

No. 2 / 2026



UNIVERSITI
TEKNOLOGI
MARA

IMED BULL'

FACULTY OF MEDICINE UTM



TRAUMAX 2026: UⁱTM EMERGES CHAMPION



Through the
Medical
Lens

**BREAKING
SILOS: WHY HIV
PREVENTION
IS EVERYONE'S
RESPONSIBILITY**

**EMPOWERING
THE EDUCATORS
OF TOMORROW: A
PRACTICAL GEMINI &
NOTEBOOKLM SKILLS
WORKSHOP**

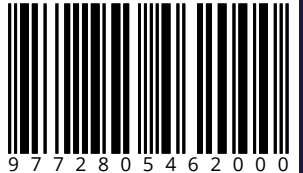


**UNIVRAB-UⁱTM INBOUND
PROGRAMME: ACADEMIC EXCHANGE
AND STUDENT EXPERIENCE**



**SIALENDOSCOPY: TOWARDS
ORGAN PRESERVATION SURGERY**

eISSN 2805-4628



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EDITOR'S NOTE

Assalamualaikum and greetings.

Dear readers,

This edition highlights several notable stories, including the success of our students in the Intersarsity Trauma Life Support Championship, demonstrating strong clinical skills and composure under pressure.

In the respiratory domain, an article on asthma and COPD management is featured, along with a community initiative on knee pain and obesity screening among school teachers, linking clinical practice with preventive care.

The latest contribution under the 'Through the Medical Lens' column is 'Breaking Silos' by Dr Aiza Nur Izdiyar, which explores HIV prevention as a shared responsibility across disciplines and society. This edition also features a national AI challenge involving medical and computer science students, alongside academic programmes and outreach initiatives that continue to enrich learning experiences.

As always, MED BULL' grows through its contributors and the stories they share. Until the next issue.

With commitment to excellence,

Amirah
Assoc. Prof. Dr. Amirah Abdul Rahman
 Editor-In-Chief



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LIVMED BULL'

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MED BULL'
FACULTY OF MEDICINE UiTM

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UNIVRAB-UiTM INBOUND PROGRAMME: ACADEMIC EXCHANGE AND STUDENT EXPERIENCE

Assoc. Prof. Dr. Wan Nor Izzah Wan Mohamad Zain, Assoc. Prof. Dr. Mudiana Muhamad @ Mohd Saufi, Assoc. Prof. Dr. Amirah Abdul Rahman, Assoc. Prof. Dr. Suhaila Abd Muid, Dr. Chua Yung An, Madam Siti Shuhada Mokhtar, Sekretariat Mahasiswa Fakultas Perubatan & Student Representative Council

WELCOMING remarks by the Deputy Dean (Academic), representing the Dean of the Faculty of Medicine, UiTM.

The Faculty of Medicine, Universiti Teknologi MARA (UiTM) recently welcomed 25 medical students from Universitas Abdurrab (UNIVRAB), Pekanbaru, Riau, Indonesia, as part of an inbound mobility programme promoting academic exchange and student experience. The programme was organised by the Department of Biochemistry and Molecular Medicine, with the support of Sekretariat Mahasiswa Fakultas Perubatan and the Student Representative Council as co-organisers.



The programme provided UNIVRAB students with the opportunity to join the Year 2 Endocrine Module within the medical curriculum at the Faculty of Medicine, UiTM. Throughout the programme, students participated in lectures, Small Group Sessions

(SGS)/tutorials, Problem-Based Learning (PBL), Team-Based Learning (TBL), Early Clinical Exposure (ECE) and practical sessions. These activities allowed them to observe and experience different teaching and learning approaches within a structured medical education setting.

GROUP photo during the Meet & Greet session involving UNIVRAB students, the accompanying lecturer from Universitas Abdurrab, organising committee members from the Department of Biochemistry and Molecular Medicine, student committee members and UiTM student buddies at the Faculty of Medicine, UiTM.





GROUP photo during the Meet & Greet session with the Deputy Dean (Academic), Faculty of Medicine, UiTM.



UNIVRAB students visiting teaching and practical facilities during the Academic Building tour at the Faculty of Medicine, UiTM.

The programme began with a meet-and-greet session with the organising committee from the Department of Biochemistry and Molecular Medicine (BMM), together with UiTM student buddies on 30 March 2026, followed by a session with the Deputy Dean (Academic), Assoc. Prof. Dr. Hazlyna Baharuddin, representing the Dean, on 31 March 2026. These sessions introduced the programme, facilitated early interaction, and created a welcoming environment for the inbound students.

The buddy system was introduced, where each of the 25 UNIVRAB students was paired with a Year 2 UiTM medical student. This arrangement supported adaptation



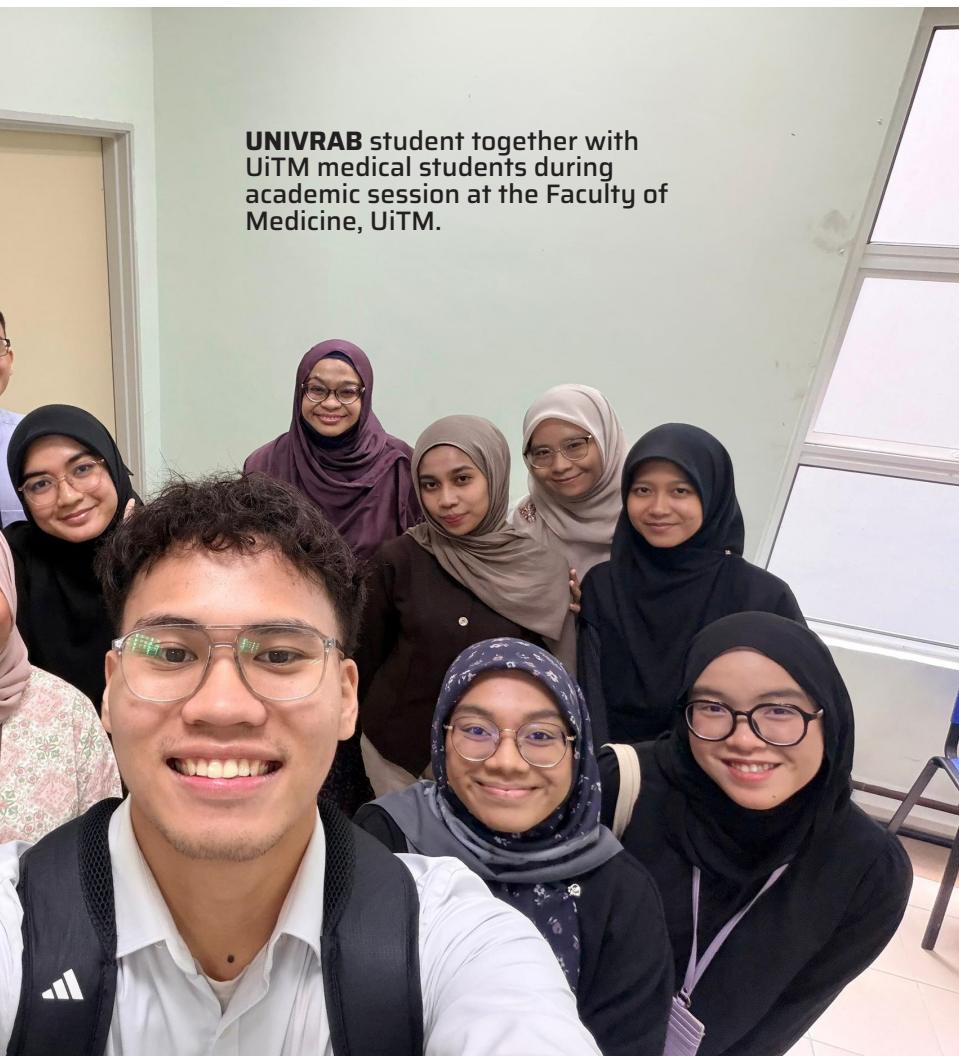
UNIVRAB students exploring academic facilities during the Faculty of Medicine building tour.



UNIVRAB student participating in academic and peer interaction activities during the Year 2 Endocrine Module.



UNIVRAB student together with UiTM medical students during academic session at the Faculty of Medicine, UiTM.



The buddy system was introduced, where each of the 25 UNIVRAB students was paired with a Year 2 UiTM medical student. This arrangement supported adaptation to the academic environment, facilitated communication and encouraged peer-assisted learning. The presence of buddies also helped create a more comfortable and inclusive learning atmosphere.



GROUP photo after the UiTM-UNIVRAB student sharing session.



to the academic environment, facilitated communication and encouraged peer-assisted learning. The presence of buddies also helped create a more comfortable and inclusive learning atmosphere.

In addition to academic exposure, the programme included enrichment activities such as an academic building tour, an Institute of Medical Molecular Biotechnology (IMMB) visit, and a hospital tour to Hospital Al-Sultan Abdullah (HASA). A UiTM-UNIVRAB student sharing session was also organised, allowing students to exchange experiences and perspectives on their pre-

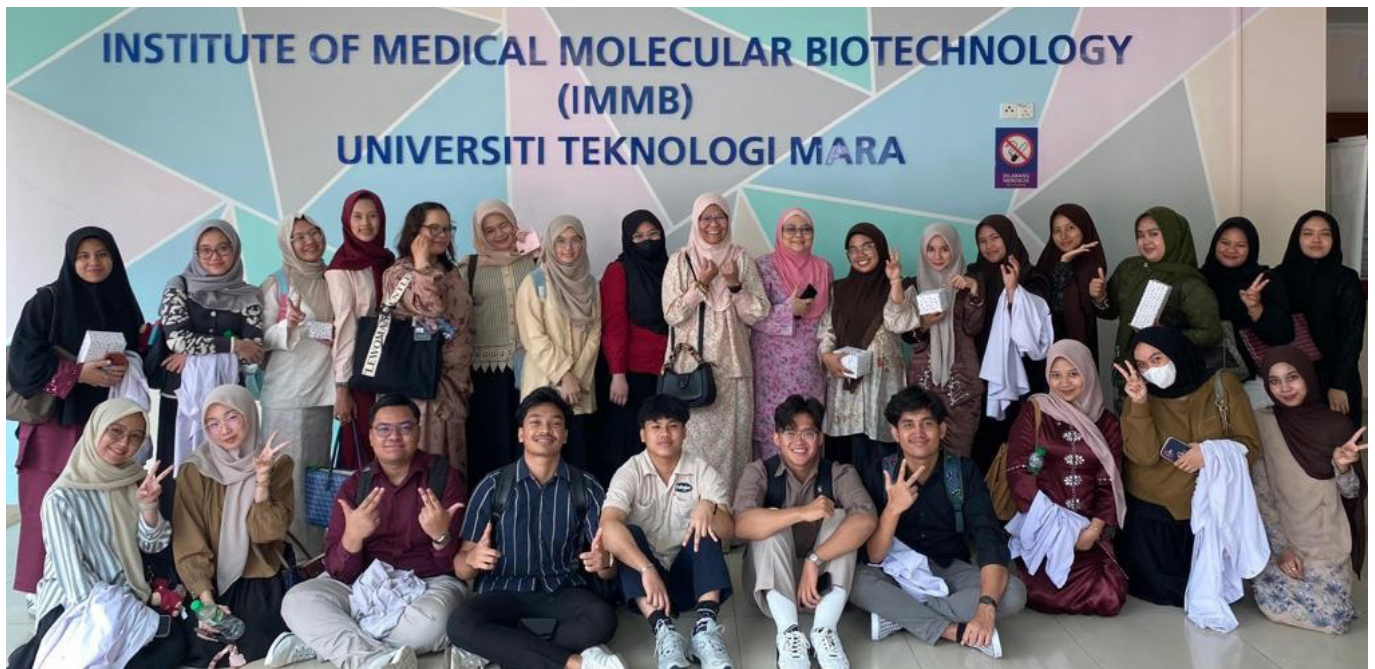


UiTM-UNIVRAB student sharing session featuring discussions on pre-clinical and clinical studies and student life.



UNIVRAB students during a hospital tour at Hospital Al-Sultan Abdullah (HASA), gaining exposure to the clinical environment and healthcare facilities.

UNIVRAB students and UiTM student buddies during a sightseeing and social engagement activity in Kuala Lumpur.



EDUCATIONAL visit to the Institute of Medical Molecular Biotechnology (IMMB).

clinical studies. Informal activities, including a sightseeing trip in Kuala Lumpur between UNIVRAB students and their buddies, further strengthened peer interaction and friendship.

The programme concluded with a cultural night and closing ceremony, providing a platform for students to reflect on their experiences and celebrate the connections built throughout the programme.

The successful implementation of the programme was made possible through the collaboration of multiple departments within the Faculty of Medicine, as well as the involvement of Year 2 medical students, including both buddies and other students who participated in the academic sessions. The Department of Biochemistry and Molecular Medicine, with the support of Sekretariat Mahasiswa Fakulti Perubatan and the Student Representative Council, played an important role in coordinating academic activities and ensuring smooth integration of the inbound students.

The inbound mobility programme between Universiti Teknologi MARA (UiTM) and Universitas Abdurrab provided valuable exposure to diverse,



student-centred learning approaches while fostering peer collaboration and global perspectives. The experience highlights the importance of structured academic exchange programmes in enhancing both learning and personal development among medical students.

