

HEALTH ADVENTURE

In this AMSC 2013, AMSA Malaysia strives to let you guys experience healthcare of Malaysia from the lab to the clinic to the community. This time we aim to provide a hands-on experience and provide greater insight to how Malaysians go by their own healthcare system. We will bring you out to several locations around the Klang Valley, where the most modern part of the country interacts with the rural countryside.

The motto for the academic aspect of this Health Adventure is :

Exploration, Intervention and Discussion.

As such, the academic aspect is represented by

- 1) Site Visit,
- 2) Community Service
- 3) Group Discussion.

Exploration

On day three, the delegates will explore different sites according to the selected themes and experience with different aspects of Malaysian Healthcare from the lab to the clinics to the hospitals and right in the community.

Community



Delegates will get the chance to our modern rural community clinic manned by excellence trained medical staff to meet the primary care needs of the Malaysians. This is the heart of healthcare in Malaysia. From the anthropometrical screening of pregnant mothers to the implementation of the national immunization programme, the Ministry of Health aims to have cheap and wide coverage of basic healthcare to all. Different clinics offer different health services to cater the needs of their community. The Health Clinics offer many services including:

- Outpatient services
- Antenatal healthcare services
- Postnatal healthcare services
- Children healthcare services
- Family planning services
- X-ray imaging services
- Laboratory services
- Pharmacy services
- Expanded scope services
 - Diabetes clinic
 - Elderly clinic
 - Hypertension clinic
 - Asthma clinic

District Health Office

Cheras, Laman Pantai, Kepong



The control center of the Malaysian Healthcare system lies in the hands of the district health office. Strategically located in every urban and rural residence, they represent a team of highly trained health personal to diagnose, treat control and prevent the diseases at the grassroots level. Be it food inspection, water quality or infectious disease control, they are the best men and women for the job. The

delegates will be divided into teams and follow these fine people to the respective locations to conduct Aedes larva survey, flogging and larva siding as well as other health-related activities.

During the field trip, delegates will either follow health inspectors to designated area for Aedes Survey or shown demonstrations how vector control is carried. For Aedes survey, the general idea was that delegates will visit houses to search for possible breeding sites and mosquitoes larva. If any larva is found, the larva will be put into a bottle to be sent to Vector unit for species confirmation by Science Officer. If the larva is Aedes positive, a compound will be issued and the case will be notified to the State Health Department and Ministry of Health. Further health promotion will be carried out to educate the public.

Universiti Kebangsaan Malaysia Medical



It is one of the four university hospitals in Malaysia. It is located in Bandar Tun Razak, Kuala Lumpur and is administered by Universiti Kebangsaan Malaysia. The center has strived to improve the field of medicine and education, bridging the discoveries in research into practical community health initiatives. The locations that will be visited are as follows:

The Department of Medicine, UKM Medical Centre

Established in 1997, it boasts one of the most excellent medical staff of the nation, covering a wide range of specialties. We will be visited the newly upgraded wards and special specialty diagnostic centers cater for the needs of the general public.

Otolaryngology, Allergies and Audiology Centre

The center provides specialized and comprehensive services to patients with various diseases and disorders of the ear, nose and throat. The delegates will get to visit and the allergy and audiology centre. The newly established allergy clinic diagnose and treat 'allergic rhinitis' specifically. The Audiology Clinic allows assessment and management of hearing, hearing screening for newborns, industrial workers and other adults as well as management of patients requiring hearing aids.

The Department of Pediatrics, UKM Medical Centre

The department and clinic provides clinical care to all pediatric patients who visited the center UKMMC from newborn to age 18. Offering one of the best pediatric cares to the nation, it is one of the main referral centers for patients with thalassemia. They are also well known of their expertise in laparoscopic surgery in newborns. The School in Hospital Programme provides schooling facilities to school students admitted to UKMMC. UKMMC is one of the four pioneer hospitals selected under the programme.

The Department of Orthopedics and Traumatology, UKM Medical Centre

Department of Orthopedics and Traumatology offer consulting services and the most comprehensive treatment of the musculoskeletal system problems keeping with its status as a tertiary referral center for the problems and musculoskeletal trauma. The department also offers a learning and training of graduate and post graduate and is also actively involved in research and publication. The department also offers services through community and humanitarian such as MERCY Malaysia, Malaysian Orthopedic Association, Malaysian Scoliosis Foundation etc.

