



PMPS

News

FOR MEMBERS ONLY

DECEMBER 2022

ISSUE 32

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(Membership Drive, Sports)

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(Community Service,
Public Forum)

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(Membership Drive)
Dr Bhajan Singh (Community Service,
Public Forum)
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Editor's Request

Members who are interested to write
articles for the Newsletter kindly email:

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or fax: 05-2426549

or post to:

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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

I find it hard to believe that Christmas and the New Year is almost here - where did this year go! Each year that passes seems to have its own character - there are always challenges that come with mostly positive but sometimes, negative outcomes. I can truly say that these past 12 months have been as full a year as I can remember. There have been major issues – the global financial crisis, our national recovery from the COVID-19 pandemic with the Ministry of Health hospitals rushing to clear the surgical backlogs, the general population adjusting to returning to work physically after working from home for a good part of 2020-2021 as well as our very own political arena. I sincerely believe that we are heading for a brighter 2023!

PMPS had our very first physical committee meeting, after a long hiatus, on 21st August 2022. During this session, we discussed at length our proposed projects for the coming year.

Our fiscal year started with a bang! The Medical Practitioners' Society of Perak and Penang had our inaugural friendly games on 27th August 2022. The Penang delegation was led by their president, Dato' Dr Tan Kah Keong. This event was well attended by members from both states. There was golf at Royal Perak Golf Club as well as tennis and badminton at the YMCA Community Centre. This was followed by an Orthopaedic talk and fellowship dinner at Weil Hotel. The Penang contingent had promised to host this event next year.



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2nd FPMPAM Council Meeting



With FPMPAM President, Dr Steven Chow



PMPS committee decided to donate a sum of RM 1,000 towards the launch of BeBeLEC Day-Care Centre Ipoh on 21st September 2022. The Day-Care Centre Ipoh is a purpose-built dementia day-care centre under the Dementia Society Perak. This centre caters for those with Alzheimer's and other forms of dementia. It is built on a half-acre land overlooking the beautiful Gunung Lang. This centre offers state of the art dementia care.

Our state level Doctors' Day celebration was held on 9th October 2022 at AEON Kinta City Mall. This year we decided to link our celebrations with the PINK OCTOBER - Breast Cancer Awareness month. There was blood donation campaign where 80 donors donated blood. Free health screening was offered to the public - blood pressure, random blood sugar and body fat assessment as well as creating breast cancer awareness. We would like to extend our sincere gratitude to Blood Bank Hospital Raja Permaisuri Bainun, Pink Champion Association as well as Perak Community Specialist Hospital for their participation in this project. Kudos to Dr Nantha Kumar and his very able committee for yet another successful project.

I attended the 4th Federation of Private Practitioners' Associations, Malaysia (FPMPAM) and IPH Pharmaceuticals Sdn Bhd (IPHRx) Annual Scientific Conference 2022 for General Practitioners on 10th October 2022 at Dorsett Grand Subang Hotel, Subang Jaya. I was given the pleasure to chair one of the sessions at this symposium. I also attended the National Doctors' Day Celebrations the same night.

Our annual much awaited PMPS Bowling was held on 15th November 2022 at Ipoh Bowl, AEON Kinta City, Ipoh. About 24 members together with their families participated in this fun-filled outing, Dr David Yeo was the winner in the Men's category while Dr Ding Soo King walked away with the first prize in the Ladies section. Light refreshments was served after the game.

The PMPPS Informal Dinner is scheduled to be held on 17th December 2022 at Ipoh Swimming Club.

As we mark the final days of 2022, let's take a moment to reflect on the past year. As we gradually adjust to our new normal, working together, we have made good progress. I am proud to see how quickly we have adopted to each new challenge and how we have collaborated with one another as well as with other agencies, to make the most of each opportunity.

I would like to thank each one of you for your continuous support and commitment. Every one of us have an important role to play in continuing to make our projects a success. I am confident that together, we will achieve greater things.

