

2023

NEWS FROM 'NEGERI DI BAWAH BAYU'

FMSabab NEWSLETTER



FEATURE STORIES

- Community Project Kg Lobou Lama, Ranau
- Sabah Family Medicine Specialists' Association (SABAH FMSA)
- Reaching Out To Children With Special Needs
- Custodial Health Service in Sabah
- PrEP Clinic; Getting Away From HIV



FMS LEADERSHIP COURSE



DIABETES MALAYSIA ASSOCIATION: HEALTH SCREENING AT TURTLE ISLAND, PULAU SELANGAN



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Keynote Address



Datuk Dr Asits bin Sanna
PENGARAH KESIHATAN NEGERI SABAH

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

First of all, I would like to take this opportunity to congratulate the Family Medicine Specialists (FMS) of Sabah for their achievement of this newsletter. It is a great honour to be part of this newsletter as it chronicles the activities, achievements and challenges of all the FMS of Sabah in this auspicious year of 2023.

The most difficult days of the COVID-19 era are behind us. It has been a complex time for all of us in the healthcare system. Alhamdulillah, with great efforts of all the frontliners, particularly our FMSes in Sabah, we have braved the storm and set sail again to ensure the best health of the people of Sabah.

For many years, Sabah FMS has been working side by side with the Public Health Division of the Sabah Health State Department (JKNS). But not only that, Sabah FMS has also collaborated with various other stakeholders and non-profit organizations throughout Malaysia. This is evident in the newsletter, where various programs were conducted by Sabah FMS throughout 2023.

As outlined in the Health White Paper by the Ministry of Health Malaysia, transformation of the primary healthcare system will be our next main focus and I hope that we will continuously work hand in hand to bring about positive health impacts for the community, especially in Sabah.

Once again, I congratulate Sabah FMS for the success of this fraternity in producing this compilation of annual updates. This is a remarkable achievement and a testament to the struggle and dedication you have shown this year. I hope this is just the beginning of the numerous responsibilities and opportunities that await you in the near future.

Best wishes to all of you.
Thank you.

Opening Remarks

Datin Dr Lee Wai Khew HEAD OF FAMILY MEDICINE SPECIALIST SABAH



Foreword

It is with great pleasure that I pen these words to welcome you to our FMS Sabah Newsletter 2023.

FMS services in Sabah started in 1998 and this year marks the 25th year, and what an expansion these years have been. From a sole FMS in 1998 to 45 FMS serving currently in this state; a remarkable achievement indeed. More remarkable is the expansion of the specialist services to the community. From the beginning, the spirit of selfless service among the pioneer Family Medicine Specialists have paved the way to ensure that no districts have been left behind; with many trudging hundreds of miles over various terrains and using whatever transportation system available to ensure that specialist services can be provided to the remotest corners of Sabah. I am also proud to say that Family Medicine Specialists in Sabah are fast adopters of the latest digital technology which has enabled specialist care and advice to be reached even by the those living in the remote areas.

Despite such hectic schedule of patient consultations, audits, teaching to all categories of staff and visiting clinics, FMS in Sabah are well-known nationally for being one of the most prolific in writing up clinical practice guidelines and protocols in cooperation with the relevant specialties; e.g. the Sabah Obstetric Shared Care Guidance (SOSCG), Sabah TB Handbook, Airway Management in Primary care in Sabah and Sabah's Handbook on Prevention of Mother-To-Child Transmission (PMTCT) of Hepatitis B virus. The opportunity of being on the ground and working closely with the patients and communities, and understanding the situation in Sabah which is still lacking specialist care, we needed to ensure that quality care can still be provided by our team of medical officers and paramedics in the health side. It is my sincere hope that more local guidelines be produced to benefit the people of Sabah.

Community work is an essential extension of our work to promote health and early screening of various diseases. FMS in every district organised their own community outreach programs with cooperation of NGOs and other local agencies. In addition, every year, Family Medicine Specialists in Sabah get together to organise a major community outreach program to areas that are usually not covered regularly. This year the big event was in Kampung Lobou Lama in Ranau and what a great turnout we had.

However, it is not all work and no play for Sabah FMS. They are multi-talented and still find time to indulge in their hobbies.

So, I invite you to "come and see" our newsletter and get to know all of us.

FMS SABAH: BRINGING EXCELLENCE TO HEALTH CARE

Editorial Team

Message from the editorial desk :

Time flies, and we are at the end of yet another busy but fruitful year in 2023. The Sabah FMSes' collective hard work is compiled in this newsletter for posterity.

Many thanks to all the contributors and especially the editorial team members who have worked tirelessly in the past few weeks! Without you, this newsletter will not come to fruition.

*Happy New Year
&
Stay safe!*

Advisor

Dr Eric Henry

Editor

Dr Lam Ri Hui

Co-editors

Dr Emilina Tan Pei Tzu

Dr Fatin Imtithal binti Adnan

Dr Farah Waheeda Ghulam Khan

Dr Grace Jikinong

Dr Khor Linghui Amanda

Dr Lee Wai Khew

Dr Mohd Najman bin Abd Wahid

Dr Nor Farha binti Basri

Dr Noreen Ooi Zhi Min

Dr Norlaily binti Hassan

Dr Nurainee binti Ibrahim

Dr Regan Fu Ponnudurai

Dr Ruziana binti Baharudin

Dr Sangeetha A/P Nalla Thambe

Dr Sarah Jane Chan Jia Chyi

Dr Weizen Justin

Dr Zanaridah binti Mat Nawi

Graphic Designer

Dr Fatin Imtithal binti Adnan

COMMUNITY PROJECT KG LOBOU LAMA, RANAU

Feature Stories

By Dr Flecia Kundayis

The Sabah Family Medicine Specialists' Association had successfully organised a community project themed "Sinar Baru" in Kg. Lobou Lama, Ranau on 7–8 July 2023. The project was organised in collaboration with Ranau District Health Office, Kg. Lobou Lama committee members, and Timbua Health Clinic Advisory Panel. Yang Berhormat (YB) Datuk Jonathan Yasin, Member of Parliament of Ranau, officiated the project. The main objective of this community project is to educate the local folks regarding the importance of good health and to practise living a healthy lifestyle, especially with the rising cases of underweight children and non-communicable diseases there. There are 304 people living in the village, with Timbua Health Clinic being the nearest healthcare facility in the vicinity.



A total of 42 Family Medicine Specialists from across Sabah participated in this project. Seven members of Sabah Family Medicine Specialists' Association arrived at the village ahead of others to participate in the "Malam Mesra" activities with the villagers on the night of 7th July 2023. The journey from Ranau town to the project site was more than 40 km on a non-tarred rocky road. Some Family Medicine Specialists had to travel from as far as Telupid and Tawau with their own vehicles to reach the project area. They started their journey on 7th July 2023 and spent the night in Ranau town before departing to Kg. Lobou Lama at dawn.



COMMUNITY PROJECT KG LOBOU LAMA, RANAU

Feature Stories

By Dr Flecia Kundayis

This community project received overwhelming response from the villagers of Kg. Lobou Lama as well as from neighbouring villages. A total of 380 people, including committee members, attended the event. This project successfully brought health specialists from various backgrounds to provide free medical services to the villagers. Among the activities that were conducted were health screenings, immunisation programme, doctors consultation, cervical cancer screening, dental checkup and talks from field experts including the Veterinary Department and Fishery Department. In addition, a colouring competition and cooking competition also took place to liven up the atmosphere.



The Sabah Family Medicine Specialists' Association is very grateful to Malaysian Family Medicine Specialists' Association and YB Datuk Jonathan Yasin for their support and contributions to this project. The Sabah Family Medicine Specialists' Association is also proud to have successfully organised this project and looks forward to serving more hard-to-reach communities in the coming years.

SABAH FAMILY MEDICINE SPECIALISTS' ASSOCIATION (SABAH FMSA)

Feature Stories

By Dr Nadia Hamimah
Honorary Secretary
Sabah FMSA 2023-2025

The Sabah FMSA is registered as an association under the Jabatan Pendaftaran Pertubuhan Malaysia, with the designated registration number PPM-009-12-06072023. The association's establishment meeting was held on February 6, 2023, and attended by 43 FMS from across the state of Sabah, where 12 committee members were elected to lead the association. The association's official approval date is July 6, 2023.



With "Bringing Excellence to Healthcare" serving as the association's motto, the objectives of the Sabah FMSA are to:

1. Enhance interpersonal and communication skills among Family Medicine Specialists (FMS) in Sabah to deliver the best service.
2. Empower the community to adapt a healthy lifestyle through various health initiatives.
3. Provide continuous education to health care professionals to improve their knowledge and services to the community.
4. Complement the government's efforts to improve health services for the community through strategic planning.

Membership in the Sabah FMSA is open to all FMS who are working or have worked in Sabah and the Federal Territory of Labuan. Ordinary members, including those who have just enrolled, are eligible for lifetime membership, but in lieu of the association's annual fee of RM100, they must pay an amount of RM1000. Lifetime membership is also granted to active members who pay regular fees without lapse for 10 years.



The official logo of Sabah FMSA was designed by Dr. Fatin Imtithal, FMS from Lahad Datu Health Clinic, where every color and symbol in the emblem represents the unity of the Sabah FMS to provide comprehensive family care services for the local community and its surrounding environment.

Dr. Haryati Hamzah, the first Sabah FMSA President, stated in her welcome address at the inaugural Sabah FMSA Annual General Meeting on September 24, 2023, that Sabah FMSA is committed to serving the needs of Sabah FMS and providing a platform to impart education to health care professionals as well as empowering the community through its objectives. She encourages all FMS to unite and work together as a team to achieve the organisation's goals and ensure its long-term sustainability.

In 2023, the Sabah FMSA actively supported its members during various events, including the FMS leadership course, medical symposiums, rural community health service like the "Projek Komuniti Sinar Baru" at Kg. Lobou Lama Ranau, appreciation ceremonies for retired FMS, and clinical guidelines book-selling activity at the 15th Sabah Public Health Colloquium. Currently, there are 45 active members in the association. It is hoped that in the future, Sabah FMSA will continue to receive support from its members for the sustainability of the association and the benefit of the Sabah community.

Any inquiries to the association can be directed to email at sabahfmsa@gmail.com or Klinik Kesihatan Putatan, Jalan Pasir Putih, 88300 Putatan, Sabah.

SABAH FAMILY MEDICINE SPECIALISTS' ASSOCIATION (SABAH FMSA)

Feature Stories

By Dr Nadia Hamimah
Honorary Secretary
Sabah FMSA 2023-2025



Leadership Course



Projek Komuniti Sinar Baru
Kg Lobou Lama



Book-selling activity during the
15th Sabah Public Health Colloquium

MESSAGE FROM THE PRESIDENT OF SABAH FMSA

Feature Stories

**Dear distinguished members, fellow professional colleagues
and esteemed readers of the Sabah FMS's newsletter.**

Please accept my heartfelt gratitude for elevating me to the position of 1st Sabah Family Medicine Specialists' Association President. I accept with all humility while recognizing all the responsibilities that come with this position.

