

# Beyond

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## President's International Medal of the Royal College of General Practitioners awarded to Dean

In recognition for her commitment towards achieving Brunei's high goals in primary health care, the Dean of PAPRSB Institute of Health Sciences, **Dr HjH Maslina binti Haji Mohsin**, was also awarded with the President's International Medal of the Royal College of General Practitioners. "We have changed the face of general practitioners in Brunei over a short period of time", she elucidated. "I obtained the award but it is recognition for all the team members who are very committed. It's the spirit of us being general practitioners in profession – we are like a family and we should keep that to achieve our goals in primary health care".

## General Practitioners from Southeast Asia sat for MRCGP [International] examinations at the PAPRSB IHS



*"Our mission is 'excellency in primary care' - we are not an organisation that looks after doctors, we are an organisation that looks after patients by making sure doctors are good,"* Dr Mary Lowth, International Development Advisor from the Royal College of General Practitioners, London

### Award of the Membership of the Royal College of General Practitioners (MRCGP)



Royal College of General Practitioners

The award of the Membership of the Royal College of General Practitioners (MRCGP) has long been established and recognised as a leading worldwide standard of assessment for Primary care physicians. In response to overwhelming requests from family doctors and National organisations, the MRCGP [International] has been designed to reflect local practice. Brunei is the first country in the South East Asian region to be granted the Host Examining Body status from the RCGP UK in 2005.

The aim of the examination is to ensure high level of competency in clinical care of patients, indicated by scientific knowledge, clinical skills, attitudes, values and leadership qualities.

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam (UBD), in collaboration with Ministry of Health, recently organised the Membership of the Royal College of General Practitioners (MRCGP) [International] Examinations. The exam, which was held on the 9th and 10th of November 2014, is the leading worldwide standard assessment for primary health care physicians and has been developed to serve as a postgraduate qualification in Primary Care to ensure high level of competency in clinical care of patients, indicated by scientific knowledge, clinical skills, attitudes, values and leadership qualities.

Having been granted official status as the Host Examining Body from the Royal College of General Practitioners (RCGP) in the United Kingdom (UK), Brunei is the first country in the South East Asian region to develop this international qualification in 2005 to promote recognition of family medicine as a specialty, where UBD is Southeast Asia's only certified institution to conduct this examination. The setting up of this examination in Brunei was assisted and offered by the RCGP (UK), which has been designed to reflect local practice and is run on an annual basis since then. This year, a total of 20 candidates sat for the Part 1 Applied Knowledge Test and 13 sat for the Clinical Skills Assessment examination, from local and international sites.

To ensure first-rate quality and high standards, PAPRSB Institute of Health Sciences works closely with the RCGP in London. "Our mission is 'excellency in primary care' – we are not an organisation that looks after doctors, we are an organisation that looks after patients by making sure the doctors are good," Dr Mary Lowth, International Development Advisor from the Royal College, explained. Brunei enjoys close ties with the RCGP, where the Chancellor of UBD, His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, Sultan and Yang Di-Pertuan of Brunei Darussalam, received the award of the Companion of the College in January 2013 in recognition of his longstanding support for primary health care, primary health care education and training in Brunei Darussalam.

This year, the International Development Advisor, Dr Mary Lowth, was accompanied with 2 external development assessors – Dr Sue Rendel and Dr Paul Hughes, from the RCGP in London, who are here to assess the accreditation process of the examinations held in Brunei. "I am very impressed with the incredible organisation of the exams. I would like to congratulate the organisers and doctors who put in maximum efforts in the preparation and implementation of exams. I must say Brunei is the best I've seen in my many years of being an external examiner", Dr Paul Hughes

## MRCP (UK) Part 2 Clinical Examinations (PACES) held at the PAPRSB Institute of Health Sciences



PACES Examination team

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam recently organised the second diet of the MRCP (UK) Part 2 Clinical Examinations (PACES) in collaboration with Ministry of Health from 1st December until 3rd December 2014. The internationally accredited exams are designed to test the clinical knowledge and skills of doctors aiming to enter higher specialist training in the field of internal medicine. The clinical examination sets rigorous standards to ensure that doctors are competent across a range of skills and ready to provide a high standard of care to patients.



