



# PMPS

# News

FOR MEMBERS ONLY

APRIL 2022

ISSUE 30

## President

Major Dr Jeyaratnam Ratnavale  
(Membership Drive, Sports)

## President Elect

Dr Loke Yee Heng  
(Tours, Mentor-Mentee  
Programme, Social)

## Immediate Past President

Dr Kamalanathan AG Raju  
(Community Service,  
Public Forum)

## Hon. Secretary

Dr Yee Meng Kheong  
(Mentor-Mentee Programme,  
Social)

## Hon. Treasurer

Dr Liew San Foi  
(PMPS Newsletter)

## Committee Members

Dato Dr Sushil Kumar Ratti  
(Membership Drive, CME)  
Dr Yap Foo Ngan (PMPS Newsletter)  
Dr Kumar Thiyagarajah (Sports)  
Dr Nanthakumar Gunaratnam (Sports)  
Dr Chakr Sri na Nagara  
(Membership Drive)  
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](mailto: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

COVID-19 has spread across the globe at an extraordinary pace, reaching over 200 countries and territories in less than three months, leading to major catastrophes. People have lost lives, loved ones and livelihood. While several countries continue to experience economic losses due to the imposed restrictions, most countries in Southeast Asia have opened their international borders, allowing quarantine-free travel and tourism.

Although the daily coronavirus infections in Malaysia have surged over the recent weeks, predominantly due to the Omicron variant, the majority of cases have been asymptomatic or mild - thanks to our aggressive and comprehensive vaccination initiative. To date about 98% of Malaysian adults have received two doses of the vaccine and almost half have received their booster shot. About 89% of the 12-18-year-olds have been vaccinated and inoculation of children aged 5-11 years commenced on 3 February 2022. Kudos to all the those in PMPS who have assisted in this programme in one way or another!

Malaysia has entered the 'Transition to Endemic' phase of COVID-19 on 1 April 2022. The transition to the endemic phase is an exit strategy that will allow Malaysians to return to near-normal life after almost two years of battling the pandemic. This will be a temporary phase before the whole world moves to an endemic phase - which can only be declared by the World Health Organisation.



*continue in page 3*



**PINJI HOSPITAL SDN BHD**  
**SERI BOTANI MEDICAL CENTRE**  
 (Company No.: 201201029978) (1014465-K)

Seri Botani Medical Centre (SBMC) is a 7-storey building, 150-bedded tertiary private hospital constructed on 18.4 acres of land located at Seri Botani Township, Ipoh. SBMC is targeted to complete by May 2022. In line with our development and growth, we are seeking highly motivated and experienced professionals who share our passion for excellence and efficiency to join us in meeting new challenges through our healthcare delivery.

#### Medical Specialists

- General Surgeon
- Orthopedic & Spine Surgeon
- Vascular Surgeon
- Colorectal Surgeon
- Obstetrician & Gynaecologist
- Reproductive & Infertility Gynaecologist
- ENT Surgeon
- Urologist
- Neurosurgeon
- Oral and Maxillofacial Surgeon
- Plastic Reconstructive Surgeon
- Internal Medicine & Physician
- Paediatrician
- Gastroenterologist
- Nephrologist
- Cardiologist
- Respiratory Medicine & Physician
- Neurologist
- Rheumatologist
- Endocrinologist
- Hepatologist
- Anesthetist
- Geriatric Medicines & Physician

#### Requirements:

- Relevant post graduate qualification with a minimum 3 years' working experience as a Specialist.
- Registered with the Malaysian Medical Council (MMC) and the National Specialist Register (NSR).
- Valid Annual Practising Certificate (APC).

Interested candidates are invited to submit a complete CV together with a recent passport size photo, contact telephone number, current and expected salary to:

**PINJI HOSPITAL SDN BHD**  
**SERI BOTANI MEDICAL CENTRE**  
**Operations Manager**  
 Menara Taiko  
 No. 5, Jalan Sultan Nazrin Shah,  
 30250 Ipoh, Perak,  
 Malaysia.  
 Email: [ch.ng@sbmc.com.my](mailto:ch.ng@sbmc.com.my)

All applications will be treated with strict confidentiality. Only short-listed candidates will be notified.

## COMMITTEE MEETING

The Committee has been meeting on a monthly basis with active participation from all the committee members. Our meetings are still being held on a virtual platform, graciously hosted by Dr Loke Yee Heng. We are proud to inform that eight new members have joined us. We are looking forward to active participation from these new members to further enhance the relevance of our society.

## SPORTS

Annually, sporting activities are organised among our members in the hope of promoting social interaction and giving an opportunity for them to show off their prowess in golf, tennis, badminton, table-tennis and bowling. This is one of the events that most of our members look forward to. Mind you, those members who generally dominate the games are our more senior colleagues!



After a hiatus of almost one year, a golf competition was organised by a committee comprising of Dr Chew Teik Chye, Dr Lai Tian Seong and Dr David Yeo. This was held at the Royal Perak Golf Club on 13 March 2022. The weather was pleasant and eight flights of golfers participated. The camaraderie was continued to a sumptuous dinner and prize giving the same evening. Well done to the organising committee and the participants.

