

## *Congratulations, Class of 2015!*



3rd Year BHSc (Medicine) students of Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health Sciences will be continuing their MBBS/MD programme in various Partner Medical Schools in the United Kingdom, Ireland and Australia.

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## UBD 27th Convocation 2015



On the 9th of September 2015, Universiti Brunei Darussalam held its 27th Convocation Ceremony. His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, the Sultan and Yang Di-Pertuan of Brunei Darussalam, Chancellor of UBD was present at the event to present certificates to a total of 1,125 graduates, including almost 100 students from the PAPRSB Institute of Health Sciences.

The PAPRSB Institute of Health Sciences had students graduating from the following programmes:

1. Bachelor of Health Science (Biomedical Sciences)
2. Bachelor of Health Science (Medicine)
3. Bachelor of Health Science (Nursing)
4. Bachelor of Health Science (Midwifery)
5. Diploma in Health Science (Midwifery)
6. Diploma in Health Science (Nursing/Paramedic)
7. Masters of Public Health
8. Masters of Science in Primary Health Care

**We would like to congratulate all our students for their achievements!**

### Dean of PAPRSB Institute of Health Sciences Dr Hjh Maslina Mohsin honoured with Seri Mahkota Brunei



In conjunction with His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, the Sultan Yang Di-Pertuan Negara Brunei Darussalam's 69th birthday, the Dean of Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health Sciences, Dr Hjh Maslina binti Haji Mohsin was awarded Darjah Seri Paduka Mahkota Brunei Yang Amat Mulia (The Most Honourable Order of Seri Paduka Mahkota Brunei), Darjah Ketiga (Third Class), on the 22nd August 2015

Dr Hjh Maslina is also the Director of Health Services since 2009 and Consultant (Primary Health Care) in Ministry of Health, Brunei Darussalam. She is also appointed as Dean of Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health Sciences, Universiti Brunei Darussalam since January 2011.

She graduated from Glasgow University, United Kingdom in 1994 and completed her general practice specialty training in Glasgow before returning to Brunei Darussalam in 1999. She passed her MRCGP (Membership of Royal College of General Practitioners) examinations in 1998 and later awarded Fellowship (FRCGP) in United Kingdom in 2006. In 2000, as head of Division of Primary Health Care Services, Dr Maslina played an essential role in the change of delivery of primary health care services in Brunei Darussalam. Primary health care services were decentralized from the hospitals to 13 health centres within the community.

**Our heartfelt congratulations to our dean for the Seri Mahkota Brunei honours.**

## 9th International Summer Medical School (ISMS)

by Sabrina Samad



On the 18th of July 2015, eight students from the Faculty of Medicine, Kagawa University, Japan, arrived in Brunei Darussalam. Their arrival marked the beginning of the 9th International Summer Medical School Program (ISMS), a collaborative exchange program between Universiti Brunei Darussalam (UBD) and Kagawa University (KU).

Launched in 2006, the International Summer-Winter Exchange Student Program signifies the special collaborative partnership between the two universities, particularly in the fields of health and medicine, research and student exchanges. The goal is to develop interpersonal relationships through the collaborative cultivation of intellect and cultural exchanges.

The Japanese students were introduced to a new form of student-centered learning. The problem-based learning (PBL) method expects students to engage in student-led discussions and active research for answers to given medical cases. The program aims to enhance the communication skills and teamwork of the Japanese students by exposure to PBL. They will also have the opportunity to observe the application of medical theories utilized in a clinical setting with visits to the local health centers. The prominent use of the English language



through reports, assessments and presentations were also required during their stay in Brunei to further improve their English language proficiency.

