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Dr Rosalind Simon
(CME)

Dr Ting Sea Leong
(Tours)

Dr Yap Foo Ngan
(PMPS Newsletter)

Editor's Request

Members who are interested to write articles for the Newsletter kindly email: pmps.secretariat@gmail.com or fax: 05-2426549 or post to: PMPS Secretariat, KPJ Ipoh Specialist Hospital, 26 Jalan Raja DiHilir, 30350 Ipoh.

Letters to the Editor / President / Committee may be published in the Newsletter in full or in abbreviated form at the Editor's discretion. If the writer does not wish her/his name to be published she/he must specifically state so.

From the President's Desk

A year has passed since I took over from Dr Yek in March 2017. It was indeed an eventful year with our 10th ASEAN & 7th Perak Health Conference on Primary Health Care in July which was a resounding success, the National Doctors' Day celebrations which we hosted in Ipoh, Perak in October, stretching over two weekends and culminated together with our PMPS Installation Night.



Next year's ASEAN Conference will be called a Congress. This would enable us to get 20 CPD points as our Congress will be over three days with an additional day for the workshops. It will be held before 30th June 2019 to enable to use this 20 points to apply for APC renewal for 2020.

We need to do a proper membership drive. Our membership have been slowly but surely dwindled over the years. Members have either migrated outstation notably to Kuala Lumpur and overseas, fair number to Australia, fully retired and no longer harbour any interest in medicine or are dying, one by one! We definitely need 'new' blood. So I am appealing to all members, please look out for new members. Just give Ms Wendy, Dr Yek, Dr Loke, Dr Raj or me a tinkle (please see my contact number next to my sign-off here) if you spot a potential member. We will hand deliver them a membership form.

Thanks to Dr SY Chow, we had our annual PMPS golf in July which is the 'highlight' activity for all golfers as this is one rare event where literally every golfer who participates is a winner! The rest of the games were held on 1st October (badminton, table-tennis, squash and tennis) and bowling on 20th September. Thanks to all our convenors of the respective games.

We started a Whatsapp group for the purpose of disseminating information relating to PMPS activities. But we realise, being an 'application' of social media, it is not easy trying to use it for one way

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traffic! There will be members who are 'sociable' and despite reminders not to post anything, it can and will happen. Luckily we found another vehicle for our "Updates", which comes with the Whatsapp application, called 'Broadcast'! So from now on, all announcements are 'broadcasted' out by Ms Wendy. You cannot post anything there, you can just reply to Wendy. As to the fate of our "PMPs Members (Updates)" I will leave it to you members to decide. We can use it like any other social media forum or shall we exit and delete it?

The Federation launched a Mentor-Mentee programme last year during our Doctors Day & Installation Dinner in Ipoh, by our National President Dr Steven Chow. We have nine mentees registered with us in Perak and seven were assigned to Dr Leong Oon Keong, Dr Loo Voon San, Dr Yek Sing Chee, Dr Goh Yong Soon, Dr Chua Wan Tiong and group of Fatimah doctors comprising Dr Koh Wai Keat, Dato' Sivananthan, Dr Shan and myself. Two mentees were left out who were from Taiping as we have no mentors registered in Taiping. I would hope more doctors whether clinic or hospital based

can volunteer as mentors as we would need a bigger pool of mentors if we were to continue this Mentor-Mentee Programme.

These mentees are graduates from different medical schools waiting for their houseman posting. The programme for each of them is only for a three-month stint or till they get their posting. Kindly contact me or Dr Amarjeet if you wish to be a mentor.

Finally, a word of thanks to Dr Yek for helping us secure some sponsors for this AGM. This is the first time we have two CMEs, one before and one after, followed by dinner at this interesting venue – 22, Hale Street.

Election's just round the corner. Gentle reminder to exercise your right to a vote!

Thank You and have a good year ahead.