Thank you to the editors of the Sabah FMS newsletter for giving me the opportunity to say a few words about the Sabah FMS Association (Sabah FMSA).

Sabah FMSA was successfully registered on July 6, 2023. This association was inspired by our former Head of Family Medicine Specialty Sabah, Dr. Zaiton Binti Yahaya. Our association is dedicated to serving the needs of Family Medicine professionals in the Sabah region, providing a platform for continuous education to health care professionals, as well as community empowerment through its objectives.

Our journey has just started, but I strongly believe that with the abilities, dedication, and hard work of the distinguished members, we will achieve our objectives. Therefore, collective effort and commitment are highly appreciated to serve and nurture this organization. I am hoping that together, with the guidance of our seniors, we can set a high bar and build a strong association with great impact.

Thank you

**"It's not about what the fraternity can contribute to us, but
rather what we can contribute to the fraternity."**

Sincerely,

Dr. Haryati Binti Hamzah

President

Sabah FMSA 2023-2025

Family Medicine Consultant, Tawau Health Clinic, Sabah

REACHING OUT TO CHILDREN WITH SPECIAL NEEDS

Feature Stories

By Dr Noor Alyia



Children are unique, and each one of them has his or her own untapped potential. But what about children with special needs? Besides early identification and intensive early interventions, what are the options in the community to accommodate and improve their wellbeing?

Counting every second in the golden period of a child's development, Dr Lee Wai Khew, a Family Medicine consultant and expert in child health, founded a multidisciplinary team (MDT) at Klinik Kesihatan Luyang specialising in dealing with various issues in children's developmental milestones.

Among the services provided are (a) initial assessment by doctors and public health nurses; (b) assessment and interventions by an occupational therapist; (c) assessment by a physiotherapist; (d) speech therapy by public health nurses; dental appointments for oral care, especially for those with oral sensory issues; and dietitian appointments for picky eaters, obese children, and underweight children.

Despite the services provided, the team encountered roadblocks that are not foreign to most of the readers : long waiting times for hearing assessments and speech therapy, and also a lack of manpower to keep the service running. The challenges were exacerbated by the long waiting list to enroll in Pusat Pemulihan Dalam Komuniti (PDK) and also in certain private therapy centres, not forgetting the socioeconomic challenges of their caregivers.

Besides their usual clinic operations and services, the MDT team took initiatives to visit Seri Mengasih Centre to equip themselves with knowledge on developing a more holistic approach to the care and education of children with special needs. Seri Mengasih Centre is located at Tanjung Aru, Kota Kinabalu. It is a non-profit, non-government organisation that offers early intervention activities and advanced vocational training for developmentally disabled young children up to adulthood.



REACHING OUT TO CHILDREN WITH SPECIAL NEEDS

Feature Stories

By Dr Noor Alyia

We do realise that nurturing children with special needs requires a wide range of skills to address their emotional, physical, sensory, and intellectual challenges. We have high hopes that collaborative efforts among educators, parents, and the community will contribute to the holistic development that will lead to some independence for them. To this noble end, we have pioneered our very own early intervention programme in Klinik Kesihatan Luyang for 110 children and counting. Lastly, as primary care providers in Borneo, are we doing enough for the children with special needs? Or can enough ever be enough?



Visit to Seri Mengasih Centre

CUSTODIAL HEALTH SERVICE IN SABAH

Feature Stories

By Dr Lee Wai Khew

The aim of the Custodial Health Service is to provide medical screening to ensure detainees (OKT - Orang Kena Tahan) are fit to be detained at the police lock-up. This service is new and was set up by the Family Health Division of Ministry of Health in response to the requests by the Royal Malaysian Police Force and SUHAKAM (Human Rights Commission of Malaysia). For a start, 6 health centres have been identified to provide this service in 6 central police lock-ups in Malaysia.

In Sabah, Klinik Kesihatan Luyang was selected to provide this service for the Kepayan Central Lock-up. Prior to starting this service, several meetings with all the stakeholders including the PDRM, Emergency and Trauma department from QEH, the psychiatrist from Hospital Mesra Bukit Padang and Family Medicine Specialists from KK Luyang were carried out by Primer Sector JKN Sabah headed by Dr. Easwary A/p Romulu. This included site visits to enable the team to come up with the proper workflow while not compromising on the safety of the staff. Family Medicine Specialists are overall responsible to lead the medical team which comprise of one medical officer, one medical assistant and one staff nurse. We designed the flow chart, wrote up the protocol, listed the medical equipments and medications needed for this service.

A workshop to train all the staff was carried out in March 2022 and the service was started in May 2022. The medical team is rotated weekly and regular meetings are conducted with the OCPD of the lock-up to iron out issues that may crop up. The relationship with the police department is cordial and our services are very much appreciated by them. For the year 2023, up to November, the medical team has examined 3205 OKT with 30 cases referred for further management in the hospital.

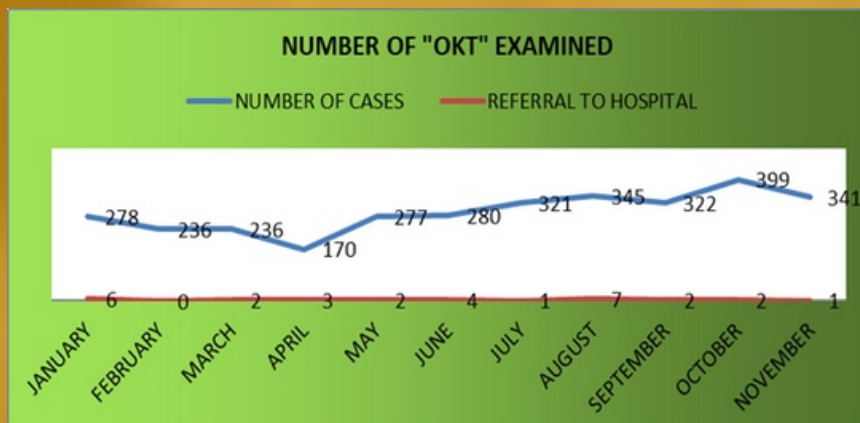


A well-equipped treatment cum resuscitation bay

Despite being a new service, Klinik Kesihatan Luyang has managed to provide excellent service in screening the health of the detainees, reduce unnecessary referrals to the hospital and provide as well as coordinate emergency care when needed.



Morning roll call with the police team



PrEP CLINIC; GETTING AWAY FROM HIV

Feature Stories

By Dr Haryati

Prevention is better than cure. ABCD is the approach to HIV/AIDS prevention

ABSTINENCE

BE FAITHFUL

CORRECT & CONSISTENT USE OF CONDOM

DRUGS

KK Tawau was selected for the PrEP pilot project in Sabah together with KK Sandakan & KK Putatan. The staff from different categories were sent for training on 3-4 Dec 2022 at Alson Klana Hotel, Seremban. FMS, Medical Officers, Paramedics, ID counsellors, Pharmacists & NGOs were among those who were trained and involved directly with the service.

This service started to operate on 1st January 2023 and we have chosen 1 consultation room to be a sign of our dedication to this project. The "Orchid Room" was officiated by Dr Anita bt Sulaiman, who was the former Head of HIV/STI/Hep C sector, Ministry of Health Malaysia, when she came to Tawau as part of her supervisory visit. Up until now, we have a total of 121 clients that have benefited from this program. Some of the clients were able to change their high risk behavior through continuous health education and willingly stop PrEP as they felt they were no longer "high risk". Apart from HCW, NGOs namely the KK Model, Jejaka & Kasih are part of our backbone in making the program a success.

Stigma & Discrimination (S&D) are expected when dealing with marginalised or high risk groups. To address this, our team was involved in a QA Project. With help from JKNS, we have organised an S&D course that involved medical & non-medical staff. It has been a successful one as we incorporated the practical aspects of the issue to improve understanding of the participants. This awareness program should be done continuously to ensure that the community will come forward for screening and benefit from our intervention program in the form of PrEP service.



Workshop that we attended Bengkel Pelaksanaan Projek Demonstrasi PrEP on 3-4th Dec 2022

Screening corner at KK Tawau



Officiating event at KK Tawau by Dr Anita Sulaiman



RUMAH KANAK-KANAK KOTA KINABALU; FMS ROLE IN INSTITUTIONAL CARE

Feature Stories

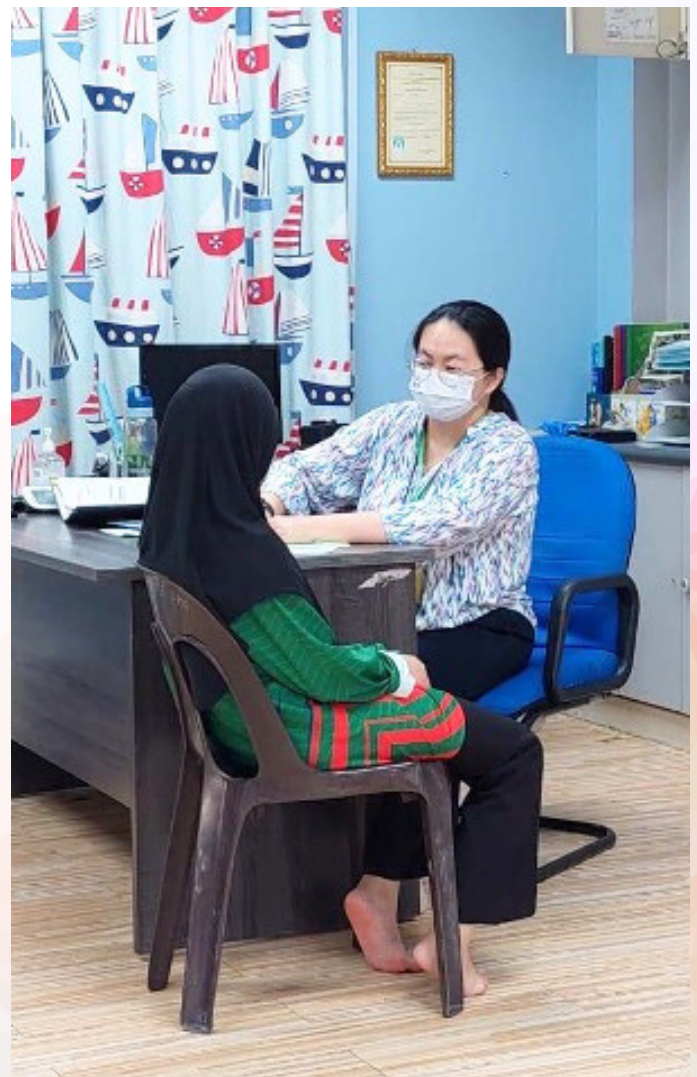
By Dr Farah Waheeda
Dr Emilina Tan Pei Tzu



Rumah Kanak-kanak or a children's home is a safe place institution for the care and protection of children, established under section 54 of the Children Act 2001. There are 13 children's homes located all over the country. Rumah Kanak-kanak Kota Kinabalu (RKK) in Beringgis, Papar as an institution under Sabah General Welfare Services Department is the one and only children's home in Sabah. The objective of RKK and all children's home is to provide substitute care for children in addition to promoting healthy physical, emotional and mental growth and development in a harmonious family atmosphere. Eligible children that fulfilled criteria will enter the institution under Court Order under Paragraph 30(1)(d) of the Children Act 2001. Period of protection is for three years or till attaining the age of 18 years whichever is shorter. However, children in RKK can be released early by amending, changing or cancelling the order.

