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THE VOICE OF FHSS

VOLUME 2, ISSUE 2 (2019)

The Voice of FHSS is a quarterly 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, staffs and students' professional development as well as student activities.

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DEAN'S MESSAGE



Assoc. Prof. Chan Sook Chin
Dean, Faculty of Health & Sport Sciences

When I was asked for the Dean's message for the second issue of the faculty newsletter, "**The Voice of FHSS**", I was amazed at how time passes. There are two audits conducted by the Malaysian Qualification Agency in the faculty-the compliance audit for the Bachelor of Environmental Health and Safety (Hons) and the Bachelor of Physiotherapy (Hons). Audit is good for improvement to ensure quality is maintained in teaching, learning and assessment. However, there is always areas of imperfection in every audit. The feedback stated can be major or minor non-conformance but often it is due to poor compliance and poor documentation. These are all related to human factors. The reasons are caused by those who have accepted the responsibilities and duty but have not performed to the expected competency level.

In education, we are being challenged by accreditation agencies and parents to be more precisely assess the outcomes in terms of competencies developed within the curricula. There is no reason why those practices are not followed since they ensure quality.

There are sets of rules and standard operating procedures in teaching, learning and assessment which are constantly been reviewed. It is the responsibilities of the lecturers to be familiar with the most current educational requirements and changes.

For many years of my observation, lecturers who work with passion and commitment will perform well beyond the level of expectation as education is not just the delivery of lecture notes to the students. Great teachers are able to create leaders of tomorrow as the saying goes. I would say great teachers are those who are not only preparing their students to be graduates readiness at the work place but to be ethical, compassionate and sacrificial especially our graduates are healthcare professional. The lecturers are to be the role model. Your thought, behaviors and attitude will be observed by the students.

Teachers cannot take a 'back seat' because you need to lead, discipline and inspire. I would like to take this opportunity to wish all the academic staff in FHSS a "Happy Teacher's day" which falls on 16 May this year.

EDITORIAL BOARD



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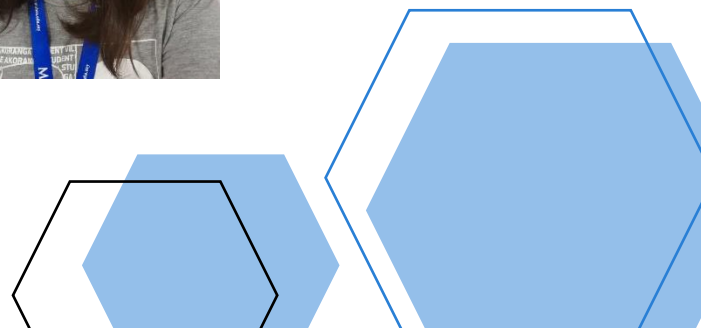
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MAHSA 16TH CONVOCATION

22 JUNE 2019

CONGRATULATIONS!

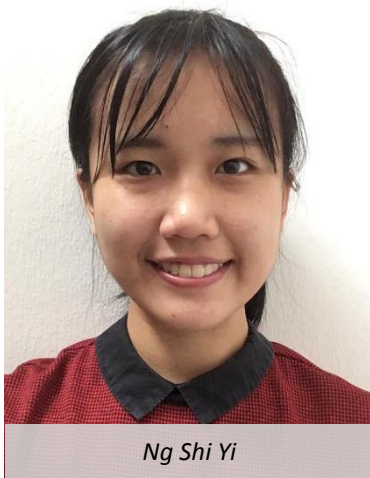


On 22nd June 2019, MAHSA University 16th convocation ceremony was held at its brand-new Grand Ballroom at the Sports Complex in Bandar Saujana Putra Campus. It was the day came for a total of 168 students from the Faculty of Health and Sport Sciences graduated from MAHSA University.

Among them, 19 were from Bachelor of Physiotherapy (Hons) and 36 from Bachelor of Environmental Health and Safety (Hons). While for the diploma programme, 78 were from Diploma in Physiotherapy, 10 from Diploma in Environmental Health and Safety and 25 from Diploma in Medical Imaging programme.

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 academics but also in the co-curriculum aspects. These students are:

- 1) Ng Shi Yi, Diploma in Physiotherapy
- 2) Adriana Ann Sim Zi Jun, Diploma in Medical Imaging
- 3) Vivig Dinesh a/I Vigane Swaran, Bachelor of Environmental Health and Safety (Hons)



Ng Shi Yi



Adriana Ann Sim Zi Jun



Vivig Dinesh a/I Vigane Swaran

FACULTY EVENT

OPEN DAY IN LABORATORY OF SKILLS OF ENVIRONMENTAL HEALTH

2 MARCH 2019

Department of Environmental Health had organized the open day activities in the Skills Laboratory of Environmental Health which were opened to the public. Students of Environmental Health Program had demonstrated the uses of equipment, such as the equipment to measure the environmental quality in the laboratory. There are also some replica models and posters on environment health which were displayed in the laboratory.