Bowling was initially planned for the 10 March 2022, but was cancelled due to the rise in the number of COVID-19 cases. The committee felt that bowling being an indoor game, it would be wise to cancel the event for safety purposes.

## PMPS AGM

The PMPS AGM was held on the 20 March 2022 at the Kampar Room, Travelodge Ipoh. The programme commenced with the Introduction to Dr Wu Lien Teh Lecture which was delivered by Dr Yap Foo Ngan. Dr Wu was a Malayan Physician renowned for his work in public health and was known as the 'Plague Fighter' who helped stamp out the Manchurian plague in 1910-11. He also pioneered the use of facemasks to control an epidemic.

This was followed by the Dr Wu Lien Teh Lecture which was given by Dr Lau Kar Foo, Consultant Neurologist, Pantai Hospital Ipoh. Dr Lau spoke on - 'Neurological Complications of Covid -19' - a topic appropriate in the wake of our current pandemic and Dr Wu's work with the plague epidemic. Dr Lau addressed the host of neurological complications suffered by patients during the active phase of Covid infection and long Covid.

This was then followed by the PMPS AGM which was attended by about 30 members. There was no election this year as the current committee carries on for another year. No major issues were raised or discussed. This year, PMPS awarded its very first Distinguished Long Service Award to honour Dr Ting Sea Leong - for his numerous years of commitment and contributions to the society. This initiative was mooted by Dr Kamalanathan.



The evening ended with a virtual dinner talk all the way from New Delhi, India. Dr (Col) Anil Dhall, Professor and Head of Cardiology at Janakpuri Super Speciality Hospital addressed 'Management of Hypertension - Killing Two Birds with One Stone'. His kept us captivated by his excellent talk while we were feasted.

The evening ended with a virtual dinner talk all the way from New Delhi, India. Dr (Col) Anil Dhall, Professor and Head of Cardiology at Janakpuri Super Speciality Hospital addressed 'Management of Hypertension - Killing Two Birds with One Stone'. His kept us captivated by his excellent talk while we were feasted.

## CLOSING

When everything changed, we adapted. Life continues to be challenging, but restrictions are starting to ease. It has been difficult to plan for the future but the 'Great Pause' has given us an opportunity to reflect and hope that our society's activities can be carried out physically towards the second half of the year.

Finally, I would like to thank all members for your continuous support and contributions towards our society. PMPS is an organisation formed by its members for the betterment of its members. Let us all contribute in one way or another, to weather the storm and come out stronger.

*"Even the darkest night will end  
and the sun will rise" ~ Victor Hugo*

**Major Dr Jeyaratnam M Ratnavale**



# MEETINGS

## REPORT ON OUR 82nd AGM & CME ACTIVITIES

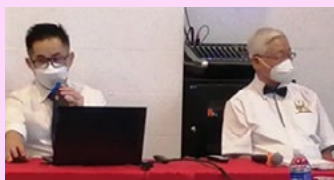
On Sunday 20 March 2022, Kampar Hall, Travelodge Ipoh

Dr Yee Meng Kheong, Hon. Secretary

The afternoon started at 4:00 pm with the introduction to our 'Dr Wu Lien Teh Lecture' by Dr Yap Foo Ngan. He gave a superb narrative and life history of Dr Wu Lien Teh.



Dr Yap then introduced the speaker for the Lecture, Dr Lau Kar Foo, Consultant Neurologist at Pantai Hospital Ipoh. He spoke on 'Neurological Complications of COVID-19'. Dr Lau gave a good update on all the possible neurological problems that can occur with COVID-19 infection.



We adjourned for Hi-Tea at 5:30 pm, courtesy of Pantai Hospital Ipoh.

We started 10 minutes before the AGM where we honoured Dr Ting Sea Leong with a 'Distinguished Long Service Award' from PMPS. The citation, co-authored by Dr Kamalanathan AG Raju and Dr Yap Foo Ngan, was presented by Dr Yap.

### PMPS COMMITTEE (2021-2023) MEETINGS

The 7th and 8th meeting were held as Zoom Meetings on 9 Jan and 27 Feb, hosted by Dr Loke and assisted by Wendy.

The 82nd AGM started at 6:00 pm with Dr R Jeyaratnam calling the meeting to order. We observed a minute's silence for our members who have passed away in 2021. The Agenda went on smoothly with the adoption of the Annual Report and audited statement of accounts for the year ended 31 December 2021. The President concluded the meeting by saying a big 'Thank You' to his committees for carrying on their duties and designated tasks the past year and to all members who made the effort to attend this AGM. The meeting ended at 6:20 pm.



The AGM was followed by another CME: (Virtual Presentation) "Management of Hypertension: Killing Two Birds with One Stone" by Dr (Col) Anil Dhall, Professor & Head Cardiology, Janakpuri Super Speciality Hospital, India. Dr Loke YH introduced the speaker who started his presentation at 7:00 pm. Dinner was courtesy of Cipla Malaysia. The evening ended at 8:00 pm.



### FPMPAM Annual General Meeting

The 34th FPMPAM AGM will be held on Sunday, 22 May 2022 at 1100 to 1300 hours via Zoom.

