



# PMPS News

FOR MEMBERS ONLY

DECEMBER 2020

ISSUE 26

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(Community Service  
& Public Forum)

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Dr Rosalind Simon (CME)  
Dr Yap Foo Ngan  
(PMPS Newsletter,  
Community Service  
& Mentor-Mentee Programme)

## Editor's Request

Members who are interested to write articles for the Newsletter kindly email: [pmips.secretariat@gmail.com](mailto:pmips.secretariat@gmail.com)  
or fax: 05-2426549  
or post to:  
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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



*Greetings to my dear friends*

2020 is fast coming to an end. What a nightmare Year it has been, personally for me with regards to my health, and to the rest of the world caught in the COVID-19 Pandemic. Never has the world seen such a disaster. Malaysia did well during the

two earlier phases but is buckling under the wrath of the third wave. Ipoh is getting into the red zone during the last two months. We could not even celebrate Deepavali with our children and families due to lockdown. Hope and pray Christmas and New Year fare better.

With December, I am on my final stretch as President with another three to four months to go. Recollecting my two years as President-Elect (PE) and as President has been harrowing — partly due to my health and partly due to the pandemic. I have become the first President without an inauguration. Even this year's AGM was held via Zoom. So were a lot of webinars.

I have been in PMPS for the last 10 years as PE, President, Past President (PP) over 2011-2017 and again from 2017 as PE, President, and will be PP for the 2021-2022 term.

I take pride that I have twice chaired as Chairman of the ASEAN Primary Health Care Conferences, been an Adviser on another two editions of the Conference including the forth coming **12th ASEAN & 9th Perak Health Congress on Primary Health Care** (June 18-20 June 2021). I also organised the first National Doctor's Day in Ipoh for FPMPAM, a three-day affair and subsequently the third National Doctor's Day in Ipoh too.

PMPS too had organised successfully local and overseas tours for its members during these years.

*continue in page 2*

Due to the pandemic our PMPS meetings and preparations for the ASEAN Congress has been through Zoom. PMPS members have been contributing to the welfare of the frontliners through the **AOS HRPB** under the leadership of YB Dr Lee Boon Chye.

I trust all PMPS members have applied for their **2021 APC** (no need CPD points but valid Indemnity Insurance compulsory). Those who have not got their APCs please get in touch with our Secretariat or Dr Yee Meng Kheong for assistance. Those in need of insurance can contact Secretariat or me. PMPS has specifically arranged through Fin Freedom with Chubb Insurance Company providing the cover. All PMPS and Non PMPS members in Perak can get a 7% discount if you apply through our Secretariat.

Please also register for your PERKESO and for **COVID-19 rapid test kit (RTK-Ag)** kits through MMA arranged through their KOOP and through JKN Perak. It has already started in Selangor, Sabah, KL, Labuan, Penang and Negeri Sembilan since 1st December. So register and be ready. Warga Emas doctors please take necessary precaution, be careful and play safe.

May I wish our members celebrating Christmas a very merry Christmas and to all our members a very very Happy New Year 2021. Pray for a good year with the pandemic easing and a release from this lockdown. Wishing GONG XI FA CAI 2021 to all our Chinese Members too

Take Care, Be Safe, Stay at Home, especially the senior Doctors, and follow the SOP.

*Thank You.  
Dr Kamalanathan AG Raju*

## **PMPS COMMITTEE MEETINGS**

The present PMPS Committee 2019-2021 was elected at the 79th PMPS AGM on 24 March 2019. The meetings are usually held at KPJISH Meeting Room but have been held on Zoom since the 8th meeting on 21 Oct because of CMCO. It has held nine meetings so far.

At the 7th Committee Meeting (6 Sept), the matter about **Dr Wu Lien Teh old clinic building** was discussed. It was decided that the Society does not have the means to purchase the property even though it was a good idea to have a museum to commemorate Dr Wu. However, we will continue to hold the **Dr Wu Lien Teh Lecture** during our AGMs.

Photo (right): PMPS Committee (2019-2021) 9th Meeting, by Zoom. Drs Liew SF and Nantha Kumar had left before photograph was taken. We had active discussions on various issues. Please note this Committee's term will end in March 2021. The 81st AGM will be held on 21 Mar 2021 and will elect new committee members.



## **CONGRATULATIONS** **New MMA President** .....

PMPS Committee congratulates our member **PROF. DR M. SUBRAMANIAM** for his installation as Malaysian Medical Association (MMA) President (2020-2021) during MMA's first-ever virtual annual general meeting on 26 Sept 2020.

# A MEETING BETWEEN GPS AND AIA TO DISCUSS ISSUES FACED BY DOCTORS WITH THE TPA

Dr Raj Paramjothy

**Date:** 23rd of September 2020  
**Time:** 4:00 pm – 5:00 pm  
**Venue:** 25th floor,  
 Menara AIA,  
 Jalan Ampang,  
 Kuala Lumpur.

**Attendees:**

- Dr Shanmuganathan  
 (Hon. Sec FPMPAM)
- Dr Raj Paramjothy  
 (Representing President  
 Perak PMPS)
- Dr Arvinder Singh HS  
 (Rep. from Perak PMPS)
- Dr Sangara Kumari  
 (Associate Director AIA) –  
 attended virtually
- S/N Li Li Tham  
 (Senior Manager, AIA)

The meeting was called to order at 4:00 pm. A brief introduction of each attendee was done prior to our discussion.