A team comprised of FMS and MO from KK Kinarut visited RKK on 23rd June 2023 following a health care screening programme organized by Primer Team of PKD Papar. From the mental health screening that was conducted, there were about 10 children who scored high for PHQ-9 and GAD-7 questionnaires with some of them having thoughts of harming themselves. Therefore, FMS team went into RKK the next day to assess all those children. Since then, FMS has been going for regular visits to RKK at monthly interval.

The objective of the visit is mainly to provide a holistic inhouse care for the children and manage them accordingly there and then without the need of bringing the children out of RKK. Depending on the initial case presentation, some of the children may already been seen by the SCAN team in the hospital. There were also few children that were diagnosed with MDD with suicidal ideation or psychosis, and were referred to Psychiatrist in the hospital for further management and shared care. Those with mild to moderate MDD, anxiety and adjustment disorder were given counselling with or without medications and monthly review by the FMS. Some of them were also referred to Counselling Officer and Occupational Therapist in KK Kinarut.



RUMAH KANAK-KANAK KOTA KINABALU; FMS ROLE IN INSTITUTIONAL CARE

Feature Stories

By Dr Farah Waheeda
Dr Emilina Tan Pei Tzu

On 17th July 2023, FMS representative from KK Kinarut were invited to the multidisciplinary SCAN meeting at Sabah Women & Children Hospital in Likas. The Paediatricians were delighted to know that FMS took the initiative to visit RKK to care for the victims.



Throughout the visits to RKK, we can see the changes in the children that received consultation and treatment from the FMS. The symptoms of MDD and anxiety in the children improved and smiles gradually appeared on their faces. The process of developing a structured workflow is still ongoing to further improve the services in collaboration with all the relevant agencies. We hope that by continuing the FMS visits to RKK, we can provide holistic care to the children in need and help to lessen their trauma, so that they can lead a meaningful and cherished life in the future.

"The abused children are alone with their suffering, not only within the family, but also within themselves. They cannot create a place in their own soul where they could cry their heart out."

~ Alice Miller ~

RAISE 'EM RIGHT:

KEEPING OUR YOUTHS AWAY FROM DRUGS

Event Recaps

By Dr Sarah Jane
Dr Siti Nor Aishah, Dr Ng Yoke Lan

Klinik Kesihatan Menggatal, which derived its name from the local mango trees that will cause itchiness to those who dared to eat the fruits they bore, is the only Klinik Kesihatan in the whole of Sabah that has an **OSCA (One Stop Centre for Addiction)** program. The OSCA program was established in 2018 and Klinik Kesihatan Menggatal was selected as one of the 6 health clinics nationwide to pioneer this project. Over the years, we treated and rehabilitated many patients who suffered from addiction. We also held many health camps, outreach programs as well as widespread campaigns to enlighten communities and vulnerable folks regarding the danger of smoking, alcohol and illicit substances. In addition to screening the population who are at risk of addiction problems, we also administer counselling and intervention to them before their use gets out of hand.

At the end of 2022 during one of our team meetings to plan the following year's activities, we had a lightbulb moment... we thought, "why don't we target the adolescents who, as studies showed, are the most at-risk bunch that will develop addiction problems if they ever start using?". We started researching higher learning institutions that are in Menggatal area and decided to approach Politeknik Kota Kinabalu and Universiti Teknologi Mara (UiTM) Sabah for our first venture. To our delight, both institutions expressed enthusiasm for collaboration in hopes to battle and deter addiction problems among their students. Frequent discussions were made between the clinic and the colleges' representatives to organize the event and to ensure the program runs smoothly on the big day. Dates were set and agendas were finalized for both Politeknik Kota Kinabalu and UiTM Sabah. Team members made preparations for the event with dedication and excitement but there was also a sense of trepidation in the air as this was the first time we were dealing with youths, a group that can be challenging to navigate through because of their quick wit and sharp instincts.

Politeknik Kota Kinabalu

On the 12th of May 2023, all 10 teams members which comprised of a Family Medicine Specialist, a Medical Officer, 2 House Officers, 2 counsellors, 2 trained nurses and 2 medical assistants made our way to Politeknik Kota Kinabalu bright and early to set up our booth near the main auditorium. The booth was used to display posters illustrating the types of addictive drugs and the danger they pose, as well as showcase the calculation of units of different alcoholic beverages. We also set up a station to conduct screening tests such as health screening using BSSK, mental health screening using Whooley and GAD-2, substance use screening via ASSIST and alcohol use by AUDIT-10. Our creative counsellors, Ms. Clarice Andrew and Ms. Lui Pei Yee, came up with the idea of conducting personality tests to entice more students to participate in our program. The theme of our event was "I LOVE MYSELF". At around 9 am, everyone was ushered to one of the auditoriums where our Medical Officer, Dr. Tegpal Singh, gave a talk on the types of illicit substances available in the market, the harmful and potentially lethal effects of these substances and the course of treatment as well as intervention that are offered to addicts. Ms. Clarice Andrews, our clinic counsellor, also gave a talk about the impact of drugs on one's psychological and mental wellbeing, in addition to teaching the youths on ways to cope with stress in a healthy manner. The students showed active participation throughout the session and a few of them even won prizes for answering the most questions correctly in a quiz.

RAISE 'EM RIGHT:

KEEPING OUR YOUTHS AWAY FROM DRUGS

Event Recaps

By Dr Sarah Jane
Dr Siti Nor Aishah, Dr Ng Yoke Lan



Dr. Tegpal Singh giving a talk



Participants waiting for health screening

Back at the booth, a large crowd had gathered to look at the display and participate in the “Guess the Number of Beer Cans” game. A long queue had also formed in front of the screening station, consisting of both students and faculty members, who patiently waited for the nurses and medical assistants to attend to them. A total of 103 participants graced our booth and station during the event, of which a dozen of them tested positive for mental health problems and risky behaviour when consuming alcohol. These students were given appointments to see either the college counsellors or clinic counsellors, depending on their preferences. 5 people were also given Quit Smoking Clinic appointments in Klinik Kesihatan Menggatal as they expressed intent to stop using nicotine.



Crowds gathered around the booth



Team Klinik Kesihatan Menggatal with Pn Anna,
Head of Psychology Unit Politeknik Kota Kinabalu

The event ended at around 12.30pm and team members packed up and reconvened back at the clinic for postmortem discussion. All in all, it was a great success with amazing participation rates from the students and wonderful support from the faculty. The fear that we initially had proved to be baseless, as these youths were energetic and engaging. Every team member was elated from the rewarding experience and was geared for the next phase of our collaboration with UiTM.

RAISE 'EM RIGHT:

KEEPING OUR YOUTHS AWAY FROM DRUGS

Event Recaps

By Dr Sarah Jane
Dr Siti Nor Aishah, Dr Ng Yoke Lan

Universiti Teknologi Mara Sabah

In conjunction with World Mental Health month, Klinik Kesihatan Menggatal collaborated with the Career & Counselling Unit of UiTM to organise a health program on 20th October 2023. It was held at the prestigious Dewan Al-Bukhari in UiTM campus.

We were aware of the fact that people who struggle with mental health problems are prone to have high-risk behaviours such as drug and alcohol abuse, smoking, unsafe sex and suicidal tendencies. Thus, this time around, we brought in various activities that focused on screening for such risks, in addition to the usual exhibition booths and talks. It was a combined effort of One Stop Centre for Addiction (OSCA) Unit, the Psychology & Counselling Unit as well as the HIV/AIDS/STD Disease Control Unit from Klinik Kesihatan Menggatal to organise and make this event a great success, taking into consideration of the feedbacks from the previous Politeknik event. We were very fortunate as the Sabah AIDS Support Service Association (KASIH) also agreed to join us, and they were tasked with spreading awareness about HIV and conducting HIV testing on the young participants who wished to do so.

The event started at 8 am with a talk by the Medical Officer from OSCA team titled 'Apa itu Alkohol, Rokok, Dadah dan Kesan Penggunaannya Terhadap Kesihatan'. It was followed by another talk by our counsellor with the topic: 'Apa Itu Kesihatan Mental?'. Throughout the event, a lot of questions were asked by the participants, which reflected their curiosity and interest in the subject. At the same time, the exhibition and screening activities were running concurrently outside the auditorium. The ASSIST and the AUDIT-10 screening tests were carried out to look for addictive habits among students. Whooley and GAD-2 questionnaires were used to screen for depression and anxiety. We also offered voluntary and anonymous HIV screening to those who were interested. NHSI screening was also conducted as part of the opportunistic screening for early detection of non-communicable diseases.



Mental Health screening & counselling in session



KASIH representative explaining to students about HIV



Voluntarily HIV testing given on site

RAISE 'EM RIGHT:

KEEPING OUR YOUTHS AWAY FROM DRUGS

Event Recaps

By Dr Sarah Jane
Dr Siti Nor Aishah, Dr Ng Yoke Lan

A total of 121 students joined the event. Among them, 10 students were identified as alcoholic drinkers. Fortunately, none of them demonstrated increased risk or high dependence on alcohol. We took the opportunity to educate and bring awareness to this group on the dangers of excessive alcohol consumption. They were advised to live a healthy lifestyle too. 1 student was found to have an addiction towards hallucinogen. She was referred to OSCA clinic in Klinik Kesihatan Menggatal for further assessment and intervention. Students who screened positive for depression and anxiety were also given appointments for counselling and further follow up.

The event went smoothly and ended at 2 pm. We were very proud of the excellent attendance and responses from the participants as well as from our collaborative partners. With 2 successful major events under our belt, we hope to reach out to more facilities and institutions in the coming year to achieve our ultimate goal, KEEPING YOUTHS AWAY FROM DRUGS.



OSCA team, Counsellors and
Family Medicine Specialists (FMS)
from Klinik Kesihatan Menggatal

Team members
consisting of staff from
Klinik Kesihatan
Menggatal, UiTM and
NGO KASIH



“District Life-Saving Warriors”

Event Recaps

By Dr Foo Je Sie

Our first batch of FMS National Committee on Resuscitation Training (NCORT) BLS instructors was formed in 2023. AKA “District Life-Saving Warriors”!!!



