



VOL 1 / 2018

# FMSA NEWSLETTER

JUL 2018

## MESSAGE FROM PRESIDENTS....

### BARISAN EXCO FMSA SESI 2016/18

**Presiden:**

Norsiah Ali

**Timbalan Presiden:**

Sri Wahyu Taher

**Setiausaha:**

Nor Hazlin Talib

**Penolong Setiausaha:**

Fauzia Abd Majid

**Bendahari:**

Siti Shafiatun Mohsin

**Penolong Bendahari:**

Wong Ping Foo

**Exco:**

Zainal Fitri Zakaria

A Khalek Abd Rahman

Nur Ainul Hana

Azlin Amat

Logakodie Subramaniam

Primary care has been put as the main component in many countries around the world. It is believed if health system in a country focus on primary care, the cost of health expenditure would rather less. Primary health care is a concept elaborated in the *1978 Declaration of Alma-Ata* during an International Conference of Primary Care in Soviet Union. It is based on the principles of equity, participation, intersectoral action, appropriate technology and a central role played by the health system. The declaration was the first international commitment underlining the importance of primary health care. Since then, the primary care approach has been accepted by member countries of the World Health Organization (WHO) as the key to achieving the goal of "Health for all". A year later, *Selective Primary Health Care (SPHC)* was introduced in Italy to clearly specify strategies and targets towards common causes of death at low cost.

Primary care practices provide health promotion, disease prevention, health maintenance, counselling, patient education, diagnosis and treatment of acute and chronic illnesses in a variety of health care settings. It provides

comprehensive care for various human categories from womb to tomb and coordinates with other specialists or services that the patient may need. It is a central discipline of medicine around which medical and allied health disciplines are arranged to form a cooperative team for the benefit of the individual, the family and the community. The services are unique as it can meet the needs of patients with undifferentiated problems. In general, the vast majority of patients' concern and need can be met in the primary care practice itself. It is located in the community hence facilitating access to health care.

FMSA hopes more emphasis is given for primary care especially in terms of equipments, medications, human resource, career opportunity, recognition and governance in order to ensure more can be done by specialists at primary care level for the nation.

To all FMSA members: take challenges positively, keep moving, do not give up and be the game changer for the betterment of our nation.



## FMS RESEARCH PERSONALITY



Being the first Family Medicine Specialist to be featured in the prestigious bulletin of national and international dissemination, made the family medicine fraternity stands strong together with the other known fraternity in Malaysia.

(FMSA) Malaysia is proud with this development and achievement. Family Medicine indeed is the forefront of research. It offers a wide scope of research area and great opportunity to collaborate with other hospital based fraternity. Thus Dr Sri Wahyu's research team in Klinik Kesihatan Simpang Kuala Alor Setar has been selected

to conduct Industry Sponsored Research collaborating with Hospital Sultanah Bahiyah and University Malaya Medical Centre. FMSA Malaysia hopes this development will encourage and pave the way for other Family Medicine Specialists in Malaysia to follow the footsteps of Dr Sri Wahyu and team to be actively involved in research.

Family Medicine Specialist Association

## FMS IN THE MALAYSIAN MEDICAL TEAM FOR HAJ

Dr Mohd Shaffari, FMS from Klinik Kesihatan Sitiawan has been appointed as the Health Deputy Head of the Malaysian Hajj Mission 2018. This is the first time where FMS is honoured to be given such a higher post in the Haj Medical Team. Besides

Dr Mohd Shaffari there are three more FMSes who have also been selected to join the Malaysia Medical Team for Haj this year. Depends on their position, FMS in the Haj medical team is responsible to carried out their clinical and administrative duty.

Those who work at the clinic will be taking care of the pilgrims in their area to make sure they are fit and healthy to



perform the Haj ritual. Those who are in the administrative post would have to manage the logistic, human resource, wuqf preparation including the disaster preparation.

## FMS IN THE ELECTRONIC MEDIA

Many FMSes have appeared in the TV and Radio to promote healthy life style as well as to talk about any on going health issues. FMS should take

lead in disseminating health information to ensure the public get a credible and reliable information regarding any health issues raised in the community.