Integral to the exchange program is the aim to form close relationships with students at the PAPRSB IHS and developing deep understanding of the cultures

in Brunei Darussalam. Set during the Eid Al-Fitr celebrations, the Japanese students were given an opportune insight to experience the country's main cultural holidays through 'open house visitations', and a visit to the Istana Nurul Iman with their UBD 'buddies'. To further their experience in Bruneian culture and develop personal bonds in a foreign country, they were assigned host Bruneian families for a one-night stay. The placement allowed them a greater understanding of Bruneian cultures and a way to develop personal bonds in a foreign country.



Recreational activities were also been organized to introduce Brunei's value as a country to the exchange students. A visit to the Temburong District and the Ulu Temburong National Park allowed them the chance to discover the unspoiled greenery of Brunei. Other areas included Kampong Ayer and the Royal Regalia Museum. The students also participated in a night safari along the Brunei River with Mark and Wann's boat tours to spot proboscis monkeys, crocodiles and fireflies. The various visits also gave the Japanese students more time spent with their buddies and as such foster a deeper friendship between students of UBD and KU.

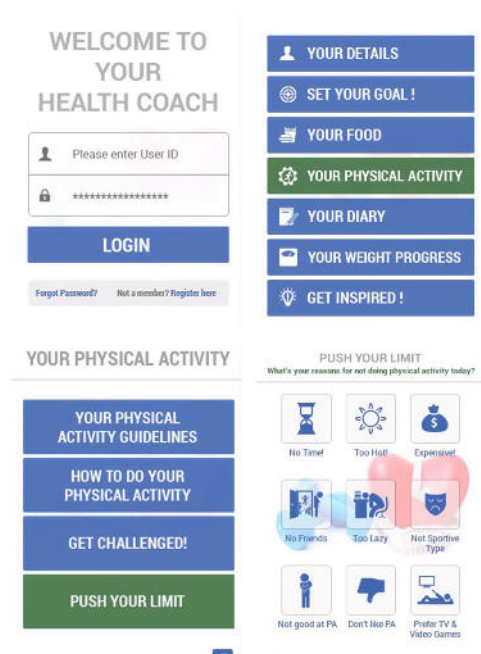
Following the end of the Summer Medical School Program, winter will mark the beginning of the Winter Student Exchange program in Japan's KU, where medical students from the PAPRSB IHS will be joining the programme.



## Research Focus: Health Coach

By Siti Norrasidah Haji Zahiri, PhD student in Public Health  
Dr. Nik Anni Afiqah Hj Mohammad Tuah, Lecturer in Public Health

The 'Health Coach' mobile application, a health education tool, is designed to improve end-users' confidence to practice healthy lifestyle based on the concepts of behavioral change theories model commonly used in Public Health for health promotion and education strategies. In collaboration with Health Promotion Centre, Ministry of Health, this project is aligned with Ministry of Health's BruMAP-NCD, specifically to promote a balanced and healthy diet, as well as to increase physical activity. The conception of this project is also in response to Ministry of Health Vision 2035 to provide accessible and sustainable means to educate the people with healthy choices. Targeted towards adolescents (age 12 to 17), this tool is expected to increase their knowledge and skills on nutrition and physical activity. Consequently, this will enhance their confidence to improve their nutrition intake and physical activity habits. In effect, the nation will benefit from adolescents who adopt healthy behaviours, as mentors and role models for their peers and their development into healthy adults who have a positive economic impact on Brunei's health system, and hopefully increase the nation's productivity.



The 'Health Coach' is a health education mobile application to practice a healthy lifestyle and prevent obesity among adolescents. The mobile application obtains information from users to understand their physiological state. The application provides knowledge and skills on nutrition and physical activity to participants. The content is informative, interactive, and communicative, and also functions as a data collector. The mobile app is accessed by Participant ID and Password once registered.

The mobile app collects information on weight, height, age, and gender and calculates the BMI z-score. Users are informed whether to maintain, lose, or increase weight. Food Menu within the app include three sub-menus (i) dietary guidelines based on National dietary guidelines, (ii) easy recipes, (iii) food calorie for users based on physical activity. The mobile app also recommends different activities and time to be spent based on National Guidelines in a pyramid. A few studies have used technology as an intervention for prevention of overweight and obesity. However, there is no mobile app where the content is guided by behavioural change theory.

