

FACULTY OF HEALTH AND SPORT SCIENCES

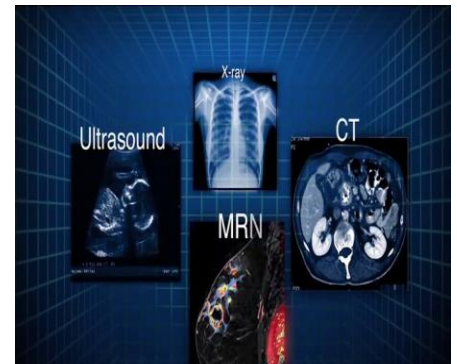
The Voice of FHSS – Volume 2, Issue 1 (2019)



PHYSIOTHERAPY



ENVIRONMENTAL HEALTH



MEDICAL IMAGING

The Voice of FHSS is a newsletter by MAHSA Faculty of Health and Sport Sciences. There are three departments under the faculty: Physiotherapy, Environmental Health and Medical Imaging. This newsletter highlights the faculty events and student activities.

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MESSAGE FROM THE DEAN

Assoc. Prof. Chan Sook Chin



Message from the Dean of Health and Sport Sciences

The Voice of Faculty of Health and Sport Sciences to be released in March which marked the end of the first quarter of 2019. The month of March is good to review what has been accomplished for the past 3 months. There are opportunities from the challenges we encountered and it is important for us to learn from the mistakes made by us and others.

Last year, there are 5 workshops, 2 conferences and a seminar organized by the faculty members. We have managed to have 5 publications. The effort from staff is commendable. Every faculty academic staff must make an attempt to conduct at least one research this year. I hope this will be one of your goals for 2019.

There are 19 students enrolled to the Master of Physiotherapy programme which started in October. We have submitted the Open Distant Learning for all 3 programmes (Medical Imaging, Environmental Health and Physiotherapy) to Malaysian Qualification Agency and hope the programmes will be approved and we will venture in the non –conventional education.

We are all saddened by the loss of a great physiotherapy lecturer, Mr. Parthiban at the end of last year. He had trained 6 cohorts of physiotherapy students from the Northumbria franchise programme. He has contributed in the development of MAHSA undergraduate and post-graduate physiotherapy programmes. He will be remembered by staff, students and alumni. Learning from his experience that life is unpredictable, so keeping ourselves healthy, safe and happy is important but it is most important to help others.

In January 2019, the faculty of Health and Sport Sciences (FHSS) has successfully organized numerous activities to mark the “Sport and Wellness month”. It was a month with lots of fun, hugs and love. The theme reminds the staff and students to stay healthy and fit. The culture of sharing and helping will continues in MAHSA University.

We should set ourselves goals to achieve even more for the years to come. The least we should do is ‘**complain**’ but to focus on the solutions for all the problems we had. As what the Alibaba boss, Jack Ma said: “If we are a good team and know what we want to do, one of us can defeat ten of others.” We should be constantly be reminded teamwork is inevitable for success.

IN MEMORY OF.....



Mr. Parthiban is a name that many celebrated as their Lecturer in the past 18 years from India and Malaysia has finished his life journey of educating students on this Earth... He has received a great offer which he has taken up permanently and left us in dismay on 23 November 2018 at 5.36pm.

He has shared more than one decade of his life to MAHSA in educating Physiotherapy students and contributing to the growth of Physiotherapy profession in Malaysia. His passion of educating with critical analysis and reasoning is highly commendable. His contribution in the framing of undergraduate and post graduate programmes will be a heritage. His service as Programme Leader of Northumbria degree programme gave rise to many Physiotherapists who adore him as a fatherly figure. As the end of his life journey was all of a sudden, he has not left behind much materialistic resources for his only son but for sure he will be blessed by the showers of praises and love of many many students who were greatly benefited with the knowledge sharing of Mr. Parthiban. The empty space that he has left in the department cannot be filled at par and we are in constant search of his eternal support.

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FACULTY EVENT

National Day and Malaysia Day Celebration

by Department of Physiotherapy, Environmental Health & Medical Imaging



There were two celebrations held in the months of August and September 2018 for 'Malaysia National Day' and 'Malaysia Day' respectively. The three departments under Faculty of Health and Sport Sciences celebrated these events by decorating the department's office.



World Environmental Health Day 2018

by Department of Environmental Health

The 'World Environmental Health Day 2018' seminar was conducted in MAHSA University, on 26th of September 2018. With regard to overwhelming food safety issues the seminar chooses the theme of 'Global Food Safety and Sustainability'. It was organized by the State Health Department of Selangor in collaboration with Department of Environmental Health, MAHSA University. Dato' Dr. Khalid bin Ibrahim, the Director of State Health Department of Selangor was given the honor to launch this event. More than 550 participants who consisted of health officers, students, academicians, and professionals had been attended this esteemed event.



Breast Cancer Awareness Campaign 2018

by Department of Medical Imaging



October was Breast Cancer Awareness Month, also known as the pink ribbon month. In a global effort to raise awareness for breast cancer, October has been designated as the Pink Month. The Pink Month is a month where efforts are made to educate those concerned about the disease, including early identification of signs and symptoms associated with breast cancer. To commemorate the Pink Ribbon Month, the Medical Imaging Department at MAHSA University organized a Breast Cancer Awareness Campaign on the 26th of October 2018. The campaign aimed to promote awareness and provide knowledge about breast cancer to the staffs and students of the University.

Miss Angeline Chan the Manager of Student Experience, Mr. Chan Kok Leong from Fujifilm Malaysia and Madam Chan Lai Kuan, Head of the Medical Imaging Department graced the event with a simple ribbon cutting ceremony. Madam Chan delivered a short and meaningful welcome address. The event was also attended by the Dean of the Faculty of Health and Sport Sciences, Assoc. Prof. Chan Sook Chin who came to give her support despite her busy work schedule.



The event began with an initial presentation on Breast Cancer by Miss Koay Han Chia from Fujifilm. Miss Fatimah Syafinaz then took to the stage with the Pink Ribbon Story sharing the reason why the pink ribbon is used to symbolized breast cancer awareness. Madam Chan gave an explanation on the latest whole breast Ultrasound machine (Automated Breast Ultrasound system / Invenia ABUS), while several posters prepared by the Bachelor of Medical Imaging students were put up to provide information on breast cancer, breast self-examination, and several diagnostic modalities for breast imaging.

