



Message from President

Dr Mastura Hj Ismail

FMSA Newsletter 1/2012

Date : 26th May 2012

Assalamualaikum and Salam Sejahtera,

It is interesting that we will be having our 16th FMSA Scientific Meeting soon which is just another few weeks away. I still have the fatigue feeling being one of the organizing committee members of last year meeting in Seremban. By now, I am sure our FMSes in Melaka are already panicky....the same feeling we had this time around last year. I am very proud that FMSA is able to sustain having this annual scientific meeting which is also the main source of income for our association. Each state has take turn to organize this scientific meeting and this will be the first time to be organized in Melaka. Thank you to our Melaka colleagues for taking the challenge and I have no doubt that you will do an excellent job as well. It is honored that our Director General of Health has again agree to officiate the conference!

What make a successful conference? First and foremost, its need committed team players who work very hard to ensure the program will be running smoothly. Each committee members must know their responsibilities and get the tasks done accordingly. Of course the main bulk is preparing good scientific programs that are useful and interesting for different categories of health care providers in primary care; so far I think we have successfully done it every year. As a result, we can see that number of conference participants is increasing every year. We had an unexpected of more than 600 participants last year until we ran out of program book and conference bag! Although everyone was tired but that was really an amazing time with some glitches occurred here and there but that did not affect the conference. I am happy to announce that we had the biggest amount of money collected so far.

The next thing is not to forget the opportunity for participants to exhibit and present their scientific works with opportunity of winning prizes. I urge members to take this opportunity and participate well to share your findings and achievements. Hopefully this conference will become one of important avenue where health care professionals feel proud to present their work in future. Nowadays there are too many conferences all year round and budget for training is limited. I urge everyone to help our colleagues in Melaka to promote this conference to as many people as possible. Please don't forget to register yourself too ! What important is to be there – not only for clinical up-date but opportunity to meet up with new and old friends as well as to support FMSA. There is still time for you to submit for oral or poster presentation since the dateline has been extended



Dr Nazrila and myself attended the Asia Pacific WONCA 2011 in Cebu.

FMSA is collaborating with AFPM for the next WONCA 2014 in Kuching



Now, let's move on to the next important thing which will also take place during the next FMSA Scientific Meeting. We will be having the Annual General Meeting on the first day of the conference and every member is encouraged to be present so that you can participate. Furthermore, we will be having an election again for the new office bearers.

Your vote is important to determine the next office bearers who will continue the activities for FMSA. I really like to see new faces come and join force with senior members to contribute to this fraternity. The task comes with great responsibilities and we need young blood (not to say that I am old!) to contribute better strategies; to elevate family medicine services and welfare of FMS in the country. Malay proverb has stated '*Ringan sama dijinjing dan berat sama dipikul*'; when we are united we can even move the mountain! We do not want those who only warm the chair. I urge whoever interested to come forward and volunteer to be in the next committee.

The FMSA secretariat office at level 5, MMA Building Jalan Pahang has been equipped with simple furniture and I am happy to inform that we have hired one full time staff there. Her name is Puan Nor Asmala, you can contact her through this email address fms_association@yahoo.com or telephone/fax: 03-40400399.

Several FMSA activities have been going on as followings:

- Two Exco meetings since early of this year in February and April
- *Majlis Doa Selamat* at the FMSA Secretariat
- Health screening guideline committees meetings
- Referral guideline committees meetings
- Continuous Professional Development programs
- Meeting with Director General of Health, MOH
- Representation for the national health care system review meetings
- Preparation FMS Guidebook



FMSA collaborate with AFPM for the 3rd APPCR Conference



Majlis Bacaan Yassin dan Doa Selamat

I think we are proud to hear patients and others talk about ‘their FMS.’ It’s with a sense of belonging. FMSes in turn also think of those they care for as ‘their patients.’ We need to develop a good symbiotic system where the FMSes develop a long term knowledge of the person whom they are taking care of, a bond where the patient is more than a bagful of symptoms and is treated as a wholesome person whose background is known and well understood. We need to know all about our patients physical and social aspects at large. This role is well carried out by trained FMSes but in the clinics we have the medical officers whom need to be guided continuously for good clinical practice. In order to lift up primary care, we have to shoulder the responsibilities of training and supervising them. We need to encourage those who want to stay longer to take up training for family medicine. FMSes too must keep yourself up-dated with current knowledge in medicine.

Talking about training, the MOH has entrusted us to take part in training the private GPs inline for the future primary care doctors’ recognition for practice. This is important to meet the expectation of the public and as meet the current advances in this specialty. The MOH has recognized the Diploma Family Medicine (DFM) as a requirement for general practice. The public universities at the moment have not enough capacities to train in high volume. FMSes are invited to be family medicine teachers with Academy of Family Physician and serve as mentors to the DFM/ Advanced Training Program candidates. My appreciation also goes to all FMSes whom have taken their time to gazette the candidates for the National Specialist Registration.

The range of services in health clinics have increased dramatically and it is impossible for the FMSes to carry out the duties without having a good team. The multidisciplinary team have important role to play especially in response to higher expectations from our patients. We need to strive and fight for better services with all the constraint we face along the way. Strong links with secondary care are vital and we need to ensure close liaisons between primary and secondary care on the whole range of issues. We have to be partners in health care management in every practice.

FMSes must look and start to develop new modalities that have clear concepts of the health care system especially for primary care. The patient centered approach i.e involves them in health care and commitment to health, as well the collective respective population experiences will requires strategically designed approaches. Narrow conceptual understanding can pose a threat in sustaining the health care system. Another thing is the current automatic promotion among doctors (up to Grade UD54) somehow may undermine the system because people might be too complacent in the work. Another challenge is the FMSes are no longer in-charged as head of clinic, there might be issues at the ground and this is especially so for the newly qualified/junior FMSes. FMSes need to learn how to adjust themselves well and take up the role as Clinical Head efficiently. Time will come where we will be treated just like the private GPs.

Let us save both our association and our FMSes. The coming proposed national health care reform will be a turning point in the history of medicine in Malaysia. We need to take action now; to fight for our profession and safe guards our patients too. The future family medicine planning should focus on how to achieve a patient-centered multi structured primary care system.

Looking forward for any suggestion and feedback from members and see you all at the coming conference.

Have a nice day.

Dr Mastura Hj ismail
President



One of the 1Care meeting with the GPs at the AFPM



DG visit to KK Seremban 2

