

# Beyond

PAPRSB Institute of Health Sciences Newsletter

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As part of their SSM3 project, Year 3 medical students from PAPRSB Institute of Health Sciences have raised a total of \$2365 for several Special Needs organisations in Brunei Darussalam in November 2015.

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## Eminent Visiting Professor Tar-Ching Aw gives public lecture at the PAPRSB IHS on “Wellness and Work: Evidence from Research”

### Eminent Visiting Professorship at Universiti Brunei Darussalam

One of the marks of a high quality university, focusing on teaching and research excellence, is the quality of its academic staff, and the quality of its students. In this respect, UBD has continued to improve the quality of its teaching staff.

In the last 4 years, UBD has started an Eminent Visiting Professorship scheme to bring in eminent or distinguished professors to share their professional expertise and help UBD to strengthen the quality of its teaching. These professors spend up to a year at UBD, and are involved in teaching, mentoring as well as joint research projects with Bruneian staff. To date, a total of 9 Eminent Visiting Professors have been attached to UBD.

Most of these Eminent Visiting Professors (EVP) hail from top ranked universities, such as University of Bonn, Oxford University, Kyoto University and National University of Singapore. These professors have made significant contribution to teaching and research in the university, particularly in the GenNEXT curriculum. Their involvement in joint research projects with UBD staff have, thus far, resulted in capacity building for young Bruneian staff, publications of working papers and articles in top-tiered journals, and identification of new research areas and opportunities. The collaboration that each professor brings have yielded strong networking and collaborations between UBD and their home universities and affiliated institutions.



The ultimate goal in public health is to ensure the wellness of the community and individuals within the community. One component of communities is the gainfully employed—those who are employed in a variety of workplaces. Control of exposure to hazards in workplaces, and using the workplace as a venue for maintaining wellness are two aspects of occupational health practice. Effective practice should be based on sound science, and evidence-based practice requires findings from research. The scope for relevant research in public health and occupational health is wide and covers basic science research, applied

research, clinical research, and epidemiological research. During his public lecture on “Wellness and Work: Evidence from Research”, Professor Tar-Ching Aw presented examples to consider the gaps between practice and evidence in regards to wellness and work. This included issues such as whether, on balance, work is harmful to health or good for health; obstacles in translating intent for the prevention to effective action; the role of training for promoting wellness, and a comparison of wellness in different communities.

### Associate Professor Dr Anne Cunningham receives Turnitin 2015 Global Innovation Awards (Honorable Mention)

The Global Innovation Awards program recognizes educators and technology administrators from around the world who have demonstrated excellence in promoting academic integrity, student engagement and the innovative use of Turnitin and other educational technologies to support learning in their institutions.

For this year's Global Innovation Awards announced on 22 October 2015, Associate Professor Anne Cunningham from the PAPRSB Institute of Health Sciences was one of the honorable mentions under Asia.

Having previously taught in the UK, Anne had prior experience of the full range of Turnitin benefits. As such, in her move to Brunei she became Universiti Brunei Darussalam's champion of online grading and feedback, using audio feedback in particular. She holds workshops filled with practical examples, anecdotes and other informal support mechanisms and uses the tool in her own teaching practice to assist students new to conventions of scientific academic writing to avoid inadvertent plagiarism.



## Bringing blood sciences to life – Blood donation drive run by Bachelor of Health Sciences (Biomedical) students



Ever wondered how science would be like if we do not ‘touch’ and ‘feel’ what we have learnt in classrooms? As part of their Transfusion Science module in their Bachelor of Health Science (Biomedical Sciences) degree, our final year students organized a ‘real-life’ blood donation run. In collaboration with the RIPAS Hospital Blood Donation Team and the Institute of Health Sciences (IHS) Student Council, our final year biomedical students assisted in setting up this important event on the 23rd of September 2015.

In lectures they learnt the technical nitty gritty of blood transfusion. To make better sense of what they have learnt, we brought the classroom “outside of the classroom” by giving them the liberty to practice what they have learnt. Introduced in 2009, the GenNEXT undergraduate degree is a revolutionary education framework which is designed for students to excel according to their individual learning styles where it provides the flexibility and adaptability necessary to ensure that students are able to fully explore their potential in a hands-on and accountable

manner. Given the current shortage of blood donors in Brunei, this even aims to urge the public to help replenish the blood banks at RIPAS Hospital by donating blood. This event was also timely as it was done in conjunction with the 27th UBD convocation festival.

