

NEWSLETTER

TITIWANGSA KEPONG LEMBAH PANTAI CHERAS PUTRAJAYA

FMS

Family Medicine Specialist

KUALA LUMPUR & PUTRAJAYA



VOLUME 1 | 2022

DISTRICT ACTIVITIES | STAR OF THE YEAR | ACHIEVEMENTS

CONTENTS

FMS KL & PUTRAJAYA NEWSLETTER

Contents	1
Welcoming Speech	2
Editor's Note	4
Faces of FMS KL & Putrajaya	5
Star of the Year	13
Awards & Achievements	15
Publications	16
Talk Shows	19
Team Building FMS KL&P	22
District Highlights	24
Clinic Activities	30
Case Reports	48
Career Pathways for Postgraduates	50
Career Pathways for Subspeciality	54
FMS Trainers for Postgraduates Programmes	55
Crossword Puzzle	56
Editorial Board	57
Thank You Note	58

NEWSLETTER HIGHLIGHTS

STAR OF THE YEAR

ACHIEVEMENTS

DISTRICT ACTIVITIES

CASE REPORTS



WELCOMING SPEECH

STATE HEALTH DIRECTOR

Assalamualaikum and Salam Sejahtera.

First and foremost, I would like to convey my heartiest congratulations for the publication of the first newsletter by Family Medicine Specialist Kuala Lumpur and Putrajaya. This newsletter has shown the effort, dedication and achievement of the FMS I am working with in this beautiful city of Kuala Lumpur.

We are in the transition of moving on from combating COVID-19 pandemic to resuming our core business of providing preventive care and primary health care to our fellow Malaysian, while adapting the new norms. Great challenges faced by the front liners since early 2020. I believe if we stand together, we can overcome any obstacles that lie ahead of us.

I would like to use this opportunity to express my heartfelt gratitude to all healthcare workers who have worked hard in Covid Assessment Center (CAC) and Pusat Pemberian Vaksin (PPV) at the same time providing services to non Covid related patients.

Looking beyond COVID-19, we still have many health concerning issues to tackle. From non-communication disease like diabetes to infectious disease for example tuberculosis, not forgetting maternal and child health and a lot more to be mentioned, we strive to provide better service to prevent long term complication that have great impact on health economic.

I am thankful to have capable Family Medicine Specialists in leading the healthcare workers in clinics to achieve our goal.

Lastly, my best wishes to all the FMS KL& Putrajaya.
Stay safe!

DR NOR'AISHAH BINTI ABU BAKAR
State Health Director JKWP Kuala Lumpur & Putrajaya





WELCOMING SPEECH

HEAD OF FMS KL & PUTRAJAYA

Greetings!

My heartiest congratulations to the editorial board of Family Medicine Specialists (FMSes) of Kuala Lumpur and Putrajaya for producing the very first newsletter. Thanks to all your hard work and dedication, this beautiful piece that portrays us, the Family Medicine Specialists of Kuala Lumpur and Putrajaya (FMSKL&P), was born.

This newsletter illustrates the various activities that we have accomplished, not just within the comfort boundary of our clinics, but also reaching out to the community and its healthy population. Flip through the pages to see the creativity of all our clinics in running programmes for the benefit of staff and communities.

We would also like to take this opportunity to congratulate the FMSes who have received numerous recognitions and awards, you have made us proud! Various publications and research involving FMSes and our colleagues have also been included to encourage evidence-based medicine practice in primary care.

Alone, we can do so little; but together, we can do so much. Scroll through the pages to see our successful and fun team building activity in 2022. We work hard, but play even harder. Everyone had a fun time waddling in the river stream despite the strong current, and the strong will to overcome difficult challenges is continuously displayed in our daily work lives.

Before I end, I would like to encourage the FMSKL&P to strive and keep improving. I hope you enjoy reading the first FMSKL&P newsletter. We'll see you again in the next episode.

DR HAMIMAH BINTI SAAD

Head of Family Medicine Specialist Kuala Lumpur & Putrajaya

EDITOR'S NOTE



Assalamualaikum W.B.T and Salam Sejahtera,

After months of hardwork, brainstorming and writing, we are proud to present to you the first newsletter of FMS Kuala Lumpur and Putrajaya.

First of all, I would like to thank Dr Hamimah as the head of FMS KL & Putrajaya for entrusting me to lead this publication. Special thanks to all my committee members for their dedication in producing this newsletter.

The past three years have been a challenge for the whole medical fraternity with the emergence of the covid-19 pandemic. FMS took up the challenge working in the frontline; setting up CAC, providing vaccine for the community, and still running all essential services to the community.

As we move on, the FMS KL & Putrajaya are kick starting back all programs for our community, whilst still continuing on our efforts to combat Covid-19. Throughout the year of 2022, the FMS in KL & Putrajaya have stepped up efforts in running various programmes in every clinics.

Our main objectives are to provide the best services, continuously educating the public and the health care workers whilst celebrating each achievements that we receive with contentment and gratitude.

Hopefully, all the FMS in KL and Putrajaya will move forward and be rewarded with many more achievements in the future.

Thank you so much. Enjoy reading everyone!

DR MEGAT MUHAMMAD HARIS BIN MEGAT ZAINAL
Editor of Newsletter FMS Kuala Lumpur & Putrajaya

TITIWANGSA

FMS KK KUALA LUMPUR



DR NARUL AIDA
BT SALLEH



DR HAMIMAH
BT SAAD



DR AZIRA
BT BAHARUDDIN



DR MOHD AMIRUL AMIN
BIN MOHD GHANI



DR NAGAMMAI
A/P THIAGARAJAN



DR BANU NISA
BT ABDUL HAMID



DR MOHD HAZIZUL
BIN AB SAMAD
(WARTA)



DR MOHD HAFIZUL AKMAL
BIN NORDIN
(WARTA)



DR MUSBAHIYAH
BT MAT ZAINAL
(WARTA)



DR RANMEET KAUR
A/P JASBIR SINGH
(WARTA)



FMS KK SETAPAK



DR RAFIDAH BT MOHD RAFIE

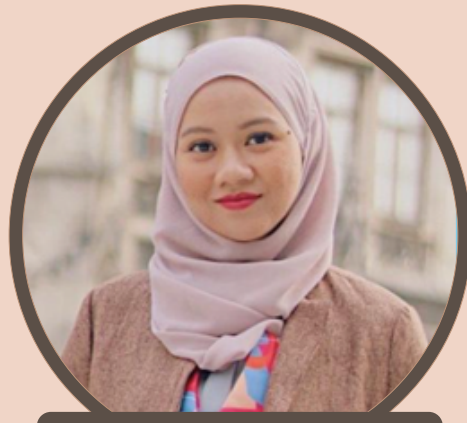


DR LEONG YIN HUI

FMS KK KAMPUNG PANDAN



DR SURIANI BT SULAIMAN



DR ADILAH BT AIDIT

FMS KK DATO' KERAMAT



DR ROSLINAWATI
BT MAT ZIN

KEPONG

FMS KK JINJANG



DR SITI KHAMSIAH
BT ABD SHUKOR



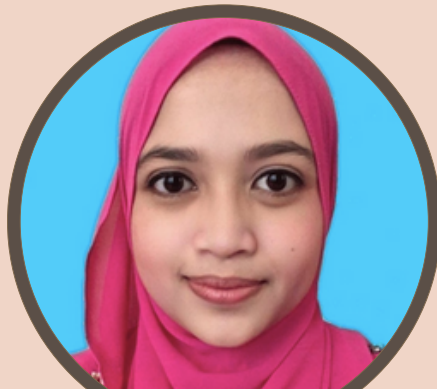
DR NOR AZLINA
BT SIDDIK



DR MEGAT MUHAMMAD HARIS
BIN MEGAT ZAINAL



DR KARLEEN CHONG
(WARTA)



DR ATIQAH
BT ASBI



DR SITI NUR HIDAYAH
BT ABD RAHIM
(WARTA)

FMS KK SEGAMBUT



DR HAZWANI
BT MOHAMED PADZIR

FMS KK SENTUL



DR ROHAYAH
BT ISMAIL



DR NUR NAJLAA
BT AB AZIZ



DR HOE HAO KEAT
(WARTA)



DR MARINA
ANTONY NICHOLSON
(WARTA)

FMS KK BATU MUDA



DR ONG JUE JING
(WARTA)



DR VALARMATHI
A/P MASILAMANI



DR JASMIN AQILAH
BT ZAHARI

LEMBAH PANTAI

FMS KK TANGLIN



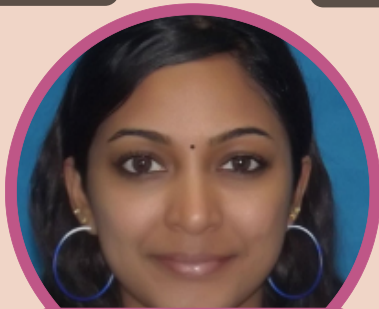
DR FATIMAH ZAHRAH
BT MOHD ZAIDAN



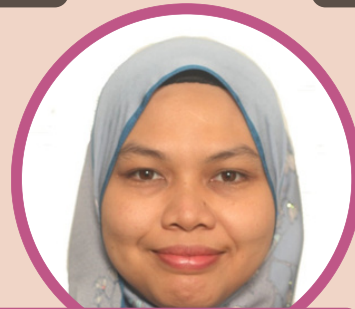
DR NOR FAIZAH
BT GHAZALI



DR RADHIYAH
BT HUSSIN



DR SANGEETHA
A/P NALLA THAMBE
(WARTA)



