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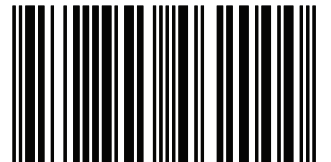
# IMED

# BULL'

FACULTY OF  
— MEDICINE UiTM —



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# EDITOR'S NOTE

Welcome to the second edition of MED BULL', where we continue to highlight the vibrant and dynamic work being done within the Faculty of Medicine UiTM.

This issue celebrates the exciting and meaningful work happening within our faculty. From important developments in clinical practice to hands-on learning experiences that empower our students, we are seeing a wave of innovation, collaboration, and compassion. Our students are not only gaining knowledge but actively contributing to communities through outreach and healthcare initiatives.

In these pages, you'll find stories that reflect our commitment to bettering healthcare, whether through workshops, public health efforts, or the personal growth of our medical professionals. It's all about learning, evolving, and serving with empathy at the core of everything we do.

Thank you for joining us in this journey of growth and impact. We hope you enjoy the read!

Warm Regards,

*Amirah*  
**Dr. Amirah Abdul Rahman**  
 Editor-In-Chief



**A WARM  
 WELCOME  
 TO ALL  
 OUR  
 READERS!**

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# **FACULTY ACTIVITIES**

# LAUNCHING OF CLINICAL PRACTICE GUIDELINES ON MANAGEMENT OF ASTHMA IN ADULTS (SECOND EDITION)

Respiratory Unit, Department of Internal Medicine & Department of Primary Care Medicine

Dr. Aisya Natasya Musa &  
Dr. Mazapuspavina Md Yasin

The Ministry of Health Malaysia officially launched the second edition of the Clinical Practice Guidelines (CPG) on the Management of Asthma in Adults during the 2<sup>nd</sup> Malaysia National Asthma COPD Preceptorship Conference (MNACPC) 2025, held at the Impiana KLCC Hotel. The launch was officiated by YBhg. Dato' Dr. Mohd Azman bin Yacob, Director of the Medical Development Division, Ministry of Health Malaysia.

The MNACPC is an annual national conference held in collaboration with the Malaysian Thoracic Society (MTS). The 2025 edition was co-chaired by Associate Professor Dr Andrea Ban Yu-Lin, Consultant Respiratory Physician at the Faculty of Medicine, Hospital Canselor Tuanku Muhriz (HCTM) Universiti Kebangsaan Malaysia, and Dr Azza Omar, Consultant Respiratory Physician at Hospital Raja Perempuan Zainab II, Kelantan. Dr Aisya Natasya Musa, Consultant Respiratory Physician from Universiti Teknologi MARA (UiTM), served as the Scientific Chair. This two-day conference brought together respiratory physicians, family medicine specialists, and other healthcare professionals to share updates on asthma and COPD management. The highlight of the event was the launch of the revised Management of Asthma in Adults CPG 2025.

The updated CPG was developed by a multidisciplinary team of 16 members chaired by Associate Professor Dr. Andrea



FROM right: Dr. Mazapuspavina Md Yasin, Professor Dr. Fazah Akhtar Hanapiah and Dr. Aisya Natasya Musa.

Ban Yu-Lin, and included Dr. Aisya Natasya Musa and Dr. Mazapuspavina Md Yasin, Consultant Family Medicine Specialists from UiTM. The guideline was developed with guidance from the CPG Unit of MaHTAS, Ministry of Health Malaysia, and underwent external review by both national and international experts. Among the reviewers were



**DATO' AZMAN**, Director of the Medical Development Division, Ministry of Health Malaysia, and Dato' Mat Zuki, Head of Respiratory Service Malaysia, with the Asthma CPG Development Group (DG) committee members and participants of the 2<sup>nd</sup> MNACPC after the launch of the Asthma CPG.



**PROF. DR. FAZAH** receiving the CPG on behalf of the Malaysian Universities.

Professor Dr. Ahmad Izuanuddin Ismail, Deputy Clinical Director of Hospital Al-Sultan Abdullah UiTM and President of the Malaysian Thoracic Society; Dr. Simon Couillard-Vastoguy, Assistant Professor of Medicine and Research Chair in

Respiratory Medicine at the University of Sherbrooke, Canada; and Dr. Toby Capstick, Consultant Pharmacist in Respiratory Medicine at St James's University Hospital, Leeds.

The second edition of the guideline reflects the latest evidence-based practices in asthma care. It emphasises the importance of accurate diagnosis—including the use of spirometry—and prioritises inhaled corticosteroid (ICS)-containing therapy over short-acting beta-agonist (SABA) monotherapy, which is no longer recommended. The guideline provides a structured pathway for personalised asthma management, with clear recommendations for initiation, step-up, and step-down strategies. It highlights the importance of patient self-management through personalised asthma action plans and correct inhaler technique, while also outlining criteria for referral to specialist care and guidance on the use of biologics in severe asthma.