# PERAK MEDICAL PRACTITIONERS' SOCIETY DISTINGUISHED LONG SERVICE AWARD 2022 ~ DR TING SEA LEONG ~

By Dr Kamalanathan AG Raju and Dr Yap Foo Ngan

PMPS is pleased to present Dr Ting Sea Leong the Distinguished Long Service Award during the 82nd AGM on 20 Mar 2022 (Sunday). Noteworthily he was the recipient of MMA Branch Long Service Gold Medal 2010.

He has served in PMPS Committee for a total of 14 years. He first joined the Committee during Dr Lai Mun Seng's PMPS Presidency (1985-1987), and then continuously for 12 years from Dato Dr Sarjeet Singh Sidhu's Presidency (2007-2009) till Dr Yee Meng Kheong's Presidency (2017-2019). He himself was PMPS President for 2011-2013. During the 12 years, he was Coordinator for Tours. Some of the tours he organised were highlighted in PMPS News Apr 2019 (Issue 21).

The following narrative contains further details of his distinguished service to the community and the medical fraternity since his teenage.

## Education, Sports, University Student Union

He was born in Simpang Tiga, Sitiawan (later renamed Pekan Gurney in memory of British high commissioner Sir Henry Gurney). He completed Senior Cambridge Examination in ACS Kg Koh before joining form six in King Edward VII School, Taiping. He was school athlete, school rugby team member and even junior athletic coach. Loving outdoor adventure, he attended a course in Outward Bound School (Telok Muroh) and was awarded with Merit Badge.

During his MU MBBS years (1965-1970) he was active in both sport and student affairs. In Year One he played rugby in the varsity team. He competed in the annual varsity athletic meet as one of the only two hostel-staying clinical students doing so. Both of them won medals including gold medals. He was among six hostelites featured as outstanding sportsmen in the hostel magazine SCOOP.



Dr & Mrs Ting receiving the award from Dr Jeyaratnam

His fellow hostelites then included Dr Chung Sin Fah (physician) and Dr Chew Swee Siok (dermatologist).

In the student Union he was his hostel representative during Year Four, Secretary to Student Exchange Selection Committee and Director of Accommodation Bureau.

## Working Life, Politic, PMPS

He did housemanship in Ipoh GH, then worked as medical officer in Hospital Bahagia TR and Ipoh GH. When in Ipoh GH he took part in the Perak Annual Medical Athletic Meet and was selected to participate at the national level where he won a silver in discus.

In 1973 he started solo GP practice in Manjung. In the 1974 and 1978 General Elections he contested for Lumut (in Manjung) parliamentary seat under DAP but was not elected.

During Dr Lai Mun Seng's PMPS Presidency (1985-1987) Dr Ting was a co-opted PMPS Committee member as President of PMPS Manjung Chapter. The Chapter, joint with MMA Manjung Branch, organised CMEs over years for local members under the chairmanship (CME Committee) of Dr Diong Ko Ing with Dr Ting assisting as secretary. The Chapter also initiated local hepatitis B screening and immunization campaign. For these MMA awarded Dr Diong and Dr Ting "MMA Branch Long Service Gold Medal 2010", thanks to the support from Dr Chan Chong Guan who was Perak MMA Branch Chairman (2007-2008).

Beside PMPS he was also active in some local clubs and associations.

Dr Ting has retired from general practice in 2022. In his own words of wisdom, "Our lifestyle has to be compatible with age, movement and health. Now I am happy among my flowers and plants enjoying nature and fresh air."



Dr Yap delivering the Citation on Dr Ting's Distinguished Long Service Award 2022

# 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. AOS has since extended its support to other Perak health frontlines.

Its role has evolved from collecting fund, providing food items to relieve frontliners' need amidst strict MCO and busy healthcare work, PPEs, monitoring equipment, oxygen concentrators / cylinders / regulators and air purifiers, to communicating COVID-19 related science-based information.

AOS Fund situation is summarised as below

AOS FUND SUMMARY	RM	TOTAL
Donations in 2020	113,621.48	
Donations in 2021	184,056.00	267,677.48
Used in 2020	97,162.75	
Used in 2021	197,716.20	294,878.95
	C/F	2,798.53

On 1/1/2022, HRPB chief physician Dr Chong Li Ann wrote, "On behalf of our COVID team, I would like to express my gratitude and appreciation to YB Lee and All Agents of Shield, for helping us to pull through such a challenging year, keeping us safe, keeping up our spirits just knowing you all are just around the corner, watching our backs always. Hopefully for year 2022 we all will get to have a nice big celebratory dinner, without social distancing! Will never forget the team spirit at our darkest of times. Happy new year. God bless you all."

PMPS shares the same sentiments as expressed by Dr Mallika, "Thank YOU and YOUR TEAM, Dr Choong Li Ann. The dedication and sacrifices from you and your team will not be forgotten. Thanks to you guys, indeed."

