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EDITOR-IN-CHIEF

NOTE

WELCOME TO THE FOURTH EDITION OF MEDBULL!

As 2024 ends, we look back on a year of growth, teamwork, and meaningful contributions from the Faculty of Medicine, UiTM. Together, we have celebrated achievements that reflect our commitment to healthcare and education while strengthening our ties with the community.

This issue highlights the impact of our community programs—from health campaigns to volunteer services—showing how our faculty, students, and staff make a difference in many lives.

As we welcome 2025, let us continue to work together with purpose and passion. With your support, we look forward to achieving even more.

Thank you for being part of our journey. Wishing you a wonderful year ahead. See you in 2025!



Dr. Nur Faizah Ali



FACULTY



ACTIVITIES



“THE VALUABLE VOICE OF TEACHERS”

SCHOOL TEACHER SCREENING: COMMUNITY SERVICE WITH SEKOLAH MENENGAH KEBANGSAAN (SMK) SAUJANA UTAMA

By: Dr. Tuang Geng Ju Eric & Dr. Ilmi Akmaludin bin Mohamad



In a groundbreaking initiative to enhance health awareness and promote preventive care, the department of ORL HNS HASA embarked on a community service project aimed at educating secondary school teachers on various ENT diseases.

The event, which took place at SMK Saujana Utama on 28th September 2024, focused on three key areas: Vocal hygiene, Sleep Apnea and Hearing Loss. The primary goal was to equip teachers with valuable knowledge and tools to better identify, manage, and prevent these conditions.

The team of dedicated specialists and allied health team from HASA UiTM, led by Dr. Tuang Geng Ju Eric, organized an interactive workshop for the teachers, providing them with in-depth information on the signs, symptoms, and management of Vocal Hygiene, Sleep Apnea and Hearing Loss. The session emphasized the importance of early detection and intervention in improving outcomes for these conditions. The teachers were actively engaged in discussions, asking pertinent questions and sharing their own experiences and concerns. Additionally, the ophthalmology and orthopaedic department also joined forces with us to conduct eye screenings to detect vision problems early and to provide assessment for bone and joint health, respectively.

In addition to the educational component, the event included practical activities to further reinforce learning and facilitate early detection of ENT issues. Hearing screenings were conducted for all participating teachers, enabling them to assess their own hearing health and identify any potential issues that may require further evaluation. A sleep-related questionnaire was also distributed to assess the teachers' quality of sleep and screen for signs of Sleep Apnea. Basic ENT screenings were offered to provide a comprehensive overview of the teachers' ear, nose, and throat health.

The feedback from the teachers was overwhelmingly positive, with many expressing gratitude for the opportunity to learn more about these crucial health topics. Several teachers shared that they had previously experienced symptoms related to Sleep Apnea, Hearing Loss, or Vocal Hygiene but were unaware of the significance of these issues. By attending the workshop and participating in the screenings, they felt empowered to take proactive steps towards better health and well-being.

The success of this community service initiative highlights the critical role that healthcare professionals play in promoting health awareness and preventive care. By reaching out to the teachers, who are influential figures in the lives of their students, the specialists have laid the foundation for a healthier and more informed community.



“JANTUNG AKTIF, HIDUP PRODUKTIF; JANTUNG SIHAT, MUDAH IBADAH”

By: Dr. Nurulizzah Mahfar, Dr. Ameerah Su’ad Abdul Shakor,
Dr. Mohd Hazim bin Ahmad Fuad, Prof. Dr. Siti Munira Yasin, Dr. Nik Nairan Abdullah,
Assoc. Prof. Dr. Leny Suzana Suddin & Assoc. Prof. Dr. Chen Xin Wee



A vibrant health carnival themed “Jantung Aktif, Hidup Produktif” (Active Heart, Productive Life) and “Jantung Sihat, Mudah Ibadah” (Healthy Heart, Easier Worship) was held on 13th October 2024, at Masjid Al-Azhariah in Seksyen 18, Shah Alam, Selangor.

Organised by fourth-year medical students from the Faculty of Medicine at UiTM Sungai Buloh Campus, in collaboration with Majlis Perwakilan Penduduk Zon Seksyen 18 Shah Alam and Majlis Bandaraya Shah Alam (MBSA), the carnival aimed to raise awareness about active lifestyles, heart disease prevention, and early detection of comorbidities.

