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No. 3 / 2025

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EDITOR'S NOTE

Assalamualaikum and
greetings,

As we present the third edition of MED BULL', we highlight student competitions, academic workshops, and sports events that continue to foster learning, teamwork, and holistic growth beyond the classroom.

Equally inspiring are the contributions of our faculty members, who lead and support programs that enhance skills and professional development for both students and peers, while keeping pace with evolving medical practices and guidelines.

Happy reading!

With commitment to excellence,

Amirah

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



**WELCOME
TO THIS
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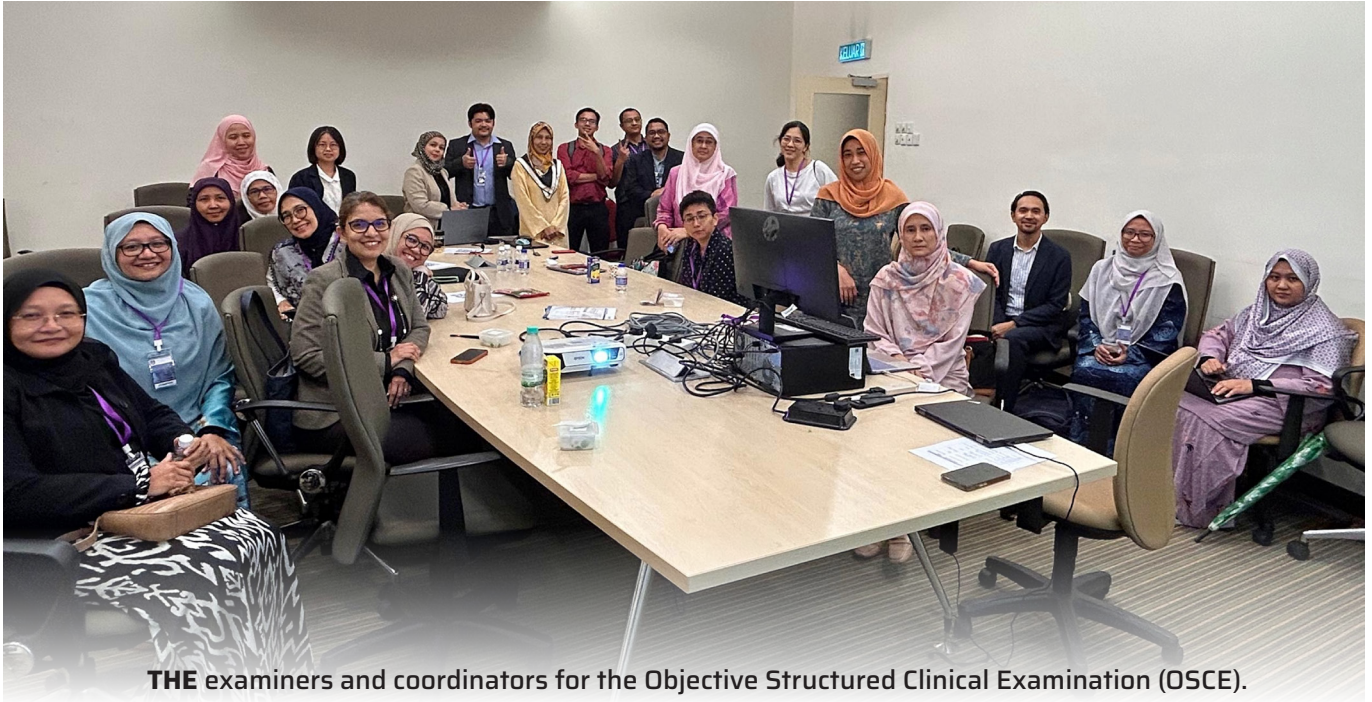
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MED BULL'
FACULTY
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A LANDMARK EVENT: FACULTY OF MEDICINE HOSTS MASTER OF REHABILITATION MEDICINE EXAMINATION FOR THE FIRST TIME

Dr. Muhamad Faizal Zainudin, Dr. Anie Farhana Ngimron, Assoc. Prof. Dr. Nadia Mohd Mustafah, Dr. Wan Najwa Wan Mohd Zohdi, Dr. Mazlifah Omar, Assoc. Prof. Dr. Natiara Mohamad Hashim & Dr. Nor Faridah Ahmad Roslan

The importance of rehabilitation medicine in modern healthcare cannot be overstated. As populations age and chronic diseases become increasingly prevalent, rehabilitation plays a crucial role in enhancing quality of life and promoting functional independence. It is estimated that one in three people worldwide will require rehabilitation at some point in their lifetime ¹. In Malaysia, this equates to nearly 10 million individuals who could benefit from such services ².

In response to this national healthcare need, the Master of Rehabilitation Medicine programme at Universiti Teknologi MARA (UiTM) was launched in 2021, making UiTM the second institution

in Malaysia to offer specialist training in this field ³. Since welcoming its first cohort, the programme has grown steadily and currently trains 20 residents.

In May 2025, UiTM marked a proud milestone in its journey as a training centre when it hosted the Master of Rehabilitation Medicine Part 1 Examination for the first time. This event was historic not only for UiTM but also for the field of Rehabilitation Medicine in Malaysia, as it represented the first time the examination was held outside Universiti Malaya.

The event was organised by the Department of Rehabilitation Medicine, Faculty of Medicine, UiTM, under the supervision of the National Conjoint Board of Rehabilitation Medicine. The success

of this examination was made possible through strong collaboration with rehabilitation specialists from several partner institutions. In addition, we were honoured to welcome Associate Professor Dr. Irma Ruslina Defi from Universitas Padjadjaran, Indonesia, who served as the external examiner, providing a valuable international perspective and oversight.

Months of preparation preceded the examination, including question making and vetting, case selection, logistical coordination, and meetings with the Conjoint Board and support teams. The Department of Medical Education (DoME), represented by Associate Professor Dr. Nurul Alimah Abdul Nasir, provided oversight to ensure the process adhered to academic standards and best practices in examination.

The examination was conducted in three parts, with the Theory Paper on 13 May 2025, the Long Case Examination on 20 May 2025, and the Objective Structured Clinical Examination (OSCE) on 21 May 2025. All sessions were held at the Faculty of Medicine, Selayang Campus, with 22 candidates from both training centres sitting for the examination.

The event concluded



SOME of the examiners with the external examiner, Assoc. Prof Dr. Irma Ruslina (third from the left).



The event concluded successfully, with positive and encouraging feedback from both the examiners and the candidates. The department extends its sincere appreciation to all faculty members, administrative staff, examiners, and support personnel whose commitment and teamwork made this event a success.

successfully, with positive and encouraging feedback from both the examiners and the candidates.





THE examiners and coordinators for the long case examination.



THE hard-working staff from the Department of Rehabilitation Medicine.



THE CANDIDATES sitting for the theory examination.

The department extends its sincere appreciation to all faculty members, administrative staff, examiners, and support personnel whose commitment and teamwork made this event a success. Whether working behind the scenes or on the ground, every contribution was vital.

Building on this momentum, the department have already begun preparations for the

next examination session, scheduled for November 2025. With the experience and insights gained from this inaugural hosting, the department are confident that future examinations will continue to uphold the standards of excellence in rehabilitation medicine training. This achievement represents not just a departmental milestone but also a collective step forward in strengthening rehabilitation medicine across Malaysia.

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1. World Health Organization. Rehabilitation 2030: A Call for Action. Meeting Report, Geneva; 2017.
2. Cieza A, Causey K, Kamenov K, Hanson S, Chatterji S, Vos T. Global estimates of the need for rehabilitation based on the Global Burden of Disease Study 2019. The Lancet. 2020;396.
3. Fauzi AA, Ismail R, Wan Mohd Zohdi WN, Ibrahim AH, Ming CP, Yatim KM, Rajasegaran S, Ahmedy F. Rehabilitation Medicine Postgraduate Training in Malaysia: Guide for Applicants. Kuala Lumpur: Majlis Dekan Fakulti Perubatan Universiti Awam; 2021; p.30.



YEAR 2 students attending the VR-assisted anatomy revision session.

VIRTUAL REALITY ASSISTED REVISION 2025: BRINGING ANATOMY TO LIFE

I Dr. Nur Zuliani Ramli, Dr. Nurul Hannim Zaidun, Dr. Muhammad Fairuz Azmi, Dr. Syed Baharom Syed Ahmad Fuad, Dr. Nurul Raudzah Adib Ridzuan & Dr. Nurul Sazmi Rosani

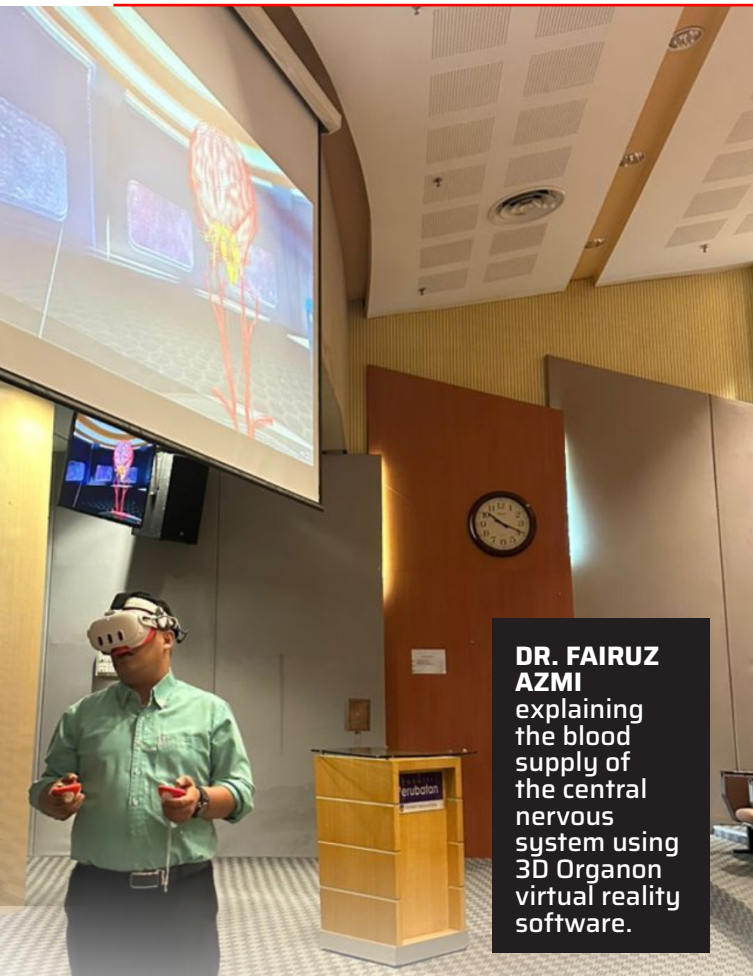
On 7 July 2025, the Department of Anatomy organised a special revision session with Year 2 MBBS 240 students using Virtual Reality (VR) technology. The session, held in Auditorium 2, Faculty of Medicine UiTM, introduced 3D Organon software as a novel tool to aid anatomy learning and to help students prepare for the Preclinical Professional Examination that was held on 21–23 July 2025.