This launch represents a significant step forward in ensuring consistent, high-



**DATO' AZMAN**, Director of the Medical Development Division, Ministry of Health Malaysia and Dato' Mat Zuki, Head of Respiratory Service Malaysia with Asthma CPG Development Group (DG) committee members.



**DATO' AZMAN** blowing spirometry for the launch of the Asthma CPG (2<sup>nd</sup> edition).

quality asthma care across Malaysia. During the event, Professor Dr. Fazah Akhtar Hanapiah, Dean of the Faculty of Medicine UiTM, received the newly launched guideline on behalf of Malaysian universities. The launch reaffirms Malaysia's strong commitment to advancing asthma care through evidence-based practice, multidisciplinary collaboration, and patient-centred management—ensuring that individuals living with asthma receive the highest standard of care, now and in the future.

# COLLABORATIVE FORUM ON GENETIC TESTING AND GENE THERAPY ENGAGES YEAR 2 MEDICAL STUDENTS

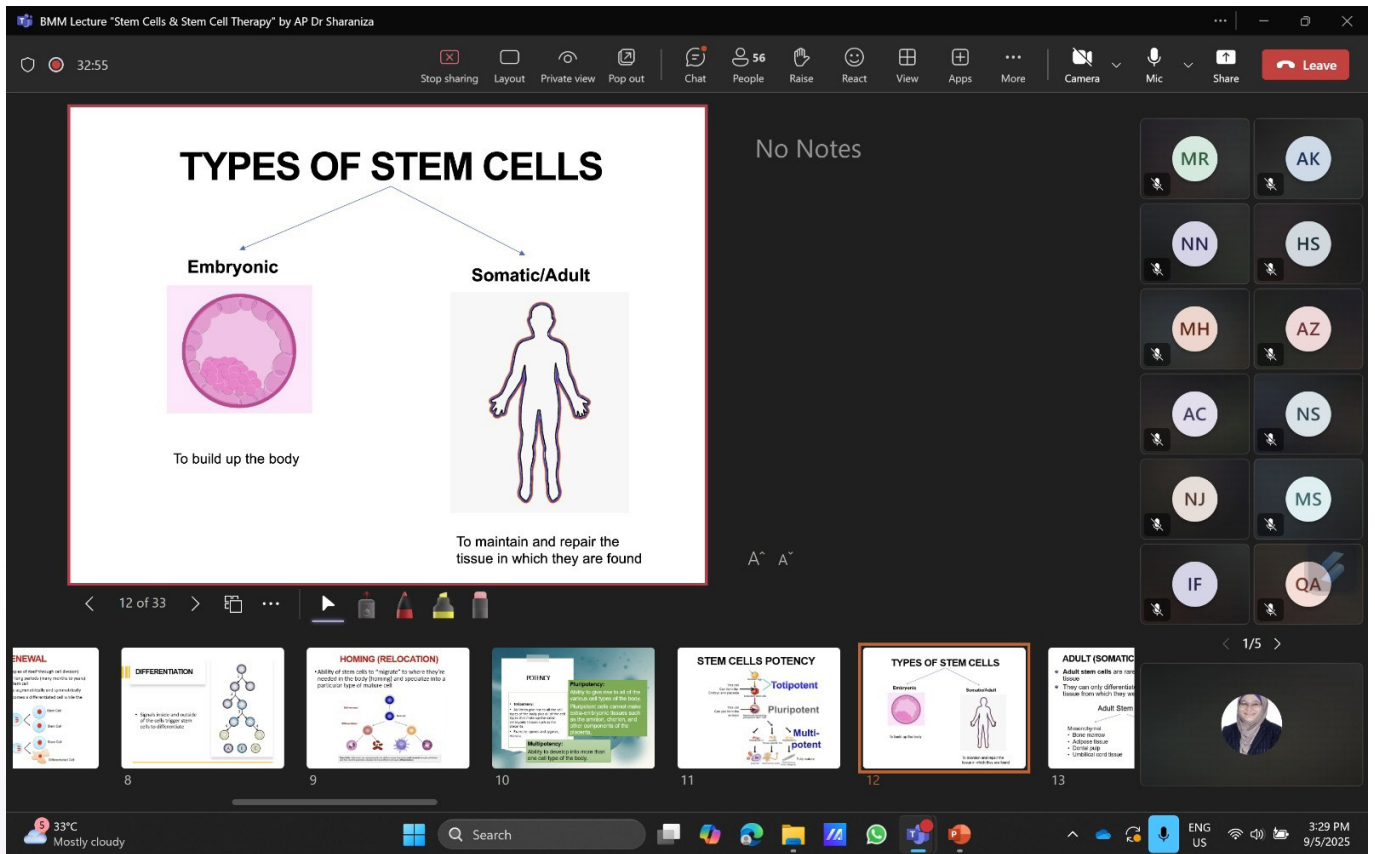
Dr. Amirah Abdul Rahman, Assoc. Prof. Dr. Alyaa R. Mahmood Al-Khateeb & Assoc. Prof. Dr. Sharaniza Ab. Rahim



**ASSOC. PROF. DR. ALYAA** delivering her lecture on 'Prenatal and Newborn Testing'.

Lecturers from the Department of Biochemistry & Molecular Medicine, Faculty of Medicine, recently hosted an engaging session of the Collaborative Group for Collaborative Teaching (CGCT) for the MED212 Reproductive System module on May 8, 2025. The module encompassed two biochemistry and molecular medicine lectures delivered by Assoc. Prof. Dr. Sharaniza Ab. Rahim and Assoc. Prof. Dr. Alyaa R. Mahmood Al-Khateeb.

