

# Beyond

PAPRSB Institute of Health Sciences Newsletter

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Universiti Brunei Darussalam

Issue 7



## The 2<sup>nd</sup> Nursing and Midwifery Student Research Conference (NMSRC) 12<sup>th</sup> November 2016

The PAPRSB Institute of Health Sciences, UBD nurtures a research culture environment to ensure that students are well versed in research as well as actively practicing evidence-based nursing and midwifery care. In line with this, the final year Bachelor students in Nursing and Midwifery presented their research proposals for their innovation projects during the conference. The conference attracted about 200 local and foreign participants, featuring academics and health professionals, renowned researchers and experts from Malaysia, Indonesia, Thailand, and Brunei Darussalam.

### INSIDE THIS ISSUE

Dean's Message.....	2
MoU Signing with Adelaide University.....	2
PhD Candidate Training in Taiwan.....	3
Assoc Prof Dr Cunningham's Award.....	3
Medicine Programme Reports.....	4
Kagawa Winter Exchange Programme.....	5
Brunei Palliative Care Group.....	6
Dr Ahmad APFNC Appointment.....	6
PhD Candidate Poster Award.....	7
Master Student at Thailand's Congress.....	7
IHS Publication List in 2016.....	8



## Dean's Message



It is my great pleasure to resume the 7<sup>th</sup> issue of the quarterly IHS Faculty newsletter 'Beyond', following on from my predecessor, Dr Hjh Maslina Hj Mohsin.

We hope that 'Beyond' will continue to be the platform through which staff and students of the Institute and UBD, as well as our partners, can keep up with the news, current developments and ongoing activities at the Institute.

In keeping with our mission themes—“to provide high value education, conduct high impact research, and extend outstanding community service”, 'Beyond' features articles on students and staff activities which highlight their hard work and success in Medicine, Biomedical Sciences, Nursing & Midwifery and Pharmacy. In future issues, we look forward to featuring activities from our new programme, Dentistry (starting August 2017).

We hope that you will find this newsletter interesting and thought-provoking; and that it will allow you to know “beyond” your current understanding of IHS. We strive to develop our student and staff “beyond” their expectations, not bound by boundaries and equipped with a mindset that is “beyond” UBD's 2020 vision.

All the best for the upcoming new year 2017.

Best Wishes,

*Dr Hajah Rafidah Hj Gharif*

Dean of Institute of Health Sciences, UBD  
Medical Superintendent of Community Health Services, Ministry of Health

## IHS Signs MoU with University of Adelaide, Australia



Picture credit: Pelita Brunei

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam (UBD) and University of Adelaide, Australia has inked a Memorandum of Understanding (MoU) on 17th October 2016. The MoU signing brings in more active collaboration from UBD and University of Adelaide. This includes providing more placements for UBD students for their clinical learning experience in continuing their MBBS programme at University of Adelaide as well as in student / staff exchange and research collaboration in the fields of health sciences and biodiversity. IHS looks forward to sending the first batch of BHSc Medicine to University of Adelaide in January 2017.

Signing on behalf of UBD was Dr Joyce Teo Siew Yean, Assistant Vice-Chancellor (Global Affairs), while University of Adelaide was represented by Professor Alastair Burt, Executive Dean, Faculty of Health Sciences. Also present to witness the signing were our Dean, Dr Hajah Rafidah binti Gharif and other principal officers and academicians of UBD.

Universiti Brunei Darussalam developed a medical programme which has been running successfully for the last 10 years. Students study at UBD for a duration of three years to graduate with Bachelor of Health Sciences (BHSc Medicine) ordinary degree before transferring to Partner Medical Schools (PMS) in the UK, Ireland, Australia and Hong Kong. Our graduates would enter the 3rd year of the Partner Medical programme and complete their medical degree programme overseas.

The University of Adelaide is only one of UBD's Partner Medical Schools in Australia. Our other Partner Medical Schools overseas are:

University of Southampton  
St George's, London, UK  
Glasgow University, UK  
University College Cork, Ireland  
University of New South Wales, Australia  
Chinese University of Hong Kong

King's College, London, UK  
Aberdeen University, UK  
National University of Ireland, Galway  
Trinity College Dublin, Ireland  
Australia National University, Australia



## PhD Candidate Trained in Taiwan



Universiti Brunei Darussalam (UBD) provides exciting and unique experiences for many of its graduate students, including one of our Graduate Research Scholar, Haji Muhammad Assyafie Hanif Abdul Rahman @ Chung Thien Siong who is currently in his 3<sup>rd</sup> year of PhD in Nursing by Research at the Institute of Health Sciences, UBD. He was given the opportunity to participate in a two-month comprehensive research methods training programme in theory and practice of advanced statistical analysis (i.e., Structural Equation Modeling) in Taiwan. He was joined by a dozen professionals and students across ASEAN and Eastern European countries. The programme was conducted by distinguished professors from the National Cheng Kung University and invited Editors-in-Chiefs of highly reputable journals that have imparted both valuable knowledge and experience in conducting scientific research and publication.

