

Beyond

PAPRSB Institute of Health Sciences Newsletter

Jul—Sep 2017



Universiti Brunei Darussalam

Issue 10



Pengiran Anak Puteri Rashidah Sa'adatulk Bolkih Institute of Health Sciences Welcomes the First Cohort of Dental Students in August 2017 Following Collaboration with the Ministry of Health. Pictured are the Students with Dr Shahid Mitha (sitting), the Programme Leader of the Dentistry Programme.

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Research Focus : Empathy—A Key Trait For Healthcare Professionals



Dr Shahid Mitha is a Senior Assistant Professor in Institute of Health Sciences (IHS) and joined the Institute in December 2016 from International Medical University (IMU), Kuala Lumpur. He is currently the Programme Leader of the Dentistry Programme at IHS, which welcomed its first cohort of students in August 2017. Below he shares some

of his previous research:

In terms of patient care, empathy is defined as a cognitive attribute that involves an ability to identify and understand the patient's experiences, pain, suffering, concerns and perspective, combined with a capability to communicate this understanding and an intention to help. Physician empathy is linked with improved patient comprehension, more accurate diagnosis, increased treatment adherence, decreased emotional distress and improved quality of life among patients.

The team in Malaysia has been examining empathy in different healthcare disciplines over the last few years, and has already published some of the research. Initial research based on a self-administered questionnaire to 582 dental and 719 pharmacy students found that male students of Malay origin to be more empathic than females and those of other ethnic origins. Additionally, fourth year dental students were found to be more empathic than those from other undergraduate years, with the lowest levels measured among students in their final (fifth) year [Fig. 1]. Furthermore, year one and year two pharmacy students were more empathic than their seniors (year three and year four). Dental and

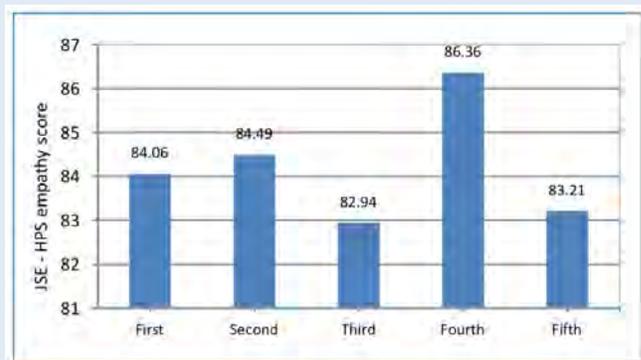


Figure 1. Mean empathy levels by year of study in dental schools in Malaysia

pharmacy students enrolled at public universities were significantly more empathic than those enrolled at a private university.

Another study addressing patient's perceptions of dental students treating them was conducted on 283 patients over a period of 40 days. The patients filled out the Consultation and Relational Empathy (CARE) Measure (10 Likert-type items) and demographic questions. The positive aspect was that three-quarters of patients ranked the students 'good' or 'very good' on every item. However, in contrast to earlier studies, it identified year two students as demonstrating the highest empathy, after which empathy declined every year until final year. This should be a cause for concern for undergraduate healthcare course coordinators, and measures should be undertaken to address this issue as empathy is considered to be directly related to greater patient satisfaction and confidence in healthcare professionals. With the onus now on training our students in empathy, there are even calls from some authorities for empathy to be considered an admission criterion in its own right. This is based on increasing evidence that empathy is partly inherited. Food for thought indeed.

IHS Celebrated Hari Raya Aidilfitri



Staffs and students of the Institute of Health Sciences gathered together to celebrate Hari Raya Aidilfitri in conjunction with the holy month of Syawal 1438 / July 2017 with the sharing of food. Syawal is celebrated as the day of peace and forgiveness.

UBD Among Top 1% of Universities in Asia

UBD broke into the Quacquarelli Symonds (QS) Asian University Rankings in 2014. Less rigorous ranking exercises had placed UBD in the 2500 to 3500 range previously. Regarded as one of the most influential and reliable university rankings in the world, QS assesses the performance of leading universities across four areas: research, teaching, employability and internationalization.

In the latest release by QS, UBD is now ranked 105 in Asia, up from 123 last year. This makes UBD one of the fastest rising universities in Asia and with almost 12,000 universities in Asia, UBD is now among the top 1% of universities in Asia. UBD performed particularly well in several of the key indicators of teaching, being top 20 in Asia in categories such as international students, international faculty and in faculty:student ratio. UBD did particularly well in international exchange, ranked Number 1 in Asia for both inbound and outbound students.