It is important for healthcare providers to equip themselves with basic life support skills in order to increase the victim's chance of survival from life-threatening emergencies. Strengthening the “Chain of survival” may change the survival outcomes.

As an instructor, we are held responsible to teach and train others on life-saving skills for the benefit of the community. Our aim is to expand BLS training to all primary care providers in all districts of Sabah, thus building a strong base of emergency preparedness.

KOTA KINABALU TEAM



TUARAN TEAM



FMS LEADERSHIP COURSE

Event Recaps

By Dr Nur Harnani

Date :16-18 June 2023

Venue :Promenade Hotel Kota Kinabalu

Leadership is a fundamental element in building organizational strength, especially in leading organizations towards achieving common goals. Leadership, in other words, is a process of team influence and goal setting, where the leader influences others to achieve collective goals.

This Leadership Course was designed to develop the competencies of Family Medicine Specialists who are leaders within an organization. Family Medicine Specialists play an important role at the state health offices and health clinics. The importance of Family Medicine Specialists is not only seen from a clinical perspective, but also from a management perspective in a health clinic, as they are usually the clinic leaders or potential future clinic leaders. The role of Family Medicine Specialists is crucial in bridging the gap between top management and the team members under their supervision. This course was aimed to assist Family Medicine Specialists in Sabah in self-management and continuous reflection, identifying the necessary improvements in attitudes, skills, and knowledge. When they are able to effectively manage themselves, they would be able to fulfill their primary responsibilities entrusted to them. Family Medicine Specialists are not just intermediaries who convey information, but they also have a role in facilitating effective and successful communication between both parties.



This course was held for 3 days and 2 nights at Hotel Promenade Kota Kinabalu, with trainers from the National Institute of Public Administration (INTAN) Mont Kiara. It involved all Family Medicine Specialists from the state of Sabah. Preparation for this course has been carried out since January 2023 by the program committee members, and several meetings have been conducted to ensure the smooth running of the course. The planning also involved a team from INTAN Mont Kiara in determining suitable lecture topics for all Family Medicine Specialists, including gazetting Family Medicine Specialists to expose them to the importance of leadership in an organization. Apart from lectures by INTAN trainers, the program also included group activities and indoor games. In addition to exposing participants to leadership elements, this course has also strengthened the bond among Family Medicine Specialists in the state of Sabah.



KELAB WARGA EMAS KK KUNDASANG

Event Recaps

By Dr Chia Shin Tong

Greetings from Kelab Warga Emas of Kundasang Health Clinic!

The Covid-19 pandemic had taken away the social platform of the elderly in the hills of Kundasang area from the year 2020 to 2022. Many fun events were discontinued due to the pandemic.

Let me tell you the story of our Kelab Warga Emas. It was established in the year 2000 by the health care workers from the clinic and the elderly in the local community due to the growing numbers of elderly utilising the primary care services and increasing rates of communicable and non-communicable diseases. There were about 600 elderly people residing in the Kundasang valley and we saw the need to cater to their health needs. The aim was to provide comprehensive health care services including health education and promotion, treatment and rehabilitation to the elderly as well as training for clinical staff and the community on caring for the elderly. Various services such as health screenings and comprehensive care plans including home visits, counselling and rehabilitation services were started. A small building specially constructed for the elderly was funded by the local YB and NGO in 2001.



Jom Sumazau dance together...



Lion dance in Magunatip (Murut dance) style



Showing our nutrition booth to YB.

There were also regular recreational activities such as visits to old folk homes, visits to other Kelab Warga Emas, walking exercises, "Gong" playing sessions, annual sports day, birthday celebrations, etc. Unfortunately, all these events were discontinued due to the pandemic.

After the pandemic ended, we decided to kick start the year with the first ever Chinese New Year celebration with the local elderly community. We set up booths for Peka B40, Quit Smoking Clinic, dental examination, nutritional counselling, physiotherapy and occupational therapy services. There were about 300 elderly people who turned up for the event.

Different health talks in relation to geriatric medicine were also given. There were also exercise and dance sessions, entertaining games such as pingpong ball throwing contest and chopsticks games, as well as tanglong making competition. A local lion dance team was hired to perform in Magunatip style (traditional Sabahan dance). Our nurses and medical officers from Kundasang Health Clinic also performed a fan dance.



On the 24th of March 2023, we organised a program for diabetic elderly patients in preparation for the Ramadhan month. Medical officers, dental officers, pharmacists, dieticians and physiotherapists gave talks and conducted interactive sessions with the elderly to get ready for the fasting month.

On the 9th of June 2023, we organised a Malam Santai Raya Kaamatan where we celebrated Parents' Day in conjunction with Kaamatan and Raya celebration. The elderly attended the event with their children. A heartwarming video composed of well wishes from the children to their parents was played. The night was filled with fun activities such as local dances and lucky draws.



This uncle in red shirt was so happy with his lucky prize



Group photo for keepsake



The elderly in their best floral attire

Recently, the elderly also participated in the Karnival Senyum Sihat Warga Emas organised by the Kundasang and Kota Belud District Dental Office on 28th October 2023, which aimed to raise awareness on oral health among the elderly. Various competitions were held including the sweetest smile contest (Ngingis Olumis), best attire contest, Teh Tarik competition, and poem reading competition.



Members of Kelab Warga Emas KK Kundasang and Kelab Warga Emas Kg Muhibbah Ranau



Our large 'Family' of elderly

That's the summary of our activities throughout the year 2023! We are in the progress of planning for exciting events for the coming year which will strive to improve health care services and enhance the communities' wellbeing

AUTISM AWARENESS

Event Recaps

By Dr Woweham Sindeh
Dr Fatin Imtithal



Autism Day KK Telupid 12/05/2023

On 12/05/2023, Team KK Telupid had organized Autism Day with the objective of increasing the public's awareness about ASD and the need for early detection and intervention.

The event attracted 24 parents with their autistic children and many of the clinic patients who were attending their scheduled appointments that day.

Some of the talks given were "What is ASD?" by Dr Wowe and "Role of OCT in ASD Rehabilitation".



Autism Awareness Week Lahad Datu 6-12/05/2023

Autism Awareness Week was held in collaboration with Hospital Lahad Datu and Kolej Komuniti Lahad Datu. The main objective was to increase awareness about autism and also provide a platform for parents of children with autism to connect.

The week started with a session on making edible play dough, followed by a 2-day course for health personnel which included visits to PDK and SK Pekan (PPKI), a 1-day course for the public, an autism walk, poster and colouring contests, and a grand opening ceremony.

“YOU ARE NOT ALONE: WE WILL JOURNEY TOGETHER” MY PDK FAMILY DAY

Event Recaps

By Dr Lee Wai Khew



Being parents of children with special needs can be a lonely journey. We know how tough it is for them fight for their children to be educated and the daily battles they go through as they navigate their children's special needs with love and care. Our staff in Zon Luyang which comprises KK Luyang, KK Jalan Kebajikan and KKIA Pekan are determined to ensure that all their sacrifices will be appreciated. We have been celebrating Hari Keluarga PDK Ku yearly with Pusat Pemulihan Dalam Komuniti (PDK) Likas and PDK Tanjung Aru and this year, the event was carried out on 13th August 2023 with the theme “Culture & Patriotism”. We are grateful to Hyatt Regency Kota Kinabalu who has been hosting us for the past two years. The organising committee was headed by FMS Dr. Nur Harnani bt Abdullah. It was so wonderful to see all the happy and excited faces of the children and parents as they dressed up in accordance to the theme. We also took this opportunity to provide the yearly medical and dental check-up for our special children. This event was officiated by Dr. Suhaila Osman, Maternal & Child Health Officer JKN. Dr. Ahmad Abdul Jalil Bin Mohd Razali, the Child Psychiatrist from Hospital Mesra Bukit Padang gave a talk on how to manage difficult behaviours among special children. There were also games and performances by these special children. A total of 58 special children with their family members attended this celebration.



*All in all,
everyone had
a wonderful &
memorable time.*



MALAYSIAN MEDICAL ASSOCIATION SANDAKAN CHAPTER

Event Recaps

By Dr Noreen Ooi Zhi Min

History:

MMA Sandakan Branch was founded in the year 2018 when then president Prof. Yew approached Dr Zaiton Yahaya to start a branch of MMA in the East Coast to promote more intake and participation from MMA members. MMA Sandakan Branch with the backing of MMA Sabah has collaborated and conducted many CMEs since its establishment, benefiting MMA members from both the government and private sectors.

Activity in 2023:

Two CMEs were conducted to improve on the skills and management of the recent outbreaks in Sandakan namely Dengue and Polio. The objectives of these two CMEs were to update the participants on the detection and management of Dengue in children due to its high mortality rate and to update on Sabah's Eradication of Polio efforts in conjunction with World Health Organisation's visit. The program details are as below:

Date : 12 February 2023

Time : 3pm till 5.15pm

Venue : Selingan Room, Hotel Sandakan

The event was attended by 21 doctors consisting of MMA members and non-members.



KEM KESIHATAN PANEL PENASIHAT KK TELUPID

IN CONJUNCTION WITH HARI JANTUNG SEDUNIA

Event Recaps

By Dr Woweham Sindeh

4/11/23 at Dewan SK Telupid

The objective of this event was to increase public awareness on the risk factors of heart disease and ways to manage those risk factors. Managing those risk factors would reduce the burden of heart diseases.

This event was able to attract around 200 villagers from nearby villages. There was also a blood drive by the Blood Transfusion Team from Hospital Beluran.

There were talks by Dr Wowe and Dr Regan followed by a forum. The public asked many questions during the forum which showed their enthusiasm to know more about the topic.

At the same time, KK Telupid Staff took the chance to do CVD health Screening for attendees and provide follow up for those with risk factors.



Dr Wowe on Risk Factors of CVD



Best participants of Weight Loss Program

Dr Regan on CVD Risk Reduction



Forum on Heart Health

Weight Loss Program (WLP) KK Telupid Team (in line with MOGC KK Telupid (sentinel/trial clinic) took the chance to honour their participants who managed to achieve their target of 10% weight reduction in 6 months during the medical camp. The team hoped that this special occasion would encourage more people to join the program.

KK Telupid and the Advisory panel members hope to organise and emulate such events in the near future for the community.

MERDEKA DAY CELEBRATION; KK LAHAD DATU UNLEASHES CREATIVE FERVOR

Event Recaps

By Dr Norlaily Hassan

KK Lahad Datu (KKLD) recently organized a Merdeka Day Decoration Contest in our clinic, aiming to celebrate Malaysia's independence while fostering unity among staff. Lasting three weeks leading up to Malaysia Day, this event involved clinic staff from different FDC zones and units, unleashing their creativity to adorn the clinic with vibrant decorations representing Malaysia's diverse culture and Jalur Gemilang. Teams utilized recycled materials, traditional crafts, and medical supplies, demonstrating their commitment to sustainability and innovation.

