

BEYOND

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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



PAPRSB Institute of Health Sciences hosted personal protective equipment (PPE) training of paramedic students by Politeknik Brunei in January. Photo credit: Asnah Hj Yusof.

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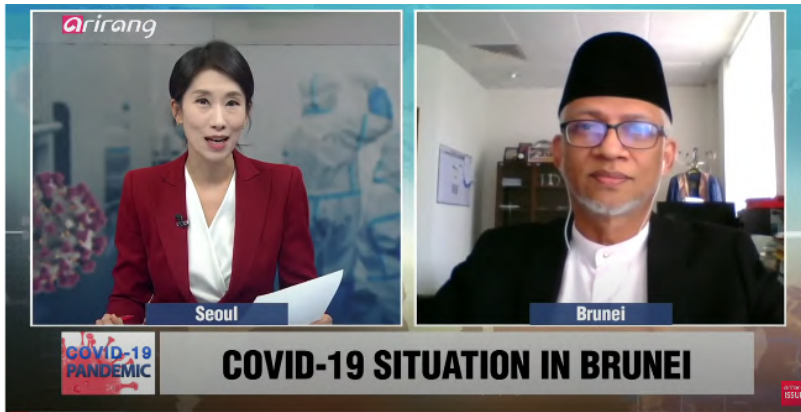
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PROFESSOR INTERVIEWED ON BRUNEI'S PUBLIC HEALTH RESPONSES TO COVID-19 BY AN INTERNATIONAL TV BROADCAST

Prof. Mohd Ayub Sadiq @ Lin Naing, Professor of Biostatistics



An English-language South Korean television network, Arirang TV, contacted Universiti Brunei Darussalam (UBD) and interviewed Professor Dr. Mohammad Ayub Sadiq on 9th November, 2020. At the time of interview, Brunei had reported a total of 148 COVID-19 cases and 3 deaths but had not detected any more local cases for the previous 6 months. Additionally, Brunei was at Level 4 de-escalation phase of restriction which was in contrast to many other countries that were facing a second wave of infection. Arirang TV wished to learn how Brunei and particularly UBD had managed with, and responded to the

COVID-19 pandemic. Professor Ayub explained to Arirang TV that the first case of COVID-19 infection was detected in March 9th and that with very effective public health measures enforced by the government, the epidemic curve was flattened within a month, with the last local cases recorded on May 6th. At the end of May, Brunei began a series of de-escalation of restrictions.

He further explained how the Brunei Government responded effectively to the pandemic. The government had started preparations in anticipation of the pandemic in Brunei. These included obtaining medical resources such as viral test kits, having a dedicated hospital and securing quarantine facilities. The government immediately imposed restrictions on various social formats following the first case of infection. The close monitoring and effective treatment of infected cases in a dedicated hospital, the large-scale contact tracing, the extensive testing and the strict quarantine policies all led to the flattening of the Brunei epidemic curve. He further shared four important points for this successful mitigation in Brunei - the first was the 'leadership' - the Brunei Government worked as a team where all relevant ministries (not just the Health sector) worked together under the leadership of His Majesty Sultan of Brunei Darussalam. The second point was the 'clear communication' that was maintained through daily press conferences where ministers explained the current pandemic situation with transparency, informed public of actions to be taken, and answered all questions from the media and public. The third was 'the people' who trusted the government and showed cooperation in adhering to all restrictions, guidelines, and recommendations. The fourth is 'the sense of responsibility' of everyone involved - each and every individual needed to do their part responsibly.

Universiti Brunei Darussalam (UBD) moved all teaching modes and examinations to online platforms after the first COVID-19 case was detected in Brunei. There was little interruption in student learning by adopting more innovative and creative methods and moving towards a student-centred blended learning. As restrictions were being lifted, all lectures continued online but tutorial, practical and laboratory sessions returned to face-to-face mode with strict social and health measures in place. A mobile application called BruHealth was used to record social movement and trace contacts in the university.

