Launching of

FMHS Bulletin by DVC

Further milestone in FMHS
Dari Meja Editorial

Assalammualaikum.

Salam sejahtera kepada semua pembaca,

Dengan Nama Allah yang Maha Pengasih
lagi Maha Penyayang;

Sebagai permulaan saya ingin parjatkan rasa syukur kerana Isu Kedua Buletin FMHS berjaya diterbitkan pada tahun ini. Adalah menjadi harapan kami bahawa buletin ini akan menjadi satu medium komunikasi yang senantiasa ditunggu keluarnya oleh warga fakulti.


Isu Kedua buletin ini memaparkan beberapa pesan-pesan yang membincangkan waga fakulti menerusi kejayaan beberapa staf fakulti in melatikan Fakulti Perubatan dan Sains Kesihatan ke satu tahap yang lebih tinggi. Buletin ini juga memaparkan penglibatan para pelajar perubatan dan kejururawatan di dalam pelbagai aktiviti yang telah dijalankan diperingkat fakulti maupun diperingkat universiti. Kesibukan jualan pembelajaran program perubatan dan kejururawatan ramai tidak memastikan semangat mereka untuk bergiat aktif dalam apa jua aktiviti-aktiviti yang disinggalkan. Melahan, mereka senabaga berusaha untuk mengharumkan nama fakulti di setiap sudut penglibatan mereka.

Akhir kata, sokongan yang berterusan dan sumbangsana daripada waga fakulti senantiasa kami harapkan kerana ia akan memastikan Buletin FMHS terus maju jaya.

Rasidah Abd Wahab
Ketua Editor
The name Kussmaul is immensely famous among the medical fraternity. Kussmaul breathing and Kussmaul sign are often used in questions in medical examinations, which sometimes cause a headache to medical students. It will be edifying to know more closely about this giant of 19th century medicine.

Adolf Kussmaul was born on February 22nd 1822 in Germany (Grabern near Karlsruhe in Breisgau) in a family of physicians. He studied medicine at Heidelberg and proceeded for further studies in Vienna and Prague. In 1855 he obtained his Doctor of Medicine at Wurzburg, where the famous Rudolf Virchow (known for Virchow's node and Virchow's triad) lectured. After a 2-year stint as military surgeon, he embarked on private practice for some time. In 1850 he married Luise Amanda Wolf. In 1857 Kussmaul was appointed professor extraordinary back in Heidelberg, but later moved to Erlangen to assume the chair of internal medicine.

Kussmaul wrote with authority on many subjects including psychology, pathology and neurology. He developed a number of valuable diagnostic and therapeutic procedures like pleural tapping and gastric lavage. He was the first to attempt oesophagoscopy and gastrosopy. He was the first to describe periarteritis nodosa and progressive bulbary paralysis and to diagnose mesenteric embolism. Rheumatologists honor him as the author who first documented a case of idiopathic vasculitis (Kussmaul-Maler disease). Gastroenterologists consider Kussmaul as the father of modern gastroenterology as he developed the first gastroscope and gastric pump. Kussmaul sign (Kussmaul-Griesinger sign), Kussmaul breathing (Kussmaul's respiration) and Kussmaul's pulse (pulsus paradoxus) are attributed to the discoveries of Adolf Kussmaul. His work on central venous pressure in pericardial and mediastinal disease was a continuation on initial observations made by Greisinger in 1854. His work and book on aphasia (Kussmaul's aphasia - a functional mutism) are widely acclaimed.

Adolf Kussmaul's reputation as an excellent teacher, his compassion for his patients, and his ability as a clinician cum scientist led him to be regarded as a giant of 19th century medicine. Kussmaul's life and career dedicated foremost to alleviating human suffering and advancing medicine as a scientific discipline with a strong humanistic foundation, makes him a role model for physicians today.

After he had a peep into the scientific advancement of modern medicine of the twentieth century, Professor Adolf Kussmaul died from an asthma attack at the age of eighty on 28 May 1902.

In the 21st century, doctors, being too busy and wary of litigation, are tempted to depend largely on machines and investigative tools, but the importance of history taking and physical examination will and should remain the most important part of doctor-patient interaction. Kussmaul will always be remembered when we examine the jugular venous pressure, arterial pulse and the pattern of breathing of every patient.

References
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Clinical medicine and research, vol. 7, number 3 History of Medicine
On 12th October 2009, the first issue of the FMHS Bulletin was officially launched by Associate Professor Mohd Fadzil Abdul Rahman, Deputy Vice Chancellor of Students and Alumni Affairs. He gave a speech prepared by Professor Dr. Khairuddin Ab Hamid, the Vice Chancellor of UNIMAS, who was unable to attend the launching ceremony. In his speech, he urged the lecturers and administrators to write and publish their work in the bulletin. This practice would position their names and knowledge at a place where it will be reference material and subsequently contribute to the progress of the country. He further added that all academicians are encouraged to produce high quality publications for academic references at both the national and international level.

