

Beyond

PAPRSB Institute of Health Sciences Newsletter

Apr—Jun 2017



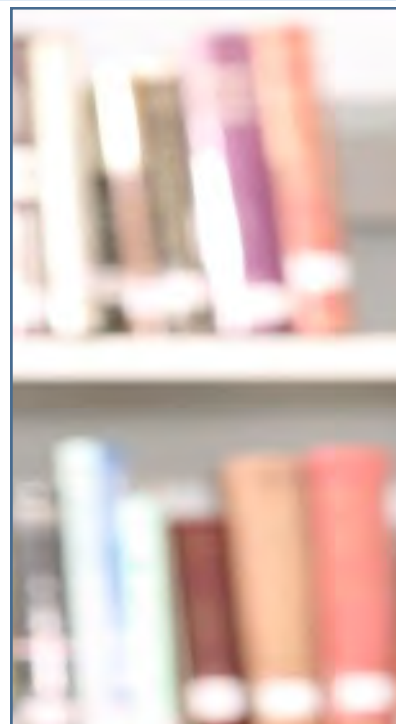
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Issue 9



The Minister of Education, Yang Berhormat Pehin Orang Kaya Indera Pahlawan Dato Seri Setia Awang Haji Suyoi bin Haji Osman, observing a CPR demonstration by a student of Institute of Health Sciences in conjunction with the International Nurses' and Midwives' Day.



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IHS And Brunei Communities Celebrated International Nurses' and Midwives' Day

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth, while International Day of the Midwife is celebrated annually on May 5, both to mark the contributions which nurses and midwives make to society.

In Brunei, the Nurses' and Midwives' International days were celebrated in collaboration with Universiti Brunei Darussalam's PAPRSB Institute of Health Sciences (IHS), Ministry of Health (MoH), Jerudong Park Medical Centre (JPMS), The Brunei Cancer Centre (TBCC), Brunei Neuroscience, Stroke and Rehabilitation Centre (BNSRC) and Brunei Darussalam Nurses Association (Penjuru).

Various events and activities were organised across the country, including 'Tahlil' recitation at Masjid Sengkurong on May 11, field parade and CPR demonstrations during 'Bandarku Ceria' event on May 14, and a public forum on May 17.

In 2017, the themes of the two international days were 'Nurses: A Voice To Lead – Achieving Sustainable Development Goals' and 'Midwives, Mothers and Families: Partners for Life!'



**International Nurses
and Midwives Day 2017**

IHS Lecturers Awarded International Basic Life Support Certification



PAPRSB Institute of Health Sciences would like to congratulate the following lecturers in Nursing and Midwifery programme for their certification as Basic Life Support (BLS) Instructor, conferred by the American Heart Association (AHA) International Training Centre (ITC) at Hospital Universiti Kebangsaan Malaysia:

Mr Muhammad Khairulamin Abdullah Sungkai

Mr Agong Lupat

Ms Asnah Hj Yusof

Mrs Rozita Hj Tamin

Mrs Dk Noraffizah Pg Hj Salleh

In accordance with international standards, the BLS certification lasts for 2 years and instructors are qualified to provide high-quality CPR for adults, children and infants. In the future, the team will be offering BLS training packages to the public. For further information please contact: cptraining.ihs@ubd.edu.bn

Basic Biostatistics Workshop held at IHS



PAPRSB Institute of Health Sciences organized a two-day Basic Biostatistics Workshop from 25th to 26th April 2017. This workshop aims to cater to anyone who want to learn basic statistical concepts for quantitative research, and also acquire practical skills on how to perform statistical analyses using SPSS software. Associate Professor Dr Mohd Ayub Sadiq, AVCA (Academic Affairs) in UBD and an experienced biostatistician together with his team, delivered all lecture and practical sessions.

A total of 20 people with various backgrounds ranging from Medicine, Public Health, Education, and Social Sciences. participated in this workshop. They included 8 professionals from various organizations (MoH, JPMC and BSP Sdn. Bhd) as well as

UBD graduate students, postgraduate medical trainee, and UBD academic staff members.

The overall post-workshop feedback was very positive (an average score of 4.57 out of 5), with many comments requesting for similar workshops in the near future. Subsequent workshops are proposed to be conducted once every academic semester, with increased time for hands-on training.

