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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter

Japan State Minister of Health, Labour and Welfare Delegates Visit UBD

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LEFT: Lifelong learners during one of the discussion sessions for Principles of Epidemiology module
(L-R) Hj Mohd Aidil Fatra Hj Abdul Rahman, Asma Rashidah Hj Mohd Alli, Noorasni Hj Mohiddin, Roziah Hj Mohd Alli, Ummi Salwa Suhaimei, Sachinjeet Kaur Dhaliwal, Professor David Koh (part of LLL module teaching team) and Hjh Noor Artini Hj Abdul Rahman
RIGHT: Lifelong learners during a discussion session for Statistical Methods in Public Health module, together with BHSc pharmacy students

PAPRSB IHS INCORPORATES LIFELONG LEARNING MODULE INTO GRADUATE PROGRAMME

PAPRSB Institute of Health Sciences (IHS) has officially initiated the "Lifelong Learning" (LLL) methodology for core modules of the Master of Public Health (MPH) programme, namely Statistical Methods in Public Health and Principles of Epidemiology from August 2018. This blended learning approach involves a combination of online-based learning and face-to-face meetings, which was initiated in UBD by the Centre of Lifelong Learning (C3L).

The main advantage of adopting this blended learning approach is the flexibility for students to study at their own pace outside the classroom setting. Hence, it provides a learning opportunity to those who want to further their study but are otherwise unable to enroll in a full-time course.

In both modules, students have access to all module content uploaded to an online learning platform, Canvas. Within the platform, weekly online discussion forums and formative quizzes allow students to develop further understanding of the module content. In addition to online content, there are also scheduled weekly or biweekly face-to-face discussion sessions. A total of 11 and 15 lifelong learners are currently enrolled in the Statistical Methods in Public Health and Principles of Epidemiology modules, respectively.

Most of the lifelong learners are experienced nurses from the Ministry of Health, Brunei Darussalam who are keen to pursue graduate education towards Masters and PhD degrees. Dyg Juraini binti Udan, a nursing officer and also a LLL student enrolled in both modules, commented that lifelong learning is a must for elderly workers and that there is a need to invest in their professional development should they wish to remain in employment until retirement age. She also added: "It has given me tranquility and independence, and I am not afraid to lose my job since there are alternative options for me with new skill sets and knowledge acquired from the LLL module. It gives me fulfillment and perspective for the future, and also keeps me vigorous. That's something I would wish for everyone and anyone."

The Master of Public Health by coursework offers relevant, high-value instruction, research and service aimed at enhancing the health of human populations. Its principal focus is on helping public health professionals acquire up-to-date generalist and specialist knowledge, skills and attitude required to effectively and efficiently address present and emerging local, regional and global public health challenges. This initial transition into LLL methodology marks the first step towards the programme's initiative towards providing quality training for full-time students, and also providing continuing learning opportunities for working professionals. In the near future, the programme aims to convert all modules into LLL mode. Further information on the MPH modules to be offered on LLL mode can be found at the following website: http://ihs.ubd.edu.bn/masters/lifelong-learning-ihs/.

Please scan the QR code below for direct access to PAPRSB IHS's Lifelong Learning page:

Scan me

PAPRSB IHS LECTURER PRESENTS ZIKA VIRUS RESEARCH AT ACTMP CONFERENCE, VIETNAM

Dr. Li Ling Chaw, a lecturer from the Master of Public Health Programme at PAPRSB IHS presented her research entitled "Knowledge, Attitudes and Practice of Zika virus among general adults in Brunei Darussalam" at a conference-"National Scientific Conference on Infectious Diseases, HIV/AIDS and the 8th ASEAN Conference of Tropical Medicine and Parasitology (ACTMP)". The conference was held at Nha Trang, Vietnam from the 26th to the 29th of July 2018, and attracted over 1500 attendees from 25 countries.

The conference theme "A better health for ASEAN Community" aims to bring together Vietnamese, ASEAN and international infectious diseases and parasitology community to promote knowledge exchange and international collaborations. The programme covered clinical and scientific topics encompassing zoonotic to vector-borne diseases, emerging and re-emerging diseases, parasitic diseases, veterinary health, travel medicine and innovation in diagnosis and treatment of infectious and parasitic diseases.

This conference has been a great platform for Dr. Li Ling to meet regional experts and hold productive discussions with researchers from Vietnam, Malaysia, and Indonesia, pertaining to training and research collaborations.

