

# MED BULL'

FACULTY OF MEDICINE

NO.1/2023



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# EDITOR'S NOTE



Assalamualaikum wbt & Greetings to all!

Welcome to the first edition of Med Bull' for the year 2023.

May the New Year 2023 bring you happiness, peace, and prosperity.

We'll be introducing everyone to some of our faculty's best programme of the year in this issue. We truly hope you will like this issue, and if you have any news to share with the faculty, please do so by sending it to us. Many thanks!

**EDITOR-IN-CHIEF**  
*Dr. Nur Faizah Ali*

# STAFF ACTIVITIES



# INSULIN WORKSHOP

## FOR HEALTH CARE PRACTITIONERS

Dr Fatimah Zaherah Mohamed Shah  
*Endocrine Unit, Department of Medicine*

A workshop was designed focusing on updating and educating diabetic educators, dietitians, pharmacists, and junior medical officers on insulin use. This workshop, organized by Endocrine team UiTM, was held at Hospital Al-Sultan Abdullah UiTM Puncak Alam, in conjunction with World Diabetes Day was well attended by over 80 participants consisting of healthcare practitioners from the nearby health clinics and hospitals.

The event started with 2 consecutive lectures delivered by the resident endocrinologists, the first was an overview of insulin use and indications, as well as on types of insulin and its administration, whereas the second was on blood sugar monitoring with targets for control, followed by a question and answer session. This was then followed by a presentation by the dietitian on a diabetic diet, glycaemic excursions with certain foods, and some basic principles of carbohydrate counting, paired with quizzes.



The diabetic educator was next with an informative talk on addressing barriers and complications of insulin therapy. A slogan-creating competition was announced, for participants to form creative and inspired slogans about this program.

The next event was a breakout session with a case-based discussion workshop. Participants were divided into 10 groups with seven to nine members, and each group was given an interesting clinical case to discuss and resolve. Cases ranged from storage and transport of insulin, approach and management of hypoglycemia, to titration of insulin to lifestyle and during fasting. There was spirited involvement by the participants, with each group presenting their discussion and conclusion. The morning session ended with a wrap-up, and prize-giving to the best slogan created, coined: "Treat the sweetness, to have a sweet, happy life".



The attendees then had the opportunity to visit the booths for more information on diabetes management and to participate in some games. They also had a chance to discuss any challenging cases with the doctors or diabetic educators at the booth. The special feature of this workshop started in the afternoon session, which was a course on 'Approach to Diabetic Foot'. This course was a collaboration between the UiTM endocrine unit and rehabilitation unit and consisted of introductory lectures and hands-on experience.

# 'CEGAH 3 SERANGKAI SEBELUM BERANGKAI' HEALTH FEST POST-COVID-19 PANDEMIC

**Dr. Chen Xin Wee, Dr. Aimi Nadira Mat Ruzlin, Dr. Nurul Syaireen A Rashid,  
Dr. Siti Ramizah Ramli, Dr. Noraini Mohd Saad, Assoc. Prof. Dr Mariam Mohamad  
Public Health Unit, Department of Medicine**

The UiTM Health Fest 2023 with the theme 'Cegah 3 Serangkai Sebelum Berangkai' was held on the 20th of August 2022 in Dewan Teratai, Seksyen 19 in Shah Alam and attended by more than 150 community participants. The carnival was coordinated by fourth-year medical students from the Faculty of Medicine, UiTM Sungai Buloh in collaboration with Majlis Perwakilan Penduduk Zon 7 and Majlis Bandaraya Shah Alam (MBSA).



The carnival was officiated by Assoc. Prof. Dr. Effat Binti Omar (Deputy Dean Academic, Faculty of Medicine UiTM) and Tuan Hj Jamil (Head of Majlis Persatuan Penduduk Zon 7, Shah Alam). Also in present, Tuan Ahmad Syahid Bin Samsijan (Representative of Majlis Bandaraya Shah Alam), Assoc. Prof. Dr Mariam binti Mohamad (Head of Department Public Health Medicine, Faculty of Medicine), Assoc. Prof. Dr Ahmad Taufik Jamil (Year 4 PHPM posting Coordinator), and Nor Aidil Adha bin Abdullah Sani (Health Program Director).

Besides health education and exhibition, free basic health screening with consultation, quizzes, and mini-games were also included in the carnival. There was a variety of mini-game booths for kids such as coloring contests, jump rope, congkak, and dam aji, as well as outdoor traditional sports such as Tarik upih and bowling kelapa. There was also a health forum on "Cegah 3 Serangkai Sebelum Berangkai" with invited panelists: Dr. Zahir Izuan Azhar (Public Health Medicine Specialist), Sir Nazrul Hadi Ismail (Dietician and Nutritionist), and Tuan Hj Rahman (representative of the community group).