Afterwards, he had the opportunity to tour around Taiwan to indulge in the rich cultural traditions and delicacies. This programme has been supported by the Graduate Research Scholarship, UBD.

Hanif's research titled the "*study of psychosocial factors as predictors of work-related fatigue*" aims to explore and determine the relationship between psychosocial factors and work-related fatigue among emergency and critical care nurses in Brunei public hospitals. The study will be cross-sectional, focusing on emergency and critical care nurses between February and April 2016. A total of 201 nurses participated in the study (82% response rate), whereby 36% of the variance of chronic fatigue was explained by stress, trust in management, decision latitude, self-rated health, and work-family conflict. Burnout, self-rated health, commitment to workplace, and trust in management explained 30% of the variance of acute fatigue. Additionally, stress, work-family conflict and reward explained 28% of the variance of intershift recovery after controlling for significant sociodemographic variables with smoking identified as an important sociodemographic factor for work-related fatigue. He concluded that psychosocial factors were good predictors of work-related fatigue, although more research is required to determine all possible causation factors of nurses' work-related fatigue. Hanif and supervisors have published this study in [British Journal of Nursing, 2016, 25\(13\); 757-763](#). He will be submitting his PhD thesis in July 2017.



### Associate Professor Dr Anne Cunningham Awarded with "Special Mention Teachers' Day Award"

In conjunction with Brunei's 26<sup>th</sup> Teacher's Day celebration His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, the Sultan Yang Di-Pertuan Negara Brunei Darussalam's has presented the "Special Mention Teachers Day Appreciation Award" to 20 recipients throughout the country on 30<sup>th</sup> September 2016. Amongst them is our Deputy Dean (Research, Graduate and Global Affairs) at the Institute of Health Sciences UBD, Associate Professor Dr Anne Cunningham. Her citation was read and she received a cheque of BND \$1,000 and an appreciation plaque. Associate Professor Dr Anne Cunningham was specially awarded due to her continuous contribution towards Immunology in Brunei, especially at UBD. This bestowal is truly significant as it demonstrated the country's and government's recognition to the teaching profession and teacher's professionalism. This year's celebration emphasised on educators possessing high intellectual capabilities and integrity in honing the thinking skills and capabilities of students to produce an independent and visionary generation.

## Medicine Programme Continues UBD's Mobility and Visibility Efforts

The year 2016 ended strong for our PAPRSB Institute of Health Sciences (IHS) Medicine Programme.

### Visit from UniKL RCMP

A delegate of 27 medical students and 1 medical teaching staff from Universiti Kuala Lumpur Royal College of Medicine Perak (UniKL RCMP) was received from 7-8 December 2016 as part of UniKL RCMP's "World Affiliation and Rapport Program". This programme was organized by the Medical Society of UniKL RCMP and is part of the College's effort to establish linkages with



universities outside Malaysia to promote research collaborations, off-shore programme, academic and student exchanges as well as post-graduate studies. Such an effort is in line with UBD's own effort to pioneer the establishment of new and impactful networks, in addition to the enhancement of existing partnerships. Therefore, the World Affiliation and Rapport Program set up by UniKL RCMP represents an opportunity for UBD IHS to enhance global impact for both IHS staff and students, in particular to establish an inter-university exchange program between the two medical and health science institutions.

### MRCGP Examination

IHS, in collaboration with Ministry of Health (MoH), organizes the MRCGP International Examinations consisting of the Applied Knowledge Test (AKT) and the Clinical Skills Assessment (CSA), on 4 & 6 November 2016, respectively, for the 11<sup>th</sup> year running. 18 and 16 professional candidates took the AKT and CSA assessments, respectively. Candidates consists of 4 Bruneians, 9 expatriates working in Brunei, and the remaining from Australia, Malaysia, Myanmar, Nigeria and Saudi Arabia. MRCGP exams take place at IHS annually in November and the next round will be held on 10 and 12 November 2017. For more information on MRCGP exam, please visit: <http://ihs.ubd.edu.bn> and <http://www.rcgp.org.uk/training-exams/mrcgp-exams-overview.aspx> or e-mail: [mrcgp.int@ubd.edu.bn](mailto:mrcgp.int@ubd.edu.bn).