The event was a success! A total of 51 volunteers comprising of members of IHS Student Council and the final year Biomedical Science students took part in this event to aid the medical doctors and staff from RIPAS Hospital to run the drive. These volunteers were involved in ushering the potential donors, as well as in conducting the initial screening prior to donation. A total of 67 eligible blood donors were recruited on the day. In class, the students were asked to reflect on their experiences from the event. The students found it an enriching and valuable learning experience as it took them out from the traditional classroom learning environment.

### The GenNEXT Programme at Universiti Brunei Darussalam



The GenNEXT undergraduate degree is an education framework which is designed for students to excel according to their individual learning styles. Broad-based and trans-disciplinary, it provides the flexibility and adaptability necessary to ensure that students are able to fully explore their potential in a hands-on and accountable manner, while also providing thorough and rigorous training across the disciplines.

The GenNEXT degree ensures that students emerge from UBD with a high quality education that caters for their individual needs, as well as the needs of a constantly changing world environment.

Multidisciplinary GenNEXT degree programmes allow students to choose from a variety of disciplines. Breadth modules offer students an opportunity to explore interests outside their chosen academic discipline, allowing them to develop as well rounded individuals.



## PAPRSB IHS holds 1st Nursing and Midwifery Student Research Conference



### “Role of Nursing and Midwifery in Ministry of Health VISION 2035: Together Towards A Healthy Nation”

#### Objectives of the Conference

1. Describe historical trends in nursing and midwifery practice, education and research in Brunei Darussalam.
2. Present how nurses and midwives contribute to shape the future directions and strategies to support Ministry of Health Wawasan 2035.
3. Utilize the conference as a method for fruitful discussion in the area of future nursing and midwifery careers, practice, education and research.
4. Provide opportunities for professional development, networking, mentoring, partnership and collaboration.

#### Resolution of the Conference

1. Exploring expectations and satisfaction of health care services provided from different stakeholders perspectives such as public, professional and allied health, nurses and midwives are important towards achieving nation vision 2035.
2. Reviewing the relevance of historical trends and current challenges such as political, economic, psychosocial and environmental factors that may have implications towards enhancing evidence based nursing and midwifery practice, education and research in achieving nation vision 2035.
3. Nurses and midwives preparedness are challenged with the increasing number of Non-communicable diseases through the universal care approach.
4. The role of Regulatory Bodies as a basis of legal mandate that is responsible to protect the public in shaping nursing and midwifery vision 2035 need to be strengthened.

On 7th November 2015, 171 nurses and midwives from the PAPRSB IHS, Ministry of Health, Jerudong Park Medical Centre and Tamada Nursing Services attended the 1st Nursing and Midwifery Student Research Conference. This year's theme was “Role of Nursing and Midwifery in Ministry of Health Vision 2035: Together Towards A Healthy Nation”. The aim is to explore the future of nursing and midwifery in Brunei Darussalam towards Wawasan 2035. This will set a platform for nursing students to appraise their existing/develop their research and dissemination skills through interactions between stakeholders and academic researchers from nursing and midwifery that include other health professionals.

The conference was officially launched by Associate Professor Dr Anne Cunningham, Deputy Dean (Graduate, Research and Global Affairs) of IHS. Two invited guest speakers from the Ministry of Health presented their papers on the future of health services: MoH's vision by Dr. Hj Siti Fatimah binti Hj Md Jaafar, Deputy Director for Policy and Planning, and Nursing Officer Dyg Hj Radiah binti Omar presented the future of nursing and midwifery: MoH's vision. Professor Munikumar Ramasamy Venkatasalu from IHS presented his paper on Nursing Trends and Practices in England during 2005-2015: Some lessons can be learned for 2035 MoH Vision. 20 students from Bachelor of Health Sciences (Nursing and Midwifery) and 2 PhD students presented their research proposal.

