



PMPS News

FOR MEMBERS ONLY

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ISSUE 20

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Dr Yee Meng Kheong

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(Community Service
& Public Forum)

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(Membership Drive)

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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: pmmps.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

HAPPY belated Diwali and Prophet Muhammad's Birthday, also Merry Christmas and Happy New Year which are just round the corner. Another Year awaits us.



We had another busy few months. We had a weekend trip to Langkawi in August. It was really a very enjoyable and exhilarating holiday especially with a boat ride that we will remember for a long, long while! I will leave it to Dr Ting, our Tour Coordinator to elaborate in his report.

Our Federation had a good 2nd FPMPAM/IPH Convention at the Sunway Putra Hotel, Kuala Lumpur in September. Unfortunately being the night before Malaysia Day, Tun Dr Mahathir was a no-show, instead Dato' Seri Dr Wan Azizah stood in for Tun and delivered the lecture on "Doctors and Society". I particularly liked this quote by our Deputy PM:

"The Doctor in the House — As doctors, it is in the DNA of the profession to heal. It is my call to you to exercise this duty in whatever way possible to help heal our nation."

By being doctors, I presume she meant that we are in the profession to heal and as an extension to that, we are obliged to heal the nation too? Sounded good to me!

We celebrated our National Doctors' Day in Alor Setar on Saturday 13th October (10th October being a week day — Wednesday). I would like to congratulate our three Awardees from Perak. Dr Shan Narayanan and Dato' Dr Yeoh Beng San were awarded for their contributions for Community Service and Dr Chan Chong Guan for CME/CPD activities. The Awards were given out by YB Dr Lee Boon Chye, Deputy Health Minister who was the main guest of honour that night. It was a good evening with the hall filled to capacity with 50 tables.

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We, in Perak celebrated **PMPS Doctors' Day** with a CME at MU Hotel on Saturday 27th October and our Annual Games (Badminton, Table-tennis, Squash and Tennis) at Ipoh Swimming Club on Sunday 28th, followed by an evening of music, good food and drinks at Mike's Place, courtesy of Dr Gurmail Singh. The band and music was by no other than our Dr VS Loo, surgeon turned professional guitarist, ably supported by Dr Kanesh and Dr Natham's son that night.

We took the opportunity to give out 'ang paws' to winners and participants of the games held earlier. Dr T Kumar, our Sports Convenor gave away the prizes. We showed our appreciation to our Mentors in Perak Mentor-Mentee Programme with 'Certificates of Appreciation', presented by Dr Amarjeet to the Mentors who were present during the night.

We just had a **friendly game (Badminton and Tennis) against Ipoh Swimming Club** on Sunday 11th November. We hosted them five years ago and it was their turn to host. I am happy to announce that Dr Yong Yew Kay led our Badminton Team and won all the four Men's Doubles. We lost both the Ladies' and Mixed Doubles. On the converse, in Tennis, we lost all the four Men's Doubles but won both the Ladies' and Mixed Doubles! It was a good evening and all present had good fun.

It is November and whoever still have not got your **APC for 2019**, kindly log on to apply. As our YB Dr BC Lee has pointed out, please do not send cheques – they (Majlis Perubatan Malaysia) have a problem dealing with cheques!

Looking forward to next year, our Annual General Meeting will be in March and our **11th ASEAN & 8th PERAK HEALTH Congress on Primary Health Care** with a theme of "Future Challenges in Primary Health Care" from 21st to 23rd June 2019. Kindly mark your calendar.

The **coming AGM** will be an Election Year AGM and I hope members, new or 'old' can come forward to serve in the committee. The new, will have new energy and new ideas and the 'old' will have the experience, especially if they have been in the committee before.

There are four more months before I hand over to Dr Kamalanathan, our President-Elect. Not sure what more I can do in these few months. If there is any request for anything, do call me or Ms Wendy Wong. I will say I have had a good two years!

*Thank You.
Dr Yee Meng Kheong*



WORLD HAPPINESS REPORT 2018:

MONEY AND RELATIONS

by Dr Yap Foo Ngan, Editor

Introduction

Malaysians in search of happiness voted in a new government on 9th May 2018. In the World Happiness Report (WHR) 2018 Malaysia has improved her ranking among nations to 35th from 42th in WHR 2017. It will be interesting to know her ranking in WHR 2019 or 2020.