DR HANIS HARLIDA
BT ZAINI
(WARTA)

FMS KK PETALING BAHAGIA



DR ALIDAHANI
BT MOHD YUSOF



DR CHITRA SULURAJU

FMS KK MUHIBBAH



DR ROSANNA PATRICIA
CHRYSHANTHI GREGORY

CHERAS

FMS KK CHERAS



DR SHEELA BAI
PANNIR SELVAM



DR SITI SHAFIATUN
BT MOHSIN



DR ANUAR
BIN MOHAMAD



DR CHAN HIANG NGENE
(WARTA)



DR NOORHAZLIZA
BT ABDUL PATAH
(WARTA)



DR AMMAAR
BIN NOOR IBRAHIM
(WARTA)

FMS KK BANDAR TUN RAZAK

FMS KK SALAK SELATAN



DR NURZEITI YUSLINDA
BT YUSOF



DR NUR SYAHIDA
BT SAADON

FMS KK SUNGAI BESI



DR ADAM FIRDAUS
BIN DAHLAN



DR NORHASLIRA
BT ABDUL RAHIM



DR THUNG SENK CHUNG



DR HONG CHIA YIN
(WARTA)



DR SURIANI AKBAR
BT ABDUL HALIM
(WARTA)

FMS KK CHERAS BARU



DR AVNI PATEL
(WARTA)



DR WONG PING FOO

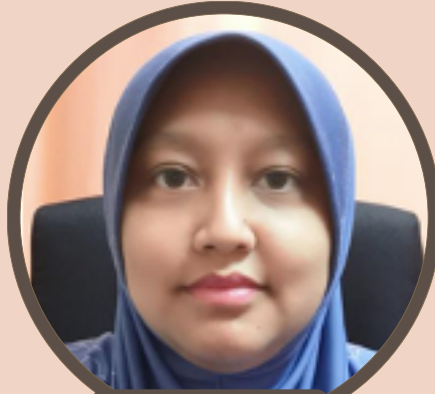


DR SYAZWANI
BT DZULKIFLI
(WARTA)

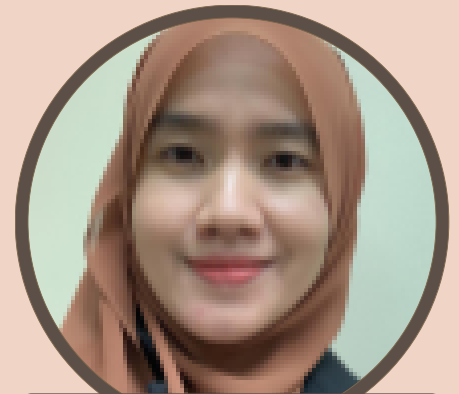
FMS KK PUTRAJAYA PRESINT 9



DR ZAFFERINA
BT ZULGHAFFAR



DR NORAN
BT RAMLI



DR WAN NOOR AZLIN
BT WAN IDRIS

FMS KK PUTRAJAYA PRESINT 18



DR HAZIRA HANUM
BT MOHD YUSOF



DR ROZITA
BT ZAKARIA



DR NURZAITIL ASWANI
BT ZAINUDDIN



DR ELEZA NAZEFAH
BT ROSLI



DR CHOONG JIN IAN
(WARTA)

STAR OF THE YEAR

DR ROZITA BINTI ZAKARIA



We proudly present our star of the year, Dr Rozita binti Zakaria, FMS from KK Putrajaya Presint 18 who is the Head of Family Medicine Service of 2019 - 2021.



She was in the first batch of FMS graduates from UKM when the university introduced the field of speciality in Malaysia in 1997. Klinik Kesihatan Pasir Gudang was given the honour to receive her service as FMS from 1997 until 2015.

She pursued her subspecialty in Child Health in 2007 from University of Warwick, United Kingdom with a year of clinical experience in National Health Services, Coventry, West Midlands. For 19 years under her excellence governance, the clinic has established "Pemulihan Dalam Klinik (PDK)" for children with special needs, Pediatrics Palliative Care unit and Childhood Obesity Service.

She was then transferred to Klinik Kesihatan Sultan Ismail, Johor Bahru to continue her great contributions in area of scientific research by leading an Industry Sponsored Research (ISR) in Acute Childhood Diarrhoea as well as Investigator Initiated Research (IIR) in Under 5 mortality in Malaysia in the same year (2015). Her passion in scientific research has made her successfully conduct more than 20 studies with 7 publications at international and national level within 6 years (2015-2020)



STAR OF THE YEAR

Apart from scientific research, she is actively involved in various TWG in creating new Guidelines and CPGs for the benefit of all health practitioners to practise the latest Evidence-based Medicine. Among her excellent work includes Guidelines on Covid-19 Management in Malaysia, Training Module on Early detection of common cancers and referral pathways, Hepatitis C Training Module for Primary Care in Malaysia and Pain free programme and Pain as 5th vital sign Programme.



Her peak of career was when she was appointed as the Head of Family Medicine Service in the Ministry of Health and has since further brought up the family medicine fraternity to a higher level including appointment of JUSA C Grade to FMS - Dr Baizury Bashah was the first FMS to receive such recognition. Apart from her great contributions in clinical, administrative and research, she was heavily involved in education for the FMS career pathway. The work has brought her to Dublin as delegates representing The Ministry of Health in the effort to establish a training program through Parallel Pathway for family Medicine. From that, Malaysia-Ireland Training Programme for Family Medicine (MInTFM) was introduced in Malaysia in 2019 with the first batch of FMS due to graduate in 2022.



She had been honoured with “Anugerah Perkhidmatan Cemerlang” twice throughout her career in 1999 and 2009. Her great contributions for the country know no boundaries as she actively involved in voluntary and humanitarian work with Muslim Volunteer Malaysia (MVM), and is currently an active donor for Majlis Kanser Nasional (MKN).

DR ROZITA BINTI ZAKARIA

AWARDS & ACHIEVEMENTS

DR NORHASLIRA BT ABDUL RAHIM

Anugerah Perkhidmatan Cemerlang 2021



DR WONG PING FOO

- Malaysian Productivity Champion (MPC) – Productivity champion
- AfroPHC-Leadership Management and Governance for Health System Strengthening



DR ALIDAHANI BT MOHD YUSOF

Anugerah Perkhidmatan Cemerlang 2021



DR WAN NOOR AZLIN BT WAN IDRIS

Anugerah Perkhidmatan Cemerlang 2021



DR NARUL AIDA BT SALLEH

Community Choice Health Care Provider (KeyPop) Awards



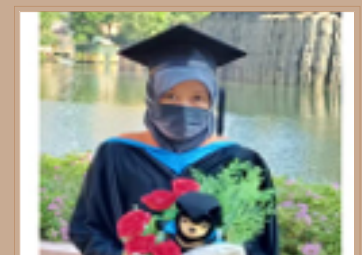
DR NAGAMMAI A/P THIAGARAJAN

- Postgraduate Diploma in Primary Care for Elderly (Tan Sri Dato' Seri Dr. Jeffrey Cheah Scholastic Award)
- Falls Champions Award



DR NOR FAIZAH BT GHAZALI

Postgraduate Diploma in Geriatric Medicine



PUBLICATIONS

DR CHITRA SULURAJU

Statin-Induced Diplopia:
A Rare Side Effect

Published on 2021 in Malaysian
Journal of Science, Health &
Technology

DR NOR FAIZAH BT GHAZALI

Tetravalent Dengue Vaccine
among healthy children
aged 9-13 years in Malaysia

Published on August 2021 in
the Pediatric infectious
disease journal

DR FATIMAH ZAHRAH BT MOHD ZAIDAN

Approaches to Management of
Rhabdomyolysis as the
Adverse Effect of Drug
Interaction Between
Atorvastatin and
Sacubitril/Valsartan

Published on 03/03/22 in the
European Heart Journal

DR SITI NUR HIDAYAH BT ABD RAHIM

Hemophagocytic
Lymphohistiocytosis (HLH) in
Pregnancy

Poster Presentation State
Level 2022

DR SITI NUR HIDAYAH BT ABD RAHIM DR NOR AZLINA BT SIDDIK

The Prevalence of
Hypoglycaemia and Its
Associated Factors among
Type 2 Diabetes Mellitus
Patients Attending Klinik
Kesihatan Jinjang

Poster Presentation State
Level 2022

DR ATIQAHT BT ASBI

Treatment Outcomes of Extended
Versus Non-Extended Intensive Phase
in Pulmonary Tuberculosis Smear
Positive Patients with Delayed Sputum
Smear Conversion – A Retrospective
Cohort Study at Primary Care Clinics in
Kota Kinabalu

Published in Malaysian Family Medicine
Journal 2022

PUBLICATIONS

DR CHAN HIANG NGE

DR ANUAR BIN MOHAMAD

Assessing Knowledge, Acts of Discrimination, Stigmatizing Attitudes and Its Associated Factors Towards People Living with HIV (PLHIV) Among Family Medicine Trainees in Malaysia

Published in Malaysian Family Medicine Journal 2022

DR THUNG SENK CHUNG

National Cancer Coffee Table Book with Collaboration With National Cancer Society Malaysia

Published in 2022

DR WONG PING FOO

Involvement with Professional Organisations: Is There A Need?

