



PMPS News

FOR MEMBERS ONLY

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Dr Yap Foo Ngan (PMPS Newsletter)
Dr Kumar Thiyagarajah (Sports)
Dr Sumithra Sivasuntharam
(Membership Drive, CPD)
Dr Ding Soo King (Social & Tours)

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:

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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. Articles / letters must be in MS Word format. Please limit word count to less than 1,000.

From the President's Desk

2023 is quickly drawing to a close and what a year it has been! We have laughed, loved, lost, travelled, gained (mostly weight, but hopefully for some, more wealth and health), become grandparents or great grandparents etc. Whatever we may have experienced, I am sure you will agree with me, this has been a challenging but interesting year.

As I write this, the Minister of Health portfolio has been given once again to YB Dr Dzulkefly Ahmad, congratulations to him! He has his job cut out for him. The healthcare system clearly needs revamping. The public health system faces manpower shortage, yet there are no permanent posts for junior doctors. Access to health is still denied to some sectors of society, made worse by poor infrastructures. Third party administrators are trying to "manage" doctors by pushing down prices, and effectively denying patients the best care. The COVID-19 infection is on the uptick again, with the festive season seeing many social and family gatherings.

The PMPS committee had a busy month. We just had our installation dinner on 9 December at Tower Regency Hotel. We also co-organised with Pantai Manjung hospital, an afternoon CPD forum for doctors. The 13th ASEAN Congress committee has the onward task of canvassing for pharma and other industries to participate in this event which we hope will draw not only delegates to our educational event, but also to enjoy what Ipoh can offer in the tourism and culinary front.

It is the season to be merry, being grateful for family and friends and a time to reflect on the ultimate meaning for the season... the love of God for mankind.

Stay safe, stay healthy!

Dr Loke Yee Heng

PMPS COMMITTEE (2023-25)

The fourth and fifth meetings were held on 3/9 (KPJ-ISH) and 5/11/23 (Zoom), Sundays, as usual.

MALAYSIA DOCTOR'S DAY 2023 KUCHING

by Dr Amarjeet Kaur

This year, the Malaysian Doctor's Day was celebrated on 7 and 8 October in the beautiful town of Kuching, Sarawak. It was a wonderful experience for all who attended. Doctors from Semenanjung started arriving in Kuching on Friday, 6 October. There were representatives from Perlis, Kedah, Perak, Selangor, Wilayah Johor and Kuching.

The celebration started at 5:30 in the evening of 6 Oct with a breezy river cruise on the Sarawak River. We were entertained with the traditional layered cake of Sarawak, dances of the region and Sarawak Sape music on the boat. There were many historical sites along the banks of the Sarawak River from the times of Raja Brooke. The trip was both exciting and educational. It surprised me how little I knew about Sarawak and my fellow citizens in East Malaysia. The evening ended with a big spread of seafood dinner at The Reef hosted by Dr Liew Shan Fap, chairman of MMA Sarawak.

The following morning, we were on our way to some serious doctoring in Kpg Darul Falah, Tebedu. The drive was a good one and a half hours into the rural area of Kuching, almost at the border of Kalimantan, Indonesia. Chatting with the womenfolk in the village, I found out it was one of the last villages on the road in that region. It was surrounded by forest all around. Beyond that was the mountain range.

On the other side of the range was Indonesia. The village had some 100 families. The villagers do some farming activities. Some of the men work as daily paid workers in Kuching and travel daily. There is a primary school nearby, but the older children had to travel to a nearby town for secondary education.

At the Reachout Camp we saw 47 patients and conducted 24 PEKA B40 medical check-ups. We were accompanied by some lab staff from Pathlab. The Outreach program by FPMPAM was carried out in collaboration with the SPMPs (Society of Private Medical Practitioners, Sarawak) and Klink Bergerak HIKMAH. The chairman of SPMPs and also HIKMAH, Dr Morni joined us at the campsite.

The villagers were very friendly and hospitable. They prepared a very healthy lunch from local produce and fruits for us. There were tubers like sweet potatoes, tapioca and yam and rice cooked in bamboo, fish, shoots, rambutans, bananas and





pineapple. It was indeed a fun working day for all of us.

In the evening Dr Steven Chow hosted us to a sumptuous Chinese course dinner at The Riverside hotel.

