



PMPS

News

FOR MEMBERS ONLY

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Editor's Request

Members who are interested to write
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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

Greetings everyone! We are well in to the third quarter of the year and are slowly navigating towards and adjusting to our 'new normal'. With the majority of our population receiving their Covid-19 vaccination - 27 million being fully vaccinated and 49.6 % receiving their first booster dose - there have been relatively few requiring institutionalised care, ventilation and deaths. A lot has changed since the pandemic began and we will have to accept that the 'new normal' is not the 'old normal'. Covid-19 will leave a lasting imprint worldwide, causing permanent changes and teaching important lessons. The most important lesson from the Covid-19 pandemic is the importance of working together on problems that affect the entire human race. We are much stronger united than divided!

The 12th ASEAN and 9th Perak Health Congress on Primary Health Care finally materialised, after being postponed twice. It was held on the 15th-17th July 2022 at Kinta Riverfront Hotel. The theme this year was Navigating the Future in Primary Health Care. The conference covered very pertinent and interesting topics from the various disciplines and was well attended by doctors and para-medics. Kudos to Dr Loke Yee Heng (PMPS), Dato Dr Jeyaseelan (PGMES), Dr Puvaneswari (State Health Department) and their very able committee members who worked tirelessly to make this event a success. In appreciation of their efforts, a dinner was held on 3rd August 2022 at Kinta Riverfront Hotel.

Dr Yee Meng Kheong and I, as council members, attended the first FPMAM 2022/23 council meeting on 30th July 2022. Issues with regards to the Preferred Provider Clinic is being finetuned and almost finalised.



continue in page 2

I was also privileged to attend the installation ceremony of the Private Practitioners' Society of Kuala Lumpur and Selangor on 30th July 2022. Dr Jaswant was installed as the new President.

As PMPS President, I was invited to attend the opening ceremony of the ICVS Cardiovascular Conference on the 13th-14th August 2022 at Weil Hotel. About 200 medical professionals attended this conference which included updates, interactive sessions and opportunity to share experiences in the field of cardiovascular medicine.

On the 27th August 2022, we are planning to have our inaugural friendly games with members from Penang Medical Practitioners' Society. Golf, tennis and badminton have been organised. This will be followed by a dinner talk and fellowship hosted by us. We hope to have similar events in the future with members from other states.

Current issues that are worrying is Malaysia's medicine shortage which has put the medical community on alert. Overwhelming demands for stock and shipment delays are affecting some healthcare facilities more than others. With the MOH releasing the federal medicine stockpile, it is hoped that this crisis will resolve. Policies will have to be in place to prevent this catastrophe from recurring.

Happy Merdeka everyone!

*May we think of freedom, not to do as we please,
but as the opportunity to do what is right."*

~ Peter Marshall

Major Dr Jeyaratnam M Ratnavale



12 ACPHC celebration dinner, Oceanville Restaurant, Kinta Riverfront Hotel, 3/8



1st FPMPAM 2022/23 council meeting, 30/7



ICVS Conference opening ceremony, Weil Hotel, 13-14/8

SUCCESS IN UNUSUAL TIME

by Dr Yap Foo Ngan

We are going through unusual time. The various COVID restrictions affected the timing and manner of PMPS Committee Meetings, three AGMs, and the 12th ASEAN & 9th Perak Health Congress on Primary Health Care (12 ACPHC).

PMPS AGMs

Term	AGM	Date	Note	President	President-Elect
2019-2021	80th	9/8/20	Postponed from Mar 20, Zoom meeting	Kamanalathan	Jeyaratnam
2021-2023	81st	21/3/21	With SOPs	Jeyaratnam	Loke YH
2021-2023	82nd	20/3/22	With SOPs		

ACPHC has been co-organised two-yearly by PMPS, Hospital Ipoh Postgraduate Medical Education Society and Malaysian Associations of Public Health Physicians (Perak Branch) since the 10th Congress held in July 2017.