Professor Ayub also explained that UBD had bilateral collaborations with 26 Korean universities for the past 5-10 years and were very popular choices among UBD students for their outbound Discovery Year (DY) programme. However, UBD DY students were recalled due to the COVID-19 pandemic with the help of their host Korean universities. Similarly, Korean students at UBD had to be sent back home. Despite this, the students were able to complete their DY programme by moving all activities online. These responses were all made possible by the collaborative efforts between UBD and these Korean universities. At the time of interview, UBD had a series of discussion with Korean universities and other partner universities to have a "virtual student exchange" in 2021 which is currently underway. Another current programme called e-Global Discovery Programme (e-GDP) in Brunei is a virtual online programme that offers international students an opportunity to learn popular Bruneian culture and lifestyle, traditional food, dance, places of interest, history and Borneo biodiversity. At present, one Korean student from Sookmyung Women's University was participating in e-GDP.

The COVID-19 pandemic has had a huge global impact. However, Brunei and UBD still managed to find alternative and innovative ways to continue with the teaching and learning activities. At the time of publication, Brunei is at Level 5 de-escalation stage which will continue as the "new normal." Most importantly, without the blessing of Allah Subhanahu Wa Ta'ala, we would not have all these success in overcoming COVID-19 pandemic in Brunei Darussalam.

Catch the full interview on Arirang TV official Youtube channel, please scan this QR code or click the link <https://www.youtube.com/watch?v=Ky3ZgFVAVlw&feature=youtu.be>



PAPRSB INSTITUTE OF HEALTH SCIENCES FIRST HERBAL RESEARCH SEMINAR

Dk Dr. Nurolaini Pg Hj Md Kifli, Senior Assistant Professor

The Herbal Research Group of Universiti Brunei Darussalam (UBD) together with the Pharmacy Programme at PAPRSB Institute of Health Sciences successfully hosted a one-day “1st Herbal Research Seminar” with the theme of “Journey of Herbal Lead Molecules to Commercial Products” on the 30th of January 2021. The seminar gathered 66 participants who came from various faculties across UBD and other institutions such as the Institute of Brunei Technical Education (IBTE) and the private sector. Associate Professor Dr. Basilios Tsikouras, the Director of Research of UBD, graced the event and gave his warm welcome to the seminar by highlighting the significance of this herbal research seminar in disseminating current update on technological development in the area of pharmaceuticals and in providing knowledge of the commercialization of herbal products.

Attendees were engaged in an interesting series of seminars that discussed various herbal products and were delivered by speakers from different research backgrounds, including UBD researchers Dr. Merlin Franco (Deputy Director, Institute of Asian Studies), Dr. Nurolaini Kifli (Pharmacy Programme Leader & Herbal Research Group Leader), Dr. Hjh Norhayati Hj Ahmad (Faculty of Science & Director of Institute for Biodiversity and Environmental Research), Dr. Rajan Rajabalaya (Pharmacy Programme, PAPRSB Institute of Health Sciences) and guest speakers Dyg Noralilawaty Hj Ali (Pharmaceutical Department, Ministry of Health Brunei) and Associate Professor Dr. Jamia Azdina Jamal (Faculty of Pharmacy, Universiti Kebangsaan Malaysia). Participants were introduced to the origin of folk medicinal knowledge by Dr. Merlin Franco and were made aware by Dr. Jamia Azdina Jamal of the importance of quality assurance and standardisation in ensuring therapeutic efficacy and safety in herbal products.

The one-day seminar ended with a visit to UBD Botanical Research Centre (BRC) which was led by Dyg. Nurul Hazlina Binti Haji Zaini and Awg. Muhd. Amiruddin Bin Ruslan from Institute for Biodiversity and Environmental Research.



Top left: the first Herbal Research seminar held at PAPRSB Institute of Health Sciences. **Top right:** Guest of honour Dr. Basilios Tsikouras (fourth from right) pictured together with Dean of PAPRSB Institute of Health Sciences Dr. Zaw Wint (centre) and seminar speakers. **Bottom:** Seminar participants had the opportunity to visit UBD Botanical Research Centre.

