

Newsletter FMS JDT

Issue No. 1 | 2022

ADVISOR

Dr Jaidon
Dr Rohayah

EDITOR & CO-EDITOR

Dr Khalilati
Dr Adilah

STAR OF THE MONTH

Dr Norlizah Paidi
Dr Azana

JOURNALIST OF THE DISTRICT

Johor Bharu : Dr Azwani
Pontian : Dr Adilah
Batu Pahat : Dr Nurulfaziha
Mersing : Dr Balqis
Kota Tinggi : Dr Nik Siti
Kulai : Dr Gina
Tangkak : Dr Rosdina
Segamat : Dr Khalilati
Kluang : Dr Attib
Muar : Dr Wong

FAMILY MEDICINE SPECIALISTS OF JOHOR



Contents

Welcoming Speech

- Deputy State Health Director
- Head of FMS Johor
- Editor of FMS JDT Newsletter

FMS of Johor

Star of the Month

- Dr Fauzia Abd Majid

Covid-19 related activities

- OSCAC
- VCAC
- PKPD Ibrahim Majid
- CAC Mobilisation Team

Achievement of FMS Johor

- Launching of Protokol Pengendalian Ibu Hamil Berisiko
- Anugerah Perkhidmatan Cemerlang 2020
- Research activities / publications
- TV/Radio/Facebook live talk show
- Talent Grooming Programme (TGP)
- Technical Working Group Member
- Mentor/ Supervisor for Parallel Pathway Trainee
- Humanitarian activities

District activities

- Johor Bharu
- Kulai
- Pontian
- Kota Tinggi
- Batu Pahat
- Segamat
- Kluang
- Muar
- Tangkak
- Mersing

FMS Career Pathway

- Local pathway
- Parallel pathway

Family Medicine Scientific Conference 2022

W e l c o m i n g S p e e c h

Deputy State Health Director
(Public Health Division)
Johor State Health Department



Assalamualaikum and a pleasant day to all.

First and foremost, I would like to express my sincerest gratitude to all the Family Medicine Specialists for your phenomenal effort and astounding dedication, not only for the rapid response to combat the unexpected Covid-19 pandemic but also for persistently continuing to attend to the non-Covid related patients throughout the year of 2021.

2021 has been a very challenging year for all of us, especially for those in the primary care setting and the public health system, who have been working day and night, giving up our weekends, just to uphold our oath to tend to the health of the people.

Following the Covid-19 pandemic, many changes have taken place including within the clinical management and public health to ensure we comply with the SOP. As we are transitioning to the endemic phase, as marked by the reopening of the economic sector and the allowance for overseas traveling, I urge that all of us be mindful to stay vigilant and be prepared for unprecedented challenges. As of the current situation, we are not yet exonerated from our duties and thus remain united to protect our nation and guard our community.

To our delight, we have successfully run a National Covid-19 vaccination Program, Covid Assessment Centre (CAC), Covid sampling, and other Covid-related tasks with minimal reduction in the quality of care of other non-Covid related patients.

For all your sacrifices, time, and diligence while Covid is plaguing our country, I would also like to express my infinite gratitude and absolute appreciation to all FMS, who always strive to place the interest of the community and people before their own. Irrefutably, without all of your persevering efforts, we would not have been successful in containing the pandemic. May all of us continue to be courageous and steadfast in fulfilling our duties and completing our daily tasks regardless of the challenges that come our way.

Best wishes to all the Family Medicine Specialists of Johor and stay safe!

W e l c o m i n g S p e e c h

Head of Family Medicine Specialist Johor



Alhamdulillah, praise be to Allah for the publication of our first bulletin of this year.

Firstly, I would like to thank our hardworking editorial team for their outstanding efforts. Amidst the pandemic hiccup and hectic schedule, I'm glad that we are able to publish this issue. The FMS Johor Bulletin, first published in 2018, serves as a platform for Johor FMS to share information about their recent activities. This edition highlights several of the many community activities, accomplishments, updates, and consensus that family medicine specialists (FMS) have been involved with throughout Johor. I hope that the hard work of this editorial team will be continued in future editions.

We are now in our third year of fighting the COVID-19 pandemic. This pandemic has been a great test for all of us, and it has undoubtedly influenced the paradigm of our service. Being frontliners, it has put our adaptability and flexibility to the test in terms of embracing changes in aspects of our service. New services were launched on time, while existing services were not jeopardised. FMS had played a significant role in community-wide screening, assessment, and implementation of preventive measures. The establishment of COVID-19 Assessment Centers (CAC) has been a success thanks to the collaboration of our colleagues in tertiary centers. Following that, when the National COVID-19 Immunization Programme was announced, we were once again challenged to set up the country's largest vaccination programme. The race to herd immunity was a huge task, but we accomplished it on time.

Not to mention that this pandemic has provided us with opportunities to improve our daily services. Virtual-based services were introduced to meet the need for social distancing. Many of our clinics were among the first to offer virtual consultations. Because of its success, virtual-based services have been expanded to complement our existing services, such as virtual CAC, Non Communicable Disease (NCD) consultations, and virtual Daily Observed Therapy (VDOT). Virtual services have grown in popularity in many clinics across the country, including Johor, and have the potential to improve clinic services significantly.

We have once again demonstrated to ourselves that, despite limited resources, we are capable of providing excellent community service. The message is clear: FMS play an essential part in influencing community health. Kudos to all of FMS and let us work together in improving care.

Welcoming Speech

Editor of Newsletter of FMSJDT



Assalamualaikum wbt and Salam sejahtera. I wish all our readers have a good day ahead.

I would like to thank Dr Jaidon and Dr Rohayah as our advisor and continue trusting me to lead this newsletter.

I would like to thank Dr Adilah, my co- Editor and the other committee members in their efforts to finish our new edition of Bulletin FMS JDT for year 2021.

The purposes of this bulletin is to gather significant FMS activities done in the clinic, community, district, national and international level involving family physicians. It also demonstrates our seriousness in exercising the trust as family physicians who are directly involved in almost all health activities in clinics and in the field.

We have been together facing the COVID 19 pandemic since from December 2019 and cases began to rise sharply on November 2020 after the Sabah election. Family medicine specialist together with district health officers and team members has collaborated to carry out all COVID 19 related activities at respective areas. We also managed and lead CAC (COVID 19 Assessment Centre) in our respective area/ district since year 2020. We also help in Program Immunisasi COVID 19 Kebangsaan (PICK) program to achieve herd immunity in the community for COVID 19 vaccine. Starting from the first, second and third waves of COVID 19 pandemic, we have sacrificed time and energy, so much so that some health workers have had signs of 'burn out'.

Recently we also faced with floods in Johor especially in Segamat and other states as well. Some of the places never had floods before. We have seen more than 50 people dying across the country and many people were suffered losses from the floods as well. We have COVID 19 cases in our dedicated pusat pemindahan sementara (PPS). Medical team and health team was mobilised to all PPS that we have, mostly in Segamat.

Thus, we shared our knowledge and actively conducted MHPSS activities in conjunction with COVID 19 and floods. We also collaborate with PKD team and NGO in managing MHPSS activity in PPS.

All these are challenges to us and made us realize the important of maintaining a good physical and mental health despite all the disaster that come. We should continue our fight towards COVID 19 but at the same time we have to strengthen other parts of primary health care including non-communicable disease and maternal child health.

Hopefully we will continue to be enthusiastic to shape our work process for a more challenging 2022 year.

I would like to thank Dr Shaharom Nor Azian, Deputy Director of Public Health, Johor for giving the welcome remarks in the FMS Bulletin this time. Hopefully Dr Aman bin Rabu and Dr Shaharom will continue to support us in the future. I apologize for any shortcomings in the publication.

Thank you.