Published in Malaysian Family Physician 2022

Clinical Pathway for Influenza in The Elderly: A Comprehensive Management Protocol of Malaysia

Published in Asia Pacific Journal of Health Management 2022

A Brief Guide to the Family Medicine Postgraduate Programs in Malaysia

FMSA Newsletter (issues 1/2022)

DR AVNI PATEL

Foot Care Knowledge and Self-Care Practices Among Diabetics in Penang : A Primary Care Study

Published in Medical Journal of Malaysia 2022

DR AMMAAR BIN NOOR IBRAHIM

Hypertension in Young Adults: BP Control, Clinical Characteristics and Management Profile

Poster Presentation at FMS Conference 2022

PUBLICATIONS

DR HAMIMAH BT SAAD
DR FATIMAH ZAHRAH BT MOHD ZAIDAN
DR LEONG YIN HUI
DR NOR AZLINA BT SIDDIK
DR NOR FAIZAH BT GHAZALI
DR NUR SYAHIDA BT SAADON
DR ROHAYAH BT ISMAIL
DR SURIANI BT SULAIMAN
DR WONG PING FOO
DR ZAFFERINA BT ZULGHAFAR

25th Family Medicine Coffee
Table Book

Published in 2022

**DR WAN NOOR AZLIN
BT WAN IDRIS**

Prevalence of Human Papiloma
Virus (HPV) Infection Among
Patients Undergoing HPV Test in
Putrajaya, It's Associated Factors
and Outcome: A Cross Sectional
Study

Poster Presentation State Level
2022

**DR SITI SHAFIATUN BINTI MOHSIN
DR HUNG CHIUN LAUN**

Dextrocardia and situs invertus
in a 35-year old man: A Case
Report

Poster Presentation State Level
2022

TALK SHOW

DR SURIANI BT SULAIMAN

- Vaksin Covid 19- Dos Penggalak Bersilang (Radio Saluran RTM Asyik FM)



DR SITI NUR HIDAYAH BT ABD RAHIM

- Dos Penggalak dan Wanita Mengandung (Selamat Pagi Malaysia)
- Keselamatan Kanak-Kanak Jadi Keutamaan (RTM)

DR SITI KHAMSIYAH BT ABD SHUKOR

- Puasa dan Diabetes (Selamat Pagi Malaysia)
- Hipertensi, Kawal dengan Cerdik (FB Live KKM: Hari Hipertensi Sedunia 2022)



DR THUNG SENK CHUNG

- Covid – 19: Endemicity and Beyond, Critical Insights for Doctors (FB Live Malaysian Medical Association)
- Suicide in Men (FB live KK Sg Besi)



DR NOR AZLINA BT SIDDIK

- Hari TB sedunia: Kenali Penyakit TB (Radio Show: Gegar Astro)



TALK SHOW

DR ADAM FIRDAUS BIN DAHLAN

- Lelaki Juga Boleh Menangis (FB Live di Kospen KL & Putrajaya)



DR NORHASLIRA BT ABDUL RAHIM

- Kenali Kanser Payudara (FB Live UPNM (Universiti Pertahanan Nasional Malaysia))

DR AZIRA BT BAHARUDDIN

- Penjagaan Kesihatan yang Bersyariat (FB Live)



DR LEONG YIN HUI

- Kuarantin di Rumah, Apa Penjagaan yang Perlu Dilakukan? (Selamat Pagi Malaysia)
- COVID-19 Dos Penggalak (Ai FM)



DR RAFIDAH BT MOHD RAFIE

- Dos Penggalak, Sudah Ada 2, Kenapa Perlu 3 (FB Live)



TALK SHOW

DR NARUL AIDA BT SALLEH



- Deep Dive on SDG3 (Live Forum)
- Malaria- Forgotten Urban Disease (FB Live)
- AMOTEX (FB Live and Webinar)
- Public Talk- Living Positive, Positively (For PLHIV) (Live Forum)



DR NAGAMMAI A/P THIAGARAJAN

- What Public Need To Do When They Are Affected with Covid -19? (Astro Vizhuthugal)
- Elderly Care Forum (Live Forum)

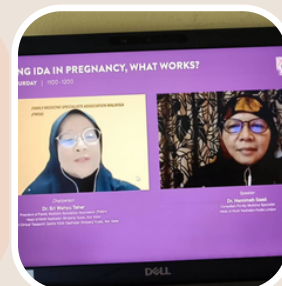


DR FATIMAH ZAHRAH BT MOHD Z Aidan

- Post Partum Depression - (FB Live)

DR HAMIMAH BT SAAD

- Managing IDA in Pregancy, What Works? (Webinar, FB Live)



TEAM BUILDING FMS KL & PUTRAJAYA

The long-awaited team building program was made reality on 8th October 2022 in Radiant Retreats, Janda Baik. The adventure begun with going upstream, the cold but refreshing water of Benus River.



We had multiple stops along the way for fun soaking and swimming activities. Upon reaching the peak, we stopped for a while to enjoy the scenic view and cool breeze of the jungle.

In the afternoon...

The journey continued with gentle trekking back to the retreat in the green jungle along the Benus river. After a hearty lunch, all were geared up for a treasure hunt around the retreat.



THE ADVENTURE CONTINUES...

teamwork



excellence



unity



We were divided into 4 teams and each group compete against time to become the champion to solve the final puzzle. The activities encouraged us to work as a team and maintained good time management to emerge as the first winner of the hunt.



The program ended with a prize giving ceremony, passing of baton to the next organizing team and poco-poco dance exercise.



After the sunset...

A barbecue dinner was held among the ones that stayed back overnight. The rest of the crew headed home in the evening feeling tired but nevertheless happy throughout the program.

till we meet again next year!!



District

HIGHLIGHTS

TITIWANGSA

KK KUALA LUMPUR RECEIVED A VISIT BY JICA

Japan International Cooperation Agency (JICA) is one of the agency that has contributed actively during COVID 19 pandemic by donating equipment for COVID 19 vaccination programme at Klinik Kesihatan.

Klinik Kesihatan Kuala Lumpur received 1 unit of low temperature freezer , 1 top loading refrigerator, 2 cold boxes and 2 temperature monitoring with data logger. JICA team led by Senior Program Manager, Madam Ummie Aiman Siddiqi and Mr Haruki Otaku visited Pusat Simpanan Vaksin (PSV) and Pusat Pemberian Vaksin (PPV) Klinik Kesihatan Kuala Lumpur on 30 June 2022 to see how these equipments are used to fight COVID 19. This visit was accompanied by Bahagian Dasar dan Perancangan Strategik Farmasi KKM.



Top loading refrigerator



Cold boxes



Low temperature freezer



Delegation consists of JICA, KKM and FMS & staffs of KKKL

District

HIGHLIGHTS

KEPONG

RENEWAL OF MEMORANDUM THERAPEUTIC COMPLEMENTARY MEDICINE

A ceremony on renewal of memorandum of agreement (MoA) between the Government of Malaysia and Persatuan Holistic dan Herba Malaysia (MHHO) was held on 16th December 2022 at Jabatan Kesihatan Wilayah Kuala Lumpur dan Putrajaya.

This ceremony was attended by YBhg. Dato' Dr. Asmayani bt Khalib, Vice of Health Director General Ministry of Health Malaysia, delegates from BPPK, JKWP, Kepong District Health Officer, Head of Klinik Kesihatan Jinjang and MHHO.

This is the pilot project in Malaysia, in conjunction with the recommendation of the World Health Organization aim to provide traditional medication and complementary medicine service in primary care setting.

This service is currently provided in Klinik Kesihatan Jinjang.



Pictures with the delegates



Memorandum of agreement between Ministry of Health and MHHO



Delegates consist of MOH, JKWP KLP, Kepong Health Office, KK Jinjang and MHHO

District

HIGHLIGHTS

LEMBAH PANTAI

KK TANGLIN WON 1ST PRIZE IN NATIONAL QUALITY ASSURANCE COMPETITION

Inovasi team from Quit Smoking Clinic KK Tanglin had represented Kuala Lumpur and Putrajaya in the National Quality Assurance Competition in November 2022.

The team which led by Family Medicine Specialist, Dr Nor Faizah won the 1st prize in the competition.

Their project named as QuitASAP is a toolkit designed to assist the management of nicotine addiction. It is a web-based tool that provides easy guides for the quit smoking team in the health clinic.



Dr Nor Faizah & Dr Fatimah Zahrah received the awards





District HIGHLIGHTS

CHERAS

SOUTH-SOUTH LEARNING AND EXPERIENCE EXCHANGE PROGRAMME ON VALIDATION OF ELIMINATION OF MOTHER-TO-CHILD TRANSMISSION (EMTCT) OF HIV AND SYPHILIS IN MALAYSIA

33 delegates visited Maternal & Child Health unit in Klinik Kesihatan Cheras on 26th October 2022.

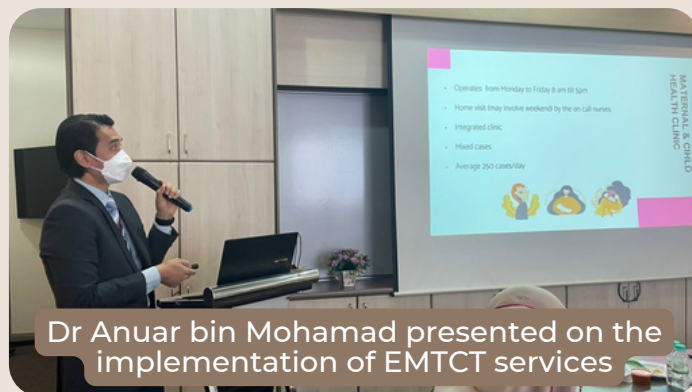
It was a sharing session on Malaysia's experience in EMTCT of HIV and Syphilis. This visit aimed to provide a platform for exchange of knowledge and experience in various topics related to EMTCT of HIV and Syphilis in our local setting.