Student explaining about materials available in laboratory



Replica model of water treatment plant

ANNUAL DINNER FOR ENVIRONMENTAL HEALTH FAMILY

2 MARCH 2019

Cherish the moment together

In order to appreciate and celebrate the Environmental Health 'families', Department of Environmental Health had organized the annual dinner which were participated by Environmental Health students, alumni and staff. Such a memorable event was held at Hotel De Palma, Shah Alam on 2 March 2019. Dato' Dr. Zaininah binti Mohd Zain Deputy Vice-Chancellor (Student Affairs & Alumni) is among the invited guests of this event. After a gargantuan undertaking of planning and organizing this event for months, students finally enjoyed the event which was filled up with several performances and the best dress competition



Environmental Health Students and Lecturers



Best Dress Awards



Environmental Health Students at the Annual Dinner

DEMONSTRATION OF 'GARBAGE ENZYMES' BY THE DEAN OF

9 MARCH 2019

Some unwanted materials in our house can be turned into the beneficial goods. The term of 'homemade' refers to creating something that is useful from any materials that are available in house could be used to produce the beneficial goods. Dean of FHSS, Assoc. Prof. Chan Sook Chin had demonstrated on how to prepare the homemade bioenzyme that called as 'Garbage Enzymes' which have multi-purposes uses for example as an insecticide, fertilizer, and cleaning agent. This bioenzyme product consisted of pineapples, lemon, orange peels and brown sugar. The 'Garbage Enzymes' was formulated and promoted by Dr. Rosukon Poompanvong, the founder of the Organic Agriculture Association of Thailand. Assoc. Prof. Chan Sook Chin has keen interest toward environment; she believes that everyone should contribute in making our environment clean, sustainable, and safe.



Demonstration of 'Garbage Enzymes'



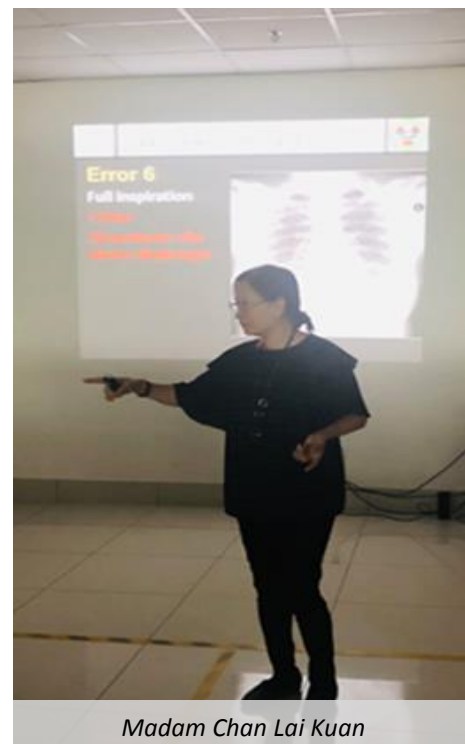
Demonstration of 'Garbage Enzymes' Preparation

RADIOGRAPHIC IMAGE QUALITY WORKSHOP

14 MARCH 2019

On 14 March 2019, the Department of Medical Imaging in MAHSA University organized a workshop that provided a broad overview and practical in image interpretation and evaluation based on optimum quality criteria for general radiography.

This one-day workshop focused on chest radiography as the chest radiography remains the mainstay of chest imaging. The main advantages of chest radiographs are, the low cost and the low radiation exposure. Erect chest radiographs still play an important role as a fast tool to identify various chest diseases and cardiac congestion or to monitor response to therapy.



Madam Chan Lai Kuan

Other than that, portable chest radiographs are the main tool to monitor patients in intensive care units (ICU). Chest radiography is responsible for approximately 30-40% of all x-ray examinations performed, regardless of the level of health-care delivery.

The workshop was delivered by a very experienced speaker, Madam Chan Lai Kuan who is a former radiographer and academician. She is also an advisor to the Malaysian Society of Radiographers. The topics that were delivered and discussed in the workshop was Radiographic Image Quality Part 1 (Pathology and Abnormalities in Chest Radiography) and Part 2 (Common Errors in Performing Chest Radiography).

he contents of workshop were delivered by such an experienced and proficient speaker, Madam Chan Lai Kuan, a former radiographer and academician. She is also an advisor to the Malaysian Society of Radiographers. The topics of the workshop were Radiographic Image Quality Part 1 (Pathology and Abnormalities in Chest Radiography) and Part 2(Common Errors in Performing Chest Radiography).

The participants were given up-to-date information on technical factors and physical principles that affecting chest radiographic images. They were exposed to technical errors and abnormality in chest radiographic images to improve the image quality of the radiographs. The participants thoroughly enjoyed the sessions.