This initiative marked the department's first experience in integrating such advanced technology into teaching. Prior to the event, several training sessions were conducted with Modiezham Sdn Bhd, a company specialising in VR applications,

to familiarise lecturers with the handling of VR consoles.

3D Organon was used as an interactive anatomy software that provided a complete visualisation of the human body by regions, systems, and organs. It allowed users to remove structures, view them in different planes, and explore dynamic animations such as muscle contractions during respiration. These features made complex anatomical structures easier to understand in three-dimensional (3D) form compared to traditional two-dimensional (2D) slides or static models.

During the session, the VR console was connected to the auditorium screen, allowing students to follow the lecturers'

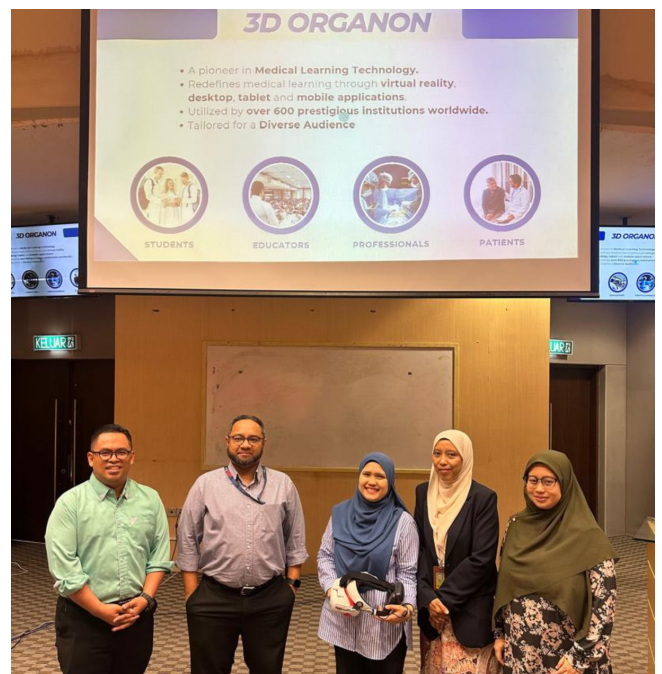


demonstrations in real time. Lecturers wore VR headsets while explaining their respective topics, with 3D structures projected for the students as the audience to see. The session was conducted by the anatomy lecturers Dr. Nur Zuliani Ramli, Dr. Nurul Hannim Zaidun, Dr. Muhammad Fairuz Azmi, Dr. Syed Baharom Syed Ahmad Fuad, Dr. Nurul Raudzah Adib Ridzuan, and Dr. Nurul Sazmi Rosani, covering core topics such as the muscles of the pelvic floor, male and female reproductive systems, the anterior abdominal wall, and the blood supply of the central nervous system.

To enhance engagement, students were also given the opportunity to experience the VR headset first-hand, guided by lecturers and software specialists from Modiezham Sdn Bhd. This interactive approach further strengthened their grasp of anatomical concepts while generating enthusiasm among the students. This interactive VR-based approach



LECTURERS and staff undergoing VR training with Mr. Aiman from Modiezham Sdn. Bhd.



ANATOMY lecturers together with Pn. Nurhazirah Izzati from Modiezham Sdn. Bhd. during the VR-assisted anatomy revision session.

strengthened students' understanding of anatomy and sparked their enthusiasm for learning. It also provided lecturers with modern tools, offering a valuable and innovative alternative to traditional teaching methods, which aligns with the advancement of medical education.

The Department of Anatomy hoped this initiative would pave the way for more technology-enhanced teaching strategies, ensuring that medical students benefited from dynamic, interactive, and impactful learning experiences.

NUTRITION STRATEGIES TO OPTIMISE OUTCOMES DURING CRITICAL ILLNESS

Dr. Theevashini Krishnasamy, Dr. Zeti Rahayu A. Karim, Dr. Nora Julianna Osman, Dr. Suraya Othman, Assoc. Prof. Dr. Nor Faezan Abd Rashid, Dr. Mohd Fadhil Ahmad Nazlan, Dr. Muhammad Syamil Abd Hamid & Dr. Muhammad Fihmi Zainal Abidin

The Department of General Surgery, Faculty of Medicine & Hospital Al-Sultan Abdullah (HASA), successfully organised the Talk on Nutrition 2025, focusing on the role of clinical nutrition in accelerating patient recovery and improving treatment outcomes.

The keynote address was delivered by Professor Hon. Mette M Berger, an intensive care physician and a world-renowned clinical nutrition specialist from Lausanne University Hospital, Switzerland. Her presentation, titled “Nutrition Strategies to Optimise Outcomes during Critical Illness”, was based on the latest European Society for Clinical Nutrition and Metabolism (ESPEN) guidelines. She emphasised the impact of early and targeted nutritional therapy in reducing complications and shortening hospital stays, especially in critically ill patients.

The programme also featured a case study presentation by Dr. Fu Jing Hui, medical officer from University of Malaya Medical Centre (PPUM), on the topic “Refeeding Syndrome”. This session included a clinical discussion focused on the risks of underfeeding and



MEMBER of the audience asking a question.

the importance of careful nutritional management in malnourished patients.

Attended by HASA clinical staff and medical students, the event provided a platform for knowledge sharing, clinical discussion, and professional development. Participants gained valuable insights into evidence-based nutrition strategies and their practical application in hospital settings.

This initiative reflects HASA's ongoing commitment to advancing patient care through continuous education and multidisciplinary collaboration.



GROUP Photo with the presenters.



DOING a hospital visit walkaround with our pharmacist and dietician.

“

The keynote address was delivered by Professor Hon. Mette M Berger, an intensive care physician and a world-renowned clinical nutrition specialist from Lausanne University Hospital, Switzerland. Her presentation, titled “Nutrition Strategies to Optimise Outcomes during Critical Illness”, was based on the latest European Society for Clinical Nutrition and Metabolism (ESPEN) guidelines.

PROFESSOR METTE BERGER presenting her talk.



A WORKSHOP AIMED AT EMPOWERING GENERAL PRACTITIONERS WITH THE LATEST HYPERTENSION MANAGEMENT GUIDELINE

I Assoc. Prof. Dr. Ilham Ameera Ismail & Dr. Khairatul Nainey Kamaruddin

On 2–3 August 2025, a two-day seminar & Workshop on the management of hypertension was held at the Royale Chulan Damansara Hotel with the theme of “upskilling practices, updating knowledge”. It was organised by the Persatuan Doktor-Doktor Islam Malaysia (PERDIM), in collaboration with the Academy of Family Physicians of Malaysia (AFPM) and the Faculty of Medicine, Universiti Teknologi MARA (UiTM). The event brought together over 100 general practitioners (GPs) from across the country with a shared goal, to strengthen clinical competence in the diagnosis, risk stratification, and management of hypertension according to the Malaysian Clinical Practice Guidelines (CPG) on Hypertension.

Hypertension remains one of Malaysia’s most pressing public health challenges, contributing significantly to cardiovascular



DAY 1 group photo of workshop participants, speakers and facilitators.

morbidity and mortality. As frontliners in primary care, GPs are instrumental in early detection, optimal treatment, and patient education. This workshop provided a unique platform for interactive, case-based learning guided by CPG recommendations, ensuring that participants could translate evidence-based knowledge into effective daily practice.

The programme featured 6 expert speakers, 10 facilitators, and 12 real-world



ASSOC. PROF. DR. SITI FATIMAH, Assoc. Prof. Dr. Ilham, Dr. Mazapuspavina and Dr. Khairatul during their respective sessions.





WITH colleagues who are fellow family medicine specialists from the AFPM and the organizing committee.



clinical scenarios designed to encourage critical thinking, collaborative discussion, and practical problem-solving. The format combined lectures, scenario-based workshops, and interactive assessments, ensuring participants left with enhanced clinical confidence.

UiTM's Faculty of Medicine was well represented, with several Family Medicine Specialists, who are also lecturers from the

Department of Primary Care Medicine, taking key roles as speakers and facilitators:

- Assoc. Prof. Dr. Siti Fatimah Badlishah Sham delivered the opening session on Overview of Hypertension, providing a concise yet comprehensive update on epidemiology, pathophysiology, and diagnosis.

- Dr. Khairatul Nainey Kamaruddin led Hypertension session in Special Groups – Part 1, discussing management nuances in patients with comorbidities such as diabetes, chronic kidney disease, and in the elderly.

- Dr. Mazapuspavina Md Yasin presented Hypertension in Special Groups – Part 2, focusing on younger adults, women of reproductive age, and pregnancy-related hypertension.

- Assoc. Prof. Dr. Ilham Ameera Ismail served as a workshop facilitator, guiding group discussions and ensuring participants navigated case scenarios effectively.

Participants also benefitted from insights shared by the chairman of the national CPG management of hypertension, Professor Dr Abdul Rashid Abdul Rahman, talks by cardiologists, and problem-based learning sessions by experienced family medicine specialists from the AFPM, providing a multidisciplinary perspective on hypertension care.

Some of the participants in the workshop have been a GP in the community for more than 30 years, giving opportunities for real-life experience sharing and knowledge updates, making the sessions engaging and interactive.

By actively contributing to this national workshop, UiTM Family Medicine Specialists once again demonstrated their commitment to advancing primary care standards in Malaysia. As hypertension continues to be a major health burden, such collaborative educational initiatives remain vital in ensuring that every patient receives the best possible care, right from the first point of contact in the community.



FESTIVAL HARI KEUSAHAWANAN 2025: WHERE BUSINESS MEETS BUZZ!

