

FIRST EDITION

JULY 2024

BULLETIN

PAHANG FAMILY MEDICINE
SPECIALIST



MYSTICAL
ADVENTURE

NURTURING THE SOUL
A PATH TO SPIRITUAL GROWTH

REACHING THE
UNREACHABLE



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OPENING REMARK

Assalamualaikum warahmatullahi wabarakatuh and Salam Sejahtera.

I am thrilled to be part of this bulletin. With great pride and enthusiasm, Pahang FMS present to you the latest edition of Pahang Family Medicine Specialists Bulletin 2024. This publication serves as a vital platform for sharing insights, updates, and innovations within our field, reflecting our commitment to excellence in patient care and professional development.

Family medicine remains the cornerstone of comprehensive healthcare, addressing the diverse needs of individuals and families across all ages and stages of life. In this bulletin, you will discover a wealth of information. The topics covered not only illustrate comprehensive healthcare but also share activities and practices that go beyond our daily routines.

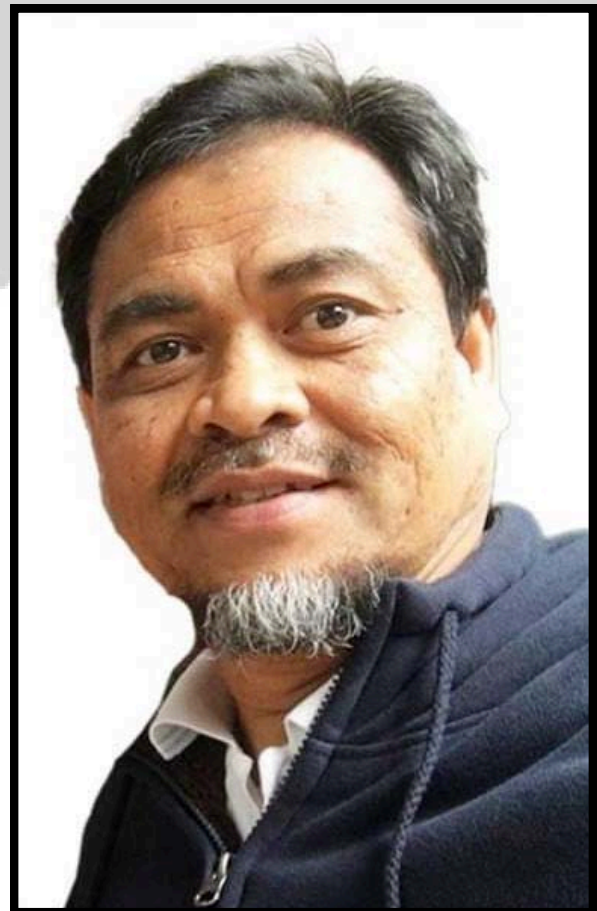
Within these pages, we delve into our experiences serving in both island and highland settings, providing innovative services to 'orang asli', exploring our learning experiences and expressing gratitude for our recently retired colleague.

Finally, I extend my heartfelt thanks to all my FMS colleagues for your dedication and tireless efforts in advancing the health and well-being of our communities, and for collaborating on this wonderful bulletin. Together, we are making a profound impact.

Warm regards,

Wassalamualaikum warahmatullahi
wabarakatuh

DR MOHD DAUD BIN CHE YUSOF
Head of State Family Medicine Specialist
Consultant Family Medicine Specialist
Klinik Kesihatan Beserah



EDITORIAL MEMBERS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Alhamdulillah, we cannot express enough thanks entrusting us with the task of making this bulletin. We offer our sincere appreciation for the learning opportunities provided by our colleague.

Completion of this bulletin could not have been accomplished without the support of all editorial members, Many thanks to all the contributors especially editorial team spending time with the best commitment in making this bulletin come true.

ENJOY
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REACHING THE UNREACHABLE

Managing medical services for the Orang Asli in Lipis district

Writer: Dr Nurnisya Fazam

The health disparities between the Orang Asli and the rest of Malaysians remain in stark contrast on the whole. Orang Asli community is known for their poor maternal health, iron deficiency anemia, malnutrition, and intestinal parasitic infection. While most of the nation has easy access to healthcare in clinics and hospitals, the Orang Asli community in remote interiors faces challenges due to their vast distances from urban healthcare centres.