GO GREEN SEMINAR

21 MARCH 2019



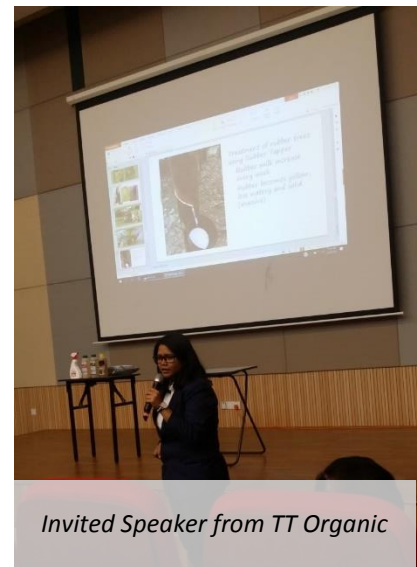
Go Green Seminar 2019

Date: 21.3.2019 (Thursday)
Time: 9.00am-1.00pm
Venue: Engineering Auditorium, Level 1, Empathy Building,
MAHSA University, Saujana Putra.
Contact person: 1). Ms. Afifa (012-2243148)
2). Mr.Puad (019-2828370)

Itinerary

9.00-10.00am	Environmental Management and Health Impacts	Dr.Subramaniam (HoD EHS)
10.00-11.00am	Greening and Beautification of a City (DBKL) – Experience Sharing	Mr. Danny Wee Kong Heng (MAEH)
11.00-12.00pm	Saving the Environment and Healthier Life	Ms. Eleena Norsin (TT Organic)

In conjunction with 'Go Green' month in MAHSA University, Department of Environmental Health had organized a 'Go Green Seminar 2019'. The topics of the seminar were 'Environmental Management and Health Impacts', 'Greening and Beautification of City' and 'Saving the Environment and Healthier Life' by using the organic products. The invited speakers were from the Kuala Lumpur City Council and a private business company known as 'TT Organic'.



SEMINAR AND WORKSHOP ON MEN'S AND WOMEN'S HEALTH

25 & 26 APRIL 2019

The physiotherapist's roles in understanding the biological difference in male and female health conditions have been well recognized in the health care system. Physiotherapy can offer valuable benefits in health conditions that are predominantly seen in women and men. Upgrading knowledge in this field is highly required to have better outcome in treating clients with different conditions. In achieving the client's goal, MAHSA Physiotherapy Department had organized a 'Seminar and Workshop on Men's and Women's Health' in April 2019.

Men's and Women's Health Physiotherapy mainly focuses on the bladder, bowel and pelvic floor muscle related disorders. The 1-day seminar which was held on 25 April 2019 covered topics like issues during ante-natal and post-natal phases, pelvic floor dysfunction, sexual dysfunction and issues in aging men and women and was aimed to provide the theoretical knowledge for physiotherapists to strengthen their clinical reasoning especially for those physiotherapists who want to explore the scope of their practice into women and men's health. The Seminar was successfully attended by 31 professionals from all over Malaysia and 90 over students. Six national and International speakers were invited to conduct the sessions, each focusing on prime topics related to both genders.

Professor Dato' Dr. Ravindran Jegasothy, Dean of MAHSA Faculty of Medicine, presented on the topic: Changes in the body during pregnancy and after. Dr. Rebekah Das is a physiotherapist from Australia with more than 10 years of experience in the field of continence and pelvic floor rehabilitation. She presented on the types, causes and differential diagnosis in Incontinence. The other topics discussed were Men's health and erectile dysfunction leading to sub-infertility by Assoc. Prof. Dr. Nanda Kumar; Issues in ageing men and women by Dr. Punithanathan Rajoo, Vaginismus: Can Physiotherapist help? by Puan Lim Khee Li, Head of Physiotherapy Department, Hospital Kuala Lumpur and Pelvic floor muscles: Anatomy in relation to diaphragm: Pelvic floor piston and common pathologies by our anatomy lecturer, Madam Nirmala.



Panel Discussion

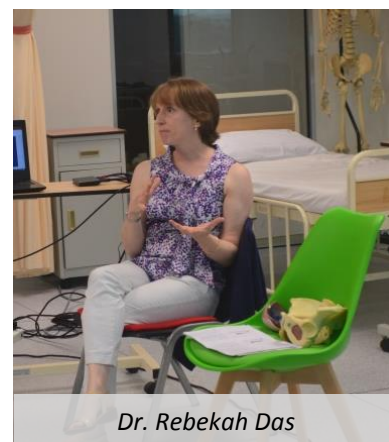
The one and half hour of panel discussion was the star attractions of the day, which was appreciated by the participants. We tried our best to balance the panelists so that audience can hear from the experts in both industry and academia. The panelists shared views on importance of reasoning based on knowledge, complexities of men's and women health, range of challenges still existing in the area.



Group Photo of Seminar

The 1-Day workshop on “Physiotherapy Management of Urinary Incontinence” was conducted on 26 April 2019. The instructor of this workshop, Dr. Rebekah Das holds an academic position at the University of South Australia and is a committee member for the International Continence Society (ICS). She completed her PhD in 2014 in the field of urinary urgency. She has published many papers and presented at national as well as international conferences. She has received a number of presentation awards and prestigious grants dedicated to Incontinence.

The workshop was on the role of physiotherapy in the conservative management of urinary incontinence. Participants were taught the importance of physical examination involving bimanual examinations to accurately diagnose and create evidence-based treatment plans for various urinary incontinence. To provide better practical learning experiences, two patients were invited with different problems of incontinence during the workshop. There was great interaction between participants and the instructor making the sessions interesting. The workshop covered subjective examination, clinical reasoning skills to differentially diagnose different types of urinary incontinence. The use of outcome measures and screening tools to better understand urinary incontinence within the broader scope of pelvic floor dysfunction and interpretation of bladder diaries were discussed.