This was a great opportunity for undergraduate students to meet some of the key people in their fields, as well as to exercise their presentation skills. The conference provided a stimulating environment to share ideas, collaborate and build new connections, not only for students as well as the institution. Once the research is conducted, they will have the opportunity to present it at the International Nursing and Midwifery Conference (INMC) in 2016.

“The conference was beneficial as it gives us more knowledge and some perspectives from others on the issues brought. Since I would be taking research proposal module soon, this conference gave me ideas on what the module is about, and what it would be expected for me to do. I would like to attend this conference again in the future”, said Dyg Nurul Amal Ezzyianie binti Musa, student year 2 Bachelor of Health Sciences (Midwifery).

Ten posters were on display for the poster competition, where Erzam Hassan and Dyg Nourfaidzoul Hj Awg Besar won first place. Ak Jefri Pg Ahmad and Dyg Nooryanati Ali Hassan won second place. Dk Hj Noralifpawati Pg Hj Jaludin and Dyg Hj Norashidah Hj Zaini won third place.

The student research conference was a successful one. Nursing and midwifery research should be continuously promoted, disseminated, and used; by encouraging, supporting, and connecting, the next generation of nurse and midwife researchers.



Professor Munikumar Venkatasalu speaks during the conference

## Research Focus: “Health help seeking behaviour and health care utilization of Bruneian men”: a Grounded Theory study.

“The epidemiological data is compelling, showing that men have a lower life expectancy and poorer health outcomes in comparison to women”. Biological explanations are insufficient in explaining this disparity however and it has been argued that differences are largely as a result of the complex interaction between biology, gender and sociocultural influences. Thus, it was argued that rather than pointing straight away to genetic fragility, research should focus on how men are, i.e. studying their “masculinity”, and examine its relationship to their health seeking behaviour. Subsequently, we have now witnessed an increase in the body of empirical research around this subject, which has had a significant impact on men’s health outcomes, secondary to their adherence to certain masculine behaviour and norms.

In the West, the norms surrounding masculinity include the idea that men should be healthy, strong and self sufficient. Hence, sharing concerns about health and personal issues are viewed as a sign of weakness and men worry that doing so may result in them being labeled as “less of a man”. It has also been shown that men behave differently from women in terms of their awareness of health and how they use the health services. Unlike women, men are more likely to engage in behaviours that have been shown to increase the risk of morbidity, injury, and mortality e.g. cigarette smoking. Men also often decline to take part in health-promoting activities and use health services less frequently than women and even if they do visit their doctor, it tends to be later in the course of a condition, leading to poorer health outcomes. It has been argued that these behaviours reflect how men construct and reinforce their masculinity. Thus, it is not surprising that masculinity is seen as unhealthy and detrimental to health.

However, despite a growth in interest in the relationship between masculinity and health seeking behaviour, particularly in the UK and other western countries, little research exists about the

intersections of gender and ethnicity with health seeking behaviour in multi-ethnic cultures. Thus this study explores the preliminary findings investigating how being a man in Brunei Darussalam, a country with a strong religious and diverse cultural society, influences men’s perception and attitudes towards their health and help-seeking behavior. Despite worrying epidemiological evidence existing about health needs among men in Brunei, no research on this has been done. This grounded theory study utilises semi-structured interviews and focus groups with a total of 47 men and women from diverse ethnic groups and backgrounds in Brunei Darussalam.

Initial findings indicate that age is a major influence; younger men actively seek health information from books and the Internet and use modern medicines, whereas older men utilise natural remedies and traditional practices learnt from parents or grandparents. Marital status and role in the family also influence the relationship between masculinity and health seeking, with health-seeking bound up with masculine roles: breadwinner, leader of the family, ‘Imam (leading the prayer)’ and ‘man of the house’. Men talked about health in a way that was almost never about ‘me as a man’ but ‘me as a man in relation to others’.

Factors such as convenience, effectiveness, and past experience also influence behaviour, and seeking help from health care professionals is seen as rather inconvenient, thus not making it the first choice of treatment for most Bruneian men. However, men regarded themselves as legitimate users of healthcare services, although it has also been shown that unbearable pain and “nothing else works” were seen as the strongest reasons to access healthcare services. Wives and family members play a big role in ensuring men go to the hospital in cases of ill health. The constant persuasion, nagging and reminders from their wives and family members were seen as motivators and also as legitimate reason for seeking health help from health professionals.