With its commitment to bridging the healthcare gap and providing crucial services to those living in the heart of the jungle, the Orang Asli Mobile Team (PBOA) Kuala Lipis has managed to weather the storm with the help of a rotating team of healthcare providers. The team consists of medical staff's covering various positions. The team will go from 1 village to another to conduct and provide health services which include maternal and child health, outpatient, non communicable and communicable disease services. Every trip into the Orang Asli settlement includes carrying medical supplies, vaccines, equipment, and treatment cards. Each mobile clinic operation could last for five days and four nights. The localities visited include 30 indigenous villages from Pos Lenjang, Pos Titom and Pos Sinderut.



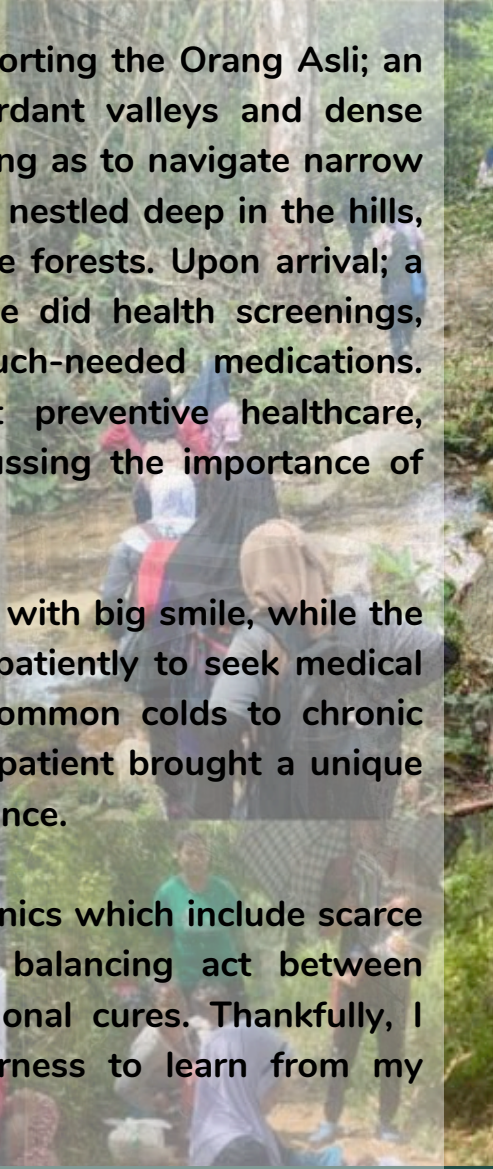
Initially uncertain of the unit's role, working here as a family medicine specialist in Lipis district, I have come to understand the vital work of mobile healthcare teams reaching remote areas. Managing complex and interesting medical conditions, accepting the challenges they bring had gained me unique experiences, all of which with the hope to improve Orang Asli's health with limited access to healthcare. The clinical exposure here is unique and the responsibilities you're given as a family medicine specialist make you feel valued as part of the team while still being supported.

GAZETTING IN CAMERON HIGHLAND

WRITER: DR WAN FATIMAH



In the heart of Cameron Highlands, where emerald tea plantations meet the misty skies, a place that never had I imagined to be my gazettement posting. The excitement is different as this is my new medical journey and a chance to gain experiences.



There are few outreach programs had been done for supporting the Orang Asli; an indigenous tribe whose ancestral lands spanned the verdant valleys and dense forests of the highlands. The journey began as early morning as to navigate narrow and winding roads that led to isolated villages. The village nestled deep in the hills, accessible only by footpath that meandered through dense forests. Upon arrival; a mobile clinic set up in the village community center. We did health screenings, administer treatments, and provide them with the much-needed medications. Besides, we never forgot to educate villagers about preventive healthcare, demonstrating proper handwashing techniques and discussing the importance of balanced diets.

One poignant moment, the youngsters always welcome us with big smile, while the elderly folk and the mothers cradling infants will line up patiently to seek medical attention. There were a wide range of ailments; from common colds to chronic conditions exacerbated by the high-altitude climate. Each patient brought a unique story, their lives intertwined with the rhythms of rural existence.

Apart from that, there are difficulties faced by suburban clinics which include scarce resources, communication difficulties, and the delicate balancing act between contemporary medical care and community-valued traditional cures. Thankfully, I dealt with these challenges with humility and an eagerness to learn from my superior.

In conclusion, their smiles and heartfelt thanks echoed through the misty air washed away the tiredness of medical team and their determination remain steadfast. The goal of providing healthcare to those who need it had been accomplish and brought a tangible difference in these people lives. I am feeling grateful with the experience of serving this Highland's diverse community.