Dr. Rebekah Das

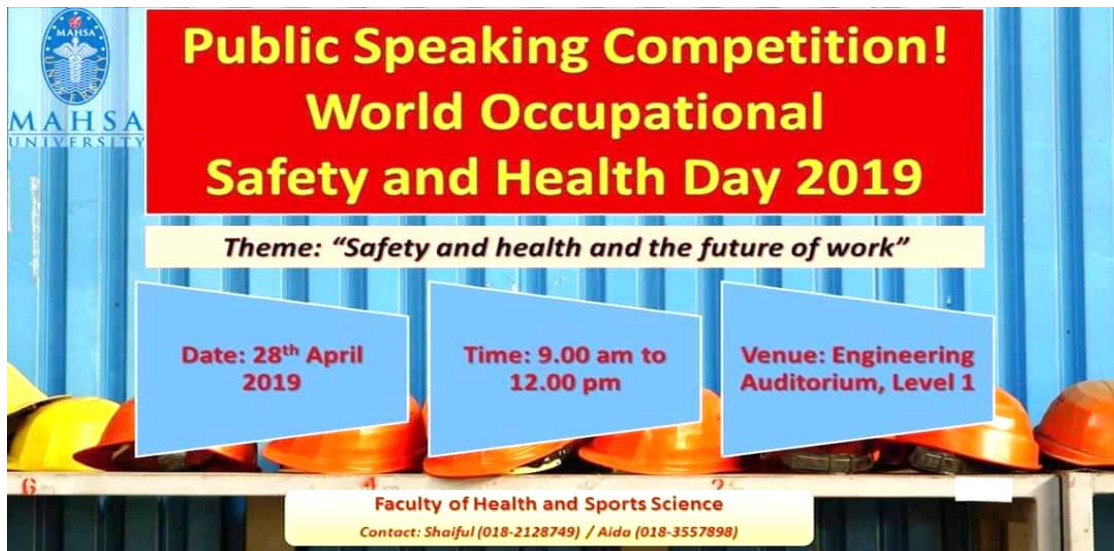
All participants had given very positive feedback on the workshop and wanted a postgraduate programme to be conducted in the future. It is really pleasing to see the enthusiasm shown by all participants in learning and discussing problems during the workshop. This workshop enabled us to bring together all the professionals in the field of physiotherapy to share their knowledge, expertise and to enhance evidence-based practice.



Group Photo of Workshop

PUBLIC SPEAKING COMPETITION FOR WORLD OSH DAY

28 APRIL 2019



In conjunction with OSH World Day, the public speaking competition was held on 28th April 2019 by the Department of Environmental Health. Students from various faculties such as Faculties of Medicine and Faculty of Engineering had participated in this competition. The theme of competition is 'Safety and Health and the Future of Work' aims to raise awareness among students about the influence of occupational, safety and health in work.



Student Participant



Student Participant



Group Photo of all Participants

DECORATION FOR HARI RAYA

MAY 2019

During the Ramadan month, Faculty of Health and Sport Sciences (FHSS) have participated in the '**Decoration for Hari Raya 2019**' competition in conjunction with 'University Social Responsibility Month' that organized by the Faculty of Dentistry. With pleasure, FHSS won GOLD AWARD price winner.

This event was organized to cherish the delightful moments of the 'Hari Raya Aidilfitri' celebration among staffs in MAHSA University. This has encouraged good teamwork among the staffs from Physiotherapy, Medical Imaging and Environmental Health Departments as they set to work on the decoration.

'Hari Raya Aidilfitri' or the Eid Celebration marks the end of the fasting month of Ramadan, and the beginning of a new month called as 'Syawal' in the Islamic calendar. 'Hari Raya Aidilfitri' is known as celebration of victory in completing the fasting practices and overcoming the personal self from bad deeds within the Ramadan month. It is also a month of forgiveness and a time for strengthening the bonds within family members, relatives and Muslims.



STAFF PROFESSIONAL DEVELOPMENT

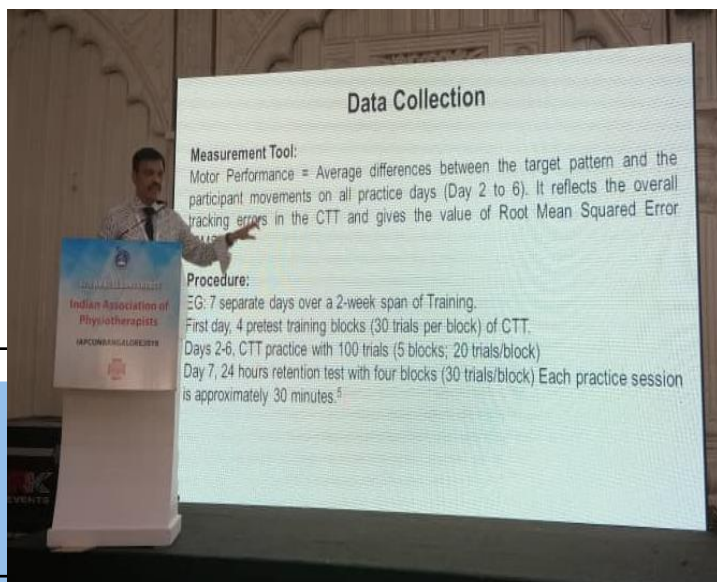
FHSS STAFF PRESENTATIONS IN INTERNATIONAL CONFERENCE OF PHYSIOTHERAPY AT LOVELY PROFESSIONAL UNIVERSITY, INDIA