Dr Shan thanked AIA, and AIA Regional Director Ms Jamie, for agreeing to hold this meeting to sort out and better understand some grievances brought by panel AIA GPs. A survey\* was conducted by Dr Arvinder, initially for Perak GPs and later was extended to other GPs from the various states. The survey was generic in that it reflected opinions on other MCOs and TPAs and not confined to AIA alone.

Though Dr Raj was not a panel of AIA, he represented the President, PMPS and his attendance was agreed to, after initial objection by AIA citing that it would be a non-panel GP involvement in AIA matters.

Dr Kumari had been a GP for 12 years, then become Medical Director of CIGNA International and then only recently joined AIA as an Associate Director. Ms Li Li, Senior Manager, said that she was in charge of GP Network, while there was another team for Hospitals and one for Help Desk.

Dr Arvinder elaborated on the matters at hand:

## Consultation fee of RM 15 imposed by AIA

The issue of the stagnant RM15 consultation was brought up. Dr Kumari mentioned that the company was insurance-based and was duty-bound to follow the arrangement by the insurer, the clients and the Fees Schedule by the Government. She said that they were in the process of gaining enough data to make a case for the doctors but at the moment there was nothing that could be done. She also mentioned that the consultation fee setting had general consensus from most TPAs. Dr Arvinder thanked her for fighting for an increase and requested for her opinion on the role doctors can play to ensure that this happens. She mentioned that if there was something that could be done, she would gladly inform the Federation. Until then, there was little that anyone can do.

## Prices of dressings

The prices of dressings were among the most frequent grouses from many of our colleagues with AIA. The issue was the RM 15 given for dressing(s), despite putting one or four. There was also little sensitivity to the type of creams used, as voiced by those present at the meeting. AIA agreed that this was an issue they would be looking into. Until then, they request doctors to email them on the number of dressings applied and the cost. AIA will consider the number of dressings. The concern of using different creams for the dressing was also put forward. SN Lily requested doctors to list the creams which they regularly used and send it to AIA so that they could list it in their system. Some items used for dressing could also be claimed for under prescription.

### **Chronic medications prescribed three weeks to a month**

This issue was brought up. The attendees were displeased with this current imposed arrangement especially for the fact that some patients came from other states to see them and the physicians would prefer if the option of giving medications for more than a month could be offered. SN Lily mentioned that this was not at all possible as for chronic care the standard of therapy was one month. The doctors argued that patients who were on medications and had their chronic conditions controlled well should be given an exception. Lily and Dr Kumari mentioned that the patients were allowed to collect medications from a nearby clinic to their residence if they so wished but on a monthly basis. The patient however could get an approval from the HR of their company to approve chronic medication collection for more than a month. We then informed them that many HRs were unaware of such new rules. AIA mentioned that the HRs were sent a notice and they required the help of doctors to inform the patients and HRs. We voiced that it was unfair that we take up this task to inform each patient as the abuse by patients would be hurled at us finally. AIA said they would look into the matter but they also reminded the doctors that the payees were companies and not the patients, thus the patients too should be reasonable on their demands.

### **Procedures and GPs**

As to whether GPs could claim for certain procedures usually under tertiary care, Dr Kumari mentioned that AIA was bound to KKM regulations on Ambulatory Care and for a GP to claim for such procedures, they must be registered accordingly with KKM Medical Practice Division. Furthermore, such procedures must be recoverable under out-patient benefits.

#### **Editor's Note**

- \* The survey was reported by Dr Arvinder-Singh HS and Dr Harbaksh-Singh MS in PMPS News Aug 2020 issue as The Opinion of Private Healthcare Practitioners on New TPA Regulations – A Cross-Sectional Study.

Dr Arvinder was invited to PMPS Committee Meeting on 21 Oct to discuss the above matter.

### **Medications not listed under diagnosis/ Medications unavailable on the system**

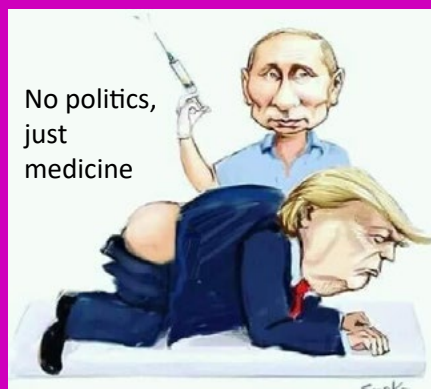
AIA mentioned that they pre-tested the new system for eight months among a few GPs and corrected it based on the feedback obtained. However, upon their release, many doctors had different preferences of treatment based on indications. They accepted that the system still required some work and they encouraged doctors to email them at [my.aiagnetwork@aia.com](mailto:my.aiagnetwork@aia.com) to add drugs/medications to the list for indications. Similarly, the doctors can visit the resource centre and click the drug list for available drugs for different indications.

### **Balance limit of patients being displayed upon arrival**

This was suggested so that our doctors would be able to know the balance of entitlement for each AIA patient who had annual limits for themselves or their dependents. They acknowledged that they understood how it was important that the doctors know the balance but they were unable to share it upon the patient's arrival as it was against the Personal Data Protection Act. They recommended that doctors and staff immediately key in the arrival, diagnosis and medications given so that any shortcomings in entitlement can be addressed straight away and doctors can change the remainder/non-entitlement before the patient leaves.

The meeting ended on a positive note and all agreed that meetings like that were good. AIA could organise mini-workshops for the AIA GPs via Zoom for better understanding and mutual benefit to sort out administrative and non-policy issues.