*Dr Yee Meng Kheong
017 5784530*

MEDICAL ACT (AMENDMENT) 2012 AND THE MEDICAL REGULATION 2017 **(AKTA PERUBATAN (PINDAAN) 2012 DAN PERATURAN-PERATURAN PERUBATAN 2017)**

In accordance to the above act, the following are required of us:

- **Annual Practising Certificate Renewal (APC)** – From year 2020 this should be accompanied by
 - i. Evidence of professional indemnity cover.
 - ii. Sufficient continuing professional development (CPD) points (at least 20).
 - o Renewal of APC for year 2020 – practitioners should acquire at least 20 CPD points during the period 1/7/18 to 30/6/19.
 - o Fee – With effect from 1st July 2017
 - The APC application fee is RM100.
 - Late application is subjected to an additional fee of RM100.
- All medical practitioners are to state their **MMC registration number** on all medical prescriptions and all other documentation and records, whether in paper or electronic format.

Ref: <http://fpmpam.org/files/20170707102518587.pdf>
<http://www.mmc.gov.my/index.php/faqs>

DATUK SERI DR RONALD S. MCCOY

FOUNDING MEMBER OF 2017 NOBEL PEACE PRIZE WINNER
– INTERNATIONAL CAMPAIGN TO ABOLISH NUCLEAR WEAPONS (ICAN)

by Dr Yap Foo Ngan, Editor

Introduction

The last issue of PMPS News featured "Happiness". In this issue we feature a person who believes that all the babies he has delivered deserve to live in a world free of nuclear weapons.

The details in this write-up have been verified with Dr Ronald McCoy himself and he has given very valuable feedbacks.



The Nobel Peace Prize 2017

On 6th October 2017 the Nobel Peace Prize 2017 was awarded to International Campaign To Abolish Nuclear Weapons (ICAN) for its "work to draw attention to the catastrophic humanitarian consequences of any use of nuclear weapons" and its "ground-breaking efforts to achieve a treaty-based prohibition of such weapons". The idea to form ICAN was initiated by Dr Ronald McCoy and eventually achieved in 2007, mainly by members of the Australian affiliate (chaired by Professor Tilman Ruff) of International Physicians for the Prevention of Nuclear War (IPPNW). ICAN is now a global coalition of more than 450 civil society groups from 101 countries, whose untiring efforts resulted in the adoption of the United Nations Treaty on the Prohibition of Nuclear Weapons on 7 July 2017.

Career before retirement from medical practice

Dr Ronald McCoy, a Malaysian of Anglo-Indian descent, was born in 1930 in Seremban. He received his secondary education in Victoria Institution Kuala Lumpur and entered University of Malaya in Singapore as its first batch of medical students in 1949. During his housemanship in Kuala Lumpur

General Hospital (KLGH) two significant events occurred. First he did obstetrics and gynaecology (O & G) under Dr Derek Llewellyn-Jones whose professionalism so impressed him that he himself specialised in O & G subsequently. Second, he became the secretary of the Medical Alumni Association (the MMA did not exist then) under the chairmanship of the late Dr Tan Chee Khoo. Encouraged by Dr Tan he wrote an expose' of KLGH which was published in the Malay Mail.

Although this made him persona non grata with the government, Dr McCoy was awarded two years of study leave to specialise in O & G. When he came back with the MRCOG, he was posted back to work with Dr Llewellyn-Jones. But when he continued to be critical of the administration of KLGH, he was transferred to the GH in Seremban. As his wife was working in Kuala Lumpur, he decided to resign from government service, although his initial intention was to work in government service till retirement. He then worked at Assunta Hospital and later at Pantai Medical Centre, of which he was one of its founding members. Dr McCoy decided to retire in 1996 in order to fully pursue nuclear disarmament, when he was appointed to the Canberra Commission on the Elimination of Nuclear Weapons by then Australian Prime Minister Paul Keating.

Founding ICAN

Dr McCoy began his involvement with International Physicians for the Prevention of Nuclear War (IPPNW) in 1986, after reading about the award of the 1985 Nobel Peace Prize to IPPNW. In 1987 he initiated the formation of Malaysian Physicians for the Prevention of Nuclear War (MPPNW) which then became affiliated with IPPNW. He fully shared IPPNW's stance that, as it would be impossible

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for doctors to make any meaningful response in a nuclear war, doctors therefore had a responsibility to work for the elimination of nuclear weapons. Dr McCoy served IPPNW as co-president for eight years.