12 & 13 APRIL 2019

BY: ASSOC. PROF. LOURDHURAJ IRUDHAYARAJ (HEAD OF PHYSIOTHERAPY DEPARTMENT)

Three different research works of Physiotherapy Staff by **Assoc. Professor Lourdhuraj I., Mr. Arun Kumar T. H. and Mr. Ramakrishnan G. V.** were selected for the Paper Presentations at the International Conference of Physiotherapy organized by Lovely Professional University, Punjab India on 12 & 13 April 2019. The research paper presented were on Neurological and Musculoskeletal Physiotherapy.

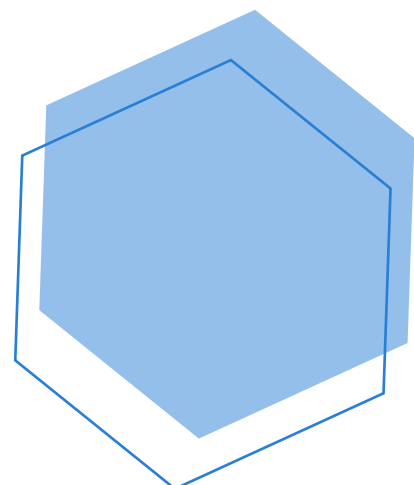
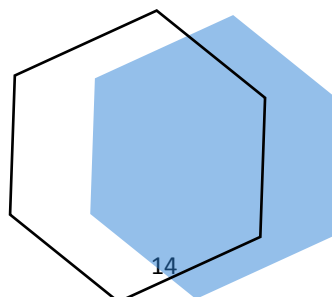
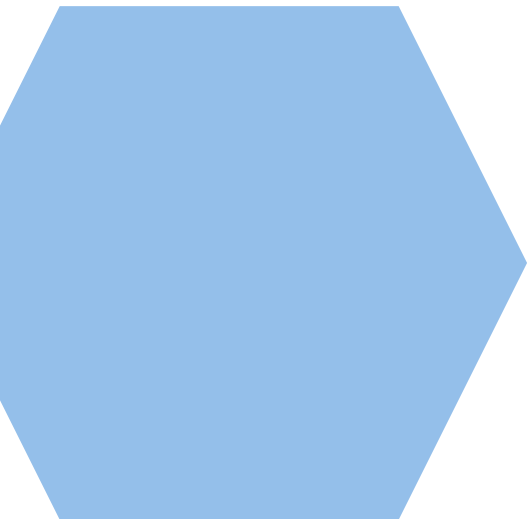
Lovely Professional University (LPU) sprawls over more than 600 acres slightly away from Jalandhar City in Punjab, India. It is known as the largest single campus University in India among the private institutions and educates more than 25000 students from across the globe in 200 different programmes. The Physiotherapy faculty of LPU organized their first International Conference with the theme, 'Expanding domains of Physiotherapy' and had International Resource persons. Among the 52 papers selected for the Oral Presentations, three were from the Physiotherapy Department under the Faculty of Health and Sport Sciences, MAHSA University.



Assoc. Prof Lourdhuraj, Mr Arun Kumar and Mr Ramachandran had to leave immediately after the Department Assessment Panel Meeting on 11 April 2019 and travelling 12 hours to reach the conference venue. It was a very hectic experience but they had managed to present their papers.

The research presented were appreciated much as it had innovative ideas either in assessment or management. Although the presentations were on the non-competitive platform but had attracted the attention of large audience. The MAHSA University flag will be raised high if all the staff took the opportunity to present their research work at the international conferences.

Being part of this research sharing at the International Conference was a great experience and would like to encourage our fellow colleagues in the near future to take part in such activities. The knowledge shared through research could paves the way to explore more and more as the quest never ends. Let's conduct research and disseminate globally to boom the name of us and the University.



3D-ANALYSIS OF GAIT PARAMETERS

16 & 17 MAY 2019

On the 16 & 17 May 2019, an advanced movement analysis training course was organised by the Physiotherapy Department of MAHSA University. This training was conducted by an experienced individual from BIOFIT Technology & Services, Mr. Daniel, with the aim of helping our fellow lecturers to have a better understanding on the operation of the 3D Motion Analysis device and the wireless Surface EMG and to inspire our fellow lecturers on ideas of future research that can be conducted using these devices.

The 3D Motion Analysis device consists of 6 highly precision cameras, highly sensitive markers, calibration tools as well as few specific programs to operate. With the help of the 6 Prime Series cameras, the Micron Series calibration tools and the real-time kinematic labelling engine of the device, it is capable of visualising the unique skeletal structure of each subject to provide a high accuracy and reliable 3D data even during occlusive interactions between the limbs.

As for the wireless Surface EMG, it is an easy to use device as the sensors are designed in a way where no skin preparation or conducting gel is required for it to provide a superb quality of signals. The amplifier in the sensor is able to detect and amplify the input impedance in a very high value so it is very efficient in both static and dynamic applications.

