



UNIVERSITI  
TEKNOLOGI  
MARA

Fakulti  
Perubatan

# Med Bull'

## No.3/2021



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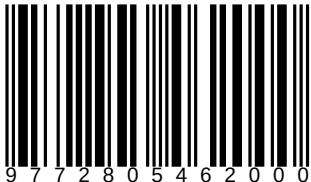
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MEDICAL BULLETIN,  
FACULTY OF MEDICINE UiTM  
No. 3/2021

Greetings, MED BULL' readers!

A lot has changed since the last MED BULL' edition, and we have the update on the recent events and activities by various departments!

We recently celebrated both our 'Merdeka' and 'Malaysia Day' during a Movement Control Order (MCO), marking the second year Malaysians celebrating the two major celebrations in a controlled order. However, the pandemic has extensively tested our mental fortitude, and countless have confessed how a day-to-day routine that seems simple is more challenging now.

The changes made by the government to keep us all safe has their good and evil. Progressively, we embrace the challenges while being kind and giving a chance to ourselves to adapt to the new norm—May we all be given the strength to come out of this even stronger than before.

Till the next issue, we wish all readers Happy Reading this MED BULL' 3rd edition. Last but not least, always remember to take good care of your family and yourself.

Till we meet again!

## Editor in chief

Dr. Nur Faizah Ali

# Editor's Notes

Corporate Communications Unit



# FACULTY ACTIVITIES



MED BULL'  
THIRD EDITION

# UROGYNAECOLOGY WEBINAR SERIES

It is a course of many firsts. Born during the highs of a pandemic and debuting onto the virtual stage at a time when virtual fatigue had well and truly set in, it was a course that went against all odds.

Gone were the conventional in-person course held at our beautiful Faculty of Medicine Campus in UiTM Sungai Buloh, where participants and speakers would mingle and gossip about the latest day-to-day happenings at work while listening to the esteemed speakers invited. The rapid departure from the traditional mode of delivery to a truly online course proved a challenge like no other to our department.

Organized by the Department of Obstetrics and Gynaecology, Faculty of Medicine UiTM jointly with the Malaysian Urogynaecological Society, the Urogynaecology Webinar Series consists of 10 webinars conducted on Friday afternoons on the first week of each month since March 2021 on the Zoom platform.

Organised by:   UNIVERSITI TEKNOLOGI MARA | Fakulti Perubatan | Sponsored by:  VIBRANCE

Live Webinar  
**UROGYNAECOLOGY WEBINAR SERIES**  
**Webinar 1 : Basics in Urogynaecology**

- Initial assessment of patients with urogynaecology issues
- Taking POP-Q into practice

**Moderator**

3-5pm  
5th March 2021  
Friday  


**Speakers**

**ASSOC. PROF. DR. BAHYAH ABDULLAH**  
Consultant Obstetrician & Gynaecologist  
(Urogynaecologist)  
Faculty of Medicine, UiTM

**ASSOC. PROF. DR. IXORA KAMISAN ATAN**  
Consultant Obstetrician & Gynaecologist,  
(Urogynaecologist)  
Hospital Canselor Tuanku Muhriz, UKM

**DR TAN GAIK IMM**  
Consultant Obstetrician & Gynaecologist  
(Urogynaecologist)  
Hospital Wanita dan Kanak-  
Kanak Sabah

Registration  
Fee : RM 30

SCAN ME  


CPD Points  
Provided

REGISTER TO JOIN THE WEBINAR HERE  
<https://bit.ly/39iBwNt>

## BASIC IN UROGYNAECOLOGY

BY:  
DR. MAS IRFAN JAYA  
DEPARTMENT OF OBSTETRICS  
AND GYNAECOLOGY

The faculty featured esteemed speakers from various local universities, including our Malaysian Ministry of Health hospitals and other private hospitals.



The scientific program of the webinar consisted of up-to-date topics relevant to the field of urogynaecology – which is a specialized field of gynaecology and obstetrics that deals with female pelvic medicine and reconstructive surgery. The speakers, each expert in urogynaecology, exposed participants to the most current medical and surgical treatment options.

Organised by: Helping the future of surgery

Sponsored by: Helping the future of surgery

Live Webinar  
UROGYNAECOLOGY WEBINAR SERIES  
**Webinar 2 : Pelvic Organ Prolapse**  
Conservative Management of Pelvic Organ Prolapse  
Surgical Management of Pelvic Organ Prolapse

3-5pm  
2nd April 2021  
Friday

**Speakers**

**Moderator**  
  
**Dr. Ida Lilywaty Md Latar**  
Consultant Obstetrician & Gynaecologist (UROGYNAECOLOGIST)  
Pantai Hospital Cheras

**Assoc. Prof. Dr. Zalina Nusee**  
Consultant Obstetrician & Gynaecologist, (Urogynaecologist)  
Kuliyah Of Medicine, International Islamic University Malaysia

**Dr. Pauline Pue Leng Boi**  
Consultant Obstetrician & Gynaecologist (Urogynaecologist)  
Subang Jaya Medical Center

**Registration Fee : RM 30**

SCAN ME

CPD Points Provided

REGISTER TO JOIN THE WEBINAR HERE  
<https://bit.ly/39iBwNt>  
WEBINAR 2 REGISTRATION DEADLINE  
1ST APRIL 2021

At the end of the two-hour webinar, participants were allowed to interact with the speakers, thus exchanging ideas and questions. Quiz's with attractive prizes were also on offer. Undoubtedly, the pandemic has placed curbs on formal clinical gynaecological teaching, especially on subspecialty urogynaecological training.

This webinar has allowed the department to provide a good platform for urogynaecology teaching especially postgraduate training and strengthening sub-specialization education in times of a pandemic. With almost seven out of ten webinars completed, we reached nearly 800 local and international participants. It is with this that we hope to be able to cement our place in this niche area.

Transitioning from a traditional course to an entirely virtual one, we expected difficulties navigating the complexities of the world-wide-web and its connectivity. Despite this, the organizing committee headed by Chairperson Associate Professor Suzana Daud remained steadfast in its approach, tackling each problem head-on as it came. Thus, it is no surprise that the participant numbers remain high for each webinar, but feedback is also positive.

We wish to thank the Faculty of Medicine, UiTM, course advisor Associate Professor Dr Bahiyah Abdullah, our excellent committee members, speakers, and our sponsors for the unwavering support and good teamwork in organizing the course and making it a success.