At the annual general meeting of the Victoria Institution Old Boys Association in Singapore on 18 January 2018, Dr McCoy gave a talk titled "Banning Nuclear Weapons". He warned that "any detonation of nuclear weapons will produce incinerating heat, powerful blast effects, ionising radiation, and massive amounts of smoke and soot which will blot out the sun, cause severe climate disruption and a nuclear winter, leading to crop failure and famine, and possibly human extinction."

During an interview in year 2000 he stated, "We will keep working to eliminate nuclear weapons. It's a long struggle... Maybe not in my lifetime, but maybe in the next generation, we will get down to zero nuclear weapons with a bit of luck."

When the 2005 Nuclear Non-Proliferation Treaty review conference failed to advance nuclear disarmament, Dr McCoy proposed to IPPNW a change in strategy. He commented, "It felt like barking up the wrong tree... So, let's take nuclear disarmament out of the NPT process, which was not working, and let's form an international campaign to abolish nuclear weapons. That is how we got ICAN."

The doer and mentor

Believing that we should all work for the betterment of the society and the world we live in, Dr McCoy has played a number of other roles. He is a past president of the Malaysian Medical Association (MMA) and chaired the MMA National Health Plan Committee which proposed universal coverage and equitable access to health care for all. He was also a member of the Aliran Board of Trustees.

On the personal level, he is committed to the individual development of others, probably because his own personal and career development has been enriched by a number of mentors.

To a Perak-based society like PMPS, it is noteworthy that he was awarded the Datuk Paduka Mahkota Perak (DPMP) by HRH Sultan Raja Azlan Shah of Perak.

Epilogue

Dr McCoy was awarded the Darjah Seri Setia Negri Sembilan Yang Amat Cemerlang (SSNS) which carries the title "Datuk Seri" on 14 January 2018 for his role as a world peace activist in the founding of ICAN and in the adoption of the Treaty on the Prohibition of Nuclear Weapons.

Main references:

1. http://www.viweb.mysite.com/vir_mccoy.htm
2. Personal communication with Datuk Seri Dr Ronald S. McCoy



New members

LIFE MEMBER

(approved by PMPS Committee, 7 Jan 2018)

Dr Goh Yong Soon (Secretary, Manjung Chapter)

EXEMPT MEMBERS

(approved by PMPS Committee, 7 Jan 2018)

Dr Yee Meng Kheong

Dato' Dr S Jenagaratnam

REMINDER

The usual reminder to support your society:

- pay your subscriptions
 - check that your latest details are recorded
- Please inform your secretariat.

Send to:

The Perak Medical Practitioners' Society
c/o KPJ Ipoh Specialist Hospital
26 Jalan Raja Dihilir, 30350 Ipoh

THE FPMPAM MENTOR-MENTEE PROGRAMME IN PERAK 2018

by Dr Amarjeet Kaur, Coordinator for FPMPAM Mentor-Mentee Program Perak

INTRODUCTION

The FPMPAM's Mentor-Mentee Programme for newly qualified medical graduates is a service for those graduates waiting to commence housemanship in order to provide them with continued medical education to prepare them in terms of general clinical skills and confidence prior to house officer posting.

This programme is to assist the transition from medical students to practising doctors. There is concern for the long waiting period for up to more than six months for new graduates to obtain a houseman posting. FPMPAM has taken the initiative to place these graduates with registered practising doctors to support this period of transition.

THE PROGRAMME IN PERAK

Through the request by FPMPAM for volunteers for this programme we received applications from 10 doctors as mentors in Perak. We received names of nine graduates who were interested in joining the programme as mentees i.e. two from Sitiawan, two from Taiping and five from Ipoh. A Whatsapp group was created by Dr Yee to enable the mentors and mentees to communicate with each other. A meeting was held with the graduates on the 14th of Jan 2018. It was attended by Dr. Yee, Dr Amarjeet and Dr Loo Voon San and six of the graduates. The expectation of the students and limitation of the doctors were discussed. The students were allotted their

mentors Dr Goh Yong Soon and Dr Chua Wan Tiong in Sitiawan, Dr Loo Voon San, Dr Leong Oon Keong and Dr Yek Sing Chee in their respective clinics in Ipoh, and to Dr Yee Meng Kheong, Dato' Sivananthan, Dr Koh Wai Keat and Dr N Shanmuganathan at Fatimah Hospital. The graduates started the programme on 1st February. A follow-up was done by Dr Yee a week into the programme. All the graduates reported doing fine and happy with their postings.

