Volume 3, Issue 3 *December 2020*

The Voice of FOHS

Physiotherapy

Medical Imaging

Environmental

The Voice of FOHS is a quarterly Newsletter published by the Faculty of Health Sciences, MAHSA University. There are two departments and one school under the faculty, namely the Department of Medical Imaging, the Department of Environmental Health and the School of Physiotherapy. This newsletter highlights the faculty events, staff and students' achievements, student activities and the sharing of knowledge in the Health Sciences field.

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DEAN'S MESSAGE

Assoc. Prof. Dr. Veronica Chua

Greetings Dear Readers,

It's that time of the year again, when we start getting busy to celebrate the year-end holidays. It's also the time when we look back and reflect on the year gone by and make resolutions for the new year ahead.

Looking back, to say 2020 was challenging is an understatement. However, FOHS and the rest of MAHSA weathered the storm quite well thanks to timely measures taken by the management, the support of all the staff and the understanding of our students. We are a resilient lot. In the face of all the challenges, FOHS managed to launch 2 new programmes this year, ie. The Bachelor of Environmental Health & Safety (Hons) ODL and Diploma in Occupational Safety & Health.

Looking ahead, 2021 promises to be a better year, especially with the COVID-19 vaccine predicted to be available early next year. Once permissible, we hope to resume all our student activities and face to face learning activities including student mobility programmes and educational industrial visits, to give students the full MAHSA student experience that we are known for.

As we all take our year- end vacations, I wish to remind everyone to be wary of "COVID-19 fatigue". This is a real threat that is creeping up in society, resulting in rising apathy to the COVID-19 threat. I hope all of us at FOHS do not let our guard down wherever may be. We need to continue doing our part to break the chain of transmission of COVID-19 and remind those in our circles to do the same. Holidays safely everyone!

Please stay safe and please follow all the recommendations from the authorities and HR.

Merry Christmas
Happy New Year &
Happy Holidays everyone!

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FACULTY EVENTS

WEBINAR

Cardiac MRI: What You Need to Know

The webinar "Cardiac MRI: What You Need to Know" was conducted live by the Faculty of Health Sciences, MAHSA University, on 28 October 2020. The speaker of this webinar was Ms Monasathini Krishan from Kuantan Medical Centre, who is a radiographer with more than 5 years' working experience in the industry, and she is also an expert in MRI technologies.

The webinar started with an introduction to the MRI principle of technology, how a magnet is able to produce an image on the screen monitor. The radiofrequency (RF) pulse from the superconducting magnet inside the MRI gantry is transmitted to the patient's body tissue. The hydrogen atom on the body tissue receives the RF and returns the signal to the receiver coil. The signal is converted into an signal and is processed in the TV camera for display on the screen monitor.

The session clearly explained the indications of the MRI procedure such as aneurysms, cardiac related diseases, thrombosis and other blood-vessel related diseases. MRIs can also be used as an assessment procedure during the preoperative and postoperative plan. The speaker also spoke about patient necessary preparation procedures before getting into the MRI room. The important component is to conduct a thorough history, and premedication status such as an insulin must be stopped before going for the procedure. The reason is to avoid hypoglycaemia state during the procedure, since it takes from 30 minutes to 2 hours to complete a MRI procedure. In case patient has a history, to contrast media allergic reaction, prednisolone is given to the patient 12 hours and 2 hours before the procedure. The Patient is required to sign a consent form to proceed with the MRI procedure.

To wind up the webinar, also addressed the speaker the various advantages and disadvantages of the MRI procedure. The advantages are that there is no ionizing radiation that has a stochastic effect in leading to cancer development, safe for pregnancy women after the first trimester, it has the ability to diagnose the physiology of

the blood vessels and the heart itself and some other conditions. Meanwhile, the disadvantages are allergic reactions to contrast media, the gantry may not fit an obese patient, claustrophobia and to the banging noise produced during the procedure which might cause patient discomfort. Thus, the patient is equipped earphones throughout the procedure with music in play to reduce the noise coming from the gradient magnet inside the gantry.

The webinar was successfully conducted with more than 1000 views. This webinar gave an insight on the safety and precautions to be used and the initiatives the community should make on using MRI as a diagnostic tool. Since the heat diseases is the leading cause of deaths in Malaysia, so this webinar shared knowledge on the importance of detecting abnormalities that might be obscured with other imaging techniques.