MAHSA University had invested on the 3D Motion Analysis devices with the aim to provide opportunities for research since the postgraduate Physiotherapy started. The devices can be used for collecting objective, accurate and repeatable gait data. Accurate knowledge of gait characteristics and monitoring and evaluating over time will enable early diagnosis of neurological diseases and their complications and help to find the best treatment. We hope to open to widespread use in routine clinical practice and offering a reduce rate.



NEWS ARTICLE

CURRENT CONCEPTS IN PLYOMETRIC EXERCISE TRAINING

BY: MUTHUKUMARAN NARAYANAN (PHYSIOTHERAPY DEPARTMENT LECTURER)

Plyometrics became an integral part of rehabilitation program in the terminal phases of rehabilitation for strength and conditioning or for performance enhancement. The purpose of this article is to provide an overview of plyometric exercise and scientific foundation for the application of plyometrics.

Plyometrics involves the stretch - shortening cycle (SSC) by using lengthening (eccentric contraction) and immediately followed by shortening (Concentric contraction) of muscle fibers to generate great strength at a high speed. The plyometric exercises increase average power and acceleration. The word Plyometrics is derived from the Greek word *Plythein* or *plyo*, which means to increase and metric to measure.

Scientific Foundation for Application of Plyometrics

The plyometric movement uses the pre-stretch of the muscle-tendon unit in order to enhance the ability of muscle fibers to generate more tension and resultant force production.

Plyometrics needs to be performed with high intensity efforts, above 80 % to achieve selective recruitment of fast twitch muscle fibers motor units.

Clinical guidelines for plyometric program

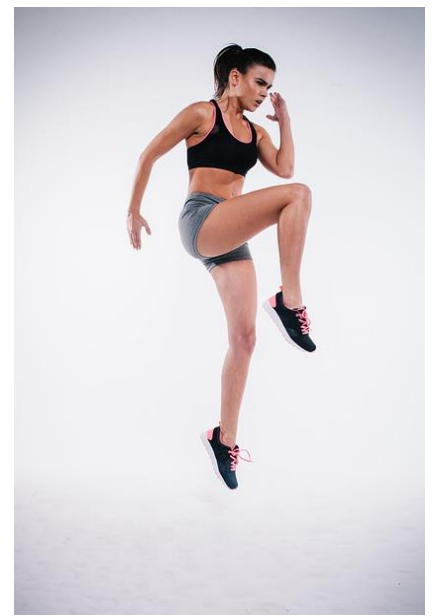
General considerations and guidelines for initiating Plyometric program includes, age of the patient, injury history, type of injury, foundational strength and experience in resistance training.

Before involving the plyometric exercise program ensure, no pain in the limbs to be exercised, full ROM, minimum balance for 30 seconds with eyes open and closed, proper neuromuscular control, assessment of a single leg half squat, free weight squat 1.5 - 2.5 times of body mass, ability to squat 60% of body mass 5 times within 5 seconds without discomfort are needs to be evaluated. If the above the minimum criteria are not meet, then plyometrics is contraindicated to prevent injuries.

Designing a Plyometric program

Training variables to consider:

- Typical plyometric training should follow the principle of conditioning to achieve optimal results. This can be accomplished by manipulating the volume, dosage (reps, sets, weight, etc) of many different variables.



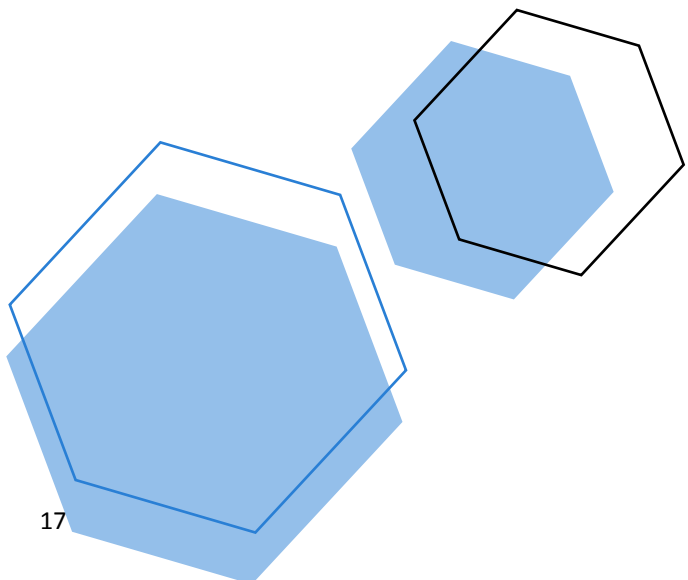
- Neuromuscular overload by rapid change of direction of a limb or the entire body without external loads.
- Spatial overload by large ROM with an exaggerated movement pattern, to employ muscle activation and stretch reflex within a specific ROM.
- Temporal overload by concentrating on executing the movement as rapidly and intensely as possible. Keeping the amortization phase (time to rebound) as short as possible, is one of the keys for increased power production.
- Intensity is the actual percentage of effort required to perform the activity needs to be varied and progressed when designing rehabilitation program.
- Volume is the total work performed in a single micro, meso and macro cycle (Periodization). In Plyometrics, volume is measured by calculating the load, counting the number of repetitions and sets (like jumps, throws).
- Recovery is important to prevent injuries, because of the intense demands on the body associated with Plyometric training, longer recovery periods between sets may be appropriate. Usually 48 - 72 hours between exercise bouts with plyometrics is recommended.
- Specificity in plyometric program should be designed dependent upon the demands of the patient or sports. It includes motions, angular velocities, load, metabolic demands etc.