The 12 ACPHC had to be postponed from 2021. It was finally held on 14-17 July.

Initial challenges faced included abandoning of earlier organising committee meetings, resuming a year later, and changing organising chairperson.

12 ACPHC

2/9/20	Organising Committee Meeting (Zoom, 1st). Chair* Dr Jeyaratnam; Hon Sec Dr Loke
12/1/21	Organising Committee Meeting (4th, Zoom). Decision: postpone Congress to 2022
20/10/21	Organising Committee Meeting resumed (1st, Zoom). Chair* Dr Loke; Co-Chairs Dr Jeyaseelan & Dr Puvaneswari. Hon. Sec. Dr Yee; Asst. Dr Puvaneswari
29/6/22	Organising Committee Meeting (11th, Zoom, last)

* Traditionally ACPHC Organising Committee Chairperson is the PMPS President-Elect

14 gruelling organising meetings were held, while Scientific Programme Committee diligently assembled a pulsating programme. They worked resiliently through many obstacles. They made the bold final decision to have a fully physical Congress, although subsequently the opening keynote address had to be delivered virtually.

The obstacles included: COVID-19 epidemic affecting number of participants, unforeseen events causing various Congress speakers to be unable to come, SARS-CoV-2 infection affecting Committee members allotted to various roles (mandating quarantine; three members affected between 7/7 and 13/7). Last-minute replacements had to be urgently sought for!

These challenges prompted Dr Yee to exclaim "It's amazing how we are still managing!! I hope with so many obstacles and challengers, somebody may want to write a book on our organisation of this congress."

The amazing effort and cooperation continued vibrantly through the Congress to ensure its smooth running.

Eventually we held a successful trend-resetting fully physical Congress very worth celebrating in this unusual time.

NAVIGATING THE FUTURE IN PRIMARY HEALTH CARE

12TH ASEAN & 9TH Perak Health
Congress on Primary Health Care

15-17 July 2022

Kinta Riverfront Hotel, Ipoh



Jointly organised by

by Dr Loke YH, Organising Chairperson



Beyond our expectations, we managed to pull off a successfully concluded Congress. It was a physical meeting held in the rebranded Kinta Riverfront Hotel, from 15-17 July 2022, which also included two pre-congress workshops on 14 July 2022.

We saw a registration of 230 delegates, 11 oral presentations, 23 poster presentations, 15 exhibition booths. We also packed in four plenaries, 13 symposiums, two congress workshops, three industry-sponsored lunch talks, and a debate on the issue of social media influencing health care.

The opening ceremony and Dr CVN Prasad Oration was to have been graced by Yang Berbahagia Datuk Dr Norhayati Binti Ruli but she could not attend in person, instead she sent an audio-visual recording of her oration entitled “Tackling the COVID-19 Pandemic – Issues and Challenges”. Later we learnt that that same day she was promoted to Timbalan Pengarah Kesihatan (Public Health). So we congratulated her and wished her every success in her new portfolio.

Finally, I wish to thank my capable Organising Committee for their sacrifice, dedication and professionalism. These were members of our own PMPS committee and Secretariat, Postgraduate Medical Education Society of HRPB and Perak branch of Public Health Physicians representing JKN Perak.

Editor's Note: More information on the Congress (including topics presented and photographs) is available on <http://www.pmps.org.my/>



PMPS AND PERAK DOCTORS' INITIATIVES FOR FRONTLINE HEALTHCARE WORKERS

IN HOSPITAL RAJA PERMAISURI BAINUN IPOH (8th REPORT)

by Dr Yap Foo Ngan



On 23 Mar 2020, YB Dr Lee Boon Chye formed Agent of Shield Hospital Raja Permaisuri Bainun (AOS-HRPB) to support HRPB frontliners to battle COVID-19. Of the 84 volunteers in the beginning, 33 were recruited from PMPS WhatsApp Group.

The very active AOS WhatsApp Group provided an excellent communication channel among members. The quoted expressions in this report are from this chat-group.