FAMILY MEDICINE SPECIALIST OF JOHOR

JOHOR BHARU



Dr Rohayah Abdullah
KKSultan Ismail



Dr Wan Fadhilah Wan Ismail
KKMahmoodiah



Dr Jaidon Romli
KKTampoi



Dr Zaharita Bujang
KKTaman Universiti



Dr Fauzia Abd Majid
KKKempas



Dr Salinah Mohd. Mudri
KKSultan Ismail



Dr Abdul Hafiz Mohamad Gani
KKMahmoodiah



Dr Sakinah Sulong
KKMasai



Dr Pathmashini Yegambaram
KKPasir Gudang



Dr Erleena Nur Hassan
KKTmn Seri Orked



Dr Noor Zaidah Abd Halim
KKUlu Tiram



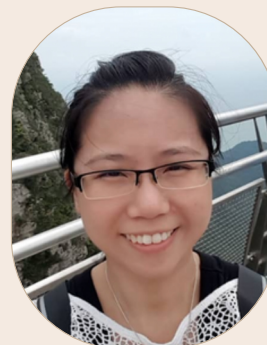
Dr Haryati Mohd Talib
KKGelang Patah



Dr Nur Azana Roslan
KKLarkin



Dr Wan Azwani Wan Rafiin
KKBukit Indah



Dr Lim Geok Sim
KKMahmoodiah



Dr RizkyNamora Puteri Harahap
KKMajidei

KULAI



Dr Zaiton Saleh
KKKulai Besar



Dr Hanihaselah Binti Mohd. Saleh
KKKulai Bukit Liki



Dr Gina Ang Shueh Rei
KKKulai Bukit Liki

BATU PAHAT



Dr Ratna Wati Rahman
KKBatu Pahat



Dr Marina Mohd Said
KKBatu Pahat



Dr Anita Delilah Salahuddin
KKSenggarang



Dr Nurulfaziha Hamidon
KKParit Raja



Dr Lim Ying Siew
KKYong Peng



Dr Nur Hidayah Bahrom
KKParit Sulong

PONTIAN



Dr Leong Pooi Yee
KKPekan Nenas



Dr Adilah Aidit
KKPontian

MERSING



Dr Suriati Hasim
KKEndau



Dr Nur Emilia Abdullah
KKMersing Kanan



Dr Siti Balqis Chanmekun
KKTenggaroh 2

SEGAMAT



Dr Khalilati Barizah Md Salimun
KKSegamat



Dr Mazian Nurlida Bakar
KKBandar IOI



Dr Chai Yee Heng
KKLabis

KOTA TINGGI



Dr Norlizah Paidi
KKBandar Mas



Dr Nik Siti Fatimah Mohamed
KKSg Rengit



Dr Nesamalar a/p Balakrishnan
KKBandar Tenggara

TANGKAK



Dr Rosdina Abd Kahar
KKSg Mati



Dr Noor Zaidah Abd Halim
KKPaya Mas

MUAR



Dr Hanisah Arshad
KK Bakri



Dr Sasikumar a/l Rajagopal
KK Muar



Dr Rosnah Mohd Tahir
KK Maharani



Dr Wong Chin Mun
KK Bukit Pasir



Dr Noormala Irma Toha
KK Pagoh

KLUANG



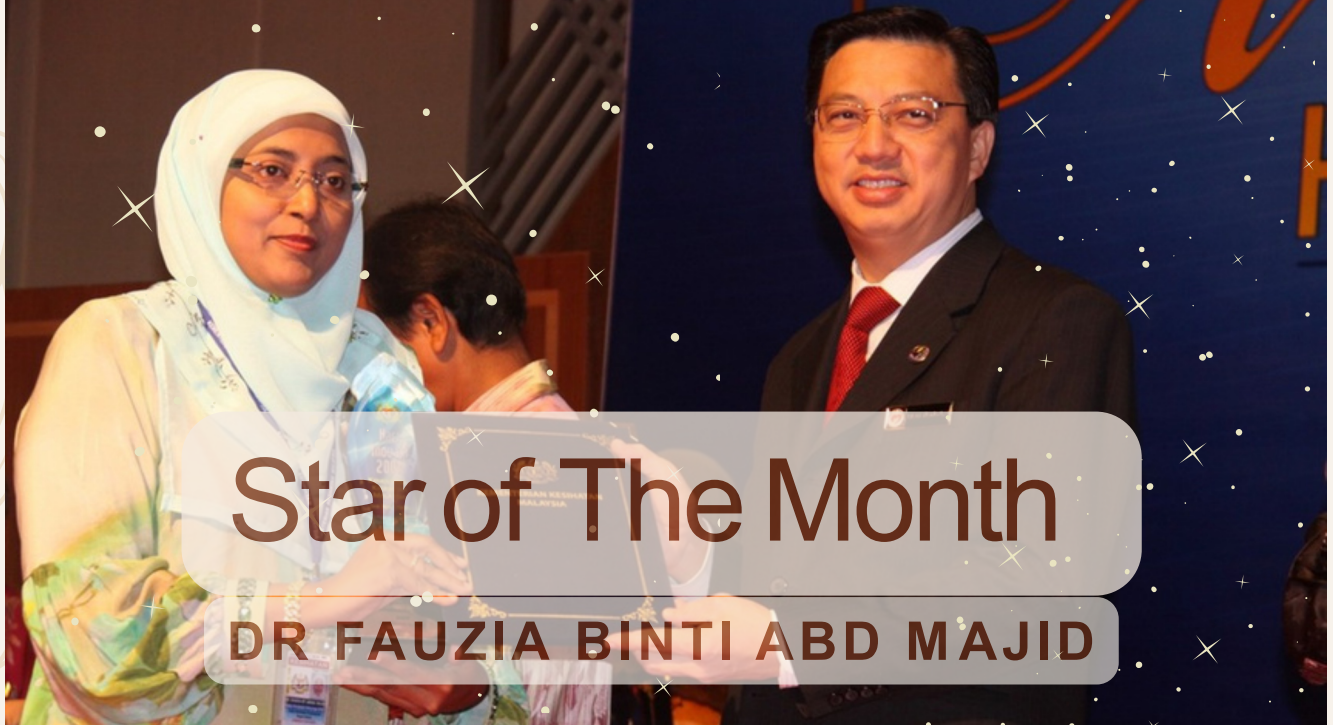
Dr Fatimah Hassan
KK Simpang Renggam



Dr Zuraini Ahmad
KK Mengkibol



Dr Mohamed Attib Siddique
KK Paloh



EDUCATION

MBBS(Malaya) 1992

MMed (FamMed) UKM2001

Area of interest in Dermatology in 2013

WORKING EXPERIENCES

Medical Officer :

Hospital Seremban

Hospital Muar

Hospital Kuala Lumpur

FMS:

KlinikKesihatan Penampang, Sabah

KlinikKesihatan Kempas, Johor

OUTSTANDING ACHIEVEMENT



- Excellent Service Award (APC) in 2004, 2008, 2009 and 2010
- JUSA Award in 2014
- Special Award of Director General (Anugerah Khas Ketua Pengarah Kesihatan)
- Excellent Coordinator for National Mental health Registry
- First Place National Level Public Sector, Innovative and Creative Group Convention (Konvensyen Kumpulan Inovatif dan Kreatif)
- First Place National Level Clinic Wellness Quality Award (Anugerah Kualiti Kesejahteraan Klinik)
- First Place State Level Public Sector, Innovative and Creative Group Convention (Kumpulan Inovatif dan Kreatif)
- First Place State Level Clinic Wellness Quality Award (Anugerah Kualiti Kesejahteraan Klinik)
- Third Place State Level Quality Control Award (Anugerah Kawalan Mutu Kerja)
- First Place State Level Oral Presentation (Sabah 6th Public Health Colloquium)

DR FAUZIA BINTI ABD MAJID

Star of The Month

MOST PROUD ACHIEVEMENT

After 15 years of existence, fraternity FMS was finally acknowledged for being given more JUSA positions, and I was fortunate enough to be one of the lucky ones.



CHALLENGES AS FMS

- ICT advancement with insufficient resources has a negative impact on productivity. Despite the limited resources available, we must manage and expand the scope of services and activities at health clinics as effectively as possible. It is a significant challenge for us.
- Both socioeconomic factors and current lifestyles influence disease trends. As a result, mental health disorders and noncommunicable diseases have increased. It is critical to stay current on available treatments in order to provide good services to patients.
- The availability of good health-care systems has led to an increase in the number of elderly people. There is a new challenge to manage and treat them in the proper manner.
- The arrival of COVID-19 in Malaysia. We are forced to work outside of our comfort zone. It put our leadership and teamwork skills to the test.
- The general public has high hopes for government-run health-care systems. As a result, as FMS, we must be equipped with professionalism, good communication skills, caring, and compassion.

