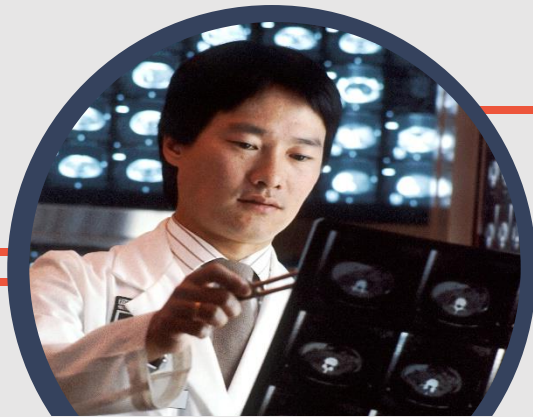




## **PHYSIOTHERAPY**



## **MEDICAL IMAGING**



## **ENVIRONMENTAL HEALTH**

The Voice of FHS is a quarterly e-newsletter by MAHSA University Faculty of Health Sciences. There are three departments under the faculty: Physiotherapy, Environmental Health and Medical Imaging. This newsletter highlights the faculty events, staff and students' professional development as well as student activities.

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# DEAN'S MESSAGE



**ASSOC. PROF. DR. VERONICA CHUA POH CHOO**  
BSc (UPM), MSc (UPM), M.Ed.M (UM), PhD (UPM)  
Dean, Faculty of Health Sciences

Greetings!


The last few weeks have been a hectic and exciting period for FoHS. All the necessary preparations to reopen were made and then we started welcoming our students back in stages. Our program coordinators worked tirelessly to organize learning schedules while prioritizing the safety and well-being of our students. The Safety and Health taskforce as well as the Environmental Health team have spearheaded physical preparations of the faculty as well as the entire MAHSA University. The whole campus was thoroughly sanitized and stringent safety protocols put in place. Therefore, students should not have any apprehensions to return to campus when allowed to do so. They can be assured of their safety inside MAHSA University campus, just as long as they themselves adhere to all the COVID-19 guidelines in place.

The month of June also heralded another significant event; ie. Liverpool F.C won the English Premier League after a 30-year wait. Just so you know, my husband is a die-hard LFC fan and over the years his liking slowly rubbed off on me. Now I think I just about qualify as a LFC fan (not enough to wake up in the middle of the night for live games), but enough to put up a photo of me donning the jersey in my faculty newsletter. Through the years I have found that sports can also be educational. Many principles of sports and sport management can be applied in our daily lives and in our careers. Here's a lesson I learnt from Liverpool's recent journey to success that I would like to share with you:

**You can create a winning team if you have team members who**  
**A) complement each other and**  
**B) share the same philosophy.**

First off, let me say that i think all the players in the top football clubs are almost equally good. So why does a particular player do well in one team but be a flop in another team, for instance Phillipe Coutinho. He did well at LFC but is struggling at Barcelona F.C. I opine that it is because he doesn't complement the other players in Barcelona like he did at LFC and he can't reform himself. Here we can draw parallels with the job sector. All graduates in a certain field are almost equally knowledgeable if they have completed the same level of education, but whether or not they succeed in an organization depends on their ability to complement the other staff in that organization. This is why adaptability is a much sought-after trait by employers. Adaptability is the ability to reform ourselves to complement the organization we are joining.

Then there's shared philosophy or ethos. Each team is unique, and their ethos depends on the values espoused by the stakeholders – owners, fans, etc. For example, in Barcelona F.C. it is fine to play Tiki-taka football (read: slow & boring) have 90% possession and win by a single goal. On the other hand, in Liverpool the fans would jeer their team if they played that way even if they eventually won. When I visited Anfield I saw first-hand how passionate the Liverpool fans are and how they demand passion on the field from the players.



Fittingly the philosophy of Mr. Jurgen Klopp the LFC manager, was for his players to “run more than the opponent”, “immediately fight to regain the ball once it is lost” and “be brave and try new things.” He pointed out that winning (or losing) was a consequence of their performance and as long as players did the 3 things in the philosophy the stakeholders would be contented. So he assembled a new LFC, a combination of some existing players, new signings and juniors. What this group of players had in common was that they were all willing to run, fight, and try new things. Together they gelled to become Champions League Champions, Premier League Champions, Super Cup Champions and FIFA Club World Cup Champions in the last 3 years.

This is a good lesson for us as staff and students who will be entering the employment market. The most important thing is our attitude. If you have the right attitude then you can develop other attributes and succeed in life. But all the skills in the world without the right attitude won't get you very far. What is considered the “right attitude” for an organization may vary depending on the philosophy of its stakeholders, but some desirable traits are universal and that is hard work (run more), commitment & perseverance (fight for the ball) and innovativeness (be brave to try new things) and not forgetting being able to adapt to complement the team that you are part off.

So then, let's emulate the winning formula of Liverpool FC and hopefully achieve success in equal measure in our own life journeys. Stay safe. YNWA !

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# **FACULTY EVENTS**

# WEBINAR - MANAGING NECK AND BACK PAIN AT HOME



During these times of social distancing, Webinars seem to be the new buzz word. And why shouldn't it be? In this era of minimal face to face interactions, the Webinar provides the closest thing to the informative interactions that we now lack. In a webinar, besides the interaction, there is information, there are queries, and there are discussions.

