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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**

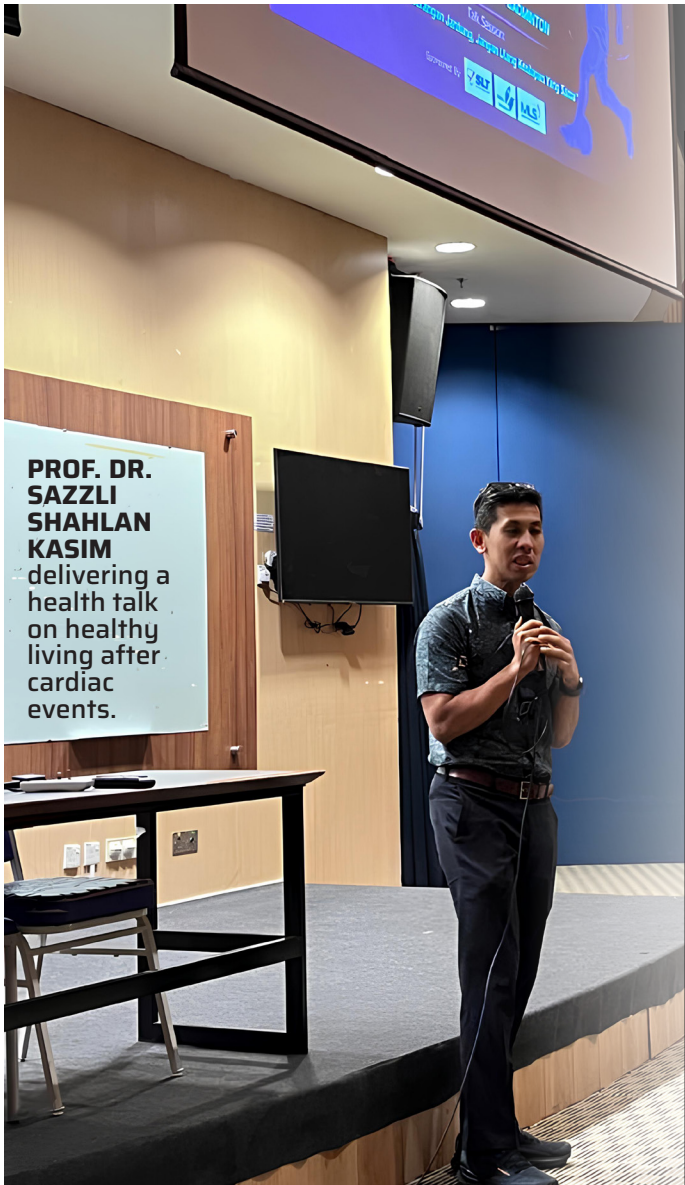


**UNIVRAB-UⁱTM INBOUND
PROGRAMME: ACADEMIC EXCHANGE
AND STUDENT EXPERIENCE**



**SIALENDOSCOPY: TOWARDS
ORGAN PRESERVATION SURGERY**





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.

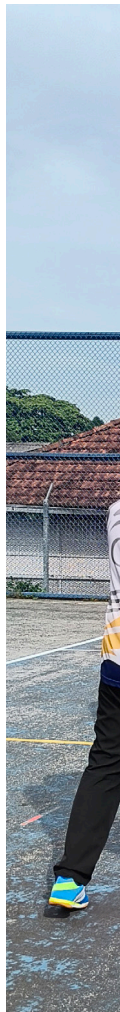
Cardiologist of UiTM. The session focused on secondary prevention strategies following cardiac events, including adherence to active and healthy lifestyles and regular medical follow-up. The talk provided valuable insights on reducing modifiable cardiovascular risk factors and preventing recurrent cardiac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

References:

1. Anderson L, Oldridge N, Thompson DR, Zwisler AD, Rees K, Martin N, Taylor RS. Exercise-Based Cardiac Rehabilitation for Coronary Heart Disease: Cochrane Systematic Review and Meta-Analysis. *J Am Coll Cardiol.* 2016 Jan 5;67(1):1-12. doi: 10.1016/j.jacc.2015.10.044. PMID: 26764059.
2. Visseren FLJ, Mach F, Smulders YM, et al. 2021 ESC Guidelines on cardiovascular disease prevention in clinical practice. *Eur Heart J.* 2021;42(34):3227-3337. doi:10.1093/eurheartj/ehab484
3. Brown TM, Pack QR, Aberegg E, Brewer LC, Ford YR, Forman DE, Gathright EC, Khadanga S, Ozemek C, Thomas RJ. Core Components of Cardiac Rehabilitation Programs: 2024 Update: A Scientific Statement From the American Heart Association and the American Association of Cardiovascular and Pulmonary Rehabilitation. *Circulation.* 2024;150(18): e328-e347. doi: 10.1161/CIR.0000000000001289.



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.