**👉 We sincerely hope that we will see a return to normal by next year and hopefully be able to conduct a physical course. Till then, stay safe. 👉**

# UiTM'S ORL: A YEAR WITH COVID-19



## A YEAR WITH COVID-19

BY:

DR NOOR SHAIRAH MAT BARHAN  
DR MUHAMAD ARIFF BIN SOBANI  
DEPARTMENT OF  
OTORHINOLARYNGOLOGY

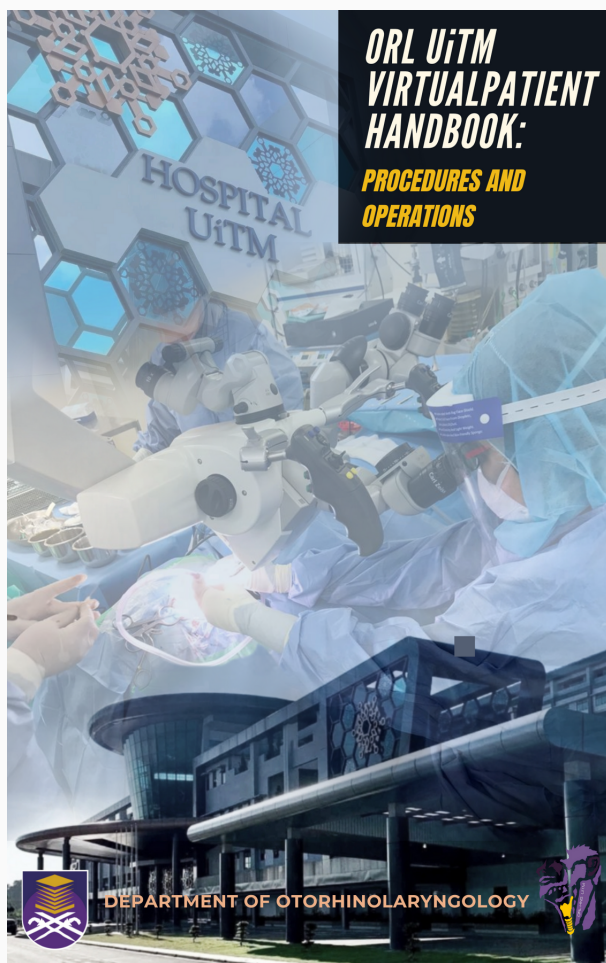


The COVID-19 pandemic took the world by surprise. The past eighteen months have been incredibly challenging. The pandemic threw systemic shortfalls – or gaps- into sharp relief across medical education and healthcare systems the world over. While many will remember COVID-19 as a source of disruption, it will also be viewed as a catalyst for transformation brewing for the past decade. With the sudden shifting away from physical classes and towards remote learning, many innovations and digital platforms have been created and improvised to disseminate knowledge virtually. ORL surgeons have had to utilize highly invasive surgical procedures to anatomical regions usually tricky to access.



Unfortunately, these surgical procedures can result in significant tissue damage and morbidity. With the aid of robotic-assisted surgeries, a minimally invasive procedure with enhanced 3D panoramic operative field; dramatically enhances the surgeon's ability to identify and dissect anatomic structures and construct micro anastomosis leading to a reduction in cosmetic and functional side effects.

Reported studies support the feasibility and safety of robotic surgery in head and neck procedures and encourage its continuing use and exploration.



UiTM's 1st International Online Vestibular Conference - 'The Pursuit of Equilibrium' was a two-day event held from 23rd - 24th August 2021, collaborating with the Department of Otorhinolaryngology, Hospital Sungai Buloh. It had brought together 348 participants virtually, with established "rockstars" from many specialties, including ORL, neurology, audiology, and rehabilitation medicine practicing at the pinnacles of their things locally and from Brazil and the USA.



This conference revisited the fundamentals of the vestibular system and made the daunting prospect of comprehensive vestibular clinical assessment manageable and practical. It covered the common aetiologies, diagnoses, and latest treatments of vestibular disorders, including Ménière's disease, vestibular migraine, and persistent postural-perceptual dizziness (PPPD). It also explored specialty areas such as paediatric vestibular conditions and vestibular rehabilitation, including its latest innovations.



Despite the limitations from the overwhelming COVID-19, the team of UiTM's Otorhinolaryngology managed to participate in the MedInnovation Virtual International Medical Innovation Competition 2021 (IMIC 2021) and won the Bronze Medal. The team's 'ORL UiTM Virtual Patient Handbook: Procedures and Operations' is a digital patient information handbook with additional audio-enhancement features.



**It aims to convey practical and straightforward patient information regarding the common otorhinolaryngology's procedures and operations, enabling patients to provide informed consent. This method, in return, will benefit in terms of patient knowledge acquisition, enhanced self-conceptualization and self-esteem, increased satisfaction with care, and improved pain control post-procedure or surgery.**

In addition to the achievements as mentioned above, the team also won the Fundamental Research Grant Scheme (FRGS) for this year, with the project titled 'Elucidating Neuronal and Muscular Mechanistic Abnormalities in the Upper and Lower Airway of Obstructive Sleep Apnoea (OSA) and Laryngotracheal Stenosis (LTS) Patients.

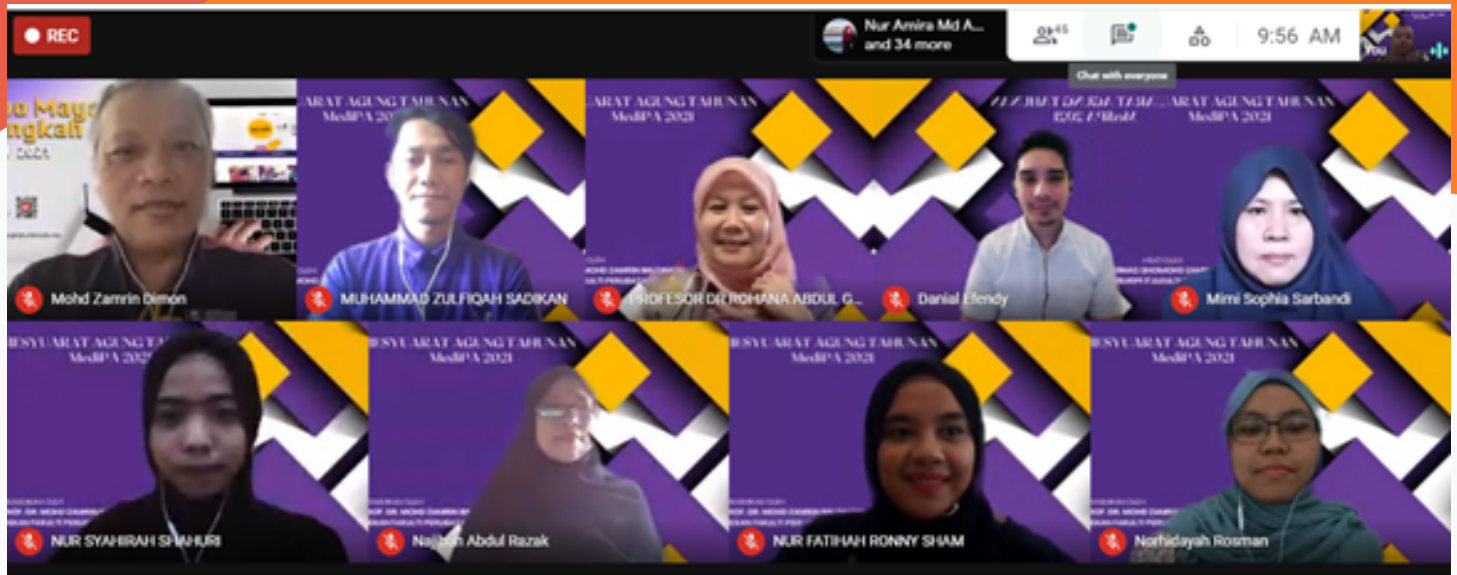


In conclusion, innovations adopted during the coronavirus crisis have brought to light previously hidden skills and generated new possible idealistic approaches and exciting new opportunities to explore in the healthcare and medical education systems.