As you enjoy the festivities with friends and family, as you give and receive gifts, as you gather to celebrate, please accept my best wishes to you and your family a safe and enjoyable Christmas and New Year. Wishing you a Merry Christmas and a Happy New Year filled with good health, joy and prosperity!

Major Dr Jeyaratnam M Ratnavale

PMPS COMMITTEE (2022-2023) MEETINGS

The hardworking Committee met on 21/8, 25/9, and 20/11 to plan activities for the rest of its term.

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

Dr Yee, Hon. Organising Secretary reported that despite about 30% drop in registrations compared to 11 ACPHC in 2019, we received nearly the same profit. The money is shared equally between the three co-organisers: PMPS, Postgraduate Medical Education Society of HRPB and Malaysian Associations of Public Health Physicians (Perak Branch).

FRIENDLY WEEKEND WITH PENANG PMPS

by Dr Yee Meng Kheong, Hon. Secretary

Penang PMPS dropped by over the weekend of 27 - 28 August to play some games with us and had a CME/fellowship dinner.

Led by their President Dato' Dr KK Tan, a team of 10 doctors together with their spouses ventured to Ipoh on Friday. They stayed at Royal Garden Hotel at RPGC. We had a game of golf at RPGC and three doubles matches of badminton and tennis played at YMCA Ipoh on Saturday (27/8). It must be from their hectic schedule travelling to Ipoh that they lost all their games.

The games were then followed by a CME cum dinner at Travelodge Hotel. The talk was delivered by Dr Rajkumar on 'Osteoarthritis and Degenerative Spine Conditions', sponsored by TRB Chemedica.

Following the CME and during the dinner, Dr R Jeyaratnam welcomed our guests from Penang and expressed hope that this game/fellowship will continue with each hosting the other on alternating years.

Dato' Dr Tan thanked the Perak PMPS for having being good hosts and assured us that they would reciprocate. He commented that Ipoh was a lovely city.



Golf – RPGC



Tennis – YMCA

There was an exchange of souvenirs where we gave them pomelos and 'kacang putih' and in return they gave us copies of their souvenir book, "To Heal The Sick".



Fellowship, CME & dinner – Travelodge

PERAK DOCTOR'S DAY CELEBRATION IPOH 2022

Dr G Nantha Kumar, Organising Chairman

This year's Doctors Day Celebration in Perak was held at Aeon Kinta City shopping mall center. It was co-hosted with Perak Community Specialist Hospital (PCSH) on 9th October from 10:00 am to 3:00 pm.

We had free medical camp which was participated by nurses and staffs of Perak Community Specialist Hospital (PCSH) and our PMPS doctors. There was Breast Cancer Awareness by Persatuan Pink Champions. Puan Madihah, the president of the association was present. Teaching session was conducted for school student from Maktab Rendah Science Mara (MRSB) on Breast Cancer awareness and the importance of early detection. We also had Pantai Premier Lab with their latest DNA technology screening for cancer diseases.

Blood donation and organ-pledge by blood bank of Hospital Raja Permaisuri Bainun Ipoh were also conducted. It was a very eventful function where we had 86 people screening for Diabetes / Hypertension / BMI and 80 blood donors. Being a public holiday, we had good support from the public.

Appreciations:

On behalf of PMPS, I would like to extend our special appreciation to PCSH, and Business Development Assistant Manager Ms Renuke and their CEO Mr. Nickholas Chan for their hospitality and support. Not forgetting, Ms Fiona from Pantai Premier Lab for her contribution and the free gifts.

My Thank You also goes to Puan Lina from Aeon Kinta City and Encik Rohaizal from blood bank HRPB Ipoh. A special thanks to Ms Wendy, Secretariat of PMPS Ipoh for giving all the time and support in making the event a successful one.

I would also like to thank Dr Jayaratnam, Dr Loke, Dr Yee, Dr Kamalanathan, Dr Yap for having confidence in me organizing the event and many other well-wishers and committee members who had given advice.

I am indebted to all above for their assistance in making this event a success.



PMPS BOWLING 2022

Dr T Kumar, Sports Convenor



The long awaited PMPS Bowling event finally materialised after resumption of sporting activities when the MCO was lifted earlier this year.