On 14<sup>th</sup> May 2020, the Faculty of Health Sciences embarked on its first ever Webinar, and it was led by the School of Physiotherapy. It was with slight nervousness that the School took on this task, as there is nothing physiotherapy about the keyboard and wi-fi; and platforms were normally used for stretches or balance exercises.

Thankfully it all started coming together. Our colleagues at MAHSA University were of great help, especially Jennifer Fernandez from Marcom. Once we understood the technical details, we had to approach the speakers. Looking for speakers was the easy part as the faculty of Health Sciences had a rich network of collaborators and alumni that we can rely on.

The 1<sup>st</sup> Physiotherapy Webinar - Managing Neck and Back Pain at Home, was aimed at the current situation and the problems that everyone might be facing, with the long hours at home and in front of a laptop.

Our speakers were all experienced as speakers, as well as clinicians. They were so kind as to spare their time for this event. We had Dr Muralitharan Perumal, a Consultant Specialist in Pain Management at the Tengku Ampuan Rahimah Hospital, Klang. He has a Fellowship in Pain Management from Singapore, and a Fellow of Interventional Pain Practice from the World Institute of Pain, USA.

The second speaker was our very own MAHSA alumni, a very successful physiotherapist and entrepreneur, Ms Jacinta Lim, whom after working in Singapore, and attaining her Masters, opened her own physiotherapy centres in Kuching. Her expertise included musculoskeletal injuries.

Our third speaker was our own lecturer from the School of Physiotherapy, Dr Mahendran. He has a PhD in Physiotherapy and more than 12 years of experience in both the clinical and academic fields working in various countries. He specializes in musculoskeletal and manual therapy areas.



The webinar was designed for the public, who might not have adequate access to physiotherapy or medical services during the restricted movement period, and the information presented was of value, and contained simple steps that everyone could take to minimize back and neck pain at home.

Dr Murali, covered the sources of the pain we might be feeling. He provided a good understanding of what is chronic and acute pain. He was very informative in covering the management techniques we could adopt. Pain is not only physical, but it has a large psychosocial component to it. He had emphasized, that although medication and physiotherapy is important, research has also pointed out that, a good social support and well-balanced activities, play an important role at regulating pain. Ms Lim delivered on management on back pain, covering postures we can adopt, as well as simple stretches that can be done to avoid or relieve back pain. Dr Mahendran covered neck pain, and provide very simple, exercises, that can be done whilst at work at the workstation or on a laptop. He had managed to show us, we can take steps, even though so busy, to prevent neck pain.

**Speaker Profile**  
**Dr Muralitharan Perumal**  
Consultant Pain Management, Tengku Ampuan Rahimah Hospital, Klang.  
Dr Murali attained Fellowship in Pain Management in May, 2007 from Singapore General Hospital Postgraduate Medical Institute and Fellow of Interventional Pain Practice (FIPP) from World Institute of Pain, USA in September 2010. He has also attained Completion of Subspecialty Training certification by Subspecialty Training Committee, Anaesthesia and Intensive Care, Medical Development Division, Ministry of Health, Malaysia. Pain Management Clinic HTAR was established in May 2008 managing more than 500 patients suffering from chronic cancer or non-cancer pain at Tengku Ampuan Rahimah General Hospital, Klang, Selangor. He is also a member of national technical committee for the implementation of Pain Free Program since its inception in 2008 in Malaysia.

**Webinar Topic** • Management of Acute & Chronic Pain  
14 MAY 2020 @ 3PM  Live on FB/MahsaUniversity

**Speaker Profile**  
**Ms. Jacinta Lim You Ping,**  
Founder of Rehab Concept, Kuching, Sarawak  
Ms Lim graduated with a Diploma in Physiotherapy from MAHSA in 2008. She started her experience working as a physiotherapist in Singapore, and while she was there, she completed her degree conversion. Ms Lim later went on to pursue her dream and obtained a Masters in Physiotherapy from Curtin University, Australia. In addition, she is a certified Vestibular Rehabilitation Therapist, a certified Polestar Clinical Plates instructor as well as a certified Pre/Post natal Pilates Specialist. During her training in Singapore and Australia, she had the privilege to work with the experts of the fields, subsequently leading to her specialization in the field of musculoskeletal, sports and chronic pain management. She founded Rehab Concept - a rehabilitation centre in Kuching, Sarawak. Together with the dedicated team, they are working on changing the Sarawakians' perception towards physiotherapy.

**Webinar Topic** • Back pain: contributing factors, types of back pain, exercises and self-management techniques.  
14 MAY 2020 @ 3PM  Live on FB/MahsaUniversity

**Speaker Profile**  
**Dr Mahendran J**  
Lecturer,  
School of Physiotherapy,  
MAHSA University  
Dr Mahendran had completed his Bachelor in Physiotherapy under the Dr MGR Medical University, India in 2004. In 2006, he was awarded the Masters in Physiotherapy and went on to his Doctorate in Physiotherapy from the Bundelkhand University, Uttar Pradesh, India in 2014. In addition to clinical experience, he has more than 12 years of academic experience both in India and Malaysia. He has published several research articles, case studies in national and international journals. He has conducted CMEs, workshops and seminars in various universities and clinical settings. He is also skilled with manipulative techniques and passionate in pain management in musculo-skeletal disorders.