Questionnaires on breast cancer awareness and breast self-examination (BSE) awareness were distributed to staffs and students to gather information for research purposes, and there was also a video demonstration on how to perform BSE displayed on the monitor.



Though it was only a brief programme, the aim and objective of the campaign was achieved successfully among the students and staffs. The Medical Imaging department looks forward to organizing this campaign every year to promote awareness and educate as many people as possible about breast cancer as **"Prevention is better than Cure"**. Early detection increases survival, increases treatment options and improves quality of life.



Launching of Physiotherapy Master Programme

by Department of Environmental Health

MAHSA University is proud to announce the inaugural intake for the Master of Physiotherapy programme specializing in Musculoskeletal or Neurology, a one-year post-graduate programme by course work. It was officially inaugurated by the Deputy Vice-Chancellor of Academic Affairs and Corporate Service, Miss Stella Lau and the Dean of Faculty of Health and Sport Sciences, Assoc. Prof. Chan Sook Chin on 13 November 2018. This Master programme provides local and international candidates the opportunity to pursue their post-graduate studies. This one-year programme will equip the practitioner with a specialized set of knowledge and skills based on their field of interest. Currently there are a total number of 18 students enrolled for the Master programme with their respective field of interest.

In her welcoming speech, Assoc. Prof. Chan Sook Chin highlighted the importance of pursuing specialized post-graduate studies and how it will influence the future of physiotherapy practice in Malaysia. She delivered her speech with pride to inspire a futuristic view of physiotherapy.

The second speech was delivered by the Deputy Vice-Chancellor of Academic Affairs and Corporate Service, Miss Stella Lau, who expressed her great gratitude towards the candidates for their belief in the Master Programme by MAHSA University. She also emphasized the importance of education with regards to the future of physiotherapy. With the will to further our studies, the future will be shaped with the effort we put in today.



MAHSA 15TH CONVOCATION

Homecoming 2018



"Homecoming unites the past and the present"

Students and Faculty members celebrated the homecoming event on 16 November 2018. It was a very nostalgic and heart touching moment for the members of the faculty to watch the students achieving their first milestone in their professional growth.



new Grand Ballroom at the Sports Complex in Bandar Saujana Putra Campus. It was the day came for a total of 171 bachelor students and 183 diploma students from the Department of Physiotherapy, Environmental Health and Medical Imaging graduated from MAHSA University.

For bachelor programmes, 12 graduates were awarded with First Class while 62 of them were awarded with Second Upper Class. While for the diploma programmes, 18 of the graduates were awarded with Dean's List award.

On top of that, several students from the Faculty of Health and Sport Sciences also awarded with the Vice-Chancellor's Prize. These students not only excel in the academic but also in the co-curriculum aspects. These students are:

- 1) Farah Diyana Binti Saffre, Bachelor of Medical Imaging (Hons)
- 2) Harjit Kaur A/P Hargopal, Bachelor of Environmental Health and Safety (Hons)
- 3) Sonia Binti Shamsul, Diploma in Medical
- 4) Putri Ely Nurdiyana Binti Shariff, Diploma in Environmental Health
- 5) Yeoh Kha Wei, Diploma in Physiotherapy



Convocation Carnival

On 17 November 2018, in conjunction with MAHSA 15th Convocation Ceremony, a Convocation Carnival was held too. MAHSA Convocation Carnival was held at the Level 2, Spine Area. Lots of faculties and student clubs participated in the carnival. Faculty of Health and Sport Sciences has been assigned to take charge for the Stage Activities section.

The Stage Activities section involved many interesting activities and performances. The activities was began with Zumba Dance by the students from Department of Physiotherapy. They were so energetic and managed to catch the crowd's attention to dance together with them.



After the Zumba, one of the most awaited performances took place. It was the cheerleading performance by MAHSA Cheerleader Club. There were 18 of them who participated in the performances. All members were well coordinated to each other and they demonstrated excellent team spirit. The cheerleading performance received standing ovation from the crowd.



Other than that, the skincare and make-up demonstration also was held during the carnival. The beauty consultant from Mary Kay brand explained to the crowd 'what are the correct ways to practice a good skincare daily routine'. The crowd especially the ladies were very happy to be exposed to this kind of information. They were also given the chance to do the hands-on on the stage guided by the beauty consultant. At the end of the session, a booth was also being set up to promote various skincare and makeup products.



Later in the afternoon, students from Department of Medical Imaging and Environmental Health performed a Fashion Show. It was very interesting to see various traditional costumes from different countries. What makes this fashion show even more special is that, the costumes worn by the students were not from their



initial country or race. For example, the Chinese student wore the costumes from Korea, and the Malay student wore the Chinese traditional costumes. The stage activities session was continued with the performances by students such as Indian Singing Performance, Western Dancing and many more. The event ended at 4pm. The carnival gained lots of positive feedback and it has been a fruitful experience for the organizing committee.

WORKSHOP ON CRITICAL CARE PHYSIOTHERAPY

by Department of Physiotherapy



The Physiotherapy department, MAHSA University had organized a **'Workshop on Critical Care Physiotherapy'** on 22 & 23 November 2018.

This workshop was aimed to upgrade the knowledge and skills of physiotherapist in critical care setting by emphasizing the clinical reasoning and evidence-based approach in critical care cardiorespiratory physiotherapy. The workshop was successfully attended by 31 professionals from all over Malaysia. Three speakers were invited to conduct the sessions throughout the two days' workshop involving theory and practical.

The main speaker and instructor of the workshop was Mr. Balachandran Jayachandran. He is currently a Principal Physiotherapy at Woodlands Health Campus, Singapore and has 19 years of clinical experience in the area cardiopulmonary and ICU rehabilitation. He has qualification of Master of Physiotherapy (Cardiorespiratory Physiotherapy) from the University of Melbourne in 2010. He had won several awards during his tenure at Tan Tock Seng Hospital in recognition of his contribution in teaching and research works. The prime focus for his sessions was to understand on how physiotherapy works in critical care setting and upgrade the knowledge on the assessments and treatments in ICU setting.