## Vaccination and COVID-19 Waves <sup>a, b, c</sup>

	Ancestral	Alpha	Beta	Delta	Omicron
Global	Jan - Oct-2020	Oct 2020 - Feb-21	Nov 2020 - Jul-21	Apr 2021 - Jan-22	Nov 2022 -
Malaysia	Mar - Sep-2020	Oct 2020 - Mar-21	Apr 2021 - Jun-21	Jun 2021 - Dec-21	Feb 2022 -
Perak	Mar - Sept 2020	Nov 2020 - Apr-21	Apr 2021 - Jun-21	Jul 2021 - Dec-21	Feb 2022 -

Past Chinese New Year (1-2/2/2022), Malaysian Omicron surge began, reaching above 20,000 daily new COVID-19 cases on 11/2/2022, furiously bursting previous Delta highs for more than a month.

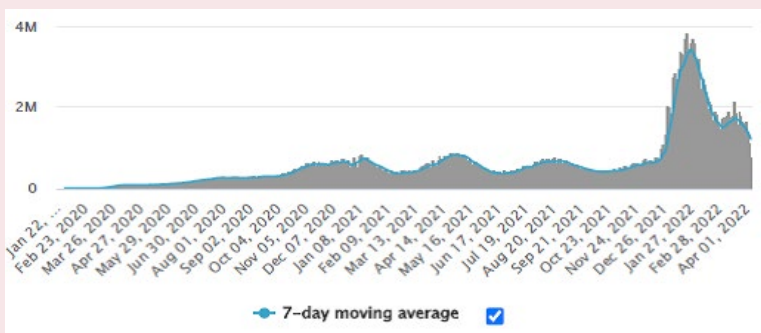
SARS-CoV-2 Omicron variant surfaced in Nov 2021 on the heel of Delta wave. It is marked by very high global 7-day moving average of daily new cases. Its wave peaked and descended but faltered in March 2022, with the appearance of even more transmissible Omicron subvariant BA.2.



## Global 7-Day Moving Average of Daily New Cases During SARS-Cov-2 Variant Waves<sup>a</sup>

SARS-Cov-2 Variant Wave	Above	Peak (Date)
Alpha	0.33 m	0.74 m (10/1/2021)
Beta	0.36 m	0.83 m (28/4/2021)
Delta	0.37 m	0.67 m (30/8/2021)
Omicron	0.56 m	3.40 m (25/1/2022)

## Global 7-Day Moving Average of Daily New COVID-19 Cases<sup>a</sup>



## Global 7-Day Moving Average of Daily Deaths During SARS-Cov-2 Variant Waves<sup>a</sup>

SARS-Cov-2 Wave	Above	Peak (Date)
Ancestral	—	7,273 (18/4/2020)
Alpha Variant	5,400	14,803 (16/1/2021)
Beta	8,500	14,112 (02/5/2021)
Delta	7,700	10,407 (27/8/2021)
Omicron	6,200	10,985 (09/2/2022)

**COVID-19 vaccination**, commenced in December 2020, ameliorated the waves of cases and deaths caused by increasingly transmissible variants. If not for much vaccination resistance and hesitancy, its success could have been greater, including preventing new variants from emerging.

### Omicron

Omicron variant's sky-high transmissibility mandates us, especially the frontliners, to use face mask of higher protectiveness e.g., double masking (surgical mask), N95 (USA) /KN95 (China) / FFP2 (Europe) / KF94 (Korea), and face mask + shield. It also enjoins good ventilation (indoor air completely replaced at least four to six times an hour) for closed-door environment.

Despite its lower case fatality rate Omicron causes high mortality from sheer number of cases. It also exacerbates other medical conditions. The risk of Long COVID after Omicron infection is neither desirable to the patient nor the already burdened healthcare system.

### Perak

With Omicron, healthcare frontliners were rudely thrown back into the COVID-19 throes. Perak suffered.

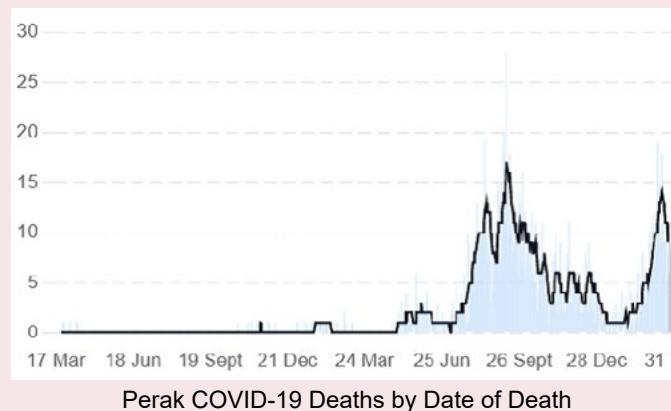
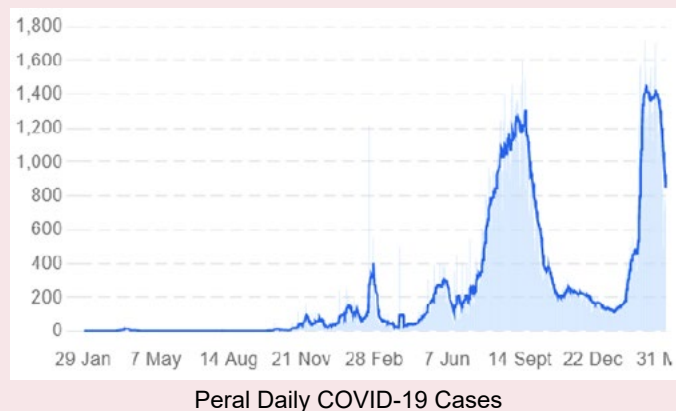
On 31/3/2022, Perak led among states with the highest COVID-19 death rate for two weeks, although it was fourth throughout the Pandemic.