**"The art of life lies in a constant readjustment to our surroundings" - Kanu of Okakura.**



# MEDICAL POSTGRADUATE ASSOCIATION



## MediPA 2021

**BY:**

PN. NAJIBAH ENDUT@ABDUL RAZAK  
DR. DANIAL EFENDY GOON  
DR. NORHAFIZA RAZALI  
PROF. DR. ROHANA ABDUL GHANI

The Medical Postgraduate Association (MediPA) was established on 19th August 2020 as the primary voice and representative body for postgraduate (PG) students under the Faculty of Medicine, UiTM Sg. Buloh. The second tenure of 12 PG students serves as the main committee elected from the 1st Annual General Meeting on 21st June 2021.

The mission of MediPA is to encourage sharing of ideas and co-operation among PG students to achieve success in academics, research and appear as an exemplary organization. Therefore, MediPA is motivated to organize programs beneficial to the development of intellectuality and critical thinking among the students, aligning with the policy and guidelines of the Faculty of Medicine, UiTM Sg. Buloh.



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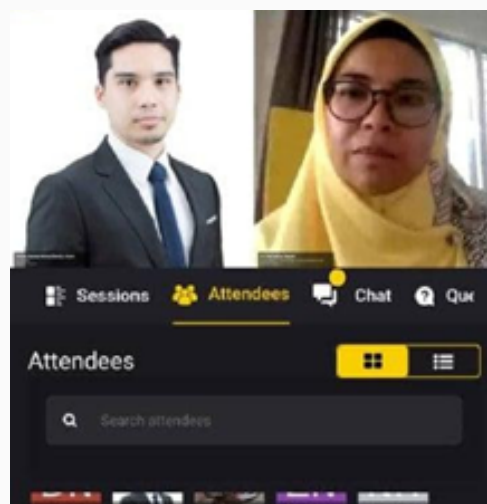
Therefore, MediPA is motivated to organize programs beneficial to the development of intellectuality and critical thinking among the students, aligning with the policy and guidelines of the Faculty of Medicine. Various programs have been organized by the MediPA from 2020 to 2021 despite being challenged by the current pandemic. The programs organized received positive responses from the participants, including those from the public.



The first program organized by MediPA at its early establishment was the "Presentation Skills workshop" on 21st January 2021, in collaboration with the Department of Pharmacology.

!! **The objective of this program was to enhance the communication and presentation skills of PG students.**!!

The feedback from a total of 40 participants from UiTM and other institutions was encouraging. Although the program was conducted online due to the pandemic, the participants were delighted with the workshop that provided tips and tricks to deliver high-impact posters and oral presentations.

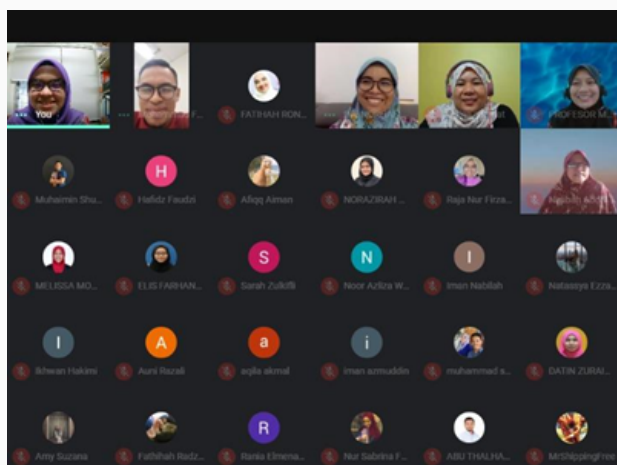


In addition, the media collaborated with the biomedical company Bioscientex Malaysia Sdn Bhd conducted a workshop entitled "Introduction to ELISA" on 27th May 2021.



👉👉 **Life as a postgraduate student is challenging; therefore, a sharing session with the alumni would help raise motivation and provide insights among the PG students.** 👉👉

Given this, the MediPA had organized a webinar series entitled "PG Webinar: My Ph.D. Journey - Reflection and Lessons Learnt" on 12th April 2021 via the ZOOM platform. Dr. Faizatul Isyraqiah shared tips with the participants to perform laboratory work efficiently and techniques to write the thesis effectively. Lastly, the speaker also highlights the career path and choices available after graduating from postgraduate studies in the Faculty of Medicine.



MediPA as students' representative, is highly concerned regarding students' wellbeing, especially during the pandemic. Therefore, MediPA took the initiative to organize a talk entitled "Talk on Mental Health Awareness Among Postgraduate Students," which Dr. Norhafiza Razali delivered on 1st May 2021

Following this, MediPA has organized a forum on mental health with the theme "Anxiety and Depression – An Obscure Epidemic Among UiTM Sungai Buloh Students" on 25th May 2021. The invited speakers comprised the faculty's clinical psychologist, consultant psychiatrist, and a PG student.

👉👉 **By organizing the mental health talk and forum, students are more aware of mental health disorders, especially anxiety disorder and depression.**

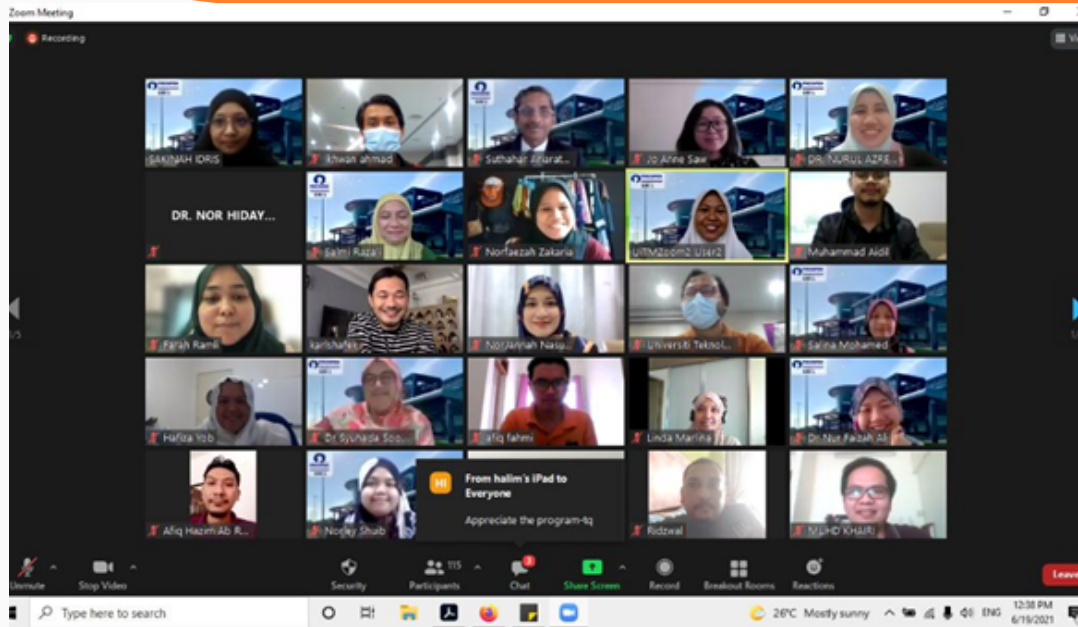


In addition, students will be able to recognize the risk factors, signs, and symptoms. Moreover, the programs provided vital information on methods for students to cope healthily and seek help and treatment to overcome their stressors.