WEBINAR

Stroke Rehabilitation

The webinar "Insight into STROKE REHABILITATION" was conducted by the Faculty of Heath Sciences on the 6th of November 2020. This webinar was conducted to create awareness of the importance of voluntary movement testing with various assessment tools and how the technique can be applied on patients to improve upper and lower extremity function and walking. The speaker of this webinar was Dr Shanthakumar Kalimuthu, senior physiotherapist and lecturer who has more than 20 years of experience in the field of neurological physiotherapy.

The webinar session started off with the moderator Dr. Mahendran introducing the speaker. The discussion was on stroke rehabilitation in acute and subacute phase of recovery. The session started off with the risk factors and types of stroke, sssessment tools such as NIH Stroke Scale, Mini Mental State Examination, Brunnstrom recovery stages, Fugl-Meyer Motor Assessment and Functional Independence Measure. The importance of voluntary movement assessment was well explained, and videos were used to explain the practical application.

The acute and subacute phases of stroke rehabilitation are crucial periods when Physiotherapist must encourage more active function and help patients to achieve maximal functional independence. Upper extremity training techniques to improve scapular stability and proximal arm control was explained using patients' photographs. The importance of concrete versus abstract exercise, facilitating sit-to- stand task and early mobilisation using body supported harness was clearly explained using photographs and patient videos. Techniques used to treat a Stroke patient including the Motor Relearning Programme, Neurodevelopmental Therapy, Brunnstrom movement therapy and functional electrical stimulation were clearly explained.

The webinar concluded with a question-and-answer session. All the questions were clearly explained using easy terms by the speaker. The webinar ended with a note of thanks extended to the participants for their participation. A list of various academic courses offered at MAHSA University was conveyed to the viewers.

The Faculty of Health Sciences highly appreciates the viewers for their attendance and participation, for spreading the word, and for their positive feedback. The faculty is looking forward to conducting more informative webinars in the future. For those of you who missed the chance, the webinar is still available for viewing on MAHSA University's facebook page.

WEBINAR

Fire Outbreaks: Prevention & Response

The Department of Environmental Health, Faculty of Health Sciences, was hosted a webinar entitled "Fire Outbreak: Prevention and Response" on 16th November 2020 at 3.00 PM, LIVE on MAHSA University's Facebook and YouTube platform. The webinar was moderated by Ms. Nursalfarina Binti Abdul Samat with Dr. Noor Haziqah Kamaludin as the speaker. There was an overwhelming response by various participants with more than seven hundred views and likes.

The participants joined from various sectors such as lecturers, students, private sectors, government sectors, and the general public. The webinar started with a briefing on the topic of discussion and an introduction to the speaker's background by the moderator. Then, it was continued with a sharing session by the speaker on prevention of and response to fire outbreaks. Before the end of the session, the moderator opened a question-and-answer session for the audience to ask questions regarding the topic discussed. The webinar was successfully ended at 4.00 pm.

Fire Outbreak

The outbreak of a fire leads to death, injury, loss of a work, environmental destruction, and property damage. Fire safety measures are intended to prevent fire outbreaks by understanding the element of fire and the implementation of the fire prevention strategy. In this emergency, rapid response will prevent the spread of the fire and reduce the consequences. Circumstances and incidents that disrupt fire safety and prevention strategies are perhaps the largest components of fire hazards. These may include fire-fighting constraints, compromised fire safety systems, and circumstances that prevent evacuation from the area affected by fire.

The basic elements of a fire are important in preventing and responding to fires. These elements can be illustrated by the fire triangle which consists of oxygen, the ignition source, and fuel source. The earth's atmosphere consists of 21% oxygen, so there is plenty available to trigger a fire if the other two components are present. A fire cannot begin if there is no material to burn. Homes and businesses are full of flammable materials such as paper, oil, wood, and fabrics. Any of these can serve as a fuel source for a fire. An ignition source is a process or event which can cause a fire or explosion such as sparks, flames, static electricity, and heat.

Fire Prevention and Response

Fires can be prevented in three ways- which are through knowledge of fire, human behavior, and the installation of fire instruments. Fires can be prevented and stopped from spreading if we have a knowledge and understanding of the basic and elements of fuel sources. Human behavior in leading to fires can be described by the actions, attitudes, routines, or decisions that is ignoring and lackadaisical attitude on fires safety. The changing of human bad behavior may reduce the risk of fires. Fires can be prevented from spreading by installing suitable and functional fire instrument protection such as fire sprinklers, fire extinguishers, fire hose reels, fire suppression, fire smoke, etc.

