

Message from the Dean



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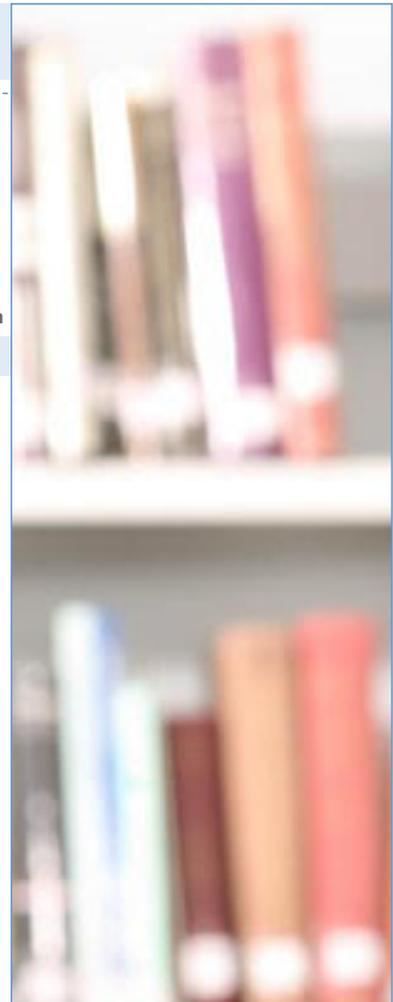
It is my great pleasure to announce the launch of the first issue of the quarterly Faculty newsletter of the Pengiran Anak Puteri Rashidah Sa'adatol Bolkiah (PAPRSB) Institute of Health Sciences.

We hope that our newsletter, **Beyond**, will be the platform through which staff and students of the Institute and the University as a whole, as well as any external interested parties can keep up with the news and activities of the Institute. We believe that this newsletter will be a stepping stone into bringing in the stakeholders of the Institute closer, by keeping them updated with the current developments within the Institute.

The mission of our Institute is “to provide high-value education, conduct high impact research, and extend outstanding community service.” In keeping with those themes, in this issue of **Beyond** we have featured articles on the activities of students and staff of this Institute which highlight their hard work and success in Medicine, Biomedical Sciences, Nursing and Midwifery. Several of our faculty members have also had their work published, further disseminating the exciting work done at the Institute.

We hope that you will find this newsletter interesting and thought-provoking; and that it will allow you, the reader, to see “beyond” what you know. We are an institute that strives to develop people “beyond” their expectations. We are not bound by boundaries. We innovate and think in a different way, with a new perspective and creative thinking. Therefore, we teach “beyond” what we know... because we think “beyond” UBD’s 2020 vision. My heartfelt gratitude and appreciation goes to all the contributors, and the editorial team of the newsletter, Dk Dr Nurolaini Pg Hj Md Kifli, Dr Adi Yusri Idris and Dr Ihsan Nazurah Zulkipli for their time and effort.

Best wishes.



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Awards from the State

Several staff members and lecturers of the Institute were recently recognised for their excellent service and dedication towards the government, nation and religion, and were bestowed the **Pingat Indah Kerja Baik** by His Royal Highness Al-Muhtadee Billah, the Crown Prince and Senior Minister at the Prime Minister's Office with consent from His Majesty The Sultan dan Yang Di-Pertuan Brunei Darussalam.

1. Ahmad Faisal bin Hj Zainal Abidin
2. Rozita binti Hj Tamin
3. Asnah binti Hj Yusof
4. Dr Khadziah binti Hj Abdul Mumin
5. Hjh Saloma binti Hj Ongsang
6. Hjh Malawati binti Hj Bungsu
7. Md Khairulamin bin Abdullah Sungkai

Additionally, Hjh Siti Zaliha binti D. P. Hj Noordin was bestowed **Darjah Setia Negara Brunei Yang Amat Bahagia Darjah ke Empat (P.S.B.)**.

Outstanding IHS Student receives prestigious University Silver Medal award



“His Majesty encouraged us to put scientific research forward, especially in local universities. They need local people, and I would like to be involved in that (to develop the nation),” Fatin Nurizzati binti Mohd Jaya, Bachelor of Health Sciences (Biomedical Science Graduate), University Silver Medal Recipient

UK-SE Asia Partnership - Collaborative Development Award

Dr Adi Idris was recently awarded the Collaborative Development Award by the British High Commission, Singapore to pursue research activities in the UK.