The topics addressed were Stem Cells and Stem Cell Therapy, as well as Prenatal and Newborn Testing, respectively, proceeding the forum. This distinguished forum focused on Genetic Testing and Gene Therapy, was organized by the Department of Biochemistry & Molecular Medicine, bringing together second-year medical students for an afternoon of interactive learning session from 2:00 PM to 4:00 PM at Auditorium 2, Academic Building, UiTM Sungai



ASSOC. PROF. DR. SHARANIZA discussing 'Stem Cells and Stem Cell Therapy'.

**“**

The event featured an invaluable industry perspective from Ms. Yoon Sook Yee, Head of Genetic Counseling at GENETIX Cancer Research Malaysia. During her presentation on "Genetic Counseling and Testing in Oncology Precision Medicine," Ms. Yoon shared practical insights regarding the importance of genetic testing in cancer diagnosis and personalized treatment approaches.



DR. AMIRAH facilitating the Q&A session and interactive student forum.



**MEDICAL** students and lecturers pose with the guest speaker Ms. Yoon Sook Yee, Head of Genetic Counseling at GENETIX Cancer Research Malaysia, after an insightful forum on genetic testing and gene therapy.

Buloh.

The event featured an invaluable industry perspective from Ms. Yoon Sook Yee, Head of Genetic Counseling at GENETIX Cancer Research Malaysia. During her presentation on "Genetic Counseling and Testing in Oncology Precision Medicine," Ms. Yoon shared practical insights regarding the importance of genetic testing in cancer diagnosis and personalized treatment approaches. Her real-world clinical examples from clinical practice effectively bridge the gap between theoretical knowledge and practical medical applications.

Following the industry session, Assoc. Prof. Dr. Alyaa and Dr. Amirah Abdul Rahman facilitated an interactive forum session. Students participated actively by presenting and discussing on various contemporary topics in the field of medical genetics the case-based discussions encompassed thought-provoking subjects including the advantages and limitations of genetic testing, ethical considerations in

genomics, recent developments in stem cell therapy, and emerging DNA vaccines.

The session concluded with an educational quiz designed to reinforced key concepts while introducing an element of friendly competition. This well-structured program successfully combined expert knowledge from both industry and academia with active student engagement, thereby providing a comprehensive learning experience regarding current advances in medical genetics

The organizing committee wishes to extend its sincere appreciation to Ms. Yoon for generously sharing her invaluable industry experience. We also express gratitude to all participating students for their enthusiastic engagement and to the faculty members who contributed to the success of this CGCT session. Collaborative learning initiatives of such nature can significantly enrich our medical curriculum by providing our students with exposure to various perspectives within the healthcare sector.

# WORLD HEARING WEEK 2025: CHANGING MINDSETS, EMPOWER YOURSELF

Nur Annisa Rohaya Md Zakaria Bhuiyan, Dr. Azrina Ahmad @ Mohd & Dr. Norazila Abdul Rahim

In conjunction with World Hearing Day, the Audiology Unit of the Department of Otorhinolaryngology, Head & Neck Surgery at Hospital Al-Sultan Abdullah (HASA), UiTM, in collaboration with the Faculty of Medicine, UiTM, successfully organized World Hearing Week 2025. The event featured a poster-making competition, a poster exhibition, a briefing on “Universal Newborn Hearing Screening,” and a forum. These activities attracted participation from over 200 individuals throughout the week.

The poster exhibition highlighted key information on hearing care and typical speech development in children, aiming to raise public awareness—particularly

among patients and staff of HASA. The poster-making competition saw active participation from students and staff of HASA and UiTM Sungai Buloh. Out of 32 submitted artworks, three winners were selected by the panel of judges based on criteria of creativity and commercial potential.

On 22nd April 2025, staff nurses from the Neonatal Intensive Care Unit (NICU), Paediatric Ward and Clinic, as well as the Obstetrics and Gynaecology Ward, attended a briefing on the “Universal Newborn Hearing Screening (UNHS)” program. The UNHS program at HASA, implemented by audiologists, has been in operation since 2021. The briefing aimed to enhance awareness among nursing staff regarding the critical importance of early detection of hearing loss and to promote collaborative efforts between audiologists and nurses. This collaboration is essential to achieving a UNHS coverage rate exceeding 95%, as early hearing detection is vital for optimal language and speech development in children.