Welcoming speech by Dr Mohd Fadli bin Mohd Fauzi, Cheras District Health Officer.



Meeting held at Cheras District Health Office



Dr Anuar bin Mohamad presented on the implementation of EMTCT services



Briefing on antenatal booking procedure using antenatal booklet.



Delegates from Indonesia MOH, UNICEF, UNAIDS, Malaysia MOH, JKWP KL and Putrajaya, Selangor State Health Department, Malaysian AIDS Council and KL AIDS Support & Services Society.



A guided tour to showcase maternal and child health clinic



Briefing on the laboratory work process



Briefing on RVD MTAC by pharmacist



Briefing on HIV and syphilis rapid diagnostic test kits and HIV pre-test counselling aid by a flip chart in the blood taking room.

The list of topics included were 1)HIV & Syphilis screening, treatment and care for pregnant mothers, 2)Diagnostic testing, treatment and care for exposed infants, 3)Immunization and infant feeding practices for exposed infants, 4)Post-delivery home visits, 5)Family planning for women living with HIV and 6)the role of NGO to the mother living with HIV.

A guided tour which mimicked patient flow in Cheras Maternal & Child Health Clinic was then conducted to further enhance the sharing experience on EMTCT services in Malaysia.

During the tour, the delegates were brought to various counters such as the registration counter, consultation room, phlebotomy room, laboratory, and pharmacy to gain first-hand experience on the workflow of our existing EMTCT services.

The fruitful and enriching experience sharing session ended with a group photo shoot and memento presentation.

District

HIGHLIGHTS

PUTRAJAYA

ASEAN EMERGENCY OPERATION CENTRE (EOC) NETWORK DELEGATION VISIT TO KLINIK KESIHATAN PUTRAJAYA PRESINCT 18

Klinik Kesihatan Putrajaya P18 received a visit by delegation of ASEAN Emergency Operation Centre (EOC) Network from Cambodia, Laos and Thailand on 6th October 2022. The delegation was led by Dr. Pasakorn Akarasewi from Thailand. The main aim of the visit was to see the management of outbreak in primary care setting. This visit gave the delegation some ideas on how our country manages outbreak cases especially COVID-19 in health clinics.



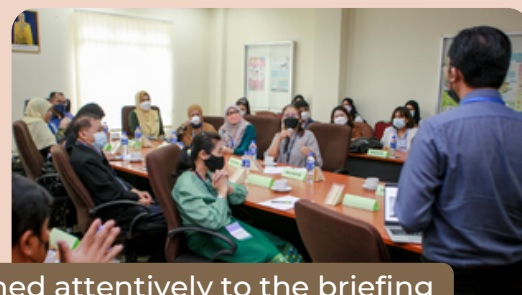
Welcoming speech by Dr Hazira



Arrival of delegates



Delegates listened attentively to the briefing



Group picture of delegates and clinic staff



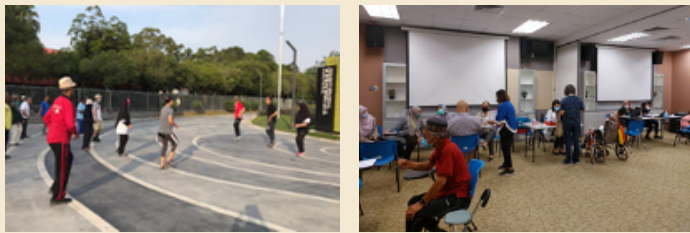
Site visit around the clinic by Dr Hazira

Clinic Activities

ANTENATAL CLASS



Maternal Child Health Unit (MCH) KKKL had conducted a 2 weekly series of antenatal classes since January 2022. A total of 23 sessions had been done with participation of 253 mothers. This was a multidisciplinary approach where the knowledge from various teams were shared in one seating. The aim was to create awareness and to give the correct information on pregnancy related problems, delivery process, postnatal care and neonatal care.



FALL CLINIC

The objective of the clinic is to prevent fall among elderly, therefore reducing risk of injury by specifically identifying risk factors of fall and conducting a holistic assessment. The clinic runs once a week with an expected attendance of 25 patients per month. The target population consists of older people with an increased risk of falls or osteoporosis patients requiring treatment.

It is a multidisciplinary approach where the each team will meet at the end of the clinic sessions to discuss further on the management of the patients.



PRO TEEN GEN Z

ProTeen Gen Z programme was held twice on 26th March and 6th August 2022 by PKMR (Perkhidmatan Kesihatan Mesra Remaja) team KK Kuala Lumpur, in collaboration with primer team PK Titiwangsa and Non-Communicable Diseases Unit. It also collaborated with Unit Pendidikan Kesihatan (UPK), Unit Rehabilitasi, Unit Sains Pemakanan, Unit HIV/STI, Unit Kerja Sosial Perubatan, Majlis Kanser Nasional (MAKNA) and Agensi Antidadah Kebangsaan (AADK) Wilayah Persekutuan.

The aim of this program was to create awareness and gave health education on risk reduction activities among teenagers.



Clinic Activities

WARGA EMAS PROGRAM



The 'Warga Emas Sihat & Aktif' programme was aimed to share health information with the elderly in PPR Air Panas using various activities. The session was made interesting whereby information were relayed through games like wheel of fortune, throwing darts, playing traditional games like congkak and guessing the juice.



'KUMPULAN BERLIAN' PROGRAMME

We gathered elderly age more than 60 years old, with or without comorbid, to attend our monthly gathering. Various units were involved in delivering of health information through interactive sessions including physiotherapist, occupational therapist, pharmacist, dietician, counsellor, paramedics and the doctors.



WORLD'S MENTAL HEALTH DAY 2022

A community programme to raise the awareness of mental health issue was carried out on 1st October 2022 in Wangsa Walk Mall. Among the activities organised were forum with influencers and health care workers, mental health screening, health check up, quit smoking booth and special need child education center booth. The event was a success and attracted huge crowd.



Clinic Activities

HEALTH SCREENING PROGRAM



Health Screening program in conjunction with Colorectal Awareness month 2022 was conducted by KOSPEN team, co-operating with CRC Team and Panel Penasihat of KK Kampung Pandan.



TUBERCULOSIS DAY

In conjunction with world TB Day 24/03/2022, the TB team from KKKP dedicated the whole week to promote TB awareness among staff and public in KK Kg Pandan. Various programmes were held like CME, public talk, quizzes, display booths and also colouring contest for children. Through these programmes, both medical staffs and public can gain knowledge about TB and increase their awareness.

WORLD'S SALT DAY 2022

'Minggu Garam Sedunia' was held on 15th March 2022. The online game was participated by the staff of Klinik Kesihatan Kampung Pandan involving the medical officers, staff nurses, medical assistants, pharmacists, dietician and lab technicians. This online game consist of 20 questions related to salt & hypertension.



Clinic Activities

DIABETIC MEDICAL CAMP



The aim of the camp was to educate the public about Diabetes Mellitus Type 2 and its complications.

A total of 30 participants came on the day. The distinguished guest of honor, Dato Dr Elli bin Tahir came to inaugurate the opening ceremony.

As part of the diabetic camp, several Non-Governmental Organizations(NGOs) were invited to participate and set up booths at the venue. There were also booths set up by the Ministry of Health such as Hypertension & Salt booth and Women's Health booth. A lucky draw with a total number of 20 prizes were given out on that day.

We invited one of our patients, Pn Suziena binti Mohd Razali, to share her experience throughout her journey starting from the point of diagnosis, her struggles dealing with diabetic complications and how she managed to pull through the challenges. It was a very inspiring talk indeed.

Clinic Activities

'WARGA EMAS' SPORT'S DAY



The International Day of Older People has become an annual event celebration since 1st October 1990 in Klinik Kesihatan Jinjang. This year, with the theme of “Resilience of Older Persons in a Changing World”, Hari Sukan Warga Emas program was held in collaboration with the clinic's Advisory Board and Kelab Warga Emas on 18th October 2022. The event was held in Dapur Sihat Klinik Kesihatan Jinjang.



NATIONAL HEALTH SCREENING INITIATIVE

The National Health Screening Initiative was introduced to screen cardiovascular risks among Malaysians, especially those aged 40 years and above. It promotes awareness to perform routine health screening and to monitor personal health well-being. Among the screening test provided under NHSI are measuring height, weight, body mass index, blood pressure, fasting blood sugar, fasting cholesterol level and smoking status.

HIV DAY PROGRAM

World AIDS Day 2022 was celebrated with the theme "Equalize". In collaboration with NGO KLASS, our annual HIV day program was held on 2nd December 2022 in Klinik Kesihatan Jinjang. This program urged health care workers about practical actions that needed to be done to address inequalities among people living with HIV and to ultimately end AIDS.



Clinic Activities

KKBM OPEN DAY



Aimed to brief Clinic Advisory Board Members and local representatives about the scope of services and the available services in KK Batu Muda which relocated and newly operated since 20th November 2020.