The official media logo was chosen and gazetted by MediPA Logo Competition held from 15th to 30th May. In this competition, the logo designed by Mr Abdul Rahman Kazim bin Azli, a Master's student, was chosen as the winner. He received a cash prize of RM150, and a certificate was awarded.

Finally, MediPA held its first Annual General Meeting (AGM) on 21st June 2021. During the meeting, the MediPA committee session 2020/2021 ended their tenure. The members selected a new main committee to spearhead the second tenure of 2021/2022, aligned with the vision and mission of MediPA.

# "PROGRAM PENDIDIKAN PSIKIATRI UNTUK PESAKIT DAN KELUARGA"



## PROSPEK 2021

BY:

DR NOR SYUHADA  
AP DR SALMI RAZALI  
DR NOR HIDAYAH JARIS

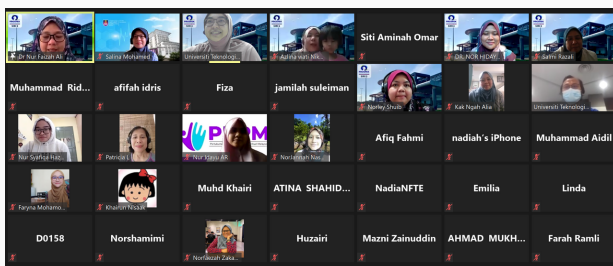
The key to healing is to understand one's condition. Unfortunately, there are still many misunderstandings, stigmas, and myths in our society regarding mental illness. As a result, patients often feel alone in dealing with their mental health as they fear other people will not understand them and invalidate their struggles. This issue has affected patients tremendously in accepting their condition and being committed to treatment.

Acknowledging these loopholes, the Department of Psychiatry, Faculty of Medicine UiTM has curated a program named PROSPEK- 'Program Pendidikan Psikiatri Untuk Keluarga dan Pesakit.'

PROSPEK is a psychoeducation program that provides information and support to understand mental disorders and their treatment, psychological skills, the recovery process, and rehabilitation to patients and their loved ones.



All their concerns and queries would be answered directly by our expert and experienced psychiatrist and clinical psychologist.



👉 The first session of PROSPEK aimed to strengthen patients' and caregivers' understanding of mental disorders and pharmacological treatments. 👉

👉 We shared five topics with the participants: the importance of medication adherence, understanding antidepressants, mood stabilizers, antipsychotics, anxiolytics, and benzodiazepines. 👉

There were 149 participants from various states of Malaysia, including Sabah and Sarawak, registered for the two days courses

Apart from patients and their family members, PROSPEK has gathered participants from the public, non-government organizations, university students, doctors, and nurses from around the country. Each participant received a copy of the PROSPEK handbook that was delivered to them. This book was written by the staff of the HUiTM Psychiatry Department and comprised the topics shared in the webinar.

We have received numerous positive responses from the participants. Here are some of them:

👏 **Awesome! The program is very beneficial and gives understanding to patients, family members, and anyone else because the presentation by the experts is delivered in simple language. I am delighted and hope that the committee will organize more programs like this that involve patients and family members in the future.** 👏

👏 **Very informative especially to the patients, we are alert with our medications, and after this course, I feel motivated to recover compared than before when I used to feel numb and hopeless.** 👏

👏 **The presentations from the specialist are clear and easy to understand.** 👏

In the future, we aim to organize more programs like this to continue cultivating psychoeducation and support about mental health in the community.

We want to express our sincerest gratitude to the Faculty of Medicine, UiTM, and Hospital UiTM Puncak Alam for sponsoring us in organizing the PROSPEK webinar.

**PROGRAM PENDIDIKAN PSIKIATRI  
UNTUK PESAKIT & KELUARGA**  
Program atas talian melalui Zoom Webinar

**19 Jun 2021**  
9.00 pagi

**(PROSPEK) - Sesi 1**

**BERSAMA PAKAR PSIKIATRI ANDA**

Prof Madya Dr Salmi Razali  
Pakar Perunding Psikiatri dan  
Pensyarah Kanan Perubatan  
UiTM

Prof Madya Dr Salina Mohamed  
Pakar Perunding Psikiatri dan  
Pensyarah Kanan Perubatan  
UiTM

Prof Madya Dr Suthakar Arisatnam  
Pakar Perunding Psikiatri dan  
Pensyarah Kanan Perubatan  
UiTM

Dr Nurul Azreen Hashim  
Pakar Perunding Psikiatri dan  
Pensyarah Kanan Perubatan  
UiTM

Dr Nor Jannah Raduan Nasution  
Pakar Psikiatri dan Pensyarah  
Kanan Perubatan  
UiTM

**TETAMU JEMPUTAN**

Fatima Shuib  
Pengasas  
1Momen4Them

Karl Shafek  
Sakuti dan  
Usahawan

**IMBAS UNTUK MENDAFTAR:**

Untuk pertanyaan pendaftaran, sila hubungi:  
Pn Nabillah 016-516 2029  
Pn Aqilah 013-415 8103  
Pn Sara 010-405 2504

Untuk pengamal perubatan:  
**8 MATA CPD**

Yuran Penyertaan (untuk 2 sesi):  
Pesakit :RM 25  
Orang awam, pelajar, staf UiTM :RM 50

Setiap peserta akan diberikan:  
1. e-sijil (e-certificate)  
2. Buku rujukan (yang akan dipos ke rumah)

Atau buka pautan:  
<https://tinyurl.com/PROSPEKUiTM>

**ANJURAN**  
Jabatan Psikiatri,  
Hospital UiTM dan  
Fakulti Perubatan  
UiTM

Universiti Teknologi MARA  
Fakulti Perubatan

# PROGRAM KOMUNITI JOM SIHAT JULAI 2021

The Department of Primary Care Medicine UiTM had organized Program Komuniti Jom Sihat Julai 2021 involving the UiTM staff, students, and the public in collaboration with Perpustakaan Tun Abdul Razak (PTAR) Cawangan Selangor, Department of Medical Education (DoME), and Health Education and Awareness Leaders (HEALX).

This program was a Virtual Outreach Community Programme conducted over one month from the 28th of June 2021 to the 31st of July 2021. The success of this program outreaching into the community throughout Malaysia shows that the COVID-19 pandemic is not a barrier to encourage our nation to practice a healthy lifestyle.