Japan State Minister of Health, Labour and Welfare Delegates Visit UBD
(L-R) Dean of PAPRSB Institute of Health Sciences (IHS), UBD, Dr. Hjh Rafidah binti Hj Gharif; Vice Chancellor of UBD, Datin Dr. Anita Binurul Zahrina binti POKLW DSS Hj Awang Abdul Aziz; Japan State Minister of Health, Labour and Welfare, Ms. Michiyo Takagi; Director of Programme Management and Deputy Regional Director Regional Office for the Western Pacific World Health Organization Region, Dr. Takeshi Kasai; and Ambassador of Japan to Brunei Darussalam, His Excellency Mr. Motohiko Kato

JAPAN STATE MINISTER OF HEALTH, LABOUR AND WELFARE DELEGATES IN UBD

The Japan State Minister of Health, Labour and Welfare, Ms. Michiyo Takagi and her delegates visited the PAPRSB Institute of Health Sciences, UBD on the 4th of August 2018. Her delegates include the Director of Programme Management and Deputy Regional Director Regional Office for the Western Pacific World Health Organization Region, Dr. Takeshi Kasai. Accompanying her is the Ambassador of Japan to Brunei Darussalam, His Excellency Mr. Motohiko Kato.

The guests were warmly received by the Vice Chancellor of UBD (Datin Dr. Anita Binurul Zahrina binti POKLW DSS Hj Awang Abdul Aziz), Assistant Vice Chancellor of Academic Affairs (Pg Dr. Mohammad Iskandar bin Pg Hj Petra), Assistant Vice Chancellor of Innovation and Enterprise (Dr. Mohd Ayub Sadiq), as well as the Dean of PAPRSB Institute of Health Sciences (Dr. Hjh Rafidah binti Hj Gharif).

Datin Dr. Anita Hj Abdul Aziz introduced UBD and its current research areas, while Dr. Hjh Rafidah Hj Gharif gave an overview of programmes offered at PAPRSB IHS. The long-standing collaboration between PAPRSB IHS, UBD and Graduate School of Medicine, Kagawa University was also highlighted. The conversation continued with a discussion of differences between the British and American education system, as well as interests in further research collaboration between UBD and Japanese universities.

This is the Japan State Minister of Health, Labour and Welfare and her delegation's first visit to UBD, to maintain and reinforce bilateral relations between both countries, in terms of international student exchange and research collaborations.

Dean of PAPRSB IHS, UBD, Dr. Hjh Rafidah binti Hj Gharif (sixth left) and representatives from ASEAN medical schools at the 7th ASEAN Medical Deans' Summit in Hanoi, Vietnam from the 23rd to the 24th of August, 2018

THE 7TH ASEAN MEDICAL DEANS' SUMMIT IN HANOI, VIETNAM

The ASEAN Medical School Network (AMSN) was established in 2012 by Clinical Professor Udom Kachintorn, Dean of the Faculty of Medicine at Siriraj Hospital, Mahidol University. AMSN aims to promote friendship and collaboration among the leading medical schools within ASEAN; to achieve excellence in medical education and healthcare; to share human resources and assist one another in capacity building in medical education and research; and to work as one community as part of the ASEAN Economic Community.

A key initiative of AMSN is the annual ASEAN Medical Deans' Summit, with the first summit held in September 2012 at Siriraj Hospital, Mahidol University in Bangkok, Thailand. UBD has participated in ASEAN Dean's Summit since its inauguration. This year, the 7th ASEAN Medical Deans' Summit was hosted by Hanoi Medical University, Hanoi, Vietnam from the 23rd to the 24th of August, 2018, where the Dean of PAPRSB IHS (Dr. Hjh Rafidah Hj Gharif) and the Programme Leader of BHSc Pharmacy programme (Dk Dr. Nurolaini Pg Hj Muhd Kifli) represented UBD. The summit brought together representatives from 13 ASEAN medical schools across ASEAN member states: Brunei Darussalam, Cambodia, Laos, Indonesia, Malaysia, Myanmar, Philippines, Singapore, Thailand and Vietnam. Key topics discussed include quality assurance of medical education among ASEAN, professional training post-graduation, promoting research culture, international collaborations as well as student exchange programmes.