DIABETIC CAMP PROGRAM



INDEPENDENCE MONTH CELEBRATION

Handover ceremony and Kibarkan Jalur Gemilang campaign in conjunction with the celebration of the Independence Month.



Clinic Activities

DM CAMP

With the theme of “You Are Stronger Than Diabetes” our annually camp was held on 6th of August 2022 in Klinik Kesihatan Sentul. We received great participation from our patients, doctors, diabetic educator, paramedics, pharmacist, physiotherapist, dietician and occupational therapist. This program increases patients’ knowledge and adherence to the treatment by engaging in fun filled interactive activities to learn more about diabetes.

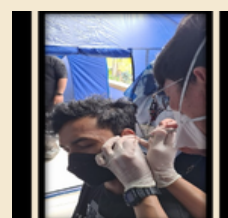


MINDA SIHAT REMAJA

With the growing issues of mental health among adolescents, our Adolescent team in collaboration with the school team of Klinik Kesihatan Sentul did a mental health awareness program for the students in SMK BBS. Students are taught about acknowledging their emotions, better communication skills and coping mechanism in handling difficult or challenging situations in life.

LAKAR

Aiming of leprosy eradication in Malaysia, an initiative was done by the Kepong District Health Office with all the clinics in Kepong district to screen and diagnose leprosy in one of the higher risk areas in Kepong. The screening program was deemed successful as 1 case was detected and referred for further treatment.



Clinic Activities



NATIONAL HEALTH SCREENING INITIATIVE

The National Health Screening Initiative (NHSI) is one of the initiatives under the Healthy Malaysia National Agenda (ANMS). Under Core 3, Self-Health Control is targeted to empower individuals in self-care for disease prevention. In accordance with this, KK Segambut offers free health screening to Malaysian citizens. Health screening component includes measurement of Body Mass Index, blood sugar and cholesterol reading, smoking status and consultation with medical officers.



BREAST CANCER AWARENESS MONTH

To celebrate the month of October as breast cancer awareness month, KK Segambut held a talk about Breast cancer. A quiz about breast cancer was also held among the staff of the clinic.

WORLD AIDS DAY

The celebration of World Aids Day was held together with the monthly assembly of KK Segambut in December 2022. This year's global theme was Equality for Health to End AIDS.



Clinic Activities

DIABETES DAY CELEBRATION



NCD Team KK Tanglin organised a health camp to educate their diabetes patients about self-care. Participants were also able to check their PekaB40 eligibility while attending the program.



The activities conducted include talks on diabetes, exercise regime for diabetes, insulin technique, foot care and dietary advice.



HARI RAYA AIDILFITRI CELEBRATION

This annual activity was organised by the welfare unit KK Tanglin to celebrate the Eid Festival and strengthen the bond among clinic staff. A farewell celebration for the staff leaving the clinic was held together during the event.



LEPROSY DAY CELEBRATION

The celebration was held in JKWPKL&P with the involvement of all health district offices and clinic representatives. This year's theme is Leprosy:

Together Preventing Discrimination.

Dr. Fatimah was invited to give a talk on leprosy to the participants of this program. TB team from KK Tanglin won the best booth during this activity.



Clinic Activities

'Program Minda Sihat' was conducted by Mental Health Unit Petaling Bahagia Health Clinic on 12th November 2022 at Bukit Jalil Recreational Park. The aim is to create awareness of mental health issues among health care providers, educate them on methods to relieve work related stress as well as to promote team work. Various activities were conducted including aerobic exercise, sharing session with counselor and exploraces.

HEALTHY MIND PROGRAM



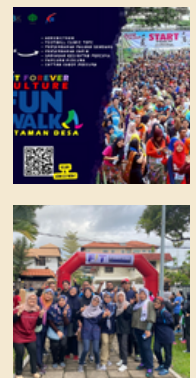
NON COMMUNICABLE DISEASE AND MEN'S HEALTH AWARENESS DAY



This program was held on 26th November and officiated by District Health Officer, Dr Noriklil Bukhary. The program was participated by 60 diabetic patients who were under Petaling Bahagia Health Clinic's follow up. There were 9 interactive booths which were led by medical officers, pharmacists, dietician and physiotherapists.

FIT FOREVER CULTURE FUN WALK

Petaling Bahagia Health Clinic and their advisory board members were invited to be part of the Fit Forever Culture Fun Walk program which was held at Taman Desa Recreational Park on 4th December 2022. Among the activities include fun walk, aerobic and health screening.

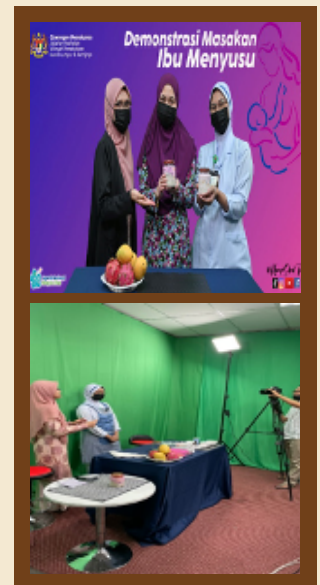


Clinic Activities

COOKING DEMONSTRATION ON NUTRITION FOR INFANTS AND TODDLERS

The main objective is to empower and educate participants about appropriate preparation of food in terms of the type, quantity and texture of food according to a child's age.

This activity was led by our nutritionist Puan Syazwani via an online Facebook platform along with a demonstration by our 2 nurses, JT Darnita and JT Salina.



ANTIBIOTIC AWARENESS PROGRAMME

A talk was given by one of our pharmacists, Puan Tuan Shahirah Nur Nadiah to increase awareness among patients regarding the importance of using antibiotics judiciously and the risk of developing resistance towards antibiotics if given inappropriately or unnecessarily. A booth was created with video presentation show. A quiz consisting of 10 questions were given to the visitors with loads of prizes to be won.



Clinic Activities

VISIT BY ELDERLY UNIT, BPKK MINISTRY OF HEALTH TO KLINIK KESIHATAN CHERAS

The elderly unit , BPKK Ministry of Health visited Klinik Kesihatan Cheras on 22nd July 2022. The date was chosen in conjunction with the last day of regular Elderly Club activities . The visitors were briefed regarding the activities of the elderly in the club.



VISIT BY DEPUTY CHIEF SECRETARY OF FINANCE TO HEALTH CLINIC

Ybhg Dato' Zamzuri bin Abdul Aziz visited Klinik Kesihatan Cheras on 1st July 2022. He was accompanied by District Health Officer Datin Dr Noriah Hajib and Family Medicine Specialist Dr Siti Shafiatun Mohsin during the visit. The entourage visited registration counter to view the cashless payment terminal and was briefed regarding epayment



AUDIT OF ADOLESCENT FRIENDLY CLINIC

Few auditors led by Family Medicine Specialist, Dr Siti Shafiatun had visited few clinics to evaluate performance of adolescent services in the respected clinic. 4 clinics involved were KK Tanglin, KK Batu, KK Putrajaya Presinct 18 and KK Jinjang. These clinics were awarded 5 star recognition by Ministry of Health, thus sustainable quality of services need to be audit periodically.



Clinic Activities

WOMEN'S HEALTH PROGRAMMES



Primer unit from KKSBB organized a Cervical Cancer and Breast Screening Course for Cheras Health District Office staffs. It involved 40 participants from all clinics under Cheras district. The course ended with a practical session on how to conduct liquid based cytology procedure to obtain specimen for PAP smear.

MEN'S HEALTH PROGRAMMES



Men's Health Programmes to establish the men's health clinic. 1) Dr Adam Firdaus was invited as a guest speaker in the 2nd MMA Medical Congress on 27th May 2022, 2) Mesyuarat Penyediaan Garis Panduan dan Kaedah Saringan Kesihatan Reproduksi Lelaki on 28th-30th June 2022 and 3) a series of webinar in conjunction with International Men's Day 2022 in November to December 2022.

HIV PROGRAMMES



HIV Programmes that were held: 1) Stigma and Discrimination Workshop on 3rd September 2022 and 2) Program Saringan HIV Pra Perkahwinan on 3rd December 2022)

OTHER ACTIVITIES



Other activities include health promotion clinic sessions by FMS and mental health programmes.

Clinic Activities

HEALTH TALKS



Various Health Talks were held:

- 1) FMS and doctors were invited to deliver health talk In conjunction with Student Affairs Week at SMK Seri Mutiara on 4th July 2022
- 2) USCI Univesity Annual Public Health Campaign 2022 on 2nd - 3rd July 2022 which focused on Breast Cancer and Colorectal Cancer awareness. It involved exhibition and health talks.

CLINIC HEALTH PROGRAMMES



27th May 2022

World No Tobacco Day
2022 .

To spread awareness to smokers and second-hand smokers regarding harm of smoking and ways to quit smoking.

24th March 2022

World TB Day 2022

A health talk was given to clients attending the clinic to raise awareness on symptoms of tuberculosis and the importance of symptomatic screening and screening of household contacts.

18th March 2022

Diabetes Health Camp

A diabetes health talk prior to Ramadhan month to create awareness on diabetic care during fasting.



Other activities include creating a Diabetes & Ramadhan video and conducting a fire drill

Clinic Activities

NATIONAL IMMUNISATION WEEK

3rd June 2022

National Immunisation week celebration

In conjunction with 2022 National

Immunisation week with the theme "Long

Life For All", KKBTR has successfully

organized the celebration in Dewan Kospen

Sri Kota



WOMEN'S FIT CHALLENGE

17th July 2022

Women's Fit Challenge Program

The program was held in Bandar Tasik

Permaisuri and officiated by a representative

from clinic Advisory Board. It successfully

attracted 120 participants from the community.