Other distinguished speakers are Prof. Dr. T. R. Ramachandran and Assoc. Prof. Dr. Haji Abdul Ali bin Raja. Prof. Dr. T. R. Ramachandran is a specialist in Anesthesiology and has 25 years of teaching experience. He worked in the Army Medical Corp for 32 years and as a Professor and Head of Department of Anesthesiology PIMS, Pondicherry, India from 2004 till 2016. Currently, he is a Professor of anesthesiology at MAHSA University and his special interest is Cardiac Anesthesiology and Critical Care.



Assoc. Prof. Dr. Haji Abdul Ali Bin Raja Mohamed is the Head of Department of Emergency Medicine and Critical Care, the Director and the Head of Paramedical Science Program of the Faculty of Medicine & Biomedical Sciences at MAHSA University. He has over 30 years of clinical experience in Trauma Emergency Medicine care. He was formerly the Head and Chief Coordinator of Trauma & Emergency of University Malaya Medical Centre. He is also the co-author of several EMS manuals and journal articles. Furthermore, he has been invited as a speaker at numerous universities, national and international EMS conferences.



The venue of the workshop was very much conducive to its nature with all essential equipment were available on time. The equipment needed was sponsored by two companies which were Global med Sdn. Bhd. and Med Alpha Sdn Bhd. All participants were positive with the knowledge given during the workshop and hoped that this kind of workshop will be conducted in the future to upgrade and improve their knowledge and skills in critical care setting. The instructor was happy with the enthusiasm showed by all participants in learning and discussing problems during the workshop. It was an overwhelming response and a successful academic event which was well organized by the Department of Physiotherapy, MAHSA University. The grand success of the first Workshop on Critical Care Physiotherapy had given us more opportunity to organize more such events in the future. The workshop enabled us to bring together all the professionals in the field of physiotherapy on the same platform to share their knowledge expertise and enhance evidence-based practice.



Let's Nurture Yourself in Research

by Department of Environmental Health, Physiotherapy and Medical Imaging

The 3 departments under Faculty of Health and Sport Sciences: Environmental Health, Physiotherapy and Medical Imaging participated in the "Research Showcasing @ MAHSA" event. This event was held on 22 & 23 November 2018, which took place at the MAHSA University, Bandar Saujana Putra campus.

A total of 8 presentations were done by both the lecturers and students from the faculty. For student category, there were 2 paper and 2 poster presentations. While for staff category, there were also 2 paper and 2 poster presentations.



VISITS TO STUDENT PRACTICAL TRAINING CENTRES

by Department of Environmental Health

In part of study requirement, students of the Environmental Health (EH) program will have a practical training placement during their final year of study. The students will be referred to selected practical training centres such as in Pejabat Kesihatan in Bentong, Gombak, Alor Gajah, Temerloh and Kuantan. EH clinical instructors and lecturers conduct the visits to the students' practical training centers twice in a week.



SPORTS AND WELLNESS MONTH

by Department of Physiotherapy, Environmental Health & Medical Imaging

In conjunction with the themed monthly events for 2019, the Faculty of Health and Sports Science was aptly given the Sports and Wellness Month. And strange universal forces (or it could have been our friendly neighborhood DVC), had assigned the month of January, in between Christmas and Chinese New Year so we would have some help remaining healthy during these festive seasons.

The faculty of Health and Sport Science was proud to kick off the Sport and Wellness month on January 9th, with all the big guns of Mahsa University present. Professor Tan Sri Datuk Dr Hj Mohd Haniffa graced the occasion and launched the event with a big bang.... or should I say whistle. For the launching a mysterious little box was passed in a relay run, from student to lecturer, Mr Arun TH, to Dean, Prof Chan Sook Chin to Tan Sri Haniffa. Out of the box came a shiny whistle, and with true sporting character, Tan Sri Haniffa jogged across the stage blowing the whistle – he simply stole the show!



The launching ceremony was no plain event; students and staff were to come in the in sports attire, and participate in activities that required no sitting down. It started out with a calm, and mind clearing yoga demonstration, by flexible and balanced Mr. Mahalingam, from the Anatomy lab. It was then followed by the quiet martial art of Tai Chi, which was well engineered and demonstrated by our experienced Dr. Leong, Dean of Engineering. And finally the MAHSA Dance Club, got our participants doing a bout of Zumba. It was inspiring to see Tan Sri Haniffa, Dato Dr. Ishak, Vice Chancellor, Ms Stella Lau and Dato Zainina (Deputy Vice Chancellors, Academics; and Student Affairs and Alumni, respectively) and all the Deans of the Faculties really getting it down and showing off their moves. It was really good fun!



In addition to that, the Faculty organized a Telematch and a Balance event to ignite the competition spirit for the month.



The Launching Ceremony kicked off the month of January which saw 9 events, with various events run by other Faculties of the Campus. A picture speaks a thousand words, and so we leave you with the pictures to get a glimpse of the sports and wellness events. The Faculty hopes that both staff and students and even the public were able to participate and enjoy the activities. The Faculty thanks the Management and all Faculties, staff and students who have made these events very successful. And with that the baton was passed on for the English Appreciation Month.



NEWS ARTICLE

ELEVATION OF EXPERIENCE - SPEAKER IN INTERNATIONAL CONFERENCE

by Noreen Che Khalin, Department of Medical Imaging



The 18th Annual Scientific Meeting of the Macao Radiological Technologists' Association was held on the 9 September 2018 at Grand Hyatt Hotel located at Macau city which is famous for its blend of Portuguese and Chinese cultures. This prestigious conference has gathered participants from all across Asia including Cambodia, China, Hong Kong, Taiwan, Japan, South Korea, Thailand, Malaysia, Indonesia, Myanmar, Vietnam, and the Philippines. It was a grand gathering of radiological technologists to share their knowledge and skills as well as to foster friendships.

I was truly honored to be given the opportunity to be a speaker at this conference and this was my first time presenting at an event like this. My presentation topic was on "Evaluation of Radiographers' Attitude and Barriers towards Research at Tertiary Hospitals". I was slightly nervous at first, but was relieved that my presentation went smoothly. I was so proud to represent my department and MAHSA University in presenting a paper at an international conference.