The presentation from UBD covered the Master of Medicine programme. The Master of Medicine (M.Med) graduate programme at PAPRSB IHS introduces accredited, structured and certified training programmes for medical graduates, bringing in specialties such as anaesthesiology, critical care medicine, emergency medicine, general internal medicine, pediatrics, primary health care, psychiatry, public health and surgery. Its vision is to develop high quality and comprehensive training to graduates to become consultants in an effective, efficient, responsive, affordable, equitable and accessible manner. The programme is carried out on a part-time basis and is delivered through a series of modules over the span of 3 years in block release mode (4 days each session, 5 sessions a year). As host for the next ASEAN Deans' medical summit (tentatively August 2019), this will be an excellent opportunity for PAPRSB IHS, UBD to strengthen existing and promote new collaborations. Ultimately, the way forward is programme accreditation for all ASEAN medical schools.

LEFT: ISMS participants from Kagawa University, Japan, student buddies and accompanying lecturers/ co-coordinators of the 12th ISMS at Pantai Jerudong Specialist Centre for a clinical visit. The programme was held from the 23rd of July to the 23rd of August 2018
(L-R) ISMS participants: Daichi Funaki (fourth left), Kazuhiro Irei (third right) and lecturers/co-coordinators of the 12th ISMS: Dr. Hazim bin Ghani (left) and Dr. Deeni Rudita Bin Idris (right)
RIGHT: ISMS participants with student buddies and lecturer/ISMS co-coordinator at the water village, Kampung Ayer

THE 12TH INTERNATIONAL SUMMER MEDICAL SCHOOL AT PAPRSB IHS

The International Summer Medical School Programme (ISMS) is held annually as a collaborative programme between PAPRSB IHS, UBD and Kagawa University Faculty of Medicine (KUFM).

The ISMS programme marks an ongoing effort by UBD in promoting student exchanges in its role as an international university. This signifies an ongoing concerted partnership between the two institutions in academic and exchange activities as part of the university's mission to develop society through the cultivation of intellect and culture. This year, PAPRSB IHS hosted two Japanese students, Mr. Daichi Funaki and Mr. Kazuhiro Irei from the 23rd of July to the 23rd of August 2018. PAPRSB IHS lecturers, Dr. Hazim Bin Ghani and Dr. Deeni Rudita Bin Idris led the programme this year.

The programme is a valuable experience for Japanese medical students to appreciate and experience life as a future medical practitioner and to prepare themselves for further studies abroad. In addition, the programme is aimed to improve their communication skills in English. The programme is also beneficial for local students at PAPRSB IHS as it exposes them to interaction with international students in the same field of study. It broadens their horizons in academic, social and cultural activities and strengthens the friendship between the medical students of Brunei Darussalam and Japan.

Throughout their one-month stay, both participants experienced life as a medical student in PAPRSB IHS through various academic and social activities, which include lectures, problem-based learning (PBL) sessions, clinical and communication skills, as well visits to landmarks of Brunei. They also forged friendship with Bruneian students in UBD through the student buddy system and their interaction with Brunei Japan Friendship Association-Universiti Brunei Darussalam (BJFA-UBD) Chapter members also promote exchange of cultures and traditions between the two countries. PAPRSB IHS looks forward to welcoming next year's ISMS participants.

Nursing exchange students from Mahidol University, Thailand at PAPRSB IHS, UBD from the 11th of August to the 9th of September 2018 (L-R) Ms. Aumara Techalue, Ms. Sirikarn Khanpet, Ms. Pimpisut Seangroon, Ms. Promtada Anuyahong, Ms. Varumporn Piyaramote, Ms. Mattanapim Wattanapong, Ms. Araya Singhara and Ms. Nutchanad Sarawan

PAPRSB IHS RECEIVES NURSING EXCHANGE STUDENTS FROM MAHIDOL UNIVERSITY, THAILAND

The PAPRSB IHS welcomed eight final year Bachelor of Nursing students from Mahidol University, Thailand from the 11th of August to the 9th of September 2018. This annual exchange programme between Mahidol University and UBD, inaugurated in 2015, aims to provide opportunities for inbound students to develop clinical skills and experience within the institute and hospital-based settings. The 4-week programme was coordinated by PAPRSB IHS nursing lecturers, Mursidi bin Hj Ali, Dayang Asnah Hj Yusof, Dr. Yusrita Zolkefli and Dr. Hanif Abdul Rahman.

