NEWSLETTER 2023

FMS PERAK DR

FMS PERAK DARUL RIDZUAN

Persatuan Pakar Perubatan Keluarga Perak

STAR FOR Q-SMOKING

K-LIT FOR DRESSING

RESHAPING PALLIATIVE CARE

WORDS FROM THE TRAILBLAZER

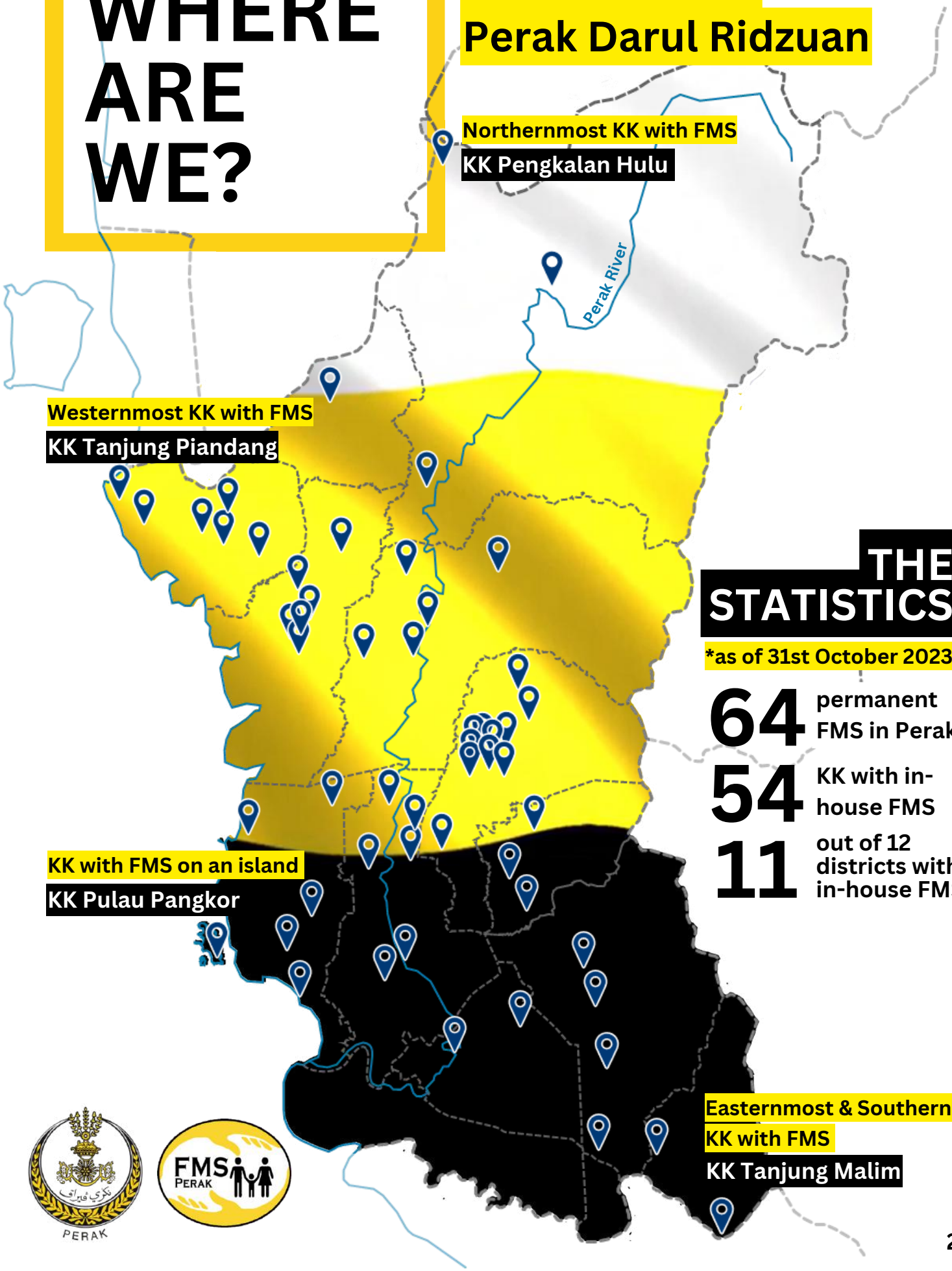
TIMELESS WISDOM



PRIMARY CARE EVOLUTION: INNOVATIONS FOR A HEALTHIER FUTURE

WHERE ARE WE?

KK with FMS in Perak Darul Ridzuan



THE STATISTICS

*as of 31st October 2023

64 permanent FMS in Perak

54 KK with in-house FMS

11 out of 12 districts with in-house FMS

PERAK

FMS PERAK

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KEYNOTE ADDRESS

Dr. Feisul Idzwan bin Mustapha

Consultant Public Health Physician and Deputy Director (Public Health) Perak State Health Department

Nurturing Health, Inspiring Futures

It is with great pleasure that I welcome you to the inaugural edition of the Family Medicine Specialist of Perak newsletter. The theme chosen for this issue, "Primary Care Evolution: Innovations for a Healthier Future," reflects the dynamic and transformative nature of family medicine in our state.

As we continue to face the multitude of public health challenges, the role of family medicine specialists in Perak becomes increasingly crucial. The landscape of healthcare is evolving rapidly in Malaysia, with increasing focus on primary care. This edition seeks to share the many innovations taken by our dedicated professionals to shape a healthier future for our communities in Perak. Within available resources, these innovations attempt to streamline patient care and extend our services beyond the healthcare facilities. I hope this edition showcases the hard work and remarkable efforts of Family Medicine Specialists in Perak who, through their commitment and ingenuity, are driving positive and meaningful change in the healthcare ecosystem.

To navigate the complexities of modern healthcare, collaboration and knowledge-sharing become increasing important. This newsletter serves as a platform to disseminate insights, exchange ideas, and celebrate the achievements of our Family Medicine Specialist community. It is a testament to the collective dedication of our specialists and their unwavering commitment to the well-being of the communities they serve.



I extend my gratitude to all the contributors who have shared their expertise in this inaugural edition. May the stories within inspire us collectively towards a future where primary care not only meets the needs of today but also pioneers the solutions for a healthier and more vibrant tomorrow.

Thank you for being a part of this journey. Together, let us embrace the evolving landscape of family medicine and chart a course towards a healthier and more resilient future for the people of Perak.

KEYNOTE ADDRESS

Dr. Sofiah binti Zainal Abidin

State FMS of Perak and Consultant FMS KK Padang Rengas

Assalamulaikum and greetings to all,

Alhamdulillah, all praises to God that we managed to publish our inaugural edition of Family Medicine Specialist of Perak newsletter in the year 2023. My heartiest congratulations to the editorial team for their relentless efforts in publishing this newsletter despite their busy schedule. Thanks to all your sincere hard work and dedication, this beautiful piece that portrays us, the Family Medicine Specialists of Perak, was made possible.

Perak, with its diverse landscapes and vibrant cultures, is a microcosm of Malaysia's rich tapestry. Our communities, ranging from urban centres to rural villages, each have distinct healthcare needs that require a thoughtful and personalized approach. As Family Medicine Specialists, our commitment to the principles of family medicine positions us as advocates for comprehensive and innovative, patient-centred care. We understand that health is not solely the absence of disease but a state of complete physical, mental, and social well-being. Therefore, our duty extends beyond diagnosis and treatment to encompass preventive care, health education, and the promotion of healthy lifestyles.



Our work as Family Medicine Specialists is not confined to clinic walls; it extends into homes, schools, and workplaces. Through community outreach programs, health screenings, and partnerships with local organizations, we can amplify our impact and truly make a difference in the lives of Perakians. This newsletter illustrates the various activities that we have accomplished across all districts in Perak. Flip through the pages to see the creativity of all our clinics in running programmes for the benefit of staff and communities.

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

I would like to congratulate the FMS Perak fraternity for all your contributions to primary health care in this state. I am honoured to be a part of this esteemed community, and I look forward to our collective efforts in shaping a healthier, happier future for our communities. Let us embark on this journey with a shared vision: to embrace innovations for a healthier future.

Chief Editor



Dr. Jazlan bin Jamaluddin
FMS KK Sauk

Welcome to the inaugural edition of our Family Medicine Specialists (FMS) Perak Darul Ridzuan newsletter, where we're excited to share the remarkable contributions of FMS in Perak. This issue is brimming with insights, innovations, and community engagements that exemplify the spirit of family medicine. The theme of this newsletter, "Primary Care Evolution: Innovations for a Healthier Future," underscores the crucial role of primary care as the cornerstone of a nation's health. In the wake of the recent Health White Paper in Malaysia, it is clearer than ever that the strength of our healthcare system rests on the foundations of primary care. We're delighted to spotlight some groundbreaking innovations from our FMS in Perak. Among these, the STAR booklet stands out for its role in simplifying consultations at the Quit Smoking Clinic, enabling better support to those looking to quit smoking. Additionally, the introduction of K-Lit has revolutionized the wound dressing process, not only improving patient care but also saving valuable healthcare resources. FMS Perak has not limited their impact to clinical innovations alone. They have taken a proactive role in fostering community health. We are thrilled to share our experience in establishing palliative care in health clinic and organizing the 'Health Carnival with FMS Perak 2023', bringing healthcare closer to our communities and promoting health, quality of life, and wellness.

We have also included highlights from FMS activities across each district in Perak, offering a glimpse of the incredible work happening at the grassroots level. From Hulu Perak to Muallim, these stories exemplify the dedication of our FMS in ensuring that primary care reaches every corner of the state. As we celebrate the remarkable achievements of FMS Perak, we take pride in the numerous publications, presentations, awards, and accomplishments that have garnered recognition and applause. Our FMS continues to be at the forefront of medical research and practice. Finally, this newsletter provides quick references for anemia in pregnancy and tuberculosis in paediatrics, offering valuable insights from our experiences here in Perak. These resources are designed to be both informative and helpful for our fellow healthcare professionals especially in primary care.

We hope you find this edition of the FMS newsletter enlightening and inspiring. The journey towards a healthier future begins with innovations in primary care, and FMS Perak are at the cusp of this transformation. We invite you to join us in celebrating our dedication and remarkable contributions.

Co-editors



Dr. Karen Christelle
FMS KK Felda Bersia



Dr. Hoe Hao Keat
FMS KK Sungai Bayor



Dr. Thenmoli Palaniyappan
FMS KK Kuala Kangsar

The Star of Quit Smoking Clinic

by Dr. Subashini Ambigapathy

It gives me great pleasure and honour to share with everyone, our innovation project, STAR (Stop Tobacco And Revive), from Buntong Smokebusters. As we all know, the tobacco epidemic is one of the biggest public health threats the world has ever faced. Morbidity and mortality related to smoking is a major public health challenge worldwide. Smoking cessation at any age is beneficial. The O – 'Offer help to quit tobacco use' component of the MPOWER strategy is implemented through active smoking cessation clinics conducted in government health clinics in Malaysia. Throughout the years of running this programme, it was found that the previous record book used for documentation of the visits by the patients was rather incomplete, thus, the new STAR innovation project was produced which has proven and shown to be more relevant, comprehensive and user friendly. We started this project in August 2022 and completed it in May 2023, whereby we improvised the previous book and conducted interventional research with pre and post intervention analysis in the Quit Smoking Service rendered in Buntong Health Clinic.

The objectives of STAR are as follows:

1. Prevent duplication of data and records by Medical Officers and Pharmacists.
2. Reduce duration of consultation and written record during each patient's appointment by both Medical Officers and Pharmacists.
3. Save the printing cost of record books for Smoking Cessation Service in Perak.
4. Save storage space for the patient's record book. The improvised patient's record book is neat, thin, precise and more organised.
5. Introduce the new STAR record book which is more accurate, comprehensive and practical for use with addition of important data and omission of irrelevant data.



Our team comprised of seven members, including myself. Every step of this project was part of an educational yet arduous journey. We embraced through loads of tedious data analysis, reports write up, copyright obtainment from



Perbadanan Harta Intelek Malaysia (MyIPO), as well as presentations at various levels from district to state and national, as part of the semi-finals and finals of the National Innovation Competition 2023. Juggling between our respective core jobs and the demanding efforts for this project, we had to sacrifice our personal time after work and weekends to complete the required tasks. Nevertheless, with great teamwork and organised distribution of tasks between team members, we managed to successfully accomplish and produce STAR.

Outcomes and benefits obtained from STAR:

- STAR has managed to prevent duplication of data and records by Medical Officers and Pharmacists.
- There was also reduction in consultation time and time taken to record information during each patient appointment by both Medical Officers and Pharmacists. An average of 33 minutes (33%) for new patients and 14 minutes (32%) for follow-up patients can be (saved by Medical Officers and Pharmacists. This can increase the productivity of the Smoking Cessation Service as a whole because more patients can be seen in the same period of time. The number of new patients can be increased from a minimum of 2 to 3, and the number of follow up patients can be increased from a minimum of 3 to 4 patients in one clinic session respectively. The percentage of dropout cases also decreased after the use of STAR from 61.5% (16/26 patients) to only 40.0% (12/30 patients).
- A cost reduction of RM 0.35 for printing each record book for Smoking Cessation Service was obtained, whereby the estimated total cost for old books inclusive of pharmacy record pages was RM 2.15 while the printing cost for STAR was only RM 1.80.
- STAR managed to save storage space for Quit Smoking record books. STAR's new book is neat, thin, precise and more organised.
- The new STAR book is overall proven to be more accurate, comprehensive and practical for use.



IN FOCUS

Buntong Smokebusters have presented STAR at multiple forums, and our project STAR has been accepted for replication and use nationwide, by Bahagian Perkhidmatan Kesihatan Keluarga (BPKK), Ministry of Health Malaysia. We were also recently awarded Champion for Anugerah Inovasi Kementerian Kesihatan Malaysia (AIKKM) 2023 - Kategori Perkhidmatan. We, representing Kinta Health District and Perak State Health Department, are extremely happy with this achievement and honoured to share our product with everyone providing Quit Smoking Services in Malaysia! Hope you enjoy using STAR and find it useful, ... just like we did!







AKTA HAK CIPTA 1987

PERATURAN-PERATURAN HAK CIPTA (PEMBERITAHUAN SUKARELA) 2012

SIJIL PEMBERITAHUAN HAK CIPTA
[Subperaturan 8(2)]

No. Pemberitahuan	:	CRLY2023P02229
Tajuk Karya	:	BUKU REKOD KLIEN KLINIK BERHENTI MEROKOK
Kategori Karya	:	SASTERA
Tarikh Permohonan	:	09 JUN 2023

Saya dengan ini mengesahkan di bawah Akta Hak Cipta 1987 [Akta 332] dan Peraturan-Peraturan Hak Cipta (Pemberitahuan Sukarela) 2012 bahawa karya hak cipta dengan No. Pemberitahuan seperti di atas bagi pemohon DR SUBASHINI A/P AMBIGAPATHY , DR JAMES A/L GNANASIGAMANI , SURENDRAN A/L VILLIAM , DR MUHAMMAD HILMI BIN MUHAMMAD HAFNI , DR SHUM JU JIEN , DR SHANGGARI A/P MANIARASU , ANIKALA A/P SUBRAMANIAM sebagai PEMUNYA dan DR SUBASHINI A/P AMBIGAPATHY , DR JAMES A/L GNANASIGAMANI , SURENDRAN A/L VILLIAM , DR MUHAMMAD HILMI BIN MUHAMMAD HAFNI ,

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(Agensi di bawah Kementerian Perdagangan Dalam Negeri dan Kos Sara Hidup)

DR SHUM JU JIEN , DR SHANGGARI A/P MANIARASU , ANIKALA A/P SUBRAMANIAM sebagai PENCIPTA telah didaftarkan ke dalam Daftar Hak Cipta menurut seksyen 26B Akta Hak Cipta 1987 [Akta 332].

KAMAL BIN KORMIN
PENGAWAL HAK CIPTA
MALAYSIA

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(Agensi di bawah Kementerian Perdagangan Dalam Negeri dan Kos Sara Hidup)

K-LIT



A New Wonder in Wound Care

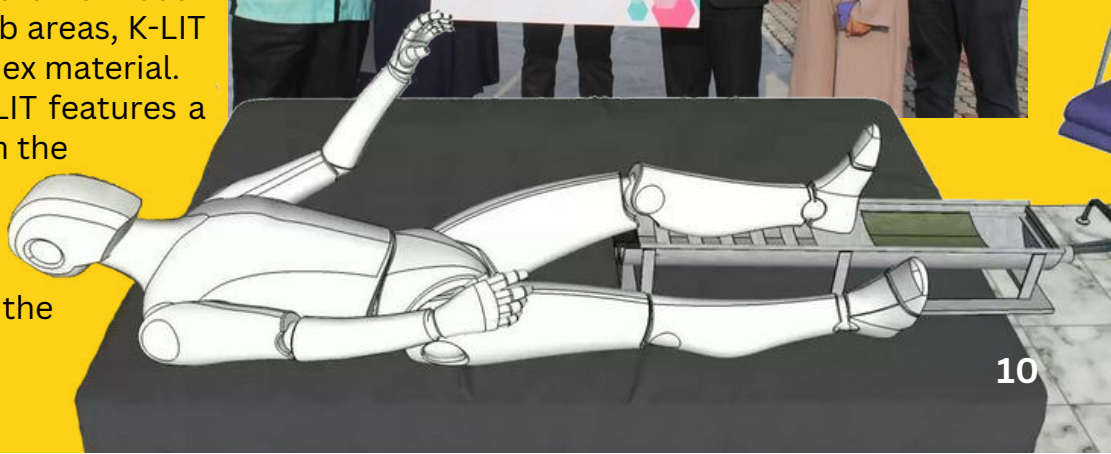
by Dr. Norita Yasmin binti Asrani @ Sha'arani

K-LIT, which stands for Kampar Limb Irrigation Tool, is a groundbreaking innovation in wound care developed by the Wound Team KK Kampar. This innovative project made waves in the field by participating in the *Anugerah Inovasi KKM* (AIKKM) 2022 competition. The primary goal behind K-LIT was to address the messy and time-consuming wound irrigation process. The development journey of K-LIT began with brainstorming, followed by the creation of draft designs, paper models, and 3D models. The project was initially self-funded and later received sponsorship from MyIPO for 'Dana Pemfailan Harta Intelek.' The core components of K-LIT consist of a drain, hose, and flat bar plate.

