagement in tobacco control advocacy.

The highlight of the day was a group exercise which saw the 5 groups create their original anti-nicotine activity as a tool for future school awareness programs. Creativity flowed amongst the students resulting in catchy dance moves, gripping posters, heartwarming videos and witty reels to garner attention among the young to advocate against nicotine and its harms.

This enlightening day of training and knowledge transfer unravelled raw ingenuity, potential and positive activism toward tobacco control among UiTM students leaving them driven with new seeds of insight and empowerment.

These seeds, we hope will further take its roots and emerge into mature fruits of peer led advocacy against nicotine addiction into schools, institutions of higher learning and the community, at large.





TOTAL INTRAVENOUS ANAESTHESIA WORKSHOP 2024

Dr. Ivy Sim Chui Geok, Dr. Vimal Varma, Dr. Afifah Samsudin & Dr. Asmah Azizeh

Department of Anaesthesiology and Intensive Care

Total Intravenous Anaesthesia, or TIVA is a technique for providing general anesthesia without using traditional volatile agents. It has many advantages, particularly when certain patient conditions or surgical procedures mandate it. The Department of Anaesthesiology and Intensive Care UiTM, in collaboration with Hospital Tanjung Karang, set out to organize its first ever joint workshop with several objectives in mind.

The objectives were to enhance participants' knowledge and skills in order to deepen understanding and proficiency in using TIVA, to equip participants with the ability to practice TIVA, and to increase familiarity with this technique.

There were 24 medical officers and 11 GA nurses working in various anesthetic departments who were all very eager to learn more about the technique. The initial pool of participants was from the organizing departments. However, as interest grew, we were very pleased to receive registrations from as far as Alor Setar.





The workshop was held at Hospital Al-Sultan Abdullah on 12th January 2024. The lectures were conducted in the seminar room adjacent to General OT, with demonstrations in the OT itself. We kickstarted the lecture series with an 'Introduction to TIVA' by Dr. Ivy Sim, which was followed by engaging lectures by Dr. Ahmad Shafie Jameran and Dr. Vimal Varma on the 'Pharmacology of Propofol' and the 'Pharmacology of Remifentanyl' respectively. Participants were intermittently shepherded by the ever-attentive committee, Dr. Haliza Zainol Abidin and Dr. Asmah Azizeh in smaller groups into the OT for live demos. On the receiving end were strategically placed consultants, Dr. Adlin Dasima Abdul Kadir, Dr. Sarah Harnani Mansor, and Dr. Siti Aznida Ab Karim, who expertly demonstrated the conduct of TIVA during the various phases of anesthesia. Participants got to experience the latest that technology has to offer with sleek-looking touchscreen target-controlled infusion pumps and explore the intricacies of depth of anesthesia monitoring.



Lectures on 'Setting up the TCI Pump' continued after breakfast, as those returning from the live sessions reported that they did not smell even a whiff of a volatile agent throughout. Lectures for the morning then concluded with Dr. Afifah Samsudin enlightening the crowd on the science behind the specialized infusion pumps, 'TIVA algorithms'.

The live demonstrations were supplemented with a summation simulation session by Dr. Vimal Varma to tie together applying TIVA in all phases of anesthesia from start to finish. It was also conducive to questions and allowed participants time to handle the equipment for themselves.

With minds churning, everyone headed to fill their stomachs next with a delicious lunch. The afternoon session continued with special lectures by Professor Karis Misiran on 'Pharmacokinetics and Pharmacodynamics for TIVA'. The workshop ended with a short post-workshop quiz with a cool prize.

We had the support of representatives from several companies (Schmidt, Aspen, Medtronic, and Hospimetrix) who kindly provided the medication, disposables, equipment, and refreshments, as well as a dedicated team of medical officers (Dr. Nurul Afiqah Mohd Yusoff and Dr. Mohammad Ersyad Kamil bin Mohammad Syafiie) who made the workshop a success.

It was a great start to the year for the department, and we hope that our participants will go forth with new-found confidence and knowledge to apply TIVA in their daily anesthetic practice.





