

FMS SELANGOR NEWSLETTER

FOURTH EDITION, DECEMBER 2022



EVOLVING THE FRATERNITY, ENDURING THE LEGACY

ACCENTUATE

- THE PAST, PRESENT & FUTURE OF FAMILY MEDICINE SPECIALISTS
- 25TH FAMILY MEDICINE SPECIALISTS JUBILEE CELEBRATION
- EMBRACING NEW CHALLENGES
- FAMILY MEDICINE SPECIALISTS: LEADING THE GOOD WAY
- NEVER STOP LEARNING
- BE BOLD, ACTIVE & BEAUTIFUL

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KEYNOTE ADDRESS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalamualaikum and a pleasant day to all.

It is a great honor to be a part of the family medicine specialists of Selangor newsletter.

Let me congratulate the editorial team for faithfully publishing another newsletter this year.

The heroes of the recent pandemic were the health care professionals who risked their own health and expended time and effort to serve the nation.

I would like to take this opportunity to thank all the health care professionals especially family medicine specialists for their hard work and commitment.

In Malaysia, although we can take pride in our accomplishments in improving health care, we certainly cannot be complacent.

We have a significant burden of non communicable diseases and communicable diseases. In the recent statistics, almost half (47.7%) of Malaysian adults above the age of 18 years old are either overweight or obese.



We will need to evolve with these diseases and health issues in mind to ensure that Malaysians receive better health care services in order to achieve a greater and more resilient health care system.

Thank you

YBHG. DATO' INDERA DR. SHA'ARI BIN NGADIMAN
SELANGOR STATE HEALTH DIRECTOR



OPENING ADDRESS

السلام عليكم ورحمة الله وبركاته



A good day to all.

First and foremost, I would like to extend my warmest gratitude to all the family medicine specialists for their dedication and efforts towards the health care system.

After more than 2.5 years of the Covid-19 pandemic, we are beginning to glimpse the light at the end of the tunnel.

The Covid-19 pandemic was a powerful demonstration that everything was at risk when health was at stake.

It has made us realize the importance of a robust health care system and staff.

Primary care doctors are the gatekeepers of the health care system. We need to empower Malaysian individuals to care about their health and families. We must also highlight the importance of mental health as health is wealth.

Before I end, I would like to congratulate the family medicine specialists of Selangor for publishing this newsletter.

Thank you

**DR. UMMI KALTHOM BINTI SHAMSUDIN
DEPUTY STATE HEALTH DIRECTOR (PUBLIC HEALTH DIVISION)
SELANGOR STATE HEALTH DEPARTMENT**



WELCOMING ADDRESS



The most beautiful moments always seem to accelerate and slip beyond one's grasp just when you want to hold onto them for as long as possible. As the year 2022 comes to an end, the Selangor Family Medicine Specialists editorial team is again busy with the publication of their annual newsletter for 2022. This impressive newsletter with its theme **'Evolving the Fraternity, Enduring the Legacy'** is timely and very relevant to all of us. It serves as a good platform to share with others stakeholders our experiences and contributions as primary health care providers in Selangor. I would like to take this opportunity to congratulate the editorial team on their excellent work and kind contributions in coming up with this impressive newsletter. Despite the various challenges that have occurred throughout the year, their passion and dedication in ensuring the success of this newsletter is highly commendable. Well done team!

Finally, I would like to take this opportunity to wish everyone a happy new year 2023!

Thank you

DR. HO BEE KIAU
HEAD OF STATE FAMILY MEDICINE SPECIALIST SELANGOR



CHIEF EDITOR's MESSAGE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalamualaikum and greetings to all,

First of all, I would like to say 2022 was a very special year.

For more than 2 years we have been struggling with the challenges of the Covid-19 pandemic and after much fatigue, sweat and tears of joy, sadness and loss we have all transitioned to the new norm post-pandemic. Since the reopening of all sectors, we have resumed full function as usual but are still reminded to always take care of ourselves and our families.

Reflecting on these times of change, the theme of this year's FMS Selangor newsletter is '**Evolving the Fraternity, Enduring the Legacy**'. This coincides with the 25th FMS Silver Jubilee celebration this year. This edition chronicals the history of Family Medicine Specialists in Klinik Kesihatan since 1997. We appreciate all the sacrifices made by the pioneers who shaped the fraternity and brought about positive changes that made the health services in Klinik Kesihatan what it now is. This edition will also highlight how the services in primary care have developed and contributed to the success of the health sector as it is now.

From the bottom of my heart, I would like to extend my appreciation to all the members of the editorial team for their excellent contributions and dedication in coming up with this fourth edition of the FMS Selangor newsletter. Despite the various challenges that have occurred throughout the year and me juggling with the saddest moment in my life at the end of the year, we are still ensuring the success of this newsletter. Well done team!

Finally, I would like to wish everyone a Happy New Year 2023 & enjoy the reading!

Thank you



Dr. Siti Nurhani Binti Rafan
Family Medicine Specialist
Klinik Kesihatan Bangi



The past is our lesson, the future is our motivation

“Time flies sometimes like a bird, sometimes crawls like a worm, but a man feels particularly well when he does not even notice that the time flies away.” – Ivan Turgenev

The end of the year quickly approaches, and the time has come for FMS Selangor to publish its annual Bulletin. While the inaugural edition of the bulletin introduced readers to FMS Selangor and gave a glimpse into each district's activities, the second and third editions highlighted the fight against COVID-19 and its aftermath, respectively.

This latest edition will take you on a journey through time - from FMS Selangor's humble beginnings and its evolution to its current state. Highlights of this edition include the mammoth task of the National Health Screening Initiative (NHSI), new services now available in Klinik Kesihatan, best practice services and post pandemic change, training pathways for Family Medicine and subspecialty programs in primary care as well as an update of recent events and achievements.

The year 2022 marks the 25th anniversary of FMS services in Malaysia. The FMS Silver Jubilee was celebrated during the 24th Family Medicine Scientific Conference 2022 which was held in Kota Kinabalu, Sabah in September 2022 with the very apt theme: “Riding out the storm: Primary care rising to the challenges” and is one of the special features in this edition.

As we reflect on the year that has gone past, let us mull over the Collins Dictionary's word of the year for 2022 - “permacrisis” - a term that quite succinctly sums up how the year has been for so many people! A portmanteau of the words “permanent” and “crisis”, it is defined as “extended period of instability and insecurity, (especially) one resulting from a series of catastrophic events”. Resilience, adaptability and perseverance in the face of adversity are key qualities which are called for when dealing with permacrisis. Though sorely tested over the past year or two, these qualities have stood Primary Care in good stead and will continue to do so in the years ahead.



1

THE PAST, PRESENT & FUTURE OF FAMILY MEDICINE SPECIALISTS



HISTORY AND EVOLUTION OF FAMILY MEDICINE SPECIALISTS SELANGOR



25TH FAMILY MEDICINE SPECIALISTS JUBILEE CELEBRATION



HISTORY AND EVOLUTION OF FAMILY MEDICINE SPECIALISTS SELANGOR

*"Lahirnya perubatan Keluarga
Satu Kepakaran di persada dunia
Ianya terbilang dan istimewa
Sentiasa berkembang mengikut masa*

*Perkhidmatan diberi untuk semua
Tanpa mengira usia agama bangsa
Promotif dan pencegahan antaranya
Rehabilitatif dan rawatan tidak dilupa...."*

[Official song of FMSEA]



Quoting from the first part of the official song of Family Medicine Specialists' Association (FMSEA), "Sentiasa berkembang mengikut masa..." Family Medicine Specialists progressively evolve to expand our services and cement our credibility.

Primary healthcare can trace its roots back nearly half a century ago when it was declared to be an 'integral part of the country's health system' and 'the key to the attainment of the goal of Health for All' in the Alma-Ata Declaration of 1978 by WHO and UNICEF. Realizing the importance of primary health care, our local universities started their postgraduate training programme in Family Medicine in the year 1993.



The first batch of ten Family Medicine Specialists (FMS) graduated in 1997. Out of these ten specialists, half of them started their FMS duties in Selangor.



The pioneers of FMS Selangor worked hard to establish primary care services in the state. Many of them rose to the highest rank of services and are now enjoying their well-earned retirement. Even though no longer in active service with the government, they still continue to contribute in teaching and guiding young doctors who are in their journey to becoming an FMS.

PROF. DR KHAIRANI OMAR



KK TELOK DATOK

1997

ALLAHYARHAMAH DR ZAITON AHMAD



KK SRI
KEMBANGAN

DR RUZIATON HASHIM



KK TELOK DATOK

1999

DR JEMAH SAJARI



KK SG. BULOH

DR NAZRILA HAIRIZAN BT NASIR



KK PANDAMARAN

2000

DR NOR MIMROSLINA BT CHE OMAR



KK KELANA JAYA



As the Family Medicine fraternity grew, so did FMS Selangor. From having just a handful of FMSes in Selangor, the numbers have grown to 139 FMSes distributed among the nine districts in Selangor (as of August 2022). Out of 81 health clinics in Selangor, 62 of them have FMS services.

In the past 25 years, there have been six exemplary leaders who have led FMS Selangor. Their services and contributions have led to the development of FMS today. We will always be proud of them and indebted to them for all their contributions.

Head of State Family Medicine Specialist Selangor Year 2000 until current



2000 - 2006

Dr Salmiah Bt Shariff



2007 - 2008

Dr Ruziaton Bt Hashim



2009-2013

Dr Salmiah Bt Shariff



2013 - 2015

Dr Nazrila Hairizan Bt Nasir



2015 - 2020

Dr Salmah Bt Nordin



February 2020 - August 2022

Dr Nik Mazlina Bt Mohammad



August 2022 - current

Dr Ho Bee Kiau

**“WITH GREAT POWER COMES GREAT
RESPONSIBILITY...”**



Since its inception in 1997, Family Medicine Specialists have worked tirelessly to ensure that primary healthcare services are continually expanded and upgraded. In keeping with these efforts, the infrastructure in many of Selangor's health clinics have been progressively upgraded to enable delivery of quality primary healthcare and to facilitate delivery of specialist services to the community. Existing health clinic infrastructure was re-engineered to deliver more advanced primary healthcare and expanded scope of services.



KK TELOK DATOK



KK PUCHONG



KK PANDAMARAN



KK BANDAR BOTANIK

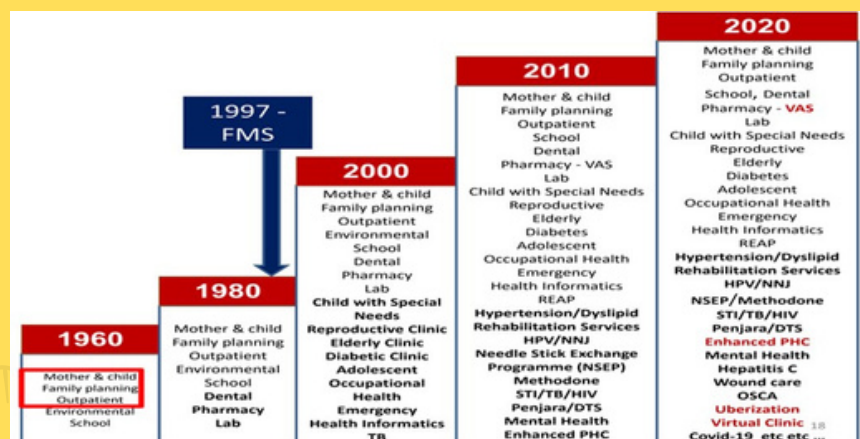


KK KELANA JAYA



KK BANDAR TUN
HUSSEIN ONN

“ROME WASN'T BUILT IN A DAY...”



In Selangor, health clinics were enabled to provide comprehensive, holistic, and integrated healthcare ensuring that services were accessible and equitable, while forging lasting relationships with the local community.

