

No. 3 / 2025

IMED BULL'

FACULTY OF MEDICINE UTM



eISSN 2805-4628

9 772 80 54 62 00 0



A role-play activity to enhance understanding of how HIV attacks CD4 cells.

UiTM CHAMPIONS HEALTH ADVOCACY ON HIV PREVENTION THROUGH U-CARE CONFERENCE 2025

Assoc. Prof. Dr. Ilham Ameera Ismail, Dr. Aiza Nur Izdihar Zainal Abidin, Muhammad Zahiruddin Zaki & Dr. Nurfazlinda Md Shah

Universiti Teknologi MARA (UiTM) continues to strengthen its role in educating and empowering students as agents of public health change with the successful organisation of the U-CARE (University-Community Action on Reducing Epidemic) 2025 Conference. The three-day event was held at the Copthorne Hotel, Cameron Highlands, Pahang, on 20-22 June 2025.

This strategic initiative was organised by the UiTM Health Centre under the Student Affairs Department, in collaboration with Kelab HEAL-X-KAMI (*Kesihatan Anak Muda IPT*) and the Malaysian AIDS Council (MAC). It is supported by the KAMI-IPT programme under the Ministry of Higher Education (MoHE), Malaysian AIDS Foundation (MAF)

and *Persatuan Insan Murni Malaysia* (IMAM).

A total of 57 students from various faculties and five UiTM campuses, Shah Alam, Puncak Alam, Puncak Perdana, Sungai Buloh, and Tapah, participated in this conference, including five medical students from the Faculty of Medicine (FoM). Carrying the theme “Educate, Empower, Eradicate”, the conference aimed to develop and empower students as peer educators to address the spread of HIV/AIDS among youth.

The opening ceremony was officiated by Dr. Shairul’azam Sahar, Director of UiTM Health Centre, on behalf of the Deputy Vice-Chancellor of Student Affairs. He highlighted the vital role of club members as health ambassadors capable of delivering accurate information about infection risks, prevention strategies, and access to treatment and support services. Dr. Nurfazlinda Md Shah, Programme



STUDENTS doing the hands-on activities.

Advisor and Public Health Specialist at UiTM shared that this initiative represents a holistic approach to enhance health literacy, strengthen advocacy skills, and build students' capacity to address stigma and discrimination linked to HIV/AIDS. En. Wan Mohd Ikhtiaruddin, Programme Manager of KAMI-IPT from the MAC, also shared that in 2023, 48% of new HIV infections in Malaysia involved young people aged 13 to 29, including university students. This statistic is one of the key factors that inspired the launch of the KAMI-IPT initiative.

This 3-day conference featured interactive sessions led by experts including Assoc. Prof. Dr. Ilham Ameera Ismail, Dr.

Nafiza Mat Nasir and Dr. Aiza Nur Izdihar Zainal Abidin, who are Family Medicine Specialists from the Department of Primary Care Medicine, FoM, and facilitators that included Dr Ernie Rozaini Sulaiman, Mr. Zahir, Mr. Iqbal and Mr. Saiful from the Shah Alam and Puncak Alam Health Centres, assisted by representatives from MAF and IMAM. Activities such as 'Human Kahoot', 'Battle of the Virus', 'Stigma Shout', 'Know Your Tools' and 'Wild Fire' have successfully enhanced their knowledge and understanding of HIV, including its risks, prevention strategies, and ways to assist peers at risk. This is supported by positive feedback received from students, as well as pre- and post-test survey

results, which revealed an increase in knowledge and improved attitudes among students after the conference.

The U-CARE UiTM 2025 Conference demonstrates UiTM's continued commitment to nurturing students who excel not only academically but are also socially responsible and engaged with current health issues. This initiative aligns with the aspirations of UiTM's Strategic Plan and supports national efforts to build a healthy society.