**Webinar Topics** • Good posture and biomechanics of the spine  
• Neck pain: contributing factors, types of neck pain, exercises and self-management techniques.  
14 MAY 2020 @ 3PM  Live on FB/MahsaUniversity

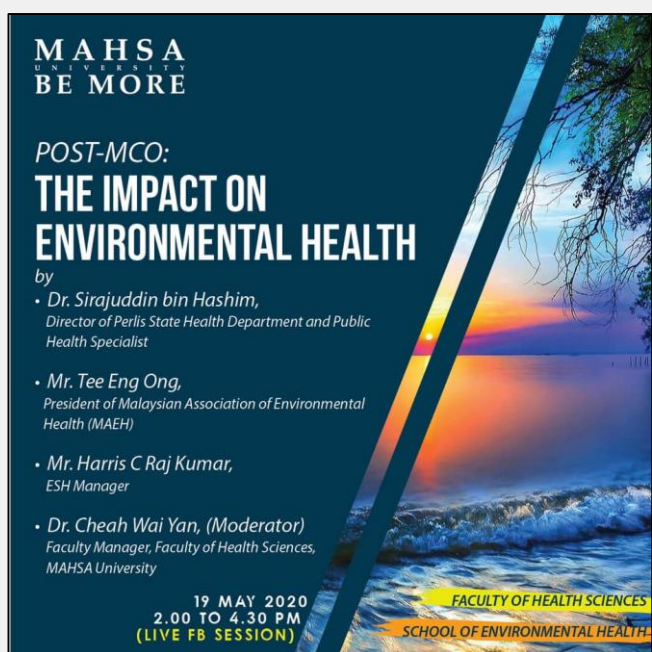
All speakers delivered impeccably with just the right measure of medical or physiotherapy language, combined in a way that it sparked both the public and even our students to ask many questions. We ran out of time, and had to continue answering questions after the Webinar.

This webinar is still available on the Faculty of Health Sciences facebook – please visit as you will be able to see the exercises and other recommendations from the speakers. It was inspiring to find out there were over 350 viewers at that time. And over the next few days, the number of viewers increased to over 10 000. From the feedback, the comments were all positive, and we thank the viewers for viewing our webinar, spreading the word, and giving us positive feedback.

The overwhelming response has certainly provided great motivation for the Faculty of Health Sciences to continue with future webinars that are both educational and practical for one and all. Stay tuned to our Faculty Facebook for more info on this.



# WEBINAR - POST MCO: THE IMPACT ON ENVIRONMENTAL HEALTH



It was exciting to be on Facebook LIVE, with our expert panellists to discuss the impacts on Environmental Health, post-MCO on 19 May 2020. What would happen after the MCO was a big question mark for the public. How were we going to ensure the public continues to practice social distancing? How would the industrial practices and healthcare services be altered? These were the questions we tackled in our webinar.

We were indeed very honoured to have our expert panellists to be with us for this second webinar, organized by the Faculty of Health Sciences. We had Dr Sirajuddin bin Hashim, the Director of Perlis State Health Department and Public Health Specialist; Mr Tee Eng Ong, the President of Malaysian Association

Environmental Health (MAEH) and Mr Harris, the environmental safety and health manager from Tan Chong Motor Sdn. Bhd., to be with us for the webinar. Dr Cheah Wai Yan, our faculty manager, was the moderator for the webinar session.

The session started with an introduction by the Dean of Faculty of Health Sciences, Assoc. Prof. Dr Veronica Chua. She greeted the panellists and thanked them for their time in contributing to this webinar session. It started off with everyone expressing the highest gratitude to the frontliners who include the environmental health practitioners and healthcare workers in combating COVID-19 pandemic. The tireless efforts with daily samplings, case containment and investigation performed by frontliners have made Malaysians proud, till the whole world has now recognized Malaysia's capability in combating COVID-19 outbreak, with our recovery rate of more than 90%.

The next question to be addressed was how would things be post-MCO. Dr Sirajuddin provided his view on the change in practices for health services, workforce in the future as well as the foreseen practices at entry points like KLIA. He stressed on the importance of embracing the new norms, which are social distancing and personal hygiene. Mr Tee then stressed on the roles of environmental practitioners in government and private sectors. He strongly recommended that the workforce should have more environmental health practitioners in the near future. He also addressed questions raised by the moderator, regarding the practices for markets and construction sites post-MCO. Mr Harris opined that more safety officers with environmental health and disease



**MAHSA**  
BE MORE

**SPEAKER PROFILES**

**Mr. Tee Eng Ong,**  
*President of Malaysian Association of Environmental Health (MAEH)*

Mr. Tee has more than 36 years of experience in Environmental Health as a Head of Environmental Health Program College of Allied Health Sciences, Ministry of Health Malaysia. He also has a certificate in Food Safety from University of The West of England, Training Delivery Skills from Royal Institute of Public Administration, Lead and Food Safety Management System ISO 22000 from Asia Productivity Center, Tokyo. In addition, he is also a certified ISO 22000:2018 Internal Auditor. He is actively involved in the development of modules for Diploma in Environmental Health Program for public universities since 1997 as content expert. He is also directly involved in the development and production of training modules for Food Handling for Ministry of Health Malaysia.

**WEBINAR TOPIC**  
POST-MCO:  
THE IMPACT ON ENVIRONMENTAL HEALTH

**19 MAY 2020**  
**2.00 TO 4.30 PM**  
**(LIVE FB SESSION)**



control background are required, on top of upskilling the current practitioners with latest knowledge on industrial safety. Training and disinfection is essential to be implemented in the private sector.