DELIVERING QUALITY HEALTHCARE IN IDYLIC TIOMAN ISLAND

Overcoming Geographical Challenges and Enhancing Services

Writer: Dr. Tan Kui Fong, Dr. Sajidahyusrina Zaimi

Tioman Island, located off the east coast of Peninsular Malaysia, is a serene and picturesque tourist destination known for its stunning beaches and crystal-clear waters. The estimated population in Tioman Island is about 3700 people while they receive around 250,000 tourist per year. There are a few health facilities in Tioman Island which cater the health needs of the locals and tourist where Klinik Kesihatan Tekek as the main health clinic and supplemented with 3 other Klinik Desa such as Klinik Desa Juara, Klinik Desa Genting and Klinik Desa Mukut. Among all these Klinik Desa, the only clinic which is reachable by road using a four-wheel drive is Klinik Desa Juara. Meanwhile, the other clinics can only be reached by speed boat.



To ensure accessible healthcare to all populations in Tioman Island, visits to Klinik Desa and home visits are done every one to two monthly. These visits are usually led by Medical Officers, followed by his team of paramedics and pharmacists. On/off, a visiting Family Medicine Specialist will join this visiting clinic when there is indication arises. Thankfully, our community health nurses have established excellent rapport with the community and shown highest dedication in serving the community of inner part of Tioman Island.



The past year has seen advancement in improving available health service in Klinik Kesihatan Tekek. For example, the Alternative Birth Centre has been upgraded to accommodate low risk mothers to give birth in Tioman itself. This is in line with Pahang State Government's vision in increasing deliveries in Tioman Island. Besides the addition of equipments and training of staffs, regular visit by Family Medicine Specialist has been scheduled to ensure the best of care given to people in Tioman Island. Hence, a rotation among FMSes in Rompin district has been made for visiting clinic in Tioman Island.

Nevertheless, being an Island in East coast poses a great obstacle in providing optimum healthcare whereby the monsoon season greatly affect the movement of staffs and patients. An emergency case at night may need to be stabilized and managed in the island itself until the waves calm down and transportation such as ambulance boat or even a helicopter is available. Thankfully cooperation with Medevac team has been enhanced to improve the transfer of patients. Besides, with the availability of online virtual consultation has enabled multidisciplinary shared care of patients.



To be able to work in a touristy beautiful Tioman Island is a unique experience that a Family Medicine Specialist would treasure. Despite the geographical and weather challenges, Klinik Kesihatan Tekek is well equipped with skillful staffs and facilities. The staffs have strong bond among each other and the community too, which ease the hardship of working in an Island, remote from other specialities. In the future, we look forward to better transportation services from Island to the mainland for the benefit of our people.



NUSANTARA IBADAH CAMP



Nurturing the Soul, A Path to Spiritual Growth for LGBT Community

Writer: Dr Mohd Zhafri Mohd Razib

An aspect like the spiritual needs of transgender and other LGBT communities is often overlooked, thus 'Nusantara Ibadah Camp; stands out as a beacon of hope and transformation for them. This innovative program has been ongoing since 2012, year after year, with the most recent one in September 2023 held for 4 days at Malaysia Agricultural Research and Development (Mardi), Tanah Rata, Cameron Highland. The program was able to gather up to almost 134 registered participants.



Led by Prof. Samsul bin Draman and supported by other IIUM lecturers and medical students, the Gender Dysphoria Flagship team at Kulliyah of Medicine, IIUM Kuantan, is primarily responsible for organizing the Nusantara Ibadah Camp. Alongside IIUM, academicians from Universiti Sains Malaysia and Universiti Sains Islam Malaysia, health officers from Pejabat Kesihatan Daerah, and religious authorities from Jabatan Agama Islam were also involved in ensuring the program's successful completion. The program's structure was designed to expose participants to relevant health topics and provide a foundational understanding of Islamic spirituality for their betterment.



This Nusantara Ibadah Camp was conducted annually as part of continuous engagement with marginalized groups to create a safe and supportive environment for addressing their challenges. Participants have the opportunity to meet and engage with experts and professionals from health and religious authorities, aiming to provide holistic support and foster a greater understanding of their needs.

The targeted audience is the LGBT community who join voluntarily. Since it started a decade ago, each annual program has attracted a diverse group of participants aged 18 and above. The demand has been increasing year by year across the entire country, and we also welcome participation from neighbouring countries such as Indonesia, Singapore, and Thailand.

