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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**

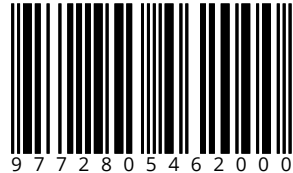


**UNIVRAB-UⁱTM INBOUND
PROGRAMME: ACADEMIC EXCHANGE
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**SIALENDOSCOPY: TOWARDS
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UiTM MEDICAL STUDENTS SHINE AT INAUGURAL CAP-Q 2026

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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 Haiqal 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.