PAPRSB IHS CONFERRED ANOTHER 3-YEAR AMERICAN HEART ASSOCIATION TRAINING CERTIFICATION

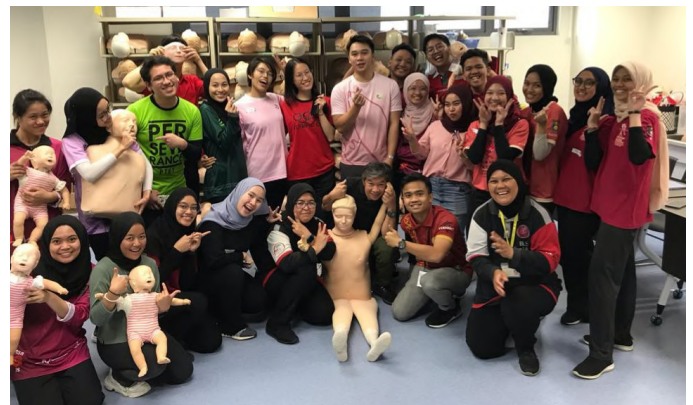
Muhammad Khairulamin Sungkai & Asnah Hj Yusof

PAPRSB Institute of Health Sciences is proud to announce the renewal of its contract agreement with the American Heart Association (AHA) which extends its certified training programme at the faculty for another three years. PAPRSB IHS AHA International Training Centre (ITC) offers certified AHA training courses in Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) for healthcare professionals, and Heartsaver First Aid CPR AED for non-healthcare professionals. Completion of any of these training and their skill assessment provides participants with a two-year AHA training certification.

The training centre is led by ITC coordinator, Md Khairulamin Sungkai, and supported by a team of 13 certified AHA BLS and First Aid instructors and 3 certified AHA ACLS instructors. The ITC has kept to its mission since its establishment in 25th October 2017 in providing high quality and internationally recognized healthcare training courses to Bruneians. To date, ITC had overseen the training of 2,205 participants of both healthcare and non-healthcare professionals in the last four years. A total of 1,058, 928 and 219 participants had completed and been certified in First Aid CPR AED, BLS and ACLS respectively.

The ITC has also lent its training expertise in promoting knowledge and skills of CPR AED and First Aid to various projects, including 'Your Heart Matters' project organised by the students of BHSc Medicine programme, 'ActFast Project' organised by Young Executive Programme (Cohort 4) of Institute of Civil Service Brunei, and 'Safe Hike' project organised by PAPRSB IHS and Politeknik Brunei. In addition, ITC training instructors regularly conduct CPR First Aid Community Outreach Programme to various school, private sectors, NGO and rural community.

To learn more about training fees, schedule, registration and other details, please contact PAPRSB International Training Centre at cpctraining.ihs@ubd.edu.bn or scan the QR code to access their main webpage <https://ihs.ubd.edu.bn/basic-life-support/>



PAPRSB Institute of Health Sciences AHA International Training Centre (ITC) demonstrating BLS training to healthcare professionals from Panaga Health Centre (**top left**) and CPR and First Aid training to a community at Kampong Sibut, Temburong (**top right**). **Bottom left:** Cikgu Awg Md Khairulamin, the coordinator of PAPRSB IHS AHA ITC and instructors led the ACLS training for physicians and nurses from various healthcare centres in Brunei. **Bottom right:** PAPRSB IHS AHA ITC team also offers BLS & CPR AED training to health sciences students from PAPRSB IHS.

FAMILY DENTAL HEALTH AT MIFTAH AN-NUR ISLAMIC INTERNATIONAL SCHOOL

Dr. Jagjit Singh Dhaliwal, Senior Assistant Professor

Eight third-year dental students (Cohort 2) of Universiti Brunei Darussalam (UBD) were invited to Miftah An-Nur to promote oral health amongst parents and teachers as well as students on 28th November 2020. A total of approximately 25 students of Year 1 to 3 and 20 parents and teachers attended the session. The sessions were divided into parts. Parents and teachers attended a family dental health talk whereas students had an interactive session to increase their knowledge on how to take care of their oral health.

The family dental health talk was delivered by two dental students. The aim of the talk was to create oral health awareness for parents. The areas of family dental health that were discussed included the importance of brushing, dental trauma and importance of fluoride.

Various experiments and activities were organized for the students to promote good oral hygiene habits. Some of the activities included experiments showing the effects of carbonated drinks on the teeth, the importance of brushing with fluoridated toothpaste, the recommended way to brush the teeth, the differences between using a soft and hard toothbrush, and other fun activities. Overall, the students enjoyed the activities and information about family dental health to parents and teachers was successfully delivered.



Top: Dental students photographed together with Miftah An-Nur staff, students and their parents. **Bottom:** Dental students engaging with students by demonstrating various activities that promote oral health.