The organising committee would also like to acknowledge the contributions of student volunteers from various student societies for their valuable support throughout the programme.

CULTURAL performance by UiTM medical students during the cultural night and closing ceremony.



CULTURAL performance by UNIVRAB students during the cultural night and closing ceremony.





GROUP photo of the UiTM contingent, including emergency physician and medical assistants supervisors.

Dr. Shamini Sangasamy, Assoc. Prof. Dr. Mohd Fazrul Mokhtar, Dr. Muhammad Nur Azmi Baharuddin & Dr. Muhammad Zulhilmi Abu Bakar

A team of Year 5 medical students from the Faculty of Medicine, UiTM, was crowned champion at the National Intersvarsity TraumaX Competition, held from 17-18 April 2026 at the Faculty of Medicine, Universiti Kebangsaan Malaysia. The team comprised Nurul Khairun Nisa' Zaidi, Hazman Hakim Abd Halim, Siti Hajar Mohd Zamri, Muhammad Tayib Dzulkfli, and Muhamad Hafiz Hasbullah, whose outstanding performance

TRAUMAX 2026: UiTM TEAM CLINCHES CHAMPION AT INTERVARSITY TRAUMA LIFE SUPPORT CHAMPIONSHIP

brought great pride to the faculty and university.

The competition was conducted over two days. The first day featured a workshop on polytrauma management, providing participants with structured exposure to the principles of trauma assessment, early resuscitation, and coordinated team-based care. This was followed by the competition on the second day, where teams were challenged to manage simulated trauma scenarios requiring sound clinical reasoning, clear communication, and effective decision-





STUDENTS during an interactive teaching session on the structured approach to trauma assessment, facilitated by Dr. Muhammad Nur Azmi Baharuddin.



making under pressure.

The top two teams advanced to the final round, where they were challenged to manage a simulated patient with traumatic brain injury and massive haemothorax, complicated by haemodynamic instability. Despite the pressure, the UiTM team remained composed and worked systematically to identify the key injuries, initiate early resuscitation, and apply appropriate trauma protocols. Their clear communication, teamwork, and organised approach were well recognised by the judges, earning them the championship title.

The team's preparation was supported by four Emergency Physicians, Dr. Shamini

UiTM team with Dr. Shamini Sangasamy, during a hands-on task-training session on trauma resuscitation procedures and equipment, including intraosseous (IO) access.



STUDENTS managing a simulated trauma patient, including lower-limb splinting and immobilisation, under the supervision of Assoc. Prof. Dr. Mohd Fazrul Mokhtar and Dr. Muhammad Zulhilmi Abu Bakar.

Sangasamy, Assoc. Prof. Dr. Mohd Fazrul Mokhtar, Dr. Muhammad Nur Azmi Baharuddin, and Dr. Muhammad Zulhilmi Abu Bakar. They were also assisted by two medical assistants, Mr. Ahmad Haris Rafizi Ariffin and Mr. Muhammad Farhan Mastuki. Although the focused preparation for the competition began less than a month before the event, the students had already been exposed to the principles of trauma assessment during their Emergency Medicine rotation. This included learning the structured approach to trauma survey, recognition of life-threatening injuries, and the importance of early resuscitation and team-based care.

During the dedicated training sessions, the students further strengthened these foundations through trauma moulage, simulation-based scenarios, and task training of common trauma

UiTM team practising spinal immobilisation during a simulation-based training session.



During the dedicated training sessions, the students further strengthened these foundations through trauma moulage, simulation-based scenarios, and task training of common trauma procedures. This highlights UiTM's innovative training and the caliber of its medical students.



A demonstration of airway management skills by UiTM team.

procedures. This highlights UiTM's innovative training and the caliber of its medical students.

This achievement would not have been possible without the collective support of many individuals within the faculty and hospital. Sincere appreciation is extended to the Student Affairs Office, Faculty of Medicine, the lecturers and staff from Department of Emergency Medicine, Hospital Al-Sultan Abdullah and Faculty of Medicine, as well as the Clinical Simulation Centre for their assistance in supporting the students' preparation and participation in the competition. This success will hopefully inspire future teams to continue building on this achievement, strengthen their preparation, and strive to uphold UiTM's performance in the National Intervarsity TraumaX Competition in the years to come.

TRAUMAX 2026

INTERVARSITY TRAUMA LIFE SUPPORT CHAMPIONSHIP

18 & 19 APRIL 2026

FACULTY OF MEDICINE, UKM

MALAYSIA MADANI **V** UNIVERSITI SUSTAINABLE
KEMERDEKAAN **V** ATAN KITA DEVELOPMENT
GOALS #126 #53 ILMU, MUTU DAN BUDI

THE triumphant UiTM medical student team, along with their mentors, celebrating their championship win.



IMED BULL'

Department of Emergency Medicine

NO. 2/2026

Assoc. Prof. Dr.
Norazila Abdul Rahim,
Dr. Muhammad
Raziin Zainal Abidin,
Dr. Zainol Izzuddin
Zulkifli & Ms. Hani
Madihah Bahari

The *World Voice Week 2026* programme was organised by the Department of Otorhinolaryngology–Head & Neck Surgery (ORL-HNS), Hospital Al-Sultan Abdullah (HASA), in collaboration with the Faculty of Medicine, Universiti Teknologi MARA (UiTM), and the Speech Therapy Unit, Department of Rehabilitation Medicine. The programme was held from 13 to 17 April 2026 in conjunction with World Voice Day 2026, with activities conducted at the ORL-HNS Specialist Clinic, Level 2, HASA UiTM.

The primary objective of this programme was to increase awareness and knowledge among healthcare staffs regarding voice health, voice disorders, and their management. Voice is an essential tool for communication, yet voice-related problems are often overlooked until they significantly affect quality of life. Through this initiative, participants were exposed to key aspects of voice care, including the physiology of voice production, common voice disorders, preventive



ASSOC. PROF. DR. NORAZILA ABDUL RAHIM performing flexible nasoendoscopy to examine the larynx.

CARING FOR OUR VOICES: PROMOTING VOCAL HEALTH THROUGH SCREENING AND AWARENESS IN CONJUNCTION WITH WORLD VOICE DAY 2026

strategies, and available treatment options.

A total of 20 staff

members from HASA and the Faculty of Medicine UiTM participated in



SOME of the HASA staffs involve in voice screening.

the programme. The programme was conducted in small-group sessions across five days, allowing for more personalised

interaction. Activities included educational briefings, poster exhibitions, and voice screening sessions. The

poster exhibition covered important topics such as vocal hygiene, voice care, benign vocal cord lesions, and laryngeal

cancer, serving as an effective visual learning tool.

One of the highlights of the programme was the voice

screening session, which provided participants with the opportunity to undergo a basic voice assessment. This included perceptual voice evaluation and laryngeal examination using flexible nasoendoscopy. These screenings were conducted by ENT specialist Assoc. Prof. Dr. Norazila Abdul Rahim and speech therapist Puan Hani Madihah Bahari, allowing early identification of potential voice disorders and appropriate referral for further management. The involvement of the Speech Therapy Unit also emphasised the multidisciplinary approach in managing voice disorders.

In addition to enhancing knowledge, the programme served as a platform to promote the clinical services offered by the Department of ORL-HNS and

Speech Therapy Unit at HASA UiTM. It also encouraged greater engagement and collaboration among staff across different departments, fostering a stronger sense of teamwork and professional networking within UiTM.

In conclusion, the World Voice Week 2026 programme successfully raised awareness on voice health, promoted early detection of voice disorders, and strengthened multidisciplinary collaboration. The positive participation and engagement reflect the growing recognition of voice health as an important component of overall well-being. It is hoped that similar initiatives will continue in the future to further enhance awareness and encourage proactive voice care among healthcare professionals.



THE poster exhibition in front of ENT clinic covering important topics related to Laryngology such as physiology of voice, vocal hygiene, benign vocal cord lesions, and laryngeal cancer.

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ROAD TO RAMADAN - (BULAN PERJUANGAN) & MUJAHADAH

Rancang

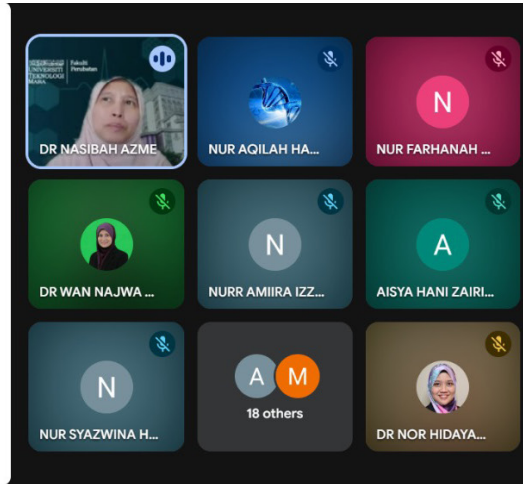


- 1) Sedar & faham. <https://www.muftiwp.gov.my/ms/>
- 2) Persiap hati, rohani & fizikal.
- 3) Buat jadual Ramadan
- 4) Zahirkan perbezaan
- 5) Aktiviti bersama sahabat di RC, keluarga, jiran – jika di rumah
- 6) Lancarkan perjalanan Ramadan.

Buat



- 1) Kekalkan momentum.
- 2) Ikut jadual...
- 3) Mengharapkan pahala.
- 4) Pertahankan ibadah sunat dalam Ramadan.
- 5) Bekalan selepas Ramadan



DR. NASIBAH AZME delivered a sharing session that reminded students to remain steadfast in the enduring struggle.

RAMADAN AS A JOURNEY OF REFLECTION: FOSTERING SPIRITUAL REFLECTION AND PERSONAL DEVELOPMENT AMONG MEDICAL STUDENTS

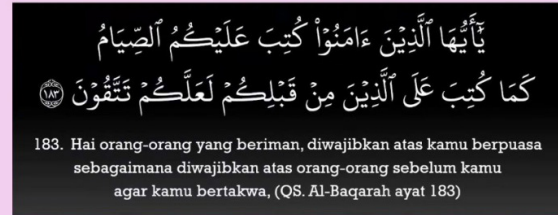
Dr. Nor Hidayah Jaris, Dr. Nabilla Husna Mad Hashim, Assoc. Prof. Dr. Nasibah Azme, Assoc. Prof. Dr. Wan Najwa Wan Mohd Zohdi, Dr. Awla Mohd Azraai, Dr. Hayatul Najaa Miptah, Assoc. Prof. Dr. Siti Fatimah Badlishah Sham, Dr. Aiza Nur Izdiyar, Dr. Anie Farhana Ngimron & Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani

The Student Affairs Department of the Faculty of Medicine, Universiti Teknologi MARA (UiTM) organised the Tazkirah Ramadan Series. It is a weekly spiritual talk programme held every Friday throughout Ramadan from the 20th of February to the 13th of March. The Ramadan inspirational talk series featured lecturers from various departments and was attended by approximately 50–60 students and staff members.

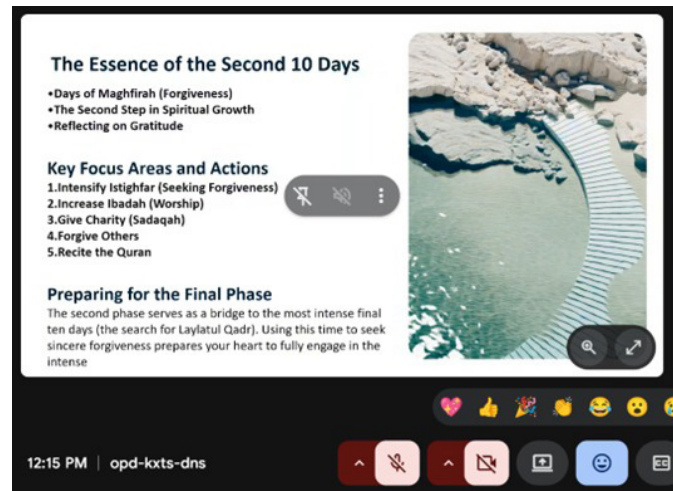
The series commenced with “*Ramadan & Exam*

Mindset Ramadhan

- Bukan hanya puasa → byk lagi kelebihan Ramadhan
- Outcome akhirnya → beroleh taqwa



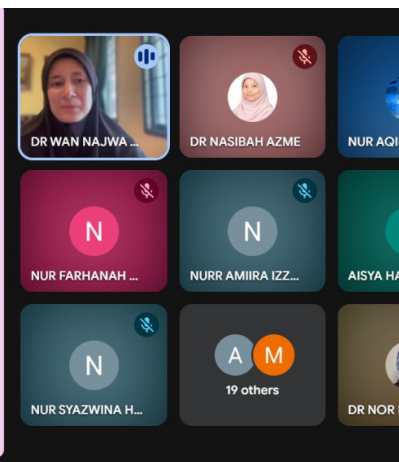
ASSOC. PROF. DR. WAN NAJWA reminded students to set the right mindset in Ramadan.