In the case of a fire emergency, the "RACE" rule should be followed to respond to this situation. First, rescue yourselves or any person in danger immediately to the assembly point or a safe area. Then, alert others by activating the fire alarm system or shout of "fire!". During the evacuation, make sure to close all the doors to prevent the dire from fire spreading in the path of evacuation. The fire can be extinguished if it is small and has a correct and sufficient extinguisher. The person attempts to extinguish of fire must follow all the rules or just let the firefighters put out the fire. Training and fire drills are the best way to avoid panic behaviour and ensure immediate respond to fire outbreaks. A fire escape plan that has been practised regularly can save lives.

WEBINAR

An Insight into COVID-19 Pulmonary Rehabilitation: A Path to Recovery

The COVID-19 pandemic has caused unprecedented health and economic challenges, challenges which had hitherto not been seen or heard in modern times. This pandemic has unleashed havoc throughout the world and has resulted in enormous pressure on healthcare services. It has been well-established and well-documented through scientific researches, that COVID-19 is a respiratory disease which affects especially the respiratory tract that includes our lungs. The COVID-19 disease results in lung injury and may result in breathing difficulties that might take months to improve thus requiring long - term medical care and follow up. The management of COVID-19 has been proving to be quite challenging because of the post-complications which results in long term impairment and disability. The post complications of COVID-19 have been well -documented by the medical and scientific fraternity. Worldwide scientific research efforts have provided rich evidence which strongly advocates and emphasises rehabilitation in all phases of the disease.

The webinar 'Insight into COVID-19 Rehabilitation' was conducted by the Faculty of Heath Sciences on the 26th of November 2020. This webinar was envisaged to create awareness regarding the cardinal importance of rehabilitation among the general population and medical fraternity as a whole. In the current scenario of COVID-19, treatment is greatly focused on hospitalised patients who are severely ill with comorbidities experiencing severe respiratory compromise.

The main speakers of this webinar were Mr Sivaguru Muthusamy, a senior cardiorespiratory physiotherapist from India who has 18 years of experience in the field of cardiorespiratory physiotherapy, and Mdm Sabitha Eunice Regima, our very own MAHSA staff, who has 15 years of experience in the field of cardiorespiratory physiotherapy. The webinar session started off with the moderator Mdm Bhavani giving out an introduction about the speakers. The first part of the discussion was on the COVID disease and its pathogenesis. The session was clearly explained in simple terms for easy understanding. The next session started off with the late complications of the disease and the role of the physiotherapist in treating COVID-19 patients. This session was delivered by Mr Sivaguru. The importance of rehabilitation for COVID– 19 patients was well explained and the takeaway home message was neatly presented.

The webinar had a question- and -answer session and all the questions were clearly in explained using easy terms. The webinar ended with a note of thanks for the participants for their participation in the webinar and also information regarding the various academic courses offered at MAHSA University.

The Faculty of Health Sciences highly appreciates for the viewers for their attendance and participation, for spreading the word, and their positive feedback. The faculty is looking forward to conducting more informative webinars in the future. For those of you who missed the chance, the webinar is still available for viewing on OUR MAHSA University facebook page.

ACHIEVING THE **EXTRAORDINARY**

Dean of FOHS Conducts COVID-19 Webinar for Ministry of Defence (MINDEF) Malaysia

MAHSA's Dean of the Faculty of Health Science, Associate Professor Dr Veronica Chua was engaged by the Ministry of Defence of Malaysia to conduct a webinar on COVID-19 for their staff on the 30th of June 2020.

The webinar, which was conducted using Microsoft Teams, had over 130 participants from various departments in the ministry. The topic of the webinar was "COVID-19: Infection Control & Preventive Measures at the Workplace". The programme began with an overview of the COVID-19 threat, its development over the last few months and the new norms as an outcome of the pandemic. Dr. Veronica then outlined the actions required of employers and employees as well as the latest operational requirements of the workplace. Particular attention was paid to vulnerable groups and the required measures to protect them. Dr. Veronica also shared the latest guidelines and disinfection procedures by the ministry, to be implemented. The session ended with a lively Q&A session where participants asked a wide array of questions that further enriched the webinar.

