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EDITOR'S NOTE

EDITOR-IN-CHIEF

WELCOME TO THE THIRD EDITION OF MEDBULL!

In this latest issue, we continue to celebrate the remarkable achievements and unwavering commitment of the Faculty of Medicine and Hospital Al-Sultan Abdullah, UiTM. Through these pages, you'll discover inspiring stories, groundbreaking educational milestones, and impactful community engagements that embody our shared mission to advance healthcare excellence.

This edition also highlights the passion and teamwork of our students, and faculty members—an unstoppable force that propels our institution towards new horizons. Your support and enthusiasm are the driving factors behind our collective success.

We hope you enjoy this edition and feel as inspired as we do by the stories within. Let's keep striving for excellence, together. See you in our next issue!

Dr. Nur Faizah Ali



FACULTY ACTIVITIES



EMPOWERING EARLY CHILDHOOD EDUCATORS WITH FIRST AID TRAINING COURSE

By: Dr. Nabilla Husna Mad Hashim



On July 16th, the Clinical Simulation Centre, in collaboration with the Department of Paediatrics, successfully hosted the "Save Kids Save Lives: Teachers' Edition" event, a first aid course specifically designed for kindergarten teachers. Little Caliph Kindergarten Malaysia, a renowned early childhood education provider dedicated to nurturing young minds with a holistic approach that integrates academic excellence and Islamic values, requested this course for the second time, with the first held two years ago.

The event was attended by 35 educators from Little Caliph. The course aimed to provide participants with theoretical knowledge and hands-on experience managing common paediatric emergencies.



The learning modules were designed by our faculty members. On the day of the event, Dr. Yusma Lyana Md Yusof from the Department of Paediatrics delivered a lecture on seizure management, while Dr. Muhammad Nur Azmi and Dr. Mohd Fazrul Mokhtar from the Department of Emergency Medicine delivered lectures

on wound and burn care, as well as cardiac arrest, CPR and AED. The interactive and engaging discussions between the speakers and participants helped build confidence among the teachers in managing such emergencies.



Subsequently, participants were divided into smaller groups and rotated through various practical stations, i.e., adult and infant cardiac arrest, approach to choking, approach to seizure, and approach to wounds and bleeding.



The collaboration between experts from the Faculty of Medicine, UiTM and Little Caliph has received excellent feedback from the participants. The program, which is planned to be held several times a year, is hoped to attract more members of the public to gain knowledge and exposure to first aid. If you feel that your childcare provider could benefit from this course, please contact us at the Clinical Simulation Centre, UiTM Sungai Buloh.



WILDERNESS FIRST AID: A LEARNING JOURNEY IN KIULU, SABAH

By: Dr. Muhammad Fairuz Azmi



Five second-year pre-clinical students recently embarked on an educational adventure to Kiulu, Sabah, as part of their elective project. Their goal? To gain hands-on experience in wilderness first aid. Partnering with Fieldskills Adventures & Training, they explored the wilderness, learning critical skills to handle medical emergencies in remote settings.

Day 1: Building the Basics

The training began with an introduction to basic human anatomy and the scope of first aid. This theoretical session laid the foundation for understanding medical emergencies in daily and wilderness settings.

Students were introduced to the ABCDE approach (Airway, Breathing, Circulation, Disability, Exposure), a systematically assessed and managed emergency management method. This approach proved crucial in teaching how to address accidents when far from immediate medical assistance.

The session then moved into CPR training, covering adults, children, and drowning victims. Special attention was given to how CPR techniques have evolved during the COVID-19 pandemic. Practical demonstrations and hands-on practice ensured students were confident in their ability to perform CPR. Later in the day, the focus shifted to managing bleeding, both minor and major, along with bandaging techniques. This session provided students with essential skills to treat wounds and stabilize injuries.

By the end of Day 1, the students had gained a solid understanding of essential first aid skills, equipping them to respond to real-life emergencies.



Day 2: Practical Learning in the Forest

On the second day, the students ventured deeper into the wilderness. After a 30-minute hike into the forest, the group began applying their skills in real-life scenarios.

The students were given simulated emergencies such as managing snake bites, fractures, bleeding, and concussions. Each student took turns playing both rescuer and victim, ensuring they experienced both perspectives. This practical experience was vital in helping them understand the realities of providing first aid in the wild.

The day ended earlier than expected due to rain, but the coach provided valuable feedback on the student's performance. This constructive review helped the group refine their skills and prepare for future emergencies.

Giving Back: Presentation at a Secondary School

After completing the two-day training, the students were eager to share their knowledge. They organized a presentation at Sekolah Menengah Integrasi Teras Islam (SMITI) Al Hafidz for 43 students from Forms 1 to 5, along with 10 volunteers from Jabatan Amal and Briged Amal NGO.

During the session, the group covered important topics like CPR, managing choking, treating bites and bleeding, and handling anaphylaxis in outdoor environments. They used a hands-on approach, encouraging audience participation. Volunteers from the crowd practiced the techniques, which made the learning process more engaging.

This two-way communication ensured that participants not only learned the procedures but also had the opportunity to apply them in real-time.



Conclusion

The students' experience in Kiulu, Sabah, was more than just an elective—it was a transformative journey. Through their wilderness first aid training, they gained valuable knowledge and practical skills that will serve them throughout their careers. By sharing this knowledge with the community, they also demonstrated a strong commitment to promoting safety and preparedness in challenging environments.

Their journey into the wild wasn't just about learning first aid—it was about readiness, resilience, and stepping up when others need help. As they return to their studies, the lessons they learned in Sabah will continue to shape their approach to healthcare, both in urban and remote settings.



