



FMSA

Newsletter

MESSAGE FROM PRESIDENT



Assalamualaikum and Selamat Sejahtera to all members of FMSA Malaysia. It gives me great honour to address the members in this newsletter for the first time as the President of FMSA. Thank you to all the support given to me during the last annual general meeting and currently as I sail through the appointment past 10 months of presidency. I am hopeful the support from members will continue as we pave the ways to strengthen and transform primary care to a highest level achievable. The new government formed in May 2018 has given the Family Medicine fraternity a new hope of forming an independent entity in Ministry of Health Malaysia. FMSA has been pivotal in this struggle for a new dimension and recognition. The FMSA executive committees have been working on this issues tirelessly. Apart from this, we have been working hard representing FMS in international and national platform, facilitating efforts and the works of FMS around the country. Support to FMSA members in various forms and circumstances have been tremendous and we are always there for them best ever possible. These immense support for members have been our mission and virtues. Let us not forget our GP friends and their struggle. FMSA extend our hands and empathy and looking forward into efforts of public private partnership. Finally let us not deter away from the community we serve. FMSA supports community projects initiated by FMS around the country and we will always strive hard making sure the financial status of FMSA is stable. Let us join hands and support each other for we need each other more now than ever.

Presiden:

Sri Wahyu Taher

Timbalan Presiden:

Nurainul Hana

Shamsudin

Setiausaha:

Nor Hazlin Talib

Penolong Setiausaha:

Noor Harzana Harrun

Bendahari:

Wong Ping Foo

Penolong Bendahari:

Hanis Saadah Husin

Exco:

Alyani Mohamad Mohsin

Azlin Amat

Vengketeswara Rao

Zainal Fitri Zakaria

FMSA CPD ACTIVITY 2019

No	CPD Activity	Date	Venue	Collaboration
1	COPD East Coast FMS Workshop	11/01/2019	Hotel Perdana, Kota Bharu	Novartis
2	Neuro Linguistic Programming (NLP)	25-27/01/2019	Hotel Vistana Kuala Lumpur	FMS Selangor
3	FMS Northern Workshop 2019	23/2/2019	Park Royal Hotel	Abott
4	MOH National Cardio-Metabolic Forum	2-3/3/2019	Aloft Hotel, Kuala Lumpur	Novartis
5	FMS Northern Zone COPD Workshop	2/3/2019	Royal Chulan Hotel Penang	Novartis
5	Hands-On Ultrasound Workshop	02/03/19	Hospital Shah Alam	FMS Selangor
6	'Southern Peninsular Wound Medicine Conference '(SPEWMEC) 2019	10-12/04/2019	Hotel Holiday Villa Johor	Pasukan Penjagaan Luka Negeri Johor
7	Central FMS COPD Workshop	13/04/2019	Sunway Putra Hotel, Kuala Lumpur	Novartis
8	Southern Region Family Medicine Specialist Diabetes Management Symposium 'Journey Towards Understanding Premix Insulin Analogue In Diabetes Management: From Science To Practice'	06/07/2019	Double Tree by Hilton, Johor Baharu	Novo Nordisk
9	Driving A Culture Of Healthy Gut For The Young Ones	06/07/2019	Sofitel Kuala Lumpur Damansara	Nestle
10	Driving A Culture Of Healthy Gut For The Young Ones	06/07/2019	Hotel Perdana, Kota Bharu	Nestle
11	FMSA Workshop	31/07/2019	Kuching Sarawak	
12	Family Medicine Scientific Conference 2019 (22nd)	1-3/08/2019	Borneo Convention Centre Kuching Kuching Sarawak	

More FMS selected for Haj Medical Team 2019

For the first time, the largest number of FMS were selected to join the Haj Medical Team in Saudi Arabia this year. This is to conform with the Saudi regulation that requires 20% of the medical team should comprises of preventive medical practitioner. A total of nine FMS will depart to Saudi starting end of June. They will fill up different position while in Mecca and Madinah. Dr Abd Jalil will hold the Mecca Operational Director position, while the rest will fill up the FMS and medical officer post. They will remain in Saudi for at least two months until the end of Haj session in August. Best wishes and good luck to all of them.



FMSA Corporate Song Lyric Writing Contest

In commemorating the formal inception of FMSA in 2001 and as part of World Family Doctor Day activity, FMSA Corporate Song Lyric Writing Contest was held for the first time from 3rd May to 10th May 2019. The contest was open to all active members. We received a total of five entries despite the short contest time. The song lyrics (with members identity removed) were

judged by a panel of judges (Dr Sri Wahyu Taher, Dr Norsiah Ali, Dr Mastura Ismail and Datin Dr Zil Falillah Mohd Said) based on the following criterias - Originality, Creativity, Song Structure, and Composition. The winners will be announced during the Gala Dinner, 22nd FMSC in Kuching, Sarawak. At this stage, the chosen song lyric is in recording process and it will be ready by mid July 2019. It is



our hope that this new FMSA Corporate Song will enhance our unity and togetherness in order to achieve greater heights.