K-LIT's design is notable for its materials and construction, which includes:

- Stainless Steel Body and Plate: The device incorporates a stainless steel body and plate for durability and hygiene.
- Kydex Material: To enhance comfort and support for both upper and lower limb areas, K-LIT is designed with Kydex material.
- Gradient Design: K-LIT features a gradient design from the proximal to distal part, ensuring efficient flow of excess water during the irrigation process.







The impact of K-LIT is evident through survey results, highlighting key aspects:

- Time Saving: K-LIT reduces the time required for wound irrigation. For simple wounds, it saves approximately 58 seconds, while for complicated wounds, it saves an impressive 8 minutes and 4 seconds compared to conventional methods.
- Cost Comparison: K-LIT offers substantial cost savings in terms of dressing paddings. Over a five-year period, it proves to be a cost-effective solution compared to conventional wound care methods.
- Clients' Satisfaction: K-LIT has garnered high satisfaction rates from both internal and external clients, including staff and patients. Post-K-LIT implementation, clients unanimously expressed satisfaction with the device's convenience and effectiveness, compared to just 14% using the conventional method.

These results highlight the positive impact of K-LIT as it provides comprehensive limb support, eliminating the need for makeshift solutions like modified bottles. It enhances comfort and convenience for patients. The device efficiently directs excess water into the drainage system, preventing spillage, a common issue with conventional methods. Using K-LIT is time-saving and hassle-free as it streamlines the irrigation process, eliminating the need for repetitive emptying of basins or kidney dishes. K-LIT eliminates the requirement for multiple blue dressing pad sheets, making it a cost-effective. K-LIT enhances patient comfort and reduces the risk of soiling their clothes during the irrigation process. With K-LIT, the need for additional manpower is significantly reduced, making it more efficient and cost-effective.

Overall, K-LIT is a remarkable innovation in wound care, offering ergonomic, spillage-free, time-saving, cost-effective, and highly satisfactory solution for patients. Its design and efficiency also reduce the need for additional manpower, making it a transformative tool in the field of wound care. This innovation has been showcased at various forums, including conferences and meetings, and has garnered favorable responses, indicative of its promising outlook for use not only in primary care but also at other levels of wound care.

INTERESTED TO REPLICATE THE INNOVATION FOR YOUR CENTRE? NEED MORE INFORMATION AND VIDEOS ON K-LIT? PLEASE SCAN THE QR CODE.





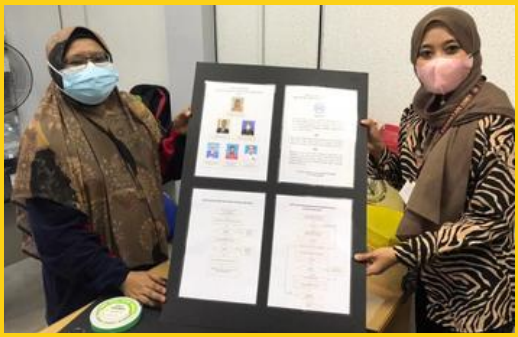
Transforming End-of-Life Care in Perak

by Dr. Albert Yong Kui Choon

Domiciliary palliative care (DPC) plays a vital role in Malaysian healthcare, especially for patients with life-limiting illnesses. The Ministry of Health launched DPC services in 2001, initially at 160 government clinics and later expanded the program. DPC focuses on delivering home-based care and rehabilitation, caregiver training, and reducing hospital readmissions, providing comprehensive support to patients until the end of life. The program expanded further in 2016 to align with the National Palliative Care Policy and Action Plan 2019-2030, but challenges remain in access, particularly in rural areas. Demand for palliative care services is growing, including for non-cancer patients including children.



Malaysia heavily relies on Non-Governmental Organizations (NGOs) for palliative care, mainly catering to urban and cancer patients, leaving non-cancer patients in rural areas underserved. With Malaysia ranking 62nd out of 81 countries for end-of-life care in a 2021 study, there is a clear need for an all-encompassing domiciliary palliative care program. The Kinta district is particularly in need of an Excellent Domiciliary Palliative Care Centre as current services by NGOs fall short for non-cancer patients and lack comprehensive domiciliary palliative care for children. National data reveals that patients requiring palliative care prefer to be treated at home, highlighting the importance of community-based services. However, challenges such as staffing limitations, non-compliance with guidelines, and timeliness of visits exist. Regions like Batu Gajah in Kinta district lack health clinic coverage, resulting in delays and program-related issues. To address these concerns and enhance end-of-life care, an accessible and robust domiciliary palliative care program is needed.





The Excellent Domiciliary Palliative Care Centre (EDPCC) aims to establish the first of its kind in Malaysia, solely dedicated in providing and monitoring full-time domiciliary palliative care services independent of other healthcare initiatives. Its vision is to offer high-quality care to both adult and paediatric patients with incurable serious illnesses, improving their quality of life in the community. EDPCC's mission is to become the central unit for full-time DPC services, comprising a comprehensive team of Family Medicine Specialists, Medical Officers, Assistant Medical Officers, and Nurses. The centre will ensure ongoing monitoring, and maintain high-quality care following the Ministry of Health Malaysia's guidelines, and Standard Operating Procedures for Domiciliary Palliative Care Services in Primary Healthcare 2019.

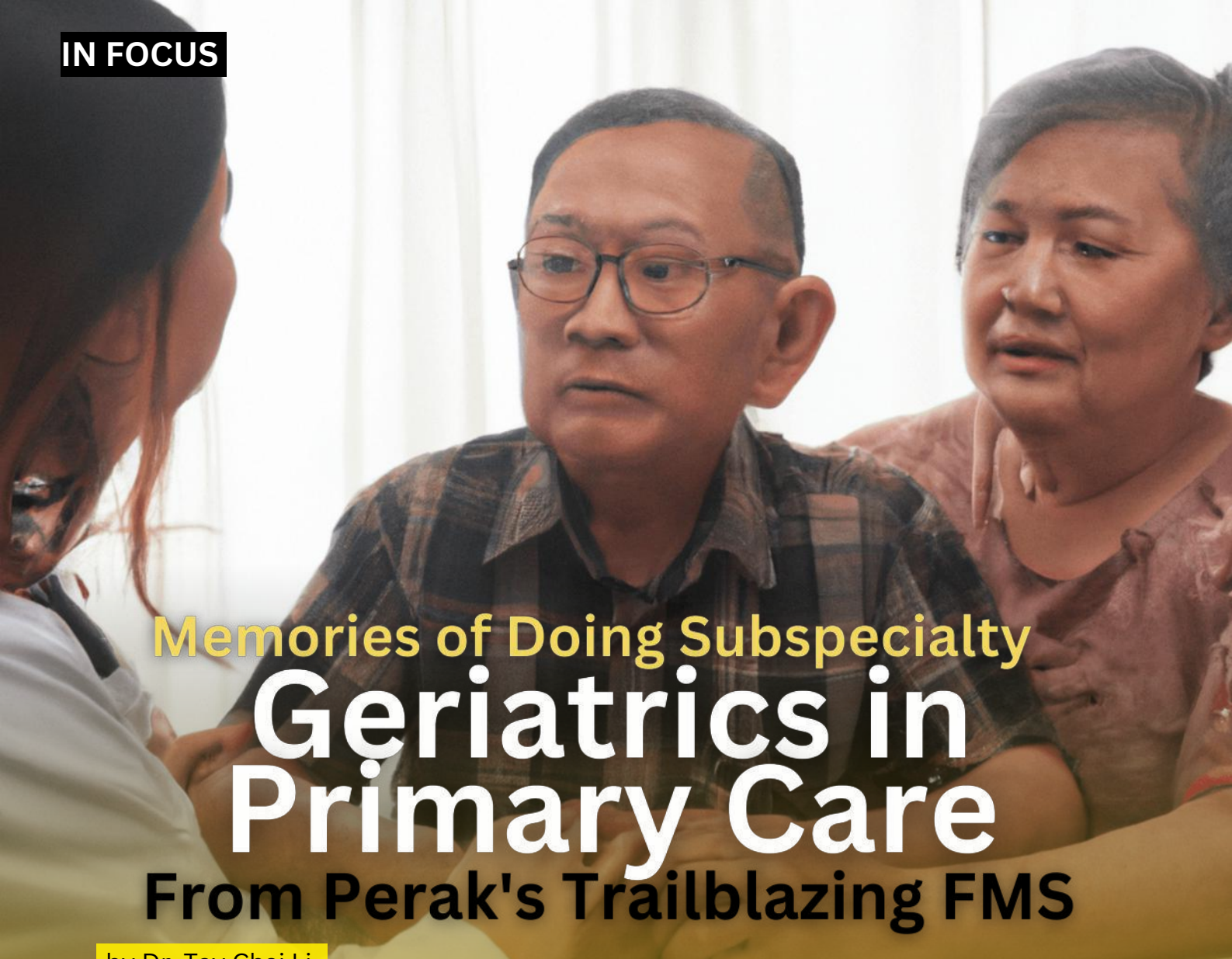
EDPCC's team consists of dedicated healthcare professionals, including Family Medicine Specialist (FMS), Medical Officers, Assistant Medical Officers, and Nurses. Each member has defined roles and responsibilities, with FMS leading the program, providing clinical guidance, and fostering collaboration between NGOs and healthcare personnel. The team receives thorough training, including virtual sessions and specialized palliative care education, ensuring their competence in delivering superior care. A structured process for home visits, including timely scheduling, assessments, and follow-ups, is established. Basic assessments via phone are encouraged before home visits. Accurate record-keeping is crucial for monitoring patient progress and evaluating program effectiveness. Monthly and annual reports, as well as predefined indicators, enable continuous performance assessment.

EDPCC has served 133 patients through more than 300 home visits from October 2022 until October 2023, reaching 50% of the 2022 KKM target. Based on available data, the referral rate back to hospitals stands at 3.8%. Regarding process indicators, 86.48% received their first visit within 3 working days of referral, with all visits addressing pain and symptoms. Output indicators indicate that 97.8% of patients experienced well-controlled pain (pain score less than 4) during their last visit, while 3.8% required hospital admission during palliative disease-modifying treatment. Additionally, 72.3% chose to spend their final moments at home, with 27.7% opting for hospital care. EDPCC aligns with the National Palliative Care Policy and Action Plan 2019-2030, strengthening and expanding domiciliary palliative care services across Malaysia. Its successful implementation can elevate the quality of palliative care, relieving the burden on urban-centric NGOs and extending support to rural areas.





This groundbreaking initiative sets the stage for improving end-of-life care in Malaysia, ensuring high-quality domiciliary palliative care is accessible irrespective of location. The establishment of the Excellent Domiciliary Palliative Care Center signifies Malaysia's commitment to providing holistic, patient-centered care and enhancing the lives of those with serious, incurable illnesses. This success can pave the way for similar programs nationwide, guaranteeing that all patients in need of domiciliary palliative care receive the support and attention they deserve.



Memories of Doing Subspecialty

Geriatrics in Primary Care

From Perak's Trailblazing FMS

by Dr. Tay Chai Li

As a family medicine specialist, choosing a subspecialty in geriatrics within primary care can be rewarding and meaningful. Malaysia will be an ageing nation in 2030, and Perak state has the highest percentage of older adults compared to other states nationwide. Hence, there is a growing demand for healthcare services tailored to the unique needs of older adults. Geriatric care focuses on comprehensive, patient-centered care that takes into account medical, social, emotional, and functional aspects. This approach allows me to gain a deeper understanding of geriatric giants and their specific needs.

During my 3-year attachment, I had the chance to learn from geriatricians, FMSes with fellowships in community stroke care, and psycho-geriatricians about the management of the geriatric giants, namely immobility, instability, incontinence, impairment of cognition, and iatrogenic (polypharmacy) health issues. Many older adults may require assistance with activities of daily living (ADL) or reside in long-term care facilities. I was blessed with the opportunity to learn from physiotherapists, occupational therapists, speech therapists, and dieticians about exercises, ADL training, cognitive stimulation therapy, swallowing tests, and healthy diets for older adults. Visitation to the Alzheimer's Disease Foundation Malaysia's (ADFM) Atria Community Corner, the National Stroke Association of Malaysia (NASAM), and *Hari Sukaneka Kelab KEKASIH* were other sweet memories I had during the attachment. I learned about building rapport with patients and their families, witnessed their resilience, and helped them maintain the highest possible quality of life.

Preventive care for older adults is pivotal. In applying what I learned to practice, we set up “Kelab Warga Emas” at Klinik Kesihatan Simpang since 2022, together with *Persatuan Pendidikan dan Rehabilitasi Kanak-kanak Istimewa, Ibu Tunggal, Kesihatan Minda, and Warga Emas Malaysia* (PRIMAS), to promote healthy lifestyle with weekly activities for the older adults. I obtained approval from the head of radiology at Hospital Taiping and Hospital Raja Permaisuri Bainun, Ipoh, to offer Dual X-ray Absorptiometry (DEXA) scans for bone mineral density measurement for bone health care in primary care settings. As a primary care provider, it is important to diagnose dementia early for better quality of life for patients and caregivers. Multiple public health talks and continuous medical educations (CMEs) were held to create awareness among the public and healthcare providers about dementia and osteoporosis. I also had the privilege to get involved in the Clinical Practice Guidelines protocol development on the management of spontaneous intracerebral hemorrhage (first edition), and the COVID-19 management plan in residential aged care facilities (RACF).

Next year, Klinik Kesihatan Simpang will be one of the Ministry Of Health’s pilot project study sites for GeCares to provide integrated health services to older adults. Hopefully, my passion for working with older adults, desire to make a positive impact on their quality of life, and interest in the unique challenges and complexities of geriatric care will bring highly fulfilling and impactful benefits to the community.





Giving Back to the Community

by Dr. Zaidatul Akmar binti Mohamad Isa

'Karnival Kesihatan Bersama Pakar Perubatan Keluarga Negeri Perak 2023'

The "*Karnival Kesihatan Bersama Pakar Perubatan Keluarga Negeri Perak 2023*", health screening programme held on 20th of May 2023 at Dewan Arena Batu Gajah, Perak, was a resounding success. Organised by the Perak Family Medicine Specialists' Association, the event focused on addressing Non-Communicable Diseases, Cancer Screening, Infectious Diseases, Mental Health, and PEKA-B40.

The programme aimed to offer free health screenings, including blood tests for cholesterol and glucose, blood pressure, Body Mass Index (BMI), and waist circumference measurements, and health history questionnaires. Besides that, Sexually Transmitted Disease (STD) services and cervical cancer screening were also promoted through HPV-DNA and Pap smear tests. The programme also promoted the adoption of health lifestyles practices amongst the public whilst raising awareness and reducing the stigma around mental health issues. Attendees were also made aware of the PeKa B40 healthcare scheme and encouraged to register for it if eligible.

IN FOCUS




KARNIVAL KESIHATAN 2023
KARNIVAL KESIHATAN 2023
PROGRAM KESIHATAN BERSAMA PAKAR PERUBATAN KELUARGA NEGERI PERAK


FREE MARKET
KARNIVAL KESIHATAN 2023
20 MEI 2023
ARENA SQUARE, BATU GAJAH


LARANGAN MEROKOK
ADUAN




SUSU


EMTS


KARNIVAL KESIHATAN 2023
PROGRAM KESIHATAN BERSAMA PAKAR PERUBATAN KELUARGA NEGERI PERAK



Over 1000 people attended the event, with 252 adults participating in health screenings. The screenings included blood pressure, waist circumference, weight, height, BMI, random blood glucose, and cholesterol level tests. Participants received immediate analysis of their results, health education, and referrals to relevant health booths, including smoking cessation service, HPV screening, mammogram, eye screening, mental health assessment, healthy diet counselling, and COVID-19 vaccination.

The event featured 16 health education booths addressing various health-related topics, such as basic life support, tuberculosis and leprosy awareness, HIV and Hepatitis C awareness, occupational therapy, and more. Dental and mobile clinic services were also provided. Various teams and organizations, including ophthalmology teams and NGOs, actively participated.

