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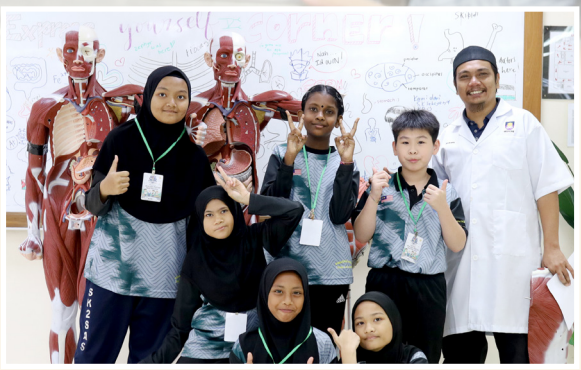
MED BULL'

FACULTY OF MEDICINE UiTM

INSPIRING CURIOSITY THROUGH ANATOMY









Through the Medical Lens

FlexMinda: Can AI change the way we deliver mental healthcare?



UiTM strengthens autism support through community engagement



Department of Ophthalmology champions eye health at L'OCCITANE Malaysia's 7th Race for Vision



Advancing forensic entomology from Malaysia To London

eISSN 2805-4628



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EDITOR'S NOTE

Assalamualaikum and greetings.

How do we continue to learn, innovate and make a difference?

Our special column, *Through the Medical Lens*, features *FlexMinda: Can AI Change the Way We Deliver Mental Healthcare?*, examining the potential of artificial intelligence to transform mental healthcare delivery. We also feature *Anatomy Explorer*, which takes anatomy learning beyond the classroom, and our medical students' efforts to inspire young learners through STEM outreach.

On the clinical front, *Kenali Risiko Lemah Jantung* highlights efforts to raise awareness of heart failure risk through primary care and public screening, reminding us of the importance of early awareness and preventive healthcare.

Beyond these highlights, this edition brings you other stories on the activities, initiatives and contributions of our faculty community. Each offers a glimpse into the work taking place across education, research, clinical practice and community engagement.

As medicine continues to evolve, opportunities to learn, question and explore new approaches remain essential. I hope these stories spark your interest and offer fresh perspectives on the many dimensions of our work.

Thank you for reading, and enjoy this edition!

With commitment to excellence,

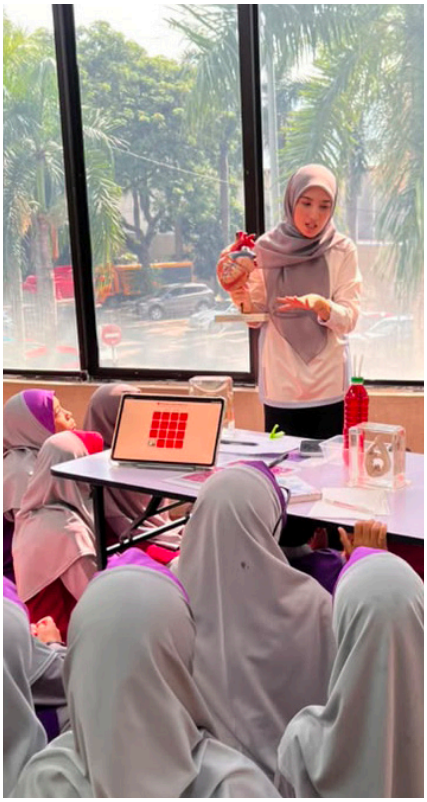
Amirah

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

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MED BULL'

FACULTY OF MEDICINE UiTM

FACULTY ACTIVITIES

BUILDING TOMORROW'S ENTREPRENEURS: HIGHLIGHTS FROM IE & FHK 2026

Assoc. Prof. Dr. Fatmawati Kamal, Dr. Wan Asmuni Wan Mohd Saman, Dr. Zalizah Khalid, Dr. Wan Mohammad Hafiz Wan Razali, Dr. Nora Julianna Osman, Dr. Nurul Sazmi Rosani & Dr. Noor Azean Anis Abd Aziz

The Student Affairs Office (HEP), in collaboration with the Sekretariat Mahasiswa Fakulti (SMF), successfully organised two entrepreneurship programmes in June 2026: Innovation in Entrepreneurship (IE) on 6 June and Festival Hari Keusahawanan (FHK) on 12 June. Together, the events provided students with valuable hands-on entrepreneurial experience while promoting innovation, teamwork, and business skills.

Preparations began in April when all Year 1 students attended a workshop on start-ups and the Business Model Canvas (BMC). Students were divided into two cohorts of approximately 100 participants, with one cohort participating in IE and the other in FHK.

As a new initiative, IE required each team to submit a pitching video explaining its business idea using the BMC framework. IE was officially launched by the Dean, Professor Dr. Fazah Akhtar Hanapiah, at Dewan Bestari. The Bliss Bites with their product, Rollti, won first place, followed by the Spuds in Jacket, with their product, Jacket 'Passport' Potatoes and third place was the Baby Wafflepop, with their product, Baby Wafflepop. The judges, both founders of Idealyst Clinic, also shared inspiring insights into their entrepreneurial journeys before guests toured the student-run stalls at Kolej Kediaman 1. The programme concluded with an open chess competition



THE Dean delivering the opening remarks.



and prize presentation by Dr. Wan Mohammad Hafiz, HEP Coordinator for Student Activities. The first-, second- and third-prize winners were Muhammad Al-Waqeef Muhd Zkhranizam, Muhammad Shafiq Mohamad Ashraf and Haziq Ahmad Fairuz Azmi, respectively.

One week later, FHK



STUDENTS gathered at Dewan Bestari for the opening and prize-giving ceremony.



PARTICIPANTS and winners of the chess competition.



FRONT row from left: Mohammad Amirul Ngatiman MPP (Deputy Director), Dr. Wan Mohammad Hafiz Wan Razali, Dr. Aidil Azry Dato' Mokhtar (Judge), Dr. Fadzlina Md Mohtar (Judge), Prof. Dr. Fazah Akhtar Hanapiah (Dean), Assoc. Prof. Dr. Fatmawati Kamal (MASMED), Nur Afiqah Yasmin Nor Azman MPP (Director).

showcased students' entrepreneurial talents through a live pitching competition. The event was officiated by the Deputy Dean of Student Affairs (TD HEP), Associate Professor Dr. Yuhaniza Shafinie Kamsani, and immediately followed by the pitching competition. The live presentations were judged by Dr. Mohd Arif Mohd Zim, a pulmonologist, and En. Mohd Sahrom Salikin, founder of Muqmeen Group under Prudential BSN Malaysia. Each team presented its product and answered questions from the judges, with many offering product samples to enhance their presentations.

After the judging session, the judges shared their experiences in entrepreneurship before announcing the winners. Monster Fries Group won first place with its Loaded Beef Fries, followed by Lapaq Berhad Group with its Western and Korean fusion cuisine, while Itaewon Street Food Group secured third place for its homemade Korean dishes. Guests





LECTURERS and judges enjoying food during the pitching competition.





STUDENTS' stalls.

later visited the student stalls, where staff, patients and their family members, and students enjoyed purchasing a wide range of food, beverages, and merchandise.

Both IE and FHK successfully bridged classroom learning with real-world practice, allowing students to apply entrepreneurial concepts while developing communication, teamwork, marketing, and financial management skills. Beyond the competitions, the programmes fostered creativity, confidence, and business



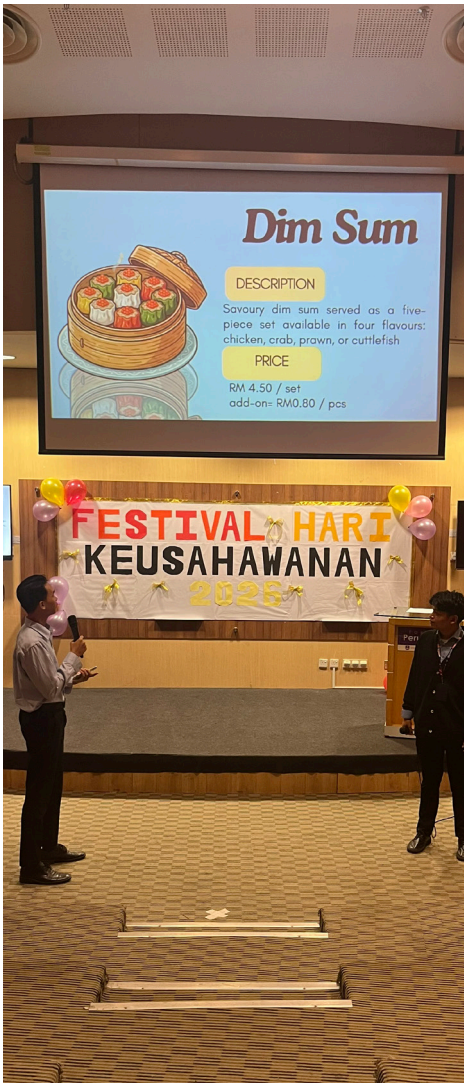
FRONT row, from left: Dr. Noor Azean Anis Abd Aziz, Assoc. Prof. Dr. Fatmawati Kamal (MASMED), En. Mohd Sahrom Salikin (Judge), Dr. Mohd Arif Mohd Zim (Judge), and Mohammad Amirul Ngatiman, MPP (Director).



STALLS were set up at Residential College 1.

acumen, proving that entrepreneurship can be both educational and enjoyable.







STUDENTS presenting their projects during the competition.







Dr. Nurul Raudzah Adib Ridzuan, Assoc. Prof. Dr. Choy Ker Woon, Mrs. Syumaimah Muhamad Yunus & Dr. Muhammad Fairuz Azmi

HISTOLOGY WORKSHOP 2026 EMPOWERS POSTGRADUATE AND RESEARCHERS WITH HANDS-ON LABORATORY SKILLS

The Department of Anatomy, Faculty of Medicine, UiTM hosted the Histology Workshop 2026: "Ace Your Histology Skill – A Hands-On Workshop for Postgraduate Training" on 21st May 2026. Held annually, the workshop welcomed 11 participants, including MSc and PhD students from the Faculty of Medicine, researchers from the Malaysian Palm Oil Board (MPOB Bangi) and Faculty of Health Sciences (UiTM Puncak Alam), as well as academic staff.

The workshop was designed to strengthen participants' technical competencies in tissue processing, sectioning and routine staining techniques which is haematoxylin and eosin staining, which are fundamental to producing high-quality histological slides and ensuring



PARTICIPANTS engaged in a hands-on learning session under the guidance of experienced facilitators, gaining practical skills in tissue sectioning and histological slide preparation—essential techniques for producing high-quality research specimens.



reliable biomedical research outcomes. Throughout the programme, participants were exposed to both theoretical concepts and practical laboratory applications under the guidance of experienced academic staff, laboratory personnel and industry partners.

The morning session featured a series of informative lectures by Dr. Nurul Raudzah Adib Ridzuan, who covered the fundamentals of histology techniques and workflow, as well as laboratory standard operating procedures, while Assoc. Prof. Dr. Choy Ker Woon highlighted the emerging applications such as immunohistochemistry, immunocytochemistry (IHC) and immunofluorescence (IF) techniques and their step-by-step procedures. Participants were also introduced to advanced histology technologies, including automated staining systems and special staining techniques through demonstrations conducted by Ms Nur Atiqah Roshidi, an industry expert at Bita LifeScience Sdn. Bhd.

A major highlight of the workshop was the afternoon hands-on session held at the Histology Laboratory in the Department of Anatomy. Participants were given the opportunity to gain first-hand experience in tissue processing, embedding, microtome sectioning, slide preparation and staining procedures. The practical exposure enabled participants to appreciate the critical steps involved in producing high-quality histological specimens while learning



A group photograph of participants, facilitators, and speakers after successfully completing a comprehensive programme that combined expert-led lectures with hands-on training, reinforcing essential histological skills for postgraduate research and professional development.

valuable troubleshooting skills commonly encountered in laboratory practice.