### Perak COVID-19 Death Rate<sup>c</sup>

	2 Weeks Ending 31/3/2022		Jan 2020 Till 31/3/2022	
	Deaths Per 1 Million People	Placing*	Deaths Per 10,000 People	Placing*
<b>Perak</b>	49	1	7	12
<b>Malaysia</b>	21	NA	11	NA

\* Among 17 states / federal teritories & Klang Valley

### Perak COVID-19 Situation — Jan 2020 till 31/3/2022<sup>c</sup>



The hospital frontliners had to handle the surge in admissions and ICU cases during this period. An important factor was significant vaccination hesitancy (for boosters in the seniors and vaccination

for children) among certain communities. PKD frontliners doubled their effort in vaccination promotion, engaging religious authorities, NGOs and schools.



26/2 Saturday, Kg Sinju, PKD Kinta staff carried out vaccination while an NGO went round the OA settlement to distribute face masks, encourage vaccination and left face masks, oximeters, sanitisers and COVID-19 information sheets with Tok Batin.



COVID-19 Vaccination Rate – as at 31/3/2022 <sup>b,c</sup>

Age Group:	5 - 11	12 - 17	18+	All	18+
	% (1 dose)	% Fully Vaccinated (2 doses)		% Boostered	
Malaysia	37.4	91.7	97.6	79.0	67.2
Perak	36.8	92.1	88.3	74.5	60.6

## Future, Our Role

Following global trend, on 8/3/2022, Malaysia announced COVID Endemic Phase starting 1/4/2022. However across Europe, US and even China, Omicron BA.2 subvariant is becoming the dominant variant. BA.2 spreads 1.5 times faster than BA.1, although it does not appear to cause more severe disease. Inadequately controlled transmission gives the virus more opportunity to mutate, breeding new variants. The possibility of more menacing new variants emerging always exists. On the wing, Variant XE, 10% more transmissible than BA.2, has just been reported to potentially pounce.

As medical provisionals, our role is to continue

- 1) updating ourselves,
- 2) carrying out and promoting preventive SOPs and vaccination / boosters,
- 3) supporting our fellow frontliners in such efforts.

### Refs

- a. <https://www.worldometers.info/coronavirus/>
- b. <https://covidnow.moh.gov.my/>
- c. <https://covidnow.moh.gov.my/prk/>

## Fun corner





# PMPS ANNUAL GAMES 2022 REPORT

Dr T Kumar, Sports Convenor

After a lapse of two years due to the COVID-19 lockdowns and SOPs enforced in 2020 and 2021 PMPS decided to reconvene the Annual Games this year.

With much anticipation for a favorable reply for the use of the sports facilities at Ipoh Swimming Club as was usually available on all previous years, we were unfortunate in not being able to get permission to use their facilities this year. Understandably the worry of spread of COVID-19 must have been foremost on their mind. Further enquiries were made to Royal Perak Golf Club but to no avail. Eventually through the good offices of Dr Yee Meng Kheong we managed to get permission to use the sports facilities at YMCA Club in Ipoh. However, we could only play tennis and badminton as there were no squash courts or table-tennis facilities there.

The badminton and tennis games were fixed to be played on the evening of Sunday 6 March 2022.

## **Badminton**

The badminton matches were played in Tan Sri Lee Loy Seng Badminton Complex. Eight players took part. They were:

Dr Yee Meng Kheong  
Dr Lai Thian Seong  
Dr Yong Yew Kay  
Dr Lee Nik Hooi

Dr Goh Dar Wen  
Mdm Agnes Mak Chooi Ling (Mrs Goh)  
Dr Choong Choon Hooi  
Dr (Mrs) Choong Choon Hooi

The group played round robin matches and everyone won once!

## **Tennis**

Due to the poor prevailing weather conditions, as it was a rainy evening, the matches could not be played on the grass courts. However due to the poor turnout of YMCA members using the hard courts we managed to play some tennis after all even in the rain!

Dr Ding Soo King & Dr Hu Wen Shiong bt Dr Khoo & Dr T Kumar

Dr Goh Dar Wen & Mdm Agnes Mak vs Dr Yee MK & Dr Lee NH  
(game suspended due to rain)

Dr Ding Soo King vs Dr T Kumar (game suspended due to rain)

The tennis games were to be continued on 13 Mar morning but it rained again! It was decided to reconvene the tennis games later when the weather is better. The date is to be announced soon.

## **Bowling**

The bowling event had only nine participants signing up for it. The event was to be held at the Ipoh Bowl at Kinta City on Thursday 10 March 2022.

We had Mr Tony Teh and two of his friends to help us organise the event. However, on the eve of the event he informed that the bowling alley was packed, and there were lots of people booked to play at that same time of the evening. His two friends were not keen to turn up to help him due to the large crowds there and Mr Tony too advised us against going. So sadly, we had to cancel the event. It is hoped that with the improving of the COVID situation in the country we could arrange to have the bowling event later this year - date to be announced later.