NURSING & MIDWIFERY STUDENTS REACH OUT TO THE PUBLIC TO PROMOTE STROKE AWARENESS

Nursing and Midwifery students: Nur Raihan Ramli (Cohort 9), Nurisbaniah@Saunah Hj Ismail (Cohort 10), Dk Siti Rafi'ah Pg Hj Abd Malik (Cohort 10), Nur Aida Farhanah Hj Ade Suhardy (Cohort 11), Angelina Teo Hui Leng (Cohort 12) & Dr. Mursidi Hj Ali, Lecturer

World Stroke Day is celebrated on 29th October worldwide every year. There were a series of public events aimed to promote stroke awareness at numerous major public places including the Mall Gadong, Time Square in Berakas and Yayasan Sultan Haji Hassanal Bolkiah last November. These activities were organized by the Health Promotion Centre, Ministry of Health Brunei in collaboration with the Brunei Neuroscience Stroke and Rehabilitation Centre (BNSRC) of Pantai Jerudong Specialist Centre (PJSC), Jerudong.

Several groups of students from BHSc Nursing and Midwifery programme of Cohort 9 (Year 4) to 12 (Year 1) volunteered for the education roadshow and were supervised by Dr. Mursidi Hj Ali. The students were given the opportunity to engage and assess the public's awareness of the aetiology of stroke and its management and treatment. The students discovered considerable gaps in the public's stroke literacy on risk factors and symptoms of this debilitating disease during these activities. It was noted that the public's perceptions about stroke were influenced by the diverse social, cultural and educational background of an individual. The students, therefore, offered various educational activities including giving out information on the warning signs of stroke using the acronym BEFAST, on the common risk factors of stroke and preventive measures such as dietary or lifestyle modifications. The students also performed basic health assessments to evaluate the risk for stroke, such as blood pressure measurement and the Body Mass Index (BMI) calculation. Information leaflets were distributed to attendees to ensure retention of information and awareness of stroke in the public.

Overall, these community-based activities have given the students new perspectives on out-of-hospital care and improved their public communication skills, as well as prepared them to be better future nurses or midwives.



Top left: Students from Year 4 of BHSc Nursing & Midwifery programme (Cohort 9) at their promotion booth at Time Square, Berakas photographed together with their supervisor Dr Mursidi (second from the right). **Top right:** A group photo of Year 1 BHSc Nursing & Midwifery students (Cohort 12) and Pantai Jerudong Specialist Centre (PJSC) staff members taken during their promotional activities at the Mall Gadong. **Bottom:** Year 2 students from BHSc Nursing & Midwifery (Cohort 11) pictured together with PJSC staff members at Yayasan Sultan Haji Hassanal Bolkiah.

PAPRSB INSTITUTE OF HEALTH SCIENCES PARTICIPATED IN UBD OPEN DAY



PAPRSB Institute of Health Sciences (IHS) participated in UBD Open Day last February where prospective students and their parents came to visit (**top photos**) for advice on programme choices offered at PAPRSB IHS and on the admission process from IHS staff members who were present at the faculty's booth (**bottom photos**).

In light of the COVID-19 pandemic, UBD adjusted its Open Day into two modes: virtual and physical booths. UBD Virtual Open Day was available from 22nd – 28th February as a Live Chat on www.ubdopenday.com, where prospective students could communicate directly with faculty staff members. UBD also opened its campus for physical visits from 24th – 26th February and set up booths at the Sunken Courtyard of Pengiran Anak Puteri Rashidah Sa'adatol Bolkiah Institute of Health Sciences (PAPRSB IHS), UBD. In accordance to Ministry of Health guidelines, visitors were required to go through a temperature screening, scan their BruHealth app on entry and practice social distancing. At the physical Open Day, visitors had the opportunity to interact personally with faculty representatives and academics to gain more insights on the programmes available. PAPRSB IHS received a great interest from the public and prospective students who are looking to pursue tertiary education in UBD and IHS. IHS booths showcased all 6 disciplines offered by the Faculty: Undergraduate programmes – Medicine, Dentistry, Biomedical Science, Pharmacy and Nursing & Midwifery; and Postgraduate programmes – Master of Nursing, Master of Public Health, and Masters and PhD by Research.