👉 In addition, the advancement in technology provided a platform for remote meetings, program delivery, and advertisements, as well as the opportunity to record and replay the sessions for future viewing and sharing. 👉

**PROGRAM KOMUNITI JOM SIHAT JULAI**  
*Kesehatan itu Anugerah*

**Tentatif Program**

Date	Activity
28.6.2021, Isnin - 4.7.2021, Ahad	JOM SIHAT Pertandingan Memasak
5.7.2021, Isnin - 11.7.2021, Ahad	JOM SIHAT Pertandingan 10,000 Langkah Sehari
12.7.2021, Isnin - 18.7.2021, Ahad	JOM SIHAT SKM Larian Virtual
23.7.2021, Sabtu	JOM SIHAT Ceramah Virtual
30.7.2021, Sabtu	JOM SIHAT Zumba Virtual

**IMBAS DI SINI!**

Dr. Zahirah-012-657 1832 | Dr. Khawar-012-644-8367

## KESIHATAN ITU ANUGERAH

**BY:**  
DR. ZAHIRAH  
DEPARTMENT OF PRIMARY CARE MEDICINE

👉 The program aimed to increase community awareness on the importance of health and educate and empower the public on healthy lifestyle practices. 👉



## PROGRAMME ACTIVITY



The running of Program Komuniti Jom Sihat Julai 2021 was virtual from the planning to the conduct of the program. The program started with an online meeting via google meet platform involving Family Medicine Specialists from the Department of Primary Care Medicine UiTM.

After that, communication with other departments and organizations was via WhatsApp and phone calls. A list of those involved in this program included:

1. DoME: Posters, e-certificates, T-shirts, and medal designs.
2. PTAR: Hosted Virtual Talks, generated automated e-certificates for the virtual talks.
3. HEALX: Promotion via video ads, Youtube, Instagram, Facebook, website, the postage of T-shirts and medals, emailing e-certificates to participants.
4. Unit Komunikasi Korporat: Blast the program to all UiTM users.
5. Bendahari UiTM: Budget and Student Development (TAPA) funding for medical students to claim the registration fees for the virtual 5km run event.
6. Speakers from Department of Primary Care Medicine, Rehabilitation and Centre of Dietetics.
7. T-shirt and medal printing company.

For future programs, participants were given a link to join either a telegram or WhatsApp group upon submission of the google registration form for ease of communication. In addition, an arrangement should be made with Bendahari UiTM so that receipts are auto-generated after payment. Special thanks are dedicated to all those involved in this program. We hope that this sharing would encourage other departments to hold virtual programs beneficial to our community.

# INTERNATIONAL VIRTUAL E-CONTENT DEVELOPMENT COMPETITION 2021



## e-ConDev 2021

BY:

DR CHUA ANG LIM  
MOOC COORDINATOR



The International Virtual E-Content Development Competition 2021 (e-ConDev 2021) was held virtually this year. Multiple faculty teams had joined in 3 categories: MOOC, Micro-credentials, and Open Education Resources (OER)- Educators.

Faculty members brought back Gold awards in all three categories (total of 5), Silver awards (11), and Bronze (3). The award ceremony was announced online via the eConDev2021 YouTube channel on the 27th of August 2021.

# DEPARTMENT OF PAEDIATRICS: WE HAVE BEEN BUSY TOO!



## TEACHING COURSE 2021

**BY:**  
AP DR NOOR SHAFINA  
DEPARTMENT OF PAEDIATRICS



The COVID-19 pandemic has forced most of the departmental activities to be organized on the online platform. Therefore, from the 5th to 6th of August 2021, the Department of Paediatrics, Faculty of Medicine UiTM, in collaboration with the Department of Paediatrics, Faculty of Medicine UM, has successfully organized the Paediatric Gastroenterology, Hepatology and Nutrition Teaching Course 2021. The course was organized via the Airmeeet platform with the assistance of the UiTM Department of Medical Education (DoME). Although initially planned as a physical meeting in March 2021, this course had to be rescheduled and converted to an entirely virtual platform because of the worsening pandemic.



The course targeted Master of Paediatrics students, medical officers, paediatrics specialists as well as dietitians. The participants attended a series of lectures by renowned speakers in the field, followed by a question and answer session. Apart from that, participants were also divided into smaller group sessions to encourage a more interactive environment.

“As a result, 96 doctors participated in this course and gave excellent feedback following the course completion.”



Department of Paediatrics UiTM has also managed to organize SafeKIDSaveLIFE Virtual Run 2021 successfully. We hope that this event has encouraged the community, especially families with children, to engage in physical activities and lead a healthier lifestyle. The target participants for this event were UiTM staff, along with their families and the general public.

The profit from the event will be channelled to “Tabung Amanah Bantuan Pesakit Pediatrik UiTM, which the department created to help patients in need of financial support, especially those who require urgent medical care.



The steps involved were simple. First, the virtual run required the participants to register for the run between 24th of May to 31st of July 2021. Next, the participants could run anywhere and anytime while recording their run using any device available. The third and final step was to share the proof of the run on the given link.

“A total of 68 participants had registered and completed the run successfully. They will receive their e-certificates, t-shirts, and medals soon. We hope that all the participants had fun, and we thank them for being part of the event.”

# VIRTUAL INTERNATIONAL MEDICAL INNOVATION COMPETITION 2021

**MedInnovation** 2021  
Virtual International Medical Innovation Competition 2021 (IMIC 2021)

**15 August 2021**

Faculty of Medicine,  
Universiti Teknologi MARA (UiTM)  
Sungai Buloh Campus, Malaysia

Faculty of Medicine, UiTM will be organizing a virtual innovation competition for those interested to showcase their Medical related invention and innovation.

Category Registration	fees per group
UiTM FoM	RM100
Local Universities	RM200
Schools	RM100
International (Schools & Universities)	USD 100

**ONE-MINUTE PITCHING**  
Top 3 winners from each category will take the virtual stage to pitch an original idea / concept / product / service / business idea to a panel of judges, experts and the audience

**SCAN ME**

**IMPORTANT DATES:**  
Abstract/Video submission deadline: 15 August 2021  
Shortlisted Innovations for "One-minute elevator pitching" announcement: 22 August 2021  
One-minute elevator pitching and Official result announcement: 27 August 2021  
Payment deadline: 10 August 2021

**OPEN TO ALL MEDICAL-RELATED INNOVATIONS**  
(medicine, biotech, pharmacy, medical education, devices, ...)

Visit the link below for more information and registration  
<https://utmmmedinnovation.wixsite.com/imic-2021>

## MEDINNOVATION 2021

**BY:**  
ASSOC. PROF. DR. JAMAL HOUSSAINI  
DEPARTMENT OF MEDICAL  
MICROBIOLOGY AND PARASITOLOGY

Innovation & Invention competition in the Faculty of Medicine, UiTM, was initiated in 2017, collaborating with the international conference on clinical & health sciences (ICCHS). As the event successfully attracted encouraging participants with a wide variety of brilliant ideas, the following years, 2018 and 2019, it was held as an annual event within the faculty as Faculty of Medicine, UiTM, Innovation Competition Day (ICD).

This event was held at the foyer of the faculty. During which the participants would display their innovations and present them to a panel of judges and others. Apart from the competition, there were also tech talks and industry presentations, which would provide much-needed insight into the industry's needs and route to commercialization.

“This event led to many interactions, knowledge transfer, and even collaboration amongst the participants and faculty members on possible new projects and developments.”