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HEAVY METALS CONTAMINATION IN SEAFOOD

BY: MOHD FADZRI BIN ZULKIFLI (DIPLOMA OF ENVIRONMENTAL HEALTH STUDENT)



Seafood contamination has always been an alarming issue worldwide, which could be due to the contamination from heavy metal including Cadmium (Cd), Arsenic (As), Mercury (Hg), and Lead (Pb). This problem has increased year by year and it was coming from human deeds. Since heavy metals are hard to be degraded, selfish individuals often dispose these chemical substances into the water either into river, lake, or sea. Universiti Malaysia Terengganu (UMT) School of Marine and Environmental Sciences marine biology lecturer, Prof. Dr. Ong Meng Chuan led a team of 25 researchers and scientists conducted a study at Malacca straits. The result demonstrated that coastal water of Johor, Port Klang, and Pulau Pinang are at high risk of heavy metal contamination.

Source of Contamination

Seafood are mostly contaminated because of heavy metal being absorbed into them, It is including Cadmium(Cd), Arsenic(As), Mercury(Hg), and Lead(Pb). But where does the heavy metal coming from? Heavy metal that contaminated the water sources came from many places including industrial, commercial, agricultural and urbanization. For industrial sectors, the contamination is often due to the selfish human act which disposed the unwanted heavy metal waste into the water sources (river, lake and sea). While for the commercial sector, the heavy metals could be from the detergent, food premises garbage as well as human waste. Next for agricultural sector, it is usually coming from the uncontrolled usage of pesticides.

Types of heavy metal that contaminated seafood

There are many heavy metal that causing seafood to be contaminated including Cadmium(Cd), Arsenic(As), Mercury(Hg), and Lead(Pb). Each seafood have their own maximum permitted level of cadmium, for which when the level is passed, then, it will be dangerous for them to be consumed. Example for tuna, if the level is more than 0.15 mg/kg wet weight, it will be considered as being contaminated. While for mackerel, the cadmium level should not be more than 0.10 mg/kg wet weight.

Mercury in seafood is called methylmercury. Small amount of mercury in fish will not be harmful to the human health. However, when the mercury level is too high, it posed certain health threads such as damages to the development of fetus and newborn.

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STUDENT CORNER

REFLECTION ON RADIOGRAPHIC IMAGE QUALITY WORKSHOP

BY: MARIYAM BALMA HABEEB (BACHELOR OF MEDICAL IMAGING STUDENT)

“Yes, I know what is wrong with you, NO! I cannot tell you”. This is the life of an X-ray technician. Some people think that a radiographer’s job involves just pushing buttons. The role of the radiographer includes ensuring that the physicians get the image they require. *I do not know how to edit this sentence, sounded not so nice.* A radiographer must be professional and expert enough to position the patient, manipulate the machines in order to produce the radiographic images with acceptable quality. They are also skilled professionals in human anatomy and also are knowledgeable in physics of the machines used for diagnostic imaging. Reading or critiquing is also one major role of a radiographer, and hence a radiographer’s job is more than just a pushing of a button.

In March 2019, I attended a radiographic image quality course conducted by Madam Chan Lai Kuan (Advisor of Malaysian Society of Radiographers) regarding pathologies of chest radiography and common errors in chest radiography. It was an experience of a lifetime. The course not only attended by students but also medical imaging lecturers.

During the session, we learned about various abnormal chest pathologies, criteria needed for producing a good quality chest X-ray and common errors made by radiographer. A lot of abnormalities can be found from a simple chest X-ray. A radiographer with vast knowledge on



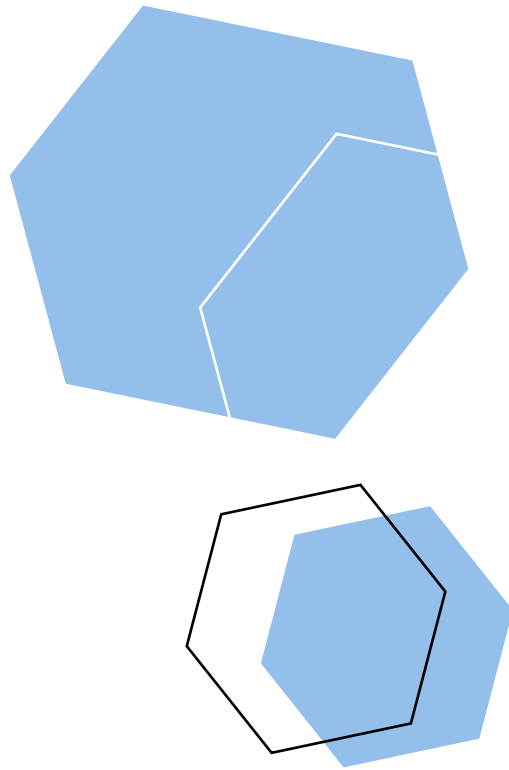
anatomy, physiology and pathology, and an expertise in image interpretation, can unravel hidden medical mysteries of a patient by taking just a simple chest X-ray.