### MRCP(UK) PACES Examination

In addition to hosting MRCGP, IHS and



the Ministry of Health, also hosts the Membership of the Royal Colleges of Physicians of the United Kingdom (MRCPUK) examination, specifically the MRCP(UK) Part 2 Clinical Examination (Practical Assessment of Clinical Examination Skills - PACES). In the 6<sup>th</sup> session ran in Brunei, 45 candidates from Brunei, Egypt, Myanmar and Saudi Arabia applied, and the exams were held from the 5-7 December 2016. PACES exams take place at IHS twice annually and the next round will be held from 22-24 May 2017. For more information on PACES exam, please visit: <http://ihs.ubd.edu.bn> and <https://www.mrcpuk.org/mrcpuk-examinations/paces>.



## Winter Exchange Programme at Kagawa University, Japan



10 of our IHS medical students visited Kagawa University in December 2016 under the “2016 International Student Exchange Programme”. This exchange programme has been ongoing for the past 10 years and its main purpose is to promote international educational and cultural exchange to develop mutual understanding between the medical students of IHS UBD and both students as well as staff of Kagawa University. The 2016 programme lasted 16 days, which started on 5th December 2016 and ended on 22nd December 2016.

Students were able to experience a wide array of enriching activities. In the first week, they spend time on the Sakura Science Project (SSP) with participants from other ASEAN countries. Two IHS staff, Dr Shirley Lee and Dr Ihsan Nazurah binti Zulkpli also participated in the SSP in Kagawa, Japan from the 5th to 10th December 2016. The SSP, funded by the Japan Science and Technology (JST) Agency aims to enhance exchanges between youths from Asia and Japan. It also aims to raise the interest of Asian youths towards leading Japanese science and technologies at Japanese universities, research institutions and private companies. The programme brought together participants from Cambodia, Myanmar, Thailand and Vietnam. They discussed the rising health burden posed by non-communicable diseases, as well as the health status of each respective countries. Additionally, they attended lectures on telemedicine, advances in portable cardiocography for remote areas, and current health issues in the participating nations. They also visited the rare sugar factory (Matsutani Company), and learned about rare sugar production and its properties which could be used to help address the issue of non-communicable diseases. More information about the SSP can be found on their website: <http://ssp.jst.go.jp/EN/>.



In the second week, the students attended lectures and cadaveric anatomy classes, performed laboratory bench practicals, visited clinical hospitals and observed surgeries. They particularly found the experience of dissecting and learning anatomy through cadavers and doing surgery using robots valuable. They were also constantly encouraged to learn, understand, and practice the culture. These include having udon and tempura, which Kagawa is well known

for, doing Judo and Kyudo, partook in Uchiwa-making (Uchiwa: traditional fan) and experience Onsen among others. All the students have found the whole experience an eye-opener, both academically and culturally, and left with the impression that the Japanese are very helpful, polite, punctual and well-organized.

## Institute-Clinical partnership to form Palliative Care Group

Brunei Darussalam Palliative and Supportive Care (BDPSC) Interest Group is a joint local partnership initiative between academics in the PAPRSB Institute of Health Sciences, UBD and clinicians at the RIPAS Hospital, The Brunei Cancer Centre and the Non Communicable Diseases Prevention and Control Unit, Brunei Darussalam. Its main aim is to create collaborative multi-disciplinary approach to promote knowledge, education and research in the area of palliative care.



The group holds monthly meeting in the form of seminar and workshop in order to improve local knowledge, exchange ideas and engage in critical dialogues among local healthcare professionals, academic members, undergraduate and graduate students. Two seminars had been successfully conducted on the 21st October 2016 and 25th November 2016 organised by two academic staff from the PAPRSB Institute of Health Sciences, UBD; Professor Munikumar Venkatasalu, Professor of Nursing Palliative Care and Dyg Hajah Asmah binti Haji Husaini, Nurse Lecturer with a special interest in Palliative care research and practice. About 30 participants registered to both workshops from different disciplines particularly nurses and doctors who encounter, care and treat patients with chronic illness in their daily practice.

