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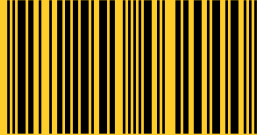
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# EDITOR'S NOTE

CORPORATE COMMUNICATION UNIT



Welcome to the third edition of Med Bull' for the year 2022. As we are slowly phasing back to the post Covid era, more activities and programs were able to be conducted face to face. In this issue, we will be bringing everyone to some of the best highlights that occurred during the third quarter of the year at our faculty. We sincerely hope you'll enjoy this edition and if you have any news that you would like to share with faculty members, do send them to us. Thank you!

*EDITOR-IN-CHIEF*  
**DR. NUR FAIZAH ALI**





# FACULTY ACTIVITIES





# MINI HEALTH CARNIVAL

**DR MUHAMMAD ABBAS MOHD FIRDAUS,  
DR ABDUL HADI BIN MOHD ZUKI,  
DR MOHAMMAD SYAFIQ BIN HASSAN & DR CHEN XIN WEE  
DEPARTMENT OF PUBLIC HEALTH MEDICINE**



On 21 August 2022, in collaboration with Majlis Perwakilan Penduduk (MPP) Zon 15, Majlis Bandaraya Shah Alam (MBSA), a Mini Health Carnival program was successfully conducted by 54 fourth-year UiTM Bachelor of Medicine students undergoing the posting of Population Health and Preventive Medicine to promote health to the community. The program took place in the MBSA Hall, Kampung Sungai Kandis, Seksyen 36, Shah Alam, Selangor. This carnival, themed 'Kurang Gula Hidup Bahagia', aimed to raise awareness and educate the community about non-communicable diseases such as Type 2 diabetes mellitus, high blood pressure, and dyslipidemia.



Various booths were set up during the carnival that managed to attract the attention of the local population to understand the topic of non-communicable diseases. A special talk session was shared by Dr. Khasnur Abd Malek, a Consultant Family Medicine Specialist from the Department of Primary Care Medicine, Faculty of Medicine UiTM.

Meanwhile, health screening booths were also offered for the participants. The health screening booths were assisted by the first year Public Health Doctorate students. A cardiopulmonary resuscitation education session aimed at giving exposure to the initial steps during an emergency was also held. To encourage the participation of children, various competitions were arranged to brighten up the atmosphere of this carnival which had received such a positive response.

Special thanks to the leaders and residents of Kampung Sungai Kandis who gave tremendous and good cooperation throughout the carnival program. Our deepest appreciation and gratitude to the Department of Public Health Medicine, the fourth-year UiTM Bachelor of Medicine students who worked hard to ensure that the program ran efficiently and achieved the objectives of the carnival.





# MEDICAL MOBILE CLINIC BUS

**ASSOCIATE PROFESSOR DR. FARNAZA ARIFFIN**  
**FAMILY MEDICINE SPECIALIST**  
**DEPARTMENT OF PRIMARY CARE MEDICINE**



On 27th September 2022, the Faculty of Medicine UiTM was officially handed a medical mobile clinic bus in a prestigious ceremony attended by delegates from the Noah Foundation, Faculty of Medicine and Faculty of Dentistry UiTM, local leaders, and Kluang district health authorities, Ministry of Health. The ceremony was officiated by the 'Yang Amat Berhormat, Menteri Besar Johor', Dato' Onn Hafiz. The delegates from the Faculty of Medicine included the Dean, Associate Prof Dr. Fazah Akhtar Hanapiah, following with our ex-Dean, Hospital Al-Sultan Abdullah Deputy Director, Deputy Dean ICAN, the members of mobile clinic services committee, the heads of the department for Primary Care Medicine and Public Health, the faculty administrative and the corporate communication coordinator,





The medical mobile clinic donation by the Noah Foundation to the Faculty of Medicine, UiTM. Noah Foundation was established by the family of the late, Mohamad Noah Omar, who was born in Muar, Johor.

UiTM was built upon the foundation of RIDA (Rural and Industrial Development Authority) a training center inspired by the late, Dato' Onn Jaafar, father of Tun Hussein Onn. Thus, Noah Foundation has a strong affinity towards the Faculty of Medicine, UiTM, and its principles and values to provide quality education and accessible health care services to rural and B40 communities.

This medical mobile clinic is intended to serve the local villages and rural areas in Machap, Sembrong, and Layang-layang, Johor, to provide basic clinical services for the needs of the people such as treatment for minor ailments, infectious diseases, skin problems, minor surgery, health screening, and counseling.