It was held at the Ipoh Bowl Kinta City at the Aeon Shopping Complex on Tuesday 15 November 2022. Out of the initial 24 registered participants we finally had 17, of whom four were children, who took part in the event. It was held from 8:00 pm to 10:00 pm. The participants were each allowed to play three games and were divided into several groups. It was indeed an enjoyable evening in spite of the sports convener scoring the lowest amongst the men!

Three prizes were given out for the top three winners in the Men's group and one for the Women's champion. The prizes were presented to the winners by our PMPS president Dr (Major) R Jeyaratnam who also took part and won himself the second prize. All those present were feted to light refreshments after the session was over – fried noodles, coffee and tea.

The main winners are listed below:

Men's Group	1st prize, Dr David Yeo
	2nd prize, Dr (Major) R Jeyaratnam
	3rd prize, Dr Yek Sing Chee
Women's Champion	Dr Ding Soo King

The PMPS Committee extended our grateful thanks to Mr Tony and Mr Andrew who very kindly assisted us to organise this bowling event.



Dr David Yeo — 1st Prize



Dr Jeyam — 2nd Prize



Dr Yek Sing Chee — 3rd Prize



Dr Ding Soo King — Lady Winner



Happy participants

ANNOUNCEMENTS

ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL

**SUBMIT APPLICATION BEFORE
01 DECEMBER EACH YEAR**

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

CONDOLENCES

PMPS Committee expresses sincere condolences to the family of

Dr Rajindar Singh

who left peacefully at home on 2/10/2022.

He was a life member of PMPS.

*PMPS sent a wreath to
his family home in Teluk Intan.*

TELEGRAM PLATFORM FOR GENERAL PRACTITIONER ON COMMUNICABLE DISEASE

The above initiative from Crisis Preparedness & Response Centre (CPRC) provides:

- Notes on Communicable Disease Notification
- Information on Clinical Samples
- Clinical/Epidemiological Features of Diseases
- Manuals and Guidelines

Enquiries:

Petugas Bilik Gerakan, Unit CDC PKD Kinta,
Kompleks Survelan, Klinik Kesihatan Jelapang

05-05-5276355 / 05-5286158
WhatsApp ONLY: 019-3934795

CPR, AED, BLS AND BLS INSTRUCTOR TRAINING

MMA has partnered with X3SI to provide MMA members with:

- high-quality, regular, nation-wide, CPD eligible training opportunities in BLS and other areas
- opportunity to get involved as accredited instructors, teaching either BLS to healthcare professionals, or layperson CPR & AED to their communities

Enquiries:

<https://x3si.com/mma-em>

MEMBERSHIP

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

BIOGRAPHY OF A DOCTOR

Dr Yap Foo Ngan

Portrait of a Malaysian Anaesthetist: T. Sachithanandan – Pioneer, Leader, Gentleman, published in September 2022, is penned by his son Dr Anand Sachithanandan, a cardiothoracic surgeon.

(Retails at RM100. Proceeds will be donated to the Malaysian Society of Intensive Care and Lung Cancer Network Malaysia.)

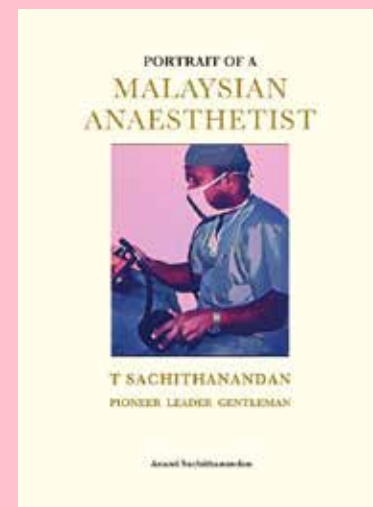
In 1981, Malaysian medical (in particular anaesthetic) profession lost a pioneering stalwart with the sudden demise of Dato' Dr T Sachithanandan (1931-1981) during a cardiac bypass surgery in London. He was only 49.