The evolution of these services resulted in multiple clinics who shone brightly in certain services, becoming centres of excellence or best practice clinics, and inspiring and becoming a model for other health clinics all over the country.

No.	Best Practice	Klinik Kesihatan
1.	Elderly Health Services	KK Pandamaran, PKD Klang
2.	Child with Special Needs Services	KK Bukit Kuda, PKD Klang
3.	Enhanced Primary Care (EnHPC)	KK Telok Panglima Garang, PKD Kuala Langat KK Telok Datok, PKD Kuala Langat KK Bukit Changgang, PKD Kuala Langat KK Ulu Yam Baru, PKD Hulu Selangor KK Tanjong Karang, PKD Kuala Selangor KK Beranang, PKD Hulu Langat KK Balakong, PKD Hulu Langat KK Sg Besar, PKD Sabak Bernam KK Batu Arang, PKD Gombak KK Sepang, PKD Sepang
4.	Model of Excellence for DM	KK Kuang, PKD Gombak KK Puchong, PKD Petaling
5.	Virtual Clinic	KK Seksyen 7 Shah Alam, PKD Petaling

“THE FUTURE DEPENDS ON WHAT YOU DO TODAY...”

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DR. MOHD KHAIRI
KK SEKSYEN 7 SHAH ALAM



25TH FAMILY MEDICINE SPECIALISTS JUBILEE CELEBRATION



25TH FAMILY MEDICINE SPECIALISTS JUBILEE CELEBRATION

Saturday, 6th August 2022
Rekascape, Cyberjaya
Selangor

In conjunction with the Family Medicine Specialists Silver Jubilee celebration, FMS Selangor initiated a community programme on 6th August 2022, held at Rekascape Cyberjaya. A conjoint team of Persatuan Pakar Perubatan Keluarga Negeri Selangor, led by FMS from Hulu Langat and Sepang Districts with Persatuan Pakar-pakar Perubatan Keluarga Malaysia (FMSA) prepared an interactive programme with the community.

The inaugural “Program Pengenalan Bantuan Asas Kecemasan” was held to enlighten the community on the essential steps in providing basic life support. Apart from the community, this programme also targeted those who are running nurseries, old folks homes and day care facilities. Having this programme also reduces the gap between the community and health care workers especially among the Family Medicine Specialists. 53 participants attended this course, which consisted of an introductory lecture to Cardiopulmonary Resuscitation (CPR) and choking, followed by video presentations. At the end of the course, participants were tested in practical sessions in CPR, choking and the use of an Automated External Defibrillator (AED).



As part of the initiative to keep active, a Zumba session was held that day, where a certified Zumba Instructor led a total of 86 participants in an energetic workout. Feedback from the participants was encouraging, with all of them satisfied with the programme and many requesting for additional training sessions to be held regularly.



Opening Ceremony for the FMS Silver Jubilee at Rekascape, Cyberjaya



Dr. Maryem, Dr. Akmal and Dr. Firdaus demonstrating how to handle a choking situation in Basic Life Support



"Program Pengenalan Bantuan Asas Kecemasan" for nursery owners and old folks home caretakers



Let's Zumba



2

EMBRACING NEW CHALLENGES DURING POST PANDEMIC



SHIFT CLINIC & EXTENDED HOURS CLINIC



NEW SERVICES IN KLINIK KESIHATAN



Agenda Nasional
Malaysia Sihat

HEALTH SCREENING - NATIONAL HEALTH SCREENING
INITIATIVE (NHSI)



BEST PRACTICE CLINIC - ADOLESCENT
CLINIC



SHIFT CLINIC & EXTENDED HOURS CLINIC

As we emerge from this pandemic, we have new expectations about healthcare, and there is so much more that we can do to improve.

I think it's fair to say we have already made a blistering start with having 3 clinics running extended hours and 3 other clinics running shifts in Selangor to ease the congestions in the busy clinics.



Klinik Kesihatan Kajang



Klinik Kesihatan Ampang

The 3 clinics running extended hours are Klinik Kesihatan Kajang, Klinik Kesihatan Taman Ehsan and Klinik Kesihatan Pandamaran.

The other 3 clinics running shifts are Klinik Kesihatan Ampang, Klinik Kesihatan Bandar Botanik and Klinik Kesihatan Puchong.



Klinik Kesihatan Bandar Botanik

The extended hours in the clinics are till 9pm while the clinics with shift open until 9.30pm.

The extended hour clinics work on Saturday and Sunday from 8 am until 12.30pm.

These clinics accept all cases including walk in cases and emergency cases as well as non-communicable and communicable disease appointments and maternal and child health cases. These clinics provide all healthcare services throughout the day.

No matter where we are in Selangor (urban or rural) the Klinik Kesihatan staff have put everything in line to cater to the people of Selangor. It was incredible teamwork, resilience and dedication that pulled this off. It showed that the road to pandemic recovery and reformation must go hand in hand.

NATIONAL HEALTH SCREENING INITIATIVES (NHSI)

The National Health Screening Initiative (NHSI) is one of the initiatives of the Healthy Malaysia National Agenda (ANMS) with the involvement of all government agencies, private and non-governmental organizations (NGOs) to empower the individuals, families and communities with the knowledge and skills in identifying health risks as well as acting on health issues for disease prevention and control.



Health clinics play an essential role in disease prevention and early detection as well as the wellness of the community. NHSI provides a great platform for the primary healthcare team to engage and spread this very important national agenda to the community.

Through this activity, disease detection, health awareness and education is widely spread to the community to empower them to take charge of their own health and well being.



The engagement from the health clinic teams and community had truly shown the spirit of primary healthcare - community collaboration and interaction working together towards a healthier individual, family and nation.



Snippets from all the outreach programs carried out by health clinics. Undoubtedly, all health clinics had done a remarkable and great job in reaching out to the communities to screen, detect and further educate and empower the people to take charge of their health.



NEW SERVICES IN PRIMARY CARE CLINICS: WOUND SERVICES

Wound care management represents some of the most basic services offered in primary health care facilities in Malaysia. Modern Wound Management was introduced in the Public Health Sector in Selangor for the past few years. As primary care providers, we practice holistic patient assessment, not just focusing on the wound.

For Klang District, the service was started in KK Pandamaran in 2018, followed by KK Kapar as a Champion Clinic in 2019. In healthcare settings, wound management involves a multidisciplinary team and multiple staff from different categories such as Family Medicine Specialists, Medical Officers, nurses, Medical Assistants and rehabilitation personnel.

The right method of wound care and selecting the best choice of treatment modalities in managing wounds are essential to speed up the healing process and to prevent further complications. As Champion Wound Care Clinic, we are provided with modern dressings and our staffs undergo special training. They also need to be constantly updated with current wound care knowledge in order to manage wounds effectively. Currently we are doing 30-35 wound dressings per day.

We are also managing wound cases referred from Hospital Tengku Ampuan Rahimah, Klang for MRO (Multiple Resistant Organism) ie. MRSA, CRE, ESBL etc. A proper referral system and good communication between Physicians in hospital and the wound team at health clinics are essential for further enhanced quality and standard of wound care in our setting.



Modern wound care has proven to shorten healing time, reduce the dressing workload and improve the quality of life of the patients and their caregivers.



**Post saucerization for carbuncle of the neck.
Dressing with collagen particle and plain foam**



**Diabetic wound after debridement.
Dressing done with spray & plain foam**

Reduction in wound size, elimination of wound infection and pain management are the main objectives when dealing with chronic wounds.

A patented, innovative 4-in-1 solution therapy in the form of an easy to use spray was evaluated by us at Klinik Kesihatan Pandamaran. KAdermin incorporates silver and chlorhexidine (antimicrobial/disinfectant components), hyaluronic acid (exerts a moisture balance effect) and silicon dioxide (protective component).



**Diabetic wound with moderate exudate.
Dressing with spray and eclipse super absorbent foam**

Irrespective of the clinical challenges mentioned above, the wound assessment process needs to be a well organized, structured process which maintains good standards of care. It must be thorough, and be conducted by a skilled, competent and knowledgeable practitioner adhering to evidence-based models and updated recommendations. Thus, Modern Wound Management Services in the Primary Care setting have the potential to be further extended beyond current service limitations to support the global wound care burden.

NEW SERVICES IN PRIMARY CARE CLINICS: DRUG ADDICT VERIFICATION

Drug abuse causes harm to the health of an individual in terms of mental, physical, emotional and social aspects. This will indirectly hinder the progress of the country. Therefore, to ensure that the country continues to progress and be healthy, the country needs to be free from the harm of drugs. One of the ways is to identify drug addicts and provide appropriate treatment. The drug addict verification programme with the National Anti-Drugs Agency (NADA) was previously carried out by a psychiatrist addiction team in various tertiary hospitals in Malaysia.



Drug Addict Verification Activity - History Taking and physical examination



Drug addiction verification programme in Klinik Kesihatan Ampang by FMS

Recently in May 2022, this programme has been decentralised to government health clinics to reduce the workload of tertiary hospitals in view of the increase of drug addiction in our society. Moving forward in July 2022, the programme was started at KK Ampang after state level of training was organised by Jabatan Kesihatan Negeri Selangor. At KK Ampang, this programme is run by a Family Medicine Specialist and a trained medical officer in collaboration with the National Anti-Drugs Agency Ampang staff.

KK Ampang and National Anti-Drugs Agency (NADA) Ampang have been working hand in hand to ensure the programme runs smoothly every Thursday evening. Up to end of September 2022, a total of 13 clients underwent verification of drug addiction.



Medical team from KK Kelana Jaya with AADK officers

During the session, the medical officer in charge will take a full history, perform a physical examination and review investigations reports of the suspected drug addicts before the final verification process of drug addiction status. The medical officer will submit the final verification data to the National Anti-Drugs Agency (NADA) staff for subsequent processing. Indeed it is another opportunity for primary care to be involved in the management of substance misuse on top of the current services like Methadone replacement therapy, smoking cessation and alcohol addiction etc. The Petaling District Health Office has collaborated with AADK (National Anti-Drug Agency) for the drug addict verification program. This program started in July 2022, involving two clinics under the Petaling District Health Office, namely KK Kelana Jaya and KK Taman Medan. The Klang District Health Office is also involved in this program by collaborating with the Klang District AADK. Medical teams from the designated clinics will visit the AADK office on a rotating basis.



Medical team from Klinik Kesihatan Kelana Jaya, Petaling



GOMBAK - KK TAMAN EHSAN, KK SELAYANG BARU, KK AU2

HULU SELANGOR - KK SERENDAH

HULU LANGAT - KK BATU 9, KK AMPANG

KUALA SELANGOR - KK KUALA SELANGOR, KK TANJUNG KARANG

SEPANG - KK DENGKIL

KUALA LANGAT - KK TELOK PANGLIMA GARANG, KK JENJAROM, KK BUKIT CHANGGANG, KK TELOK DATOK, KK KG BANDAR, KK TG SEPAT

OTHER HEALTH CLINICS INVOLVED IN THIS SERVICE

So far, the drug addict verification program has shown encouraging results. The various parties ie District Health Offices, Health Clinics and AADK teams continue to work together to make this program a success.