BASIC INTERVENTIONAL RADIOLOGY COMPETENCY & EXPOSURE (ICE) COURSE 2024

By: Dr. Anis Shafina Mahfudz, Dr. Tan Hooi Lam, Dr. Nasuha Mohd Khairun Jauhari, Dr. Fatin Nur Jannah Sahar, Dr. Natasha Mohd Arifin, Dr. Norliana Dalila Mohamad Ali & Assoc. Prof. Dr. Ch'ng Li Shyan

Interventional radiology (IR) is a dynamic and transformative field of medicine that utilizes imaging technologies such as x-rays, fluoroscopy, ultrasound (US), computed tomography (CT) scan and magnetic resonance imaging (MRI) to guide therapeutic procedures.

Ranging from vascular interventions like angioplasty and stenting to oncological treatments such as tumour ablation and embolization, interventional radiology techniques are indispensable and powerful tools in both the diagnostic and therapeutic realms.

This year, Hospital Al-Sultan Abdullah (HASA) Interventional Radiology Team successfully organized our 3rd Basic Interventional Radiology Competency & Exposure (ICE) Course from 26–28th June 2024.

A total of 48 healthcare professionals participated which include Master of Radiology (MRad) trainees, medical officers, radiographers, medical assistants and radiology nurses from various teaching university hospitals, Ministry of Health (MoH) hospitals as well as from private hospitals throughout the country.

Our Basic ICE course is composed of lectures and hands on workshops, focusing on ultrasound and fluoroscopic guided IR procedures such as biopsies, drainages and vascular access. Day 1 kicked off with a welcome address by Head of the Department of Radiology, Associate Professor Dr. Hilwati Hashim, followed by a series of interactive lectures by our interventional radiologists, radiographers and radiology nurses.

On the second day, a special session was conducted for MRad trainees and medical officers, with an emphasis on MRad Part 1 Objective Structures Practical Examination (OSPE) Preparations. Medical officers, medical assistants and radiology nurses were also taught various practical skills which include how to assist during IR procedures, IR procedure trolley preparation and handling a chemotherapy drug spill kit. A separate session was also held for the radiographers, focusing on radiographic positioning and the handling of specialized fluoroscopy and angiography equipment.

The remaining Day 2 and 3 of the course were concentrated on multiple hands on workshop sessions, where participants were given the opportunity to handle the various IR tools currently available on the market and practice performing the procedures using simulation phantoms.



Figure 1: Basic ICE Course 2024 Hands on Workshop Sessions.



Figure 2: Basic ICE Course 2024 Hands on Workshop Sessions – Ultrasound Guided Procedures.



Figure 3: Basic ICE Course 2024 Hands On Workshop Sessions – Fluoroscopy Guided Procedures.

A pre- and post-course quiz was also prepared to gauge the performance of the participants and the effectiveness of the sessions conducted. The top 3 winners of the quiz were given a token of appreciation.

The Basic ICE Course 2024 Quiz winners were:

- **1st place:** Dr. Teng Jian Li (Hospital Sultan Abdul Aziz Shah UPM)
- **2nd place:** Dr. Nusaibah Rustam (Hospital Sultan Abdul Aziz Shah UPM)
- **3rd place:** Dr. Dennis Kheng Zhou (KPJ Healthcare University)



Figure 4: Basic ICE Course 2024 Quiz 1st Place Winner – Dr Dr Teng Jian Li, Master of Radiology (MRad) Trainee from Hospital Sultan Abdul Aziz Shah UPM.

A special thanks goes to Professor Dr. Mohd Zamrin Dimon, Director of Hospital Al-Sultan Abdullah, UiTM and Associate Professor Dr. Hilwati Hashim, Head of the Department of Radiology for supporting our programme. The Basic ICE Course 2024 Organizing Committee would also like to thank our industry partners, Boston Scientific (Malaysia) Sdn Bhd, H&A Medical Supply Sdn Bhd, Becton Dickinson (BD) Malaysia, Infinity Medical Sdn. Bhd., Mindray Malaysia and Mediwide Sdn. Bhd. for their generous support and contributions in order to ensure that our Basic ICE Course 2024 was a success.

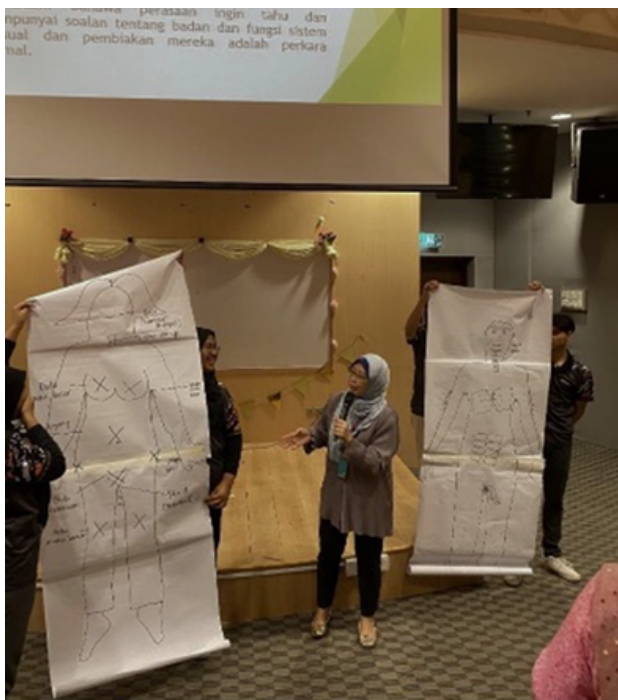
We look forward to our next Basic ICE Course in 2025!



"LEADERSHIP TRAINING FOR TRAINERS" SEXUAL REPRODUCTIVE HEALTH EDUCATION

By: Dr. Hayatul Najaa Miptah, Dr. Nafiza Mat Nasir &
Dr. Aiza Nur Izdihar Zainal Abidin

As highlighted by the World Health Organisation (WHO), sexual health education (SHE) provides young people accurate, age-appropriate information about sexuality and their sexual and reproductive health, which is critical for their health and survival.



Realizing the importance of this, the Adolescent team from the Department of Primary Care Medicine, Faculty of Medicine UiTM with Persatuan HealX (Reproductive Cluster), organized a 2-day Training for Trainers (ToT) workshop. This was a collaboration with Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN).