Evaluation results showed that more than 90% of respondents rated the workshop content highly and agreed that the hands-on sessions helped improve their histology skills. Participants also reported enhanced understanding of histological techniques and greater confidence in preparing and interpreting histological slides. Among the most valuable learning experiences highlighted by participants were microtome handling, tissue sectioning, slide mounting, staining interpretation and practical tips on immunohistochemistry applications. Several participants expressed interest in future workshops featuring advanced topics specific to IHC, IF, grossing techniques, as well as quantitative and qualitative assessment of histological slides.

The Department of Anatomy extends its sincere appreciation to all speakers, facilitators, laboratory staff, industry collaborators and participants who contributed to the success of the programme. The encouraging feedback received reflects the growing need for specialised hands-on training in histology and reinforces the department's commitment to supporting excellence in postgraduate education and research.

Building on this success, the department looks forward to organising similar workshops in the future to further enhance laboratory competencies, promote knowledge sharing and strengthen research capabilities within the Faculty of Medicine and beyond.

UiTM STRENGTHENS AUTISM SUPPORT THROUGH COMMUNITY ENGAGEMENT

Datin Dr. Haizlene Abd Halim[1], Assoc. Prof. Dr. Ilham Ameera Ismail[1,2], Dr. Fatin Adlina Md Juty[2], Dr. Fatin Farhana Radzuan[2], Pn Nur Atiqah Rosli[2] & Dr. Nor Hidayah Jaris[3]



YB PUAN ANFAAL SAARI visiting the HASA Booth.

The Selangor State Autism Advocacy Programme 2026 was held at Hospital Al-Sultan Abdullah (HASA), UiTM Puncak Alam, on 13 June 2026, bringing together healthcare professionals, educators, government agencies, non-governmental organisations (NGOs), caregivers and members of the public to promote greater awareness, understanding and acceptance of individuals with autism.

The programme was a collaborative initiative between HASA UiTM, Yayasan Insan Istimewa Selangor (YANIS), the National Autism Society of Malaysia (NASOM) and the Department of Social Welfare (JKM). It focused on strengthening autism awareness, enhancing parenting skills and building a supportive network involving healthcare providers, educational institutions, NGOs and the wider community.

The HASA UiTM team was led by the Department of Community and Ambulatory Services and comprised representatives from the Departments of Psychiatry, Primary Care Medicine, Medical Social Work, Paediatrics, Infrastructure, Infostructure, Corporate Communication, and Auxiliary Police. The programme was officiated by YB Puan Anfaal Saari, Selangor State Executive Councillor for Women's Development and Community Welfare, and attended by Dato' Dr. Khalid Ibrahim, Deputy Director of Professional and Operations, HASA, UiTM; YB Tuan Danial Al-Rashid Haron Aminar Rashid, Chairman of the Selangor OKU Action Council;



PARTICIPANTS explored booths and exhibitions featuring a range of services and autism awareness initiatives.

The programme reinforces that effective autism support extends beyond healthcare. Families, educators, healthcare professionals, policymakers, NGOs and the wider community each have a role in creating environments where individuals with autism are understood, accepted and supported to develop their strengths and potential.

Datuk Che Murad Sayang Ramjan, Director General of the Department of Social Welfare (JKM); Assoc. Prof. Ts. Dr. Roslinda Alias, Director of the Division of Services and Development for Persons with Disabilities, UiTM (U-DServeD); Tuan Ar. Kamarul Hisham Haji Yeop Hashim, Chief Executive Officer of YANIS; Assoc. Prof. Dr. Ayuni Che Zakari, Head of the Social Innovation and Knowledge Transfer Unit, Office of Industry, Community and Alumni Network (ICAN) UiTM; and Tuan Patmanathan A/L R. Nalasamy, Director of the Department of Development for Persons with Disabilities, JKM and other organisations committed to advancing the welfare of persons with disabilities.



The morning session featured an educational series introducing evidence-based autism support modules, including MANJA from Universiti Malaya, MANIS from the Faculty of Health Sciences, UiTM, and DREAMS from the Department of Psychiatry, Faculty of Medicine, UiTM. The modules provided healthcare professionals, special needs providers and parents with practical approaches



FORUM moderated by Datin Dr. Haizlene Abd Halim, with Assoc. Prof. Dr. Nurul Azreen Hashim and Dr. Lew Sook Weih as panellists, along with a person living with Autism and a family member of an autistic individual.



A dedicated play area was also available to allow children with autism to have a safe space to do activities while their parents attend the program.



HASA staff, including the Head of the Department of Community and Ambulatory Services, Assoc. Prof. Dr. Ilham Ameera, together with distinguished guests.

to developmental support, behavioural management and family-centred care.

The programme also featured exhibitions, health screening and consultation services, alongside art activities, interactive games and experience-sharing sessions. These activities provided opportunities for participants to learn, seek advice and connect with others involved in autism support.

A key highlight was the forum, "Autism Through Different Lenses: A Journey Towards Understanding and Supporting," which brought together perspectives from a person with autism, a parent and sibling of autistic individuals, and a healthcare professional. Moderated by Datin Dr. Haizlene Abd Halim, the discussion offered participants an opportunity to better understand the experiences, challenges and perspectives of individuals and families living with autism.

The programme reinforces that effective autism support extends beyond healthcare. Families, educators, healthcare professionals, policymakers, NGOs and the wider community each have a role in



creating environments where individuals with autism are understood, accepted and supported to develop their strengths and potential.

The active involvement of UiTM reflects the university's commitment to interdisciplinary collaboration and community engagement. The organisers expressed their appreciation to the strategic partners, speakers, volunteers and participants who contributed to the programme.

As the programme's message reminds us, autism is not a limitation, but a different way of experiencing and understanding the world. As Dr. Temple Grandin aptly put it, "The world needs all kinds of minds."

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GROUP photo of participants with organizers and collaborators.

BRINGING STEM TO LIFE: UiTM MEDICAL STUDENTS INSPIRE YOUNG LEARNERS

Dr. Norasikin Ab Azis, Dr. Muhammad Nur Azmi Baharuddin, Shafinaz Nasar, Muhammad Ridzuan Taharin & Muhammad Haikal Mansor

Science, Technology, Engineering, and Mathematics (STEM) education plays a vital role in equipping future generations with the knowledge, problem-solving skills, and innovative mindset needed to thrive in an increasingly technology-driven world. Beyond developing scientific literacy, STEM education fosters creativity, collaboration, critical thinking, and problem-solving skills that are essential for the workforce of the future[1,2]. Despite its importance, Malaysia continues to face challenges in attracting students to STEM-related fields. Studies have reported a declining interest in STEM subjects, influenced by factors such as the perceived difficulty of science subjects, limited awareness of STEM career opportunities, and insufficient exposure to engaging, hands-on learning experiences[1,3]. These challenges underscore the need for innovative educational initiatives that make STEM learning more accessible, interactive, and meaningful.



PROJECT team comprising the supervisors and three dedicated Year 2 medical students.

On 3 August 2026, Year 2 medical students from the Faculty of Medicine, Universiti Teknologi MARA (UiTM); Shafinaz Nasar, Muhammad Ridzuan Taharin and Muhammad Haikal Mansor organised a STEM outreach programme at Al-Amin Tropicana School (AATS), Sungai Buloh, as part of their elective project. The programme was conducted under the guidance of faculty supervisors Dr. Norasikin Ab Azis and Dr. Muhammad Nur Azmi Baharuddin, and aimed

to promote interest in STEM through interactive learning experiences. The team extends its sincere appreciation to Ustaz Usaid Mohd Parid, the Headmaster of AATS, for his warm welcome and for providing the opportunity to collaborate with the school community. A total of 54 Primary 5 pupils, selected based on the relevance of their curriculum, participated in the programme. The pupils were divided into three groups and rotated through three learning stations, ensuring that each participant experienced every activity in an engaging and structured manner.

The programme featured three thematic stations focusing on the cardiovascular system, central nervous system, and musculoskeletal system, each facilitated by Year 2 medical students under the supervision of faculty members. At every station, pupils were introduced to anatomical specimens and models through engaging explanations, followed by hands-on activities and interactive quizzes designed to reinforce key concepts. The station-based approach encouraged active participation, curiosity, and collaborative learning while providing pupils with a unique opportunity to explore the human body beyond the classroom. Through this initiative, the programme successfully created an enjoyable and meaningful STEM learning experience, inspiring young learners to appreciate science and its applications in medicine and everyday life.

The overwhelming enthusiasm shown by the pupils underscores the value of interactive STEM



INTERACTIVE teaching session introducing pupils to the cardiovascular systems.

education beyond the traditional classroom. We envision expanding this programme to all primary levels (Primary 1–6), allowing more students to benefit from innovative, hands-on learning experiences. By fostering curiosity, critical thinking, creativity, and problem-solving skills, such initiatives can help cultivate the next generation of STEM enthusiasts and future healthcare professionals.

Sustaining this outreach programme as a recurring initiative will provide continuous exposure to engaging STEM learning while nurturing scientific curiosity, creativity, and critical thinking from an early age. Expanding the programme across primary levels supports SDG 4 (Quality Education) by promoting inclusive, innovative learning and contributes to SDG 3 (Good Health and Well-being) by fostering early understanding of human health and science.

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ENGAGING young minds through fun and interactive STEM learning on the central nervous system.



PUPILS actively participating in an interactive STEM learning session.



UiTM Ophthalmology team members conducting visual acuity assessments for race participants to screen for refractive errors.

DEPARTMENT OF OPHTHALMOLOGY CHAMPIONS EYE HEALTH AT L'OCCITANE MALAYSIA'S 7TH RACE FOR VISION

Dr. Joanne Shalini Chewa Raja,
Dr. Karimmah Md. Wahit Hasim,
Dr. Fatin Hanisah Firman &
Dr. Norasyikin Mustafa

In a steadfast commitment to combating preventable blindness, the Department of Ophthalmology, Faculty of Medicine UiTM, recently partnered with L'OCCITANE Malaysia for the 7th Race for Vision at Setia City Mall, Shah Alam on 5 July 2026. More than 3,000 participants took part in the charity run, which raised awareness of eye health while promoting inclusivity, sustainability and community engagement.

The event reflected L'OCCITANE's global purpose of 'Crafting Life Ties.' Visually impaired runners completed the 5KM course alongside dedicated Sighted Guides, highlighting the importance of trust and accessibility. In support of circular sustainability, the event also featured unique finisher medals handcrafted by local OKU artisans using 96kg of recycled beauty empties.

As part of its ongoing community engagement efforts, the UiTM



MRS. NUR FATIN AMALINA ZULKIFLI, UiTM's Optometrist, guiding a runner through a digital eye examination, emphasizing the importance of regular check-ups to prevent avoidable blindness.

Ophthalmology team spearheaded a comprehensive eye-screening booth at the event. A multidisciplinary team comprising ophthalmologists, medical officers, optometrists and nurses provided accessible screening services to participants and members of the public.

The screening included visual acuity assessments, intraocular pressure (IOP) measurements for early glaucoma detection, and fundus evaluations to screen for conditions such as diabetic retinopathy and age-related macular degeneration. The booth screened hundreds of individuals, with many participants receiving an eye examination for the first time in years. The team also provided individual consultations, offering advice on maintaining eye health and facilitating referrals to tertiary centres for those requiring further clinical evaluation or medical intervention.