Chest X-ray is the most commonly imaging technique that was first being reached out to before any others. If the patient is not in a critical condition and is cooperative, taking a chest X-ray is not challenging. However, if the needed equipment and techniques are not well taken care of, the faulty chest X-ray produced could leads to wrong diagnosis and thereby putting the patient’s life at risk. To produce a good quality radiograph learning the criteria of a good X-

ray and the common errors made would be the best possible solution. The criteria for a quality CXR can be achieved by following “PACE”. (P-projections and positioning), (A-alignment and anatomy of interest), (C-collimation and CR) and (E-exposure). The simple errors made while taking a chest X-ray include rotation, collimation, markers, artefacts etc.

At the end of the session we did a small activity which involved critiquing the images and identifying the pathologies of the images. This was something I have never experienced before and I felt that it was a highly enlightening experience even though I haven’t gotten that far with the contents of my lectures. However, it wasn’t hard to follow as my seniors were really helpful and involved me fully during the session.

In a nutshell, it was one of the best experiences I have had so far here in MAHSA University. Seeking knowledge creates courage and the more intrigued and excited about the skill you seek to acquire the more quickly you will gain it. I would recommend you all to grab the chances you get to be a part of an event like this. It is worth the time and effort as you get to hear real life experience from people who experienced it themselves.



PARTICIPATING RADIOLOGY ASIA CONFERENCE 2019 IN SINGAPORE



The Radiology Asia Conference was held at the MAX Atria in Singapore for 2 days on 26th & 27th April 2019. It brought the medical imaging and diagnostic community from many countries in South East Asia, Australia and New Zealand.

23 students from MAHSA Medical Imaging Department had attended the Radiology Asia. The students were exposed to the latest medical imaging technologies, on how to improve patient care, recognizing complex pathologies and technical errors of the modalities leading to inaccurate diagnosis.

The experience gained from the conference gave valuable insight to the students as they need to prepare for their research project. Many interesting topics were presented by researchers and renowned speakers. Students were disappointed that they were not able to attend all the sessions as some were concurrent sessions. Nevertheless, it is an eye opening experience for our students.

The exhibition booths displayed some of the advanced medical imaging modalities. Companies such as Ziehm Imaging, Kheron Medical, Volpara Solutions were some of the exhibitors. The students were able to see the latest models of the imaging modalities such as high-tech C-arm and Doppler ultrasound.



Lecturers and students should make a point to attend some international conferences for upgrading knowledge and skills.

COMMUNITY WORK AT OLD FOLK'S HOME

To care is to love. Department of Environmental Health continuously organized community activities by helping the unfortunate people. As part of the MPU module requirement, the Environmental Health students visited the old folk's home on 2nd March 2019. The activities participated include housekeeping, games, cooking and communicate with the residents. One of the objectives of the program is to raise awareness on the problems experienced by older people; inculcate the caring attitude among students.



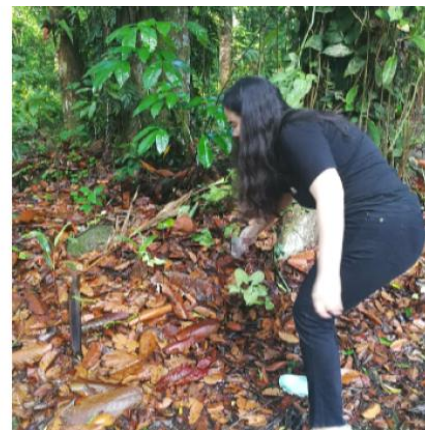
SUNGAI CONGKAK COMMUNITY SERVICE



Community service is a non-paying job performed by person or group of people solely for the benefit of their community, and is important to the education of every youth. On 5th April 2019, 11 Medical Imaging students and a lecturer from MAHSA University went to Sungai Congkak Recreational Forest to fulfil their community service duties. The event started at 7.20am and ended at 1.40pm.

The objectives were to protect and promote living rivers and their biodiversity; to educate the public and to promote civic consciousness in keeping a healthy environment. Everywhere was filled with the garbage left by the public. The area become a good breeding ground for mosquitos.

It was a fun day as students enjoyed the greenery and cool air while clearing the garbage such as plastic bottles and food containers. The community work may not be the long term solution to keep the environment clean. More work should be carried out to educate the public on the importance of keeping the surrounding clean. Most of all, getting the visitors not to litter the place will be very challenging because it will demand their behavior change.



CLEAN CITY FOR PROPER LIVING

As part of the social and environment responsibility, Environmental Health (EH) students, MAHSA University had joined the clean city program in Kuala Lumpur together with members of the Malaysian Association of Environmental Health (MAEH) on 28 April 2019. This event was organized by Dewan Bandaraya Kuala Lumpur under the 'Local Agenda 21' program. Local Agenda 21 is a local-government-led effort to ensure a city to implement a sustainable development. The Environmental Health students helped in the cleaning of the streets.