### **Fun Corner**





# WORLD HAPPINESS REPORT 2020, MALAYSIA, SOUTH EAST ASIA, CORRUPTION, ECONOMY, HEALTH

Dr Yap Foo Ngan

United Nation Sustainable Development Solutions Network (SDSN) released World Happiness Report (WHR) 2020 on 20 Mar 2020. SDSN has offices in New York, Paris and Kuala Lumpur. It started publishing WHRs from 2012. It urges countries to take as benchmark of governance their residents' happiness.

WHR ranks countries using residents' happiness score. Six contributing factors to happiness are enumerated: 1] gross domestic product (GDP), 2] social support, 3] healthy life expectancy (HLE), 4] freedom to make life choices, 5] generosity and 6] corruption perception (Table 1).

## MALAYSIA, SEA, CORRUPTION, ECONOMY, HEALTH

WHR 2020 ranks Malaysia 82nd, with score well below her three better SEA peers (Table 2). She is second in GDP but third worst for Trust / Corruption Perception in SEA (globally 45th worst). Impressively Singapore is globally first for Trust and HLE, and second for GDP.

Table 1: WHR Data and Source

Data	Source
Happiness score, social support, generosity, freedom to make life choices, corruption perception	Gallup World Poll
GDP	World Bank's World Development Indicators
HLE	WHO's Global Health Observatory data

[https://happiness-report.s3.amazonaws.com/2020/WHR20\\_Ch2\\_Statistical\\_Appendix.pdf](https://happiness-report.s3.amazonaws.com/2020/WHR20_Ch2_Statistical_Appendix.pdf)

Table 2: World Happiness Report 2020 – South East Asia

WORLD RANK 2020	COUNTRY	Happiness score	Log GDP per capita	Social support	HLE	Freedom to make life choices	Generosity	Corruption perceptions
31	Singapore	6.38	11.40	0.91	76.80	0.93	0.03	0.11
52	Philippines	6.01	8.99	0.85	61.93	0.92	-0.11	0.73
54	Thailand	6.00	9.74	0.89	67.25	0.91	0.27	0.89
82	Malaysia	5.38	10.26	0.82	67.10	0.89	0.11	0.84
83	Vietnam	5.35	8.81	0.85	67.95	0.94	-0.09	0.80
84	Indonesia	5.29	9.37	0.81	62.16	0.87	0.52	0.88
104	Laos	4.89	8.80	0.74	58.71	0.91	0.11	0.63
106	Cambodia	4.85	8.25	0.77	61.53	0.96	0.05	0.82
133	Myanmar	4.31	8.68	0.78	58.96	0.90	0.56	0.65

WHR 2020 Data for Figure 2.1

SEA countries have varied performance in happiness over the past years (Table 3). Philippines and Cambodia have improved steadily. Malaysia has descended alarmingly.

### Corruption Perception

This measure is the national average of Gallop Poll responses to two questions: “Is corruption widespread throughout the government or not” and “Is corruption widespread within businesses or not?”

The overall perception is the average of the two 0-or-1 responses.

The average corruption perception in WHR 2020 is 0.73. Malaysia has been ingloriously above this since 2006, worst in 2018 but followed by a significant improvement in 2019 (Table 4). This seems likely to worsen again.

**Table 3: Rank and Happiness Score in World Happiness Reports 2016 to 2020**

COUNTRY	2020		2019		2018		2017		2016	
	Rank	Score	Rank	Score	Rank	Score	Rank	Score	Rank	Score
Singapore	31	6.38	34	6.26	34	6.34	26	6.57	22	6.74
Philippines	52	6.01	69	5.63	71	5.52	72	5.43	82	5.28
Thailand	54	6.00	52	6.00	46	6.07	32	6.42	33	6.47
Malaysia	82	5.38	80	5.34	35	6.32	42	6.08	47	6.00
Vietnam	83	5.35	94	5.18	95	5.10	94	5.07	96	5.06
Indonesia	84	5.29	92	5.19	96	5.09	81	5.26	79	5.31
Laos	104	4.89	105	4.80	110	4.62	NA	NA	102	4.88
Cambodia	106	4.85	109	4.70	120	4.43	129	4.17	140	3.91
Myanmar	133	4.31	131	4.36	130	4.31	114	4.55	119	4.40

The happiness score used to rank a country is the average for previous three years e.g. WHR 2020: average for 2017 to 2019.

**Table 4: Malaysia, 2006 to 2019**

Year	Happiness Score	Log GDP per capita	Social support	HLE	Freedom to make life choices	Generosity	Perceptions of corruption
2006	6.01	9.86	0.87	64.96	0.84	0.19	0.74
2007	6.24	9.90	0.87	65.12	0.84	0.08	0.80
2008	5.81	9.93	0.80	65.28	0.78	0.03	0.88
2009	5.38	9.90	0.79	65.44	0.87	-0.02	0.86
2010	5.58	9.95	0.84	65.60	0.77	0.02	0.84
2011	5.79	9.99	0.77	65.76	0.84	-0.03	0.84
2012	5.91	10.03	0.84	65.92	0.85	0.01	0.85
2013	5.77	10.06	0.83	66.08	0.79	0.25	0.76
2014	5.96	10.11	0.86	66.24	0.81	0.23	0.84
2015	6.32	10.14	0.82	66.40	0.67	0.21	0.84
2018	5.34	10.25	0.79	67.00	0.87	0.12	0.89
2019	5.43	10.28	0.84	67.20	0.92	0.11	0.78

<https://worldhappiness.report/ed/2020/> Data for Table 2.1

## GDP and HLE

Malaysia has quality performance for GDP and HLE (Table 3). Her improvements in GDP and HLE from 2006 to 2019 are 4.26% and 3.45%. This is a noteworthy tribute to the talent, enterprise and resilience of her citizens in general, and her economic and healthcare professions in particular.