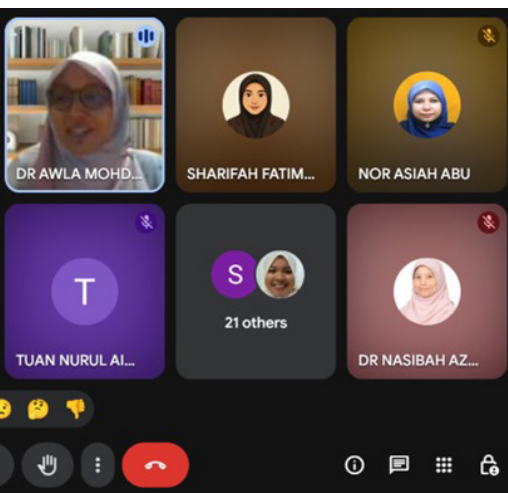
Kehidupan: Mujahadah Mendapatkan Syurga,” delivered by Dr. Nasibah Azme from Physiology and Dr. Wan Najwa Wan Mohd Zohdi from Rehabilitation Medicine. The session highlighted gratitude, increased



ASSOC. PROF. DR. FATIMAH encourages participants to use Ramadan as a time to perform a 'clinical audit' on oneself.



DR. HIDAYAH introduced the topic of Ramadan: a month of self-reflection, "*Perjuangan Membina Kehidupan*".



DR. AWLA reflected on the essence of the second 10 days of Ramadan and shared practical tips for this phase.

acts of worship, and the significance of Ramadan as the Month of the Quran, as stated in Surah Al-Baqarah, verse 185. The speakers also emphasised the importance of sincere du'a, drawing from verse 186, which reminds believers of Allah's closeness and His promise to respond to supplication.

The second session, "*Ramadan Perjuangan Membina Kehidupan*," was presented by Dr. Awla Mohd Azraai from Pathology and Dr. Nor Hidayah Jaris from Psychiatry. Dr. Awla reflected on preparing for the second phase

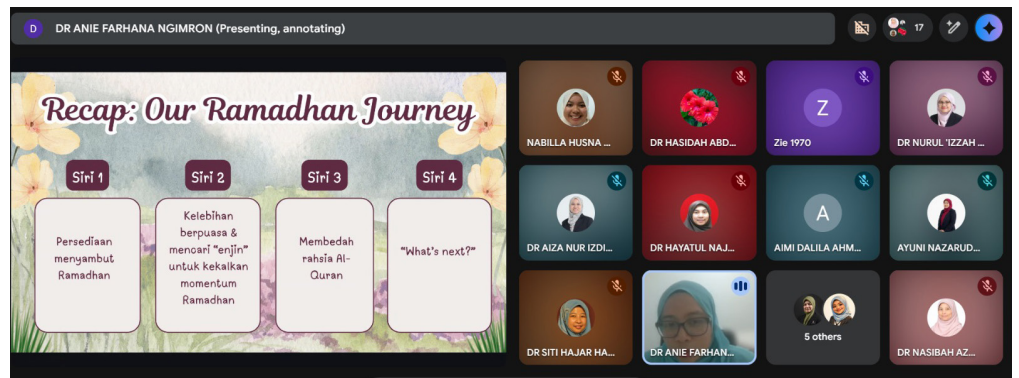
of Ramadan through gratitude, intensified worship, engagement with the Quran, and consistent supplication. Dr. Hidayah then discussed how fasting supports emotional regulation and executive function, framing it as a form of self-discipline that can benefit students preparing for post-Ramadan examinations. Students were also encouraged to continue voluntary fasting beyond Ramadan to sustain these benefits.

The third session, "*Ramadan Membentuk Jiwa*," featured Dr. Hayatul Najaa Miptah, Assoc. Prof.

Dr. Siti Fatimah Badlishah Sham, and Dr. Aiza Nur Izdihar from Primary Care Medicine. This tazkirah session was kick-started by Assoc. Prof. Dr. Siti Fatimah, who invited the audience to conduct a self-audit of their Ramadan as part of a spiritual checkpoint at mid-Ramadan, to analyse what has been achieved and re-strategise for the rest of Ramadan. This was followed by a discussion between Dr. Hayatul Najaa and Dr. Aiza Nur Izdihar on dissecting the names of Allah the Almighty in the Quran to help us navigate the emotions and feelings we all endure, not just during Ramadan, but throughout life's obstacles too. What made it interesting was how the discussion blended with aspects of a medical student's life, making it extremely



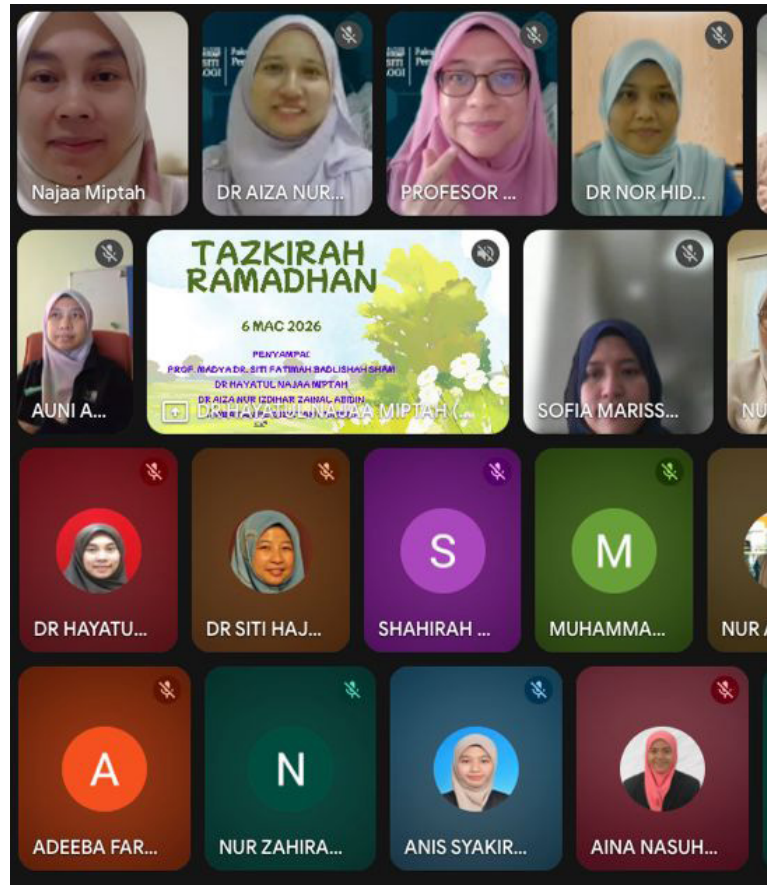
DR. NABILLA presented the Self-Determination Theory and related it to the sustained motivation that can be nurtured throughout Ramadan.



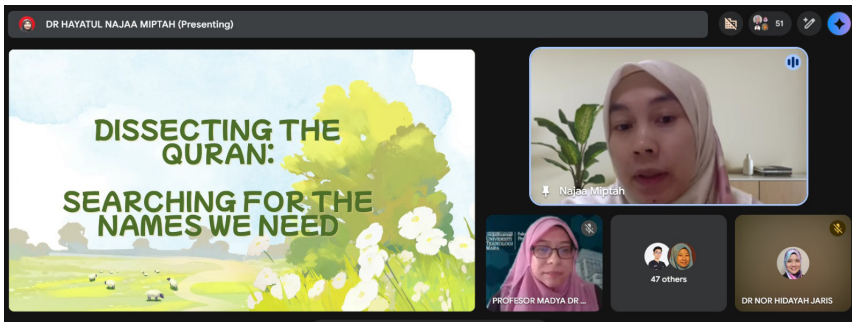
DR. ANIE recapped the Week 1-4 Ramadhan tazkirah series, highlighting the journey from preparation to sustaining faith and taqwa beyond.

relevant.

The series concluded with *“Ramadan Terakhir Bertemu Allah,”* delivered by Dr. Anie Farhana Ngimron from Rehabilitation Medicine and Dr. Nabilla Husna Mad Hashim from Medical Education. Dr. Anie described Ramadan as a spiritual training ground for cultivating taqwa with practical strategies to sustain momentum beyond the holy month, while



PARTICIPANTS who participated in the Ramadan Tazkirah Series.

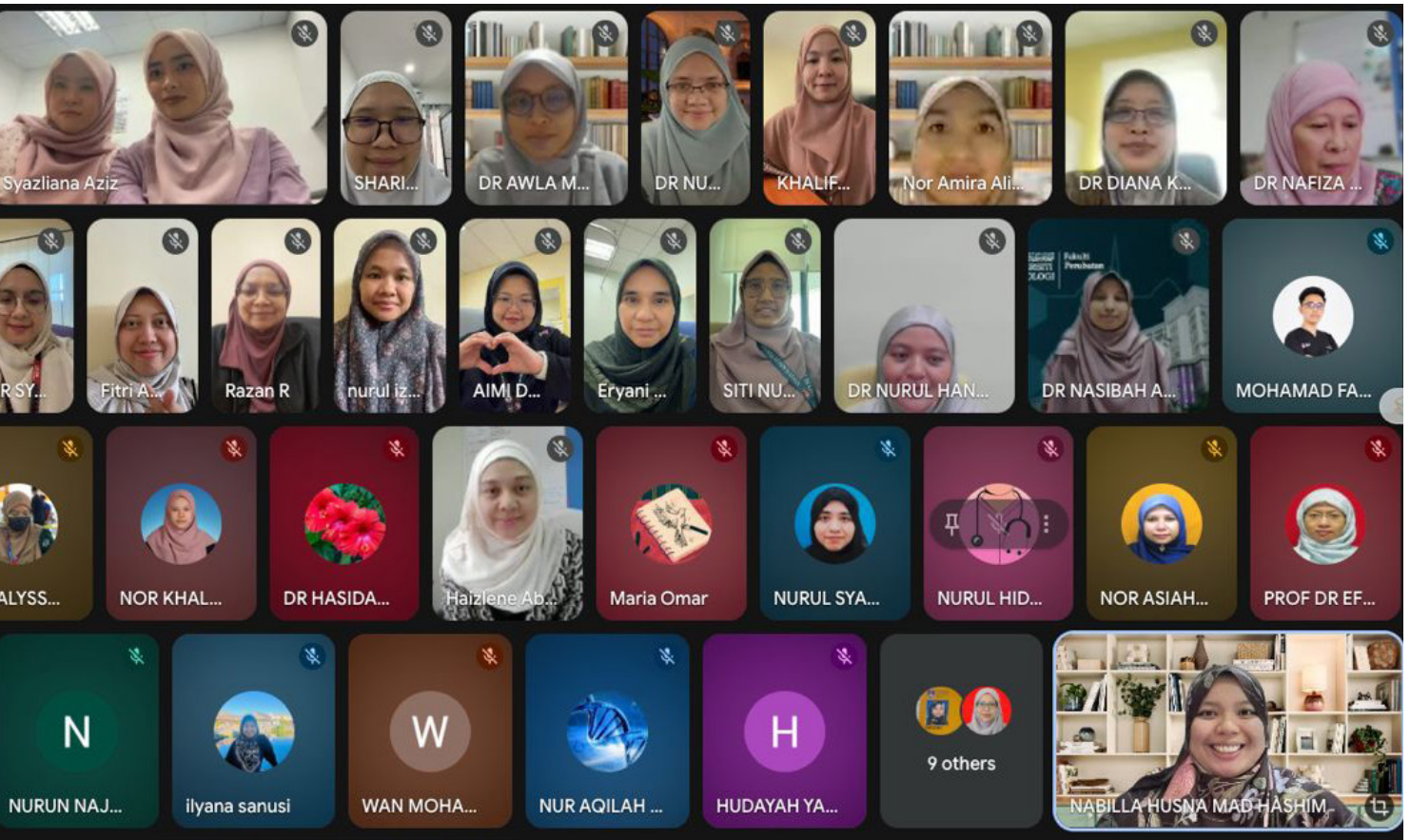


Dr. Nabilla introduced Self-Determination Theory, explaining how autonomy, relatedness, and competence can transform religious obligations into lasting intrinsic motivation.



Overall, the Tazkirah Ramadan Series provided a meaningful platform for spiritual reflection, personal growth, and community engagement. It is hoped that the insights shared will continue to inspire students and staff to carry the values of Ramadan into their academic, professional, and personal lives throughout the year.

DR. HAYATUL NAJAA and Dr. Aiza dissect the names of Allah in the Almighty Quran while navigating the emotions and feelings participants will encounter throughout Ramadan.



EMPOWERING THE EDUCATORS OF TOMORROW: A PRACTICAL GEMINI & NOTEBOOKLM SKILLS WORKSHOP

Dr. Nabilla Husna Mad Hashim, Assoc. Prof. Dr. Nasibah Azme, Dr. Siti Norashikin Mohd Tambeh, Dr. Amalia Alani Che Baharum, Dr. Wan Mohammad Hafiz Wan Razali, Dr. Muhammad Fairuz Azmi, Dr. Mohammad Asyraf Mohamad Nor Johari & Assoc. Prof. Dr. Nurul Alimah Nasir

On 7 May 2026, the Department of Medical Education (DoME), Faculty of Medicine UiTM conducted a practical skills workshop on Gemini and NotebookLM for educators. These two rapidly advancing AI tools hold significant potential for application in medical education and academic work. These AI tools are most notably being used to reduce educators time spent on preparation, thus freeing them to focus on designing engaging and meaningful learning experiences for students.