# INFLUENCE TO INSPIRE (I2I) A DIABETES PEER SUPPORT PROGRAM

**DR FATIMAH ZAHERAH MOHAMED SHAH**  
**ENDOCRINE UNIT**  
**DEPARTMENT OF MEDICINE**



Influence to Inspire is a patient-centric initiative organized by UiTM Endocrine Team in collaboration with the Malaysia Diabetes Association and was first hosted on the Faculty of Medicine Sungai Buloh campus from February to May 2022. It is a novel peer-support program for diabetes patients aimed to provide empowerment in long-term diabetes management. Recognizing the fact that patients with chronic diseases may be more receptive to knowledge sharing among their peers, this program is designed as an education module for selected diabetes patients, termed 'influencers', who will be able to influence their targeted social members in providing support and guidance towards achieving optimum diabetes care and providing comprehensive knowledge to the influencer regarding diabetes and its complications. UiTM will be pioneering this program, by training the first batch of seven influencers, with the long-term aim of nationwide involvement.

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This program was divided into five main modules, each covering the aspects of diabetes, delivered in half-day sessions spaced two to three weeks apart. This training program was conducted engagingly with lecture sessions interspersed with group discussions, hands-on experience, and entertaining games. Patient and caregiver information booklets were also produced for better knowledge dissemination. The trainers included UiTM Endocrine team members consisting of endocrine specialists and diabetic educators (DE), as well as a psychologist, rehabilitation doctor, dietitian, and nutritionist.

The first module opened with an introduction to the peer-support program by the program director, followed by experience-sharing by the influencers and an outline of motivational skills by the psychologist. The second module consisted of a more in-depth lecture on a talk from DE on insulin handling, and accompanied by hands-on experience with insulin use and familiarity with different types of insulin."

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Next module concentrated on diabetic complications about the microvascular and macrovascular complications of diabetes-mellitus. It comes with a discussion and experience-sharing. The fourth module was on diabetes and food, mainly anchored by the dietitian and nutritionist, helped by DE. The fifth and final module started with a virtual tour of the UiTM hemodialysis unit and the rehabilitation-suite, to illustrate the impact of certain diabetic complications on lifestyle.

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# PROUD USSA COMMITTEE BSSC UKM 2022

**REBECCA SALLY R AMANDUS**  
**USSA CLUB**



UiTM Student Society Association once again made UiTM a proud university by getting first place in the Basic Surgical Skills Competition organized by Universiti Kebangsaan Malaysia (UKM) on 19 March 2022 took place at ASSC, HUKM, Cheras, Kuala Lumpur. The competition consists of four qualifying rounds and one final round. In each qualifying round, there are about 30 participants. The USSA organization was able to send 12 medical students to the competition and was fully sponsored by UiTM. The USSA committee would like to thank HEP UiTM for supporting this program. Not forgetting Dr. Nora Julianna Osman, USSA Advisor for the moral support and passion to guide the UiTM participants from the beginning until the end of the program. The USSA organization would like to thank the USSA committee for handling the program with success. This competition was not only participated by UiTM medical students but also medical students from various universities in Malaysia such as MAHSA, USM, UKM and many more.



This competition consists mainly of two rounds, the qualifying round, and the final round. In the qualifying round, few requirements are being observed in participants to be qualified participants for the final round. In the final round, the selected participants from the qualifying heat round will compete with each other. USSA organization has submitted 12 medical students representing UiTM Kampus Sg Buloh for the competition. The students are Ahmad Muaz bin Ahmad Mahreez, Aqmarul Eidlan Bin Ismail, Robiyatul Atifah Binti Mohd Rohimi, Syahidah Adilah Binti Mohd Nizam, Afifah Binti Mohd Zabidi, Sam Marshall Samy Willie, Fazrul Aiman Bin Fadzil, Darrel Noel Lazarus, Mohamad Luqman Bin Mohamad Alawi, Amir Fikri Bin Mohamed Nawi, Nur Izzati Binti Hazizi and Munirah Adilah Binti Mohd Nizam. The participants are from Year 1 to Year 5.

On 26 May 2022, the organizer of the Basic Surgical Skill UKM 2022 finally announced the result of the winners and first place goes to Fazrul Aiman Bin Fadzil, the fifth-year of a medical student at UiTM Kampus Sg Buloh. The USSA organization would like to take this opportunity to congratulate Fazrul Aiman for winning first place in the competition.



This competition is open mainly to clinical students Year 3 until Year 5 but we do send a few preclinical students to provide early exposure to basic surgical skills to build confidence and care for their patient and to create a passion for being a surgeon in future

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# PROGRAM KOMUNITI JOM SIHAT JULAI: 2022 SARINGAN KESIHATAN AWAL “AMBIL TAHU, JANGAN TUNGGU!”

**DR. LINA LOHSHINI KANOO**  
**DEPARTMENT OF PRIMARY CARE MEDICINE**

The month of July 2022, saw the Department of Primary Care Medicine, HUiTM Sungai Buloh in collaboration with the Faculty of Medicine, UiTM Sg Buloh campus spring into its annual PROGRAM KOMUNITI JOM SIHAT JULAI drive. The theme of early health screening, SARINGAN KESIHATAN AWAL “AMBIL TAHU, JANGAN TUNGGU!” could not have been more apt in 2022, being in line with the Ministry of Health’s urge for a post-pandemic reboot in the annual non-communicable disease (NCD) screening.