Students carried out clinical placements at the Obstetrics and Gynecology Ward, Labour Room and the Gynaecology Clinic, the Women and Children Centre at RIPAS Hospital. They also underwent community placement at the Pengiran Anak Puteri Hajah Muta-Wakillah Hayatul Bolkiah Health Centre at Kampung Rimba. Throughout these placements, the students learnt various nursing and midwifery skills pertaining to care for pregnant mothers, newborn, children and postnatal mothers. They also had the opportunity to practice assisting normal delivery during labour and manage a post-partum hemorrhage episode using a high fidelity simulator, organized by the simulation team at PAPRSB IHS. The simulation experience has given students first-hand experience in identifying, planning and providing appropriate interventions and/or management during normal delivery and emergency crisis.

The students also visited Pantai Jerudong Specialist Centre, Jerudong Park Medical Centre, and Kuala Belalong Study Field Centre, immersing in the serene tropical rainforest of Temburong National Park. Over the weekends, they explored the culture, tradition and historical places in Brunei with their student buddies. The students presented their experiences with audience including nursing officers from the Ministry of Health, PAPRSB IHS lecturers and students towards the end of the programme,

The ongoing collaboration between the Mahidol University and UBD signifies strong mutual partnership whereby Mahidol University is also a top destination for Discovery Year nursing students from PAPRSB IHS. PAPRSB IHS, UBD looks forward to receiving inbound overseas students as part of its ongoing effort to promote student exchange and internationalization.

AUN-QA TRAINING COURSE FOR ACCOMPLISHING PROGRAMME ASSESSMENT(TIER 1)

The ASEAN University Network-Quality Assurance (AUN-QA) was established to promote quality assurance in higher education institutions, in collaboration with regional and international bodies of the ASEAN community.

The AUN-QA Training Course for accomplishing programme assessment (Tier 1) was conducted at the PAPRSB IHS, UBD from the 7th to the 10th August 2018. The event was organized by UBD under the university's initiative to ensure quality assurance for all GenNEXT programmes. The three and a half-day workshop was attended by academics and quality assurance division officers from higher institutions across Brunei Darussalam.

The training was conducted by AUN-QA certified trainers, Dr. Evangeline P. Bautista from Ateneo, Philippines and Dr. Tan Kay Chuan from National University Singapore (NUS). The main objective of the workshop was to provide participants with an introduction to AUN-QA framework and the various AUN-QA criteria. During the training, participants were introduced to the AUN-QA framework definition, interpretation of the AUN-QA criteria for programme level, application of the Plan-Do-Check-Act (PDCA) approach to self-assessment at programme level, the requirements of self-assessment report (SAR) and the AUN-QA assessment process.

The quality assurance assessment will enable an institution, system or programme to identify any gaps and implement relevant policies and mechanisms to ensure high quality international academic standards are achieved and maintained.

Biomedical Science Programme Leader at PAPRSB IHS (Academic Year 2018/2019), Dr. Suwarni binti Hj Mohd Diah (fifth right) with AUN-QA certified trainers, Dr. Evangeline P. Bautista (fourth right) , Dr. Tan Kay Chuan (sixth right) and other participants at the AUN-QA Training Course to Accomplish Programme Assessment (Tier 1) held at PAPRSB IHS from the 7th to the 10th of August 2018

Syahirah Hj Shahlehi (right), a PhD candidate in Biomedical Science (under the supervision of Dr. Mark Petalcorin) presents her research on the hypertensive effect of a local ethnomedicinal plant, Gynura procumbens or "Sambung Nyawa" at Pesta Konvo (16th of August 2018); with Deputy Dean (Research, Graduate Studies and Global Affairs) of PAPRSB IHS, Associate Professor Dr. Anne Cunningham (left) and Dean of PAPRSB IHS, Dr. Hjh Rafidah binti Hj Gharif

ANTI-HYPERTENSION RESEARCH BY TEAM AT PAPRSB IHS PRESENTED AT PESTA KONVO

Research by a postgraduate Biomedical Science student at PAPRSB IHS, Syahirah Hj Shahlehi, under the supervision of Dr. Mark Petalcorin (Associate Professor at IHS) was highlighted during the Pesta Konvo, held on the 16th of August 2018 at Universiti Brunei Darussalam's (UBD) Botanical Research Centre. Syahirah's research focuses on characterizing the anti-hypertensive effects of an ethnomedicinal herb, Gynura procumbens or "Sambung Nyawa" in Malay, which is known among the elderly folks of Brunei as a traditional remedy for high blood pressure. Syahirah and her supervisor are aiming to devise ways to improve the efficacy of Gynura procumbens plant extracts for future clinical use.