Twenty-six lecturers from both preclinical and clinical disciplines attended the session. They were introduced to the theoretical foundations and practical applications of both platforms. The workshop begins with Dr. Wan Muhammad Hafiz presenting an overview of the Gemini AI workspace and the Gemini Gems tool, acquainting participants with the platform's core capabilities and interface. Subsequently, the workshop addressed the ethical dimensions of AI use in academic settings, delivered by Assoc. Prof. Dr. Nasibah. The speaker emphasises the critical and timely

need to validate and critically appraise AI output frequently. Acknowledgement of AI use in academic writing promotes credibility and trustworthiness by encouraging transparency of AI use.

Both presenters delivered their topics with energy and clarity. The speakers structured breaks allowed participants to experiment firsthand with recommended prompting techniques. The workshop



SPEAKERS and participants who remain enthusiastic throughout the workshop.

Gemini NotebookLM

Practical Gemini & NotebookLM Skills for Work (Educator)

Speakers:
Dr. Wan Mohammad Hafiz Wan Razali
Lecturer
Department Of Forensic Pathology,
Faculty Of Medicine UTM

Dr. Nasibah Azme
Lecturer
Department of Physiology,
Faculty of Medicine UTM

7 May 2026
(Thursday)

8:30am to 4:30pm

Smart Classromm, Level 4,
Academic Building,
Faculty of Medicine UTM

Registration Link:
<https://bit.ly/RegistrationGeminiNotebookLM>

EVOLUSI DEKAD
UNIVERSITI TEKNOLOGI MARA
Fakulti Perubatan

Organised by Department of Medical Education (DoME), Faculty of Medicine UTM

PROGRAM Poster.





DR. WAN MOHAMMAD HAFIZ presented the first module on the introduction of Gemini and AI-integrated Google Workspace.

places particular emphasis on the principles of effective and accurate prompting and on the ethical use of generative AI. It equips educators with the foundational skills needed to obtain reliable and contextually appropriate AI outputs. Throughout the workshop, the speakers reinforced a central message; AI is most valuable as a tool to enhance productivity. It is therefore not to be used as a substitute for professional judgement; hence, encourage more educators to adopt AI for meaningful purposes.

Post-workshop feedback was overwhelmingly positive. Participants affirmed that the session met its stated learning objective and applauded the organiser for a stimulating workshop. The blend of theory and hands-on practice was well received, with many noting that structured prompting exercises were among the most valuable components of the day. A prominent theme that emerged

from the feedback was the desire for an extended hands-on time. Participants noted that the workshop provided a strong and accessible introduction to both Gemini and NotebookLM. However, the depth and practical complexity of these tools merit a longer, dedicated practice session.

Looking ahead, DoME considers this workshop a meaningful first step toward embedding AI literacy across the faculty. The enthusiasm demonstrated by participants, along with the constructive feedback received, directly informs the planning of future sessions. Future workshops would focus on covering deeper, practical sessions for researchers, administrators, and even students. The department remains committed to equipping UiTM Faculty of Medicine members with the tools and confidence to integrate AI responsibly and effectively into their daily practice.

UiTM MEDICAL STUDENTS SHINE AT INAUGURAL CAP-Q 2026

Dr. Muhammad Fairuz Azmi, Dr. Siti Norashikin Mohd Tambeh, Aizad Haqimi Mhd Salimi, Rydah Hykal, Amirul Haqal Huzaimi & Muhammad Azim Mahraji

A team of Universiti Teknologi MARA (UiTM) medical students recently marked a commendable achievement at the 1st Combined Anatomy & Physiology Quiz (CAP-Q) 2026, held on 4 April 2026 at Manipal University College Malaysia (MUCM), Melaka. Organised by the Department of Anatomy & Physiology, MUCM, the competition featured a five-stage format comprising the Preliminary Round, Objective Structured Practical Examination (OSPE), Quarter Final, Semi Final, and Final, designed to challenge students' grasp of both anatomy and physiology in a progressive and applied manner.

Representing UiTM were Aizad Haqimi Mhd Salimi, Rydah Hykal, Amirul Haqal Huzaimi, and Muhammad Azim Mahraji, under the mentorship of Dr. Muhammad Fairuz Azmi. Competing against other institutions in this inaugural event, the UiTM team demonstrated strong content mastery, teamwork, and composure throughout the day. Their performance carried them through the early rounds and into the semi-final stage, a notable accomplishment that reflected both diligent preparation and the students' ability to perform under pressure. Faculty support also played an important role in enabling participation.

Beyond the achievement itself, CAP-Q highlights an increasingly important point in health professions education: academic competitions are not merely extracurricular events, but can serve as meaningful learning platforms. A 2025 study reported that academic competition-based learning improved active learning, learning efficiency, integration of knowledge, critical thinking, confidence, and collaboration and communication skills among medical undergraduates. The same study concluded that competition-based learning can be an effective strategy





GROUP
photo
with the
Universiti
Sains
Malaysia
(USM)
team.

for developing scientific literacy and professional competitiveness¹.

This broader educational value is echoed by other recent literature. A 2024 literature review on competition-based learning in medical school concluded that competition can increase motivation, creativity, understanding, soft skills, and even final academic performance, and suggested that it can complement existing medical education approaches such as problem-based learning². A separate intervarsity healthcare challenge involving students from eight universities found overwhelmingly positive feedback, with benefits seen in clinical knowledge, collaboration, teamwork, coordination, and cooperative practice³.

Evidence from specific quiz-based formats also points in the same direction. Reports on dermatology quiz gaming and physiology quiz competitions describe these activities as engaging forms of formative assessment that stimulate interest, reinforce understanding, and make learning more enjoyable. At the

same time, the literature suggests that their educational value is greatest when quizzes are well-structured, content-driven, and aligned with clear learning outcomes rather than treated as entertainment alone⁴.

For UiTM, participation in CAP-Q 2026 was therefore significant on two levels. It was, first, a proud institutional achievement. More importantly, it was also an example of how competitive academic platforms can deepen learning beyond the classroom by encouraging rapid recall, applied reasoning, teamwork, and confidence. The success of the UiTM delegation serves as a reminder that when students are given opportunities to test themselves in rigorous but stimulating environments, learning becomes not only more memorable but also more transformative.

Congratulations to the team for representing UiTM with distinction. Their achievement at CAP-Q 2026 is a proud reflection of the Faculty of Medicine's growing culture of academic excellence.



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UiTM team receiving a certificate during the award giving ceremony.

DR. WONG YEN SHEN delivering topic about updates in COPD and Asthma.



ASSOC. PROF. DR. AISYA NASTASYA MUSA as one of the speakers for the event.

Dr. Syahrinnaquiah Samsuddin, Assoc. Prof. Dr. Aisya Natasya Musa, Dr. Wong Yen Shen & Dr. Am Basheeri Alias

The 2nd Asthma & COPD Webinar Masterclass 2026 brought together respiratory healthcare professionals across Malaysia in a dynamic two-day virtual educational programme focused on advancing evidence-based asthma and COPD care. Organized by the Persatuan Pendidikan Kesihatan Paru-Paru (PPKP) and endorsed by both the Malaysian Thoracic Society (MTS) and Malaysian Association for Bronchology and Interventional Pulmonology (MABIP), the webinar was held online via Zoom platform on 10 -11 April 2026.

The masterclass continued its mission of strengthening respiratory education

BRIDGING KNOWLEDGE AND PRACTICE IN PRIMARY CARE ASTHMA AND COPD MANAGEMENT

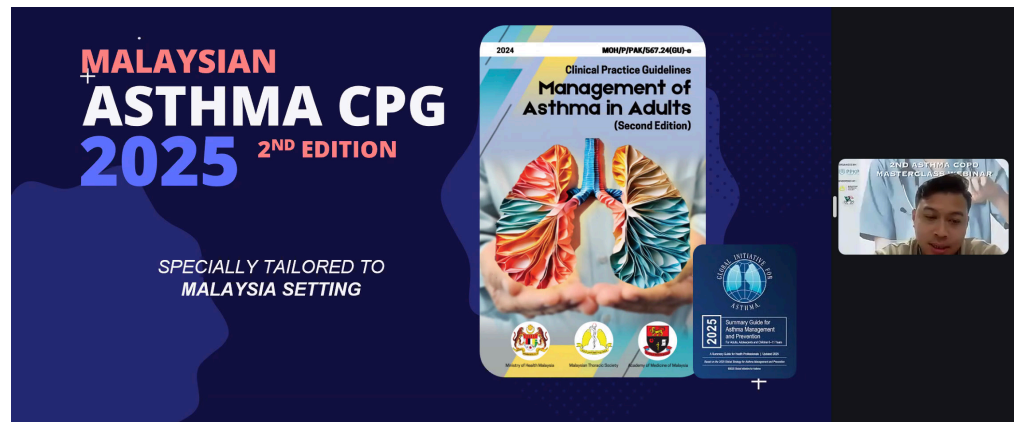
among healthcare professionals targeting the primary care doctors through practical, guideline-driven discussions on asthma and chronic obstructive pulmonary disease (COPD).

The webinar featured 15 speakers from various respiratory and medical backgrounds, delivering expert-led sessions that addressed contemporary challenges in respiratory medicine. Topics ranged from diagnostic dilemmas in asthma and COPD to updates in pharmacological management, inhaler therapy, patient adherence. Interactive case-based discussions further enhanced clinical relevance and encouraged active participant engagement.

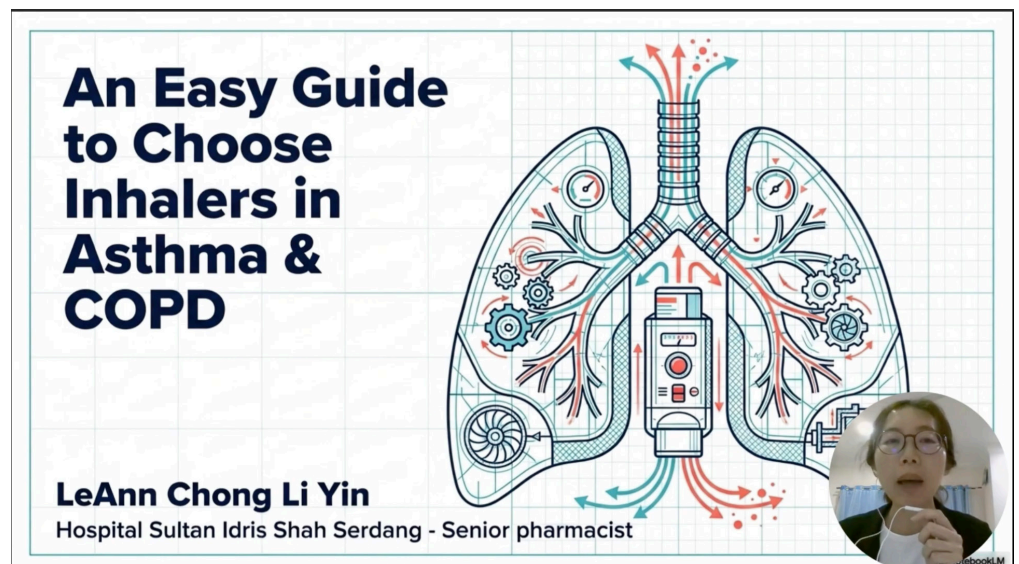
Notable sessions included “Management of COPD Exacerbation in Acute Setting,” “When Should ICS Be Used in COPD?,” “Asthma COPD Overlap: How to Approach,”

and “Managing Asthma and its Comorbidities.” The programme also explored emerging concepts such as biologic therapy in severe asthma, occupational asthma, and precision targeting across the respiratory spectrum. Visual snapshots from the webinar demonstrated vibrant academic discussions and active participation from both speakers and attendees.

The event attracted an impressive total of 193 participants nationwide. Medical officers formed the largest group at 62%, followed by specialists (19.8%), postgraduate students (9.9%), pharmacists (4.1%), and allied health professionals (1.7%). This multidisciplinary participation reflected the growing interest in collaborative respiratory care



DR. AM BASHEERI updating participants about asthma updates tailored to primary care setting.



MS. LEANN delivering talks about methods in choosing the best inhalers for patients.

and highlighted the importance of continuous professional development in managing chronic airway diseases.

Feedback from participants was overwhelmingly positive, with many praising the practical and clinically applicable nature

of the sessions. The interactive, case-based approach was particularly well received, and many attendees expressed hope for future editions of the masterclass.

The success of the 2nd Asthma & COPD Webinar Masterclass 2026 showed the continued need for

accessible, high-quality respiratory education platforms in Malaysia. This programme has successfully fostered knowledge sharing and strengthened the collective effort to improve asthma and COPD management nationwide.

Dr. Noor Hafizah Samsudin Bahari, Dr. Nabilah Amran, Dr. Shafiqah Abdullah, Dr. Wan Nabilah Wan Jamil, Dr. Hazirah Ahmad Mokhtar & Dr. Madiha Mohamad Muhayadin

Community-based rehabilitation (CBR) helps bring healthcare services beyond the hospital and closer to the community. As part of the Master of Rehabilitation Medicine curriculum at Universiti Teknologi MARA (UiTM), our team conducted a school-based CBR programme entitled “From Chalk to Walk: Screening of Knee Pain and Obesity Among School Teachers.” The programme aimed to raise awareness on obesity, knee pain, physical activity, and practical preventive strategies among teachers.