The event, which ran from 7.30 am to 1.00 pm, attracted more than 500 participants from the local community. It began with registration and a light exercise session, followed by an official opening ceremony officiated by Associate Professor Dr. Leny Suzana Suddin, Deputy Dean of Industry, Community and Alumni Network of the Faculty of Medicine, UiTM. Dr. Nik Nairan Abdullah, the program advisor and representatives from MBSA and the local community also delivered opening remarks.

The carnival was filled with engaging activities, bright banners and colourful decorations, creating a lively and welcoming atmosphere.

Participants of all ages, predominantly from the older age group, attended the event. Informative posters and displays on heart health, healthy eating, and active living were supplemented by interactive exhibitions with anatomical models and leaflets on adopting healthier lifestyles. A children's corner, filled with laughter and excitement, saw youngsters participating in a coloring competition, word search, human organ puzzle games, Ping Pong Toss, Jenga Trivia Games and Musical Chairs, fostering fun and interaction with the children.



Figure 1: Participants explore various informational health booths promoting active lifestyles and heart health awareness.



Figure 2: Children enthusiastically participate in a Jenga game, sharpening their critical thinking skills during the carnival.

The health screening booths had received overwhelmingly positive feedback. Medical students conducted these sessions, while certified medical professionals offered health consultations. Meanwhile, equipped with portable dental chairs, the Dental Team provided oral check-ups and dental hygiene advice in a bus clinic parked at the mosque's entrance. Concurrently, a health forum held in a mosque hall featured talks by UiTM cardiologists, nutritionists, and religious scholars. These sessions emphasised the importance of a healthy heart in fulfilling religious obligations and engaged attendees in insightful discussions.



Figure 3: Local community members receive health screenings, including blood pressure, BMI, and cholesterol checks.



Figure 4: The Dental Team offers oral check-ups at the mobile dental clinic, providing advice on dental hygiene.



Figure 5: Insightful discussions during the health forum led by cardiologists, nutritionists, and religious scholars.



Figure 6: UiTM students, lecturers, and local community members come together to promote health awareness at the carnival.

The carnival proved to be a successful platform for interaction and collaboration, fostering strong bonds between aspiring medical students, engaged local authorities, and the community. More than just an event, it was a celebration of health, underscoring the potential of community engagement and acting as a catalyst for positive change.

By encouraging the adoption of healthier habits and proactive heart disease prevention measures, the carnival empowered the community to take charge of their well-being. The program concluded at 1.00 pm with Nurfhatin Atirah binti Mohamed Zoefry, a representative of the fourth-year medical students, delivering a heartfelt closing speech, marking the end of a successful event.

ZERO DENGUE HEALTH CARNIVAL “SATU GIGITAN SERIBU SESALAN, SATU TINDAKAN SERIBU PERLINDUNGAN”

By: Dr. Ahmad Afiq bin Abd Malek, Dr. Fatimah Zahra Norman,
Assoc. Prof. Dr. Mohamad Rodi Isa, Dr. Nurhuda Ismail & Assoc. Prof. Dr. Chen Xin Wee



A health carnival entitled ‘Karnival Sifar Denggi’ was held at the MBSA Seri Pagi Hall in Paya Jaras on 12th October 2024, with a slogan of ‘Satu Gigitan Seribu Sesalan, Satu Tindakan Seribu Perlindungan’.

This carnival was organised by the fourth-year medical students (Group 5) from the UiTM Faculty of Medicine, in collaboration with the Department of Public Health Medicine, along with the Majlis Bandaraya Shah Alam (MBSA), Resident Representative Council for Zone 23 (MPP ZON 23), the COMBI team, and the Petaling District Health Office (PKD Petaling).

Considering the local health profile, the program was specifically designed for residents in the surrounding area, particularly in Kampung Paya Jaras Hilir and Zon U19 Shah Alam. This area has been identified as a dengue hotspot, with 22 reported cases recently. Despite no recorded deaths up to epidemiological week 38 of 2024, it is warranted to have prompt preventive and control measures.

Thus, this health promotion carnival aimed at dengue prevention was highly beneficial for the community, providing them with valuable information about dengue, the prevention and control of this disease.



The program began at 7.30 AM with a Zumba session energising the participants before the program continued with various other activities.