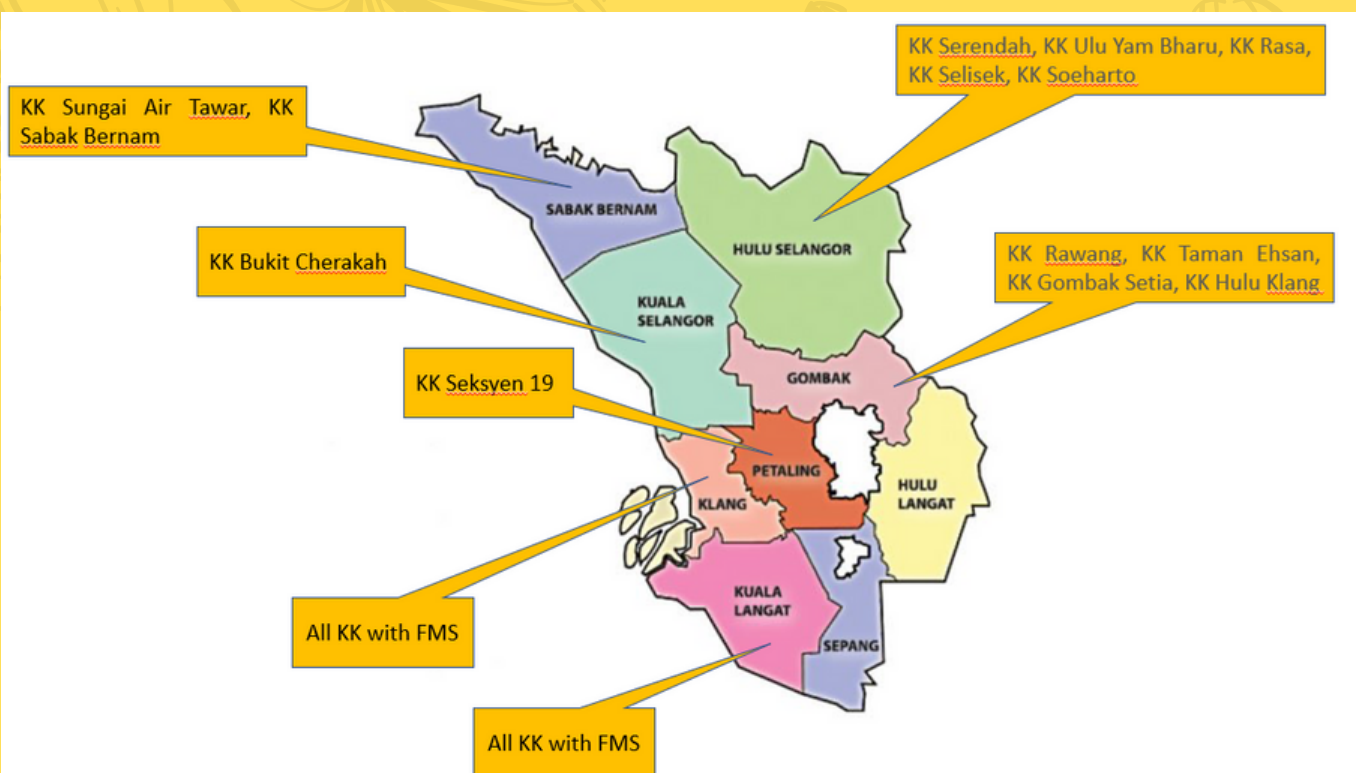
DR, SALBIAH
KK BDR BOTANIK



NEW SERVICES IN PRIMARY CARE CLINICS: PARENTERAL IRON SERVICE IN PRIMARY CARE

Anaemia due to iron deficiency is one of the medical conditions commonly experienced by pregnant women in Malaysia. Therapeutic oral iron replacement is initiated, and may be switched to other formulations of hematinics, and subsequently to parenteral iron administration. With various iron preparations for prophylaxis as well as treatment available in Malaysia, Intravenous (IV) administration is preferred because of the rapid increase in haemoglobin in a single clinic visit.

Starting from the year 2020, many pregnant mothers received IV iron in the primary health clinic. Training was given to paramedics and medical officers before hand. KK Rawang had started giving IV iron since the beginning of this year, with a total of about 138 patients with iron deficiency anaemia (IDA) in pregnancy receiving IV iron this year. KK Bandar Botanic, Klang also had started providing this service since June 2022 and had good response with 110 patients till Nov 2022. So far no major adverse effects were observed, and all patients showed good response to IV iron. Elevation of Hb was very significant in most cases of IDA. Many other districts had also started to train and give IV iron such as in Sabak Bernam, Hulu Selangor, Klang, Petaling and a few others as shown below:



Parenteral Iron Service at KK in Selangor

IV COSMOFER ADMINISTRATION IN PKD HULU SELANGOR

Nama				
No. kp			Berat semasa booking (kg)	
Jumlah dos yang diperlukan	$(\text{Body weight during booking visit (kg)} \times [\text{Target Hb-Actual Hb}](\text{g/dl}) \times 10 \times 0.24) + 500\text{mg (Iron for iron store for wt >35kg)}$ (Use Cosmofer calculation/calculosaurus: https://www.calculosaurus.com/cosmofer-dose-calculator) #/max. per day 200mg 3x in a week slow bolus			
Tarikh/Dos	Dos 1 (Tarikh:) (25mg/200mg)	Dos 2 (Tarikh:)	Dos 3 (Tarikh:)	Tandatangan
Dos ujian (Vital Sign) / baseline	BP: _____ PR: _____ SpO2: _____ Reaksi (jika ada): _____			
0 mins	BP: _____ PR: _____ SpO2: _____			
15 mins	BP: _____ PR: _____ SpO2: _____			
30 mins	BP: _____ PR: _____ SpO2: _____			

Senarai semak kesan sampingan dan :

- ☐ Sejarah allergik kepada ubat
☐ Systemic lupus erythematosus / rheumatoid arthritis
☐ Asma yang teruk, ekzema atau alergi
☐ Persetujuan pesakit

Persetujuan Pesakit:

Saya KP
bersejua menerima intravenous Cosmofer untuk rawatan anemia saya dan memahami segala risiko dan kebaikan suntikan ini untuk saya dan kandungan.

Tandatangan pesakit:

Tandatangan anggota:

Tarikh:

Tarikh:

Masa:

Masa:

An example of consent and monitoring form used for Parenteral iron procedure at KK.

Principles for Parenteral Iron Administration were educated to the paramedics and doctors during the training sessions, These include:

- IV Iron should be administered if oral iron is not tolerated, not compliant or if response is poor (<1g/L in 2 weeks).
- IM route is no longer recommended.
- IV Iron is contraindicated in the first trimester.
- Use of Erythropoietin Stimulating Agent (ESA) may be considered if poor response after IV Iron (to discuss further with haematologist).



Mothers receiving parenteral iron services at KK Bandar Botanik

KK TAMAN EHSAN



1. Medical item
 -1 vial: 100mg/2 ml
 -2 vial: 200mg/4ml
 -dilution:

2ml Cosmofer + 8 ml NS = 10ml
 4ml Cosmofer + 6 ml NS = 10 ml



2. Baseline vital sign



3. IV given for 20 minutes
 -Test dose:
 *2.5 ml (5-10 minutes)
 *Observe for reaction : 10-20 minutes
 *If no reaction can proceed for completion
 -IV bolus:
 10ml given in 15-20 minutes
 -post-IV: observe for 30 min (VS every 15 minutes)

Parenteral iron procedure done at KK Taman Ehsan



NEW SERVICES IN PRIMARY CARE CLINIC: LAVENDER CLINIC

The COVID-19 pandemic which began in December 2019 has had a devastating effect in the lives of all Malaysians. Many lost their loved ones to this pandemic, those affected by the illness suffered acute and long-term health consequences and many lost their incomes and business as a result of the economic effect of the movement control order initiated to control the pandemic. The emotional burden faced by many individuals as a result of new challenges or an increased burden of existing problems has resulted in many Malaysians experiencing increased stress, anxiety and depression.



Keeping this in mind, the Mental Health Unit of KK Bandar Botanic (KKBB) Klang organised its inaugural mental health day celebration themed **'MAKING MENTAL HEALTH AND WELL-BEING FOR ALL A GLOBAL PRIORITY.'** This was also the WHO's 2022 World Mental Health theme. This mental health day celebration was jointly organized in collaboration with advisory panel of KKBB, and the Non communicable (NCD) Unit in the Klang District. The aim of this event was to raise awareness among members in the community on mental health issue to reduce the stigma regarding its screening and treatment. This event was also aimed to promote early screening and treatment of mental health disease at primary health facilities.



The Lavender clinic was officially launched by Dr. Siti Rohana, Klang District Health Officer on 30 September 2022 in conjunction with the World Mental Health Day Celebration Program.

During this event, The Lavender Clinic was introduced to healthcare providers from both surrounding primary healthcare clinics and the psychiatry department of Hospital Tengku Ampuan Rahimah (HTAR). The Lavender Clinic is a dedicated clinic which provides a coordinated care for patients seeking help for mental health related issues in KKBB. This clinic has a multidisciplinary team consisting of a family physician, medical officers, nurses, medical assistant, psychologist and occupational therapist who provide both pharmacological and non-pharmacologic treatment for patients. Owing to this coordinated care, there was a tremendous increase of screening among high-risk patients as well as walk in cases seeking help for mental health issues. Till date there is 138 patients receiving care under the Lavender clinic.

To further enhance its services, The Lavender clinic team had identified two suitable rooms to be used as a consultation rooms. These individual consultation rooms were aimed to provide patients the privacy and conducive environment to freely discuss their concerns and worries. The consultation rooms were located close to the Psychologist rooms to ease patients to receive doctors and counselling services on the same appointment date and venue.



THE RELAXATION AND CALMING ROOM AT KK BANDAR BOTANIK

The consultation rooms served as a "Relaxation and calming Room" during the consultation. The rooms were equipped with suitable furniture's to conduct family conferences, the walls were painted Lavender in accordance to the clinics name, and there was aromatherapy and music therapy in each room during consultation. The private soothing, relaxed and quite room has assisted many patients during their struggles with mental health issues.

The team hopes that the Lavender Clinic with the availability of a Relaxation and Calm Room will encourage those struggling with mental health issues in the surrounding areas to walk in to the clinic to get the help they need. It is hoped that this dedicated mental health clinic shows the ability and commitments of primary health care providers in managing mental health issues in the community.



DR. SALBIAH
KK BDR BOTANIK



ADOLESCENT CLINIC: BEST PRACTICE IN PRIMARY CARE

Klinik Kesihatan Bandar Tun Hussein Onn Adolescent- Friendly Clinic



KK Bandar Tun Hussein Onn (KKBTHO) started the “Adolescent Best Practice Clinic” in 2018. In 2019, 5-star rating was awarded to KKBTHO for adolescent-friendly health service and recently in March 2022, KKBTHO maintained with the 5 star rating and a score of 93 marks.

The management team members include Family Medicine Specialist, medical officers, sister, staff nurse, medical assistant, nutritionist, medical social worker, and psychologist. Adolescent clinic operates once a week on every Thursday. Our mission is to ensure that all adolescents in Malaysia have access to comprehensive and quality health care services. Services offered by KKBTHO includes health education and promotion, health risk assessment and screening, treatment, counselling and referral to relevant centres.



Recruiting members for Kelab Remaja at promotional booths

Adolescents may obtain appointments via the online appointment system or manually through the appointment counter. Promotion of these services was done through the clinic advisory panel, distribution of pamphlets at schools, and via social media.



Adolescent health screening at SK Cheras Jaya



Adolescents with health problems detected through screening will be referred to the medical officers and respective teams for further intervention. Additional programmes include Adolescent Obesity Clinic, Mental Health Talk, cooking activity with nutritionist, basic life support, badminton league with Kelab Remaja KKBTHO, and Program Ramah Mesra Rumah Bakti Nur Syaheera. We organized training programmes such as Training of Trainer Workshop to increase awareness of child and adolescent sexual abuse among healthcare providers at the district and state level. KKBTHO Adolescent Best Practice Clinic also received visits from other Kks to share our experience in managing adolescent clinic and programmes.



Dr Maryem (FMS KKBTHO) at Virtual Run programme with Kelab Remaja BTHO



Creative input from Kelab Remaja BTHO to design logo



Cooking activity at Kelab Remaja KKBTHO



Basic Life Support Training for members of Kelab Remaja BTHO





Hosting visits from Adolescent Health team KK Meru, KK Sg Buloh and JKNS.