👉👉 **The event's highlight was "One Minute Elevator Pitching," which was introduced in 2018 and received well by participants and audiences alike. The participant would take the stage and promote their innovation or products in only one minute.** 👉👉

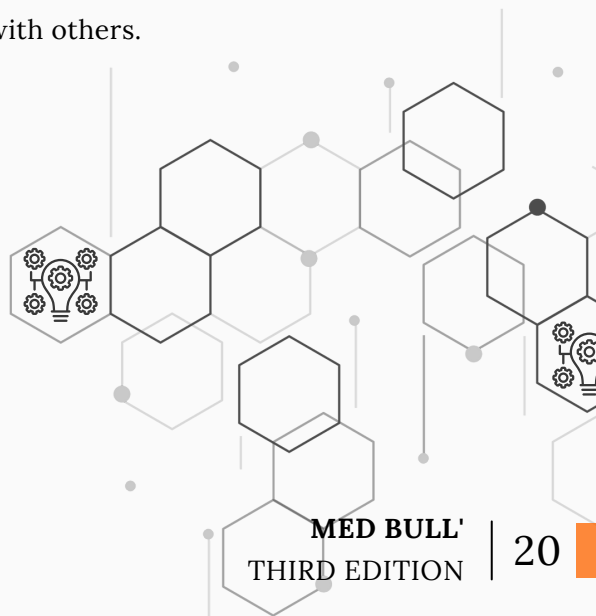
However, due to the pandemic, the ICD in 2020 was held as a Virtual Innovation Competition Day with the participation of 35 innovations from the faculty. The event was successful and marked the beginning of a new virtual platform era. In 2021 the competition was open to all medical and healthcare institutes both locally and internationally.

👉👉 **The 1st Virtual International Medical Innovation Competition 2021 (IMIC21) was held from 15th to 27th of August 2021, with 60 innovation applications, comprising participants from both local and international institutes of higher learning, including Faculty of Medicine, Pharmacy and Dentistry UiTM, University of Malaya, Taylor's University, International Islamic University of Malaysia (IIUM) and Manipal University (India).** 👉👉

While the evaluation of the innovations was done through pre-recorded videos, the one-minute elevator pitching was conducted live on a virtual platform. Once again, we could see the enthusiasm and creativity of the participant.

👉👉 **Every year top 10 innovations from the faculty are sponsored to the Invention, Innovation & Design Exposition (iindex) and other international events.** 👉👉

This Medical Innovation allows participants to gain knowledge and skills required to impact the future of health and or the delivery of healthcare through the development of new medical innovation. It also encourages innovations in teaching and learning, which is of utmost importance during this pandemic and lives in the new norm. This event has inspired many academicians, postgraduate and undergraduate students to be proactive in inventing future health needs by sharing their medical innovation, understanding, and outcomes with others.





# "UiTM MEDIC GET TOGETHER"



## DESIRE TO INSPIRE

**BY:**  
DR NORASIKIN AB AZIS  
ALUMNI ASSOCIATION OF  
FACULTY OF MEDICINE UiTM

Living during this Covid-19 pandemic has caused a significant impact on the physical and psychological well being of many throughout the world. Students in higher education have their own sets of worries that they are dealing with now. Most are concerned about their health, lack of social interaction, self-isolation, and difficulty focusing on their studies online.

For our very own medical students, one of the worries is the current contract doctor status for those who have completed their MBBS studies. This situation has raised a significant amount of concern and anxiety among our medical students.

Given that Majlis Perwakilan Pelajar (MPP) Fakulti Perubatan UiTM, in collaboration with the Alumni Association of Faculty of Medicine UiTM, has recently organized a program called "UiTM Medic Get Together; Desire to Inspire" on the 21st August 2021.

This event was held during one of the ten days compulsory quarantine periods of our Year 4 and Year 5 clinical students before starting their clinical rotations and teaching. This event was also opened to Year 1, 2, and 3 students as it was held via an online platform.

👉 **One of the objectives of this program is to provide information regarding the various career pathways after completing MBBS. The next objective of this program is to create a support group between alumni of FOM UiTM and medical students of UiTM. It was also hopeful that this event could help lighten their anxiety and raise their self-esteem and confidence to face their future.** 👉

Other than that, this program too served as a platform for our very own alumni to share their undergraduate and working experiences with our medical students.

Speakers for that program were selected from various disciplines ranging from pre-clinical lecturers, general practitioners (GP), clinical specialists, university specialists, and KKM officers.

Students were exposed to the various career pathways after completing their MBBS study and how to go about each pathway during the talk. The session was moderated by Dr. Muhammad Nur Islam Zahari (Alumni batch 10), currently working in Hospital Kuala Lumpur.

Dr. Arif enlightened us on how to start with operating a general practitioner clinic after completing his two years of compulsory service. Dr. Norasikin shared her experiences while embarking on her Ph.D. journey a few years back and the requirements necessary to be a pre-clinical lecturer. Dr. Aiman, Dr. Badrur, and Dr. Aulia shared some details on what is required to be a specialist in a KKM hospital or university. Students were also exposed to the current development in our KKM by Dr. Mohd Shafie.

Both Alumni and students had a very fruitful two and half hours of discussion that day. The event went smoothly, with some discussions towards the end of the session. Our students requested another round of talks to discuss the pathway for overseas training following the completion of their MBBS study.

We look forward to furthering collaboration with other associations for events that can benefit our students and help improve their confidence and psychological well being.

Cheers!

# FEED THE NEED 1.0



## SOCIAL RESPONSIBILITY AMONG THE UiTM STAFF

**BY:**  
**DR MUHAMMAD AIDIL IDHAM**  
EMERGENCY DEPARTMENT



The COVID19 pandemic that was started in December 2019 has given a significant impact on the social economy, health, welfare and most importantly on the survival of the people, especially for our beloved Malaysians. One after another MCO extension has understandably heightened levels of anxiety, fear and distress among Malaysians.

Thousands of businesses have been shuttered or badly affected and many have lost their incomes, jobs and loved ones to the Covid-19 pandemic, with seemingly little to no help or silver lining in sight.



👉 **Many of the NGOs, individuals and government-related companies have tried their best to come out with varieties of program to help those affected, for instance the White flag initiative.** 👉

Emergency department faculty of Medicine UiTM with the collaboration of ICAN and Cooperate Communication Unit UiTM Sg Buloh Campus have worked together to conduct a program called 'Feed the Need' that was successfully held on Monday August 23, 2021. The program aims to identify and help those who are affected by the COVID19 pandemic in the locality area near UiTM Sg Buloh Campus, as well as to create more awareness on social responsibility among the UiTM staff itself to the society.



Despite on busy schedule in the emergency department UiTM as we are one of the hybrid hospitals in Klang Valley that manage both the COVID19 and non-COVID19 patients, we manage to set our time and opportunity to raise funds and all praise to Allah within one month we able to secure a total of RM 10,430.00, thanks to the generous soul that made this possible for us. We have worked together with representatives from Kampung Melayu Sungai Buloh and Kampung Bukit Lagong in identifying 48 families who are badly affected economically by the pandemic.

The total fund collected was divided mainly to buy basic needs, foods and personal protection equipment ie mask and hand sanitizers. The organizer has also allocated some pocket money to help those in need in surviving financially during this tough period.

And at the end of the event, Professor Dr Ariza Binti Adnan the Acting Dean Faculty of Medicine UiTM, has mentioned that with remark if this successful program being conducted, a more similar objective program should be organized in the future to help those in need. The philosophy of kita jaga kita should be lived in our mind and soul especially during this tough period when people needed the most more than what we have expected. If we have the time to return the favor to fellow Malaysians, this is exactly the very right time to help each other.