## MALAYSIAN HEALTHCARE WORKERS AND COVID-19 PANDEMIC

WHR, Imperial College (UK) and SDSN surveyed aspects of COVID-19 Pandemic's impact on individuals in 26 countries including Malaysia.

Among Malaysians who would be working outside home, 11% are healthcare workers (HCWs), second to 13% from food retailers (Table 5). Both provide vital services during such a health-social-economic crisis.

Accolades are attributed to HCWs in public hospitals. Of equal importance are the governmental and private primary care involved in prevention, detection of COVID-19 and continuing care for other illnesses, as well as the unseen HCWs in Public Health and our five Public Health Laboratories (Sungai Buloh, Kota Kinabalu, Kota Bahru, Johor Bahru, Ipoh).

## CONCLUSION

COVID-19 Pandemic has highlighted the essentiality of HCWs' service. Nurturing of competent health professionals who look after people's health mandate rigorous training and continuous education. Astonishingly the selection process worldwide for national leaders who look after people's overall wellbeing is often shamefully farcical.

We await with unabated apprehension the further trend of GDP and corruption perception in the coming years but are cautiously optimistic about HLE because of our HCWs' strength.

We welcome the following new member approved at PMPS Committee Meeting on 10 Dec 2020.

**Table 5: Malaysians Who Would be Working Outside Home (6 Apr-31 May 2020)**

WORKING STATUS	%
Not working outside home	27
Working outside home	73
Occupation	
Other	14
Food retail	13
Not sure	12
Healthcare	11
Manufacturing	11
Delivery to homes	9
School	8
Construction	6
Logistics / other transportation	6
Social care	5

Note: Figures did overlap.

[https://www.imperial.ac.uk/media/imperial-college/institute-of-global-health-innovation/Malaysia\\_ICL-YouGov-Covid-19-Behaviour-Tracker\\_20200611\\_NT\\_vF.pdf](https://www.imperial.ac.uk/media/imperial-college/institute-of-global-health-innovation/Malaysia_ICL-YouGov-Covid-19-Behaviour-Tracker_20200611_NT_vF.pdf)

## TO KEEP YOU CONTINUOUSLY INFORMED AND UPDATED

### PMPS WhatsApp groups:

- PMPS Broadcast:**  
The Secretariat handled by Wendy uses this one-way avenue to inform members of relevant issues.
- PMPS Members Forum**  
Members are urged to be prudent in using this Forum and avoid inadvertently sending unauthenticated information.

## NEW MEMBER

Ordinary member:  
**Dr Rajeswary A/P Mani**  
(Klinik Medijaya, 21 Medan Stesen 19/9, Stesen 18)

# PMPS AND PERAK DOCTORS' INITIATIVES FOR FRONTLINE HEALTH CARE WORKERS IN HOSPITAL RAJA PERMAISURI BAINUN IPOH – 3RD REPORT

Dr Yap Foo Ngan



AGENT OF SHIELD  
HRPB IPOH

In response to the local assault of COVID-19 former Deputy Minister of Health, PMPS Past President (2003- 2004) and current member Dr Lee Boon Chye formed Agent of Shield Hospital Raja Permaisuri Bainun (AOS-HRPB) on 23 Mar to support our frontline healthcare and other workers in HRPB. AOS-HRPB started with 84 volunteers from medical and non-medical backgrounds. The first 33 members were recruited from our PMPS Forum Whatsapp group. This is the third report on its activities (Table 1).

**Table 1: AOS-HRPB – Activities 2020**

Date	Event
18/3	<b>MCO</b>
23/3	AOS-HRPB WhatsApp Group started Formation & fund raising
24/3 - 16/7	AOS-HRPB activities reported in PMPS News Apr and Aug 2020 issues
4/5	<b>Conditional MCO</b>
10/6	<b>Recovery MCO</b>
26/9	Sabah state election
30/9	AOS-HRPB member Dr Amar-Singh HSS expressed concern: Community Spread of COVID-19 past week showed only unlinked cases for Sabah & rest of Malaysia suggesting an oncoming large nationwide outbreak.
3/10	YB Lee proposed to stockpile some COVID-19 related equipment at HRPB Ipoh e.g. two units of remote monitoring equipment as requested, N95 masks and other PPE. This was well-supported by other members.
12/10	YB Dr Lee BC handed over to HRPB two units of bedside Mindray Monitors procured through kind effort of Richard Liew. Cost = RM 24,000.00
15/10	Correspondingly MMA Sabah and MMA Foundation set up MMA SABAH COVID-19 FUND in view of the worsening outbreak in Sabah.
21/10	29 boxes 3M N95 masks delivered to HRPB through Richard's kind effort. Cost = RM 5,800.00
9/11	<b>Conditional MCO reinstated</b>
19/11	100 much needed face shields procured by Richard for HRPB. Most of their face shields were worn out while the number of patients was rising fast. YB Dr Lee proposed AOS-HRPB to be prepared to raise more funds if needed.
28/11	Richard delivered 2 bundles of plastic sheets to ED.
7/12	<b>CMCO ended</b> except at more affected areas like Kinta, Teja and Changkat Jong