United Nations has urged nations to use data on their people's happiness to help formulate public policy. In line with this UN's Sustainable Development Solutions Network has published WHR annually since 2012.

The last issue of PMPS News (August 2018) has highlighted the overall messages WHR 2018 may have for us as medical practitioners and our government. In this issue we shall focus on the messages from one of the two major paradoxes mentioned therein.

The Paradox in Latin America

The Latin Americans have comparatively higher happiness despite their countries having high poverty rates, great income inequality, high violence and crime rates and high levels of corruption.

Table 1 shows the mean happiness score of the world and its different regions. Latin America and Caribbean came in at third, with score higher than the world mean. On the other hand in Table 2, Latin America and Caribbean comes in fifth among country groups for GDP per capita, with its figure lower than the world average. Table 3 illustrates the high level of perception among Latin Americans of governmental corruption, economic difficulty and victimisation by crime.

The WHR 2018 painstakingly demonstrates in Chapter 6 that in Latin America, the features and abundance

Table 1: Population-Weighted Distributions of Happiness, 2015–2017

Region		Happiness Score (Mean)
WORLD		5.254
1	Northern America & ANZ*	6.958
2	Western Europe	6.635
3	Latin America & Caribbean	6.193
4	Central and Eastern Europe	5.848
5	Commonwealth of Independent States*	5.460
6	East Asia	5.343
7	Southeast Asia	5.280
8	Middle East & North Africa	5.003
9	Sub-Saharan Africa	4.425
10	South Asia	4.355

* ANZ—Australia & New Zealand; Commonwealth of Independent States—a successor entity to the former Soviet Union.

of close, warm, and person-based interpersonal relations contribute substantially to happiness and explain the paradox. It delves extensively into researches by World Values Survey and International Social Survey Programme to verify this consequential observation, as explained below.

Compared to Western Europeans and Anglo-Saxons, Latin Americans has higher figures for the following:

- » Percentage of adult people who report living with parents.
- » Percentage who say family members should be the provider of childcare for under school age kids

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- » Percentage who say it is for family members to take care of domestic help for elderly people
- » Score on Agreement with “Making parents proud as one of the main goals in life”
- » Score on Agreement with “Watching Children Grow is Greatest Joy”
- » Score on Satisfaction with Family Life
- » Percentage of people visiting frequently their extended family members (uncles, aunties, cousins, nieces and nephews) and friends.

Conclusion

WHR 2018 urges that that development discourse should go beyond purchasing power of the people and embraces the important truth that relation matters very much in their happiness.

Under “Pillar II” of the Mid-Term Review of Eleventh Malaysia Plan 2016-2020 the Government directs its machinery to improve the wellbeing of the community. Among measures mentioned are increasing the people’s purchasing power and addressing the needs of specific target groups, i.e. children, youth, women, elderly, persons with disabilities and family.

A major message of WHR 2018 is the huge relevance of relation to happiness. It is essential for the Government to specifically aim to nurture relation within the family and community. Preserving the family unit is of vital importance for the people’s well-being and deserve the attention of national policy.

The message is also relevant in our personal life and in our medical role, at least in raising awareness. Note that Deputy Health Minister YB Lee mentioned in his speech (see below) “The doctors’ whispers travel far and loud reaching many ears.” This is especially so for the general practitioners / family doctors, who have primary role in the promotive and preventive dimensions.

We are hopeful that Malaysia will improve her score and ranking in the future annual World Happiness Reports.

In the next issue of PMPS News we shall explore the second paradox mentioned in WHR 2018, i.e. that in USA income per capita has more than doubled since 1972 but happiness has declined.

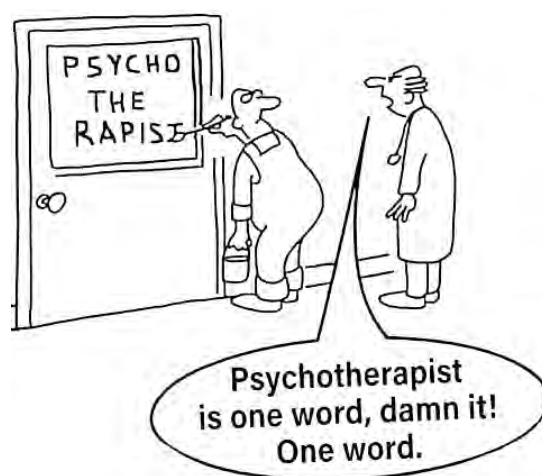
Table 2: GDP per capita (current US\$) 2017