Asosiasi Institusi Pendidikan Kebidanan Indonesia (AIPKIND) Visited IHS



15 delegates from "Asosiasi Institusi Pendidikan Kebidanan Indonesia" (AIPKIND; or in English: *Association of Indonesian Midwifery Education*) visited PAPRSB Institute of Health Sciences on the 11th April 2017.

The objectives of the visit were:

- To build cooperation in education, research and public services
- To establish networking between UBD and Universities in Indonesia
- To discuss potential sandwich programmes in Masters and Doctoral degrees
- To form cooperation in international seminars
- To discuss support in strengthening International midwifery bachelor degree programmes

The delegates were briefed on the programmes offered at PAPRSB Institute of Health Sciences, as well as given a tour to the faculty's Simulation Centre facility (ihs.ubd.edu.bn/simcentre/).

Nursing & Midwifery Lecturers Attend International Nursing Research Conference at Oxford University



Three lecturers from the Nursing & Midwifery programmes at PAPRSB Institute of Health Sciences, Dayang Hajah Jainah Haji Musa, Dayang Hajah Salmah Haji Mohd Noor and Dayang Rozita Haji Tamin, presented their research papers at the Royal College of Nursing (RCN) International Nursing Research Conference 2017. The conference was held for 3 days from Wednesday 5th April to Friday 7th April 2017 at the University of Oxford Examination Schools, Oxford, United Kingdom. The aim of the conference was to provide a platform for sharing and discussing research that has international relevance to both nursing and wider

health care provision.

In the three consecutive mornings of the conference, the keynote speakers addressed together one common theme: "influencing" in the context of how research influences policy and decision making. During the conference, our lecturers presented 3 qualitative papers each for the symposium session entitled "Impact of British Colonialism on Development of Nursing and Midwifery in South East Country, The Brunei Darussalam: A historical Inquiry". All 3 papers explore the historical development of Nursing and Midwifery education and



practices using the perspectives of the nurses, midwives and service-users in Brunei from as early as 1950s to 1980s. Our lecturers also presented student-led research projects, titled "Nurses' views on challenges in elderly cannulation: a survey" and "Healthcare practitioners' (Hcps) views on the durability and usage of the current available surgical masks: a survey". The inquiries which arose from the 'question and answer' session touched on the transition in nursing and midwifery professionalism and practices from the past to present time, as nursing and midwifery education shifted into tertiary education.

IHS Staff and Students Won Various Awards Locally And Overseas

PAPRSB IHS Master of Primary Health Care 3rd Year Part-Time Student, Dr Seit Mei Chien, presented at the 5th Clinical Audit Symposium that took place at the Dewan Al-'Afiah, Ministry of Health (MoH) on 9 April 2017. She presented, on behalf of her team (Dr Sajjad Khan and Dr Ruzanna Johari), a poster and an oral presentation, for which Dr Seit won third and first prize, respectively.

Dr Hjh Rafidah Hj Gharif (Medical Superintendent of Community Health, MoH; Dean of PAPRSB IHS, UBD) and Dr Hjh Fazean Irdyati Hj Idris (Senior Lecturer, PAPRSB IHS) were present as part of the judging panel.

The symposium represents a platform to present both audit and follow-up re-audit findings with the aim of improving quality of public healthcare to patients. It also highlights the close working relations between PAPRSB IHS and the Ministry of Health. The Institute continuously remains relevant and sensitive to the rapidly changing needs of the country.



IHS Midwifery Lecturer, Sarena Haji Hashim, who is currently pursuing her PhD study in Monash University, Australia, presented a poster on "Knowledge of signs and symptoms of hypertension disorders of pregnancy (HDP) amongst pregnant women in Brunei Darussalam: A qualitative study" during the 21st Perinatal Society of Australia and New Zealand (PSANZ) Annual Congress held in Canberra, Australia from 2-5 April 2017. She won the award in the discipline of midwifery and received AUD\$1,000 towards the cost of attending the next PSANZ Congress in New Zealand. This meeting is a very prestigious annual event and rotates in a pre-established order between Australian States and Territories and New Zealand. More information regarding the awards can be found at: <https://www.psanz.com.au/awards/new-investigator-awards/>.