In June, for the first time UBD broke into the QS World University Rankings, coming in at 349th, placing UBD among the top 1.3 per cent of universities worldwide. In July, UBD made the QS Top 50 under 50 rankings, ranked 37th in the world for universities founded less than 50 years ago. Established only 32 years ago as Brunei Darussalam's first national university, UBD is relatively young but is rapidly gaining an international reputation in higher education circles.

37
TOP 50 UNDER 50
RANKED
2018

349
TOP 1.3% IN THE WORLD
RANKED
2018

29th Convocation Ceremony Held At UBD



As part of the annual Convocation celebration, the UBD Pesta Konvo 2017 kicked off on 4th September 2017 with a showcase of innovative and creative student and alumni projects and entrepreneurial endeavours at the Universiti Brunei Darussalam Sports Complex. It was officially launched by His Royal Highness Duli Yang Teramat Mulia Paduka Seri Pengiran Muda Mahkota Pengiran Muda (Dr.) Haji Al-Muhtadee Billah ibni Kebawah Duli Yang Maha Mulia Paduka Seri Baginda Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, Senior Minister at the Prime Minister's Office and Pro Chancellor of UBD. The theme for this year's Pesta Konvo is "Youths are the Catalyst of Transformation for a Successful Future".



The 29th Convocation ceremony, which was held on 7th September 2017, was graced by His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar 'Ali Saifuddien Sa'adul Khairi Waddien, Sultan and Yang Di-Pertuan of Negara Brunei Darussalam, Chancellor of Universiti Brunei Darussalam. This year saw 1,308 graduates from the fifth batch of UBD's distinctive GenNext programme, with 36 PhD graduates. The total number of graduating students also comprises 346 Master holders, 827 Bachelor graduates, 1 Advanced Diploma and 98 Diploma recipients. The 29th Convocation also saw the graduation of 66 international students in UBD. Graduates of the PhD and Bachelor programmes received their certificates during the morning session, while graduates of Masters, Postgraduate Diploma, Advanced Diploma and Diploma programmes received their certificates in the afternoon.



This year's Convocation Exhibition showcased UBD's innovative and blended teaching with emphasis on lifelong learning and entrepreneurship that embrace UBD's progressive steps towards meeting the needs and demands of the local and global population. It highlighted the institution's educational achievements and future goals by showcasing three initiatives: The Global Classroom, Centre for Lifelong Learning (C3L) Programmes, and Entrepreneurship Education.

IHS Hosted 11th International Summer Medical School Exchange Programme

PAPRSB Institute of Health Sciences hosted the 11th International Summer Medical School (ISMS) programme from 24th July to 26th August 2017. The annual programme is a collaborative programme between PAPRSB IHS Universiti Brunei Darussalam and Kagawa University Faculty of Medicine (KUFM). The ISMS programme marks an ongoing achievement for UBD in promoting student exchanges in its role as an international university. This signifies a strong ongoing concerted partnership between the two institutions in academic and exchange activities as part of the university's mission in developing society through the cultivation of intellect and culture through such collaborative programmes. Since 2006, IHS and KUFM have been working closely through a series of memorandum of understandings and have established successful collaborative partnerships in areas of medicine, health, academic activities, student exchanges and, more importantly and recently, successful partnerships in research activities under the Bilateral Joint Research Project.



The 11th ISMS programme aims to expose undergraduate medical students from Kagawa University to experience life as a medical student at UBD, while also engaging in various social and cultural activities in Brunei. This year, eight 2nd and 3rd year medical students from Kagawa University School of Medicine participated in this programme. They were accompanied by academics from Faculty of Medicine, Kagawa University: Professor Takashi Kusaka (Professor of Pediatrics and Coordinator of the International Exchange Committee) and Dr Saneyuki Yasuda (Associate Professor, Maternal Perinatal Center).

During their one-month long stay, the medical students were exposed to Problem Based Learning sessions with this year's research theme focusing on tuberculosis and diabetes as their main case studies. They also attended clinical talks, visited healthcare centres and learnt clinical skills related to the above-mentioned health topics. Additionally, they also had the chance to go hiking at Tasek Lama, trekking at Temburong, visited Belait district, had a one-day homestay with a local family and experienced a Malay wedding. This programme has additionally been beneficial for local students in PAPRSB IHS as it exposes them to international students. The programme strengthens the friendship between the medical students of Brunei Darussalam and Japan, whilst also broadening their horizons in academic, social and cultural activities. This programme ended on a positive note for both sides, promising many more years of collaboration to come.