Through the carnival, the community obtained knowledge about the risk factors that contribute to hypertension, diabetes mellitus, hypercholesterolemia, and NCDs complications such as heart disease and chronic kidney disease, as well as gained insight and awareness regarding a better lifestyle to avoid NCDs complications. The students also showed a cooking demonstration on healthy meals and illustrated the "suku-suku separuh" healthy eating as the Ministry of Health recommended. The lucky draw and prizes-giving ceremony were held towards the end of the carnival.

# GERIATRICS UNIT

## 2022 ACTIVITIES

Dr. Noor Azleen Ahmad Tarmizi  
*Geriatric Unit, Department of Medicine*



The year 2022 has been great for the Geriatric Unit in Medical Faculty UiTM and Hospital Al-Sultan Abdullah (HASA). We have also celebrated our first 'International Day of Older Persons (IDOP) in HASA. IDOP is a special day celebrated worldwide. The United Nations General Assembly designated 1 October the International Day of Older Persons. We take the opportunity during the week to highlight the services that we provide, and also to highlight the care needs of the older person. Dr. Zaquan also was welcomed to share a talk on how to remain active and well as we age at our local 'surau' in HASA.

We continued to celebrate IDOP with another event in collaboration with Geriatric Unit Hospital Selayang on 21st October 2022. Assoc. Prof. Dr. Fazah Akhtar Hanapiah officiated the event. In addition, we organized a 3D in Geriatrics (Dementia, Delerium, and Depression) on 31st October 2022. This event was collaboration with our colleagues in Hospital Selayang. We are grateful for the past year. Hopefully, 2023 will bring more joy and success for the Geriatric Unit and all in the Medical Faculty.

# PROBLEM-BASED LEARNING (PBL) FACILITATOR TRAINING WORKSHOP

Mohamad Asyraf Bin Mohamad Nor Johari

*Department of Medical Education*

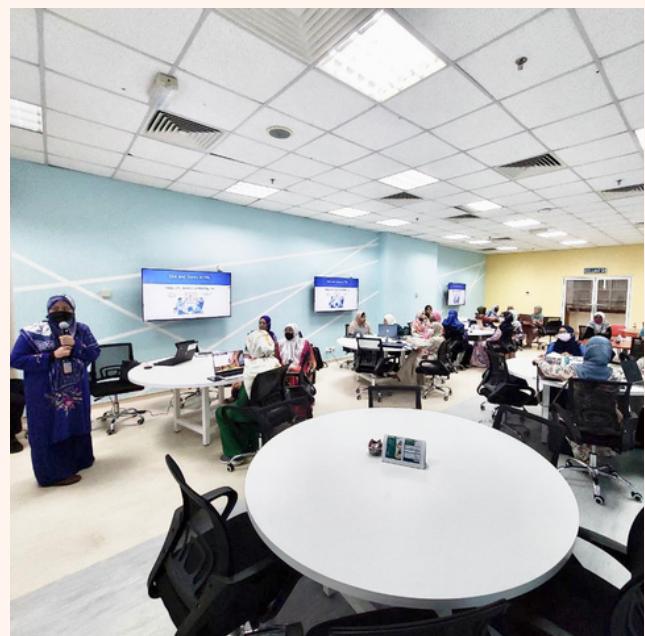
On the 8th of February 2023, the Department of Medical Education (DoME) successfully conducted a PBL Facilitator Training Workshop which was held in the Smart Classroom. The workshop was attended by 37 PBL facilitators. The workshop aims to coach the facilitators on the correct way of facilitating PBL sessions.

The workshop was divided into three main sessions. The first session covers the DOs and DON'Ts of PBL, given by a very experienced speaker on this topic, Prof. Dr. Musalmah Mazlan. In this lecture, the attendees were taught the roles of a facilitator, and things a facilitator must avoid doing while overseeing a PBL session. The second session is a hands-on session on how to do a concept map. The attendees were first given a short briefing by Prof. Musalmah and then they were divided into smaller groups of 6.



The attendees were tasked to construct a concept map on a topic of their choosing. After about an hour of constructing the concept map, each group presented its concept map. The concept maps were commented on by Prof. Musalmah and each group was given feedback on how to improve them.

After the lunch break, the workshop continued with the final session which covers feedback in PBL. This session was given by Dr. Mohammad Arif Kamarudin, an invited speaker from the Department of Medical Education, Universiti Kebangsaan Malaysia. As feedback is an important component of PBL, the attendees were enlightened about the types of feedback during and after PBL.



Feedback will only be beneficial and constructive if done correctly, and this has been the main point of the lecture. All the attendees agree that the workshop has been useful and managed to boost their understanding on becoming an effective PBL facilitator. DoME will have this workshop as an annual event so that more facilitators will be trained.



# THE ORTHOPAEDIC FAMILY DAY 2023

## OUR STRENGTH LIES IN OUR UNITY!

Dr Mohamed Faizal bin Sikkandar

*Department of Orthopedic and Traumatology*

On a sunny Saturday of 21st January 2023, the Department of Orthopedic and Traumatology UiTM held its inaugural Family Day Event in Kuala Selangor Cabin Camp (KSCC), Jeram, Selangor. The first-ever large-scale family event organized by the department for its members, supporting staff and doctors convened together in unison to celebrate the event.