Teachers were selected as the target group because obesity, knee osteoarthritis, and their related complications are commonly seen in rehabilitation practice, especially when they affect mobility, daily function, work participation, and quality of life. Teachers may be at risk due to prolonged standing and sitting, busy schedules,



TEACHERS completing the screening questionnaire at Station 1.

FROM CHALK TO WALK: SCREENING OF KNEE PAIN AND OBESITY AMONG SCHOOL TEACHERS

limited time for exercise, and work-related physical strain. Therefore, this programme was designed not only as a screening activity, but also as an opportunity to encourage early awareness, joint care, physical activity, and practical lifestyle changes.

The programme was conducted from February to March 2026 across five schools: SK Puncak Alam, SK Puncak Alam 2,

SK Puncak Alam 3, SMK Meru, and SMK Saujana Utama 2. A total of 218 teachers participated. It was delivered through a station-based approach involving screening questionnaires, physical measurements, feedback, health education, exercise demonstration, and post-test assessment. Screening tools included the International Physical Activity Questionnaire

(IPAQ), Oxford Knee Score, body mass index, waist circumference, and heart rate.

Educational materials were developed to support learning beyond the programme day. These included an exercise video on low-impact exercises for knee health and weight management, a bookmark containing assessment results and exercise steps, and an “*Obesiti & Kesehatan Lutut*” booklet. The booklet explains obesity, knee pain, knee osteoarthritis, lifestyle practices, and joint protection strategies in a simple format.

The screening showed that participants were predominantly female, comprising 80.5%, while male participants accounted for 19.5%. In terms of body mass

index, 1.0% were underweight, 31.2% had normal BMI, 41.5% were overweight, and 26.3% were obese. IPAQ assessment showed that 20.0% had low physical activity, 47.8% moderate physical activity, and 32.2% high

physical activity. For knee-related function, 75.1% had satisfactory Oxford Knee Score results, 19.0% mild-to-moderate symptoms, 4.9% moderate-to-severe symptoms, and 1.0% severe symptoms.

Knowledge

assessment showed overall improvement following the health education session. Participants demonstrated better understanding of obesity, knee osteoarthritis, healthy eating practices, and recommended physical activity, suggesting that the session reinforced key health messages.

Programme feedback was encouraging, with 88.3% rating the programme positively for improving understanding of obesity and knee pain. Seven participants were referred to the Musculoskeletal Rehabilitation Clinic at Hospital Al-Sultan Abdullah for further assessment, highlighting the importance of community screening in identifying



WAIST circumference measurement being carried out as part of the health screening assessment.



BOOKMARK with simple knee exercise steps provided to teachers for practice at home or school.

individuals who may benefit from early intervention. Overall, “From Chalk to Walk” combined screening, education, exercise demonstration, and feedback to promote healthier lifestyles and empower teachers to take ownership of their knee health and wellbeing.

“From Chalk to Walk” was made possible through the guidance of Dr Anie Farhana Ngimron, Assoc. Prof. Dr. Nadia Mohd Mustafah, Dr. Muhamad Faizal Zainudin, Assoc. Prof. Dr. Wan Najwa Wan Mohd Zohdi, Prof. Dr. Fazah Akhtar Hanapiah, and Pn. Hayati Hassan from Physiotherapy, with the cooperation of teachers from the five schools.





INDIVIDUAL feedback session on health screening results at Station 3.



HEALTH education session on obesity, knee pain, and preventive strategies.



REHABILITATION Medicine trainees behind the "From Chalk to Walk" community rehabilitation programme.

BREAKING SILOS: WHY HIV PREVENTION IS EVERYONE'S RESPONSIBILITY

HUMAN Immuno-deficiency Virus (HIV) remains a significant public health concern, with cases steadily rising over the last few decades. While it deeply affects key populations including men who have sex with men (MSM), transgender women (TGW), and women at risk (WAR), the reality is that HIV does not discriminate by orientation; it impacts both homosexual and heterosexual individuals alike.

The introduction of Pre-Exposure Prophylaxis (PrEP) as a comprehensive prevention strategy has created a divide among medical professionals. On one side, some colleagues express reservations, often favoring the promotion of abstinence and religious principles. On the other, many advocates widespread medication access to reduce new infections and seroconversion.

Unfortunately, this debate has occasionally fueled a new wave of HIV stigma, not just toward the programs introduced

Dr. Aiza Nur Izdihar Zainal Abidin



Department of Primary Care Medicine

Unfortunately, this debate has occasionally fueled a new wave of HIV stigma, not just toward the programs introduced by the Ministry of Health (MOH), but toward the individuals themselves. When we allow personal perspectives to overshadow our clinical duty, we risk losing the opportunity to guide those at risk toward any form of prevention.

by the Ministry of Health (MOH), but toward the individuals themselves. When we allow personal perspectives to overshadow our clinical

duty, we risk losing the opportunity to guide those at risk toward any form of prevention.

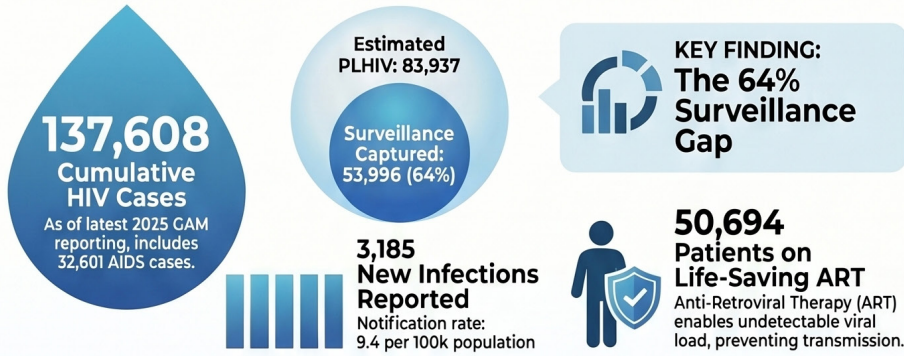
We often rely on the A-B-C-D concept: Abstinence, Be Faithful, Condom use, and Drugs (PrEP). However, we must view abstinence and fidelity not just as cultural values, but as vital components of integrated psychosocial counseling and behavior change education.

Whether we like it or not, the facts are stark:

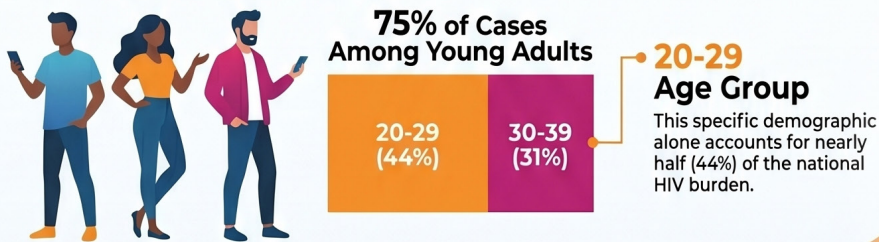
- HIV is rising rapidly among our youth. 45% of new cases occur in those aged 20–29¹.
- Between 2020 and 2024, 1,091 university students were diagnosed with HIV².
- Stigma and discrimination impact their overall well-being, hindering social acceptance, limiting access to HIV testing, and reducing treatment adherence³.
- When HIV status remains unknown or treatment is inconsistent, the risk of exposure for our youth rises.

The Rising Tide: HIV & STI Trends in Malaysia (2024/2025 Update)

1 National HIV Snapshot (2024/2025 Data)



2 A Youth-Centered Epidemic



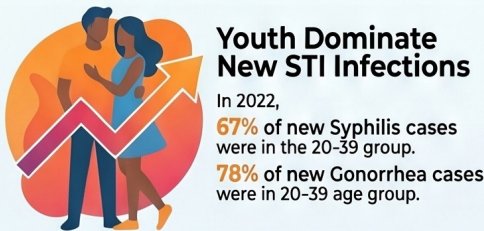
3 The Rising STI Syndemic



STI Indicator	2012 Rate (per 100k)	2022 Rate (per 100k)
Syphilis Notification Rate	5.7	14.3
Gonorrhoea Notification Rate	5.1	5.6

Clinical Reality & Prevention

- HIV vs. AIDS**
HIV becomes AIDS when the CD4 drops below 200 or opportunistic infections develop.
- Symptoms to Monitor**
Painful genital ulcers, urethral discharge, mucocutaneous lesions, and rashes on palms or soles.
- Undetectable = Untransmittable (U=U)**
Consistent ART usage prevents transmission to HIV-negative partners through sex.



STIs Fuel HIV Transmission

Sexually transmitted infections (chlamydia, gonorrhoea, syphilis) significantly increase the biological chance of getting and transmitting HIV.

These aren't just statistics. They are our students, mentees, and perhaps even our own children. HIV prevention requires evidence-based medicine and a multilevel effort. It is no longer an issue to be swept under the carpet. Rather than focusing solely on critiques of social issues, we need a holistic approach involving religious departments, welfare organizations,



U-CARE Conference 2025: Educating and Empowering Peer Educators as Agents of Change for HIV Prevention



and family sectors.

At the university level, programs like KAMI-U-CARE (University-Community Action on Reducing Epidemic) at UiTM—adapted from the PROSTAR initiative—are empowering students to become health ambassadors^{4,5}.

Finally, I would like to bring you to get to know Mohammed Abou Zaid, an imam and senior Lebanese judge. He described two types of religious leaders: First, leaders who believe they are superior, claiming to represent the divine and the single absolute truth. Second, leaders who serve the people, acknowledging their own human fallibility. According to Abou Zaid: leaders who serve the people have a better understanding of religion's role in human life. Leaders who claim absolute authority are dangerous, fostering harm and division. He quoted “If you find the first imam, please get away from him—he’s very dangerous; more dangerous than the HIV virus”⁶.

As parents, educators, and healthcare professionals, we must ask:

In our position, what can we do? By setting stigma aside and focusing on comprehensive care, we can protect the next generation of colleagues and leaders.

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GROUP photo of all bootcamp participants, and organisers at Universiti Malaya.

MEDICINE MEETS TECHNOLOGY: UiTM MEDICAL AND COMPUTER STUDENTS TAKE ON NATIONAL AI CHALLENGE

Nur Liyana Zuraimi, Muhammad Ammer Haziq Johari, Mumtazah Aiesyah Hassan, Tengku Afif Helmi Tengku Shahrulizam, Muhammad Zahin Mohd Zuflida, Ishaza Arianna Ismadee & Assoc. Prof. Dr. Ilham Ameera Ismail

Artificial intelligence (AI) continues to shape the future of healthcare, offering unprecedented opportunities to improve diagnosis, treatment, and patient outcomes. As Malaysia advances toward a more digital and sustainable healthcare system, nurturing students with the skills to apply

AI responsibly and creatively is crucial in preparing them for the technological leap¹.

In line with this vision, UiTM was proudly represented at the “AI in Medicine: Bootcamp & Hackathon 2025” by a multidisciplinary team of Year 4 medical students—Muhammad Ammer Haziq Johari, Nur Liyana Zuraimi, and Mumtazah Aiesyah Hassan—together with computer science students—Tengku Afif Helmi Tengku Shahrulizam, Muhammad Zahin Mohd Zuflida, and Ishaza Arianna Ismadee. Supervised by Assoc. Prof. Dr. Ilham Ameera Ismail from the Faculty



of Medicine, the team participated in this national programme organised by Universiti Malaya in collaboration with MRANTI, which challenged students across Malaysia to tackle healthcare problems and develop practical AI-powered solutions. Their proposal successfully passed the competitive selection stage, earning them a place among 20 shortlisted teams.

The programme began with a three-day intensive bootcamp held from 10-12 October 2025 at the Faculty of Engineering, University Malaya. Throughout the sessions, participants were trained to identify healthcare challenges, refining ideas, and analysing market needs. These sessions exposed students to the core process of innovation—understanding the problem,



STUDENTS successfully presenting their mock project pitch during the bootcamp training session.



STUDENTS successfully presenting their mock project pitch during the bootcamp training session.



THE three UiTM medical student who participated in the programme.



Throughout the sessions, participants were trained to identify healthcare challenges, refining ideas, and analysing market needs. These sessions exposed students to the core process of innovation—understanding the problem, designing the solution, and preparing for implementation in a real healthcare setting.

designing the solution, and preparing for implementation in a real healthcare setting.

Following the bootcamp, students were given five weeks to develop a functional prototype and prepare for the national hackathon finals. The final competition took place on 16 November 2025 at Wyndham Grand Bangsar, where teams presented their innovations to a panel of industry experts and healthcare professionals.

The UiTM team's project, DOMINO (Digital Observed Medication Intake for Neuro-Outcome), is an AI-based system designed to address the challenge of medication nonadherence among patients with schizophrenia. The application uses video, speech,

and behavioural analysis to verify medication intake and detect early signs of relapse. By providing daily automated adherence verification and relapse-risk scoring, DOMINO aims to reduce readmission rates, support caregivers, and improve early intervention for patients. The team extends their appreciation to Assoc. Prof. Dr. Nur Faizah Ali (Psychiatrist) and Dr. Sakinah Idris (Clinical Psychologist) for their invaluable expert insights throughout the development process.