IHS Welcomes Nursing Students From Mahidol University, Thailand



From 5th August to 30th September 2017, PAPRSB Institute of Health Sciences received eight 4th year nursing students from the Faculty of Nursing, Mahidol University, Thailand. This was the 3rd batch of nursing students who participated in the Student's Exchange Programme in collaboration with PAPRSB IHS and Faculty of Nursing, Mahidol University, which was started in 2015. The objectives of the programme are (1) to provide the students with clinical experience through clinical placements at the Maternal and Child Health Services, and Health Promotion Centre, (2) to allow the students to familiarise themselves with the healthcare system in Brunei Darussalam, and (3) to have the students practice and improve their use of the English language.

Academically, the students completed an 8-week practical placement at both hospital (RIPAS antenatal ward, postnatal ward and delivery suite) and primary health care (Pengiran Anak Puteri Hajah Mutawakkilah Hayatul Bolkihah Health Centre) settings. The students also visited both the Brunei Cancer Centre (TBCC) and the Brunei Neuroscience Stroke and

Rehabilitation Centre (BNSRC). They were also able to join a few classes at PAPRSB IHS, and were involved in simulation activities during the Simulation Week held at IHS. Overall, they learnt a lot through these experiences and said that they favoured the problem-based learning and the case-based learning approaches used at PAPRSB IHS.

Socially, the students enjoyed Brunei by hiking at Tasek Lama, going on a boat trip at Kampong Ayer, visiting Kampong Ayer Museum, Royal Regalia Museum, Jame Asr' Hassanal Bolkihah Mosque, Jerudong Park Playground and Bandarku Ceria. They also had the opportunity to attend two different types of wedding ceremonies (Malay and Murut) during the duration of their stay. Overall, the students commented that this has been a memorable experience and thanked UBD for giving them this opportunity to be part of the Nursing Student Exchange Programme.



Brunei Association of Medical Laboratory Scientists (BAMLS) and IHS, UBD to Host 3rd National Scientific Symposium in January 2018

On behalf of the the Brunei Darussalam Association of Medical Laboratory Scientists (BAMLS), we welcome you to join our 3rd National Scientific Symposium from 19 – 21 January 2018. The 3rd National Scientific Symposium will offer a total of 10 workshops and 9 symposia sessions covering the themes of cancer, lifestyle diseases and infectious diseases. All presentations will be geared to the current trends and practices as well as the future outlook of modern laboratory medicine in the era of precision medicine. The symposium will be an excellent platform for experts to share their views in both areas of laboratory and clinical medicine. Keynote speakers will include Professor Sir David Lane, the Chief Scientist at A*STAR and Professor Wasun Chantratita, the Chief of Virology and Molecular Microbiology at the Department of Pathology, Ramathibodi Hospital, Mahidol University

3rd National Scientific Symposium

The prime objective of this year's symposium is to empower the young generation of medical scientists and other related professions with pride and satisfaction in their contribution to patient care through top notch quality and dedicated professional services linking evidence based medicine with laboratory practices. The call for abstracts and registration is now open. For more information, please visit the 3rd National Symposium Symposium website: <https://3natsymposia.wixsite.com/bamls/call-for-abstracts>



IHS Staff and Students at 10th Malaysia-Brunei-Indonesia (MIB) Medical Sciences Conference

The 10th Malaysia Indonesia Brunei (MIB) Medical Sciences Conference took place at the Universiti Kebangsaan Malaysia (UKM) Medical Centre, Kuala Lumpur, Malaysia from the 26th to 28th July 2017. It was attended by participants mainly from Malaysia, Indonesia and Brunei Darussalam with the theme 'Current Healthcare Challenges in South East Asia.' There were nine symposia covering topics such as Biomedical Science and Science Technology, Social Medicine, Musculoskeletal Disorder, Non-Communicable Diseases, Maternity and Child Health, Tumour and Oncology, Infection and Immunity, Community Medicine and Medical Education.

The team representing Brunei consisted of 12 academics and 14 students from the Institute of Health Sciences, UBD, headed by the Dean of PAPRSB Institute of Health Sciences herself, Dr Hjh Rafidah Haji Gharif. During the conference, Dr Hjh Rafidah presented an invited plenary talk titled 'Diabetes Education Challenge.' Four of our students (Jessica Pei Chii Kok, Jia Ying Tan, Chie Hui Leong and Nurul Adhwa Rahman) were awarded with the overall Best Oral Presentation (in the symposia on Biomedical Science and Science Technology, Social Medicine, Tumour and Oncology, Infection and Immunity, respectively). Additionally, another student, Mohammad Haziq bin Emran was awarded the Best Poster Presentation (Medical Science). This conference concluded on a high note for the Brunei team, with possible future collaborations between UBD and UKM, including talks on UKM as a potential Partner Medical School for UBD's medical students, student exchange programmes for Discovery Year and potential research collaborations in the future. The next 11th MIB Medical Sciences Conference is scheduled to be in 2019, taking place at Universitas Indonesia, Jakarta, Indonesia.