Dr. Fatmawati Kamal, Dr. Nora Julianna Othman, Dr. Suraya Othman, Dr. Siti Aznida Ab Karim, Dr. Fauziah Ahmad, Assoc. Prof. Dr. Ilham Ameera Ismail, Assoc. Prof. Dr. Khasnur Abd Malek, Assoc. Prof. Dr. Marlina Tanty Ramli Hamid, Dr. Zalizah Khalid & Dr. Wan Mohammad Hafiz Wan Razali



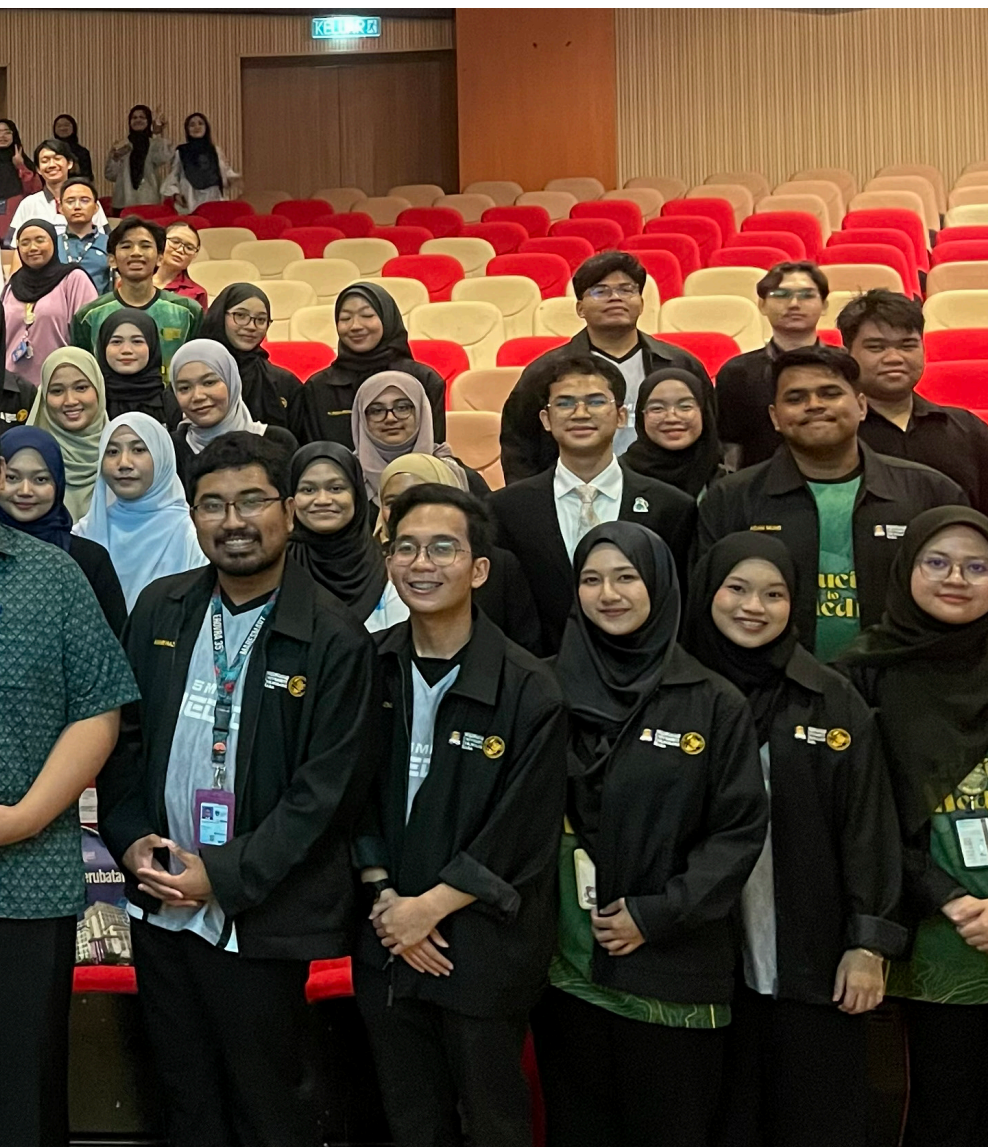
PARTICIPANTS and supporters for the Business Pitching Competition are seen with Assoc. Prof. Dr. Badrul Isa (5th from left) and Assoc. Prof. Dr. Aida Maria Ismail (4th from left).

The Faculty's annual Festival Hari Keusahawanan 2025 was anything but ordinary. It was a day when budding entrepreneurs swapped lab coats for

aprons and stethoscopes for spreadsheets and turned our usually quiet faculty into a buzzing bazaar of creativity, commerce, and community!

“

Well done to all the clubs and student societies for running their booths like pros. Students didn't just show up, they showcased their entrepreneurial skills by running sales booths that generated profits between RM200 and RM500.



1, with a warm welcome from our Deputy Dean of Student Affairs, Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani. The event was then officially launched by Assoc. Prof. Dr. Badrul Isa, Assistant Vice Chancellor of MASMED, UiTM. Assoc. Prof. Dr. Aida Maria Ismail, Director of the Centre for Entrepreneurial Development, MASMED was also present.

With the crowd buzzing with excitement, the morning continued with the much-anticipated Business Pitching Competition, where members of each club took the stage to impress our guest judges. The judges were Mr. Ikmal Hazlan Bin Ikmal Hisham, General Manager of Hajoon Capital, and Dr. Muhammad Fazreen Bin Ismail, Manager of Klinik Syifa (and alumni of our very own UiTM Faculty of Medicine).

The pitches were fiery, fun, and full of entrepreneurial flair! Before pitching their ideas to the judges, the students received a boost of confidence from two online training sessions. They also got golden career tips straight from our two guest judges, who shared insights into the business world.

The winners of the pitching competition were awarded a Touch and Go

The event was held on 27 May 2025, organised by Doctorpreneur, a task force for entrepreneurial

activities, and assisted by a student-led committee. The program kicked off at 8:30 a.m. at Auditorium

**US\$ merchandise.****ROSES** for all occasions by Neocardia.

Reload Pin. MESTA won first place, while SMF and HEALX tied for second place with the same marks. The Best Booth award was given to MESTA in first place, SMF in second, and BobbaBears in third.

Later, the VIPs visited the student booths, getting a first-hand taste of the students' hard work and creativity. From scrumptious food to charming souvenirs and even thrilling

escape rooms, game zones, and henna art services, the variety was endless. Throughout the event, the audience was serenaded by not one but two live busking bands, the Cardinal Signs and Bandid, bringing in the perfect blend of chill vibes and musical magic.

Well done to all the clubs and student societies for running their booths like pros. Students didn't just show up, they showcased their entrepreneurial skills by running sales booths that generated profits between RM200 and RM500.

There were 23 booths at the festival, 12 of which were run by our very own medical students. The Faculty of Business also participated by sending two groups of students, and

**MEMBERS** of Doctorpreneur.



MASMED Deputy Vice Chancellor, Assoc. Prof. Dr. Badrul, is trying his luck driving a virtual car.



MEDICINE by SMF.

their participation, along with a team from the *Jawatankuasa Perwakilan Kolej*, added to the overall vibrancy of the sales area.

All in all, *Hari Keusahawanan 2025* was a



GUEST judges, Mr. Ikmal Hazlan and Dr. Muhammad Fazreen.

lively and meaningful showcase of student initiative, creativity, and entrepreneurial spirit. We look forward to seeing more inspiring efforts in the future!



CHILDREN participating in the fun games and adaptive sports.

PARTICIPANTS gathered at the Dragonfly Lake, Eco Grandeur, for morning walk to the event venue, EcoWorld Gallery.



FROM MARGINS TO MAINSTREAM: HASA CHILDHOOD NEURODISABILITY DAY 2025 SPOTLIGHTS INCLUSION AND DIVERSITY

I Dr. Muhamad Faizal Zainudin
& Dr. Yusma Lyana Md Yusof

For too long, children with disabilities have remained on the margins, unseen, unheard, and often misunderstood. A United Nations Children's Fund (UNICEF) study revealed that 1 in 3 Malaysians believe children with disabilities should be kept hidden, while 43% think they would be disruptive in mainstream classrooms¹. These sobering statistics reflect the ongoing need for awareness, advocacy, and cultural change.

Against this backdrop, and with the

powerful theme “Embracing Disability as Diversity,” the Department of Rehabilitation Medicine and the Department of Paediatrics, Faculty of Medicine & Hospital Al-Sultan Abdullah (HASA) jointly organised HASA Childhood Neurodisability Day 2025 on 21 June at EcoWorld Gallery, Puncak Alam. The event aimed to celebrate children with neurodisabilities, strengthen support networks among parents, and promote awareness and understanding within the wider community.

Over 30 children and their families took part in this uplifting event. The

day began with a morning walk around Dragonfly Lake, Eco Grandeur, at 9:15 am, setting the tone for a day of connection, celebration, and learning. At 10:00 am, the official ceremony was officiated by Dr Wan Najwa Wan Mohd Zohdi, Head of the Department of Rehabilitation Medicine. A vibrant senamrobik session followed, energising participants for the day ahead.

Attendees were then treated to a series of insightful educational talks by medical specialists on topics including epilepsy, choking and tube feeding, oral and dental health, and an introduction to para sports. A heartfelt sharing session by a parent of a child with disabilities provided a raw and authentic perspective, offering inspiration and reassurance to many in the audience.

Following the talks, participants enjoyed fun games and a gift ceremony, during which every child received a token of appreciation. The closing ceremony, officiated by Dr Nor Azizah Abu, Head of the Department of Paediatrics, brought the day to a meaningful close at 2:00 pm.

The event was further enriched by the presence of athletes and representatives from Persatuan Renang Para Selangor and Persatuan Boccia Selangor, who shared their personal journeys and triumphs in adaptive sports. Their stories encouraged parents to envision a future of possibility and achievement for their children.

In addition, complimentary dental and health check-ups were offered, thanks to the generous support of the Department



GROUP photo of the participants, organising committee, collaborators, and sponsors with MB Brownie, the Marrybrown's mascot.



THE organising committee members joining the *senamrobik* session led by the physiotherapy team.

of Paediatric Dentistry and the Department of Primary Care Medicine.

The success of HASA Childhood Neurodisability Day 2025 was made possible by the unwavering dedication of both departments, support from generous sponsors, and the enthusiasm of all participants. Parents shared heartfelt feedback, expressing gratitude for the safe space, resources, and new friendships the event fostered.

As we look to the future, we remain committed to creating more inclusive and supportive environments where every child, regardless of ability, can thrive and shine. We thank everyone who made this day possible and eagerly anticipate future events that continue to break down barriers and build up hope.





EMPOWERING COMMUNITY HEALTH: UiTM TEAMS JOIN FORCES IN PUNCAK ALAM HEALTH CAMP

■ Dr. Syahrinnaquiah Samsuddin

On Sunday, 6 July 2025, the Respiratory and Geriatric Units, Faculty of Medicine, Universiti Teknologi MARA (UiTM) participated in a Health Camp organised by the Puncak Alam Graham Garden community in collaboration with Pejabat Kesihatan Daerah (PKD) Kuala Selangor. The event, which was part of an ongoing effort to enhance community health awareness, served as a testament to the community's active involvement and its value. Key activities such as tuberculosis screening

and public education were made possible by the community's participation and support.