World Bank national accounts data
(<https://data.worldbank.org/indicator/NY.GDP.PCAP.CD>)

COUNTRY GROUP		2017
World		10,714.50
1	North America	58,070.10
2	European Union	33,715.10
3	Central Europe and the Baltics	14,122.30
4	East Asia & Pacific	10,369.70
5	Latin America & Caribbean	9,244.40
6	Middle East & North Africa	7,349.90
7	Arab World	6,251.10
8	South Asia	1,840.60
9	Sub-Saharan Africa	1,553.80

Table 3: Percentage of Populations of 18 Latin American Countries Reporting Governmental Corruption, Economic Difficulty and Victimization by Crime

Governmental Corruption	35% to 85%
Economic Difficulty	30% to 65%
Victimization by Crime	6% to 20%



THE FPMPAM MENTOR-MENTEE PROGRAMME IN PERAK 2018

Dr Amarjeet Kaur (coordinator) and Dr Yee



On the 26th of August PMPS had a meeting with the interested medical graduates to discuss their placement with the mentors. The meeting was held in KPJ IPoh at 11 am. It was attended by 12 graduates from various universities including UniKL RCMP, USM, Universitas Padjadjaran (Indonesia), Medical University of Warsaw and Charles University (Czech Republic). The mentors were represented by Dr Yee, the President of PMPS, Dr Yek, Dr Yap, Dr Chakr Sri Na Nagara, and myself. Encik Muhamad Anuar Abdul Aziz from UniKL RCMP joined us as an observer.

After the initial introductions, Dr Yee proceeded to identify the mentees with the mentors. Mentees were made aware that the program was a voluntary program to help graduates who have to wait a long time before being given a posting. PMPS hope to keep the mentees in touch with the practice of medicine and prepare them for housemanship. Mentees were to report directly to their mentors the following week for three months. The meeting ended at 12:30 noon.

Following the meeting we have had several new inquiries for the program. Unfortunately we have not been able to place all the mentees for lack of mentors.

In appreciation of the mentorship provided, PMPS is presenting to every mentor in our programme a Certificate of Appreciation.



MENTORS

Ipoh	Dr Leong Oon Keong
	Dr Loo Voon San
	Dr Yek Sing Chee
	Dr Chakr Sri Na Nagara
	Dr Amarjeet Kaur
	Dr Yap Foo Ngan
	Dr Yee Meng Kheong
	Dato Dr KS Sivananthan
	Dr Koh Wai Keat
Sitiawan	Dr Shan Narayanan
	Dr Goh Yong San
Taiping	Dr Chua Wan Tiong
	Dato Dr V Jeganathan
Langkap*	Dr S Mahadev
Lenggong*	Dr Mohd Dewa
	Dr Raj

* no mentees from those two areas.

Editor's Note: PMPS members who wish to volunteer for the above may contact Dr Amarjeet or Dr Yee.

MALAYSIAN DOCTORS' DAY CELEBRATIONS

IN ALOR SETAR, KEDAH
12-13 OCTOBER

by
Dr Loke Yee Heng,
Hon. Secretary

FPMPAM celebrated the Fifth Malaysian Doctors' Day in Kedah, with the theme "Kesihatan Untuk Rakyat". Over the weekend of 12-13 October 2018, there was a two-day health and social program in Kubang Pasu.

On 13 October, five members (Drs Lai Thian Seong, David Yeo, Pritam Singh, Chow Siang Yong, Kek Kim Huat) set off in the early hours of dawn from Ipoh to participate in the Federation Cup golf tournament in Darul Aman Golf and Country Club, Kedah. The tournament was interrupted by inclement weather and the golfers only managed to play six holes. After the score cards were computed, The Cup went to Kedah this year. Drs SY Chow and TS Lai won third and fourth prizes respectively in the individual categories. Perak who was the defending champion last year vows to win the Cup back in 2019!

On the same day, 13 other members, spouses and children together with Wendy set off just after midday, in a hired van, to arrive in Alor Setar at 5 pm. After checking in at Star City Hotel, we managed to explore the town centre for a bit before the rains came down.