Following Zumba, the program continued with a dengue prevention awareness forum. The forum was moderated by Mr. Suhaimi (fourth-year medical student), with a panel comprising Dr. Mas Ahmad Sherzkaween from PKD Petaling; the Chief of the COMBI in the Petaling District, Mr. Ahmad Faudzi Mohd Nazam, and a dengue survivor, Ms. Umi Hani binti Haji Alias. The forum provides valuable information that can be implemented in dengue prevention activities at home or within the community.

The event continued with the opening ceremony at 9.30 AM. The distinguished guests included Mr. Haji Anuar Hj Abd Rahman, a council member from MPP Zone 23; Mr. Rohaisyam Mohd Jombri, the Mukim Sg. Buloh 1 Penghulu; Dr. Mas Ahmad Sherzkaween Mohd Yusoff, a Public Health Medicine Specialist from the Vector-Borne Disease Control Unit, PKD Petaling; Mr. Mohd Faudzi Mohd Nazam, Chair of the COMBI program for Petaling District; and Dr. Mohamad Ikhsan Selamat, a representative from the Faculty of Medicine at UiTM, along with lecturers who served as advisors for the Karnival Sifar Denggi program, Dr. Nurhuda Ismail and Associate Professor Dr. Mohd Rodi Isa. The ceremony was officiated by Mr. Haji Anuar Hj. Abd Rahman, who performed a symbolic pledge titled "Aku Janji Sifar Denggi".





After the opening ceremony, the program proceeded with the main highlight of the carnival, Explorace. This activity aimed to determine which team could collect the most containers that could potentially breed dengue mosquitoes.



In addition, health screening was available for residents, a dengue-themed colouring contest for kids, and health exhibitions also focused on dengue and its prevention from students and PKD Petaling. A few lucky draw sessions were organised to engage the audience and encourage them to participate in the program that day.



The program ended with a prize-giving ceremony. The activities brought joy to those present while incorporating dengue-prevention elements into each event. This approach aimed to ensure that residents received information about dengue in an interactive, relaxed, and easily understandable manner. It is hoped that this information will benefit them and contribute to ending the dengue hotspot in their area.

HENTI.ELAK.BASMI.ASAP.TEMBAKAU (HEBAT) AND STOP NICOTINE ADDICTION AMONG SECONDARY SCHOOL STUDENTS (SNAASSS) 2024

By: Dr. Lina Lohshini Kanoo, Assoc. Prof. Dr. Suraya Abdul Razak, Dr. Nik Munirah Md Nasir, Dr. Hayatul Najaa Miptah, Assoc. Prof. Dr. Ilham Ameera Ismail, Dr. Nafiza Mat Nasir & Dr. Khairatul Nainey Kamaruddin



In line with Malaysia's goal of becoming a Smoke-Free Nation by 2040, serious youth advocacy must be initiated and fully implemented. The evidence to support peer-led intervention and advocacy approaches is abundant and highly effective. This approach, with targeted youth advocacy, is key to nurturing a new generation toward a smoke-free and vape-free culture.

Henti.Elak.Basmi.Asap.Tembakau (H.E.B.A.T) and Stop Nicotine Addiction Among Secondary School Students (SNAASSS) was held on 9th August 2024 in SMK SIERRAMAS was a program organized by the Department of Primary Care Medicine (Quit Smoking Team and Adolescent Team) in collaboration with medical students from the Health Education & Awareness Leaders (HEALx) club, Faculty of Medicine UiTM for the 2023/2024 session.

The implementation of this program aims to raise awareness about the dangers of the nicotine addiction epidemic (cigarettes and vape) among adolescents through advocacy by medical students who act as peer advocates.

Medical students from the Health Education & Awareness Leaders (HEALx) club at the Faculty of Medicine, UiTM Sg. Buloh campus, received training of trainers (TOT) as 'peer advocates' through the adaptation of the Henti.Elak.Basmi.Asap.Tembakau (H.E.B.A.T) module developed by the University Malaya Center for Addiction Sciences (UMCAS).

Equipped with HEBAT, the trained peer advocates were introduced to Stop Nicotine Addiction Among Secondary School Students (SNAASSS©) training module, which is a smoking prevention intervention based on an informal, educational, and peer-led approach created by the Adolescent team of the UiTM Primary Care Medicine Department.

This module consists of training health educators, conducting school awareness campaigns, and peer-led group counseling (peer advocates) among school students who are active smokers/vapers.

Equipped with HEBAT and SNAASSS, the peer advocates executed the intervention program, engaging actively with an equally enthusiastic crowd of 200 Form 2 secondary school students. Chants of HEBAT echoed in the corridors, hallways, basketball courts, and canteen areas, with activities carried out in tandem by the medical students and the school students divided into groups. The students enjoyed the activities while learning and imbibing the strong message passed on through fun and games.