The training was conducted on the weekends of 17th and 18th February 2024. The day rolled out with an interactive ice-breaking session among 30 undergraduate medical students from UiTM. This ensued into the training module, which was delivered by a team of invited facilitators and speakers from LPPKN. The module 'Modul Cakna Diri' used during the session was formally introduced by LPPKN in 2020 and, since then has been actively delivered

throughout the country.

This module comprises lectures and practical sessions allowing the participants to enhance their knowledge and skills in delivering SHE to the targeted teens.

On day 1, topics covered under the 'Modul Cakna Diri' include:

- **'Sayangi Tubuh Kita, Sayangi Diri Kita'** – participants experienced a simulation of activity on how to conduct and teach about the anatomy of human reproductive system.
- **'Kesihatan Reproductive'** – participants learned about the definition of sexuality and gender and sex.
- **'Penyakit Jangkitan Seksual dan Seks Selamat'** – participants learned about sexually transmitted diseases and also about safe sex.
- **'Tingkah laku berisiko yang mengundang HIV'**
- **'Tanggungjawab seksual'**



On day 2 of the training, participants discussed the consequences of high risk behaviour. There were hands-on sessions and group activities on avoiding risky situations and 'SAY NO'. They covered the topics on:

- **'Pengguguran, Pembuangan bayi & Rogol'**
- **'Sudahkah saya bersedia'**
- **'Menghindari situasi berisiko tinggi'**
- **'Kemahiran teknik penolakan'**



Output and Conclusion:

This training has provided the participants with the much-needed skills in delivering SHE to adolescents particularly on effective communication. Through this program, participants will be able to apply the knowledge on SHE and eventually be able to plan on how to handle programs in creating awareness on the importance of sexual and reproductive health to adolescents.



BRAINSTORMING AND TEAM BUILDING WORKSHOP, DEPARTMENT OF SURGERY, 2024

By: Dr. Siti Mayuha Rusli, Dr. Nor Faezan Abdul Rashid, Dr. Nora Julianna Osman, Dr. Mohd Razin Hassan, Assoc. Prof. Ahmad Ramzi Yusoff, Dr. Mohd Fadhil Ahmad Nazlan, Dr. Mohamed Izzad Isahak, Dr. Muhammad Fihmi Zainal Abidin, Dr. Mohammad Syamil Abd Hamid & Dr. Mohammad Zaki Mohamad Shukri

For the first time ever, on the 14th and 15th of September, the Department of Surgery from the Faculty of Medicine as well as from Hospital Al-Sultan Abdullah (HASA) had organized a brainstorming and team-building workshop in EryabySURIA, Hotspring Bentong, Pahang. There were 26 participants were involved in the workshop.

The objectives of these 2-day events were to create a positive interaction between the medical officers and the surgeons to boost workplace healthy spirit and teamwork, to discuss on department future plans, as well as to update and improve the undergraduate curriculum for our MBBS 240.

The event started with team building activities such as ice-breaking sessions and indoor and outdoor activities, including explore-race and strategy war games. It was mainly focused on creativity, teamwork planning, and physical capabilities to achieve the target and win the game. All the team members were having a blast and enjoyed the activities very much, and great teamwork was seen between the surgeons and medical officers, irrespective of age differences. After all the hard work and sweat from the strategy war games, some team members went for a relaxing time at the hot spring pool within the hotel compound and enjoyed the fresh air within this surrounded natural forest.

Day 1: indoor and outdoor activities.



Day 1: Brainstorming session at night.



At night and on the second day event, we moved on to serious matters including planning for our department plans in terms of clinical services in HASA. Each specialty presented their current update and subsequent plan, including the expansion of services and making HASA as teaching or training centre for postgraduate students.

The medical officers were given the chance to express their ideas and make comments on the services at hand. It gave the opportunity to listen to the young medical officers about their thought as well as their future to advance in their career and becoming surgeons. Academic matters were also discussed, and some improvements and changes were made divided equally between the years 3,4 and 5 surgical posting for undergraduate classes and soon will be implemented in the next academic year. Our event ended with prize-giving ceremony for the winners.

Day 2: brainstorming session.



Day 2: prize giving ceremony.





INTERNATIONAL INTERVARSITY PHARMACOLOGY CHALLENGE 2024

By: Dr. Muhammad Huzaimi Haron

The Department of Pharmacology, Faculty of Medicine UiTM, in collaboration with Jeffrey Cheah School of Medicine & Health Sciences, Monash University Malaysia, and Queen Mary's School of Medicine & Dentistry, UK, recently held an international pharmacology quiz competition called the International Intersarsity Pharmacology Challenge 2024 (IIPaC 2024).

The organizing committee was spearheaded by Professor Dr. Nafeeza Mohd Ismail of UiTM and was supported by all members of the Department of Pharmacology. Questions for the quiz were developed and vetted by the scientific subcommittee, which was headed by Dr. Norhafiza Razali.

This subcommittee consisted of all Department of Pharmacology members together with Professor Dr. Patricia McGettigan and Prof Dr. Vetriselvan Subramaniyan from our two collaborating institutions.



Figure 1: Preliminary rounds of IIPaC 2024 held on Zoom.

There were 2 stages of the competition: the preliminary stage and the final rounds. The preliminary stage was held online on 2nd May 2024 at 8:30 pm Malaysian time. An online meeting was

initiated using the Zoom platform for the welcoming and introduction of participants, which consisted of medical students (years 1 - 3) from 6 public universities, 7 private universities, and one university from Indonesia, totaling 23 4-person teams (some universities, including UiTM, sent 2 teams). The competition proper was then held on the Quizizz platform, with Dr. Muhammad Huzaimi Haron as the quiz master. At the end of this stage, 10 top-performing teams (including both from UiTM) qualified for the final rounds.

On 30th August 2024, the 10 teams who qualified during the preliminary stage were welcomed to the Faculty of Medicine in UiTM's Sungai Buloh Campus for the semi-final and final rounds of IIPaC 2024. Participants were provided with door gifts, which were partially sponsored by Pharmaniaga Berhad.