During the closing ceremony, Prof. Ir. Dr. Kaharudin Dimiyati, Deputy Vice-Chancellor (Research & Innovation),



ACTIVE discussion among participants as they refined ideas throughout the bootcamp activities.





OFFICIAL promotional flyer for the AI in Medicine Bootcamp & Hackathon 2025.

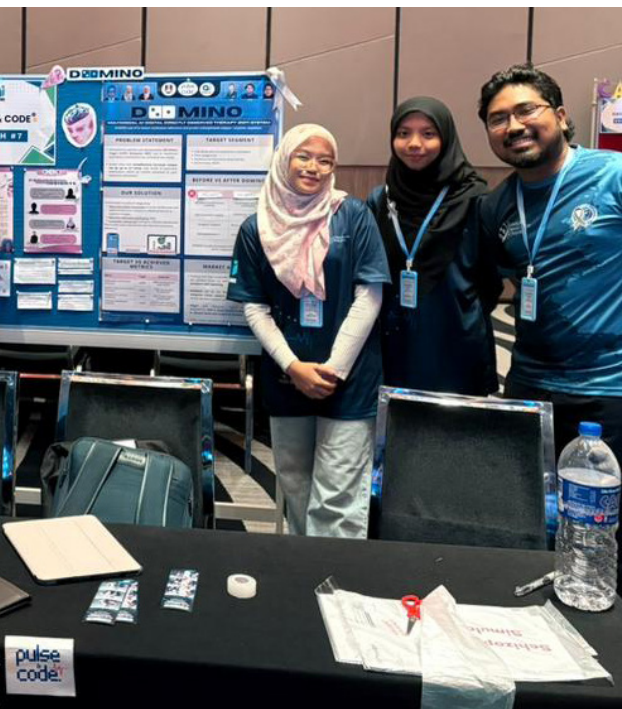


Universiti Malaya, praised the outstanding quality of ideas presented. He emphasised that the programme successfully achieved its mission of nurturing innovation, with several projects that were judged by innovators, showing potential for future

commercialisation.

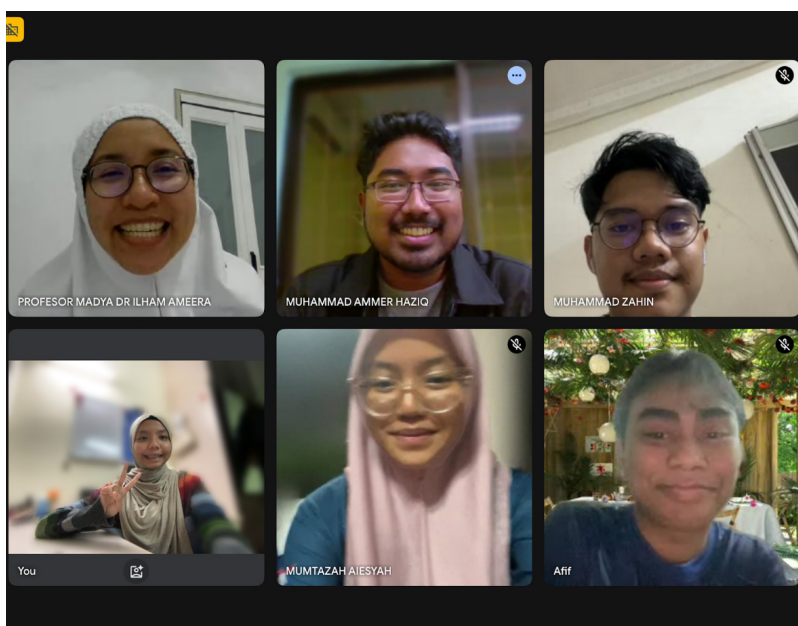
The UiTM team returned not only with certificates of participation but with invaluable exposure, mentorship, and cross-disciplinary collaboration that shaped their one-month journey. The event marks another milestone in





UiTM students taking a group photo with panelist Dr. Kev Lim from Qmed Asia, after their presentation.

Malaysia's efforts to accelerate healthcare innovation. This highlights the importance of integrating medicine, technology, and creativity in the pursuit of cultivating future leaders who will drive meaningful change in the nation's healthcare landscape.



PROJECT feedback session with advisor, Assoc. Prof. Dr. Ilham Ameera Ismail.



UiTM participants receiving certificates of participation during the event's closing ceremony.

CARING FOR OUR HEROES: ENT HEALTH SCREENING IN CONJUNCTION WITH 219TH POLICE DAY CELEBRATION (2026)



DR. MOHAMMAD NASYATMUDDIN delivering a talk on Obstructive Sleep Apnea.

Assoc. Prof. Dr. Norazila Abdul Rahim, Dr. Intan Kartika Kamarudin, Dr. Mohammad Nasyatmuddin Yahya, Dr. Ainun Munirah Zulkifli Muhammad Raziin Zainal Abidin, Dr. Zainol Izzuddin Zulkifli & Dr. Ilmi Akmaludin Mohamad

As part of an effort to strengthen health awareness and promote preventive care, the Department of ORL-HNS, Hospital Al-Sultan Abdullah (HASA) and Faculty of Medicine, UiTM, under the KRIS HASA Programme, carried out a community outreach project in conjunction with the 219th Police Day Celebration (2026). The

programme was aimed at educating police officers from the Royal Malaysia Police on common Ear, Nose, and Throat (ENT) conditions.

The event was held at the IPD Sungai Buloh on 4 April 2026, focusing on two key areas: Sleep Apnea and Hearing screening. These conditions were selected due to their high prevalence



THE programme was officially officiated by Y.B. Tuan Muhammad Izuan Ahmad Kasim, in the presence of the YBrs. Tuan Aizuddin Abd Gaffal, Political Secretary to the Minister of Human Resources, Sungai Buloh District Police Chief, Superintendent Mohd Hafiz Muhammad Nor, and the Deputy Clinical Director (Surgical), Dr. Shah Jumaat Mohd Yussof.

“

The event was held at the IPD Sungai Buloh on 4 April 2026, focusing on two key areas: Sleep Apnea and Hearing screening. These conditions were selected due to their high prevalence and potential impact on occupational performance, safety, and overall quality of life.

symptoms, understand risk factors, and seek timely intervention. The programme was led by Dr. Norazila Abdul Rahim, together with a dedicated team of specialists and allied health professionals from HASA UiTM, who organised an interactive and engaging health screening session.

An educational talk on Sleep Apnea was delivered by Dr. Nasyatmuddin, highlighting its clinical features, associated risks, and management strategies. Emphasis was

and potential impact on occupational performance, safety, and overall quality of life.

The primary objective

of the programme was to equip police personnel with essential knowledge and practical tools to identify early

placed on the importance of early detection and intervention in reducing long-term complications. The session was highly interactive, with participants actively engaging in discussions, raising relevant questions, and sharing personal experiences related to sleep and fatigue.

In addition to the

educational component, several practical screening activities were conducted to reinforce learning and facilitate early detection of ENT-related conditions. Hearing assessments were carried out, allowing participants to evaluate their auditory function and identify potential deficits requiring further evaluation. A validated

sleep-related questionnaire was also administered to assess sleep quality and screen for possible indicators of sleep apnea. Furthermore, basic ENT examinations were performed to provide a general overview of participants ENT health status.

Feedback from the organisers and participants



BASIC ENT and hearing screenings were performed by a dedicated ENT team.



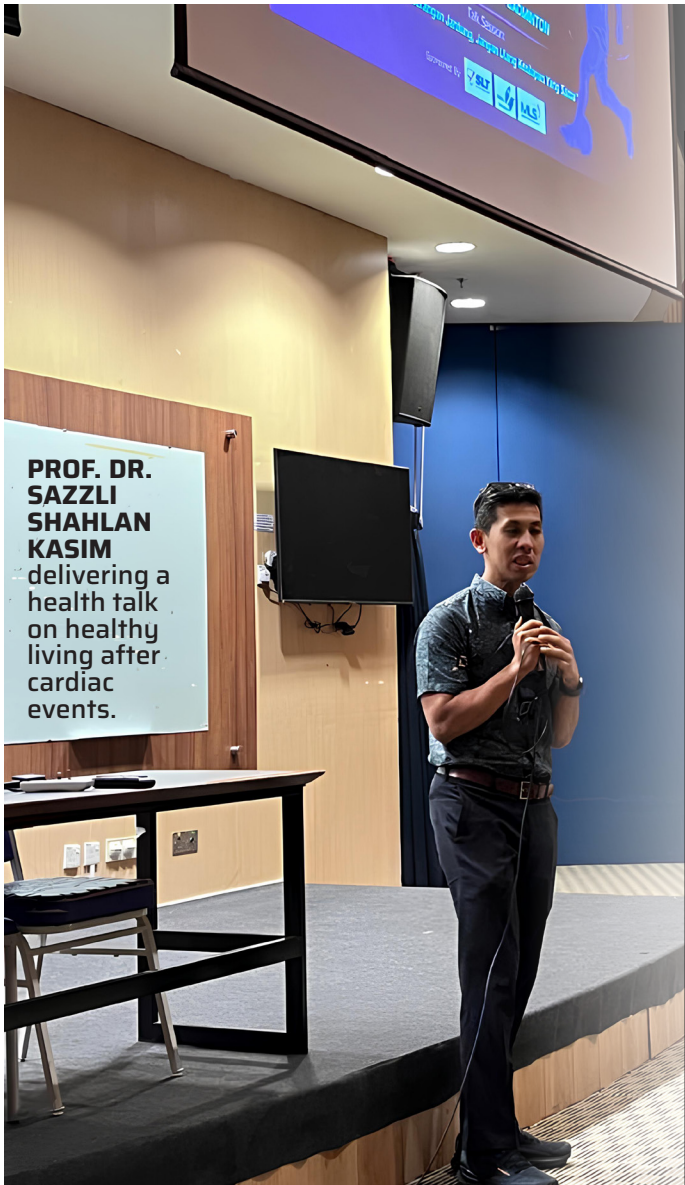
DEPARTMENT ORL HNS at 219th Police Day Celebration (2026) at IPD Sungai Buloh.

was overwhelmingly positive. Many expressed appreciations for the opportunity to gain deeper insights into these important health issues and felt empowered to take proactive steps towards improving their health and well-being.

The initiative successfully fostered awareness while strengthening the connection between healthcare providers and the community.

This community service effort underscores the vital role of healthcare professionals in promoting

preventive medicine and public health education. By reaching out to those who serve and protect the nation, this initiative also serves as a gesture of appreciation for their dedication and sacrifices. Thank you, Malaysia's heroes.



PROF. DR. SAZZLI SHAHLAN KASIM delivering a health talk on healthy living after cardiac events.

PHASE 3 CARDIAC REHABILITATION 2026: FROM RECOVERY TO ACTIVE LIVING

Phase 3 Cardiac Rehabilitation Program to empower cardiac survivors towards healthier, more active, and meaningful lives.

The program was designed as a community-oriented continuation of structured cardiac rehabilitation following completion of intensive hospital-based rehabilitation. Carrying the theme “*Komitmen Bersama ke Arah Jantung yang Lebih Sehat dan Hidup yang Lebih Bermakna*”, the event brought together

I Dr. Anie Farhana Ngimron, Dr. Mazlifah Omar, Syafiqah Othman & Nor Farhana Ahmad Sabri

Cardiac rehabilitation plays an important role in the long-term recovery and well-being of individuals living with cardiovascular disease^{1,2}. Beyond medical treatment, sustainable lifestyle modification, regular physical activity, psychosocial support, and continuous education are essential components in reducing cardiovascular risk and preventing recurrent cardiac events³. In line with this commitment, the Department of Rehabilitation Medicine, Hospital Al-Sultan Abdullah (HASA) and Faculty of Medicine, UiTM organised the



healthcare professionals, cardiac survivors, caregivers, and supporting staff in a meaningful engagement session that promoted heart health awareness and active living.

This year's program introduced a refreshing and innovative approach by incorporating sports league-style activities into the rehabilitation sessions. The initiative aimed to encourage cardiac survivors to confidently return to recreational sports and community-based physical activities as part of maintaining an active and healthy lifestyle. It also highlighted that individuals recovering from cardiac conditions can safely participate in enjoyable physical and social activities with appropriate guidance and support.

The day began with a "senamrobik" session aimed at promoting safe and enjoyable exercise among cardiac

patients. The official opening ceremony further highlighted the importance of multidisciplinary collaboration in ensuring successful long-term cardiac rehabilitation outcomes.

One of the major highlights of the program was the sports league activity involving patients and healthcare personnel. The activity fostered motivation, teamwork, confidence, and social interaction among participants while creating a fun and supportive environment for physical activity. Through this approach, participants were encouraged to perceive exercise not merely as therapy, but as a sustainable and enjoyable lifestyle practice beyond the hospital setting.

The program also featured a health talk entitled "*Selepas Serangan Jantung; Jangan Ulangi Kesilapan Sama*", delivered by Prof. Dr. Sazzli Shahlan Kasim, Professor of Medicine and Consultant



PARTICIPANTS
joining the
senamrobik
session.