# PMPS GOLF TOURNAMENT – 13 MARCH 2022

by Dr Chew Teik Chye

After a hiatus of one and half years due to the COVID-19 pandemic, the PMPS Golf Tournament was on again. The Organising Committee comprised of Dr David Yeo, Dr Chew Teik Chye, Dr Lai Thian Seong, Dr Chow Siang Yong and Wendy Wong. Sunday, 13 March 2022 was fixed as the date for the tournament and the venue was the Royal Perak Golf Club, Ipoh.

32 Golfers including sponsors and guests teed off on a hot Sunday afternoon at 12:30 pm. Goodies were given to each participant. After the game, a dinner was held at Sun Lee How Fook Restaurant in Ipoh. Door gifts were given to all attendees. Dr David Yeo gave an inspiring welcome speech, thanking PMPS, sponsors, invited guests and fellow golfers. A lucky draw was conducted and winners of the golf tournament were announced.

Dr Ong Boon Teik was the winner of the Nett category and Dato Dr K Chandran was the winner in the Gross category. PMPS President, Dr Jeyaratnam gave away the prizes.

Door gifts were presented by Snow Marketing Sdn Bhd at the dinner and the grand lucky draw of a Canmore Golf GPS was donated by Formalchem Sdn Bhd and won by Dr P Raghavan. The sumptuous dinner inevitably ended at 10.00 pm.



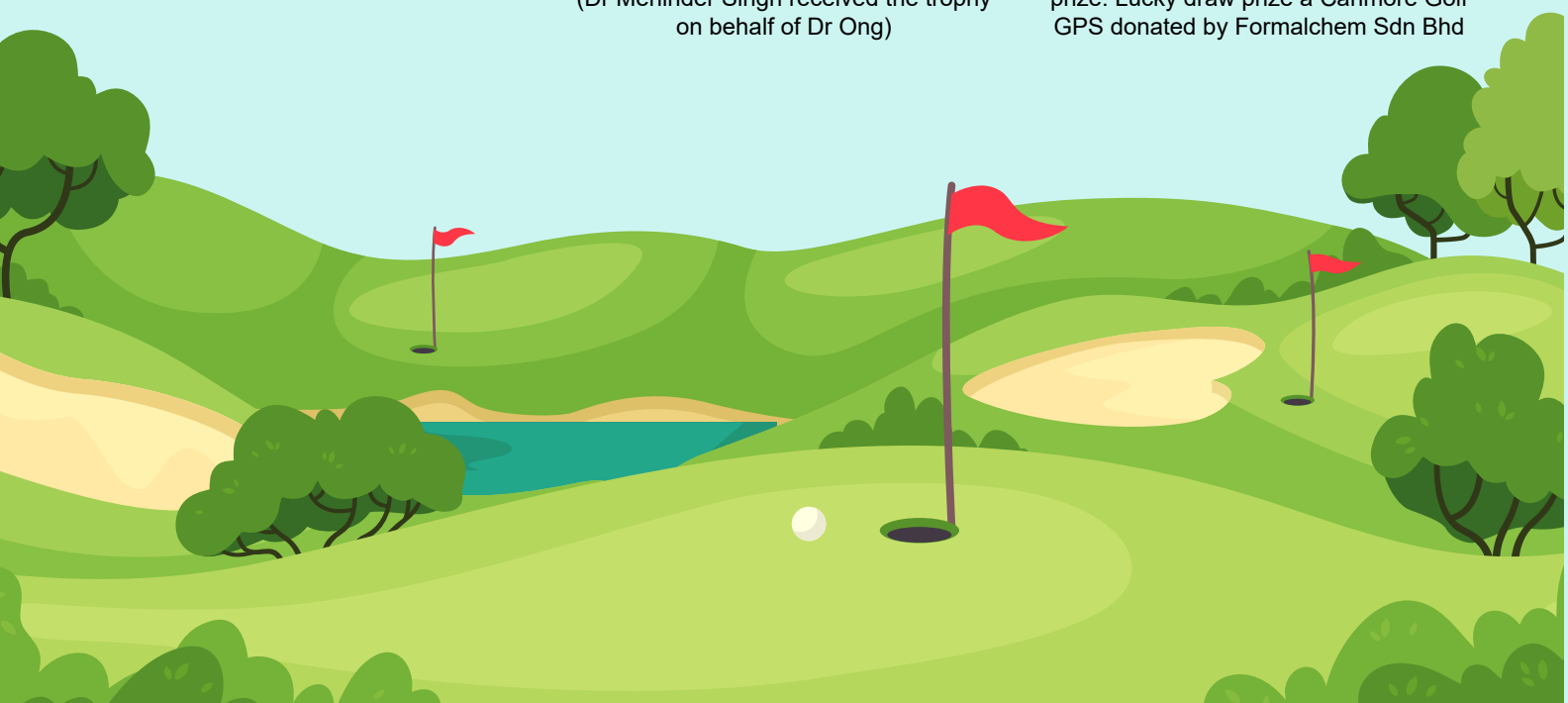
Dato Dr K Chandran Gross Champion



Dr Ong Boon Teik Nett Champion  
(Dr Mehinder Singh received the trophy  
on behalf of Dr Ong)