The following morning was Sunday. After the usual hotel breakfast, we made our way to search for the famous Orangutan at the Semenggoh wildlife centre. Despite it being a fruiting season, we were lucky enough to spot and interact with one Orangutan at least. Following that we drove to the Annah Rais Longhouse to see and learn more about the original Sarawakian's way of life. The trip was made more interesting by our very knowledgeable and excellent guide. We saw modern day residents of the longhouse and visited the barok where we saw head-hunted skulls of fallen enemy warriors from long ago. We learned about the rituals of the Ibans and the history of their ancestors. It was all very intriguing.

In the evening we were hosted to a sea of seafood dishes at The Hot Spot in Kuching. The dinner was hosted by none other than the president of SPMPs, Dr Morni Abu Samat. We said our farewells with a book presentation and a few words of thanks from

Dr Shan, Dr Steven, Dr Morni and Dr Liew at the dinner, as most of us were leaving the following morning. We also expressed our gratitude to Dorothy and Eugene from the offices of SPMPs and MMA for having coordinated so well and helped arrange our trip. They were most helpful in every way and made our stay there smooth.

The following morning as my husband, Dr Bhajan and I prepared to return to Semenanjung, our team of The FPMPAM/DRsUNITE Borneo Overland Expedition were well on their way to Sibul and onwards to Bintulu, Niah, Miri, Brunei. Limbang, Sipitang, and finally in Kota Kinabalu. On the way they had opportunities to dine and shine and connect with the doctors in these towns. They declared to have successfully and safely completed the 1,300 km Expedisi on 14 October 2023. After a farewell dinner in KK, the team left Borneo on the 15 October.

The whole event was full of fun with great comradery. We will be anxiously waiting for the plans for the 2024 Doctor's Day celebrations. I hear it could be an expedition tour of West Malaysia.

I hope this article will encourage more participation from our PMPS members for the coming year. See you then.



PMPS Committee expresses sincere condolences to the family of Dr Soo Kam Chiew (1942-2023) who departed on 13/10/23. He was a retired GP who diligently continued to attend CMEs till August 2023, always accompanied by his wife.

PMPS COMMITTEE 2023-2025 INSTALLATION DINNER

by Dr Amarjeet Kaur

Hon. Secretary and Dinner Co-organiser

The 33rd Installation Dinner of the PMPS Committee held on 9 December 2023 was truly a gala dinner befitting the members of our profession. The ladies were elegantly dressed while the men were looking super dashing.

The dinner was attended by about 95 attendees; doctors, families and friends. It was graced by our honored invited guests, Dr Poovathy wife of past president Dr Kamanalathan (deceased), FPMPAM's president Dr Shanmuganathan, hon secretary Dr Pearl Leong, PERAK MMA president Dr Suresh Subramaniam and Dr Subashini and Dr Phan from FMS Perak. There was also participation from several pharma companies and the private hospitals.

There was much excitement at the giving away of prizes for the PMPS games like bowling and racket games by Dr Yee Meng Kheong.

The evening ended in fun and laughter. There was great participation by the guest in singing, fun games, and a Macarena dance. The guests danced away into the evening to the lovely songs played by the KPJ band 'Sonic'.

The dinner started with fellowship and cocktails to the background of soft music. At 7:30 pm the emcee for the evening, Dr Ding Soo King, welcomed the guests and announced dinner open. It was a seven-course Chinese Dinner.

Shortly afterwards the outgoing president, Major Dr Jeyaratnam gave his speech recollecting the achievements and events during his term (2021-2023). He thanked his dedicated committee and presented them with mementos.

Dr Ding then introduced our incoming president, Dr Loke Yee Heng. The installation of the new president was carried out by Major Dr Jeyaratnam. Dr Loke then presented Major Dr Jeyaratnam with the past president badge. Dr Loke gave her address and promised an active year ahead. She introduced her committee to the members and this was followed by a group photograph.



The new Committee
(two members unable to attend)

The occasion was graced by the presence
of Dr Poovathy, our deceased Past
President Dr Kamalanathan's wife.

We hope we have succeeded in bringing some fun into the serious and dutiful life of our hardworking GPs and Specialists. We look forward to another fun-filled event next year and hope to see more of our members at our next dinner. Happy New Year to everyone from PMPS. Have a fantastic year.