Pre-examination briefing by lead of PACES

The clinical skills rooms located in the PAPRSB Institute of Health Sciences, UBD represent a feasible set-up for the implementation of the clinical examinations. The chair of the Royal College examiners from UK, Dr Gordon Birnie, was accompanied with three examiners - Professor Awais Bokhari, Dr Bill MacNee and Dr John Wilson. Forty-five international candidates from Sudan, Saudi Arabia, Egypt, Malaysia, Bangladesh, Myanmar and Pakistan sat for the clinical exam in the second diet. The Royal College examiners applauded the excellent teamwork skills exhibited between the doctors of the Ministry of Health, led by Dato Seri Laila Jasa Dr Hj Muhammad Arif bin Abdullah, and Institute of Health Sciences, led by Dr Hjh Hashmet Parveen to ensure the smooth running of the examinations.

Membership of the Royal  
Colleges of Physicians  
(MRCP), UK



Royal College  
of Physicians

MRCP(UK) develops and delivers membership and specialty examinations that are recognised around the world as quality benchmarks of medical knowledge and clinical skills.

MRCP(UK) is accountable to the Federation of Royal Colleges of Physicians of the United Kingdom. The Federation sets internationally acknowledged standards in medicine, building on a proud tradition of professional excellence, established over centuries by British physicians.

The Federation is a partnership between:

- The Royal College of Physicians of Edinburgh
- The Royal College of Physicians and Surgeons of Glasgow
- The Royal College of Physicians of London

MRCP (UK) develops and delivers membership and specialty examinations for practicing medical physicians that are recognised around the world as quality benchmarks of medical knowledge and clinical skills, and this is the first time Brunei has been privileged to be host for the exams. The next diet will be held in June 2015 and will be conducted on a biannual basis at the PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam.

Staff Profile  
Asmah Hussaini



Hajah Asmah Haji Husaini joined UBD as a lecturer (Nursing) in PAPRSB IHS in 2009, when the PAPRSB College of Nursing merged with the Institute of Medicine in UBD to form the PAPRSB Institute of Health Sciences.

Hajah Asmah completed a Bachelor of Nursing in Adult Nursing from Cardiff University in 2006. She continued her studies with a MSc in Nursing Studies at Cardiff University the following year at Cardiff University. She is currently in her third year of PhD programme at the Florence Nightingale Faculty of Nursing & Midwifery, King's College London (UK) under the In-service Training Scheme.

She is due to complete her studies and rejoin the Institute at the end of 2015. She aims to carry out more studies involving health care services and education in Brunei Darussalam as the focus of her research career in UBD. She is interested in carrying out research in nursing education, palliative and end of life care, cultural studies and rehabilitation and aging.

## Research Focus: The exploration of specialist palliative care for advanced cancer patients in Brunei Darussalam

Cancer is one of the leading causes of death in Brunei Darussalam. Evidence have shown that 50% of people being treated for cancer eventually do not respond to active treatment.

Specialist palliative care is practiced in many global health care settings, including in Brunei Darussalam and it includes attending to advanced cancer patient's end of life care needs. This specialty is rooted in the modern hospice movement in the United Kingdom in the 1960's. This Western model is used in many Western-based countries such as the United States of America and Australia. Eventually, starting from the late 1980's many non-Western countries within the South East Asian region including Singapore and Malaysia started using the model as well. Brunei Darussalam has its first palliative consultant in 2009 and a palliative care team consisting of himself (the palliative consultant) and a palliative care nurse was established in 2010. There are no existing studies that explore the effectiveness of specialist palliative care provided to advanced cancer patients and their families in Brunei or the impact of this model on the health care professionals involved in providing palliative care.

Nurses have greater ratio to doctors in many health care settings including the palliative and cancer care in Brunei Darussalam. This implicates the important role of nurses in the provision of palliative care to advanced cancer patients and their family. As part of her PhD project, Hajah Asmah has carried out a metaethnography that resulted in a conceptual framework that explains the role of nurses in providing palliative care to advanced cancer patients in 2014 based on evidence found in studies carried out mainly in the United Kingdom, Australia and USA. Her findings was presented in the 10th Palliative Congress in England in March 2014 and the abstract was

published in the BMJ Supportive and Palliative care ([http://spcare.bmj.com/content/4/Suppl\\_1/A1.3.short](http://spcare.bmj.com/content/4/Suppl_1/A1.3.short))

The findings of this metaethnography had provided with a clear direction for her to proceed to the next stage of her study where she used an 'Embedded multiple ethnographic case study design' to explore the system of specialist palliative care provided in Brunei Darussalam and the care experience of patients with advanced cancer and their families. Currently she is analysing the data that she gathered from 12 cases of advanced cancer patients, 14 in depth interviews with patients and their main family carers, and 34 health care professionals who are working in the Brunei Muara district using a thematic framework analysis.

The outcome of this study will provide an important contribution to the literature in health care in Brunei Darussalam and evidence resulted from it can be used to discuss the needs for modifying the model of palliative care, training needs and ongoing research and evaluation in the area of palliative care in Brunei Darussalam.

