

No. 3 / 2025

# LMED

# BULL'

FACULTY OF MEDICINE UTM



# A WORKSHOP AIMED AT EMPOWERING GENERAL PRACTITIONERS WITH THE LATEST HYPERTENSION MANAGEMENT GUIDELINE



**I** Assoc. Prof. Dr. Ilham Ameera Ismail & Dr. Khairatul Nainey Kamaruddin

**O**n 2–3 August 2025, a two-day seminar & Workshop on the management of hypertension was held at the Royale Chulan Damansara Hotel with the theme of “upskilling practices, updating knowledge”. It was organised by the Persatuan Doktor-Doktor Islam Malaysia (PERDIM), in collaboration with the Academy of Family Physicians of Malaysia (AFPM) and the Faculty of Medicine, Universiti Teknologi MARA (UiTM). The event brought together over 100 general practitioners (GPs) from across the country with a shared goal, to strengthen clinical competence in the diagnosis, risk stratification, and management of hypertension according to the Malaysian Clinical Practice Guidelines (CPG) on Hypertension.

Hypertension remains one of Malaysia’s most pressing public health challenges, contributing significantly to cardiovascular



**DAY 1** group photo of workshop participants, speakers and facilitators.

morbidity and mortality. As frontliners in primary care, GPs are instrumental in early detection, optimal treatment, and patient education. This workshop provided a unique platform for interactive, case-based learning guided by CPG recommendations, ensuring that participants could translate evidence-based knowledge into effective daily practice.

The programme featured 6 expert speakers, 10 facilitators, and 12 real-world



**ASSOC. PROF. DR. SITI FATIMAH**, Assoc. Prof. Dr. Ilham, Dr. Mazapuspavina and Dr. Khairatul during their respective sessions.



**WITH** colleagues who are fellow family medicine specialists from the AFPM and the organizing committee.



clinical scenarios designed to encourage critical thinking, collaborative discussion, and practical problem-solving. The format combined lectures, scenario-based workshops, and interactive assessments, ensuring participants left with enhanced clinical confidence.

UiTM's Faculty of Medicine was well represented, with several Family Medicine Specialists, who are also lecturers from the



Department of Primary Care Medicine, taking key roles as speakers and facilitators:

- Assoc. Prof. Dr. Siti Fatimah Badlishah Sham delivered the opening session on Overview of Hypertension, providing a concise yet comprehensive update on epidemiology, pathophysiology, and diagnosis.

- Dr. Khairatul Nainey Kamaruddin led Hypertension session in Special Groups – Part 1, discussing management nuances in patients with comorbidities such as diabetes, chronic kidney disease, and in the elderly.

- Dr. Mazapuspavina Md Yasin presented Hypertension in Special Groups – Part 2, focusing on younger adults, women of reproductive age, and pregnancy-related hypertension.

- Assoc. Prof. Dr. Ilham Ameera Ismail served as a workshop facilitator, guiding group discussions and ensuring participants navigated case scenarios effectively.

Participants also benefitted from insights shared by the chairman of the national CPG management of hypertension, Professor Dr Abdul Rashid Abdul Rahman, talks by cardiologists, and problem-based learning sessions by experienced family medicine specialists from the AFPM, providing a multidisciplinary perspective on hypertension care.

Some of the participants in the workshop have been a GP in the community for more than 30 years, giving opportunities for real-life experience sharing and knowledge updates, making the sessions engaging and interactive.

By actively contributing to this national workshop, UiTM Family Medicine Specialists once again demonstrated their commitment to advancing primary care standards in Malaysia. As hypertension continues to be a major health burden, such collaborative educational initiatives remain vital in ensuring that every patient receives the best possible care, right from the first point of contact in the community.