Advice To Young Generation FMS

Remember to understand and use the 5Cs of Family Medicine. Continuity of care, comprehensive care, care coordination, community and family-based care, patient-centeredness, evidence-based health care, and access to care are all vital. This is our pillar of care in patient management. Also, make certain that the practice follows medical ethics.

OSCAC

A severe hazard to public health emerged in 2020. The unique severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) epidemic outbreak began in Wuhan, China, in December 2019 and quickly expanded throughout the world. The disease has spread so swiftly across the globe that the World Health Organization (WHO) proclaimed COVID-19 a pandemic in February 2021. Because of the unexpected influx of infected cases, it was impossible to monitor all patients in hospitals and quarantine facilities. As a result, Malaysia's Ministry of Health (MOH) has established COVID-19 Assessment Centres (CAC) across the country to help patients quarantined at home. In Johor Bahru, there were two CACs known as One Stop COVID-19 Assessment Centres (OSCAC) which known as OSCAC Stadium Tertutup Bandaraya Pasir Gudang (STPG) and OSCAC Klinik Kesihatan Bukit Indah. Here is the sharing and reflection on OSCAC STPG by **Dr Rohayah Abdullah**.

Q: What makes OSCAC STPG different from other CACs in Malaysia?

A: OSCAC STPG is not the same as CAC in other states because it is a COVID-19 one-stop centre. This means that, in addition to treating COVID-19 positive patients, we also supervise their close contact and do pre-release assessments at OSCAC STPG.

Q: When did OSCAC STPG begin?

CAC was performed in numerous clinics in JB prior to the opening of OSCAC at STPG. Patients with COVID-19 and their close relatives were instructed to seek therapy in different locations at the time, which was inconvenient because most of them lived in the same house. As a result, my team and I took the initiative to launch the first OSCAC drive at KK Pasir Gudang (KKPG). On the day the TPK visited KKPG, 300 patients arrived at OSCAC KKPG for treatment. As a result, TPK made the decision to relocate OSCAC to a larger space. On 31.1.2021, the Stadium Tertutup Bandaraya Pasir Gudang was chosen and officially opened.

Q: How do you get the help of other agencies to launch a new service?

A: Making the decision to open OSCAC STPG was a snap decision. I have 24 hours to complete the paper work, layout, and mapping. The importance of establishing relationships with other agencies cannot be overstated. Collaboration from the Kim Kim experience is quite beneficial. We need to understand each other's roles and work together as a team.

We are blessed to have the support of Kesihatan Awam, Hospital Physicians, Majlis Bandaraya JB, Pagema, and NGOs in ensuring the success of this OSCAC STPG.



Q: What are the difficulties?

A: During Ramadhan and Hari Raya Puasa, up to 850 people visited OSCAC STPG per day, but despite being exhausted and depleted, the health professionals persevered. They were completely spent and drained at the time. Imagine a queue of automobiles waiting to enter OSCAC at 3 a.m., despite the fact that we don't open until 8 a.m. Due to dehydration and heatstroke from wearing PPE, several ended up sprawled on the floor in the heat with just tents for cover. We recommended them to break their fast so they could be more productive.



Q: How do you keep the staff motivated during that difficult time?

A: PKPD Ibrahim Majid was the worst experience we've ever had. With the passage of time, the staffs have become well-trained and have a strong fighting spirit. We will continue to collaborate because we think that when we work together, we are stronger. I'll be at OSCAC STPG every day to be with them and offer a thousand words of support. In the mornings, we hold roll-calls to keep everyone up to date on the latest issues and to discuss ongoing issues. I keep myself accessible and eager to listen to any concerns about OSCAC and the wellbeing of the personnel.

Q: Reflection from the aftermath

A: I am so proud of OSCAC STPG as it is known all over the country and it is very successful. A strong leadership, good communication and teamwork are the key.




Leadership is more than just giving instructions and feedback. It's also creating an environment where teammates feel safe to have conflict and disagreement; with the end goal of committing to a decision. **A team's ability to work well together hinges on trust. Good leaders communicate a common vision for how the team will work together and motivate everyone to stay in the field even when external forces or internal change challenge the strength of the team.** Most importantly, great leaders get the most out of their people.

"As the country is moving towards managing COVID-19 infection as an endemic, FMS Johor is ready to face the challenges years to come."

Dr Rohayah Abdullah





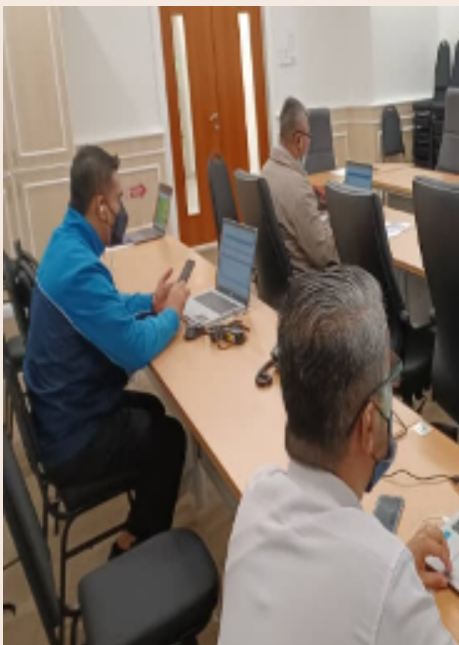
VIRTUAL COVID ASSESSMENT CENTRE (VCAC)

VCAC AT KLINIK KESIHATAN MAHMOODIAH

Due to an increase in COVID-19 cases, particularly in Johor, the VCAC (Virtual Covid-19 Assessment Centre) was established as a virtual platform. It was part of an effort to minimise crowding and waiting times for patients in physical OSCAC (One Stop Covid Assessment Centre) Pasir Gudang and Bukit Indah, as well as the workload of physical CAC staff by 50 to 80 percent. VCAC was created in such a way that all COVID-19 positive patients could have a virtual first assessment before deciding on future treatment. Dr Mazurah and her team, as well as Family Medicine Specialists (FMS) in Klinik Kesihatan, Dr Wan Fadhilah and her team, Dr Nur Zaidah Mohd Tahir, and Dr Jade Lim, led the VCAC in PKD JB. Public announcements on Facebook JKNJ, Facebook PKDJB, a WhatsApp group for CKAPS and general practitioners, collaboration with the health inspectorate, and public access to the virtual covid-19 assessment via QR code proved to be effective platforms for reaching out to the public and ensuring the success of the VCAC. VCAC began as "pre-CAC" on May 15, 2021, and operated in PKDJB itself, with medical officers making calls, line-listing, and providing a link for close contact tracing. After training using the VCAC training module, its services expanded day by day.



The backlog of cases not yet assessed in physical CAC during the third wave of COVID-19 was enormous, with 5000 instances in Johor Bahru alone. To accommodate the backlogs, ongoing extended hour services in Klinik Kesihatan Mahmoodiah were catered specifically for VCAC service on July 27, 2021. During this critical moment, FMSs, medical officers, paramedics (including medical assistants and staff nurses), health inspectors, volunteers from Staff Nurse Trainers, nurse tutors, nursing students, and IT technicians worked side by side day and night. When the backlogs reached 7000 cases in Johor Bahru alone by the end of August 2021, the JB VCAC team received assistance from other districts via VCAC platforms with profound gratitude and appreciation.



Multiple factors contributed to the most challenging aspects of VCAC. From the perspective of patients, enlisting patients to use science and technology in the pandemic's new norms proved difficult. Patients have difficulty assessing themselves using QR codes or video calls. The excessive VCAC workload led to mental and emotional weariness among VCAC staff. Everyday, staff spent many hours on the phone or through video call assessing hundreds of patients, sifting data and linelisting for positive covid-19 instances, and debugging difficulties. Lack of equipment and IT assistance to increase the VCAC services' coverage, obstacles from referral centres (quarantine or tertiary) during the early phase, and claim concerns were among the stumbling blocks the team encountered. These challenges were tackled with multiple discussions and meetings at higher level lead by FMSes. A FMS is a true leader who worked at the ground level with great spirit, dedication and teamwork with all staff until VCAC became well established today.