As part of its ongoing community engagement efforts, the UiTM Ophthalmology team spearheaded a comprehensive eye-screening booth at the event. A multidisciplinary team comprising ophthalmologists, medical officers, optometrists and nurses provided accessible screening services to participants and members of the public.

The 7th Race for Vision served as a reminder that up to 80% of vision loss is preventable. Through





MR. MUHAMMAD SYAMIL ABDULLAH MAKE, an optometrist from the UiTM team, measuring a participant's intraocular pressure (IOP).

initiatives such as this, the UiTM Ophthalmology Department continues to extend eye care beyond hospital settings, combining community outreach with public education and accessible screening services.



UiTM Ophthalmology lecturers (Faculty of Medicine), Dr. Norasyikin Mustafa, Dr. Karimmah MD. Wahit Hasim and Dr. Fatin Hanisah Firman, stationed at the comprehensive eye screening booth, providing expert vision care and personalized consultations to the public.

THE UiTM Ophthalmology team celebrating a successful community outreach effort at the official L'OCCITANE Malaysia 7th Race for Vision 2026 photo booth.



L'OCCITANE
EN PROVENCE



ASSOC. PROF. DR. AISYA NATASYA and Dr. Am Basheeri facilitating the hands-on training at Station C and interactive session with respiratory fellows.

BRONCHOSCOPY NEXT LEVEL WORKSHOP: ADVANCEMENT IN BRONCHIAL BRANCH TRACING AND RADIAL EBUS

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

The Bronchoscopy Next Level Workshop was successfully held on 4 July 2026 at KPJ Damansara Specialist Hospital 2, bringing together respiratory physicians, respiratory fellows and consultant pulmonologists from across Malaysia for a focused programme on advanced diagnostic and interventional bronchoscopy.

The workshop was organised in collaboration with KPJ Damansara Specialist Hospital 2 and KPJ Healthcare University, with endorsement from the Malaysian Thoracic Society (MTS) and the Malaysian Association for Bronchology and Interventional Pulmonology (MABIP).

Designed as a small-group workshop, the programme offered participants close interaction with faculty members and ample opportunities for discussion throughout the day. The programme combined expert lectures by local and international speakers with case-based discussions and hands-on simulation sessions, creating an engaging learning experience that emphasised practical application alongside current evidence.

Topics covered included three-dimensional airway anatomy, bronchial branch tracing with computed tomography (CT) correlation, procedural

planning for radial endobronchial ultrasound (EBUS), and recent developments in the field, including the evolving role of robotic-assisted bronchoscopy. During the practical sessions, participants refined their bronchoscopy skills under the guidance of experienced faculty, allowing them to apply newly acquired knowledge in a structured and supportive environment.

The interactive format encouraged participants to share clinical experiences, discuss challenging cases and seek practical tips from experts in interventional pulmonology. The close faculty-to-participant ratio also allowed for individual feedback, helping participants build confidence in airway navigation, bronchial branch tracing and the application of radial EBUS in the assessment of peripheral pulmonary lesions.

Feedback from participants was highly encouraging, with many appreciating the balance between informative lectures and hands-on training, particularly the small-group setting, which they described as one of the workshop's greatest strengths. Participants also reported greater confidence in interpreting CT airway anatomy, performing bronchial branch tracing and understanding the practical aspects of radial EBUS in routine clinical practice.

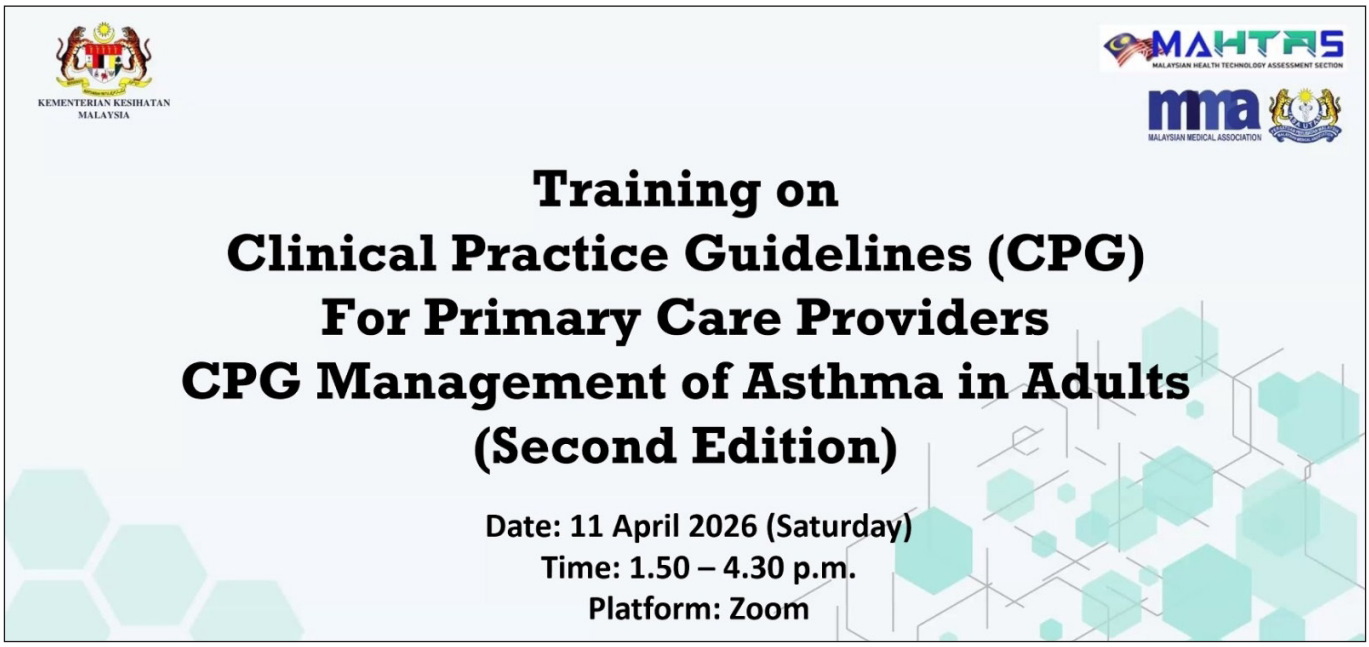
The Bronchoscopy Next Level Workshop reaffirmed the value of focused, hands-on training in advancing bronchoscopy practice. Beyond strengthening technical skills, the workshop also fostered professional networking and collaboration among respiratory physicians with a shared interest in interventional pulmonology. Such initiatives continue to play an important role in supporting high-quality respiratory care and the ongoing development of bronchoscopy services in Malaysia.



DR. WONG YEN SHEN facilitating a hands-on session on radial EBUS preparation.



ASSOC. PROF. DR. AISYA NATASYA PROFESSOR DATUK DR. HANAFIAH, Chief Medical Director of KPJ Healthcare, with Dr. Wong Yen Shen and Assoc. Prof. Dr. Aisya Natasya ahead of the opening ceremony of the Bronchoscopy Next Level Workshop.



THE webinar page on the Training of Clinical Practice Guidelines (CPG) for Primary Care Providers, CPG Management of Asthma in Adults (2nd Edition).

TRAINING ON CLINICAL PRACTICE GUIDELINES FOR PRIMARY CARE PROVIDERS CPG MANAGEMENT OF ASTHMA IN ADULTS (2nd EDITION)

Dr. Mazapuspavina Md Yasin

The Private Practitioners Section (PPS), Malaysian Medical Association (MMA), in collaboration with the Clinical Practice Guidelines (CPG) Unit, Malaysian Health Technology Assessment Section (MaHTAS), Ministry of Health (MOH), organised the Training on Clinical Practice Guidelines for Primary Care Providers (PCP): CPG Management of Asthma in Adults (Second Edition) on 11 April 2026.

The virtual training drew more than 700 healthcare professionals nationwide, with 509 registered participants attending via Zoom and nearly 200 additional viewers tuning in through Facebook Live1. The session provided primary care providers with an update on the latest recommendations for adult asthma management, supporting the application of evidence-based guidance in routine clinical practice.

The webinar commenced with welcoming remarks by Dr Tuan Zamani Amir bin Tuan Zakaria, who is the Honorary Secretary of the PPS on behalf of Dr. Eratha Krishnan Gobinadan, Chairman of the PPS MMA, together with Dr. Karen Sharmini Sandanasamy, Head of the

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CPG Unit, Ministry of Health Malaysia. Both speakers highlighted the crucial role of primary care providers in improving asthma outcomes through early diagnosis, evidence-based treatment and patient-centred care.

The scientific programme featured a distinguished panel of multidisciplinary speakers from leading healthcare institutions across Malaysia. Dr. Mazapuspavina Md Yasin, Consultant Family Medicine Specialist from the Department of Primary Care Medicine, Faculty of Medicine, Universiti Teknologi MARA (UiTM), opened the lecture series with an overview of Asthma Basics, Risk Factors and Diagnosis in Primary Care. This was followed by Dr. Nor Azila Mohd Isa, a Consultant

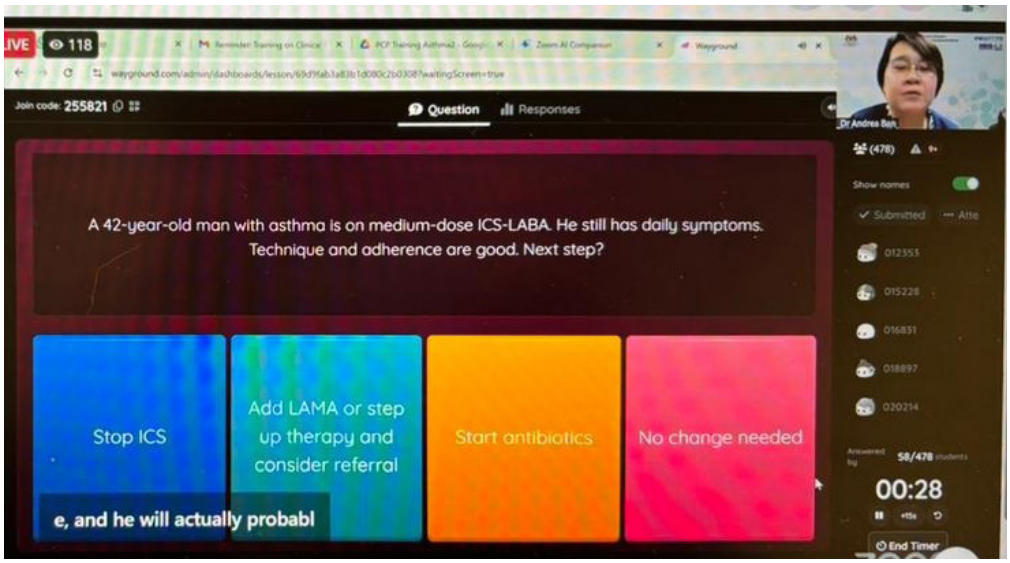


QUIZ session with Assoc. Prof. Dr. Andrea and the top three winners.

Family Medicine Specialist from Klinik Kesihatan Presint 9 Putrajaya, who discussed Stable Asthma Management in Primary Care: Beyond SABA-Only Treatment, emphasising current evidence supporting inhaled corticosteroid-containing therapies.

The programme featured sessions by Dr. Nida' Ul-Huda Adznan, Acute Internal Medicine Physician, Hospital Selayang, on the management of acute asthma exacerbations and appropriate referral pathways. Ms. Chong Li Yin, Pharmacist, Hospital Sultan Idris Shah, Serdang, focused on patient education and self-management strategies to support long-term asthma control. Ms. Chong also shared a YouTube2 video demonstrating the correct steps, do's and don'ts for using different types of inhalers and spacers.





SPEAKERS and panellists of the webinar.