A pivotal forum titled “Dunia Tanpa Bunyi: Cabaran dan Solusi Rawatan Terkini” was held on 24th April 2024 at Auditorium 1, HASA, attracting over 168 participants, including healthcare professionals, audiologists, students,



DEPARTMENT of Otorhinolaryngology, Head & Neck Surgery, Hospital Al Sultan Abdullah UiTM, Puncak Alam.



“DUNIA Tanpa Bunyi: Cabaran dan Solusi Rawatan Terkini” forum.

educators, advocates, industry representatives, and individuals with lived experiences of hearing loss. The event united all stakeholders under a shared vision: to raise awareness, showcase innovative solutions, and promote collective action towards inclusive and accessible hearing care.

In alignment with the World Health Organization’s global campaign and the annual theme “Changing Mindsets: Empower Yourself,” the forum served as a platform for knowledge exchange and a catalyst for transformative change. It underscored the escalating global impact of hearing loss which currently affects more than 1.5 billion people and highlighted the urgent need for early intervention, preventive strategies, and the integration of advanced hearing services and technologies to improve outcomes and expand access to care.

The program featured a series of plenary sessions and panel discussions moderated by Dr. Muhammad Raziin bin Zainal Abidin. Esteemed speakers included Dr. Azrina binti Ahmad @ Mohd (Paediatric ENT Specialist), Dr. Liew Sook Weih (Paediatric Specialist), Cik Nursyaza Liyana binti Mohd Zamri (Audiologist), Puan Nur Nazihah binti Hazizi (Speech

Therapist), and Encik Mokhtar bin Dollah, the father of HASA’s first cochlear implant recipient who shared his personal experience raising a child with profound hearing loss.

The discussions covered a broad range of topics, including national hearing screening initiatives and the



“PARTICIPANTS of the forum on 24<sup>th</sup> April 2025.



**POSTER** exhibition during World Hearing Week HASA 2025.

latest advancements in digital hearing technologies. A key highlight was the presentation on the successful implementation of cochlear implantation services at HASA.

As the forum concluded, its impact extended far beyond World Hearing Week. Participants left not only better informed but also deeply inspired to act committed to advancing hearing health for all and ensuring that no voice goes unheard.



**PRIZE-GIVING** ceremony for Poster Making Competition World Hearing Week 2025.





# KARNIVAL KESIHATAN ORANG ASLI 2025: A COMMUNITY HEALTH OUTREACH BY UiTM MEDICAL STUDENTS

**I** Dr. Awla Mohd Azraai & Nurul Fatin Najihah Isa

**THE** Dean of the Faculty of Medicine, Prof. Dr. Fazah Akhtar Hanapiah, with Puan Ruhannah binti Masruki, MPS Council Member for Zone 4 and Dr. Awla Mohd Azraai, the programme advisor.

**O**n 25<sup>th</sup> May 2025, the Dewan Serbaguna Komuniti Orang Asli Gombak came alive with the spirit of community, health, and empowerment during a meaningful outreach programme, *Karnival Kesihatan Orang Asli 2025*, organized by *Persatuan Mahasiswa Harmoni* Fakulti Perubatan UiTM (HARMONI), for the second time. The event was held in collaboration with Hospital Orang Asli Gombak (HOAG), the Community Committee of *Majlis Perbandaran Selayang* (MPS), and the Medical Student Association (MESTA).

The programme, aimed at promoting health awareness and strengthening ties with the local *Orang Asli* community, was





**THE** participants and organisers of the Karnival Kesihatan Orang Asli 2025 in Dewan Serbaguna Komuniti Orang Asli Gombak.

generously sponsored by MPS, IM Global Property Consultant Sdn. Bhd., and the Malaysian Relief Agency. Nearly 100 residents from the nearby *Orang Asli* village participated in the half-day event.

The event was officiated by Puan Ruhanah binti Masruki, MPS Council Member for Zone 4 and Chair of the Women's Affairs and Community Committee. Her opening remarks highlighted the importance of community engagement in public health



**The programme, aimed at promoting health awareness and strengthening ties with the local Orang Asli community, was generously sponsored by MPS, IM Global Property Consultant Sdn. Bhd., and the Malaysian Relief Agency. Nearly 100 residents from the nearby Orang Asli village participated in the half-day event.**

and praised the collaborative efforts of the students, healthcare professionals, and sponsors. Also, in attendance was Puan Zuraidah binti Abdul Majid, Deputy Chair of Women's Affairs and MPS Council Member for Zone 21, who showed strong support for the initiative.

Representing the Faculty of Medicine, Prof. Dr. Fazah Akhtar Hanapiah, Dean of the Medical Faculty, graced the event along with Dr. Chua Yung An, representing the Deputy Dean of Student Affairs, and Dr. Awla binti Mohd Azraai, the Programme Advisor. Their presence reflected the faculty's strong endorsement of student-led initiatives that go beyond the classroom and into the heart of the community.