The webinar session included a Question and Answer session. Our panel of experts addressed facebook comments and questions raised by the audience in real time. The webinar ran smoothly overall, with more than 3000 views as on 19th May 2020. And over the next few days, the number of viewers increased to over 6000. The faculty thanks the viewers for their attendance and participation, 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 this, the webinar is still available on the Faculty of Health Sciences Facebook for your viewing

**MAHSA**  
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**SPEAKER PROFILES**

**Mr. Harris C Raj Kumar,**  
*ESH Manager*

Mr. Harris completed his Bachelor of Science in Chemistry and went to his Master of Science Polymer Chemistry from Universiti Putra Malaysia (UPM). In addition to environment, health & safety experience, he has more than 15 years of industrial experience in chemical and automotive plant both in Negeri Sembilan and Selangor. He has a certificate in Safety and Health Officer, NIOSH, and also registered Safety and Health Officer, DOSH. He is also a member of the Malaysian Nature Society (Negeri Sembilan - Melaka Branch Committee Member, Selangor Branch Nature Guides Group Committee Member).

**WEBINAR TOPIC**  
POST-MCO:  
THE IMPACT ON ENVIRONMENTAL HEALTH

**19 MAY 2020**  
**2.00 TO 4.30 PM**  
**(LIVE FB SESSION)**





# **ACHIEVING THE EXTRAORDINARY**

# ATTAINMENT OF MQA PROVISIONAL ACCREDITATION FOR DIPLOMA IN OCCUPATIONAL SAFETY AND HEALTH PROGRAMME

It was an exciting news from the Environmental Health Department, Faculty of Health Sciences, MAHSA University! We are proudly announcing that Diploma in Occupational Safety and Health programme has attained its provisional accreditation from Malaysian Qualification Agency (MQA). The programme was developed by academic staff Ms. Noor Haziqah bt Kamaludin and Ms. Nur Faiza bt Abd Razak, led by Assoc. Prof. Dr. Veronica Chua, Dean of Faculty of Health Sciences.

As Malaysia is increasingly strengthening the legislative requirements for occupational safety and health (OSH), the future demand for competent and qualified OSH professionals is expected to be high. Moreover, Assoc. Prof. Dr. Veronica Chua has her own insight to foresee on the demand on the programme. She strongly believes that, in the very near future, the graduates from this programme will be greatly sought after and employed in the OSH field, especially in the private sector.



The market survey conducted spoke the same. The current COVID-19 pandemic has further necessitated the need of more OSH professionals globally. OSH offers practical and invaluable support at workplace not only vital for minimizing the risk of occupational diseases but also involved with the planning and administration of appropriate preventive measures to help minimize the risk of COVID-19 transmission. For instance, the OSH professionals will be involved in the identification and assessment of risks in both physical and psychosocial working environments, besides ensuring the Standard Operating Procedure (SOP) enforced by the government is strictly followed. Graduates with OSH knowledge will have a huge role in this.

**Congratulations again to the Environmental Health team!**



# DISINFECTION: GETTING YOUR HOME AND WORKPLACE READY FOR PROTECTION AGAINST COVID-19 AND OTHER MICROORGANISMS

The pre-emptive adage “Prevention is better than Cure” is now given much importance than ever practiced before. The current onslaught of Covid-19 has given us a harsh lesson to be learned and the practical importance of maintaining a basic level of environmental and personal hygiene. The spread of noxious pathogens, be it in the community, workplace or at our very homes has given rise to the need of disinfection approaches to minimize transmission and exposures as in line with the Ministry of Health Malaysia’s latest guidelines.

The practiced reality is that everyone must be held responsible for their personal and environmental hygiene conduct or misconduct.

To avoid such a predicament, it is a timely effort to carry out disinfection at our workplace, homes as well as places frequented by the public at large. We can reduce our chances of being infected or spread COVID-19 and other noxious disease agents by undertaking this very simple precaution and protection.

Comprehending the need for public health action, MAHSA University with the assistance of our very own diverse and technically qualified expertise from the department of Environmental Health, Faculty of Health Sciences has been offering disinfection services at an affordable fee for anyone who is in need of the services. To date the service team has successfully conducted disinfection activities at workplaces, commercial office buildings, embassies, education institutions, restaurants and residences.

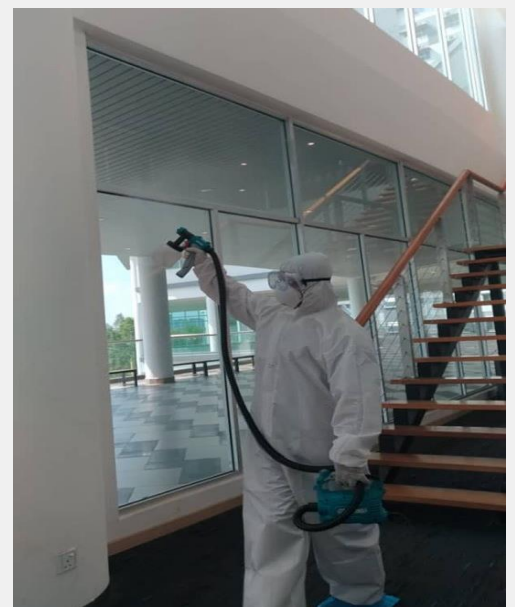
To continually protect our families and communities against COVID-19 and other common disease-causing microorganisms, regular and thorough disinfection using appropriate disinfectants and application methods is necessary TO KEEP THE PATHOGENS AT BAY.