The programme began at 7:30 a.m. with a lively community aerodance session, setting a positive and energetic tone for the day. Two impactful health talks followed this. Dr. Syahrinnaquiah Samsuddin from the Respiratory Unit delivered a session titled Tuberculosis: Know the Signs, Break the Chain, aimed at educating the public on TB symptoms, transmission routes, and the importance of early screening and treatment. The talk also addressed common misconceptions and encouraged the public to participate in available screening services. Following this, Dr. Mohd Zaquan Arif Abd. Ghafar from the Geriatric Unit took the stage with a presentation on dementia, covering early recognition, care strategies, and support systems for individuals affected by dementia and their carers. The session resonated deeply with attendees, especially those caring for ageing family members, and highlighted the importance of community-level awareness in tackling

age-related conditions.

Throughout the day, the PKD Kuala Selangor hosted health exhibitions. Booths staffed by dietitians, pharmacists, microbiologists, and the UiTM medical team provided free consultations, health screenings, and educational materials. Visitors had the opportunity to ask questions, explore health topics of interest, and receive personalised advice to promote proactive health behaviours.

The event also catered to younger participants and families through interactive activities. A colouring contest and an exploration game titled The Germ Hunt offered an engaging way to learn about hygiene and infection prevention. Participants who



UiTM team members during the Health Camp at Puncak Alam.

competed enthusiastically were not only educated but also entertained. The winners were awarded prizes, adding an element of excitement to the educational initiative.

This health camp exemplified the power of collaboration between academic institutions and public health agencies in addressing community

health challenges. UiTM's involvement reflected its commitment to service beyond the clinical setting, reaching people where they live and learn. By combining expert knowledge, accessible screening, and interactive education, the programme made a meaningful impact on public awareness and community well-being.



DR. MOHD ZAQUAN ARIF ABD. GHAFAR presented on dementia in geriatric population.



A role-play activity to enhance understanding of how HIV attacks CD4 cells.

UiTM CHAMPIONS HEALTH ADVOCACY ON HIV PREVENTION THROUGH U-CARE CONFERENCE 2025

Assoc. Prof. Dr. Ilham Ameera Ismail,
Dr. Aiza Nur Izdihar Zainal Abidin,
Muhammad Zahiruddin Zaki & Dr.
Nurfazlinda Md Shah

Universiti Teknologi MARA (UiTM) continues to strengthen its role in educating and empowering students as agents of public health change with the successful organisation of the U-CARE (University-Community Action on Reducing Epidemic) 2025 Conference. The three-day event was held at the Copthorne Hotel, Cameron Highlands, Pahang, on 20-22 June 2025.

This strategic initiative was organised by the UiTM Health Centre under the Student Affairs Department, in collaboration with Kelab HEAL-X-KAMI (*Kesihatan Anak Muda IPT*) and the Malaysian AIDS Council (MAC). It is supported by the KAMI-IPT programme under the Ministry of Higher Education (MoHE), Malaysian AIDS Foundation (MAF)

and *Persatuan Insan Murni Malaysia* (IMAM).

A total of 57 students from various faculties and five UiTM campuses, Shah Alam, Puncak Alam, Puncak Perdana, Sungai Buloh, and Tapah, participated in this conference, including five medical students from the Faculty of Medicine (FoM). Carrying the theme “Educate, Empower, Eradicate”, the conference aimed to develop and empower students as peer educators to address the spread of HIV/AIDS among youth.

The opening ceremony was officiated by Dr. Shairul'azam Sahar, Director of UiTM Health Centre, on behalf of the Deputy Vice-Chancellor of Student Affairs. He highlighted the vital role of club members as health ambassadors capable of delivering accurate information about infection risks, prevention strategies, and access to treatment and support services. Dr. Nurfazlinda Md Shah, Programme



STUDENTS doing the hands-on activities.

Advisor and Public Health Specialist at UiTM shared that this initiative represents a holistic approach to enhance health literacy, strengthen advocacy skills, and build students' capacity to address stigma and discrimination linked to HIV/AIDS. En. Wan Mohd Ikhtiaruddin, Programme Manager of KAMI-IPT from the MAC, also shared that in 2023, 48% of new HIV infections in Malaysia involved young people aged 13 to 29, including university students. This statistic is one of the key factors that inspired the launch of the KAMI-IPT initiative.

This 3-day conference featured interactive sessions led by experts including Assoc. Prof. Dr. Ilham Ameera Ismail, Dr.

Nafiza Mat Nasir and Dr. Aiza Nur Izdihar Zainal Abidin, who are Family Medicine Specialists from the Department of Primary Care Medicine, FoM, and facilitators that included Dr Ernie Rozaini Sulaiman, Mr. Zahir, Mr. Iqbal and Mr. Saiful from the Shah Alam and Puncak Alam Health Centres, assisted by representatives from MAF and IMAM. Activities such as 'Human Kahoot', 'Battle of the Virus', 'Stigma Shout', 'Know Your Tools' and 'Wild Fire' have successfully enhanced their knowledge and understanding of HIV, including its risks, prevention strategies, and ways to assist peers at risk. This is supported by positive feedback received from students, as well as pre- and post-test survey

results, which revealed an increase in knowledge and improved attitudes among students after the conference.

The U-CARE UiTM 2025 Conference demonstrates UiTM's continued commitment to nurturing students who excel not only academically but are also socially responsible and engaged with current health issues. This initiative aligns with the aspirations of UiTM's Strategic Plan and supports national efforts to build a healthy society.

FROM DISSECTION TO DIAGNOSIS: ENHANCING ANATOMY THROUGH CLINICAL COLLABORATION

I Dr. Muhammad Fairuz Azmi
& Assoc. Prof. Dr. Nazimah Ab Mumin

On 1 July 2025, the Department of Anatomy successfully conducted a session under the Collaborative Group for Collaborative Teaching (CGCT) initiative as part of the Clinical Anatomy slot for the MBBS Year 1 Urinary System module. The session served as the culmination of a series of foundational lectures and practical sessions covering the gross anatomy and histology of the urinary system. Students had previously explored the kidneys, ureters, bladder, and urethra through lectures, cadaveric demonstrations, and histological slide reviews.

Held at Khalid Yusof Auditorium 1, the session featured a keynote lecture titled "Behind Every Incision: The Anatomy Every Urologist Must Know", delivered by Dr. Syahril Anuar Salaudinn, a senior urologist from Hospital Tengku Ampuan Afzan (HTAA), Kuantan. His profound expertise in urogenital reconstructive surgery and minimally invasive techniques provided surgical insights directly linked to anatomical structures discussed in earlier sessions.



DR. SYAHRIL ANUAR SALAUDDIN, urologist at HTAA Kuantan, presented "Behind Every Incision: The Anatomy Every Urologist Must Know".

Complementing this, Assoc. Prof. Dr. Nazimah Ab Mumin, a consultant radiologist from UiTM, provided insights into interpreting urinary tract anatomy through imaging. Her session emphasised how radiological understanding relies on solid anatomical knowledge to guide diagnosis and enhance patient care.

The collaboration between an anatomy lecturer, a radiologist, and a urologist created a multidisciplinary learning environment that bridged theoretical understanding with the real-world clinical application. This effort reflects the faculty's commitment to enriching medical education through early integration of clinical relevance in pre-clinical training, and cross-disciplinary collaboration.

Feedback from students was overwhelmingly positive. Over 90% reported that the session enhanced



PARTICIPANTS of the collaborative teaching on the Clinical Anatomy of Urinary System.

ASSOC. PROF. DR. NAZIMAH AB MUMIN, radiologist from HASA shared on the “Clinical Anatomy of Urinary System in Radiology”.

their understanding of urinary system anatomy. Many appreciated the inclusion of clinical examples, from surgical cases to imaging, saying it helped make the subject more relevant and engaging. Some even expressed increased interest in pursuing careers in urology and radiology. This session not only strengthened students' grasp of anatomy but also showcased UiTM's ability to integrate academic and clinical expertise to deliver impactful learning experiences.

The Department of Anatomy remains committed to continuous improvement in teaching approaches to develop future doctors who possess not only a sound understanding of human anatomy but also the ability to apply that knowledge effectively in patient care. In line with this vision, the Department of Anatomy welcomes future collaborations with the Departments of Radiology and Surgery to enhance clinical integration across



DR. SYAHRIL ANUAR SALAUDDIN presented a prize for the post-lecture quiz.

the curriculum.

This initiative stands as a model for interdisciplinary teaching that bridges foundational sciences and clinical application, equipping students not just with anatomical knowledge but with the insight to use it meaningfully throughout their medical journey.

PROTECTING OUR SENIORS: INFLUENZA VACCINATION DRIVE AT UiTM SUNGAI BULOH

■ Assoc. Prof. Dr. Ilham Ameera Ismail

In an effort to safeguard the health and well-being of senior citizens, the Department of Primary Care Medicine, Faculty of Medicine & Hospital Al-Sultan Abdullah (HASA), Universiti Teknologi MARA (UiTM), in collaboration with Klinik Kesihatan (KK) Rawang, successfully organised a community outreach event titled “Program Komuniti: Imunisasi Vaksin Influenza Untuk Warga Emas” on 14 July 2025. The programme was held at the lobby of the CTC, UiTM Sg Buloh Campus, from 8:00 am to 4:00 pm, targeting elderly individuals aged 60 years and above who have at least one chronic medical condition.

Influenza, commonly known as the flu, can be particularly dangerous for older adults, especially those with underlying health conditions such as hypertension, diabetes, dyslipidaemia, obesity, or ischaemic heart disease. Among these vulnerable groups, the flu can lead to severe complications, hospitalisation, or even death. This initiative aimed to raise awareness of the importance of influenza vaccination and to improve vaccine accessibility for the elderly within the local community.

The idea for the programme came from Dr. Izyana Shazlin, an alumna



UiTM'S Sister and FMS with the KK Rawang's Team.

of the MMED 773, Master in Family Medicine Programme. She currently serves as a Family Medicine Specialist (FMS) at KK Rawang.

The programme began at 8:00 am with the setup of the vaccination station at the lobby by healthcare personnel from both KK Rawang and UiTM's Department of Primary Care Medicine, supported by the head nurses from the nursing team. The UiTM team was represented by Assoc. Prof. Dr Ilham Ameera Ismail, Matron Rozaila Zainon, Sr. Ismazurianti Ismaaon, and Sr. Asmah Mohd Nor.