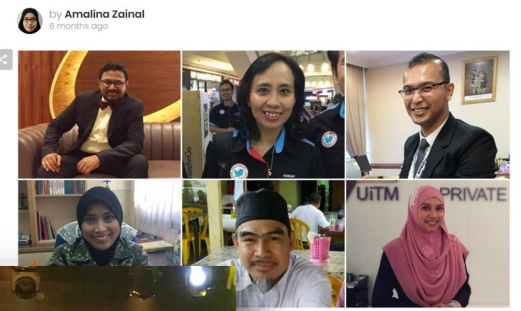


## FMS IN THE SOCIAL MEDIA

Social media especially Facebook has become a battleground for medical fraternity to fight against misconception and wrong belief towards health and medical treatment. Few FMSes involved in this battle, among them are : Dr Suhazeli and Dr Sakinah Sulong. Recently Dr Suhazeli has received an award for

the Best Social Media involvement by the Ministry of Health. Dr Suhazeli FB has gained 47k followers, while Dr Sakinah has 67k followers. Kudos to both of them.

### 20 Doktor Perubahan Yang Anda Patut Follow di Facebook



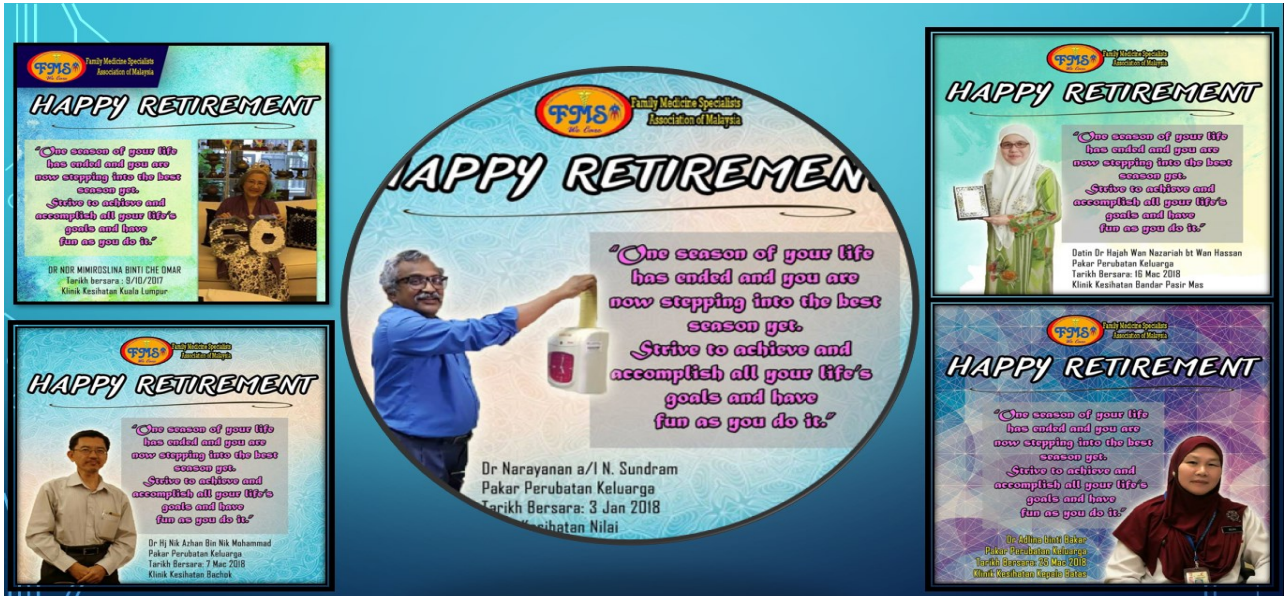
## FMS IN THE THE COMMUNITY

Working in the community is always part and parcel of FMS work. Some of them has taken one step further to organise a community charity work. FMS in Sabah and Sarawak are actively organised such activities. They ven-

tured to travel by sea and air to reach the indigenous people in the remote area of Borneo. They worked with the local community leader to organised health talk and screening. They also deliver donations in the form of foods and cloth.



# TAHNIAH DAN TAKZIAH



Tahniah kepada semua FMS yang telah bersara sepanjang 2017—2018. Sekalung takziah dan Al Fatihah kepada ahli FMSA Dr Siti Norisah yang telah pulang ke Rahmatullah pada 27 Nov 2017. Semoga Allah mengampuni dan merahmati ruhnyanya.



Moh le singgah di Booth FMSA untuk dapatkan info keahlian.....





Selamat Datang  
ke  
Persidangan Saintifik Pakar Perubatan  
Keluarga ke 21

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2 – 4 Ogos 2018  
Pusat Konvensyen Ipoh Perak

**PERSATUAN PAKAR-PAKAR PERUBATAN KELUARGA MALAYSIA**

Bilik 14 Tingkat 5 Bangunan MMA No 124 Jalan Pahang, 53000 KL