The FMHS Dean, who is also the advisor for the editorial committee said one of the main objectives of this bulletin is to give the faculty staff a platform to publish reports on their social activities that do not necessarily focus on academic aspects. Moreover, it also gives all faculty staff a chance to flex their writing skills as promoted by the university. At end of his speech, the Dean of FMHS urged all faculty staff to submit their contributions to the FMHS Bulletin.

He, then, also made a courtesy call to the Dean of the FMHS, UNIMAS and gave a talk entitled “Global Role of the Royal College of Surgeons of Edinburgh”. The talk was followed by a lively discussion on future MRCS examinations and the feasibility of establishing an overseas examination centre of the Royal College of Surgeons of Edinburgh in the faculty.

The Royal College of Surgeons of Edinburgh has approved UNIMAS as an overseas centre of the College and proposed the date for the part 3 final assessment of MRCS examination in August 2010 for the very first time. A positive response from the Royal College of Surgeons of Edinburgh for having an examination centre in the FMHS, UNIMAS would improve the image and role of UNIMAS in the international arena of surgical education. It also would be an incentive to the medical students who are eager to take up surgery as their future career. The examination centre would also attract the surgical trainees not only from Sarawak but also from Sabah, Brunei and neighbouring countries. The blessings, encouragement and cooperation from the Chancellery of UNIMAS, the Dean of FMHS and the local surgical community with the Royal College of Surgeons will ensure that this coming examination would be a success.

In accordance with the vision of becoming an exemplary university of internationally acknowledged structure and a scholarly institution of choice, the Faculty of Medicine and Health Sciences (FMHS) has been discussing and negotiating with the Royal College of Surgeons of Edinburgh, United Kingdom, to establish an overseas examination centre in UNIMAS.

As a first positive move, Mr. John Orr, the President of the Royal College of Surgeons of Edinburgh, paid a visit to Kuching, Sarawak in August 2009. This is the very first visit by a President of the Royal Colleges of United Kingdom to Sarawak. Being a paediatric surgeon, he gave a well-attended lecture entitled “Training of paediatric surgery; the Past, the Present and the Future” at the Sarawak General Hospital. This was followed by a cordial and friendly discussion with the surgical colleagues of Kuching on the feasibility and logistics of establishing an overseas examination centre for the Member of the Royal College of Surgeons (MRCS) examination of the Royal College of Surgeons of Edinburgh.

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MoU between UNIMAS and St George’s Hospital Medical School

A Memorandum of Understanding (MoU) was signed between UNIMAS and St George’s Hospital Medical School (St George’s), London on 6th May 2009. The MoU was signed by Professor Dr Khairuddin Ab Hamid on behalf of UNIMAS and John Duffy on behalf of St George’s. Under the two-years MoU, both institutions agree to cooperate on activities which include collaborative research projects, academic staff exchange, joint consultancies and student exchange.

A collaborative research project to characterise parasite and host determinants of severe Plasmodium knowlesi malaria has already been initiated between Professors Sanjeev Krishna and Janet Cox-Singh from St George’s and Professor Balbir Singh from the Malaria Research Centre (MRC), UNIMAS. This project is funded by the Medical Research Council of United Kingdom. Mr Atique Ahmed arrived from India in September 2009 to work on this project and has registered for a PhD at UNIMAS. Professor Janet Cox-Singh spent four weeks in Sarawak in October 2009, when she introduced Mr Atique to staff at the study field sites at Sibu Hospital and Sarikel Hospital, and supervised and trained him in preparation for the initial stages of his PhD project at the MRC.

Emanuel Wolinsky Award for malaria research at UNIMAS

A paper published in Clinical Infectious Diseases (CID) by researchers from the Malaria Research Centre (MRC), Faculty of Medicine & Health Sciences, UNIMAS, and collaborators, received the Emanuel Wolinsky Award. The paper entitled ‘Plasmodium knowlesi malaria in humans is widely distributed and potentially life threatening’ by Janet Cox-Singh, Lee Kim Sung, Sunita Shamsul and Balbir Singh (MRC, UNIMAS), Tim Davis (University of Western Australia), Asmad Matusop (Sarawak Health Department) and Hasan Abdul Rahman (Pahang Health Department), was selected by the Editors of CID as the best original clinical research article published in CID for the year 2008. CID is one of the leading journals in infectious diseases with an impact factor of 6.75. The award letter from CID stated that the studies of Cox-Singh and colleagues have radically changed the view of the zoonotic potential of P. knowlesi. It further added that in their important article, the researchers retrospectively review the recent Malaysian experience with P. knowlesi infection, describe four fatal cases, and draw several important practical lessons from the experience.

Professor Janet Cox-Singh was presented with the award (a plaque and cheque for US $1,000) on 29th October 2009 at the 47th Annual Meeting of the Infectious Diseases Society of America in Philadelphia, USA. During her acceptance speech she said that discovering knowlesi was at times hard work but the research team felt privileged to do the work and in Malaysian Borneo. She further added that the research was made possibly by support and encouragement from colleagues and friends in the field and financial support from the Wellcome Trust, the Malaysian Ministry of Science, Technology and Innovation and UNIMAS. She concluded by saying that the research team were grateful to CID for publishing the findings and that they were immensely proud to receive the award.

