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

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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.