BOWLING TOURNAMENT

4th September 2022

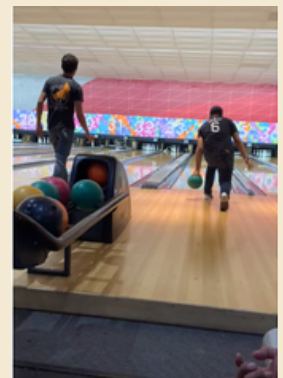
Bowling Tournament

It was held for clinic staffs with the aims

to promote healthy lifestyle and

strengthen the bond between co-

workers.



Clinic Activities

WORLD TB DAY

24th March 2022

In conjunction with World TB day, TB unit KKSS had organized a health talk to clients attending the clinic on that day to raise awareness on symptoms of tuberculosis and the importance of symptomatic screening and screening of household contacts.



HANDS – ON TRAINING FOR PAP SMEAR

19th August 2022

Hands-on Training for PAP Smear

Hands-on Training using liquid-based cytology PAP Smear had been successfully conducted in KKSS for medical officers and staff nurses to enhance their skills in performing the procedure.



Clinic Activities

CHILDREN HEALTH DAY



The Children's Health Day took place on December 3, 2022 at Dewan Kompleks Kejuranan Presint 11 Putrajaya. The successful program was participated by almost 100 children from 3 schools which were SK Putrajaya Presint 11, SK Putrajaya Presint 11 and SK Putrajaya Presint 11.

CANCER AWARENESS MONTH



On 29th October 2022, a Cancer Awareness Month Celebration in Putrajaya was successfully organized by Presint 9 Health Clinic in collaboration with Putrajaya Health Office at the Putrajaya Lake Club, Presint 8 Putrajaya. The invited panel consist of Dr Sangeetha, Oncologist from the National Cancer Institute, Dr Zafferina, FMS KK P9, Puan Zuraini, a cancer survivor and the Founder of the Malaysian Cancer Survivors Support Group who shared her own experience while fighting with cancer.

Clinic Activities

CASHLESS HEALTH FACILITY INITIATIVE



There were 3 Health Clinics in Putrajaya and 1 in Selangor that received Certificates of Special Appreciation for their commitment and earnestness in the implementation of the Cashless Health Facility Initiative. The three clinics namely KK Putrajaya Presint 9, KK Putrajaya Presint P11 and KK Putrajaya Presint P18 have achieved more than 90% cashless transactions for 3 consecutive months from June to August 2022. The award was presented by YB Khairy Jamaludin Minister of Health. Cashless payment collection had been implemented in Putrajaya Health Clinic at the end of 2021 and will be expanded to all health facilities in Malaysia from 1st October 2022. This is in line with the KKM Anti-Corruption Plan 2021-2022 to prevent leakage of government revenue.





CASE REPORTS



Approaches to management of rhabdomyolysis as the adverse effect of a drug interaction between atorvastatin and sacubitril/valsartan: a case report

Case summary

A 58-year-old male with coronary heart disease and chronic HF treated with the optimal dose of atorvastatin and other cardiovascular medications was frequently admitted for acute decompensation of HF. We decided to optimize his condition by adding sacubitril/valsartan to his treatment regime. He presented to our outpatient clinic with worsening myalgia and oliguria 6 days later. He was readmitted with markedly elevated serum creatinine kinase (CK) (94850 U/L; normal range 32–294 U/L), deranged liver function tests, and acute kidney injury. We withheld atorvastatin and sacubitril/valsartan and treated him with renal replacement therapy.

<https://doi.org/10.1093/ehjcr/ytac091>

CLICK THE LINK



Hemophagocytic Lymphohistiocytosis (HLH) in pregnancy

Hemophagocytic Lymphohistiocytosis (HLH) is a rare disorder characterized by histiocytes stimulation related with a hyperinflammatory state and phagocytosis of hemopoietic cells. The diagnosis of HLH is based on clinical, laboratory and histopathology criteria.

FIND OUT MORE



MINISTRY OF HEALTH MALAYSIA

HEMOPHAGOCYTTIC LYMPHOHISTIOCYTOSIS (HLH) IN PREGNANCY: A CASE STUDY IN KEPONG, KUALA LUMPUR

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¹ PejabatKesehatan Kepong, ²KPJ Ampang PuteriSpecialist Hospital, ³KlinikKesehatan Jinjang

INTRODUCTION

- Hemophagocytic Lymphohistiocytosis (HLH) is a rare disorder characterized by histiocytes stimulation related with a hyperinflammatory state & phagocytosis of hematopoietic cells
- The diagnosis of HLH is based on clinical, laboratory and histopathology criteria
- In pregnant women, the diagnosis of HLH is hampered leading to progressive tissue damage, multiple organ failure and subsequently mortality

CASE REPORT

- Encountered at 31 years old primigravida at 34/52 POA
- No underlying diagnosed medical illness
- Unwell for past 10 days with fever, headache, nausea and fatigue
- Admitted in Hospital A, vital signs and physical examination unremarkable
- Lungs were clear on examination; no imaging was done
- Treated as meningitis: Started on IV Ceftriaxone 1g 12h
- Persistent fever with new cough and thrombocytopenia
- Referred to ID physician in Hospital B
- She gradually developed:
 - hepatosplenomegaly, multiple lymphadenopathies, liver failure, generalised oedema, renal failure, bilateral pleural effusion with collapse (consolidation of right lower lobe), severe sepsis and metabolic acidosis
- Throughout her admission she was treated with multiple drug regimens & a trial of dexamethasone and etoposide was given at later stage of her disease
- She delivered a healthy baby boy with a birth weight of 2.5 kg at 35 weeks & 3 days of gestation
- She died at day 7 postpartum with multiple organ failure

INVESTIGATION RESULTS

Biochemistry Blood Results

-Anaemia, thrombocytopenia, marked leukocytosis, hypofibrinogenemia and extremely high ferritin level

Peripheral Blood Film Interpretation

-Leucoerythroblastosis with marked Leukocytosis
-Thrombocytopenia
-Normochromic Normocytic Anaemia

Pleural Fluid :

-ADA 30 U/L (< 24U/L)

Adenosine

Deaminase (ADA) Bone Marrow Aspiration Report

-The bone marrow findings show hypercellular marrow with:

- Presence of 50% abnormal lymphoid cells to rule out underlying lymphoproliferative disorders
- Increased in hemophagocytic activity, likely due to underlying lymphoid malignancy or other secondary causes

Bone Marrow Trephine Report

-INTERPRETATION: In correlation with bone marrow aspirates and immunophenotyping findings, this hypercellular trephine biopsy is consistent with evidence of lymphomatous infiltration

Immunophenotyping

-The findings are suggestive of mature T-cell lymphoma likely T-Prolymphocytic Leukaemia

CT Thorax, Abdomen & Pelvis

-Multiple enlarged mediastinal, para-aortic and pelvic lymph nodes. Mildly enlarged liver and spleen. Lymphoma is differential
-Mild to moderate right pleural effusion and mild left pleural effusion with collapse consolidation at the right lower lobe.
Reactive changes or basal pneumonia is a differential

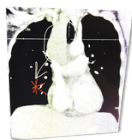


FIGURE 1: CT Thorax, Abdomen and Pelvis
Multiple enlarged mediastinal lymphadenopathies with hepatosplenomegaly

HISTOPATHOLOGY FINDINGS

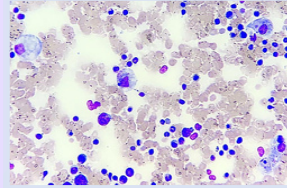


FIGURE 2.1: Bone Marrow Aspirate slides showing increase in lymphocytosis & haemophagocytic activity

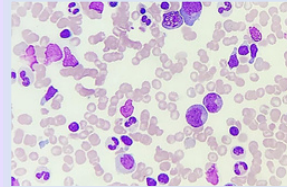


FIGURE 2.2: Bone Marrow Aspirate slides showing lymphoid with blebs

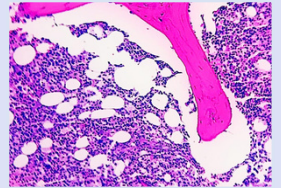


FIGURE 2.3: Trephine Biopsy with hypercellular bone marrow with diffuse infiltration of abnormal lymphoid cells

DISCUSSION

- The patient fulfilled the criteria for diagnosis of Hemophagocytic Lymphohistiocytosis (HLH) based on International Registry for HLH
- The two classifications on the etiology of HLH are primary & secondary HLH. The main causes for secondary or acquired HLH are infections, autoimmune disorders & malignancies; hematological malignancy (93.7%) ; T cell Lymphoma (35.2%)

CONCLUSION

-HLH Syndrome in pregnancy should be considered as a potential diagnosis in any pregnant patients with features of persistent spiking fever, cytopenia, deteriorating clinical condition despite delivery of the baby
-The etiology of HLH should be extensively investigated in order to administer the most appropriate management for the patient in increasing the survival rate & reducing both morbidity & mortality rates

POSTHUMOUS DIAGNOSIS Haemophagocytic Lymphohistiocytosis syndrome secondary to T-Cell Lymphoma

ACKNOWLEDGEMENT

The authors would like to thank the Director General of Health, Malaysia for permission to present this poster.
We would like to express our gratitude and appreciation to AP Dr Nurasyikin Yusof for her assistance in sharing the Histopathology slide.
Dr Mohamad Ehsan bin Mohamad Rosdifar for collecting and compiling the case report information and investigations.