Throughout the day, there were many other radiology topics presented by the speakers. Outside of the presentation hall, there were about 15 booths, mostly exhibiting new advanced radiology modalities. Through this conference, I got to experience the sharing session with many speakers from different countries especially on current pathological findings using radiology and the importance of radiography procedures in line with the advancement in medical imaging and medicine.

At night, there was a simple yet memorable gala dinner. Participants were entertained with various performances like Chinese acrobatics and Portuguese cultural dances. Participants had a very enjoyable night, especially for those who were lucky enough to win the lucky draw prizes. The highlight of the gala dinner was when the participants sang the theme song of the night, "Heal the World". It was such a beautiful and touching moment to see the unity of all the participants that came from different nations and cultures. Now I finally understood why the Medical Imaging Head of department (HOD) Madam Chan Lai Kuan is always so keen to participate in all the conferences organized throughout the various countries as all the participants are like family members, it is like being at a family reunion.



This conference definitely gave me a new kind of experience. I gained experience by being a speaker at international conference. Furthermore, I got to make new friends and exchange knowledge on medical imaging with radiographers from many countries. I learned to appreciate new cultures too through attending this beneficial and memorable conference. I would like to give my heartiest thanks to my HOD for giving me this golden opportunity to participate in this conference. I hope to attend other international conferences and gain more knowledge and experiences in the near future.



IMPORTANCE OF RESEARCH IN PHYSIOTHERAPY PRACTICE

by Assoc. Prof. Lourdhuraj I. & Dr. Syed Abudaheer K., Department of Physiotherapy

The hallmark of physical therapy throughout history has been treatment by means of movement. Manual methods have always been the core of professional practice in physical therapy. Manual methods have been passed down from one pair of hands to the next. As the physical therapy profession is fundamentally practical, the question is how well this does coincide with the scientific training pursued in higher education and scientific demands in health care systems?

The physical therapist is supposed to examine, analyse, and treat physical impairments and prevent physical and psychological disabilities. In addition, the physical therapist has tasks of an educational and administrative nature, along with teaching and research. Qualified physical therapists are expected to act in accordance with scientific knowledge and proven experience. The profession has been divided into specialties and subject concentrations, but maintaining the core of general physical therapy is still vital.

Today, a doctor's referral is no longer required for seeking physical therapy in some countries and physical therapists are responsible for both the diagnosis and the planning of treatment. The responsibility imposes demands for clear justification and objective arguments for possible interventions.

Researchers and scientists are often accused of sitting in ivory towers, ignorant of the outside world and its demands. Sadly this scenario is not uncommon, despite the fact that research has no value if it is not applied to actual situations.



Physiotherapists struggle with implementing research in practice and there are often barriers to becoming involved in research. Changing the concept of research, making research more accessible, allocating time to read and practice research, and promoting a culture for change could facilitate more involvement and enhance evidence based practice. We suggest three strategies for research engagement: 1) educating clinicians about how to assess and critique research papers supported by professional development sessions on the clinical side; 2) promoting the use of different research paradigms (e.g. qualitative or case studies) and 3) providing specific allocated time for research.

The trick to making research successful is three-fold. First, root your research in the real world. Second, find a way of translating research findings into practice. And third, shout about it. Bringing science closer to clinical practice is required for the development of the physical therapy profession. However, there are barriers to incorporating research evidence into clinical practice, including lack of time and skills in searching for and evaluating research literature. This requires that the content of the educational programs be relevant and that sufficient time, understanding, and education are provided in clinical settings.

It is a challenge and a continuing process to implement research evidence into daily practice. There is no single factor to facilitate change in clinical practice but multiple practical changes in strategy are needed. The necessity for all physiotherapists to be critical consumers of research is recognized together with the responsibility of the organization and management to develop conditions favorable for an evidence-based profession. These are important stepping stones to reach high quality clinical research that require further development. For instance, there is still a shortage of positions for physiotherapists with research knowledge in clinical settings as well as in public health. This is also true for positions where clinical and research work is combined to create a research culture that is more integrated rather than being separate from the majority of physiotherapists.



Clinical research helps the practitioner keep up to date with the latest in practice methods, technology and opportunities. The knowledge gained from clinical research allows the physiotherapist to demonstrate that the methodology employed has been tested experimentally and subjected to peer review. It has also been tested within the rehabilitation community.

A practitioner needs to be trained in the new treatment methods before he/she can implement them. Training may involve taking time off work and/or some expense to the physiotherapist or the facility. But despite all of the above, clinical research can benefit both the physio and patient if the physio is trained in the new methods and both parties come to a mutual understanding and agreement of what is to be done.

Research in physiotherapy is essential for the legitimacy of the profession and in order to develop and to remain an independent, autonomous profession with its own knowledge base. This will lay the foundation for professional practice. Research should be conducted in close connection with education and clinical practice, to ensure the relevant development of knowledge in physiotherapy, which will result in the highest quality health care for the patient.

RECYCLING - WAYS TO MAKE IT EFFECTIVE

by Noor-E-Aiman Usman, Bachelor of Environmental Health and Safety (Hons)

Recycling is the most common of all environmental lexicons you would've heard of and a primary and perhaps amongst the most inexpensive solution to pollution that most governments are endeavoring to soak into their environmental management systems. However, despite these attempts, recycling remains one of the most intricate solution to execute. The reason for it to engender quality results, recycling needs to be carried out at all levels including individual, community, local, national and international. Ergo, recycling requires collaboration which in turn requires a proper strategical plan to raise its awareness among the community. Some of these strategies include:



Visit public schools and educate students about recycling basics such as types of waste and how it can be recycle. Carry out practical demonstration such as showing them which material goes in what dustbin (paper, plastic or glass). Carry out fun activities such as art competitions using recycled material, or, take them to a field trips to a local recycling plant or related places.



Use social media to educate people. Have local community groups or pages on Facebook or avail any other social media platforms such as website, twitter, blogger etc. Post informative material on weekly basis to keep the community reported on recent recycling technologies and other recycling strategies and basics. To keep them further engaged, post polls and ask them questions.