We applaud the Ministry of Defence for providing valuable necessary training for their staff to ensure the best possible work safety during this COVID-19 pandemic, and we thank them for trusting MAHSA to provide this webinar.

Associate Professor Dr Veronica is a qualified Environmental Health and Occupational Safety and Health practitioner, and certified trainer with significant experience in conducting training in various areas pertaining to Safety and Health. She is one of the many trainers under MAHSA Academy Solutions (MACS), which is the training arm of MAHSA Group. Please visit https://www.mahsaacademy.com.my/ to know more about the training courses MAHSA provides or to request a customised training for your organisation.

Congratulations to
DR NOOR HAZIQAH KAMALUDIN
for being awarded a doctoral degree by Universiti Putra Malaysia

The Faculty of Health Sciences, MAHSA University proudly announces and congratulates, Dr Noor Haziqah Bte Kamaludin, a lecturer from the Faculty of Health Sciences on the successful completion of her Doctor of Philosophy in Occupational Safety and Health programme, and has been awarded a Doctoral Degree.

To provide some information about our esteemed academician, Dr Noor Haziqah received her primary and secondary education in Muar, a city in the state of Johor, Malaysia. In 2008, she gained admission, as an undergraduate student, into the Faculty of Environmental Studies of Universiti Putra Malaysia. She graduated in 2011 with a Bachelor's Degree in Science (Environment). She then continued her studies in the Faculty of Chemical Engineering, Universiti Teknologi Malaysia, where she obtained her Master Degree in Science (Safety Health and Environment) in 2012. She joined Melaka International College of Science and Technology (MiCoST) as a lecturer and programme coordinator.

Dr Noor Haziqah, who is a strong believer in continuous advancement in knowledge and career, pursued her studies in Philosophy Doctorate of Occupational Safety and Health at Universiti Putra Malaysia in the year 2015.

In February 2020, she embarked on her journey as an academician with MAHSA University. To date, she has published three scientific journals focusing on cement workers' exposure containing silica, arsenic and chromium (VI) respirable dust and respiratory health effects. One conference article has been published on the topic of extraction of ionized nano-silver by emulsion liquid membrane using Cyanex 302 as a mobile carrier. She has participated as a speaker and poster presenter in several national and international conferences.

Excellent achievements by Dr Noor Haziqah!

As the saying goes "***Education is the most powerful weapon you can use to change the world***", and your achievements will continue to be an inspiration to others.

Congratulations again!

MoU Signing Ceremony between MAHSA Faculty of Health Sciences and Shalamar Institute of Health Sciences

We are pleased to announce that MAHSA University and Shalamar Institute of Health Sciences Pakistan, signed a Memorandum of Understanding (MoU) on 22nd September 2020, facilitating academic collaboration between the Faculty of Health Sciences, MAHSA University and Shalamar School of Allied Health Sciences for Medical Imaging and Physiotherapy programmes.

MAHSA University was represented by the Vice-Chancellor, Professor Dato' Dr Ikram, the Dean of Faculty of Health Sciences, Associate Professor Dr Veronica Chua and the Director of International Relations, Professor Zahrah Saad at the virtual MoU signing ceremony. The Shalamar Institute of Health Sciences counterpart was the Chairman Board of Trustees (Businessmen Hospital Trust), Mr Shahid Hussain and the Principal of Shalamar School of Allied Health Sciences, Dr Riffat Javed.

The MoU will help to foster mutual understanding between MAHSA University and Shalamar Institute of Health Sciences for academic collaboration. It will not only strengthen the communication between the two institutes for future collaborative initiatives, but also pave the way for our student mobility programme. This allows the students from both institutes to have an alternative learning journey to enhance their international experience and develop cross-cultural competencies.

There are plans for many other collaboration initiatives in the near future, which we hope to be able to share with everyone soon. There are indeed, exciting times ahead!

MAHSA Faculty of Health Sciences Signs MoU & AoI with Universitas Indonesia

On 18th November 2020, MAHSA University and Universitas Indonesia signed a Memorandum of Understanding (MoU) to establish an academic collaboration between both universities. This was followed by the signing of an Agreement of Implementation (AoI) between the Faculty of Public Health, Universitas Indonesia, and the Faculty of Health Sciences of MAHSA University, for a student mobility programme between both faculties, particularly in the areas of Environmental Health and Occupational Safety and Health (OSH).