Community members and registered patients were recruited from the crowd that was waiting for their registration, payment, clinic appointments, blood-taking appointments and those waiting for their medications at the pharmacy. Each participant was welcomed and guided through a brief registration process. They then received individual counselling sessions by an FMS and a trainee FMS who provided personalised explanations about the influenza



Community members and registered patients were recruited from the crowd that was waiting for their registration, payment, clinic appointments, blood-taking appointments and those waiting for their medications at the pharmacy.



vaccine, its benefits, potential side effects, and what to expect after the shot, ensuring participants could make informed decisions. Following this, eligible participants were administered the influenza vaccine by trained healthcare personnel.

The programme saw a positive turnout, with many elderly participants expressing appreciation for the opportunity to receive the influenza vaccine conveniently and free of charge. A total of 69 senior citizens were vaccinated. The event concluded successfully at 4:00 pm, marking another milestone in UiTM and KK Rawang's ongoing commitment to preventive health and community engagement.

Initiatives like this not only increase vaccine coverage but also reinforce the message that ageing with good health is possible and achievable, especially when preventive measures such as vaccination are made accessible. Let us continue to support and protect our elderly by advocating for annual influenza vaccinations and prioritising health as a community concern.



THE registration and vaccination area.



GOLDEN GIGGLES AT RUMAH EHSAN KUALA KUBU BHARU: *KETAWA BERSAMA, SIHAT SENTIASA*

Dr. Ibrahim Zuleffendi, Dr. Nurul Safiyah Ismail, Dr. Aimi Nadira Mat Ruzlin, Dr. Dalila Roslan, Dr. Mohd Shahril Ahmad Saman & Assoc. Prof. Dr. Chen Xin Wee

On 5 May 2025, in conjunction with World Laughter Day, postgraduate students from the Master of Public Health (MPH) program at UiTM Sungai Buloh brought joy to an Old Folks Home in Kuala Kubu Bharu. The group, comprising 17 students and four lecturers, was warmly greeted by the administrators and residents of Rumah Ehsan, Kuala Kubu Bharu. The mini health promotion program, called Golden Giggles, was held as part of the Society, Behaviour & Health, and Population Health & Dynamics courses.

Rumah Ehsan in Kuala Kubu Bharu, operating under the Department of Social Welfare, Malaysia Ministry of Housing & Local Government, is a

dedicated care facility for elderly individuals. This institution provides well-equipped accommodations and a staff that caters to the basic needs and essential care of residents in their later years, ensuring a comfortable and dignified living experience. It currently houses 109 elderly residents, most of whom (82%) are bed-bound or semi-dependent in their daily activities. The facility is supported by a dedicated team of 70 staff members, including nurses and physiotherapists.

The program began with a welcoming speech from En. Rizal, the manager of Rumah Ehsan, was followed by an address by Dr. Aimi Nadira, as the representative from UiTM. Knowing the physical limitations of many residents, students conducted activities directly in the dormitories, starting with bed-robic and chair-robic, light exercises performed in bed or while sitting in

chairs. These exercises help to improve blood circulation and release “feel-good” hormones to support mental health.

One of the highlights was laughter yoga. Starting with fake laughter, the session quickly turned into genuine, joyful laughter as everyone joined in. Students also entertained the residents with fun quizzes, triggering amusing answers and smiles from the elderly participants.

Triggering old memories, the students also played retro songs, which the oldies delightedly sang along to. Between activities, the elderly received multiple doses of happiness in the form of goodie bags, snacks, and small gifts. The stimulating experience was followed by passive activities, including pottery painting and colouring, to help the residents wind down.

The event concluded with a heartfelt speech from the administration



engagement and public health practice. It achieved its aim of inclusivity, creating stimulating interaction and emotional upliftment of all residents involved. It also served as a strong reminder of the power of laughter in promoting emotional well-being.

INTRODUCTION of Rumah Ehsan Kuala Kubu Bharu by the manager, En. Rizal.

of Rumah Ehsan, accompanied by the presentation of tokens of appreciation to Rumah Ehsan's dedicated staff in recognition of their tireless efforts in supporting the elderly. This program not only brought smiles and laughter to the elderly but also gave students valuable experience in community



STUDENTS singing along with the residents.



STUDENTS spread joy and care through bonding and meaningful interactions.

STUDENTS and lecturers pose with Rumah Ehsan staff after a joyful and meaningful World Laughter Day celebration.



BEYOND THE HOSPITAL WALLS: ORL-HNS STEPS INTO THE COMMUNITY AGAIN

PROFESSOR DR. MASAANY MANSOR delivering an insightful lecture during the session.



GROUP photo of the dedicated team and participants who made the event a success.

Dr. Sobani Din & Dr. Noor Shahira Mohamad Fuzi

On 14 June 2025, the Department of Otorhinolaryngology Head and Neck Surgery (ORL HNS), Hospital Al-Sultan Abdullah (HASA), in collaboration with the Faculty of Medicine, Universiti Teknologi MARA (UiTM), successfully organised the fourth annual community service programme, led by Dr. Sobani Din. The previous success of similar initiatives held in Bukit Badong, Puncak Alam Housing Sdn. Bhd, and Sekolah Menengah Kebangsaan Saujana Utama highlighted both the effectiveness of the programme and the ongoing need to reach out to more communities. This year, the programme was extended to Sekolah Kebangsaan (SK) Seri Pristana, targeting schoolteachers



HEADMASTER Tuan Haji Zaimi trying out the hearing screening at the mobile audio booth.

and parents.

The department remains committed to raising public health awareness through education and early health screenings. This event specifically aimed to promote better understanding of ear, nose, and throat (ENT) health, as well as healthy lifestyle practices within the school community. Importantly, the initiative also served to introduce the services and expertise available at the Department of ORL-HNS HASA. Around 80 participants, including teachers and parents, attended the programme.

The event began with a prayer led by Medical Assistant, Baihaqi, followed by the official opening ceremony officiated by the Headmaster of SK Seri Pristana, Tuan Haji Zaimi. A welcoming address was then delivered by the Deputy Head of Department, Dr. Nasyatmuddin. The morning session featured a series of educational talks. Professor Dr. Masaany Mansor presented the first talk titled



A medical student conducting general health assessments as part of the community health screening initiative.



DR. SOBANI presented a certificate of appreciation to the AudioLab company for sponsoring the Mobile Audio Booth.



DR. SOBANI presented a token of appreciation to the ophthalmology team for their support and collaboration.

“Understanding Common ENT Issues Among School Children”, with engaging quiz session. This was followed by a presentation on “Voice Disorders Among Teachers” by Dr. Noor Elyana Ahmad Fawzi, and the final talk, “Voice Care Techniques”, was delivered by our speech therapist, Puan Hani Madihah.

After the talks, the programme continued with a series of interactive activities, including pre-tests, post-tests, and a lucky draw to encourage engagement and participation from attendees. The second half of the event was dedicated to health screenings. These included ENT assessments

by ORL medical officers and consultations by ORL specialists, as well as general health and BMI checks conducted by medical students. The department would like to thank the corporate partner, AudioLab, for sponsoring the mobile audio booth used in the hearing screening during this event.

The event also featured a number of engaging booths from other departments. The ophthalmology team provided vision screening services, allowing attendees to check their eye health and receive early advice on any necessary follow-up care. The Dietetics Unit conducted an interactive

session focusing on healthy eating habits and nutrition. Meanwhile, the Dental Unit offered on-site dental assessments and oral health education, contributing to the overall aim of promoting comprehensive health awareness within the school community.

We strongly believe that this proactive approach, combining public education with early screening, has a significant positive impact. Overall, this community service initiative offers tangible benefits not only to the teachers and students but also to the school environment as a whole by fostering a safer and healthier space for learning.

PAG OUTREACH PROGRAMME AT SMK JERAM: HEALTH EDUCATION BEYOND THE CLASSROOM

Dr. Nur Faezza
Mohd Mohtar,
Dr. Noorkardiffa
Syawalina Omar, Dr.
Zatul Akmar Ahmad,
Dr. Nadzratulaiman
Wan Nordin & Dr.
Norazilah Mat Jin

On 18 June 2025, the Paediatric Adolescent Gynaecology (PAG) team from the Department of Obstetrics and Gynaecology (O&G), HASA UiTM, was invited to collaborate on the “*Kasih NR @ Anti-Gangguan Seksual*” programme at SMK Jeram, Kuala Selangor. The event was mainly organized by the Non-Resident UiTM, specifically targeting Form 2 to Form 5 students, and focused on raising awareness about sexual harassment and reproductive health. The main objective of the programme was to educate students on the critical issues of sexual harassment and abuse, while enhancing their knowledge and awareness of reproductive health, particularly menstrual



TEAM from Jabatan O&G HASA with the students. (From left : Dr. Nisya, Dr. Zaidatul Husna, Dr. Zatul, Dr. Kardiffa, Dr. Faezza, Dr Qistina).

health. It aimed to empower students with accurate information and equipped them with the necessary tools and support to handle sensitive issues with confidence and safety.

The morning session commenced with a keynote address by Puan Zarinah Mohd Yusoff, Deputy Director of the Women's Development Department, Negeri Sembilan. Her speech emphasized advocacy and awareness regarding sexual harassment. This was followed by an insightful talk by Dr.

Noorkardiffa Syawalina Omar, PAG Consultant. She delivered a comprehensive session on reproductive health, focusing on menstrual well-being, understanding adolescent-related changes, and recognizing signs of possible health issues.

Students were shown an educational video titled “*My First Menses*”, produced by the O&G team. The video portrayed the journey of a young girl experiencing her first menstruation, highlighting the emotional and physical challenges, the importance of personal hygiene, and



O&G Booth with educational materials (video, pamphlets, menstrual problem screening).

what girls should expect during their menstrual cycle.

The HASA PAG team, led by Dr. Kardiffa and supported by Dr. Zatul, Dr. Faezza, Dr. Zaidatul Husna, Dr. Qistina, and Dr. Nisya, actively engaged with students through various interactive activities. These included menstrual problems screening, discussions, and the provision of medical advice. Pamphlets containing essential information on menstruation, hygiene practices, and common

menstrual concerns were distributed. Students also enjoyed a crossword puzzle designed to reinforce key messages from the programme. A screening questionnaire was administered to identify symptoms of dysmenorrhea (painful menstruation) and heavy menstrual bleeding. Students reporting concerns were offered appropriate medical advice and referred to the PAG clinic for follow-up care.