To engage the community, several activities were organized, including Zumba dance, fun games, colouring contest, flower arrangement contest, and a free market for preloved items. The event provided 250 free breakfast packs and 750 lunch packs to participants and staff. VIPs were also treated to a special Hari Raya meal after the opening ceremony.

The event was deemed highly successful, meeting all its objectives and yielding positive outcomes. It did not only provide critical health screenings and education to the community, but also engaged participants in various activities to promote overall well-being. The event was a testament to the dedication of the organisers and the collaboration of various government agencies and community organisations to enhance public health in Perak.



TIMELESS WISDOM

A FMS Pioneer Sharing

by Dr. Nurhayati binti Isa



Pursue your vision for your clinic

Follow your unique visions and aspirations. Some of my humble accomplishments in Klinik Kesihatan (KK) Padang Rengas include creation of diabetic cup, vests for adolescents, *'Kelab Warga Emas'* and '*Panel Penasihat*', a memory garden for the elderly, volunteers for hypertension, donations of preloved '*telekung*' and clothes, a cancer club (*Kelab KEBAL*), and donations for the cleanup of quarters.

Embrace challenges

KK Padang Rengas, the largest clinic with the highest patient population at that time (20 years ago), was the sole clinic featuring a Family Medicine Specialist (FMS). Many pioneering national and state projects were entrusted to Klinik Padang Rengas for execution. As FMS, we embraced the challenge to strive for excellence in every proposed program.

Teamwork make the dream work

At KK Padang Rengas, we were fortunate to have an exceptional team. Our staff members were always eager to explore new horizons and provide unwavering and enthusiastic support to ensure the success of our programmes. Every staff member was special to us, and we functioned as a closely-knit family. We encouraged mutual support in every possible way, as they were not just colleagues but also our friends. It was important to know their families well.

Respect your superiors

As FMS, we work under a unified organization, and it is crucial to respect our superiors and fellow team members. We believe in fostering an environment where opinions are valued and sought from everyone. Additionally, we encourage our team to contribute their own insights to benefit the organization.

Family support

Last but not least, do not underestimate the significance of family support. Further education and special interests are crucial for personal growth. My ex-state health director strongly encouraged FMS to pursue overseas studies.

I wish you all the best in your journey as FMS in Perak, and may you prosper and enjoy the path ahead.

IN FOCUS

the Distinguished Career



Awards:

- Excellent Service Award, received twice.
- A.C.M (DARJAH Ahli Cura Simanja Kini), 2011.

Clinic Achievements:

National Level: 1st Runner-Up in the Oral Presentation Competition at the FMS Conference in Johor, 2008 for "The Involvement of Lay Educators in the Management of Type 2 Diabetes Mellitus."

State Level (Perak):

- CHAMPION in the 3K (*Kebersihan Keceriaan dan Keselamatan*) Clinic Service Competition, 2001.
- CHAMPION in the Clinic Counter Service Competition, State-Level, 2009.
- 1st Runner-Up in the State-Level Advisory Panel Competition.
- 3rd PLACE in the KMK (Kualiti Meningkat Mutu Kerja) Competition with the theme "Filing Cards Using Alphabet and Numbers."
- SPECIAL AWARD from the Senior Citizens' Club in conjunction with National Senior Citizens Day on October 30.
- Healthy Setting Award for the clinic.
- Achievement of ISO certification for the clinic.

District Level:

- CHAMPION in the District-Level Advisory Panel Competition, Kuala Kangsar.
- CHAMPION in the District-Level Flag-Hoisting Competition, Kuala Kangsar.

Clinic Programs and Milestones:

Exercise Programme (Program Senaman)

This exercise programme, in collaboration with the Advisory Panel and the Senior Citizens' Club of Klinik Kesihatan Padang Rengas, had been running for 19 years. It took place every Tuesday from 8:00 to 9:00 AM. Attendance at one point reached as many as 100 participants, including men and women from diverse backgrounds. Senior citizens wore orange T-shirts, while the rest of the participants wore white long-sleeved T-shirts to differentiate themselves. Unfortunately, the program had to be halted during the Movement Control Order (PKP) in 2020. It received exercise demonstrations from various agencies, including Tabung Haji.

Youth Health Programme (Program Kesihatan Remaja)

The Youth Health Programme which started since 2001 included various initiatives to promote a healthy lifestyle among young people. Notable programmes included the "Program Remaja Ceria Tanpa Rokok (R.C.T)" to reduce smoking among students and "Ceramah Remaja" involving various schools and colleges. It also featured health surveys and visits from the Health Ministry's Youth Health Unit.

Senior Citizens' Programme (Program Warga Emas)

The clinic actively involves senior citizens in various activities, including home visits and educational lectures. The Senior Citizens' Club received special recognition from the Health Director during the National Senior Citizens Day in Perak.

IN FOCUS

Smoking Cessation Programme

The clinic initiated a programme to help individuals quit smoking. The target was set at 100 individuals, with motivational pictures framed as incentives. The Health Director provided awards to patients who successfully quit smoking.



PERADI (PEmbimbing RAkan DIabetis)

This is a Diabetic Lay Educator Programme which included monthly talks and forums in various locations, raising awareness about diabetes. It also hosted various activities like "Kelab KEBAL" for cancer patients and "Taman Memori" for dementia patients.

Hypertension Volunteers (Sukarelawan Hipertensi)

The clinic established a programme for volunteers to support hypertension management.

Psychosocial Rehabilitation Programme (PSR)

One of the 6 PSR programs in Perak.

KEBAL (Kesan BArah Awal) club

A programme designed to assist cancer patients in coping with the early impact of their condition.

Memory Garden (Taman Memori)

Created for patients with dementia.

Other Support and Visits

- Frequent visits from the Health Director, Datuk Razin, and other health officials for clinic improvement and support.
- Support for extension and development of various clinic facilities, such as the FMS room, car garage, registration counter, emergency room, OPD room, Senior Citizens' Hall (used jointly with the Fundus Camera Room), Physiotherapy Room, PSP Room, and an Epidemic Room (for SARS/ COVID-19).
- Collaboration with various agencies to provide health-related lectures and services to the community.



Biodata

Education:

- SK Sayong. Kuala Kangsar Perak
- SK Seri Kepayang. Ipoh Perak
- SMK Methodist Girl School
- SM Sains Kedah
- Universiti Sains Malaysia (Undergraduate): 1982-1988
- Universiti Kebangsaan Malaysia (Master's Degree): 1996-2000

Career (Placement):

- KK Padang Rengas (2000 - 2020)
- KK Kuala Kangsar (2021-2022)

International Training: Service for Senior Citizens (Dementia) for 2 weeks in Adelaide, Australia.

Family: Married, Blessed with 5 children



Dr Karen Christelle
KK FELDA BERSIA



Dr Mohd Khairul Anwar bin Ismail
KK PENGKALAN HULU



Klinik Kesihatan
(without FMS)

- KK LAWIN
- KK PLANG
- KK POS KEMAR

KKIA : 1
KD : 22
KKOM : 1



Dr Mohd Azzahi bin Mohamed Kamel
KK LENGGONG

FMS HULU PERAK
WE CARE

ANNUAL COMMUNITY PROGRAMME

On the 20th of July 2023, the Family Medicine Specialists of the Hulu Perak District organized an annual community programme at the General Operation Force Camp. This initiative was designed to promote health screening and early detection of health problems within the General Operation Force (PGA) community.

The main objectives of this programme were as follows:

1. To raise awareness among all segments of the PGA community regarding the significance of regular health check-ups.
2. To enhance community awareness through health talks and exhibitions.
3. To stress the importance of parents bringing their 5-6-year-old children to the Health Clinic for examination, treatment, and immunization.
4. To provide information about PEKA B40, emphasizing its benefits and accessibility

The program was led by our three Family Medicine Specialists in the district and supported by 47 staff members from Klinik Kesihatan Pengkalan Hulu. A total of 250 members of the General Operation Force, along with their family members, participated in the event.









The Annual Community Program organized by the Family Medicine Specialists of the Hulu Perak District, in collaboration with the General Operation Force, exemplified the spirit of community engagement and health promotion. By focusing on education, awareness, and early detection, the program contributed significantly to the well-being of the General Operation Force community. It is hoped that this initiative will serve as a model for future community programs, fostering a culture of health consciousness and responsibility among all community members.

By Dr. Mohd. Azzahi Mohamed Kamel

The event commenced with a welcoming speech by Dr. Mohd Khairul Anwar bin Ismail, the Family Medicine Specialist of Klinik Kesihatan Pengkalan Hulu and district FMS of Hulu Perak. The program was officially inaugurated by the Chief Officer of the General Operation Force. Activities included health talks by Family Medicine Specialists, medical exhibitions, health screenings, a blood donation campaign, breast examinations, and pap smear tests. Additionally, there were engaging events such as children's colouring competition and healthy bento competition. The program concluded at 1 pm.

This community program successfully created awareness on the importance of health care and collective responsibility. Through various activities like health talks and screenings, participants were educated about the significance of regular health check-ups, especially for children.







International Counterpart Quarantine Stations (ICQS) serve as crucial facilities strategically placed at international border entry points. These stations play a pivotal role in overseeing and regulating the movement of individuals and commodities to mitigate the transmission of diseases. Their comprehensive infrastructure enables the facilitation of health screenings, quarantine procedures, and inspections, ensuring strict adherence to health and safety regulations.

Pengkalan Hulu, located in Hulu Perak District, Perak, Malaysia, stands in proximity to the Malaysia-Thailand border. Recognizing the significance of border crossings, this area is equipped with customs, immigration, and quarantine facilities to efficiently manage the movement of people and goods between countries.

On November 10, 2023, a workshop addressing the preparedness for M-pox infection and management was conducted at the Pengkalan Hulu International Entrance. This initiative was orchestrated by the Infectious Diseases Unit of the District Health Office, with insights delivered by Family Medicine Specialists from Hulu Perak District.



M-POX

Readiness Workshop

at Pengkalan Hulu International Entrance

The primary aim of the workshop was to impart knowledge and practical training to healthcare personnel and relevant agencies based on the M-pox Case Management Guidelines in Malaysia. Additionally, the workshop sought to enhance the efficiency and readiness of health personnel and other agencies in addressing potential risks associated with M-pox. The workshop garnered participation from representatives of key departments, including the Immigration Department, the Volunteer Department, the Royal Malaysian Police, and the Customs Department.

Various activities were conducted throughout the workshop, including talks on M-pox, discussions on guidelines for M-pox in primary healthcare, briefings on the collaborative roles among government departments, simulations within groups, and group presentations. The implementation of this workshop holds paramount importance in providing early exposure to potential cases of M-pox infection in Perak, particularly in Hulu Perak. Early preparation and disclosure are anticipated to fortify the capabilities of health personnel in effectively managing cases, thus reducing the risk of misdiagnosis. Furthermore, elucidation on the responsibilities of health personnel in temporary displacement centers aims to align efforts in preventing the spread of infectious diseases.

By Dr. Mohd. Azzahi Mohamed Kamel

REVOLUTIONIZING HEALTHCARE:

KLINIK KESIHATAN FELDA BERSIA EMBRACES ELECTRONIC MEDICAL RECORDS

We are thrilled to share a momentous achievement in our journey towards providing cutting-edge healthcare services. On the 8th of September 2023, Klinik Kesihatan Felda Bersia (KKFB) marked a historic milestone as the pioneering healthcare facility in Hulu Perak to transition from traditional paper-based medical records to the state-of-the-art Cloud-Based Clinic Management System (CCMS), SystmOne.

This transition reflects our unwavering commitment to staying at the forefront of medical technology, ensuring that our patients receive the highest quality of care in the most efficient and secure manner possible.The implementation of CCMS has initially focused on our outpatient department, streamlining processes, enhancing communication, and improving overall efficiency. Our dedicated team underwent a rigorous online training facilitated by the Ministry of Health to ensure a seamless transition and to maximize the benefits of this innovative system.

While our initial rollout has been limited to the outpatient department, we are excited about the potential for future expansion to include maternal child health, lab services, and pharmacy. These areas, though not currently integrated, are on our roadmap for integration as resources become available.

The success of this transition was underscored by a visit from the Kampar Health Clinic and our esteemed Deputy Health Director of Perak (Public Health), Dr. Feisul Idzwan bin Mustapha. Their presence allowed them to witness firsthand the smooth operations of CCMS at KKFB and provided an opportunity for knowledge sharing and collaboration.

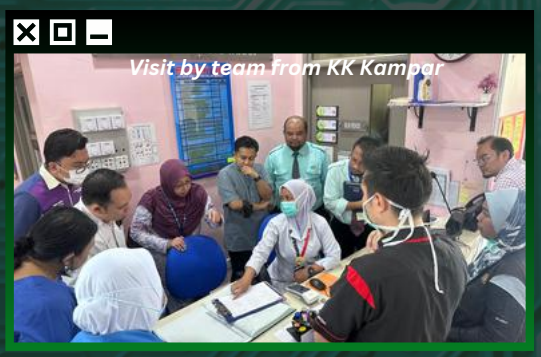
CCMS, SystmOne, empowers our healthcare professionals by providing a unified platform for managing patient data, appointments, and medical history. This not only enhances the accuracy of diagnoses but also improves the overall patient experience. With secure cloud-based storage, we can ensure the confidentiality and integrity of patient information, adhering to the highest standards of data security.

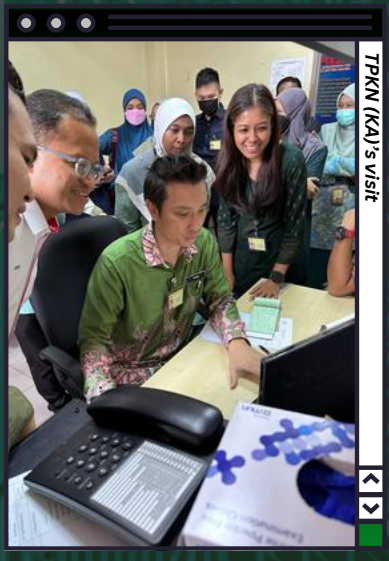
As we embrace this technological advancement, we remain focused on our primary goal – delivering exceptional healthcare to our community. We express our gratitude to the Ministry of Health, Jabatan Kesihatan Perak and Pejabat Kesihatan Daerah Hulu Perak for their support and guidance throughout the implementation process.

The transition to CCMS marks a significant chapter in the history of KKFB. We are confident that this innovative system will contribute to the continued growth and enhancement of our healthcare services, reinforcing our position as a leader in healthcare delivery in Hulu Perak.

By Dr. Karen Christelle





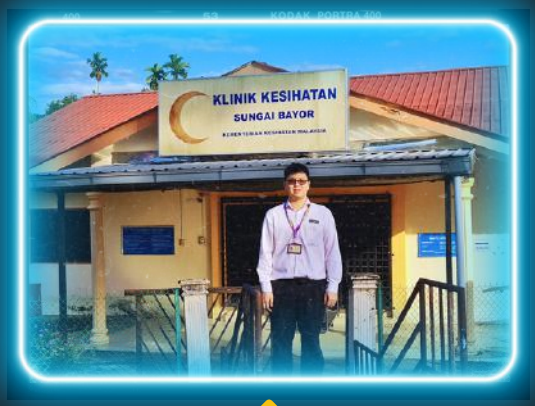




LARUT, MATANG & SELAMA



Dr Julie Wong Ling Ling
Dr Mohd Hafiz bin Ridzuan
KK KAMUNTING



Dr Hoe Hao Keat
KK SUNGAI BAYOR



Dr Tay Chai Li
KK SIMPANG



Dr Chin Huan Ting
KK BATU KURAU

Taiping



Dr Ting Chung Hui
KK POKOK ASSAM



Dr Nurazlin Jamaluddin
Dr Rofaizal bin Rahmat
KK TAIPING

Klinik Kesihatan
(without FMS)

- KK FELDA IJOK
- KK KUALA SEPETANG
- KK REDANG PANJANG
- KK SELAMA
- KK SUNGAI KERANG
- KK TRONG

KKIA : 1
KD : 28
KKOM : 4



Dr Zaidatul Akmar bt Mohamad Isa
KK CHANGKAT JERING



EXPERIENCE OF A HAJJ OFFICER IN THE HOLY LAND

The Hajj season of 2023 AD/1444 H is the second year that the Kingdom of Saudi Arabia has allowed the entry of Hajj pilgrims after closing its borders in 2020-2021 due to the Covid-19 pandemic. This year, Tabung Haji sent around 300 Hajj officers, including 10 Family Medicine Specialists, to provide healthcare services to 31,600 Malaysian Hajj pilgrims, and I was privileged to be one of them. Two Family Medicine Specialists were appointed as the Director of Operations of the Clinics (Maktab) and Director of Operations for Madinah respectively.

The Family Medicine Specialists were stationed in the accommodations of the Hajj pilgrims' hotels (6 in Makkah and 2 in Madinah) to ensure that the pilgrims received specialized care at an early stage. The Family Medicine Specialists served as reference for complex cases, especially those involving non-communicable diseases and women's health issues. We also performed on-call duties and acted as referral source to determine whether pilgrims needed to be admitted to the hospital. In every hotel clinic, there was at least one medical officer, one assistant medical officer, and one general assistant (able to speak Arabic).