7th Inter-Medical School Physiology Quiz Competition

The Department of Physiology, University Malaya (UM) initiated the unique annual event of Inter-Medical School Physiology Quiz Competition (IMSPQC) in 2003. It started as a small competition between seven local medical schools and increased to 31 different teams from 11 countries at the recent 7th IMSPQC. The competition for 2009 took place at UM from 2nd to 3rd October, with teams from Thailand, Brunei, Singapore, Indonesia, India, Sri Lanka, China, Taiwan, Philippines, Japan and Malaysia. The event gave students the opportunity to socialise and interact with other medical students and to learn something new from each other. The competition was organised in memory of the late Professor A. Raman, the first Malaysian Professor of Physiology and Head of Department of Physiology of UM. At the 7th IMSPQC, Malaysia was represented by Asian Institute of Medicine, Science and Technology (AIMST) University, International Medical University, Monash University, Penang Medical College, Universiti Kuala Lumpur Royal College of Medicine Perak Malaysia (Unikl), Universiti Malaysia Sarawak (UNIMAS), Universiti Sains Malaysia, Universiti Sains Islam Malaysia, Universiti Teknologi Mara Malaysia, University College Sedaya International (UCSI), and UM.

The UNIMAS team was represented by six second-year medical students, namely Lim Kian Wah (the team leader), Au Yan Qian, Calvin Ooi, Faiyuz Lydia Nadhairah, Jimmy Tan Jia Heau and Saw Yue Horng. The team was coordinated by Dr. Phyu Phyu Aung, a Senior Lecturer of the Physiology Unit, Department of Basic Medical Sciences and guided by three physiology lecturers, Dr. Phyu Phyu Aung, Dr. Noorzaid Muhamad and Assoc. Prof. Dr. Manjit Singh Sidhu.

The competition consisted of both written and oral tests, where the oral test was used for ranking the teams. The UNIMAS team was ranked in the top quartile (among 4 quadrants) and got the highest score for the oral test in the preliminary rounds, beating Universiti Malaya, Universiti Kuala Lumpur and Universitas Gadjah Mada, Indonesia, and Second Military Medical University, China. The team then qualified for the fourth round, obtaining second position and qualified for the fourth round, where it was placed fifth out of eight teams. Overall, the UNIMAS team actually got the best oral and written results among the Malaysian universities after Monash University. The scores for the oral test alone put the National University of Singapore as first, followed by Chulalongkorn University, Monash University, Srinakharinwirot University, University of Sri Jayewardenepura, University of Colombo University Sains Islam Malaysia and UNIMAS (in eighth place). As there was no hard and fast rule for the selection of students for the competition, it was known that competitors of the other universities were at least third year medical students and some teams also had postgraduate students. Therefore, given the fact that our UNIMAS team was the youngest, and the team members had not completed all the physiology components of the body systems, our UNIMAS team performed very well in the competition and we all are proud of them.
The Nursing Department successfully conducted a Nursing Seminar from 31st October to 1st November 2009 at Auditorium A of the Faculty of Medicine and Health Sciences (FMHS), UNIMAS. This seminar was jointly organised with the Malaysian Nurses Association, Sarawak Branch. The theme for the seminar was “Enhancing Leadership and Clinical Management Skills.” The objective of the seminar was to gather new nursing knowledge, especially in relation to leadership and management skills, as well as new improvement and perspectives in nursing. This is of importance as nurses are faced with numerous new challenges with the continuous increase of competitive health care services besides the changing demands of an affluent society for excellent care. Hence it requires nurses to keep current with the latest knowledge in leadership and management skills to enhance the daily management of patient care. The seminar was graced open by the Dean of the FMHS and the closing speech was done by Matron Fu Choong Kee, the Chairman of the Malaysian Nurses Association, Sarawak Branch, while the invited speaker for this seminar was Madam Hjh. Ramziah Hj. Ahmad, the President of the Malaysian Nurses Association.

A total of 258 participants from all over Sarawak attended the seminar with the most number of participants coming from Sarawak General Hospital. Staff from other institutions, like SEGi College, Sarawak, Normah Medical Specialist Centre, Universiti Teknologi Malaysia, Timberland Medical Centre and International College of Advanced Technology (ICATS) also attended this seminar. What was very encouraging was the involvement of our 3rd and 4th year nursing students who volunteered in the logistics and protocol committee. The activities of the seminar included a workshop for all participants, as well as group presentations of the workshop topics pertaining to leadership and management skills.