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Press Conference –
YB Dr Lee with the FPMPAM National Council members



YB Dr Lee & Awardees



Dr Chan



Dato' Dr Yeoh



Dr Shan



Awardees & Spouses



Dr Yee & Awardees

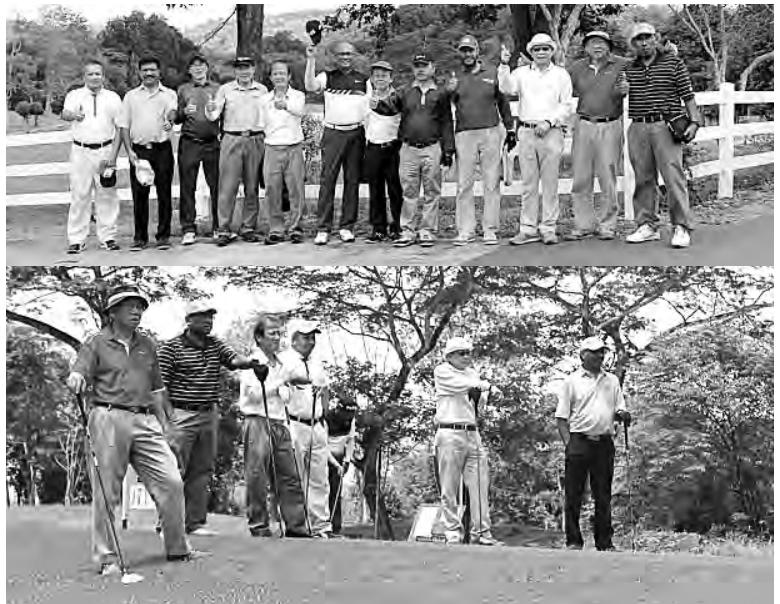


Happy Diners

The 47th PMPS Annual Dinner of Kedah/Perlis was held in the evening of 13 October at Star City Hotel. It was a grand affair. There were representatives from member states as well as the federation council. The guest of honour was YB Dr Lee Boon Chye, deputy Minister of Health. Cultural dances and a singing duo provided entertainment for the evening. Dr Chan Chong Guan received the Federation award for CPD. Dr Shanmuganathan Narayanan and Dato Dr Yeoh Beng San received the Federation award for Community Service.

With the formalities out of the way, the next day we did some sightseeing in Alor Setar. To our disappointment we could not visit Tun Mahathir's family home because it was under renovation. Instead, we visited Tunku Abdul Rahman's family home, now known as Rumah Merdeka. It was a modest two-storeyed brick and wooden house renovated to be a free museum. Inside, we found furniture and relics from the former leader's life.

Upon the recommendation of other members, we also visited the Paddy Museum. It was constructed on a land belonging to the Agricultural Development Authority at a cost of RM24.7 million. It was opened in 2004. It was a three-storeyed building with a total area of 12,000 square metres. The murals on the wall of the revolving top was done



Federation Cup golf tournament in Darul Aman Golf and Country Club, Kedah, 13/10/18

by 60 artists from North Korea, giving a 3-D impression of the "kampung" scenes. The exterior resembled bushels of harvested rice stalks.

On our way home, we stopped at a lesser known but nonetheless excellent restaurant in Bagan Samak for a delicious lunch. Seafood was their specialty.

All said, it was a most interesting weekend away in celebration of Malaysian Doctors' Day 2018.

Editor's Note: The FPMPAM National Council had a meeting on 14 October (Sunday) involving Drs Yee and Yek.



Kedah Paddy Museum



Rumah Merdeka

PMPS DOCTORS' DAY CELEBRATIONS

IN IPOH
27-28 OCTOBER

The photographs here cover
the CPD talk in MU Hotel on 27
October and PMPS Doctors' Day
Dinner on 28 October.

*[Please see President's Message for
a good account on this. See under
"Games" for the sport events.]*



CPD at MU Hotel, Speaker – Dr Tan Keng Lu (ENT), Chairman – Dr Yek



PMPS Doctors Day Dinner & Party, Mike's Place

Dr Lee Boon Chye, Deputy Health Minister

SPEECH FOR "DOCTORS' DAY 2018", 13 OCTOBER, STAR CITY HOTEL, ALOR SETAR

Introduction

It is my pleasure to congratulate the Federation of Private Medical Practitioners' Associations of Malaysia, the Kedah/Perlis Private Medical Practitioners' Society and the Organising Committee for a very successful two-day activity in conjunction with your Doctors' Day 2018. The enthusiasm and commitment that they put into this event have been very inspiring for me, being a practising doctor until lately.