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- Lidong Liu^{1†}, Yutong Cui^{1†}, Qiongie Zhou^{1,3}, Huanqiang Zhao¹ and Xiaotian Li^{1,2,3} Hemophagocytic lymphohistiocytosis during pregnancy: A review of the literature in epidemiology, pathogenesis, diagnosis and treatment Liu et al. Orphanet J Rare Dis (2021) 16:281.
- Larissa Fávero Vanraes*, Veerle Beckers, Kim Van Berkel, Leonardo Gucciardo and Gilles Faron Hemophagocytic lymphohistiocytosis during pregnancy: A case presentation and literature review received January 10, 2021; accepted February 10, 2022; published online March 4, 2022.

TIMELINE

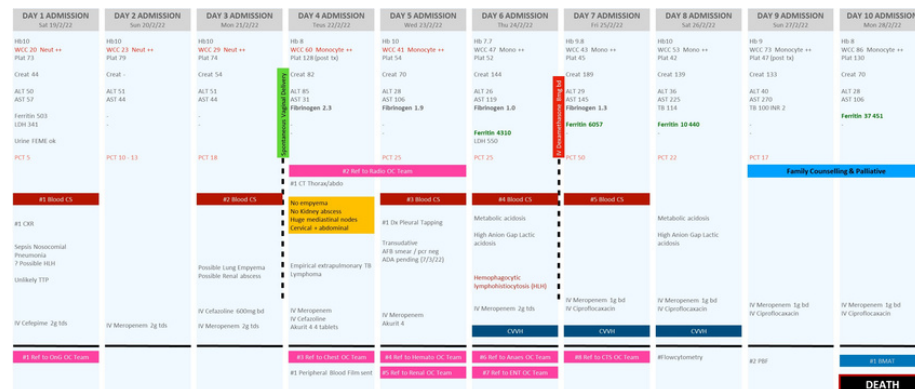


FIGURE 3: Timeline on progression throughout Hospital Admission

SUMMARY OF INVESTIGATIONS & MANAGEMENT

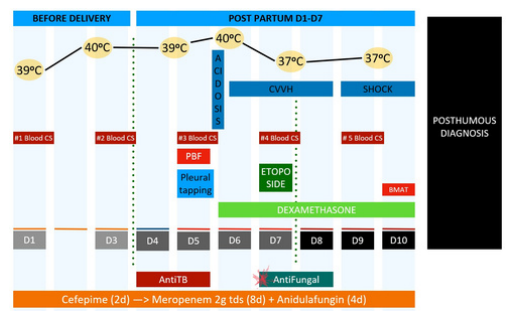


FIGURE 4: Summary of Investigations & Management throughout Hospital Admission

CAREER PATHWAY POSTGRADUATE PROGRAMMES



Primary care (also known as Family Medicine in Malaysia), is the first point of contact that a patient has with healthcare system. Primary care practice is guided by the principles of the discipline. This comprises of care that is primary contact, personalized, patient centered, preventive, comprehensive, continuous, coordinated and community based. (Allen et al 2011). There were only 924 Family Medicine Specialist (FMS) in the country, including 625 currently serving in 397 health clinics of the Ministry of Health (MOH) as of December 2021. Currently, the Ministry Of Health is targeting at least one FMS person in every 1,060 MOH health clinics nationwide. We hope that this fraternity will continue to grow and more medical officers choose this specialty.

There are three main pathways for Postgraduate training in Primary Care Medicine:

THE UNIVERSITIES' MASTERS PROGRAMME

This is a 4 -year (to 7 years maximum) programme in which trainees are registered to one of the six universities in the Conjoint Board of Family Medicine namely, University of Malaya, Universiti Kebangsaan Malaysia, Universiti Sains Malaysia, Universiti Putra Malaysia, Universiti Teknologi MARA and Universiti Islam Antarabangsa. It is divided into hospital rotations and clinic postings. The rotations cover 22 clinical blocks, followed by clinic postings where the trainee is trained in the skills relevant to Primary Care. This is followed by a period of shadowing a Family Medicine Specialist.

THE ACADEMY OF FAMILY PHYSICIAN MALAYSIA (AFPM) FAMILY MEDICINE TRAINING PROGRAMME

It is a 4-year programme. It is run by the Academy of Family Physicians of Malaysia and divided into the Graduate Certificate in Family Medicine, (2 years duration), followed by the Advanced Training in Family Medicine which is another 2 years.

THE MALAYSIA-IRELAND TRAINING PROGRAMME FOR FAMILY MEDICINE (MINTFM)

It is a four-year programme and is run by the Irish College of General Practitioners (ICGP), in collaboration with iHEED Health Training Limited (iheed). The RCSI & UCD Malaysia Campus (RUMC); previously known as Penang Medical College and MOH Malaysia (KKM) help to manage this program in Malaysia. It is divided into hospital rotations (2 years duration) and clinic postings which is another 2 years.

Candidates are required to meet certain essential entry requirements for the training programme. Below are the summary of these requirements. Full descriptions can be found in Primary Care Medicine Postgraduate Training in Malaysia (Guide for Applicants) Version 1, 2020 and <https://www.rcsiucd.edu.my/programmes/mintfm/>.

ENTRY REQUIREMENT	UNIVERSITIES	ATFM	MInTFM
MBBS/MD or other medical qualification recognised by MMC	Mandatory	Mandatory	Mandatory
Full registration with MMC	Mandatory	Mandatory	Mandatory
Post full registration clinical experience	Mandatory: -1 year: UM; UKM; UiTM, UIA-2 years: USM-3 years: UPM	Mandatory: -1 year mandatory post full registration	Mandatory -1 year mandatory post full registration
Clinical experience	Mandatory: Completion of major postings in either housemanship or medical officer level (Internal Medicine, Paediatrics, Obstetric and Gynaecology) Desirable: Family Medicine, General Surgery, Psychiatric etc.	Mandatory: 4 years of general practice/ primary care experience or full time equivalent prior to sitting Part 1 MAFP/icFRACGP. Trainees must remain in full time General Practice / Primary Care until the successful completion of Part II Conjoint MAFP/icFRACGP Examination.	Mandatory: Has successfully completed at least two (2) years of housemanship training.
Personal qualities	Mandatory	Mandatory	Mandatory
Other qualifications		Mandatory Graduate Certificate in Family Medicine Programme	
Other requirements		Mandatory. Ordinary member in good standing AFPM. Application approved by the Board of Censors.	
Desirable	Attendance at courses, workshops and conferences relevant to Family Medicine. Completion of a closed audit loop in an area relevant to Family Medicine. Presentation/ posters/ publications in relevant topics.	Attendance at courses, workshops and conferences relevant to Family Medicine. Completion of a closed audit loop in an area relevant to Family Medicine. Presentation/ posters/ publications in relevant topics.	Structured application is assessed and scored based on 3 criteria: - Qualifications and Awards-Career Progression-Research / Quality Improvement

Summary of Entry Process as below:

UNIVERSITIES	ATFM	MInTFM
<p>Applicants from the Ministry of Health need to apply through the 'Sistem Permohonan Hadiah Latihan Persekutuan, (HLP)'s website at ehlp.moh.gov.my - Applicants who are not from the Ministry of Health are required to apply to the university of their choice directly. -The shortlisted applicants will be called for an interview and assessment conducted jointly by the universities and Ministry of Health. They will be required to sit for an entrance examination. - Successful applicants are required to attend briefing and report to the university.</p>	<p>Applicants can download the application forms from the Academy's website at www.afpm.org.my and submit the hardcopy of the application form by the 30th June of each year. - Applications will be screened and final approval is following a review by the Board of Censors of the Academy of Family Physicians of Malaysia. -Successful applicants will be required to commence the Programme in August.</p>	<p>Applicants can download the application forms at https://www.rcsiucd.edu.my/programmes/mintfm/ - Applicants may also apply via Training Management Division, MOH(BPL) every year through the MOH portal or the BPL portal through the e-HLP system (http://ehlp.moh.gov.my) - Candidates must sit a Clinical Entrance Test (CET) Online with a pass or fail result. Only those who pass are eligible for interview. - Successful applicants will be called for an interview session by RUMC. - Successfully interviewed applicants will receive an offer letter in this program from RUMC.</p>

Some trainees may apply for a scholarship from the Ministry of Health (Hadiah Latihan Persekutuan HLP) to support their registration for these programs. Details on the application for these scholarships can be found at this website <http://ehlp.moh.gov.my/>

Other funding options for AFPM and MInTFM includes:

- Majlis Amanah Rakyat (MARA)
- Employee Provident Fund (EPF)
- Bank Loans
- Yayasan Peneraju Pendidikan Bumiputera (for ATFM)

Assessment is an essential part of training and reflects the clinical and non-clinical activities that the trainee will perform as a Primary Care specialist. These include clinical activities relating to the care of individual patients, behavioral and communication aspects, and non-clinical activities relating to administrative and organizational tasks, and academic skills. Trainees will be assessed regularly throughout the duration of the programme using both formative and summative tools.