The welcoming ceremony was held in Auditorium 1 in the academic building and was graced by the presence of Prof. Dr. Fazah Akhtar Hanapiah, dean of the Faculty of Medicine, who delivered the officiating speech. Prof Dr. Fazah was accompanied by her Deputy Deans, which were Associate Prof. Dr. Noor Shafina Mohd Noor (Postgraduate & Professional Training), Prof Dr. Anis Safura Ramli (Research & Innovation), and Associate Prof. Dr. Leny Suzana Sudin (Industry, Community & Alumni Network).

The competition proper was held at the Seminar Room of the Department of Medical Education (DoME). Dr. Norhafiza acted as quiz master, with the assistance of three external judges who were Professor Dr. Nur Azlina Mohd Fahami (UKM), Dr. Ameya Ashok Hasamnis (Taylor's University), and Dr. Else Haniffah Mejia Mohamed (UM).

At the end of the semi-final round, 3 teams qualified for the final round, which were UTAR (from Universiti Tunku Abdul Rahman), Geeky Islanders (Universiti Sultan Zainal Abidin), and Adrenaline Rush (UiTM). After a short respite, a fierce final competition was displayed by all 3 competing teams, with UTAR and Adrenaline Rush pushing each other all the way into a tie-breaker.

In the end, UTAR prevailed and was crowned champion of IIPaC 2024; they were awarded RM1000 and individual trophies. Our UiTM team, Adrenaline Rush, brought home RM700, while Geeky Islanders of UniSZA pocketed RM500. During the closing and prize-giving ceremony, Prof. Dr. Nafeeza congratulated all teams who participated, with the hope that all universities continue to support future competitions.



Figure 2: Organising committee and competition snapshots.



Figure 3: Winners of IIPaC 2024.



PRE-CLINICAL ELECTIVE POSTER PRESENTATION AND INNOVATION DAY 2024

By: Assoc. Prof. Dr. Syahrul Azlin Shaari & Dr. Fatmawati Kamal



Pre-clinical Elective Program is an annual activity of four weeks' duration. The participation comes from year 2 MBBS students who have satisfactorily passed their Pre-Clinical Professional Examination. At the end of the program, a poster day is held during the fourth week. This year was no exception, as it was successfully conducted on 29th August 2024 at the Faculty of Medicine UiTM, Sungai Buloh campus.

Students from 44 groups were at the venue as early as 8.30 am at the Academic Building concourse to prepare their posters and, if applicable, their booth to place their innovative products. The day officially started with poster judging by 20 faculty lecturers at 9 am and lasted for 3 hours. Students in each group were required to explain to the judges about their projects during the judging session.

The categories evaluated were the best report, the best poster, and the best innovation. Students and staff of the faculty were then welcomed to participate, not only to view posters but also given the opportunity to vote for the Most Popular Elective Project.

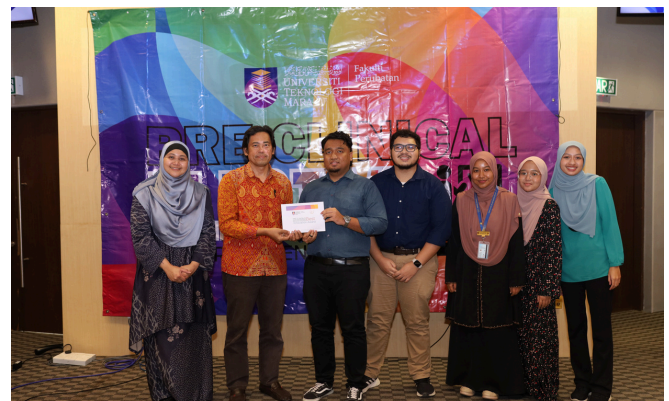
The highlight of the event took place in Auditorium 3 in the afternoon. Both the Deputy Dean of Academic (DDA) and Deputy Dean of Student Affairs graced the event. Following the officiating speech from the DDA, there was a video presentation by Group 2. These students managed to conduct their project at Chiang Mai University, Bangkok, with financial support from the faculty. The prize-giving ceremony took place after the video presentation.

The winners for the best report are 'Healing Hands, Green Hearts: Integrating Health and Environmental Action' for first place, 'Pilates: Stretch Your Stress Away' for second place, and 'Fostering Community Engagement Through Voluntary Service at The National Zoo' for third place.



Subsequently, the best posters were won by 'PyraKids: Kindergarten Food Nutrition Program with Tabika Kemas Kg Changkat, Gombak' for first place, 'Grow, Glow and Know: Unraveling The Secrets of Puberty and Nutrition For Young Minds' for second place and 'MedMarvel: Nurturing Success of the Pre-clinical Medical Student, UiTM Sungai Buloh' for third place.

Finally, the winning projects for best innovations are 'The Assessment of MindMend: MenXal Aid Kit Mobile App' for first place, 'Grow, Glow and Know: Unraveling The Secrets of Puberty and Nutrition For Young Minds' for second place, and 'OSPE Quick Learn' for third place. The winning groups received either Touch and Go vouchers, Shopee Giftcards, or hamper.





MSA-COA 2024 PRE-CONGRESS WORKSHOP ON ULTRASOUND-GUIDED VASCULAR ACCESS: ENHANCING SKILLS FOR SAFER PROCEDURES

By: Dr. Vimal Varma & Dr. Afifah Samsudin



Ultrasound technology has revolutionized clinical practice and patient care in the modern healthcare. It provides non-invasive and radiation-free techniques for various diagnostic and therapeutic procedures. Among its many applications, one of the most impactful has been its use in guiding vascular access.

By enabling real-time visualization of blood vessels and nearby structures, ultrasound-guided vascular access helps clinicians identify the best insertion sites, thus reducing the risk of complications such as arterial puncture, haematoma, haemothorax, and pneumothorax.