### Staff Profile

**Dr Nik Anni Afiqah Hj  
Mohammad Tuah**



#### Employment:

**Present-2012:** Lecturer in Public Health, PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam, Brunei Darussalam

**2008-2006:** Lecturer in Clinical Skills, Institute of Medicine, Universiti Brunei Darussalam, Brunei Darussalam

**2006-2005:** Education Officer, PAPRSB Nursing College, Brunei Darussalam

**1999-8:** Staff Nurse, Ministry of Health, Brunei Darussalam

#### Education:

**2012 - 2008:** PhD in Public Health (Imperial College London, United Kingdom)

**2006 - 2004:** Master of Public Health (Melbourne University, Australia)

**2002 - 1999:** B.Sc. Nursing (Mc Master University, Canada)

**1998 - 1995:** Diploma in Gen. Nursing (PAPRSB Nursing College, Brunei Darussalam)

#### Teaching areas

Public health, Health policy, Health services policy and management, Behavioural health sciences, NCDs epidemiology and control, Research methods and Health programme planning and evaluation

#### Research interests

Non-communicable diseases, obesity prevention, e-Health and behaviour modifications interventions, Health policy and Global health

#### Awards

14 - 23 December 2014. Recipient of Sakura Science Programme Scholarship Kagawa University awarded by Japan Science and Technology Agency.

15 September 2014 - 14 September 2017. Honorary Research Fellow of the Imperial College of London UK.

April 2013. 'Environmental Toxicology', Chulabhorn Research Institute Fellowship awarded by the Thailand International Development Agency.

July 2013. 'Occupational and Environmental Medicine', Chulabhorn Research Institute Fellowship awarded by the Thailand International Development Agency.

## 22nd Nursing and Midwifery Educational Trip to Ho Chi Minh City, Vietnam



A group of 34 diploma student nurses, midwives and paramedics from the Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health Sciences went for the 22nd educational trip to Ho Chi Minh City, Vietnam and were accompanied by 8 lecturers. The group left Brunei Darussalam on the 24th May, 2015 and returned on the 31st of May 2015. The educational trip was arranged with Wing On Travel & Trading Sendirian Berhad. The aim of the educational trip was for students to explore and understand the nursing education, practice and cultural heritage at Ho Chi Minh City, Vietnam. This visit encompasses both educational and social dimensions. The objectives were:

- To learn about the nursing and midwifery, and health services in Vietnam.
- To explore nursing and midwifery education in Vietnam
- To foster links by visiting nursing and midwifery institutions.
- To explore transcultural nursing and midwifery activities in Vietnam with a view to adopt relevant practices that would be appropriate in Brunei Darussalam.
- To gain knowledge, understanding and a deeper appreciation of culture and heritage.
- To visit the Thien Duyen Orphanage as part of the community service of the students.

### Technical Visits

The educational trip was scheduled for seven days which included the technical and social visits. The technical visits were arrangements between our Local Tour Agent, Wing On Travel Sdn Bhd with the travel agent ASIA SKY International Tourist JSC in Vietnam, who acted as the group's Liaison Officer. The technical visits included the TU DU (Maternal) Hospital, University of Medicine and Pharmacy. The University of Medicine and Pharmacy offer training for health sciences programmes i.e. nursing, medicine and pharmacy for South Vietnam. During the visit, students had the opportunity to visit the simulation laboratory and observe medical students practice clinical skills, such as taking vital signs. They are grouped into 10-15 students

per team, which is facilitated by one clinical instructor.