Additionally, we cared for, screened, and supported the pilgrim community from their arrival through the various Hajj rituals until they returned to their home country. With improved care, hospital admissions could be reduced, and Hajj pilgrims would be able to receive expert medical treatment promptly.

The services of the Family Medicine Specialists were not limited to clinics but also included health education for the Hajj pilgrims upon their arrival and before their stay at Arafah. Assessing the health status of pilgrims at high risk before Arafah was crucial. We made health assessments for at-risk pilgrims, optimized their medication, provided follow-up care, and decided on the pilgrims' journey to Arafah-Mina. Pilgrims were categorized into several groups:

1. suitable to travel using regular buses
2. special buses with specialists (high-risk pilgrims)
3. pilgrims with illnesses requiring hospital care would travel to Masyair on the 'Safari Wuquf' bus from the treatment center.

Family Medicine Specialists also played a significant role in assessing the suitability of pilgrims for the ArRahman (PENEMAN) guest care program, evaluating the ability of Hajj pilgrims to go for the Stoning ritual and more. This team accompanied pilgrims from their respective Maktab to Arafah, Mudzalifah, and Mina, whilst ensuring their safe return to their hotel accommodations. During the Masyair period, the clinic operated 24 hours a day to assist unwell pilgrims.

In terms of worship, Family Medicine Specialists had a significant responsibility in assessing the ability of pilgrims to perform the Stoning ritual. The pilgrims' capacity was evaluated in Mina, and only after receiving a doctor's approval could the Stoning process be delegated to someone else.

One unforgettable experience was the opportunity to meet His Royal Highness the Sultan of Selangor while conducting mobile clinics (for hotels without clinics). Additionally, I received appreciation from the management of Hajj in Saudi Arabia for the services rendered.

In conclusion, being a Hajj officer was a valuable and memorable experience, even when faced with various challenges during the Hajj operation. It was an honour serving the pilgrims alongside my fellow medical colleagues. May we continue to provide the best service to the pilgrims in the future.

By Dr. Mohd. Hafiz Rizuan







OUTREACH PROGRAMME

FOR STUDENTS WITH LEARNING DISABILITIES

The District Health Office of Larut Matang & Selama collaboration with the District Education Office of Larut Matang & Selama, and Taiping Hospital had organized an outreach program for students with special needs. The event was implemented in phases on 8/4/23, 10/06/2023, 19/08/2023, 23/09/2023 and 23/09/2023. A total of 77 students were screened. The objective of this event was to evaluate and diagnose students with learning disabilities such as Intellectual Disability, Dyslexia, Autism and Attention Deficit Hyperactivity Disorder (ADHD).

This event involved a multidisciplinary team consisting of Family Medicine Specialists, Pediatricians, Medical Officers, Occupational therapist, Audiologist and Nurses. Prior to the event, teachers were tasked with identifying students who had difficulties in reading, spelling, writing and understanding simple mathematics despite intensive teaching at “Kelas Pemulihan Khas” for at least one year.

During the event, a total of 46 students were diagnosed with Specific Learning Disability (Dyslexia, Dyscalculia or Dysgraphia), 5 students with Intellectual Disability (Mild, Moderate or Severe), 4 students with Autism Spectrum Disorder, 3 students with Attention Deficit Hyperactivity Disorder and 1 student with School Refusal. The students diagnosed with learning disabilities were offered to apply for Person with Disabiilities (PWD) (Orang Kelainan Upaya - OKU) registration. Parents and caregivers who attended this event were given explanation on the privileges available for OKU registrants, including better accessibility to housing, education, and employment.

Overall, the event was successfully held. We thank every participant who joined our event and contributed to its success. The event’s objective was achieved and demonstrated impactful outcomes.





Dr Leow Shing Ni
KK TANJUNG PIANDANG



Dr Nurul Mursyidah binti Shohaimi
KK ALOR PONGSU



Dr Raveena Visha Morthi
KK KUALA KURAU





Dr Suriyati binti Sariban
KK BAGAN SERAI



Dr Ching Keng Heong
KK GUNUNG SEMANGGOL

Klinik Kesihatan
(without FMS)

- **KK JALAN BARU**
- **KK KEDAI EMPAT**
- **KK KUALA GULA**
- **KK SELINSING**
- **KK TELOK MEDAN**

KKIA : 1
KD : 28

TRANSFORMING KLINIK KESIHATAN ALOR PONGSU: A JOURNEY FROM VISION TO REALITY

“Klinik Kesihatan Alor Pongsu (KKAP)" was the response I received when I inquired about my first posting as a Family Medicine Specialist (FMS). Unfamiliar with the clinic, I then embarked on a journey as the first-ever FMS of KKAP. On my first day there, I was met with the realities of the clinic's limitations. The clinic was small, with a crowded waiting area, insufficient parking, and limited facilities. The situation was far from ideal, and the staff and the local community raised their concerns, prompting me to take action.

Armed with a vision of a better healthcare future for our community, I collaborated with a senior paramedic to create a preliminary layout plan. We sketched our wide-scale ideas by just using a simple mobile app. The goal was to enhance the clinic's facilities, including expanding the waiting area & emergency room, and creating procedure rooms, visiting room, fever & isolation room, and improved parking area. To our astonishment, KKAP was selected for a full-scale renovation. This marked the beginning of a collaborative effort with the District Health Officer and assistant engineer, who helped refine and beautify our initial plan.

The renovation process kicked off on June 12, 2023, and with it came the logistical challenge of relocating our staff and services. The Maternal and Child Health Clinic had to be relocated to a nearby clinic while the Outpatient Department and other units had to remain in the clinic during renovation. Dust, noise, and disarray became part of the staffs daily routine, and it was far from comfortable. Fortunately, our community embraced the temporary situation with understanding and patience. The support from our community and the resilience of our dedicated staff made this transformation possible.

After months of working in challenging conditions, the renovation of KKAP reached its completion on October 2, 2023, uniting all services under one roof. The feeling of completion was nothing short of exhilarating. Our once-small clinic had blossomed into a modern healthcare facility with ample space, improved amenities, and expanded services. The thrilling accomplishment reminds us that in healthcare, dedication and teamwork can lead to remarkable transformations.

By Dr. Nurul Mursyidah binti Shohaimi

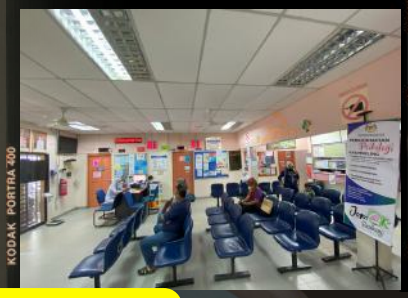


Pre- renovation









Ongoing renovation









Completed renovation





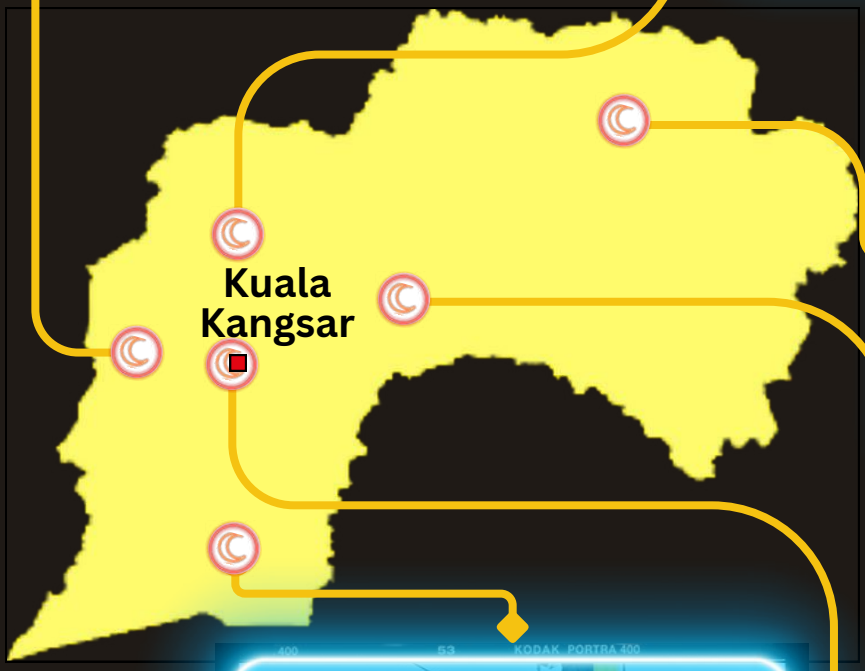




Dr Sofiah bt Zainal Abidin
KK PADANG RENGAS



Dr Jazlan bin Jamaluddin
KK SAUK





Dr Mohamad Zikri bin Mohamad Isa
KK LINTANG



Dr Gayathri A/P Kathitasapathy
KK KARAI



Dr Paream Kaur
KK MANONG

Klinik Kesihatan
(without FMS)

- **KK BEKOR**
- **KK SUNGAI SIPUT**

KD : 23
KKOM : 1



Dr Thenmoli Palaniyappan
KK KUALA KANGSAR

KUALA KANGSAR DISTRICT FAMILY PHYSICIANS: WE CARE FROM WOMB TO TOMB

We are the honored members of Perak Family Medicine Specialists fraternity hailing from the Royal Town. Kuala Kangsar district is well known for its diversity in age and ethnicity including the minority groups. Health programmes conducted here by the eight health clinics were aimed at health empowerment of the diverse population, and showcasing the services of the primary health care in the district.

Adolescent-Friendly Clinic Service (PKMR) in KK Padang Rengas

In the year 2022, Klinik Kesihatan Padang Rengas was selected to pioneer the Adolescent-Friendly Clinic Service (PKMR) in Kuala Kangsar District. This was in par with the Best Practice initiative that has been expanded across health clinics in Malaysia, aiming at better quality service given to specific community groups. In Kuala Kangsar district, 18.6% of the population are adolescents, highlighting the need for health service focusing on adolescent-specific issues and challenges.

A specific area in KK Padang Rengas has been designated for PKMR, which includes a registration area, waiting area, adolescent screening counter, and a doctor's room designed to provide the comfort, accessibility, and confidentiality needed. This clinic operates on a specific day and time, and the information on the available services are disseminated to the community through banners, pamphlets, bookmarks and social media platforms (TikTok, Facebook page etc). To date, more than 60 adolescents have been identified with health issues and are followed up under PKMR.

Many community-based multidisciplinary programmes were held in conjunction with PKMR to raise health awareness amongst adolescents. Sexual health and reproductive seminars, dietary health talk, mental health programmes and relaxation technique workshops were held with the cooperation of allied health professionals in the district including the nutritionists, counselors, physiotherapists and occupational therapists team. The school health team (PKS) collaborated in programmes held in schools, and the programmes were co-organised with the respective schools' Kelab Doktor Muda members. Regular continuous medical education (CME) sessions were also conducted by family medicine specialists and medical officers to increase awareness amongst the district staff regarding health screening and problem identification techniques in adolescents.



Following the recent National Health Morbidity Survey (NHMS) 2022 findings, nicotine smoking addiction (including vaping as the new trend) was the highlighted cause for concern amongst teenagers. In conjunction with this theme, the danger and consequences of nicotine smoking and vaping was held under the banner of PKMR in Kolej Vokasional Kuala Kangsar (KVKK) on 10th October 2023. This programme was jointly organized by the Students Affairs Unit and Psychology and Career Unit of KVKK. Almost 150 students participated in this one-day programme. Interactive health talks were given, and multiple booths were set up to explain the various nicotine products available and the associated health harms.

Outreach Health and Vaccination Programme for Orang Asli community

Kuala Kangsar district hosts one of the largest indigenous (Orang Asli) populations in Perak. Having this in mind, the Family Medicine Specialists from Kuala Kangsar district participated in two outreach programmes focused on the Orang Asli community in Pos Yum and Pos Legap Sungai Siput, Perak this year.

The first community programme was held on 28 - 29th August 2023 in Pos Yum Sungai Siput. This programme was conducted by Pejabat Kesihatan Daerah Kuala Kangsar in collaboration with Pejabat Parlimen Sungai Siput, Pejabat ADUN Lintang, Pejabat Daerah dan Tanah Kuala Kangsar, Jabatan Kemajuan Orang Asli (JKOA), University Sultan Azlan Shah (USAS) and Malaysian Association for the Prevention of Tuberculosis (MAPTB). The main objectives of this programme was to increase awareness on the importance of preparing healthy and clean food, promote health services available in health clinics and provide comprehensive counseling and treatment for the indigenous community. This program attracted 300 members from the targeted and neighboring regions, and many of them participated in the NHSI and PEKAB40 screenings, COVID-19 booster vaccination, healthy diet, mental health counseling, and E-KASIH registration.

The second programme was held on 21st November 2023 in Pos Legap Sungai Siput. This programme was held in conjunction with World Children Day and World Pneumonia Day, and was co-organized by Pejabat Kesihatan Daerah Kuala Kangsar with Pejabat Parlimen Sungai Siput, Pfizer Pharmaceutical, Jabatan Kemajuan Orang Asli (JKOA) and Perak Bar Committee.

The main purposes of this programme was to provide health promotion to the community on preventive medicine and importance of vaccines, deliver pneumococcal catch-up vaccine to eligible toddlers, and to bring contraceptive services closer to the community including progesterone-implant insertion. In this programme, besides the regular NHSI screening, PEKA B40 screening, and COVID-19 booster vaccination that approximately 110 individuals participated in, 40 toddlers successfully received their pneumococcal catch-up vaccines, and 10 eligible women were provided free Implanon insertion service by the family physicians.





One of the many privileges for Family Medicine Specialists working in the royal town includes leading the medical standby team for Sultan of Perak's entourage. The month of May which hosted the Malay festive season, and November, the Sultan's birthday month were the busiest months in the year 2023 for the team. The family physicians took turns joining the paramedics team from Hospital Kuala Kangsar for every scheduled event with the Royal presence, and were fully equipped with medical utility and knowledge needed in case of medical emergency. With God's grace, we came back fulfilled each time without any untoward events.




















Healthy Communities, Building the Nation" (KOSPEN) happenings

Whilst 16th September was commemorated as Malaysia Day throughout the country, Kuala Kangsar health district had double reasons to celebrate this year. The day 16th September 2023 was the eventful day whereby KOSPEN programmes were conducted simultaneously throughout the district. In partnership with the Advisory Panel of the respective Health Clinics, Klinik Kesihatan Padang Rengas, Klinik Kesihatan Kuala Kangsar, Klinik Kesihatan Karai, Klinik Kesihatan Sauk and Klinik Kesihatan Sungai Siput successfully conducted their respective community programmes. Each programme had its different names and themes, but shared a similar objective, which is addressing the local community specific needs for health screening, promotion and health education. Every community programme conducted received a warm reception from the locals including the local community leaders and various political representatives, and were appreciated by many.

Early Childhood Integrated Care (ECIC)

in KK Kuala Kangsar

Early Intervention Programme is a term used to describe the services and support that are available to babies and young children with developmental delays or disabilities and their families. It is an individualized intervention plan, which equips children who have yet to achieve their milestones with key foundational developmental facilities. The programme caters for a child from the time of diagnosis (as early as birth) until the targeted progress is achieved. The Klinik Kesihatan Kuala Kangsar Early Childhood Integrated Care (ECIC) is a newly structured multidisciplinary effort premised on the key objectives mentioned above.

Klinik Kesihatan Kuala Kangsar ECIC is a 'one-stop center' for children, where most services for children with developmental delays/ disabilities and their families are accessible under one roof. This center includes a Family Medicine Specialist, occupational therapist, physiotherapist, counselor and a dietitian. Individual consultation rooms and a sensory integration therapy room are part of the intervention center set-up. This is conducive for parents who have multiple appointments for various intervention services for their children, and loss of follow up of services can be avoided.

The Family Medicine Specialist acts as the core person of the center, who determines specific evidence-based intervention plans tailor-made to the needs of the children. The intervention plan is adjusted according to the progress, and referrals are made to allied personnel in tertiary hospitals when necessary. Feedback is also obtained from these referral centers to ensure continuity of care. This center promotes family-centered care and parent empowerment. Parents are the power of change, thus they are emboldened through continuous education regarding the interventions. They are also enrolled in parent-peer groups, for guidance, and moral support.

ECIC in a health clinic setting increases detection rate of childhood developmental delays/ disabilities, and provides continuous care as needed. Klinik Kesihatan Kuala Kangsar ECIC has linked care with pre-schools and schools in Kuala Kangsar district, to increase success in school for children with developmental issues. This center is also a point of referral for schools which identifies children in mainstream education systems with learning disabilities. Children under the care of ECIC are followed through beyond their teen years until their targeted independence is achieved. ECIC acts as the health advocate for these children in terms of support network, job counseling, and referrals to other centers as deemed necessary.

Currently, over 70 children are followed up under Klinik Kesihatan Kuala Kangsar ECIC for various developmental needs, mainly Autism Spectrum Disorder, expressive speech delay, ADHD and childhood anxiety. This initiative has been proven to improve critical milestones in children with developmental needs, and represents significant progress in both the quality of life for the children and their caregivers. In June 2023, Klinik Kesihatan Kuala Kangsar ECIC was accredited as Best Practice Clinic during visitation by Bahagian Pembangunan Kesihatan Keluarga (BPKK), Ministry of Health Malaysia. With this support, the team hopes to continue to spread its service wings for children across the district, whilst encompassing a more wholesome multidisciplinary team including the tertiary centre.