This technique streamlines the procedure, resulting in fewer attempts at successful cannulation, improves procedural efficiency, and minimizes the risk of catheter-related infections.

During the 2024 Malaysian Society of Anaesthesiologists (MSA) and College of Anaesthesiologists (COA) Annual Scientific Congress themed My Anaesthesia 2024: Where Science Meets Art, the significance of this technology was highlighted through a pre-congress workshop, Ultrasound-Guided Vascular Access, held on 1st August 2024 at UiTM Sungai Buloh Campus. The workshop, hosted by the Department of Anaesthesiology and Intensive Care, UiTM, was a full-day event comprising a series of lectures and hands-on sessions.

The workshop brought together 27 healthcare professionals across Malaysia and Brunei. It aimed to provide them with a structured, practical approach to utilizing ultrasound for vascular access, particularly in challenging cannulations.

The workshop began with a brief welcome from the organizing committee chairmen, Dr. Shahridan Fathil and Dr. Isqandar Adnan, followed by an opening address by the esteemed Prof. Dr. Karis Misiran. This was succeeded by a series of comprehensive lectures, beginning with Dr. Rusnaini Mustapha Kamar's presentation on the fundamental physics of ultrasounds, which included "in-plane" and "out-of-plane" techniques. Dr. Haslan Ghazali provided an update on the latest guidelines on ultrasound-guided cannulation, while Dr. Lim Teng Cheow covered relevant anatomy via sonography.

The lectures continued with Dr. Shahridan discussing ergonomics, sterility, and preparation for ultrasound-guided venous access procedures, followed by Dr. Nur Hafiizhoh Abd Hamid, who focused on ultrasound-guided cannulation in paediatric patients.



The morning session smoothly transitioned to hands-on training, where participants, divided into smaller groups, rotated through various stations to practice ergonomics, preparation techniques, and real-time cannulation under the guidance of an expert panel of facilitators.



Following a lunch break, the afternoon resumed with Dr. Ahmad Afifi Mohd Arshad delivering a lecture on the selection and use of peripheral, central, and arterial cannulas and catheters. Dr. Mohamad Hanafi Mohd addressed the critical aspects of post-cannulation care and catheter removal.

These lectures were complemented by more hands-on training, focused on the placement of central venous, dialysis, peripheral, and arterial lines, offering participants the chance to refine their skills with real-time feedback. The workshop concluded with an evening tea followed by closing remarks emphasizing the important role of ultrasound-guided vascular access in modern medical practice.

The workshop provided the participants with an invaluable learning experience, allowing them to refine their skills in utilizing ultrasound for vascular access. Ongoing advancements in artificial intelligence and portable ultrasound devices are expected to refine vascular access techniques further, making them more precise and safer for patients. Therefore, training through workshops to acquire these skills is essential, especially in the context of an evolving medical practice.



EDUCAMP 2024: INCULCATING SOFT SKILLS INTO THE NEXT GENERATION OF UiTM DOCTORS

By: Dr. Anis Shafina Mahfudz, Dr. Nadzratulaiman Wan Nordin, Dr. Norazilah Mat Jin, Dr. Noorkardiffa Syawalina Omar, Dr. Zatul Akmar Ahmad & Dr. Norashikin Mohd Ranai

“Education is not the learning of facts, but the training of the mind to think”
~ Albert Einstein

Soft skills are interpersonal skills relating to how one interacts with colleagues, solve problems and manage their work. They include the ability to communicate clearly, work well with others, adaptability and capability to manage their time effectively.

Educamp 2024 has been specifically designed to focus on the development of these critical soft skills for our UiTM MBBS Year 3 students. It was successfully conducted over two intensive days from 12-13th July 2024 in Hospital Al-Sultan Abdullah (HASA) UiTM Puncak Alam.

Educamp 2024 kicked off with a warm welcome from Faculty of Medicine’s Deputy Dean of Academics, Associate Professor Dr. Hazlyna Baharuddin followed by various professional development and motivational talks interspersed with physical enrichment activities for the students.

Associate Professor Dr. Nurul Alimah Nasir, the Head of Department of Medical Education (DoME) inspired the students with her motivational speech, followed by an “Effective Communications Skills” talk by Dr Nora Julianna Osman, Head of Surgical Department and a session on “Overcoming Academic Burnout” by Associate Professor Dr. Salmi Razali from Psychiatry Department.

The students were also blessed to have a “Tips and Tricks from a Super-senior” session by an Alumni of UiTM MBBS Programme, Dr. Zulkifli Abas who is currently an Internal Medicine Physician in Hospital Putrajaya.

A total of 152 students participated in Educamp 2024 and throughout the 2 days they were divided into small groups, where they competed amongst each other in various team building activities such as “Sukaneka”, “Pantun iDART”, “Let’s Debate”, “Sharing is Caring” and “Bakat Medik”. The winners of these sessions are as follows:

SUKANEKA:

- 1st place: Group 16 – “Dynamic Crew”

PANTUN iDART:

- 1st place: Group 9 – “Buzz”
- Best “Pemantun”: Muhammad Syakir bin Ramli

LET’S DEBATE:

- 1st place: Group 13 – “Avengers”

SHARING IS CARING:

- 1st place: Group 3 – “Cianosis”
- 2nd place: Group 13 – “Avengers”
- 3rd place: Group 6 – “Hexaforce”

BAKAT MEDIK:

- 1st place: Group 11 & 12 – “Os femoris & Dantrolene”
- 2nd place: Group 9 – “Buzz”
- 3rd place: Group 6 – “Hexaforce”

BEST CHEER:

- 1st place: Group 11 – “Os femoris”

BEST EDUCAMP TEAM:

- 1st place: Group 15 – “Sportify”

BEST EDUCAMP 2024 FACILITATOR:

- Dr. Norazila Abdul Rahim (ENT)



Figure 1: Best Sukaneka Team – Group 16 – “Dynamic Crew”



Figure 2: Pantun iDART Final Competition with the Best “Pemantun” in action – Muhammad Syakir bin Ramli (Red). Winner: Group 9 – “Buzz”



Figure 3: Best Debate Team – Group 13 – “Avengers”



Figure 4: Best Bakat Medik Performance: Group 11 & 12 – “Os femoris & Dantrolene”



Figure 5: Educamp 2024 Best Team: Group 15 - Sportify



Figure 6: Educamp 2024 Best Facilitator: Dr. Norazila Abd Rahim (ENT)



Figure 7: Educamp 2024 Committee

A special thanks goes to Professor Dr. Fazah Akhtar Hanapiah, Dean of Faculty of Medicine UiTM, Professor Dr. Mohd Zamrin Dimon, Director of HASA UiTM, Associate Professor Dr. Hazlyna Baharuddin, Deputy Dean of Academics and Professor Dr. Ahmad Nazrun Shuid, Deputy Dean of Student Affairs for supporting Educamp 2024.