Kursus Kesedaran & Pendedahan Penderaan Seksual di Kalangan Kanak Kanak & Remaja

Collaborations with school health team and other agencies such as AADK and Jabatan Kebajikan Masyarakat (JKM) were done to provide comprehensive care to adolescents. During the COVID-19 pandemic, we organized "Great Teacher Organisation Seminar" and a webinar on sexual health in partnership with AADK. KKBTHO adolescent best practice clinic is committed in expanding our service by increasing engagement with community leaders and other agencies, collaborating with social media influencers, and digitalization of these services through virtual clinic.



Klinik Kesihatan Telok Datok: Adaptability in the face of physical constraints and the use of virtual services

Perkhidmatan Kesihatan Mesra Remaja (PKMR) Klinik Kesihatan Telok Datok (KKTD), Banting was established in April 2021 during the COVID-19 pandemic was at its peak. As there were many restrictions on activities due to the movement control order, the team adapted to the situation and forged ahead to run PKMR virtually. Screening was carried out by distributing "BSSK Remaja" questionnaires virtually via Google form to nearby schools. A network was formed with school counsellors in the area to communicate and plan activities using WhatsApp. The first virtual talk held in June 2021 for students from SMK Telok Datok via google meet had excellent attendance and feedbacks. Since then, other virtual talks by counsellors and nutritionists were done to tackle issues such as stress and diet among the adolescents.



Virtual talk about stress and diet among adolescent



Klinik Kesihatan Sekinchan: Working with the community to identify and reach out to adolescents at risk

Klinik Kesihatan Sekinchan started Klinik Remaja in 2018. Besides organising programs such as BLS training in schools, health programs eg 'Get Fit Don't Quit' and 'Riuh Remaja Virtual Talk', they also managed to engage with the community to obtain community participation via the local Rukun Tetangga. The Rukun Tetangga team assist to identify and refer school dropouts and adolescents with risk factors such as illegal racing, smoking, drug use and other high risk behaviours to the clinic. A Memorandum of Understanding between Klinik Remaja Klinik Kesihatan Sekinchan and the local Rukun Tetangga was signed in July 2022, witnessed by a representative from Kementerian Perpaduan Negara.



MOU between Klinik Remaja KK Sekinchan and KRT was signed



Klinik Kesihatan Meru: Promotion of services via social media and 'Bengkel Doktor Muda'

Klinik Kesihatan Meru began 'Klinik Mesra Remaja' at the end of 2021. With the setting up of this clinic, promotional activities of this new service was done via various method such as: banners/pamphlets and through the engagement of school counsellors. On top of this, KK Meru also utilised social media (Facebook) to engage with the adolescents and recruit participants for their activities. Organization of the inaugural 'Bengkel Doktor Muda' at SK Sg Binjai was done on 27/8/2022. During the workshop, participants leaned about relevant topics such as teenage pregnancy, mental health awareness, healthy eating, exercise, and organs of the body.



Bengkel Doktor Muda



DR. SAMANTHA VERONICA TEH POH SUAN
KK SEK 7 SHAH ALAM



DR. MARYEM SOKHANDAN FADAKAR
KK BANDAR TUN HUSSEIN ONN



3 FAMILY MEDICINE SPECIALISTS: LEADING THE GOOD WAY



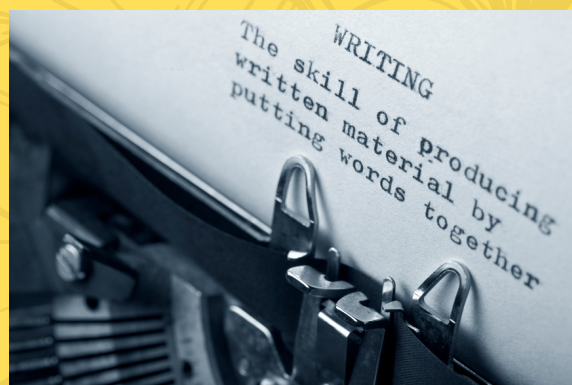
PRIMARY CARE MEDICAL
OFFICER TRAINING MODULE



PRIMARY CARE SEMINAR 2022



BASIC LIFE SUPPORT CERTIFICATE
TRAINING



PUBLICATIONS BY FAMILY MEDICINE
SPECIALIST



PRIMARY CARE MEDICAL OFFICER TRAINING MODULE

In early 2022, a team of us – the Family Medicine Specialists (FMS) Selangor – designed standardised training modules that focused on strengthening and enhancing patient management knowledge among our medical officers (MOs). The overarching aim was to empower MOs to manage and deliver high quality patient care. A team of dedicated FMSes participated actively in multiple discussion sessions held through February 2022, with a focus on developing the structure of the modules.

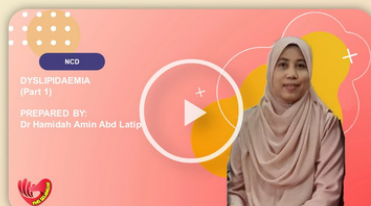


As a result, the first block of training was designed to consist of five modules covering non-communicable diseases followed by the second block consisting of 4 modules on maternal and child health and communicable diseases. Each module was designed with careful and detailed insights drawing upon clinical and non-clinical management experiences observed across multiple daily cases from our primary care centres. The first block was subsequently rolled out to MOs in each of the health clinics under the guidance of the FMS based in those clinics.

CDC Module



NCD Module



FMS Selangor Website – Online Training module



MOs were then assessed following the completion of topics in the first block. The assessment was monitored by the FMS of the respective health clinics. Following the target set for 2022, we completed the assessment for the first block, that is, the non-communicable diseases. The outcome of the assessment was outstanding. The high passing rate among the MOs indicate that the module was well received, and reflects the day-to-day experiences of our medical team. A hearty congratulations to the team of MOs for their outstanding performance in the assessment.



Exam Day



PRIMARY CARE SEMINAR 2022

The team of us - Family Medicine Specialists (FMS) Selangor - successfully organised two primary care seminars despite the continuous Covid challenges that characterised much of 2022. The first primary care seminar entitled 'Managing and Preventing Communicable Disease in Primary Care' was held on the 26th of March 2022. This seminar was organised by FMS Selangor in collaboration with CDC JKNS. The Seminar was hosted by team members from the districts of Klang, Sabak Bernam and Kuala Langat.

The webinar was delivered by outstanding speakers, and had a range of important topics that directly relate to primary care doctors. The event was successfully organised by the FMS team despite multiple work challenges and hectic work schedules. The second primary care seminar on 'Non-Communicable Diseases' was hosted on the 27th of August 2022 by teams from PKD Petaling, Hulu Selangor, Kuala Selangor and Gombak. The virtual session catered for primary care doctors including General Practitioners (GPs). The uptake of the online event was encouraging, with the participation quota taken up within days. The topics presented and list of speakers was definitely a strength to the overall seminar session. The highlight of the seminar was the closing lecture on obesity by a highly experienced and distinguished bariatric surgeon. The session was helpful in our understanding of obesity and its management particularly from the perspectives of primary care doctors.



We sincerely thank all the speakers for their significant contribution to the success of these seminar sessions and to all those who participated and further enriched the sessions.

DR. SHARMILEE
KK IJOK



BASIC LIFE SUPPORT CERTIFICATE TRAINING



Basic life support for Family Medicine Specialists Selangor 2022 was held in two sessions. The training was done at Clinical Stimulation Centre, UITM Campus Sg Buloh on 4th June and 7th June 2022. The sessions were conducted by BLS instructors from hospital and Family Medicine Specialist, Dr. Maryem who is one of the SCORT (Selangor Committee On Resuscitation Training) committee members and also BLS instructor. In total, almost all FMS Selangor were certified for BLS in primary care. Congratulations to all!



PUBLICATIONS BY FAMILY MEDICINE SPECIALIST



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PLEASE SCAN THIS QR CODE FOR THE FULL ARTICLES OR ALTERNATIVELY YOU CAN VISIT OUR WEBSITE AT [HTTPS://FMS-SELANGOR.MY/JOURNALS-2022/](https://fms-selangor.my/journals-2022/)



- Knowledge, Attitudes, Practices to Smoking Cessation Counseling among Primary Care Doctors in Klang Valley. Mohd Hafidzudin Bin Zainal Abidin, Leon Min Chiee, Loke Yean Yee, Nur Amirah Shibraumalisi, Vikrama Devadass A/L Devadass, Takdir Singh Riar & Victor Yap Wen Chen
- An Online Survey on Knowledge, Attitude and Practice among Primary Healthcare Providers Towards Smoking Cessation in Selangor, Malaysia. Anusha Manoharan, Najwa Aziz, Christine Selvaraj, Koh Wen Ming, Nazhatussima Suhaili, Noor Diana Ismail, Dalyana Hamid & Chandrashekhar T Sreeramareddy
- Vildagliptin Therapy among Patients with Type 2 Diabetes Mellitus Attending Primary Health Care Clinic: Kuala Selangor District Experience. Farhani Samat, Sulizah Samad, Siti Khalimah Rosnan, Jasrinjeet Kaur, Nurhidayah Zulkefli & Noor Rafizah Aminah Abdul Aziz
- Determinants of Microalbuminuria among Type 2 Diabetes Mellitus Patients in Kuala Selangor District: A Cross-Sectional Study. Farhani Samat, Anizah Muzaid, Sharmilee a/p T Ramanathan, Nuraini Dolbasir, Sharifah Nurul Aida Syed Ghazali & Nurul Nadia Baharum
- Factors Influencing the Practice of Smoking Cessation Assessment and Management among Primary Care Doctors (SCAAM-DOC) in Three Districts in Malaysia. Beatrice Jee Ngee Ling, Cheong Ai Theng & Hadi Manap
- Awareness about E-Cigarette and Use among Adults in 15 Low-and Middle-Income Countries, 2014-2018 Estimates from Global Adult Tobacco Surveys. ChandraShekar T Sreeramareddy & Anusha Manoharan
- Electronic Cigarettes Use and 'Dual-Use' among the Youth in 75 Countries- Estimates from Global Youth Tobacco Surveys (2014-2019). Chandrashekhar T Sreeramareddy, Kiran Acharya & Anusha Manoharan