Acknowledging Doctor's Role in Our Nation Building

Our history has witnessed and recognised the doctor's leadership role in nation building since the times of British colonisation, through the years of war and then national independence. The list of names of doctors who had fought and fallen for our nation is long and will never be forgotten. Names such as the late Tun Dr Ismail, Dr Sybil Karthigesu and Dr Wu Lein Teh, just to mention a few, deserve preservation in our corridors of history.

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2ND FPMPAM / IPH ANNUAL SCIENTIFIC CONVENTION & DINNER

Sunway Putra Hotel, Kuala Lumpur, 15-16 September



Today, history is being repeated yet again. Two doctors are at the forefront of our nation's leadership, i.e. PM Tun Dr Mahathir Bin Mohamad and DPM Dato Seri Dr Wan Azizah Binti Wan Ismail.

Addressing Inequality in Healthcare

We have been told time and time again that we have one of the best healthcare system in the world. What we have achieved in healthcare outcomes are at par with many of the developed nations despite spending only a modest budget of 4% of GDP. Despite having universal healthcare coverage and accessibility, we have been bugged with the perennial issue of equality and equity in healthcare delivery which remains till today. Even today, we hear the cry for help from the under-served communities in the remote areas of East and West Malaysia and see the urgency to act.

Inequality destroys the fabric of our society and creates long term social, economic and political challenges. Epidemiological studies repetitively have shown that income inequality within a given population will have negative impact on the health of its people. The greater the income inequality in a society, the greater the disease burden it has to carry. Malaysia has one of the highest inequality rates in Southeast Asia, compared to many Latin American countries. Creeping inequality within ethnic groups and regions in Malaysia poses perhaps the most serious threat to social cohesion and the forging of a Bangsa Malaysia. Our Government is committed to address this issue.

We will put more money into healthcare and ensures that each and every ringgit will be well spent for the rakyat in keeping with principles of good governance, cost-efficiency and productivity in healthcare. Even though we face financial constraints in the short term, we are committed to increase healthcare spending in line with Pakatan Harapan's manifesto.

Improving Productivity in Public Healthcare

A study was done by Vitalis Chukwudi Nwagbara and Rajah Rasiah on services provided by 87 MOH hospitals in 2006 and 2010; and the result was published in 2015. The report showed sub-optimal performance and ineffectiveness of public hospitals despite mounting competitions from private sectors. One of the key findings in the study was inefficient

utilisation of resources with low bed occupancy rate (BOR) in non-specialist district hospitals and over congestion of BOR over 100% at state general hospitals.

As a response MOH developed a system of collaboration between non-specialist hospitals and major specialist hospitals or state hospitals by sharing human resources and beds via clustering of hospitals. Under this cluster hospital concept, specialists from major specialist hospitals and state hospitals provide service at non-specialist hospitals so that bed utilisation of non-specialist hospitals can be maximised. So far, out of 145 MOH hospitals, 47 hospitals, including 27 non-specialist hospitals have been grouped under 13 clusters. As a result, the BOR at small non-specialist hospitals has gone up and this has partially helped to relieve congestion at major specialist hospitals.

Over the past three months, since my appointment to the current post, I have the opportunity to visit many hospitals and health clinics (Klinik Kesihatan). There are observations which I would like to share with you.

1. There was a shortfall in allocation for many years in terms of maintaining and upgrading the existing facilities, even though the service load has increased tremendously due to population growth or expanded scope of service. Many hospitals and clinics' buildings need long overdue renovations / replacements. A lot of assets are beyond economic repair (BER) and in need of replacement.
2. The freeze on new intake of civil servants, despite increased workload has affected the MOH facilities more so because doctors, nurses and medical assistants are 'labour intensive'.
3. Our staffs at MOH, either at hospitals or at Health Clinics are committed to provide the best service possible within the limited resources available.

In order to tackle the scarcity in spending in healthcare over the years and to build or upgrade the capacity in MOH, the amount needed should be higher than the current annual budget of RM 27 billion.

Thus, it is now pertinent that we relook carefully at our healthcare policy and re-examine the role and responsibility of the government in healthcare. As a responsible government we will not out-source our mandated social duty. MOH will always be the safety net for those who cannot afford private healthcare.