Hj Abdul Alif Bin Hj Sulaiman, a final year Bachelor of Health Science (Nursing) student, recently attended the Regional Nursing Students' Conference 2017 (RNSC 2017), University Malaysia Sarawak (UNIMAS), Kuching, Malaysia from 6th to 7th April 2017. His presentation on his final year research group's paper entitled "Healthcare Practitioners' (HCPs) Views On The Durability And Usage Of The Current Available Surgical Masks", was awarded second runner-up for best presenter of a Free Paper Presentation. Participating in this conference has given Hj Abdul Alif a chance to share and exchange experiences in conducting research on nursing practices with the other UNIMAS students and lecturers. As part of the conference, he also participated in the "Experience Sarawak" tour, with visits to Annah Rais Longhouse and Sarawak Cake House. This was a good opportunity to experience the culture of Sarawak people and enjoy the very famous Sarawak cakes.

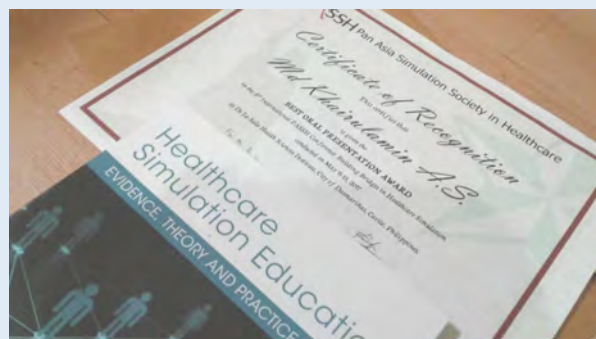


Teaching Excellence Award Bestowed Upon A/P Dr Anne Cunningham



Associate Professor Dr Anne Cunningham is our expert immunologist and currently the Institute's Deputy Dean (Research, Graduate Studies and Global Affairs). Dr Cunningham graduated with a BSc in Biochemistry and Microbiology and PhD in Immunology from the University of Leeds, UK. She did 5 years post doctoral research in transplant immunology in the Department of Surgery, Medical School, Newcastle University before moving to Sunderland Pharmacy School for 16 years as a senior lecturer, then principal lecturer before moving to Universiti Brunei Darussalam (UBD) in 2012. Since joining UBD, she has continued to pioneer several novel teaching strategies such as using Turnitin in CANVAS™ and champion of online grading and audio feedback. She holds regular Teaching and Learning Centre (TLC) workshops at UBD 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. She recently published an undergraduate revision text book (Cunningham AC (2016). Thrive in Immunology. Oxford University Press, UK ISBN 9780199642977). As an educator, she regularly receives accolades from students and peers for her teaching. She aims to make immunology an interesting subject for her students. For these achievements, Dr Cunningham was awarded a 'Staff Excellence Award' at the recent UBD dinner. She was recipient of the Teaching Excellence Award for Health Sciences for the year 2015.

Nursing Lecturer Elected As General Secretary of Pan-Asia Simulation Society For Health Care



Mr Md Khairulamin bin Abdullah Sungkai, a nursing lecturer at PAPRSB IHS, was recently elected as the General Secretary of Pan-Asia Simulation Society for Health Care (PASSH). His new position was unveiled during the 2nd International PASSH Conference: Building Bridges in Healthcare Stimulation, which took place on 11-13 May 2017. The conference was held at De La Salle Health Sciences Institute, City of Dasmariñas, Cavite, Philippines. His previous post in the society was as a treasurer. During the conference, he conducted four workshops and delivered a podium presentation, for which he was awarded Best Presentation.



On 24th May 2017, he delivered a public lecture on "Heart Attack: Know The Facts and Early Warning Before It Strikes You. A Perspective From Heart Attack Survivor", which over 100 people attended. With the mission of 'Know the facts, act fast and save life', this public lecture was aimed at creating awareness through the dissemination of facts about heart attacks, early warning signs and symptoms. It was followed by a demonstration of basic life support cardiopulmonary resuscitation (CPR), led by certified American Heart Association (AHA) basic life support instructors at the faculty.