Non Communicable disease

- Prevalence of Fasting Risk among Muslim Type 2 Diabetics and Its Associated Factors during Ramadan in Primary Care Clinics in Petaling District, Selangor. Chow Suet Yin, Azah Abdul Samad, Norliza Muksan, Nor Farha, Nor Fadhilah Othman, Nik Mazlina Mohammad, Rofina Abdul Rahim, Ziti Akthar Supian, Foo Je Sie, Nor Anieza, Mohd Khairi Mohd Noor, Alia Abdul Aziz Cooper, Kee Ee Kim, Lee Hooi Theng, Lalitha & Samantha Veronica Teh Poh Suan
- Pre-Ramadhan Lifestyle Practices among Muslims with Type 2 Diabetes Mellitus in Petaling District and The Effect On Glycaemic Control. Alia Abdul Aziz Cooper, Chow Suet Yin, Azah Abdul Samad, Norliza Muksan, Nor Fadhilah Othman & Ziti Akthar Supian
- Self-Monitoring Blood Glucose and Its Association among Muslim T2DM Adults During Pre-Ramadhan in Primary Care. Kee Ee Kim, Chow Suet Yin, Norliza Muksan, Mohd Khairi Mohd Noor, Foo Je Sie, Alia Abdul Aziz Cooper & Nik Mazlina Mohammad
- Pre-Ramadhan Metabolic Control among Muslim Adults with T2DM Attending Primary Health Clinics in Petaling District, Malaysia. Nik Mazlina Mohammad, Chow Suet Yin, Rofina Abdul Rahim, Nor Anieza, Hanisah Shafie, Norliza Muksan & Azah Abdul Samad
- Foot Care Knowledge and Self-Care Practices among Diabetic Patients in Penang: A Primary Care Study. Ong Jue Jing, Avni Patel, Siti Sarah Azmil, Kang Cheow Sean, Lim Siew Fuen, Ooi Gaik Choo & Maliza Mawardi
- The Role of Media and Retailer Message Recall on Malaysian Male Perceptions of E-Cigarette Use: The 2016 National Study of E-Cigarettes Prevalence. Lei Hum Wee, Guat Hiong Tee, Caryn Mei Hsien Chan, Samsul Draman, Ab Rahman Jamalludin, Bee Kiau Ho, Jane Miaw Yn Ling, Kuang Hock Lim, Muhammad Fadhli Mohd Yusoff, Nizam Baharom, Noorzurani Robson, Mira Kartiwi, Norny Syafinaz Ab Rahman, Ching Sin Siau & Mohamad Haniki Nik Mohamed
- Screening for Type 2 Diabetes and Periodontitis Patients (CODAPT-My©): A Multidisciplinary Approach. Aznida Firzah Abdul Aziz, Tuti Ningseh Mohd-Dom, Norlaila Mustafa, Abdul Hadi Said, Rasidah Ayob, Salbiah Mohamed Isa, Ernieda Hatah, Sharifa Ezat Wan Puteh & Mohd Farez Fitri Mohd Alwi
- Feasibility of supported self-management with a pictorial action plan to improve asthma control. Shariff Ghazali Sazlina, Ping Yein Lee, Ai Theng Cheong, Norita Hussein, Hilary Pinnock, Hani Salim, Su May Liew, Nik Sherina Hanafi, Ahmad Ihsan Abu Bakar, Chiu-Wan Ng, Rizawati Ramli, Azainorsuzila Mohd Ahad, Bee Kiau Ho, Salbiah Mohamed Isa, Richard A. Parker, Andrew Stoddart, Yong Kek Pang, Karuthan Chinna, Aziz Sheikh, Ee Ming Khoo & RESPIRE collaboration



Communicable disease

- Assessing knowledge, acts of discrimination, stigmatizing attitudes and its associated factors towards people living with HIV (PLHIV) among Family Medicine trainees in Malaysia. Hiang Ngee Chan, Anuar Mohamad, Aneesa Abdul Rashid, Bee Kiau Ho, Alia Abdul Aziz Cooper, Haslina Mukhtar Aajamer, Ermi Noor Emjah, Jashithra Syamala Krishnan, Gloria Neo Lih Hwee et al.
- Clinical Pathway for Influenza in the Elderly: A comprehensive management protocol of Malaysia. Nur Syazana Mad Tahir, Aniza Ismail, Aznida Firzah Abdul Aziz, Syed Mohamed Aljunid, Petrick Periyasamy, Hazlina Mahadzir, Fauzi Md Anshar, Mohd Faudzi Abdullah, Wong Ping Foo, Ho Bee Kiau, Mohd Fairuz Ali & Rizah Mazzuin Razali
- Facilitators and Barriers for Tuberculosis Preventive Treatment Among Patients with Latent Tuberculosis Infection. Koh Wen Ming, Anusha Manoharan, Siti Nur Farhana Harun, Manimaran S/O Krishan Kaudan, Khoo Ee Ming, Nik Mazlina Mohammad, Haslinda Hassan & Rupinder Kaur a/p Hardy Singh
- Characteristic and Factors Associated with Severity Of COVID-19 Infections in Primary Care. Lee Yeow Siong, Jazlan Jamaluddin & Ho Bee Kiau

Maternal & Child Health

- Thalassaemia Screening: Low Level of Knowledge among Unmarried Youths in Kota Bharu, Kelantan, Malaysia. Muhammad Akmal bin Mohd Nor, Imran bin Ahmad, Nur Suhaila Idris, Maryam Mohd Zulkifli & Ruzilawati Abu Bakar
- Comparison of Maternal and Neonatal Outcome in Women Additionally Diagnosed According to New Gestational Diabetes (GDM) Criteria with Women Without GDM in Klang District- A Retrospective Observational study (MANO-GDM). Tan Siow Foon, Rizawati Ramli, Norasnita Nordin & Zuzana Aman

DR. DALYANA
KK AU2



ROUTE TO BECOMING A FAMILY MEDICINE SPECIALIST



ROUTE TO BECOMING A FAMILY MEDICINE SPECIALIST

Interested in Family Medicine? Thinking of
being a Family Medicine Specialist?
Unsure which pathway to choose?
Here is some info for you...



	 Masters of Family Medicine	 MAFP (Member of the Academy of Family Physicians), FRACGP (Fellowship of the Royal Australian College of General Practitioners)	 MINTFM (Malaysia Ireland Training Program for Family Medicine)
Body of Governance	University of Malaya (UM) National University of Malaysia (UKM) University Sains Malaysia (USM) University Putra Malaysia (UPM) International Islamic University Malaysia (IIUM) University Technology Mara (UiTM)	Academy of Family Physicians of Malaysia (AFPM)	Irish College of General Practitioners (ICGP) iHEED Health Training Limited RCSI & UCD Malaysia Campus (RUMC)
Pre- requisite	One year of service (UM, UKM, UiTM) Two years of service (USM) Three years of service (UPM)	2 years experience in Primary Care	Successfully completed at least two (2) years of house officer training
Entrance	MedEx (Medical Specialist Pre-entrance Examination)	-	Pre-admission Interview
Program Structure	Total duration: 4 years 2 years- Hospital posting 2 years - Primary care posting	Total duration: 4 years 2 years- Graduate Certificate in Family Medicine (GCFM) 2 years- Advance Training in Family Medicine (ATFM)	Total duration: 4 years 2 years- Hospital posting 2 years - Primary care posting
Cost	~ RM 10,000 per year	~RM12,000 per year	~RM 25,000 per year
Scholarship	HLP (Hadiah Latihan Persekutuan)	HLP (Hadiah Latihan Persekutuan) for contract Medical officers Yayasan Peneraju scholarships to ATFM trainees fulfilling their criteria (Bumiputera <45 working in KKM)	HLP (Hadiah Latihan Persekutuan)
Qualifications	Masters of Family Medicine (MFAMMED, DrFamMed)	MAFP (Member of the Academy of Family Physicians), FRACGP (Fellowship of the Royal Australian College of General Practitioners)	Membership of the Irish College of General Practitioners (MICGP)



EXPERIENCE SHARING FROM FAMILY MEDICINE SPECIALIST TRAINEES

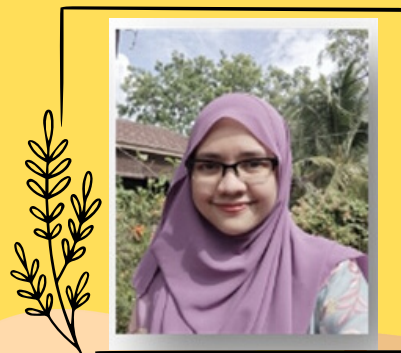
Alhamdulillah, I had recently completed my 4 years journey in Family Medicine Master's program in May 2022. It had been an unforgettable experience; full of ups and downs, meeting new people, learning new things, and not forgetting the experience with COVID pandemic in between. The first and second year of the Master's program was mainly spent in hospital rotations, going through the major rotations in the first year and minor rotations in the second year. After completing the hospital rotations, we spent our third and final year in University Primary Care Clinic as well as in Klinik Kesihatan. During the final year rotation in Klinik Kesihatan, each student was supervised by a Family Medicine Specialist and taught regarding the holistic management of primary care cases. We also learned the responsibilities as the head of clinic in managing the staff and providing clinical services. Juggling all assignments, course work and also preparing for the examination was indeed challenging, and it would not have been possible without the strong support by family members, lecturers, seniors and study group members who all contributed in their own ways.



Choosing MINTFM as my career advancement was probably the best decision I have made in planning my career pathway. Throughout my learning as a MINTFM trainee I realise that being a generalist brings a-lot of advantages in the field of medicine. We are the first line of defence and the most important pillar.

Being a MINTFM trainee has helped me improve my communication skills in a positive way, encouraged leadership skills and further boost my confidence. The first two years of hospital attachment taught me that our expertise are important in all area of specialty at tertiary level. A holistic approach is crucial to address all "primary" matters before a client visits tertiary centre. My third year attachment in one of the oldest health clinic taught me that we still need a large number of specialists and independent body to improve our clinic infrastructure and health promotion.

I'm trained by a completely fresh new eyes to bring a new breath to our national primary health care system. Therefore I'm glad to serve in an area which focus on both equality and equity by providing healthcare closely to the community.



DR. NURUL IZZAH BT SODRI,
MBBS, MMed FAMILY MEDICINE (UITM)
KK SUNGAI BULOH.

**ALL IN ALL, THE JOURNEY WAS TOUGH,
BUT THE EXPERIENCE WAS DEFINITELY
INDISPENSABLE IN PREPARING ME TO
BECOME A WELL-ROUNDED FAMILY
MEDICINE SPECIALIST.**



DR. SYAZANA SIRDAR ALI
YEAR 4 FAMILY MEDICINE TRAINEE
MINTFM.





DR. LEON MIN CHIEE

**FAMILY MEDICINE SPECIALIST, MAFP, FRACGP
KLINIK KESIHATAN KAMPUNG MELAYU SUBANG**

If you are one who easily gets bored and likes a challenge in your career, then family medicine or primary care would be the perfect specialty for you. In the span of a day, you can expect to encounter different patients of all ages and problems: an unwell child with an anxious mother, an elderly gentleman with uncontrolled diabetes, a couple expecting their first child and a young gentleman with a ruptured appendix.

Being able to recognize and manage a wide range of medical problems requires comprehensive training and this is where the Academy of Family Physicians (AFPM) excels. I find that the Advanced Training in Family Medicine is a well-designed, structured post-graduate course that allows me to balance my work-family life while pursuing an advancement in my career. Not only are we given learning materials online, but we are also grouped into mentoring families and are guided by experienced mentors who help us improve and realize our very best potential. Practice skills workshop conducted every semester helps us reinforce our learning, allows us to practice our skills hands on, and most importantly the workshop are extremely FUN! So if you are looking to advance your career in Family Medicine, I highly encourage you to check out the post-graduate family medicine training courses offered by AFPM.



**Graduation day for MAFP (Member of the Academy of Family Physicians),
FRACGP (Fellowship of the Royal Australian College of General Practitioners)**



SUBSPECIALTY TRAINING FOR FMS: THE OVERVIEW

The subspecialty training program for Family Medicine Specialists (FMS) under Ministry of Health (MOH) started in year 2018. On 31st January 2019, the first group of committee members for this program was formed which was chaired by the Head of Family Medicine services, Datin Dr Zil Falilah. This committee was created with the intention to become the point of reference for FMSes to discuss and decide on how best they could attain training in the subspecialty or area of interest programs. The committee is also responsible to evaluate the competency of each FMS in their respective subspecialty at the end of the program.

The fields suitable for advanced training are divided into subspecialty and area of interest (AOI) programs. These identified fields are recognised by the Ministry of Health (MOH) Malaysia. Subspecialty training is a 3 year training program (all 3 years are done in Malaysia or 2 years in Malaysia and 1 year abroad) whereas AOI training only involves 1 year training overseas.

