INSIDE THIS ISSUE:

The 3rd Nursing & Midwifery Students’ Research Conference at PAPRSB IHS ........................................ 2
PAPRSB IHS Hosts PNU Students in Student Mobility Exchange Programme .............................................. 3
PAPRSB IHS Lecturers Attend Seminar at Guangxi University of Chinese Medicine ...................................... 4
Global Classroom on Health Economics ........................................................................................................ 5
Breastfeeding Workshop at PAPRSB IHS ......................................................................................................... 5
ASEAN - India Student Exchange Programme (AISEP) Phase II .................................................................... 6
Educational Trip to Search and Rescue Department at Brunei Shell Petroleum .................................................. 7
Upcoming Training Courses at PAPRSB IHS ................................................................................................... 7
UBD Ranks 34th in the World by QS for “Top 50 under 50” .......................................................................... 8
PAPRSB IHS Celebrates International Biomedical Laboratory Science Day ................................................... 8
The PAPRSB Institute of Health Sciences (IHS) organised the 3rd Nursing and Midwifery Students' Research Conference (NMSRC) on the 12th of May 2018 at the Main Lecture Theatre of IHS Extension Building, UBD. The theme of the conference is “Cultivating Research in Nursing and Midwifery: Pearls and Pitfalls”. This conference was organised in conjunction with the International Nurses’ & Midwives’ Day 2018 and in collaboration with the School of Health Sciences, Politeknik Brunei.

This year also marks the 10th year anniversary of the Bachelor of Health Science (Nursing/Midwifery programme) offered by the PAPRSB IHS, UBD. In the past 10 years, Nursing and Midwifery faculty members from UBD have actively sown the seeds of research culture among nursing and midwifery students. This was evident through the running of the postgraduate research modules in the final year of the Nursing and Midwifery undergraduate programmes.

The aim of the conference is to cultivate research culture in nursing and midwifery, with final year students presenting their research findings. Academics from PAPRSB IHS, UBD believe in inculcating students into being critical thinkers in their practice will be enhanced by educating them with the appropriate research skills.

The half-day event was officially launched by the guest of honour, Associate Professor Dr Mohd Ayub Sadiq @ Lin Naing, Assistant Vice Chancellor and Vice-President (Academic Affairs), UBD, who also delivered the keynote address. The plenary session included two oral presentations from a student representative of the BHSc in Nursing programme, Dyg Nurul Mardhiah Zainudin, and an invited guest speaker from the Ministry of Health, Dyg Cathrina binti Hj Md Sigie Al-Islam, a Nursing Officer from the Community Health Nursing Services, Department of Health Services, Ministry of Health.

Twelve nursing and midwifery undergraduate and postgraduate students presented their research findings in two concurrent sessions. In addition, 21 research posters were also presented during the conference. More than 200 participants from PAPRSB IHS, UBD and healthcare practitioners from both government and non-government agencies including representatives from the Ministry of Health, Panaga Health Centre, Ministry of Defence, Pantai Jerudong Specialist Centre, Jerudong Park Medical Centre and private clinics in Brunei attended this event.
The PAPRSB Institute of Health Sciences (IHS) welcomed six final year Bachelor of Nursing students from the Princess of Naradhiwas University (PNU), Thailand from the 2nd to 21st April 2018. This visit is part of an International Student Exchange Programme Agreement between PNU and UBD and aims to provide inbound students with practical experience in hospital-based settings and participation in classroom learning across the institute. The event was coordinated by PAPRSB IHS nursing lecturers, Mursidi Haji Ali, Dr Deeni Rudita Idris and Hajah Asmah Haji Hussein.

The students carried out clinical placements at the Medical and Surgical Wards within RIPAS Hospital during their stay, where they learnt various nursing-related skills pertaining to caring for adults with acute and chronic conditions and networking with local nurses. They also performed cardiac resuscitation on Mega Code Kelly (a high fidelity mannequin simulator), which was simulated to experience cardiac arrest. This activity was organized by PAPRSB IHS and has given students new insights on identifying, planning and providing appropriate interventions or management during a cardiac crisis.

