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Dr Bhajan Singh (Community Service,
Public Forum)
Dr Ravindran M Nardysamy (CME)

Editor's Request

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

pmps.secretariat@gmail.com

or fax: 05-2426549

or post to:

PMPS Secretariat,
KPJ Ipoh Specialist Hospital,
26 Jalan Raja DiHilir,
30350 Ipoh.

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

From the President's Desk

Another year has swiftly passed and this brings us to the brink of a new year - a year that will continue to bring significant challenges, to which we will no doubt rise above. This year has shown that despite the extreme challenges and hurdles placed before us, as part of the health care team, we have remained resilient and will continue to remain so!



Doctors' Day Celebrations

Doctors' Day celebrations this year, at our state level, was held on 9th October. It was kept as a low-key event in view of the current pandemic. The programme started off with a virtual forum by two prominent speakers who are well respected in their own fields. Dato' Dr Amar Singh HSS spoke on COVID-19 Realities – Safe Work Places & Home, while Prof. Dr Sanjay Rampal addressed Prevention of COVID-19 in Hospitals. About 70 participants took part in this very enlightening forum.

This was followed by a dinner attended by a small group of members from both PMPS and MMA. During this Doctors' Day dinner, the Immediate Past President, Dr Kamalanathan, invested me as the PMPS President for 2021-2023.



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Malaysian Health Care — Maladies and Remedies

The Federation of Private Medical Practitioners' Association, Malaysia (FPMPAM) officially launched its book in August 2021. This book consists of a compilation of experiences and views on the struggles, strengths and weaknesses of the Malaysian health care system. This book contains articles contributed by some very senior and prominent members of our fraternity.

This book is available for purchase from Ms Wendy at RM40 per copy.

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

We are once again looking at organising, by far, the largest convention organised by PMPS together with the Postgraduate Medical Association Society of Hospital Raja Permaisuri Bainun Ipoh and Perak State Health Department. Dr Loke Yee Heng, our President Elect, will be the Organising Chairperson this time around.

The committee is looking forward to a physical conference in 2022. They are also looking into options to revert to a virtual platform, keeping in mind the unpredictable course of the COVID-19 pandemic and the ever-evolving SOPs.

I am confident that our anchor woman, Dr Loke and her team, will plan and execute an exceptional and successful conference.

COVID-19 Vaccination

With emerging evidence showing vaccine effectiveness against COVID-19 infections declining over time, getting a booster dose is the way forward. Booster was initiated in Malaysia in mid-October 2021 and to date, about 2.2 million doses have been given nationwide – an estimated 360,000 doses daily. In Perak, an average of 2,500 doses are administered daily. As of 28th November 2021, a total of about 136,000 people in Perak have received their booster dose.

Kudos to all our PMPS members who have registered their premises as vaccination centres and have joined forces with KKM in curtailing this pandemic.

Greetings

I would like to take this opportunity to wish you and your families a Blessed Festive Season and a prosperous New Year. May your days be filled with joy, peace and hope for the coming year. I hope your life will be filled with surprises and joy in the new year. May you be blessed with everything you want in life.

Merry Christmas And Happy New Year!

Major Dr Jeyaratnam M Ratnavale

MEETINGS

PMPS Committee 2021-2023 Meetings

The Committee had its 5th and 6th meetings on 3/10 and 28/11 (Sundays) by Zoom.



Committee meeting, 3/10

FPMPAM Meeting with YB Menteri Kesihatan, 6/10



Note: Dr Jeyaratnam at left upper corner and the presence of MOH YB Khairy, DG Dr Noor Hisham & Dr Steven Chow

DOCTOR'S DAY CELEBRATION

by Dr MN Ravindran, Dr Yee Meng Kheong

Malaysia's Doctors' Day this year fell on 10th October 2021. PMPs Perak celebrated Doctors' Day in a scaled-down manner but nevertheless as joyous as ever. In conjunction with this auspicious day, we organised a COVID-19 Teams webinar for doctors and healthcare workers in Perak on Saturday 9th October 2021, followed by a dinner.



Teams Webinar

With Dr MN Ravindran as Moderator, we had two very prominent presenters.