ADVANCING SURGICAL PROFICIENCY: INSIGHTS FROM THE 7TH UiTM BASIC LAPAROSCOPIC SKILLS WORKSHOP

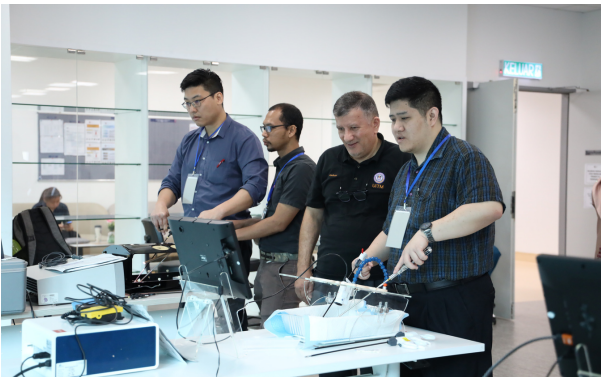
Dr. Shahril Khalid, Dr. Nora Julianna Osman, Assoc. Prof. Dr. Yahya Mohd Aripin & Assoc. Prof. Dr. Ahmad Ramzi Yusof
Department of Surgery



The 7th UiTM Basic Laparoscopic Skills Workshop held at Hospital Al Sultan Abdullah Puncak Alam on 6th and 7th December 2023, showcased an established platform for surgical trainees and medical officers to build their understanding and skills in laparoscopic surgery. With a primary focus on cultivating a strong foundation in laparoscopic surgery, the workshop provided participants with comprehensive knowledge and hands-on experience essential for advancing their surgical proficiency.

Since its inception at the Clinical Skills Laboratory at the Faculty of Medicine in Sungai Buloh eight years ago (with a one-year hiatus due to the COVID-19 pandemic), our workshop has evolved to its current location at the state-of-the-art Clinical Skills Laboratory at Hospital Al Sultan Abdullah for the past two years.

In this workshop, ten participants hailing from diverse regions of the country engaged in a comprehensive learning experience aimed at mastering the intricacies of laparoscopic surgery, comprehending laparoscopic systems and instruments, and refining fundamental laparoscopic surgical skills.



The first day commenced with theoretical lectures elucidating the basics of laparoscopic surgery. Following this foundational knowledge acquisition, participants delved into hands-on sessions structured into two segments: dry lab and wet lab. The dry lab segment involved skill development through a series of tasks employing fixed items to enhance basic repetitive skills. Conversely, the wet lab segment entailed performing procedures utilizing animal organs such as sheep intestines, stomachs, livers, and gallbladders. Throughout the two-day workshop, the procedural complexity escalated progressively, encompassing diagnostic laparoscopy, laparoscopic appendectomy, and culminating in laparoscopic cholecystectomy.



The apex of the workshop was undoubtedly the laparoscopic cholecystectomy, where we pioneered a novel approach utilizing sheep liver to simulate human anatomy and tissue integrity. Our innovative method afforded participants an unparalleled opportunity to experience realistic tissue handling, a facet often lacking in simulated training environments.

The workshop prided itself on a distinguished faculty comprising experts from renowned surgical institutions. Guided by luminaries such as Associate Prof. Dato' Nik Ritza and Mr. Zairul Azwan from Hospital Canselor Tunku Muhriz, along with Mr. Yan Yang Wai from Hospital Raja Perempuan Bainun, Ipoh, our participants received invaluable mentorship. Additionally, our in-house trainers, Associate Prof. Madya Mr. Yahya and Associate Prof. Madya Mr. Ahmad Ramzi, alongside departmental surgeons, provided personalized two-to-one mentorship, enriching the learning experience for all participants.

In conclusion, the 7th UITM Basic Laparoscopic Skills Workshop exemplified a commitment to innovation and excellence in surgical education. As participants departed with enhanced knowledge, skills, and inspiration, they embodied the promise of a brighter future for surgical practice, driven by passion, expertise, and collaboration.



UROGYNACEOLOGY CRASH COURSE 2024

Assoc. Prof. Dr. Bahiyah Abdullah
Department of Obstetrics & Gynecology

The Department of Obstetrics & Gynecology proudly introduced the inaugural Urogynaecology Crash Course on 13th January 2024, marking a significant milestone in our commitment to comprehensive medical education. Held at the esteemed Clinical Skills Centre, Hospital Al-Sultan Abdullah, UiTM, this one-day course exceeded expectations in delivering essential knowledge and fostering a vibrant learning environment.