The programme concluded with a case-based discussion led by Associate Professor Dr. Andrea Ban Yu-Lin, Consultant Pulmonologist, Faculty of Medicine, HCTM, UKM, where participants applied the updated CPG recommendations to a range of clinical scenarios.

The webinar incorporated an online knowledge assessment through Quizizz and interactive

discussions via the chat platform, allowing participants to engage directly with the panellists throughout the session. Selected clinically relevant and frequently raised questions were addressed during the live Question-and-Answer session. Participants who met the organiser's attendance verification requirements were eligible for Continuing Professional Development (CPD) points, while the top three performers in the knowledge assessment received prizes sponsored by PPS, MMA.

Participants were also encouraged to refer to the updated Clinical Practice Guidelines: Management of Asthma in Adults (Second Edition) as a practical reference for evidence-based asthma management in primary care. The guideline is available through the Ministry of Health Malaysia and Academy of Medicine of Malaysia websites[3], [4].

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MOMENTS from the closing ceremony.

FlexMinda: CAN AI CHANGE THE WAY WE DELIVER MENTAL HEALTHCARE?

Assoc. Prof. Dr. Nur Faizah Ali



Department of Psychiatry

MENTAL health is no longer an issue discussed only in hospitals or clinics. An increasing number of Malaysians face stress, anxiety, depression and emotional exhaustion associated with workplace demands, economic challenges and rapidly changing lifestyles. Although public awareness has improved, many still seek help only when their condition has become severe. Fear of stigma, uncertainty about where to seek support, limited time and restricted access to appropriate services remain barriers to early intervention.

Against this backdrop, digital technology offers new opportunities to extend mental health support beyond traditional healthcare settings. One question is increasingly relevant: Can artificial intelligence (AI) assist in mental healthcare?

The answer is yes—but AI is not a replacement for psychiatrists, psychologists or counsellors. Rather, it can serve as a complementary tool to expand access to reliable information, promote mental health awareness, facilitate early screening and encourage individuals to seek professional help before their problems become more complex.

Recognising this need, FlexMinda, an AI-powered mobile application, was developed by the Department of Psychiatry, Faculty of Medicine and Hospital Al-Sultan Abdullah, Universiti Teknologi MARA (UiTM). The platform



> Recognising this need, FlexMinda, an AI-powered mobile application, was developed by the Department of Psychiatry, Faculty of Medicine and Hospital Al-Sultan Abdullah, Universiti Teknologi MARA (UiTM). The platform supports mental well-being through psychoeducation, mental health screening, mood monitoring, self-management modules and AI-assisted support.

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A key consideration in its development was the Malaysian context. FlexMinda was designed around the cultural, linguistic and social needs of local users, with the aim of making digital mental health support more relevant, accessible and acceptable.

The project also took a needs-driven approach. Rather than asking, "What technology can we use?", the team began by asking, "What are the real problems faced by patients and healthcare professionals?" Psychiatrists, psycho–logists, researchers, technology experts and end users



FLEXMINDA Poster.

worked together to develop features that are technologically capable while remaining practical and clinically relevant.

The use of AI in mental healthcare also raises important questions about trust, ethics and privacy. Mental health information is highly sensitive, making responsible development and protection of personal data essential. FlexMinda has therefore been developed according to responsible AI principles, with its components undergoing research, ethical review and clinical evaluation before implementation. These safeguards reflect an important principle in digital healthcare: technological capability must be matched by clinical relevance, ethical oversight and patient safety.

FlexMinda has received national and international recognition, including selection as a recipient of the National Intellectual Property Award (AHIN) and awards at international innovation competitions. These achievements demonstrate the potential of locally developed research to translate into digital solutions with societal and commercial value.

Ultimately, the future of mental healthcare is unlikely to depend on AI alone. Its value lies in how responsibly it can complement healthcare professionals, improve access to information and support, and encourage earlier engagement with appropriate care. Technology should serve human well-being. With FlexMinda now available free through the Google Play Store and Apple App Store, the initiative aims to contribute to a more accessible, trusted and inclusive digital mental health ecosystem for Malaysians.

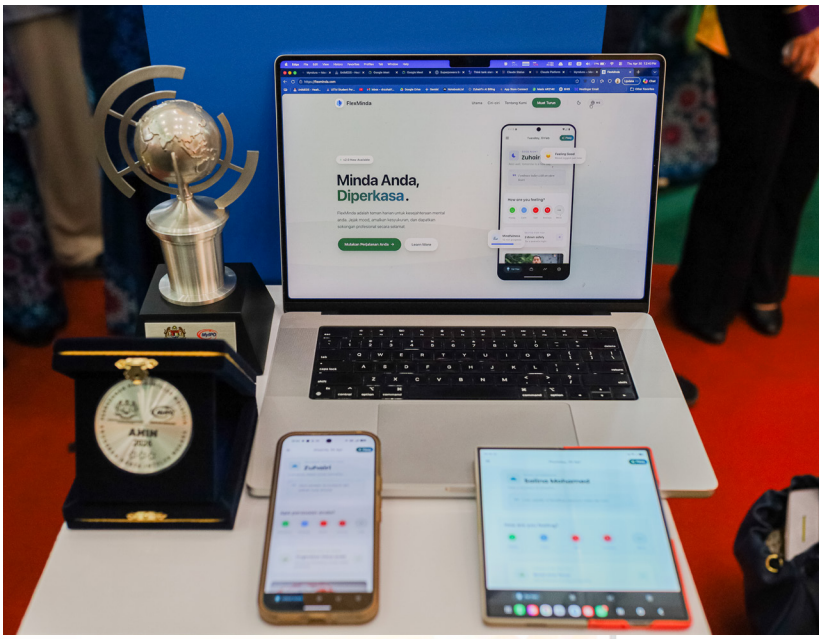




THE FlexMinda team receiving the Silver Award at NADI Kreatif (Hak Cipta), with a cash prize of RM7,500.



FlexMinda showcased at the NADI Kreatif (Hak Cipta) exhibition.



FlexMinda, a digital mental health platform accessible across multiple devices.



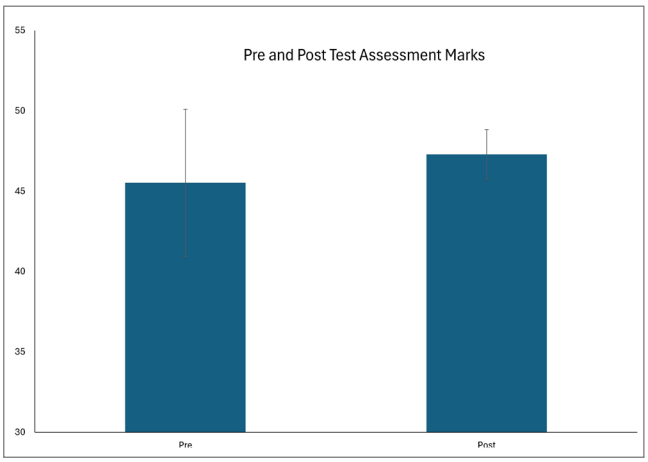


FIGURE 1: Comparison of pre- and post-assessment scores of UNIVRAB students across five pre-clinical departments. No significant difference was observed between the scores (paired t-test, p = 0.058). Data are mean ± standard deviation (SD) (n = 24); maximum score = 52.

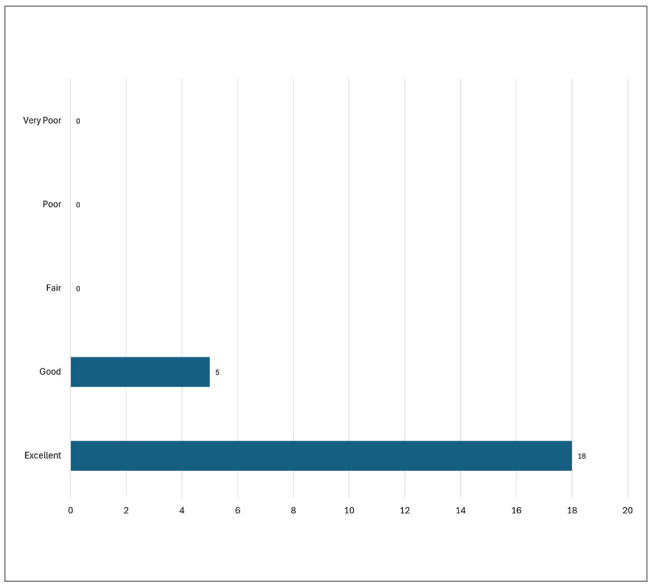


FIGURE 2: Student evaluation of the UNIVRAB-UiTM inbound programme. All respondents rated their overall experience as either "Excellent" (78%, n = 18) or "Good" (22%, n = 5) (n = 23).

UNIVRAB-UiTM INBOUND PROGRAMME: FEEDBACK, ASSESSMENT, OUTCOMES AND REFLECTIONS

Prof. Ts. Dr. Mohammad Johari Ibahim, Assoc. Prof. Dr. Alyaa R. Mahmood Al-Khateeb, Assoc. Prof. Dr. Sharaniza Ab. Rahim, Assoc. Prof. Dr. Siti Hamimah Sheikh Abdul Kadir, Assoc. Prof. Dr. Narimah Abdul Hamid Hasani & Assoc. Prof. Dr. Wan Nor I'zzah Wan Mohamad Zain

The Department of Biochemistry and Molecular Medicine, Faculty of Medicine, UiTM, successfully hosted an inbound academic programme with Universitas Abdurrab, Pekanbaru, Indonesia (UNIVRAB) from 30 March to 11 April 2026[1]. Designed to enrich student learning through academic exchange, the programme provided UNIVRAB students with the opportunity to experience UiTM's pre-clinical learning environment while engaging with students and staff from different cultural backgrounds.

The programme also incorporated structured pre- and post-assessments to explore students' academic progress. Across 24 paired assessments, the mean score increased from 45.46 to 47.29, although the difference was not statistically significant (p = 0.058) (Figure 1). Notably, the minimum score increased from 31 in the pre-assessment to 45 in the

post-assessment, suggesting a possible improvement among students who started with lower baseline scores.

Beyond academic outcomes, the programme received highly positive feedback. All respondents rated their overall experience as either "Excellent" (78%) or "Good" (22%), with most indicating that they would recommend the programme to others (Figure 2). Among the teaching and learning activities, Problem-Based Learning (PBL) was rated the most effective format for knowledge acquisition (39%), followed by Team-Based Learning (TBL) (22%) (Figure 3). Anatomy emerged as the most favoured subject (57%), followed by Physiology, Biochemistry, and Pathology (Figure 4).

The experience extended beyond the classroom. The buddy system provided valuable peer support and helped students adapt to the programme, while the Cultural Night and Closing Ceremony were the most enjoyed extracurricular activities (57%) (Figure 5). Students also appreciated the opportunity to build international friendships and experience Malaysian culture.