Universitas Indonesia is a public university and is the top-ranked university in Indonesia, with 14 faculties, 2 schools, 1 vocational programme and almost 50,000 students.

Signing the MoU and AoI for Universitas Indonesia were their respected Rector, Professor Ari Kuncoro SE, MA, PhD and the Dean of the Public Health Faculty, Professor Dr dr Sabarinah Prasetyo MSc, while Professor Dato' Dr Ikram, Vice-Chancellor of MAHSA University and Associate Professor Dr Veronica Chua, Dean of the Faculty of Health Sciences, signed on behalf of MAHSA.

This AoI on student mobility offers a variety of options to MAHSA students to broaden their perspectives in environmental health through our partner institution. Such international exposure will teach our students to view issues from alternative perspectives, to be more tolerant, to be more adaptable and to improve their interpersonal skills - qualities which are essential in today's job market. We are certain that MAHSA students will benefit greatly from the opportunities provided for them to obtain international exposure during the duration of their studies here with us.

The Faculty of Health Sciences of MAHSA University is proud to partner with the Faculty of Public Health Universitas Indonesia and we hope this collaboration will pave the way for closer cooperation between MAHSA University and Universitas Indonesia in other areas.

MAHSA Faculty of Health Sciences Signs MoA with Universitas Sriwijaya, Indonesia for A Matching Grant Research

The Memorandum of Agreement (MoA) was signed between the Faculty of Health Sciences (FOHS), MAHSA University, represented by Associate Professor Dr Veronica Chua, Deputy Dean; and Faculty of Health Sciences and Faculty of Public Health, FPH Universitas Sriwijaya (UNSRI) represented by Mr Iwan Stia Budi, Dean. This noteworthy event occurred on 8th November 2019 at Sriwijaya University Palembang and was witnessed by the Rector of UNSRI, Professor Dr Ir. H. Anis Saggaf MSCE, Head of International Collaborations as well as the staff members of UNSRI and MAHSA University.

Apart from that, MAHSA grant application, which is a collaborative project between both the Universities, received approval on the 1st of November 2020. The Matching Grant research entitled "COMMUNITY-BASED RIVER WATER QUALITY MONITORING AND ASSESSMENT: A CASE STUDY IN KLANG RIVER, SELANGOR, MALAYSIA AND MUSI RIVER, PALEMBANG, INDONESIA" led by Tg. Nilam Baizura Tg. Ibrahim (Chief investigator) and supported by Associate Professor Dr Veronica Chua, Dr Cheah Wai Yan and Dr Noor Haziqah Kamaludin as co-investigator from the Department of Environmental Health, FOHS, MAHSA University; further supported by the co -investigators from the Faculty of Public Health, UNSRI, are Professor Dr Ir. H. Anis Saggaf MSCE, Dr Yuanita Windusari, Iwan Stian Budi, and Rahmatillah.

Hopefully, this collaboration will further increase and reinforces the community's understanding of river water conditions between the two countries. As the community consists of different levels of education and various ages, the understanding of water quality among them may be different. Hence, this collaborative study can serve as a tool that allows the community to get the overall picture of river water conditions in a quick and simple manner.

International Credit Transfer Programme between MAHSA University and Universitas Sriwijaya, Indonesia

The International Credit Transfer programme between MAHSA University and Universitas Sriwijaya, Indonesia, took place in October 2020. It involved two international students from Universitas Sriwijaya, Indonesia. Universitas Sriwijaya, also known as UNSRI, is the largest university in Indonesia as well as in Southeast Asia. In early October 2020, two Environmental Health programme students from UNSRI applied for international credit transfer through MAHSA admission department. The application was approved and forwarded to the Department of Environmental Health, Faculty of Health Sciences.

The two students from UNSRI Sevira Reviona Tanjung and Mutiara Syafa'ati Dzikra started their first class with MAHSA on 13 October 2020. The two students have enrolled for two Environmental Health modules namely, Ethics and Law for Health Science Professional (EHEL 6412) and Environmental and Occupational Toxicology (EHOT 6313).