This course was designed with the aim of empowering participants with insights into the clinical assessment, interpretation of investigations, and basic management of urogynaecological issues. Moreover, it provided invaluable tips for navigating examination questions related to urogynaecological conditions, ensuring participants were well-equipped for their daily clinical duties in managing women with urogynaecological problems as well as for their examinations.

Comprising six dynamic sessions, the course covered fundamental topics in urogynaecology, including Basic Sciences, Pelvic Organ Prolapse, Urinary Incontinence, Obstetric Anal Sphincter Injuries, Urinary Tract Infection, and other prevalent urogynaecological concerns, as well as urodynamics.



A distinguishing feature of this course was its innovative format, which required participants to prepare beforehand. Each session commenced with a quiz, a mixture of single-best answers and true-false questions, to allow the participants to assess their level of knowledge and understanding on each topic. This was meant for them to know their areas of strength and weakness, stimulate active participation, and set the stage for insightful discussions. Led by esteemed professionals including Associated Prof. Dr. Bahiyah Abdullah, a urogynaecologist from the Faculty of Medicine and HASA UiTM, along with Prof. Dr. Lim Pei Shan and Associate Prof. Dr. Ixora Kamisan Atan from Hospital Canselor Tuanku Muhriz, the discussion sessions were marked by lively exchanges and deepened understanding.

With 37 enthusiastic participants, mostly Master of Obstetrics & Gynecology (MOG) and MRCOG trainees, the course fostered a dynamic classroom setting conducive to meaningful interaction between speakers and attendees. Steering away from traditional lecture-based formats, the emphasis was on

creating an inclusive, collaborative learning environment. The abundance of questions and interactions underscored the participants' active engagement and eagerness to learn.

Special commendation is due to the diligent and hospitable committee members whose efforts ensured the seamless flow of amenities, including mineral water, coffee, sweets, and delectable food throughout the event, contributing to a delightful experience for all.

The overwhelmingly positive feedback from participants speaks volumes about the course's effectiveness. Universally, participants expressed satisfaction with the relevance of the content and the efficacy of the delivery methods in facilitating learning. While suggestions for additional sessions, such as POPQ assessment and extended discussion sessions, were noted, the resounding success of the course has sparked discussions about expanding it into a two-day event in the future.

In conclusion, the Urogynaecology Crash Course not only met but exceeded expectations, leaving participants enriched, empowered, and eager for more. It stands as a testament to our unwavering commitment to excellence in medical education and innovation in delivering impactful learning experiences.



"SLEEP IS ESSENTIAL TO HEALTH" NEIGHBORS HELPING NEIGHBORS: COMMUNITY SERVICE WITH PUNCAK ALAM HOUSING SDN. BHD.

**Dr. Abdul Azim Al Abrar Ahmad Kailani &
Dr. Muhammad Raziin Zainal Abidin**

Department of Otorhinolaryngology Head & Neck Surgery

On 14th December 2023, the Department of Otorhinolaryngology Head & Neck Surgery (ORL HNS) organized a community service program with the community of Puncak Alam Housing Sdn Bhd and its subsidiaries.

The program's main objectives are to empower the community by raising awareness regarding obstructive sleep apnea, head and neck malignancies, and hearing loss, including their complications and treatment options. Besides, this program also served as a proactive measure from the department to screen for these diseases in the local community.

The excellent program was held at the Main Hall of Puncak Alam Mosque and spanned from 9:00 a.m. until 4:00 p.m. The program was led by ORL HNS and comprised teamwork from other departments such as ophthalmology, general surgery, food and dietetics, and outstanding UiTM Students' Surgical Association (USSA) volunteers. On the other hand, a total of 82 staff from Puncak Alam Housing Sdn Bhd participated in the events.