The primary objective of this program is to help the participant strengthen their belief in Allah s.w.t through talks and small group discussions. Participants can share their thoughts while being guided by expert religious officers. We make sure that interactions are considerate, courteous, and judgment-free in order to earn their confidence and build rapport.

The challenges

Spiritual growth is a foundation for all, but for the LGBT community, particularly transgender individuals, the path of learning spiritual knowledge is hindered by unique challenges and societal stigma. The group experiences rejection by the public community and there is much opposition to their belief in sex conversion. This contributes to negative mental health outcomes, self-injury, suicidal thoughts, drug abuse, and prostitution. Some of them are homeless due to being separated from their family. In addition, their high-risk sexual activity contributes significantly to Malaysia's high HIV incidence and prevalence. There is evidence that good social support focusing on handling the stigma, adequate spiritual development, providing qualified mental health services and enhancing social and career opportunities, can increase their quality of life.





Participants in this camp can learn the proper techniques and practices for performing Solat as well as cultivate a deeper spiritual connection through the Solat Practical Workshop. Each participant is offered a valuable chance to perform Jamaah prayer together with the local community, fostering a sense of inclusivity and helping to dismantle feelings of stigma. They will also learn about Fardhu Ain knowledge, like purification (Ritual bath and Wudu'). The participants greatly value these sessions since the majority of them face difficulties attending such programs at their places due to stigma. By creating a supportive environment, we have observed positive outcomes, including increased confidence in religious practices.

Another main agenda of this program is to expose them to relevant health topics concerning sexually transmitted illnesses like HIV and AIDS. Additionally, we provide knowledge on the use of hormonal therapy and necessary precautions. Emerging issues like mental health and breast cancer are also highlighted during the program.



The activity

Among the activities planned were forums, talks, and team-building training which were conducted by speakers including Family Medicine Specialists from government clinics and universities who are experts in their fields. The interactive session allows participants to share their opinions and ask questions with the experts. Thanks to the local health clinic, the participants have the opportunity for a free medical screening on the site, and information material such as brochures and booklets are distributed to further aid participants.

Among the highly anticipated sessions were sports group games or 'sukaneka'. Outdoor activities like 'explorace games' and 'senam aerobic' can promote a healthy lifestyle while encourage fitness and stress relief. Tarik tali (tug-of-war) is one of the most awaited games, with participants enthusiastically cheering their group's success. Even though the transgender female appearance identity is female, during these activities, participants can display their biological male strength and physicality.

The outcome

This Ibadah Camp benefits the participants by improving their emotional well-being, fostering a stronger sense of purpose in life, and improving their ibadah. This is important to reduce feelings of stigma, helping participants feel appreciated and accepted by the public community. Positive feedback from the participants highlights the program's impact on their lives. The approach of this Ibadah Camp caters to the unmet needs of this community, ensuring they receive valuable insight and support, which is crucial in managing their desire (nafs) and encouraging their motivation to continue practicing abstinence.

Early outcomes demonstrate that some participants were able to secure employment in a formal institution, and others started NGO peer support groups to help their communities. Given the rising statistics of HIV cases among LGBT groups, the current standard method of intervention by the government should be strengthened, while programs like this Ibadah Camp need to be empowered and integrated to offer the key populations better spiritual and social support.



As the leading center of education excellence, Kulliyah of Medicine, IIUM is committed to this program to cater to the special needs of the marginalized community.

Ultimately, based on participant feedback, we feel that the program's goals were met, despite some minor flaws in the planning and execution of the initiative. We will continually strive to enhance this approach to provide valuable experience and knowledge to the participants, while also acknowledging the challenges in securing substantial financial support. This year, the program is planned to be held at Darul Iman Training Centre on 20-22 September 2024. Are we ready for the next adventure? It's time to pack our bags and set off for another escape at this Ibadah Camp.

Kulliyah of Medicine, IIUM

**NURTURING THE SOUL, A PATH TO SPIRITUAL
GROWTH FOR LGBT COMMUNITY**

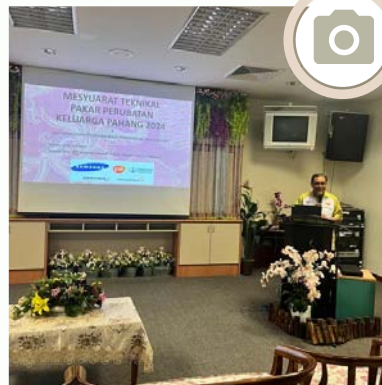


WRITER: DR NURUL HAMIZAH MHD ZAKI

MYSTICAL ADVENTURE

Annual Technical Meeting

Work became play as FMS Pahang gathered for our annual technical meeting in Hospital Sulatanah Hajjah Kalsom, Cameron Highlands, on 8-10th May 2024. An opportunity to meet and greet everyone, especially the newcomers.



