

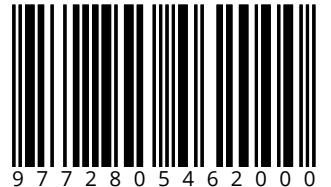
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EDITORIAL TEAM

Corporate
Communication
Unit

EDITOR-IN-CHIEF

Dr. Amirah Abdul Rahman

EDITORS

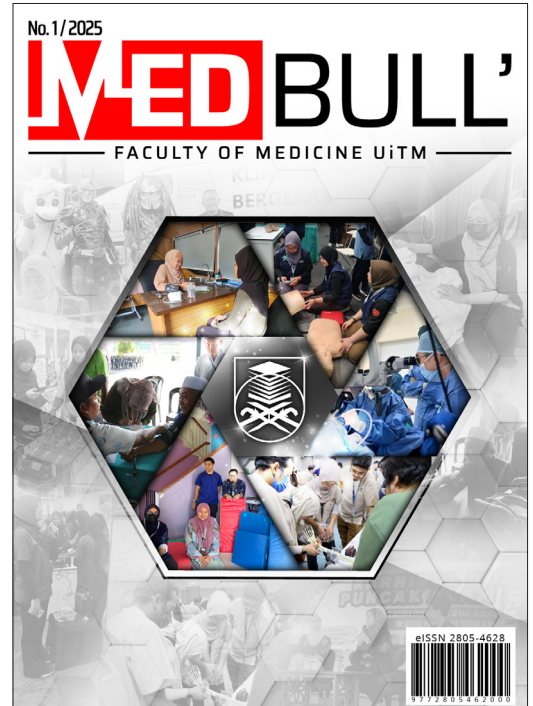
Wan Azizi Wan Kamaruzaman
Nurul Hanis Natasha Zolhainan

GRAPHIC DESIGNER

Mohd Yusrizal Yaacob

PHOTOGRAPHER

Mohd Ridzuan Hussin
Mohd Erwan Ramli



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Any inquiries should be addressed to:

Corporate Communication Unit,
Faculty of Medicine,
Universiti Teknologi MARA,
Sungai Buloh Campus, Selangor Branch,
47000 Jalan Hospital, Sungai Buloh,
Selangor, MALAYSIA

Tel: +6 (03) 6126 7555

E-Mail: korporatmedic@uitm.edu.my



**GREETINGS
AND
WELCOME
DEAR
READERS!**

EDITOR'S NOTE

Editor-in-Chief

Dear Readers,

It is with great excitement that I step into the role of Editor-in-Chief of MED BULL' 2025. As we embark on this new chapter, we are eager to share the inspiring stories of collaboration and innovation happening across the Faculty of Medicine, Hospital Al-Sultan Abdullah, and beyond. This issue highlights the collaborative efforts that drive progress in medical education, healthcare, and community wellbeing.

Before we move forward, I would like to acknowledge the exceptional leadership of Assoc. Prof. Dr. Faizah Ali, the former Editor-in-Chief. Her dedication and vision have been crucial in guiding MED BULL' to where it is today.

This issue reflects the dedication that unites us in shaping the future of community, medical education, and healthcare. Thank you for being a part of our journey. We look forward to bringing you more stories that highlight our shared mission.

Warm Regards,

Amirah
Dr. Amirah Abdul Rahman
 Editor-In-Chief

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FACULTY ACTIVITIES



MEDICAL mobile clinic with Erasmus students from the Netherlands.

REVISITING THE FACULTY'S MEDICAL MOBILE CLINIC IN ITS 3RD YEAR OF PROVIDING SPECIALISTS CLINICAL SERVICES IN JOHOR

By: Prof. Dr. Farnaza @ Farnaz Ariffin

The Faculty of Medicine, UiTM medical mobile clinic is a project donated and funded by the Noah Foundation in collaboration with the Johor State Government. Since its inception in 2023, this initiative has been providing essential clinical services to communities in Johor.

The mobile clinic operates monthly for two days (Fridays and Saturdays) at designated locations around Machap and nearby areas, including public halls, local mosques, and events. A notable event in 2024 was the Program MDSR Jiwa Merdeka Colour Walk at Hutan Bandar Simpang Renggam, featuring activities like brisk walking, children's coloring contests, and cake decoration, which fostered community engagement and participation.

Our UiTM medical mobile clinic has a unique feature that mimics a regular clinic; the public can 'walk in' and register at the registration counter. Patients will



A family medicine specialist giving nebulizer treatment to a child with asthma.



A family medicine specialist (FMS) consulting a patient inside the medical mobile clinic.



A family medicine specialist (FMS) consulting a patient inside the medical mobile clinic.



NURSES take the patient's random blood sugar.

PHARMACISTS are ready to dispense prescribed medications to the patients.



have their vital signs taken by our experienced staff nurses, followed by consultations with clinical specialists. During these consultations, our doctors adopt a patient-centered and personalized care approach to provide targeted health counselling and treatment.

Our medical team can address a wide range of medical complaints, including issues related to the skin, ears, nose, throat, eyes, lungs, abdomen, and heart. In acute situations, we offer initial treatment and refer patients to the nearest emergency department. For chronic cases, we provide a short course of treatment and refer patients to the nearest clinic for regular follow-up. Additionally, we offer investigative and treatment services such as electrocardiography, wound dressing, suturing, and nebulization. Another distinctive feature of the

UiTM medical mobile clinic is our medication provision, facilitated by two experienced pharmacists who ensure the safety and proper dispensing of medications.

In 2024, we found that the mean age of participants was 46.97 years, with $SD \pm 16.38$. The majority of participants are female (60.8%), while males make up 39.2%. Additionally, 37.1% of our participants have symptoms they wish to discuss with a doctor.

The UiTM medical mobile clinic complements the existing public healthcare services in Johor. It provides healthcare services to communities in a non-confrontational manner. During our interactions with participants, we found that many are either undiagnosed with chronic diseases due to a fear of discovering their condition or have been diagnosed but have defaulted on treatment.