Omicron SARS-CoV-2 – Variant of Concern (VOC), Vaccination

A VOC is defined by WHO as a variant associated with one or more of following significant challenges to global health:

- increase in transmissibility;
- increase in virulence;
- decrease in effectiveness in diagnostic, preventive (including vaccine) and therapeutic measures.

VOCs usually arise where there is high community transmission, often in areas where preventive measures are not carried out adequately.

Table 1: SARS-CoV-2 –Variants of Concern

	VOC	Earliest documented samples	Date of designation
1	Alpha	United Kingdom, Sep-2020	18-Dec-2020
2	Beta	South Africa, May-2020	18-Dec-2020
3	Gamma	Brazil, Nov-2020	11-Jan-2021
4	Delta	India, Oct-2020	11-May-2021
5	Omicron	South Africa, Nov-2021	26-Nov-21

(<https://www.who.int/en/activities/tracking-SARS-CoV-2-variants/>)

The Omicron variant (B.1.1.529) surfaced as the fifth VOC in Nov 2021. Its high transmissibility led to very high number of global daily new cases. Its high mutagenicity compounded this with emergence of multiple new subvariants potentially producing further waves. There are at least five subvariant lineages so far: BA.1, BA.2, BA.3, BA.4. and BA.5a. Omicron variant is less virulent than previous variants, but its very high transmissibility and yet to be improved vaccination acceptance lead to large increases in hospitalisation. It overwhelms the capacity of healthcare systems and saps the morale of health care workers (HCW).

COVID-19 booster vaccination still offers substantial protection to reduce mortality and morbidity (long COVID likely included), as shown by recent Portuguese research (table 2). It is essential to know this in the face of the rampant COVID-related infodemic.

Table 2: Effect Of COVID-19 Booster Vaccination

SARS-CoV-2 Omicron Subvariant	BA.2	BA.5
Reduction in risk of COVID-19 hospitalisation	93%	77%
Reduction in risk of COVID-19 death	94%	88%

(<https://www.medrxiv.org/content/10.1101/2022.07.25.22277996v1>)

AOS-HRPB's LAST CONTRIBUTION

AOS's Hon. Treasurer Richard Liew delivered hospital safety bed rails to HRPB on 26/4, thereby fully utilised AOS Fund, which was then closed on advice from Dr Lee BC.

26/4/2022 *"Instant solution to our perpetual cot bed shortages. Thanks again, Richard, for getting the best fit for us."*
- Dr Chong Li Ann

Table 3: SUMMARY for AOS-HRPB Fund — Richard Liew

	Donations	Total (RM)
In 2020	113,621.48	297,678.95
In 2021	184,057.47	
	Utilisation	Total
In 2020	97,162.75	297,678.95
In 2021	197,716.20	
In 2022	2,800.00	



Richard Liew: *Thank you everyone and it's been a pleasure to ride this journey together with you all ... God Bless.*

Dr Chakr Sri Na Nagara, O&G, PMPS member and past president (1979-1980): *Thanks everyone. We did what we had to do. And we did it well. Most importantly we became closer as a Nation.*

Dr Chong Li Ann, Chief Physician, HRPB: *Thank you everyone here, for always being our torch. Feeling nostalgic about how covid has brought us together and stronger.*



Dr Rosalind, ENT, PMPS member: *Special thanks to Richard and Pfizer team for all the services rendered.*

Dr Adi Osman, Head of A&E HRPB: *There are no words to express our thanks and gratitude to all of you who were a part of this journey. For us, we are all the fronliners ...*

Dr Sivanandarajah Satgunam, Hospital Slim River Director, past HRPB Dep Director: *Thank you so much for all the help to HRPB and to HSR.*

Dr Akbar Ali, Paediatrician: *Kudos to all frontliners for their excellent services.*

Dr Mallika, PMPS member: *Hats off to the selfless and excellent job done by the HRPB team.*

COMMEMORATION

To commemorate AOS-HRPB's contribution, a mini ceremony was held on 28/4 in which Dr Lee BC handed over to HRPB Director and Deputy Director Dr Megat and Dr Liew a memento and a plaque inscribed with brief account of AOS-HRPB fund.