The transformation of the clinic into a colourful tribute to independence was nothing short of spectacular, with every corner infused with the spirit of Merdeka. The contest culminated in the awarding of a prize in the form of PEKA B40 fund to the winning teams. This fund prize can be used to procure both medical and non-medical equipment for their respective zones/units.

Beyond being a creative pursuit, the contest at our clinic was a testament to Malaysia's unity, resilience, and innovative spirit. It highlighted the power of collaboration and the shared Independence Day spirit among staff members, showcasing their dedication to celebrating our country's heritage while enhancing our workplace environment.



KLINIK WARGA EMAS, KK LAHAD DATU; RAMADAN FUNDRAISING EVENT

Event Recaps

By Dr Norlaily Hassan

Our dedicated team of Klinik Warga Emas, KKLD embraced the Ramadan spirit this year by uniting for a fundraising effort to aid our patients facing financial strains due to soaring prices of essential items. Our joint endeavour collected nearly RM 2000, enabling the purchase of essential supplies like rice, flour, sugar, cooking oil and more for 16 elderly patients from the clinic.

In a heartwarming event held at the clinic, these necessities were distributed among the selected patients and their families. Beyond providing support, the gathering also introduced the clinic's services, extending a wider network of care to those in need.

The team also personally visited the homes of three patients, hand-delivering these essential goods, and fostering stronger connections. The success of this initiative left our team deeply moved, prompting thoughts of making it an annual tradition.



This collective act of kindness embodies the essence of community spirit, showcasing empathy and solidarity during the sacred observance of Ramadan. The dedication and generosity of all team members at our Klinik Warga Emas and those who contributed in the fundraising stand as a testament to the power of unity and support during this special time and month.



Diabetes Malaysia Association: HEALTH SCREENING AT TURTLE ISLAND, PULAU SELINGAN

Volunteer Work

By Dr Noreen Ooi Zhi Min

Date. : 23 – 24 September 2023
Venue. : Pulau Selingan
Volunteers : 11 healthcare professionals

Diabetes Malaysia Association under the leadership of Dr Zaiton Yahaya, organised a health screening at Selingan island, in collaboration with Sabah Park over one weekend in September of 2023. We managed to gather 11 healthcare professionals comprising of doctors, nurses and medical assistants.

We arrived at Selingan Island in the afternoon and after settling down, our team of doctors including two Family Medicine Specialists, Dr Zaiton Yahaya and I, gave health talks to the Sabah Park staff, rangers, soldiers, and accommodation employees there. The topics covered were mental health, smoking cessation, hypertension, and diabetes. More than 30 people turned up and they were really engaged during the Q&A sessions. One participant managed to successfully quit smoking and he became the role model for others on this island.

After our health talks, it was time to take a stroll along the beautiful sandy beaches at Selingan island, while picking up any rubbish that we can find along the way. The light rain did not deter us from completing our walk while soaking up the beauty of the island.

Gathering at the Turtle Island Jetty



Mother Green turtle who has just finished laying her eggs



Scouting the beaches for any rubbish

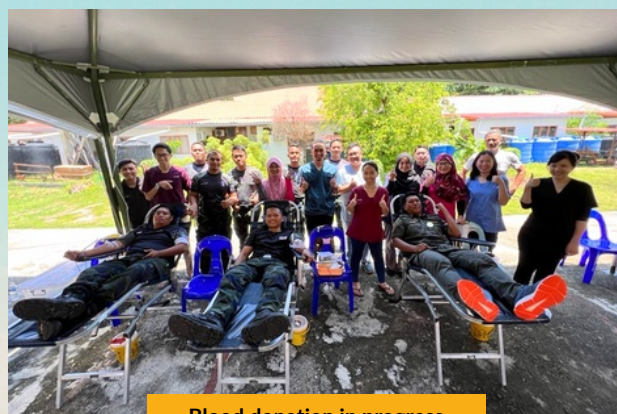
Diabetes Malaysia Association: HEALTH SCREENING AT TURTLE ISLAND, PULAU SELINGAN

Volunteer Work

By Dr Noreen Ooi Zhi Min

As a token of appreciation for our healthcare team, the park ranger gave us a private tour around the beautiful Selingan island, walked us through the history of the island, and how it became a sanctuary for the endangered Hawksbill and Green turtles where conservation efforts and hatcheries are set up there. It was an exciting experience for all of us where we got to experience the job of a ranger, from identifying turtle nests, watching the egg laying process, counting the number of eggs laid and number of baby sea turtles hatched and finally, releasing the baby turtles into the sea. Our yield for that night was more than two thousand baby turtles hatched and released on a single night.

The next morning, our team woke up early, fuelled ourselves with breakfast, and got ready for the health screening. We were satisfied that more than 30 people turned up for the screening, which was 90% of the island's occupants. Health advice were given, some referrals were made for continuation of care at health clinics on the mainland. Our colleagues from Blood Bank, Hospital Duchess of Kent were also invited for blood donation and so many soldiers who are stationed in the island and hotel workers donated their blood that day.



Blood donation in progress



Diabetes Malaysia and Blood Bank, Hospital Duchess of Kent team

Finally, it was time to say goodbye. For our team, it was a great pleasure to offer our services which benefited the occupants working and staying on Selingan island. The time for 'self-healing' while connecting with nature and learning about the sea turtles was unforgettable.

FOOD DISTRIBUTION FOR STATELESS CHILDREN IN SEMPORNA

Volunteer Work

By Dr How Mei Yee
Dr Ng Shu Hui, Ms Ho Ka Mun

We are a team of doctors and pharmacists who have established a voluntary medical team to provide primary healthcare services to the stateless community, predominantly the Bajau Laut people on the East Coast of Sabah, in Semporna. After completing our outreach session on September 10th, we were invited by our medical outreach program partner and host, Luma Kembara, to participate in their monthly food distribution for stateless children in Semporna town. Luma Kembara, situated as a water lodge off Bum-Bum Island, not only caters to the tourism industry but also contributes significantly to the community through food supply aids, solar panels, the Bantu1Kembara boat for medical emergencies, and co-founding and supporting our medical outreach program. Following the packing of our medical supplies, we took a boat to Semporna town and disembarked at the jetty near Kahanga Bay (a bay unintentionally formed after sea snail shells were discarded post-sale for consumption).

At the venue, a small vacant lot between two shops, we set up our "stations" using plastic chairs and a few portable tables. Children aged 3-12 were already seated, and gathered in front of our setup. Station 1 provided a food pack containing instant noodles, oil, and flour. Station 2 distributed pairs of slippers suitable for their size, as many children here lack the luxury of footwear and often walk barefoot in the streets. Station 3 offered a small cake and a fun toy sponsored by private donors, while the last station distributed multivitamins and albendazole tablets to the children.

Initially, we faced difficulties in controlling the crowd of children and their parents. The children were disorganized, making it challenging to form queues and have them sit down while waiting. Accustomed to a life of survival, these children feared that the food or slippers would run out and would do whatever it took to secure an earlier place in the long queue, including pushing and pulling at their peers. Compounding the chaos, parents at the side forced their already lined-up children to the front, causing commotion and necessitating repetitive reminders and reassurance that there was enough for everyone, to stop the fighting. The desperation of the Bajau community for food aid and basic footwear was evident when parents resorted to putting old, worn-out shoes back on their children and sending them back to the line as if they had just arrived for a second time to receive aid.



Set up of the food distribution consisting of 4 stations (Food aid, footwear and other basic necessities, toys sponsored by various donors, multivitamins and deworming medications)

FOOD DISTRIBUTION FOR STATELESS CHILDREN IN SEMPORNA

Volunteer Work

By Dr How Mei Yee
Dr Ng Shu Hui, Ms Ho Ka Mun

Unfortunately, the event had to be cut short as the chaotic and loud crowd prompted the owner of the shop next door to voice complaints about its impact on her business. Although previous food distribution events were sometimes cut short for various other reasons, this one faced added challenges due to the unruly behaviours. However, it is heartening that street children trained to assist us played a crucial role in maintaining order despite these challenges. They guided their peers to all the stations, explained the multivitamins' once-a-day regimen and instructed them on taking albendazole. Witnessing them take on leadership roles was a source of pride for us.

Even though the event was shortened, we treated 20 children leaders to a meal at a local restaurant, each receiving a plate of fried rice and a glass of cold water. For the children, this was their first proper meal in weeks. Despite their hunger and excitement, they generously shared food with their friends with big smiles and laughter. Some children were observed packing the remaining food on plates into black plastic bags to bring home to other family members. It was such a poignant scene, despite the harsh realities these children endure, they have not lost their innate instincts of sharing and caring.

As a result of inconsistent and poor-quality meals, malnourishment is prevalent among stateless children in Semporna, with many being underweight. Clean and safe drinking water is a luxury, and signs of anaemia, such as pallor, angular cheilitis, and finger clubbing, are common. Younger children also exhibit bloated abdomens and hair discolouration, indicating protein deficiency. Abdominal discomfort is also a frequent medical complaint among the children.

There are an estimated 30,000 stateless individuals on the East Coast of Sabah (1), whose plight is not known to many. When fundamental needs like food and water go unmet, healthcare and education are relegated to secondary priorities. The stateless status compounds the challenges faced by the Bajau Laut community, impeding access to basic education and affordable primary healthcare. Persistent illiteracy perpetuates a cycle of intergenerational poverty, forcing young children as young as 5 years old into labour, such as selling plastic bags for meagre earnings or resorting to begging to support their families. Our team believes that basic food, shelter and healthcare are inherent rights that should be extended to all, regardless of citizenship, and no one should find themselves in a desperate struggle for a simple pack of instant noodles.

References

1. Govt to help Sabah solve issue of stateless Bajau Laut: Hamzah. (2021, March 22). The Vibes. <https://www.thevibes.com/articles/news/21422/govt-to-help-sabah-solve-issue-of-stateless-bajau-laut-community-hamzah>

TONGOD MEDICAL OUTREACH

An outreach program was carried out on 24 June 2023, jointly organised by Persatuan Ortopedik Sandakan, Panel Penasihat KK Entilibon and Klinik Kesihatan Telupid.

Women in remote Sabah villages given contraceptives to minimise maternal and foetal health risks

By Olivia Miel - June 29, 2023 @ 5:10pm



A medical outreach program is recently held at the center of Sabah Kampung Entilibon to educate the importance of family planning to minimise health risks to mothers and babies. - Pic courtesy of Tongod Medical Outreach committee members.

SANDAKAN: A recent medical outreach programme in a far-flung village in Tongod here aimed to help minimise health risks among mothers and babies through family planning and contraception.

Coverage by New Straits Times

Kampung Simpang Entilibon is one of the villages in Tongod district, which is located in the centre of Sabah. Since it is quite far from the city centre, most of the residents in this area are still excluded from socio-economic progress compared to other areas in Sabah. Due to the poor socio-economic conditions, the level of knowledge, awareness and sustainable health practices is still low. As a result, the number of pregnancy complications among women in this area is still high.