We had to turn away two mentees from Taiping as we did not have any volunteer mentors from there. We had a mentor from Langkap, Dr Mohd Dewa Abdullah but there were no mentees from around that township.

PMPS COMMITTEE MEETINGS

The PMPS Committee for 2017-2019 has had seven meetings so far. The meetings were usually held on Sunday 3:00pm to enable as many committee members as possible to attend.

It is worth noting that Dr Ho Koh Hauw (co-opt member, Chairman of Sitiawan Chapter) and Dr Goh Yong Soon (Secretary of Sitiawan Chapter, as observer) travelled to Ipoh to attend the first two meetings in 2018 i.e. 7/1/18 and 4/3/18.

78th PMPS AGM cum CPD 25th MARCH 2018

Dr Loke Yee Heng, Hon. Secretary

This year we held our 78th Annual General Meeting in combination with two CPD lectures, at the 22 Hale Street Heritage Gallery.

The afternoon-to-evening programme began with the Wu Lien Teh Lecture.

Dr SK Teoh gave an interesting introduction to the life and work of Dr Wu Lien Teh. He was a Malayan-born Chinese doctor and the first medical student of Chinese descent to study at University of Cambridge. To read more about this prominent Penang-born Nobel prize nominee, you can visit <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4291938>.



Dr Michael Joseph, respiratory physician from Pantai Hospital Ipoh, gave a lecture entitled "Living Asthma-free".

This was followed by Hi Tea of delectable curry puffs, bee-hoon siam style, and an array of kuih muih. The coffee of the establishment is proudly touted to be kaw-kaw, i.e. very strong black and sweet coffee.

The PMPS AGM was held after the Hi Tea. The attendance was good, considering the crowd stayed back for the next CPD lecture which was to follow after the AGM. Hence the discussion was lively but friendly. The single resolution brought by Dr Yee Meng Kheong to abolish the allowance for committee meetings was not carried by a majority vote against the motion.

Dato' Dr Andrew Chua, gastroenterologist in private practice, gave a lecture on GERD. This was followed by a buffet dinner in the cafe downstairs. Members were feted to a sumptuous dinner of nyonya fusion dishes. The cafe was closed for our private function. The setting was old-style coffee shop with collected antiques décor giving an ambience of cosy easy interaction among members.



Dr Michael Joseph, "Living Asthma-free"



Dato' Dr Andrew Chua, "GERD"

CPD CONUNDRUM CONTINUES

by Dr Rosalind Simon, CME Coordinator

Introduction

There was much confusion since end of last year when compulsory requirement for CPD (continuing professional development) points was announced. The new CPD Grading System has been formulated by the National CPD

Committee of the Ministry of Health in consultation with the Malaysian Medical Association, the Academy of Medicine Malaysia, and the Academy of Family Physicians, and other related government and private professional groups.

The reason for the requirement for CPD is because there is a need to objectively evaluate the impact of a doctor's voluntary efforts to qualitatively and subjectively improve himself/herself in their area of practice. The ultimate aim is to ensure that a practitioner's professional knowledge, skills

and career development will help him to sustain and continue to provide the best and up to date professional care to his patients at all times. Basically it means that we do not practise based on what we learned during our training, as medicine is continuously evolving.

CPD for Private Practitioners — The General Practitioners

I will be focusing on private practitioners and not on civil servants as PMPS members are all private practitioners. Private practitioners who are general practitioners have it the easiest and straight forward. You just need to register with MMA CPD application by downloading the mobile app in Google Play Store (Android) or App Store (iOS) mobile app name: MMA Malaysia. This is open to MMA members and also to non-members. Then you can follow the prompt on the MMA mobile application or you can contact itsupport@mma.org.my for assistance. I find it useful to use the filter function which is on the top right hand corner of the app to set it to Perak. This will show the events that is happening within your state and not throughout the country.