As of today, Johor state is unique from other states in Malaysia as our VCAC is for initial assessment of COVID-19 cases and for home monitoring, contrary to other states which used virtual platform for Home monitoring alone. Backlogs are scarce. Patients are more familiar with the VCAC system. Integration between referral centres has been improved. All in all, VCAC services is doing a marvellous job in management of COVID-19 cases in Johor, particularly in Johor Bahru. Keep it up VCAC team and all frontliners! You are the unsung heroes. THANKYOU!



PKPD IBRAHIM MAJID

PIONEER ENHANCED MOVEMENT CONTROL ORDER IN SIMPANG RENGAM KLUANG: A FAMILY MEDICINE SPECIALIST EXPERIENCE

BY DR HANIHA SELAH BINTI MOHD SALEH

SARS-CoV-2 was first identified during an investigation into an outbreak in Wuhan, China in December 2019. Malaysia announced its first COVID-19 cases on 25th January 2020, which involved three Chinese tourists who had entered Malaysia via Johor Bahru from Singapore on 23rd January 2020.

The Kluang district in Johor, Malaysia, reported its first COVID-19 case on 12th March 2020, who is a participant of a religious gathering held in Selangor from Bandar Baru Ibrahim Majid (BBIM). Since then, the number of reported COVID-19 cases increased in BBIM.

Following the current COVID-19 situation, an outbreak containment plan was developed. The Malaysian Senior Security Minister announced the Enhanced Movement Control Order (EMCO) on BBIM and the surrounding 20 km² area and this is a Malaysia first issued an EMCO. The primary objective of the lockdown was to control the ongoing public health threat from COVID-19 and to prevent future worsening of the outbreak by containing the infection. The EMCO was issued to lockdown the area, undertake screening, treat positive cases and quarantine their close contacts. Active case detection and mass sampling were the main activities involving the population in both zones.

The red zone residents were screened using nasopharyngeal swabs for RT-PCR testing at Kampung Dato Ibrahim Majid Primary School which was designated as the field command center and mass sampling area. The sampling teams were led by Dr Hanihaselah Mohd Saleh, Family Medicine Specialist who acted as Commander.

As a Commander at the Sampling Centre, I was given the rare opportunity to lead a medical sampling team in the EMCO area. A multitude of challenging tasks awaits me and my team from setting up a proper sampling area to delegation and training of health care personnel for sampling procedures.

Training for sampling procedure had to be carried out simultaneously because most of our health personnel involved were not trained for mass field sampling. Under my guidance, the health personnel were trained for mass field sampling procedures by credentialing and privileging method.

We had to identify a suitable work flow process for the sampling procedure in order to ensure that no cross-infection occurs between those infected and the health personnel on duty, between the infected BBIM residents and the others who came to have their samples taken, as well as no risk of cross-infection from nasopharyngeal samples sent to the laboratory staffs. Some unforeseen adversities we faced were the long hours of working in the unforgiving heat while wearing our personal protective equipment, not to mention we had to endure our thirsts and hold our bladders! As a commander, I had to ensure all members of my team were of good morale. Daily briefing and motivation before the start of duty were conducted for my team members. We also had a debriefing session before leaving.



It has been almost 2 years since Simpang Renggam here earned the unenviable reputation of “hosting” the nation’s first lockdown after an Enhanced Movement Control Order (EMCO) was imposed in Kampung Dato’ Ibrahim Majid, Bandar Baru Ibrahim Majid and nearby villages in March last year to contain a COVID-19 outbreak in the community. One hundred ninety-three (193) confirmed COVID-19 cases were recorded from the total BBIM population of 2,599, with a total of four (4) deaths.

The events that unfolded over the month-long EMCO (from March 27 to April 28, 2020) will remain etched in the memories of the 2,599-odd residents who were filled with anxiety and fear as they prepared themselves to undergo mass sampling to detect the presence of a virus that had triggered the start of a pandemic worldwide.



With the rise of COVID 19 cases in Klang Valley in mid-year 2021, FMSJDT has sent 2 FMS from Johor to be part of the mobilization team. Dr. Haryati has been placed in CAC Kajang, Hulu Langat for 2 weeks, and continue to serve in CAC Melawati Shah Alam for another 2 weeks. While Dr. Rizky Namora was placed in CAC Bukit Mahkota Cheras, Hulu Langat for 2 weeks. Those CACs were among the high number of attendees, around 1500 clients per day for each CAC.

Although it was just a short posting, a lot of new experiences gained. From coordinating the flow of CAC, to managing the unstable stage 4 and 5 COVID 19 patients at CAC while waiting for transfer to hospital. This mobilization period also has given opportunity for us FMSto get know other FMS in the other states and exchange views and experiences to improve services on the fields.

Bravo and thank you to Dr Haryati and Dr Rizky!



Launching of Protokol Pengendalian Ibu Hamil



The Johor Association of Family Physicians has successfully prepared a Protocol Book Case Treatment of At-Risk Pregnant Mothers at the Johor State Health Clinic for referral of health workers in order to increase the handling of at-risk pregnant women's cases in all Johor state health clinics by the end of 2021. Its development took place in stages which included not only a series of meetings and workshops attended by all experts in Johor state family medicine, but also an invitation to serve on a Review Committee comprised of the hospital's Obstetrician and Gynecologist, Dr Ab Rahim bin Ab Ghani, who is also the Johor Head of O&G Services (Sultanah Fatimah Specialist Hospital, Muar), Dr Fatimah Zarina binti Jamaludin Pakar O&G (Hospital Sultanah Nora Ismail, Batu Pahat) and Dr Najah Sahiran O&G (Hospital Segamat).



ACHIEVEMENT OF FMS JDT

Book Workshop sessions The Protocol for Handling Risk Pregnant Mothers at the Johor State Health Clinic were held by teleconference on the 10th and 17th of November 2021 for representatives of health personnel from every health clinic in the state of Johor to strengthen members' understanding of how to use the protocol book.

It is intended that the outcome of this procedure will assist all members of the clinic Johor state health in providing the best possible treatment to all of the clinic's clients.

Last but not least, this protocol would not be possible without the help of our dear TPKA, Dr. Shaharom Nor Azian. Dr, thank you very much for your continuous tremendous support!



ANUGERAH PERKHIDMATAN CEMERLANG (APC) 2020

Congratulations !



LIST OF FMS RECEIVED APC 2020 :

1. Dr Khalilati Barizah Binti MD. Salimun (KK Segamat, Segamat)
2. Dr Norlizah Binti Paidi (KK Bandar Mas, Kota Tinggi)
3. Dr Wong Ching Mun (KK Bukit Pasir, Muar)
4. Dr Nurulfaziha Hamidon (KK Parit Raja, Batu Pahat)
5. Dr Anita Delilah Binti Salahuddin (KK Senggarang, Batu Pahat)
6. Dr Suriati Binti Hasim (KK Endau, Mersing)

1. RESEARCH ACTIVITIES/ PUBLICATIONS

For 2021, most of the medical practitioner has committed a lot in activities related to the prevention or management of Covid-19 cases. However, this did not prevent Family Medicine Specialist Johor (FMS JDT) from contributing outside the official duties. Here I share the involvement of several FMS JDT in activities outside the official duty field:

- Dr Norliza h Binti Paidi (Klinik Kesiha tan Bandar Mas) and Dr Nik Siti Fatim ah Binti Moha med (Klinik Kesiha tan Sung ai Reng it)
 - Research Topic: Psychosocial Experienc e Among Infec ted Covid - 19 Healthc are Workers In Kota Ting gi District, Johor from Dec em ber 2020 till March 2021: A Qua litative Study
 - 3rd Place- Best Scientific Poster Present ation in 1st National Epidem iological Conferenc e 2021)
- Dr Sasikum ar Rajagopal (Klinik Kesiha tan Kg Kenangan Tun Dr Ism ail)
 - Case Report Topic: Postmeno pausa l Bleed ing Due To A Retained Intra uterine Contra ceptive Devic e And Cervic ova ginal Actino mycosis: A Case Report
 - Published in Brunei Interna tiona l Medical Journa l – Brunei Int Med J. 2021;17:87- 90)
- Dr Nur Hidayah binti Bahrom (Klinik Kesiha tan Parit Sulong)
 - Case Report Topic: Neuro endocrine Tumour of the Lung: Diagnostic Challeng e in Prim ary Care
 - Published in Journa l of Clinic al and Health Sciences - [https:// doi.org / 10.1177/2150132720931301](https://doi.org/10.1177/2150132720931301))
 - Research Topic: Validity and relia bility of the Patient Activation Measure® (PAM®) - 13 Malay 2 versio ns among patien ts with Metabolic Syndr ome in prim ary care.
 - Published in Malaysia n Family Physic ian- Malays Fam Physic ian. 2020 ;15(3);22– 34.)