He established the first public sector intensive care unit in Malaysia in 1968 at Johor Baru General Hospital (JBGH).

He was also involved in establishing the first

postgraduate medical education centre in the country at JBGH in 1969, with two eminent colleagues - physician Dato' Dr Lim Kee Jin and paediatrician Datuk Dr Sam Abraham. He went on to establish another such centre at Ipoh General Hospital (IGH) in 1976.

He was Perak State Anaesthetist in IGH (1972-77). I had the fortune to encounter the exemplary gentleman and teacher in him, as his medical officer in 1977.



https://en.wikipedia.org/wiki/T._Sachithanandan#cite_note-3
<https://www.msa.net.my/newsmaster.cfm?menuid=21&action=view&retrieveid=36#RememberingtheLegacy>

THE DEMENTIA SOCIETY PERAK BEBELEC DAY CARE CENTRE

OFFICIAL OPENING & LAUNCHING OF DEMENTIA HANDBOOK, 21 SEP 2022

Dr Yap Foo Ngan

The Dementia Society Perak requested PMPS to sponsor the above event and contribute to the improvement of care given to dementia sufferers. PMPS Committee contributed RM 1,000 on behalf of PMPS. Upon invitation PMPS was represented by Dr Yap (who was also the medical adviser for the Day Care Centre) at the above ceremony.





PMPS EVENTS: 17 DEC 2022 & MAR 2023

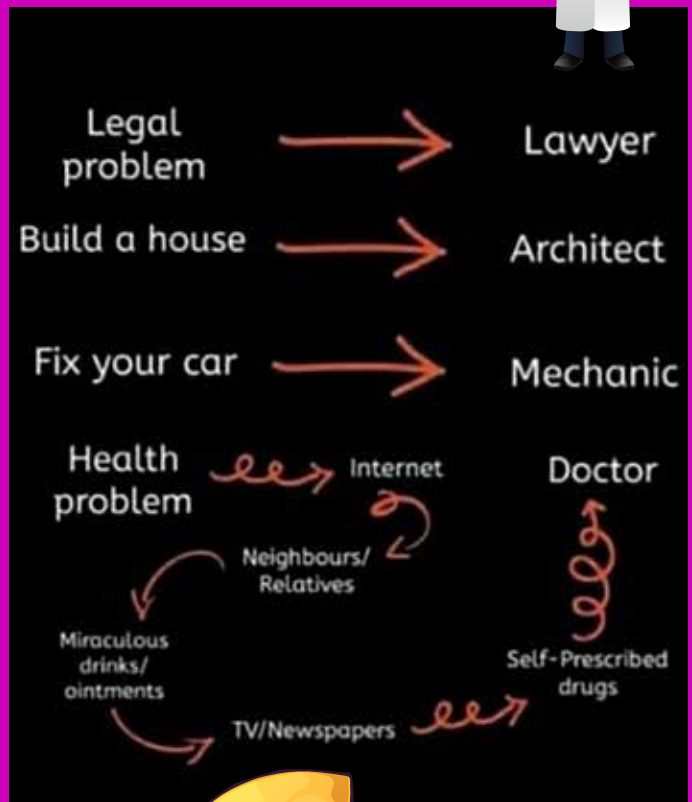
INFORMAL NIGHT

PMPS Informal Night is planned to be on 17/12 at Ipoh Swimming Club (Neptune Hall). Activities include buffet dinner, prize-giving for PMPS Games participants, live band, singing and dancing. Please see next issue for report.

PMPS 83rd AGM

The next AGM is to be held in March 2023. There will be election for a new President-elect and Committee. Traditionally there will also be Dr Wu Lien Teh Lecture, high tea, maybe a separate CPD session and dinner.

Fun corner



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

Christmas 25 December 2022 (Sunday)

New Year 1 January 2023 (Sunday)

Chinese New Year 22 & 23 January 2023 (Sunday & Monday)

Thaipusam 5 February (Sunday)

Nuzul Al-Quran 8 April (Saturday)

Hari Raya Aidilfitri 22 & 23 April (Saturday & Sunday)

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