(continued from page 8)



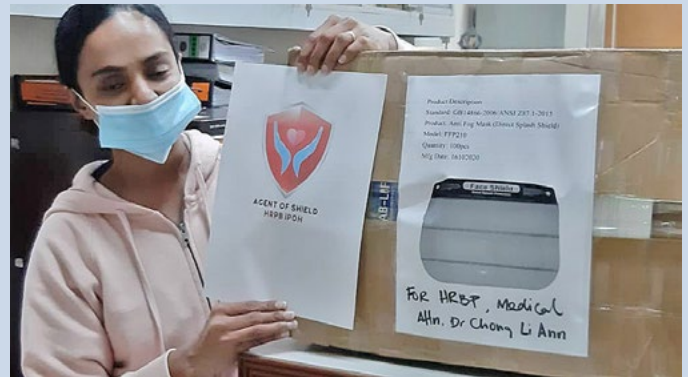
12 Oct. 2 units of Mindray Monitors handed over to HRPB by YB Dr Lee. Present: Dr Letchuman (Head Physician), Dr Megat (Timbalan Pengarah 2) and Dr Liaw (Timbalan Pengarah 3).



21 Oct, 29 boxes 3M N95 Masks delivered



28 Nov, 2 bundle of plastic sheets for ED



19 Nov, 100 face shields delivered

# PMPS MENTOR-MENTEE PROGRAMME

Dr Amarjeet Kaur

PMPS will be conducting the next Mentor-Mentee Programme from February to April 2021. This will be our 6th session since we started in 2018. It is a voluntary programme in an effort to fruitfully engage graduated medical students who are waiting to be posted in the civil service. PMPS is grateful to all the doctors in the private clinics and hospitals who have helped in the past to mentor and guide these budding doctors. The programme has been well received and well appreciated by the graduates. It has helped them polish their communication skills as they interact with the patients. Being attached to a specialist/GP has helped improve their practical knowledge and its application in the daily management of the patients. We were unable to have the September-November session this year due to COVID-19. However there have been requests from several graduates to continue the program in February 2021. Doctors and graduates who wish to participate may contact the following for further information

**Dr Yee Meng Kheong at 017-5784530 (Doctors)**  
**Dr Amarjeet Kaur at 012-5226662 (Graduates)**



# CHATEAU

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# THE MEDICAL RESEARCH MAVERICKS OF MALAYSIA – THE UNSUNG HEROES (PART II)

Dr Arvinder Singh HS

## **Dr Ranjeet Bhagwan Singh (1920-1987)**

Born in Teluk Anson in 1920, Dr Ranjeet graduated as a doctor in 1948 from K.E. Medical College in Lahore, India (now in Pakistan). Having much financial difficulty during his childhood and student days, he had much difficulty in paying his final examination fees. Interestingly, an anonymous donor went to his aid and paid the fees on his behalf, something which Ranjeet later adopted to his life's principles.

He first sought employment in New Delhi in 1950. In 1951 after his internship in Medicine and Surgery, he returned to Malaya. Upon his return, he was appointed as the first Senior Bacteriologist and subsequently the Head of Department at the Institute of Medical Research (IMR) in Kuala Lumpur. His determination in improving bacteriology research in Malaysia gained accolades and in 1960, he was given a WHO scholarship to study Public Health and Vaccine Production in Philippines and Thailand. In 1963 he was sent on a government scholarship to University of Edinburgh to pursue his PhD in Bacteriology. Despite being on a scholarship, he had various struggles related to visa requirement but still persevered to continue. In Edinburgh, he gained respect among his colleagues and supervisors - some describing him as "a person who carried out his work with carefulness, initiative, industry" and "conscientious, persistent and enterprising". He successfully completed his PhD in 1965 with his thesis titled "Pathogenesis and Control of Experimental Salmonella Infections".

Upon his return to Malaya he established the Bacteriology Division on Salmonellosis at the WHO Research Centre. His work and efforts paid off in

1971 when he was honoured by being appointed as the 18th director of IMR until he retired in 1975. He was also appointed as an Honorary Member of the WHO Expert Advisory Panel for Health Laboratory Service in 1973. His main contribution was towards Bacteriology especially in the area of Salmonellosis.

His sudden passing away in 1987 was a shock to many. The Malaysian Journal of Pathology which published a special tribute in the journal mentioned "He donated generously to students in various universities and academic institutions via goodwill loans, scholarships and prizes." Rightly so, shortly before his death, he donated his entire life's fortune to the Dr Ranjeet Bhagwan Singh Endowment Fund that was run by the Science, Technology and Environment Ministry (MOSTI). That fund is still active today, granting funds up to RM 30,000 to support medical and biomedical research carried out by Malaysian researchers. The fund was established to promote the education of the poor and needy, irrespective of race, colour or religion. He also provided considerable sums of money to the Royal College of Pathologists to set up an Endowment Fund.

It is no surprise that his favourite quote was "To strive, to seek and to venture into pastures new". Known to his colleagues at IMR as a no-nonsense, straightforward and honest character, he is a role model to many striving researchers today.

## **The Other Greats**

This article is in no way to understate the contribution of the current greats of Malaysian research like Dr Timothy William and Professor Dr Balbir Singh for





**Dr Timothy William**



**Professor Dr Balbir Singh**



**Dr Serena Nik-Zainal**

their work in Malaria. Not to be omitted is Dr Serena Nik-Zainal, a professor in University of Cambridge. She was winner of the 2019 Dr Josef Steiner Cancer Research Prize, commonly dubbed the “Nobel prize in cancer research”.