There are numerous orphanages in Vietnam and during the visit they had the opportunity to visit the Thien Nhan Orphanage, which caters for abandoned children, who are mostly special needs children in Vietnam. Currently they have increasing number of children registered with them including babies abandoned at the orphanage gate or hospitals by their parents. During the education trip, the staff and students from the PAPRSB IHS delegation also made a cash and food donation to the Thien Nahn orphanage, which was collected from the PAPRSB IHS teaching staffs (Nursing and Midwifery) before their departure to Vietnam.

The staff and students also visited is the TU DU (Maternal) Hospital, one of the leading private hospitals in Thailand, which caters to both local and international patients. The TU DU (Maternal) Hospital has achieved various international accreditations. The facilities and services were up-to date with cutting edge technologies. The nurses work collaboratively with the other health professionals and were well respected. The group was divided into three groups to tour the hospital facilities and services namely the In-patient Surgery Unit, In-patient Medicine Unit and In-patient Obstetrics-Gynaecology Unit.

The final technical visit was to the Vietnam large scale private hospital is Hanh Phuc Clinic. This international medical building provides a comprehensive range of services specialising in obstetrics, gynaecology and paediatrics. There is an orphanage section in the hospital, which caters solely for special needs children, who are cared for by their qualified nursing staffs.

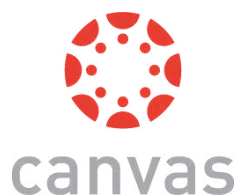
### Social Visits

The social visits were organised and guided by Mr Nelson and Mr Eric. The visits included the Da Lat, Huan Huong Lake and Hell Market. We spend 2 consecutive days at Da Lat. During their stay, they also had the opportunity to visit Bao Dai's summer palace, Truc Lam Thien Vien, Tuyen Lam Lake, Tram Buddhist Temple, Golden Valley and also Da Lat Flower Park. They also had the opportunity to visit the Dalanta Waterfall, at Ben Thanh Market. On the final day, on their way back to Ho Chi Minh City, they visited the Vinh Trang Pagoda, Tropical Fruits Orchard, Don Ca Tai musical art performance, the coconut workshop, honey Bee workshop, garment and local products art shop.

The 22nd Nursing and Midwives Educational Trip to Ho Chi Minh City, Vietnam was a successful one. There were many things that the students and staff learned from the Vietnam's vast experiences in developing its' nursing and midwifery profession and plenty of opportunities to work collaboratively i.e. student and staff exchange programme and research collaborators between both countries. Therefore this educational trip should be encouraged and continued in the future.

## Canvas—a new learning management system for UBD

*“With sufficient facilities and UBD’s future goals in line, the practice of blended learning – whereby some parts of education can be done online – will be introduced in the near future.” - His Majesty Sultan Haji Hassanal Bolkiah, the Sultan and Yang Di-Pertuan of Brunei Darussalam’s Titah during the 27th UBD Convocation*



CANVAS is a cloud-based learning management system (LMS) that connects all the digital tools and resources teachers or lecturers use in one single platform. Since its official launching in 2011, Canvas has been used by more than 1,400 universities, school districts, and institutions around the world. Canvas is very simple to use and can be accessed easily everywhere by downloading the Apps in your mobile phone. Canvas integrates hundreds of apps, empowering teachers or lecturers and students with countless tools to make learning easier and exciting.

Starting from Semester 1 August 2015, all of the modules taught at UBD has been incorporated into Canvas. At UBD, it is now mandatory for all lecturers and students to use Canvas in their teaching and learning. This was reiterated during the UBD 27th Convocation in 2015, in His Majesty Sultan Haji Hassanal Bolkiah, the Sultan and Yang Di-Pertuan of

Brunei Darussalam’s Titah. In the PAPRSB Institute of Health Sciences, Canvas has been utilized by most of the lecturers and students. Canvas is able to assist in various aspects of learning such as the dissemination and organization of lecture materials, assignment submissions and grading by the lecturers, online quizzes, group discussion among the students and lecturers as well as a systematic way of attendance taking. Staff of UBD have attended workshops on Canvas in order to ensure that they can unlock the full potential of the system. One of the exciting uses of Canvas that has been practiced at the PAPRSB IHS is teaching Problem Based Learning (PBL) and Team Based Learning (TBL). It has been an exciting experience for the students. Furthermore, using Canvas for PBL teaching is more environmentally friendly, as it enables the reduction of printed papers.

