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UNIVERSITI  
TEKNOLOGI  
MARA

# IMED BULL'

FACULTY OF MEDICINE UTM



## TRAUMAX 2026: U<sup>i</sup>TM 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-U<sup>i</sup>TM INBOUND  
PROGRAMME: ACADEMIC EXCHANGE  
AND STUDENT EXPERIENCE**



**SIALENDOSCOPY: TOWARDS  
ORGAN PRESERVATION SURGERY**



**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.

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

**T**he 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

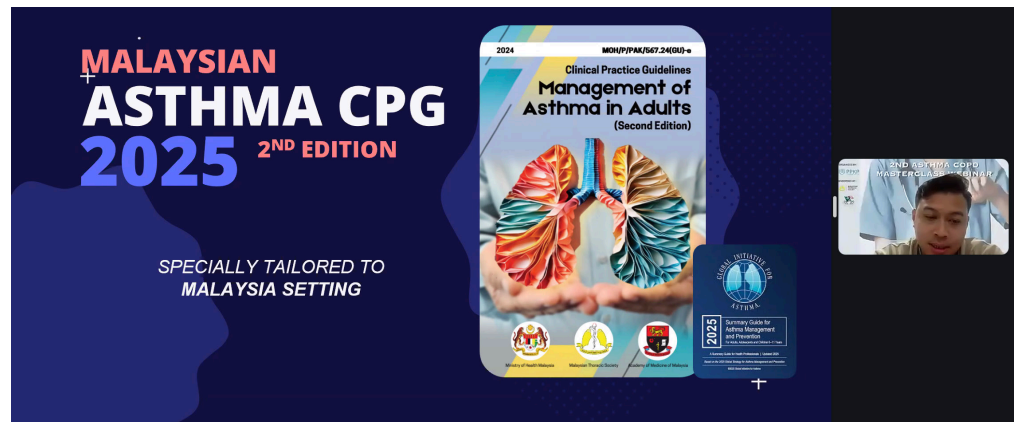
among healthcare professionals targeting the primary care doctors through practical, guideline-driven discussions on asthma and chronic obstructive pulmonary disease (COPD).

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.

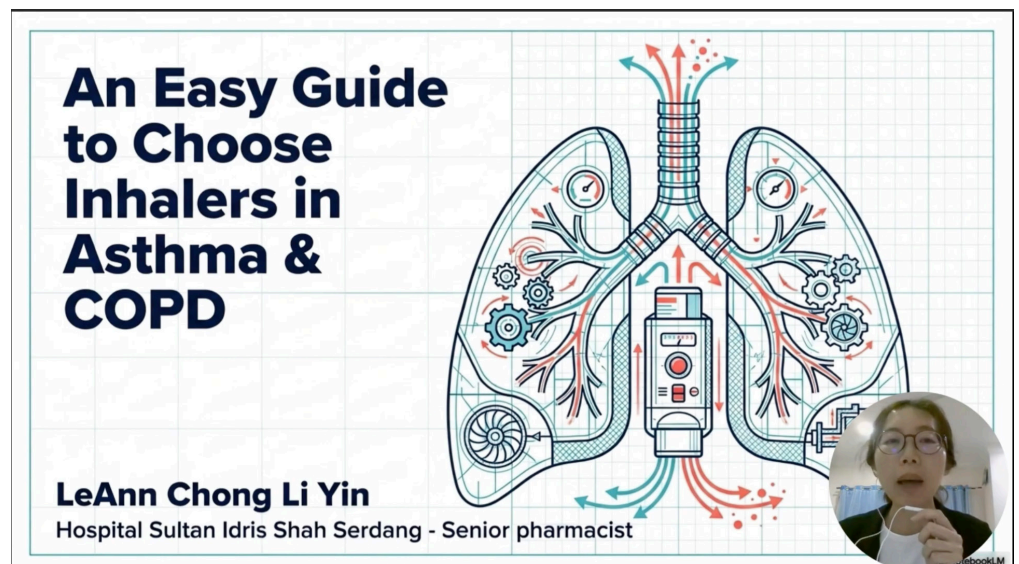
Notable sessions included “Management of COPD Exacerbation in Acute Setting,” “When Should ICS Be Used in COPD?,” “Asthma COPD Overlap: How to Approach,”

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

**C**ommunity-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.