This project aimed to provide new and accurate elements of knowledge, attitude, skills, and aspirations regarding the awareness of the dangers of cigarettes and vaping as well as the awareness of the epidemic of nicotine addiction among adolescents. And all

this was done effectively through advocacy by medical students who assumed the role of peer supporters.

The overall outcome of the half day of the program was measured by the results of a questionnaire distributed to the Form 2 students of SMK Sierramas before and after the program. Results showed a clearly positive response with a rise in elements of knowledge and skill, readiness for change, and change in perception.

In its entirety, this program was the result of hearty collaborative efforts between the university and the school, which has enabled the school to identify at-risk students who smoke cigarettes or vape through active health awareness and to provide counseling and intervention services accordingly. This program will hopefully be expanded to other schools around the Sungai Buloh area.

The Quit Smoking and Adolescent team of Primary Care physicians from the Department of Primary Care Medicine along with our peer advocates from Health Education & Awareness Leaders (HEALx) club wish to thank the Student Affairs Office, Faculty of Medicine, UiTM for unwavering support and to Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani, for officiating the program, on site.

As a follow through, preparations are currently underway for counselling sessions for quit smoking and vaping,

targeting students at risk, conducted by the trained peer advocates and guided by the primary care physician team.

It is our continued mission therefore, to inculcate and empower a smoke and vape free lifestyle among school youth and youth in society, at large.



Figure 1: Opening Ceremony by Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani.



Figure 2 & 3: Karoquiz, the students are asked to connect the lyrics of the song before answering questions about cigarette/vapes.



Figure 4: ACT IT OUT/CHARADES: Students are asked to act out the consequences of smoking and other group members guess the answer for the act.



Figure 5 & 6: GIANT CROSSWORD: The facilitator explains how the station is played.



Figure 7 & 8: Students pen their thoughts on cigarette and vape.



Figure 9: Peer advocates explain the hazards of smoke aided by picture board displays.

'LEMAK SIAPA? BUKAN SAYA!!!' LET'S SHOW THAT FAT AND US ARE NOT COMPATIBLE: A HEALTH PROMOTION PROGRAM

By: Dr. Mohd Hafiez bin Abdull Rahim, Dr. Mohd Shahril bin Ahmad Saman,
Dr. Mohamad Ikhsan bin Selamat & Assoc. Prof. Dr. Chen Xin Wee

Obesity remains one of the most pressing public health challenges in Malaysia, with a national prevalence of 21.8% in 2023, reflecting an alarming 10% increase since 2011, according to the NHMS 2023. In response to this concern, a health promotion program, "Jauhi Obesiti," was organised. Spearheaded by Year 4 MBBS students (Group 4) under the supervision of the Public Health Medicine Department, UiTM.

This initiative was executed in collaboration with various local community organisations, including Majlis Perwakilan Penduduk (MPP) Zon 23, Majlis Bandaraya Shah Alam (MBSA), and residents' associations from nearby localities such as Paya Jaras and Sungai Plong in Sungai Buloh.



Figure 1: Free Health Screening & Consultation with Promotional Activity at Masjid Al Huda, Paya Jaras, Sungai Buloh: Pre- and Post-Friday Prayer.

With an engaging and community-friendly slogan, 'Lemak Siapa? Bukan Saya!!! Let's Show That Fat and Us Are Not Compatible', the program aimed to increase awareness to combat obesity, educate participants on the dangers of obesity and promote healthy lifestyle choices.

A range of interactive activities was introduced to foster community involvement and promote the program, including a virtual fun walk competition, free basic health screenings with consultations, and the distribution of health education materials (flyers, banners, posters, bunting, and pamphlets) physically as well as via social media platforms such as Whatsapp, Facebook, Instagram, and TikTok.

The promotional activities occurred at strategically selected venues such as the community halls, local night markets, the COMBI Gotong-Royong program with residents, and the mosque during Friday prayers.



Figure 2: Free Health Screening & Consultation with Promotional Activity at Masjid Al Huda, Paya Jaras, Sungai Buloh: Pre- and Post-Friday Prayer.