- 1) Dato Dr Amar Singh HSS, Consultant Pediatrician; on “COVID 19 realities – Safe Workplaces and Homes”
- 2) Professor Dr. Sanjay Rampal A/L Lekhraj Rampal, Public Health Medicine Specialist, University of Malaya; on “Prevention of COVID-19 Transmission in Hospitals”

Both the speakers gave an informative and interesting talk covering a wide range of concerns. The webinar was attended by 68 doctors and healthcare workers. Following the talk a lively question and answers session ensued. On the whole it was a very successful webinar.

Doctors' Day Dinner

No thanks to the COVID situation, this year's dinner (at Maharaj Restaurant) was attended by only 17 doctors with their spouses. Nevertheless, we had a good fellowship. Our out-going President, Dr Kamalanathan handed over the Medal of Office to Major Dr R Jeyaratnam. A big 'TQ' to Dr Yong Yew Kay and Dr Kumar for their bottles.

Editor's note: A special thank is due to Dr Yee who organised the very well-executed Celebration and Dr Ravindran who volunteered to (1) moderate the Teams webinar, doing so very efficiently and (2) co-author this report.

FPMPAM Doctor's Day Award (10 Oct 2021) — Dr Jeyaratnam

Congratulations to Dr Jeyaratnam for being given the FPMPAM Doctors Day award. It was also in recognition of PMPs' contribution as a Society, individually or in organised groups (AOS) in our fight against COVID-19 pandemic in Perak.

PMPS MENTOR-MENTEE PROGRAMME

~ Batch 7 ~

Dr Yee Meng Kheong, Hon. Secretary and Co-ordinator Perak Mentor-Mentee Programme

Probably because of the COVID situation, we only had five graduates who attended our briefing on the Mentor-Mentee Program on 19th September.

They were all graduates from Quest International University Perak, and of the five, only three actually joined the programme.

1. Suniljeet Singh was with Dato Dr Jeganathan in Taiping
2. Ms Tan Oi Wen was with Dr Melvin Ding, Klinik Lim & Lau, Ipoh
3. Ms Ashwiini Rajendran was with Dr Poovathy of Polyklinik WeCare, Jelapang

The attachment for this batch was two months – October & November.

Quote from Ms Tan from my query ‘Hope it was a good learning experience’:

“It’s definitely an eye-opening experience. Dr Melvin has guided me beyond and about things which are important as a houseman. Much TQ for letting me have the opportunity to learn besides Dr Melvin. Pls convey my regards to him, he’s a good mentor. Hope more fresh graduates involve in this programme, definitely worthwhile.”



And to my query to Dr Melvin Ding ‘Dr Tan has finished her attachment with you. How did you find her, keen to learn?’:

“Good evening, Dr Yee. She was a good student. Enthusiastic and cheerful. Thank you for the teaching experience.”

This is a very good example of a successful Mentor-Mentee relationship! The mentee has learnt something and is very appreciative of her mentor. And the mentor in turn finds the teaching he has given very rewarding, and is looking forward to his next mentee!

I myself find it very satisfying to be able to run this programme. We are already in our fourth year since we started our first batch in February 2018 with just nine mentees. Our biggest batch was our third batch in February 2019 when we had 23 mentees.

I would like to thank all my colleagues who have extended their hand to us, as mentors. Without you mentors, PMPS would not be able to continue with this programme.

You can register to be a mentor either by contacting me at [017-5784530](tel:017-5784530) or Dr Amarjeet Kaur at [012-5226662](tel:012-5226662).

CONDOLENCES

PMPS Committee express sincere condolences to the family of **DR TAN TEONG HEONG** who passed away on 1st Oct. He was past Hon. Treasurer for two terms (1977-78 and 1979-1980) and an Exempt Member since 2012. He was remembered as a very active squash player who was very focused on fitness. He was also a long-standing Rotarian. Wendy sent a wreath on behalf of PMPS. Mrs Margaret Tan subsequently WhatsApped to convey Dr Tan’s family’s thanks to all PMPS members for their condolences.