### Chinese Youth Volunteer Programme based in the PAPRSB IHS for a year



We welcome 7 Chinese volunteers who have joined the PAPRSB IHS this semester, who are from different educational backgrounds, such as dentistry, lab technology, genetics, immunology, obstetric and gynaecology and nursing.



## PAPRSB IHS hosts exchange students and staff from Mahidol University, Thailand



different learning approach for them and was valuable in demonstrating the significance of student-centred learning.

The students also underwent clinical placement at two Maternal and Child Health clinics (Pengkalan Batu & Rimba clinics) and antenatal and postnatal wards, delivery suite at the Women Children Centre (WCC) RIPAS hospital. The focus is on the maternal health services for both the hospital and community settings (Domiciliary care). The program was scheduled with two days at the IHS and three days of clinical placement. Their educational program includes visits with briefing to the Women and Children Centre at RIPAS hospital, JPMC and Panaga Health Centre.

From 1st August 2015 to 6th September 2015, the PAPRSB IHS hosted a 5-week exchange program with Mahidol University, Thailand. A total of eight nursing and midwifery students accompanied by two lecturers participated in the program. The students were exposed to the case based learning approach together with year 2 BHSc Midwifery students of IHS. This was a

Their cultural journey brought them to experience 'open house' at Faculty houses and at the Ministry of Health during the recent Hari Raya Aidilfitri celebrations, His Majesty's birthday parade at town center, 'ambuyat' dinner with IHS faculty members, visits to some Brunei's jewels such as Jame 'Asr mosque, a tour of Kampung Ayer, the Royal Regalia Museum and the Millionth Barrel monument.

## Students from the International Islamic University Malaysia visit IHS



From 31st July to 16th August, the PAPRSB IHS hosted 9 nursing students from the International Islamic University Malaysia (IIUM) who were under the student mobility programme of IIUM.

## In the News: UBD QS Asia Ranking 2015 gone up to 118.

This year, UBD was ranked the top university in Asia for student mobility in the Quacquarelli Symonds (QS) University Rankings.

UBD was positioned number one for "Outbound students", and number two for "Inbound students". The university was ranked sixth for "International faculty", 14th for "International students" and 23rd for "Faculty to student ratio".

## International Research Links

Dr Adi Yusri Idris was selected as the Co-PI of the project "Desain Boronic Acid-Modified Carbon Dots Nanoparticles as Antiviral Entry for HIV virus" hosted by Dr. Mochamad Zakki Fahmi of Airlangga University, Indonesia, under the 2015 SATU Joint Research Scheme.

## Upcoming events

### MRCGP [International] exams

Membership of the Royal College of General Practitioners (MRCGP) [International] exams date:

7-8 Nov 2015

### MRCP(UK) Part 2 Clinical Examination (PACES) dates

7,8,9 Dec 2015.

Details are correct at the time of publication but the MRCP(UK) Central Office reserves the right to change these at any time.



**UBD blood donation drive**  
IN CONJUNCTION WITH 27th CONVOCATION FESTIVAL  
Date : 23rd September, 2015  
Venue: ARC Room, IHS Main Building, UBD  
Time: 9am - 11am  
2pm - 4pm  
OPEN TO THE PUBLIC AND UBD STUDENTS  
Co-organised by:  
PAPRSB Institute of Health Sciences, PAPRSB, PAPRSB IHS STUDENT COUNCIL, BIO-MEDICAL SCIENCE CONCERT 3

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### The Pengiran Anak Puteri Rashidah Sa'datul 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.

### PAPRSB Institute of Health Sciences

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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.