Feedback from participants highlighted several

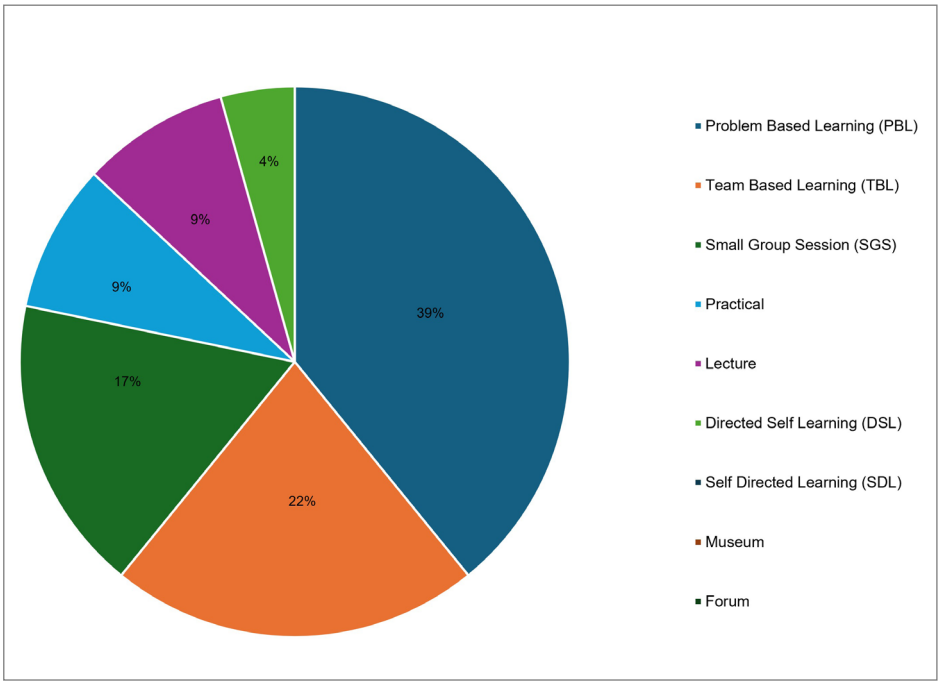


FIGURE 3: Student evaluation of teaching-learning formats for knowledge acquisition during the UNIVRAB-UiTM inbound programme (n = 23). Problem-Based Learning (PBL) was rated highest (39%), followed by Team-Based Learning (TBL; 22%) and Small Group Sessions (SGS; 17%).

> **From the organisers' perspective, coordinating activities across multiple departments presented logistical challenges, particularly in aligning schedules and managing buddy groupings.**

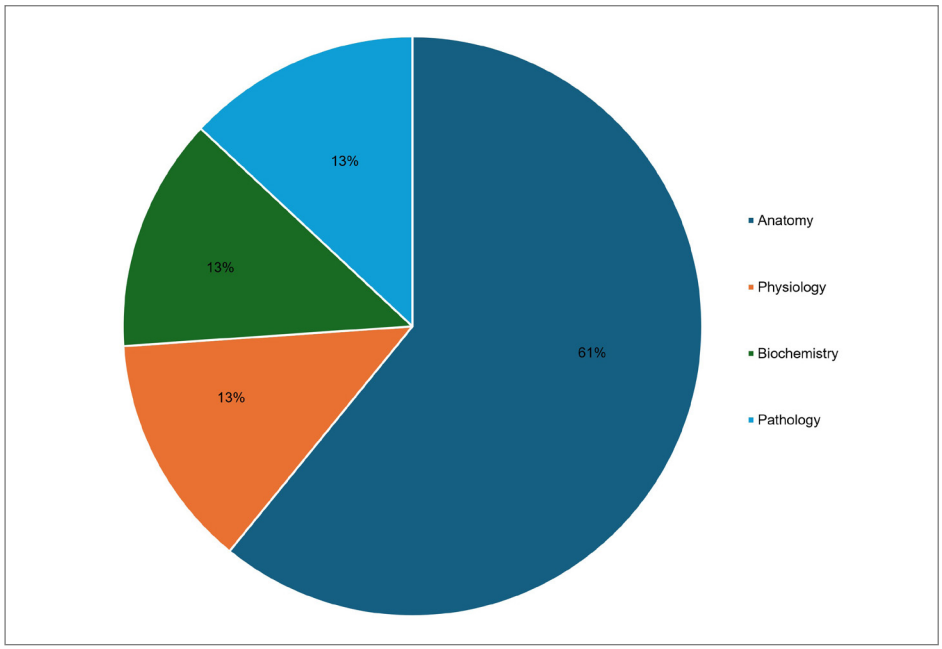


FIGURE 4: Student preference for academic subjects during the UNIVRAB-UiTM inbound programme (n = 23). Anatomy was the most enjoyed subject (56.5%, n = 13), followed by equal preferences for Physiology, Biochemistry, and Pathology (13%, n = 3 each).

areas for future improvement, including greater hands-on clinical exposure, longer hospital visits, and an extended programme duration. Students also suggested earlier orientation on academic acronyms, earlier communication about cultural activities, weekend scheduling for evening events, improved buddy communication, more sightseeing opportunities, and greater consideration of accommodation distance.

From the organisers' perspective, coordinating activities across multiple departments presented logistical challenges, particularly in aligning schedules and managing buddy groupings.

Overall, the UNIVRAB–UiTM inbound programme provided a valuable platform for academic enrichment, intercultural exchange, and student engagement. The positive feedback and practical recommendations gathered will help shape future inbound programmes and strengthen UiTM's international academic collaborations

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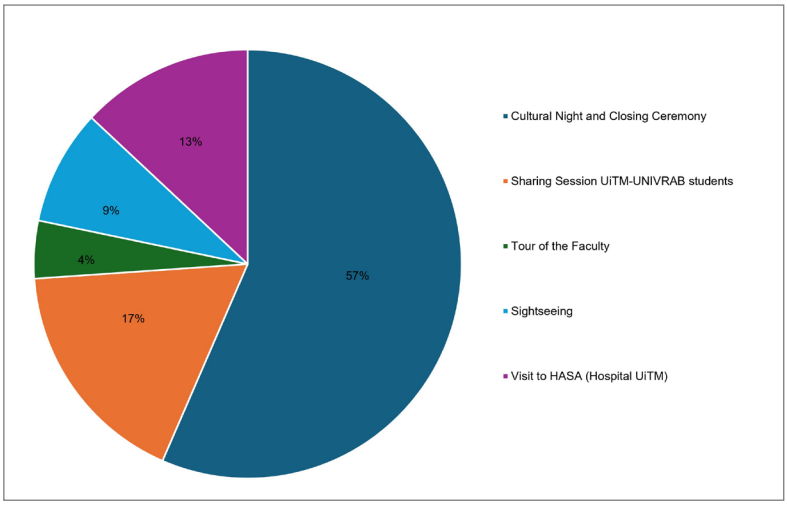


FIGURE 5: Student evaluation of extracurricular activities during the UNIVRAB-UiTM inbound programme (n = 23). The Cultural Night and Closing Ceremony were rated most enjoyable (57%), followed by the UiTM-UNIVRAB Sharing Session (17%).



PUPILS from Sekolah Kebangsaan (2) Sultan Alam Shah work together to identify and assemble human bones during the *Bone Assemble* activity.

ANATOMY EXPLORER: BRINGING ANATOMY BEYOND THE MEDICAL CLASSROOM

Dr. Muhammad Fairuz Azmi, Syumaimah Muhamad Yunus, Mohd Fayaz Amin Mohd Fathir, Mohd Shahril Sharifuddin, JuriahTogeman, Mohd Azhar Mohd Radzuan, Jamil Jaafar, Muhammad Haziq Baharuddin, Mohammad Fattasya Redha Md Rus & Nur Ain Syuhada Mohd Sharif

The Anatomy Explorer programme, organised by the Department of Anatomy transforms conventional laboratory visits into interactive learning experiences. Three institutions that participated were IJN University College, Kolej Universiti Antarabangsa MAIWP (UniMAIWP), and Sekolah Kebangsaan (2) Sultan Alam Shah students. The latter included five deaf pupils, with facilitation from their teacher.

Each visit began with a briefing on laboratory ethics, safety and respect for human specimens. The guided tour was tailored to the participants' educational levels. Adult participants visited the specimen storage area and histological slide preparation laboratory, while the school pupils' visit focused on age-appropriate activities in the Anatomy Demonstration Hall.

A major highlight was the series of interactive anatomy activities. During Mystery Jar for the adult participants,

PARTICIPANTS and teachers from Sekolah Kebangsaan (2) Sultan Alam Shah pose for a group photograph in the Anatomy Dissection Hall following the Anatomy Explorer activities.



preserved organs were displayed in jars together with accompanying anatomical facts. Participants examined the specimens and read the information beside each jar, helping them connect visible anatomical features with each organ's structure and function.

In Bone Assemble, participants worked together to reconstruct a human skeleton and identify its major bones. Body Puzzle required them to position organ models correctly within the thoracic and abdominal cavities. Collectively, these activities promoted observation, communication, teamwork and problem-solving. Active learning has been associated with better academic performance, while varied teaching methods improve engagement in anatomy education[1,2].

Programme effectiveness was evaluated using pre- and post-tests. Among the SK (2) Sultan Alam Shah pupils, the mean score increased from 68.3% to 80.8%. Pupils' feedback was highly positive: 94.4% agreed their knowledge increased, and 88.9% reported greater interest



Through Anatomy Explorer, the Department of Anatomy extends its educational role beyond the university. The measurable knowledge gains and positive feedback demonstrate that anatomy can be taught effectively, inclusively and enjoyably within the community.

in science. Most pupils enjoyed the programme (97.2%), and 94.4% said they would participate again. Furthermore, 88.9% would encourage their friends to join a similar programme. These findings indicate that the programme not only improved anatomical knowledge but also created an enjoyable learning experience.

Among the participants from IJN University College, the mean score increased modestly from 83.3% to 85.8%. The difference was not significant, possibly because of their high baseline knowledge. The largest improvement was observed among the UniMAIWP participants, with their mean score increasing



PARTICIPANTS from IJN University College observe cadavers preserved in storage tanks during their guided visit to the Anatomy Laboratory.

from 46.0% to 83.7%. This finding suggests that direct observation and interactive activities were particularly valuable for learners with lower baseline knowledge.

Adult participants also provided highly positive feedback. At IJN University College, 96.3% positively rated the programme as interactive, important, knowledge-enhancing, and capable of increasing interest in anatomy. Among UniMAIWP participants, 92.9% rated its interactive nature positively, while 97.6% agreed it was important, increased their knowledge, and strengthened their interest in anatomy. Furthermore, 95.2% felt the activities facilitated applying anatomical knowledge in daily life.

Anatomy education strengthens health literacy by helping individuals understand bodily functions, disease and preventive health information[3]. The participation of deaf pupils also showed that visual, tactile and hands-on approaches can support inclusive education when communication barriers are appropriately addressed[4,5].

Through Anatomy Explorer, the Department of Anatomy extends its educational role beyond the university. The measurable knowledge gains and positive feedback demonstrate that anatomy can be taught effectively, inclusively and enjoyably within the community.

UNIMAIWP students learn about the preparation of specialised jars used to preserve and display anatomical specimens.





A deaf pupil from Sekolah Kebangsaan (2) Sultan Alam Shah participates in an anatomy activity with guidance and sign-language support from his teacher.



UNIMAIWP students engage in the *Mystery Jar* activity by examining preserved specimens and reading the accompanying anatomical information.



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'KENALI RISIKO LEMAH JANTUNG': A PRIMARY CARE AND CARDIOLOGY PUBLIC SCREENING PROGRAMME AT HASA

Professor Dr. Farnaza @ Farnaz Ariffin[1] & Dr. Mohd Rahal Yusoff[2]

NT-ProBNP is a blood marker released when the heart is under strain. It is frequently used as a diagnostic tool for patients with clinical findings suggestive of heart failure. More recently, clinicians are discovering ways to identify heart failure earlier by utilizing point-of-care NT-ProBNP screening for individuals with co-morbidities or specific risk factors[1].

Recognizing the critical importance of early detection, a collaborative effort was launched between the Department of Primary Care Medicine and the Cardiology Department. Together, they designed a two-day opportunistic screening programme, held from 23–24 June 2026, aimed at patrons visiting Hospital Al-Sultan Abdullah (HASA).