BOOK REVIEW

MALAYSIAN HEALTH CARE MALADIES AND REMEDIES

by Dr Bhajan Singh

The Book 'Malaysian Health Care Maladies and Remedies' is a refreshing in-depth view of what ails the Malaysian health care system, offering radical solutions and remedies that need concerted efforts by all stakeholders, and a political will of honest and able leadership.

The authors trace the rise of the system right from Independence, and decline for the last two to three decades, leaving the system in a burgeoning weight of expenditure and an inappropriate supply of professionals, creaking at its seams and in danger of collapsing.

The foreword written by an eminent personality with vast experience in healthcare boldly declares, "Malaysian healthcare system is increasingly unsustainable and has become increasingly political".

The list of authors comprises of eminent professionals and specialists in their fields with vast experience in the Malaysian healthcare system. Having spent the best part of their lives nurturing its excellence, they have gone to great lengths in revealing the truths behind its decline. Their wealth of knowledge and intellectual enquiry they bring into the more than twenty chapters is indeed awakening with shocking revelations.

The Introduction by the editors Dr Steven KW Chow and Dr Milton SW Lum is an eye opener. The bureaucratic entrenchment of the public healthcare service has largely stagnated it.

"The nation now suffers the consequences of some thoughtlessly crafted laws and policies that need immediate remedies."



Despite the great strides we have made, there are several outstanding problems like consumer dissatisfaction. The government feels it cannot continue to spend on healthcare without some form of health financing system. And the doctors are always blamed and vilified while the public is blissfully unaware that the doctors' fees constitute barely 20 to 25 per cent of the total bill.

The book reveals several studies conducted by the government on future healthcare, but largely remains in the closet labelled NFA (no further action). "Their damning findings considering that they are coming from government studies" make a strong case for a "Royal Commission on Healthcare".

The unique nature of a personalised and affordable private primary care, that is obviously an asset to all Malaysians, is becoming increasingly difficult to provide amidst increasing regulations, leaving the GPs at the mercy of some HMOs. The end of the personal family doctor practice is looming in the horizon.

Too many doctors too soon, and housemen issues, with unrealistic target of doctor to population ratios, the MOH's dilemma of a bottleneck housemanship placements problems, is severely compromising the competency and standard of care of yesteryears.

The dilemmas of issues of safety in public hospitals, the burden of regulating the practice of medicine and underregulating the business of medicine are stark revelations that few medical practitioners realise. The horizon seems bleak and a prelude to National Health Financing (NHF) and National Health Insurance (NHI) Schemes are imminent.

The authors reveal issues relating to improving patient safety and compliance to Private Healthcare Facilities and Services Act 1998, along with issues relating to safety of healthcare workers and poor maintenance of public healthcare facilities and equipment overshadowed by bureaucracy are concerns of immense magnitude that need immediate actions as revealed in the book.

Echoes from the Land Beneath the Wind and our Banjaran Titiwangsa with a saga of Broken Promises and Broken Backs, with a Disease Burden of the indigenous peoples are sagas of untold miseries unfolded in these chapters of the Maladies.

Non-communicable Diseases and Gaps in the Peka B40, beaded together, with consumers perspective of universal healthcare for all, and upgrading primary care by integrating the GP community into this healthcare ecosystem are remedies that require tertiary care from the ivory towers, which of late, unfortunately, have been embroiled in political uncertainty and degradation.

Finally a radical proposal for Malaysian healthcare by Tan Sri Dr Abu Bakar Suleiman sums it all up with a strong question “So what can we do?”

Answers that will bring about a paradigm shift, “spend more and reduce wastage” with transparency at its forefront are the suggestions. Packaged payment systems bundled together under a single fund with single payer are all radical ideas that need a strong political will more than just prescriptions

Bridging the gap between the Malaysian public and private dual dichotomic systems of healthcare is not going to be easy. Unfolding the complicated web of the two will require extremes of patience, goodwill and a stable and sane leadership.

The Book “contains fresh insights useful for solving some of Malaysia’s perennial healthcare issues”. All Malaysians including the politicians, policymakers, the public and all healthcare professionals must read the book and be involved in the process.

Some good doctors and other good intellectuals have shed sufficient light on various issues and prescribed sound prescriptions for the Malaysian healthcare maladies. However, the remedies can only come when the prescription is filled by the powers that be.