- Research Topic: Factors Associated with High Patient Activation Level among Individuals with Metabolic Syndrome at a Primary Care Teaching Clinic on 6th June 2020
 - Published in Journal of Primary Care & Community Health - <https://doi.org/10.1177/215013272093130>
- Dr Suria ti Binti Hasim (Klinik kesiha tan Endau)
 - Research Topic: Infant Feeding Practice and Gut Comfort: A Multi- country, Cross- sectional Observational Study.
- Dr Wan Fadhila h Wan Ismail (Klinik Kesiha tan Mahmoodiah)
 - Research Topic: Challenges Faced by Young Women with Premarital Pregnancy: A Qualitative Exploration through A Multiple- Case study
 - Published in Akademika Journal – Akademika 91(1),2021:67- 80, <https://doi.org/10.17576/akad-2021-9101-06>
 - Research Topic: Contribution of Viral Respiratory Infections to Dengue- Like Illness Presentation at a Community Clinic in Southern Malaysia
 - Contribution of Viral Respiratory Infections to Dengue- Like Illness Presentation at a Community Clinic in Southern Malaysia Am J Trop Med Hyg . 2021 Sep 27;106(1):187- 191.doi: 10.4269/ajtmh.21- 0648 .
- Dr Haniha sela h Mohd Saleh (Klinik kesiha tan Kulai)
 - Ebook Topic: Tragedi Ibrahim Majid , PKPD Pertama Dalam Sejarah Malaysia , Diari Seorang Frontliner, Siri 1



2. TV/ RADIO/ FACEBOOK LIVE TALK SHOW

- Dr Fauzia binti Abdul Majid (Klinik Kesiha tan Kempas)
 - Programme: Bual Bicara di Johor FM (Spea ker) : “Akhiri AIDS. Tang gung jawab Kita Bersa ma” (Jointly organized by Johor FM and Jabatan Kesiha tan Negeri Johor)
 - Date: 1 Disem ber 2021
- Dr Zaharita Bt Bujang (Klinik Kesiha tan Taman Universiti)
 - Programme: Faceb ook Live (Spea ker) : “Disc rim ina tion & Stigma Towards People Living With HIV” (Organized by Student Colleg e Committee of Tun Fatimah Resid entia l Colleg e)
 - Date: 1 Disem ber 2021
- Dr Sasikum ar Rajagopal (Klinik Kesiha tan Kg Kenang an Tun Dr Ismail)
 - Programme: Faceb ook Live in conjunc tion with World Family Doctor Day 2021 (Modera tor): Web inar on “Va ksin Covid - 19: Lind ung i Diri, Lind ung i Sem ua ”
 - Date: 8th May 2021
- Dr Suria ti Binti Hasim (Klinik Kesiha tan Endau)
 - Programme: Faceb ook live in conjunc tion with World AIDS days celeb ration (Panelist) : “Hent ika nla h Stigma , Bim bing la h Mereka ” (Org anized by Mersing Distric t Health Offic e)
 - Date: 9th Disem ber 2021



ACHIEVEMENT FMS JD T

- Dr Haniha selah Mohd Saleh (Klinik kesiha tan Kulai)
 - Programme: Live YouTube BERNAMA TV (Panelist) : “Covid 19: Pengurusa n Kes di Rum ah” Org anized by BERNAMA TV
 - Date: 25th Janua ry 2021
 - Programme: Facebook Live (Panelist) : Virt ua l Forum on Suicide Prevention Awa reness “Bertind ak Segera Harapan Bersa ma” (Org anized by MHPSS Kulai Distri ct Health Offic e)
 - Date: 23rd Septem ber 2021
 - Programme: Facebook Live in conjunc tion with Antim icrobial Awa reness Week & Hand Hygiene (Panelist) : “Antibiotik: Perlu Ke?” (Org anized by Kulai Distri ct Health Offic e)
 - Date: 24th Novem ber 2021
 - Programme: Facebook live (Panelist) : Program Bual Bicara: “Jalan Mensyukuri Nikmat Sihat” (Org anized by Majlis Bandaraya Johor Bharu)
 - Date: 23rd Septem ber 2021
- Dr Jaidon (Klinik Kesiha tan Tampoi)
 - Programme: Bual Bicara Frontliner & Anda di RTM Johor: “Covid - 19 dan kesa nnya pada kehid up an”
 - Date: 21st March 2021
- Dr Sakina h Sulong (Klinik Kesiha tan Masai)
 - Programme: Facebook Live Jabatan Kesiha tan Negeri Johor (Panelist) : “Perluka h Ex-Pesa kit Covid - 19 Meng am bil Sunt ika nVa ksin?”
 - Date: 8th March 2021
 - Programme: Facebook Live Medical Mythb usters Malaysia (Modera tor) : “Adverse Effec t Follow ing Immuniza tion (AEFI) Yang Dina fi?”
 - Date: 7th April 2021



ACHIEVEMENT FMS JD T

- Dr Sakinah Sulong (Klinik Kesiha tan Masai)
 - Programme: Facebook Live (Panelist) : Web inar on “Derit a Akib at Covid - 19”
 - Date: 19th June 2021
 - Programme: Facebook Live Majlis Dakwah Negara in conjunc tion with 2021 Dialog Socio Budaya (Panelist) : “Mena ng ani Pand em ik Covid - 19: Apa Pera nan Ma sya ra kat?”
 - Date: 5th June 2021
 - Programme: Facebook Live Jabatan Kesiha tan Negeri Johor (Panelist) : “Kena pa Nak Va ksin?”
 - Date: 23rd June 2021
 - Programme: Facebook live Penerima ng an Arm ada Negeri Perlis (Panelist) : Forum anak Muda: “Va ksin Menurut Perspektif Pakar Perub atan dan Islam”
 - Date: 9th July 2021
 - Programme: Alhijrah TV invitation in conjunc tion with ‘Assa la mua la ikum ’ sho w (Panelist) : “Putuska n Ranta ian Covid - 19”
 - Date: 3rd June 2021
 - Programme: TV1 invitation in conjunc tion with Selamat Pagi Malaysia sho w (Panelist) : “Program Va ksina si Sinar Harapan Negara”
 - Date: 16th July 2021
 - Programme: Live Youtube Berna ma TV (Panelist) : “Wa spada Penya kit Bawaan Air Ketika Banjir”
 - Date: 30th Decem ber 2021
- Dr Ratna Wati Binti Rahm an (Klinik Kesiha tan Batu Paha t)
 - Programme: Projek Komunit i Teh O Kura ng Manis: Program Santai Virt ual bersa ma panel meng upas isu kesiha tan menta l dalam musim pand em ic COVID19
 - Date: 10th July 2021



3. TALENT GROOMING PROGRAMME (TGP)



The Talent Grooming Programme is one of the initiatives of the Ministry for succession planning and developing good future healthcare leaders. It provides a framework for an organized and progressive way of identifying, developing and mentoring future healthcare leaders for the country. Those who complete the programme are expected to be ready to accept and handle bigger responsibilities given by the top management and they should continue for self and professional development independently to enhance their current capacity and capability to become future leader. In 2021, our beloved FMS Dr Norliza Binti Paidi from Klinik Kesihatan Bandar Mas was successfully completed TGP in January 2021.