By Dr Thenmoli Palaniyappan, Dr Sofiah Zainal Abidin, Dr Gayathri Kathitasapathy, Dr Mohamad Zikri Mohamad Isa, Dr Jazlan Jamaluddin, Dr Paream Kaur





Dr Amilia Hazreena binti Hamidon

Dr Paranthaman A/L Vengadasalam

KK GREENTOWN



Dr Sheela Mithra

KK TANJUNG RAMBUTAN



Dr Subashini Ambigapathy

KK BUNTONG



Dr Phan Ai Ping

KK MENGLEMBU



Dr Kang Pei San

KK PASIR PINJI



Dr Lili Zuryani Marmuji

Dr Mohammad Zawawi bin Abu Bakar

KK GUNUNG RAPAT



Dr Yong Kui Choon

Dr Farah Aishah binti Hamdan

KK CHEMOR



Dr Raymond Premanand A/L Victor S Kumar

KK MANJOI





Dr Nurul Idayu Bt Mior Azmi

Dr Rozianita Mutazah

KK SIMEE



Dr Chew Ait Jane

Dr Fauziah Abdul Karrim

KK JELAPANG

Klinik Kesihatan
(without FMS)

- KK TANJUNG TUALANG
- KK TRONOH
- KK UTC IPOH PERAK

KKIA : 6
KD : 11
KKOM : 5

HIV 2.0 MODEL CLINIC & PREP SERVICES IN KK GREENTOWN

In late 2022, Klinik Kesihatan Greentown was selected by the Malaysian Ministry of Health (MOH) as one of the 18 pioneering clinics in Malaysia, and notably the only one in Perak, to initiate the HIV 2.0 model clinic as part of a demonstration project aimed at addressing the ongoing HIV/AIDS challenge in our nation.

HIV has remained a significant public health concern in our local population, with a rising trend observed since the 1990s. The epidemic reached its peak around 2002 when a considerable number of Intravenous Drug Users (IVDUs) were infected due to needle-sharing practices. In response to this crisis, Methadone substitution clinics were established in 2005, and the program was subsequently expanded to encompass HIV 1.0 model clinics within primary care. This approach using methadone substitution and needle syringe exchange program contributed to a significant reduction in the number of new infections, although progress has somewhat stagnated since 2015. Currently, the majority of new infections occur through sexually transmitted modes. Recognizing this evolving trend, the Malaysian Ministry of Health strategically initiated the HIV 2.0 model clinic to reach out to key populations affected by the disease.

To equip our medical professionals with the necessary expertise, comprehensive training was initiated. A team from Klinik Kesihatan Greentown, including two Family Medicine Specialists, Infectious Disease-trained staff nurse and paramedic, a pharmacist, and representatives from non-governmental organizations (NGOs), along with STD and AIDS officer from Perak State Health Department, attended the initial training in Perlis at the end of 2022. The program was highly informative and interactive, with invaluable insights shared by experts from various institutions, including the MOH Communicable Disease Control Division, MOH HIV/STD Sector, Infectious Disease (ID) physician from Hospital Kuala Lumpur (HKL), and the Family Medicine Specialist from Klinik Kesihatan Cheras, Dr Sheela who had been running a similar program.

In January 2023, further working visits were conducted to Klinik Kesihatan Cheras to learn from their experienced team. Additionally, a medical officer from Klinik Kesihatan Greentown underwent attachments at Klinik Kesihatan Kuala Lumpur (KKKL) and Klinik Kesihatan Cheras for a duration of two weeks in February 2023 to further learn from their experience.



Working visit to Klinik Kesihatan Cheras headed by FMS Dr Sheela Bai to learn from their best practices

Subsequently, we officially opened our services to key populations eligible and in need of services through Klinik Dahlia (STD & PrEP Clinic) at Klinik Kesihatan Greentown in March 2023. Our services encompass counseling and treatment, following the ABCD acronym:

A

Abstinence: We provide advice on sexual abstinence.

B

Behavior: We address aspects of behaviour, such as monogamy, serial monogamy, and substance use management, including chemsex, alcohol, and illicit drugs.

C

Condom use: We emphasize the importance of condom usage as Pre-Exposure Prophylaxis (PrEP) does not protect against other sexually transmitted diseases (STDs) like syphilis and gonorrhea.

D

Drugs to prevent transmission of STDs, vaccination (e.g., Hepatitis B), screening for STDs (including the use of rapid test kits for Syphilis, Hepatitis B, and HIV), treatment of other STDs, pre-exposure prophylaxis (PrEP), post-exposure prophylaxis (nPEP), treatment of HIV-positive partners for prevention through Antiretroviral Therapy (ART), and supportive counseling for emotional and mental health issues if needed.



Visit by Dr Anita bte Suleiman, Head of CDC unit KKM & Dr Peter Chang, Unit HIV STD JKN Perak to Klinik Dahlia



Medical officer and ID trained staff nurse attending to a client in Klinik Dahlia

HIV PrEP treatment is a prevention strategy in which individuals at high risk of HIV (due to factors such as sexual behavior) take a medication regularly while continuing behavioral risk reduction strategies to prevent HIV transmission. In our programme, we use the Emtricitabine/Tenofovir combination, which has been proven to be highly effective in preventing HIV transmission (up to 99% among men who have sex with men, 75% in heterosexual individuals, and 74% among intravenous drug users). Currently, these drugs are sourced through the Global AIDS Fund. An important point to note is that these drugs are not meant to be taken life long but only when client is at risk for getting HIV.

As of November 2023, we have successfully enrolled over 100 clients in treatment and follow-up programmes, and we are proud to report that all of them have remained HIV-negative since the start! Moving forward, to reach out to these vulnerable groups, I hope more clinics can be involved to render these services to help reduce our new HIV infections.

ENDINGAIDS 2030

BASIC OBSTETRIC ULTRASOUND WORKSHOP

A half-day workshop on basic obstetric biometry ultrasound was held at Klinik Kesihatan Greentown on 20th October 2023. The event was organised by Malaysian Medical Association Perak Branch and Perak Family Medicine Specialists Association, supported by GE Healthcare.

21 participants from Kinta district comprising Family Medicine Specialists, clinical specialists undergoing gazettement in Family Medicine and trainees in Family Medicine refreshed their knowledge on basic obstetric biometry using the latest ultrasound technology and techniques.

A hands-on session on two volunteer antenatal patients was conducted, facilitated by ultrasound application experts from GE Healthcare.

By Dr. Farah Aishah Hamdan





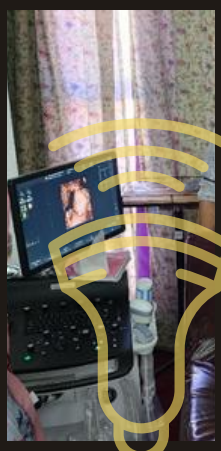












66TH Merdeka!! CELEBRATION AT KLINIK KESIHATAN CHEMOR











The slogan “Malaysia Madani: Tekad Perpaduan, Penuhi Harapan” for this year was strongly echoed by all staff in Klinik Kesihatan Chemor. We hope that the teamwork and sense of pride in patriotism will continue to bloom.

By Dr. Farah Aishah Hamdan

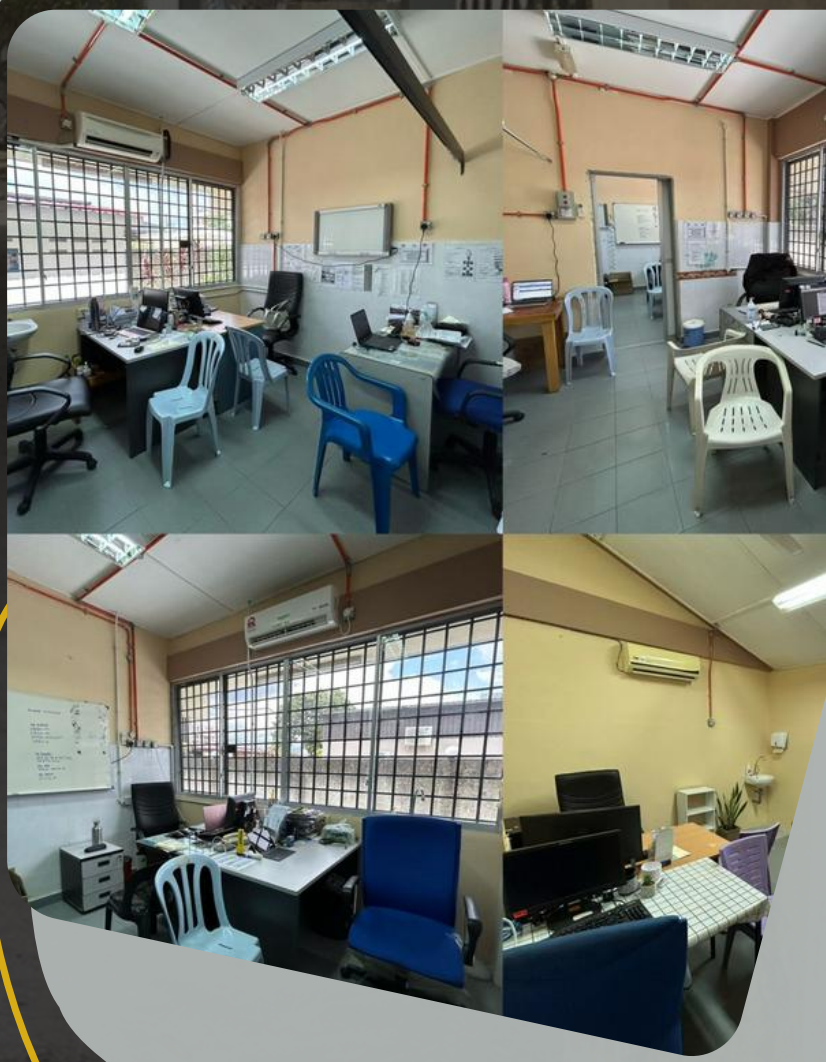
The teamwork and patriotism were in full force for this year’s Merdeka celebration at Klinik Kesihatan Chemor as we became the overall champion in the 66th National Day decoration competition organised by Kinta Health District. The judging criteria were creativity, cheerfulness, neatness and characteristics of patriotism. Decorations and information posters were put up by the staff in all areas of the clinic, including the registration area, maternal and child health clinic (MCH), outpatient department (OPD) and pharmacy.

Within the clinic itself, we held an inter-unit competition, for which the MCH unit won the best prize with their unique theme of nostalgia in patriotic spirit. An assortment of vintage memorabilia from the decade of independence was displayed at the MCH area. Hampers and trophies at the clinic level were sponsored by the Family Medicine Specialists, Dr Farah and Dr Albert.

KLINIK KESIHATAN PASIR PINJI UPLIFTED



Klinik Kesihatan Pasir Pinji, operational since 1984, serves a population of around 150,000 individuals, with a daily patient influx ranging from 500 to 800. The clinic grapples with a significant spatial challenge, and overcrowding is a daily occurrence. The registration, screening, consultation, lab work, and the pharmacy, all share the same waiting area, which can only accommodate up to 60 seats. Moreover, the consultation rooms are notably cramped, with 2 to 3 doctors sharing a narrow space, presenting particular difficulties for wheelchair-bound patients.



In September 2023, Klinik Kesihatan Pasir Pinji obtained funds for the clinic's renovation project. As part of this project, we have introduced a walk-through pharmacy counter adjacent to the existing clinic building, with an expected operational start date in January 2024. The pharmacy will provide pre packed monthly prescriptions for clients to collect from this new counter, a step designed to ease congestion within the main building's waiting area. Additionally, we have expanded the consultation rooms by removing the concrete table tops, resulting in a more spacious and easily navigable environment for both medical staff and patients.

With the local population continuing to grow and an increasing demand for healthcare services, our current clinic building is no longer sufficient. We hope to extend the clinic building further in the coming years to better serve the community.

By Dr. Kang Pei San

PERAK TENGAH



Dr Nor Shazatul Salwana bt Din

KK BOTA KIRI



Dr Norlina binti Anuar

KK PARIT



Dr Gogilavendan A/L Ramayah

Dr Zarina Baharin

KK SERI ISKANDAR





Dr Venotha A/P Ganasan

KK KAMPUNG GAJAH



Dr Ain Sabrina binti Mohamed Amiruddin

Dr Nor Ain Izzati binti Nor Azlan

KK CHANGKAT LADA

Klinik Kesihatan
(without FMS)

- KK AYER KUNING
- KK FELCRA NASARUDDIN
- KK LAMBOR KIRI
- KK ULU DEDAP

KD : 27

STUDY TOUR FOR THE MANAGEMENT OF ANEMIA IN PREGNANCY FROM PKD HULU PERAK TO KK CHANGKAT LADA, PKD PERAK TENGAH

Although anemia in pregnancy is a very common condition among antenatal mothers attending antenatal care in primary care clinics, managing antenatal mothers with anemia in pregnancy has always been a challenge to the primary care providers. While dilutional anemia is due to a normal physiological change in pregnancy, iron deficiency anemia is still the most common nutritional cause of anemia affecting our antenatal mothers. Not only does anemia in pregnancy cause adverse maternal effects, it also has adverse fetal complications and outcomes. However, with the increase in the availability of different types and preparation of iron therapy made available to the primary care clinics, most anemia in pregnancy will eventually resolve as the pregnancy approaches term. One of the most important modality that helps to improve the management of iron deficiency anemia in pregnancy at the primary care level is the availability of parenteral iron therapy in health clinics. Moreover, with the current guidelines only recommending parenteral iron therapy to be given intravenously, specifically in the form of total dose infusion, it is more acceptable by patients since it only requires a single visit for infusion and is less painful than intramuscular iron injection.

Klinik Kesihatan (KK) Changkat Lada has been utilizing total dose infusion intravenous iron (Cosmofer) as the parenteral iron therapy of choice since the year 2021, and it has helped us maintain KPI achievement of 0% anemia among pregnant mothers by 36-week period of gestation from year 2021 until now. Noting this, on 20th October 2023, KK Changkat Lada was visited by a team from Hulu Perak Health District (PKD) for a study tour. The objective of this study tour was to gain perspective from our experience in the management of anemia in pregnancy and to learn the procedure for total dose infusion intravenous Cosmofer. The visiting PKD Hulu Perak team consisted of a Family Medicine Specialist, Dr Mohd Azzahi bin Mohamed Kamel, 3 medical officers, 2 nutritionists, a matron, 5 health staff nurses and 4 community nurses. The study tour started off with a presentation on KK Changkat Lada's KPI Anemia achievements and intravenous Cosmofer total dose infusion by Dr Nor Ain Izzati binti Nor Azlan, Family Medicine Specialist in KK Changkat Lada. It was followed by a presentation on the role of medical officer in the management of anemia in pregnancy by Dr Sheiladevi a/p Letchumanan, medical officer in-charge of Maternal and Child Health (MCH) Unit, KK Changkat Lada. Subsequently, a practical session with a real patient on the administration of intravenous Cosmofer total dose infusion took place. We hope that this study tour achieved its objectives and was beneficial to PKD Hulu Perak team particularly on the management of anemia in pregnancy.









COMMUNITY PROGRAMME WITH KK CHANGKAT LADA ADVISORY PANEL

"BE PREPARED TO SAVE LIVES: LET'S LEARN CPR"

On October 12, 2023, Klinik Kesihatan Changkat Lada held a programme with and for the community, jointly organised by the Klinik Kesihatan Changkat Lada Advisory Panel. The programme was themed "Be Prepared to Save Lives: Let's Learn CPR". 'Cardio-Pulmonary Resuscitation' (CPR) involves a series of actions taken to restore a person's breathing and heart function in a medical emergency such as a cardiac or respiratory arrest. This programme aimed to provide basic knowledge and skills to the general public, especially the local community, in providing first aid prior to the medical team reaching the scene.

The objectives of the programme were as follows:

1. Provide knowledge to the community about the importance and benefits of CPR as an initial step in emergency aid.
2. Provide basic CPR skills training to the community so that it can be used in the event of an emergency outside the health facility.
3. Equip the community with the skills of performing CPR in the right technique so that they are confident to do it during an emergency outside the health facility.

The programme was held in the Great Hall of Felcra Berhad Seberang Perak, and was attended by 107 members of the public who included various layers of the Felcra community such as oil palm plantation workers, farmers, Felcra office workers, teachers and even Felcra College students. This programme was made possible by 30 Klinik Kesihatan Changkat Lada staff consisting of family physicians, medical officers, assistant medical officer supervisors, assistant medical officers, head nurse supervisors, nurses, pharmacy officers and health care assistants. Also directly involved were 4 members of the Klinik Kesihatan Changkat Lada advisory panel.