12TH ASEAN & 9TH PERAK HEALTH CONGRESS ON PRIMARY HEALTH CARE (JULY 2022)

In view of the COVID-19 MCOs this year, the Congress is deferred to 15-17/7/2022 (Fri - Sun) with Pre-Congress on 14/7. This will coincide with CPD calendar year 2022-2023 for APC 2024. We hope to have a physical meeting.

Organising Chairperson:	Dr Loke Yee Heng , President-Elect PMPS
Co-Chairs:	Dato’ Dr Jeyaseelan P Nachiappan (Postgraduate Medical Education Society HRPB)
	Dr Puvaneswari S (Malaysian Association of Public Health Physicians, Perak Branch)
Hon. Secretary:	Dr Yee Meng Kheong
Hon. Treasurer:	Dr Liew San Foi
Scientific Programme Committee Chairman:	Dato’ Dr K Chandran

PMPS AND PERAK DOCTORS' INITIATIVES FOR FRONTLINE HEALTHCARE WORKERS

IN HOSPITAL RAJA PERMAISURI BAINUN IPOH (7th REPORT)

by Dr Yap Foo Ngan



Agent of Shield Hospital Raja Permaisuri Bainun (AOS-HRPB) was initiated by YB Dr Lee Boon Chye on 23 Mar 2020 to support HRPB frontliners battling the COVID-19 pandemic.

Many expressions below are from colleagues in the AOS WhatsApp Group. We are grateful for their participation and their self-sacrificing effort to combat the pandemic.

Recap

Malaysian government started loosening of SOPs for COVID fully vaccinated individuals on 10/8. Healthcare frontliners were very anguished by this after sacrificing so much battling the COVID scourge since the spike in June 2021. Highly transmissible and more virulent Delta VOC surfaced in May / June. National average daily new COVID cases and deaths climbed to 20,636 and 245 in August. Perak's full COVID vaccination rate reached only 20% in early August.

Daily New Cases, Malaysia, 2020 – 2/12/2021



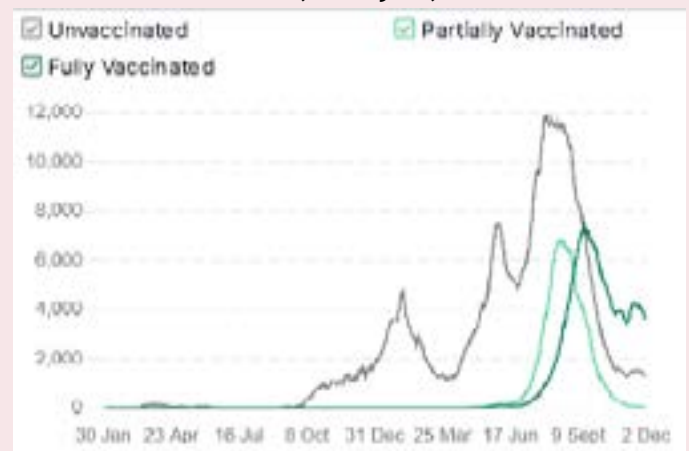
August-September Crisis

As Greater Klang Valley's daily number of cases began falling in mid-August, Perak went into its own crisis with number rising to above 1,000, accompanied by similar trend in Sabah, Kedah, Johor, Kelantan and Pulau Pinang.

National average daily number of new cases reached 20,363 for August, dropped to 16,629 for September, to October's 7,289 and November's 5,371.

National average daily number of deaths reached 245 in August, rose to 322 in September, then came down dramatically with massive vaccination to 83 in October, and to 50 in November.

COVID-19 Vaccination, Malaysia, 2020 – 2/12/2021



But national number of infected children increased hugely, resulting in 41 fatalities under 17 during the period 1/1 - 30/8/2021, compared to six throughout 2020. This trend together with increasing prevalence of Delta variant urged initiation of COVID vaccination for the younger age-group. The need of booster for those fully vaccinated also became apparent.

HRPB / Perak

Just before mid-August HRPB opened up a huge COVID ward at old maternity block and extended existing medical HDU, in its continuous process of adaptation to battle the pandemic.