## COVID-19 Professional Disinfection Services

FOR OFFICES AND HOMES





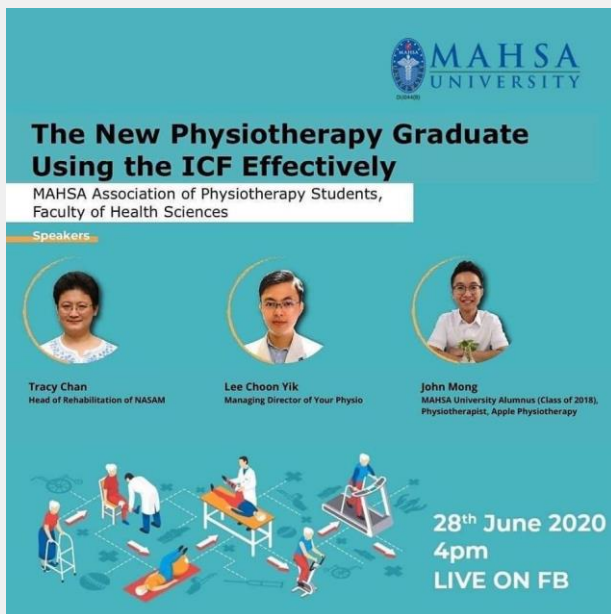




# **STUDENT ACTIVITIES & PERSONAL SHARING**

# WEBINAR - THE NEW PHYSIOTHERAPY GRADUATE USING THE ICF EFFECTIVELY

*by: MAHSA Association of Physiotherapy Students*



On June 28th, MAHSA Association of Physiotherapy Students (MAPS) hosted a Webinar ~ The New Physiotherapy Graduate Using the International Classification of Functioning, Disability and Health (ICF) Effectively. The International Classification of Functioning, Disability, and Health (ICF) system addresses human functioning, providing a standard language and framework that describes how people with a health condition function in their daily lives. This ICF model considers the dynamics between a person's health condition and environmental and personal factors. The basic idea was to familiarize audience the conceptual framework, terminology, and potential applications of ICF for physiotherapy practice.

MAPS has invited expertise speakers for this webinar and sharing knowledge in this area. Miss Tracy Chan, Head of Rehabilitation of National Stroke Association of Malaysia (NASAM), Mr. Lee Choon Yik, Managing Director of Your Physio, and Mr. John Mong, MAHSA Alumni and Physiotherapist at Apple Physiotherapy, were invited.

The key areas discussed in webinar was inclined to common issues that physiotherapist face with their clients, in terms of rehabilitation, and approach towards patient for achieving their goal and this being an inspiration for treatment progression by the therapist as well as by the patient. The audience was overwhelmed with an enhanced understanding of the ICF model with regards to delivery of services in the community care, and health care setting.

Through this webinar, the webinar organizing committee did an outstanding effort in planning and liaising with speakers, audiences and the convention have attracted a great deal of attention and praise. A heartfelt thankyou to all the speakers for making this webinar a success.

Last but not the least, Faculty of Health Sciences also emphasized the development of the students' leadership and organization skills as these are the essential skills for them to strive in the working environment aside academically. We deeply thank you to our Faculty for providing us a platform to enhance our skills professionally and personally!

## PERSONAL SHARING:

# YOUR FUTURE IS DETERMINED BY WHAT YOU START TODAY

*by: Nik Zulkifli bin Amin Hashim,  
Alumnus from Bachelor of Environmental Health & Safety (Hons)*



Assalamualaikum and hope everyone is doing well during this COVID-19 pandemic. My name is Nik Zulkifli bin Amin Hashim and I am currently an Environmental Health Officer (Grade U41) working at Jempol District Health Office.

I started working as an Assistant Environmental Health Officer (Grade U29) at Seremban District Health Office from year 2004 to 2011. Throughout the seven years, I have served in several units including Food Safety and Quality Unit, Vector Unit (Dengue Control) and Water and Environment Supply Unit (BAKAS). Later in 2011 – 2013, I was assigned to work at the Drinking Water Quality Control Unit (KMAM) at Negeri Sembilan State Health Department. Among the few of the job responsibilities while at KMAM including monitoring the quality of drinking water as well as carry out investigations of drinking water quality problems and propose recommendations to the water supplier to ensure the drinking water supplied is safe to be consumed.

After few years serving in the field of Environmental Health and Safety, I have decided that I would want to continue my Bachelor's degree study in order to further pursue my interest in the field of Environmental Health and Safety. MAHSA University has always been well-known among the circle of Environmental Health Practitioners. It has been more than a decade since MAHSA University first started the Environmental Health programme. Without any second thought, I enrolled for their Bachelor of Environmental Health and Safety (Hons) programme in 2010. Throughout my Bachelor's degree study at MAHSA University, the lecturers not only equipped with great experience and knowledge, but also have been very dedicated and passionate in teaching to ensure high-quality learning experience for the students. In 2014, I have completed my study at MAHSA University and earned my Bachelor of Environmental Health and Safety (Hons).