C.M.E. AT HOSPITAL PANTAI MANJUNG

by Dr Sumithra Sivasuntharam
CPD Coordinator



CME refers to educational activities which serve to maintain, develop and increase knowledge. This time around, the Perak Medical Practitioner Society organised a conjoined CME with Hospital Pantai Manjung on 26 November 2023. It was held from 2:00 to 5:00 pm. Four CME points were awarded to the participants of this GP symposium.

There were approximately 30 participants. Dr Loke Yee Heng, the chairperson of the session delivered the welcome note. The speakers were from both Hospital Pantai Manjung and Hospital Taiping. Topics included Common Skin Infection in Children, Back to Basic Ultrasound, O & G Case Histories, Update on Female Cancer Screening and Pruritus in Elderly.

The session was well organised and was indeed a success. At the end of the day, we were treated

to a scrumptious hi tea. We thank Hospital Pantai Manjung for their kind hospitality and also for successfully conducting the CME. The Perak Medical Practitioner Society would like to thank the CEO Of Hospital Manjung Dr Mohd Norfahmi Bin Mohd Sohot, HR Miss Mellissa Tyndall and Miss Umami Nadhirah, Nur Nadiah and not forgetting, Dr Ding Ching Hong from Pediatric Department, Dr Lakshmi Paramananda from O&G Department, Dr Ashrof Firdaus from Radiology Department, Dr Chandran Sinnasamy from O&G Department and Dr Lee Hock Leng from Dermatology Department Hospital Taiping.



TOURS

The 3D2N Belum Rainforest "Gateway to Nature" (28-30 /10/23) had to be cancelled because of inadequate response.

A 10D8N Uzbekistan tour starting on 2 Mar 2024 is being planned. The related information has been broadcasted to members. A minimum of 16 pax is needed. Please respond as soon as possible.



PMPS ANNUAL GAMES 2023

by Dr Kumar Thiyagarajah

Sports Coordinator

I am glad to submit my report on this year's PMPS sports events. After the initial inertia we managed to get the games off to a start. The games were played off with much fun that normally comes with the sports and the camaraderie that these events entail. The games were held as follows:

30/7	Golf	Royal Perak Golf Club
22/8	Bowling	Aeon Bowling Centre
27/8	Badminton, Table-tennis and Tennis	YMCA Club

GOLF

The Golf Tournament was followed by a dinner held at the De Mouth Restaurant in Greentown. There was strong support of sponsorship from the KPJ group for this event and it was well attended. For details of the results please refer to the Golf Convenor's report.

BADMINTON

There were 10 players for the badminton event. There were three doubles sets, one singles and the last, one against two. The participants are as follows: The winners are denoted with a (W) when they have won at least one game.

Dr Yong Yew Kay (W), Dr Lee Nik Hooi (W),
Dr George Chan (W), Dr Goh Dar Wen (W),
Dr Yee Meng Kheong (W), Dr Lai Thien Seong,
Dr Samuel Yu (W), Mrs Chan (Wendy Chen),
Mr Kishen (W), Master Xander Chan (W)

A word of thanks to Dr Yong Yew Kay, who assisted in coordinating the badminton matches.

TABLE-TENNIS

There were 14 players who took part in this event which started off after a bit of delay as Dr Yee had to urgently purchase the net for the table which unfortunately did not come with the table-tennis net! In all eight games were played. The participants are as follows: The winners are denoted with a (W) when they have won at least one game.

Dr Chong Khek Nyen (W), Dr George Chan,
Dr Lai Thien Seong (W), Dr Yee Meng Kheong,
Dr Lee Nik Hooi (W), Dr T Kumar,
Dr Goh Dar Wen (W), Dato Dr Mohamad Kadir,
Dr Hu Wen Siong (W), Dr Phang Chong Hoe (W),
Mrs Phang (Chen Yze Wha) (W),
Mrs Goh (Agnes Mak), Mrs Chan (Wendy Chen),
Master Xander Chan.

A word of thanks to Dr Phang Chong Hoe, who helped in coordinating the table-tennis games.

BOWLING

As for Bowling we were fortunate to be assisted again by Mr Tony and Mr Andrew who were ever so willing to help organise the competition. We had good participation from our members and their children. In all there were 21 participants.

Results

	1st	2nd	3rd
Men's Section	Dato Dr Mohamad A Kadir	Dr T Kumar	Dr David Yeo
Women's Section	Dr Anjalai	Ms Chua Hooi Meng	Dr Ding Soo King
Children's Section	Sangeetha Jeyaratnam	Yek Kai Liang	Khisen Nanthakumar

It was an enjoyable evening and we were provided with light refreshments after the event. A special note of our gratitude and thanks to Mr Tony and Mr Andrew for their support.