Make use of other marketing platforms other than social media such as local newspaper, flyers, brochures and pamphlets. Marketing through vast array of media will ensure that all different groups of people are targeted.

Start up your own center! Gather like-minded people, visit other NGOs and expand your connections. Attend environmental-themed seminars, conferences and other events to keep yourself apprised on recent issues and new solutions. Keep others notified accordingly.

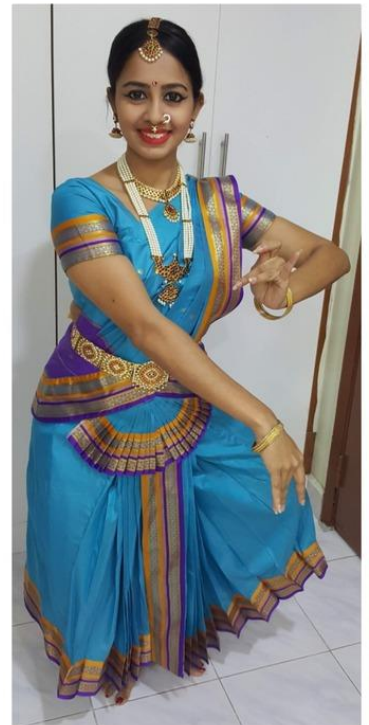
Malaysia on average produces 23,000 tonnes of waste daily, out of which, only about 17.5% is recycled. This is about half the recycle rate than what it is in US (34%). This underpins how crucial it is to raise recycling awareness among the local community. After all, we do not inherit the Earth from our ancestors; We borrow it from our children!



BHARATANATYAM DANCE

by Bathma A/P Surian, Department of Physiotherapy

Bharatanatyam is one of the oldest classical dance styles of Tamil Naadu in South India. It has a tradition of more than 2500 years. There are a few components that make up the name of his unique dance style: Bha-Ra-Ta is derived from Bhaava (expression), Raaga (Melody) and Taala (Rhythm). In Bharata Naatyam both the 'laasya' (the gentle, graceful, feminine movements) and 'taandava' (the forceful, vigorous, masculine movements) are important. Bharatanatyam illustrates stories along Hindu religious themes and spiritual ideas emoted by the dancer with excellent footwork and impressive gestures. Accompanists include a singer, music and particularly the guru who directs and conducts the performance. The style of dressing of a Bharatanatyam dancer is more or less similar to that of a Tamil Hindu bride. The sari worn in a special manner is well complimented with traditional jewellery that include the ones that adorn her head, nose, ear and neck and vivid face make-up specially highlighting her eyes so that audience can view her expressions clearly. Her hair neatly plaited in conventional way is often beautified with flowers. A jewellery belt adorns her waist while musical anklets called ghunghru made of leather straps with small metallic bells attached to it are wrapped in her ankles. Her feet and fingers are often brightened with henna colour so as to highlight gestures of her hands.





There are three components in dance. They are Nritta, Nritya and Natya. Nritta means pure dance which involves movement without any special meaning or mood, used to show pure technique and the intricacies of complicated timing, rhythm, posture and footwork. Nritya means expressive dance comprising movements of the body, hands, limbs together with facial expressions and filled with rasa or sentiment which may express small episodes, just a sentence or a whole drama. Natya means the combination of dance and drama. The science of Dramaturgy further shows that dance is composed of a series of enchanting combinations of three main elements of bodily gestures namely the limbs (anga), the whole body (pratyanga), and the face (upanga). These three main components have to express between them one uniform whole in which speed, dexterity, symmetry, body control, versatility, eye expressions, facial expressions, thought, word and song follow in a natural stream of harmony. The meaning of the dance is further detailed in the three forms - bhava (mood), raga (melody) and tala (rhythmic timing).

There are many therapeutic implications of Bharatanatyam. Bharatanatyam dance is beneficial in improving pulmonary function and respiratory efficiency. Apart from the known benefits of physical exercise, Bharatanatyam also promotes positive physical health. Focusing not just on absence of illness, this dance offers optimized functioning of the body. The stamping of the foot, movement of each limb, the mudras, the rhythmic breathing and the activation of chakras, all imply a holistic effect of Bharatanatyam on the mind, body and soul. The great art of Bharatanatyam shows us how we may fulfill our Dharma in a most refined, pleasing, enjoyable, dignified, beautiful and joyful manner and attain that final union with the Supreme Self.

STUDENT CORNER

HELPING THE REFUGEES

by Nurmaisarah Erdina Binti Muhammed Fairul, Diploma in Physiotherapy

I want to create universes parallel to our own using only a pen and paper. Every time I start to write I am drawn in, and I love it. Before too long, though, the thought flashes through my mind: this is the only place where I can slay the demons I have drawn up for myself without fear of the repercussions. The pages whisper to me like Tom Riddle's diary to Harry Potter in The Chamber of Secrets.

The sound of mum crying after a beating still echoes in the darkest recesses of my mind. Now, even at the age of 20, it is a sound that haunts me every day. Why do women force themselves to cling to the last vestiges of a broken marriage? Do they not deserve better? What about those who are less fortunate still: refugees? Do they ever get a chance at happiness? A million questions fill my head and I find, through the hardships I have witnessed, a greater empathy for those less fortunate than myself.

Women need justice. Oppressed people around the world need help, need a voice. We need a remedy.

So, I made a decision to explore the lives of the downtrodden, and help in any way possible, even if that just means listening to their problems. I am only a student myself, but I have volunteered to teach refugee children who have come to Malaysia seeking asylum from the oppression their own countries have subjected them to. As I walk this path I have chosen, I have realised one thing: that what I have to give is always enough and life is better when we are able to accept our circumstances.



I taught them English and Science, and sometimes Mathematics. I would plan the lessons in the train on my way to their centre in the heart of Kuala Lumpur - an activity that I very much enjoyed. Whenever I came to the centre I would be greeted with shouts of "Teacher!" and "Thank you teacher!" and it made me feel at home. I suppose that's how my lecturers must feel when they're happy.