LIST OF FMS UNDERGOING SUBSPECIALTY TRAINING/ AOI

- Dr Noor Harzana Harun (Geriatric in primary care)
- Dr Nor Hazlin Talib (Addiction in primary care)
- Dr Rupinder Kaur A/P Hardy Singh (CDC in primary care)
- Dr Junita Harizon Aris (Palliative care in primary care)
- Dr Norfaridah Masiran (Mental health in primary care)
- Dr Chow Suet Yin (Community Child Health)
- Dr Mohamad 'Ariff Fahmi bin Ahmad Zawawi (NCD in primary care)
- Dr Siti Umi Fairuz binti Azmi (Adolescent health in primary care)
- Dr Sathya Rao A/L Jogulu (CDC in primary care)
- Dr Nazhatussima Suhaili (Wound care in primary care)

LIST OF FMS COMPLETED SUBSPECIALTY TRAINING

- Dr Ho Bee Kiau (Geriatric in primary care)
- Dr Izan Hairani Ishak (Child Health (Special Needs) in primary care)
- Dr Chang Li Cheng (NCD in primary care)
- Dr Naemah Sharifudin (Sexual and reproductive health in primary care)
- Dr Teoh See Wie (Palliative care in primary care)

FMS SUBSPECIALTY TRAINING	
Subspecialties in Primary Care	Area of Interest in Primary Care
1. Non Communicable Disease (NCD) 2. Communicable Disease 3. Palliative Medicine 4. Mental Health 5. Addiction Medicine 6. Sexual and Reproductive Health 7. Geriatrics 8. Child Health 9. Adolescent Health 10. Rehabilitation	1. Pre-Hospital Care 2. Clinical Epidemiology 3. Dermatology 4. Wound Care 5. Health Informatics 6. Custodial Medicine

There is a guideline called Garis Panduan Latihan Program Subkepakaran Kementerian Kesihatan Malaysia (updated 1st January 2021) that can be used for guidance when applying for the program. Application will be opened in the MOH or Bahagian Pengurusan Latihan portal (latihan.moh.gov.my) website around July every year.

DR. HANISAH
KK SERI KEMBANGAN



SUBSPECIALTY TRAINING FOR FMS: THE EXPERIENCES & CHALLENGES

As of November 2022, there are five FMSes in Selangor who have completed their subspecialty training and another 10 who are undergoing the subspecialty/area of interest training program. In this newsletter, we will share the personal experience of two FMSes who are currently undergoing the training ie Dr. Nor Hazlin Talib and Dr. Mohamad 'Ariff Fahmi bin Ahmad Zawawi.

Dr. Nor Hazlin Binti Talib

**Addiction Medicine in Primary Care
(2020- till current)**

Year 1

Most part of my Year 1 were point of focus in brushing up my theoretical part of addiction. I joined the online training (eg RCGP E-learning module, RCPsych NEPTUNE module etc). My clinical training was with Addiction team HKL under Dr. Fazli and OSCA KK Masjid Tanah under my supervisor, Dr. Norsiah and also my own patients in OSCA KK Batu 9. I see patients in PUSPEN Tampin on monthly basis and this was the place where I learnt a lot and started to fall in love more and more with addiction. Besides that I was also involved in meetings/programs related to addiction at district, state and MOH level. I was included as one of the editorial board member for Behavioral Addiction Consensus Guideline by the Psychiatric team.

It is a worthwhile sacrifice that I have decided, and I enjoyed every little moment that I have been through. Without my husband and children support, I wouldn't have chosen this pathway in my life. Instead, it has turned me into someone who is more focused, more empathy or in other word, a better version of me.

- Dr Nor Hazlin

Year 2

In Year 2, my activities were focused on enhancing my knowledge regarding comorbidities related to patients with addiction. I did short trainings in HKL ID clinics, IPR, KBM etc while at the same time continued seeing my usual patients in OSCA and HKL. I built-up my networking with people/institutions working with addicts such as GP with addiction interest, AADK, penjara, private rehabilitation centre etc. I ventured into more aspects related to addiction as this knowledge was crucial when dealing with psychosocial part of addicts.



Study tour to addiction places in London with Dr. Norsiah and Dr. Salmah, (Addiction Specialists) prior to application in subspecialty.



Giving talk at Rumah Sahabat



Enjoying my time in PUSPEN Tampin –doing consultation, psychosocial interventions etc



Picture: With Addiction team,HKL

Year 3

Currently I am in my first month of my Year 3. As Malaysia is now in the process of legalization of medical Cannabis, learning from countries who had done so will be beneficial for me as an Addiction Specialist. Thereby, Thailand is one of my choice for my oversea exposure. I also wanted to grab the opportunity to get some exposure in Australia as they have established addiction services which offers good point of learning for me.



Study tour to addiction places in London with Dr. Norsiah and Dr. Salmah, (Addiction Specialist) prior to application in subspeciality.



Pursuing subspeciality training is not similar like when you are doing your undergrad or postgrad training. You will see this as a real opportunity for you to explore things that come to your interest out of all these years of working as a specialist. Prior to applying, I started to get myself involved with colleagues with the same interest ie Dr Norsiah and Dr Salmah who are the only 2 FMSEs with addiction training just to make sure that this is the correct field for me. Both of them are my inspirations in pursuing this journey.- Dr Nor Hazlin



Dr. Mohamad 'Ariff Fahmi bin Ahmad Zawawi - NCD in Primary Care (July 2022- till current)

How it all started

My interest for NCD in primary care sub-specialty training rooted from my thesis during Masters where I investigated doctors' self-efficacy in obesity counselling. From there on, I learnt gaps in obesity management and how obesity is the 'denominator' of most non-communicable disease as well as affecting prognosis of infectious disease.

I was then introduced by Dr Teoh Soo Huat, a Medical Lecturer, Obesity Medicine Physician and Family Medicine Specialist in Universiti Sains Malaysia, to the World Obesity Federation Strategic Center for Obesity Professional Education (SCOPE) which provides modules on obesity medicine and certification. I realised that obesity is not just a condition of excess fat or positive energy balance. More than that, obesity is being recognized as a chronic and relapsing disease. The evolving science behind obesity complexity is unraveling and so is the treatment modalities. Thus, I believed it is only appropriate to do subspecialty training in NCD to improve primary healthcare services especially for people living with obesity.



I must thank everyone for all the help and support. Please pray that I will get through this journey gracefully and hopefully this small effort will bring to the betterment of primary healthcare delivery in Malaysia. - Dr 'ARIFF FAHMI

I am currently in the first year of my subspecialty training program. As part of the program, I have designed a study plan for my own subspecialty training. I have proposed to the Bahagian Pengurusan Latihan for me to undergo the Post-Graduate Diploma in Obesity and Weight Management as part of the NCD training. The course is a long-distance part-time program allowing me to do clinical attachment along the way. The course is organized virtually with the curriculum delivered in the form of scenarios. There is a discussion board where other students will share their answers. The tutor will guide us along the way. There are six modules altogether and I have just completed the first module which includes the subject of adipose tissue and energy balance. As for clinical attachment, I started my first attachment at the Chronic Kidney Disease Clinic in Hospital Tengku Ampuan Rahimah, Klang where I dealt with numerous advanced CKD and ESRD cases under the nephrologist guidance.



Dr Ariff with his mentor, Dr Teoh Soo Huat, a Medical Lecturer, Obesity Medicine Physician and Family Medicine Specialist in Universiti Sains Malaysia



I am currently doing the second attachment in the Geriatric Clinic. It is an eye opener for me because the geriatrician is akin to FMS for the elderly but in a hospital setting. I enjoyed the multidisciplinary meeting they had whereby a patient was discussed thoroughly with physiotherapist, occupational therapist and nursing staff providing input. They also have ortho-geriatric care model for patients with hip fractures to facilitate early mobilization and address frailty, among others.

Looking forward, I will be doing more attachments in several specialist clinics this year before going to Institut Endokrin Hospital Putrajaya to gain more knowledge and experience from the experts in the field. At the end of all these training and attachments, i will have to undergo an exit viva which includes justification of the training, lesson learned, research activities, projects done and my achievements during my training to the FMS Subspecialty committee.



Involved in writing in media regarding health issues.
www.nst.com.my, 3 November 2020.



SYMVICARE research with FMSA



Involved in writing in media regarding obesity.
www.nst.com.my, 4 August 2022.

SUB-SPECIALTY TRAINING OFFERS FMS A UNIQUE OPPORTUNITY TO ADVISE THE POLICY MAKERS AND BROADEN THE PERSPECTIVE OF DISEASE PREVENTION AND MANAGEMENT IN THE COMMUNITY.- DR. 'ARIFF



SUBSPECIALTY TRAINING FOR FMS: THE REAL WORLD

Community Children's Palliative Clinic

DR. TEOH SEE WIE, FAMILY MEDICINE SPECIALIST, KLINIK KESIHATAN SALAK

Dr. Teoh See Wie, FMS KK Salak has stepped into subspecialty training of Palliative Medicine in primary care in year 2019. Due to covid19 pandemic worldwide, he was not able to do his overseas attachment during his final year of training. Instead, he kick-started a concept-proving pilot project for a community children's palliative clinic in Klinik Kesihatan Salak.

Children's palliative care is defined by the World Health Organization (WHO) as "the active total care of the child's body, mind and spirit, and involves giving support to the family. It begins when illness is diagnosed and continues regardless of whether or not a child receives treatment directed at the disease(1). Effective palliative care requires a broad multidisciplinary approach that includes the family and makes use of available community resources.



Home visit by domiciliary team, including doctors, nurses, psychologist, physiotherapist and nutritionist.



Home visit with visiting paediatric palliative paediatrician.

An estimated 29 out of every 10 thousand children in Malaysia will require palliative care support, based on the prevalence of life-limiting illnesses among children(2). Unfortunately, only 0.01% of these needs are being met(3). Children's palliative care is largely centred in major hospitals and only 3 public hospitals are providing specialist paediatric palliative care (PPC) services(3). Community-based PPC is not adequately covered yet by community hospices or health clinics.

Hence, a 3-phase implementation of Community Paediatric Palliative Services, also known as COMPASSION, is designed. There are 3 phases of the programme, namely:

Phase 1: training of Family Medicine Specialists and supportive medical personnel, including the paramedics, occupational therapist, physiotherapist and psychologist.

Phase 2: visiting paediatric palliative paediatrician clinic at the pilot health clinic.

Phase 3: coordination of community paediatric palliative care referrals.



One of the clinic session in KK Salak, multidisciplinary approach.

For phase 1, Dr. Teoh and the above mentioned personnel from the domiciliary team have undergone training on core knowledge and skills required for the provision of paediatric palliative care. Following the successful completion of the training session, they proceeded with Phase 2 in which a pilot COMPASSION clinic service was started in Klinik Kesihatan Salak. The team has been seeing paediatric palliative patients together with a visiting paediatric palliative paediatrician, mainly to provide hands-on training and supervision for the team. Most important, it also has provided families of children with palliative care needs to improve access to palliative care in the community setting. To date, there are 8 children referred for the service, ranging from terminal care to simple symptom management. A revision of the pilot project will be done in 2023 to identify the shortfalls and to decide if this is the best time to progress to phase 3, which is to expand the service to the other district in Selangor.