Recently, I have been promoted to Grade U41 by the Ministry of Health Malaysia. I am now serving at Jempol District Health Office as Environmental Health Officer (Grade U41) and Head of the Inspectorate and Environmental Health Unit. Till date, I am still very grateful that I have continued my Bachelor's degree study at MAHSA University. The Bachelor of Environmental Health and Safety (Hons) programme at MAHSA University is the FIRST and ONLY bachelor programme in Environmental Health field that is recognised by both the Department of Public Service (JPA) and Ministry of Health Malaysia. This showcased that the syllabus of MAHSA's Bachelor of Environmental Health and Safety (Hons) programme was meticulously developed so that the graduates able to meet the market needs in the field of Environmental Health.

## PERSONAL SHARING:

# EDUCATION JOURNEY IN MAHSA

*by: Basilius Lourdsamy,  
Student from Bachelor of Environmental Health & Safety (Hons)*



My name is Basilius Lourdsamy. After I completed my secondary education, I was in the midst of thoughts, wondering which course I should be pursuing after this. To have a career in the field of Health Sciences has always been my ambition.

MAHSA University is well-known for its excellent quality of education especially in the field of Health Sciences, on one day I decided to drop by MAHSA University to find out more about the programmes offered. The Environmental Health programme has caught my interest and eventually I enrolled for the Diploma in Environmental Health programme. During the 3 years of my diploma study, the University has provided me with an excellent platform for improving my knowledge, with emphasis on hands-on fieldwork. Moreover, the clinical trainings

were done at the District Health Offices, which allowed me to translate the knowledge I learned in classroom to real-life work setting.

Few years down the line, I decided to continue my degree study and I enrolled into the Bachelor of Environmental Health and Safety (Hons) programme at MAHSA. I firmly believe that MAHSA University is one of the best universities for me to furthering my study. Not only the programme was well recognized but the support and guidance provided by the lecturers and University was tremendous especially during this COVID-19 pandemic period. As the current pandemic was going on during this time, it was a new experience for me to go for the e-orientation and meet my Dean and lecturers online. Apart from that, the classes and learning activities were shifted online as well. It was definitely a great move by MAHSA in order to ensure the Movement Restriction Order will not hinder the students from pursuing their education.

I highly recommend my juniors to continue their degree at MAHSA University. Enjoy your university life as you will not get another shot once you have graduated.

## PERSONAL SHARING:

# 4 THINGS MCO HAS TAUGHT US

*by: Dorothy Yeong*  
*Student from Bachelor of Physiotherapy (Hons)*

In response to the ongoing Covid-19 pandemic that gripped the world in the early months of this year, the Malaysian government implemented the Movement Control Order (MCO) on the 18<sup>th</sup> of March 2020. This resulted in many people having to work from home, or not work at all in many cases, while schools and universities were shut down nationwide, and classes moved online wherever possible. Undoubtedly this was a difficult and uncertain time for many in Malaysia, but amidst the doom and gloom there were also many important lessons to be gleaned from adapting to this new normal that have helped us grow.

### 1. We really are all in this together

Besides disrupting the daily activities of Malaysians, who by nature are very sociable people, this pandemic hit just as the nation was winding down from Chinese New Year season and ramping up to Ramadhan. Culturally, these are both festive seasons during which great importance is placed on togetherness with one's family and community, with festive gatherings and Ramadhan bazaars. However, when called upon to stay at home and practice social distancing, Malaysians of all cultures and backgrounds did their part to keep each other safe by staying home, abstaining from large gatherings and taking the necessary precautions when out and about. Meanwhile, the hashtag #kitajagakita (meaning we take care of each other) began trending on social media.

Meanwhile, within the hospitals, front-liners worked gruelling hours as a team to cure the infected at the risk of contracting the virus themselves. Harder still, at the end of a long day at work, these brave individuals could not even return to their own homes for fear of spreading virus to their family members. Yet, in spite of these hardships, they continued to work tirelessly for the good of us all.

In addition to the teamwork displayed among Malaysians themselves, we also saw teamwork between countries. An example of this was when Malaysia and China worked together by sending supplies to each other when both sides were in need of it, making it possible for each respective country to contain the spread of the virus through widespread use of face masks. With these efforts from various parties, we were ultimately able to flatten the curve.



## **2. Kindness and compassion are invaluable**

Various NGOs, religious organizations and state legislative assemblies have been working together with the community to raise funds so that they can buy groceries for the poor, needy and elderly. While most of us still have a roof over our heads and food to eat every meal, there are many poor and needy people out there who are suffering from this pandemic.

Many people also suffered a loss of income as they could not work during the MCO or were laid off due to the resulting economic downturn, thrusting households already who may have already been on the brink financially further into poverty. Acts of kindness by charitable groups as well as by individuals remind us to have hope in times like this and that we are fighting this virus together.

## **3. More things can be digitized than we might have thought**

Thanks to Google Meet and Zoom, schools and universities were able to conduct classes virtually for students to attend them. This has been a godsend as students are still able to progress in their courses despite the closure of university and school campuses during the MCO.

These video conferencing apps have also allowed many workers and businesses in non-essential sectors to keep working from home through remote meetings. Many of these businesses have also managed to survive and even thrive through these tough times by offering their products to consumers through platforms such as Shopee, Lazada, Instagram, Facebook etc.

This has also opened the eyes of the public to the convenience of e-commerce websites and online services. It has been a revelation to many just how much of our activities can be digitised and done from the comfort of our own homes.

## **4. The value of free time**

Whereas most days, we might spend hours on our commute or running errands outside of the house on top of our regular schooling or working hours, the MCO has left many of us with a sudden abundance of free time.