Our specialists have the luxury of time to discuss, explore, and provide health education to participants during this service. We aim to educate and empower patients to take charge of their health and manage their illnesses, adhere to medications, and attend regular follow-ups at local health clinics. This reflects our commitment



THE auxiliary police are helping a patient get into a car.



MEDICAL mobile clinic at MDSR color walk at Hutan Bandar, Simpang Renggam.

to patient-centered care.

This program is led by Family Medicine Specialists (FMS) and Public Health Specialists. In 2024, we were honored to include specialists in obstetrics & gynaecology, ENT, clinical pathology, and more. We invite all specialists, clinical lecturers, alumni, and postgraduate trainees to join our services. In addition to providing clinical services to the community, this program serves as a platform for networking, team building, and research

collaboration.

We are also proud to announce that in 2024, the Faculty of Medicine's medical mobile clinic achieved a 3-star rating in PRIME and won a silver award at the 6th Digitalized International Invention, Innovation, and Design (DIID) event organized by UiTM Johor Campus and Universitas Lampung, Indonesia. Looking ahead, we hope to enhance our services by offering more point-of-care testing, such as lipid profiles and NT-ProBNP testing.

FESTIVAL OF IDEAS: FACULTY OF MEDICINE AND HOSPITAL AL-SULTAN ABDULLAH, UiTM, PARTICIPATE IN PRESTIGIOUS MINISTRY OF EDUCATION EVENT

■ By: Prof. Dr. Farnaza @ Farnaz Ariffin & Dr. Nurhuda Ismail

The Festival of Ideas (FOI) is an event organized by the Ministry of Education Malaysia to celebrate innovative concepts that align with the advancement of higher education during the Industrial Revolution 4.0. The inaugural event took place from November 27 to 29, 2024, and is intended to be an annual gathering aimed at promoting higher education among Malaysians. The festival involves numerous public and private universities showcasing their programs and activities to the public. It targets individuals from all walks of life, particularly potential students looking to pursue certifications, diplomas, or degrees in various fields across the country.

The Faculty of Medicine, UiTM was honored to participate in this event in collaboration with Hospital Al-Sultan Abdullah (HASA). We set up a long row of booths, offering a variety of exhibitions and healthcare services to the public.

The highlight of our booth was the “Health Games,” which were managed by our Public Health specialists and medical undergraduate students. Throughout the three-



OUR backbones behind this operation: From right Dr. Izzat Ismail, Dr. Nurhuda Ismail and Tuan Azman.



OUR medical undergraduate students enjoying the event.



FOI coordinator, Prof. Dr. Farnaza and a clinical masters student attending to the Family Medicine health counselling and cardiovascular risk assessment booth.

day event, 15 medical students had the opportunity to serve as ambassadors for the faculty, engaging a large crowd interested in participating in the health games. These games included Snakes and Ladders, Table Futsal, the Wheel of Health, and a Pledge for Healthy Living. Additionally, the students were able to explore other booths, gaining inspiration for entrepreneurship and networking. We encourage our students to attend educational events like this to enhance their sense of community, responsibility, and communication skills.

Alongside HASA, we conducted a health



The Faculty of Medicine, UiTM was honored to participate in this event in collaboration with Hospital Al-Sultan Abdullah (HASA). We set up a long row of booths, offering a variety of exhibitions and healthcare services to the public.

screening event to promote wellness in the community. HASA played a crucial role by offering a variety of essential health services to attendees. These services included psychological counseling to support mental well-being, dietary advice to promote healthy eating habits, and demonstrations of basic life support techniques to equip individuals with critical emergency skills. Additionally, we provided eye examinations to assess vision health, alongside informative sessions on organ donation and kidney transplant awareness, ensuring that participants were well-informed about these important health topics. Our Family Medicine team, composed of experienced lecturers and clinical master's students, engaged with participants by providing personalized health counseling. They conducted thorough cardiovascular risk assessments, allowing individuals to better understand their heart health and the necessary steps to manage any identified risks.

At our exhibition booth, we showcased the diverse range of undergraduate and postgraduate programs available through our faculty. Among the clinical master's programs offered are Master in Internal Medicine, Family Medicine, Psychiatry, Clinical Pathology, Emergency Medicine, Radiology, and more. We encourage



TABLE futsal.



REHABILITATION demonstration.

interested individuals to explore further details about these programs on our website under the section “Programs Offered.”

The faculty was honored to take part in this significant event, and we look forward to maintaining our involvement in future initiatives. Our medical students provided overwhelmingly positive feedback, expressing their enjoyment of the experience and encouraging their peers to engage in similar programs.

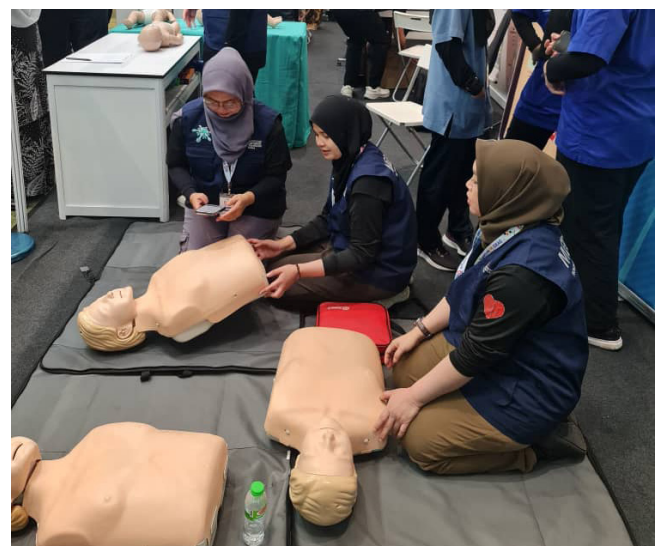
The FOI brings together thinkers and leaders to discuss new ideas and challenges in higher education. The goal is to make Putrajaya a “City of Ideas,” where creativity and learning flourish. The

festival aims to build a strong culture of knowledge in the community, encouraging people from all backgrounds to learn, share, and contribute to the improvement of education and intellectual thought. We are excited about how these gatherings can lead to growth and collaboration in intellectual pursuits.

