

# 14<sup>th</sup> ASEAN & 11<sup>th</sup> Perak Health Congress on Primary Health Care

Joint organisers



Perak Association of Public Health Physicians



Perak Medical Practitioners' Society



Family Medicine Specialists' Association Perak

10 -12 July 2026

Kinta Riverfront Hotel & Suites  
Ipoh, Perak, MALAYSIA

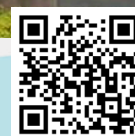
Pre-Congress 09 July 2026

**Health Sector Transformation:  
Challenges Moving Forward**



CPD Accreditation  
Congress : 20 points  
Pre Congress : 4 points

**Final  
Announcement**



Scan QR Code  
or Click Here  
to Register

## Congress Highlights

### Plenary

- Enhancing Digital Transformation In Primary Care
- Advancing Health Promotion and Preventing Diseases in Primary Care
- Restoring the Wellbeing of Health Care Providers
- Healthy Ageing in a Rapidly Changing Society: Are We Ready?

### Symposium Highlights

- Office Orthopaedics: Move Better, Hurt Less
- Simplifying Skin For The Busy Clinician
- New Frontiers in HIV Care
- Digital Detox: Managing Smartphone Addiction
- Pulse of Survival: Handling Arrhythmias
- Workshop: Point Of Care Ultrasound (POCUS) In Primary Care

### Enquiries:

Congress Secretariat:  
No.37 Jalan Haji Wahab, Taman Canning, 31400 Ipoh, Perak  
Email: congress@pmps.org.my  
Website: www.pmps.org.my

016-3063557

Conference Fees	Before 8 <sup>th</sup> July 2026	After 8 <sup>th</sup> July 2026
Doctors	RM450.00	RM600.00
Paramedic/ Medical Student	RM300.00	RM400.00
<b>Pre-Congress</b>	RM150.00	RM150.00
Foreign Delegate	USD200.00	USD200.00
Foreign Allied Healthcare Pro	USD100.00	USD100.00

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Perak, MALAYSIA

**POINT OF CARE ULTRASOUND (POCUS)  
IN PRIMARY CARE**

**PRE CONGRESS**  
**09.07.2026**  
**2.00PM - 5.00PM**

**LIMITED  
40 PAX**

**HANDS-ON  
ULTRASOUND  
TRAINING**

- **Basic Echocardiography**
- **Deep-Vein Thrombosis**
- **E-FAST**
- **Abdominal**
- **Aorta & Inferior Vena Cava**



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## ORAL /POSTER ABSTRACT SUBMISSION INSTRUCTIONS

**\*\*Only Registered Congress Delegates are eligible for Oral/Poster Abstract Submission\*\***

**1. Participants are invited to submit scientific papers**

**2. Applicants should submit their abstracts in duplicate to the Congress Secretariat using the Abstract Submission Form** *(The form will be sent upon your registration for the congress)*

**Deadline : 1 May 2026.**

**3. Abstract should be english and contain work that has not been previously published**

**PRIZES WILL BE AWARDED TO THE BEST THREE PRESENTATIONS**

PRESENTATION	ORAL	POSTER
1 <sup>ST</sup> PRIZE	RM500	RM300
2 <sup>ND</sup> PRIZE	RM300	RM200
3 <sup>RD</sup> PRIZE	RM200	RM100

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THIS PROGRAMME IS SUBJECT TO CHANGE.