You would require 20 CPD points to renew your APC (annual practicing certificate) and you need to accrue the points starting from 1st July 2018. Each year starts from 1st July and ends on 30th June for issuance of APC for the following year. My advice is to collect points early so that we do not rush for points in the end. Do get familiarised with the various category of points by looking up www.mma.org.my or cpd.specialist.org.my.

CPD for Private Practitioners — The Specialists

However, the private specialist have a different issue. We have APC renewal and NSR (National Specialist Register) renewal which at the present moment do not communicate with each other.

APC requirement is as per general practitioners, you would require 20 points per year and it does not differentiate core and non-core points; that is the stand so far. However, Academy of Medicine is requesting for core and non-core points even for APC renewal (as we need it anyway for NSR requirement) but the decision is pending. Hopefully they realise that at times it is difficult to get 10 core points every year but over 5 years, we will be able to accumulate 50 core points and gives us the flexibility to attend certain conference. NSR renewal requirements on the other hand, has already begun! It starts from 1st July 2017 to 30th June 2022 as it is a 5-year cycle. You would need 20 points per year of which at least 10 points from core and the rest of points from non-core CPD events. If we have 20 points from core field it also fulfils the need for NSR registration.

However, there are many grey areas that need to be ironed out. Following are some of the issues which is still pending decision. At present the NSR CPD System only recognises "core" CPD activities in Categories A1 to A3. Many activities for CPD that are important to the practising specialist are under Categories A4 to A9 such as educational multi-disciplinary grand rounds, morbidity and mortality reviews,

journal clubs etc. which at present are considered "non-core" by the NSR. Specialists should be allowed to accrue CPD points in all the Categories A1 to A9 as per MMC requirements.

Requirement of a minimum of 10 "core" points per year should not be imposed since some smaller practices will have problems e.g. some units will have to shut down if all the specialists have to attend the single national congress held for that year to get the annual points, not to mention if we fall ill and out of practice for few months, we would be in trouble. If a requirement for core points is imposed, then 50 core points per 5 years is more reasonable.

So, which system do we use? I would continue to accrue points using the MMA app and also the NSR system until further decision is made. The non-communication between the NSR, MMA and MyCpd systems not only hampers the event organisers as they need to submit in each CPD system separately but it is cumbersome for the doctors too as we need to maintain the points in at least two systems. We hope that there will be collaboration between all parties to make all our lives much easier. I personally find the MMA app is much more user friendly and the points are updated in real time.

I would like to acknowledge the MMA CPD committee especially Dr Hooi Lai Ngoh for her valuable input. Do keep a look out on MMA and NSR website for updates. Happy points hunting!

COMMUNITY SERVICE

By Dr Kamalanathan AG Raju,
Portfolio Holder of Community Service

HEALTH SCREENING & EXHIBITION 11/02/18 (SUNDAY)

Venue: Taman Manickavasaga, Tasek, Ipoh
Time: 9:00 am to 2:00 pm
Organised by: Society of Sri Sathya Sai Baba Perak, PMPS, Rukun Tetangga Taman Tasek Jaya Zone 4, Pejabat Kesihatan Daerah Kinta

Doctors present: Dr Kamalanathan AG Raju, Dr Poovathy Vallipuram, Dr Yap Foo Ngan, Dr Yee Meng Kheong. We were joined by three young doctors: Dr Reuban, Dr Kamala and Dr Aswin.

Home visits: Dr Yap Foo Ngan, Dr Reuben, S Vijayan (Medical Coordinator, Society of Sri Sathya Sai Baba Perak), Miss Shantini (pharmacist), Mrs Selvi (pharmacist), Matron Parames, Male Nurse Vicknes, Medical Assistant Faisol.



The number of people screened was about 70. One very obese lady was referred directly to Surgeon Dr Kiru of Hospital Raja Permaisuri Bainun for consideration of bariatric surgery. Three new cases of hypertension were referred to Klinik Kesihatan Simee.