Assoc Prof Dr Cunningham Speaks At The International Conference On Infection And Immunity 2017



Associate Professor Dr Anne Cunningham was invited as one of the Plenary Speakers at the International Conference on Infection and Immunity 2017 held from 5-6 April 2017 at the Renaissance Hotel, Kota Bharu, Kelantan, Malaysia, which was organized by the School of Health Sciences, Universiti Sains Malaysia. The focus of the conference was to provide insight into the complexities arising from the interaction between bacterial, fungal, viral or parasitic pathogens and their hosts. The theme chosen this year was "Challenging diseases with a united front". This was a good opportunity to meet with colleagues at USM, other regional universities and also a couple of immunologists from Australia. Professor Georges Grau (University of Sydney) presented data on cerebral Malaria and particularly his interesting work on membrane microparticles (or microvesicles) which are in the nanometer range. They contain the cargo from the 'mother' cell (in terms of proteins within the lipid bilayer) and may contain mRNA and miRNAs. They are implicated in inflammation, changes in the permeability of vascular endothelial cells at the blood brain barrier (BBB) and haemorrhage. The Dean of Health Sciences gave an interesting update in terms of the impact of TB on human populations (one third of the global population is infected, the majority is latent infection) and the many challenges that remain in terms of diagnosis, treatment and vaccination. He shared details of a free e-book 'The Art & Science of Tuberculosis Vaccine Development 2nd Edition' available here <http://tbvaccines.usm.my/finlay/> which readers might be interested to view / download.

Research Focus: BK Channels

Our cells are surrounded by a membrane that separate the watery content inside from the outside environment. This membrane acts as a barrier for small ions (such as potassium, sodium and calcium) and difference in ion levels inside and outside a cell is used for cell signalling. For example, sodium-potassium channels are involved in nerve signalling.

When you touch a hot object and immediately pull your hand away, nerves from your hands use the release of ions to send signals to your brain and relay back the appropriate response. To ready themselves for signalling, nerve cells concentrate potassium ions inside and pump sodium ions outside, which creates a difference in electrical potential across the cell membrane. Both of these channels are sensitive to voltage across the membrane and will open

when the voltage changes. To send a signal, sodium channels along the nerve opens and sodium is allowed to enter. This reduces the voltage across the membrane. In turn, potassium channels then open, letting potassium ions out and re-establishing the original voltage. When channels are opened at one end of a nerve cell, the flow of ions instantly triggers channels to open further down the membrane. This results in a wave of channels opening that rushes down the nerve cell, carrying the nerve signal to the end.

Two IHS Lecturers, AP Dr Lie Chen and Dr Lu Zen Huat, have recently published a research article together in the Journal of Biological Chemistry titled "Distinct domains of the β 1-subunit cytosolic N-terminus control surface expression and functional properties of large-conductance calcium activated potassium

(BK) channels".

BK channels are linked to motor coordination, learning and memory, circadian rhythm and respiration. Disruption in the function of BK channel leads to pathologies such as hypertension, autism, asthma, cancer, diabetes, obesity and nervous disorder.

In their research article, Dr Lie and Dr Lu found that the first six residues at the N-terminus of its β 1-subunit, including Lys-3, Lys-4 and Leu-5, are important for BK functional regulation. Meanwhile, Leu-17 determines the ability of BK channels to be expressed at the cell surface.

The link to the full research article can be found here: <http://www.jbc.org/content/292/21/8694.short>