A total of 35 dedicated medical students from HARMONI, along with 3 students from MESTA, actively participated in facilitating various activities throughout the event. Among the highlights were an energising aerobic exercise session, practical demonstrations on cardiopulmonary resuscitation (CPR), and proper hand hygiene techniques—key skills that could save lives in emergencies and prevent the



**MEDICAL** students from HARMONI and MESTA promote health awareness through interactive booth sessions.

spread of disease.

The students also set up interactive health awareness booths focusing on topics such as healthy lifestyle, chronic disease prevention, and mental well-being. These booths served not only to educate but also to foster meaningful dialogues between the students and community members. Meanwhile, a team from Hospital Orang Asli Gombak provided on-site health and dental screenings, ensuring the villagers had access to essential health services.

The programme exemplified the value of collaboration between academic

institutions, healthcare providers, local authorities, and the community. It demonstrated how student-led outreach initiatives can play a crucial role in promoting public health, particularly among underserved populations such as the *Orang Asli*.

The success of the event underscores the commitment of UiTM's medical students and partners to uplifting the community through compassion, education, and service. It is hoped that such initiatives will continue to grow, fostering healthier and more connected communities across the nation.



**STUDENTS** from HARMONI demonstrating CPR techniques to the Orang Asli community.

# MULTIPLE MINI INTERVIEW (MMI) - STUDENT SELECTION 2025/2026



**ORGANISING** committee from the Department of Medical Education, Faculty of Medicine, UiTM.

■ Dr. Siti Norashikin Mohd Tambeh

The Multiple Mini Interview (MMI) is a crucial component of the MBBS admission process at the Faculty of Medicine, Universiti Teknologi MARA (UiTM). Designed to evaluate non-cognitive attributes essential for the medical profession, the MMI offers a fair, structured, and comprehensive assessment of each

applicant's readiness to pursue a career in medicine.

The MMI was held over three days, from 10 to 12<sup>th</sup> June 2025 at the Faculty of Medicine, UiTM Selayang Campus. This rigorous interview process comprised a series of timed stations, each designed to assess specific attributes, including ethical reasoning and empathy, critical thinking, communication skills, and teamwork.

**MMI 2025/2026** candidates undergoing document verification during registration at the Faculty of Medicine, UiTM.





**CANDIDATES** seated outside interview rooms as per station allocation during MMI 2025/2026.



**CANDIDATES** waiting their turn to be interviewed.



**The organising committee diligently planned, coordinated, and reviewed MMI station content to ensure alignment with the programme’s objectives. Training and calibration sessions were conducted to standardise assessments, ensuring consistency and fairness in evaluating prospective medical students.**

**THE** success of the MMI 2025/2026 was made possible through the dedication and collaboration of the Organising Committee, comprising academic and administrative staff from the Faculty of Medicine, UiTM.

Preparations began in early March 2025. The organising committee diligently planned, coordinated, and reviewed MMI station content to ensure alignment with the programme’s objectives. Training and calibration sessions were conducted to standardise assessments, ensuring consistency and fairness in evaluating



**LOGISTICS** staff assisting candidates during MMI 2025/2026 at the Faculty of Medicine, UiTM.



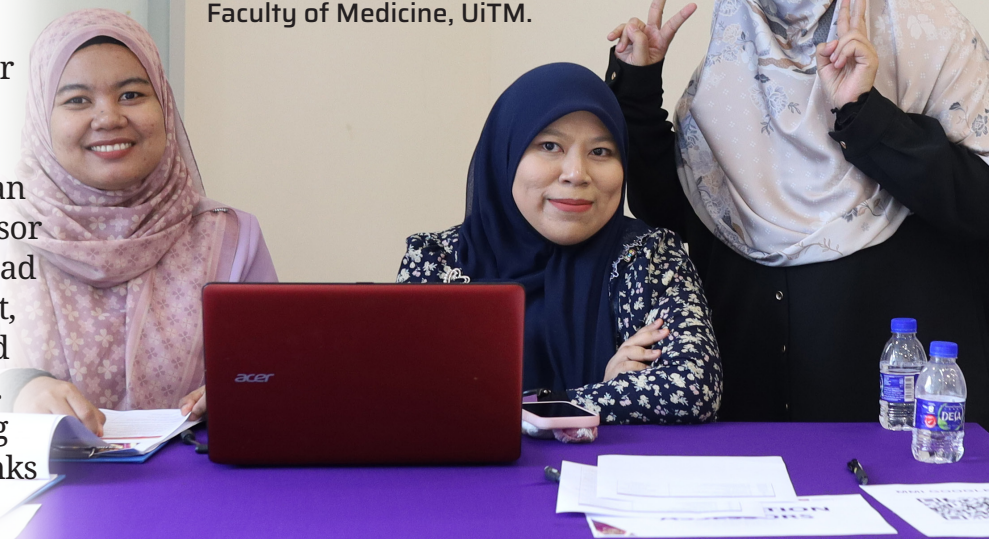
**CANDIDATES** engaging in group tasks during the MMI teamwork station.

prospective medical students.