Sevira and Mutiara are kind and diligent students are always punctual to class and have a high level of curiosity especially in common issues related to environmental ethics and toxicological study. Sevira and Mutiara also have a good impression on the teaching and education standard delivered by the lecturers of MAHSA Department of Environmental Health.

"I dont know why but I'm feeling happy. First time I attended the class, I feel so nervous because this is the first time I join the class with long duration and especially with English which is not my first language. But, wow I surprised because the lecturer looks kinds and the method not making me feel bored because I like to discuss and analysis and also Miss Amirra is the one lecturer that surprised me because she's so kind, funny and cheerful. Anyway thank you so much for the experience" – Mutiara

"I learn many new things and meet new people during this program. I'm really glad and happy to join this program"- Sevira

Open & Distance Learning (ODL) Programmes by Faculty of Health Sciences, MAHSA

Over the past few months, almost every student around the world has been tuned in to a lecture through a virtual platform. With the advent of technology, tertiary education is no longer confined to the traditional brick and mortar teaching and learning method. Open and Distance Learning (ODL) is gaining momentum and is the new frontier of teaching and learning for higher education learning. The concept of ODL focuses on open access to education and offers flexible learning opportunities, freeing learners from the constraints of time and space.

The Faculty of Health Sciences is currently offering ODL modes for three programmes: Bachelor of Physiotherapy (Hons), Bachelor of Environmental Health and Safety (Hons), and Bachelor of Medical Imaging (Hons). All of these 3 ODL programmes have attained provisional accreditation from the Malaysian Qualification Agency (MQA).

Bachelor of Physiotherapy (Hons) ODL	MQA/PA11420
Bachelor of Environmental Health and Safety (Hons) ODL	MQA/PA11784
Bachelor of Medical Imaging (Hons) ODL	MQA/PA11847

Through the ODL mode, the students will be able to gain access to quality education beyond conventional classroom boundaries and are also not constrained by the geographical distance. This is definitely most suited to the working adult population as this route allows them to earn a higher academic qualification without the need to quit their jobs or sacrifice their chances at a promotion.

MAHSA University has taken a bold step to envisage the future landscape of higher education by developing ODL programmes, even far before the COVID-19 pandemic hit. MAHSA University has developed a comprehensive infrastructure for supporting the ODL programmes. Various virtual platforms and supporting services have been put in place to ensure the students have an interactive and engaging learning experience. To know more in detail, please visit www.mahsa.edu.my or give us a call to set an appointment +603 5102 2200 / 1800 88 0300.

STUDENT & ALUMNI ACTIVITIES

Focus Forward – Career Talk in Health Sciences

The coronavirus, COVID-19, outbreak has disrupted the lives of many around the globe in 2020. In line with many other sectors, the COVID-19 pandemic has affected education in many ways. In the face of current times of challenging economic status and burgeoning unemployment, career and educational choices are making a huge significance on the future of our youth. During this time of uncertainty when there is limited teaching on campus and restrictions over health and travel, students are constantly scavenging for the right options to pursue their careers. There is a growing need in Health Sciences degree programmes and varied skill sets and should be considered as one of the most secure options. Perhaps the biggest reason to pursue a health career is to make a difference in the lives of others. Indeed, it is a career option that vastly creates a major impact in others' lives and amongst the society.

The Faculty of Health Sciences has successfully organised a panel discussion in the form of a webinar on 3rd September 2020 entitled 'Focus Forward – Career Talk in Health Sciences'. The aim is to establish networking between the current students and the ALUMNI members. Herewith, students are exposed to the current

students and the ALUMNI members. Herewith, students are exposed to the current career challenges in the related field which will give them a better idea on available choices in pursuing their career. The panellists for the webinar were Mr Andrew Teh Chuang Peng (ALUMNI member, School of Physiotherapy, MAHSA University), Mr Jeremiah Hong Kuo Yong (ALUMNI member, School of Medical Imaging, MAHSA University) and Tuan Haji Muhammad Bazlan bin Abdul Rahman (ALUMNI member, School of Environmental Health, MAHSA University).

Our panel of alumni shared on reasons to choose their respective fields, the future outlook and how they chartered their way to success with their MAHSA qualifications. This definitely gives students a better insight on how to pursue their career after graduating with MAHSA. MAHSA is widely known for being a highly esteemed university that offers some of the best learning experiences that encompass various modes of learning. This becomes an advantage to students from different levels as it can cater to their convenience in pursuing further studies and plays an important role in continuously enhancing the standard of the Health Sciences field both locally and abroad.