The Educamp 2024 Organizing Committee would also like extend their appreciation to all the Faculty of Medicine lecturers who have participated as facilitators throughout the Educamp 2024 program.

HASA INAUGURAL CHEMO PORT HANDLING WORKSHOP

By: Dr. Noor Azura Noor Mohamad, Nor 'Ainie Aripin,
Dr. Harissa Hussainy Hasbullah & Norazlina Ismail

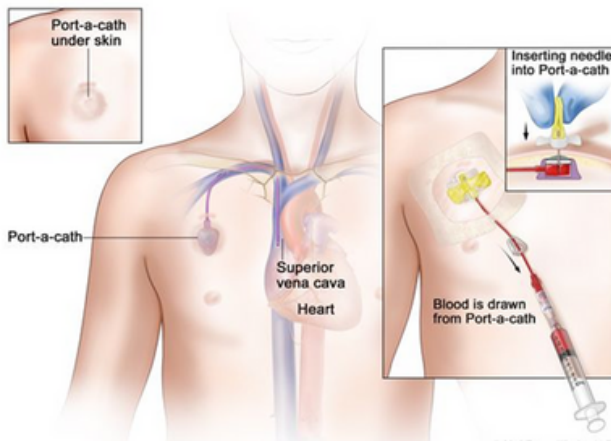


Figure 1: Chemo Port Location in Relation to Anatomical Location and Its Handling, courtesy of [cancer.gov/publications/dictionaries/cancer-terms/def/port](https://www.cancer.gov/publications/dictionaries/cancer-terms/def/port).

Introduction

Oncology patients require a long course of chemotherapy as the primary or recurrent treatment of their cancer. Administration of chemotherapy agents via peripheral venous access results in injury to the vein, pain, and eventual loss of vein functionality over time. Due to the need for long-term treatment, oncology patients in HASA are equipped with chemo ports for the purpose of oncology treatment administration.

Chemo port, also known as port-a-cath (Figure 1) is a small implantable device placed under the skin of the right chest. The device can also be used for drawing blood and administration of other intravenous treatments such as fluids and antibiotics. With great care and maintenance, the device may be utilized for years.

Indication for Organisation of the Workshop

Chemo port is primarily used at oncology daycare service. Patients present to the daycare service to receive the prescribed chemotherapy regime and are discharged home on the same day. However, there are occasional events when patients require inpatient treatment either because of chemotherapy complications or treatment of medical problems indirectly related to primary cancer diagnosis.

As the number of oncology patients increases, nursing staff from oncology daycare service is not able to cater for support of chemo port handling in the ward. In such conditions, staff in the ward are expected to have the knowledge and skill to properly use the device and maintain its longevity.

Event Organisation and Flow

The first chemo port handling workshop was successfully held at Bilik Persidangan 1, Level 2, Hospital Al-Sultan Abdullah (HASA) on Friday, 6th September 2024.

The half-day course was organised by Nursing Department of HASA with the purpose of reducing or avoiding complications while using chemo port, and to fulfil MSQH 6th Edition Hospital Accreditation Standard 2021 requirement which was **Service Standard 9F: Clinical Services - Oncology Services (6.3.2 (CORE))**.

Fifteen staff nurses underwent a pre-test (Figure 2) followed by a series of short lectures. The topics covered were Chemo Port Indication and Insertion Procedure by Miss Nor Faezan Abdul Rashid from Surgery (4th left of lower row in Figure 3), Care and Maintenance of Chemo Port and Health Education for Patient Undergoing Chemotherapy by RN Nurafezza Aliah (4th right of lower row in Figure 3), Management of Cytotoxic Spillage by Miss Amira Nadzira Abdul Hamid (not in the picture) from Pharmacy, Management of Extravasation, Hypersensitivity and Allergy Reaction by RN Muhammad Arifin Abu Hasan (1st right on lower row in Figure 3) from Oncology.



Figure 2: Participants Undergoing Pre-test.



Figure 3: Organiser and Participants of Chemo Port Workshop taken place on 6th September 2024.

Practical Session

The workshop continued with hands-on session for chemo port needle insertion and flushing in, and administration of chemotherapy infusion with equipment sponsored by BD (Figure 4). During the session, the participants were able to experience simulation practice on the equipment before applying their knowledge and skill to the patient under their care.



Figure 4: Demonstration of Chemo Port Handling and the Instruments by BD Representative.

Conclusion

The workshop was concluded successfully with positive feedback received from the participants who represented the wards, Radiology Department, and Intensive Care Unit. The event will be rolled out in another 3 series which tentatively will take place on 4th October 2024, 8th November 2024, and 6th December 2024.

CERVICAL CANCER AWARENESS MONTH 2024 - PREVENTION STARTS RIGHT AWAY

By: Dr. Nurulhuda binti Ahmad Sani



The commencement of a substantial campaign in January is intended to increase awareness of cervical cancer, a condition that impacts thousands of women worldwide.

The cause of cervical cancer is recurrent infections with specific strains of the human papillomavirus, and the disease progresses silently until it reaches an advanced stage.