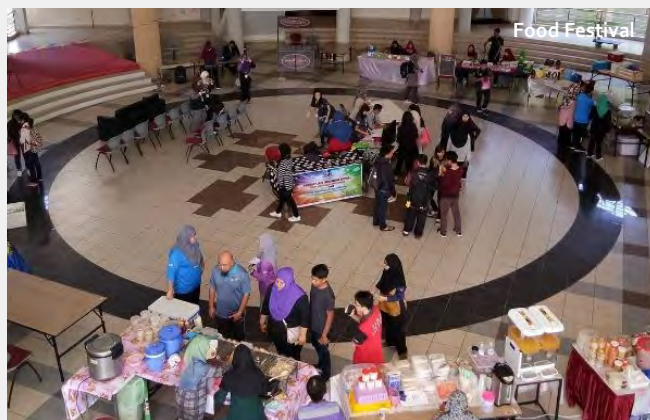
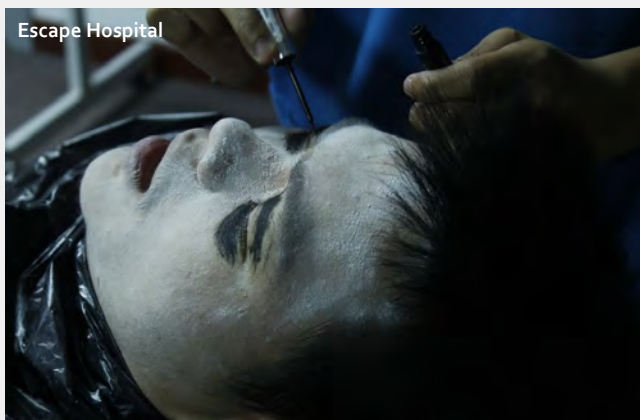
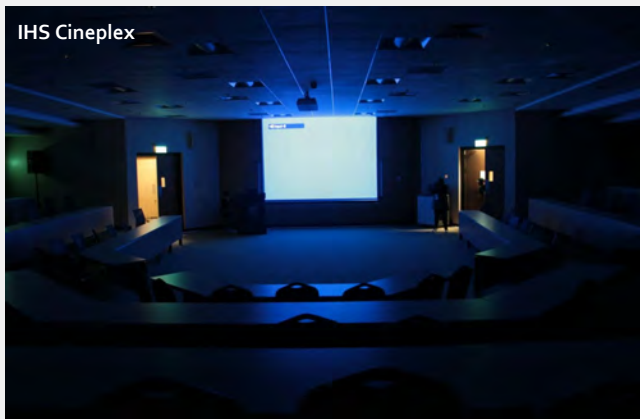
IHS Students Organised Successful 2nd IHS Carnival With Proceeds Going to ABLE

A 3-day IHS Carnival charity event was organized from 29th to 31st March 2017 by the IHS Student Council. There were four main carnival attractions – Cat Show, Escape Hospital, IHS Cineplex and Food Festival.

Associate Professor Dr Anne Cunningham (IHS Deputy Dean of Research, Graduate Studies and Global Affairs), Awang Tuning Haji Jais (President of ABLE, the Down Syndrome Association in Brunei), and Mohammad Ashmeer Imtiaz Ahmad (President of Persatuan Mahasiswa UBD) attended the IHS Carnival as guests of honours in the opening ceremony.

The main objective of the IHS Carnival was to provide financial support to ABLE ("Ability Built through Learning and Experience", which is Brunei's Down Syndrome Association). Half of the proceeds from the event will be donated to ABLE.

Fatin Batrisyia Nadiyah Binti Hj. Marzuki, the senator of IHS Student Council 2016/2017, gave a welcoming remark explaining the objectives of the carnival and thanking the guests for attending the opening ceremony.



IHS Continues Tradition Of Educational Trips For Nursing, Midwives & Paramedic Students



PAPRSB Institute of Health Sciences organised its 23rd Educational Trip to Bangkok this year as part of a long-standing tradition. 7 lecturers and 42 students from the Nursing, Midwifery and Paramedic programmes participated in the 7-day visit from 27th February until 5th March. The educational objective of the trip was to provide students with the opportunity to encounter and explore nursing, midwifery and paramedic education and practices in Bangkok. This visit also aimed to preserve the faculty's academic links with institutions such as Mahidol University and Sukhothai Thammathirat Open University, thereby fostering research prospects and collaborative projects in the nursing field.

During the trip, students were exposed to the healthcare system in Thailand. Trips were arranged to visit Siriraj Hospital and a local community health centre in Bangkok. There was also an opportunity to experience Thai culture through tourist visits to Ananta Samakhom Throne Hall, a safari & river cruise, and Madame Tussauds museum. This educational trip was part of the healthcare professional training undertaken at IHS and allows students to gain experience from different learning environments and facilities, to network among Thai students and to adopt relevant practices that would be appropriate for implementation in Brunei's practice.

Through IHS continuing its tradition of organising educational trips, it provides a platform for nursing, midwifery and paramedic students to appreciate new learning experiences and to broaden their horizons in their future profession.

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 five main disciplines – Medicine, Biomedical Sciences, Nursing & Midwifery, Pharmacy and Dentistry are now offered. We ensure the Institute remains relevant and sensitive to the rapidly changing needs of the country. Our programmes are products of a continuous review of our curricula, and 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.

PAPRSB Institute of Health Sciences

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