IN THIS SUB-SPECIALTY TRAINING, APART FROM THE SELF-ADVANCEMENT OF THE CAREER, I ALSO LEARNED THE MORE HUMANE SIDE OF HOLISTIC MEDICAL CARE, ESPECIALLY TOWARDS THE VERY END STAGE OF LIFE. GOOD QUALITY PAEDIATRIC PALLIATIVE CARE NEEDS TO EXTEND BEYOND THE WALLS OF THE HOSPITAL TO PROVIDE CARE FOR THE CHILD IN THE COMMUNITY SETTING.- DR. TEOH SEE WIE

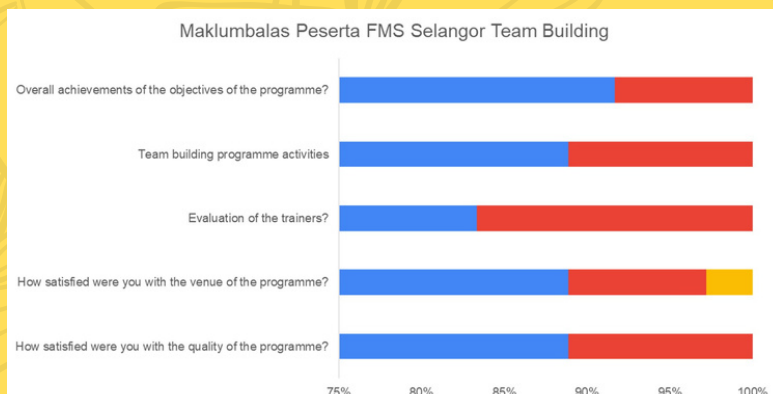


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2. Connor SR, Downing J, Marston J. Estimating the Global Need for Palliative Care for Children: A Cross-sectional Analysis. J Pain Symptom Manage [Internet]. 2017 Feb [cited 2019 Jun 22];53(2):171-7.
3. Ministry of Health Malaysia. National Palliative Care Policy and Strategic Plan 2019-2030. Putrajaya: Ministry of Health Malaysia; 2019. 196 p.

TEAM BUILDING FAMILY MEDICINE SPECIALIST 2022

A team Building training themed 'Moving from Good to Great' was held at Pulse Grande Hotel, Putrajaya on 10th June 2022. The session was facilitated by two excellent trainers from Inspire Asia, a company who had vast experience conducting team building trainings for various agencies. The exciting fun team building involving 60 Selangor FMSes ran for one whole day with enjoyable, energetic and interactive activities filling the entire session. The objectives include improving self quality, communication skills, building relationships and improving trust in a team. In conclusion, the programme was a success and an absolutely enjoyable bonding moment for all. Congratulations all!



Participants' satisfaction survey



DR. SITI NURHANI
KK BANGI



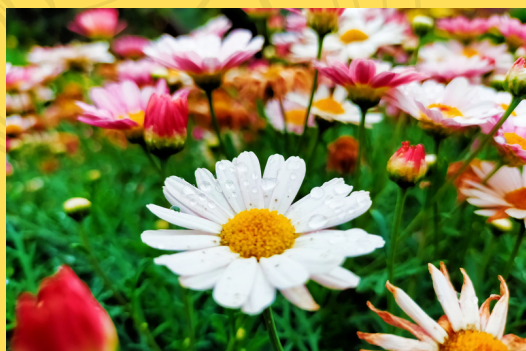
5

BE BOLD, ACTIVE & BEAUTIFUL



FAMILY MEDICINE SPECIALIST DURING HAJJ 2022- AN UNFORGETTABLE JOURNEY

PUBLIC TALKS BY FMS



A WALK IN THE PARK 2.0



Hajj 1443H/ 2022 : An Unforgettable Journey



On 31/12/2021, a total of 9 FMSes were selected to be offered as "Petugas Haji" 2022. The good news was well received by all, with the hope that Hajj 2022 will be carried on without any further delay as we were entering into pandemic state in most countries in the world. From the state of Selangor, the 3 fortunate FMSes were:

1. Dr Azah Abdul Samad from Klinik Kesihatan Shah Alam Seksyen 7
2. Dr Najwa binti Aziz from Klinik Kesihatan Puchong Batu 14
3. Dr. Noraini Jali from Klinik Kesihatan Sungai Besar

The team of 9 FMS were led by Dr. Mohd Shaffari bin Marzuki, FMS based in Klinik Kesihatan Sitiawan, Perak as the "Timbalan Ketua Rombongan (Perubatan) Haji" for Hajj 2022. The initial briefing and training sessions were carried out in Alor Setar sometime in January 2022 for all new staff, who will be part of the medical team on duty in Mecca & Madinah. Subsequent training sessions for all old and new staff were carried out through from 9th to 12th of May 2022, one week after Aidilfitri. In between they had a few workshops and meetings in order to prepare pertinent matters pertaining to medical team services during Hajj 2022.

The first flight of "Advanced party" teams departed early June 2022. These teams were responsible to set up Pusat Rawatan Lembaga Tabung Haji Syisyah (PRS) in Mecca. This center operates similarly to our local district hospitals in Malaysia consisting of inpatient services such as wards and operating theatre with medical expertise from various fields such as Respiratory Physicians, Cardiologists, Infectious Disease Physicians, Hematologists, Emergency Physicians, Anaesthetists and Orthopaedic Surgeons. It also acts as referral center for outpatient clinics run by Malaysian medical team, where services are led by Family Medicine Specialist.





In Mecca, FMSes are stationed in outpatient clinics named as “Klinik Maktab” located in 3 hotels, where all the Hajj pilgrims stay, in order to provide early outpatient medical services to those in need. Each hotel may cater up to 5000 Malaysian pilgrims at a time. Various kind of cases are seen daily in the clinics including regular out patient cases, non-communicable diseases, infectious diseases and women's health related diseases. The clinic operation hours are divided into 3 sessions: 7.00am to 12.00pm, 4.00pm to 6.30pm, and 7.30pm-10.00pm. The doctors placed in the clinics within the hotels are also on call 24 hours by rotation to attend to any medical needs out of these operating hours.

FMS is also responsible to identify high risk patients for assessment prior to moving forward for specific medical activities such as “wuquf” in Arafah as this activity requires them to be out in large open areas for long hours overnight. This assessment will help to decide on logistic arrangement for the pilgrims to ensure that they are in safe condition to travel with a medical standby team when required.

Other than working daily at the clinics in the hotels, a few medical team members are also required to provide medical care services to the pilgrims who are under the “Pakej Jemaah Haji” placed at different high-end hotels. This mobile clinic service is not on a daily basis and operates only as and when required in view of the small number of the pilgrims under these packages.

The medical teams from Malaysia were all honoured to receive a visit from our Director General of Health, Ministry of Health, Tan Sri Dato’ Seri Dr Noor Hisham Abdullah in July. He happened to be one of the pilgrims for Hajj 2022 as well. He was impressed with how well the clinics were running and appreciative of FMSes leading the clinics. He praised and thanked the medical team as a whole for providing excellent medical service, and also successfully bringing expert medical service closer to community of pilgrims.

One of the main challenges this year for the medical team was management of Covid-19 cases. Among the challenges faced were difficulties to isolate them in view of limitation of isolation space and area. Few patients required referral to the PRS for further inpatient treatment. Medical team management also faced daily challenges with numerous religious activities involving various location, which affected the clinical decision for all probable Covid-19 positive cases. Despite all the challenges encountered, the medical teams successfully completed their services for Hajj 2022 and safely returned back home to Malaysia by mid-August 2022.



Tan Sri Dato' Seri Dr Noor Hisham Abdullah - Director General of Health Malaysia visited Pusat Rawatan Lembaga Tabung Haji Syisyah (PRS) in Mecca

DR. NOR IZRAN HANIM
KK DENGKIL



PUBLIC TALKS BY FAMILY MEDICINE SPECIALIST



DR PUNITHA ARINIMA
(KK SEMENYIH)

DR NOOR HARZANA HARUN
(KK PANDAMARAN)



DR TEOH SEE WIE
(KK SALAK)



Despite our busy routine maneuvers between clinical duties and day-to-day responsibilities, FMSes of Selangor still found time to engage with the public. Disseminating information to the masses (in real-time, or via a recording) is a great way to instantaneously increase health-related awareness. The pandemic was a blessing in disguise – not only it gave us more chance to speak to the public, it allowed the public to understand and realise our role in safeguarding the health of a community. Post-pandemic our role in patient education took an upward trajectory. From being on-air for radio interviews to appearance on television as distinguished guests; speaking at community level events to delivering talks at nationally organized programs, educating the masses is ingrained in the core of a family medicine specialist!



DR MUHAMMAD AKMAL BIN MOHD NOR
(KK BATU 14)



DR CHOW SUET YIN
(KK TAMAN MEDAN)



Ketagihan dalam Komuniti & Peranan OSCA

Bersama Moderator
Dr. Muhammad Hafriz Osman
Pakar Psikiatri, Hospital Port Dickson

Panel jemputan
Dr. Norsuhana Sainal
Pakar Psikiatri dan Felo Psikiatri Ketagihan, Hospital Tuanku Jaafar Seremban
Dr. Norfaridah Masiran
Pakar Perubatan Keluarga, Klinik Kesihatan, Kampung Bandar, Kuala Langat

14 SEPT 2022
10:00am
Jabatan Kesihatan Negeri

Logos: TV3, MyHealth, NCD, Lat Talk, f, t, y, i, d

DR. NORFARIDAH MASIRAN
KK KAMPUNG BANDAR



Helo Doktor

Dr. Siti Umi Fairuz Azmi
Pakar Perubatan Keluarga UD54
Hawa Rizwana
Pengacara

DEMAM

DR. SITI UMI FAIRUZ
KK TAMAN EHSAN

Helo Doktor

TAHAP SUHU DALAM BADAN

DEHAM SANGAT TINGGI	>40°C
DEHAM TINGGI	38.5 - 39.9°C
DEHAM	>37.5°C
SUHU NORMAL	36.0 - 37.4°C
HIPOTERMIA	<35°C

TV3 Siaran Langsung

Helo Doktor

Anim Ezati
Pengacara
Dr. Izzah Hazzwani Dzulkifli
Pakar Perubatan Keluarga, Klinik Kesihatan Kajang

Pemeriksaan Kesihatan Penyelamat Nyawa

AHAD | 25 DISEMBER 2022 | 5.30 PETANG

#helodoktor

DR. IZZAH HAZWANI BT DZULKIFLI
KK KAJANG

Helo Doktor

TV3 Siaran Langsung

Logos: TV3, 9, ntv 7, 八星空间, DRAMA SANGAT

DR. MOHD HAFIDZUDIN
KK ULU YAM BARU



A WALK IN THE PARK 2.0



On the 4th of December 2022, 15 family medicine specialist and their families gathered for an outing with nature at Taman Botani Negara Shah Alam.



The weather was pleasant and still, for it had just rained a couple of hours ago. Before we started our walk we chatted and took many pictures while waiting for the others to arrive. Started the walk just a little after 8am. We walked uphill for about 1.5 km to the animal park, where we saw the geese, chicken and ducks followed by 2 ponies in their stable and a buffalo lying in the middle of a muddy patch. The cumulonimbus clouds were gathering over us. The fickle weather had changed unexpectedly half way through our journey and we were greeted with the first splatter of rain. Most of us ran for shelter and shade while the children beamed in delight playing in the rain.

The rain began to get heavier and formed many small puddles of water. As the rain showed no signs of mercy, we continued our journey in the rain. Some of the fmses continued the walk till the end while most of us were tired and exhausted and turned back. As we were walking back, a small shuttle bus passed by, some of us got in the bus while the others walked back. Some took the more challenging route with the hanging bridge. We returned to the entrance, said our goodbyes and parted in our ways. It was a memorable outing, walking in the rain for 3km, a different twist from our routine.

6

SHINING LIKE THE STARS



AWARDS & RECOGNITION



FMS SELANGOR WEBSITE



A SPECIAL INTERVIEW WITH FORMER HEAD OF STATE FAMILY MEDICINE SPECIALIST SELANGOR



RETIREMENT

AWARDS & RECOGNITION OF FAMILY MEDICINE SPECIALIST



Dr. Noor Harzana Harun FMS KK Pandamaran was awarded with Falls Champion Award by The Malaysian Falls Prevention Network (MyFalls) in recognition of her leadership in the development of better primary care geriatric services in the country

Congrats!



Dr. Chow Suet Yin FMS KK Taman Medan became the champion for oral presentation at 24th Family Medicine Conference 2022. The winning research title was "Prevalence of fasting risk among Muslim Type 2 diabetics and its an associated factors during Ramadhan in primary care clinics in Petaling District Selangor".