Tik Tok Star Challenge

In conjunction with World Physiotherapy Day, MAHSA Association of Physiotherapy Students (MAPS) organised the 'Tik Tok Star Challenge'. This week-long event happened from 26th October 2020 to 5th of November in 2020. The event was aimed to promote exercises and increase awareness and importance of engaging the core muscles.

The event was conducted online and the participants' videos were posted on MAPS official official online platform including Instagram and Facebook. The winners were selected by the votes gained from their videos.

A total of 20 students participated in this event which gained 338 followers on Facebook and 12 followers on Instagram. The winners were students from the Bachelor of Physiotherapy programme namely Ms Wong Siew Kwan, Ms Dorothy Yeong May Yi and Ms Sue Ellen Toimon.

The Faculty of Health Sciences highly applauds the students' participation and enthusiasm shown in the 'Tik Tok Star Challenge'.

KNOWLEDGE SHARING CORNER

Physiotherapy Management for COVID-19 in the Acute Hospital Setting

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a new coronavirus that emerged in 2019 and causes Coronavirus Disease 2019 (COVID-19). Physiotherapists who work in primary healthcare facilities are likely to have a role in the management of patients admitted to hospital with confirmed and/or suspected COVID-19.

Physiotherapy may be beneficial in the respiratory treatment and physical rehabilitation of patients with COVID-19. Although a productive cough is a less common symptom (34%), physiotherapy may be indicated if patients with COVID-19 present with copious airway secretions that they are unable to independently clear.
Physiotherapists who practise in the ICU environment may also provide airway clearance techniques for ventilated patients who show signs of inadequate airway clearance and they can assist in positioning patients with severe respiratory failure associated with COVID-19, including the use of prone position to optimise oxygenation.

Given the intensive medical management for some COVID-19 patients including prolonged protective lung ventilation, sedation and use of neuromuscular blocking agents, patients with COVID-19 who are admitted to ICU may be at high risk of developing ICU acquired weakness (ICU-AW). This may worsen their morbidity and mortality. It is therefore essential to anticipate early rehabilitation after the acute phase of ARDS in order to limit the severity of ICU-AW and promote rapid functional recovery. Physiotherapy will have a role in providing exercise, mobilisation and rehabilitation interventions to survivors of critical illness associated with COVID-19 in order to enable a functional return to home.

Reference:
Thomas P, Baldwin C, Bissett B, Boden I, Gosselink R, Granger CL, Hodgson CL, Jones AYM, Kho ME, Moses R, Ntoumenopoulos G, Parry SM, Patman S, van der Lee L (2020): Physiotherapy management for COVID-19 in the acute hospital setting. Recommendations to guide clinical practice. Version 1.0, published 23 March 2020. Journal of Physiotherapy.

Role of Physiotherapy in Geriatric Care

Geriatric physiotherapy is a branch of physiotherapy that relates to the care of older adults. A physiotherapist plays a major role in enabling older people to maximise their bodies potential to enhance mobility and independence. The aim of geriatric physiotherapy is to improve patients quality of life and to prolong independence and physical well-being.

Many conditions can affect the geriatric population such as an ankle sprain to lower back pain including age-related problems, as joint pain, arthritis or osteoporosis. Some older people may have co-morbidities such as Alzheimer's, diabetes, cancer and heart disease that will also have an added impact on health. It is well known that poor physical conditioning in older adults could lead to health problems such as stroke, high blood pressure, diabetes, respiratory, circulatory problems. Moreover, as we age our muscle mass reduces in a process called sarcopenia, and this could make the affected person have a feeling of increasing frailty or just feel less able to carry out day-to-day activities. Falls are also an issue that becomes more prevalent as age increases. There are many factors that contribute to this, and the physiotherapist will assess the problem to get to the root cause of the underlying issues.

Geriatric physiotherapy is wide and encompassing of all conditions that may affect an older adult. On the bright side, exercise can help counter the effects of age-related muscle loss. Physiotherapy is a key component in geriatric medicine. A physiotherapist will carry out a thorough assessment of the issues present while considering the past medical history and how other conditions may impact the problem. Components such as walking pattern, ability to get up and down from a chair, on and off a bed will all be assessed. Also, some balance tests will be conducted to get a baseline for current balance levels. The treatment will then be completely individualised to suit the needs of the client. Key areas will be highlighted based on the assessment findings and the treatment will aim to improve these issues within a specific time frame.