The target demographic for this initiative included individuals over the age of 40 who possessed one or more cardiovascular risk factors—such as a known diagnosis of diabetes mellitus, hypertension,



THE public attending Hospital Al-Sultan Abdullah (HASA) lining up to find out about the program offered to screen for heart failure.



A collaborative effort between Primary Care Medicine and the Cardiology Department. Deputy Director of HASA, Prof. Dr. Ahmad Izuanuddin Ismail, assessing the booth.

or hyperlipidaemia (high cholesterol). Additionally, individuals experiencing early warning symptoms like shortness of breath upon exertion, lower extremity swelling, unexplained chest pain, or palpitations were strongly encouraged to participate in the assessment.

The strategic placement of the screening booth along the hospital's bustling main walkway proved to be a highly effective approach. This highly visible location successfully attracted a steady stream of patrons, patients' family members, and visitors. The public demonstrated a remarkably strong interest in both learning about the underlying mechanisms of heart failure and actively participating in the health screening. This organic community engagement highlights a growing public awareness regarding cardiovascular health and preventative medicine.

Due to the overwhelming demand and public interest, the clinical team worked efficiently to collect 40 patient samples within just half a day, followed by an additional 51 samples on the second day. All blood samples were rapidly processed on-site using the advanced **COBAS H232 point-of-care machine**, providing fast, reliable, and actionable results directly at the screening site.

Out of the 91 total samples collected, three participants were identified as high-risk for heart failure. These individuals were immediately scheduled for a dedicated Cardiology follow-up, which will include a comprehensive echocardiogram and appointment. Another three participants were found to have borderline or elevated risk and were given prompt appointments for further assessment

and preventive care by a primary care physician. By identifying these six individuals early, the programme provided an important opportunity for timely intervention and potentially improved their clinical outcomes.

The success of this two-day community health programme was made possible by the exceptional dedication and coordinated efforts of the multidisciplinary clinical team. The Department of Medical Education (DOME) nurses, Cardiology nurses, Medical Laboratory Technologists (MLTs), Medical Assistants, and attending doctors worked seamlessly together to provide this potentially life-saving opportunistic screening programme to the community.

We would like to thank the nurses, Normarianne Harun, Nurul Asyiqin Hamdan, Norhayati Zakaria, Nor Aini Hashim, Zarina Mohd Zain, Nur Ain Aziz, Norlaila Danuri, Fathin Natasha Zainal Murad, Mohd Abdul Rashid Shahbany, Dr. Nor Afiqah Mohd Sebri, Dr. Muhammad Azrain Amri Mohd Farid, and all those involved in the two-day program.

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ALL in two days' work: The team at the end of the programme.



DENGUE Awareness Talk delivered by Dr. Noraziah Sahlan.

PROGRAM HAPUS DENGGI KOMUNITI: EMPOWERING COMMUNITIES TO TAKE ACTION AGAINST DENGUE

Assoc. Prof. Dr. Wang Seok Mui, Dr. Azdayanti Muslim, Dr. Noraziah Sahlan, Dr. Wan Norafikah Othman, Dr. Siti Norbahiyah Awad & Assoc. Prof. Dr. Jamal Houssaini

Dengue fever remains a major public health concern in Malaysia, particularly in urban residential communities where environmental conditions may favour the breeding of *Aedes* mosquitoes.[1,2] In line with UiTM's commitment to community engagement, knowledge transfer and social responsibility, the Department of Medical Microbiology and Parasitology, Faculty of Medicine, UiTM, in collaboration with Persatuan Komuniti Collaris, organised the *Program Hapus Denggi Komuniti* on 17 June 2026 at *Pusat Komuniti Taman Collaris, Shah Alam*. The programme was led by Assoc. Prof. Dr. Wang Seok Mui and involved six academic staff members from the department. The event was officiated by a representative of YB Haji Azli Yusof, Member of Parliament for Shah Alam.

The programme aimed to increase public awareness of dengue transmission, symptoms, complications and preventive measures while encouraging greater community participation in dengue control activities. A total of 42 participants from various age groups attended the



GROUP photograph symbolising the collaboration between the Department of Medical Microbiology and Parasitology and Pusat Komuniti Taman Solaris in the successful implementation of the *Program Hapus Denggi Komuniti.*

programme, reflecting strong community interest in health promotion and disease prevention initiatives.

The activities included a dengue awareness talk delivered by Dr. Noraziah Sahlan, an educational exhibition on dengue, interactive engagement sessions, a community survey, and a gotong-royong activity. Participants learned about the life cycle of Aedes mosquitoes, dengue virus transmission, warning signs of severe dengue, effective vector control measures, and the importance of early medical intervention.[3] Children were also engaged through drawing and colouring activities with dengue-related themes, making health education accessible to younger participants.

A post-programme impact assessment demonstrated the effectiveness of the initiative. Survey findings showed that 100% of participants agreed that they had gained additional knowledge about dengue and improved their understanding of disease prevention.[3] Furthermore, all participants reported increased motivation to adopt proactive dengue prevention practices, while 97.4% felt more inspired and responsible to contribute to dengue control efforts within their community.[3] Overall, 100% of respondents agreed that the programme was beneficial to the local community.[3]



Beyond health education, the programme strengthened collaboration between UiTM and the local community through direct engagement and knowledge sharing. The initiative successfully translated scientific knowledge into practical action, empowering residents to play an active role in maintaining a dengue-free environment. The positive response from participants highlights the value of community-based health interventions and reinforces the Faculty of Medicine's commitment to improving public health through sustainable university-community partnerships.

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FACILITATORS providing explanations and guiding participants during dengue awareness education activities.



SITI NUR UMAIRAH BATRISYIA delivering an engaging presentation on Nature's Pharmacy and the medicinal properties of selected local herbs.

NATURE'S PHARMACY: FROM MEDICAL KNOWLEDGE TO COMMUNITY EDUCATION

Dr. Muhammad Fairuz Azmi, Siti Nur Umairah Batrisyia Mohd Rosli, Adni Ahlami Abdul Aziz, Alissa Nadhirah Mohd Nazri, Nor Alysha Safiah Adlan, Dina Khairul Anuar & Zulfa Kamalia Azamuddin

On 12 August 2026, six second-year medical students from the Faculty of Medicine, Universiti Teknologi MARA (UiTM), conducted *Nature's Pharmacy*, an elective community engagement programme at Sekolah Menengah Integrasi Teras Islam (SMITI) Subang Bestari. The programme introduced students aged 13-16 to the medicinal properties and safe use of selected local herbs through an educational talk and



interactive games.

The project was organised by Siti Nur Umairah Batrisyia Mohd Rosli, Adni Ahlami Abdul Aziz, Alissa Nadhirah Mohd Nazri, Nor Alysha Safiah Adlan, Dina Khairul Anuar and Zulfa Kamalia Azamuddin. Students independently researched scientific literature and translated their findings into age-appropriate educational materials, strengthening their skills in evidence appraisal and science communication.

The students presented three familiar herbs: ginger, torch ginger and turmeric. Ginger (*Zingiber officinale*) contains bioactive compounds such as gingerols and shogaols. It is commonly used to relieve nausea and digestive discomfort, while research also suggests antioxidant and anti-inflammatory properties. However, many antimicrobial, antidiabetic and anticancer effects remain largely based on laboratory or animal studies and should not be interpreted as established clinical treatments[1].

Torch ginger, or bunga kantan (*Etlingera elatior*), contains flavonoids, anthocyanins, tannins and other phenolic compounds. Traditionally, different parts of the plant have been used for wound care, digestive complaints and reducing inflammation. Experimental studies have reported antioxidant, antimicrobial and glucose-lowering potential. Nevertheless, much of the evidence remains preclinical, with reported antidiabetic and kidney-protective



PARTICIPANTS gathered in the centre of the hall for an engaging session of the Herbs Trail board game.

effects demonstrated in animal models rather than human patients[2].

Turmeric (*Curcuma longa*) contains curcuminoids, particularly curcumin, which possesses antioxidant and anti-inflammatory properties. Turmeric has traditionally been used for digestive discomfort, minor swelling and body aches. Although curcumin has shown potential benefits for inflammatory conditions, its limited absorption and variability in supplement formulations affect its clinical usefulness. It should therefore be viewed as a possible complementary agent and not a replacement for prescribed treatment[3].

This distinction is especially important because society is increasingly exposed to myths and exaggerated claims surrounding herbs and dietary supplements. Products labelled "natural" are often assumed to be completely safe, while testimonials circulated through social media may be trusted more than professional advice.



PARTICIPANTS used their sense of smell to identify different herbs during the sensory challenge in the Herbs Trail game.

Consequently, some individuals reduce or discontinue prescribed medications without consulting their doctors. Herbs and supplements may cause adverse effects, interact with medicines or delay effective treatment. Health education must therefore promote both appreciation of traditional knowledge and respect for evidence-based medical care[4].

The programme's main activity, *Herbs Trail*, incorporated a board game, group discussions, hidden-object challenges, word searches, puzzles, drawing and sensory activities. Pre- and post-programme assessments were administered to evaluate learning. By turning scientific information into games, the programme encouraged active participation, teamwork and better retention compared with one-way teaching.

Following the activities, Dr Muhammad Fairuz Azmi delivered a career-sharing session on recognising personal strengths, exploring career options and developing the discipline, communication skills and resilience required to achieve future

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Such programmes benefit both communities and medical students. Secondary students gain scientific literacy and learn to evaluate health claims critically, while medical students develop leadership, teamwork, creativity and the ability to communicate complex information clearly. *Nature's Pharmacy* demonstrated that an elective attachment can go beyond observation by transforming research into meaningful community education.



DR. MUHAMMAD FAIRUZ AZMI shares insights from his career journey and guides the students on planning their own pathways from aspiration to achievement.