FAMILY MEDICINE SPECIALIST SELANGOR ASSOCIATION WEBSITE

The state of Selangor is one of the most populous states in Malaysia and has the highest number of Family Medicine Specialists serving under the Ministry of Health Malaysia. To date there are 113 Family Medicine Specialists in Selangor.



With the growth in numbers, the establishment of an association that could provide opportunities to meet and engage with peers and colleagues who share similar challenges and opportunities became important.

The Family Medicine Specialist Selangor Association was founded on the 19th January 2020 for this purpose. Following that an official website for the association was created. The objectives were to facilitate interaction and strengthen unity between members, disseminate information, showcase achievements, training modules, publication and activities carried out by the Family Medicine Specialists in Selangor.

Creating a website was something new and not the forte of most FMSes. We were most fortunate to receive assistance from a very talented young adolescent - Syazan Azri bin Syariman Anwar who is the son of Dr Ziti Akthar, a Family Medicine Specialist in Klinik Kesihatan Seri Kembangan. Syazan Azri helped design the website and together with a team of very enthusiastic and passionate FMSes, the lay out and content of the website was brainstormed and planned out. It was further fine tuned to suit the needs and objectives of the association.

The official website was successfully launched on the 2nd of June 2022 and it can be accessed via fms-selangor.my.

Kudos to the team who have worked tirelessly and given their full commitment in ensuring the success of the website. They have risen to the challenge and proven that nothing is impossible once you put your mind and soul to achieve it.

A SPECIAL INTERVIEW WITH FORMER HEAD OF STATE FAMILY MEDICINE SPECIALIST SELANGOR

Dr Sumi : Good Day Dr Nik. Thank you for this interview opportunity. You are well known for various leadership positions and the latest being appointed as the National Head of Family Medicine Service replacing Dr Rozita binti Zakaria who retired on 14/08/2022. Congratulations Dr Nik. Could you share the other positions you held in the past?

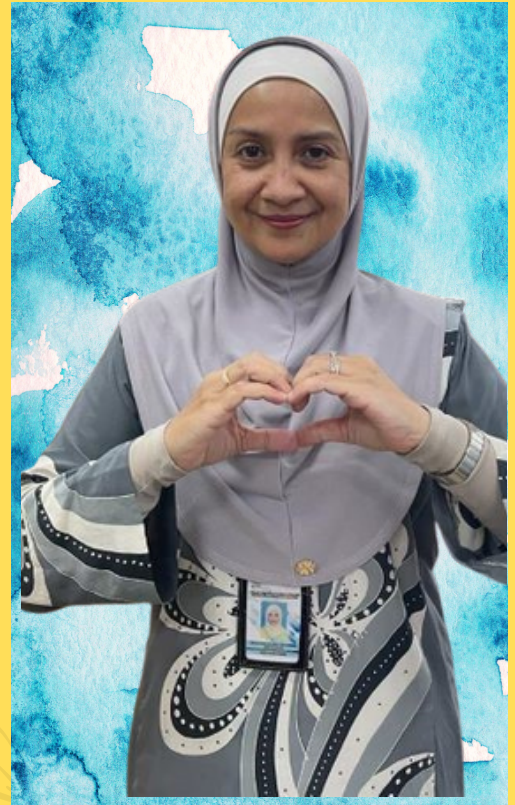
Dr NM : Good day to you too. I was appointed as the Head of FMS for the state of Selangor on 05/02/2020 replacing Dr Salmah Noordin who retired on 01/02/2020. I was also elected as the first President of the Family Medicine Specialist Selangor Association on 01/09/2020.

Dr Sumi : That sounds challenging! Which supporting skills do you think are important for a leader?

Dr NM: Communication skills is important in order to build trust, strengthen professional relationship and boost team work; decisiveness in making difficult decisions especially in times of crisis or conflict; the ability to motivate and inspire and to foster unity and good team work and lastly good negotiation skills in order to reach a win win situation that benefits all stakeholders involved.

Dr Sumi : What do you think is the most challenging aspect during your tenure as head of FMS Selangor?

Dr NM : My appointment as the head of FMS Selangor coincided with the start of the COVID-19 pandemic. At that time not much was known regarding the virus and like the rest of the world, we were caught by surprise and were ill prepared in dealing with the virus at the primary care level. The most challenging aspect at that time was navigating the Family Medicine Specialists on how to brave the storm. Keeping everyone levelheaded, united, and working as a team. To be clear on the line of command and to only follow one command from top to bottom. Boosting the morales of the FMSes and keeping their spirits up. And bringing forth concerns, needs, and requests by the Family Medicine Specialists who were battling on ground zero to the higher authority.



Dr Sumi : How did you lead through change, particularly during the Covid 19 Pandemic ?



Dr NM : Working closely with all Family Medicine Specialists and other stakeholders. Timely dissemination of updates, directives from the authorities and other stakeholders to ensure all FMSes were kept abreast with latest development. Frequent communication and discussions with head of districts and those in charge of CAC to trouble shoot and solve local problems. Escalation of problems that needed a higher level of decision making to higher authorities. Active networking between hospitals and other agencies. Delegation of certain tasks to be handled by different groups of FMSes. This includes enlisting Family Medicine Specialists to draft the COVID-19 guidelines, facilitate training at the national and state level and to coordinate and facilitate the Family Medicine Specialists who were placed in PKRC MAEPS. Offering emotional support and words of encouragement to boost the morale of FMSes.

Dr Sumi: My final question Dr Nik , what motivates you as a leader?

Dr NM : What motivates me as a leader is when I see great teamwork and a sense of camaraderie being displayed. Everyone working hard selflessly towards achieving a common goal and exceeding beyond expectation.

Dr Sumi : Thank you for making time to have this interview with me today. Thank you for all the years of guidance and great leadership. We wish you success in you next journey as National Head of Family Medicine Service. Any advice to all of us ?

Dr NM : Thank you FMS Selangor editorial board for having me today. To all my fellow FMSes, we are only as strong as we are united, as weak as we are divided. As our numbers continue to grow, unity becomes even more important. United, together- we can achieve so much more. So, stay united everyone!

DR. SUMITHA
KK BUKIT CHANGGANG



A SPECIAL DEDICATION TO OUR FORMER HEAD OF STATE FAMILY MEDICINE SPECIALIST SELANGOR



Dr Nik Mazlina Bt Mohamad, our head of state Family Medicine Specialist Selangor from 5th February 2020 until 3rd August 2022 has being appointed as a Head of Service for Family Medicine, Ministry of Health Malaysia in August 2022.

Dr Ho Bee Kiau, Family Medicine Specialist from KK Bandar Botanic Klang has being appointed as a Head of State Family Medicine Specialist Selangor since August 2022.

Congratulations!



Dr Nik Mazlina Bt Mohammad passing her baton to Dr Ho Bee Kiau as the new Head of State Family Medicine Specialist Selangor



RETIREMENT OF FAMILY MEDICINE SPECIALIST DR. VICKNESWARY AYADURAI

Dr. Vickneswary Ayadurai, Consultant Family Medicine Specialist KK Taman Medan, retired on 26th March 2022. Having been in the FMS fraternity since 2002, she was involved in various programmes related to HIV, methadone treatment and non communicable diseases. Her hard work and dedication gained recognition for the past 20 years. Besides being an ardent reader, Dr Vicky is also a sports enthusiast and an individual who enjoys travelling. She has been a role model to the FMS fraternity and will be dearly missed by all of us in Selangor.



Retirement Epilogue

“Retirement” – the action or fact of leaving one's job and ceasing to work / the period of one's life after retiring from work.

I “bersara wajib” in March, when I hit 60 years of age – it was literally “ceasing to work” after an incredible , exhausting, roller coaster ride of a total duration of 32 years of service with KKM. And now I am in the period of life after retiring.

How did I get here? How did I prepare for it? Actually I did not prepare at all! Retirement always seemed so far away in the future and there was so much to do. The last two years of my service, when I should have been getting ready for retirement, attending the Kursus Pra Persaraan and checking on my service records and other administrative affairs, was spent in the thick of the pandemic, and nothing else could be attended to!

Life now is certainly more relaxed – it was so strange not to have to hold on to my handphone every minute! I was finally able to take a holiday abroad and be totally free, without receiving messages for some urgent issue needing to be settled every other day. – Dr Vickneswary



It was very inspiring and gratifying to see how we Family Medicine Specialists came to the forefront of the battle against COVID and showed we are capable of enduring any challenges on the ground. We worked overnight relentlessly to succeed in totally changing our workflow processes at the clinics to handle hundreds of possible COVID cases while still ensuring our other services to the public were not disrupted and could be offered to the best and optimal possible way. Working hand in hand with our Public Health colleagues COVID Assessment Centers and vaccination centres were successfully set up. Loads of liaising were done between us and our fellow specialists in hospitals to get beds for our Cat 3, 4 and 5 patients, we spoke up in high-level meetings with many other agencies like the police, ATM, District Officer etc. – it was an excellent opportunity for us to showcase our multiple talents to all the other disciplines out there, and I believe we did an amazing job.

I certainly felt the most fulfilment in my career during those last two years of my service as a FMS, even though it was also the most exhausting, stressful, and terrifying time of my life, I am yet so grateful that I was privileged to experience all of that, and contribute what I could, before I retired.

I hope my friends and colleagues who are still out there carrying the banner for our speciality hang in there – there will be many more challenges, and many more people to convince the importance of primary care and FMS, and you can only do it by staying true to the path that has been forged for you. Remember to be the shining examples to our staff in order to emulate, and keep training our young doctors and paramedics. We need to keep supporting each other through the frustrations that we will be facing, because primary care is the backbone of our health services, and you are the ones providing it. Hopefully soon we will be given the recognition and support that we deserve, so that we can help to form a healthy nation as we know a healthy nation is a wealthy nation . Until then, stay strong and united! – **Dr Vickneswary Ayadurai.**



Thank
you

DR. SUMITHA
KK BUKIT CHANGGANG



RETIREMENT OF DEPUTY DIRECTOR OF STATE HEALTH (PUBLIC HEALTH)

Dr B. Venugopalan

Dr B. Venugopalan, Deputy Director of State Health (Public Health) retired in June 2022. Dr Venu, as he is fondly known, has vast experience in Public Health service. He has worked at various parts of the country such as in Sarawak, Perak, Selangor and extended his expertise as the technical officer for WHO Communicable Disease Surveillance and HIV programs. Serving Selangor State Health Department prior to retirement, Dr Venu had relentlessly worked and shoulder his responsibilities with great zeal. He contributed to many scientific publications and presentations, focusing on Communicable Disease Control (CDC). His work attitude and managerial qualities are truly inspirational for others, encouraging them to strive harder and setting new heights of achievements. He constantly supported the Family Medicine Specialist fraternity, encouraging and nurturing the growth of primary health care.

Dr Venu has always been enthusiastic and energetic. His passion and determination would be his strongest values. Do you know, he conquered Mount Everest in November 2022? We, the Family Medicine Specialists of Selangor would like express our gratitude and wish Dr Venu a happy and fulfilling retirement.

Thank you



Editorial Committee



Front left: Dr Hafizah, Dr Nor Izran Hanim, Dr Koh Wen Ming, Dr Mohd Hafidzudin, Dr Rajini Ann
Standing from left: Dr Mohd Khairi, Dr Sumitha, Dr Sharmilee, Dr Hamidah, Dr Nik Mazlina, Dr Siti Nurhani, Dr Salbiah, Dr Hanisah, Dr Dalyana, Dr Samantha.



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Our sincere gratitude to all who have contributed both directly or indirectly to the production of this newsletter. Kindly accept our sincere apologies for any unintentional errors during this writing. We are open for any suggestions to improve the future edition.

Thank you

SEE YOU NEXT YEAR!