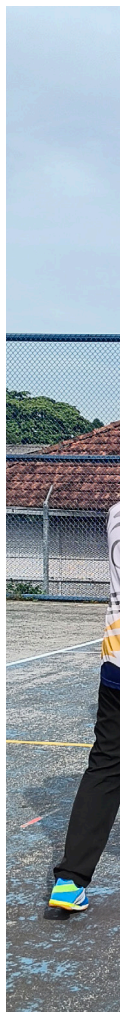
Cardiologist of UiTM. The session focused on secondary prevention strategies following cardiac events, including adherence to active and healthy lifestyles and regular medical follow-up. The talk provided valuable insights on reducing modifiable cardiovascular risk factors and preventing recurrent cardiac complications.

The success of this program would not have been possible without the dedication and commitment of the Cardiac Rehabilitation team members, organising committee, healthcare professionals, supporting staff, and volunteers who worked tirelessly to ensure the smooth execution of the event. Their continuous efforts in supporting cardiac survivors reflect the spirit of multidisciplinary collaboration and compassionate patient care upheld by

UiTM healthcare professionals.

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CARDIAC survivors, healthcare professionals, and organisers gathering for a group photo at the end of the sports league session.

PARTICIPANTS
engaging
enthusiastically in
a friendly football
match during the
sports league session.



CARDIAC survivors participating in badminton in the sports league.



FELLOWSHIP IN FORENSIC PATHOLOGY UiTM: TRAINING SPECIALISTS BEYOND BORDERS

Assoc. Prof. Dr. Razuin Rahimi & Dr. Wan Mohammad Hafiz Wan Razali

The Department of Forensic Pathology at the Faculty of Medicine, UiTM became the third university in Malaysia to offer the Master of Pathology (Forensic Pathology) program, beginning with its first intake in 2022. Building on this postgraduate foundation, the department responded to international training needs by establishing the Postgraduate Fellowship in Forensic Pathology in 2024, a one year program conducted at UiTM Sungai Buloh and affiliated forensic departments. A milestone was reached in January 2025, when the first fellow from Sri Lanka successfully registered into the program and completing training in December 2025.

In some countries, newly qualified forensic medicine specialists are required by their certification boards to undergo additional supervised training at established centres abroad before being granted full specialist or consultant status^{1,2}. Recognised within this postgraduate and fellowship training framework, Forensic Pathology UiTM has developed into a structured academic-service training platform for both local postgraduate candidates and international fellows. The



As part of the fellowship, the trainee was placed at a Ministry of Health hospital to benefit from a diverse case mix and to assist in undergraduate teaching.

department's strength lies in its integration of a university-based forensic pathology service, postgraduate teaching, academic supervision, forensic histopathology exposure, case-based discussion, medico-legal report writing, and expert opinion formulation. Conducted across UiTM Sungai Buloh and affiliated forensic departments, the fellowship provides supervised exposure to complex medico-legal casework within a supportive academic environment.

Malaysia's diverse medico-legal case mix provides valuable comparative learning opportunities for international fellows, particularly those from jurisdictions with



different death-investigation systems. Through exposure to a range of sudden, traumatic, decomposed, hospital-related, paediatric and adult deaths, fellows are able to refine their forensic reasoning and consolidate competencies that complement their home-country specialist training. This attachment therefore supports the additional supervised experience required by their certification boards before they proceed towards independent specialist or consultant-level practice.

The fellowship also emphasises academic growth. Training fellows are encouraged to publish case reports and original articles to hone their scientific writing skills. They are also encouraged to participate in teaching and learning activities, as well as attend local or



UiTM's first program fellow at an International Congress of Pathology and Laboratory Medicine 2025 in Kuala Lumpur[A1.1][W1.2], and even walked away with a lucky draw prize.

international workshops, seminars and conferences in the country. This balance of clinical practice and scholarly activities ensures that their training is both practical and intellectually rewarding. The exchange of expertise between UiTM's Department of Forensic Pathology and international fellows enriches the institution by creating

opportunities for comparative learning across different death-investigation systems. International fellows contribute insights from their home-country practices, including variations in medico-legal procedures, certification requirements, autopsy protocols, report-writing conventions, courtroom expectations and inter-agency collaboration. In return, they gain exposure to Malaysia's forensic pathology practice, case mix, academic activities and postgraduate training environment.

For UiTM, hosting international fellows is a mark of distinction. It shows that the standards upheld by our department and faculty are trusted by overseas certification boards and valued by specialists who choose UiTM as their training centre. For

the fellows, their attachment at UiTM marks an important step toward consultant recognition in their home countries. Together, these experiences reflect UiTM's growing presence in forensic pathology education, where knowledge is shared, skills are refined, and future consultants are trained for excellence.

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MARKING Hari Raya together with staff of the Department of Forensic Pathology, HASA UiTM.

SIALENDOSCOPY: TOWARDS ORGAN PRESERVATION SURGERY

Zainol Izzuddin Zulkifli
& Prof. Dr. Masaany
Mansor

The medical landscape for treating salivary gland disorders is shifting away from traditional major surgeries toward organ preservation. Sialendoscopy, a procedure first described in the 1990s by Katz and Fritsch, pioneers of the use of flexible endoscopes to evaluate salivary gland ducts¹. Embracing this modern advancement, Otorhinolaryngology–Head and Neck Surgery (ORL-HNS) Department, Hospital Al-Sultan Abdullah (HASA) and Faculty of Medicine UiTM, successfully organized a Sialendoscopy course on 7 April 2026, centering on the theme “Towards Organ Preservation Surgery”.

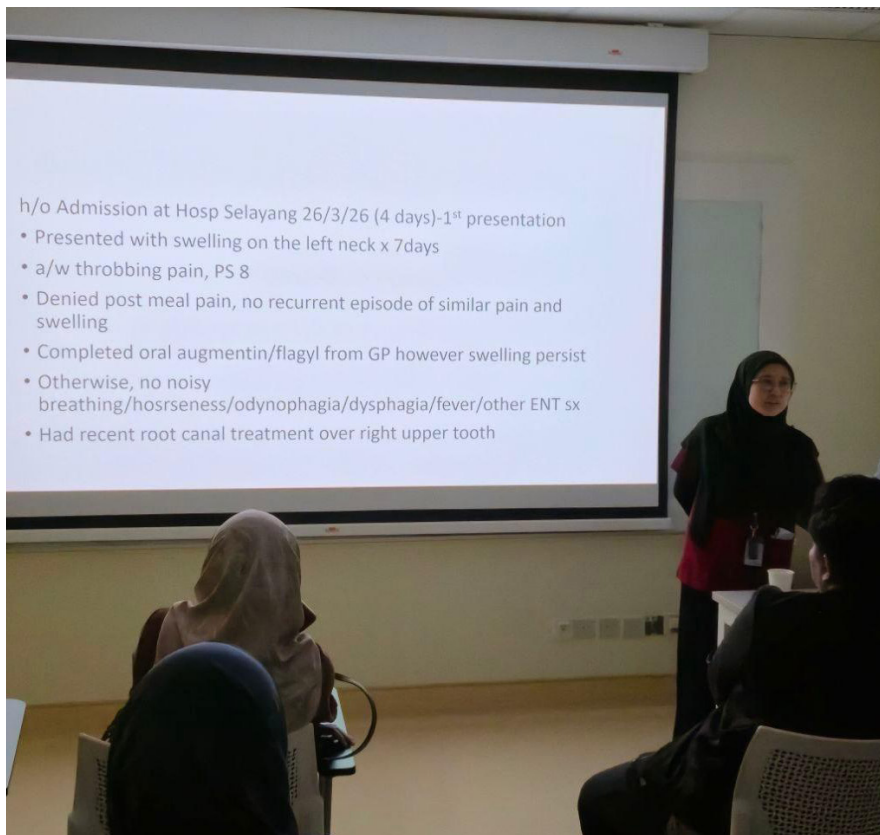
Held in the Main Operating Theatre at HASA, the one-day course involved our colleagues from UiTM OMFS department and various Ministry of Health ORL departments. In total, more than 20 ORL surgeons from all over Malaysia including Penang, Terengganu and Sabah attended the event, underscoring the national interest and



OPENING Remarks by Prof. Dr. Masaany Mansor.



THERORETICAL Presentation on sialendoscopy.



CASE presentation by Dr. Ainun Munirah Zulkifli.

clinical importance of mastering minimally invasive salivary gland interventions.

We invited Dr Zahirrudin Zakaria, the Penang state Head of ORL HNS service, to serve as the guest expert. The course began with an informative theoretical presentation by Dr. Zahiruddin, which laid the groundwork for the anatomical and technical aspects of the procedure, followed by detailed clinical case presentation.

The highlight of the course was a live surgery session. Participants were able to observe live

sialendoscopy procedures being performed in real-time, offering them invaluable exposure to the nuances of navigating the delicate salivary ducts, managing obstructions and stones, and utilizing endoscopic instruments effectively while preserving the affected gland.

The event concluded as a major success, marking a proud milestone for UiTM Medical Faculty and HASA. By fostering regional collaboration and enhancing the technical skill sets of local ORL HNS specialists, the



course has laid a strong foundation for advanced clinical practice. Looking ahead, HASA and ORL-HNS department aim to leverage this success to open new avenues of specialized care, ultimately expanding capacity to serve the community with cutting-edge, organ-preserving management.

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1. Singh PP, Gupta V. Sialendoscopy: Introduction, Indications and Technique. Indian J Otolaryngol Head Neck Surg. 2014 Mar;66(1):74-78. doi: 10.1007/s12070-013-0675-1



LIVE Surgery in Main OT Theatre.



LIVE surgery conducted by Dr. Zahiruddin.



AWARD received by members of the Anatomy Department on Majlis Apresiasi Fakulti Perubatan 2025.

SEVEN AWARDS, ONE SHARED VISION: DEPARTMENT OF ANATOMY'S JOURNEY TOWARDS EXCELLENCE

■ Dr. Muhammad Fairuz Azmi

The Department of Anatomy celebrated a proud milestone during the Majlis Apresiasi Fakulti Perubatan 2025 held on 13 February 2026 at the Courtyard by Marriott, where the department and its members received seven awards recognising achievements in leadership, research, teaching, community engagement, and staff development.

Among the highlights were the department's recognition for achieving the highest indexed publication-to-lecturer ratio in the pre-clinical category, as well as individual awards received by academic and support staff members. These achievements reflect not only individual excellence but also the department's continuous efforts in fostering a collaborative and progressive academic culture.

Over the years, the department has strengthened several initiatives to enhance academic productivity and student engagement. These include cadaveric and histology workshops, clinically integrated anatomy teaching sessions, community outreach programmes, and educational innovation projects involving digital and interactive anatomy learning approaches. The department has also encouraged co-curricular activities, interdisciplinary

collaboration, and continuous professional development among both academic and support staff.

The achievements were credited to collective commitment and teamwork across all levels of the department. The recognition serves as motivation for continued improvement in research, teaching, and contributions to students, the faculty, and the wider community.

These awards are more than just trophies; they drive departmental

excellence. Well-designed recognition programs foster a positive work environment, leading to increased job satisfaction, productivity, and loyalty¹. By celebrating these achievements, the Faculty of Medicine actively cultivates a culture of appreciation.

Public recognition acts as a potent catalyst for future engagement. When employees feel their contributions are valued, their commitment is significantly strengthened, leading to better collaboration and a more

MR. FATTASYA (sitting down on the right) is one of the Department members who has represented Selangor campus in Rugby.





MALAYSIAN Anatomical Association Community Engagement (MAACE) organized with collaboration with Malaysian Anatomical Association (MAA).



ANATOMY Open Day organised in October 2025 attracted 400 participants.

proactive approach². Furthermore, public recognition lifts employees' morale, directly influencing teamwork and overall job satisfaction².

Career advancement also plays a crucial role. Providing employees with opportunities for advancement within

the organisation increases positive satisfaction and acts as a powerful motivator³. Seeing peers rewarded inspires others, building a cohesive and supportive workplace.

To continue contributing to the faculty's excellence, the Department of Anatomy



has planned a robust lineup for 2026. To date, we have organised AI-assisted manuscript writing, histology and student learning outcome (SLO) review



RECENT AI-assisted Manuscript Writing Workshop mentored by Prof. Dr. Ahmad Nazrun Shuid aims to publish 9 manuscripts.

workshops. Upcoming activities include a cadaveric workshop, a benchmarking visit to UKM, community outreach via Anatomy Explorer, journal clubs and biostatistics for preclinical research.

As the Department of Anatomy continues its journey, these recognitions serve not as a destination, but as a reminder of the responsibility to strive for even greater excellence. With a shared commitment to innovation, scholarship, and meaningful engagement, the department remains dedicated to nurturing future healthcare professionals while advancing medical education, research, and community service.