FORUM ON STUDENT ASSESSMENT & MEDICAL EDUCATION CLINIC

The Medical Education Unit, Faculty of Medicine and Health Sciences (FMHS), UNIMAS successfully organised the first forum on student assessment from 10 to 11th October 2009. The two-day event was held at Auditorium A of the FMHS and the guest speakers were Associate Professor Dr Saiful Bahari Ismail, Associate Professor Dr Kamardin Jaalam, Associate Professor Dr Siti Amrah Sulaiman and Dr Ahmad Fuad Ab Rahim from Universiti Sains Malaysia and Professor Dr Christina Tan and Professor Dr Debra Sim from Universiti Malaya. There were fifty-six participants at the forum, of which forty-seven were FMHS academic staff and the remainder were from Universiti Putra Malaysia, Universiti Sultan Iman Malaysia, International Islamic University Malaysia and Universiti Malaysia Sabah. The main programme was an interactive forum session and Medical Education Clinic on constructing Best Answer Questions. The objectives of the two-day event were to enable sharing of experiences and information pertaining to assessment methods with staff from other Public Institutions of Higher Learning, to enhance and expose participants on issues or debates pertaining to student assessment in medical schools and to enhance skills and knowledge in formulating Best Answer Questions. Similar activities are expected to be held again in future as there are a lot of things that we, as academicians need to be updated, so that we can efficiently work to improve and enhance the present student assessment methods and curriculum.

Professional Exam Vetting Workshop:
Nursing Department

Three vigorous days in Damai, Kuching have been a tiring but fun experience for all the staff from the Department of Nursing. The Department of Nursing organised a three-day vetting workshop for the First and Final Professional Examination. The workshop involved vetting questions for written examination and stations for objective-structured clinical examination (OSCE). Thanks to all the staff of the department, half of the good work has been done. Half to go...
The FMHS Convocation Dinner 2009 was held on 14th August at Sarawak Golf Club with "Glamorous" as the theme of the night. Eighty two graduating seniors were honored that night along with their parents, lecturers and juniors. Our Deputy Dean (Postgraduate and Research), Prof. Dr. Mohd Syafiq Abdullah was also present to officiate the event. The function was organised under UNIMED to celebrate the graduation of our seniors. It is a simple and yet sentimental platform for the seniors to express their gratitude towards the lecturers and a final reunion with all the course mates.

The night was lit up by the performances from 1st year juniors. In return, graduating seniors volunteered to sing on the spot. All the graduating seniors took their vows that night; "The Hippocratic Oath" for the medic and "Nightingale Pledge" for the nursing. The highlight of the night was the cake-cutting ceremony followed by the spoon feeding by the lecturers. Few outstanding seniors were awarded by various authorised organisation.

Bil | Name | Award
---|---|---
1 | Nadia bt Othman | Gold Medal in Obstetrics and Gynecology
2 | Rashid bin Othman | Tan Sri Datuk Amar Dr Sulaiman Hajj Daud Award in Surgery
3 | Boo Yang Liang | Puan Sri Datuk Amar Naimah Hj Hasbi Award in Medicine
4 | (i) Suria Prakash a/f Murthy (ii) Mohd Dasril Anas | Advanced Medical Optics Award
5 | Felix Kho Swee Then | Excellence Award in Community Medicine and Public Health
6 | Liu Swee Min | Excellence Award in Geriatric (Medical)
7 | Vivian Keling Bilong | Excellence Award in Geriatric (Nursing)
8 | Liew Zhong Hong | Yayasan Perubatan Kenyalang Award for Best Student in Family Medicine
9 | Khoo Su Ann | Yayasan Perubatan Kenyalang Award for Best Student in Pediatric
10 | Chin Chien Yi | Professor Dr Mohd Amin & Haji Ahmad Book Prize in Psychiatry
11 | Lim Kien Chien | Best Medical Doctor Award
12 | Bong Lee Ping | Best Nursing Student Award

EDUCATIONAL VISIT FROM IPGTAR

On the 22nd October 2009, Department of Basic Medical Sciences received a half-day educational visit by a group of students from the Kota Samarahan Institute of Teachers Training Malaysia (Tun Abdul Razak Campus). The group comprised of 19 undergraduates who were undertaking the Bachelor of Education degree program, specialising in Physical Education. They were accompanied by a lecturer, Tuan Haji Musah Ahmad, who has made earlier arrangement with the Head of Department of BMS for mini briefing-cum-practical sessions in the anatomy and physiology teaching laboratories, which form part of the requirement to complete one of their learning modules. The group was welcomed by most of the department members at the foyer of Lot 77 faculty building. After a brief welcoming note and a short introduction by the Head of department, the visiting students were divided into two groups and took turns to visit the anatomy and physiology lab. The anatomists that have contributed their knowledge and expertise to this group of undergraduates were Associate Professor Dr Nan Ommar, Associate Professor Dr Tin Moe Nwe and Associate Professor Dr Lucy Mya Kyaw. The students were given the opportunity to explore most of the human anatomical systems using various models and specimens available in the teaching laboratory, with certain emphasis in the musculoskeletal system. The physiology laboratory visit was supervised by Associate Professor Dr Manjit Singh, Dr Phyu Phyu Aung and Madam Nur Allana Hidayah Mohammad. Among others, the students had the opportunity to get the hands-on practical using spirometer and ECG machine, with the assistance of our medical assistant, Mr Andi Saji. The students thoroughly enjoyed the visits and commented on the valuable inputs gained from the lecturers involved. They expressed their wish to see such activities to be continued in the future. The visit ended at noon, after some refreshments and farewell speech from both BMS department and the IPGMTAR student representative.