Acknowledgment to the lecturers involved in this event: Dr. Hasidah Abdul Hamid, Dr. Khairatul Nainey Kamarudin, Dr. Lina Lohshini Kanoo, Dr. Mazapuspavina Md Yasin, Dr. Nik Munirah Nik Mohd Nasir, Dr. Hayatul Najaa Miptah, Assoc. Prof. Dr. Siti Fatimah Badlishah Sham, Dr. Mohd Shahril Ahmad Saman and Dr. Izzat Ismail.



THE health exhibition and health games ‘Snakes and Ladders’.



DEMONSTRATION to Basic Life Support.



AWAKENING THE QUIET: UiTM HISTORIC COCHLEAR IMPLANT SURGERY

Dr. Azrina Ahmad @ Mohd
Dr. Muhammad Raziin Zainal Abidin
& Dr. Norazila Abdul Rahim

On 23rd December 2024,
the Department of
Otorhinolaryngology, Head &
Neck Surgery (ORL HNS), Faculty of

Medicine & Hospital Al Sultan Abdullah (HASA), UiTM achieved another historic surgical milestone by performing its first cochlear implant surgery. The successful procedure, which involved multidisciplinary teams, marked a new era in hearing loss care at UiTM.

The cochlear implant, a sophisticated device designed to restore hearing in patients with severe to profound sensorineural hearing loss, was first introduced in 1961 by Dr. William House and Dr. John Doyle. It consists of an external portion that captures sound and processes it into electrical signals, which are then sent by the transmitter to the internal portion. The internal component receives these signals and transmits impulses to the auditory nerve in the cochlea.



HASA, UiTM's first cochlear implant surgery, is proof of the university's dedication to advancing medical education and providing cutting-edge healthcare services. To ensure the success of the surgery, meticulous planning was carried out, and a Cochlear Implant Committee was initiated by Dr. Azrina Ahmad in collaboration with various departments, including Radiology, Paediatrics, Anaesthesiology from the, Faculty of Medicine & HASA, Audiology, Speech & Language Pathology, Medical Social Welfare, and Occupational Therapy from the Faculty of Health Sciences, UiTM.

This is a proud moment for UiTM. Our success in performing this surgery showcases the exceptional talent and dedication of our medical professionals and opens new opportunities for us to serve the community.

Hearing loss can significantly impact a person's quality of life. This procedure is more than just a medical intervention—it is a transformative experience that opens the door to communication, learning, and social engagement. For the patient and their family, the successful surgery marks the beginning of a new journey filled with endless possibilities.

Students and trainees had a unique opportunity to observe and assist in the procedure, gaining invaluable insights into this specialized area of medicine.

The success of UiTM's first cochlear implant surgery would not have been possible without the generous support and contributions of everyone, including the healthcare staff, JPA, and supporting non-governmental organization (NGO).

The Cochlear Implant team, HASA is already looking ahead, with plans to expand its services to help more individuals to regain their sense of hearing and inspire hope for countless individuals and families affected by hearing loss.

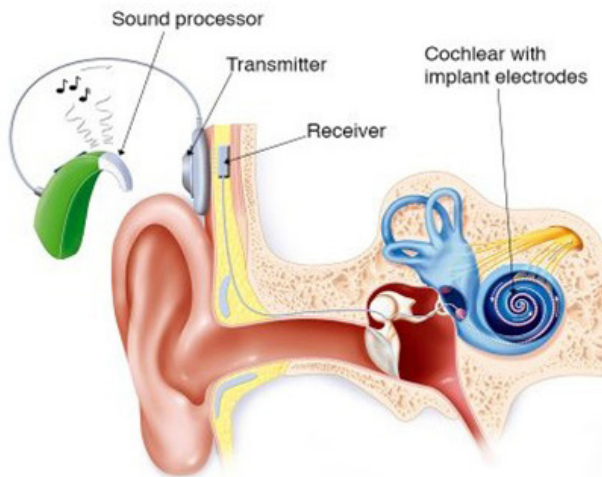


PHOTO courtesy of the University of Connecticut website.



PHOTO of Stenvers view x-ray showing electrode in the cochlear.



THE SUKAF Carnival organizing committee and the top management of the Faculty of Medicine, UiTM.

UiTM HEALTH FESTIVAL 2024: EMPOWERING COMMUNITIES THROUGH HEALTH AWARENESS AND ACTION

By: Dr. Asma' Khalil, Dr. Aimi Nadira Mat Ruzlin,
Dr. Zahir Izuan Azhar & Assoc. Prof. Dr. Chen Xin Wee

On October 12th to 13th, 2024, the Department of Public Health Medicine, Faculty of Medicine, hosted its annual Health Festival—a series of health carnivals across Selangor aimed at promoting community health and wellness. Led by fourth-year medical students, this initiative emphasized awareness, prevention, and community engagement.

With six locations and diverse health themes, the festival reached hundreds of participants, providing essential health screenings, educational sessions, and interactive activities. The objectives included enhancing public health awareness, educating communities on preventive healthcare practices, and offering early screening opportunities for common health issues.

UiTM collaborated with various partners, including the Majlis Bandaraya Shah Alam (MBSA), district health offices, the Rumpun Nurani Foundation Indonesia, and several local organizations such as Majlis Perwakilan Penduduk (MPP) and COMBI teams. Additionally, the event engaged with community institutions such as mosques and

local councils and received support from health specialists, including cardiologists, endocrinologists, and public health experts from Hospital Al-Sultan Abdullah (HASA) and other affiliated healthcare providers.