A cursory scroll through one's social media during this period would show that many people have used this time to focus on themselves. This meant picking up a hobby or a new skill for some, whilst others used the extra time to exercise and improve their health. Others still would try out new recipes or spend more time keeping in touch with their friends and family.

Whatever those hours ended up being used for, most would agree that it highlighted how time-poor we usually are and the importance of taking time for ourselves and our interests. This pandemic, in many ways has been devastating, but the lessons we have learned from it, both as individuals and as a society, are truly invaluable. As the nation now eases out of the MCO and we continue to face this new reality, may we retain the lessons it has taught us so far whilst continuing to adapt and persevere through the hardships ahead.





# **KNOWLEDGE SHARING CORNER**

# OCCUPATIONAL SAFETY AND HEALTH AT THE WORKPLACE

*by : Dr. Cheah Wai Yan*  
*Faculty Manager, Faculty of Health Sciences*

Occupational safety and health (OSH) is a field that focuses on the development, maintenance, and promotion of the workplace environment, programmes and strategies that work towards the safekeeping of the mental, physical, and emotional well-being of employees.



In tough economic times, it is of utmost importance to remember that poor workplace safety and health costs money. What's more, case studies showed that careful and efficient OSH management in a business not only linked to improved performance but also profitability. In contrast, workplace with negligent OSH system uses substantial valuable resources to deal with avoidable injuries and illnesses, resulting in escalation of operational cost as well as deterioration of work performance. A well-designed workplace OSH plan played a vital and large part in a company performance, contributing to improved productivity through less sickness absence, cutting health-care costs, stimulating more efficient working methods and technologies, and reducing the number of employees who have to cut their working hours to care for a family member.

Workplaces with active, visible safety leadership associated with fewer injuries, are often rated as better places to work, and have more satisfied, more productive employees who are less likely to change jobs (OSHA, 2002). An employee's work satisfaction is directly related to how safe they feel about the job, including the job scope itself as well as the interactions with other employees, customers and workplace environment. Needless to say, improving the communication and management on OSH at the workplace will definitely boost the employees' morale and commitment.

Enforcement action geared towards OSH in the workplace is important. It is to ensure the duty holders to perform risk assessments on regular basis and to deal immediately with the risks that may jeopardize the safety and health of employees. To keep occupational-related diseases and illness to minimum, it requires the teamwork and cooperation from the employers as well as the employees. Most workplace accidents are preventable and safety measures could help to reduce the frequency as well as the severity of workplace injuries. There is no denying the fact that in addition to the national policy and guidelines from the Ministry and professional bodies, the role played by the management level as well as employees' cooperation are equally crucial in creating a safe and conducive work environment.

## Reference

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# WHAT YOU NEED TO KNOW ABOUT KNEE OSTEOARTHRITIS

*by: Andrew Tie*

*Physiotherapist, Mahsa Physiotherapy Clinic*

Arthritis affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time. Common signs and symptoms include morning pain and stiffness which gets better with walking, reduced range of motion and pain while performing basic activities. Knee arthritis can make active daily living difficult.

Although osteoarthritis (OA) can damage any joint, the disorder most commonly affects the knee joints. Osteoarthritis symptoms can usually be managed, although the damage to joints can't be reversed. Staying active, maintaining a healthy weight and some treatments might slow progression of the disease and help improve pain and joint function.

## WHAT IS OSTEOARTHRITIS? EXACTLY?



Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis- or the painful stiffness or inflammation of joints is not a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general. There are different stages of knee OA, with 0 assigned to a normal, healthy knee right up to the advanced stage 4 that is severe OA.

## STAGES OF OSTEOARTHRITIS:

### Stage 0 – Normal

- When the knee shows no signs of osteoarthritis, it is classified as Stage 0, which is normal knee health, with no known impairment or signs of joint damage.
- Treatments: There is no treatment required for stage 0 OA.

### Stage 1 – Minor

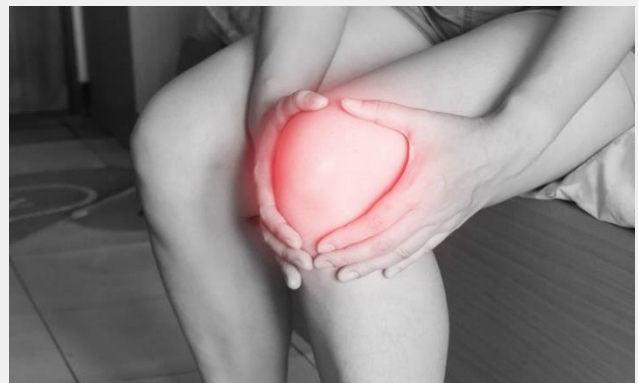
- Stage 1 OA patients will develop very minor wear & tear and bone spur growths at the end of the knee joints. However, at this stage it is unlikely you will feel pain or discomfort.
- Treatments: If the patient is not predisposed to OA, orthopaedic physicians may not recommend any special treatment for stage 1. However, supplements such as glucosamine and chondroitin may be recommended. Lifestyle considerations like regular exercise may also prove to be helpful.