FMSA at WONCA WORLD 2018



In October 2018, FMSA was represented by Dr. Sri Wahyu Taher (FMSA President), Dr. Norsiah Ali (FMSA past President) and Dr. Nurainul Hana Shamsuddin at the 22nd WONCA World Conference in Seoul, South Korea to present a workshop, "Family Medicine - The Way Forward". The workshop aimed to share the Malaysian experience of the introduction and implementation of the Family Doctor Concept (FDC) as the core primary health care delivery system and to exchange views from the global family doctor community. It was attended by WONCA delegates from several countries who shared experiences in the workshop. Enhanced primary care and specializing in a generalist fraternity were among other topics in the workshop



FMSA Study Tour Grant : VISIT TO ELDERLY NURSING HOME IN YAMAGATA, JAPAN- A WINDOW OF EXPERIENCE

A group of FMS Selangor visited Higashi Zawa Roujin Home in the Provincial District of Murayama, Yamagata, Japan on 4th April 2018. The group consisted of five FMSes and one translator. The goal of the visit is to learn from Japan on how they support the elderly in this nursing homes and formal aged care. The home is a private organization. There were a total of 90 elderly residents, aged from 70 to 103 years old. Care manager (CM) is a key figure in the organization acting as a liaison between the hospital, the local council and the home. CM organizes, plans and assists the elderly to receive the best possible care that they could get to ensure continuity of care. The home service provides short term and long term care services involving multidisciplinary approach by visiting geriatrician, nurses, occupational therapist, physiotherapist, nutritionist and trained personnel. The visit was immensely beneficial and was an excellent opportunity to experience the secret of longevity among Japanese elderly especially in the aged care.



FMS IN THE THE COMMUNITY

“Remaja Sihat Malaysia Hebat” by Kedah FMS team.



An exciting, informative, creative, joyful and impactful programme aimed at adolescent pertaining to their physical, mental, spiritual, personal hygiene and reproductive health. Activities such as ‘wheel of fortune’, ‘pandora’s box’, ‘minesweeper’, ‘charade’, ‘truth or dare’ and ‘glitter’ were all mind blowing



“Menyantuni Komuniti Kampung Peralla – Pakar Cakna Masyarakat Sihat” by Kelantan FMS team

A well planned programme to reach the rural community with objectives to create awareness on importance of health screening followed by detection of non-communicable diseases among them. The programme had a holistic approach to cater the community with multiple activities namely health forum, screening, counselling, demonstration of healthy cooking, dental check-ups, contraception



“Kesihatan Si Manja: Apakah Peranan Anda?” by Penang

It was an excellent and medically inclined programme aimed at preschool handlers and parents to increase their awareness on basic knowledge in identifying general danger signs in children under 5 years old. Safety at home and basic cardiopulmonary resuscitation were pivotal inclusions in the programme with 95% of participants reported the programme objectives were achieved.

“Kempen Kesedaran Kepentingan Imunisasi” by Selangor FMS team

Very lively and colourful community project aim to improve the awareness on importance of immunisation among general public. The project proven to be a high impact community program which enabled the public to get to know and understand vaccine preventable diseases while appreciating the existent of National immunization programme under the ministry of health.

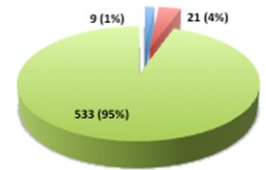


HAPPY RETIREMENT

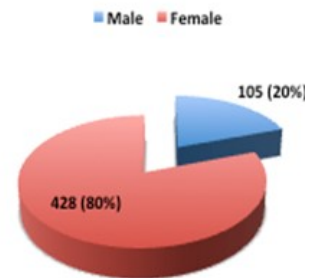
Our FMSA member is growing

A BIG EPISODE OF YOUR PROFESSIONAL LIFE HAS ENDED AND A NEW FRESH EPISODE IS GOING TO BEGIN IN YOUR LIFE. THANK YOU FOR ALL THE CONTRIBUTION FOR THE FRATERNITY. WE WILL MISS YOU.

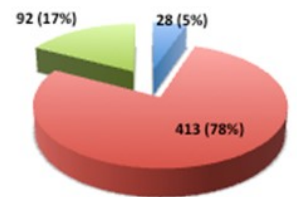
HAVE A GREAT RETIREMENT.



■ Associate Member
■ Inactive
■ Active (life member, ordinary member)



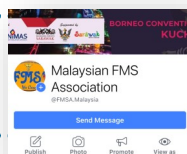
■ General practice ■ Health Clinic ■ University



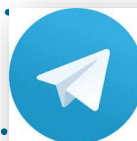
Welcome to 22nd Family Medicine Scientific Conference



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PERSATUAN PAKAR-PAKAR PERUBATAN KELUARGA MALAYSIA
Bilik 14 Tingkat 5 Bangunan MMA No 124 Jalan Pahang, 53000 KL