The event commenced with a prayer recitation from Ustaz Ahmad Mujahid Muhammad Zan, Imam of Puncak Alam Mosque. The honorable Mr. Abdul Jalil Md. Khir, the Chief Executive Officer of Puncak Alam Housing Sdn Bhd, officiated the program. Subsequently, the series of awareness lectures on 'What is ORL HNS?' was kickstarted by our very own

Professor Dr. Masaany Mansor. Among other interesting topics were 'Obstructive Sleep Apnoea' by Dr. Syarifah Nafisah, 'Head & Neck Malignancy' by Dr. Azrina Ahmad, 'Hearing Loss' by Dr. Eric Tuang, and 'Healthy Diet' by Madam Hazelin Abd Rahim. The lectures were interactive, with quiz sessions at the end of every lecture with exciting prizes for participants. The lectures proved beneficial to the participants, as there were improvements in insight between the pre-test and post-test.



The screening session commenced immediately after the series of lectures. Participants visited multiple booths for the screening sessions. Our colleagues from general surgery, ophthalmology, and dietetics also opened their booths to spread awareness of their respective fields. Among all participants, 20% were referred to Hospital Al-Sultan Abdullah for further investigation or treatment.

This program was also successful with the help of our corporate partners. We would like to acknowledge our friends from Finnmed Sdn. Bhd., UMMI Surgical Sdn. Bhd., and Global Precision Sales & Services Sdn. Bhd., who have given tremendous support and help in making the program successful.

In conclusion, the department of ORL HNS was pleased with the successful program, as we received positive feedback from participants and colleagues. We hope similar programs can be done in the future to empower the community with awareness regarding diseases related to otorhinolaryngology and head and neck surgery.



EMPOWERING EDUCATORS: TRAINING OF TRAINERS WORKSHOP FOR INTERNAL MEDICINE NATIONAL POSTGRADUATE MEDICAL CURRICULUM

Dr. Mohd Zaquan Arif Abd.Ghafar, Dr. Norashikin Saidon & Dr. Rafiz Abdul Rani

Department of Internal Medicine

On 18th January 2024, Hospital Al-Sultan Abdullah (HASA) was abuzz with excitement as more than 50 educators from universities nationwide gathered for the Training of Trainers (ToT) Workshop for Internal Medicine National Postgraduate Medical Curriculum (IM NPMC).

First launched in 2021, the IM NPMC offers a unified training structure for internal medicine at the specialist level in Malaysia, in line with the national strategy to produce skilled physicians capable of navigating through the complexities of modern healthcare. The Internal Medicine Conjoint Board has since worked in collaboration with training institutions (from both the Ministry of Health and the Ministry of Higher Education) to implement this new curriculum.



The day kicked off with a warm welcome from Dr. Rafiz Abdul Rani, the Head of the Department of Internal Medicine at UiTM. His opening remarks set the tone for a day filled with learning and camaraderie.



Participants were acquainted with the IM NPCM, which promotes a more standardized and holistic approach, and gained insight into how it differs from the existing 'Masters of Medicine' curriculum. Throughout the day, participants were immersed in lively discussions on a diverse array of topics, which included workplace-based assessments, feedback mechanisms and feedforward strategies, and designing high-quality examination questions. During the workshop, participants were also given a special tour around the picturesque HASA premises.



As the event drew to a close at 4 p.m., it was evident that the workshop was a resounding success. Participants left feeling empowered and motivated, ready to elevate their teaching practices to new heights. The ToT Workshop for IM NPCM was not just a gathering of educators, it was a celebration of dedication, collaboration, and a shared vision for the future of medical education. Here's to many more successful workshops ahead!



1ST MECHANICAL VENTILATION WORKSHOP FOR ASV (ADAPTIVE SUPPORT VENTILATION) FACULTY OF MEDICINE, UNIVERSITI TEKNOLOGI MARA (UiTM)

**Dr. Mardhiah Sarah Harnani Mansor, Dr. Adlin Dasima Abd Kadir
& Dr. Isqandar Adnan**

Department of Anaesthesiology and Intensive Care

The Department of Anaesthesiology and Intensive Care Unit UiTM, in collaboration with Star Medik Sdn. Bhd. (the sole distributor of the ventilator), conducted a one day workshop on the ASV mode mechanical ventilator on 28th January 2024. Participants included specialists, medical officers, nurses, medical assistants, and other medical personnel from various university hospitals and KKM Hospital. The aim of this workshop was to provide healthcare providers in-depth knowledge and understanding of the use of ASV mode mechanical ventilators in patients needing mechanical ventilation either in the intensive care unit (ICU) or emergency department.