As part of the exchange programme, students also had the opportunity to visit Pantai Jerudong Specialist Centre, the Jerudong Park Medical Centre (JPMC) and the Pengkalan Batu Health Centre. The students were impressed with the health facilities, in particular the recent Joint Commission International (JCI) accreditation of JPMC.

Over the weekends, students spent time immersed in Bruneian culture, traditions and visited historical sites with their student buddies. They experienced an overnight stay in Temburong district, where they visited Pengiran Isteri Hajah Meriam Hospital, Bangar town’s market, Batang Duri recreational park, Bukit Patoi park. They managed to experience fishing a local delicacy, “udang galah”. Towards the end of the programme, they shared their placement experiences with nursing officers from the Ministry of Health, as well as lecturers and students at PAPRSB IHS.

PNU is a public university located in Narathiwat city, south of Thailand. It was established in 2005 and currently has approximately 4700 students, 300 lecturers and 400 support staff. The ongoing collaboration between PNU and UBD signifies strong bilateral ties to cultivate young talent and enhance research collaborations.
Founded in 1956, Guangxi University of Chinese Medicine is prominent for their study and research within the field of Traditional Medicine. In 2003, the university became the first in Guangxi to be ranked “A” class by Ministry of Education of the People’s Republic of China in undergraduate education. For the second year running, Guangxi University of Chinese Medicine organized “The Second China-ASEAN Training Class for Medicinal Study on Traditional Medicine and Agricultural Residues” from 3rd June to 9th June, 2018 in the Xianhu campus of Guangxi University of Chinese Medicine.

The aim of the programme was to cultivate professional talents in traditional medicine research among ASEAN countries as well as to promote exchanges and collaboration between China and ASEAN countries in this field. A total of 20 participants from Brunei Darussalam, Laos, Philippines, Indonesia, Malaysia, Thailand, Vietnam, Cambodia as well as Myanmar attended the training programme. Dk Dr Nurolaini Pg Hj Muhd Kifli (Senior Assistant Professor) and Dr Suwarni Hj Md Diah (Lecturer) represented PAPRSB Institute of Health Sciences at the event.

During the training programme, participants presented their background/research in the area of Traditional Medicine and herbal plants. The title of Dr Nurolaini’s presentation was on “Herbal Research at UBD”, meanwhile Dr Suwarni shared information on “Rare Sugar Research”. Knowledge exchange among participants within ASEAN countries included how the existence of Forest Institute of Malaysia (FRIM) was uncovered and an introduction to the scope of their work. Comprehensive standardization is essential for authentication of herbs. FRIM Malaysia also shared their experiences in commercialization of products, such as biscuits for diabetics and cleansing products, through their technology transfer and collaborations with industries. Key lectures covered during the training programme include “Medical efficacy evaluation”, “Quality standards”, “Preparation technology” and “Product registration”.

Dr Nurolaini and Dr Suwarni also visited China-Malaysia Qinzhou Industrial Park and Guangxi HebaBiz Pharmaceutical Technology Co., Ltd (http://www.hebabiz.com/). This training provided a very good platform to explore and enhance knowledge about advances in Traditional Chinese Medicine as well as various traditional practices among ASEAN countries. The PAPRSB IHS, UBD looks forward to fruitful collaboration with Guangxi University of Chinese Medicine through student and staff exchange in the herbal lab.
Global Classroom on Health Economics

Master of Public Health (MPH) students at the PAPRSB Institute of Health Sciences (IHS) participated in two Skype lectures with Associate Professor Dr Aniza Ismail from Department of Community Health, Faculty of Medicine, Universiti Kebangsaan Malaysia (UKM) on the 5th and 12th of April 2018. These e-lectures entitled “Introduction to Health Financing” and “Introduction to Health Economics”, constitute part of the Health Services Policy and Management module of the MPH programme.