There are many other great researchers here in Ipoh: Dr Philip Rajan, Dr Jeyaseelan Nachiappan and Dr G Letchuman to name a few.

Though all these named currently head the line of Malaysians involved in medical research around the world and deserve every bit of praise, their success is definitely spurred and inspired by the contributions of Dr Wu Lien-Teh and Dr Ranjeet Bhagwan Singh at some stage in their careers.

My sincere hope is that Drs Wu Lien-Teh and Ranjeet Bhagwan will one day be given posthumous award for their achievements, to not only highlight their contributions towards Malaysia, but also to send out a message that Malaysia is taking the clinical researchers to be an integral component of her medical fraternity.

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**Editor's Note.** This article is in two parts. Part I was published in April.

Dr Arvinder Singh HS, MBBS (AIMST, Mal), MSc Health Research (RCSI, UK), OHD (NIOSH), Diploma in Football Medicine (FIFA), Certificate in Advanced Shockwave Therapy, is the first Gold Medal Recipient of Dr Wu Lien-Teh Research Award – Malaysian Young Investigator's Award given at the National Conference for Clinical Research 2015 in Penang.

Jointly organised by

Hospital Ipoh  
Postgraduate Medical Education Society  
Perak Medical Practitioners' Society  
Malaysian Association of Public Health Physicians (Perak Branch)

# NAVIGATING THE FUTURE IN PRIMARY HEALTH CARE

## 12<sup>TH</sup> ASEAN & 9<sup>TH</sup> Perak Health Congress on Primary Health Care

### 18-20 June 2021

PRE-CONGRESS 17 June 2021  
Kinta Riverfront Hotel, Ipoh

For further information & registration, please contact:

**Ms Wendy Wong**

**12<sup>th</sup> ASEAN & 9<sup>th</sup> Perak Health Congress on Primary Health Care**  
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# MYANMAR TOUR (PART III)

## WITH THE PERAK MEDICAL PRACTITIONERS' SOCIETY

### (01-07 NOVEMBER 2019)

Mrs Shanti Kumar

#### Day 5 – Bagan (5 November 2019)

Some of us opted to go Ballooning Over Bagan for aerial view of the ancient city of Bagan in Central Myanmar. Bagan is a UNESCO world heritage site with over 4000 ancient pagodas, monasteries and stupas. It is said to be the largest archaeological site in the world. There were several companies offering ballooning in Bagan but the company we chose was the pioneer in the field. We were in very capable hands. It was an amazing sight to see our balloon and dozens of other balloons soar the skies over Bagan and to see the thousands of wondrous pagodas and stupas dotting the landscape below. It filled us with awe. It was a wonderful way to appreciate the magnificence of this ancient kingdom.



Back on ground one of the temples we visited was the Swezigon temple. It is the blueprint of later pagodas like the Swedagon in Yangon. Construction was started by King Anawratha in 1086 and the beauty and symmetry of the temple inspired the later Swedagon. Swezigon meaning golden victory ground was the place kings came to pray for success. The temple is also a place of pilgrimage and is said to enshrine the bone and tooth of the Buddha. The entrance to the temple is guarded by two magnificent large guardian statues. Surrounding the temple are four beautiful bronze statues in different hand positions, each one giving a different message to the devotee. Notable in the temple

grounds is a structure with beautiful carved wooden images telling the story of Prince Siddhartha and his discovery of life's sorrows outside his sheltered palace walls.



The next temple we visited was the most beautiful Ananda Temple in Bagan. It was built by King Kyanzittha in the 11th century in Mon and North Indian style. The king was taken by a story by some visiting Indian monks of a wondrous cave temple in the Himalayas and they created a vision for him to see this wondrous temple. So impressed by its beauty the king wanted to recreate the same in Bagan. The gilded shikara on the top of the pagoda is very distinctive of the Ananda temple. In the centre of the pagoda in arched recesses are four magnificent Buddhas facing four different directions and bearing four different expressions. They are made of teak and stand tall at 9.5 metres. The artistry of these magnificent Buddhas are that the expression on their faces changes at different distances from the images.





The other famous landmark temple in Bagan is the Thatbyinnyu Temple situated adjacent to the Ananda Temple. Built in the 12th century during the reign of King Alaungsithu it is one of the highest monuments in Bagan towering over all nearby temples at 60 metres high. It also has the distinction of being the first two-storey temple built in Bagan.

The rest of the day was spent visiting a lacquer workshop in Bagan. We marveled at the great skill, artistry, patience and time that went into making the beautiful lacquer pieces. We also visited the Shwe Pyi Nann Thanakha Museum. Thanakha is a traditional cosmetic used by the Burmese people. It is a yellowish white paste made from ground bark and is commonly applied to the face and arms of women and girls and occasionally the menfolk. The Thanakha is prized for its sunblock qualities as it is said to cool the skin, prevent sun damage, clear acne, it is also said to reduce fevers and headaches when ingested. Despite any racial issues in Myanmar the thanakha is worn by people of all faiths and serves as a highly visible mark of Burmese cultural pride.



That evening we took a boat ride along the Ayeyarwaddy River to see the setting sun and then we were off to dinner at a famous local restaurant. We were entertained by a delightful traditional puppet show and Burmese dances and songs by local artists.