Brunei-US English Language Enrichment Project for ASEAN

Dr Khadziah Hj Abd Mumin was awarded a scholarship to carry out her post doctoral research at the University of Michigan School of Nursing, United States of America from October 2014 to October 2015.

Fellowships awarded

Dr Suwarni Hj Md Diah was awarded a fellowship by the Chulabhorn Research Institute, Bangkok, Thailand to attend *"International Training on Environmental Immunotoxicology and Reproductive Toxicology"* from 20-31 October 2014.

Dr Ampuan Asrin Ampuan Tengah was awarded a fellowship by the Chulabhorn Research Institute, Bangkok, Thailand to attend training for *"Environmental and Health Risk Assessment and Management of Toxic Chemicals"* from 6-18 December 2014.

One hundred and eleven students from Universiti Brunei Darussalam (UBD) were recently awarded for their excellent academic achievements at the University Medal and Book Prizes Award Ceremony on 17th September 2014, held in conjunction with the recent 26th Convocation. On hand to present the award and prizes was the guest of honour, Pehin Orang Kaya Seri Kerna Dato Seri Setia (Dr) Haji Abu Bakar bin Haji Apong, Minister of Education, in his capacity as Chairman of UBD Council.

In his address, Permanent Secretary (Higher Education) at the Ministry of Education (MoE) and Vice Chancellor of UBD, Dato Paduka Dr Haji Zulkarnain bin Haji Hanafi, told the audience that the awards represent a recognition of the academic success achieved by the graduates in their respective fields. He encouraged students to excel in extra-curricular activities, which help instill skills such as responsibility, discipline, independence, and entrepreneurial thinking. He also urged the students to develop themselves to become skilled, resilient, creative, innovative and

visionary. They were also urged to continue supporting the national development and society in general.

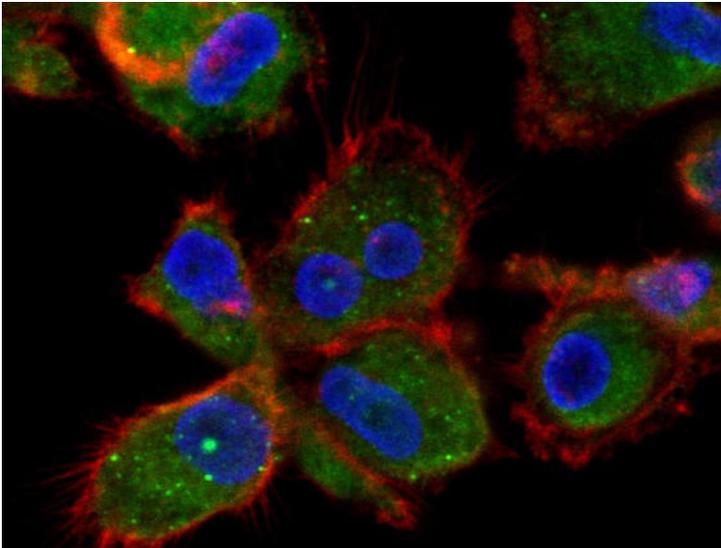
This year, the university awarded the prestigious University Silver Medal Awards to outstanding students graduating from the Bachelor's programmes: Nor Rafidah binti Hj Moktar in Bachelor of Arts, Abdul Azim @ Azri bin Hj A Sabli in Bachelor of Science, Fatin Nurizzati binti Mohd Jaya in Bachelor of Health Sciences, and Abdul Wafiy bin Awg Moslim in Bachelor of Business.

A positive mindset and love for the field of study is what made the journey enjoyable, shared Fatin Nurizzati. "It was really challenging, but I have to stay optimistic. Besides working hard, you have to love what you are doing, do not give up easily, and do your best."

Fatin is currently studying MSc in Immunology at the Faculty of Medicine, Imperial College London, United Kingdom.

Research Focus: How do cells “see” viruses?

Virus infections contribute to a multitude of pathologies ranging from the typical common cold to cancers. Importantly, it is estimated that 18 percent of cancers worldwide are caused by infectious disease agents, with viruses being the usual culprits. Innate immune sensing of pathogens, such as that of viruses, is an evolutionary ancient trait that we as human “hosts” have acquired. Macrophages, an important cell type of the innate immune system, play a crucial role in the sensing of viruses. Traditionally known as the “big eater”, the macrophage attacks any foreign substances, infectious agents and cancer cells through destruction and ingestion. More importantly, the macrophage is equipped with a range of arsenal designed to detect the presence of viruses. One of these arsenals is an intracellular sensing platform known as the inflammasome.