Adaptive Support Ventilation (ASV) is ventilation adapted to the individual patient. It continuously adapts respiratory, tidal volume, and inspiratory times depending on the patient's lung mechanics and effort, breath by breath. ASV is an advanced mode of ventilation developed by Hamilton Medical Ventilator, Switzerland. This mode has the advantages of optimizing the patient's work and force of breathing, shortening the duration of mechanical ventilation, supporting weaning, and finally, reducing the workload of ICU staff while improving patient safety and comfort.



The lecture topics covered in the program include respiratory mechanics, introduction and start-up of ASV, algorithms and weaning, followed by a hands - on session in which participants were given hands - on practical experience related to mechanical ventilation. The renowned speakers were Dr. Isqandar Adnan, a Consultant Cardiothoracic Anaesthetist and Intensive Care, who is a certified ASV ventilator trainer, together with Dr. Muhammad Helmy Abdullah, a clinical application specialist for Hamilton Medical Ventilator from Star Medik Sdn Bhd.



The feedback from the participants was positive, and we hope to conduct this workshop annually as such training would enhance the understanding of clinical applications of mechanical ventilation, specifically ASV.



MASTERING RETINAL OCT (OPTICAL COHERENCE TOMOGRAPHY): UNLOCKING INSIGHTS FOR OPTIMAL PATIENT CARE

Dr. Nurliyana Ain Abdul Ghani
Department of Ophthalmology

In December 2023, the Department of Ophthalmology, UiTM organized our first ever serial retinal OCT webinars. The webinars consisted of four series of online lectures on retinal OCT, focusing on medical retina and uveitis cases such as diabetic retinopathy, age-related macula degeneration, and polypoidal choroidal vasculopathy. The first and second series were successfully conducted on 15th December 2023 and 19th January 2024, respectively. The lectures were delivered by Prof. Dr. Shelina Oli Mohamed, our in-house senior consultant in medical retina and uveitis. The third and fourth series will be conducted on 1st March and 5th April 2024.

The participation of 125 registrants for each series from various parts of Malaysia, including ophthalmology master trainees, general ophthalmologists from both the government and private sectors, as well as optometrists, reflects the broad impact and interest in the content presented. This webinar proved to be more than just an event that not only served its educational purpose but also fostered teamwork among the members of the department. The collaboration with the IT unit and PTAR also underscores the importance of multidisciplinary efforts in organizing successful events.



The positive feedback received is a testament to the quality of the lectures and the overall organization of the webinars. It's heartening to see the success of the two series organized as a catalyst for further initiatives, as we are also working on an upcoming retinal imaging workshop in June 2024. These initiatives play a crucial role in advancing medical knowledge, fostering collaborations, and providing valuable learning opportunities for current and future ophthalmologists.



INVESTOR PITCHING SHOWCASE HEALTH PROFESSIONAL ENTREPRENEURSHIP ELECTIVE (MED216)

**Dr. Salma Yasmin Mohd Yusuf &
Assoc. Prof. Dr. Khasnur Abdul Malek
Department of Primary Care Medicine**

We are delighted to share the success of the inaugural Investor Pitching Showcase for the Health Professional Entrepreneurship Module Elective (MED 216), held on 27th November 2023, through the Zoom® platform. This year's cohort, who embarked on their entrepreneurship elective in Year 2 of the MBBS program in 2022, showcased their innovative projects and presented their investor pitch decks for their respective business projects.

The Investor Pitching showcase is a vital component of the module, aiming to equip students with the necessary skills to present their ideas effectively to potential investors, including venture capitalists, angel investors, and venture capital firms. In preparation for the showcase, students underwent hands-on training on investor pitching

techniques in September 2023. They meticulously refined their pitching decks with the guidance of their supervisors and insights gathered from industry visits.