A meaningful “inclusive” private-public partnership in the delivery of healthcare may be the answer. In fact, MOH is willing to study various options in partnership with private sector in an attempt to optimise the use of resources on both sides. The private sector will not be treated as a stepson in this relationship. Every doctor, in private and public sector will have a role and be acknowledged.

It is indeed a noble intent to have a national Doctors’ Day in signifying the amalgamation of intention and action of all Malaysian doctors, in the public and private sectors; to provide the best for their patients, truly “uniting doctors for better patient care”.

I am glad to note that the Federation have been celebrating Doctors’ Day on 10th October since 2014 and wish them the very best for their future endeavours. As a doctor myself, I will personally support this call for a national Doctors’ Day and I will impress upon my Cabinet colleagues to do likewise.

United Nations Development Programme (UNDP) MILLENNIUM GOAL: “LEAVING NO ONE BEHIND”

It is the priority of this Government that ‘no one should be left behind’ in line with UNDP Millennium goal. *I am indeed encouraged by the enthusiastic efforts of the Federation in its medical outreach program to extend the vital assistance to those in the remote areas of Malaysia.*

This government will encourage and facilitate your efforts to help in filling the gaps missed by the public services and to generate a new culture of inclusive compassionate healthcare for all. Volunteerism in medicine is a trait of the profession that will be encouraged, treasured and recognised by this government.

Doctor’s Finger on the Pulse of Malaysian Society

The doctors are the best profession to gauge the health of our society. At birth, often the first face that the child see is the doctor’s and at death, he may be the last. So, like it or not, the doctor will be there come what may.

Collectively doctors have the special ability to reach millions of people across the nation daily. *The doctors’ whispers travel far and loud reaching many ears.* We in the Ministry of Health would like to hear from you.

It is pertinent upon you, as trained ethical professionals to transmit the truth, the whole truth and nothing but truth. You can do so by mentoring, counselling, mediating, and preaching the message of tolerance, reconciliation and the need for the nation to move ahead. You have the trust of your patients and society.

The trust the patients have on our profession is the cumulative result of many generations of sacrifices and contributions of our predecessors, who tirelessly and selflessly upheld ethics and professionalism.

However, the tide is slowly changing due to rapid commercialisation of healthcare services. The day society no longer trust its doctors is the day doctors will lose their esteemed status as leaders and champions for their patients and the people. Let us pray that this day will never come.

To those who are in the academia and institutions, it is also your duty to see that the DNA of the profession is carried on to the next generation of doctors.

LASTLY, I thank you again for this invitation.

EDITOR’S NOTE: YB DHM’s speech is motivating. He stated “Even though we face financial constraints in the short term, we are committed to increase healthcare spending...”

It is good news to healthcare workers that in the Budget 2019 tabled on 2 November MOH is the only ministry among nine being given increased allocation for both the operating and development expenditures compared to 2018 (ref: The Edge Malaysia November 5 2018).

PMPS GOLF TOURNAMENT 2018, 5 AUGUST

Dr Chew Teik Chye PMP, AMP
Golf Convenor

The PMPS Golf Tournament 2018 was held at the Royal Perak Golf Club, Ipoh on Sunday, 5 August 2018. 36 enthusiastic golfers comprising of 32 men and 4 ladies teed off on a sunny afternoon at 1:00 pm.