# MICRO-CREDENTIAL COURSE



## GUIDE TO GOOD PRESCRIBING

**BY:**  
DR NOOR FAHITAH ABU HANIPAH  
DEPARTMENT OF PHARMACOLOGY



This year, the Department of Pharmacology, Faculty of Medicine, UiTM has taken up the challenge by ICEPs to produce a micro-credential course entitled 'Guide to Good Prescribing Skill'. This course is the first-ever micro-credential course developed by the members of the Faculty of Medicine, UiTM.

The course was developed to prevent prescribing errors in newly graduated doctors, which account for a substantial proportion of all medication errors in clinical practice. Furthermore, there is no specific curriculum or program in Malaysia that enforces an understanding of prescribing skills and their safety to medical undergraduates.

❗❗ **This program has resulted in a high number of prescribing errors seen among housemen and junior medical officers.** ❗❗

Furthermore, pharmacology is mainly taught in the preclinical years; the application of this knowledge and the arts of prescribing are not taught adequately in clinical years. This situation potentially contributes to the errors observed while prescribing drugs to patients.



Given the current curriculum, this micro-credential course entitled 'Guide to Good Prescribing Skill' is developed as an online student-centred educational course to supplement the gap in the current medical curriculum program. It enforces the understanding of prescribing skills and their safety to the undergraduates.

This micro-credential course covers the critical steps of Guide to Good Prescribing outlined by the World Health Organization (WHO), which involved 1) information gathering through the patient's history, examination, and investigation to get the proper diagnosis and management plan; 2) writing a correct prescription and understanding the legal implications of illegible and wrong prescription; 3) communication skills which involve informing the patient about the drug, giving clear instructions, warnings and explaining the treatment plan and lastly 4) reviewing the treatment response, considering whether to stop or continue the treatment plan, as well as monitoring for any potential adverse effect while on treatment.

This course is suitable for year 3 and 4 medical students before they sit for their final year exams. The course consists of 8 topics, and students will have to sit for pre and post-course assessments. It is designed to be student-centered, in which students are given time to complete the course at their own pace.

In August 2021, the developers participated in the e-CONDEV 2021 competition. The course has been awarded a gold medal award and was also awarded 'Best Micro-Credential Course under Science and Technology'.



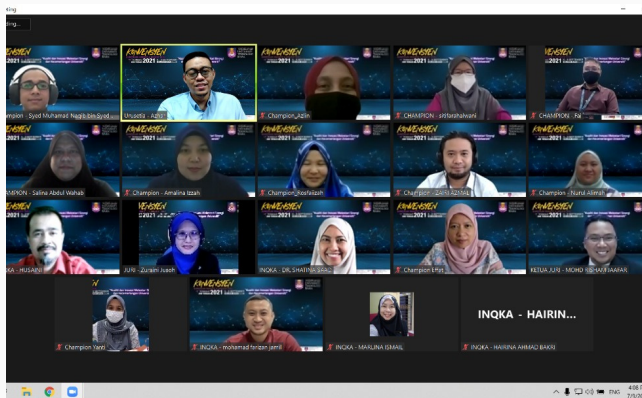
# THE INNOVATIVE AND CREATIVE GROUP CONVENTION 2021



## KIK ZON TENGAH 2021

BY:

AINUL ANUAR ADAM  
QUALITY UNIT



The Innovative and Creative Group Convention is an annual event by The Institute of Quality and Knowledge Advancement (InQKA) to allow faculties, departments, centres, and units within UiTM to showcase their innovative projects and provide incentives and recognition for their efforts. The convention begins at the zone level: Northern Zone, Southern Zone, Eastern Zone, Sabah & Sarawak, and the Middle Zone before proceeding to the UiTM level. The hosting of the zone level began in 2010, with InQKA selecting the host for each zone via the rotation method.

This year, the Faculty of Medicine was honoured to host the event virtually for the Middle Zone of UiTM Shah Alam Campus, Sungai Buloh Campus, Selayang Campus, Puncak Alam Campus, Puncak Perdana Campus, Dengkil Campus, and Hospital UiTM. Our faculty has successfully organized the event from 6th till 8th of September 2021.



Eight groups competed in the event, which was Epsilon, Inversa and Enigma from the Faculty of Applied Science, Inspirasi from the Auxilliary Police Headquarters, i-Team from Tun Abdul Razak Library, Photomedia from the Faculty of Art and Design, Young Blaze from Faculty of Computer Science and Mathematics, and finally, Champion, led by our very own Acting Dean, Professor Dr. Effat Omar with their project called Centralised Examination Result System (CERTS).

Although our faculty was not among the top three in the final standing, we can all be proud of **Champion for receiving the Silver Award and Professor Dr. Effat Omar.**



In addition, they managed to bring home the **Best Female Presenter Award! Congratulations to Champion and Professor Dr. Effat Omar!**

In addition, they managed to bring home the Best Female Presenter Award! Congratulations to Champion and Professor Dr. Effat Omar! The organizing committee members also deserve praise for their hard work and team effort to ensure this event was a success. A job well done to all!





# STUDENTS ACTIVITIES

MED BULL'  
THIRD EDITION



# XANTHRON PLATOLYMPICS 2021

Tokyo Olympics 2020 would be a memorable one as it was the first-ever Olympics that got postponed for a whole year due to a pandemic. However, the sporting spirit remains—big applause to all athletes that had participated. I want to take this moment to congratulate all Malaysian athletes that have done their very best in their respective event and make all Malaysians proud. Throughout the two weeks, we had watched and supported all of our athletes. Therefore, right after the Olympics had ended, we somehow still had this sporting spirit smoldering inside of us. Consequently, we, Xanthronians, decided to make our own Olympics and called it 'Platolympics.'



## PLATO TOURNAMENT

**BY:**

**NUR ASILLA HAZMAN**

**YEAR 1 MEDICAL STUDENT OF BACHELOR OF  
MEDICINE & BACHELOR OF SURGERY UITM**

Xanthron Platolympics 2021 was a 3-day event held on the 13th, 14th, and 15th of August. It was organized by a group of year one students and was led by our head student, Haneef Taqiyuddin. The main platform used throughout the event was discord. Platolympics, in simpler words, are Plato tournaments. Plato is an online game app that is easily accessible with any smartphone. Some of the games offered on Plato include bowling, Table Soccer, Sea Battle, Pool, Ocho, and many more. However, due to lack of manpower, only four games were selected in Xanthron Platolympics 2021: bowling, archery, table soccer, and pool.



The event was organized as stress relief for students while aiming to strengthen the relationship between batchmates who never met each other despite being in the same class for almost a year. The total number of participants, or what I would like to call athletes, was roughly around 30-35. We started around 11 am on the first day and finished the preliminary rounds near 5 pm with breaks in between. Next, quarterfinals and semifinals were held on the second day. The second day was overwhelming as other students joined the discord to support the athletes. Finally, with a lot of excitement, the day ended just around dawn, marking the tournament's second day. The final round for all games begins at 10 am on the third day and finishes right at 1 pm.

On the last day, we had the closing ceremony at 3 pm to announce each game's winner and give out certificates to participants. Even though it was a last-minute plan, we could still carry out this event smoothly thanks to our supportive batchmates. I hope that we will meet each other soon on campus and organize more fun and exciting activities in the future.