The “Jauhi Obesiti” carnival in Sungai Buloh focused on obesity awareness, involving local community organizations and featuring activities such as virtual fun walks, free screenings, and an expert forum on the dangers and management of obesity. This online event attracted over 150 participants, demonstrating the power of digital platforms in health promotion. Meanwhile, the “Jantung Aktif, Hidup Produktif” carnival in Shah Alam centered on heart health, offering blood pressure and cholesterol screenings, a dental check-up station, and interactive forums led by cardiologists and religious scholars.

In Paya Jaras, the “Karnival Sifar Denggi” addressed dengue prevention, a critical issue in this dengue-prone area. Participants engaged in an Explorace event, health exhibitions, and a forum featuring a dengue survivor’s testimony. The carnival



TRADITIONAL games at the Sabak Bernam carnival to promote a healthy lifestyle.



A light exercise session during the Seksyen 18, Shah Alam health carnival under the theme “*Jantung Aktif, Hidup Produktif*”.

highlighted community-driven solutions to vector-borne diseases through education and hands-on activities.

The “Kesihatan Holistik: Keluarga Sihat, Komuniti Sejahtera” carnival in Sabak Bernam promoted holistic wellness. Participants benefitted from health screenings and interactive health booths covering topics such as sleep and mental health, along with physical activities. By addressing diverse health needs, this carnival encouraged long-term behavioral change through community collaboration.

The Karnival Sukan

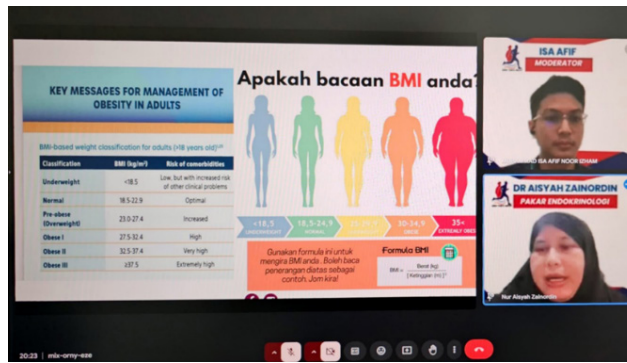
Antara Fasa (SUKAF) Carnival in Bandar Puncak Alam, themed “Community Rallies for Health and Wellbeing,” offered comprehensive screenings and activities, attracting participants of all ages. Educational booths provided information on non-communicable diseases (NCDs), while a cooking competition highlighted healthy eating. This carnival emphasized the importance of preventive care and community unity.

The “Kanser: Tahu, Cegah, Lawan” event in Bandar Baru Sungai Buloh focused on cancer awareness. Informative

booths and screenings for breast, lung, and cervical cancers provided vital knowledge and resources. Interactive sessions and smoking cessation counseling empowered attendees to make healthier choices.

A cross-border initiative was also undertaken in partnership with Indonesian health experts to create educational resources focused on dementia care for the elderly. This effort led to the development of a booklet featuring content from the 'DemensiaKITA' application. The collaboration was further enhanced by a one-day virtual health promotion event themed "Memeluk Kenangan, Berdamai dengan Demensia."

The UiTM Health Festival 2024 successfully reinforced health education, preventive care, and community cohesion. By addressing local health priorities, it left a lasting impact on community well-being, establishing a model for future public health initiatives. These events also provided significant benefits for students, helping them build essential skills such as leadership, teamwork, and cultural awareness. By applying their classroom knowledge



ONLINE Forum with the Specialists via Google Meet during the "Jauhi Obesiti" carnival in Sungai Buloh with the slogan 'Lemak Siapa? Bukan Saya!!! Let's Show That Fat and Us Are Not Compatible.



VIRTUAL Webinar session titled 'Memeluk Kenangan, Berdamai dengan Demensia'.



MULTIPLE partners collaboration in Paya Jaras carnival.

in real-world settings, students improved their communication and professional skills while engaging in meaningful community service. This experience nurtured empathy and a deeper understanding of community health needs, preparing students to become proactive advocates for public health as they progress in their medical careers.



HEALTH screening including blood pressure, BMI, blood sugar, and cholesterol checks at the "Kanser: Tahu, Cegah, Lawan" carnival, Sg Buloh.



TRAINING session with caregivers and students.

COMMUNITY-BASED REHABILITATION: PROJECT S.H.I.N.E AT PPKK PUNCAK ALAM

By: Dr. Nadhirah Binti Haniffah



SITE visit to PPKK Puncak Alam.

Community-based rehabilitation (CBR) plays a crucial role in ensuring that rehabilitation services are accessible beyond the walls of hospitals and clinics. As part of our curriculum, the Master of Rehabilitation Medicine trainees at Universiti Teknologi MARA (UiTM) initiated Project S.H.I.N.E. (Supporting Hope, Innovation, Nurturing, and

Empowerment). This initiative was designed to enhance rehabilitation efforts at Persatuan Pemulihan Dalam Komuniti (PPDK) Puncak Alam.

PPDK Puncak Alam caters to individuals with disabilities, particularly children with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). Many of these children experience sensory processing difficulties that affect their ability to engage in learning and daily activities. Despite the dedication of PPKD teachers, there was a need for a structured sensory integration therapy intervention. Project S.H.I.N.E. also aimed to foster a streamlined approach that empowers caregivers to implement these interventions independently.

The project was executed through a carefully planned multi-phase approach. Initial site visits to PPKD Puncak Alam provided valuable insights into the specific challenges faced by teachers. The development of the Sensory Integration Therapy Module was guided by literature reviews and the expertise of occupational therapist Puan Aisyah Amirah from Hospital Al-Sultan Abdullah (HASA).