### Staff Profile Awg Deeni Rudita Idris



Awg Deeni Rudita Bin Idris is a nursing lecturer, who started his career as an Education officer at the former PAPRSB College of Nursing, Brunei Darussalam, in May 2009. Deeni completed his Bachelor of Nursing in Adult Nursing at City University, London, in early 2009. After the merging of the college of Nursing and PAPRSB IHS, he then went back to the UK to attain his Masters degree at the University of East Anglia, United Kingdom, in Clinical Education. He has three years’ work experience as a part-time registered nurse in the UK while studying for his degrees.

He is currently in the second year of his PhD programme at the School of Medicine, Pharmacy and Health at Durham University. His doctoral study is focusing on men’s health, particularly looking at the way men view health and illness and their health help seeking behaviour. The initial findings of the study were presented at the British Sociology Association Medical Sociology Group’s 47th Annual Conference 2015, held at the University of York, United Kingdom, last September. Apart from his doctoral degree project, he is also currently representing the Postgraduate students at the Ethics Committee for the School of Medicine, Pharmacy and Health at Durham University.

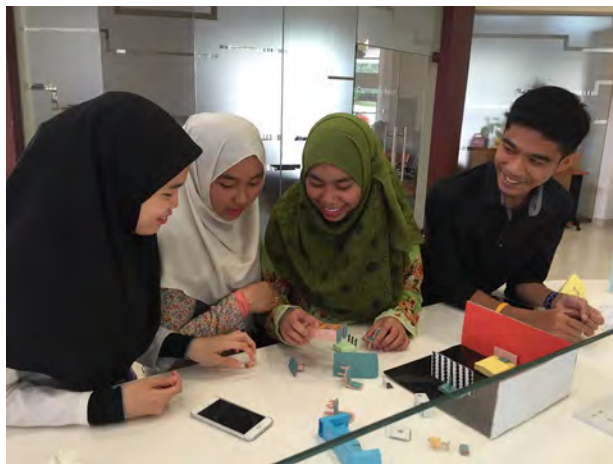
His research interests includes men’s health and health seeking behaviour, sexual health, cancer care, continuing professional development and nursing education.

## Special Study Module 3: Sleep Awareness Campaign

by Mohammad Khairulsadek Hj Zukmin

Special Study Module 3, one of the core modules for the 3rd year Bachelor of Health Sciences (Medicine), requires the students to organise a community-based project. A group of four students, Caroline Tan Chiaw Wei, Mohammad Khairulsadek Hj Zukmin, Hjh Maisarah Hj Sharif and Wong E Ru, with the thought that sleep deprivation may have been common in Universiti Brunei Darussalam (UBD) had thus, decided to tackle the sleeping habits of the community.

The Sleep Awareness campaign was carried out in the Student Centre of UBD from the 16th until 19th of September, opening its floor to all UBD staff and students from 9am until 4pm. Generally, university students are thought to be at risk of sleep deprivation due to the demand of assignments, participation of extracurricular activities, in addition to their already occupied social life. Therefore, the aims of the campaign were to promote and raise awareness regarding the importance of sleep, as well as to get the target community to practice sleep hygiene.



119 registered individuals visited the 3-day campaign, taking part in the various activities held which comprised of exhibitions in the form of posters and videos, talks, screening for daytime sleepiness and fun educational games. Professional experts in the field of sleep were invited to deliver the talks; this included a sleep specialist from RIPAS hospital, nutritionists, a psychologist and a general practitioner. The knowledge regarding sleep, especially the benefits of sleep for memory consolidation and learning, were reinforced.

Screening for daytime sleepiness via Epworth's Sleepiness Scale provided the opportunities for the visitors to reflect upon the quality and duration of their night-time sleep. Though the questionnaire is to some degree subjective, most of the visitors seemed to be aware of their inadequate sleep. Advice was given to those with appalling scores; they were encouraged to further reinforce sleep hygiene to improve their night-time sleep.