## PAPRSB Institute of Health Sciences Student Initiative for Diabetes Awareness



*“An awareness campaign like this is important for communities and while I’m aware of its pervasiveness in Brunei, many others are not,”* Hj Awg Marali Hj Ahmad, Kampong Kapok Village Chief

Four third year medical students from the PAPRSB Institute of Health Sciences, UBD organised a campaign at the home of the Kampong Kapok Village Chief to help raise awareness of the dangers of diabetes.



A resident going through the health screen offered by the medical students

One of the medical students, Azirah Abdul Wahab said in her opening remarks that diabetes is the third leading cause of death in the Sultanate, among non-communicable diseases, after cardiovascular diseases and cancer. “The reason we have organised this awareness campaign is to educate the community how to detect the early signs of diabetes, so that it can be prevented and be identified in its early stages,” she said.

Azirah Abd Wahab along with her peers Affah Amirah Hakimah Hj Shazli, Md Adib Aiman Hj Abd Rahman and Tan Shi Ying had undertaken their own initiative by collaborating with the Kampong

Kapok Village Consultative Council (MPK) to hold the Diabetes Awareness Campaign at the house of Hj Marali Hj Ahmad.

With the help of several trained volunteers from UBD, the students provided a free health screening for those who participated in the campaign to check their Body Mass Index (BMI), their blood pressure and their blood glucose level. The students also organised a Zumba session for the participants and a cooking competition led by Hers Kitchen Cooking Class with the added emphasis on healthy cooking.

Attending the event was the Advisor of MPK Kampong Kapok Dr Hj Abd Hamit Hj Musa along with more than 100 other residents of the village and members of the community.

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



Participants during the cooking competition.

## What is High Fidelity Manikin-Based Simulation?

In a simulated clinical setting using high fidelity simulators, the simulator is programmed to replicate the behaviours and symptoms of the patient in that given scenario. There are cascade of events and clinical manifestation whereby the simulators are programmed. The events unfold according to the pre-programmed script unknown to the learner, usually challenges the learner's ability to respond. Therefore the learners are expected to identify, plan and give appropriate intervention or management.

The environment is also set as real as possible which include the use of medical equipment such as intravenous infusion, oxygen, cardiac monitor and others relevance to the given scenario. Real health professionals and/or trained actors perform the roles on a multi-disciplinary team and family members are also used depending on the objective of learning. It is not only to increase the realism of the scenario but also its complexity.

The simulation activity has three phases, namely, briefing, simulation-in-action and debriefing. Briefing mainly involve giving orientation to the simulation environment, the equipment and importantly the scenario. The scenario is only a brief statement and will not disclose what the learner should do. The simulation-in-action is the "theater of the simulation". The learners demonstrate their knowledge, skill and attitude toward the given scenario. Beside this core components, learners are also expected to demonstrate their "soft-skill" component such as communication between the team members, decision making, leadership, teamwork, team coordination and more. To end the simulation activity, facilitated debriefing will take place. Arguably this is the phase in which most learning take place through reflecting learners' performance during the simulation-in-action.

Overall the entire scenario would last between 10-30 minutes depending on its complexity, learning objective and also level of learners.

## Healthcare Simulation Symposium held at the PAPRSB Institute of Health Sciences



### *Advancing Education and Practice through Technology.*

#### HealthCare Simulation Symposium

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam (UBD) in partnership with McQuipp Technisell Marketing Sdn Bhd and Asterix United Sdn Bhd. organized a Healthcare Simulation Symposium on 24<sup>th</sup> January 2015 at the extension building of the PAPRSB IHS, UBD. The one day symposium's theme is *Advancing Education and Practice through Technology*.

The healthcare simulation symposium is the first of its kind hosted by the institute celebrating the completed establishment of the simulation center (SimCentre) of the institute which is now in full operation. This SimCentre has allowed the utilization of high fidelity manikins not only for students' learning but also to collaborate with the stakeholders' workforce to improve practice via simulation.

PAPRSB IHS, has adopted simulation-based learning using High Fidelity Manikins as an added teaching and learning pedagogy in the recent years. With the recently opened PAPRSB IHS Extension Building, SimCentre was established and equipped with High Fidelity simulators such as MetiMan, SimMan3G, SimMum, SimJunior, PediSim, iStan and HSP6.

Therefore through this symposium it aims to achieve the following objectives, which are to:

- Disseminate health care simulation information and its advancement in education and practice
- Increase visibility of health care simulation and the PAPRSB IHS SimCentre
- Develop and enhance collaboration between

PAPRSB, Institute of Health Sciences (IHS) with stakeholders in health simulation matters.