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A NEW ERA IN AIRWAY SURGERY: MALAYSIA'S FIRST LARYNGOLOGY PROCEDURE USING THE ENDOFIX EXO ROBOTIC ARM AT HOSPITAL AL-SULTAN ABDULLAH UiTM

■ Assoc. Prof. Dr. Norazila Abdul Rahim

Hospital Al-Sultan Abdullah (HASA) UiTM Puncak Alam, has marked a historic milestone in Malaysian healthcare on 6th April 2026 by successfully performing the nation's first laryngology procedure assisted by the Endofix Exo robotic arm. This pioneering integration of robotic assistance in Otorhinolaryngology Head and Neck Surgery (ORL HNS) represents a significant leap forward in optimising the safety and efficacy of delicate airway surgeries.

Traditionally, endoscopic airway procedures require the surgeon to hold the rigid endoscope with one hand while manipulating microsurgical instruments with the other. This one-handed technique fundamentally limits the surgeon's ability to perform complex tissue manipulations

ASSOC. PROF. DR. NORAZILA ABDUL RAHIM performing a laryngology procedure assisted by the Endofix Exo robotic arm.

or manage unexpected complications. Furthermore, manually holding a rigid endoscope for prolonged periods can lead to musculoskeletal fatigue, where even the slightest hand tremor can disrupt the visual field and compromise precision surgery¹⁻².

The introduction of the Endofix Exo, a passive support robotic arm, revolutionizes this traditional approach. The Endofix Exo acts as an indefatigable “third hand” for the surgical procedure. During this procedure at HASA UiTM, the robotic arm was utilised to hold and seamlessly guide the rigid endoscopic camera, providing a level of visual stability previously unattainable through manual control. The most profound advantage of the Endofix Exo in delicate airway surgery is the restoration of the two-handed operative technique.

“

The introduction of the Endofix Exo, a passive support robotic arm, revolutionizes this traditional approach. The Endofix Exo acts as an indefatigable “third hand” for the surgical procedure. During this procedure at HASA UiTM, the robotic arm was utilised to hold and seamlessly guide the rigid endoscopic camera, providing a level of visual stability previously unattainable through manual control.

By relieving the surgeon of the need to support the

ENDOFIX
Exo
robotic
arm
mounted
to the
operating
table.

camera, they are empowered to actively use both hands to manipulate microsurgical instruments. This dual-hand capability is critical for laryngeal microsurgery within the confined laryngeal space. Furthermore, the robotic arm guarantees a tremor-free field of vision. At the push of a button on the control interface, the surgeon can dynamically manoeuvre the arm into the optimal position. Once the button is released, the rigid endoscope locks instantly into place. This will maintain even the most extreme camera angles for as long as necessary without the risk of image drifting.

Beyond enhanced precision, the robotic arm significantly improves ergonomics in the



operating theatre. Surgeons frequently endure awkward, static postures during conventional endoscopic procedures, leading to severe neck and back strain over time². The Endofix Exo supports the camera equipment from above, allowing the surgeon to maintain a relaxed, neutral posture while operating directly from high-definition monitors.

This reduction in physical fatigue is vital; a comfortable surgeon translates to a safer, more efficient operation. For the patient, these technological advantages are deeply beneficial. The enhanced visualization and mechanical precision facilitated by the robotic arm minimize inadvertent trauma to surrounding tissue in the larynx. This operational efficiency frequently results in shorter surgical times, reduced exposure to general anaesthesia, and a faster, more comfortable postoperative recovery.

The successful utilization of the Endofix Exo at HASA UiTM sets a bold new benchmark for airway procedures in Malaysia. Importantly, the integration of advanced



RESTORATION of the two-handed operative technique in delicate airway surgery significantly improves ergonomics and precision surgery.

technologies such as the Endofix Exo provides clear benefits for both students and the Faculty of Medicine. For trainees, it offers a more stable surgical environment with better visualization, allowing improved skill development and a shorter learning curve in complex airway procedures. It also supports simulation-based training, helping build confidence in a safe setting.

For faculty members, the system enhances teaching quality while reducing physical strain during long procedures. Overall, its adoption strengthens research opportunities,

encourages collaboration. By embracing advanced robotic assistance, UiTM continues to position itself at the absolute forefront of medical innovation, ensuring that patients receive the safest, most precise, and most advanced care available in modern medicine.

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1. Michel G, Salunkhe DH, Bordure P, Chablat D. Literature review on endoscopic robotic systems in ear and sinus surgery. *arXiv*. 2021.
2. Joo H, et al. Intraoperative neck angles in endoscopic and microscopic otologic surgery. *Otolaryngol Head Neck Surg*. 2023.

WORLD HEARING WEEK 2026: HEARING CARE FOR ALL CHILDREN

I Nur Annisa Rohaya Md Zakaria
Bhuiyan

The World Health Organisation (WHO) reported that around 90 million children aged 5-19 years live with hearing loss. However, over 60% of childhood hearing loss is preventable through early detection, vaccination and better ear care services¹. The WHO therefore urges communities to act to protect hearing health from early childhood by integrating systematic

screening and early intervention programs into school and child health initiatives services.

In conjunction with World Hearing Day, the Audiology Unit of the Department of Otorhinolaryngology, Head & Neck Surgery at Hospital Al-Sultan Abdullah (HASA), with support from specialists from HASA and the Faculty of Medicine, UiTM, organised World Hearing Week from 27–30 April 2026 under the theme 'From Communities to Classroom: Hearing Care for All Children'. This program highlighted



PARTICIPANTS of the hearing screening programme for World Hearing Week 2026.



The Audiology Unit of HASA UiTM took part by organising a hearing screening programme throughout the week for HASA staff and other family members as well. A total of 29 participants underwent hearing screening using Otoacoustic Emission & Automated Auditory Brainstem Response at the Audiology Clinic, with 7 participants identified for further evaluation and referred to ENT specialists for follow-up assessment and management.

the integration of hearing care into school health programs & primary

health services to support children in learning, connecting, and thriving at



HEARING screening for adults in Audiology Clinic.



school.

The Audiology Unit of HASA UiTM took part by organising a hearing screening programme throughout the week for HASA staff and other family members as well. A total of 29 participants underwent hearing screening using Otoacoustic Emission & Automated Auditory Brainstem Response

HEARING
screening
for
newborn
in
Audiology
Clinic.

at the Audiology Clinic, with 7 participants identified for further evaluation and referred to ENT specialists for follow-up assessment and management. Small tokens of appreciation were also distributed to patients attending the clinic throughout the programme period, as a gesture of gratitude to patients and families while promoting awareness of the importance of hearing care and regular screening.

The universal newborn hearing screening programme has been implemented at HASA since 2021 to support early detection of hearing loss and timely intervention.

Programmes such as World Hearing Week are expected to further enhance public awareness of hearing health and encourage the community to seek early hearing assessment and intervention when needed. Through collective efforts from healthcare providers, schools, families, and communities, better hearing care can be achieved for all children and individuals in society.

References:

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APPRECIATION for patients and families during World Hearing Week 2026.

STUDENTS working on transforming ideas into business model canvases.



WHERE MEDICINE MEETS ENTREPRENEURSHIP: A WINNING BMC EXPERIENCE



The program brought together all Year 1 medical students, who were divided into 36 groups of eight members each, creating a lively and collaborative learning environment. The day began with an engaging one-hour lecture on entrepreneurship and the fundamentals of the BMC, followed by a hands-on practical session where students transformed their creative ideas into business models.

Assoc. Prof. Dr. Fatmawati Kamal, Dr. Nora Julianna Osman & Assoc. Prof. Dr. Khasnur Malik

On 3rd April 2026, Doctorpreneur under the Division of Student Affairs successfully organised an exciting short course entitled “Designing Winning Business Models: A Practical Workshop on the Business Model Canvas” at Auditorium 1, Faculty of Medicine UiTM.



The workshop was specially designed to introduce Year 1 medical students to the world of entrepreneurship by helping them understand and analyse business models, apply the Business Model Canvas (BMC)

to create viable business ideas, and explore ways to improve the sustainability and feasibility of their ventures for long-term success.

It offers a practical introduction to entrepreneurship, helping them

explore skills that are becoming increasingly useful in today's healthcare world. While most students are familiar with the clinical side of medicine, this workshop provides a chance to think creatively about how healthcare ideas can be turned into real solutions. Many doctors today are involved in activities beyond patient care, such as developing health apps, running clinics, creating educational platforms, or contributing to healthcare start-ups. By gaining early exposure to concepts like problem-solving, innovation, and business planning, medical students can broaden their horizons and discover exciting ways to make an impact in healthcare in the future.

The program brought together all Year 1 medical students, who were divided into 36 groups of eight members each, creating a lively and collaborative learning environment. The day began with an engaging one-hour lecture on entrepreneurship and the fundamentals of the BMC, followed by a hands-on practical session where students transformed their creative ideas into business models. Armed with colourful markers and A3-sized BMC templates, each group worked enthusiastically while facilitators moved around the hall to provide guidance and encouragement.

At the end of the session, all completed Business Model Canvases were evaluated by a panel of assessors, with the top three teams

ASSOC. PROF. DR. KHASNUR MALIK and Dr. Zaid Muuti are giving lectures.





impressed the judges with their creativity and practicality, earning first, second, and third prizes for their ideas: Home Healthcare Service, Wound Cleaning Service, and Scooba, respectively. The workshop concluded on a high note at 4.30 p.m., with prizes presented to the top teams on 22 April 2026 in recognition of their innovation, teamwork, and entrepreneurial spirit.

WINNERS of the most well-constructed BMC.

selected based on the BMC criteria and the overall quality of their proposed business ideas. The assessment considered key components such as the value proposition, customer segments and channels, customer relationships, key partnerships, activities and resources, cost structure, and revenue streams. The winning teams



BEYOND THE CLASSROOM: AADK-INTEGRATED TEAM-BASED LEARNING IN SUBSTANCE ABUSE EDUCATION

Dr. Noor Fahitah Abu Hanipah, Assoc. Prof. Dr Norhafiza Razali, Dr. Siti Norsyafika Kamarudin, Prof. Dr. Ahmad Nazrun Shuid, Dr. Norasikin Ab Azis & Dr. Muhammad Huzaimi Haron

The Faculty of Medicine, Universiti Teknologi MARA (UiTM), continues to advance medical education through innovative, student-centred approaches that bridge theory with practical settings. In response to the growing burden of substance abuse in Malaysia, the faculty has introduced a novel learning initiative that integrates Team-Based Learning (TBL) with collaboration from the Agensi Anti-Dadah Kebangsaan (AADK). This initiative represents a significant step forward in preparing future doctors to address the complex challenges of substance use disorders.

Traditionally, substance abuse education in pharmacology has been delivered through lectures, focusing on theoretical concepts such as neurotransmitters, drug classifications, and treatment strategies. While essential, this approach often limits student engagement and does not fully capture the complexities of addiction. Recognising this gap, UiTM has implemented a more dynamic and interactive method that combines structured self-learning, real-world



MEDICAL Pharmacology lecturers (Faculty of Medicine, UiTM), Year 2 MBBS students (2025/2026), and invited speaker Puan Zefa NorAsmara binti Jubir from AADK Selangor captured in a group photo before the sharing session.

exposure, and collaborative problem-solving consistent with the principles of Team-Based Learning described by Michaelsen and Sweet² and further elaborated by Parmelee et al³.

The learning activity begins with pre-class preparation through an online platform, allowing students to build foundational knowledge independently. This is followed by an interactive session led by AADK officers, where students gain valuable insights into the current drug situation in Malaysia, legal frameworks, rehabilitation programs, and the role of healthcare professionals in managing substance abuse. This collaboration provides authentic, field-based perspectives that enrich students' understanding beyond the classroom. The emphasis on pre-class preparation and



readiness assurance aligns with established TBL methodology^{2,3}.

Students then engage in a structured TBL session, that includes individual and



The learning activity begins with pre-class preparation through an online platform, allowing students to build foundational knowledge independently. This is followed by an interactive session led by AADK officers, where students gain valuable insights into the current drug situation in Malaysia, legal frameworks, rehabilitation programs, and the role of healthcare professionals in managing substance abuse.

team assessments followed by application exercises using clinical case scenarios. This format promotes active participation,



MEDICAL Pharmacology lecturers (Faculty of Medicine, UiTM), Year 2 MBBS students (2025/2026), and invited speaker Puan Zefa NorAsmara binti Jubir from AADK Selangor captured in a group photo before the sharing session.

critical thinking, and teamwork, enabling students to apply pharmacological knowledge to realistic situations. The session also fosters communication skills and collaborative learning, essential competencies for future clinical practice^{2,3}.

The impact of this initiative has been highly encouraging. Students reported increased engagement, improved understanding of substance abuse, and greater confidence in applying knowledge to clinical contexts. The integration of AADK was particularly valued, as it provided meaningful exposure to the multidisciplinary and societal aspects of addiction care. Not only that, but the sharing session also shed light on current national contexts and ongoing situations in our country. These findings are consistent with previous studies demonstrating that TBL enhances student engagement,



PRESENTATION of a token of appreciation from the Faculty of Medicine to Puan Zefa NorAsmara of AADK Selangor.

knowledge acquisition, and academic performance in medical education¹.

Moving forward, this AADK-integrated TBL model has strong potential for wider adoption across medical institutions. It serves as a practical example of how collaborative learning can transform traditional teaching and better prepare future doctors to meet evolving healthcare challenges¹⁻³.



YEAR 2 medical students working in groups of five during a TBL session.



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