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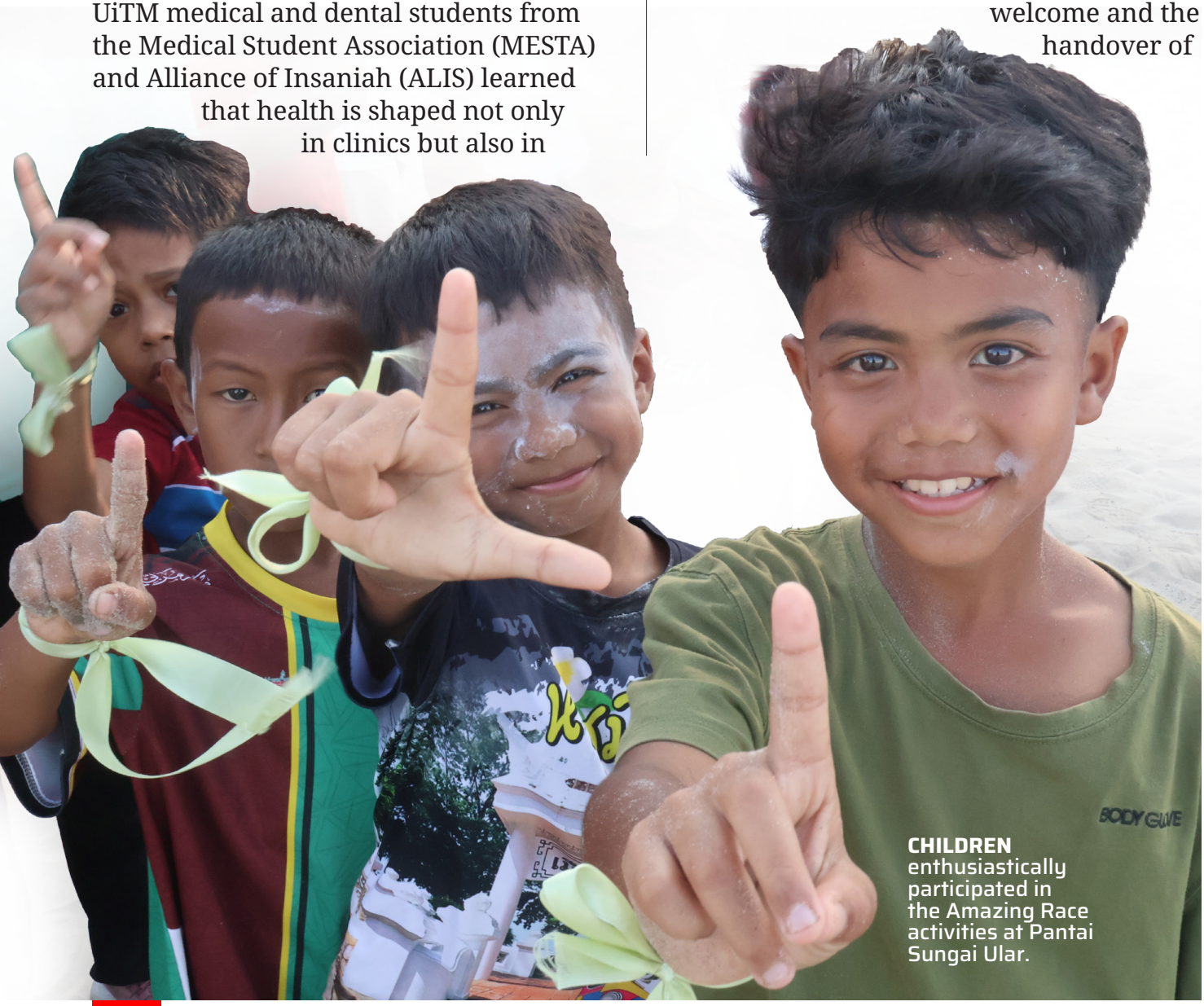
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Dr. Muhammad Fairuz Azmi, Dr. Wan Mohamad Hafiz Wan Razali, Nur E'zatty Zazaly, Muhammad Alif Heikal Mohd Khairulnidzam, Nik Mohamad Shakir Nik Yusof, Adeeba Farhani Zulkarna'in, Hur 'Ein Humayra' Azizi, Salma Auni Masturah Sahrudin, Mashitah Marzukhe, Muhammad Aziizil Aliim Ahmad Suhani & Zulfa Kamalia Azamuddin

BEYOND THE WHITE COAT: LESSONS FROM KAMPUNG SUNGAI ULAR

For three days, Kampung Sungai Ular became more than the venue for BAKSIS 2026: Memori Emas. It became a living classroom where 60 UiTM medical and dental students from the Medical Student Association (MESTA) and Alliance of Insaniah (ALIS) learned that health is shaped not only in clinics but also in homes, relationships, culture, and the environment.

Held from 19 to 21 June 2026, the annual programme began with a warm welcome and the handover of



CHILDREN enthusiastically participated in the Amazing Race activities at Pantai Sungai Ular.

students to 30 host families. Sharing the rhythms of village life gave participants something lectures cannot fully reproduce: a close view of the everyday realities, values and resources that influence how people understand health and seek care.

The second day shifted from observation to action. At the *Jom Sihat Sokmo!!* Health Carnival, students and partner agencies including the District Police Headquarters (IPD) and District Health Office (PKD), offered health screening and education on non-communicable diseases, women's health, mental health, and smoking and vaping prevention. Later, the Amazing Race and a beachside barbecue dissolved formal boundaries as villagers, children and students played and ate together.

As night fell, Malam Citra Budaya transformed the beachfront into a celebration of living heritage. *Silat, dikir barat,* nostalgic songs, student performances and traditional attire brought generations together. More than cultural additions, these activities strengthened community connections, nurtured a sense of identity and belonging, and encouraged appreciation and preservation of cultural traditions for future generations[1].



UiTM medical students shared a cheerful moment with local children during the Amazing Race at Pantai Sungai Ular.

Through MESTACare, students visited residents in need of support, conducted basic health assessments, and made essential contributions. Others cleaned the village mosque and created the MESTA x ALIS Garden before reuniting with their host families for the closing ceremony. These encounters placed a human story behind every measurement and

reminded students that listening is itself a clinical skill.

This is why community service matters in medical education. A recent systematic review found that community-engaged education can deepen students' understanding of community needs and social determinants of health while improving empathy, cultural sensitivity and commitment to social accountability[2]. BAKSIS also broadened the meaning of care. Planting and tending greenery encouraged



DR. WAN MOHAMMAD HAFIZ WAN RAZALI presented the prize to the winner of the traditional costume competition during Malam Citra Budaya.



A captivating silat performance showcased the richness of Malay martial arts during Malam Citra Budaya.

stewardship of the natural world, while the coastal setting highlighted the relationship between healthy environments and healthy communities. Exposure to natural spaces can improve mood, reduce stress, encourage social interaction, and provide opportunities for physical activity[3,4].

The programme has received strong media coverage, with reports published in both *The Borneo Post* and *Utusan Borneo*[5]. This publicity extended BAKSIS 2026's reach beyond Kampung Sungai Ular and highlighted UiTM medical students' contributions to community health, cultural appreciation and environmental stewardship.

BAKSIS 2026 demonstrated that becoming a doctor is not only about mastering disease. It is also about entering a community with humility, serving with competence, and leaving with a deeper respect for people, heritage and place.



THROUGH MESTACare, BAKSIS participants visited unwell villagers at their homes to provide basic health assessments, support and essential contributions.

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'KEHAMILAN YANG HARMONI': A WEBINAR SERIES FEATURING EXPERTS FROM THE MATERNO-FOETAL EMBRYO RESEARCH GROUP

Professor Dr. Farnaza @ Farnaz Ariffin, Assoc. Prof. Dr. Mohamed Rodi Isa, Assoc. Prof. Dr. Suzanna Daud, Professor Dr. Salmi Razali, Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani & Assoc. Prof. Dr. Bahiyah Abdullah

The Maternofoetal and Embryo Research Group (MatE) at the Faculty of Medicine, UiTM is a prominent research group focused on maternofoetal health and reproductive biology. The group aims to promote interest and collaboration in these areas through research and dissemination of findings.

In June, in collaboration with the Perpustakaan Perubatan Tun Abdul Razak (PPTAR), Hospital Al-Sultan Abdullah (HASA), MatE hosted a webinar series titled 'Kehamilan yang Harmoni' (A Harmonious Pregnancy). The initiative was designed to raise public awareness and encourage meaningful online conversations surrounding pregnancy, reproductive wellness, and the complex dynamics of family relationships.



WEBINAR 1: *'Teringin Nak Hamil? Jom Bincang Dulu'.*

The series commenced on 11 June 2026 with an insightful session focusing on pre-pregnancy health. Led by Professor Dr. Farnaza Ariffin, a Family Medicine specialist, the session laid down the foundational importance of well-being before conception. She provided a comprehensive overview of optimal nutrition, the necessity of a healthy living environment, and the proper use of prenatal supplements.



WEBINAR 2: *'Peranan Gaya Hidup Wanita terhadap kesihatan Embrio.'*

Furthermore, she emphasized the indispensable role of the father, highlighting how a partner's active participation is crucial in safeguarding the health of both the mother and the unborn child.

Building on this foundation, the second webinar pivoted to maternal health and its profound impact on the developing embryo. Associate Professor Dr. Yuhaniza Syafinie Kamsani, a physiologist specializing in embryonic research, guided the audience through the critical early stages of foetal development. She detailed the pillars of a healthy lifestyle, advocating for a balanced diet while strongly warning against exposure to smoke-filled environments and other lifestyle factors that can inadvertently jeopardize embryonic growth.

The third webinar tackled the issue of safety to ensure the physical protection of both mother and foetus. Associate Professor Dr. Suzanna Daud, an experienced Obstetrician and Gynaecologist, addressed common maternal anxieties. Her comprehensive talk covered travel safety protocols—such as the correct way to wear car seatbelts while pregnant and guidelines for air travel—while cautioning against the dangerous practice of altering or stopping prescribed medications without explicit medical supervision.

Concluding the series, the final webinar courageously addressed a highly sensitive yet critical issue: intimate partner abuse. Delivered by Professor Dr. Salmi Razali, a consultant psychiatrist, the session equipped attendees with the knowledge to identify crucial red flags of abuse. Dr. Salmi offered expert, empathetic advice on navigating these delicate situations and accessing appropriate support systems.

The 'Kehamilan

yang Harmoni' series was well received, attracting hundreds of live viewers, with full recordings available on the official Hospital Al-Sultan Abdullah YouTube Channel. Through initiatives like this, MatE remains deeply committed to expanding public knowledge on comprehensive healthcare—spanning pre-conception to the postpartum period—while championing healthy, supportive partnerships for couples embarking on the transformative journey of parenthood.

MatE would also like to express its sincere appreciation to PPTAR and Corporate Communication HASA for their invaluable support, including the provision of the live studio and promotional efforts.



WEBINAR 3: *'Melindungi Dua Nyawa: Keselamatan Semasa Kehamilan'.*



WEBINAR 4: *'Cyber-Intimate Partner Violence (C-IPV) - Alam Percintaan atau Alam Keganasan?'.*

ADVANCING FORENSIC ENTOMOLOGY FROM MALAYSIA TO LONDON

Professor Dr. Heo Chong Chin

From November 2025 to July 2026, I spent nine months on a research sabbatical hosted jointly by University College London (UCL) and the Natural History Museum (NHM) in London. Working alongside Prof. Ruth Morgan (Professor of Crime and Forensic Science in the Department of Security and Crime Science and Director of the UCL Centre for the Forensic Sciences) and Olga Sivell, Diptera Curator at the NHM, my project focused on combining traditional taxonomy with artificial intelligence, geometric morphometrics, and legal decision-making to advance forensic entomology.



THE iconic book corridors inside the UCL Main Library.

My core work centred on five objectives: **(1) Assessing Legal and Cognitive Factors:** I conducted a global survey investigating the reasoning processes,



UNIVERSITY College London (UCL). The Wilkins Building, which houses the UCL Main Library under its central Octagon dome.



THE UCL Department of Security & Crime Science is located at 35 Tavistock Square, London.



THE main specimen storage cabinets inside the Diptera Collection at the Natural History Museum, located at the Darwin Centre. These wooden entomological drawers contain pinned fly specimens from the UK and all over the world.



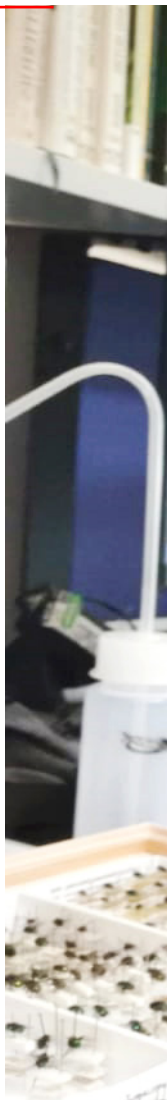


THE Natural History Museum, London, in South Kensington. The bronze Diplodocus skeleton (Fern) stands in the outdoor Evolution Garden.

legal limitations, and cognitive biases that forensic entomologists face when providing expert testimony. This drew responses from 32 experts across 19 countries. **(2) Developing UK Puparial Keys:** I built taxonomic keys for forensically relevant UK fly puparia (Calliphorinae and Luciliinae). **(3) Updating Malaysian Taxonomy:** I created an updated, illustrated identification key for 18 forensically important adult Diptera species found in Malaysia. **(4) Building AI Identification Models:** I compiled and curated a dataset of 283 female



EXAMPLES of the adult fly specimens I worked on, including species of medical and forensic importance in Malaysia and Southeast Asia. A unit tray of pinned blowfly specimens (*Chrysomya villeneuvi*) from the Natural History Museum collection.