To celebrate and strengthen our ties, we had a cozy and relaxing barbecue on the first evening there, while everyone, especially the most celebrated senior FMSes, shared their stories and hobbies.



Bollywood-themed dinner

On the second night, our inner diva was unleashed as we made our dramatic entrance to the Bollywood-themed dinner. We were pleasantly surprised by an entertaining Bollywood dance filled with excitement by our fellow gentlemen.

Dr Azimah Retirement

Even though we hope they wouldn't, all good things must come to an end. That night we send our best wishes for a successful retirement to our beloved colleague, Dr. Azimah, FMS KK Benta.



THE ADVENTURE



Explore the nature

Alas, people are at the most mindful when they are at play. The adventure continued as we enjoyed the sunrise, with panoramic tea plantations and mountain views at the Sungai Palas BOH Tea Plantation. Next, a cooling adventure awaited us at the Mossy Forest. The journey was truly surreal, as we encountered an enchanted and mystical forest with thick moss hugging nearly every tree in the forest. The air was covered by mist and clouds, creating a breathtaking and glorious experience of nature.



As our mystical adventure came to an end, hopefully, the knowledge and goals obtained will become useful. May the bonds that have been formed grow stronger, as we support and encourage one another. We are off to a great start, and should have a great next meeting!



The Unsung Hero: How Dr Azimah's dedicated service made a difference

Writer: Dr Noormazita Hassan, Dr Nurnisya Fazam

Dr. Azimah Jameran was born in Selangor on 3rd October 1977. Being Selangor born, she received primary education in her home state and later secondary education in Sekolah Menengah Sultan Abdul Halim (SEMSAH), Kedah. She obtained her medical degree from University of Malaya (UM) in 2001 and completed her training as a House Officer in Hospital Teluk Intan, Perak. Subsequently she was transferred to Kajang Hospital in 2005 and worked as medical officer in Obstetric and Gynecology (O&G) Department for four years. Being in the O&G Department doesn't stop her inner passion for Family Medicine which led her to further her study in University of Malaya in 2009. She graduated from Master of Family Medicine in 2014.

Dr. Azimah started her career as a Family Medicine Specialist at Klinik Kesihatan Benta in Kuala Lipis District in 2015. The dedicated Dr. Azimah has spearheaded a remarkable turnaround at Klinik Kesihatan Benta, transforming it into a thriving, patient-centered practice through her exceptional medical expertise, compassionate care, and innovative approaches.

Under her leadership, the clinic was awarded as a Diabetic Excellent Center in 2016, and in 2022, it initiated the One Stop Center for Addiction (OSCA) extended service. Throughout her tenure, Dr. Azimah Jameran exemplified leadership, dedication and kindness to all staff. She played an integral role in holistically managing patients, leaving an indelible mark on her medical officers.