Assessment Timeline by Pathway:

UNIVERSITIES	AFPM	MInTFM
Professional I Examination Written Examination Clinical Examination End of Year 1	GCFM Professional Examination End of Year 2 (modular blended training)	Part 1 Core Knowledge Test Module (CKT). This exam can be taken from 2nd year onwards.
Professional II Examination Written Examination Clinical Examination End of Year 3	ATFM Eligibility Examination In Year 4 (modular blended and mentorship clinical training)	Part 2 Clinical Competency Test (CCT). The CCT can only be attempted after 6 months minimum working as an FMS trainee in a klinik kesihatan.
Part 3 Professional III Examination Exit exam (Clinical and administrative practice diary) End of Year 4	Part 1 Applied Knowledge Test (AKT) and Key Feature Problem (KFP) Part 2 Clinical competency Examination (CCE) End of Year 4	

References:

1. Primary Care Medicine Postgraduate Training in Malaysia : GUIDE FOR APPLICANTS. Version 1, 2020. Mode of access: Internet. eISBN 978-967-19546-7-6
2. <https://www.rcsiucd.edu.my/programmes/mintfm/>
3. Allen T, Brailovsky C, Rainsberry P, et al. Defining competency-based evaluation objectives in family medicine: dimensions of competence and priority topics for assessment. *Can Fam Physician*. 2011;57(9): e331-e340.

CAREER PATHWAY SUBSPECIALITY



The subspeciality training program for Family Medicine specialty in the Ministry of Health (MOH) Malaysia started in 2003. At that time, it was referred to as the Area of Special Interest (AOI) with a one-year program.

In 2018, the subspeciality training was upgraded to a 3 years training program while maintaining some of the AOI.

REQUIREMENTS

A FMS can apply for the following program:

- After gazettement with at least 2 years of working experience as FMS
- Registered in the National Specialist Registry
- Shows great interest with the Sub or AOI

SUBSPECIALITY PROGRAM OFFERED

- Non-communicable Diseases in Primary Care
- Communicable Diseases in Primary Care
- Palliative Care in Primary Care
- Mental Health in Primary Care
- Addiction Medicine in Primary Care
- Sexual and Reproductive Health in Primary Care
- Geriatric Care in Primary Care
- Child Health Care in Primary Care
- Adolescent Health in Primary Care
- Rehabilitation Care in Primary Care

AREA OF SPECIAL INTEREST PROGRAM OFFERED

- Pre Hospital Care
- Clinical Epidemiology
- Dermatology in Primary Care
- Wound Care in Primary Care
- Health Informatics
- Respiratory Medicine
- Traveler's Medicine



FMS TRAINERS PARALLEL & MASTER PROGRAMMES



LIST OF FMS INVOLVED IN TRAINING



DR SHEELA BAI
PANNIR SELVAM



DR NORHASLIRA
BT ABDUL RAHIM



DR HAMIMAH
BT SAAD



DR NARUL AIDA
BT SALLEH



DR SITI SHAFIATUN
BT MOHSIN



DR AZIRA
BT BAHARUDDIN



DR NAGAMMAI
A/P THIAGARAJAN



DR ROHAYAH
BT ISMAIL



DR WONG
PING FOO



DR NOR FAIZAH
BT GHAZALI



DR ROSLINAWATI
BT MAT ZIN



DR WAN NOOR AZLIN
BT WAN IDRIS



DR VALAR MATHI
A/P MASILAMANI



DR HAZIRA HANUM
BT MOHD YUSOF



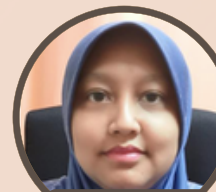
DR NOR AZLINA
BT SIDDIK



DR FATIMAH ZAHRAH
BT MOHD ZAIDAN



DR ALIDAHANI
BT MOHD YUSOF



DR NORAN
BT RAMLI



DR RAFIDAH
BT MOHD RAFIE



DR ZAFFERINA
BT ZULGHAFFAR



DR MEGAT MUHAMMAD
HARIS BIN MEGAT ZAINAL



DR NAJLAA
BT AB AZIZ



DR SURIANI
BT SULAIMAN



DR LEONG YIN HUI



DR NUR SYAHIDA
BT SAADON

**NEVER STOP LEARNING
BECAUSE LIFE NEVER STOPS
TEACHING**

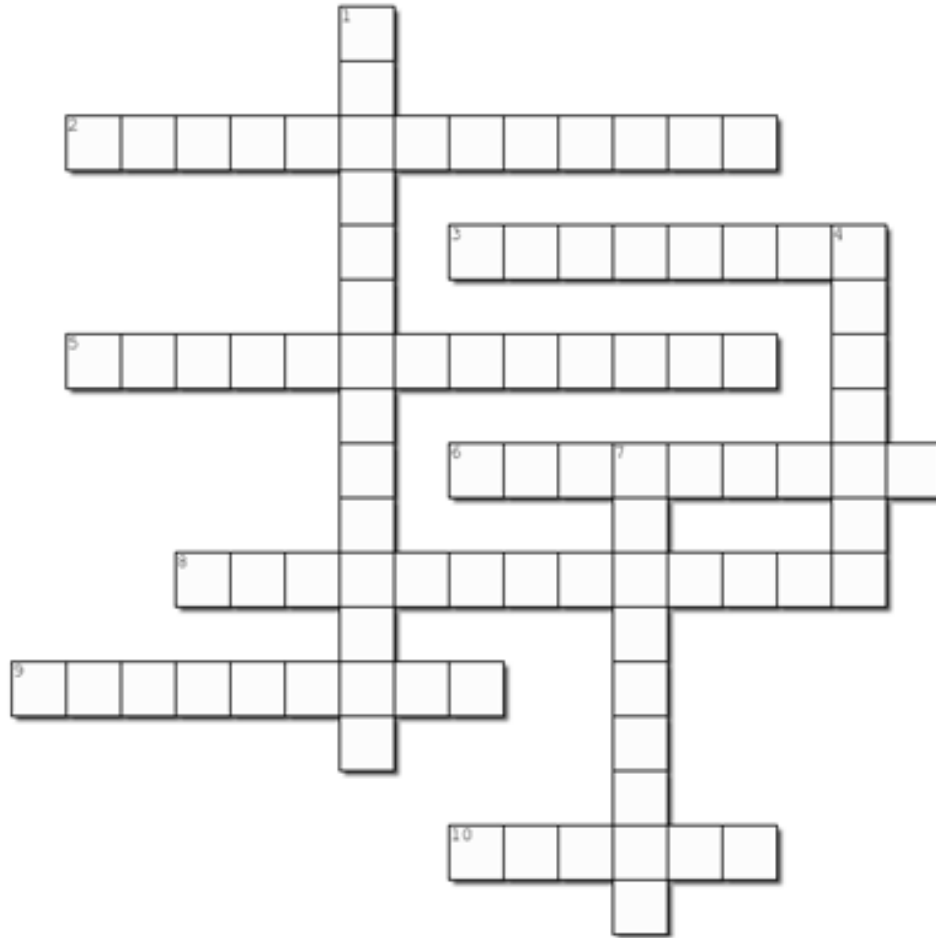
MEDICAL ABC

Lets complete the puzzle!

Name: _____

Medical ABC

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. brain disorder that affects how people think, feel, and perceive
3. _____ seizure causes a loss of consciousness and violent muscle contractions
5. system used to grade fractures that occur in children and involve the growth plate
6. a type of viral zoonotic infection
8. condition that's characterized by a complete or partial loss of and/or abnormal distribution of adipose (fat) tissue
9. fleshy growth on your eye's conjunctiva
10. a viral disease that causes encephalitis in humans

Down

1. also known as Rose gardener's disease
4. chronic infectious disease caused by an acid-fast, rod-shaped bacillus
7. inflammation of the cornea

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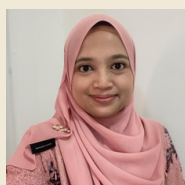
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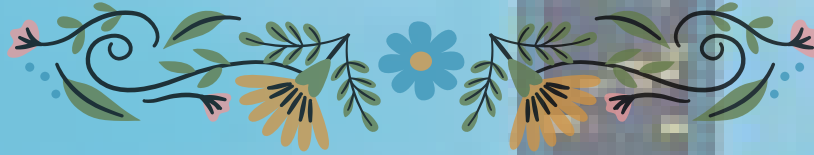
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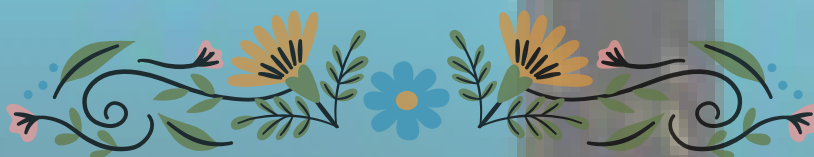
THANK YOU NOTE.

TITIWANGSA KEPONG LEMBAH PANTAI CHERAS PUTRAJAYA



From the editorial board, we would like to express our gratitude to all that have contributed in making our first edition of newsletter from FMS Kuala Lumpur and Putrajaya a big success. Please accept our sincere apologies for any mistakes along the process.

To our respected readers, thank you for spending few minutes of your precious time reading the newsletter. We hope that you have enjoyed all the contents and please stay tune for our next edition. We look forward to bring you more exciting and educational materials in the future.



VOLUME 1 | 2022

| FMS KUALA LUMPUR & PUTRAJAYA |