Once the module was finalized,



The team also assisted in procuring therapy equipment. Pusat Zakat Selangor donated directly to PPDK Puncak Alam, and we utilized excess equipment, such as floor mats and foam cushions, from past rehabilitation projects.

hands-on training sessions were conducted with PPDK teachers, caregivers, and students. These sessions covered the fundamentals of sensory processing disorders and introduced practical strategies for sensory integration therapy. Puan Aisyah Amirah led these training sessions, demonstrating how simple interventions could improve sensory processing and functional outcomes in children with sensory processing disorders. The interactive training module allowed participants to engage in real-time demonstrations, ask questions, and refine their techniques under expert supervision.

The impact of the training was measured through pre- and post-training assessments, which revealed a significant improvement in both knowledge and confidence among participants. Baseline knowledge of sensory therapy improved from 35% to 82%, while confidence in implementing therapy techniques increased from 31% to 85%. Additionally, participants found the module practical and easy to integrate into daily routines.

The team also assisted in procuring therapy equipment. Pusat Zakat Selangor donated directly to PPDK Puncak Alam, and we utilized excess equipment, such as floor mats and foam cushions, from past rehabilitation projects. The equipment was carefully selected to ensure safety and practicality for ease of use at PPDK Puncak

Alam.

The success of this initiative was the result of interdisciplinary collaboration and strategic planning. Project S.H.I.N.E. has demonstrated that well-structured interventions can make a meaningful difference in the quality of rehabilitation services. The initiative has also paved the way for the further development of additional rehabilitation modules and their implementation at other PPDK centres.

This project highlights the multifaceted role of rehabilitation medicine, where the focus extends beyond clinical practice to active community engagement. As healthcare professionals, we have a responsibility to ensure that rehabilitation services are not only effective but also accessible and sustainable for the communities that need them. Moving forward, initiatives like Project S.H.I.N.E. can serve as a model for future community-based rehabilitation programs, ensuring that rehabilitation services reach those who need them most in a meaningful and sustainable way.

Project S.H.I.N.E. would not have been possible without the unwavering support of the educators at the Rehabilitation Medicine Department, Faculty of Medicine & HASA, UiTM (especially Dr. Anie Farhana and Prof. Dr. Fazah Akhtar Hanapiah), and stakeholders from PPDK Puncak Alam (teachers, carers, and students), especially Puan Rozlyna.



DELIVERY of equipment utilised from previous rehabilitation project.

EMPOWERING HOLISTIC HEALTH: UiTM HEALTH PROMOTION CARNIVAL 2024 IN SABAK BERNAM

By: Dr. Nasim Muhammad bin Abdul Kuthoose, Dr. Ahmad Akmal bin Ahmad Nizam, Dr. Ahmad Syahir bin Haron, Dr. Dalila binti Roslan, Dr. Meram Azzani, Dato' Dr. Khalid Ibrahim, Dr. Zahir Izuan Azhar & Assoc. Prof. Dr. Chen Xin Wee

The UiTM Health Promotion Carnival 2024, themed “*Kesihatan Holistik: Keluarga Sihat, Komuniti Sejahtera*” took place on October 12, 2024, at the Al-Abrar Mosque compound in Kampung Batu 2 Sepintas, Sabak Bernam. Over 200 participants attended the event, which was coordinated by fourth-year medical students from UiTM and organized in collaboration with the mosque’s committee, Sabak Bernam District Health Office, Clinical Simulation Centre (CSC), UiTM, and other partners. Associate Professor Dr. Hazlyna Baharuddin, the Deputy Dean of Academic Affairs, Faculty of Medicine, UiTM, officiated the carnival. Notable attendees included Dato’ Dr. Khalid bin Ibrahim, a Senior Lecturer and Program Advisor in Public Health Medicine; Dr. Zahir Izuan Azhar, Head of the Public Health Medicine Department; Dr. Dalila Roslan and Dr. Meram Mohammed Ali Azzani, both Lecturers and Program Advisors. Muhammad Izwan bin Mohd Rashid served as the program director.



ASSOCIATE Professor Dr. Hazlyna Baharuddin, the Deputy Dean of Academic Affairs, Faculty of Medicine, UiTM officiated the carnival.

The slogan “*Kesihatan Holistik: Keluarga Sihat, Komuniti Sejahtera*” emphasizes the link between healthy families and community well-being, highlighting the importance of holistic health for resilient communities. It aimed to promote holistic health within the community through various activities, including health screenings, educational booths, and practical sessions.

The medical team from the Sabak Bernam District Health Office provided free health screenings for blood pressure, glucose levels, and body mass index (BMI) at the carnival. Participants received personalized feedback on their health, and some were identified as having undiagnosed hypertension, diabetes, or obesity.

The event also featured a series of interactive educational booths covering a variety of health topics. Five stations were featured, each focusing on key aspects of holistic health, including mental well-being, the effects of excessive screen time, the importance of quality sleep, smoking cessation, joint health, and healthy eating habits.



One booth, titled “Masa Berkualiti, Hidup Harmoni,” encouraged visitors to discuss ways to balance screen time with other activities. This aimed to help participants understand the impact of screen time on their physical and mental health. Another booth, “Tidur Lena, Bangun Ceria,” offered tips for improving sleep hygiene, including interactive demonstrations that highlighted how sleep quality affects daily functioning.

Additionally, healthcare professionals conducted talks on joint health and arthritis, smoking cessation, and managing screen time, emphasizing the community’s role in promoting healthier behaviors at home. The booths were designed to inform and encourage active participation, featuring hands-on activities to reinforce the lessons learnt.

The event featured practical sessions like Basic Life Support (BLS) for cardiopulmonary resuscitation skills and games such as “Oopsie! No Phones Allowed” to promote healthy habits and reduce screen time. Traditional games like “Bowling Kelapa” encouraged physical activity, while lucky draw sessions rewarded participants with household items and gifts, enhancing engagement.



HEALTH screening from Simpang 5 Health Clinic.

These activities fostered positive behaviors, strengthened community bonds, and supported a healthier lifestyle.