A special note of appreciation goes to Professor Dr. Fazah Akhtar Hanapiah, Dean of the Faculty of Medicine; Associate Professor Dr. Hazlyna Baharuddin, Deputy Dean (Academic); and Associate Professor Dr. Nurul Alimah Abdul Nasir, Head of Medical Education Department, for their unwavering support and guidance throughout the process.

The MMI 2025/2026 Organising Committee extends heartfelt thanks to all lecturers and staff of the Faculty of Medicine who served as assessors, as well as the faculty and department support staff for their tireless efforts and dedication. Their commitment was instrumental in making this year's MMI a success.

**ASSESSORS** registering before the start of the interview sessions at the Faculty of Medicine, UiTM.



**ORGANISING** committee from the Academic Affairs, Faculty of Medicine, UiTM.

# DIABETES UPDATE WORKSHOP – ‘ALIGNING INNOVATION WITH TRADITION’

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

The prevalence of Type 2 diabetes mellitus (DM) has been increasing exponentially in Malaysia, from 11.2% in 2011 to 18.3% in 2019 and to 15.6% in 2023. Additionally, the rate of undiagnosed diabetes is even more concerning, with almost 84% of adults in the younger age group of 18 to 29 years unaware of their diagnosis, according to the latest nationwide survey in 2023.

The burden of morbidities due to diabetes complications highlights the



**PANEL** discussion with robust participation from attendees.

challenges in maintaining disease control. Advances in diabetes technologies have improved patient care, and many of these advances are becoming increasingly viable options in Malaysia. However, feasibility of use of these technologies in the general public will need enhanced practical knowledge among relevant healthcare workers. Hence, a diabetes management update workshop was designed for practical information dissemination among frontline medical practitioners from various training backgrounds on the use of modern technologies in DM management. This program was conducted at Hospital Al-Sultan Abdullah in February 2025, themed ‘Aligning Innovation with Tradition’.

The program was initiated with an introductory session on the different diabetes technologies available and their use in the landscape of rapidly shifting diabetes targets and approaches to management. Advanced insulin delivery devices, especially the continuous subcutaneous insulin infusion, were also introduced, with their indications and contraindications. An overview of targets of monitoring and control and titration of medication was shared, followed by a robust question-and-answer session.

The next few topics concentrated on specific patient populations, encompassing diabetic kidney disease and elderly diabetes, in pregnancy and diabetes management in Ramadhan, each delivered by the respective content experts. This was followed by a dedicated panel discussion, consisting of endocrinologists and content experts, discussing various clinical scenarios and management approaches, with considerable participation from the attendees.

Subsequently, small-group sessions on specific topics were conducted on a rotatory basis. The themes consisted of (1) insulin practicalities, especially during travel, such as Umrah or Hajj



**CONTINUOUS** glucose monitoring device (CGM) demonstration.

pilgrimages – delivered by nurses and diabetic educators; (2) optimal lifestyle modifications for people with diabetes, including use of apps and software technologies to aid in calculation of carbohydrates in diet and energy expenditure and recommendations on medication titration during exercise – coordinated by dietitians and

rehabilitation physicians; and (3) diabetes management during acute illness and while taking specific medications such as steroids - a session on, anchored by physicians and endocrinologists.

A special feature of this workshop was a practical session on the use of continuous glucose monitoring (CGM) devices in the management of DM. This featured session was initiated by familiarizing the participants with types of CGM machines available locally, their use in clinical practice, and the indications, precautions and contraindications. Following that, a few real-life cases were illustrated, emphasizing the advantages and challenges of using CGM in clinical practice. Subsequently, a hands-on practical session was conducted, with participants given the opportunity to attach and read the machine on a few actual patient volunteers.

This program garnered huge interest, attended by 150 participants, and was concluded successfully with numerous positive feedback and requests for regular training programs.



**GROUP** photo with the organizers, content experts and participants of the Diabetes Management Update Workshop.

# GASTROUITM G.I MOTILITY WORKSHOP 2025

Dr. Nabilah Izham, Dr. Thevaraajan Jayaraman, Dr. Khairil Khuzaini Zulkifli, Dr. Kularaja Krishnan, Dr. Mohd Hasnul Helmi Zulkifli, Dr. Annamalai Chandramouli & Dr. Rafiz Abdul Rani

**O**n 24-25 April 2025, the Gastroenterology and Hepatology Unit (GastroUiTM) proudly organised the fourth iteration of the GastroUiTM G.I. Motility Workshop at the Clinical Skills Centre and Endoscopy Unit on Level 3 of Hospital Al-Sultan Abdullah UiTM.

Supported by Medicpro Healthcare, the workshop attracted a total of 55 participants. Attendees included nurses, medical officers, specialists and consultants both locally and internationally, and encompassing the public and private sectors.

The two-day programme began with a pre-workshop quiz followed by a series of lectures designed to revise and enhance the understanding of High-Resolution Impedance Manometry (HRIM) and 24-hour pH impedance interpretation.