The keynote address was delivered by Dr Chaoyan Dong, a medical Education Specialist who is also the assistant director at the Medical Education Unit of the Yong Loo Lin School of Medicine, National University of Singapore. In addition to this, other symposium topics were presented by the facilitators within the SimCentre team from IHS. The Guest of Honour for the opening ceremony is the Dean of PAPRSB IHS, Dr Hj Maslina Binti Hj Mohsin.

Three workshops were conducted to cover three different ranges of clinical scenarios, one for advanced cardiac life support (ACLS), one obstetric (women in labor) scenario and one for pediatric (children) case scenario.

This symposium attracted more than 100 participants from all relevant health care personnel or interested parties in simulation activities. The symposium secretariat committee has received encouraging support from Jerudong Park Medical Centre (JPMC), Ministry of Health (MOH), Ministry of Defense (MOD), Brunei Liquefied Natural Gas Company (BLNG) and also IHS's own teaching staffs and students who registered for the symposium.

## Delegates from Universiti Sains Malaysia visit the PAPRSB IHS to forge international collaboration

On 31st January 2015, IHS received a team of academics from the School of Health Sciences (PPSK) from Universiti Sains Malaysia (USM), including the Dean of PPSK, Professor Ahmad bin Hj Zakaria and Deputy Dean of Academic, Professor Pim Chau Dam. The aim of the visit was to forge a mutual and strong relationship between PPSK and the IHS, and explore collaborative opportunities in various fields. Amongst the topics for discussion were the potential signing of a Memorandum of Understanding between the two faculties, as well as programme and research collaborations between staff of both faculties. Potential areas for programme collaborations include student exchange for Discovery Year, as well as the possibility of developing and running a new collaborative programme, such as dual degree programmes. Potential areas identified for research opportunities between the two faculties include research in microbial agents, particularly for infectious diseases endemic to both countries such as Dengue fever, herbal medicines and therapies for obesity, cancer and anti-microbial agents, development of tools for diagnosis of diseases as well as the development of tools for public health research. The meeting was deemed to be fruitful by both parties. Discovery Year opportunities for nursing and biomedical students from the IHS at the USM have now been expanded to new areas such as forensic science and nutrition and dietetics. There is also a potential continuation of global classroom hosted by public health academicians in the USM for the Masters of Public Health students in the IHS.

## PAPRSB IHS holds annual Faculty Retreat



On 4th February 2015, IHS organised the annual faculty retreat in a seminar room at the IHS Extension building. During the retreat session, the Dean of the Faculty shared with faculty members about the future directions of UBD for the year 2020, after reflecting on the achievements of the Institute in the past five years. Workshops were then conducted by facilitators consisting of the Assistant Vice-Chancellor (Research and Innovation) Professor David Koh Soo Quee on how to improve research output by faculty in the university, while the Assistant Vice-Chancellor (Academic Affairs) Associate Professor Dr Ayub Sadiq @Lin Naing on how faculty can further develop and excel in innovative teaching, Finally, the Director of the Office of Planning and Development, Dr Zaw Wint gave a presentation on QS vs THS University's Ranking System. All faculty members were present to contribute in the workshops and were supportive of UBD's future direction towards achieving UBD's Vision 2020.

## Upcoming events

**CALL FOR ABSTRACTS**

**9th Malaysia Indonesia Brunei Darussalam  
Medical Sciences Conference 2015**

**Theme:**  
“Transdisciplinary Approach in Healthcare Research”  
11 - 13 June 2015

**SUB-THEMES**  
Cancer  
Infectious Diseases  
Medical Education  
Obesity and Diabetes  
Mother and Child Health  
Ageing, Mental Health and Stroke  
Islamic Perspectives in Healthcare  
Global Health and Healthcare Research  
Complementary Alternative Medicine,  
Nutrition and Food

**POST CONFERENCE WORKSHOPS  
(13 June 2015)**  
Healthcare Simulation  
Public Health Research  
Collaborative Research  
Ibadah Friendly Hospital Initiative  
Healthcare Professionals Education

**Venue:**  
PAPRSB Institute of Health Sciences  
Universiti Brunei Darussalam

Abstracts should be submitted online via email to: [mib.ihs@ubd.edu.bn](mailto:mib.ihs@ubd.edu.bn).  
The deadline of abstract submission is 1 April 2015  
For more information, please visit the conference website: [Http:// ihs.ubd.edu.bn](http://ihs.ubd.edu.bn)



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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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