Chopping Board Hygiene

A chopping board is an essential item in the kitchen and it plays a major role as a cooking tool. Everything that touches food can cause bacterial and foodborne disease, especially chopping boards. For instance, if you chop raw meat and then use the same chopping board to slice vegetables, there is a possibility of cross-contamination of meat bacteria being passed on to the vegetable. Some of the examples are bacteria and such as Salmonella and E. coli.

There are generally two types of chopping boards which are either made up of wood or plastic. Wooden chopping boards are most commonly and it has a nice appearance, but there are a lot of things to take into consideration with using wood. Although wood chopping boards are hard, it is porous and it captures almost everything that is placed on it, even bacteria. It requires 'oiling' to retain a good structure. Oil helps further by forming a barrier against moisture. After usage, wooden chopping boards will need a rigorous wash, rinsing and re-oiling process. If you choose wooden chopping boards, it is recommended to be used for cutting vegetables, herbs and bread.

Professional chefs recommend plastic chopping boards to be more practicable. Plastic chopping boards are usually made of polyethene making them more durable and sturdier. You can easily clean it by hand or by placing it in a dishwasher. Although it is considered durable, it is not as strong as timber or bamboo. Unfortunately, plastic chopping boards can also retain bacteria in certain cases. Therefore, while plastic boards are recommended, they should be used with caution, preferably with separate boards for different uses. Having different colour coded boards would help in differentiating them for each type of use (Fig.1).

Plastic chopping boards can be put in a dishwasher where they can be sanitized and cleaned at high temperatures. While, wooden chopping boards will instantly be destroyed by a dishwasher, and not everyone has a dishwasher. Therefore, the wood chopping board can only be washed manually by rinsing the debris off, scrubbing the board with soap and water, and sanitizing it. Plastic chopping boards should be sanitised with a chlorine-based sanitizer, such as a solution of bleach mixed with water while wooden chopping boards may be sanitised using an appropriate strength quaternary ammonium solution. Be sure to dry the cutting board in a dry and well-ventilated area, because bacteria need moisture to grow. Traditionally, butchers used to put salt on their butcher blocks to keep them from developing a bad smell, because the salt drew the moisture out of the wood and prevented bacterial growth, which causes a foul odour.

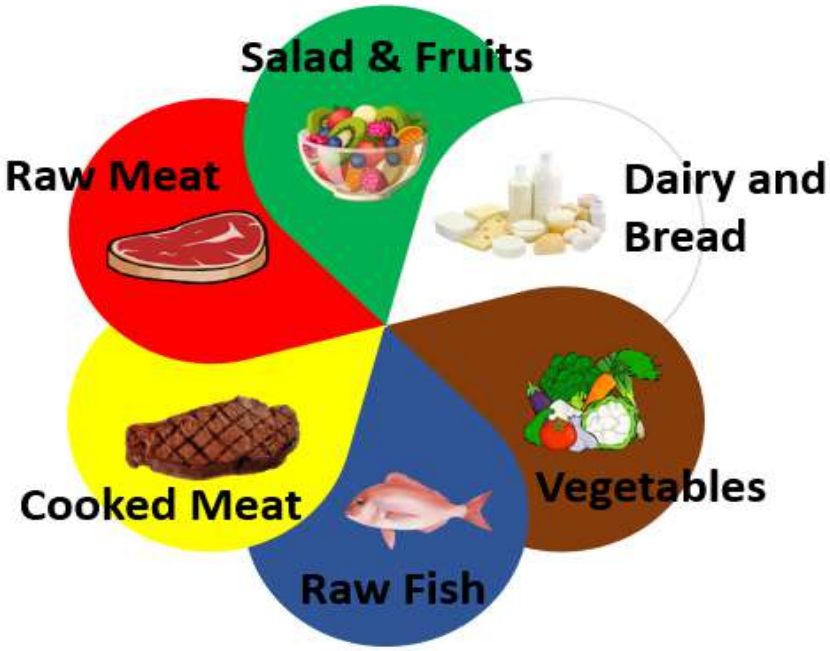

Fig 1: Colour- Code of Chopping Boards for different uses