The success of the UiTM Health Promotion Carnival 2024 was largely due to strong collaboration with local authorities, which boosted community participation. Engaging community leaders and addressing local needs fostered trust and involvement. Hosting the event at a central location, like a religious site, improved accessibility. Political support, including attractive lucky draw prizes, also helped retain participants and encouraged active involvement in activities, contributing to the program’s overall impact.

We were inspired by a committee member’s request for a similar program in the future due to the overwhelmingly positive community response and significant benefits achieved.

Overall, the program was successfully conducted, and positive feedback was received from collaborators and participants. The objectives can be considered achieved. This experience offered students valuable insights into the workings of community programs. Nevertheless, in ideal community programs or interventions, there should be a continuous effort to collaborate better with local health service providers, which will help integrate these initiatives into the broader context of public health.

CONJOINT BOARD OF GENERAL SURGERY PANELS, SITE VISIT TO HOSPITAL AL-SULTAN ABDULLAH, UITM 2025

By: Assoc. Prof. Dr. Nor Faezan Abdul Rashid, Assoc. Prof. Dr. Ahmad Ramzi Yusoff, Dr. Mohd Firdaus Che Ani, Dr. Nora Julianna Osman, Dr. Zeti Rahayu A. Karim, Dr. Theevashini A/P Krishnasamy, Dr. Mohd Fadhil Ahmad Nazlan, Dr. Kadhim Jawad Obaid & Dr. Muhammad Syamil Abd Hamid

On the 15th of January 2025, the Department of Surgery was delighted to receive a visit from the Conjoint Board of General Surgery to Hospital Al-Sultan Abdullah (HASA), UiTM. This was their second visit to HASA as part of a follow-up in preparation for the start of our Master of Surgery program. The panel consisted of representatives from four main universities that offer the program, as well as from the Ministry of Health. They were Associate Professor Dr. Maya Mazuwin Yahya from Universiti Sains Malaysia, who is also the Chairman of the Conjoint Board; Associate Professor

Dr. Junaini Kasian from the International Islamic University Malaysia; Associate Professor Dr. Koh Peng Soon from Universiti Malaya; Dr. Mohamad Azim M. Idris from Universiti Kebangsaan Malaysia; and Datuk Dr. Hanif Hussein, representing the Ministry of Health.

The half-day event began with the arrival of the panel members as well as our own postgraduate team from the Faculty of Medicine, UiTM, at 1 p.m. After the Zuhur prayer and lunch, the panel members were brought to the conference room on level 10 for the presentation. We were fortunate to have our Deputy



GROUP photo.



PRESENTATION and discussion at conference room, level 10.

Dean of Postgraduate Studies, Associate Professor Dr. Noor Shafina Mohd Noor, and Deputy Director (Clinical) of HASA, Dr. Shah Jumaat Mohd Yusoff, officiate the event and welcome all the panel members to HASA.

Following this, Associate Professor Dr. Ahmad Ramzi Yusoff, our Master of Surgery Coordinator, presented our department's case mix reports and department statistics, as well as updates on the services offered in HASA. A few questions and answers followed the presentation; however, the discussions went smoothly. The event continued with a tour of the hospital facilities, including the 9B ward, the operation theater complex, the daycare unit, and the surgery outpatient clinic, and ended with a photo session and tea break.

As a department, we hope this visit will help us to initiate our master's program in HASA and allow us to place our own candidates in HASA for their first-year rotation. Ultimately, this will help address the shortage of medical officers faced by our department. The initiation of the Master of Surgery UiTM program will place the Faculty of Medicine, UiTM, on par with other established universities offering this program.



HOSPITAL tour.



UiTM TRAUMA COURSE 4 - PAEDIATRIC X FOOT AND ANKLE

By: Dr. Norsaidatul Nadriah Ahmad Shuhiamy, Dr. Sharifah Nor Amirah Syed Abdul Latiff Alsagoff, Dr. Mohd Reza Mohd Aridz & Dr. Fareez Wazir

The UiTM Orthopaedic & Traumatology Department, Faculty of Medicine & Hospital Al-Sultan Abdullah (HASA), UiTM strives to educate undergraduate students and medical officers while offering our patients the best possible clinical care. Trauma serves as a



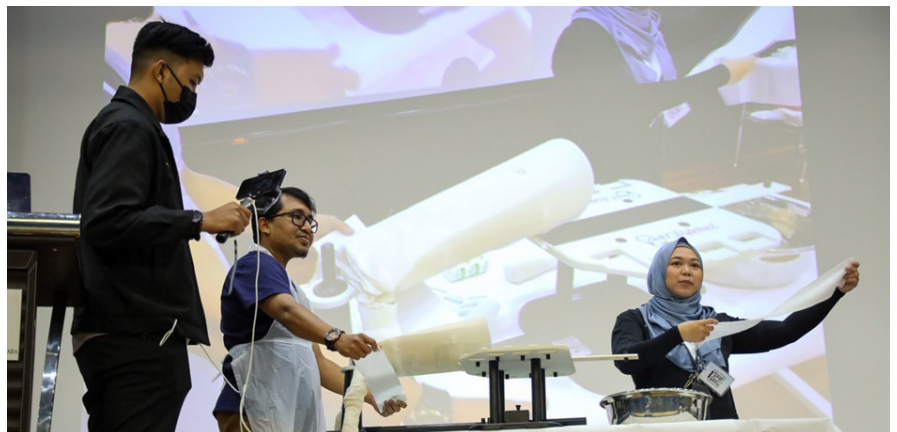
foundation of orthopaedic surgery. Having a strong, sound fundamental knowledge, as well as mastering accurate surgical techniques, will

provide a solid foundation for medical officers to manage orthopaedic cases and acquire the necessary surgical skills.

The first orthopaedic trauma course organized was in May 2016 with just 15 participants, and the number doubled for July 2018. In October 2019, the course was rebranded as the Selangor Orthopaedic Trauma Course 2019 (SELORTCO), in collaboration with the Ministry of Health's Hospital Sungai Buloh and Hospital Selayang. This was followed by

our first UiTM Trauma Course (UiTC) in 2021, held at Hospital Al-Sultan Abdullah, which was immensely successful as it was the first trauma course held since the COVID pandemic began. Since then, the UiTC has been an annual event with different topics and targets every year. Due to the success of the previous UiTM trauma courses, the fourth installment aims to focus on foot and ankle and paediatric orthopaedic trauma surgeries.