The Pesta Konvo event was officially launched by His Royal Highness, the Crown Prince 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. Also present at the opening ceremony were UBD Council Members; Deputy Minister of Education, Datin Seri Paduka Dr. Hajah Romaizah Haji Mohd Salleh; Vice-Chancellor of UBD, Datin Dr. Hajah Anita Binurul Zahrina POKLWDSS Hj Awg Abdul Aziz; foreign dignitaries and prominent officials from government agencies. This annual event is held in conjunction with UBD's convocation ceremony to showcase outstanding and creative research by students across UBD as well as alumni's entrepreneurial projects.

Dental students from PAPRSB IHS (Lim Jia Hui and See Jun Wei; back row, second right and right respectively) with delegates at the Dental Student Forum in Chulalongkorn University, Bangkok from the 22nd to the 25th of July 2018

DENTAL STUDENTS ATTEND FORUM IN CHULALONGKORN UNIVERSITY, BANGKOK

From the 22nd to the 25th of July 2018, two second-year dental students, Lim Jia Hui and See Jun Wei from PAPRSB IHS represented Brunei Darussalam in the ASEAN Dental Student Forum 2018 organised by Chulalongkorn University, Bangkok, Thailand. The forum gathered a total of 18 delegates from various ASEAN member states. The purpose of the forum was to provide a platform for student representatives to freely discuss relevant topics, establish networks, and to share their feedback and recommendations regarding the Common Competencies of ASEAN General Dentists.

Delegates exchanged knowledge on current dental education in their respective countries and addressed challenges faced by dental students from each ASEAN country. Ultimately, the forum highlighted the importance of student engagement and its role towards the standardisation of dental education and facilitation of free movement of dental practitioners across ASEAN, as envisioned by the ASEAN Joint Coordinating Committee on Dental Practitioners (AJCCD).

PHARMACY STUDENTS PARTICIPATE IN EDUCATIONAL & RESEARCH MOBILITY PROGRAMME AT UNIVERSITI KEBANGSAAN MALAYSIA

Ten Year 1 and Year 2 Pharmacy Students from PAPRSB IHS participated in the two-week long "1st Educational and Research Mobility Programme" at the Faculty of Pharmacy, Universiti Kebangsaan Malaysia (UKM), Malaysia from the 16th to the 29th of July 2018. The programme also hosted international pharmacy students from Egypt, France, Indonesia, Netherland, Philippines and Thailand.

Students were exposed to relevant lectures, clinical pharmacy simulation training sessions, community engagement work and industrial visits during the programme. In addition, students also had the opportunity to visit Batu Caves, Putrajaya Botanical Garden, UNESCO World's Heritage site in Melaka, National Museum and Orang Asli Craft Museum. Students have gained valuable knowledge, experiences and enhanced their international network through participation in this outbound mobility programme,

Pharmacy students from PAPRSB IHS, UBD at Brunei International Airport, due to depart for the outbound mobility programme at Universiti Kebangsaan Malaysia from the 16th to the 29th July 2018
(L-R) Ak Anis Hanafi Bin Pg Omar Baki (Year 2), Ishpa Shapiah Binti Hj Abdullah (Year 2), Nur Amalina Binti Aliudin (Year 2), Amni Syahira Binti Haji Bahrom (Year 2), Norhadyrah Izazie Binti Ahad (Year 2), Nurhaidah Binti Ismail (Year 1), Dk Siti Najwa Rashidah Binti Pg Ismail (Year 1), Nurul Syaheera Binti Shahpawee (Year 1), Lim Chiu Teing (Year 1) and Nursyahirunnisaa Binti Abd Hamid (Year 2, not present in photo)

A third year student from the Biomedical Science Programme at PAPRSB IHS, Lim Siao Suan (upper left), with international participants at the NUS Enterprise Summer Programme, Singapore (8th to the 21st of July 2018)

BIOMEDICAL SCIENCE STUDENT AT NATIONAL UNIVERSITY OF SINGAPORE'S ENTERPRISE SUMMER PROGRAMME

A second year Biomedical Science student from PAPRSB IHS, Lim Siao Suan (second row, far left) was awarded a placement in the National University of Singapore's (NUS) Enterprise Summer Programme, from the 8th to the 21st of July 2018 in the NUS campus, Singapore. Over 100 international student participants majoring in business studies, engineering, medicine and law from the United States of America (USA), Pakistan, India, Germany, China and ASEAN countries congregated in the NUS campus to learn about startups and entrepreneurship.