Accreditation Workshop: Nursing Programme

The Department of Nursing organised an Accreditation Programme Workshop for the Nursing Programme from 2nd until 3rd October 2009 at Damai Beach Resort. There were eleven nursing lecturers who attended the workshop. Invited speakers were Associate Professor Dr Ahmad Hatta, Professor Dr Henry Rantai Gudum, Associate Professor Dr. Awi Idi and Dr Hamidah Hassan, the Head of the Nursing Programme, Universiti Kebangsaan Malaysia. It was a fruitful session for everyone in the department to have the opportunity to share and learn more about the accreditation process. Good Job everyone!

FMHS UNIMAS Bulletin
Leptospirosis is a worldwide zoonotic infection and is now identified as one of the emerging infectious diseases (Levett, 2001). Its epidemiology has varied following changes in animal husbandry, climate changes and modifications of human behaviour. Recent outbreaks of leptospirosis in this region, in particular, the EcoChallenge Sabah 2000 competition, have increased the interest in this disease.

Leptospirosis is due to infection with Leptospira interrogans spirochetes. It can be transmitted by direct contact with urine or tissues of infected animals. It can also be acquired by humans who are in contact with water, soil or mud contaminated with infected urine, or who ingest contaminated water. The route of infection is often through skin cuts or abrasions or through direct contact with mucous membranes. The common animals implicated are cattle, pigs, sheep, dogs and rats. The typical incubation period is 5 to 14 days. The infected person can present with fever, chills, headache, severe myalgia (especially of the calves, thighs and lumbar region) and conjunctival suffusion. Severity of the condition varies depending on the infecting serovar. Ten percent of cases can progress to the severe type, presenting with either Weil’s syndrome (jaundice, renal failure, haemorrhage and myocarditis), or meningitis and meningoencephalitis or pulmonary haemorrhage and Acute Respiratory Distress Syndrome (ARDS). The diagnosis is made upon isolation of the pathogen on blood cultures, or a fourfold or greater increase in Leptospira agglutination titre between acute and convalescent phase sera obtained at least two weeks apart or a single Leptospira micro agglutination titre greater than or equal to 400, supported by a positive EIA IgM result.

The Leptospirosis Research Group, as part of the EcoZoonoses research went to Sibu, Sariki, Kanowit, Bintangor and Nanga Merit recently to collect blood samples from the community to assess the prevalence of leptospirosis in the Rejang Basin of Sarawak. Samples from both wild and domestic animals were collected in similar areas to ascertain the relationship of animal reservoir for leptospirosis and human exposure. It is hoped that this research will highlight the significance of leptospirosis in Sarawak, particularly in the Rejang Basin so that the rate of under diagnosis for this condition will improve and patients can be treated early to avoid high incidence of mortality from this condition.
1st professional exam nursing
supplementary professional examination medical programme november 2009

Emie Isma bt Ismail
Rufidah bt Muhamad
Saifui Hisham bin Salbani
Wan Nor Ashidah bt Tun Ibrahim
Ainun Hayati bt Abd Halim
Azie binti Aziz
Aainaa Nadirah bt Mohamad Yusoff
Alaina Munira bt Mohd Said
Fatih bt Muhamad Tamyez
Noor Farnaha bt Mohd Nowowi
Nursyahirah @ Sheila Salinah bt Md Bohari
Poon Tuck Choy
Yam Wai Cheong
Majlis Konvokesyen ke-13
2009

convocation day
family health project
Gentle and peaceful are the two words that would normally leap into many people's mind when they encounter this man. He is a familiar face in the FMHS as well as in the orthopaedic clinic in Sarawak General Hospital. His ready smile and humble nature have beckoned patients and students alike to approach him for their ailments and queries. His name is Pan Kok Long, an orthopaedic surgeon who has been contributing to the education of UNIMAS medical and nursing students as well as to the community in Sarawak ever since he arrived in this part of Borneo more than ten years ago. Born in Malacca in 1956, the son of a salesman received his early education at Batu Road Primary School in Kuala Lumpur and continued his secondary schooling at Victoria Institution. Upon obtaining excellent results in the Higher Education Certificate (HSC), Pan was accepted to do his degree in Medicine at Universiti Kebangsaan Malaysia. Once graduated, his first service was at the General Hospital Kuala Lumpur as the medical officer in various departments. In 1987, he joined UKM Medical Faculty as a trainee lecturer and subsequently continued his study specializing in orthopaedics. Pan was awarded the FRCS from the Royal College of Physician and Surgeon of Glasgow and had the opportunity to work as a registrar at the Orthopaedics Department in Glasgow Western Infirmary before returning home in 1990. At this point, armed with the new experience and knowledge gained from his training, Pan started his life as an academician and contributed greatly to the education of medical students of UKM. As a person who always strive to upgrade himself, Pan underwent subspecialty training in musculoskeletal tumor surgery in Dallas, USA and came back to serve as the Orthopaedic Surgeon in GHKL. A year passed and UNIMAS saw Pan's potential to become one of the early permanent lecturers of its relatively new established medical faculty in Sarawak. Fueled by his ambition to be the person responsible in the generation of new qualified doctors, Pan joined UNIMAS in 1997 and has been one of the solid figures in FMHS curriculum. His involvement is not limited to the education of the undergraduates but also in the training of the postgraduates and health personnel as well. He is appointed as the external examiner for Masters of Medicine in Orthopaedics at few local universities and responsible in organizing various workshops and seminars. For all his contributions to the advancement of knowledge and education in medical area, Pan was promoted to the special grade B professorship in 2008.