Dr P Raghavan won the Lucky Draw  
prize. Lucky draw prize a Canmore Golf  
GPS donated by Formalchem Sdn Bhd



# NAVIGATING THE FUTURE IN PRIMARY HEALTH CARE

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

15-17 July 2022

Kinta Riverfront Hotel, Ipoh



Jointly organised by

by Dr Loke YH, Organizing Chairperson

## It is confirmed!

We will be having the 12th ASEAN & 9th Perak Health Congress on Primary Health Care this year from 15 to 17 July. After a hiatus of one year due to the raging COVID pandemic last year when we were forced to put it on hold, the organising committee looks forward to welcoming you to this Congress which will be held in Kinta Riverfront Hotel, Ipoh.

The Scientific Committee headed by Dato Dr K Chandran, Dr Subashini Ambigapathy and Dr Anildev Singh Malhi have put together an impressive and varied programme to include topics on public health, primary care and current infections. There will be four Plenary Lectures, two Workshops, 13 Symposiums, three sponsored Lunch Symposiums and the popular Debate where two distinguished doctors will try to persuade you to vote them the winner! There will also be competitions, with prizes, for best free papers (oral or poster).

Not to forget, there will be two simultaneous Pre-Congress Workshops on 14 July on Contraception and ECG in Primary Care.

And best of all, the DG of Health has consented to grace our opening ceremony and to deliver the keynote address.

So there is no reason to hesitate, I am sure you will find it worth your while to come not only for your professional development, but also to have fellowship with your colleagues from both private and public sectors, to meet up with contemporary industry players and to get your annual CPD quota of 20 points.

On a sombre note, we realise that the pandemic is not quite over. So we will have SOPs in place for a safe congress for all. The committee is also busy looking at options in case we are compelled to hold a virtual congress instead of a physical one. As some of you will know, a virtual congress is not quite the same experience.

**See you at the Congress in Ipoh!**

Payment of registration fee is **on or before 15 June 2022**  
(except on-site registration).

Please make payment in favour of:

**"12th Asean & 9th Perak Health Congress"**

Account: Public Bank Berhad

Account No: 3221890901

SWIFT code: PBBEMYKL



Jointly organised by



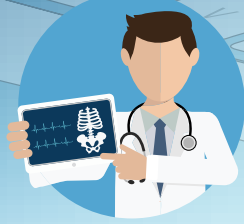
Postgraduate  
Medical Education  
Society



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

### 15-17 July 2022

PRE-CONGRESS 14 July 2022

Kinta Riverfront Hotel, Ipoh

#### CONGRESS OBJECTIVES

- Promoting advances in primary health care
- Building bridges between the private and public sectors
- Assisting the busy clinician in honing clinical skills
- Empowering paramedics in relevant skills and knowledge
- Providing a platform to promote evidence-based medicine

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**

c/o KPJ Ipoh Specialist Hospital, 26 Jalan Raja Dihilir, 30350 Ipoh, Perak, Malaysia.

**Tel & Fax:** +6(05) 242 6549 **Email:** [congress@pmps.org.my](mailto:congress@pmps.org.my) **Web:** [www.pmps.org.my](http://www.pmps.org.my)

## FIRST ANNOUNCEMENT

# CONGRESS PROGRAMME (TENTATIVE)

latest updates at <http://www.pmps.org.my>

14 Jul 2022	Pre-congress Workshop	CONTRACEPTION IN PRIMARY CARE				
		ECG IN PRIMARY CARE				
15 to 17  July 2022	Plenary	COVID-19 – LESSONS FOR THE FUTURE		COVID-19 – MANAGING MENTAL HEALTH		
		KEYNOTE: TACKLING COVID-19 – ISSUES & CHALLENGES				
		EPIDEMIC OF NCD: SYNERGY BETWEEN PHARMACO AND NON-PHARMACO MNGMT		TUBERCULOSIS: UPDATES AND MANAGEMENT		
	Symposia	CARDIO-RESPIRATORY: • COMMON ARRHYTHMIAS • ASTHMA MNGMT	GASTRO: • NON-ALCOHOLIC FATTY LIVER • HEPATITIS C MNGMT		DERMATOLOGY: • ADULT SKIN CONDITIONS • PAED SKIN CONDITIONS	
		EYE / ENT: • COMMON EYE PROBLEMS • HEARING PROBLEMS • VERTIGO IN PRIMARY CARE	ORTHO: • MNGMT OF OSTEOPOROSIS • OFFICE ORTHOPAEDICS • MANAGING KNEE OA		ADDICTION MED: • SMOKING CESSATION • ALCOHOL CESSATION • INTERNET ADDICTION	
		OBESITY: • NUTRITION ADVICES • TREATMENT OPTIONS • MEDICAL MNGMT	ENDOCRINE: • DIABETES – NEW DRUGS & TREATMENT APPROACH • THYROID DISORDERS • ANDROPAUSE MANAGEMENT			
		CAREER PROGRESSION: • CURRENT GP PRACTICES AND ITS CHALLENGES • TO BECOME FMS – MASTERS VS PARALLEL PATHWAY PROGRAMMES				
		O&G: • PMCT – HIV • COMMON MENSTRUAL DISORDERS • MENOPAUSE MANAGEMENT		PAEDIATRICS: • CYBER BULLYING • CHILD ABUSE APPROACH AND MANAGEMENT • FAILURE TO THRIVE		
		MANAGING SPORTS INJURIES	DEVELOPMENT AND FUTURE OF TELEMEDICINE IN MALAYSIA			
		EMERGENCY MED: • ANAPHYLAXIS MNGMT • MANAGEMENT OF COMMON ILLICIT DRUG POISONING			FUTURE ADVANCES: • VIRTUAL CLINIC PRACTICE • AESTHETIC CARE	
		Workshop	PAEDIATRIC EMERGENCIES IN PRIMARY CARE		MODERN WOUND CARE MANAGEMENT	
		Debate	ROLE OF SOCIAL MEDIA IN HEALTH CARE: A FRIEND?			