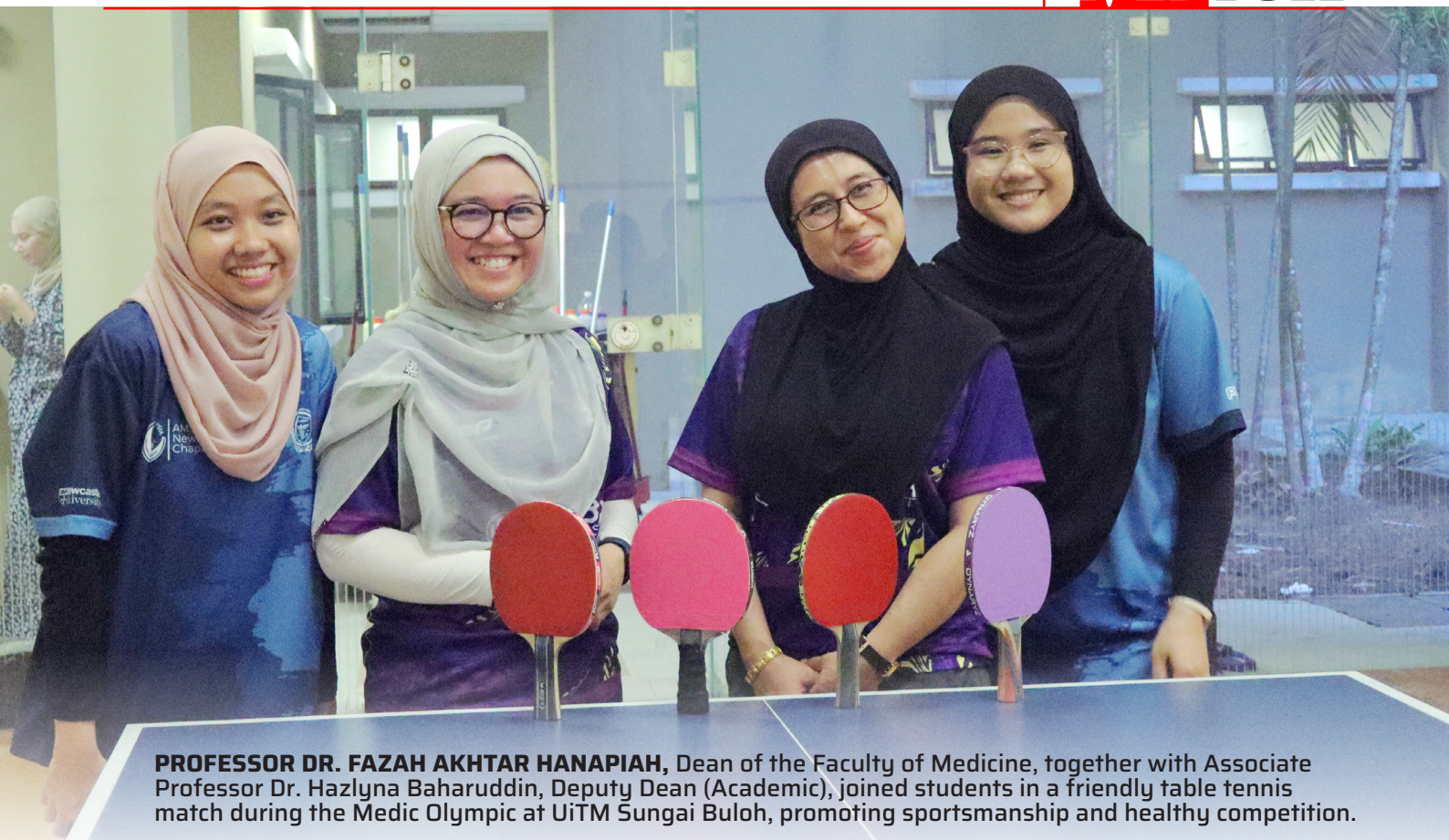
The programme received enthusiastic

participation from students, who actively took part in quizzes, discussions, and consultations. The educational video and informational pamphlets were especially well-received. The screening process proved valuable in identifying students needing medical support, ensuring early intervention and appropriate care.

Program Kasih NR @ Anti-Gangguan Seksual marked a meaningful step toward promoting awareness of sexual harassment and reproductive health among students at SMK Jeram. The collaboration demonstrated the power of joint efforts in fostering a supportive and informed school environment. It is hoped that similar initiatives will continue in the future to further support the well-being and development of our youth.



DR. NOORKARDIFFA was delivering her educational talk on 'Reproductive Health'.



PROFESSOR DR. FAZAH AKHTAR HANAPIAH, Dean of the Faculty of Medicine, together with Associate Professor Dr. Hazlyna Baharuddin, Deputy Dean (Academic), joined students in a friendly table tennis match during the Medic Olympic at UiTM Sungai Buloh, promoting sportsmanship and healthy competition.

UNITY IN MOTION: CELEBRATING SPORTSMANSHIP AT MEDIC OLYMPIC 2025

I Dr. Muhammad Fairuz Azmi
& Nor Alysha Safiah Adlan

From 13 - 15 and 20 - 22 June 2025, the Faculty of Medicine, Universiti Teknologi MARA (UiTM), celebrated the return of Medic Olympic, a spirited showcase of athleticism, unity, and holistic student development. Organised by the Sports and Recreation Exco under the Medical Student Association (MESTA) and supported by NEOCARDIA, this six-day event brought together more than 360 participants, including academic and non-academic staff and international students from Palestine.

Hosted across multiple venues, including the Casuarina Sports Complex,

the Multipurpose Hall at UiTM Puncak Alam, and the Sungai Buloh campus, Medic Olympic 2025 enjoyed full support from faculty leadership. The Dean, Professor Dr. Fazah Akhtar Hanapiah, not only attended the event but also joined in the tug-of-war competition, an inspiring gesture that highlighted the administration's commitment to fostering strong connections with students.

This year's competition featured an exciting mix of sports: team games such as futsal, basketball, netball, handball, volleyball, and frisbee, as well as individual events like badminton, table tennis, chess, and traditional games. Adding to the modern appeal, popular e-sports titles such as Mobile Legends,

PUBG, and Valorant were included, drawing enthusiastic support from students across all years. Finals day was particularly electric, with packed sidelines and cheers echoing the true spirit of healthy competition.

Among the highlights was the meaningful participation of Palestinian students. Their presence was more than symbolic. It was a powerful testament to the values of inclusivity, solidarity, and unity that define the culture of the Faculty of Medicine.

Beyond the games, Medic Olympic served as a much-needed platform for students to unwind, recharge, and nurture their mental and physical well-being. Food and refreshment stalls, set up by students, brought a lively bazaar atmosphere and encouraged entrepreneurial engagement.

The event was guided by Program Advisor Dr. Muhammad Fairuz Azmi, with an organising committee composed largely of Year 1 and Year 2 students. Despite the complexities of running a multi-day, multi-location event, the team rose to the occasion with resilience, coordination, and exemplary leadership. From logistics



LEOGIATROS, Year 4 medical students, honored as Overall Champion recipients of the 2025 Medic Olympic, photographed following the award ceremony at UiTM Sungai Buloh.



BATCH Zenith emerged as champions of the Men's Volleyball Tournament, followed by the UiTM Staff Team in second place and Xanthron in third, during the final ceremony of the Medic Olympic at UiTM Sungai Buloh.



SECURING the top spot in the Women's Netball competition, batch Zenith led the winners' list, followed by Leviosa and Leogiatros, recognized during the closing ceremony.





The event was guided by Program Advisor, Dr. Muhammad Fairuz Azmi, with an organising committee composed largely of Year 1 and Year 2 students. Despite the complexities of a multi-day, multi-location event, the team delivered seamlessly with resilience, coordination, and strong leadership.



BATCH Xanthron clinched the Women's Badminton championship, with **Leviosa** and **Leogiatros** securing second and third place, respectively, during the Medicolympic closing ceremony.

to scheduling, the execution was seamless, a reflection of the collaborative spirit that defined the games.

As the medals were handed out and the final whistle blew, Medicolympic 2025 stood as more than just a tournament. It strengthened bonds, unearthed talents, and reminded us that the faculty is not only a place of learning but also a space where friendships are formed and character is shaped.

Congratulations to all the winners and to everyone who made this event memorable.



LECTURE Session on Achieving Excellence in Endoscopic Submucosal Dissection (ESD) by Assoc. Prof. Dr. Naohisa Yoshida of Kyoto Prefectural University of Medicine, Japan.



GASTROUITM IMAGE ENHANCED ENDOSCOPY AND THERAPEUTICS WORKSHOP 2025

I Dr. Kularaja Krishnan, Dr. Thevaraajan Jayaraman, Dr. Khairil Khuzaini Zulkifli, Dr. Nabilah Izham, Dr. Mohd Hasnul Helmi Zulkifli, Dr. Annamalai Chandramouli & Dr. Rafiz Abdul Rani

The concept of Image Enhanced Endoscopy (IEE) improved exponentially in the last decade with the goal of improving mucosal visualization and enhancing the detection of subtle lesions, particularly pre-cancerous lesions in the oesophagus, stomach, and colon^{1,2}. Advanced imaging technologies such as Narrow Band Imaging (NBI) and Blue Light Imaging (BLI) have revolutionised routine endoscopy by enabling more accurate and detailed assessment of gastrointestinal pathology^{3,4}.

In line with these advancements, the Gastroenterology & Hepatology Unit (GastroUiTM) successfully organised a three-day IEE Workshop from 19 – 21 June 2025. The workshop brought together

gastroenterologists and trainees from across the country. Sessions were conducted at the Bilik Mesyuarat Jabatan Perubatan and the Daycare Endoscopy Centre of Hospital Al-Sultan Abdullah UiTM.

The workshop was co-organised with FUJIFILM Malaysia and FUJIFILM Healthcare Asia Pacific and featured lectures and hands-on sessions led by world





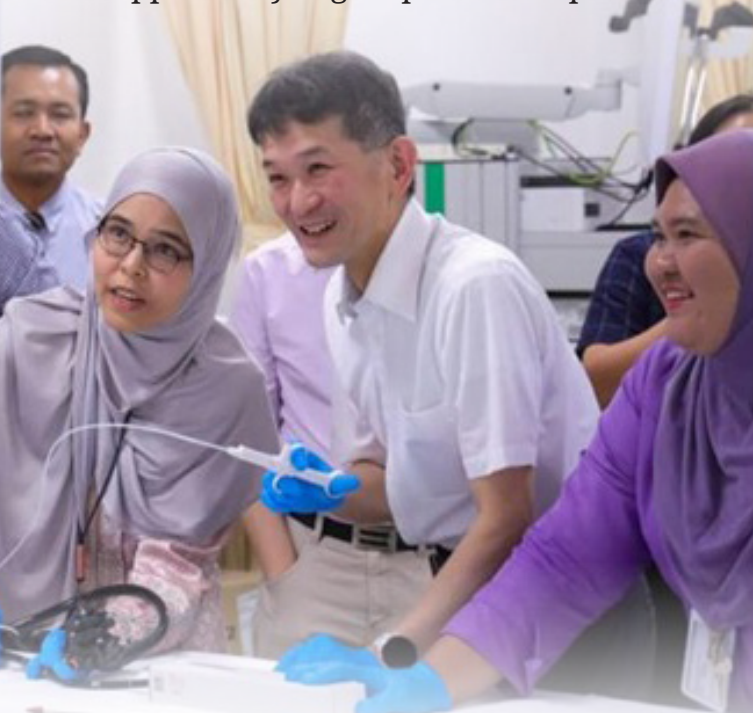
LECTURE session on haemostasis and closure techniques by Asst. Prof. Dr. James Li Wei-quan of Sengkang General Hospital, Singapore.