One of the main factors for complications during pregnancy is that there is no proper spacing between births. The close spacing between births means that women do not have time to control the risks associated with pregnancy complications. Effective contraceptive methods to prevent births include the use of Implanon. Implanon is a contraceptive device that is placed under the arm for up to 3 years.

Implanon is a flexible plastic rod about the size of a matchstick that contains a progestin hormone called etonogestrel. The effectiveness of this tool in preventing unplanned births is almost 100%. Unfortunately, many women do not have access to Implanon due to the high cost of the device.

Dr Noreen on Types of Effective Contraception



Dr Wowe on Importance of Pregnancy Spacing

Implant Insertion Area



TONGOD MEDICAL OUTREACH

Volunteer Work

By Dr Woweham Sindeh

For this reason, Sandakan Orthopaedic Association, in collaboration with Panel Penasihat KK Entilibon and Telupid Health Clinic, decided to plan the Tongod Medical Outreach to raise awareness about the importance of birth spacing and help women access Implanon. Held at Kampung Entilibon, the programme saw 30 women consent to free contraceptives with a success rate of more than 99 per cent for up to three years.

Apart from the administration of the contraceptives, there were also awareness talks on the importance of birth spacing, effective ways to prevent pregnancy and identifying villagers at reproductive age who were at high risk of cardiovascular disease, as well as the distribution of deworming, lice and scabies medications during the programme.



The team : KK Chen (from Organon), Tim, Anuja, Noreen, Wowe



The volunteers



With the Implant Recipients

RECOGNIZING OUTSTANDING ACHIEVEMENTS



Dr Nik Farah and Dr Thien receiving APC 2023



Dr. Zaiton Binti Yahaya has been highlighted by Wiki Impact as one of the distinguished Changemakers impacting those living with HIV/AIDS



Dr Haryati receiving Best Practice award for Perkhidmatan Kesihatan Mesra Remaja from Health Minister Datuk Seri Dr. Dzulkefly bin Ahmad

FMSes ON AIR @ ONLINE



TawauFM Radio Talk on HIV by Dr Lam Ri Hui
in conjunction with World AIDS Day

CPE SIRI 3

Sempena Sambutan Hari Kesihatan Mental Sedunia Dan
Bulan Kaunseling Kebangsaan 2023

Tema: Kesihatan Mental Milik Semua, Hentikan Stigma

Topik: Stres Berlebihan Kesan Kepada Kesihatan
Fizikal

JUMAAT
13 Oktober 2023

MASA
2.00 pm - 3.30 pm

DR ERIC HENRY
PENCERAMAH
PAKAR PERUBATAN KELUARGA UD54

KELVIN LESTER KATAT
MODERATOR
PEGAWAI PSIKOLOGI KAUNSELING S41

LIVE
STREAMING



Sektor Promosi Kesihatan JKNSabah

Follow

19 May · 🌐

Ikuti Bual Bicara : Batuk Kokol / Pertussis bersama
panel jemputan Dr Emilina Tan Pei Tzu, Pakar
Perubatan Keluarga, Klinik Kesihatan Kinarut.

BUAL BICARA
WADAH SIHAT

KEMENTERIAN KESIHATAN
JABATAN KESIHATAN NEGERI SABAH

“BATUK KOKOL / PERTUSSIS”

**Sektor Promosi Kesihatan
JKN Sabah**

19 Mei 2023
Jumaat

3.00 Petang

Panel

DR. EMILINA TAN PEI TZU
Pakar Perubatan Keluarga
Klinik Kesihatan Kinarut

Moderator

EN. MIJUN @ AMIR HAMZAH BIN EMANG
Ketua Penolong Pengarah
Sektor Promosi Kesihatan, JKN Sabah

BUAL BICARA Wadiah Sihat

MALAYSIA MADANI

Agenda Nasional

KEMENTERIAN KESIHATAN

FAMILY MEDICINE IN UNIVERSITI MALAYSIA SABAH(UMS)

Other Topics

By Dr Hazwani Hanum

The Department of Family Medicine in the Faculty of Medical and Health Sciences of UMS has started since 2019. The department is involved in teaching, research and publications, clinical work, consultation and administration.



Prof Nazri receiving award of "Anugerah Inspirasi Ikon AADK Sabah"

Associate Professor Dr Nazri bin Mohammad Daud joined the faculty in 2018. He is currently the Head of Department of Family Medicine and the Primary Care Centre UMS. His specialisation is addiction medicine. He is also the chairperson of "Pusat Ukhuwwah dan Pembangunan Ummah Masjid Bandaraya Likas". He is active in AADK Negeri and PEMADAM and was awarded "Anugerah Inspirasi Ikon AADK Sabah" on 25th June 2022.

Associate Professor Nelbon Giloi is a public health doctor, a Board-Certified Lifestyle Medicine Physician and diplomat member of the International Board of Lifestyle Medicine (IBLM). He is also an Occupational Health Doctor and Certified Medical Impairment Assessor as well as a registered Ergonomic Trained Person.



Associate Prof Nelbon Giloi

Dr Hazwani Hanum binti Hashim joined UMS in 2017 before pursuing her Master in Family Medicine at IIUM. She returned with an interest in health informatics and palliative medicine in primary care.



Dr Hazwani with students in Year 4 after a lecture

FAMILY MEDICINE IN UNIVERSITI MALAYSIA SABAH(UMS)

Other Topics

By Dr Hazwani Hanum

The primary care clinic catering to the public, staff, its dependants and students is Poliklinik UMS Kingfisher. Pusat Rawatan Warga UMS, and clinic in Labuan cater to the staff, its dependants, and students. The specialists will have an appointed day to see patients. The Pusat Rawatan Warga opens daily from 8 AM to 10 PM while the polyclinic opens daily with different operating hours; Monday to Friday from 8 AM to 10 PM, Saturday from 8 AM to 5 PM and Sunday from 8 AM to 1 PM.



Currently, the Family Medicine Unit is involved in teaching undergraduate medical students and postgraduates of the clinical sciences faculty. The curriculum of the medical students consists of rotation in the health clinics and district hospitals. Looking towards the future, the curriculum is set to change to meet the needs of stakeholders. We are also involved in community activities such as health screening at the mosque and medical outreach to rural areas.

The Family Medicine Unit of UMS is also eager to collaborate with the Family Medicine Specialists in the Ministry of Health, Ministry of Defence, and the private sectors. We hope to expand our collaboration with more agencies in the future.



Health screening and service at Masjid Bandaraya

PROGRAM INTERVENSI ALKOHOL KG BABAGON BY KK PENAMPANG

Photo Gallery



RAPID SEQUENCE INTUBATION COURSE

Photo Gallery

Papar

Rapid Sequence Intubation and Airway Management Course in collaboration with UMS Anaesthesiology team for FMS, MOs and paramedics of Papar district at KK Kinarut on 14th July 2023.



Penampang

Rapid Sequence Intubation Course at KK Penampang



WORLD DIABETES DAY PAPAR

Photo Gallery

On 25th November 2023, World Diabetes Day state level was celebrated at Dewan Serba Guna Kampung Biau, Papar with the theme
"Access to Diabetes Care: Know Your Risk, Know Your Response"



A GLIMPSE OF TAWAU

Photo Gallery

By Dr Haryati



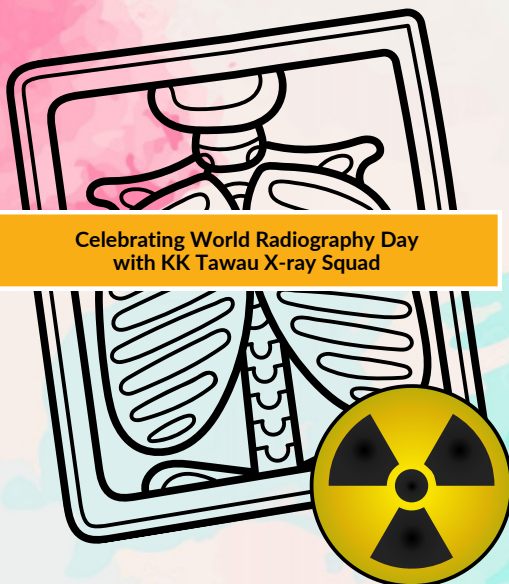
KK Tawau 7th Anniversary
(17 Oct 2016 – 2023)



State-level Wellness month event
at Padang Bandaran, Tawau



Hosting "Majlis Sambutan Minggu Penyusuan Susu
ibu & AKSSI Peringkat Negeri Sabah" in Tawau



Celebrating World Radiography Day
with KK Tawau X-ray Squad



A GLIMPSE OF TAWAU

Photo Gallery

By Dr Haryati

Supervisory visit from Sektor Remaja, KKM & JKNS. KK Tawau has been awarded with "Best Practice Perkhidmatan Kesihatan Mesra Remaja 2023"



Welcoming TPKN (KA), Dr Maria Suleiman to KK Tawau



Supervisory & audit visits from KKM for Colorectal Screening program



When ex-Tawau FMSes meet



Goodbye Dr Regan & welcome Dr Ri Hui to KK Tawau

A GLIMPSE OF TAWAU

Photo Gallery

By Dr Haryati



Celebrating World Diabetes Day & International Men's Day 2023

**Celebrating World Diabetes Day & International Men's Day 2023
with Diabetes Association
Tawau Branch**



Ending 2023 with a bang!

COMMUNITY ACTIVITIES; KK MEROTAI BESAR

Photo Gallery

By Dr Ruziana Baharudin



"Gotong Royong
Mega"
with Merotai
community

Family Day
Northern
Zone Tawau



Iftar with orphan and tahfiz students
in Merotai



Tuberculosis screening among
estate workers in Merotai

Sabah Primary Care Team

Photo Gallery

By Dr Haryati



FMS Sabah attending Sabah Geriatric Conference



Sabah PrEP Team



Dining out with Head of Family Medicine Specialty Sabah, Dr Lee Wai Khew



Poster Presentation during 25th FMS conference 2023



FMS Sabah during the 25th FMSC 2023

KESIHATAN MESRA REMAJA KK LAHAD DATU

Photo Gallery

By Dr Fatin Imtithal



Klinik Remaja KKLD



Various school activities



Karnival Remaja Sihat 2023



'More Than Outer Beauty' class

KARNIVAL KEM DIABETES & HARI BERTEMU PELANGGAN; KK PENAMPANG

Photo Gallery



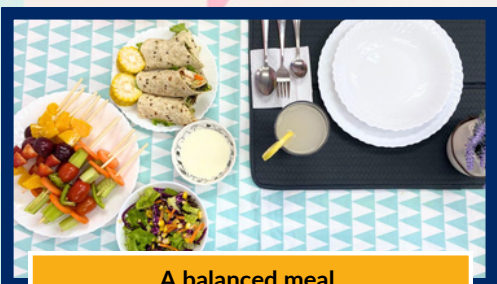
The healthy version of Roti Jala



Mouth watering grilled chicken & watermelon juice



The face behind the meal



A balanced meal



The entire team



Children joining the fun



Health Promotion Booth



Lucky Draw



Diabetic Education by Medical Personnel



Diabetic Forum

HARI WARGA EMAS KK TELUPID & ENDOSCOPY CAMP BY HDOK, SANDAKAN

Photo Gallery

A total of 26 OGDS and 2 colonoscopies were performed



KEM KESIHATAN KK PUTATAN

Photo Gallery



Front Row (From Left→Right) : Dr Nadia Hamimah, Dr Nik Farah, Dr Zanaridah, YB Datuk Ir Shahelmy, Pegawai Daerah Tuan Mokhtar bin Hussin, Pegawai Eksekutif Majlis Daerah Putatan & Ketua Polis Penampang Tuan Sammy Newton



YB Shahelmy visiting the booth



Mental health booth



Team from KK Putatan team that made the event a success



Successful end to the event

FUN RUN "HEALTH IS WEATH" KK PUTATAN

Photo Gallery



KK Putatan team with
District Officer and Assistant District Officer



Warm-up before the run



Ready, set, go!