Exhibitions consisting of informative posters, pamphlets and video covering the importance of sleep, consequences of sleep deprivation, sleep hygiene, drowsy driving as well as common sleep disorders were displayed. A video on relaxation techniques in

addition to pamphlets were also accessible. The educational games available were also popular among the visitors. The players' knowledge regarding caffeine contents in commonly sold beverages were particularly tested. An ideal sleep-inducing environment was also highlighted in one of the games.



A Zumba session, participated by a number of students was held in conjunction with the campaign which was made possible through collaboration with UBD Fitness Club. It is known that exercising at the appropriate time can promote good night sleep (National Sleep Foundation, n.d.).

The Brunei Times visited twice and had published two articles about the Sleep Awareness Campaign at the same time highlighting the importance of sleep in achieving good health. The majority of visitors expressed their contentment about the campaign through the feedback box. One of the visitors quoted, "Sleep Awareness Campaign gives the opportunity to learn about something people take for granted – sleep."

Finally, leaving popular comments on the Sleep Awareness Campaign's banner, the majority agreed to have understood the importance of sleep better and reinforcement of sleep hygiene hence were made possible, in which overall has marked the huge success of this campaign!



The Sleep Awareness Campaign was supervised by Dr. Mas Rina Wati and Mrs. Rohaiza. The organisers would also like to take the opportunity to thank their supervisors, the 63 recruited volunteers and target community members for their active participation and support.



## Lifestyle-related Diseases Prevention Working Seminar in Kagawa University, Japan



A group of 12 people consist of six lecturers from Pengiran Anak Puteri Rashidah Saadatul Bolkihah, Institute of Health Sciences and a PhD student and three clinicians and two nurses from Ministry of Health, Brunei Darussalam were invited to a Working Seminar on Lifestyle-related disease prevention at Kagawa University, Japan. The week-long working seminar was arranged and sponsored by Kagawa University, Japan and aimed to introduce the Japanese health check-up and counselling systems for the prevention of lifestyle related diseases in Japan. The visit encompassed a work visit to the Health Screening Centre and social visits.

The Japanese population is about 127 million and approximately 25% of the population is aged 65 years old and above. The current issue faced by the Japanese government is the escalating healthcare costs especially with the increasing prevalence of lifestyle-related diseases such as diabetes and hypertension. Therefore, they developed and implemented a lifestyle-related disease prevention system. Professor Tomohiro Hairo gave an introductory lecture on the lifestyle-related diseases prevention system in Japan which was followed by Dr Takeshi Yoda on Specific Health Check-up and Specific Counselling Guidance.

The Outline Health Check-up and specific Counselling Guidance in Japan is provided

specifically for medical insurance subscribers to ensure good quality of life. It consists of 5 steps which includes the following: selection for health check-up, examination; feedback; selection of health guidance and health counselling guidance.

The visit to the Kagawa Preventive Medicine Centre gave an insight into their obesity preventative activities and facilities. The Japanese food guide spinning top is used as a healthy eating guideline during counselling. This guideline also gives the recommended servings per day and a pictorial explanation is added to assist the client's understanding of the health advice. The Brunei delegation was also given the opportunity to observe a counselling session with a client. Another sharing session was conducted by Dr Masahiro Otani, on two fundamental steps towards life style related disease prevention i.e. health assessment and planning lifestyle. The ONE STOP Centre for health screening at Kagawa Preventive Medicine Centre was also part of the visit. This centre has complete facilities needed for health screening: sections for answering questionnaires; blood sampling; blood pressure measurements, measurements for height and weight, electrocardiograms, radiography, mammography and gynaecological testing.

Another visit was to the Sansankan Miki, a

community centre based in Kagawa. This centre provides public health lectures on general health, diet and physical activity. During their visit, there was a public lecture on physical activity and health conducted by Dr Nobuyuki Miyatake. His talk focused on the prevention of diseases through physical fitness.

On the final day of the visit, Dr Hiromi Suzuki shared the findings of her study on child obesity prevention in Kagawa. Professor Masaaki Tokuda conducted a lecture on Functional food using rare sugar (D-allulose). D-allulose is one type of rare sugar that has been found to have health benefits e.g. anti-diabetic and anti-obesity. For the wrapping up session, Dr Alice, one of the Ministry of Health representatives from Brunei shared details of obesity prevention programs in Brunei. Those programs include Obesity clinic at RIPAS Hospital, Healthy Lifestyle Clinic at the Health Promotion Centre; Weight Management Program conducted by School Health and Active Adolescent Program. Finally, Professor Katsumi Imaida, the Dean of Faculty of Medicine, Kagawa University met briefly with the Brunei delegation.