Health screening is a process of identifying healthy people who may be at risk for a disease or condition. The purpose of primary care is to offer information, further tests, and a timely pathway to treatment. With early health screening, comes the golden opportunity of early intervention and improved disease outcomes as opposed to late detection. Early intervention further translates into improved cost-effectiveness in health care.

Target audiences varied from UiTM staff and the general public. Viewers were invited to post questions to the speakers for discussion after every weekly topic. The webinar covering subjects such as diabetes and hypertension risks and assessments, obesity and weight management, cervical cancer screening, breast cancer, and colorectal cancer screenings available at primary health care facilities.



# COMMUNITY PROGRAM: WARGA BERILMU DAN SIHAT DI USIA EMAS (WISE)

**DR KHAIRATUL NAINY BT KAMARUDDIN**  
**DEPARTMENT OF PRIMARY CARE MEDICINE**



On 12th Jun 2022 and 26th Jun 2022, WISE' program initiated by the Primary Care Medicine in collaboration with ICAN, Dentabay Dental Clinic, and Pusat Aktiviti Warga Emas (PAWE) held at the Dewan Pinang. This program to help the elderly community to achieve this successful and healthy aging. 'WISE'. This program educates and create awareness among the elderly community in Selangor's urban and sub-urban areas about chronic diseases, frailty, and healthy lifestyle. It started with careful planning by the team members, headed by Dr. Nafiza Mat Nasir as the program director. We gathered a total of 60 participants from various socioeconomic backgrounds.





Among the activities were lecturing about healthy aging by the family medicine specialist, a talk on oral and dental hygiene by dentists from Dentabay Clinic, exercise sessions led by an instructor from PAWE, cognitive games by clinical psychologists, and health and dental screenings. Apart from the standard anthropometry measurement, blood glucose, and blood pressure check, we also did cognitive screening and assessment of the participants' lower extremity function, mobility, and fall risk. One-to-one counseling was given by the family medicine specialists and allied health staff.

# SOUTH EAST ASIA UiTM & DIVERSATEK MOTILITY WORKSHOP 2022

**DR RAFIZ ABDUL RANI**  
**DEPARTMENT OF MEDICINE**



The inaugural South East Asia UiTM & Diversatek Motility Workshop was successfully conducted on the 14 and 15 July 2022. Our first international workshop sees participants from Vietnam, Philippines, Sri Lanka, and Mongolia and our local participants converging for a two-day course in consolidating the fundamentals and updates on GI Motility. The workshop was designed to suit beginners and those seeking updated knowledge in oesophageal motility testing. Particular to the course were the live demo cases of manometry and pH Impedance, as well as the hands-on tutorials on the zVu software, utilizing the latest Chicago 4.0 Classification. Highlights were the live case sessions and live analysis and interpretation of motility cases



Among the lectures were oesophageal anatomy and function, the Chicago classification, overview of motility disorders, reflux analysis, and GERD diagnosis and management which provides an insight into the whole spectrum of oesophageal motility disorders.

The event, which was endorsed by the Malaysian Society of Gastroenterology and Hepatology (MSGH), was honored by the presence of MSGH President himself, Y.Bhg Prof Dr. Lee Yeong Yeh, who was the guest of honor and eminent speaker, being a well-known and respected expert in the international motility fraternity.

Hands-on zVu Advance Diagnostic GI software was conducted at the computer lab of Perpustakaan Tun Abdul Razak (PTAR) with the live cases being held at the simulation ward. Participants were also brought on a tour of the Endoscopy Unit, detailing the day-to-day operations, allowing networking and sharing of future aspirations.





# STUDENT ACTIVITIES





# GLIMPSE OF GREENERY (GOG)

**ABDULLAH SHAKIRIN BIN ZAINUDEN**  
**PRESIDENT OF HARMONI CLUB**



On 15 July to 19 August 2022, Glimpse of Greenery (GOG) is a green practices program that aims to raise funds. This program was attended by 20 people consists of students and staff of the UiTM Sungai Buloh campus. The activities was Recycling Synergy, Succulent Breeze, Green Habits Explained and A Walk to Plog. GOG program have opened up opportunities for the organizers and participants to develop efforts and protect the environment. However, we can implement more greeneries program to reduce the number of toxins released into the atmosphere and keep the world protected.



# SPORT ANTHEM

**MUHAMMAD NURUDDEEN BIN MOHD HISHAM**  
**PRESIDENT OF MESTA CLUB**



Sport Anthem is a sports festival that is held every year and open to all UiTM medical students from Year 1 to 5. During this year, Sport Anthem was held from July 25 to 19 July 2022. This program is one of the annual programs that gives students the opportunity medicine to socialize and strengthen friendly relations between batches. Every year, medical students will show their sports talent by representing their batch in inter-batch matches. In the end, there will be the best batch champion who collects the highest winning score.