Among the activities carried out were:

1. Lecture on "What is CPR and how to do it" by Dr Mohamad Kamil Bin Abd Kadir, a medical officer from Klinik Kesihatan Changkat Lada, who is also a Basic Life Support (BLS) trainer in the district.
2. Demonstration and practical training sessions conducted with the help of facilitators, namely 5 supervisors and assistant medical officers from several health clinics in the Perak Tengah Health District (PKD), who are also BLS trainers in the district. Among the demonstration sessions and practical training held:
   - CPR for adults
   - CPR for children
   - Emergency aid for choking adult victim
   - Emergency aid for choking child victim
3. Health Screening: National Health Screening Initiative (NHSI). A total of 31 civilians were successfully screened.
4. Dengue Prevention COMBI exhibition session.
5. Presentation of participation certificates to CPR practical session participants.
6. Presentation of prizes to the best performing participants and lucky-prize winners.

The closing ceremony was completed by Encik Samsul Anuar Bin Ahmad Seri, Penghulu Pasir Salak Mukim, and was also attended by Encik Mohamad Rusli Bin Bahari, Deputy Chairman of Felcra Berhad, Seberang Perak. With the cooperation of all parties involved, this programme was carried out successfully, and achieved the outlined objectives.













HELP SAVE LIVES



Dr Liliwati Ismail
KK PANTAI REMIS



Dr Noor Syazana Che Ismail
KK BERUAS



Dr Chia Hui Teng
KK AYER TAWAR

Seri Manjung



Dr Nadia bt A Hadi
KK PANGKOR



Dr Mohd Shaffari bin Marzuki
KK SITIAWAN

Klinik Kesihatan
(without FMS)

- KK CHANGKAT KRUING
- KK PENGKALAN BARU

KD : 22
KKOM : 3

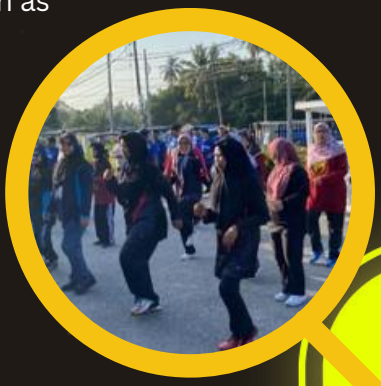


Dr Lau Yee Theng
KK LEKIR

ANNUAL COMMUNITY PROGRAMMES by health clinics in Manjung

Community Health Programmes held by Primary Health Clinics annually, was aimed at bringing the wellness and preventive healthcare services closer to the local community. Advisory Panel of the respective Health Clinics with its memberships including local community leaders and various political representatives; receives special allocation of RM 5000 by the Ministry of Health each year. This allocation is one of the many efforts by the ministry in enabling partnerships between the Primary Health Clinics and its community for programmes to be conducted; addressing the local community specific needs for health screening, promotion and health education.

Multiple community programmes have been successfully conducted by six different Health Clinics of Manjung Health District (PKD) in 2023; each with its different themes and objectives, and have received sizable reception from the locals. From floating man-made octopus, water emergency rescue demonstration, to fun-filled interactive health trivia; the events have captured the attendance of participants across all ages, with joint intervention from other local government agencies such as PDRM and JPAM; and some even made headlines in the local news.



KK LEKIR

On 17th March 2023, Klinik Kesihatan (KK) Lekir collaborated with its Advisory Panel to organize a health screening programme in celebration of World Tuberculosis (TB) Day. The programme aimed to increase awareness amongst the local community on Tuberculosis and other communicable diseases such as HIV and sexually transmitted diseases. The event's main focus was on promotion of TB related services and the availability of treatment for active and latent TB infection in Health Clinics. The organizer delivered talks and conducted fun activities with the participants, which gave opportunity for participants to gain a deeper understanding of these diseases.





KK PANTAI REMIS

Blood donation campaign made its way on 8th July 2023 in KK Pantai Remis for the second consecutive year as it had received massive participation by the local community in previous years. Similarly, this event was organised by the clinic advisory panel and supported by the Blood Bank Unit of Hospital Seri Manjung. It was officiated by YB Wong May Ing (ADUN Pantai Remis), and gathered almost 150 participants with 50 eligible blood donors. Concurrent health screenings such as NHSI, PEKA B40 and mental health screening were also included in the programme.











KK AYER TAWAR

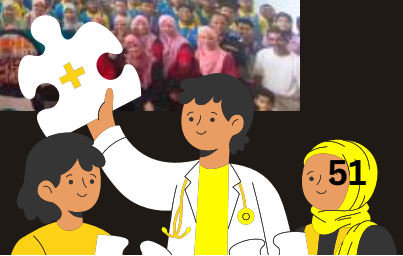
Meanwhile, Klinik Kesihatan Ayer Tawar aimed to raise awareness on prevention of Non-Communicable Diseases (NCD) amongst its community and thus, held a campaign titled “JOM SIHAT” on 22nd July 2023 in KUTIEN Association Hall. This highly successful programme managed to attract a crowd of almost 300 participants. The locals had the opportunity to be involved in various activities which included aerobic exercise, health care screenings, dental checkup and blood donation activity. Children colouring contest was among the highlights of the event. In total, six medical booths were set up by several public and allied health teams of PKD Manjung. This event was published in a newspaper and was greatly praised by members of the local public.

KK BERUAS

Klinik Kesihatan Beruas was chosen to pioneer Adolescent-Friendly Clinic Service (PKMR) in Manjung District beginning this year. Adolescents make up 20% of its community and multiple school-based programmes were planned to raise awareness regarding their health issues; whilst promoting its most recent adolescent service amongst local students and teachers. Adopting a slogan of *“Remaja Sihat, Pemangkin Masa Depan Negara”*, mental health issues were the main highlight of the clinic’s first ever outreach programme under the banner of PKMR. It was held in SMK Raja Shahriman and participated by almost 300 students aged 15 to 16 years. The program was jointly organised by the Clinic Advisory Panel and PROSTAR Unit of PKD Manjung. Multiple booths were set up with each representing different adolescent health issues. PDRM was invited to give talks on legal implications of school bullying, while Kelab Doktor Muda of this school was also given the opportunity to run its counselling booth on sexual transmitted diseases.







KK PULAU PANGKOR

Recent fatal incident due to venomous box jellyfish sting at Pangkor beach had raised concerns amongst the locals, hotels and resorts owners. Therefore, a local programme promoting water emergency first aid was held at Teluk Nipah beach, Pangkor Island on 23rd September 2023. It was initiated by the Clinic Advisory Panel in collaboration with both government and private agencies. The objectives of this programme were to educate the participants on different species of jellyfish and appropriate safety measures upon handling jellyfish stings. Public were taught the effective civilian CPR method by a group of well-trained paramedics and doctors. Several competitions related to this event were also held and attracted 279 participants in total. Poster competition on precaution of jellyfish stings had 15 representatives from various health and non-health agencies. Meanwhile, almost 50 students from nearby schools participated in a jellyfish themed colouring contest. Several health-promoting booths were set up, and this event was also mentioned in a local news portal.





KK SITIAWAN

Finally, the Diabetes and Cancer Awareness campaign was held by Klinik Kesihatan Sitiawan on 07th October 2023 at Astaka Sitiawan. It was co-organised by the non-communicable disease (NCD) unit of PKD Manjung and the Clinic Advisory Panel. The main objective was to create awareness amongst the locals regarding the current situation of diabetes and cancer in Malaysia. Apart from cancer screening, this programme also provided screening for NCD as well as mental health illness. It was attended by 376 participants, and included activities such as aerobic exercise, health care screening, PEKA B40 screening, fitness test, dental checkup, interactive games, health exhibition and lucky draw.





By Dr Noor Syazana Che Ismail, Dr Mohd Shaffari, Dr Liliwati Ismail, Dr Chia Hui Teng, Dr Nadia A. Hadi, Dr Lau Yee Theng



Dr Melinder Kaur Dhillon
KK GOPENG





Dr Teh Yew Seng
KK MALIM NAWAR

Klinik Kesihatan
(without FMS)

- **KK KOTA BHARU**

KD : 6
KKOM : 1



Dr Norita Yasmin bt Asrani
KK KAMPAR

OSSAD PROGRAMME

Our One Stop School Assessment (OSSAD) programme took place at Kampar Health District (PKD) on January 13, 2023, and later at SK Gopeng on May 24, 2023, with a focus on simplifying the screening process for students with special needs and assisting with OKU (Orang Kelainan Upaya) status when possible.





In collaboration with staff at PKD, District Education Office (PPD), and Social Welfare Department (PKM), the programme enrolled 30 students for both sessions, achieving solid attendance. Diagnoses covered a range of conditions, including Dyslexia, Intellectual Disabilities, and Autism Spectrum Disorder. In the second session, 19 students were registered under PKM, 23 were scheduled for rehabilitation and diagnosis confirmation, and two were referred to an optometrist for vision evaluation. This programme underscores our aim to support students with unique needs in our district, focusing on their well-being.

KK KAMPAR'S WOUND CARE CENTRE

In April 2023, Klinik Kesihatan Kampar achieved recognition as an "Excellent Wound Care Centre" (EWCC). With a focus on delivering comprehensive wound care services and providing optimal treatment, this designation reflects our commitment to improving healthcare. The centre serves as both a reference point for wound care and a training centre for public health professionals. This achievement highlights our dedication to enhancing healthcare services, with a particular emphasis on wound care, thanks to the efforts of our healthcare professionals in Klinik Kesihatan Kampar.

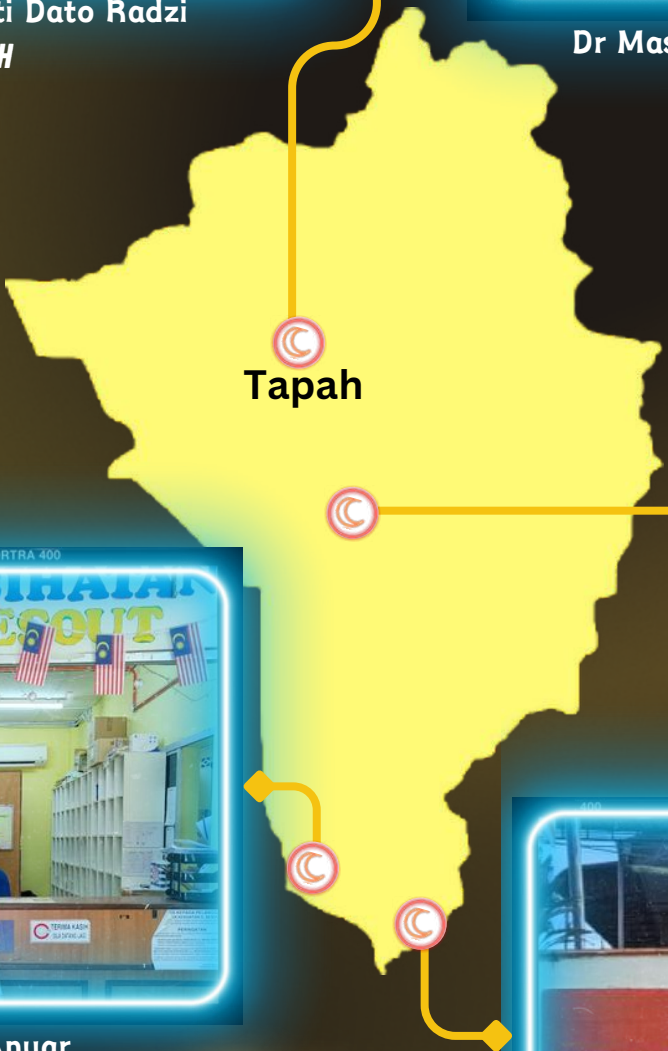




Dr Nur Syariza binti Dato Radzi
KK TAPAH



Dr Maslinda binti Zainuddin
KK BIDOR





Dr Najmi binti Anuar
KK GUNUNG BESOUT



Dr Nor Hashima binti Mahabu
KK SUNGKAI

Klinik Kesihatan
(without FMS)

- KK BATU 17
- KK TAPAH JALAN DAMAI
- KK TROLAK SELATAN

KD : 18
KKOM : 1

Additional
MEASLES-RUBELLA IMMUNIZATION
activities in Batang Padang District





Supplementary Immunization Activity (SIA) for measles-rubella is the activity of giving additional measles and rubella (MR) vaccines to all children under the age of seven who live in risk areas based on priority (Targeted Measles-Rubella SIA). Family Medicine Specialists were involved in the planning and implementation of the Measles-Rubella SIA in Batang Padang District. This activity was notably the first of its kind in Perak state.



Among the contributions of Family Medicine Specialists were; providing information materials on SIA to the public, training members to deliver information, training healthcare workers regarding measles and SIA, monitoring the preparation of members for SIA activities, providing counseling to caregivers who refuse vaccination and being involved in vaccination activities in field.

OTHER ACTIVITIES IN BATANG PADANG DISTRICT



Counseling and visit to tuberculosis patient homes with Director of Gombak Orang Asli Hospital in conjunction with “Program Jelajah Celik Kesihatan Masyarakat Orang Asli” at Pos Gedong, Bidor



Health camp “Jom Sihat” organized by KK Bidor and it’s panel



“Program Jelajah Celik Kesihatan Masyarakat Orang Asli” at Pos Jernang Sungkai





BLS course for PKD Batang Padang staff



Dr Nanthini A/P Kanasan
KK CHENDERONG BALAI



Dr Suriata Daud
KK LANGKAP





Dr Husna binti Mansor
KK TELUK INTAN

KKIA	:	1
KD	:	15
KKOM	:	1

The district of Hilir Perak which covers an area of 792 sq km comprises an estimated population of around 145,500. The community is mainly made up of farmers, palm oil workers, fishermen & various government sector departments. This vast area & multiracial community is covered by 3 government health clinics, 1 government maternal & child health clinic, 15 klinik desa & 1 klinik komuniti. A multitude of interactive health education programmes and screening initiatives have been carried out all year round to ensure that the community receives accurate health information and maintain optimal health status. Among the programmes that have been carried out with our fraternity's involvement are as follows:

KK LANGKAP



Klinik Kesihatan (KK) Langkap's recent activities include an audit by Perak State Health Department on 6/6/2023, a programme for senior citizens on 6/6/2023, an annual community cleanup (Gotong Royong) on 7/7/2023, and celebration of Men's Health Awareness Day on 11/8/2023. Additionally, KK Langkap celebrated Breastfeeding Awareness Day on 24/8/2023. Notably, from 20-23/11/2023, the clinic conducted a Mammogram Cancer Screening Programme targeting 200 participants in Perak.







KK CHENDERONG BALAI

Klinik Kesihatan Chenderong Balai recently underwent supervision of the Maternal and Child Health services by BPKK, Ministry of Health Malaysia. They initiated a Health Education Project titled 'Kasihi Wanita, Anak Sejahtera' focusing on the well-being of women and children. A week dedicated to breastfeeding promotion was observed, and a training program for youth leaders on mental health advocacy and psychological first aid was conducted.







KK TELUK INTAN

Klinik Kesihatan (KK) Teluk Intan has been actively engaging the community in health-related events. On 1/10/2022, KK Teluk Intan organized the "Melestarikan Gaya Hidup Sihat" Health Carnival, attracting over 500 participants. Notably, YB Terence Naidu officiated the event. The clinic was visited by Deputy Director (Public Health) of Perak State Health Department on 6/7/2023. From 14-18/8/2023, the clinic hosted an Open Week, featuring programmes like Diabetes Camp, Breastfeeding Awareness with visitors to the Maternal and Child Health unit, Teen Healthy Awareness Workshop participated by 35 students aged 10 – 17 years old, and Workshop on Sensory Exploration & Child Development which included 15 families. A Stress Management Talk for teachers was also held on 22/8/2023.

On 6/9/2023, KK Teluk Intan conducted a Training of Trainers Workshop on Mental Health Advocacy & Psychological First Aid, involving 130 leadership students from selected schools in the district of Hilir Perak and Bagan Datuk. From 23/6/23 to 22/9/2023, the clinic implemented the Pharmacy Integrated Community Care (PICC) programme for diabetic patients, and achieved an average HbA1c improvement of 1.9%. Additionally, on 14/10/2023, KK Teluk Intan took part in the "Wanita Sihat, Keluarga Bahagia" programme, featuring a health talk on "Kanser Pembunuh Utama Wanita. "Pertubuhan Wanita Prihatin (PERWATIN)" Teluk Intan, a non-governmental organization organized this programme. The clinic continues to play a crucial role in promoting holistic well-being and community health.

By Dr. Husna bt Mansor















Dr. Nadiah binti Othman
was the sole FMS in the district and worked at
KK HUTAN MELINTANG.
She had relocated from Perak recently.

Klinik Kesihatan
(without FMS)

- **KK BAGAN DATOH**
- **KK SELEKOH**
- **KK SUNGAI SUMUN**
- **KK SUNGAI TIANG**

KD : 12
KKOM : 1







"PROGRAM BADAN SIHAT KELUARGA BAHAGIA"

at Kampung Orang Asli Erong, Ulu Bernam

On 19th August 2023, Klinik Kesihatan Hutan Melintang organized a community programme at the Dewan Kampung Orang Asli Erong as part of the 'Hari Orang Asli Sedunia' celebration, involving Bagan Datuk Health District (PKD) and various other stakeholders. This programme was designed to promote health screening and early detection of health problems within Orang Asli community in Ulu Bernam, and expose the community to the health services provided by the clinic.