Take a look at this refugee girl, Sarah who has the same name as me. She has always wanted to be like the other girls who receive proper education, can go to school, have nice toys and live in nice houses. But all this seems out of reach to a little girl in an unfamiliar land that she may never truly call home. She tells me that she wants to help her mum, and that she wants to be chemical engineer and invent things. How do these things occur to a 9-year-old girl? When I was 9, my biggest concern was having fun!



MAJLIS QURBAN PERDANA 2018

by Nur Liyana Binti Nordin, Bachelor of Physiotherapy (Hons)



Majlis Qurban Perdana 2018 was organized by Contingent Police Headquarters and co-organized by MAHSA University, Lembaga Zakat Selangor and Media Prima Bhd. on 23 August 2018. It was being held at Ibu Pejabat Polis Kontinjen Selangor, Seksyen 9 Shah Alam.

The objective of this event was to provide assistance to the asnaf (poor & needy) and the muallaf (reverter to Islam) which is Fard al-Kifayah (communal responsibility) in Islam. Qurban described by the sacrifice of animals to Allah during the period of Eid al-Adha, which marks the completion of the annual Hajj pilgrimage. The Muslim world celebrated and honours the tradition of the Prophet Abraham by sacrificing animals and the meats are to be distributed to those in need.

VIPs that attended this event includes YDH CP Dato Pahlawan Mazlan bin Mansor (Selangor Police Chief Officer), Y. Bhg. Tun Dato Seri Zaki Tun Azmi (Chancellor of MAHSA University), Y. Bhg. Prof. Tan Sri Datuk Dr. Hj. Mohamed Haniffa Hj. Abdullah (Pro-Chancellor & Executive Chairman of MAHSA University) and Y. Bhg. Tuan Abdu Basith Ahmad (officer in-charge of Lembaga Zakat Selangor).





FLOORBALL DOCUMENTARY

by Benedict Yeoh Chun Keat, Diploma in Physiotherapy

Hi my name is Benedict Yeoh Chun Keat and I'm 19 this year. I started playing for my state team which is Penang last year in 2017 for the National Floorball Championship Merdeka Cup which was hosted in Johor. I then got selected to represent my country Malaysia beginning of this year, 2018 in the Asia World Floorball Championship Qualifiers which was held in Jeju, Korea on the 22nd of January to the 26th of January 2018. Below is the picture of the Malaysia team players and coaches.



On the 16th to 19th of August, I was selected to play for my state team, Penang for the u-21 squad in the National Junior Floorball Championship which was hosted in University Malaya Sports complex. My state emerges as first runner up for this competition. Below is the picture of the u-21 players and coaches.



On the 25th to 29th of September, I was once again selected to play for my state team, Penang for the men's squad in the National Floorball Championship Merdeka Cup which was held at Shah Alam National Sports Complex Panasonic. This time we emerge as champions and brought back the trophy for the 6th times in a row. Below are the pictures of the team.



VISIT TO ANBESIVAM ORPHANAGE HOUSE

by Students from Environmental Health Programme

The Department of Environmental Health (EH) at MAHSA University carried out a visit to Anbesivam Orphanage House in Klang, Selangor on the 3rd of November 2018. About 20 EH students participated in this charity visit. The main objective of the program was to enlighten students to the plight of the less fortunate, as the younger generation is facing vast social pressures which could distract from their social empathy in this modern world. The activities conducted during this program are including exercise, several games, Health Education talks, and cleaning activities. EH department plans to conduct more similar programs in future.

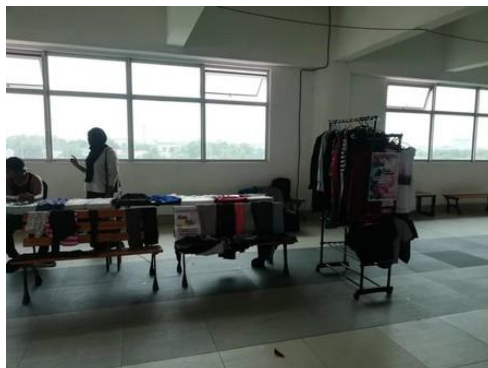


RECYCLING CAMPAIGN

by Students from Environmental Health Programme



Students from Environmental Health (EH) course in MAHSA University initiated a recycling campaign which took place in MAHSA University on the 23 of October 2018. The increase in waste and improper waste disposal practices have the undeniable effect of endangering the environment and public health. This activity was an effort to increase environmental awareness among students and MAHSA University staff.



KUALA LUMPUR A CLEAN CITY!

by Students from Environmental Health Programme

On 27 of October 2018, a community program took place at Bukit Bintang, Kuala Lumpur. The program, which aimed to clean up Kuala Lumpur city was focused in Bukit Bintang area and had getting participation from many parties including people from several schools, universities, and local councils. As part of social and environmental responsibility the Environmental Health (EH) students from MAHSA University joined this program together with the EH Department staff as well as the Malaysian Association of Environmental Health (MAEH) secretariat. This event was organized by Dewan Bandaraya Kuala Lumpur under Local Agenda 21 program, in collaboration with MAEH. Local Agenda 21 is a local-government-led effort with regard to sustainable development.



4TH PHYSIOTHERAPY STUDENT SCIENTIFIC CONFERENCE MIND YOUR HEALTH

by Aimee Choon Ming Ying, Bachelor of Physiotherapy (Hons)

On 30 and 31 of October 2018, the MAHSA Association of Physiotherapy Students were proud to hold their 4th Annual Physiotherapy Student Scientific Conference. The theme of this year was '*MIND YOUR HEALTH*', where the importance of physical as well as mental health was brought forward.

'*MIND YOUR HEALTH*' was an apt theme, as the World Confederation of Physical Therapists, had made "Mental Health in Physiotherapy" their focus this year for World Physiotherapy Day, which was held in September. On this day and age, it has become clear that physiotherapists have a very pertinent role in managing patients with mental health issues, and it is also evident that people with mental health issues are more at risk of having poor physical health.

We found ourselves holding our breath in anticipation when the Conference was officially kicked off by our esteemed Pro-chancellor and Executive Chairman of the University, Prof Tan Sri Datuk Dr. Hj. Mohamed Haniffa bin Hj. Abdullah. The students were excited to see Tan Sri Haniffa himself, taking time out to attend the Conference. Tan Sri Haniffa emphasized the importance of mental health and how physiotherapists will have to play a strong part in it. It was inspiring to hear Tan Sri Haniffa encouraging and complementing us on the organization of this Conference.