Throughout both seminars, topics such as ‘Clinical tools in managing the care of dying patients in acute hospital setting’ as delivered by Professor Munikumar Venkatasalu, and ‘Using MDT approach in Palliative care’ as delivered by Associate Professor Dr Muhammad Syafiq Abdullah, Medical Superintendent of Suri Seri Begawan Hospital, Kuala Belait, and Head of Non-communicable disease (NCD) unit, Ministry of Health, were discussed. In future meetings, the group aims to discuss palliative cares issues medical ethics and the care of older people and children. For more information, please e-mail: [asmah.husaini@ubd.edu.bn](mailto:asmah.husaini@ubd.edu.bn).

### Appointment of Dr Siti Rohaiza Ahmad as member of Asia Pacific, Food and Nutrition Collaboration (APFNC)



Dr Siti Rohaiza Ahmad has recently been appointed as one of the members of the Asia Pacific Food and Nutrition Collaboration (APFNC) group, and as a representative member from Brunei Darussalam. Other members of the APFNC include the Philippines, Malaysia, China, Australia, Singapore, Thailand, Vietnam and Indonesia. APFNC brings together nutritionists and other colleagues from various universities and agencies in the Asia Pacific region for the purpose of research collaboration and sharing of knowledge on behavioural and nutritional science topics. Dr Siti has attended her first APFNC meeting in Jakarta, Indonesia on the 4th of November 2016. Regional research work such as regional manuscripts write-up and also other research activities are in progress. More information can be found on: <https://blogs.deakin.edu.au/apfnc/>



## PhD candidate won outstanding poster presentation award

The 3rd PAN-ASIAN Biomedical Science Conference was held from 7th December 2016 until 8th December 2016 at Premieria Hotel, Kuala Lumpur, Malaysia. It was organized by the ASIA-International Biomedical Science Consortium, which was set up by 12 universities/institutions from Malaysia, Thailand, Vietnam and Hong Kong to promote biomedical sciences research and collaborations in postgraduate education in the Pan-Asian Region.

Fakhriedzwan Fitri Haji Idris, Muhammad Nuh bin Musa and Nurul Adhwa Haji Abdul Rahman each presented a poster on their

research projects. At the end of the conference, a prize was presented to Fakhriedzwan Fitri Haji Idris as the winner for Outstanding Poster Presentation Award on his poster titled, 'Actin rearrangement of brain endothelial cells and its effect on tight junction proteins during dengue infection'. On his poster, he explained how he analysed two dengue virus strains (DENV1 and DENV2) and employed immunofluorescence microscopy to quantify post-infection effects. Fakhri is our PhD candidate, supervised by Dr Suwarni Hj Diah and Dr Siti Hanna Muharram.



## Master student attends world congress, Thailand



Nurul Ramizah Haji Zulhilmi, our Master student in MHS (Biomedical Sciences) by research have presented her study at the 20th World Congress on Clinical Nutrition (20th WCCN) in Bangkok, Thailand, from 14th until 16th December 2016. This Congress was organized by Thammasat University and the International College of Nutrition. The theme for this year was “Traditional Medicine, Functional Food, Nutrition, Natural Health Products and Spiritual Healing: Additional Tools for Healthcare

Delivery”. Nurul Ramizah’s research paper on “Exploring the Medicinal Properties of *Melastoma malabathricum* Plant Found in Brunei Darussalam” was accepted in November 2016. She received certificate of attendance, outstanding oral presentation and scientific presentation from the conference. It is hoped that her attendance to the congress will help increase her network and collaboration with experts around the globe.

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## The Pengiran Anak Puteri Rashidah Sa'adatulkiah (PAPRSB) Institute of Health Sciences

Since its inauguration in September 2000, UBD's PAP Rashidah Sa'adatulkiah Institute of Health Sciences has expanded beyond solely providing medical training. Graduate Programmes such as MSc in Primary Health Care, Master of Public Health, and Masters and PhD by Research as well as Undergraduate Programmes across five main disciplines – Medicine, Biomedical Sciences, Nursing & Midwifery and Pharmacy are now offered. We ensure the Institute remains relevant and sensitive to the rapidly changing needs of the country. Our programmes are products of a continuous review of our curricula, and indeed, all our undergraduate programmes have undergone major enhancements and are now also designed to encourage innovation and entrepreneurship, and for students to assume leadership roles, tempered with a keen awareness of the environment.

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