Nursing Lecturer Attended 12th Asia Pacific Hospice Conference 2017



Hajah Asmah Haji Husaini, a nursing lecturer from PAPRSB IHS, presented two posters at the 12th Asia Pacific Hospice Conference, Singapore from 27th to 29th July 2017. Over 90 local and international speakers presented during the conference, on topics ranging from end of life nursing education and paediatric palliative care to ethical dilemmas, grief, resilience and self-care.

The first poster (entitled "*Islamic spirituality in end of life care of advanced cancer patients in Brunei Darussalam: a multiple embedded case study design*") highlights the importance of understanding individual advanced cancer patients' spiritual journey in providing spiritual support throughout their illness. The second poster (entitled "*Access, utilisation and scope of dentists in care of terminally ill patients: Results from descriptive survey among dentist*") presented preliminary findings from the Oral Palliative Care Research, by Prof Munikumar Venkatasalu, Hajah Asmah Husaini and Dr Jagjit Dhaliwal.

Hajah Asmah received positive feedback for both posters, and many academics also sought her permission to use her model of spirituality in terminal illness as teaching material for end of life care. She also had the opportunity to network with distinguished researchers from around the world in this area, which helped identify promising research niches on healthcare education and quality of care for patients with palliative care needs. As part of the conference programme, she also had the opportunity to visit a local hospice in Singapore with a group of clinicians from Malaysia, Myanmar, Thailand and Japan.

PhD Candidate at the 8th International Graduate Students Conference on Population and Public Health Sciences



On July 25, 2017, our PhD candidate in Public Health, Siti Tajidah Binti Abd Talip, attended the 8th International Graduate Students Conference on Population and Public Health Sciences (IGSCPP) at the College of Public Health Sciences, Chulalongkorn University, Thailand. This

international conference was organized by three WHO CC Institutes: the College of Public Health Sciences (CPHS), Chulalongkorn University, the ASEAN Institute for Health Development (AIHD), Mahidol University and the Institute for Population and Social Research (IPSR), Mahidol University.

The conference aims to promote academic activities among different institute and universities. It serves as a good platform for graduate students and researchers to bring their research forward to the public and to disseminate research results in public health-related issues to benefit the public at both the national and international levels. There were five themes this year; (1) Public Health, Public Health Science & Health Social Science, Health Behaviour, (II) Population, Demography, Aging and Migration, (III) Environmental and

Occupational Health, (IV) Health System Research, Sustainable Development Goal, and One Health, and (V) Reproductive, Sexual Health and Sexually, HIV/AIDS. Approximately 200 local and foreign participants, from 14 countries, namely Bangladesh, Brunei Darussalam, Cambodia, China, India, Indonesia, Laos, Myanmar, Nepal, Nigeria, Singapore, Tanzania, Thailand and Vietnam attended the conference. Siti Tajidah presented two of her published studies, entitled 'Smoking Initiation and Continuation: A Qualitative Study among Bruneian Male Adolescents' and 'Systematic Review of Smoking Initiation among Asian Adolescents, 2005-2015: Utilizing the Frameworks of Triadic Influence and Planned Behavior' in the oral presentations. At the end of the conference, she received two certificates of participation and an Outstanding Oral Presentation Award.

Siti Tajidah highlighted that the conference was an ideal platform for her to exchange ideas with other graduate students and researchers. She also added that she used the conference as a strategic think tank for her to broaden her knowledge, enhance her thinking and research skills, present her latest research findings and network with researchers in her field. Siti Tajidah is our PhD candidate, supervised by Associate Professor Dr Mohd Ayub Sadiq @ Lin Naing and Dk. Dr. Nurolaini Binti Pg. Haji Muhd Kifli.

CPHOP Lifetime Award Conferred to IHS Professor, Prof David Koh

Distinguished Professor David Koh, Assistant Vice Chancellor (Research & Innovation) of Universiti Brunei Darussalam (UBD) was recently conferred the College of Public Health and Occupational Physicians (Singapore) Lifetime Achievement Award 2017 for his significant contributions to the practice and advancement of Occupational Medicine in Singapore and internationally.