Professor Pan is an active researcher and his passion is in the designing of creative innovations useful in managing orthopaedic-related cases. Among the completed projects is the 'Improved Foot Rest to reduce incidence of economy class syndrome on long haul flight', which is now at the patenting phase. He is also involved in the research of the musculoskeletal tumors involving bone and limbs which are now being supported by one FRGS and a short term grant. Few research works arose from this area, among others, the development of software to help doctors to increase the detection of malignant bone tumors, which is now being carried out by a postgraduate student from the Faculty of IT under the supervision of Professor Wang. Professor Pan also formed a group of clinical researchers working towards developing novel ways of reconstructing excised bones due to malignant tumors. Professor Pan has presented in various conferences and scientific meetings and is the humble recipient of a long list of awards acknowledging his contributions in medical research. When asked about his future plan, Professor Pan shared his ambitions to find a better way to improve the care of orthopedics patients with the emphasis on patients' education. His philosophy is to excel within the present constraint, and that makes him a person who would not waste time to find fault with the system but rather finding the best way to succeed in the present environment. He also strives to provide the best services to those who are in need and wishes for the continuous improvement for the nation as a whole.
What we should know about Chikungunya

Currently we are shocked with the rising number of Chikungunya cases in Sarawak. The Director General of Health Malaysia reported that 89% of the total chikungunya cases in Malaysia were contributed from Sarawak state. Deputy Chief Minister of Sarawak, Tan Sri Dr George Chan, indicated that 397 cases of chikungunya were reported until October 2009, whereas there were no reported cases last year. About seven localities of Sarawak were identified with the chikungunya outbreak; 3 in Lawas, 3 in Betong and most recently, one in Sibu. A local daily reported that 20 suspected chikungunya cases were detected in Sibu, including a seven-year-old boy and 73-year-old man admitted to Sibu Hospital.

The sudden rise in the number of chikungunya cases has increased the alertness of the staff of the Sarawak State Health Department and opened the eyes of the public. What is chikungunya and how much do people know about the disease?

Chikungunya is a virus that belongs to the Alphavirus genus of the Togaviridae family. The most common clinical symptoms of chikungunya infection are arthralgia, myalgia, rash, headache and fever. The symptoms usually last between 1 to 10 days although arthralgia may persist. The chikungunya virus is transmitted to humans through the bite of an infected mosquito, specifically mosquitoes of the Aedes genus.

Chikungunya is often misdiagnosed as dengue as they share the same symptoms and have the same vectors and geographical distribution. As there are no effective vaccines or therapeutics available for chikungunya infection, prevention through vector control and early case detection is important.

Several factors that contribute to the rising number of chikungunya cases have been identified. One of them is the retention of Aedes breeding sites as the people at the localities store water in containers for daily use due to recent the dry spell and poor air quality caused by haze. Malaysia is heavily dependent on migrant workers from neighboring countries and as Ae. aegypti is prevalent throughout Malaysia, there was a substantial risk of a viremic worker introducing the virus into new areas within Malaysia.

The Disease Control Division, Ministry of Health Malaysia had implemented a surveillance and management programme of chikungunya disease in 2006. The objectives of this programme were to estimate the magnitude of chikungunya disease in the population and to reduce Aedes mosquito density in the community. The actions taken included public health education, active case detection and house-to-house fogging.

In conclusion, chikungunya cases have increased dramatically in Sarawak and have become a public health concern. Exhibitions, dialogue sessions, demonstrations and distribution of pamphlets and posters should be enhanced to increase the awareness of the public. Interagency cooperation and community participation in keeping the environment free from mosquitos, especially Aedes, will help to reduce the morbidity and to curb chikungunya outbreaks.

Star in the Bladder

A 60-year-old man presented to the clinic with slow urinary flow. Investigations showed that this was due to benign prostatic hyperplasia.

KUB X-ray incidentally detected a “star-shaped” stone in the bladder which was removed surgically.

The patient’s symptoms subsequently improved with medication.
Oleh: Cik Noor Azizah Ahmad


Pada pukul 7.45 malam, acara dimulakan dengan bacaan doa oleh saudara Muhammad Fahmi bin Rossman. Seterusnya majlis dirombak oleh Prof Madya Dr. Nor Aliza. Dalam ucapannya, Dr. Aliza mengingatkan para pelajar agar mematuhi etika berpakaian di fakulti kerana syarat telah diikatkan dan pelajar yang melanggar peraturan akan diambil tindakan.