The event was moderated by Dr. Salma Yasmin Mohd Yusuf and opened by Associate Professor Dr. Nurul Alimah Abdul Nasir, Head of the Department of Medical Education. Associate Professor Dr. Khasnur Abdul Malek, the program coordinator, provided a brief overview of the module. We were honored to have esteemed panel assessors, Puan Ainun Rohayu binti Mohamad from TEKUN Nasional and Prof. Effat Omar, Professor and Consultant Pathologist, Faculty of Medicine, UiTM. TEKUN Nasional is an agency under the Ministry of Entrepreneur Development with the main aim of providing simple and quick

financing facilities to bumiputeras in order to kick-start and further expand their businesses.

Among the attendees were MED 216 students (Year 3), current MED 216 students (Year 2), and entrepreneurship trainers from the Faculty of Medicine. Three groups—'Health Bites and Brew: SmartCarb Cafe,' 'DialMeDialysis,' and 'YouPunyaPhysio'—presented their pitching decks. Each group delivered a compelling 10-minute pitch, followed by a 20-minute question and answer session with the panel of assessors.

The feedback from the students was overwhelmingly positive, expressing that the showcase significantly boosted their confidence in presenting business decks. The expert panel's constructive feedback provided invaluable insights, enriching the students' learning experience and enabling them to apply their newfound skills in real-world scenarios.

We extend our gratitude to everyone involved in making this program a success. Especially to the Faculty of Medicine deaneries, supervisors, trainers, and invited speakers from MASMED and TEKUN National for their continuous and generous support. It is our sincere hope that this elective program has not only been a memorable experience for the participants but has also equipped them with the skills and confidence needed to thrive in the dynamic world of entrepreneurship.

Investor Pitching Showcase
for Health Professional Entrepreneurship
Course Elective (MED 216),
Faculty of Medicine, UiTM

Panel assessors

Pn. Ainun Rohayu bt Mohamad
Tambahan Ketiua Jabatan
Pembangunan Perancangan
TEKUN Nasional

Ts. Dr. Rohana Zur
Akauntan Pembangunan PVS
dan Kesihatan (MASMED),
Universiti Teknologi MARA (UiTM)

Prof. Dr. Elifat Omar
Professor in Pathology
Department of Pathology
Faculty of Medicine,
Universiti Teknologi MARA (UiTM)

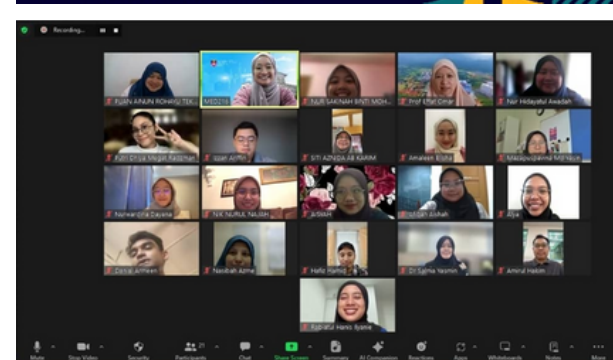
Monday 27th November 2023 9:30 am - 12:00 pm
Platform: **zoom** Link <https://bit.ly/46o9331>
Organised by
Doctor-preneur, Faculty of Medicine, UiTM

Investor Pitching Showcase
for Health Professional Entrepreneurship
Course Elective (MED 216),
Faculty of Medicine, UiTM

Monday 27th November 2023 9:30 am - 12:00 pm

| Time | Program |
|---------------------|--|
| 9:30 am - 10:00 am | Registration |
| 10:00 am - 10:05 am | Deaf recitation |
| 10:05 am - 10:15 am | Opening speech |
| 10:15 am - 10:20 am | • Brief on Health Professional Entrepreneurship (MED 216) • Brief on marking and scoring |
| 10:20 am - 10:25 am | Introduction of panel assessors |
| 10:25 am - 10:55 am | Entrepreneur group 1: Health Bites and Brew SmartCarb Cafe - Presentation / Q&A / Marking |
| 10:55 am - 11:25 am | Entrepreneur group 2: YouPunyaPhysio - Presentation / Q&A / Marking |
| 11:25 am - 11:55 am | Entrepreneur group 3: DialMeDialysis - Presentation / Q&A / Marking |
| 11:55 am - 12:00 pm | Photo taking session |
| 12:00 pm | End of session |

Organized by
Doctor-preneur, Faculty of Medicine, UiTM



**THANK
YOU**