4. TECHNICAL WORKING GROUP MEMBER

- Dr Suria ti Binti Hasim (Klinik Kesihatan Endau) - Psychosocial Empowerment and Crisis Education (PEACE)
- Dr Norliza h Binti Paidi (Klinik kesihatan Bandar Mas) – Development Group CPG Tuberculosis

5. MENTOR/ SUPERVISOR FOR PARALLEL PATHWAY TRAINEE

- Dr Sasikumar Rajagopal (Klinik kesihatan Kg Kenangan Tun Dr Ismail) – 2021-2023 ATFM/ icFRACGP Batch 10
- Dr Wan Fadhilah Wan Ismail (Klinik Kesihatan Mahmoodiah) - Southern Scheme Director
- Dr Hanisah(Klinik Kesihatan Bakri- supervisor Master Family Medicine UPM (batch 2021-2023)
- Dr Rosdina Abd Kahar- Klinik Kesihatan Sungai Mati
 - Supervisor Mmed Fam Med batch (2014- 2019) and (2016- 2019)
 - Supervisor DFM/ ATFM batch 10 (2021/ 2023)

6. HUMANITARIAN ACTIVITIES



Dr Sakinah on the Malaysian Mytbusters Medical Flood Relief Mission to Hulu Langat, Selangor on 15th January 2022

JohorBharu



Throughout the year 2021, the FMS of Johor Bahru has been actively participating in a variety of activities such as training/ courses, health awareness month events, Covid-19 management including OSCAC/VCAC, sampling, Covid-19 vaccination drive, special occasions, and charitable work. FMS shine through the hurdles with their leadership credibility, expertise, talents, and wide experiences to make these activities happen, even though we are still at war with Covid-19.

FMS JOHOR 1ST PHYSICAL MEETING ON 14/10/2021 AT DOUBLE TREE HILTON HOTEL

After series of COVID-19 lockdown in 2021, FMSJDT succeeded in making its 1st physical meeting with strict SOP adherence; introducing newcomers of FMS to Johor and farewell of our beloved FMS colleagues Dr Hafiz and Dr Pathma.



JohorBharu

HEALTH AWARENESS MONTH ACTIVITIES



Beginning in January: World Leprosy Day, March is World Tuberculosis Day, and August is World Breastfeeding Week. World Mental Health Day and National Sports Day are both celebrated in October. We commemorated World Antibiotics Awareness Day, World Diabetes Day, and World AIDS Day in November and December, respectively.

TRAINING ON COVID-19 SAMPLING FOR PRIVATE PRACTITIONERS ON 26/10/2021 UNTIL 19/12/2021



Training by Dr Rohayah and team in KKSultan Ismail.

JohorBharu



FMS JOHOR STRATEGIC PLANNING MEETING FOR 2022 ON 6/12/2021 AT THE NEW KK ULU TIRAM BUILDING.

The objectives are for FMS services planning, SKT and FMS research project.

RELIGIOUS AND CHARITABLE ACTIVITIES

Be grateful when we are in comfort, but never forget the needy.



Tadarus Al Quran KK Kempas
and iftar give away 6/ 5/ 2021

Covid- 19 Relief Mission from
June to August 2021 and
Ramadhan food pack by KK
Ulu Tiram (April 2021)



Flood relief mission for Pahang
by KK Bukit Indah 24- 25/ 12/2021

Kulai



Antimicrobial and Hand Hygiene Awareness Week was held in November 2021 in Pejabat Kesihatan Daerah (PKD) Kulai involving Klinik Kesihatan Kulai Besar, Klinik Kesihatan Kulai, Klinik Kesihatan Senai, Klinik Desa Saleng, Klinik Desa Kelapa Sawit. Some of the activities that were held include antimicrobial and hand hygiene awareness talks, public quizzes, colouring contests, poster creations and Tik Tok challenge

Closing ceremony was held on 09 December 2021 at Dewan Mahligai Hospital Kulai officiated by Dr Hajjah Faridah binti Haji Ali, District Health Officer PKD Kulai.



Kulai



WORLD AIDS' DAY CELEBRATION

Klinik Kesihatan Kulai has taken this opportunity to create awareness of these issues to the public and our staffs by celebrating World AIDSday on 2nd of December 2021. Talks on HIV/AIDS are given to the public by medical officers Dr Fikri and Dr Dalilah as well as FMS Dr Gina Ang. Anonymous testing for HIV and Hepatitis C were conducted and the response from our clients were promising. To further improve the awareness for our clients, a HIV/AIDS information exhibition was set up in our outpatient department area.

Exciting quizzes and a fun competition "Guess the Number of Condoms" were held to promote staff participation and understanding. The cream of the celebration was the CME on "End Inequalities, End AIDS" by FMS Dr Hanihaselah, where she imparted knowledge on ethical conduct by our healthcare staffs towards PLHIV.



Pontian



Klinik Kesihatan Pekan Nenas has organized "Hari Gaya Hidup Sihat" in November 2021 with the community as part of their clinic campaign and promotion of smoking cessation clinic, breast cancer awareness as well as education and contraceptive methods available in the clinic.

HARI GAYA HIDUP SIHAT

Celebrating Tuberculosis and Kidney Day at Klinik Kesihatan Pekan Nenas which aims to increase awareness among the community on the importance of early screening of TB and kidney disease.



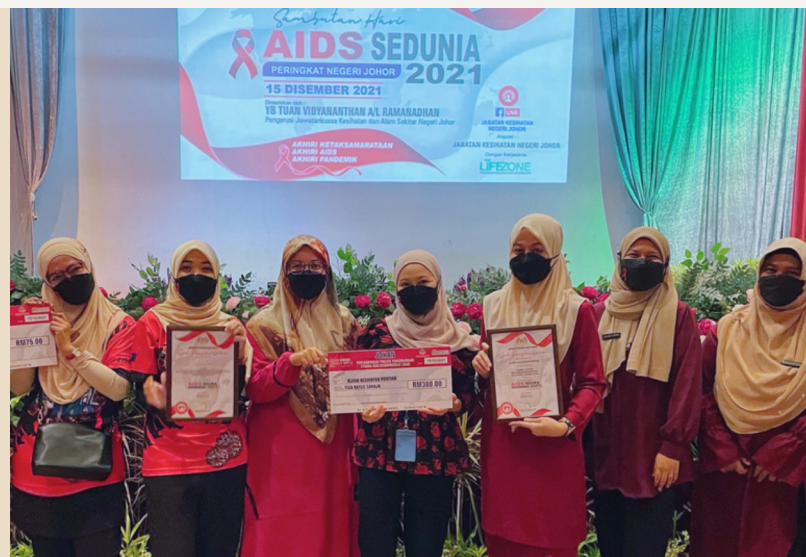
Pontian



Klinik Kesihatan Pontian has organized their Annual Health Awareness Week on 25th November 2021. There were various global health awareness days celebrated during the final week of November, such as World Diabetes Day, World AIDS Day, Mental Health Day and many more. The staffs in KK Pontian have set up Health Education Corner on Diabetes Mellitus, mental health and HIV.

FIRST PRIZE HIV PROJECT

The clinic team also won the first prize for Project HIV stigma and discrimination among PLHIV at the state level.



Kota Tinggi



WEBINAR ON POST COVID SYNDROME AND REHABILITATION INTERVENTIONS FOR KOTA TINGGI DISTRICT HEALTH OFFICE STAFF.

This webinar was organized by PKDKT Mental Health Team and Rehabilitation Team on 10 October 2021 in conjunction with Mental Health Day celebration in Kota Tinggi. It was held through a Google Meet platform and involved 60 people including all health staff who had been infected with Covid 19. Among the topics discussed were the sharing of Post Covid Syndrome and its management by FMS Dr Nik Siti Fatimah, and post covid interventions from the Physiotherapy unit, Occupational Therapist and Psychology Counsellor.

LEVEL 3 EMERGENCY TRAINING BY PREFCHEM, PRPC AND THE AUTHORITIES ON 9/12/21

Among the objectives of this training is to understand the responsibilities and roles of each representative in the Plant Emergency and Disaster Management Group as well as the concerted actions with the authorities. The district health office also received an invitation to participate in the training. Among the representatives involved were Kota Tinggi District Health Officer, Dr Roslinda binti A. Rahman, several medical officers, assistant medical officers, inspectorate and team active call nearby health clinics including KK Sungai Rengit.

