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PROTECTING OUR SENIORS: INFLUENZA VACCINATION DRIVE AT UiTM SUNGAI BULOH

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In an effort to safeguard the health and well-being of senior citizens, the Department of Primary Care Medicine, Faculty of Medicine & Hospital Al-Sultan Abdullah (HASA), Universiti Teknologi MARA (UiTM), in collaboration with Klinik Kesihatan (KK) Rawang, successfully organised a community outreach event titled “Program Komuniti: Imunisasi Vaksin Influenza Untuk Warga Emas” on 14 July 2025. The programme was held at the lobby of the CTC, UiTM Sg Buloh Campus, from 8:00 am to 4:00 pm, targeting elderly individuals aged 60 years and above who have at least one chronic medical condition.

Influenza, commonly known as the flu, can be particularly dangerous for older adults, especially those with underlying health conditions such as hypertension, diabetes, dyslipidaemia, obesity, or ischaemic heart disease. Among these vulnerable groups, the flu can lead to severe complications, hospitalisation, or even death. This initiative aimed to raise awareness of the importance of influenza vaccination and to improve vaccine accessibility for the elderly within the local community.

The idea for the programme came from Dr. Izyana Shazlin, an alumna



UiTM'S Sister and FMS with the KK Rawang's Team.

of the MMED 773, Master in Family Medicine Programme. She currently serves as a Family Medicine Specialist (FMS) at KK Rawang.

The programme began at 8:00 am with the setup of the vaccination station at the lobby by healthcare personnel from both KK Rawang and UiTM's Department of Primary Care Medicine, supported by the head nurses from the nursing team. The UiTM team was represented by Assoc. Prof. Dr Ilham Ameera Ismail, Matron Rozaila Zainon, Sr. Ismazurianti Ismaaon, and Sr. Asmah Mohd Nor.

Community members and registered patients were recruited from the crowd that was waiting for their registration, payment, clinic appointments, blood-taking appointments and those waiting for their medications at the pharmacy. Each participant was welcomed and guided through a brief registration process. They then received individual counselling sessions by an FMS and a trainee FMS who provided personalised explanations about the influenza



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vaccine, its benefits, potential side effects, and what to expect after the shot, ensuring participants could make informed decisions. Following this, eligible participants were administered the influenza vaccine by trained healthcare personnel.

The programme saw a positive turnout, with many elderly participants expressing appreciation for the opportunity to receive the influenza vaccine conveniently and free of charge. A total of 69 senior citizens were vaccinated. The event concluded successfully at 4:00 pm, marking another milestone in UiTM and KK Rawang's ongoing commitment to preventive health and community engagement.

Initiatives like this not only increase vaccine coverage but also reinforce the message that ageing with good health is possible and achievable, especially when preventive measures such as vaccination are made accessible. Let us continue to support and protect our elderly by advocating for annual influenza vaccinations and prioritising health as a community concern.



THE registration and vaccination area.