The Department of Orthopedics and Traumatology, UKM Medical Centre

Department of Orthopedics and Traumatology offer consulting services and the most comprehensive treatment of the musculoskeletal system problems keeping with its status as a tertiary referral center for the problems and musculoskeletal trauma. The department also offers a learning and training of graduate and post graduate and is also actively involved in research and publication. The department also offers services through community and humanitarian such as MERCY Malaysia, Malaysian Orthopedic Association, Malaysian Scoliosis Foundation etc.

The Department of Orthopedics and Traumatology, UKM Medical Centre

Department of Orthopedics and Traumatology offer consulting services and the most comprehensive treatment of the musculoskeletal system problems keeping with its status as a tertiary referral center for the problems and musculoskeletal trauma. The department also offers a learning and training of graduate and post graduate and is also actively involved in research and publication. The department also offers services through community and humanitarian such as MERCY Malaysia, Malaysian Orthopedic Association, Malaysian Scoliosis Foundation etc.

The Department of Medical Rehabilitation, UKM Medical Centre

The units of department such as Physiotherapy, Occupational Therapy Unit and Prosthetic and Orthotic was commissioned to provide better rehabilitation and recovery to patients with chronic diseases and disabilities.

UKM Medical Molecular Biology Institute (UMBI)

The institute strives to be an excellent research institute by conducting basic, applied and translational research to improve health via personalized medicine to the community. The initiatives such as the Malaysian Cohort study and The National Space Medicine Programme started from these very walls. The Malaysian Cohort is also part of the Asia Cohort Consortium, an international collaborative consortium of 8 countries including Japan, Taiwan, South Korea, China, India, Singapore, Malaysia and the USA. The consortium aims to harmonize and collaborate as well as to combine resources and expertise to study the interaction of genes, environment and lifestyle in causing diseases. By focusing on genetic information, data on lifestyle and environmental exposures, the project aims to identify risk factors accurately and discover new biomarkers for various diseases.

UKMMC Centers of Excellence - Cell Therapy Center And Tissue Engineering Center

The centers research frontier methods of medical therapy such as regenerative medicines, to restore, maintain or inculcating tissue and organ function and have diagnostic applications to be used in the general public.



Intervention

After the site visits, the delegates are ferried to the outskirts of Kuala Lumpur. There, the delegates will be given a chance to slip into the shoes of the locals for a day and interact with them, experience their culture and promote health awareness to the local people. They are to join in the community, providing health screening and visit the homes and work sites of the locals. This provides a first-hand experience for the delegates to contribute to the community and understand the essence of medicine which is to serve the community.

The **Federal Land Development Authority** (more commonly referred to as FELDA) is a Malaysian government agency initially founded to handle the resettlement of rural poor into newly developed areas and to organize smallholder farms growing cash crops. The two areas that we are visiting are FELDA Soeharto and FELDA Sg. Tinggi which are one of the most modernized rural resettlements in the program.



- **FELDA Soeharto or Kampung Soeharto** is a small town and major FELDA settlements in Selangor, Malaysia. It was named in honor of the former Indonesian president Soeharto.
- **Felda Sungai Tinggi** is located in Sungai Tinggi, Sabak Bernam, Selangor. It is adjacent to the border state of Perak.



Official Logo of FELDA



Discussion

Once back from the field trip and community service, delegates in each sub-group will be required to present their findings and experience to each other. They would be given the chance to interact with others delegates that went to other places in a small group and thus provide an avenue for delegates to compare and contrast the aspects of community health of different sub-themes.

Objectives

- ◆ Delegates are expected to discuss their findings, experience and feelings of the site visit.
- ◆ Delegates are expected to discuss a designed case study specific to the related theme.
- ◆ Delegates are expected to identify issues regarding about the healthcare system in Malaysia in relation to the site visit
- ◆ Delegates are expected to compare and contrast their experience with their own country in terms of
 - Prevalence and Severity of the problem
 - Specific cases pertaining to their individual country
 - Ways of addressing the problem
- ◆ Delegates are encouraged to discuss the possible solution to the issues discussed.
- ◆ Delegates are expected to present their experiences and discussion in a creative and appropriate manner to the rest of the delegation.