At the physical UBD Open Day, prospective students and their families were offered general advice on study prospects from programme representatives. Current IHS students also shared their insights and experiences of studying at IHS with potential student applicants. Administrative and admission staff were also on-site to give prospective students advice on the programme admission and application process. In addition, visitors were offered Campus Tours which took them around campus facilities and gave them a more exclusive opportunity to have a peek at UBD student life.

Information on entry requirements and opportunities for life-long education at PAPRSB Institute of Health Sciences can be found on IHS website: <http://ihs.ubd.edu.bn/>

#TOOTHBETOLD - DEBUNKING DENTAL MYTHS AWARENESS CAMPAIGN

Normasturina Binti Ibrahim (BHSc Dentistry, Cohort 2)

Third year dental students (Cohort 2) of Universiti Brunei Darussalam (UBD) held awareness campaigns which revolved around debunking dental myths and misconceptions and raising awareness on the dangers of fake braces to the Bruneian community as part of their Special Study Module 3. Under the "Debunking Dental Myths Awareness Campaign", five third-year dental students raised awareness of dental misconceptions and helped the community understand how these can prevent people from seeking proper dental care. Students disseminated information through their social media platforms (Instagram: @dentalmythbusters.BN and Facebook: Debunking Dental Myths). One of the highlights of this campaign was the 'A Cup of Teeth' video podcasts, also uploaded on these platforms, which covered topics about the myths and misconceptions of dental hygiene practices and dental products. In addition, two school exhibitions were conducted at Tinkerbell Learning School and Tutong Sixth Form Center. Various fun experiments and interactive activities for students were organized during these exhibitions to promote good oral hygiene habits, such as WonderFluoride which demonstrated the importance of brushing with fluoridated toothpaste, and Beyond-The-Brush which emphasised on the recommended way of brushing the teeth and on the differences between using a soft and hard toothbrush.



Top: Students of the Debunking Dental Myths Awareness Campaign team taking a commemorative photo with their project supervisors Dr. Jagjit Singh Dhaliwal (first left), Dr. Anne Cunningham (second left) and Dr. Hj Amirul Rizan Hj Mohamed (from Department of Dental Services, Ministry of Health; far right). **Bottom:** One of the team members interacting with students at Tutong Sixth Form Centre.

COVID-19: SOCIAL STIGMA AND QUARANTINE SELF-CARE

**Umami Hani Nabilah Hj Noruddin, Md Aiman Md Sophian, Nur Izz Sophia Abd Aziz & Yeo Siew Wan
(BHSc Medicine, Cohort 14)**

Minds and Voices is part of a community project titled "COVID-19: Social Stigma and Quarantine Self-Care" that was organised a group of third-year medical students from PAPRSB Institute of Health Sciences: Umami Hani Nabilah Hj Noruddin, Md Aiman Md Sophian, Nur Izz Sophia Abd Aziz and Yeo Siew Wan.

This project aimed to raise awareness on the stigma surrounding people who had COVID-19 disease and to educate the public on mental health problems that might arise during quarantine or self-isolation during the COVID-19 pandemic. The main target population for this project was the general public of all ages. To achieve the aims, several interventions were conducted such as seminar broadcasts, COVID-19 social stigma awareness video and video making competition. The students hoped through their efforts to reduce the stigma against those directly affected by the disease and to reduce the number of mental health cases associated with self-isolation and quarantine.

The highlight of the project was receiving input from the general public on their thoughts about this project. An opinion article was published in Borneo Bulletin praised the intention of highlighting the social stigma that may have affected people who are part of Brunei COVID-19 "statistics". The students picked up plenty of valuable interpersonal skills along the process of organising this community project and collaborating with different organisations and people including government officials, event sponsors, supervisors and members of the general public.



Minds and Voices community work was reported on Borneo Bulletin to which an opinion article was published in response.



Top photos: Minds and Voices team held a seminar on social stigma surrounding COVID-19 at PAPRSB Institute of Health Sciences. **Bottom photos:** The team also set up a booth at BandarKu Ceria where students offered information on mental health issues that may arise from the pandemic.

