

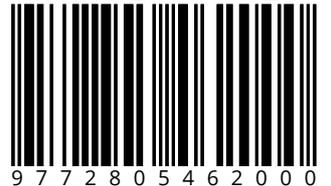
No.1/2025

IMED BULL'

FACULTY OF MEDICINE UTM



eISSN 2805-4628



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TRAINING session with caregivers and students.

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

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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.