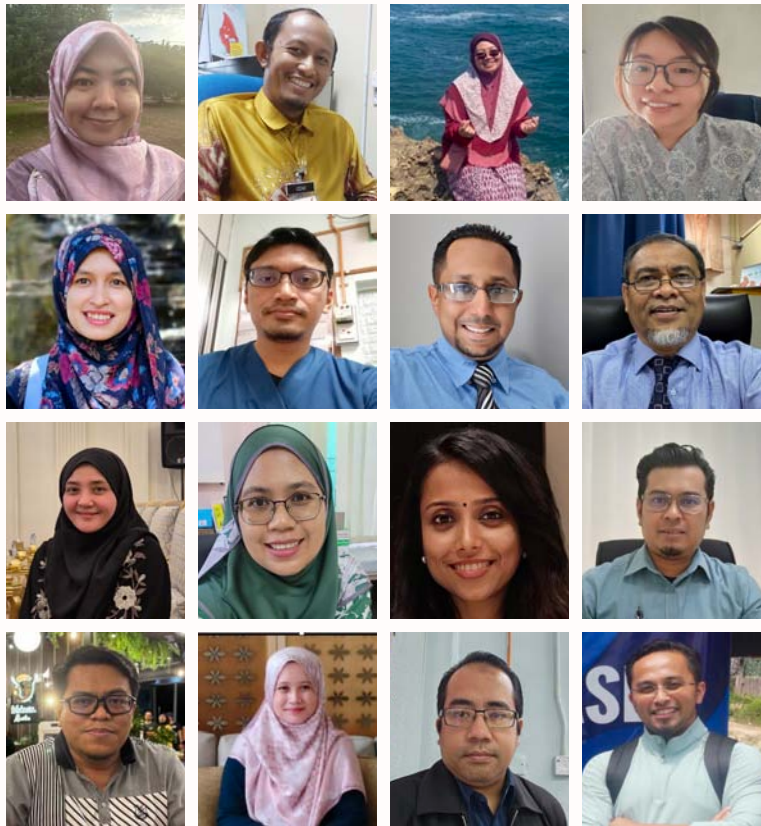
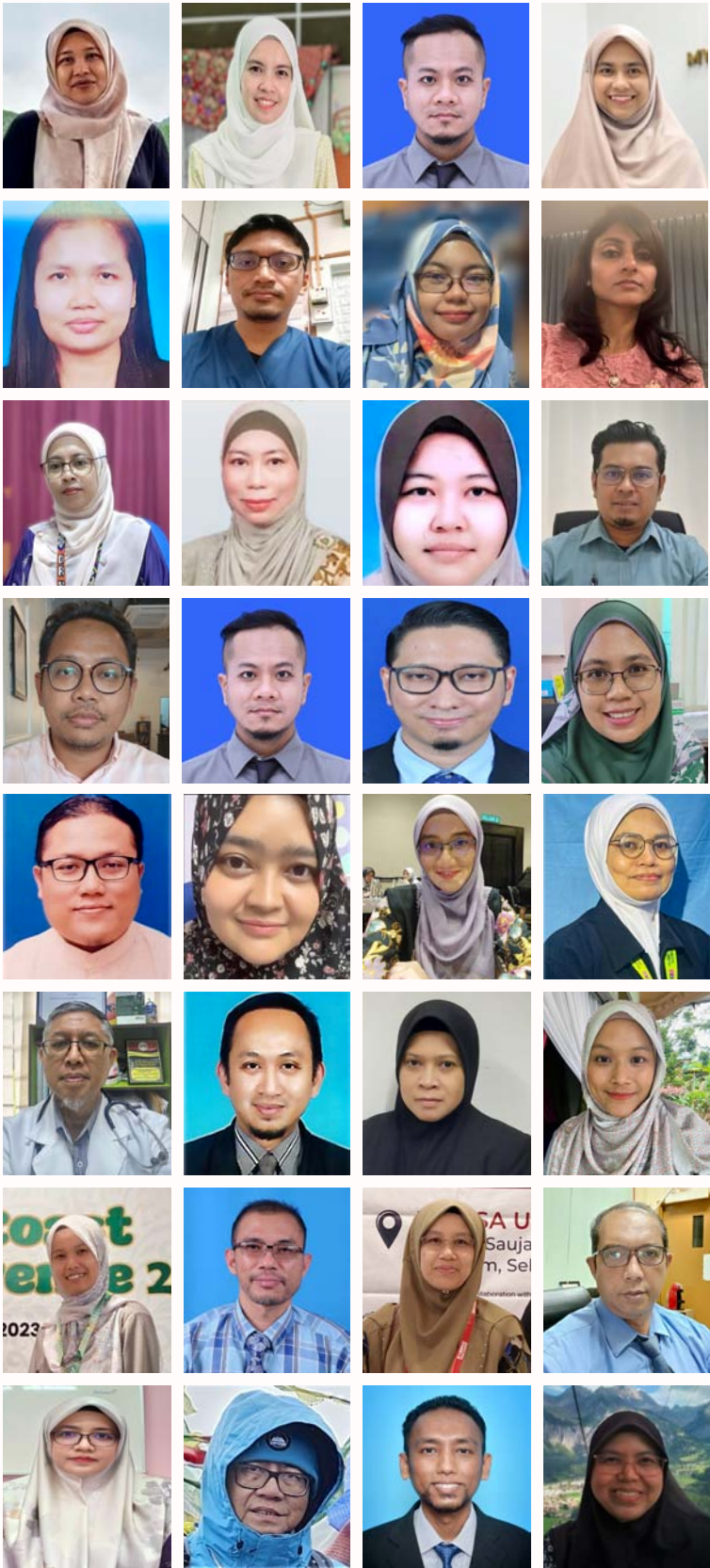
After nine years of service and commitment to Klinik Kesihatan Benta, Dr. Azimah Jameran bids farewell to a fulfilling career as she embarks on this new chapter of life, she looks forward to serving patients in private wing to fill in satisfaction in treating patient. She leaves behind a legacy of comprehensive management, inspiring colleagues and friends alike.