TENNIS

There were 16 participants in all including Mr Nathermal Das the Captain of the PTC@YMCA Tennis Fraternity. The participants are as follows: The winners are denoted with a (W) when they have won at least one game.

Dr Yee Meng Kheong(W), Dr T Kumar (W),
Dr George Chan, Dr Lee Nik Hooi, Dr Foo Joo Ee,
Dr Ng S.K, Dr Hu Wen Siong (W),
Dr Goh Dar Wen (W), Dr Phang Chong Hoe (W),
Dr Samuel Yu, Dr Ding Soo King,
Mrs Goh (Agnes Mak) (W),
Mrs Phang (Chen Yze Wha) (W),
Mrs Ng S K, Mr Kishen (W)

Dr Yee coordinated not only the tennis games but was also actively involved in the whole organisation of the annual sports events. Many thanks to Dr Yee for all his kind assistance.

A word of grateful thanks to the President of YMCA club, Dato Daniel Tay, who very generously let us use their facilities for these annual games and we do look forward to his assistance in the future too.

For those who have not collected their prizes during the Installation Dinner held on 9 December please contact Dr Yee or myself so that we can pass the prize in form of Aeon Cash Vouchers to you.

GREETINGS

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

25/12/23 (Mon) Christmas;

1/1/24 (Mon) New Year;

25/1 (Thu) Thaipusam;

10-12/2 (Sat-Mon) Chinese New Year;

28/3 (Thu) Nuzul Al-Quran;

10-11/4 (Wed-Thu) Hari Raya Aidilfitri

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

ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL

• SUBMIT APPLICATION BEFORE 01 DECEMBER EACH YEAR

• CPD Points

- Period to obtain CPD points for APC 2025: between 01 July 2023 and 30 June 2024.
- New MMC-CPD Grading System w.e.f. 1/7/2023 - <https://mma.org.my/web/wp-content/uploads/>

COMPARISON-OF-THE-MMC- CPD-GRADING-SYSTEM.pdf

- Professional Indemnity Cover - compulsory from APC 2021 onwards.
- Fee
 - The APC application fee is RM100.
 - Late application is subjected to an additional fee of RM100.

ENQUIRIES

- unitapc@mmc.gov.my
Unit Perakuan Amalan Tahunan (APC),
Majlis Perubatan Malaysia,
Kementerian Kesihatan Malaysia.
WhatsApp: 016-3261751
- MeRITS
<https://meritsmmc.moh.gov.my/>

PMPS GOLF TOURNAMENT 2023

by Dr Lai Thian Seong
Golf Tournament Convenor

The annual PMPS Golf tournament was held on Sunday, 30 Jul 2023 at the Royal Perak Golf Club. A total of thirty-six golfers comprising our members and guests participated in this edition. The course conditions were challenging with strong winds during the middle part of the round but we managed to complete the tournament. A seasoned golfing doctor was declared to be aiming for birdies in the trees after failing to snatch any on the greens.

At the evening on the same Sunday, the dinner and prizes presentation were at the De Mouth Cuisine restaurant. Our society was represented by a few committee members led by our President Dr Loke Yee Heng. There was good table fellowship when all attendees enjoyed the good food and company.



The champion in the gross category was Dr Mah Kin Kheong. The champion in the Stableford category who was declared as our champion golfer of the year was Dr Ramesh Singh. Both our champions will be given the privilege to organise the next annual tournament in 2024.



The organising committee of PMPS Golf 2023 thanked all our sponsors and participants for their kind assistance at our PMPS Golf 2023.



COVID-19 IN MALAYSIA, DECEMBER 2023

by Dr Dr Yap Foo Ngan

The daily number of new cases of COVID-19 and other respiratory infections has surged around December in Malaysia and the rest of the world.