<b>REGISTRATION FEES (RM)</b>	Doctor = 450 (PMPS = 350)	Paramedic = 300	Medical Student = 200
	Late/On-site = 500	Day Registrant = 200	Pre-Conference = 150 (non-registrant = 200)

BEST 3 “FREE PAPERS”	
1st prize	RM500.00
2nd prize	RM300.00
3rd prize	RM200.00

BEST 3 “POSTER PRESENTATIONS”	
1st prize	RM300.00
2nd prize	RM200.00
3rd prize	RM100.00





## NEW MEMBERS

We welcome the following new member approved since the last PMPS News issue:

### Ordinary member:

9/1/2022

Dr Jeevan a/l Suppiah

Dr Hameeth Shah b Abdul Wahid

Dr Rajkumar A/L Veerakumaran

27/2/2022

Dr Lo Vee-Shin

### Life member:

9/1/2022

Dr W John Watson a/l Anbiah

## **JOINT INTEGRATED HEALTHCARE COMMITTEE (JIHC) CONTRIBUTION**

It was approved during PMPS AGM on 13 March 2011 that PMPS contribute a sum of RM30,000.00 towards membership of JIHC for coverage of ALL its members under the terms of reference of JIHC so that PMPS could also be accepted as a stake holder of JIHC. All PMPS members will then have an avenue for legal protection in issues related to MCOs/ Hospitals, etc. as provided for under the Private Healthcare Facilities and Services Act 1998 (PHSFA) and relevant laws of the country which govern private medical practice. New PMPS member will contribute RM 100 to participate in PMPS JIHC fund upon acceptance as member.

Registered Medical Practitioners and Dental Surgeons in private practice and resident in Perak are eligible to become Ordinary Member of PMPS, subject to the approval of PMPS Committee. Please also note the following notes on membership.

### **EXEMPT MEMBERSHIP**

(Approved by Registrar of Society in 2012)

This is conferred on application to Ordinary members of the Society who have completed 25 years as a member in benefit and served at least one term as a committee member of PMPS. These applications have to be approved by the Committee. Once approved, exempt members will have future membership fees waived. They will continue to enjoy all privileges due to ordinary members.

This is recognition for long standing members who have been contributing to the society's activities by having served at least one term as a committee member.

### **LIFE MEMBERSHIP**

Any Ordinary Member who pays a subscription of RM 1,000.00 in one lump sum shall be admitted as a Life Member. An entrance fee of RM50.00 shall be paid on application for membership if he is not an Ordinary Member in benefit.

### **ASSOCIATE MEMBERSHIP**

All Registered Medical Practitioners and Dental Surgeons who are not in practice, shall be eligible for Associate Membership. An entrance fee RM 50.00 shall be paid on application for membership.

### **HONORARY MEMBERSHIP**

Honorary Membership may be conferred on any person in Malaysia, who has rendered meritorious service to the Medical Profession or to the Society.



## ANNOUNCEMENTS

### 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

### ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL

**SUBMIT APPLICATION  
BEFORE 01 DECEMBER EACH YEAR**

- **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)

### TO KEEP YOU CONTINUOUSLY INFORMED AND UPDATED

#### **PMPS WhatsApp groups**

1. **PMPS Broadcast** – The Secretariat handled by Wendy uses this one-way avenue to inform members of relevant issues 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.

### MEDICAL CERTIFICATE FOR SICK LEAVE ISSUED BY THE PRIVATE SECTOR

With effect from 18/2/2022 sick leave certificate issued by the private sector for both outpatients and inpatients, for not exceeding 180 days in a calendar year, will no longer be required to be countersigned by government medical officers.

Re:

[https://mma.org.my/web/wp-content/uploads/se\\_18022022.pdf](https://mma.org.my/web/wp-content/uploads/se_18022022.pdf)

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

19 Apr (Tue) - *Uzrul Al-Quran*

1 May (Sun) - *Labour Day*

3-4 May (Tue & Wed) - *Hari Raya Aidilfitri*

15 May (Sun) - *Wesak Day*

6 Jun (Mon) - *Agong's Birthday*

11 Jul (Mon) - *Hari Raya Haji*

30 Jul (Sat) - *Awal Muharram*

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