THE hands-on session facilitated by Dr. Rafiz Abdul Rani, who guided participants through colonoscopy techniques using a simulation model

renowned expert gastroenterologists from Japan, Singapore, and Malaysia. Day 1 sees seminal lectures and hands-on sessions led by Assoc. Prof. Dr. Naohisa Yoshida (Kyoto Prefectural University of Medicine, Japan), Clinical Assistant

Professor Dr James Li Wei-quan (Sengkang General Hospital, Singapore) and Assoc. Prof. Dr. Ho Shiao Hooi (Universiti Malaya Medical Centre) and the local faculty of Dr. Rafiz Abdul Rani and Dr. Thevarajan Jayaraman from UiTM. Participants had the opportunity to gain practical experience



HANDS-ON session facilitated by Assoc. Prof. Dr. Naohisa Yoshida guided the participants to perform ESD using a simulation model.

with the latest IEE technologies while engaging in insightful discussions on lesion recognition, classification systems, and real-world clinical applications.

Day-2 were live cases and concluded with case discussions presented by Assoc. Prof. Yoshida, featuring a case series of increasingly complex and challenging real-life cases. These sessions encouraged interactive dialogue and expert input, enriching the learning experience. Day-3 was by invitation, where hands-on sessions on the more advanced ESD and traction techniques were highlighted.

Overall, the workshop successfully met its objectives of increasing awareness of IEE, enhancing knowledge and allowing close interactions with renowned experts. The positive feedback ensures the workshop is on the right track and moving forward.

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ADVANCING GYNECOLOGIC SURGERY: vNOTES LIVE SURGERY WORKSHOP DEBUTS AT HOSPITAL AL-SULTAN ABDULLAH

Assoc. Prof. Dr. Bahiyah Abdullah, Dr. Zatul Akmar Ahmad, Dr. Suriani Idris, Dr. Asmahani Asmary, Assoc. Prof. Dr. Suzanna Daud & Dr. Nadzratulaiman Wan Nordin

On 10 July 2025, Hospital Al-Sultan Abdullah (HASA) hosted its first Live Surgery Workshop on vNOTES (vaginal Natural Orifice Transluminal Endoscopic Surgery), led by Assoc. Prof. Dr. Bahiyah Abdullah from the Department of Obstetrics & Gynaecology, Faculty of



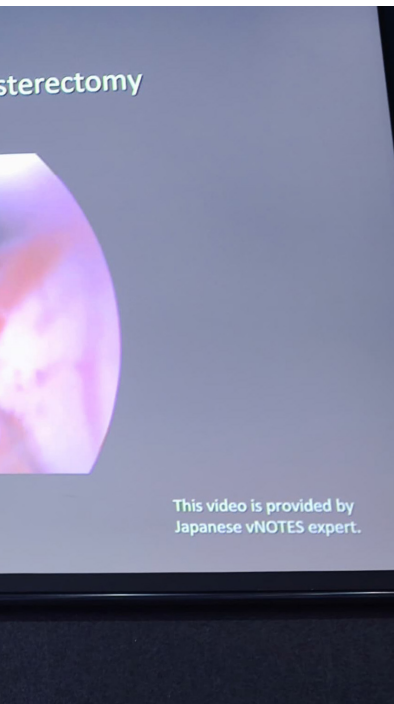
DR. JIMMY NOMURA delivered an engaging lecture on vNOTES hysterectomy.

Medicine UiTM. This groundbreaking event marked an important milestone for HASA in advancing surgical education and innovation within the field of minimally invasive gynecologic surgery.

The workshop featured internationally renowned vNOTES expert Dr. Masayoshi

LIVE-SURGERY of vNOTES hysterectomy was conducted.





SOME of the workshop participants with our invited speaker, Dr Jimmy Nomura.

Jimmy Nomura, who shared invaluable insights through two lectures: an overview of minimally invasive gynaecological surgery and surgical techniques with tips and tricks. These sessions offered participants a comprehensive introduction to vNOTES, detailing both the clinical rationale behind the approach and practical surgical techniques.

Following the lectures, the audience was treated to two live surgical demonstrations. These were conducted with real-time, step-by-step commentary by Dr. Nomura himself, who explained each stage of the procedures. The interactive format allowed for active Q&A sessions, enabling

participants to seek clarifications throughout the surgeries. This hands-on, immersive experience was particularly appreciated and cited by many as the highlight of the workshop.

A total of 30 participants, including gynaecologists, trainees, and medical officers, attended the event. Feedback was overwhelmingly positive, with many describing the workshop as “eye-opening,” “highly beneficial,” and “an excellent platform to learn a new and promising technique.” Given that vNOTES is still relatively new in Malaysia, this initiative played a crucial role in building local awareness and confidence in its application.

Throughout the day, participants enjoyed a well-curated spread of refreshments, contributing to a welcoming and collegial atmosphere. The workshop’s success was a team effort, with the organising committee showing outstanding commitment and attention to detail.

This successful event was made possible by our sponsoring companies, whose support reflects a shared commitment to advancing medical education and patient care in Malaysia. The vNOTES Live Surgery Workshop has set a strong precedent at HASA, and we look forward to hosting future events that continue to foster professional development, innovation, and surgical excellence.

IMICROBE COMPETITION: THE BEGINNING OF ACADEMIC TRADITION

■ Dr. Noraziah Sahlan

In March 2025, two groups of medical students from UiTM embarked on a journey to Nilai, Negeri Sembilan, to participate in the International Microbiology Competition, IMICROBE'25, hosted by Universiti Sains Islam Malaysia (USIM). The teams, consisting of fourth- and fifth-year medical students, were accompanied by their chaperone, Dr. Siti Norbahiyah Awad from the department of Medical Microbiology and Parasitology. The group arrived at the venue at 7.30 a.m., ready for the challenge ahead.

This year's competition was especially fierce, drawing 29 teams from universities across Malaysia, Thailand, Indonesia, and Singapore. UiTM's participation in IMICROBE is still young, having first competed in 2023 with a single team of third-year students. Building on that foundation, UiTM proudly fielded two teams this year, UiTM 1, the Junior Team, which consisted

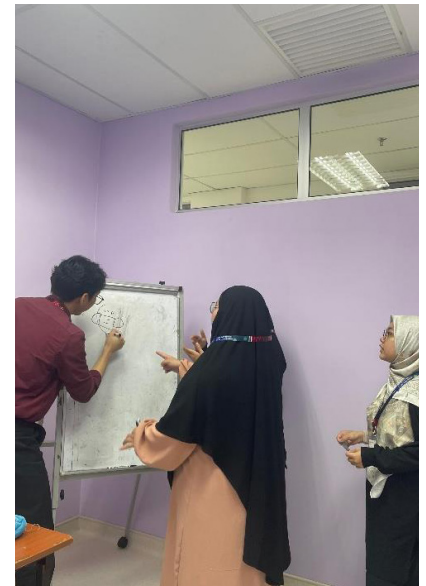


UiTM team in action during the first round, Explorace.



Explorace round: solving puzzles and MEQ questions.

of fourth-year students (4th Year): Ahmad Darimi Md Ariffin, Nur Aqilah Hadirah Mahadi, Mukhriz Razali, and Dzul Izzuddin Abdul Khodir. The other team, UiTM 2, the senior team which consisted of final year students: Tengku



UiTM 2 during the explorace round.

Nur Iman Tengku Fadil Hisham, Nurfhatin Atirah Mohamed Zoefry, Nur Sakinah Mohd Shafie, and Firdaus Afiq Faizal.

The senior team, having represented UiTM in 2023, took on an additional role this year, not just as

competitors, but also as mentors. They guided the junior team, sharing insights and strategies from their experience. This spirit of peer mentoring reflected teamwork, leadership, and solidarity.

The competition featured four rounds: an Explorace-style challenge with OSCE and MEQ questions, a group MCQ round with cumulative scoring, a lightning buzzer round for the top 10 teams, and a final viva-style round for the top three finalists.

UiTM teams completed the first two rounds, though they did not advance to the buzzer round. This year, teams from Singapore and Indonesia emerged as champions.

Although the podium eluded us, our students made us proud by showcasing resilience, determination, and the spirit of camaraderie. vRepresenting UiTM at an international platform alongside leading ASEAN universities gave them invaluable experience, testing their knowledge, sharpening their teamwork, and building the confidence to face challenges under pressure. Opportunities to participate in IMICROBE



UiTM teams: UiTM 1, UiTM 2.



ONE with the chaperone, Dr. Norbahiyah Awad.

not only strengthen academic excellence but also nurture future doctors who are adaptable, resilient, and ever curious.

What makes this especially meaningful is not the competition itself, but the culture it is beginning to foster. By sending more than one team, with the other team acting as the mentor for

the others, we hope to promote and encourage teamwork and strategic pursuit of excellence and inspire a lasting passion for medicine and microbiology among our students. With the continued support of the faculty, we look forward to seeing this tradition grow even stronger in the years to come.



MEMBERS of the diabetes summit from the UiTM endocrine team and the delegation from Pakistan.

COLLABORATIVE DIABETES SUMMIT: A MALAYSIA-PAKISTAN CROSS- CULTURAL CLINICAL EXPERIENCE

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

Diabetes Mellitus (DM) is a condition of chronic hyperglycaemia resulting in many complications, leading to increases in morbidity and mortality. The prevalence of type-2 DM in this region, particularly in Malaysia has been increasing at an exponential rate, and projected to rise even further in the coming years^{1,2}. The Asian diabetes phenotype in part explains

the increased incidence of DM among Asians³.

