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UiTM Faculty of Medicine Champions Community Health Education on Hypertension in Sungai Buloh

SINERGI

04/11/2025 / DR SITI NORSYAFIKA KAMARUDIN



SUNGAI BULOH, 14 October 2025 — The **Department of Pharmacology**, Faculty of Medicine, Universiti Teknologi MARA (UiTM), in collaboration with the **Surau Al-Ikhwan Committee**, Bandar Baru Sungai Buloh, successfully conducted a **Community Health Education Programme** aimed at enhancing public awareness on hypertension and the proper use of antihypertensive medication.

Held at **Surau Al-Ikhwan**, the initiative brought together **64 participants** from the local community and was led by UiTM lecturers **Dr Noor Fahitah Abu Hanipah**, **Dr Norhafiza Razali**, **Dr Siti Norsyafika Kamarudin**, and **Dr Norasikin Ab Azis**. The programme focused on improving health literacy, particularly in the context of non-communicable diseases, with a strong emphasis on hypertension management.

Participants engaged in interactive health talks, quizzes, and pre- and post-knowledge assessments

designed to deepen their understanding of hypertension symptoms, complications, and preventive strategies. The sessions also highlighted the importance of medication adherence, proper drug storage and timing, and the role of lifestyle modifications in reducing health risks.



A comparative analysis of the pre- and post-programme questionnaires revealed a significant improvement in health knowledge. Notably, the percentage of participants who correctly identified that “beta-blockers reduce heart rate” rose from **71% to 82%** following the educational session.

Dr Noor Fahitah emphasized that “Community engagement through health education plays a crucial role in empowering individuals to take proactive steps towards better health management.” She added that the enthusiastic response from participants underscored the value of translating scientific knowledge into practical, everyday health practices.

The programme concluded with a lively Q&A session and community feedback, where participants expressed appreciation for the clarity and relevance of the topics discussed.

This initiative reflects UiTM’s ongoing commitment to community well-being and knowledge transfer, in line with the university’s mission to nurture holistic, informed, and socially responsible

citizens through impactful outreach and public health education.



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