Kota Tinggi

SAMPLING COVID- 19, CLINICAL ASSESSMENTS AND PSYCHOLOGICAL FIRST AID
AMONG ORANG ASLI KANAQ, SG SELANGI KOTA TINGGI

Kampung Orang Asli, Sg Selangi is occupied by only 92 residents from Kanaq tribe. It is the smallest Orang Asli tribe in Malaysia. On 20/ 12/21, one antenatal case was detected positive for Covid- 19 from symptomatic screening. An initial health assessment conducted by the medical team from Klinik Kesihatan Tanjung Sedili found that 44 of the total population had Covid symptoms. A mass sampling PCR and clinical assessment were carried out on 21&22/ 12/21. A total of 61 residents were tested positive. Cases have been referred to PKRC and hospitals based on clinical indications. The mental health team also assisted in providing early psychology support and first aid to the patients and their family members prior to admission.



Batu Pahat



On 20 September 2021, KKM HIV/STI/Hep C Sector Head, Dr Anita Suleiman, paid a working visit to KKModel STIBatu Pahat and inaugurated the KKBatu Pahat Tiara Room as the main counselling and screening room for important demographic with NGOs.

FMS INVOLVEMENT FOR MOBILE COVID- 19 VACCINE PROGRAM FOR BED RIDDEN ELDERLY

The mobile vaccine program was conducted in collaboration with the Batu Pahat District Council and leaders Linau sub -district, Batu Pahat. A total of 8 houses in Linau sub -district were visited and 8 residents abandoned gold was given Covid19vaccine.



Batu Pahat



ACTIVITIES OF KK MODEL STI BATU PAHAT AT KKBP

On October 4, 2021, this activity was organized to make an exposure on basic CPR to key population groups and NGOs in the KKBPTiara Room. Theoretical and practical sessions of CPR are provided to participants in accordance with SOPs as well as new norms.

Unit HIV/STI/Hep C Batu District Pahat has invited Dr Amalina Abdullah, Psychiatrist and also Head of Psychiatry Department, HSNI, to give a speech and hold casual discussion sessions with NGOs and key populations on October 11, 2021 at Wellness Hub Batu Pahat.

We also organise stress-relieving classes and teach stress-relieving breathing methods. We collaborated to conduct depression screenings and identify people who are depressed, so they can be referred to the appropriate institution.



Segamat



Dr Khalilati as mental health psychosocial support team (MHPSS) Coordinator for Pejabat Kesihatan

Daerah Segamat actively lead and coordinate activities in the pusat pemindahan sementara (PPS). The team consist of mental health MOs and param edics. Hospital Psychiatric team lead by Dr Radhiatul Akmar and JKM also helps us a lot in covering 68 total PPSin the district. Thank you all .

Dr Mazian has been incharge of covid assessment centre (CAC) and COVID 19 sampling centre for Segamat district. She is responsible for sampling and CAC schedule daily. HIVDay KKIOI was held on the 2/ 1/2021. Dr Mazian and MO Dr Izzati Akmal held a cheerful and enjoyable moment with district HIV team , Intan Life Zone and other public audience. Miss Athirah our counsellor also gave a cheerful session to avoid stigma and discrimination towards PLHIV.



Segamat



Dr Chai Yee Heng and Dr Khalilati helps in the mobile program alcohol screening and intervention among orang Asli on 5/8/2021 together with mobile vaccination COVID 19. We managed to screen almost 200 of orang asli and started giving intervention to almost 20 of them.



KK Segamat won 2nd runner up for poster competition HIV Stigma and discrimination program under JKNJ 2021.



Kluang



I - PAC KLUANG (INISIATI F PEMIMPIN ADVOKASI COVID- 19)

I-PAC is a community-led effort to aid in the spread of COVID-19. It is a collaborative effort of the district town hall office, the health office, and community bodies that is specifically focused on assisting with pandemic-related activities such as SOP adherence during the Movement Control Order, vaccination programmes, and health promotion and support. This programme takes a "bottom-up" approach, focusing on community mobilisation. Local community leaders were elected as "Watchers" to help achieve the goal, and they are encouraged to participate actively in programmes and community activities.

TOWNHALL I-PAC

Kluang District Office served as the moderator for this virtual discussion, which was co-hosted by Kluang District Health Office.

KLUANG SIHAT SEJAHTERA: 'KOMUNITI PERKASA, RAKYAT SEJAHTERA'

2 DISEMBER 2021 (KHAMIS) | 10.00 PAGI



Kita & Covid19: Johor Menuju Endemik

"VAKSINASI": Jangan Mudah Alpa

Bicara pengalaman I-PAC

Dr Zuraini Binti Ahmad
Pakar Perubatan
Rehabilitasi
Pegawai Kesihatan
Daerah Kluang



Kluang

HOME SURVEILLANCE ORDER (HSO) KIT DISTRIBUTION



Local community leaders serve as Watchers to aid in the distribution of HSO Kits to COVID-19 patients. This was an effort to assist patients who did not have access to transportation to a COVID Assessment Center (CAC) while also reducing the workload at the CAC.



Muar



MOVAK

Muar is the first district in Malaysia that had held this mobile COVID 19 vaccination program, an innovative initiative by the Muar District Office, in collaboration with the Muar District Health Office, and supported by the Mayang Sari Express Bus Company. MOVAK is a Mobile Vaccination Program that is being implemented as an approach to ensure vaccine access to rural population, speed up the outreach of vaccination and formation of herd immunity, thus help in curbing the spread of COVID19.

On 6th June 2021, at the Penghulu Mukim Ayer Hitam Complex, the process of giving vaccines to vaccine recipients is underway and a total of 200 recipients are expected to receive the vaccine. The vaccination process today was witnessed by the Muar District Officer, YBrs. Tuan Haji Mustaffa Kamal bin Haji Shamsudin accompanied by the District Health Officer, YBrs. Dr. Nooraida binti Ujang, Muar District Police Chief, YBrs. Tuan ACP Zaharudin bin Rasit, Penghulu Mukim Ayer Hitam, YBrs. Mr. Afezan bin Yahya, owner of Mayang Sari Ekpress Sdn. Bhd., YBhg. Dato 'Azman bin Arof and representatives of the Heads of Departments of the agencies involved.



Muar



This mobile vaccination program has successfully gained positive response from rural population around Muar. Approximately 500 to 1500 people were able to receive their COVID 19 vaccine per day. The program continues to other rural areas around Muar such as Sungai Balang, Maokil, Felda Lenga Batu 27, Pagoh, Bukit Pasir, Bukit Kepong, Parit Jawa and Bakri from 14th Jun till 16th October 2021. A total of 20,361 vaccinees have received their COVID 19 vaccination in this program up till October 2021.



Tangkak



PFA ACTIVITIES BY MHPSS TANGKAK TEAM

The Mental health Psychosocial Support Team (MHPSS) in Tangkak consists of Family Medicine Specialist Dr Rosdina Abd Kahar, Medical Officer, Counselor Officer, Occupational Therapist Officer, Physiotherapy Officer and paramedic. Activities in 2021 are focused on the frontliner members who work tirelessly and do not count the time to complete the task of Pandemic Covid19 which is sharply high, especially in June-July. Feelings of expression, stretching and relaxation sessions were conducted during the MHPSS Team roadtour to each health clinic and inspectorate unit.

PFA ACTIVITIES AT PPS BANJIR DAERAH TANGKAK

PFA activities were carried out on flood victims at Temporary Evacuation Centers located at designated schools. Individual meetings and group activities were conducted involving PPS residents including citizens and children. Activities including psychosocial assessment, stretching and relaxation sessions were conducted. Children's sessions include games and coloring activities.



Tangkak



Family Physician, Dr Rosdina Abd Kahar as a Member of the Board of Visitors of PUSPENMuar while attending the meeting.

Family Physician Dr Rosdina is a member of the District Drug Rehabilitation Committee (JKPD) as the Chairman.