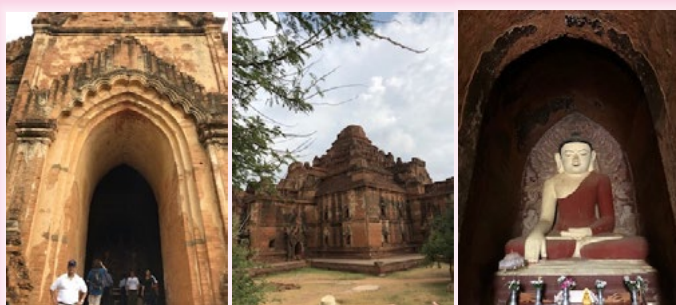


## Day 6 – Bagan-Yangon

On the morning of our final day in Bagan we visited the largest temple complex in Bagan - the impressive Damayangyi Temple. The temple has a scandalous history. It was built by King Narathu, one of the most blood thirsty kings in Burmese history. He ascended the throne by murdering his father King Alaungsithu and his elder brother and had one of his wives executed for practicing her Hindu rituals. His conduct made him deeply unpopular as he dragged down the reputation of the Kingdom of Bagan. He started to build the temple in the hope of redemption for his despicable acts. However his hopes for karmic salvation were dashed as he was assassinated before the completion of this complex by assassins sent by his murdered wife's grief stricken father. The locals refer to it as the Ghost Temple

and our guide informed us that no one ventures here at night.

The brick structure using some six million bricks is incredibly fine. A testament to the skill of the ancient artisans. This cruel and egoistic king who wanted to have the finest temple in all Bagan would swiftly execute masons or chop off their hands if he found he could fit a pin between the bricks. Work ceased on his death and resentful workers filled it with debris and its interior bricked up they say to prevent the ghost of the king leaving the ruin. The solid square core has four seated Buddhas on pedestals each facing four cardinal directions of the four entrances leading into the temple.



The last temple on our tour list was the Gubyaukgyi Temple. The temple is notable for its beautifully preserved 547 murals on its interior walls, the oldest original paintings to be found in Bagan. All the frescoes have captions written in Old Mon, providing evidence of the earliest examples of language use in Myanmar. No photography is allowed in the temple as it would damage the ancient murals. But the interior is lit by sunlight that filters through perforated stone windows. They strategically fall on beautiful Buddha images inside. In the absence of photography the visitor takes away unforgettable images captured forever by the visitor's mind's eye.

Our last stop before our flight to Yangon was a Minnanthu Village. There we were given a created

opportunity to see people weaving, cotton spinning, making cigars and a general glimpse of life in a rural village.



We bid farewell to the memorable ancient city of Bagan and proceeded to fly to Yangon.

### Day 7 – Yangon Departure

A trip to Myanmar would not be complete without a visit to the residence of Burma's most famous icon – Aung San Suu Kyi. As it was raining and traffic was heavy we slowly drove past her home and gave it lingering looks. Andrew related her story and the struggles of the Burmese people including his own in the most heartfelt moving way. We got to hear the voice of the Burmese people. Aung San Suu Kyi may have fallen from grace in the eyes of the world but to her people she remains a beacon of hope for Burma.

We had a marvelous tour, spent time with good friends and made new ones. One thing great about travel is that you find out how many good and kind people there are. Many thanks to our able tour organiser Dr Loke Yee Heng for putting together this marvelous tour. We bade goodbye to Andrew who made us laugh and who took good care of us too. "Safety first!!" was one of his taglines to keep us safe.

My husband Dr Kumar and I have some treasured memories. I thank everyone on this tour for being great company!

**Editor's Note:** This heart-warming and well-researched narrative of the Myanmar Tour is written by Mrs Kumar. The beautiful photographs are supplied by her – not all are used because of limited space in PMPS News. It is being published in three parts – in PMPS News Issues 24, 25 and 26. This is Part III.



## OTHER ACTIVITIES

# CONFERENCE – 12TH ASEAN & 8TH PERAK HEALTH CONGRESS ON PRIMARY HEALTH CARE

**Theme:** Navigating the Future in Primary Health Care  
**Dates:** 18-20 June 2021: PRE-CONGRESS 17 June 2021  
**Venue:** Kinta Riverfront Hotel

The Organising Committee and Scientific Programme Committee have been meeting to prepare for the Congress. Dr Yee is coordinating to raise funds from sponsorships and has had much success.



Scientific Committee Meeting 28 Sept



First Organising Committee Meeting 30 Sept

## DOCTORS' DAY 10 OCT



The Malaysian Doctors' Day is celebrated on the 10th of October every year. It was first launched by the Federation of Private Medical Practitioners Associations, Malaysia in 2014 in Ipoh.



FPMPAM celebrated by having a free medical clinic for Orang Asli at Pos Lenjang, Pahang. MMA commemorated it by a webinar titled "Rising to the challenge of the 2nd wave" in recognition of Malaysia's frontliners during COVID-19 Pandemic.

## ANNOUNCEMENTS

### PMPS AGM

This will be on 21 Mar 2021 (Sunday). The new Committee (2021-2023) will be elected. More details will follow.

### CONDOLENCES

PMPS Committee express sincere condolences to the families of the following:

#### Dr. R. Balasundaram

(departed on 20 Sept 2020 at 94)

He was not PMPS member, but was a founder member and past president of Academy of Family Physicians Malaysia and Chief Censor and Chief Examiner for many years at the Academy.

#### Dr P. Sinthamoney

(departed on 17 October at 93)

Remembered as a great gentleman and passionate sportsman, he was the Consultant Dental Surgeon from HRPB, head of Oral/Maxillofacial services MOH Malaysia, and later practitioner at Surgery Pergigian Sinthamoney.