HAPPY RETIREMENT DR AZIMAH

FMS PAHANG

INTRODUCING FAMILY MEDICINE SPECIALISTS IN PAHANG



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“The Capital of Pahang”



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Consultant Family Medicine Specialist
Gred Khas C (KUP)
Head of State FMS
KK Beserah



Dr. Iskandar Firzada b. Osman
Consultant Family Medicine Specialist
Gred Khas C (KUP)
Head of District FMS
KK Jaya Gading



Dr. Adienuar b. Ahmad Norawi
Consultant Family Medicine Specialist
Gred Khas C (KUP)
KK Bandar Kuantan



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Ismail
Consultant Family Medicine Specialist
Grade UD56
KK Paya Besar



Dr. Samurah bt. A. Rahman
Consultant Family Medicine Specialist
Grade UD56
KK Bukit Goh



Dr. Norhayaty Sharman bt.
Khamis @ Roslee
Family Medicine Specialist
Grade UD56
KK Balok



Dr. Nurulhuda bt. Anuar
Family Medicine Specialist
Grade UD54
KK Gambang



Dr. Suriya Devi a/p
Gurunathan
Family Medicine Specialist
Grade UD54
KK Indera Mahkota



Dr. Mohd. Bustamanizan b.
Bakar
Family Medicine Specialist
Grade UD56
KK Bandar Kuantan

TEMERLOH

“ Home of the Patin ”



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Consultant Family Medicine Specialist
Grade UD56
Head of District FMS
KK Bandar Mentakab



Dr. Sharifah Amirah bt. Syed
Ab. Hamid
Family Medicine Specialist
Grade UD56
KK Temerloh



Dr. Sajidahyusrina bt. Zaimi
Family Medicine Specialist
Grade UD54
KK Kuala Krau



Dr. Azwan Faiz b. Amir
Hamzah
Family Medicine Specialist
Grade UD54
KK Tanjung Lalang



Dr. Zakiah Salwa bt. Zabri
Family Medicine Specialist
Grade UD52
KK Lanchang

BENTONG

“Back To The Nature”



Dr. Radziah bt. Abdul Rashid
Consultant Family Medicine Specialist
Gred Khas C (KUP)
Head of District FMS
KK Karak



Dr. Shanthiny a/p Mohan
Family Medicine Specialist
Grade UD54
KK Bentong



Dr. Nurul Najmi bt. Mohamad
Ishak
Family Medicine Specialist
Grade UD54
KK Karak



Dr. Puteri Fatin Nabilah bt.
Megat Ahmed Tahwil
Family Medicine Specialist
Grade UD54
KK Mempaga



JERANTUT

“The Gate of Taman Negara”



Dr. A. Khalek b. Abdul Rahman
Consultant Family Medicine Specialist
Gred Khas C (KUP)
Head of District FMS
KK Bandar Jerantut



Dr. Loke Wen How
Family Medicine Specialist
Grade UD54
KK Sg Tekam Utara



Dr. Viknaswaran a/l
Kumaran
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Grade UD54
KK Jengka 8



MARAN

“Town of Ayam Kampung”



Dr. Saniah bt. Senik
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Grade UD56
Head of District FMS
KK Maran



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Ahmad Zawawi
Family Medicine Specialist
Grade UD52
KK Pekan Awah



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Arif
Family Medicine Specialist
Grade UD56
KK Bandar Jengka



Dr. Anifah bt. A. Bakar
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Grade UD54
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Dr. Yusnita bt. Yatim
Consultant Family Medicine Specialist
Grade UD56
Head of District FMS
KK Peramu Jaya



Dr. Zulkifli b. Harun
Family Medicine Specialist
Grade UD56
KK Bandar Pekan



Dr. Nur Nadrah bt. Khalid
Family Medicine Specialist
Grade UD54
KK Chini



CAMERON HIGHLAND

“ Strawberry Land”



Dr. Sham Su Lia
Family Medicine Specialist
Grade UD56
Head of District FMS
KK Tanah Rata



BERA

“Tasik Bera”