Mini Ceremony at HRPB concluding AOS-HRPB, 28/4



CONCLUSION

Dr Mallika: Kudos to everyone. "Thank you" to all awesome members. Well done under the leadership of YB Dr Lee BC.

This is the series' final report.

Fun corner



To all members of AOS-HRPB Ipoh,

COVID-19 pandemic must be the most significant public health crisis we ever face in our lifetime.

Fortunately, we have begun the transition period towards endemic phase of the COVID-19 on 1/4/2022.

There will be further easing of SOP on 1 May 2022. Hopefully we can resume 'normal' activities soon. Over the past two years, the frontline healthcare staff had worked tirelessly to shield us off from the virus. We, as with all Malaysians, owe them a big 'thank you!'.

AOS-HRPB was set up on 23 March 2020, at the beginning of the pandemic to give support for the frontline healthcare staff. The main objective of this support group was to match the immediate needs of the hospital with the resource available. AOS-HRPB Ipoh consists of 77 members of diverse background.

Since the beginning, AOS-HRPB has provided about RM280,000 worth of PPE, oxygen concentrators, monitoring equipment etc. to HRPB Ipoh. We also donated some monitoring equipment to other MOH hospital in need during the pandemic.

I must thank everyone in the group, especially Richard from Ipoh Cardiovascular Society Perak, Dr Chong and team from HRPB Ipoh and Dato' Dr Amar Singh, for the contribution and support.

I am hopeful we have past the worse of the pandemic. As such I plan to close this chat-group on 1st May 2022.

Thank you.

Dr Lee Boon Chye,
past Dep Minister of Health (2018–2020),
PMPS member and past president (2003–2004)

MONKEYPOX OUTBREAK 2022

by Dr Yap Foo Ngan

Since early May 2022, monkeypox cases and clusters have been reported concurrently from countries where the disease is not endemic (Europe and North America) and several endemic countries (West and Central Africa). This is the first time that this phenomenon occurs with infection outbreaks. Most reported cases so far have been identified among men who have sex with men.

As of 11 August, a total of 32,760 laboratory confirmed cases and 12 deaths have been reported globally.

Confirmation of one case of monkeypox, in a country, is considered an outbreak. WHO's current estimation of risk of outbreak in different regions is as in the following table.

Region	Risk of Monkeypox Outbreak
Global	Moderate
Europe	High
Africa, America, East Mediterranean, South-East Asia	Moderate

(<https://www.who.int/emergencies/situations/monkeypox-outbreak-2022>)

On 21 July 2022, WHO Director-General declared this outbreak a Public Health Emergency Of International Concern.

During the four weeks preceding 07/8/22 notified cases were mainly from the European Region (49.8%) and the Americas (49%).

While monkeypox is considered less contagious and less severe in morbidity than smallpox, it has case fatality of around 3-6% in recent times.

Malaysia has no confirmed monkeypox cases in 2022 to date. But Singapore has reported her first case on 20 Jun. The 15 cases known till 05 Aug were all male adults, with age between 25 to 59, and five were imported (with travel history to UK, Germany, USA, Canada and Australia). (<https://www.moh.gov.sg/diseases-updates/monkeypox>)

Key clinical facts on monkeypox are available in: <https://www.who.int/news-room/fact-sheets/detail/monkeypox>

The Disease Control Division, Ministry of Health Malaysia has also issued "Interim Guidelines on Monkeypox Management in Malaysia" in May 2022. It is available by googling for it.

NOTIFICATION OF MONKEYPOX CASES

All suspected, probable or confirmed monkeypox cases must be notified to the District Health Office within 24 hours via phone call. This is then followed by the Borang Notifikasi Penyakit Berjangkit under "other life-threatening microbial infection" or input patient's information into the e-Notification System.