The main objectives of this programme were as follows:
1. To increase awareness amongst Orang Asli Erong community in Ulu Bernam regarding the importance of regular health check-ups.
2. To provide information on communicable diseases eg Tuberculosis, Hepatitis and HIV infection.
3. To provide information about benefits and accessibility of PEKA B40.
4. To educate community on regular screening for early detection of diseases, particularly Breast Cancer and Cervical Cancer.

The programme was led by Family Medicine Specialist, Dr Nadiah Othman, and supported by 40 staffs from Klinik Kesihatan Hutan Melintang and twelve staffs from Dental Unit PKD Bagan Datuk. A total of 160 Orang Asli Erong participated in the event.

The programme started with exciting aerobic exercise led by a physiotherapist. Welcome speech was given by Dr Mohamad Zarudin bin Mat Said, Bagan Datuk's District Health Officer. Subsequently, other activities included health talks by Family Medicine Specialist, medical and dental exhibition, health screenings, breast examination, and pap smear screenings, all which took place concurrently. Targeted screening for Hepatitis C and HIV was offered to those in high-risk group based on their response in BSSK health screening. There were also other attractive activities such as children's games, healthy meal competition, karaoke competition and lucky draw. The program ended at 1 pm.

This community programme demonstrated good engagement between primary care (health clinic) with Orang Asli community, and focused on health promotion and early detection of diseases. It is hoped that this initiative will serve as a model for future community programmes, fostering a culture of health consciousness and responsibility among all community members.










Dr Siti Norhani Suhaimi
KK SLIM RIVER





KD : 10
KKOM : 1

Dr Nadia binti Abd Gaffar
Dr Shahnul Kamal Hj Sidek
KK TANJUNG MALIM

MUALLIM'S INTERNATIONAL YOUTH DAY & WELLNESS CARNIVAL

Adolescence is a critical phase of life during which individuals undergo significant physical, emotional, and social changes. In recent years, the well-being of adolescents has come under increasing scrutiny due to growing concerns about their health, particularly relating to their mental health, sexual practices, obesity, and use of substances. Modern-day youth grapple with a distinctive set of challenges, including academic pressures and the pervasive impact of digital media.

Understanding the challenges and concerns faced by adolescents, along with offering support and guidance, can help them navigate this phase successfully and prepare them for a healthy and fulfilling adulthood. Therefore, it presented a valuable opportunity for us to create awareness and disseminate insights about significant adolescent health matters while also promoting the accessibility of youth-friendly clinic services at government health facilities in Muallim. This initiative was undertaken during the International Youth Day and Wellness Carnival hosted at SMJK Katholik Tanjung Malim on September 9, 2023.

The Role of FMS

The initial interagency meeting took place on August 14, 2023, involving the Muallim Health District Office, Muallim District Education Office, and various other stakeholders. This was followed by additional deliberations at both the Klinik Kesihatan Slim River and Klinik Kesihatan Tanjung Malim levels to ensure a smooth and coordinated provision of health services and information.

The main objectives of the International Youth Day and Wellness Carnival were:

- Launching and raising awareness about the youth-friendly clinic services (PKMR) within government health clinic facilities in Muallim District, designed to provide teenagers with accessible treatment and direct advisory services.
- Launching of the Smartfit program at the Muallim District level.
- Encouraging the adoption of a healthy lifestyle among school students (adolescents), teachers, parents, and residents of the local community in Muallim.
- Conducting health screenings for school students (adolescents), teachers, and members of the local community in Muallim (ANMS).
- Coordinating the collaborative endeavours and resources of multiple agencies to cultivate robust self-identity values in adolescents, spanning all facets of life. This approach is aimed at establishing a strong defence against prevalent social problems, including smoking, substance abuse, and misconduct.



The International Youth Day and Wellness Experience

The carnival attracted a crowd of approximately one thousand individuals, including students from Standard 4 to Form 6, school teachers, parents, local community members, as well as personnel from various organizations like the Muallim District Education Office, Social Welfare Departments, representatives from Universiti Pendidikan Sultan Idris (UPSI) and our medical staffs. Two weeks prior to the event, consent forms and the electronic-Borang Saringan Status Kesihatan Remaja (e-BSSK) were distributed to parents through the WhatsApp application by school teachers. Adult attendees and adolescents with consent from their parents or legal guardians were then extended invitations to participate in medical health check-ups and screenings at our medical health check-up booths.

The International Youth Day and Wellness Carnival was an event designed specifically for teenagers and adolescents, aiming to provide them with a fun and engaging environment while promoting various aspects of their well-being. Hence, several interactive activities such as music and dance performances, healthy menu and cooking demonstration, interactive quizzes, educational talks by experienced panels and Tik-Tok video challenges, e-sports gaming zones, contests and prizes, and health check-up stations with selfies photobooths were prepared making it a valuable and memorable experience for the students and other attendees. What set these activities apart is that they did not only serve the school students but also served as a platform for reinforcing existing collaborative partnerships between both government agencies and private stakeholders, all aimed at enhancing the well-being of future generations.

The day concluded with participants performances, expressions of gratitude to the participants, volunteers, partners, and sponsors, and bidding farewell to the newly formed networks and acquaintances. Indeed, Muallim's International Youth Day and Wellness Carnival left a lasting impression on participants, fostered a sense of community, and inspired young people to stay engaged in future activities and initiatives.









'HARI WARGA EMAS SIHAT & SEJAHTERA' PROGRAMME 2023

The year 2023 marked the thirty-three years of commemoration of the United Nations International Day of Older Persons with the theme of "Fulfilling the Promises of the Universal Declaration of Human Rights for Older Persons: Across Generations". On October 1st 2023, coinciding with the yearly commemoration, Klinik Kesihatan (KK) Tanjung Malim collaborated with elderly members of our local community to orchestrate the 'Program Hari Warga Emas Sihat Dan Sejahtera' event. This joint initiative involved a partnership with Persatuan Warga Emas Sejahtera (PERWARA), the Muallim District Health Office and JKKP Sg Dara, aiming to make the occasion significant and impactful.

The main objectives of this event were:

1. Highlighting the health and wellness of the elderly as a pivotal element of sustainable development.
2. Introducing Persatuan Warga Emas Sejahtera (PERWARA) KK Tanjung Malim to the local community.
3. Encouraging collaboration between government and private agencies in promoting the health and wellness of the elderly.
4. Promoting camaraderie among the staff of KK Tanjung Malim, PERWARA, and the local communities.
5. Emphasizing mental health care within the elderly community.

Organizing the 'Program Hari Warga Emas Sihat Dan Sejahtera' event was a wonderful way to honour and appreciate the contributions and experiences of the elderly. The event, which took place at Dewan Orang Ramai Kampung Sungai Dara, Behrang Ulu, Tanjung Malim, Perak, was inaugurated by our esteemed local Member of the State Assembly, YB Salina Samsudin. Approximately a hundred attendees participated in the programme, comprising of local elderly residents, volunteers, healthcare workers, and representatives from various NGOs.

Undeniably, the golden years come with their own set of challenges. Common health concerns for older adults often include chronic conditions like diabetes and cardiovascular issues. Mental health is also a big player—dealing with cognitive decline, dementia, or depression can be tough. And let's not forget about the aches and pains that seem to pop up more frequently which may impair the elderly's mobility.

But it's not all doom and gloom! Advances in healthcare, along with a focus on preventive measures like regular exercise and a healthy diet, can help mitigate these challenges. Plus, maintaining a vibrant social life can do wonders for mental and emotional well-being. Hence, the 'Program Hari Warga Emas Sihat Dan Sejahtera' event activities were tailored to address these elderly health challenges. The day kicked off at 7.30 a.m. with a gentle warm-up and stretching session. This helped prepare participants for the Kampung Sungai Dara Fun walk and reduced the risk of injuries. Early morning stroll around the Kampung Sungai Dara neighbourhood with fresh air provided a calm ambience well deserved. It was a fantastic activity which promoted physical activity, social interaction, and overall well-being of the elderlies.

Incorporating traditional games such as "Musang Berjanggut" where participants isolated specific peas and legumes, and 'ketupat weaving', not only evoked nostalgic memories from childhood memories, but also served to promote exercises targeting small muscle groups. Coconut bowling, a game where coconuts were used as bowling balls to knock down the tin cans, was a fun and unique activity. It encouraged participants to work together to strategise and knock down the tin cans, and fostered camaraderie.



The fun of the 'chain message' game in the event, where participants in the group memorized and delivered specific messages to the final player, added a meaningful cognitive challenge. Recognizing and rewarding groups that successfully delivered the correct messages not only made the event enjoyable but also emphasized the importance of intact hearing, articulation, and cognitive engagement for overall elderly healthy well-being.

Indeed, the activities implemented such as traditional games and cognitive challenges were not only enjoyable, but also contributed significantly to the well-being of the elderly. They played vital roles in improving the elderly coordination, balance, fine motor skills, and joint flexibility. Moreover, the positive effects on the mood and overall well-being further enhanced both the physical and mental aspects of their health.

Establishing wellness booths for elderly health was a commendable initiative which provied valuable information and resources. These booths included health check-up stations offering basic medical screenings like blood pressure and sugar level checks, mental health status screenings, and assessments for eligibility in programs like PEKA B40 and the National Health Screening Initiative (NHSI). Participants received explanations about the significance of these metrics. Additionally, other booths, such as the Medication Management booth and Nutritional Guidance booth, provided informational materials on proper medication management and healthy eating advice for the elderly. The event also featured the participation of occupational therapists and physiotherapists, who educated the elderly on the importance of fall prevention and demonstrated simple and safe exercises. This holistic approach aimed to address various aspects of elderly well-being.

The hallmark of the event was the prize-giving ceremony honoring lucky draw winners, game champions, quiz participants, and those who took on the challenge of the explore race. Notably, the event included the nomination of the "Warga Emas Anggun," individuals recognized for their self-presentation, ideal body mass index, and overall health status. Indeed, the aging process is a complex and multifaceted biological phenomenon influenced by a combination of genetic, environmental, and lifestyle factors. Nonetheless, cultivating healthy habits, prioritizing self-care, and adopting a positive attitude can contribute to a graceful aging process. This approach allows individuals to not only navigate the physical aspects of aging but also to savour the wisdom and experiences that accompany the passage of time.





MUALLIM DIABETES SYMPOSIUM 2023

Diabetes is a chronic health condition that affects millions of individuals worldwide. To better understand this disease and its impact, a diabetes symposium was organized by Klinik Kesihatan (KK) Tanjung Malim in collaboration with Pusat Kesihatan Universiti Pendidikan Sultan Idris (PKU UPSI) and Klinik Kesihatan (KK) Slim River on 7th November 2023.

EMPOWERMENT & AWARENESS

This symposium aimed to educate diabetic patients about the causes, symptoms, and management of diabetes, as well as foster empathy and support for those living with this condition. The event consisted of various guest speakers, informative sessions, and interactive activities, all designed to increase awareness and promote a healthy lifestyle.

The symposium began with exercise tailored for elderly and diabetic patients. A physiotherapist led a short exercise routine that highlighted the benefits of physical activity in maintaining healthy blood glucose levels. This was followed by opening speech by Dr Mohd Syafiq Shaharuddin from PKU UPSI and diabetic statistic presentation for Muallim District by Dr Shahnul Kamal, FMS from KK Tanjung Malim. The symposium continued with a forum titled 'Diabetes: Antara mitos dan realiti'. The speakers were Dr Siti Nurhani Suhaimi, FMS from KK Slim River and Dr Nur Nadhirah Mesran, gazetting FMS from KK Tanjung Malim. The forum discussed the myths and facts of diabetes in our society and it was opened for patients and the public audience. At the end of the forum, a Question-and-Answer session was held, allowing participants to clarify their doubts and seek advice from the experts. This session helped patients to gain a deeper understanding of the complexities and challenges faced by individuals with diabetes.

To make the symposium more engaging, there were hands-on activities for patients to participate in. The activities involved checking blood glucose levels using a glucose meter, learning foot care and foot exercise, screening for eye complications of diabetes, cultivating diet control in diabetic patients and educating diabetic patients to recognise their medications. These activities were eye-opening as they demonstrated the importance of monitoring blood sugar levels and proper medications intake in managing diabetes. Additionally, the significance of exercise and a healthy diet in preventing and managing diabetes was highlighted throughout the symposium. A nutritionist provided valuable information on the best food choices for individuals with diabetes, focusing on the importance of controlling carbohydrate intake and opting for low-sugar options.

To further enliven the event, various competitions were held such as 'Pertandingan Dapur Sihat', 'Pertandingan Gubahan Sayur-sayuran' and a Tik Tok video competition on diabetes awareness among school students in the Muallim district. The symposium ended with prize giving ceremony to the winners and participants.

ENLIGHTMENT & JOY

Overall, the diabetes symposium was a valuable experience that equipped our patients and community with the knowledge and empathy needed to support individuals with diabetes. It emphasized the importance of a healthy lifestyle in preventing and managing diabetes, and highlighted the significance of social support in helping those affected by this condition. By organizing such events, not only can we educate our patients, but also contribute to building a more inclusive and understanding community.

Principal author: Dr Nadia binti Abd Gaffar
Co-authors: Dr Shahnul Kamal bin Hj Sidek, Dr Siti Norhani Suhaimi, Dr Ahmad Faiq bin Mukhtar, Dr Nur Nadhirah Mesran



AWARDS & ACHIEVEMENTS

Achievements



Dr Tay Chai Li
First prize in oral presentation at 12th ASEAN & 9th Perak Health Congress on Primary Health Care July 2022



Dr Albert Yong Kui Choon
World Organization of Family Doctors (WONCA) Rising Star Award 2023



Dr Subashini Ambigapathy
Academy Of Medicine Malaysia (AM)



Dr Noor Syazana Che Ismail
Second prize at Perak Annual Medical Research Conference 2023