#### Dr Francis Wong Nye Keong

(departed on 9 Nov 2020 at 74)

Remembered as a trusted friend and amiable gentleman, he was co-owner of Public Poliklinik, one of Ipoh's longest serving multi-partner clinic.

### MALAYSIAN MEDICAL COUNCIL

Election of 6 members to represent Peninsular Malaysia be held on 9 January 2021

Among the 15 candidates are Dr Chow Kim Weng/Steven Chow (FPMPAM President), Dr Shamuganathan Ganesan (FPMPAM Hon. Secretary) and Ipoh-based Dr Vasan A/L P Sinnadurai. The background of candidates are available in MMC's website.

Ballot papers should reach the MMC not later than 4:00 p.m. on 8 January 2021. For details please see

<https://mmc.gov.my/wp-content/uploads/2020/12/Final-Candidates-elected-council-member-to-represent-peninsular.pdf>

### ADVERTISEMENT IN PMPS News

Through the initiative of President Dr Kamalanathan, PMPS Committee has decided to accept advertisement, starting with this Issue. This is to defray the increased cost of publishing PMPS News since it went full-coloured from the first 2020 issue. It should also provide an additional source of income for our activities.

### PMPS MEMBERS DIRECTORY

400 copies were printed and distributed to members.

### PMPS CAR STICKER DURING COVID-19 PANDEMIC

PMPS Car Sticker signed by Dr Kamalanathan has been available for members since the pandemic lockdown. Please contact Secretariat if needed.

### FPMPAM/IPH VIRTUAL CME/CPD PLATFORM for Private Medical Practitioners Malaysia

Dr Steven Chow Kim Weng FPMPAM President in response to the new normal resulting from COVID-19 lockdowns initiated the programme in association with IPH Pharmaceuticals Sdn Bhd (IPHRx, established by FPMPAM to provide a comprehensive distribution network and pharmacy services amongst its members – <https://iphrx.com.my/about/>).

The Platform currently offers online lectures on topics related to diagnosis and treatment of various diseases in the general practices for accumulation of CPD points.

In consideration are also the following topics related to general medical practices:

- Medico-legal issues
- Clinical finance, partnerships, synergies
- Company audits and taxation

#### Fees

- FPMPAM members (inclusive of seven state associations): RM 30 per year (1 Jul - 30 Jun)
- Non-FPMPAM members: RM 60 per year

To register, please go to

<https://iphrx.com.my/virtual-cme-cpd-platform-2/>

### FPMPAM's DrsForAll

<https://m.facebook.com/fmpam/videos/286145948653241/>

This is a private-public-partnership initiative by **FPMPAM** and **Ministry of Health Malaysia** aimed at providing a sustainable community-based medical outreach and first responder service for the Orang Aslis in the remote Pos Lenjang and Pos Titom, Kuala Lipis, Pahang.

FPMPAM have trained 32 OA youths in basic emergency skills (including CPR), medical care and hygiene. They underwent training by placements in FPMPAM Members clinics for three months.

Recently a child born in the community was named "Medik" in honor of DrsForAll's work.

FPMPAM President Dr Steven Chow has obtained some funds from public sponsors. Sister associations have also donated: PMPASKL (RM10,000), PMPS Sabah (RM3), PMPS Penang (RM5,000). Recently through Dr Kamalanathan's effort PMPS (Perak) also contributed RM3,000.

Member are encouraged to donate.

Account: Federation of Private Medical Practitioners Associations, Malaysia  
Bank: HSBC, Kuala Lumpur Main Branch  
Account No: 301-283750-001  
Swift code: HBMBMYKL

## ANNUAL PRACTISING CERTIFICATE (APC)

### Submit application before 01 December each year

- Do it through MerITS (Medical Register Information and Technical System): <https://meritsmmc.moh.gov.my/>

### CPD Points

Compulsory from APC 2020 (minimum 20 points)

- However the CPD-points requirement for APC 2021 is exempted in view of COVID-19 lockdown.
- The CPD points for **APC 2022** are to be obtained between 01 July 2020 and 30 June 2021.
- Effective from 1 Jul 2020, new MMC-CPD Grading System Scoring Schedule applies. See <https://mmc.gov.my/wp-content/uploads/2020/06/MMC-CPD-Grading-system.pdf>

### Professional Indemnity Cover

Compulsory for **APC 2021** onwards

### Fee

With effect from 1st July 2017

- The APC application fee is RM100.
- Late application is subjected to an additional fee of RM100.

### Enquiries

- <https://mmc.gov.my>
- 03 26912171
- 019 3832171 or 019 8022171
- [admin.mmc@moh.gov.my](mailto:admin.mmc@moh.gov.my)

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.



# 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.
  - PMPS members are eligible to register for FMPAM/IPH VIRTUAL CME/CPD PLATFORM at a discounted fee of RM30 per year (see above).
- Discount of registration fee for PMPS' 2-yearly Congress on Primary Health Care.** E.g. the registration fee for PMPS members for the 12h Congress in Jun 2021 is RM350 compared to RM450 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 also keeps you informed of issues relevant to you and which you receive free.

## REMINDER

The usual reminder to support your society:

- pay your subscriptions
- 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

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

2020 Christmas, 25 Dec, Fri  
2021 New Year, 1 Jan, Fri  
Thaipusam, 28 Jan, Thu  
Chinese New Year, 12-14 Feb, Fri-Sun