Educational Visit: Form 5 Students of Sekolah Menengah Sains, Kuching

Anis Syahidah Muhammad Ridzwan (representative of the medical students) and Gerald Sim (representative of the nursing students).

The programme arranged for the students were a talk session chaired by Miss Sia and a tour of the faculty's teaching facilities. The tour included the Medical Library, Anatomy Lab, Clinical Skill Lab and Multi-purpose Lab. The students were divided into three groups and each group was led by a lecturer. The students and both teachers enjoyed the educational visit of the faculty's facilities and requested further visits. A big thank you to the tutors who assisted during the tour of the faculty's facilities.

NURSES DO HAVE FUN!

The Department of Nursing organized an exciting and fun year-end dinner for its staff. The dinner was held at the Link Restaurant, Civic Centre on the 2nd of December 2009. It was a memorable night for twenty two "stylish fashion victimized" staff, lead by the Head of the Department, Miss Liew Bucan. Various activities were organized by the committee such as "show me if you think you can dance", King and Queen of the night, the most stylo and the most outstanding person of the night and many more. In conjunction with the dinner, the department acknowledged the services of Mr. Merikan Bin Aren, who has transferred to the Department of Counseling, Faculty of Cognitive Science and Human Resources, UNIMAS.

Post PMR Programme 2009:

Educational Visit by Students of SM St Thomas, Kuching

On 30th October 2009, a group of Form Three students from Sekolah Menengah St Thomas, Kuching paid a visit to the Faculty of Medicine and Health Sciences. The main objectives of the trip were to create awareness of courses offered by the faculty, expose the students to the learning facilities, and provide career guidance.

The students listened to a brief career and guidance talk on four major fields in Medical Sciences which are Medicine, Nursing, Basic sciences and Para-clinical sciences. They also met Dr. Mohd Zulkarnean Ahmad Narihan (an ex-student of SM St Thomas), Mr. Mariken (representative from the Department of Nursing), Madam Nur Aliana Hidayah Mohamad (representative from the Department of Basic Medical Sciences) and Mr. Hairol Iskandar Junaidi of the Department of Para-Clinical Sciences.

Apart from the talks, the students were given the opportunity to see the teaching facilities. They visited the Multipurpose Laboratory at level 2, the Clinical Skills Laboratory at level 3, and the Anatomy Laboratory at level 3. The students got to see and explore some of the exhibits that were prepared by staff at each of the laboratories.

The students' trip ended with a group photo taken in front of the faculty and the teacher appreciated the kind hospitality and thanked the faculty for accepting the students to the faculty.

Joke of the Day

Two elderly women were having lunch together and the conversation was mainly on each of their ailments.

First Lady: It takes me nearly an hour to swallow all the pills the doctors have prescribed. And I have to do it three times a day.
Second Lady: That's nothing. I have a pill that has nothing but side effects!

A patient complaining having stomach-ache to his doctor:

Patient: My stomach has been bothering me, Doctor.
Doctor: What have you been eating?
Patient: Pool balls! Maybe that's the trouble. What kind do you eat?
Doctor: I see the problem; you haven't been getting any green

Source: The Doctor Joke Book by Sid Berman
# PTK TK 3-6 SIRI 1/2009

## FAKULTI PERUBATAN DAN SAINS KESIHATAN

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<td>Angela Siner</td>
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<td>Dr. Azani Hassan</td>
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<td>Dr. Chan Wai Hoong</td>
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<td>Dr. Noorzaid Muhamad</td>
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<td>Nor Azi Ahmad</td>
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<td>Dr. Sidiah John Silop</td>
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<td>Tay Slow Phing</td>
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<td>13.</td>
<td>Dr. Wong Siong Lung</td>
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<td>14.</td>
<td>Dr. Zainal Abidin Rahim</td>
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<td>Dr. Zunika Armit</td>
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<td>16.</td>
<td>Shanul Shabas</td>
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## Keputusan

Lulus /melepasi tahap kompetensi

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<td>Prof Madya Dr. Awfidi</td>
<td>Lulus /melepasi tahap kompetensi aras cemerlang</td>
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<td>2.</td>
<td>Prof Madya Dr. Lela Su'Ut</td>
<td>Lulus /melepasi tahap kompetensi aras cemerlang</td>
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## Keputusan

Lulus /melepasi tahap kompetensi aras cemerlang

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## Senarai Staf Melapor Diri Dari Bulan Jun 2009 Hingga Disember 2009