(Interim Guidelines on Monkeypox Management in Malaysia; <http://enotifikasi.moh.gov.my/Login.aspx>)

PMPS COMMITTEE (2022-2023) MEETINGS



Three Committee Meetings were held during these four months.

21/8 SUNDAY

Happy faces at 11th PMPS Committee (2021-23) Meeting, 1st physical meet after a long while of Zoom meetings because of the COVID pandemic

PENANG MPS COURTESY VISIT, 26TH – 28TH AUGUST 2022

by Dr Yee MK

Our members would be playing golf, badminton and tennis with them. TRB Chemedica would be giving a CPD (27 Aug) with Dr Rajkumar giving a presentation. This would be followed by a fellowship dinner with our guests from Penang

DOCTORS' DAY (MALAYSIA), 10TH OCTOBER 2022

by Dr Yee MK

Doctors' Day this year will be celebrated on Sunday, 9 Oct. We were discussing having a CPD followed by a tea, whether for the public or for doctors.

CPD

Topic: Targeted Approach In The Treatment Of Osteoarthritis & Degenerative Spine Conditions
Speaker: Dr Rajkumar Veerakumaran, Consultant Orthopaedic Surgeon, KMC Medical Centre, Ipoh
Date & Time: 27 Aug (Saturday), 6:30 pm; Dinner, 8:15 pm
Venue: Kampar Hall (Level 2), Travelodge Ipoh

CONDOLENCES

PMPS Committee expresses sincere condolences to the families of the following members.

Dr Lok Yew Wah

(Departed on 18 May)

He had been a faithful PMPS member, paying his subscription until 2023.

Dr Wong Ching Lang

(Departed on 5 August)

She was our life member from Sitiawan. She was remembered as a dedicated knowledgeable internal medicine specialist.

MEMBERSHIP

WELCOME

NEW MEMBERS

We welcome the following new members:

Ordinary Member: Dr Chua Eng Hooi

Life Member: Dr Amalourde Raj A/L A. Arokiasamy

Annual Subscription

The usual reminder to support your society:

1. pay your subscriptions
2. check that your latest details are recorded.

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

ANNOUNCEMENTS

ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL

SUBMIT APPLICATION BEFORE 01 DECEMBER

- **CPD Points**
 - Period to obtain CPD points for APC 2023: between 01 July 2021 and 30 June 2022.
 - Period to obtain CPD points for APC 2024: between 01 July 2022 and 30 June 2023.
- **Professional Indemnity Cover** – COMPULSORY.
- **Fee**
 - The APC application fee is RM100.
 - Late application is subjected to an additional fee of RM100.
- **Enquiries**
 - <http://meritsmmc.moh.gov.my/>
 - <https://mmc.gov.my/certification/>
 - Whatsapp: [016-3261751](https://wa.me/60163261751)

Benefits To Be PMPS Members

1. **Continuous Professional Development** – PMPS is a registered CPD provider. It regularly holds CPD sessions for its members together with other medical organisations, including the 2-yearly ASEAN Congress on Primary Health Care.
2. **PMPS News** – Each issue is emailed and WhatsApped to members. It keeps you informed of issues relevant to members. All issues are available at <http://www.pmps.org.my/>.

To Keep You Continuously Informed And Updated

1. **PMPS Broadcast** – The Secretariat handled by Wendy uses this one-way avenue to inform members of relevant issues and sending soft copies of PMPS News when published.
2. **PMPS Members WhatsApp Group** – Members are urged to be prudent in using this chat group and avoid inadvertently sending unauthenticated information.

PMPS Committee would like to extend warm greetings to members and families on the following occasions:

31 August (Wednesday) Merdeka Day

16 September (Friday) Malaysia Day

9 October (Sunday) Prophet Muhammad's Birthday

24 October (Monday) Deepavali

4 November (Friday) Sultan of Perak's Birthday

25 December (Sunday) Christmas Day

When a public holiday falls on a Sunday, it is replaced on the following Monday