The opening Ceremony had opening and welcoming addresses by the Dean of the Faculty of Health and Sport Sciences, Assoc. Prof. Chan Sook Chin, as well as the Chair of the Organizing Committee, John Mong. The rousing speeches were followed by a highly entertaining dance performance by the university's resident dance club, during which Assoc. Prof Chan Sook Chin's participation made the performance that much more special. She received an astounding round of applause.



We were very fortunate to secure speakers who were experts in their field. Our keynote lecture was presented by YBhg Dato' Tan Yoke Hwa, the 1st Director of Allied Health Sciences Division, Ministry of Health (2008). She was Chief Dietician at Hospital Kuala Lumpur as well as a trained clinical hypnotherapist. She had a very clear idea what mental health entailed and how mental health had to be managed in Malaysia currently.

Assoc. Prof. Chan Sook Chin further enlightened us on the role of physiotherapy in mental health, and quite frankly it took some of us by surprise to see the available scope of physiotherapy in mental health. For our final mental health speaker, Dr. Shawn Le Ji Kwan, a Clinical Psychologist, who is now lecturing at several universities as well as practicing at Selayang Hospital, completed our eye opening experience of mental health. He was very pragmatic and gave us practical skills and tips that we could use on patients who are stressed or even depressed.

This year's Organizing Committee wanted to include every physiotherapy student in the Conference. Many a time we have found that the first year students were left out as they have inadequate physiotherapy knowledge to take them through the two days. So this year there were 2 parallel sessions.

The first session focused on a separate neurological issue - Parkinson's disease. We were most fortunate that Dr Tan Ai Huey, Senior Lecturer and Consultant Neurologist (Movement Disorders), UM was able to speak to us that day. She gave such an interesting and informative talk on Parkinson's that many of our minds had a paradigm shift. She made the presentation real with her videos of patients. It was great to hear her emphasize the importance of physiotherapy in Parkinson's disease. And to drive the point in we had Ms Joanne Chan, Lecturer (UTAR) and Mdm Mahadevi Barathi, Deputy Head, Physiotherapy, MAHSA, who talked to us about the assessment and management of Parkinson's, respectively. Both of them had vast experience in the clinical field, and were specialising in Parkinson's disease in their practice in Singapore.

The parallel sessions for the first year students included sessions by our very own academic staffs: Madam P. Bhavani, Madam V. Banumathi and Mr. Chew Wai Hoong. They covered topics such as scopes of physiotherapy, movement analysis and scoring A's in their physiotherapy examinations. You could tell that the students were very engaged in the sessions.



The second day was dedicated to what most physiotherapists know and love - sports physiotherapy. Focussing on badminton and sports injuries, we had an exposure to injuries, prevention, techniques and the way to sports rehabilitation. We had Sports Physiotherapist, Mr Frederick Khoo, and Mr Marcus Sia, as well as our lecturers Mr Ravikumar and Mr Muthukumaran presenting very interesting sessions.

Within the conference there were also oral presentations by our very own graduating physiotherapy students. The research papers presented by our fellow students highlighted the importance of not only conducting research in physiotherapy but also communicating the findings of said research effectively. Among the paper presentations, Chan Weng Joon, won the Free Paper Award for his quality research and succinct presentation.

The Organizing Committee pulled no stops. Good food and tea breaks were provided for the students. And events with students cannot be complete without a We-Fie booth - in preparation for Halloween, a Halloween photo booth was organised, which proved to be very popular. In addition, the support from our sponsors was much appreciated. We managed to get seven sponsors. The registration fees and sponsorship, really helped to push the Conference funds up.

The success of the Conference would also be due to the participation of our physiotherapy student body. We had 400 over participants - the best response over the years. In addition, the Organizing Committee, comprising of physiotherapy students from Year 2 to Year 4, from the Degree as well as the Diploma programme, with the guidance of our Advisor, Mdm Mahadevi, were a great bunch of people to work with.

This Conference was like no other. We had lectures and paper presentations; and on top of that, we had practical sessions as well, where we saw how pathologies, techniques and assessments were done in reality. The sessions, were enlightening and eye opening, as well as provided much food for thought for our future practice. Besides the knowledge gained, the experience of working together with fellow students and lecturers to put together and successfully run an event like this was truly unforgettable.



HAUNTED HOUSE

by Praseeta Advitiya Addanki, Bachelor of Medical Imaging (Hons)

When I first got involved with this event, I never expected it to be such a great success. For most of us, because we are first year newbies, it was something that we had never done before or even had the faintest idea that we were going to do in the future. In fact, I was volunteered by others to be a ghost in this year's Halloween Haunted House, and it was an experience that I don't regret.



The most interesting part of it all was the makeup and dress up process, some of us had to go back and practice how to make wounds and stitches that look hyper-realistic, others took the time to watch makeup tutorials for extremely horrifying face makeup and then practice them. It was surprising how much fun it was to practice making scary faces in the mirror (Especially for the nun, special mention goes to Batrisyia). The fear factor was a definite 10/10 judging by how many of our customers got scared of us.



For the first one and a half hours, the turnout was quite minimal and honestly, we had begun to get bored. Around 8 o'clock though, the crowd had begun to pour in and believe me when I say we were overwhelmed. At some point, the initial restriction of 4 people had to be tweaked, and we ended up with groups of 20 or more people coming all at once. All scared. All loud.



Our breaks became shorter and more widely spaced as this happened, until they ceased altogether. By the end of the night, our feet and knees (if we were crawling) were hurting, and our voices were gone from groaning and screaming trying to scare the visitors. Of course, none of that mattered, because at the end of it all, it was worth it seeing as we had so much fun.

PATIENT, PRISONER OR PERSON?

by Goh Ann Yee, Bachelor of Medical Imaging (Hons)

As a healthcare professional we face different kinds of patients every day. But what if the patient in front of you were a prisoner or a person who has a history of incarceration? How would you react, and how would you proceed to treat this person, as a healthcare provider? Do you treat these prisoners as patients, prisoners or people?