Preparation for the event began many months prior, which included T-shirt designing, arrangement of the venue and itineraries for the event, scouting out sponsors as well as in procuring door gifts and lucky draw prizes. It is truly easier to perform the most difficult of orthopedic surgeries than to plan an event at this scale. Staff and their family members were charged a nominal fee and the remaining budget for the event was from generousities of individual benefactors, as well as smart-partnership procurement from implant companies and surgical vendors. A small profit was even made along the way.

The KSCC is also known as the Kuala Selangor Rainbow Village, and this venue houses not only camps for visitors but also has a serene outdoor ambiance to it, complete with a mini zoo that houses animals such as geese, goats, monkeys, ostriches, and many more. KSCC is approximately a 20-minute drive from Hospital Al-Sultan Abdullah, Puncak Alam.

The family day program kicked off in the morning, as the department members came in with their families and proceeded with registration. After obtaining their lucky draw, members convened for breakfast and refreshment which was provided. In the morning, all participants went into the event hall to start the program.



The program started with some prayer recitation, following which the Head of the Department officiated the event. Many of the events and games were conducted in the enclosed hall, as it was raining outside. It was truly a fruitful event. In the presence of loved ones, and having lots of fun. At the end of the half-day Family Day program, though exhausted, everyone enjoyed themselves and expressed intentions for more such programs in the future.

# **MEMORANDUM OF UNDERSTANDING BETWEEN UNIVERSITI TEKNOLOGI MARA AND UNIVERSITAS JENDERAL ACHMAD YANI INDONESIA**

**Assoc. Prof. Dr. Mohd Amin Mohd Mokhtar**  
*Emergency Department of Faculty of Medicine*

On the 2nd of March 2023, The Faculty of Medicine, Universiti Teknologi MARA (UiTM), and the Universitas Jenderal Achmad Yani (UNJANI) signed the Memorandum of Understanding (MoU) on cooperation in the field of learning, research and publication. UiTM was represented by the Vice Chancellor, Professor Datuk Ts. Dr Hajah Roziah Mohd Janor while the witness was Professor Dr Fazah Akhtar Hanapiah, the Dean of Faculty of Medicine UiTM.

The signing ceremony was held in Canselari Tuanku Syed Sirajuddin, UiTM Shah Alam. Through the MoU signing between both universities, UiTM is one step closer to mapping the university in the eyes of the world and transforming UiTM into a globally renowned university in 2025. Through the Memorandum of Understanding signing between both universities, UiTM is one step closer to mapping the university in the eyes of the world and transforming UiTM into a globally renowned university in 2025.



# STUDENT ACTIVITIES



# **SUKAN ANTARA FAKULTI (SAF) 2023**

## **"GOOD-HEALTH AND WELLBEING"**

**Wan Mohamad Aizat bin Wan Zulkipli**

***Office of Student Affairs, Faculty of Medicine***

On the 22nd March 2023, Kejohanan Sukan antara Fakulti (SAF) 2023 is returning to shine physically after it was held in 2019 as a result of the Covid-19 Pandemic that hit the country. SAF 2023 was held at UiTM Shah Alam Stadium. The closing ceremony was completed by YBhg. Professor Datuk Dr. Hajah Roziah Mohd Janor, UiTM Vice-Chancellor. UiTM Shah Alam has invited all faculties from UiTM Selangor Branch, Puncak Alam Campus, Puncak Perdana campus, Dengkil campus, and Sungai Buloh campus to make the tournament livelier.



The SAF tournament starts on 6 January to 21 January 2023 at UiTM Shah Alam. A total of 6,959 athletes and officials and volunteers from 17 faculties of UiTM Shah Alam and UiTM Selangor branch were involved in the competition. UiTM is always sensitive to the needs of students in ensuring that UiTM students are always active and fit, as well as reviving the "Sporting Campus" atmosphere through the organization of the 2023 SAF Championship.

A total of 22 sports events were contested such as Rugby, Soccer, Volleyball, Badminton, Handball, Ping Pong, Softball, Chess, Field Bowling, Basketball, Aerobics, Petanque, Ultras, Sepak Takraw, Tennis, Archery, Orienteering, E-Sports. The Faculty of Medicine also did not miss out on participating in SAF 2023 which was organized by the Sports Center of the Student Affairs Division of UiTM Shah Alam. The faculty has sent a total of 215 students and an officer to ensure the welfare and safety of the students during the competition. The medical faculty also managed to bring home two (2) bronze medals for the men's basketball and women's aerobics categories.



The tournament organized by the Sports Center of the Student Affairs Division aims to encourage faculty students to participate in campus sports activities, forming a quality, fit, and healthy campus community culture. Identifying new talents that have the potential to be highlighted to represent the university, besides being a university program in support of the third Sustainable Development Goal (SDG), namely "Good Health and Well-being".