Some patients needed to be discharged with oxygen concentrators. Many patients (including young ones) suffered long COVID with damaged lungs.

Many Orang Asli became infected with some deaths among them.

Meanwhile HRPB reported many cases of readmissions for multiorgan inflammation, for even low-category young patients. Subsequently the number of new cases among children began to increase. The importance of vaccination for people of wider age range became apparent. Covid vaccination for teenagers (12 - 17) began in late September.

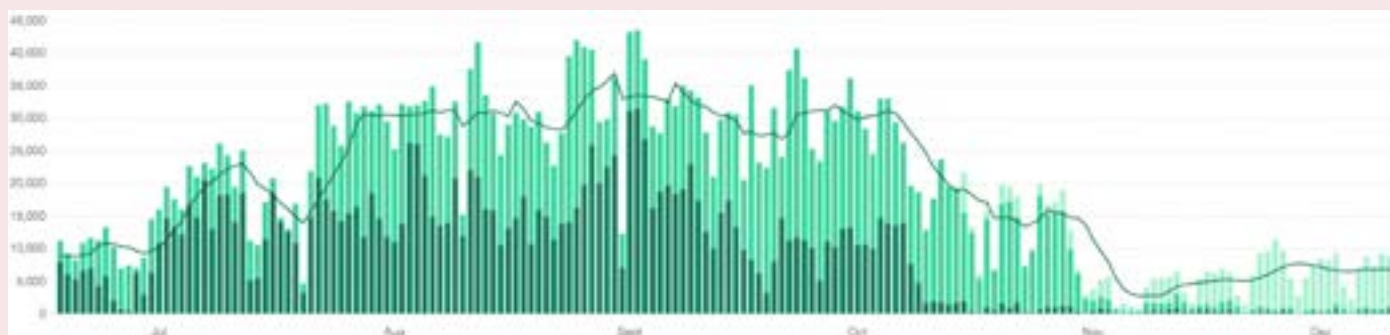
Walk-in vaccination was started on 2/9 for citizens above age 40 in Ipoh and Batu Gajah. By 13/9 all 15 PPVs (Pusat Pemberian Vaksin) throughout Perak offered walk-in vaccination for Perakians above 18.



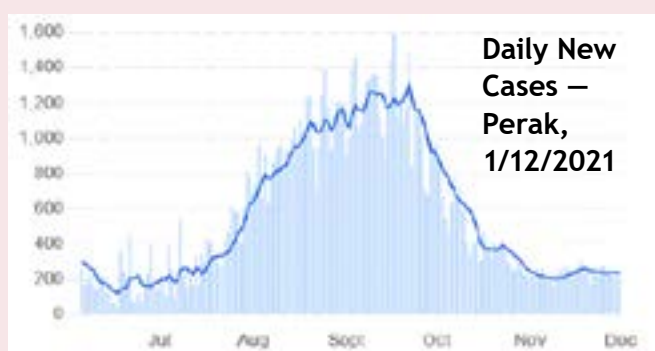
29/08, Drs Jeyaratnam & Lai, mobile vaccination site, Pasir Pinji

Healthcare workers (HCWs) involved in the massive vaccination drive laboured hard and weathered challenges which were traumatic at times. PMPs members volunteered to help out. Their efforts were instrumental in bringing the pandemic under rein sooner, hence reducing morbidity, mortality, and even preventing emergence of new variants.

COVID-19 Vaccination - Perak, 30/11/2021



Note: dark green = partial; green = full; light green = booster



Daily New Cases – Perak, 1/12/2021

Vaccination rate raced to peak on 2/9. Daily number of new cases raged to peak at 1,596 on 17/9, fell below 1,000 towards October and below 300 in November.

Donations

HRPB's capacity was severely stressed. Help continued from AOS, Mr Kwan (Dr Ko Chun Sen's friend), and Perak Chinese Chamber of Commerce and Industry (PCCCI, through intermediary of Dr Wong Chong Yuen).

Total fund donated by AOS members stood at about RM187,000 on 22/8 with RM171,000 already used.

Mr Kwan donated four units of monitors at RM5k per set.