Daily number (7d average) of new COVID-19 cases, 1/1 – 16/12/2023, Malaysia

Date	8/1	8/6	16/12
2023	459	544	2,956
2022	3,123	1,521	1,082



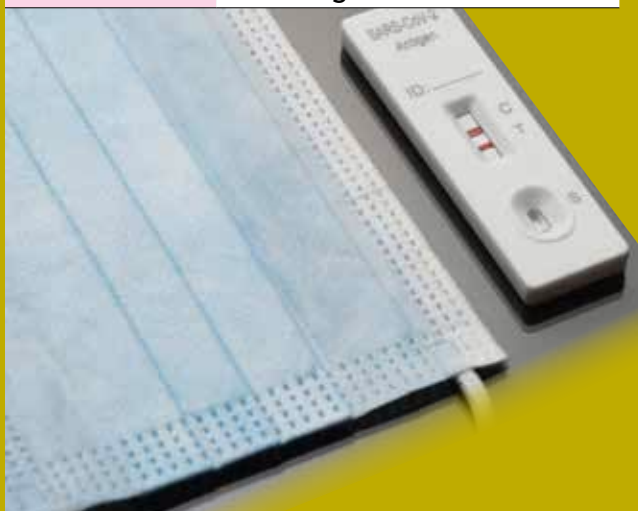
The daily numbers (7d average) of new COVID-19 cases for 2022 are also shown in the above table for comparison. (<https://data.moh.gov.my/dashboard/covid-19>)

For the week ending 16/12/23, 97% of new infections are mild (Risk Categories 1 and 2), with case fatality rate of 0.1 %.

(Situasi Semasa Jangkitan Penyakit Coronavirus 2019 (Covid-19) Di Malaysia Minggu Epidemiologi Ke-50 Tahun 2023 (Me 50/2023) 18 Disember 2023)

Clinical Staging of COVID-19

Risk Category	Disease Severity
1	Asymptomatic
2	Symptomatic, No Pneumonia
3	Symptomatic, Pneumonia
4	Symptomatic, Pneumonia, Requiring supplemental oxygen
5	Critically ill with or without other organ failures



Preventive Measures

1. Avoid crowded spaces and practice social distancing
2. Wear face mask in enclosed spaces
3. Frequent hand washing with water and soap or sanitiser
4. If symptomatic, self monitor and avoid crowd. Consult a doctor if symptoms get worse.
5. High risk groups: COVID-19 vaccination booster is encouraged for prevention. If symptomatic, consult a doctor immediately (in government health or private clinic) for treatment with Paxlovid.

Risk Factors For Severe COVID-19 Infection

Not fully vaccinated, age >50, pregnancy or recent pregnancy, smoking, BMI >30, diabetes mellitus, cerebrovascular disease, heart diseases, chronic lung/liver/kidney diseases, cancer, primary immunodeficiencies, use of immunosuppressive medications like corticosteroids, solid organ or blood stem cells transplantation

(<https://covid-19.moh.gov.my/garis-panduan/garis-panduan-kkm/>, Annex 2e)

ANNOUNCEMENTS



The 13th edition of this biennial event will be held on 11-14 July 2024, in Kinta Riverfront Hotel. The theme is 'Embracing New Horizons in Primary Health Care'. It will be qualifiable for 20 + 4 CPD points for the congress proper and the pre-congress workshop. Further details are available at:

<http://www.pmps.org.my/>

AMENDED PROCEDURE FOR REGISTRATION OF PRIVATE CLINIC

Phase	Date of Implementation	States
One	1 Oct 2023	Kelantan, Melaka, Negeri Sembilan, Pahang, Perak, Terengganu
Two	1 Jan 2024	Johore, Kedah, Kuala Lumpur, Labuan, Penang, Perlis, Selangor, Sabah, Sarawak

Ref: <https://mma.org.my/web/wp-content/uploads/02.10.23-FULL-PEMAKLUMAN-POLISI-BAHARU-KLINIK-SWASTA.pdf>

MEMBERSHIP

NEW

PMPS welcomes the following new ordinary member:
Dr Ko Chung Sen
Cardiothoracic Surgeon from KPJ ISH
(approved during PMPS Committee Meeting on 3/9/23)

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

Benefits To Be PMPS Members

The membership of PMPS is open to registered medical practitioners and dental surgeons resident in Perak.

- Continuous Professional Development (CPD)** – PMPS is a registered CPD provider. It regularly holds CPD sessions for its members.
- PMPS News** – Each issue is emailed and WhatsApped to members. It keeps you informed of issues relevant to members. All issues are available at <http://www.pmps.org.my/>.

To Keep You Continuously Informed and Updated

- 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.
- PMPS Members WhatsApp Group** – Members are urged to be prudent in using this chat group and avoid inadvertently sending unauthenticated information.