Cervical cancer rose to become the fourth most frequent cancer worldwide, after lung, colorectal, and breast cancer. It is the third most common among women in Malaysia. In 2020, it claimed at least 300,000 deaths, and the number is rising yearly.

A comprehensive, coordinated, and aspirational plan has been established to direct the eradication of cervical cancer. In May 2018, the WHO Director-General announced a global call for action to eliminate cervical cancer, in which all countries must reach and maintain an incidence rate of cervical cancer below 4 per 100,000 women.

To shine a light on cervical cancer and its elimination strategies, our Department of Obstetrics and Gynecology (O&G) organized a month-long exhibition located at Hospital Al Sultan Abdullah (HASA) Main Lobby Zam Zam and O&G Clinic, targeting healthcare workers, professionals, patients, and the hospital's visitors.



An awareness talk at the Clinico-pathological Conference on January 31, 2024, was held as a collective responsibility to illuminate the path toward early detection, intervention, and comprehensive management. A diverse line-up of speakers includes Dr. Thara Nur Atikah, Dr. Nurulhuda Ahmad Sani from O&G, Dr. Shamsiah (radiology), Dr. Nor Salmah Bakar, and Dr. Muhammad Afif Munshi from pathology, Dr. Harissa (oncology), and Ms. Vivian from MSD, each offering unique perspectives and insights into cervical cancer management.

In conjunction with this imperative cause, the ROSE Foundation and Etiqa Cares offered free HPV DNA screening, underscoring the importance of early detection and prevention. About 100 women, including patients, visitors, and front-line staff, took part in cervical HPV DNA screening on February 22, 2024. We hope this collaboration will continue in jointly eradicating cervical cancer.



Acknowledging that cervical cancer is a condition that can be prevented is crucial. We can significantly lessen its prevalence and impact by raising awareness, supporting routine screening, and advocating for immunization.

Regardless of one's socioeconomic status or location, every woman is entitled to an opportunity for life-saving screening and preventative care. Three important pillars and their matching goals are necessary to achieve that goal. Each country should meet the 90-70-90 targets by 2030 to get on the path to eliminate cervical cancer within the next century.



Collectively, we can effect change and guarantee a future in which no woman endures this preventable affliction. Let us unite in the battle against cervical cancer, aspiring for a world in which every woman can exist devoid of this debilitating illness.

Now is the time to act to eliminate cervical cancer as a public health problem. By providing access to screening services, the O&G Department is empowering women to take charge of their health and well-being. Vaccination and routine screening facilitate the early identification of HPV infections and permit prompt treatments, hence diminishing the risk of cervical cancer.

During Cervical Cancer Awareness Month, let us renew our dedication to advancing women's health and well-being. Let us endorse activities such as awareness seminars, immunizations, and screening programs and collaborate to eliminate cervical cancer permanently.



INTERVARSITY BATTLE OF SKILLS 2024

By: Dr. Mohd Fazrul Mokhtar & Dr. Nabilla Husna Mad Hashim

The Intersvarsity Battle of Skills, held on 19th - 20th July 2024 at the International Medical University, Negeri Sembilan, brought together final-year medical students from across Malaysia for a rigorous and engaging competition.

This esteemed annual event featured teams from 13 universities, including Universiti Teknologi Mara (UiTM), Universiti Malaya (UM), Universiti Kebangsaan Malaysia (UKM), Perdana University, International Medical University (IMU), Manipal University, Quest International University, Royal College of Surgeons in Ireland (RCSI), Penang, Universiti Pertahanan Nasional Malaysia (UPNM), and Universitas Gadjah Mada Indonesia.

Representing UiTM, the team comprised Year 5 medical students - Ahmad Saiful Ridzuan, Muhammad Faiz Ikhwan, Harith Daniel Ahmad Mawardi, and Najah Farahin Zahrilail, under the guidance of lecturers from various clinical departments - Dr. Norashikin Saidon, Dr. Aimy Abdullah, Dr. Noor Azura Noor Mohamad, Dr. Mayuha Rusli and Dr. Mohd Fazrul Mokhtar. Prior to the event, the team underwent intensive skill enhancement training sessions at the Clinical Simulation Centre.



Figure 1: The students and lecturers participated in the Intersvarsity Battle of Skill Competition.



Figure 2: Student in action.

The competition spanned two days, with the first day focusing on an "Explorace" featuring eight stations that tested both academic and non-academic skills. The second day, known as "Battle Day," involved multiple rounds of clinical challenges across various disciplines.

These included solving crossword puzzles with poem-based clues for psychiatry diagnoses and medications, performing fundoscopy and interpreting fundoscopic findings, managing obstetrics cases involving CTG interpretation; demonstrating skin grafting and suturing techniques, and performing adult resuscitation.



Figure 3: "We are ready for the battle!"

The UiTM team advanced to the quarter-finals, demonstrating tremendous spirit and dedication. This is a commendable achievement, particularly since they had never been exposed to such competition before. This opportunity has certainly motivated the lecturers to strategize for future competitions, ensuring continuous improvement and participation.



STOMA WORKSHOP 2024

By: Dr. Nor Faezan Abdul Rashid, Dr. Siti Mayuha Rusli,
Dr. Shahril Khalid, Dr. Mohd Fadhil, Dr. Thania Mohd Radzuan &
Dr. Mohammad Zaki Mohamad Shukri



This one-day event was directed by Dr. Siti Mayuha Rusli, consultant colorectal surgeon in HASA and the day started with series of short lectures on stoma related handling and care as well as the nutrition in patients with stoma.

On 18th July 2024, the Department of Surgery proudly organized our first stoma workshop in Hospital Al-Sultan Abdullah (HASA), UiTM. It was held at the clinical interactive skills lounge, level 3 in HASA.

The program was supported by Convatec company, which specializes in stoma-related materials and equipment as well as care of stoma. The aim of the workshop was to create awareness and provide education on stoma care. A total of 28 participants, including staff nurses, assistant nurses, and medical officers from departments of surgery.