Participants benefitted from valuable hands-on sessions, interpreting HRIM and pH impedance tracings of real-life cases under the guidance of internationally recognized neurogastroenterology and motility experts - Prof. Dr. Lee Yeong Yeh from Universiti Sains Malaysia and Assoc. Prof. Dr. Andrew Ong from Duke-NUS Medical School and Singapore General Hospital. Both are renowned for their expertise and commitment in education of in this very niche area of gastroenterology. A clinical case challenge was also held, where participants, divided into four teams, competed by answering case-based questions. Prizes were awarded to the winning team during the workshop dinner.



**LECTURE** session on HRIM interpretation.

**CLINICAL** case challenge.





**LIVE** demonstrations of oesophageal mucosal integrity testing.



**OESOPHAGEAL** mucosal integrity testing case discussion.

Day two featured live demonstrations of oesophageal mucosal integrity testing by Dr. Ngiu Chai Soon of Cardiac

Vascular Sentral Kuala Lumpur (CVSKL). Moderated by Dr. Thevaraajan with panellists including both Prof. Dr. Lee Yeong Yeh and Assoc. Prof. Dr. Andrew Ong. Participants had the rare opportunity to witness firsthand this new diagnostic technique, which undoubtedly will be the future of neurogastromotility. An engaging question-and-answer session allows direct interaction of the participants with the expert panel.

The workshop concluded with case discussions presented by the GastroUiTM team, featuring a case series of increasingly complex and challenging real motility cases. These sessions encouraged interactive dialogue and expert input, enriching the learning experience.

Overall, the workshop successfully met its objectives of increasing awareness of G.I. motility, enhancing knowledge and allowing close interactions with renowned experts. The positive feedback ensures the workshop is on the right track, and moving forward, we will endeavour to further develop our motility services and establish UiTM as a regional hub for training and excellence in the specialised field of gastrointestinal motility.



**PRESENTING** a token of appreciation to the owner of the old folks' home, Puan Muji.

## ZAMAN KE ZAMAN 2025: A LESSON IN EMPATHY AND SERVICE

■ Dr. Muhammad Fairuz Azmi

**I**t began like any other Saturday: early, quiet, and full of anticipation. However, for 32 medical students from the Faculty of Medicine, UiTM, 19 April 2025 became far more meaningful than a typical weekend. As part of the *Zaman ke Zaman* programme, students visited *Pusat Jagaan dan Rawatan Orang Tua Al-Ikhlas* in Puchong, embarking on a journey that would offer lessons no lecture hall could provide.



The program’s highlight came during a dialogue with the centre’s founder, Puan Muji, who shared the financial and emotional challenges of running the facility. The centre largely relies on contributions from residents’ families and personal support from the founder herself.

MESTA, in collaboration with *Kelab Harmoni*, organised the visit to nurture empathy and social awareness among students. From the moment they stepped into the centre, it was clear that the day would be filled with warmth. The residents’ smiles spoke volumes,

welcoming the students not as visitors but as companions.

Activities started with morning aerobics – students and residents swaying side by side, laughter echoing through the hall. Students then divided into groups: some engaged in storytelling and song sessions with residents, others helped prepare meals, and the rest conducted basic health screenings. What stood out wasn't the checklist of activities but the sincerity behind each moment. One student remarked how singing a simple Raya tune together created an unexpected bond with a resident who rarely spoke.

The program's highlight came during a dialogue with the centre's founder, Puan Muji, who shared the financial and emotional challenges of running the facility. The centre largely relies on contributions from residents' families



**THREE** clinical students performed a basic health check-up on one of the residents..

and personal support from the founder herself. She also addressed the stigma often associated with care homes, encouraging understanding that such decisions are often made in the best interest of the elderly.

Moved by this, MESTA presented a speaker system to support the home's wellness sessions – a small but heartfelt gesture of appreciation.

Behind the scenes, Salma Auni Masturah, the program director, and her

committee dedicatedly led the program under the guidance of program advisor Dr. Muhammad Fairuz Azmi and the Deputy Dean for Student Affairs, Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani.

As educators, we take pride in programmes like this, which bridge clinical knowledge with community compassion. *Zaman ke Zaman 2025* achieved its goals and left a lasting impression on everyone involved.



**UiTM** students joined the morning aerobic with the residents of Pusat Jagaan dan Rawatan Orang Tua Al-Ikhlas.



THE speaker and participants' online photos.