Dr. Maznun bt. Mat Jidin
@ Mohd. Tahar
Family Medicine Specialist
Grade UD54
Head of District FMS
KK Triang



Dr. Sakinah bt. Md. Rifin
Family Medicine Specialist
Grade UD54
KK Bandar Bera 32



Dr. Mohd. Noor Izzad bin
Mohd. Salleh
Family Medicine Specialist
Grade UD52
KK Padang Luas



LIPIS

“Kuala Lipis, Historic Town”



Dr. Nurnisya bt. Fazam
Family Medicine Specialist
Grade UD54
Head of District FMS
KK Benta



Dr. Qamarul Azwan bin
Kamaluzaman
Family Medicine Specialist
Grade UD52
KK Sg Koyan



Dr. Noormazita bt. Hassan
Family Medicine Specialist
Grade UD54
KK Padang Tengku



RAUB

“Home of Musang King”



Dr. Mohd. Zulhilmie b. Mohd.
Nasir
Family Medicine Specialist
Grade UD54
Head of District FMS
KK Bandar Raub



Dr. Norbainun bt. Che Hamid
Family Medicine Specialist
Grade UD52
KK Cheroh



Dr. Zuliyasmin bt. Zulkifli
Family Medicine Specialist
Grade UD52
KK Dong



ROMPIN

“Lobster Heaven”



Dr. Nur Diyana bt. Md. Hadis
Family Medicine Specialist
Grade UD54
Head of District FMS
KK Rompin



Dr. Tan Kui Fong
Family Medicine Specialist
Grade UD52
KK Teluk Gading



Dr. Nurul Hamizah bt. Mhd. Zaki
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Grade UD52
KK Perantau Damai



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Abdullah
Family Medicine Specialist
Grade UD54
KK Bandar Tun Abdul Razak



Dr. Nik Ahmad Khairul Fahmi b.
Mohamed Juhan
Family Medicine Specialist
Grade UD52
KK Perwira Jaya



IIUM

(INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA)

“The Garden of Knowledge and Virtue”



ASSOC PROF DR NOR AZAM
KAMARUZAMAN
Head of Department
Family Medicine Specialist



PROF DR SAMSUL BIN
DERAMAN
Family Medicine Specialist



PROF DR MOHD AZNAN BIN
MD ARIS
Family Medicine Specialist



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Family Medicine Specialist



ASSOC PROF DR
AZWANIS BIN ABDUL
HADI
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ASSIST PROF DR SUHAIZA
BINTI SAMSUDIN
Family Medicine Specialist



ASSIST PROF DR
MUHAMMD BIN CHE' MAN
Family Medicine Specialist



ASSIST PROF DR MOHD
SHAIFUL EHSAN BIN
SHALIHIN
Family Medicine Specialist



ASSIST PROF DR NURUL
HUSNA BINTI AZMI
Family Medicine Specialist



ASSIST PROF DR MOHD
AIZUDDIN BIN ABD
RAHMAN
Family Medicine Specialist



ASSIST PROF DR MOHD
ZHAFRI BIN MOHD RAZIB
Family Medicine Specialist

GAZETTING FMS



Dr. Nur Shairah binti Mohd Shaari
Family Medicine Specialist
Grade UD48



Dr. Nailah binti Abdur Rafar
Family Medicine Specialist
Grade UD48



Dr. Ummul-Hani Binti Shahanom
Family Medicine Specialist
Grade UD54



Dr. Wan Fatimah Suriyani Binti Wan Mahmud
Family Medicine Specialist
Grade UD52



Dr. Mohd Rafi bin Jamari
Family Medicine Specialist
Grade UD54



Dr. Mohd Farid bin Ramdan
Family Medicine Specialist
Grade UD54



Dr. Mohd Hafiz bin Sumsudin
Family Medicine Specialist
Grade UD54



Dr. Tom Fatimah Binti Arifin
Family Medicine Specialist
(Private GP Clinic)

Anjuran bersama:



mindray



COMING SOON
Stay Tuned

PROGRAM PERKHIDMATAN

KESIHATAN KOMUNITI

Balai Raya,
Kampung Orang Asli Sungai Yol

1 Ogos 2024

Cabutan Bertuah Untuk Dimenangi



Saringan Kesihatan



Saringan Batuk Kering



Saringan Wanita



Vaksin HPV Perempuan 13-20 Tahun



Sumbangan Pakaian



Pertandingan Mewarna

"From the ocean's edge to the depths of the jungle, wherever a community needs us, we, as family medicine doctors, will go."