Confocal microscopy image of cells of the immune system at 100x magnification using oil immersion objective. Image captured by Dr Adi Idris.

Revealing the true function of the inflammasome is an emerging area of research that has spread from the field of immunology into other biomedical disciplines. Inflammasomes are multi-molecular complexes that promote two important responses: inflammation and inflammatory cell death. In a viral infection, these two “warning” responses are important in the control and the resolution of the viral infection. There are “danger signals” from various sources ranging from the environment (e.g. asbestos, silica) to the pathogen (e.g. bacterial DNA, flagellin) that can activate the inflammasome. However, the role of the inflammasome is not just limited to immune sensing. It is important in cancers. It is suggested that during malignant cancer transformation or cancer therapy, “danger signals” are released from tumour or cancer therapy-induced damage to tumour or healthy tissue to activate the inflammasome.

We are beginning to embark on a research program investigating the immune function of inflammasomes in macrophages, in the context of a viral infection, specifically with viruses containing a ribonucleic acid (RNA) genome (RNA viruses). Since “danger signals” such as microbial genomic double-stranded deoxyribonucleic acid (dsDNA) can be “sensed” by the inflammasome, it is possible that genomic viral double-stranded RNA (dsRNA) could also be “seen” by the host cell. This work will not only allow us to better understand how host cells respond to RNA viruses, but it will shed light into the possibility of targeting the inflammasome for anti-viral therapy. This research has significant implications into the current emerging and epidemiologically significant RNA virus outbreaks in the ASEAN region, such as the West Nile virus, Hepatitis C and Influenza A viruses.

Staff Profile

Dr Adi Idris



Dr Adi Idris attained his PhD in Cell Biology and Biochemistry from the University of Queensland (UQ) in 2009. From then he has held several postdoctoral positions in several prominent research institutes in Australia. In 2009, he worked at the Institute for Molecular Bioscience (IMB) where he published his findings in *Science* journal on the role of the inflammasome protein, AIM2 in detecting cytoplasmic double stranded DNA in macrophages. He then took up a research fellowship post between 2010 and 2012 at the Australian Infectious Diseases Research Centre (AIDRC), where he investigated the host-pathogen relationship between macrophages and the emerging multi-drug resistant uropathogenic strain, ST131. He then expanded his opportunities into cancer immunotherapies research at the Mater Research Institute (MRI) under the Translational Research Institute in Wollongabba, Brisbane. There he was interested in exploring the role of the inflammasome on the human dendritic cell types with anti-tumour function. Dr Adi Idris is currently a Program Leader in Biomedical Sciences in the Institute and a recent recipient of the UBD research grant. He is involved in numerous research projects that cross several disciplines including bio-drug delivery, the inflammasome, saliva biomarkers and drug resistant bacteria. Notably, his current research focus is studying the role inflammasomes in eliciting responses to viral nucleic acids (see article on left). He recently published a review article on this work in the *Immunology and Immunogenetics Insights* in September 2014.

The ASEAN Medical
Research Network



The ASEAN Medical Research Network was formed with the intention to promote collaboration among leading medical schools in the ASEAN region, and to advance the medical education and health systems as an ASEAN community by 2015. The annual ASEAN Medical Deans' Summit was first held in 2012 at the Faculty of Medicine, Siriraj Hospital, Mahidol University in Thailand and the following year at the Faculty of Medicine, University of Malaya in Malaysia.

3rd ASEAN Medical Dean's Summit

Leading medical academics met for the 3rd ASEAN Medical Deans' Summit on 11th to 13th September 2014 at the National University of Singapore (NUS), held in conjunction with the 3rd ASEAN Medical Research Network Meeting.

This year, Presidents, Deans and representatives from 12 ASEAN medical schools gathered in Singapore for the 3rd ASEAN Medical Deans' Summit, hosted by the Dean of the NUS Yong Loo Lin School of Medicine, Associate Professor Yeoh Khay Guan. Attending on behalf of Universiti Brunei Darussalam (UBD) were Deputy Dean of Academic, Research and Internationalisation, Dk Dr Nurolaini Pg Haji Muhd Kifli, and Dr Hjh Fazean Irdyati Idris from PAPRSB Institute of Health Sciences UBD.