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<tr>
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<td>Cik Dayang Erna Zulaika bt Awg Hamsin</td>
<td>Tutor DA41</td>
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<td>2.</td>
<td>Dr. Koa Al Jun</td>
<td>Pensyarah Pelatih DU45</td>
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<td>Prof Madya Dr. Vaishali Anant Londhe</td>
<td>Associate Professor DU53</td>
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<td>Cik Siti Maryam bt Ahmad Kendong</td>
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<td>7.</td>
<td>Cik Nur Sharafina bt Ismail</td>
<td>Jururawat U29</td>
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<td>8.</td>
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<td>Jururawat U29</td>
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<td>13.</td>
<td>Dr. Sabai Soe Maung</td>
<td>Jururawat U29</td>
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<td>14.</td>
<td>Cik Norjehan bt Hosen</td>
<td>Pensyarah DU51</td>
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<td>15.</td>
<td>Cik Azlina bt Abdul Aziz</td>
<td>Jururawat, U29</td>
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<tr>
<td>16.</td>
<td>Dr. Nariman Singmamane</td>
<td>Penolong Pengurus Asrama, N27</td>
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<td>17.</td>
<td>Salmah bt Ahmad</td>
<td>Jururawat, U29</td>
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Pada 4 Disember 2009 telah diadakan Majlis Konvokesyen bagi lulusan Diploma Lanjutan Pendidikan dan Pengajaran yang diselenggarakan oleh Pusat Pembelajaran Gunaan dan Multimedia (CALM) UNIMAS. Program yang disediakan khas untuk staf akademik di UNIMAS bertujuan untuk meningkatkan kemahiran pensyarah UNIMAS dalam menjalankan aktiviti pengajaran dan pendidikan masing-masing.

Seramai 18 orang pensyarah dari pelbagai fakulti telah menerima sijil diploma masing-masing termasuk lapan orang pensyarah dari Fakulti Perubatan dan Sains Kesihatan. Pensyarah-pensyarah FPSK adalah Dr Noorzaid Muhamad, Dr Wong Siong Lung, Dr Zainal Abidin, Dr Bar Kyaw, Hj Hj Zainab Tamai, Dr Malik, Dr Ameenuddin dan Pn Rose Nanju. Semasa majlis tersebut Dr Wong Siong Lung yang telah diumumkan sebagai graduan terbaik bagi sesi Kohot ke-6 ini. Majlis yang diadakan di Hotel Four Points, Kuching telah dirasmikan oleh Naib canselor UNIMAS, Prof Dr Khalruddin Ab Hamid dan turut dihadiri oleh Timbalan-Timbalan Naib Canselor, dekan-dekan fakulti, termasuk Dekan FPSK serta keluarga graduan masing-masing. Tahniah buat semua.

**SENARAI PELAJAR PROGRAM KEJURURAWATAN SESI 2008/2009 YANG BERJAYA MENAMAT PENGAJIAN**

**Tahniah!**

**SEMERU 1**
1. Christina Busak Henry Sum Agong
2. Khattijah bt Abdullah @ Khaterine ak Baha
3. Rugayah @ Rugaya bt Ibrahim
4. Siti Fatimah bt Sa'at

**SEMERU 2**
1. Nik Mazureen Faisa bt Madzlan
2. Sylvia Ng Siew Ching
3. Alisah bt Jestar
4. Bong Lee Ping
5. Brigid ak Maurice
6. Carolin bt Justin
7. Jeniffer Lee
8. Junainah bt Azmi
9. Kartina bt Azman
10. Kok Lee Min
11. Lo Nyuk Fong
12. Lydia bt Awang @ Justop
13. Madhavi a/p Caroesion Murty
15. Ng Hui Chin
16. Niensi Atarah ak Akiu
17. Norfaiiezah bt Md Lajim
18. Norlida bt Mahidin
19. Norshamatul Aidah bt Osran
20. Nur Liyana Yanti bt Ghazali
21. Nurlianah bt Idris
22. Nurul Huda bt Yaakob
23. Olgy Francy
24. Ronald Sator
25. Sarah Melita ak Telingsai
26. Siti Hajar bt Mohamed Zain
27. Siti Norfaliaz bt Mohd Kasim
28. Stacy Awing Wan
29. Suzie ak Patrick Angkon
30. Teh Julie
31. Vivian Keling Bilong
32. Yip Nae Jing
33. Yong Shliau Ling
34. Zarini bt Busu
FAKULTI PERUBATAN
DAN SAINS KESIHATAN UNIMAS

Tika namamu di suara
Dunia turut menyapa
Lakirmu di menara gading
Setanding golongan berdaya saing

Menyingkap tirai 1993
Sejarah bermula
Kehadiranmu di godang ilmu
Tika itu
Di baluti langkaran kosong
Segala mencabar minda
Mencabar jiwa

Penghuni dunia ini terus memburu
Bersama wawasan
Menjadi wargamu

Langkaran sejarah terus berlaku
29 November 2004
Putra Andrew mencemar duli
Memberi restu
Tercatat tinta biru bermutu
Melakar sejarah indah didakap waktu
Kehebatanmu dirasa
Keharuman memuncak
Di persada antara bangsa

Biar apapun andal buan
FPSK punya keistimewaan tersendiri

Selatul ilmu dicurahkan
Banyak melahir pewayangan bangsa
Wawasan Malaysia
Duduk setanding di persada Negara
Warga merasa bangga
Dunia tersenyum ceria

Nakilans Junaedah Among 2010, FPSK

IMBASAN SEJARAH
Lawatan Putera Andrew ke FPSK pada 30 November 2004