A first was the arrangement of home visits by the Medical Coordinator Society of Sri Sathya Sai Baba Perak. Three patients including a bedridden woman were seen. Their conditions were reviewed and necessary referrals were made to Klinik Kesihatan Simee.



ANNOUNCEMENTS

PMPS Informal Dinner

Date & Time:

7:00 pm, 15/4/18

(Changed from 14/4/18, which is Vaisakhi)

Venue:

Syeun Hotel

Registration:

@ PMPS Secretariat,

KPJ Ipoh Specialist Hospital

Fee

RM 60.00,

FOC for children < 12

beer subsidised by PMPS

Highlights:

Fellowship,

PMPS Games (2016 and 2017) prize giving,

live band

MMA Perak Branch AGM

5:30 pm on 22nd April 2018

at Kinta Riverfront Hotel

Conferences

MMA Inaugural Conference on Health Of The Older Person

5-6/5/18,

Grant Seasons Hotel Kuala Lumpur,

Registration & Information online:

www.mma.org.my,

Abstract submission: hop@mma.org.my

58th MMA AGM, National MMA Convention And Scientific Congress 2018

28-30/6/18,

organised by MMA Wilayah,

Royale Chulan Hotel KL

<https://mmawilayah.org.my/>

<http://www.mmaconvention.org.my/>

21st Family Medicine Scientific Conference

1-4/8/18,

Ipoh Convention Centre,

organised by Family Medicine

Specialists' Association of Malaysia

www.fmsconference.net/2018

Blood Donation & Health Screening

organised by PMPS Sitiawan Chapter

27/5/18 (Sunday), 8:30 am - 12:00 noon

FPMPAM Mentor-Mentee Programme (MMP)

for newly qualified medical graduates

<https://fr-fr.facebook.com/fpmpam/posts/1718408414887852>

Please see report by Dr Amarjeet Kaur. Practitioners who wish to volunteer for the above may contact Dr Amarjeet or the following:

Secretariat a/o: Ms Nur Hidayah

Email: secretariat@fpmpam.org

Annual Games 2018

to be held in September 2018

TOURS

3D2N Langkawi Trip

Dates:

18-20/8/18

Highlights:

Oriental Village, Cable Car, 3D Art, Sky Bridge, Underwater World, Cenang Beach, Gamat Shop, Island Hopping, Wildlife Park, Kilim Mangrove Tour, Eagle Aquare.

11th ASEAN & 8th Perak Health Congress /

Conference on Primary Health Care



This Congress / Conference is jointly held by PMPS, Postgraduate Medical Education Society of Hospital Raja Permaisuri Bainun, and Malaysian Association of Public Health Physicians (Perak Branch) which was roped for the 10th Conference to pull in more resources as well as participants.

The next sitting will be held in June 2019 as a congress over three full days, hence qualifying for 20 CPD points. The first organising committee meeting was held on 28/3/18.

WHY JOIN PMPS?



The membership of PMPS is open to registered medical practitioners and dental surgeons resident in Perak. It has been established to help contribute to the well-being of its members as well as the public through the following objectives as stated in its constitution.

OBJECTIVES

- To encourage and foster friendship amongst its members.
- To encourage the further development of medical science whenever possible.
- To protect and promote the professional interests of its members.
- To promote and maintain professional ethics.
- To enlighten the public on matters of health.
- To carry out community services to the Malaysian public.

BENEFITS TO MEMBERS

- Continuous Professional Development (CPD) — PMPS is a registered CPD provider. It regularly holds CPD sessions for its members together with other medical organisations. The last example was the CPD session (which carried 2 CPD points) held with its AGM in an alluring heritage gallery cum eatery in Ipoh Old Town.
- Discount of registration fee for PMPS' 2-yearly Conference On Primary Health Care. E.g. the fee for PMPS members for the 10th Conference in 2017 was RM300 compared to RM400 for non-member doctors. Note that this discount is equal to twice the annual subscription of RM50. Note also the 11th ASEAN & 8th Perak Health Congress/Conference on Primary Health Care announced above.
- Others — these are evident when you go through this PMPS News, which also keeps you informed of issues relevant to you and which you receive free.