IT'S TIME TO SPICE UP YOUR LIFE!

Sports & Leisure

By Dr Nik Farah Nik Yusof Fuad

Family medicine is a unique discipline in that it deals with the care of patients at different stages of life, focusing not only on the treatment of common medical conditions, but also providing comprehensive and ongoing preventive care.

As Family Medicine Specialists (FMS), we strive to prevent the onset of disease and avert the occurrence of various types of disease complications. During consultations, FMS often takes the opportunity to educate patients on various forms of preventative measures. One of the best examples of preventive medicine is exercise. However, it is difficult for many to motivate their patients to incorporate this into their routine schedule, as patients always look up to the healthier physicians to truly influence them. Patients are more inclined to listen to their doctors who are healthy, energetic and can maintain a healthy weight than the other way around.

Therefore, actively engaging the FMS in physical activities or self-care, which is often overlooked, is the first step towards a model that sets a good example for patients. After all, we can not ask our patients to take care of themselves if we do not do it ourselves. As the saying goes: 'Practice what you preach'.

Although the thought of taking up exercise can be daunting, we, the FMS of Sabah, have taken up the challenge and spiced up our lives with physical activities that not only boost our health but also help us become more productive in our clinical practice. We have dedicated ourselves to various sporting activities to maintain our fitness levels and be a role model for our patients. Running, cycling, hiking, swimming, diving, indoor games, you name it, we have it! In fact, these activities have also become our recreational interest and ultimate passion.



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Checkout our 2023 WALL OF FAME for sports activities :



We motivate and support each other to participate in local and international sporting events. One of the best local events that most FMS in Sabah participated in was the annual Borneo Marathon held on May 21, 2023. We have FMS who not only participated in a 10km run, but also ran an entire marathon! Each of us did the necessary training in the run-up to the event, and on the day of the race, everyone did it! Winning medals in long-distance running is not easy, but with the right planning, training and great encouragement from one FMS to another, nothing is impossible.

Routine exercise and training for sporting events not only serve to improve our stamina and fitness, but also help us to influence our patients and counsel them on the importance of physical activity as part of preventive medicine. It definitely boosts our endorphins and gives us a pleasant mood too. So if you haven't already, lace up your shoes because now is the time to spice up your life!

LOST WORLD OF MERABUNG: LAHAD DATU'S ENIGMATIC REALM

Sports & Leisure

By Dr Norlaily Hassan

Countless times, friends and family inquire about my return home, and I often deflect the question with a smile. It's been 13 years since I arrived in Sabah, and at times, I ponder what's anchoring me here. Perhaps it's the allure of Sabah's people and its breathtaking landscapes. I'm drawn to nature, and Sabah offers untouched havens waiting for exploration. Whenever I find the time and energy, I venture out to heal myself by uncovering these hidden treasures.

Recently, I embarked on a river trek at the outskirts of Lahad Datu, a serene spot situated approximately 60 km from town.

Hidden within the heart of uncharted wilderness lies an enchanting gem waiting to be discovered—the Merabung River, also known as the Lost World of Merabung. A journey along this mystical river unveils a breathtaking trek, weaving through untouched forests and immersing us in an unparalleled natural spectacle.

Spanning a total of 6 kilometers round trip, this expedition was no ordinary trek—it was a thrilling 80% river trekking experience. The journey began amidst the serene tranquility of lush, unspoiled greenery. The symphony of the forest serves as an ambient soundtrack, setting the tone for an immersive and awe-inspiring experience.



LOST WORLD OF MERABUNG: LAHAD DATU'S ENIGMATIC REALM

Sports & Leisure

By Dr Norlaili Hassan

The allure of river trekking lies in the ever-changing landscape. Each turn unraveling a new vista, a picturesque tableau painted by nature's hand.

Navigating through the river's course demanded agility and a keen sense of adventure. Boulders serve as stepping stones, and the gentle current creates a rhythm that guides us deeper into the heart of this untamed paradise.

The true magic of the Merabung River trek lies not just in the physical challenge, but in the spiritual connection forged with nature.

This journey was a testament to the raw beauty that remains untouched and unscathed by the hands of time. The Merabung River, often dubbed the Lost World, revealed itself to us who seek the thrill of exploration and the solace of unspoiled nature.

As we trekked back, my heart and mind were filled with the serenity and wonder of the Merabung River. The memories of this mesmerizing journey still linger until now. For those seeking an unforgettable expedition that transcends the ordinary, the Merabung River trek stands as an invitation—a beckoning call to immerse oneself in the untouched splendor of nature's secrets. I suppose Lahad Datu and Sabah are keeping me here for the time being as there are still many undiscovered places waiting for me to explore.



KLINIK KESIHATAN TELUPID; SPORTS MONTH & GALA NIGHT

Sports & Leisure

By Dr Regan

All staff including those from vector unit and JJSB were divided into 4 random groups. 6 games were contested between the groups. The games played were futsal, badminton, ping pong, volleyball, darts and functional fitness.



AN UNOFFICIAL SABAH TRAVEL GUIDE

Sports & Leisure

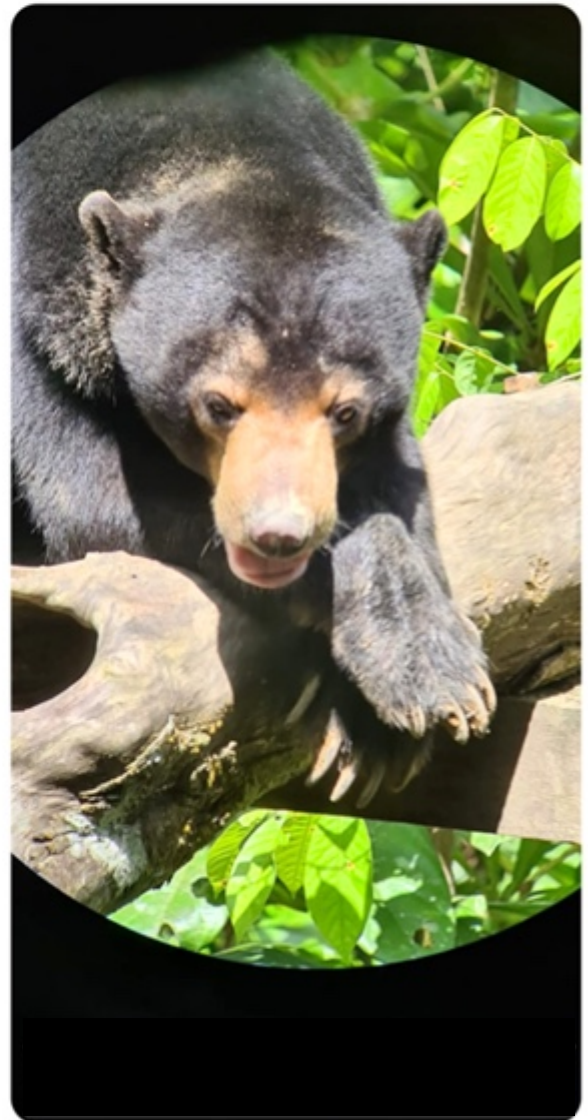
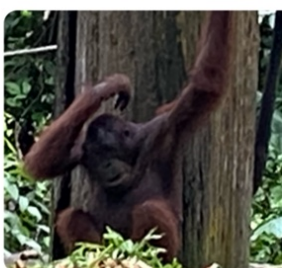
By Dr Noreen Ooi Zhi Min

It is always exciting being sent to the Land below the Wind as a Family Medicine Specialist. Work is always rewarding despite its challenges but to balance it, there is always time for 'healing'. While compiling the photos to write this article, I realised that I did follow the motto – work hard, play hard.

Sandakan

Sandakan is famous for five animals, which are:

- Orang Utan (Sepilok Orang Utan Rehabilitation Centre)
- Sun bear (Bornean Sun Bear Conservation Centre)
- Crocodile (Sandakan Crocodile Farm)
- Proboscis monkey (Labuk Bay Proboscis Monkey Sanctuary)
- Sea turtle (1 day, 1 night trip to Selingan Island under Crystal Quest Sdn Bhd tour operator)