Dr Subashini Ambigapathy
Anugerah Inovasi KKM Kategori Perkhidmatan



Dr Suriata Binti Daud
National Assessor For Baby Friendly Hospital Initiative



Dr Subashini Ambigapathy
Anugerah Tokoh Ibu PRIM Peringkat Negeri Perak 2023

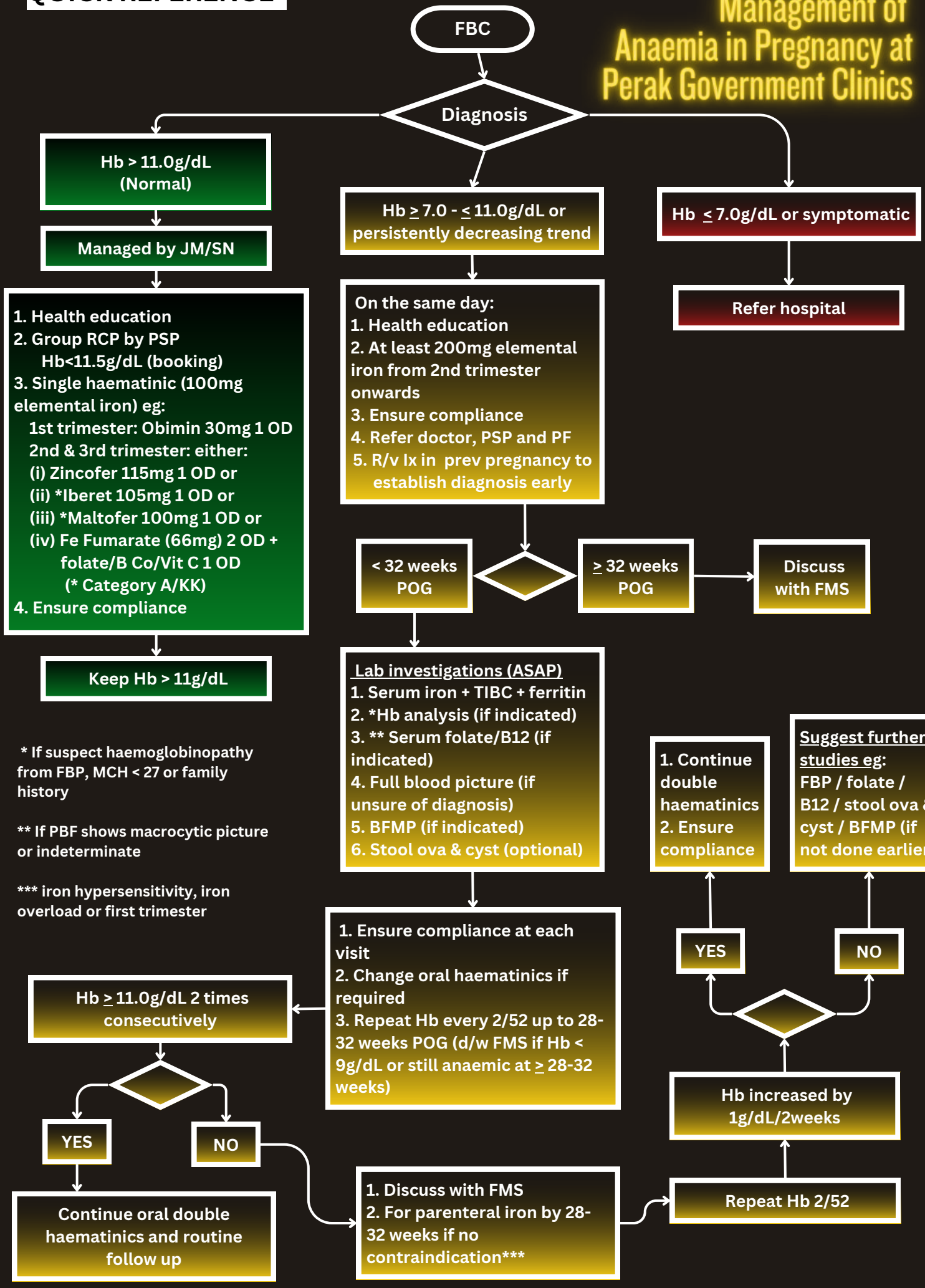
Publications & Presentations

1. Farah Aishah Hamdan, **Descriptive analysis of intravenous iron dextran in antepartum patients, efficacy and safety in a Malaysian primary care clinic**; *25th Family Medicine Scientific Conference*
2. Jazlan Jamaluddin, Mohd Azzahi Mohamed Kamel; **Fibrates prescription among patients with diabetic retinopathy in Perak: A five-year study**; *25th Family Medicine Scientific Conference*
3. Jazlan Jamaluddin, Mohd Azzahi Mohamed Kamel; **Frequency and predictors of inappropriate medication dosages for cardiovascular disease prevention in chronic kidney disease patients: A retrospective cross-sectional study in a Malaysian primary care clinic**; *Heliyon*
4. Jazlan Jamaluddin, Nadia Abd Gaffar, Nor Shazatul Salwana Din; **Hallucination: A key challenge to Artificial Intelligence-Generated writing;** *Malaysian Family Physician*
5. Jazlan Jamaluddin, Sofiah Zainal Abidin, Gayathri Kathitasapathy, Mohamad Zikri Mohamad Isa, Mohd Azzahi Mohamed Kamel, Paream Kaur, Thenmoli Palaniyappan; **ABC approach for the management of adults with hyperthyroidism: A practical strategy in primary care**; *Malaysian Family Physician*
6. Jazlan Jamaluddin; **A masquerade in a symptomatic patient with heart failure**; *Malaysian Family Physician*
7. Jazlan Jamaluddin; **An adult with a finger mass is it benign or malignant?**; *Malaysian Family Physician*
8. Jazlan Jamaluddin; **An Unexpected Reaction to Topical Garlic Medicament - A Case Report of Irritant Contact Dermatitis Successfully Managed in Primary Care**; *Cureus*
9. Jazlan Jamaluddin; **Characteristics and factors associated with severity of COVID-19 infections in primary care;** *Malaysian Family Physician*
10. Jazlan Jamaluddin; **May I have your phone number?**; *Malaysian Family Physician*
11. Karen Christelle, **Foetal pelvic and left lower extremity lymphatic malformation**, *MJM Case Reports Journal*
12. Lau Yee Theng, Chia Hui Teng, Nadia Abd Hadi, Mohd Shaffari Marzuki, Liliwati Ismail; **Prevalence of Burnout and Its Associated Factors Among Healthcare Workers in Health Clinics in Manjung**; *25th Family Medicine Scientific Conference*
13. Leow Shing Ni, Suriyati Sariban, Ching Keng Heong, Nurul Mursyidah Shohaimi, Raveena Visha Morthi; **A cross sectional study to review the characteristics of anemia in pregnancy at 35 to 37 weeks of POA/POG in Kerian**; *25th Family Medicine Scientific Conference*

14. Leow Shing Ni; **Cross-sectional study on Dyslipidemia management of Type 2 Diabetes Mellitus patients in Changkat Jering Health clinic, Perak**; *Perak Technical Report 2022*
15. Mohammad Zawawi Abu Bakar, **A case series of ultrasound assessment of neck lymph nodes in primary care**; *25th Family Medicine Scientific Conference*
16. Mohd Azzahi Mohamed Kamel, Jazlan Jamaluddin; **Clinic furniture arrangements leading to patient self-reported blood pressure discrepancy: a rare case of total occlusion of left subclavian artery**; *University of Toronto Medical Journal*
17. Nadia Abd Gaffar; **Work-related quality of life and its associated factors among house offcers in two hospitals in Selangor**; *25th Family Medicine Scientific Conference*
18. Nadia Abd Hadi, **Severe jellyfsh envenomation: A fatal incident in Pangkor Island – A case report**; *25th Family Medicine Scientific Conference*
19. Norita Yasmin Asrani @ Sha'arani, **Kampar Limb Irrigation Tool (K-LIT): A new wonder in wound care**; *25th Family Medicine Scientific Conference*
20. Phan Ai Ping, **Smoking awareness community programme in collaboration with health clinic advisory panel in Kinta district**; 25th Family Medicine Scientific Conference
21. Subashini Ambigapathy; **Effectiveness Of The Committed Smoking Cessation Clinic Producing An Excellent Result In Smoking Cessation Rate**; *International Journal of Seven Multidisciplinary*
22. Subashini Ambigapathy; **Development Of A Malaysian Potentially Inappropriate Screening Tool In Older Adults (MALPIP): A Delphi Study**; *Journal Of Pharmaceutical Policy and Practice*
23. Subashini Ambigapathy; **The Importance of Structured Diabetic Resource Center Led by A Trained Diabetic Care and Education Specialist Leading to Optimum Diabetes Mellitus Management Outcome - A Retrospective Audit in Buntong Government Health Clinic in 2022**; *Perak Technical Report 2023*
24. Subashini Ambigapathy; **The Vital Role of Diabetic Educator In Primary Care Health Clinic - Sharing The Experience From Buntong Health Clinic, Perak, Malaysia**; *International Global Journal For Research Analysis*
25. Suriata Binti Daud; **Outcomes of Chronic Hepatitis C Treatment With Direct-Acting Antiviral Drugs Among People Who Inject Drugs and Non-drug users Attending Primary Care Clinics in Hilir Perak and Bagan Datuk Districts**; *Perak Annual Medical Research Conference (PRC) 2023*
26. Suriyati binti Sariban, Nadia binti A. Hadi; **Garis Panduan Pengurusan Kecemasan Perubatan Di Klinik Pergigian Primer Dan Kepakaran Pergigian Non Hospital Based**; *Bahagian Kesihatan Pergigian dengan kerjasama bahagian perubatan dan Bahagian Kesihatan Negeri Perak 2023*
27. Tay Chai Li; **A malnourished post-stroke man with multi-morbidity and sarcopenia risk in a long- term stroke clinic: A case report**; *Malaysian Family Physician*
28. Tay Chai Li; **Screening and management of osteoporosis: a survey of knowledge, attitude and practice among primary care physicians in Malaysia**; *Archives of Osteoporosis*
29. Thenmoli Palaniyappan; **Prevailing over Autism through Multidisciplinary Early Intervention in Kuala Kangsar Health Clinic: A Novel Approach in Primary Care - A Case Report**; *25th Family Medicine Scientific Conference*

QUICK REFERENCE

Management of Anaemia in Pregnancy at Perak Government Clinics



* If suspect haemoglobinopathy from FBP, MCH < 27 or family history

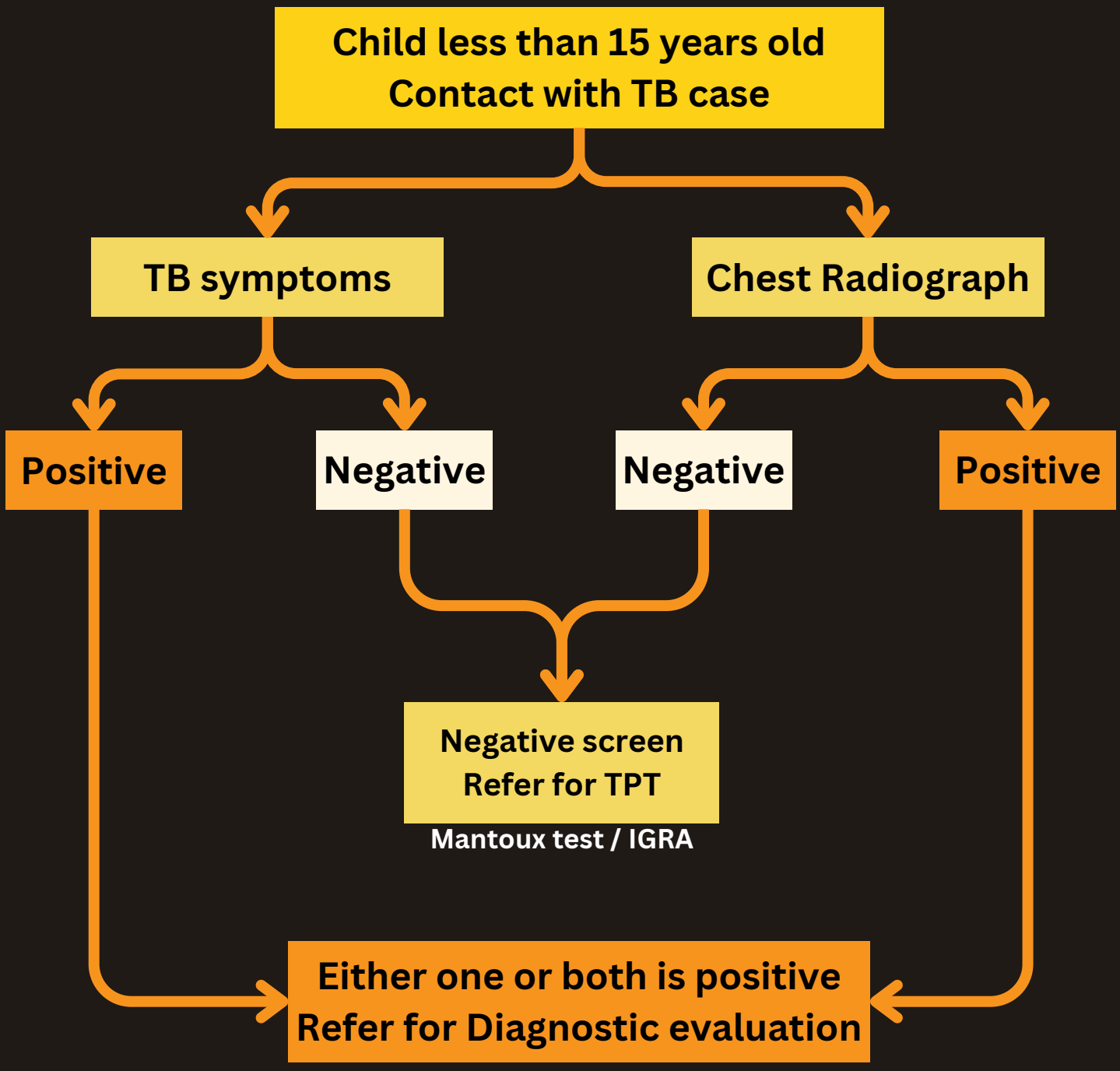
** If PBF shows macrocytic picture or indeterminate

*** iron hypersensitivity, iron overload or first trimester

Source: Manual Pengendalian Ibu Hamil Anemia di Klinik Kesihatan Negeri Perak Version 2.0, 2020

QUICK REFERENCE

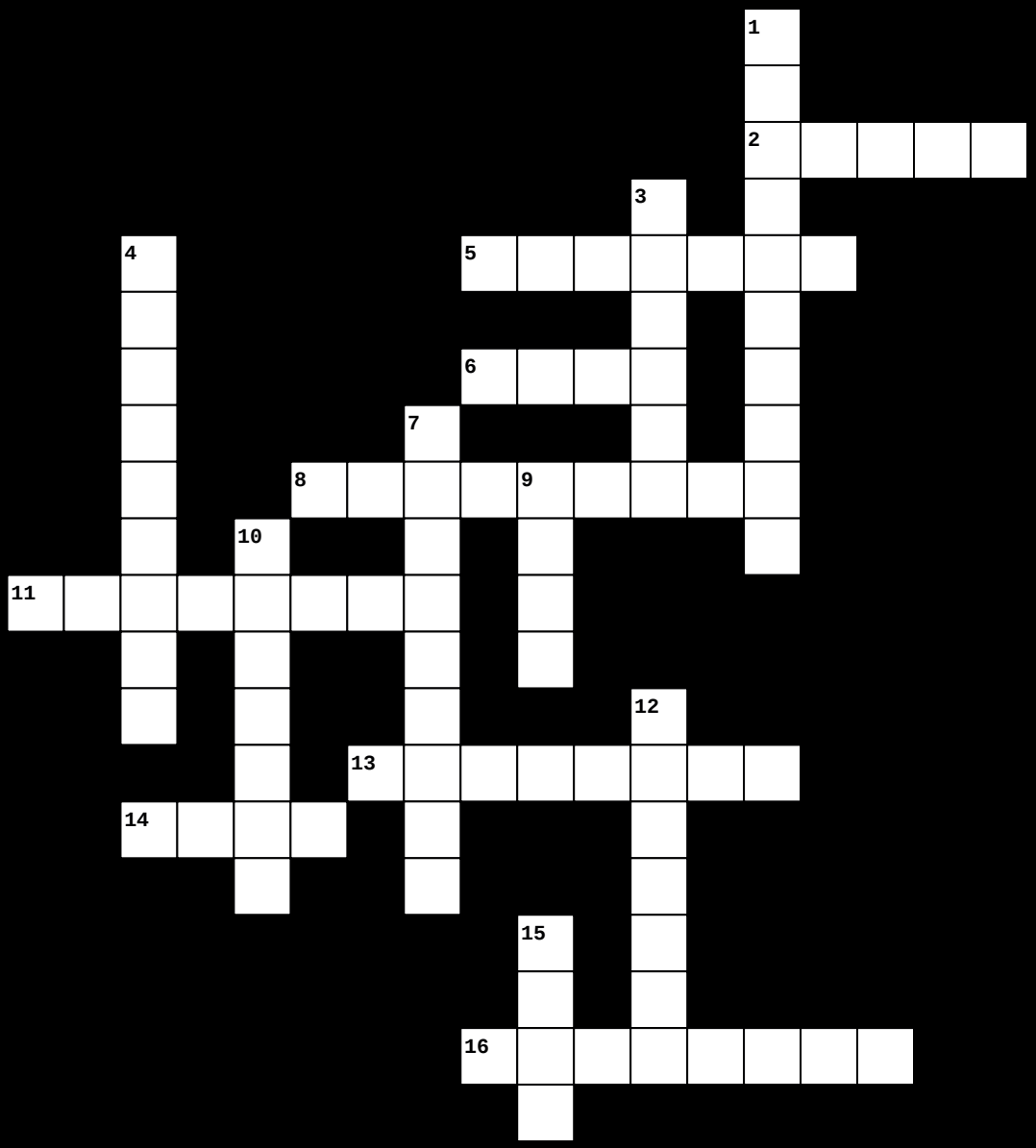
Approach for children with TB contact
Parellel screening with symptoms and chest radiograph



Source: National Strategic Plan for Ending TB, Malaysia: TB in Children Education Module

CROSSWORD PUZZLE

TEST YOURSELF! The answers can be found in this newsletter.



Across

2. KK in Manjung, also the taste of sky juice
5. Ar-Rahman guest care program
6. KK in Perak Tengah with a directional name
8. General _____ Force Camp
11. A health program organized by FMS Perak in 2023
13. The westernmost KK with FMS in Perak
14. Name of Quit smoking innovation project
16. Program launch in Muallim's Youth Carnival

Down

1. An obstetric related workshop by KK Greentown
3. Diabetic Lay Educator Program in KK Padang Rengas
4. First FMS subspecialty in Perak
7. Source of inspiration for the water first aid program
9. Acronym for HIV counseling and treatment
10. The Darul title of Perak
12. The royal district of Perak
15. Kampar _____Irrigation Tool

Answers:
1. ULTRASOUND, 2. TAWAR, 3. PERADI, 4. GERIATRIC, 5. PENEMAN, 6. BOTA, 7. JELLYFISH, 8. OPERATION, 9. ABCD, 10. RIDZUAN, 11. KARNIVAL, 12. KANGSAR, 13. PIANDANG, 14. STAR, 15. LIMB, 16. SMARTFIT

1st Announcement

13th ASEAN & 10th Perak Health Congress on Primary Health Care

12 - 14 JULY 2024

Kinta Riverfront Hotel & Suites
Ipoh, Perak

Pre-Congress 11 July 2024

Embracing New Horizons in Primary Health Care

Jointly organised by

Perak Association of Public Health Physicians

Perak Medical Practitioners' Society

Family Medicine Specialists' Association Perak

Congress Highlights

Plenary

-Digitalization & Artificial Intelligence in Primary Care
-Public & Private Partnership In Primary Care
-Post COVID 19 Rehabilitation
-Domiciliary-Palliative Care

Symposium Highlights

-Updates in Hepatitis C
-Geriatric Giants
-prEP – First Hand Experience
-Occupational Health In Primary Care
-Learning difficulties in children
-Metabolic Associated Fatty Liver Disease

Workshop - Modern Wound Care

Conference Fees	Before 1st June 2024	After 1st June 2024
Doctor	RM450.00	RM600.00
Paramedic/ Medical Student	RM300.00	RM400.00
Pre-Congress	RM150.00	RM150.00
Foreign Delegate	USD200.00	USD200.00
Virtual Foreign Delegate	USD100.00	USD100.00

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