Hepatitis C health talk and screening with AADK

Mersing



One of the new challenges and experiences for health workers in Mersing district is the national COVID-19 immunisation programme (PICK) in remote regions, such as on the island. PICK was conducted on the island in August 2021. The campaign enlisted the help of 69 people from various agencies who were tasked with assisting with the immunisation process. Six hundred and forty-nine residents have been successfully vaccinated. Pulau Aur, Pulau Pemanggil, Pulau Besar, Pulau Tinggi, and Pulau Sibul are the islands involved. The team of the Mobile Vaccination Centre (Pusat Pemberian Vaksin Bergerak, PPVB) strives to make vaccines more accessible to rural areas.

Among the challenges faced by the staff are those relating to their own preparation as well as the necessities that must be transported from the mainland to the island. Staff from the PPVB must plan a week ahead to guarantee that essentials like injectable equipment and vaccines are available throughout the immunisation programme.



Mersing

Officers must also ensure that the vaccine remains in good condition throughout the trip; the vaccine storage temperature should be between 2 and 8 degrees Celsius to ensure that the vaccine administered to the population is effective.



The team was split into two groups. First team travelled to Pulau Pemangil and Pulau Aur, while the team covered Pulau Besar and Pulau Tinggi. Because the vaccine that has been dissolved only lasts for 6 hours, the group from Pulau Pemanggil and Pulau Aur will return to Pulau Tinggi promptly if there is still a surplus of vaccine that is not being used. All staff spent the night in Pulau Tinggi after completing the task immunisation procedure on the afflicted islands and prepared to move to Pulau Sibu the next day. The vaccine brought will be placed overnight in the Klinik Desa in Pulau Tinggi, and the staff will always ensure that the vaccine is kept between 2 and 8 degrees Celsius.



Despite a number of challenges and obstacles encountered during the vaccination campaign, PICK in the Mersing district went off without a hitch. The programme has also provided all of the staff with a very valuable experience and a lasting memory.

Thinking of a career path in Family Medicine in Malaysia?

Masters in Family Medicine Malaysia

The duration of the program is a four-year structured program and the candidates must be successful in all Part 1, Part 2 and Part 3 examinations. Exams are conducted at the end of the first year, third year and fourth year. Part 1 and Part 2 has both theory and clinical examination. On passing, candidates can proceed to conduct a research thesis project. The part 3 examination is exit viva based on the practice diary. The Part 1, 2 and 3 examinations are conducted conjointly with the public universities offering the program. Once passed the Part 3 examination, the trainee will be conferred the postgraduate degree of Master of Medicine (Family Medicine) and qualify as a Family Medicine Specialist (FMS). They will be required to complete a gazettement period of 6 months prior to full recognition Family Medicine Specialists [1].

Graduate Certificate in Family Medicine program (GCFM)/ Advanced Training in Family Medicine Program (ATFM)

- The GCFM Program consists of four (4) semesters. Each semester is of six (6) months duration. Candidature period is five (5) years – calculated from enrolment. A candidate needs to pass the Final Examination within this time frame. For each semester, four (4) modules will be online, with a total of sixteen (16) modules for the four (4) semesters. A final professional examination on all the 16 modules will be held at the end of Semester 4 (“GCFM Final Professional Examination”).
- The ATFM Program adopts a varied type of methodology such as small group teaching, online or e- learning and workshops. ATFM Program aims to train the candidates to become a competent family physician with the required competencies by emphasizing practical training in consultation and practical and procedural skills, evidence-based practice, research and quality assurance. While guided readings and supervision from mentors will be available, much of the learning of the candidates will be through self-study.

Thinking of a career path in Family Medicine in Malaysia?

Masters in Family Medicine Malaysia

The duration of the program is a four-year structured program and the candidates must be successful in all Part 1, Part 2 and Part 3 examinations. Exams are conducted at the end of the first year, third year and fourth year. Part 1 and Part 2 has both theory and clinical examination. On passing, candidates can proceed to conduct a research thesis project. The part 3 examination is exit viva based on the practice diary. The Part 1, 2 and 3 examinations are conducted conjointly with the public universities offering the program. Once passed the Part 3 examination, the trainee will be conferred the postgraduate degree of Master of Medicine (Family Medicine) and qualify as a Family Medicine Specialist (FMS). They will be required to complete a gazettement period of 6 months prior to full recognition Family Medicine Specialists.

Graduate Certificate in Family Medicine program (GCFM)/ Advanced Training in Family Medicine Program (ATFM)

- The GCFM Program consists of four (4) semesters. Each semester is of six (6) months duration. Candidature period is five (5) years – calculated from enrolment. A candidate needs to pass the Final Examination within this time frame. For each semester, four (4) modules will be online, with a total of sixteen (16) modules for the four (4) semesters. A final professional examination on all the 16 modules will be held at the end of Semester 4 (“GCFM Final Professional Examination”).
- The ATFM Program adopts a varied type of methodology such as small group teaching, online or e- learning and workshops. ATFM Program aims to train the candidates to become a competent family physician with the required competencies by emphasizing practical training in consultation and practical and procedural skills, evidence-based practice, research and quality assurance. While guided readings and supervision from mentors will be available, much of the learning of the candidates will be through self-study.

Thinking of a career path in Family Medicine in Malaysia?

Membership of Irish College of General Practitioner (MICGP)/ MalaysiaIreland Training for Family Medicine (MinTFM)

The program is structured with a training period of 4 years that is further divided into 2 stages, with first two years of hospital posting at training hospitals involved and subsequent 2 years of primary care posting at selected health clinics. Trainees expected to complete hospital posting/ rotation of 10 disciplines for 2 years at the allocated hospital as attachment. Upon completion of hospital postings, trainees will have to undergo primary care posting at the allocated health clinic for another 2 years with an assigned FMS trainer. Candidates are required to attend weekly sessions with Scheme Directors for day release teaching session and virtual class teaching session. Examinations are conducted in the second year and third year of the program. Upon successful completion, they will be awarded the Membership of Irish College of General Practitioner (MICGP). They will be required to complete a gazettement period of 6 months prior to full recognition as Family Medicine Specialists.



24th FAMILY MEDICINE SCIENTIFIC CONFERENCE

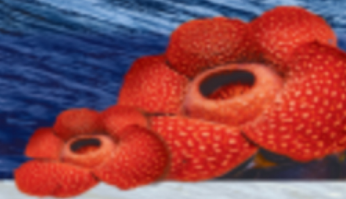
RIDING OUT THE STORM:
PRIMARY CARE RISING TO THE CHALLENGES

SAVE THE DATE

21st - 24th September 2022

KOTA KINABALU

SABAH



In Collaboration with :



Supported by: Sabah Tourism Board

WELCOM E MESSAGE

Dear esteemed colleagues,

It is with great pleasure and pride that I invite you to join our prestigious 24th Family Medicine Scientific Conference this year 2022 in the beautiful state of Sabah. As you all know, the many obstacles we face in primary care daily have been diverse and substantial, especially in the past 2 years, but rest assured we are all well trained in “RIDING OUT THE STORM” and “RISING TO THE CHALLENGES”.

Our pre-conference includes practical sessions with hands-on experience on ultrasonography, office procedures like intraarticular injections, and CBT training by expert speakers. This will be a platform for sharing knowledge and learning experience for the participants. The conference will be held in the Sabah International Convention Centre which boasts multiple symposium halls with wide open areas where many exhibition booths will be lined up for your exploration – not to mention the stunning seaside view. Esteemed speakers who are the best in their specialized fields will share their valuable knowledge and insights on topics concerning matters of the heart, infectious diseases and sports medicine, to name a few.

You can choose to participate in any of our planned social events. Bask in the beauty of the sun setting on a rooftop cruise or take a bus tour to check out the local specialty crafts. So, what are you waiting for? Come join us on this exciting journey of intellectual stimulation, invaluable networking and loads of fun activities in Sabah – the land below the wind. See you there in September 2022!

Best wishes,
Dr Zaiton Yahaya
Chairperson
24th Family Medicine Scientific Conference 2022

Further information at : <https://www.fmsconference.net>

E d i t o r i a l b o a r d m e m b e r s



T h a n k Y o u !