UiTM Trauma Course 4 (UiTC 4) was held on the 12th to 13th of December 2024 at the majestic HASA. The course was designed for beginner to intermediate-level junior orthopaedic medical officers and for those who have enrolled in the Master of Orthopaedic Surgery program. The committee was chaired by Dr. Yusoff Bin Yahaya, the Head of Foot and Ankle Surgery Unit, and co-chaired by Dr. Norsaidatul Nadriah Binti Ahmad Shuhiamy, the Head of Unit for Paediatric Orthopaedic Surgery. The course was officiated by the honorable Head of Department, Orthopaedic & Traumatology, Associate Professor Dr. Mohamed Faizal Sikkandar. We had 40 participants from all over Malaysia, and



distinguished speakers from Selangor and Kuala Lumpur were invited to present on related topics as well as to be facilitators during the workshop.

Topics related to paediatric orthopaedic trauma were the main emphasis of the lectures and workshops on day one. The treatment of paediatric tibia, femur, and elbow fractures as well as the medico-legal elements of paediatric orthopaedic cases were covered. Three workshops were attended by the participants: one on hip spica, another on titanium elastic nailing, and one on supracondylar humerus K-wiring fixation.

On day two, lectures

and workshops were focused on foot and ankle trauma topics. Management of fractures of the ankle, talus, Lisfranc, and calcaneal fractures was discussed, and a workshop on the subject was demonstrated. With a small number of participants per group, everyone had an equal opportunity to get hands-on teaching during the practical sessions.

Overall, the course was able to provide the essential knowledge of paediatric orthopaedic and foot and ankle trauma management. We hope to continue the tradition and make the UiTM trauma course a successful annual event.



SUKAF BANDAR PUNCAK ALAM 2024: COMMUNITY RALLIES FOR HEALTH AND WELLBEING

By: Dr. Noor Khairul bin Md Nadzir, Dr. Hanis Syazwani binti Ab Fatah, Dr. Kamarulzaman bin Muzaini, Assoc. Prof. Dr. Siti Sara Yaacob & Assoc. Prof. Dr. Chen Xin Wee

On Saturday morning, October 12, 2024, hundreds of residents gathered for the much-anticipated Karnival Sukan Antara Fasa (SUKAF) Carnival, a day-long event focused on health, fitness, and community bonding at IJM Land Central Park, Bandar Puncak Alam, Selangor. Organized by the local council in collaboration with the Public Health Medicine Department, Faculty of Medicine and Hospital Al-Sultan Abdullah (HASA), UiTM the carnival offered various activities to promote healthier

lifestyles.

The event kicked off at 8:00 AM with the Fun Walk, attracting participants from all age groups. The lively atmosphere set the tone for the day, with participants engaging in activities such as the Netball Penalty Shoot-Out and the Mini Sukaneka, encouraging physical activity and friendly competition among community members.

A Mobile Legends tournament was officially opened by YB Youth and Sports Exco of the Selangor State Government, Tuan Mohd

Najwan bin Halimi.

The official opening ceremony was presided over by the Political Secretary (SUPOL), Office of the Minister of Health, Tuan Haji Mohammad Faisal bin Ismail, who emphasized the vital role of community-driven health initiatives in ensuring public well-being. In his remarks, the minister highlighted the importance of preventive care and community engagement in tackling rising health challenges, particularly non-communicable diseases (NCDs) such as heart disease, diabetes, and



and materials were provided by 4th year UiTM medical students.

In addition to the health activities, the event was packed with family-friendly competitions. Children participated in fun challenges like the colouring competition, while adults showcased their skills in the afternoon's Cooking Competition. These events not only provided entertainment but also promoted healthier eating habits, with contestants preparing meals in line with dietary guidelines recommended by health experts.

Mental health was another focus of the carnival. Associate Professor Dr. Siti Sara Yaacob, a Public Health expert from UiTM, conducted a mini-podcast session on mental health. Dr. Siti Sara discussed the growing need for mental

cancer.

One of the key attractions of the carnival was the free health screenings conducted by healthcare professionals from HASA, UiTM. A total of 178 individuals took advantage of the screenings, which included tests for heart conditions, cancer, and other NCDs. The screenings allowed participants to assess their health and take early preventive measures. This strong turnout reflected the increasing awareness

within the community about the importance of regular health check-ups.

The carnival also featured educational health exhibitions, which offered information on healthy living practices and strategies to reduce the risks of developing chronic illnesses. The booths provided advice on nutrition, physical activity, and mental well-being, aligning with previous health initiatives that emphasized the need for holistic health education. These educational booths

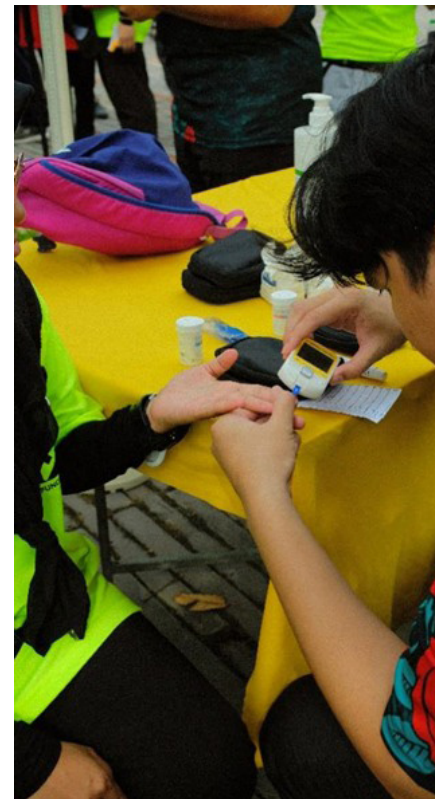


health awareness in a post-pandemic world and shared valuable insights on maintaining emotional resilience and seeking support when needed.