The programme is designed to promote entrepreneurship through lectures delivered by industry experts. Professor Kam Wong delivered an outstanding lecture regarding Singapore's economic development model, the changing role of innovation and entrepreneurship. He also highlighted the different strategies and policies adapted by Singapore to shape it into one of the top countries in Asia-Pacific and worldwide for ease of doing business.

At the end of the 2-week programme, participants were tasked to brainstorm start-up ideas and pitch to investors in groups. Siao Suan's biomedical science background coupled with her basic business knowledge acquired from the programme allowed her to contribute relevant ideas and knowledge to support the team. Their team's idea was to utilize artificial intelligence (AI) on a smartphone, through a mobile application, in conjunction with an external device to detect the levels of microbial particles in water. The proposed technology shall ease researchers, government and the general population in determining the safety standard of drinking water. The external device will take advantage of the built-in UV light and infrared of a smartphone to detect and assess the levels of microbial participles in drinking water. AI will analyse the whether the water meets drinking standard and a summary of the analysis will be accessible through a free mobile application. The ultimate aim is to provide a reliable, quick and affordable way for the public to assess the safety standard of their drinking water and thus reduce the risks of waterborne-disease outbreaks, particularly in developing countries.

These ideas may be translated and products may be commercialised to tackle global issues. Basic business knowledge, effective communication skills and the right approach in pitching ideas to investors are some of the most important skills Siao Suan has gained through this programme. The programme also provided an opportunity for participants of NUS Enterprise Summer Programme to network and collaborate. Undoubtedly, skills learnt throughout this summer programme may be applied in Brunei to promote our startup culture.

Siti Norrasidah Haji Zahiri (left), a PhD candidate in Public Health at PAPRSB IHS receives a certificate from Deputy Dean (Undergraduate, Administration & Finance) of PAPRSB IHS, Senior Assistant Professor Dr. Zaw Wint for her participation in BICTA 2018

"HEALTH COACH" MOBILE APPLICATION COMPETES AT BICTA 2018

Siti Norrasidah Haji Zahiri, a PhD candidate in Public Health at PAPRSB IHS has submitted her PhD intervention tool (the Health Coach mobile application) to compete at the Brunei ICT Awards 2018 (BICTA). BICTA is an annual event organized by Ministry of Communications with the support of Authority for Info-communications Technology Industry of Brunei Darussalam (AITI) and InfoCom Federation Brunei (IFB). Their objectives include stimulating innovation and creativity in the Information and Communications Technology (ICT) industry amongst individuals and organizations, and acknowledging innovative ICT products in Brunei Darussalam.

The "Health Coach" mobile application was developed by Siti Norrasidah and her supervisors (Dr. Nik A.A. Tuah and Dr. Suwarni Hj Mohd Diah, lecturers at PAPRSB IHS and Dr. Hjh Norhayati Hj Kassim (Senior Medical Officer, MoH Brunei). Briefly, the mobile application is a health education tool designed to improve end-users' confidence to practice a healthy lifestyle, based on the concepts of behavioral change theories for health promotion and education. Health Coach was targeted to 12-17 year old adolescents and has been tested to show potential positive effects including improvement in users' confidence on healthy eating, as well successful weight management and weight-related outcomes. In collaboration with Health Promotion Centre, Ministry of Health, the project is aligned with Ministry of Health's BruMAP-NCD (Brunei Darussalam National Multisectoral Action Plan for the Prevention and Control of Noncommunicable Diseases), specifically to increase physical activity and to promote a balanced and healthy diet. This project was conceived in response to the Ministry of Health's Vision 2035 to provide accessible and sustainable means to educate the public with healthy choices.

According to Siti Norrasidah, enrolling the mobile application in the BICTA competition has given the product a benchmark on what needs to be further improved. The most important lesson taken from this experience is, 'How would the product make an impact to the local community?'. Competing in BICTA is an excellent platform to further improve product ideas and further your invention to the next level, which may lead to commercialization. Lastly, she also emphasizes the importance of having a team with diverse backgrounds to work together and represent the product.

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

UBD's PAP Rashidah Sa'adatul Bolkiah Institute of Health Sciences (PAPRSB IHS) has expanded beyond solely providing medical training. Graduate programmes such as Master of Medicine, Master of Public Health, and Masters and PhD by Research as well as undergraduate programmes across six 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 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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You may freely distribute copies of this newsletter and information about the PAPRSB Institute of Health Sciences to any interested parties.

CONGRATULATIONS TO THE CLASS OF 2018

BHSc Biomedical Science students with lecturers at the 30th UBD Convocation (29th August 2018)

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