A conversation between countries in this region will be able to delineate common issues that can be tackled and improve patient care. Hence, a diabetes summit was conducted between the endocrinologists from Hospital Al-Sultan Abdullah (HASA) Malaysia and endocrinologists from Pakistan, aimed to update participants on the latest advances in clinical care for people with diabetes and provide a platform for sharing experiences and exchange of ideas in the management of these patients.

The 2-day event, hosted at HASA UiTM, consisting

of lecture sessions interspersed with clinical-case discussions and tour of the facilities. Following an opening address by the deputy director of HASA, the summit was kick-started by a lecture on the changing landscapes of DM treatment in the digital area, followed by a session on latest guidelines and its implications. Following a lively Q&A session, a lecture on the regional diabetes burden highlighted Asian metabolic characteristics, especially in the young, with clinical-case discussions.

Next, the visitors from Pakistan were divided into small groups and taken on a tour of the hospital, encompassing the diabetes

resource centre, wards, and clinics areas, guided by the UiTM Endocrine unit team with live commentary. This included practical demonstrations on management-algorithms and care-plans suited to the local population. The session after a business meal break focused on experimental learning and experience-sharing between the delegates from Pakistan and the local team, with illustration of clinical cases and discussion on management steps, comprehending the similarities and differences between these two nations.

The second day concentrated on common complications of diabetes mellitus, with knowledge-sharing sessions held by various medical specialties. The day began with a session by a nephrologist sharing local data,



GUIDED tour of the hospital facilities, including the clinics and diabetes resource centre

therapeutic options, and case studies on diabetic kidney disease, followed by a gastroenterologist's talk on metabolic-associated fatty liver disease and its impact. This was followed by a guided tour of the haemodialysis unit, daycare, and rehabilitation services, including interactions with healthcare practitioners in each area.

After a short break, a session on the psychological impact of diabetes on quality of life and treatment adherence was followed by cardiology

talks on atherosclerotic complications and heart failure management in local clinical practice. The summit concluded with an engaging session on the role of AI and digital tools in research, capped off by a brainstorming and networking session, setting the stage for future collaborations.

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MEMBERS of the diabetes summit from the UiTM endocrine team and the delegation from Pakistan.



PARTICIPANTS listen to the DREAMS talk on 12th of July.

DREAMS: DIAGNOSIS, RIGHTS, EDUCATION, AVAILABLE AID, MENTAL HEALTH SUPPORT, SOCIAL SUPPORT

DR. HANIZAH
 delivering
 her talk title-
 Education
 for Parents:
*Pengurusan
 Tingkah Laku
 Anak-anak.*

Dr. Nor Hidayah Jaris, Dr. Iman Mohamed Ali, Dr. Nurul Aqma Mohd Kamil, Dr. Anie Farhana Ngimron, Dr. Aiza Nur Izdihar Zainal Abidin, Dr. Hayatul Nawwar Miptah, Datin Dr. Haizlene Abd Halim & Prof. Dr. Salmi Razali

Lack of information on the support and services related to children with learning disabilities significantly impacts the mental health of parents and caregivers. Limited knowledge and support not only make it difficult for them to understand their child's condition but also restrict their ability to seek early intervention and fully utilise the resources necessary to support their child's development¹. The inadequacy contributes to more significant psychological distress, such as stress, anxiety, and depression^{2,3}.

To address this gap, the Department of Psychiatry, Department of Rehabilitation Medicine, Department of Primary Care Medicine, Palliative Care & Patient Support Unit, Department of Medicine at Faculty of Medicine & Hospital Al-Sultan Abdullah (HASA), in collaboration



PARTICIPANTS listen to Dr. Hanizah's talk on 23rd of August 2025.

with IKRAM Health Malaysia and Belia Berkaliber Malaysia, organised DREAMS, a program that aimed to provide education and empower the mental health of parents and caregivers of children with learning disabilities.

The DREAMS program, held in two sessions on 12 July and 23 August 2025 at INK Library Café, Eco Grandeur Puncak Alam, brought together 30 parents and caregivers for

an empowering learning experience.

Participants were guided on the importance of early assessment and timely diagnosis, the rights of children with disabilities and their access to education in Malaysia, practical parenting skills for behaviour management, strategies to care for their own mental health and family wellbeing, and ways to build strong community support networks.

DR SAKINAH
delivering her talk
titled Mental Health
Support: *Sakongan
Kesihatan Mental
untuk Ibu Bapa dan
Penjaga.*





PROFESSOR DR. NURAI SYAH CHUA ABDULLAH delivering her talk titled *Rights: Hak dan Undang-undang Anak Kelainan Upaya*.



DR. YUSMA delivering her talk titled *Diagnosis Awal dan Tepat*.



ENCIK ZULHAFIZSYAM delivering his talk titled *Education: Pendidikan Anak-anak Peringkat Rendah dan Tinggi*.



CIK UMMUL HADHIRAH delivering her talk titled *Education for Parents: Keperluan Anak-anak Sebelum Ke Sekolah*.



ENCIK MUHAMAD ZAIFOL delivering his talk titled *Available Aid: Bantuan yang disediakan untuk anak-anak*.



This multidisciplinary program was delivered by experts from various fields, including a paediatrician, a law lecturer, a special education teacher, a social welfare officer, an occupational therapist, a behavioural therapist, a clinical psychologist, and experienced parents.

move forward with their beloved children.

The program received positive feedback from parents, including:

- “DREAMS was very beneficial as it enhanced my knowledge and provided

This multidisciplinary program was delivered by experts from various fields, including a paediatrician, a law lecturer, a special education teacher, a social welfare officer, an occupational therapist, a behavioural therapist, a clinical psychologist, and experienced parents.

A DREAMS guidebook

was also developed in conjunction with the program and distributed to participants at the end of the sessions. This book comprises information, references, practical steps, and experiences to serve as a guide for parents, not only to enhance their knowledge but also to provide motivation to



DREAMS book for the participants during the program.



DREAMS Committee with the speakers on the 12 July 2025.

new insights into the care and education of children with special needs.”

- *“The program helped me better understand what I can do within my own capacity and offered a new perspective on educating my child.”*

- *“The program provided emotional and social support, helped me understand my child’s behaviour, and became an important support system, especially for new parents.”*

- *“DREAMS was rich with useful information,*



DREAMS committee with Assoc. Prof. Dr Nurul Azreen on the 23 August 2025.

allowed me to build new networks, and served as a motivational boost to continue guiding our special children with enthusiasm.”

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DREAMS Participants receive their DREAMS books.



CPG Management of Asthma in Adults (Second Edition) development team.

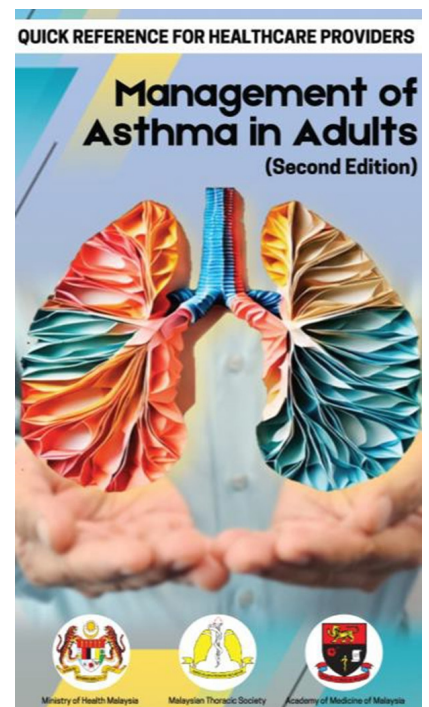
TRAINING OF CORE TRAINERS ON CPG MANAGEMENT OF ASTHMA IN ADULTS (SECOND EDITION) 2025

I Dr. Mazapuspavina Md-Yasin & Dr. Aisya Natasya Musa

Asthma care in Malaysia took a major step forward on 25 May 2025 with the launch of the Second Edition of the Clinical Practice Guidelines (CPG) on Asthma Management in Adults. The launch, held at the 2nd Malaysia National Asthma & COPD Preceptorship Conference (MNACPC) in Kuala Lumpur, was officiated by YBhg. Dato' Dr. Mohd Azman Yacob, Director of

the Medical Development Division, Ministry of Health Malaysia.

Behind this milestone was a dedicated multidisciplinary team of 16 experts, chaired by Associate Professor Dr. Andrea Ban Yu-Lin, respiratory physician at Universiti Kebangsaan Malaysia. The team also included members from the Faculty of Medicine, Universiti Teknologi MARA (UiTM), Dr. Aisya Natasya Musa, Respiratory Physician, and Dr. Mazapuspavina Md.



Yasin, Family Medicine Consultant.

The launch of the guideline was only the beginning. To ensure its recommendations reach patients in every clinic and hospital, a Training of Core Trainers (ToT) was held on 5 August 2025, with Hospital Al-



Sultan Abdullah (HASA) selected as the training site. The programme provided a comprehensive introduction to the new Asthma CPG through structured modules developed by the Guideline Development Group, as well as interactive case discussions. This approach not only strengthened participants' understanding but also gave them the confidence to serve as trainers in their own states.

A total of 233 participants attended, representing every State Health Department, Jabatan Kesihatan Negeri (JKN) Perlis, Kedah, Pulau Pinang, Perak, Selangor, Wilayah Persekutuan & Labuan, HKL, Negeri Sembilan, Melaka, Johor,



CASE-BASED discussion sessions.

Pahang, Terengganu, Kelantan, Sabah, and Sarawak, as well as major public universities including UM, UKM, USM, UPM, UiTM, UIA, UPM, USIM, and UNISZA. Representatives from MaHTAS and healthcare professionals from UiTM's Faculty of Medicine and HASA also took part. Participants came from a

wide range of specialties, family medicine, emergency medicine, internal and acute internal medicine, respiratory medicine, and pharmacy—reflecting the collaborative effort needed to elevate asthma care in Malaysia.

The itinerary of the ToT include lectures covering topics of risk factors and diagnosis of



DR. AISYA and the respiratory team at HASA were the main local organising team for the ToT.

asthma, treatment goals and optimizing treatment, stable asthma & asthma exacerbation (assessment and treatment), patient education & skills training, asthma in special groups such as pregnancy, severe asthma, occupational asthma, and asthma

with comorbidities. The participants were then separated to three for group case-based discussion, and they also have to undergo pre and post – test to ensure knowledge consolidation. With the updated CPG now in place and a strong

network of trainers ready to cascade the knowledge, the stage is set for real impact. The ultimate measure of success will be seen in better asthma control, fewer emergency visits, and improved quality of life for patients nationwide.



TRAINING of Trainers of Management of Asthma in Adults 2nd Edition on 5 August 2025 in HASA Auditorium.



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