Dr Aniza provided an overview and insight into Malaysia’s healthcare system; allowing students to compare this with Brunei’s healthcare system. Besides, she also shared her knowledge on the importance of health financing and economics in delivering and providing quality healthcare service to the population.

Breastfeeding workshop at PAPRSB IHS

The midwifery teaching team organised their annual breastfeeding workshop from the 25th of April 2018 to the 28th of April 2018. Participants comprised 135 students from the Diploma in Health Sciences programmes (Nursing/Midwifery/Paramedics) as well as the Bachelor of Health Science Nursing programme. Topics of the workshop included lectures on the Baby Friendly Hospital Initiative (BFHI) as part of the global strategy to promote breastfeeding, anatomy of the female breast, international code of marketing breast milk substitutes, contents of breast milk, benefits of breastfeeding, as well as the positioning and attachment of baby to the breast.

To enhance students’ participation and their learning process, the organising team commenced the workshop with a pre-test to assess students’ existing knowledge on breastfeeding and related-aspects. Students also engaged in various group activities including designing posters portraying the BFHI, practical sessions on assisting mothers in positioning their baby for breastfeeding and providing advice to breastfeeding mothers with the use of baby mannequins. Quizzes were also conducted at regular intervals to ensure students’ understanding and knowledge.

The knowledge and skills gained from the workshop were assessed through objective structured clinical assessment (OSCA) and a post-test. The 3-day event concluded with a sharing session to evaluate the workshop, with positive feedback from students. The knowledge and skills acquired will be beneficial in their professional careers in the near future.
ASEAN-India Student Exchange Programme (AISEP) Phase II

Six students from PAPRSB Institute of Health Sciences participated in the ASEAN-India Student Exchange Programme (AISEP) Phase II from the 1st to the 10th of May 2018. Organized by the Confederation of Indian Industry (CII) with the Ministry of External Affairs, Government of India and ASEAN Secretariat, this 10-day programme aims to foster greater culture and economic understanding between ASEAN & India. In conjunction with the 25th anniversary of ASEAN-India dialogue partnership, the event was hosted twice this year. The Bruneian delegate consists of 21 students from UBD (Universiti Brunei Darussalam), UTB (Universiti Teknologi Brunei) and UNISSA (Universiti Islam Sultan Sharif Ali). The six student representatives from PAPRSB Institute of Health Sciences (IHS) were: Aklimah Hj Mustapa and Amal Widaad Hj Mohaimin (PhD in Biomedical Science candidates), Nur Aziemah Mohd Azizi and Syahirah Hj Shahlehi (Master of Biomedical Science candidates), Nazurah Binti Sidup and DK Nur Hazimah Binti Pg Hasyilin (Master of Public Health candidates). This batch of students represents the second group hosted by AISEP for the year.

Under the programme, Bruneian students and about 200 fellow participants from other ASEAN countries visited various organisations across four Indian cities (Agra, Mumbai, New Delhi and Pune). These include the Bombay Stock Exchange, Godrej Industry, Sigma Electric Manufacturing Corporation, Bharat Forge, Tata Institute of Social Science (TISS), IES Management College and Research Centre, Indian Institute of Technology (IIT) Mumbai, Symbiosis International University Pune, and Jawaharlal Nehru University (JNU). They also visited landmarks including Agra Fort, Dilli Haat, Elephanta Caves, Humayun Tomb and Taj Mahal. The visit to India has been an eye-opening experience, as students learnt to better appreciate the free education, healthcare services and benefits, tax-free status, non-polluted and tranquil environment in Brunei. One of the students, Dk Nur Hazimah shared that the programme has encouraged her to step out of her comfort zone to take on worthy challenges. Another student, Amal Widaad was awed by the people’s respect and tolerance to one another in a highly diverse population. Finally, Nazurah shared that the visit to Taj Mahal, one of the seven wonders of the world, during AISEP and the opportunity to network with other ASEAN participants were invaluable experiences.