These activities culminated towards the program's main event, an online forum on the 12th of October 2024 via Google Meet. It was officiated by Associate Professor Dr. Hazlyna Baharuddin, Deputy Dean of Academics, Faculty of Medicine, UiTM Sungai Buloh Campus, with opening remarks delivered by Mr. Mohd Danial bin Md. Jusoh, Secretary of Majlis Perwakilan Penduduk (MPP) Zon 23.

The forum featured expert discussions on obesity, with invited speakers Dr. Nur Aisyah Zainordin (Endocrine Medicine Specialist, HASA) and Madam Farah Farhanah Hashim (Dietetic and Food Services Specialist, HASA) offering valuable insights. The fruitful and thought-provoking online forum attracted more than 150 participants/viewers.

Additionally, creative exercise video showcases by the organising students, health quizzes, and lucky draws added an interactive element to the online

program, keeping participants engaged. The event concluded with a prize-giving ceremony to honour the winners.

Overall, this program has successfully met its objectives of raising awareness about obesity and promoting healthy habits. The collaborative effort between students, faculty, and community organisations was instrumental in its success, highlighting the importance of educating the public about the risks of obesity, not only for individual health but for the broader community and healthcare system. The collective efforts of all involved parties were lauded for their contributions to the program's achievements.



Figure 3: Free Health Screening & Consultation with Promotional Activity at Masjid Al Huda, Paya Jaras, Sungai Buloh: Pre- and Post-Friday Prayer.



Figure 4: Free Health Screening & Consultation with Promotional Activity at Kampung Sungai Plong, Sungai Buloh.



Figure 5: Free Health Screening & Consultation with Promotional Activity at Kampung Sungai Plong, Sungai Buloh.



Figure 6: Promotional activity at Paya Jaras Night Market, Sungai Buloh.



Figure 7 & 8: Online Forum with the Specialists via Google Meet.

“KANSER: TAHU, CEGAH, LAWAN”

By: Dr. Rifhan bin Rasuli, Dr. Siti Fatimah Az-Zahra Mohd Hamdan,
Dr. Ely Zarina Samsudin, Assoc. Prof. Dr. Ahmad Taufik bin Jamil &
Assoc. Prof. Dr. Chen Xin Wee

A health promotion event was held in Bandar Baru Sungai Buloh, Selangor, on 13th October 2024, organised by fourth-year medical students from the Faculty of Medicine, UiTM Sungai Buloh (Group 6), under the supervision of Associate Professor Dr. Ahmad Taufik Jamil and Dr. Ely Zarina Samsudin.

The event focused on cancer awareness and prevention, with a particular emphasis on breast, lung, and cervical cancers – selected based on their high prevalence in Malaysia. Additional awareness was raised about colorectal and prostate cancers. The event’s tagline, “Kanser: Tahu, Cegah, Lawan” (Cancer: Know, Prevent, Fight), encapsulated the core message of the day.

The program began with registration, followed by health screenings and opening speeches by the event director, Miss Nur Ain Sabrina Abdul Nasir, and Associate Professor Dr. Hazlyna Baharuddin, Deputy Dean (Academics) of the Faculty of Medicine, UiTM. Encik Zulnizam Shahrani, a council member of MPP Zone 24, officially launched the opening ceremony. This was followed by a chairbik session – an aerobic workout performed seated to accommodate

participants with mobility issues, such as the elderly or those at risk of falls. The session, led by Miss Nur Hana Khalilah Mohd Fauzi, was enjoyable and well-received by attendees.



To further engage the community in a fun and interactive manner, mini-sport activities were organised, including pong and cup games, coconut bowling, musical chairs, and traditional games like congkak. A colouring contest for children featuring cancer-related illustrations was also conducted.

To enhance cancer knowledge and awareness, various health education booths were set up, focusing on topics such as lung cancer and the dangers of tobacco use, breast cancer (with breast self-examination demonstrations), cervical cancer, as well as colorectal and prostate cancers. Interactive booth games helped make the knowledge-sharing process more engaging for the attendees.



All participants were asked to complete pre- and post-event questionnaires and feedback forms to evaluate the program's success in meeting its objectives. The event concluded with a lucky draw and a prize-giving ceremony.

Health screenings throughout the event allowed participants to monitor their body mass index (BMI), blood pressure, and blood glucose levels. Consultation sessions with medical officers followed this. Smokers identified during the screenings were offered counselling to assist with smoking cessation. Additionally, a self-administered Pap smear screening kit was made available, with assistance from healthcare personnel from Paya Jaras Health Clinic.



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