## Stage 2 – Mild

- In Stage 2, diagnostic images or X-rays of knee joints will show more bone spur growth, and though the space between the bones appear normal, people will begin experiencing symptoms of joint pain. Typically, the area around the knee joints will feel stiff and uncomfortable, particularly when sitting for an extended period, after rising in the morning, or after a workout.
- Treatments: When your physician detects and diagnoses OA at this early stage, it is easier to follow a plan to stop the progression of this joint disease. There are different nonpharmacologic therapies to help relieve the pain and discomfort caused in this mild stage. Many patients are recommended a strict regimen of exercise and strength training for increased joint stability. Additionally, braces, knee supports or shoe inserts may be used to protect the knee from stress.

## Stage 3 – Moderate

- Stage 3 is referred to as “moderate”, where there is obvious erosion to the cartilage surface between bones and fibrillation narrows the gap between the bones. The bones develop spurs at the joints as it becomes rougher.
- With the progression of osteoarthritis of the knee, there is obvious joint inflammation which causes frequent pain when walking, running, squatting, extending or kneeling. Along with joint stiffness after sitting for long or when waking up in the morning, there may be popping or snapping sounds when walking.
- Treatments: Over the counter NSAIDs or pain-relief therapies may be prescribed. If these methods are not effective, the doctor may prescribe stronger pain medicine, such as codeine and oxycodone. Patients that have not responded positively to physical therapy, weight loss program, use of NSAIDs will have intra-articular injections of hyaluronic acid into the knee joint. Moderate knee arthritis can be treated aggressively with three to five injections of hyaluronic acid over 3-5 weeks’ time, which may take several weeks for the treatment to start showing results, but pain relief typically lasts six months.



## Stage 4 – Severe

- Stage 4 is considered to be severe. In stage 4 the joint space between the bones are considerably reduced, causing the cartilage to wear off, leaving the joint stiff. The breakdown of cartilage leads to a chronic inflammatory response, with decreased synovial fluid that causes friction, greater pain and discomfort when walking or moving the joint.
- Treatments: In cases of severe OA of the knee, an option is performing osteotomy or bone realignment surgery, wherein the orthopaedic surgeon cuts the bone above or below the knee to shorten the length and help realign it for less stress on the knee joint. This surgery helps protect the knee by shifting the weight of the body away from the site of the bone spur growth and bone damage. Another surgical option is total knee replacement, or arthroplasty. During this surgical procedure, the damaged joint is removed and replaced with a plastic or metal prosthesis device. Recovery from surgery may take several weeks and requires patience and discipline, with continuous physical and occupational therapy to regain full mobility.



## SPECIFIC PSYCHOLOGICAL THERAPY APPROACH

Michael Smith (2015) says insomnia makes pain worse. He stated that there is 81 percent of patients having knee osteoarthritis (OA) reported to have trouble maintaining sleep. A recent study to examine the effectiveness of cognitive behavioral therapy as a sole treatment for insomnia related to chronic pain. There are 208 participants and divided into four groups: people with insomnia and OA; people with joint problems only; people with insomnia only; and healthy adults with neither disorder. Results showed that patients in the cognitive-behavioral therapy group had significantly greater reductions in wake time after sleep onset. He considers that cognitive behavioural therapy should be used as a first line treatment for chronic insomnia in most patients with knee OA.

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# STIGMA OF BREAST CANCER

*by: Fathimath Ahmed  
Student from Bachelor of Medical Imaging (Hons)*

Breast cancer is one of the most prevalent cancer among women worldwide, with one in eight women predicted to be affected by it in their lifetime. According to WHO, there has been a rise of 20% in breast cancer incidences since 2008 and the death rate due to breast cancer has raised by 14%. The most important factor that determines the cancer treatment outcome and mortality among patients with breast cancer depends on early diagnosis of breast cancer. The screening method that is proven to be most effective in the early detection of breast cancer is mammography. WHO recommends breast cancer screening for women age 50 and above and American Cancer Society advocates annual breast cancer screening for women aging from 45-54 years of age. However, the uptake of mammography screening is low throughout the world. There are studies done to identify the factors motivating and factors acting as barriers in women's decision to participate in mammography screening.




There are several factors influencing breast cancer screening behaviors among women. The most common barriers include social stigma, lack of awareness among the women, and also fear of the results. Among Arabic women, lack of adoption of screening practice, and social stigma were identified as common barriers. However, study done among African American women in 2018



has identified fear of the result, cost of mammography screening, and embarrassment as the most frequent barriers. Fear of pain during mammography procedure and perception of not being at risk of breast cancer were noted as reasons for not participating in screening programs among Malaysian women. Lack of knowledge and awareness is identified as the number one barrier among Indian and Nigerian women. Other factors such as the cost of mammography screening programs and lack of perceived need for having a mammogram were common factors negatively influencing the uptake of breast cancer screenings.

Just as barriers, motivating factors for taking part in mammography screening also differs among women. According to a study conducted in 2015, education, requests from doctors, and family support were the major factors influencing Asian women to attend mammography screening. Early detection of breast cancer and belief that mammography can detect breast cancer at an early stage were noted as the motivating factors among women in West Bank, Palestine. Among European women, the most common motivator noted in 2009 were health maintenance and TV





advertisements, while in 2016, advice from the gynaecologist was identified as the most frequent motivator for mammography screening.

It is important to understand that the barriers and motivators for participating in mammography screening vary among women belonging to different countries and ethnicity and is subjected to change with time. It is also necessary to explore barriers and motivators related to the women belonging to different regions of the world. This would be helpful for the development of interventions to improve organized and opportunistic screening participation among women



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