## CONGRESS PROGRAMME

(9/7/2026) * Thu	Start Time	Day 1 (10 July 2026) Fri	Day 2 (11 July 2026) Sat	Day 3 (12 July 2026) Sun	
POINT OF CARE ULTRASOUND (POCUS) IN PRIMARY CARE 2-5pm	08:00	Registration & Help Desk: 07:30 - 17:00 <b>PLENARY 1</b> ENHANCING DIGITAL TRANSFORMATION IN PRIMARY CARE DR MAHESHWARA RAO A/L APPANNAN	Registration & Help Desk: 07:30 - 17:00 <b>PLENARY 3</b> RESTORING WELLBEING OF HEALTH CARE PROVIDERS - PROF DR NG CHIRK JENN	Registration & Help Desk: 07:30 - 12:00 <b>PLENARY 4</b> HEALTHY AGEING IN A RAPIDLY CHANGING SOCIETY: ARE WE READY?: DR CHEAH WEE KOOI	
	09:00	<b>OPENING CEREMONY</b> KEYNOTE: SPEAKER: DATUK DR MAHATHAR ABD WAHAB VISIONARY HEALTH CARE REFORMATION IN MALAYSIA	<b>S5</b> ORTHOPAEDIC/SURGERY 1. OFFICE ORTHOPAEDIC: MOVE BETTER, HURT LESS - DR T. VISHVANATHAN 2. CATCH IT EARLY: COLORECTAL CANCER SCREENING UPDATES- DR ELAINE NG	<b>S6</b> ADDICTION MEDICINE 1. DIGITAL DETOX: MANAGING SMARTPHONE ADDICTION - DR SASITHARAN MOORTHY 2. COMBATING VAPE ADDICTION - DR SUBASHINI A/P AMBIGAPATHY	<b>S10</b> INFECTIOUS DISEASE 1. NEW FRONTIERS IN HIV CARE - DATO' DR KER HONG BEE 2. STRENGTHENING TB SURVEILLANCE IN PRIMARY CARE - DR SUZANA BINTI MOHD HASHIM 3. HTLV-1 IN MALAYSIA: ENHANCING AWARENESS AND RESPONSE- PROF MADYA DR SYED SHARIZMAN
	10:30	<b>TEA BREAK</b>	<b>TEA BREAK</b>	<b>TEA BREAK</b>	
	11:00	<b>PLENARY 2</b> IMPLEMENTATION OF PRIMARY CARE TRANSFORMATION IN MALAYSIA DATO' DR HAJJAH NORSIAH ALI	<b>S7</b> GERIATRIC 1. FADING MEMORIES, LASTING CARE: RETHINKING DEMENTIA IN PRIMARY CARE - PROF DR ESTHER GUNASELI 2. INSOMNIA IN ELDERLY- DR SURINA ZAMAN HURI	<b>S11</b> EYE/ENT 1. DON'T MISS A THING: SPOTTING VISION PROBLEMS EARLY IN CHILDREN - DR MOHAMAD ISRAK BIN MOHAMAD ISA 2. THE ITCH, SNEEZE AND RUN - DR HARVINDER SINGH 3. DIABETIC RETINOPATHY - DR KOGILAVAANI JAYARAMAN	
	11:30	<b>LUNCH SYMPOSIUM 1</b>	<b>LUNCH SYMPOSIUM 2 (DIABETES)</b>	<b>LUNCH SYMPOSIUM 3</b>	
	12:30	<b>S1</b> GASTROENTEROLOGY 1. UNRAVELING THE IRRITABLE BOWEL SYNDROME - PROF DR LEE YEONG YEH (USM) 2. MANAGING HEPATITIS B ACROSS THE CONTINUUM - DR RUBEN SKANTHA	<b>S2</b> DERMATOLOGY 1. SIMPLIFYING SKIN FOR THE BUSY CLINICIAN - DR TANG JYH JONG 2. COMMON PAEDIATRIC SKIN CONDITIONS - DR LEONG KIN FON	<b>S8</b> NCD/ENDOCRINE 1. METABOLIC SYNDROME: "THE SILENT PRECURSOR TO DIABETES AND HEART DISEASE"- DR TIVYA SOUNDARAJAN 2. HYPERTHYROIDISM: THE RESTLESS GLAND - DR SIVASANGKARI MUGILARASSAN	<b>S12</b> O&G 1. COSMETIC GYNAECOLOGY AND WOMEN SEXUAL HEALTH - DR SOFIA SYUKUR 2. HORMON REPLACEMENT THERAPY AND CANCER : FRIEND OR FOE - DR LEE SAW JOO
	14:00	<b>S9</b> PAEDIATRICS ADOLESCENT 1. SPECTRUM OF BEHAVIOURAL DISORDERS - DR THENMOLI A/P PALANIYAPPAN 2. OBESITY IN CHILDREN AND ADOLESCENTS - DR ARLIENA MAT AMIN	<b>S13</b> PREVENTIVE MEDICINE 1. INTEGRATING PRIMARY HEALTH CARE AND PUBLIC HEALTH FOR EFFECTIVE DENGUE PREVENTION AND CONTROL IN COMMUNITIES- PROF MADYA DR SYED SHARIZMAN 2. ADULT VACCINATION - DR MARSILLA MARIATY	<b>END</b> 14th Asean & 11th Perak Health Congress On Primary Health Care 10-12 JULY 2026 Kinta Riverfront Hotel, Ipoh Health Sector Transformation: Challenges Moving Forward	
	14:30	<b>TEA BREAK</b>	<b>TEA BREAK</b>	<b>TEA BREAK</b>	
	15:30	<b>S3</b> MENTAL HEALTH 1. ANXIETY: THE WORRY GERM - DR NOOR IZUANA BINTI REDZUAN 2. PERSONALITY DISORDER IN PRIMARY CARE : TIPS AND TRICKS- DR JOHARI BIN KHAMIS	<b>S4</b> EMERGENCY MEDICINE 1. PULSE OF SURVIVAL: HANDLING ARRHYTHMIAS - DATO DR ASRI RANGA BIN ABDULLAH RAMAIAH 2. SEIZE THE SIGNS : MANAGING CNS EMERGENCIES - DR TIRUMAL SUBRAMANIAM	<b>HIGH TEA SYMPOSIUM -</b>	
	16:00	<b>TEA BREAK</b>	<b>TEA BREAK</b>	<b>TEA BREAK</b>	
	16:15				
	17:15 (ends)				

Congress Registration & Help Desk: 09:00 - 17:00