HRPB's Department of Cardiology requested donation of air purifiers for their central-airconditioned Cardiology Wards. AOS raised a further RM 12,500 to help meet their need to prevent indoor transmission.

Slim River Hospital (SRH) also received oxygen regulators and trolleys. Balance of AOS fund was RM 1,798.53 on 23/9.



21/8, AOS donated 4 sets of 47-L tanks & trolleys to HRPB



1/9, PCCCI donated to HRPB 5 mobile twin-oxygen-cylinder trolley, 6 units of 47-L oxygen tanks, 2 sets of infusion pumps & 10 units of CPAP hoods



23/9, AOS delivered 10 oxygen regulators & 10 trolleys to SRH



23/9, AOS delivered 5 units of air purifiers to Dept of Cardiology, HRPB

'Legenda'

Despite the severe stress youthful frontline HCWs were going through they organised to celebrate in conjunction with Merdeka, the achievement of 75.3% first dose COVID vaccination. On 21/8 they sang online Dato' Sheila Majid's inspiring 'Legenda' to raise Malaysians' especially frontliners' spirits:

<https://youtu.be/NVB3zSgmhNQ>



ANNOUNCEMENTS

E-CERTIFICATE FOR SPECIALIST REGISTRATION WITH NATIONAL SPECIALIST REGISTER, MALAYSIAN MEDICAL COUNCIL

Preamble

According to Section 14C Medical Act 1971 [Act A1443] (Amendment 2012), it is MANDATORY for Medical Specialists practicing in Malaysia to register in the NSR/MMC. NSR/MMC awards a 'Certificate of Specialist Registration' to those who have registered and listed.

MMC has certified that NSR e-certificate downloaded and printed out from the NSR online system is valid document for use. However, practitioners may request for a sealed hardcopy certificate of their specialist registration from the MMC with a fee of RM200 per copy.©

Ref <https://mmc.gov.my/wp-content/uploads/2020/10/2.-E-Certificate-NSR.pdf>

How to Get Your NSR e-Certificate

1. Login at <https://nsr.org.my/loginNSR1.asp>
Specialists already in NSR logging in for the first time please click “[here](#)” in the last sentence on the NSR screen: “Otherwise, you can request your login details from us by clicking [here](#).”
Then fill in the needed details in the page which appears, leaving out the NSR No. since you still do not have it yet. Wait for their response in the email you have provided.
2. You will receive an email giving you your login username / ID and password. Login to continue the following steps.
 - a) Update in 'Account Update' which consists of
 - i. 'Login Details': Your username / ID stated will be your permanent NSR Number. You may change the password given.
 - ii. Update 'Personal Data'. Save changes on completion and return to 'Main Page'.
 - b) Update 'Current Place(S) Of Practice'. Save changes on completion and return to 'Main Page'.
 - c) Update 'Apply for Second Field Of Practice' if any.
 - d) To download NSR e-Certificate go to the bottom of 'Main Page', click the small box in front of “Yes, I understand updating my details is essential in order for NSR to be able to contact me and I have updated my information in the system.” Your NSR e-Certificate appears instantly.
3. Contact the following if you have any queries: musa@nsr.org.my

COVID-19 Vaccination – Booster Dose by Private Medical Practitioners

Ministry of Health announced on 13 October 2021 that voluntary booster dose of COVID-19 vaccination is offered for eligible recipients which include the frontliners and senior citizens aged 60 years and above.

Private medical practitioners interested to participate in this activity of Program Immunisasi Covid Kebangsaan (PICK) may fill up the form: <https://forms.office.com/r/TcAHagspqu>

Enquiry: <https://protecthealth.com.my/vaksin-covid/>



REMINDER

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

WELCOME

NEW MEMBERS

We welcome the following new members:

- Dr Hew Mee Len
(Ordinary Member)
– approved on 8/8/21
- Dr Satkunan Mark A/L Gnanapathy
(Life Member)
– approved on 5/9/21

Fun corner



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

25/12 (Sat) - Christmas
1/1/22 (Sat) - 2022 New Year
18/1 (Tue) - Thaipusam
1-2/2 (Tue-Wed) - Chinese New Year