# MEDIC GOT TALENT



## SHOWCASING TALENT

BY:

NUR ASILLA HAZMAN  
YEAR 1 MEDICAL STUDENT OF BACHELOR OF  
MEDICINE & BACHELOR OF SURGERY UiTM

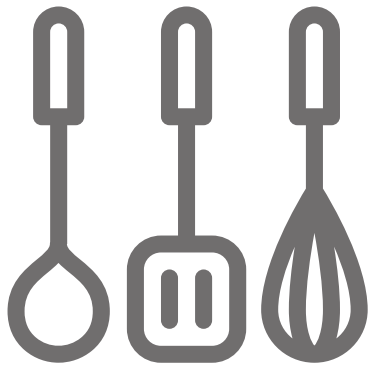


Last month, the Medical Student Association (MESTA) organized a program that served as a platform for students to show off their talents. The eventful program was called 'Medic's Got Talent'. According to their secretary, Muhammad Khairul Ikhwan, the main aim of this program is to invite all students from the Faculty of Medicine UiTM to come forward and showcase their hidden talent without the need to feel shy or being judged.

!! The aim of the program was achieved when everyone who participated did a great job showcasing their talent. !!



Exco diplomatic of MESTA kick-started the program by blasting out posters to all students via WhatsApp and emails. After a whole month of promoting the program, the number of students registering increased day by day. On the 6th of August 2021, the registered participants were assessed to filter any sensitive or inappropriate content made by participants. A total of 8 participants managed to get to the final round broadcast live on YouTube.



The live YouTube broadcast was held on the 27th of August around 8 pm. The program started with doa recitation by our dearest student, Muhammad Nurudden, and continued with an opening speech given by Dr. Muhammad Huzaimi as the program's advisor.

The performance by all participants starts at 8:30 pm. Even though the program was being held online, approximately 900 students watched and supported their friends who participated.

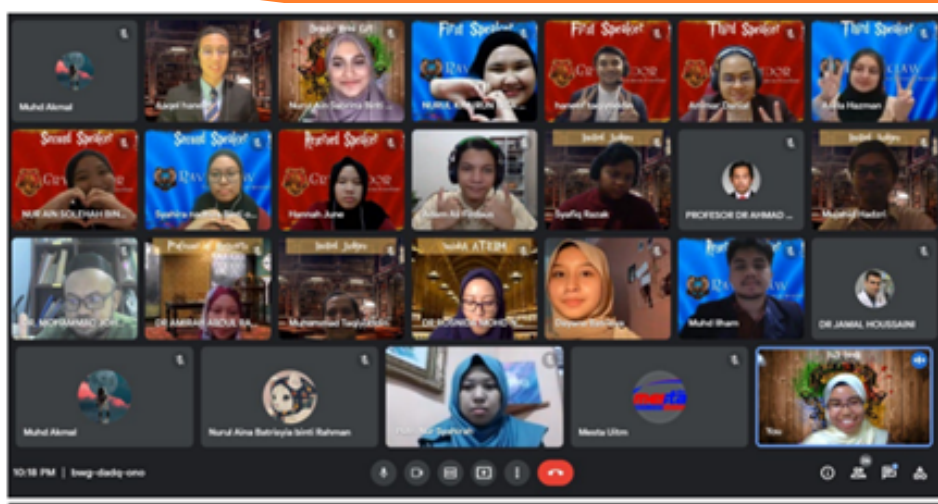
Eager viewers filled the comment section, waiting for more performances. It was nice to see that even though the program was held online, the viewers could still communicate and give out support.

At the end of all the performances, the public/students voted for their favorite performance. The marking system was as follows; the juries gave 60% marks while the other 40% were gathered from public/students through the voting system. The winner was announced a day after through MESTA's Instagram account.

In a nutshell, even though the Diplomatic Exco of MESTA encountered a few setbacks throughout the program, in the end, the program was a successful one, and everyone is looking forward to another joyful program by MESTA.



# ANNUAL INTERBATCH DEBATE CHAMPIONSHIP



# MOST AWAITED PROGRAM

**BY:**  
**NUR ASILLA HAZMAN**  
**YEAR 1 MEDICAL STUDENT OF BACHELOR OF**  
**MEDICINE & BACHELOR OF SURGERY UITM**

After being delayed for almost two months, the most awaited program finally took place in July 2021. The Annual Interbatch Debate Championship (IBD) was held for three consecutive weeks and ended on the 30th of July. The program was organized by the Exco Diplomatic of Medical Student Association (MESTA). The theme for this year's Interbatch Debate Championship was Harry Potter, and each group was named after the 4 Harry Potter houses Gryffindor, Ravenclaw, Hufflepuff, and Slytherin.

Initially, the program was set to convene in January 2021, but the date of the program was moved forward due to busy schedules and overlapping classes/ exams.

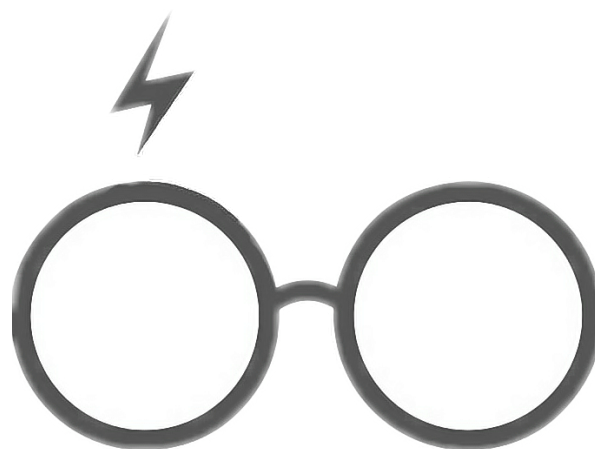
The program's main objectives include producing scholars who can think rationally, intellectually, and critically. The program also aims to increase students' ability to converse in English fluently and encourage students to voice their opinions in a proper manner. The debate was broadcast live on YouTube for every round. Students from preclinical years came by and watched the debate and filled the comments section supporting their group of choice.



On the 12th of July, the opening ceremony and the first round of the debate were held, and it was being broadcast live on MESTAR's YouTube channel. The second and third rounds were held on the 14th and 16th, respectively. A week later, on the 29th, the semifinal round took place. This round was where Gryffindor went against Slytherin for the second time to determine who would go to the finals. On the 30th, the most anticipated round of all, the final round took place. The two groups that managed to get into the final round were Gryffindor and Ravenclaw. At the end of the night, Ravenclaw was crowned the winner of this year's Interbatch Debate Championship.



As one of the debaters, I would say that the motion given out was a pretty challenging but fascinating topic to be discussed. As for me personally, the two most challenging motions would be "this house believes that the organ donation system in Malaysia should be changed to an opt-out system" and "this house believes that the contract system for the juniors doctor should remain."



Last but not least, in conclusion, this 5th Interbatch Debate Championship was a successful one despite a few hiccups along the way. According to the committee members, even though the number of participants was unpleasant as they were hoping for more students to join, they were glad that everyone did well and that no sensitive issue arose. They also wish that more students will be able to join the next Interbatch Debate Championship.