

Program Pemeriksaan Kesehatan Warga Emas @ Puncak Alam

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SOPHYS - KOSPEN

Healthy Ageing

Program Pemeriksaan Kesehatan Warga Emas @ Puncak Alam was successfully conducted over four days to promote healthy ageing among community members, particularly older adults. The programme was organised by third-year pharmacy students, Feerza Qasryna Mohamad Fadzil, Fatin Izyani Azizi and Dg Siti Nur Anisah Gani, under the supervision of Associate Professor Dr. Mohd Shahezwan Abd Wahab, with the support of 38 volunteer pharmacy students. Health screening sessions were held at Surau Ar-Rahimah, Fasa 1 (16 May 2026), Masjid Puncak Alam (17 May 2026), Dewan Komuniti Fasa 3 (23 May 2026), and Surau At-Taufiqiyyah Alam Suria (24 May 2026).

The programme was conducted in collaboration with the Society of Pharmacy Students (SOPHYS) and Komuniti Sihat Pembina Negara (KOSPEN) under the Ministry of Health Malaysia. The partnership, led by KOSPEN Puncak Alam chairperson, Mdm Nur Aasima Ahmad, strengthened community engagement and expanded outreach efforts.

A total of 106 older adults had participated in the programme. Free health screenings were provided through booths offering blood pressure, blood glucose, cholesterol, and body composition assessments, with the aim of supporting early detection and encouraging preventive healthcare.



Educational Booths

Educational booths focusing on fall risk, sarcopenia, follow-up appointments, and medication refills were also conducted. The findings revealed that 69.7% of the 106 participants had previously experienced a fall, indicating a significant risk of injury. In addition, 60.4% were receiving repeat prescriptions and attending regular follow-up appointments, highlighting the importance of medication adherence. Furthermore, 50% were identified as being at high risk of sarcopenia, emphasising concerns related to muscle loss and functional decline.

Beneficial Activities

Participants also received counselling and practical advice on fall prevention, mobility, treatment adherence, and healthy ageing. A notable highlight of the programme was the visit by a representative from the Ministry of Health Malaysia, Mr. Raja Nasrul Isyraf bin Raja Ismail, on the final day, in recognition of the students' contributions to community health promotion.

Overall, the programme benefited both participants and students. Community members improved their understanding of health risks, while students enhanced their clinical and communication skills through direct engagement. The programme demonstrated the importance of collaborative community health initiatives in promoting preventive care and healthy ageing.



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