# UiTM EXCLUSIVE UTIMAS WEBINAR! LIFE STARTS AFTER 40 YEARS: WEIGHT MANAGEMENT APPROACHES ORGANISED BY UTIMAS UiTM



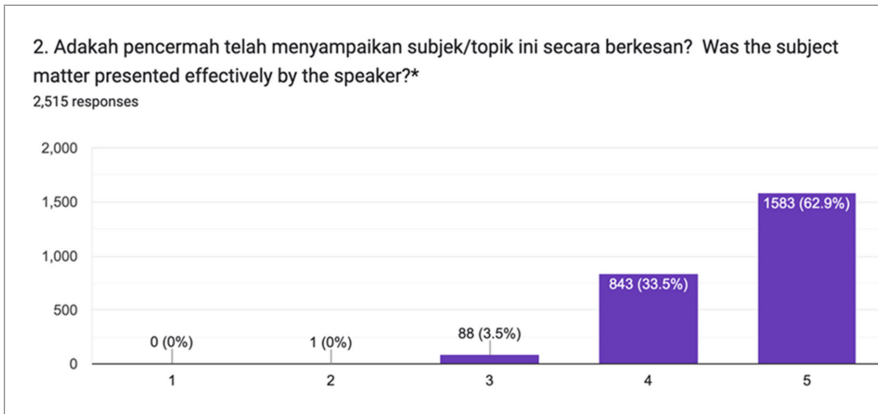
**POSTER** Exclusive UTIMAS Webinar!  
Life Starts After 40 Years: Weight  
Management Approaches.

## ■ Dr. Mazapuspavina Md Yasin

UiTM's Weight Management Clinic (WMC) at Hospital Al-Sultan Abdullah UiTM (HASA) is a multidisciplinary clinic that includes consultants from various specialities, including family medicine specialists, endocrinologists, rehabilitation medicine physicians, dietitians, nutritionists, clinical psychologists, and diabetic educator nurses. It was founded in 2017, and the clinic currently operates at Rehabilitation Clinic HASA, with a total accumulated patient count of approximately 300. The WMC has a structured programme that focuses on patients' obesity health and complications screening and assessment, as well as non-pharmacological and pharmacological management and hands-on dietary and physical activity management, with weight management learning modules and



**THE feedback 1 from participants.**



**THE feedback 2 from participants.**



**THE feedback 3 from participants.**

support group sessions. The intended outcome is for patients to achieve a weight loss of at least 5-10% within the 7-month program. Dr. Mazapuspavina Md Yasin is a team member from the PCM department at WMC, and Assoc. Prof. Dr. Mahenderan Appukutty

is a sports and exercise nutritionist from the Faculty of Sports and Recreational Sciences at UiTM and a council member of UTIMAS.

UTiMAS is the Persatuan Akademik Universiti Teknologi MARA (Universiti Teknologi MARA

Academic Association), established in 2003. UTiMAS is a non-governmental organisation (NGO) formed by professors and associate professors at Universiti Teknologi MARA (UiTM). The primary mission is to support and enhance university policies and advocate for the welfare and professional development of academic staff. UTiMAS also organises events, webinars, and collaborative programmes aimed at fostering academic excellence and community engagement.

The webinar aimed to raise awareness and provide exposure and knowledge about the importance of healthy lifestyle practices with a catchy tagline: “Are you over 40 and looking for effective strategies to maintain a healthy weight? This webinar will provide expert insights into weight management approaches tailored for individuals in their 40s and beyond”.

In the webinar, participants were introduced to the key physiological and biochemical changes that occur after age 40. Muscle mass reduction of 3–8% per

decade and basal metabolic rate (BMR) decline due to sarcopenia (age-related muscle loss), which promotes fat accumulation. The importance of knowing the types of eating behaviours related to hunger, satiety, and obesity (homeostatic eating, hedonic eating, emotional eating, mindless eating, binge eating, night eating syndrome, social or environmental eating and restrained eating). How hormonal changes are related to ageing and weight (testosterone, oestrogen, insulin resistance, growth hormones, cortisol, thyroid, leptin, ghrelin, adiponectin, parathyroid hormones, melatonin, dopamine and serotonin). The speaker also highlighted the new classifications of obesity and the benefits of weight loss, how to boost “happy hormones” [endorphins, oxytocin, serotonin, dopamine, nor-epinephrine and brain-derived neurotrophic factor (BDNF)], and exercises that improve mood, motivation, cognitive function and overall well-being.

The exercises suggested were progressive resistance training, high-

intensity interval training (HIIT), balance and flexibility exercises, aerobic exercises, and functional training. In terms of calorie intake, the evidence-based types of dieting, such as the low-carb diet (<50 g carbs per day), low-fat diet, dietary approach to stop hypertension (DASH diet), high-protein diet (70-100 g protein per serving), Mediterranean diet, intermittent fasting, food portion control diet, and very low-calorie diet (VLCD), were introduced. Other approaches included recognising multiple names for sugars, learning how to read food labels, and keeping a food diary. Participants were urged to undergo medical checks and seek advice from a registered practitioner instead of relying on social media “doctors”.

The responses to the webinar were overwhelming, with over 2,500 participants. The feedback was excellent, due to its usefulness and the invaluable information shared. We want to thank and extend our gratitude to everyone involved. “Weight Loss Is More Than A Physical Challenge; It’s A Mental Challenge.”



**THE** speaker with online attendance reached 1000 participants at the beginning of webinar.





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UiTM *di hatiku*

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