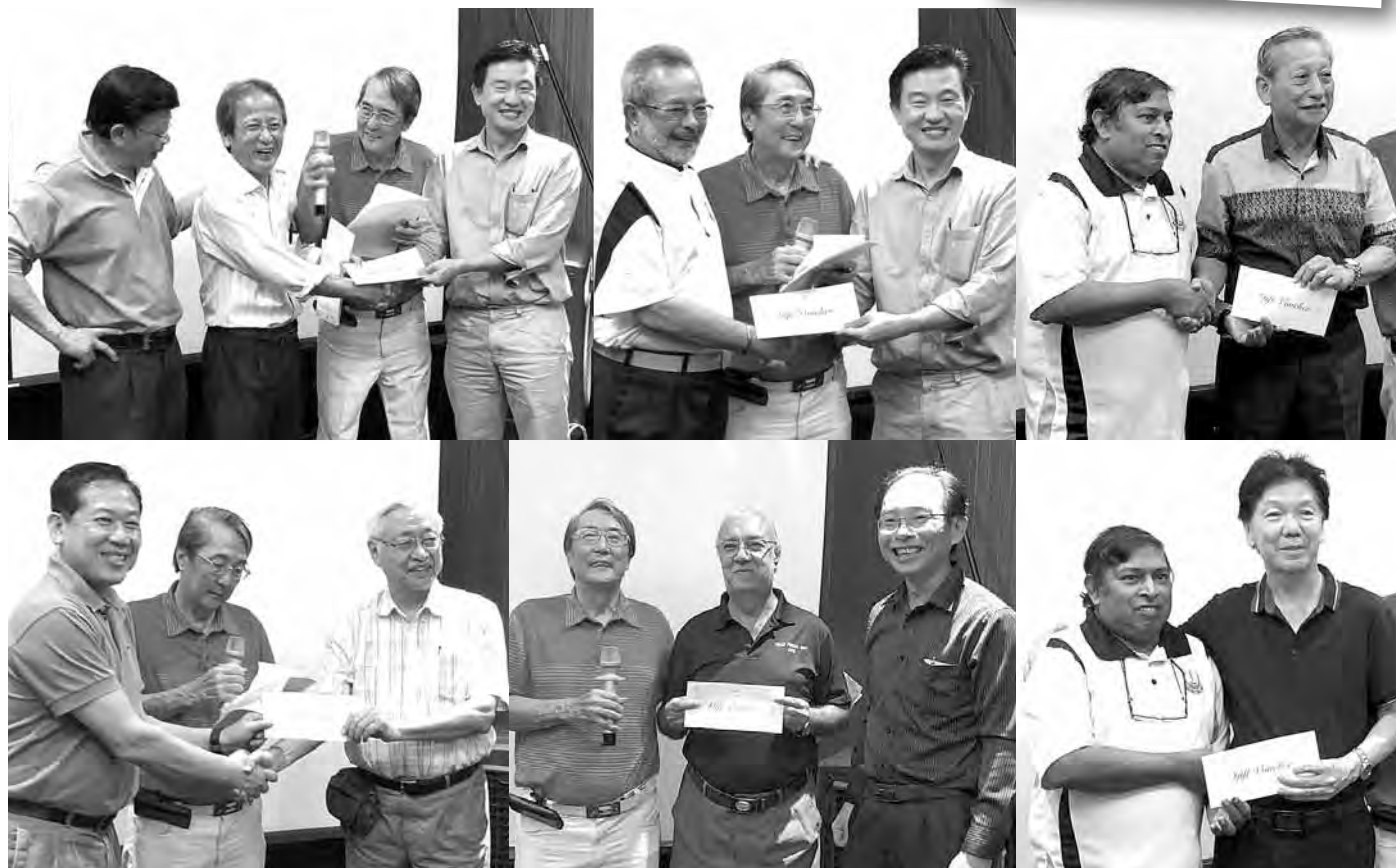
After the game, dinner and prize giving was held at the Chinese restaurant in Kinta Riverfront Hotel. Some of our PMPS Committee Members were present to grace the occasion.



Dr Liew San Foi, Consultant Paediatrician gave a very interesting medical talk on Paediatric Asthma Exacerbation.

Dr Ramesh Singh won the Champion Golfer of the Year.

Dr Michael Cheong Yoke Leong won the Gross event while Mdm Parvinder Kaur was the Ladies' Champion.



Photos: The PMPS Golf Tournament prize recipients

PMPS FAMILY ANNUAL GAMES 2018

24 October and on 27-28 October in conjunction with PMPS Doctors' Day Celebration.
(Photographs for the game events on 28 October were not available.)



PMPS-Family Games – Bowling, Ipoh Bowl, Kinta City, 24 October

INTERCLUB GAMES WITH IPOH SWIMMING CLUB, 11 NOV 2018, SUNDAY

Dr Yong Yew Kay proposed Interclub Games with Ipoh Swimming Club with badminton and tennis.
Dr Yee reported that all had a good day and the results were: PMPS won Badminton 4-2, lost Tennis 2-4.



LANGKAWI TRIP

18-20 AUGUST (16 participants)

by Dr Ting Sea Leong,
Tour organiser and Leader

18/8/2018

By 4:30 am our bus arrived at Kuala Perlis. Frustration set in as the embarkation area was locked with no waiting room and toilet for passengers. Half an hour before the first ferry service we were only allowed in. The ship had a capacity of 500 people.

