

No. 3 / 2025

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FACULTY OF MEDICINE UTM



eISSN 2805-4628

9 772 80 546 20 00



MEMBERS of the diabetes summit from the UiTM endocrine team and the delegation from Pakistan.

COLLABORATIVE DIABETES SUMMIT: A MALAYSIA-PAKISTAN CROSS- CULTURAL CLINICAL EXPERIENCE

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Diabetes Mellitus (DM) is a condition of chronic hyperglycaemia resulting in many complications, leading to increases in morbidity and mortality. The prevalence of type-2 DM in this region, particularly in Malaysia has been increasing at an exponential rate, and projected to rise even further in the coming years^{1,2}. The Asian diabetes phenotype in part explains

the increased incidence of DM among Asians³.

A conversation between countries in this region will be able to delineate common issues that can be tackled and improve patient care. Hence, a diabetes summit was conducted between the endocrinologists from Hospital Al-Sultan Abdullah (HASA) Malaysia and endocrinologists from Pakistan, aimed to update participants on the latest advances in clinical care for people with diabetes and provide a platform for sharing experiences and exchange of ideas in the management of these patients.

The 2-day event, hosted at HASA UiTM, consisting

of lecture sessions interspersed with clinical-case discussions and tour of the facilities. Following an opening address by the deputy director of HASA, the summit was kick-started by a lecture on the changing landscapes of DM treatment in the digital area, followed by a session on latest guidelines and its implications. Following a lively Q&A session, a lecture on the regional diabetes burden highlighted Asian metabolic characteristics, especially in the young, with clinical-case discussions.

Next, the visitors from Pakistan were divided into small groups and taken on a tour of the hospital, encompassing the diabetes

resource centre, wards, and clinics areas, guided by the UiTM Endocrine unit team with live commentary. This included practical demonstrations on management-algorithms and care-plans suited to the local population. The session after a business meal break focused on experimental learning and experience-sharing between the delegates from Pakistan and the local team, with illustration of clinical cases and discussion on management steps, comprehending the similarities and differences between these two nations.

The second day concentrated on common complications of diabetes mellitus, with knowledge-sharing sessions held by various medical specialties. The day began with a session by a nephrologist sharing local data,



GUIDED tour of the hospital facilities, including the clinics and diabetes resource centre

therapeutic options, and case studies on diabetic kidney disease, followed by a gastroenterologist's talk on metabolic-associated fatty liver disease and its impact. This was followed by a guided tour of the haemodialysis unit, daycare, and rehabilitation services, including interactions with healthcare practitioners in each area.

After a short break, a session on the psychological impact of diabetes on quality of life and treatment adherence was followed by cardiology

talks on atherosclerotic complications and heart failure management in local clinical practice. The summit concluded with an engaging session on the role of AI and digital tools in research, capped off by a brainstorming and networking session, setting the stage for future collaborations.

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