## ISESCO awards research grant to PAPRSB IHS researchers

The **Islamic Educational, Scientific and Cultural Organization (ISESCO)** awards research grants to researchers with outstanding works across the Muslim world. These research grants, offered by ISESCO Centre for Promotion of Scientific Research, are meant to stimulate research in specific areas of interest to the Muslim world, build up Member States' research capacities, counter brain drain to industrially developed countries, and improve the quality and effectiveness of research results for a better synergy with industry for a more competitive edge internationally.

In December 2015, two researchers from the Institute—Dr Adi Idris and Dr Ihsan Nazurah Zulkpli—were awarded US\$10,000 from ISESCO for their project on “Investigating the effects of *Clinacanthus nutans* extracts”, for a period of two years.

### List of Faculty Publications (Jul to Dec 2015)

Meng Chieh Chiang, Kirsteen M Tullett, Yoke Seng Lee, **Adi Idris**, Yitian Ding, Kylie J McDonald, Andrew Kassianos, Ingrid M Leal Rojas, Mireille H Lahoud, Kristen J Radford. Differential uptake and cross-presentation of soluble and necrotic cell antigen by human DC subsets (2015). *European Journal of Immunology*. DOI: 10.1002/eji.201546023

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Chu AHY, Ng HX, **Koh D**, Falk MR. Reliability and Validity of the Self- and Interviewer-Administered Versions of the Global Physical Activity Questionnaire (GPAQ). *PLoS One* 2015 Sep 1;10(9):e0136944. doi: 10.1371/journal.pone.0136944

JYS Ng, ML Wong, RKW Chan, Priya Sen, MTW Chio, **D Koh**. Gender differences in factors associated with anal intercourse among heterosexual adolescents in Singapore. *AIDS Education and Prevention* 2015; 27(4): 373-385.

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**Abdul Mumin KH** (2015) Practices of village midwives ('bidan kampong') in Brunei Darussalam: A qualitative study. *Brunei Int Med J* 11 (2), 74-81.

Jonathan W. Mueller, Nathanael O'Neill, **Naeem Shafqat**. Small World: A Plant Perspective on Human Sulfate Activation. **Book Title: Molecular Physiology and Ecophysiology of Sulfur**, (2015) PP 65-74

G. Chung, A.M. Rose, **M.I.R. Petalcorin**, J.S. Martin, Z. Kessler, L. Sanchez-Pulido, C.P. Ponting, J.L. Yanowitz, and S.J. Boulton (2015) "REC-1 and HIM-5 Distribute Meiotic Crossovers and Function Redundantly in Meiotic Double-Strand Break Formation in *Caenorhabditis elegans*". *Genes Dev*. 29(18):1969-79.

K. Moreau, G. Ghislat, W. Hochfeld, M. Renna, E. Zavodszky, G. Runwal, C. Puri, **S. Lee**, F. Siddiqi, F. M. Menzies, B. Ravikumar, and D. C. Rubinshtein (2015) "Transcriptional regulation of Annexin A2 promotes starvation-induced autophagy." *Nat. Commun*. 6:8045

Mahmud Shauqi Saedon and **Lin Naing** (2015) "General practitioners' attitudes towards obesity in Brunei Darussalam." *Brunei Int Med J*. 11 (1): 14-22

Isehardy Murni, **Lin Naing**, Muhd Hiza Wardy Abdul Halim (2015) "Prevalence of obesity and its association with hypertension: A cross sectional study of military personnel in the Royal Brunei Armed Forces." *Brunei Int Med J*. 11 (3): 126-133

Krystalina Sim Yih Tyng and **Fazean Idris** (2015) "Knowledge, attitudes, perceptions and medicine compliance of patients with hyperlipidaemia attending a primary care clinic ." *Brunei Int Med J*. 11 (4): 200-203

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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.

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