“The programme has encouraged me to step out of my comfort zone and take on worthy challenges”
The Basic Life Support (BLS) SimTeam from PAPRSB Institute of Health Sciences (IHS) paid an educational visit to the “Search & Rescue (SAR)” site of Anduki aviation department, Brunei Shell Petroleum (BSP) on the 18th of April 2018. Ms Armah bin Tengah led the team of representatives from PAPRSB IHS including lecturers: Rozita Hj Tamin, Dk Noraffizah Pg Salleh, Asnah Hj Yusop/Yusof, Norashikin Hj Sofian, Hjh Siti Zaliha DP Hj Noordin, and Hj Mohd Zuffry Hj Abd Hamid.

The trip provided an opportunity to build and develop collaboration between BSP (SAR) and the Diploma in Health Science (Paramedic) programme at PAPRSB IHS and Politeknik Brunei. In addition, the team from PAPRSB IHS also gained a deeper insight on existing SAR services at BSP. BSP collaborates with various governmental agencies including the police, fire and rescue, ambulance, marine and forestry departments. The visit commenced with a welcome speech by Mr J.R Mitchell, Head of SAR department at BSP. Following this, a briefing on safety and security was delivered before a tour around the SAR site. Highlights of the visit included a tour to the one and only rescue helicopter at SAR, BSP.

### Upcoming training courses at PAPRSB IHS

Following the accreditation by American Heart Association (AHA) as one of its international training centres, the PAPRSB Institute of Health Sciences is now licensed to provide AHA-certified Basic Life Support (BLS), Advanced Cardiovascular Life Support (ACLS) and Paediatric Advanced Life Support (PALS) courses as well as conduct first-aid and heart-saver training. The BLS, ACLS and PALS courses are exclusive to healthcare professionals, while the first-aid and heart-saver training courses are open to the general public and will be conducted throughout the year. For further information and course booking, please email cprtraining.ihs@ubd.edu.bn.

<table>
<thead>
<tr>
<th>Upcoming training dates (Oct to Dec 2018):</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th Oct</td>
</tr>
<tr>
<td>13th Oct</td>
</tr>
<tr>
<td>24th &amp; 25th Oct</td>
</tr>
<tr>
<td>8th Nov</td>
</tr>
<tr>
<td>11th Nov</td>
</tr>
<tr>
<td>22nd Nov</td>
</tr>
<tr>
<td>24th Nov</td>
</tr>
<tr>
<td>6th Dec</td>
</tr>
<tr>
<td>8th Dec</td>
</tr>
</tbody>
</table>
UDF Ranks 34th in the World by QS for “Top 50 under 50”

PAPRSB IHS Celebrates International Biomedical Laboratory Science Day

For the first time, PAPRSB IHS celebrates “International Biomedical Laboratory Science (BLS) Day” on the 12th of April 2018. The topic for International BLS Day 2018 (officially 15th of April 2018) is “Antibiotic Resistance: Biomedical Laboratory Scientists Respond to Global Threat”. Posters from Biomedical Science students related to antibiotic resistance were displayed within the faculty. In addition, Kahoot quizzes were conducted to enhance students’ learning. Fathin Najihah (BHSc in Biomedical Science, matriculated 2013) won first prize in the photo competition for “The Hidden Mickey”.

Antibiotic (erythromycin) resistance test performed on clinical strain of Streptococcus pneumoniae.

Editorial Board:  
Dr Shirley Lee  
Dr Chaw Li Ling  
Dr Lim Mei Ann

Article Contributors:  
Asnah Binti Haji Yusof  
Ajizah @ Darinah binti Hj Abd Manaf  
Dr Chaw Li Ling  
Dk Dr Nurolaini Pg Hj Muhd Kiffi  
Dr Siti Rohaiza Ahmad  
Hjh Asmah binti Hj Husaini  
Master of Public Health (MPH) students  
Mursidi Hj Ali  

You may freely distribute copies of this newsletter and information about the PAPRSB Institute of Health Sciences to any interested parties.