The award is conferred to outstanding Public Health or Occupational Medicine Specialists who have contributed towards making major impact to the practice of Public Health or Occupational Medicine in Singapore, and who also serve as role models to the fraternity of practitioners. He was also recognised for his various leadership roles in undergraduate and postgraduate medical education in Singapore and regionally, among many other achievements.

Viewing the award as the ultimate form of recognition from his professional peers and colleagues, Professor Koh stressed that the award is not for his personal efforts alone, but also for the work of many other people. Mentioning his teachers and mentors, he added that he had the privilege to be nurtured, mentored and developed by the best in the world. He also acknowledged the achievement derived from working with superb colleagues and peers both locally and internationally. He pointed out that there is still much to be done as over 6,300

people die from work-related accidents or diseases every day, which are due to cancers, cardiovascular disease, infectious disease and even overwork. "We need to prioritise our discipline, allocate adequate resources, have greater multi-sectoral collaboration and integration. At the same time, we need to incorporate and strengthen occupational health policy, practice and research and better train the health workforce to respond to these pressing issues" he said.



Professor David Koh has been working at Universiti Brunei Darussalam since 2012. He founded the Global Classroom in Public Health linking UBD with other reputable universities and providing an international perspective in the field. Teaching sessions involved simultaneous broadcasting to students in different countries in the Asia Pacific region.

We at IHS express our heartiest congratulations to Professor David Koh on this wonderful achievement.

“Involving Healthcare Students in a Community Project Promoting Breastfeeding” in the 2nd ASEAN Students’ Collaborative Project

A delegation of healthcare students from PAPRSB Institute of Health Sciences, UBD have participated in the 2nd ASEAN Students Collaborative Project (ASCP) organized by Universitas Indonesia which was held in Bali, Indonesia from 20th-23rd August 2017. Medical students collaborate with nursing, pharmacy, biomedical and midwifery students to conduct this community outreach project to increase awareness and knowledge on the importance of Breastfeeding. They were awarded with the 2nd “Best Project Research Award” during the event. The 1st best project research awards goes to students from Faculty of Medicine, Universitas Indonesia, while the 3rd best project was awarded to the students from Faculty of Medicine Siriraj Hospital Mahidol University, Thailand. The Most Explorative Initiative Project Award was awarded to students from International University, Cambodia; and The Most Innovative Project Award to the students from College of Medicine, University of the Philippines Manila, Philippines.

ASCP is a research-based activity between medical students in ASEAN countries that is initiated by Faculty of Medicine, Universitas Indonesia in 2016. The purpose of ASCP is to encourage all medical students from 12 faculties of medicine in ASEAN countries to contribute in various structured and systematic community research collaboration.

In the community outreach project conducted by the students in Brunei, the target participants were antenatal mothers of >28 weeks gestational age, primigravida and multigravida with previous history of unsuccessful breastfeeding. The activity was held at the Berakas Health centre (urban) and Pengkalan Batu Health Centre (suburb). The participants were invited by phone with help from health centre nurses, which led to

recruitment of around 20-30 participants per interventions. Pre- and post-test were distributed to the participants and the intervention was delivered via a talk and hands-on demonstration using models. When the participants’ knowledge on breastfeeding via the pre- and post-test was evaluated, there was a positive correlation after attending the talk [Fig.1]. Participants were happy with the intervention that used a multidisciplinary approach. Future interventions will be aimed to include education on hygiene and nutrition for the pregnant women. The Institute would like to acknowledge the supervisor for research input and the sponsors for this event.

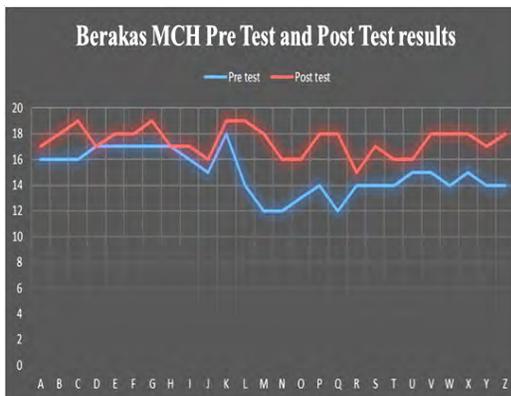


Figure 1: Results of the Pre- and Post-test from the participants.



The Pengiran Anak Puteri Rashidah Sa’adatul Bolkhiah (PAPRSB) Institute of Health Sciences

Since its inauguration in September 2000, UBD’s PAP Rashidah Sa’adatul Bolkhiah 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 five main disciplines – Medicine, Biomedical Sciences, Nursing & Midwifery, Pharmacy and Dentistry 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 have 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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