Prisoners are always associated with the crimes they have supposedly committed. They are people who have a history of incarceration and, at times, this can make them the most medically undeserved group in our society. Most people are likely to stereotype prisoners as bad people and are not interested to find out the real cause of their incarceration. There are various categories of crimes or wrongdoing a prisoner may be incarcerated for any number of reasons ranging from minor crimes such as petty theft, defamation and libel to major ones like murder, drug trafficking or rape. Allied health professionals may have some fear when encountering these prisoners as they assume they could hurt them or cause trouble if they try to escape while receiving medical care. There are incidents where medical personnel have been abducted and raped by a prisoner under their care (Brown, 2017).

With reference to the International Society of Radiographers & Radiological Technologists (ISRRT) code of ethics for radiographers, it is stated that the radiographer should treat all individuals with respect and dignity, providing care regardless of race, nationality or ethnic origin, color, gender, sexual orientation, religious or political affiliation, age, type of illness, mental or physical ability. Hence as radiographers, we should treat prisoners as patients or at the very least as people. In this way, we as radiographers will be able to conduct ourselves professionally. However, this is sometimes easier said than done.

I can still recall my 1st experience encountering a patient who was a prisoner. Last year, I was doing my clinical practice at the Specialist Complex and Ambulatory Care Centre (SCACC) in HKL. That day, the hospital was hustling and bustling as usual. There were many patients waiting for their turn to have their x-ray examinations. Reading through the referrals, I saw that one patient came for a chest x-ray. After a quick glance through the patient form, I took a cassette along and went into the room for preparation. Then, I called the patient in. A police officer came into the room, and two people followed behind him; a second police officer and a man who stood in between. Before I could say anything, the police officer told me, "Please don't be afraid of him," pointing at the man beside him, "We brought him over to do an x-ray as requested in the form."

"I see," I answered, "Please unlock the handcuffs, if possible, so it'll be easier for me to carry out the examination." The officer agreed. After the police officers unlocked the handcuffs, I checked and reconfirmed that he was the right patient for the examination. I instructed the man on what he needed to do later during the examination while the police officers went out of the room to stand guard.

While I was explaining the examination procedure to him, he asked, "Are you new here? I've never seen you before."

"Yes, but I'm just a student," I replied.

He looked at me from head to toe, and said, "I have a daughter; she's about your age." While I was positioning him for the chest x-ray examination, he continued talking, "my daughter studied in a university...." "she's going to graduate in a few months...." "my daughter is very hard working, I'm very proud of her...." I did not respond to him as I focused on my work to ensure all went well.

It took only a few minutes to complete a chest x-ray. When I faced him again to inform him that the examination was finished I saw a single drop of grief well up in the corner of his eye. I looked into his eyes carefully. I saw loneliness, and most of all, saudade and passion. The glint that revealed a world of darkness and even though he tried to hide it with a fake smile, his eyes revealed it all; the dark, colourless eyes that revealed his despair. I knew, he missed his family sorely.

The police officers once again handcuffed the man's wrists and prepared to take him away from the department. "Thank you, Miss," said the man with a trembling voice, he then gave me a contagious smile.

"You're welcome," I replied with a smile. I gazed at the man's back as he gradually walked far away from the department without looking back. I felt sorry for him even though I did not know the reason for his incarceration. However, from what I gathered, he is just a normal person who still bore a deep love for his family. I uttered a silent prayer for him that he would see his daughter again soon.

Reference:

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TEARS IN RESUS

by Sheryl-Leigh Yung Kah Ling, Bachelor of Medical Imaging (Hons)

Often times, I've been told that the time will come where I would be working in an emergency department. A department where I would have to face my greatest fear - blood. The mere sight of blood would make my skin crawl and I would have to avert my eyes. The smell of blood revolted me. Yet, here I am, in the medical field.

It was just another busy day in the emergency department. My self and friends arrived to our clinical practice on time and had immediately got to work. We worked together with the radiographers on duty. You could hear common, everyday instructions being used as we went about our daily grind. Then, it came. The request form for a patient that would soon arrive at the resuscitation room. I had put the form at the back of my mind, focusing on the case at hand instead. Not long after that, a radiographer grabbed a few cassettes and called my name. "Help me with this patient," he said with the resuscitation patient form in hand. I nodded my response as I followed him quickly.

It was not my first resus patient; neither will it be my last. My first and only encounter with blood at that time was when a radiographer requested that I clean a bloodied cassette before putting it into a reader. Even recalling that time would be enough to make me nauseous. That patient was requested to have a chest x-ray and a few projections of the skull. The first one that we did was the basic chest x-ray. It was nothing complicated and it was done swiftly. After that, I started to assist the radiographer to position the unconscious patient's head in place. It was then that I witnessed the most traumatic scene in my clinical practice. The patient was bleeding from the head due to an injury that had peeled away part of his scalp, making his skull clearly visible.

My breath hitched in my throat as I found myself having to make sure that I had a firm grip of the patient's head so I would not drop it in shock. My hands shook terribly as I continued to work the best I could. The smell of blood seemed to become increasingly pungent, seeping through the layers of my mask. I could almost taste the metallic flavour of blood in my mouth. The radiographer noticed my pale complexion as I excused myself to leave the resus room. I walked from that place as quickly as I could, trying not to seem like I was rushing or disturbed but I was already breathless from walking just a few steps. I tried to shake the image of the bloody scalp from my head but it was to no avail. I attempted to take deep breaths to steady myself.

"It's just blood," I whispered to myself over and over again, like a chant to calm myself down. But I could not take it anymore, and that was when tears started to roll down my face. Before I knew it, I was crying like a child would. I did not feel sadness or anything like that. All I could feel was frustration in that moment; frustration that was only directed to myself. I could hear my thoughts telling me to quit pursuing this profession, but I refused to listen to them. Even when my tears subsided, my frustration did not. In fact, my tears had fueled my frustration. I became even more determined. I did not want to be subjected to my fears anymore. I wanted to change. I wanted to help people with what I do. But before I could do that, I had to overcome my fear of blood first and this trauma had sparked the flames of my determination.