The participants were fortunate enough to have our experienced stoma nurse and nutritionist to share their knowledge related to care of stoma and their nutrition requirement.

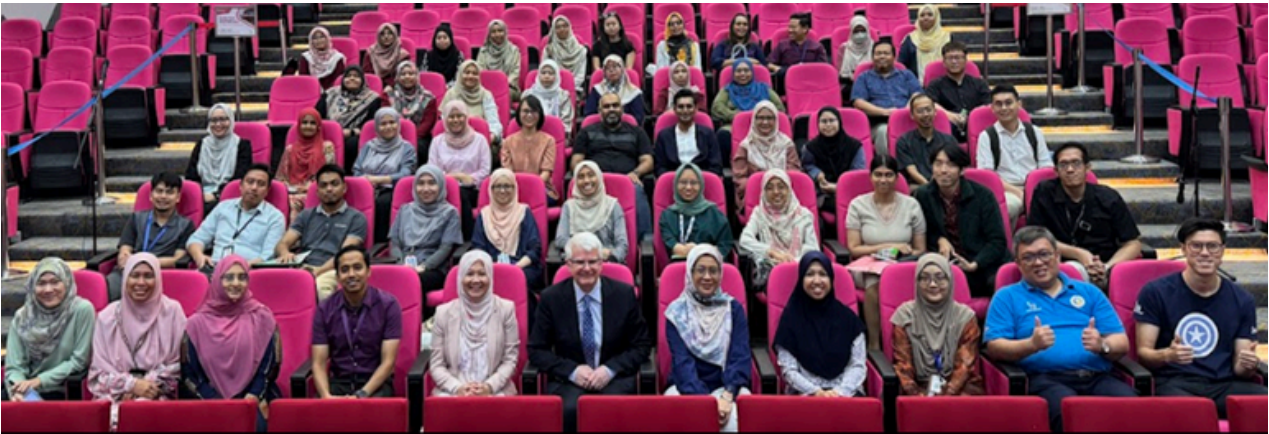




The event was followed by practical sessions where we invited our own patients with a stoma to be part of this educational process. The participants were able to see and handle the stoma by themselves, supervised by our own in-house surgeons, including Dr. Mohamed Izzad Isahak, Dr. Mohd Firdaus Che Ani, and the rest of the committee members. Of course, before the end of the session, the participants were given quizzes to test their knowledge.



We were happy and satisfied with the outcome of this workshop and hoped that this workshop would be our annual event to spread the awareness of care of stoma among healthcare professionals and hopefully, the next event will be opened not just for HASA staff but to other hospitals or clinics nearby.



DIABETES IN PREGNANCY MASTERCLASS – ‘NAVIGATING THE BUMPS’

By: Dr. Fatimah Zaherah Mohamed Shah, Dr. Mohd Hazriq Awang, Dr. Nur Aini Eddy Warman, Dr. Aimi Fadilah & Prof. Dr. Rohana Abdul Ghani

The incidence of diabetes mellitus (DM) in Malaysia continues to increase at an exponential rate, with significant rises in the younger, childbearing population. This was illustrated clearly in the latest Malaysian National Health and Morbidity Survey on Maternal and Child Health 2022, which highlighted that the incidence of diabetes in pregnancy was 27.1%, constituting an almost 15% increase in the incidence within a 5-year period.

Notably, the rapid increase in the number of cases with diabetes in pregnancy in recent years has added a tremendous burden to healthcare costs. DM in pregnancy has risks to both the mother and neonate, leading to intergenerational health concerns. These health impacts on both the mother and offspring range from short-term

complications, such as birth injuries, to long-term effects of deleterious metabolic changes with multiple target-organ damages, higher risk of certain malignancies, and even psychological and behavioral alterations.

This is further compounded by the Asian diabetes phenotype, with emphasis on the higher rate of gestation diabetes among Asians, contracting diabetes and a younger age and lower body mass index (BMI), as well as reduced pancreatic beta-cell mass, all of which contributes to increased numbers of diabetes in pregnancy and higher risk of morbidities and complications.



This diabetes in pregnancy masterclass aimed to address these issues by filling the gaps in the current management structure of this condition. This program was designed with the objective of educating all levels of healthcare workers on the importance of integrated management and to disseminate information on the various treatment modalities available in this country across all levels of medical care.

This novel program focused on a multidisciplinary approach, bringing together healthcare practitioners from varying intersected specialties, namely endocrinology, obstetrics and gynaecology (O&G), paediatrics, and primary care. The speakers and moderators in this program were all highly trained professionals and were actively involved in formulating local and international guidelines.

This masterclass was initiated with an overview on the burden of DM in pregnancy and the effects on mother and child, followed by an in-depth review of diagnosing this condition at different healthcare levels, both delivered by endocrinologists. This was followed by a session from an O&G consultant on management during pregnancy throughout the antenatal and postnatal periods and subsequently progressing to the next step with a comprehensive approach to the offspring during the neonatal period by a paediatrician.

An interactive question and answer session were held with a positive audience response. The second part of this masterclass focused on specialized management of DM in pregnancy, encompassing both oral and injectable therapies, the indications, benefits, and disadvantages, as well as different monitoring modalities, further tailored to multi-level care.

A special feature of this masterclass was then conducted, with a panel discussion featuring endocrinologists, obstetricians, and paediatricians, on a broad spectrum of challenging clinical cases, with active involvement from the participants. This multi-level engagement is imperative in fulfilling the objective of the program and effective short-term and long-term management of both the parent and offspring across generations.

This innovative program was successful, attracting more than 50 participants from various specialties and medical backgrounds, with positive feedback. Utilizing a multi-level engagement, this program helped to facilitate the comprehensive management of diabetes in pregnancy.

Traditionally, the management of medical conditions in pregnancy is frequently compartmentalized, with different specialties working in isolation and only coming together in certain conditions. This masterclass was, in a way, a pioneer in providing a platform for discourse across different departments and acknowledging contributions from various specialties for better patient care.

THANK
YOU

UiTM *di hatiku*

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