Delegates to the Summit discussed progress and updates on the ASEAN Network Organisation, Accreditation Planning, Medical Education Curriculum and Medical Electives Exchanges. Also on the Agenda were challenges that ASEAN countries face, such as Communicable Diseases (HIV, Dengue, Hemorrhagic Fever (DHF), TB and Malaria) and Non-Communicable Diseases (Cancer, Diabetes, Cardiovascular and



Ageing), as well as opportunities for medical education and research.

The delegates also visited the Centre for Healthcare Simulation (CHS) in the Centre for Translational Medicine building located on Medical Drive to observe the immersive, simulation-based learning environment in which NUS medical students are taught and trained.



Group photo of delegates to the 3rd ASEAN Medical Deans' Summit

Fighting the mental illness stigma: Medical students hold mental health awareness campaign



“Mind Your Mind, Mind What Matters”

- Mental Health Awareness Campaign

Three medical students from PAPRSB Institute of Health Sciences organised a Mental Health Awareness Campaign in conjunction with World Mental Health Day on October 10th.

With the theme “Mind Your Mind, Mind What Matters”, the campaign took place on 8th, 9th and 11th October with aims to raise awareness and understanding on mental health and to educate the public on how to work with people with mental illnesses.

The medical students, Abdul Hakim bin Abdul Rahman, Dk. Zafrah Hakimah Pg. Sam-sulbahri and Kua Pee Ling, took the initiative to combat the stigma towards mental illness and spread awareness of mental health through an exhibition, talks, movie forum and a gathering. Various interactive activities were organised for the visitors of the exhibition, which received an encouraging response from UBD students. The campaign also featured a talk which addressed common mental health problems by Dr Hilda Ho, Head of the Department of Psychiatric of

Raja Isteri Pengiran Anak Saleha (RIPAS) hospital. In addition, a mini workshop focusing on “Keeping A Good Mental Health: Automatic Thinking” was conducted.

The finale of the three-day campaign comprised a movie forum on “Silver Linings Playbook”, which shed light on mental health issues through an interactive session, where the importance of empathizing with people suffering from mental health conditions was highlighted.

To conclude the campaign, a gathering amongst participants was also carried out to realize the significance of peer support. Participants read out letters sent in by strangers and offered words of encouragement and contributed possible solutions in relation to the struggles and concerns as conveyed in the letters.

This community project is conducted as part of the SSM₃ (Special Study Module) incorporated into the 3rd year of the BHS_c (Medicine) programme.

About World Mental Health Day



World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

Upcoming events at the PAP
Rashidah Sa'adatulk Bolkiah
Institute of Health Sciences

24 January 2015

Healthcare Simulation Symposium:
Advancing Education and Practice
Through Technology

PAPRSB IHS, UBD has adopted simulation-based learning using High Fidelity Manikins as an added teaching and learning pedagogy in recent years. With the recently opened PAPRSB IHS Extension Building, SimCentre was established and equipped with High Fidelity simulators.

Organised by: PAPRSB Institute of Health Sciences, UBD

Supported by:



Who should attend: Health practitioners, Nurses, Midwives, Allied Health Professionals and relevant agencies

Invited Speaker: Chaoyan Dong, PhD. Medical Education Specialist

Registration fee: BND 30; Student BND 15

<http://ihs.ubd.edu.bn/article.php?view=8>

List of Faculty Publications in 2014

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List of Faculty Publications in 2014

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The Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah (PAPRSB) Institute of Health Sciences

Since its inauguration in September 2000, UBD's PAP Rashidah Sa'adatul Bolkiah Institute of Health Sciences has expanded beyond solely providing medical training. Graduate Programmes such as MSc in Primary Health Care, Master of Public Health, and Masters and PhD by Research as well as Undergraduate Programmes across four main disciplines – Medicine, Biomedical Sciences, Nursing and Midwifery are now offered. We ensure the Institute remains relevant and sensitive to the rapidly changing needs of the country. Our programmes are products of a continuous review of our curricula, and indeed, all our undergraduate programmes and diplomas have recently undergone major enhancements and are now also designed to encourage innovation and entrepreneurship, and for students to assume leadership roles, tempered with a keen awareness of the environment.

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