As the evening approached, attendees were treated to various performances, including a special appearance by popular local artist Adam AF and a live busking competition. The atmosphere was electric, and the excitement peaked with the Lucky Draw, where participants had the chance to win prizes, adding an extra layer of

fun to the already eventful day.

The SUKAF Carnival concluded with a sense of accomplishment and unity. The event was more than just a fun-filled gathering—it was a meaningful initiative that brought health to the forefront of community life. With 178 individuals receiving vital health screenings and hundreds more engaging in health education and physical activities, the carnival succeeded in its mission to foster a healthier, more informed, and united community.





DEPARTMENT member and respective family members.

CELEBRATING FAMILY DAY: OTORHINOLARYNGOLOGY, FACULTY OF MEDICINE & HOSPITAL AL-SULTAN ABDULLAH, UiTM

By: Dr. Nur Islam Zahari, Dr. Norazila binti Abdul Rahim, Prof. Dr. Masaany Mansor, Dr. Sobani bin Din & Dr. Azrina binti Ahmad @ Mohd

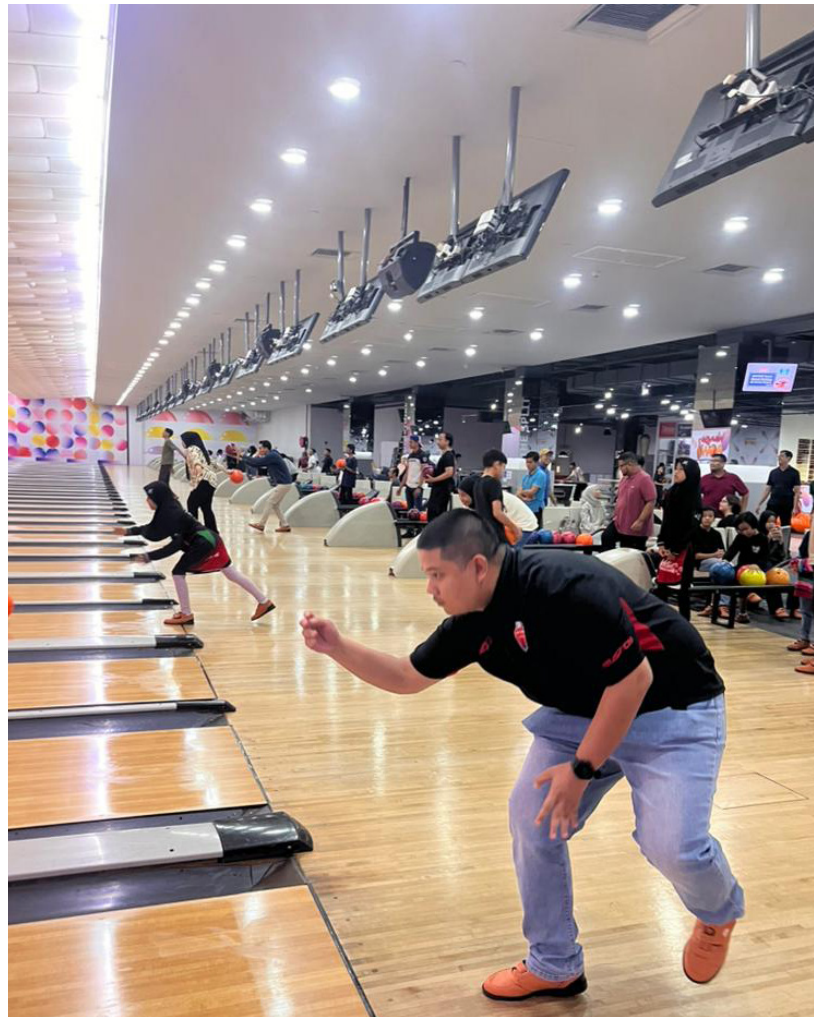
On 11th January 2025, the Department of Otorhinolaryngology, Head and Neck Surgery (ORL-HNS), Faculty of Medicine & Hospital Al-Sultan Abdullah (HASA), UiTM, successfully organized its first Family Day for the staff of the department.



RED team members getting ready for bowling tournament.

The event took place at Wangsa Bowl, Setia City Mall, where the staff and their respective families began gathering around 10 a.m. The day started with free bowling activities among staff and families, followed by a bowling tournament.

The participants were divided into four adult groups and one kids' group. The competition was fun yet competitive. The Black Team won the competition with a total score of 675 points, followed by the Green Team with 522 points. The Red Team secured third place with 513 points. Dr. Muhammad Raziin bin Zainal Abidin was awarded a Special Prize for contributing the most points to his Black Team, with a total of 166 points. Another special prize was awarded to Dr. Azrina Binti Ahmad for being the most motivated and determined participant throughout the tournament.



DR. RAZIIN, contribute the most point to Black team with total of 166 points!



CHAMPION of ORLHNS Bowling Tournament, Black Team.



DEPARTMENT members and family going to Seoul Garden for lunch after bowling.

After the bowling tournament, we had lunch at Seoul Garden, Setia City Mall. The department members and their families shared tables, cooked delicious food, and dined together. The atmosphere was relaxing, providing an opportunity for everyone to get to know each other's family members.

In conclusion, the first ORL-HNS Family Day was a successful event and received much positive feedback from department members and their respective families. The objectives of this program were achieved, and it is hoped that it can be held annually as a token of appreciation for the department members for their diligence and hard work. The ultimate aim of this Family Day is to strengthen the bond among department members and foster a team-oriented work environment.



HEAD of Department, Ms. Nora cooks delicious food for department members!



TABLE with most plates stack!



DEPARTMENT members and family enjoying the moment.



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اوسمها تقوى موليا