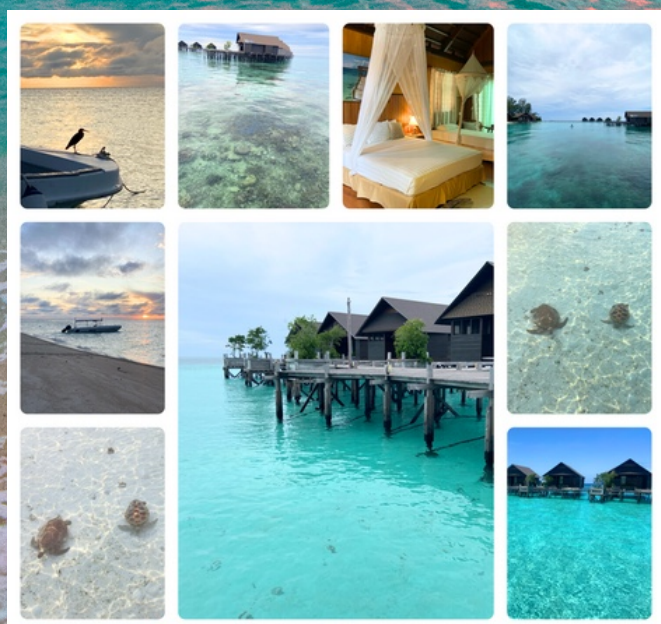
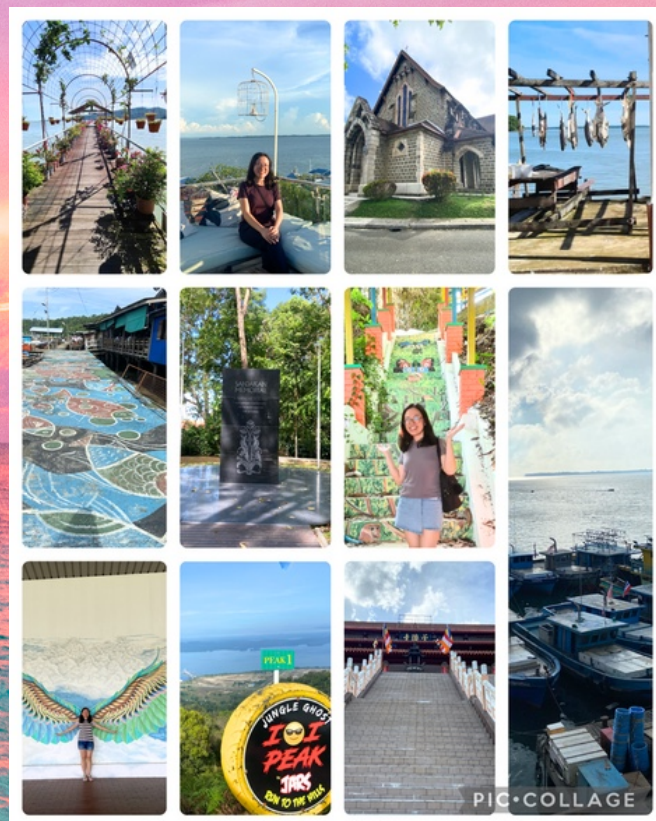


AN UNOFFICIAL SABAH TRAVEL GUIDE

Sports & Leisure

By Dr Noreen Ooi Zhi Min

Rainforest Discovery Centre – located just 5 minutes drive from Sepilok, it offers a tree top walk, a short hike to see the Sepilok Giant which is the second tallest tree in Sabah, and finally, if you are adventurous, a 11.7km out and back Kabili Trail. Make sure you wear leech socks as there are many leeches along the way.



Sandakan town – known as Little Hong Kong due to its similarity and Cantonese influence. There are many historical sites to visit, hiking trails to explore and delicious cuisines to try.

Pulau Lankayan – the jewel of Sulu sea. Sparkling emerald waters which are so clear that you can admire all the corals and sea life from the walk board. There are many beautiful dive sites around there too.

AN UNOFFICIAL SABAH TRAVEL GUIDE

Sports & Leisure

By Dr Noreen Ooi Zhi Min

Lahad Datu

Visit the Madai caves to see how the locals harvest bird's nests. Mount Silam is one of the popular hiking spots. Try to spot the red little crabs along the way. 2.5 hours' drive with 1.5 hours of it on gravel road from Lahad Datu town will bring you to Tabin Wildlife Resort, where you can see the Pygmy elephants during elephant season.



Semporna

There are many resorts and small islands that you can stay at in Semporna. I stayed at Luma Selakan and this was the place where I was introduced to the world of scuba diving. I have not been to Sipadan Island myself but it will be on my bucket list. For those who loves hiking, there is the Bohey Dulang Island which offers spectacular views at the peak.



Kota Belud & Tip of Borneo

There are many unique accommodations with view of Mount Kinabalu in Kota Belud. A popular hiking site there is Bonggol hill. Tip of Borneo is where the South China Sea meets the Sulu Sea and the view there is magnificent.



DR ZAITON BINTI YAHAYA

Tribute to FMS

By Dr Jonathan Tan Yuet Han

On 21st May 2023, Dr. Zaiton binti Yahaya retired from her position as Sabah State Head of Family Medicine Specialists and Consultant Family Medicine Specialist of Klinik Kesihatan Sandakan.



Dr. Zaiton was born in Singapore to the loving couple of Zainab Ali and Yahaya Hj Omar. She completed her primary and secondary school at a Convent School in Sg Nyior, Butterworth. She started her journey in medicine as a houseman at Penang General Hospital after graduating from Vrije Universiteit, Brussels in 1994. As medical officer, she was sent to Queen Elizabeth Hospital and served in the paediatric ward before moving to Duchess of Kent Hospital, Sandakan in 1996.

Her passion in Family Medicine propelled her to pursue the Masters of Family Medicine at Universiti Sains Malaysia from 1998-2002. Her love for Sabah brought her back to Sandakan as the pioneer FMS there when Klinik Kesihatan Sandakan first opened its doors in 2002.

Dr Zaiton developed a keen interest in managing people living with HIV and ignited a passion and understanding for this marginalised group when she joined the Malaysian Aids Council (MAC) in 2002. As an advocate for this marginalized group, she established the Sabah AIDS Awareness Group Association (SAGA) in 2008; an NGO focused on creating awareness, providing hope and extending support to people living with HIV and their families. Following her advocacy, she continued with a postgraduate fellowship in sexually transmitted diseases at Monash University, Melbourne in 2009.

Her remarkable tenacity, determination and noble efforts culminated in the conferment of the Tun Dr. Siti Hasmah Award in 2018, among many of her other accolades.



DR ZAITON BINTI YAHAYA

Tribute to FMS

By Dr Jonathan Tan Yuet Han



Despite the stress of having to manage Klinik Kesihatan Sandakan, Dr. Zaiton has been able to take it all in stride. She is happily married to a fellow doctor, Dr. Zainon Desa Din and is blessed with two daughters. Not limiting herself to being active in the medical profession, she is also a nature lover and a rambunctious adventurer which has led to her astounding feat of reaching the peak of Mt. Kinabalu a grand total of 3 times!

Her love for travelling and her avid interest and talent in photography accentuates her keen eye for finding beauty in the ordinary. She is also a strong supporter of animal conservation efforts. She has spearheaded a "Save the Turtles" campaign since 2017, which has recently entered its third year of effectuation.

Her caring and loving nature has endeared her to all her patients who still happily reminisce the care and heart Dr. Zaiton has put into treating them and their families.



Klinik Kesihatan Sandakan is a better place thanks to the dedication, compassion, and leadership that Dr. Zaiton has provided over the years. She is a legend that has inspired many and her reassuring presence in Klinik Kesihatan Sandakan will truly be missed.



DR GEORGE MATHEW

Tribute to FMS

By Dr Tan Huey Yee



On 3rd October 2023, Dr George G Mathew officially retired from his post as a Consultant Family Medicine Specialist in Klinik Kesihatan Tamparuli after 33 years of service with the Ministry of Health.

Dr George started his journey as a medical practitioner in August 1990. Nine years after joining the Ministry of Health, he obtained a master's degree in Family Medicine in 1999. Subsequently, he served as Director of Hospital Tuaran from 20th December 1999 to 31st July 2008 before becoming the Family Medicine Specialist and Head of Klinik Kesihatan Tamparuli from 1st August 2008 until his retirement.

As a Ministry of Health officer, he was awarded Jusa C on 2nd January 2015. Throughout his tenure, he has shown remarkable dedication in serving the community, and his passion drove him to pursue his subspecialty of interest. In 2009, he gained recognition as a Fellow in Men & Women's Sexual & Reproductive Health in General Practice.

Over the years, Dr George has been actively involved in many local and international organisations. Some of his notable contributions and roles include serving as the International Consultant for "Integrated Management of Childhood Illness" in Fiji & Laos (2001 – 2002) and National Course Director for "Integrated Management of Childhood Illness" for Facilitator & Participant Training (2002-2016).

His love for adventure led him to gain vast experience in serving as the state medical team manager for international sports events, including Sabah Adventure Race (International) (2005-2016), "The Most Beautiful Run" (TMBT International) (2006-2015), Mount Kinabalu International Climbathon (2010-2017), and Four Feathers Ultra International Marathon (2020).

Dr George is also known for being active in volunteering and social work. He has been the chairperson for Persatuan Kebajikan & Sosial Kawasan Kesihatan Tuaran (PEKSO) from 2002 until 2023. He was also elected as the current chairperson for Anglican Retirement Kampong (ARK) (1st February 2023 – 30th January 2025). Most recently, he has joined the Doulos ship crew as a volunteer resident doctor on board from Kota Kinabalu to Bangkok.

Always one to share his knowledge and experiences, Dr George has been an adjunct professor under Medical and Health Sciences Faculty, Universiti Malaysia Sabah (UMS) since 1st October 2018. He is still actively teaching medical students and awaiting new intake for the faculty.

Many patients who were under his care surely remember his compassion and dedication. He was the doctor who always went the extra mile, including visiting their homes and kampung to provide the best care he could for patients and their families. He has always been approachable and understanding as a leader and senior colleague. Over the years, he has stay grounded and down-to-earth, emphasising teamwork, respect and compassion. Despite work demands and his busy schedule, Dr George still find time to share his love for music and dancing through numerous entertaining performances during special events, creating joyful memories, especially for the staff in Tamparuli and Tuaran.

Klinik Kesihatan Tamparuli has become what it is today under the dedicated and compassionate leadership of Dr George G Mathew. To many in KK Tamparuli, staff and patients alike, he is a legendary and inspiring figure whose reassuring presence will surely be missed.

A HEARTFELT TRIBUTE TO DR HAJAH RUMIHATI ABD HAMID

Tribute to FMS

By Dr Farah Waheeda



"Memories are timeless treasures of the heart"

The late Dr. Hajah Rumihati Abd Hamid will forever be missed by many of us in Sabah. Indeed, she had astounding contributions especially in the field of Family Medicine in Sabah. Born in Kampung Hulu Putatan, Sabah on October 26th 1970, Dr. Rumihati is the youngest child in her family. She received her medical degree from Universiti Malaya in 1995 and became a specialist in Family Medicine upon her graduation from Universiti Kebangsaan Malaysia in 2002.

She went on developing her career in several health clinics and hospitals before finally serving Klinik Kesihatan Putatan. A dedicated and energetic doctor, Dr. Rumihati received several accolades including Anugerah Perkhidmatan Cemerlang in 2001, 2008, 2009 and 2014 for her remarkable achievements. Back in 2011, she was the first FMS to collaborate with Cardiologists to start a pilot project to improve secondary prophylaxis for Rheumatic Heart Disease in Sabah and started an echocardiography service in Klinik Kesihatan Putatan.

Throughout the years, Dr. Rumihati was actively involved in clinical governance activities including research and publications. These activities groomed her to become the respected person she was in her professional field and community. Being the first FMS in KK Putatan, her great leadership and vast experiences helped develop the clinic into one of the best health clinics in Sabah.

Her unexpected tragic demise at the age of 49 on December 6, 2019 in a road traffic accident in New Zealand shocked us all and drew a lot of attention among local and international media. Her endurance, dedication and professionalism will be forever remembered by everyone who has worked with her. She left behind an impressive legacy that can never be erased and wonderful memories that will be eternally cherished.

"Surely we belong to ALLAH and to him we shall return"