A lateral view of a pinned adult blowfly *Chrysomya megacephala* (Diptera: Calliphoridae) mounted for morphological study.



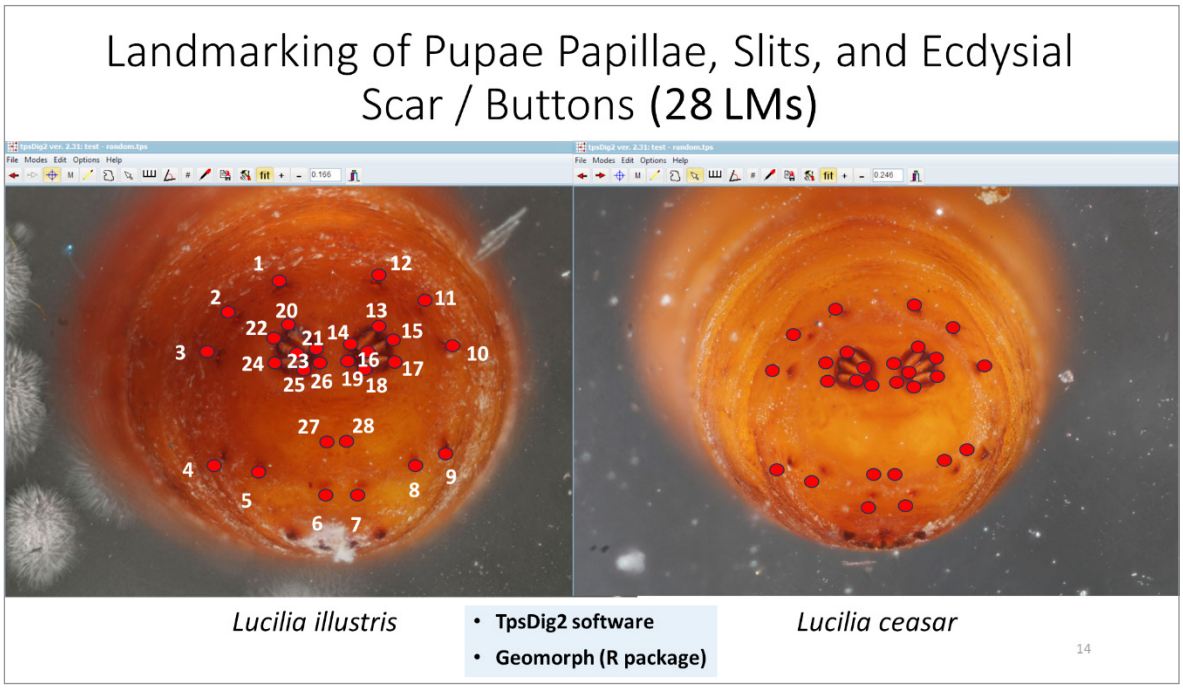
A male fly showing holoptic compound eyes (eyes touching)



A female fly showing dichoptic compound eyes (eyes separated).



MICROSCOPY and imaging facility at the Angela Marmont Centre for UK Biodiversity (AMC) inside the Natural History Museum. This is where I spent most of my time.



GEOMETRIC morphometric landmarking on the posterior spiracular region of fly puparia. A total of 28 landmarks were placed on each specimen (e.g., comparing *Lucilia illustris* and *Lucilia caesar*) to detect interspecific shape variation for automated species identification.

Lucilia adult specimens (*L. caesar, L. ampullacea, and L. illustris*) sourced from over 20 countries to train automated AI identification tools. (5) Applying Geometric Morphometrics: Using tpsDig2 and the Geomorph R



DELIVERING a presentation at Entomology 2025 (Portland, Oregon, USA), where I shared our team's research on environmental forensics and pathogen detection in Malaysia.

package, I mapped 28 landmarks across 126 puparia to test geometric morphometrics as a reliable method for identifying UK blowfly pupae.

Taxonomy and imaging work involved extensive specimen photo-stacking within the NHM Diptera collection and the Angela Marmont Centre for UK Biodiversity. Beyond the laboratory, the sabbatical provided opportunities to engage with the wider scientific community. I presented at Entomology 2025 in Portland, Oregon, on fly vectors and pathogen detection in environmental forensics, and attended Dipterists Day 2025 at the David Attenborough Building, University of Cambridge.

The sabbatical also opened doors to share my work with diverse international audiences. I delivered invited online talks for the University of Surrey, discussing forensic entomology case studies, and for the European COST Action GIN-TONIC network, hosted by Germany, exploring the dynamics of Black Soldier Fly Larvae in circular economies. I later brought my global survey findings to the European Association for Forensic Entomology (EAFE) Annual Meeting 2026 at Keele University, UK, providing an opportunity to exchange ideas with fellow researchers in the field.

Networking and future planning were equally important. At UCL, I attended postgraduate classes on human cognitive biases, case studies, and forensic databases. I joined the UCL Policing Academic Centre of Excellence (P-ACE) sandpit on Identification and Tracing, collaborating with forensic scientists, researchers, and officers from the Metropolitan and Norwegian Police to map out critical research needs. To support future projects, I submitted grant applications to





WITH my host supervisors during the sabbatical, Prof. Ruth Morgan at UCL (left) and Olga Sivell at the NHM (right).

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DELIVERING an oral presentation at EAFE 2026 (Keele University, UK), highlighting environmental data challenges and cognitive factors in forensic entomology testimony.

major funding schemes, including the Dipterist Society (US) and the Wellcome Trust (UK). Meanwhile, the datasets and identification keys developed during the sabbatical are being prepared for submission to scientific journals.

Above all, this sabbatical reinforced how vital museum collections remain as living, physical databases that make modern AI tools, morphometric precision, and robust forensic science possible—continuing to uphold justice and contributing to the advancement of medicolegal entomology.

BEHIND THE SCENES AT HOSPIS MALAYSIA



THE front entrance of Hospis Malaysia, where the students began their two-day administrative attachment.

Qaisara Noramali, Emy Alia Izzati Rosdi, Awatif Yusrinadi, Siti Nor Bahyah Abdul Fatah, Afiah Abdul Zaki & Dr. Siti Norsyafika Kamarudin

On 5 and 6 August 2026, a group of Year 2 medical students completed a two-day elective attachment at Hospis Malaysia. As pre-clinical students, our learning objectives were focused on understanding the broader scope of palliative care in Malaysia and the administrative framework that supports the delivery of these essential services.

Nestled in Cheras, Hospis Malaysia serves as a crucial provider of free palliative care, frequently accepting referrals from nearby medical centres such as Hospital Canselor Tunku Muhriz (HCTM). Our day at the centre began at 8:00 AM with a morning meeting, where the clinical team discussed patients' conditions and updated one another on their care. Following the meeting, the

healthcare professionals headed out for their scheduled home visits across the community.

During our attachment, there were no patients at the centre as the clinical team was focused on visiting patients in their homes. We had the opportunity to explore the facility, including its well-equipped daycare suites, which are designed to provide a comfortable environment for patients when they visit the centre.

As we are still in the pre-clinical phase of our training, we were assigned to activities in the administration building. We assisted the staff with organisational tasks, particularly preparations for upcoming fundraising events. As a non-governmental organisation (NGO), Hospis Malaysia relies on public funding and charitable donations to sustain its daily operations and provide its services free of charge.

Understanding this logistical side of healthcare delivery was a profoundly eye-opening experience. We came to appreciate that providing palliative care extends beyond clinical expertise. Effective administration, community support and continued public engagement are equally important in sustaining these essential services.

Hospis Malaysia currently welcomes volunteers to support its fundraising initiatives. Two upcoming events are the Run for Hospis Malaysia, held in conjunction with the Standard Chartered Kuala Lumpur Marathon on 3 October 2026, followed by a Charity Bazaar on 14 November 2026 at



BEHIND the scenes at Hospis Malaysia, where administrative efforts support free palliative care services.





YEAR 2 medical students with Ms. Subashini Rajasekaran, Advocacy and Communications personnel (left), and a Hospis Malaysia staff nurse (right) during their attachment.



YEAR 2 medical students pictured with their supervisor, Dr. Siti Norsyafika, during their administrative elective attachment at Hospis Malaysia.

Stella Maris International School in Damansara, Kuala Lumpur.

We encourage our peers and members of the public to participate in or volunteer for these initiatives. For further information or to register as a volunteer, please contact Hospis Malaysia's Advocacy and Communications personnel, Ms. Subashini Rajasekaran, at 013-9831 682 (WhatsApp Preferred) or via email at pr@hospismalaysia.org.

MANAGING OBESITY-RELATED COMORBIDITIES - A MULTIDISCIPLINARY AND MULTIDIMENSIONAL COLLABORATIVE WORKSHOP

Dr. Fatimah Zaherah Mohamed Shah, Dr. Nur 'Aini Eddy Warman, Dr. Mohd Hazriq Awang, Dr. Aimi Fadilah & Professor Dr. Rohana Abdul Ghani

Weight management is an essential aspect of general well-being and the inability to sustain a healthy fat-muscle balance contributes to multiple metabolic and physical limitations. Malaysia has one of the highest rates of obesity in this region, with the recent national health survey describing an almost 50% prevalence of overweight and obesity among adults[1]. Aiming to improve the perception and knowledge of healthcare practitioners regarding this condition, this one-day workshop organized by the Endocrine team of Hospital Al-Sultan-Abdullah UiTM was designed as an interactive case-based platform focusing on the emergent issues in weight-management care, delivered by key specialists, and moderated by endocrinologists. It was held in January 2026

PANEL clinical case discussion with moderator and key specialists.



and attended by 150 participants, including medical officers, masters' students, primary care specialists, physicians, and hospital support staff including nurses, physiotherapists and pharmacists.

The first session was an overview on the pathophysiology of obesity and co-morbidities, highlighting the inflammatory state and linkage with insulin resistance and mechanistic links to altered metabolism. This was followed by a panel case-based discussion on obesity and obstructive sleep apnoea, consisting of a respiratory physician, a family health



MEMBERS of the workshop, including the participants, panel members and organizers.

specialist and a health scientist.

The subsequent panel discourse was on the influence of weight on polyendocrine metabolic ovarian syndrome, with a panel of endocrinologists and a gynaecologist, focusing on a few cases on fertility and pregnancy issues. Next, a panel discussion on implementing a multi-disciplinary approach to obesity management in Malaysian practice, was conducted, contributed by a primary care physician, public health representative and a nursing coordinator, highlighting certain aspects on barriers and enablers to





INTERACTIVE lecture on overview and pathophysiology.

comprehensive care, role of primary care in coordinating management and integrating health navigators into the care model.

The penultimate session was a case-based discussion on the bidirectional effect of osteoarthritis and obesity, with a panel consisting of an orthopaedic specialist, sports science practitioner, physiotherapist and bariatric surgeon, conversing on the approach and management of obesity-related physical conditions. The final case-based discussion of this workshop concentrated on the metabolic organ complications of obesity, particularly heart failure and chronic kidney disease, with a panel of cardiologist, nephrologist and dietitian exploring the management of a clinical case requiring intricate fluid balance, medication titration and nutritional support, and the treatment of multiple comorbidities. Each panel discussion was followed by a question-and-answer session, with active engagement and contribution by the attendees.

The workshop was ended with a closing ceremony, receiving multiple positive feedbacks and requests for similar updates on a regular basis. The participants found that the scope of the topics discussed and the handling of the case-based discussions were helpful in their clinical practice, and improved information dissemination for better patient care.

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