Azam, our guide at Langkawi took us to our hotel for cleaning up following our request. First stops were the gamat, clothing and ikan bilis shop all in a row. Next was the underwater world at Cenang Beach. This and the wild animals' park were meant for children although there were no children among us. Exiting we entered the Cocco and Zon shopping complex. Afternoon was spent at the oriental village enjoying the cable car, sky glide, sky bridge and 3-D museum. Many more activities are also provided here. Night was spent at the duty free shop, five-minute walk from the hotel

19/8/2018

To the south of Kuah we were island hopping in a small motor boat. Landing at the Pulau Beras Basah, the beach's white, soft fine sand was a welcome sight. The island was inhabited only by animals and birds. Many monkeys were loitering here. A prominent sign "No Toilet" was displayed. Many visitors were enjoying their swim. Nearby was Pulau Singa Besar where two species of eagles came during feeding time. One was red brown (icon of Langkawi) and the other the larger white brahmin. Approaching Pulau Dayang Gunting, it could be identified by a hill resembling a pregnant woman lying on her back. After climbing a 100-meter high hill we saw a fresh water lake formed from a collapsed underground cave. Although it was only 10 meters from the sea

it was still fresh water. Many legends told of the magical power of the water. The return boat cruise was adrenaline charged as we were caught in a storm with heavy rain, strong wind and big waves. Drenched by sea and rainwater, we returned to hotel for change of clothing. Lunch was at 4:00 pm. As rain continued we substituted with a visit to Galeri Perdana.

20/8/2018

We visited Kilim Karst Geopark in the morning and boarded the 12:00 noon ferry to return home. Lunch was in Alor Star and we arrived home safely.

From the feedback the tour was a success. We went for a break to unwind and enjoy ourselves. We had a good guide. Even though we could not complete the itinerary we came back with an unforgettable boat ride in the storm.



Annual Practising Certificate Renewal (APC)

APC for 2019

- Application after first day of December will incur a late fee of RM100 in addition to the application fee of the same amount. Hard copies of APC application were attached with PMPS News August 2018.

APC for 2020

- From year 2020 this should be accompanied by
 - a. Evidence of professional indemnity cover
 - b. Continuing professional development (CPD) points of at least 20, which should be acquired during the period 1/7/18 to 30/6/19.

APC Online - Malaysian Medical Council

<http://www.mmc.gov.my/apconline/>

First time user: Please obtain ID and Password by emailing your request (with your full name, I.C number and full registration number) to unitapc.mmc@gmail.com (They may take a couple of days to reply.)

To Keep You Continuously Informed And Updated

PMPS WhatsApp groups:

1. PMPS Broadcast:

The Secretariat handled by Wendy uses this one-way avenue to inform members of relevant issues.

2. PMPS Members Forum:

Members are urged to be prudent in using this Forum and avoid inadvertently sending unauthenticated information.



**FUTURE CHALLENGES IN
PRIMARY HEALTH CARE
21-23 June 2019**
Pre-congress Workshop: 20 June 2019
Hotel Casuarina@Meru, Ipoh

**11TH ASEAN
& 8TH Perak Health** | **CONGRESS ON PRIMARY HEALTH CARE**

This Congress 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 in 2016 to pull in more resources as well as participants.

THE CONGRESS will be held over three full days, hence qualifying for **20 CPD points**.

THE ORGANISING COMMITTEE under the diligent leadership of President Elect Dr Kamalanathan is working very hard on it. It held the preliminary meeting on 28/3/18 and has had seven further meetings so far, with a site visit on 28/11/18.

For registration form and latest on the Congress, visit <http://www.pmps.org.my>

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.

"Alone we can do so little;
together we can do so much."

Helen Keller

REMINDER

The usual reminder to support your society:

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

Bank details:

Account name:

THE PERAK MEDICAL PRACTITIONERS' SOCIETY

Bank: Public Bank Berhad

Account number: 3072790829

Send to:

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

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.
- 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.
- Others** — these are evident when you go through this PMPS News, which you receive free.



PMPS COMMITTEE MEETINGS

The present PMPS Committee 2017-2019 was elected at the 77th PMPS AGM in March 2017 with its term ending in March 2019. It has held ten meetings so far. The meetings are usually held at KPJ-ISH Meeting Room, on Sunday 3:00 pm to enable as many committee members as possible to attend.