YOUR HEART MATTERS: CARDIAC ARREST AWARENESS IN THE COMMUNITY

Nabilah Fadzilah Hj Johani, Amal Azimah Hj Johar, Siti Nabihah Hj Sahralidin, Md Amirsalman Nor Azman & Adibah Syahmina Md Amin (BHSc Medicine, Cohort 14)

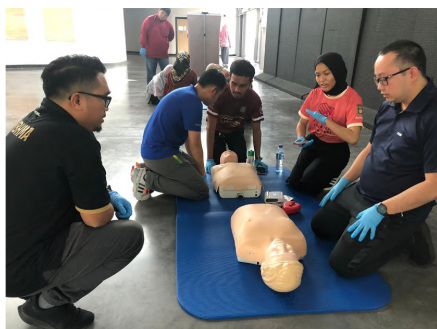
'Your Heart Matters' (YHM) is a project aimed to create awareness on Cardiac Arrest and the importance of Basic Life Support (BLS) primarily in the working population. Throughout our journey of planning and implementing our project we faced many challenges and gained valuable experiences. We experienced communicating with participants from various backgrounds and experiences, navigating through bureaucratic challenges and planning events for the community in the "new normal". We built self-resilience, problem solving skills and teamwork. All of which are skills that will benefit us in the future as healthcare professionals working in a team-based setting. In addition, through this project, more people are keen to obtain licensure and have reached out to PAPRSB Institute of Health Sciences (IHS) for BLS training as IHS is an American Heart Association (AHA) certified International Training Centre.

We are truly grateful to be given this fruitful opportunity in organizing this project and we could've not done it without the continuous support from our supervisors, IHS BLS team, sponsors, volunteers and the community. We hope that through the events we conducted, the members of the public would be more aware of Sudden Cardiac Arrest and CPR so that they can help make a difference and save lives. In addition to this, we also hope that there is an increase in awareness among the community of their heart and general health to help prevent and control conditions that can predispose to Sudden Cardiac Arrest. Together we can work towards a lifesaving healthy heart community.

To watch a video produced by this project, please click the link to PAPRSB Institute of Health Sciences Youtube channel here: <https://youtu.be/Yy6KQOFIME8>



Top: Participants from Ministry of Foreign Affairs and Majlis Belia Brunei listening to the BLS and CPR presentations. **Bottom:** Group photo with all smiles from YHM members and Health Promotion Centre participants.



Top left: Demonstration done by Azimah during a practical session. **Top right:** Celebrating World Heart Day with members of Gleneagles Jerudong Park Medical Centre. **Bottom:** Live TV broadcast at Rampai Pagi with Dr. Sofian Johar (sitting third from left) and Cikgu Agong Lupat (standing far left).

FIRST COHORT OF BHSC DENTISTRY WENT ABROAD FOR CLINICAL TRAINING AT NEWCASTLE UNIVERSITY

**Muhd Muslihuddin Hj Mahleyuddin, Chong Hui Qing and Muhd Zhoriif Hj Mohd Sufian
(BHSc Dentistry, Cohort 1)**

In September 2020, three students of the first cohort of BHSc Dentistry programme began their clinical training at the programme's partner dental school – School of Dental Sciences, Newcastle University.

In light of the ongoing COVID-19 pandemic, Newcastle University has adopted a blended learning approach where sessions are held both online and in-person. All lectures, reading materials, and practical video demonstrations are made available online on Canvas platform. Seminars for students and clinical tutors and communication skill practices are done via Zoom online conferencing tool. In addition, there are also present-in-person sessions that require the students to attend the dental school. These include practical sessions such as practicing on phantom heads, making and polishing dentures, and bending orthodontic wires. Clinical sessions with patients, such as for denture appointments and simple extractions also require the students to be present at the school.

Other social health measures were implemented by the Dental Hospital to protect everyone from the pandemic such as a staggered entry before a pre-clinical or lab session, practice of social distancing at all times, and raise of hands in place of crowding at the clinician or tutor area for assistance.

The three students highlighted that their pre-clinical education at Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health (PAPRSB IHS), Universiti Brunei Darussalam had prepared them well for their transition to the partner dental school and helped them with their confidence in terms of the application of their clinical knowledge.



Three dental students (middle) from the first cohort of BHSc Dentistry received a warm welcome and a campus tour led by two current fifth-year dental students (in scrubs).

The Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah (PAPRSB) Institute of Health Sciences

UBD's PAP Rashidah Sa'adatul Bolkiah Institute of Health Sciences (PAPRSB IHS) has expanded beyond solely providing medical training. Graduate programmes such as Master of Medicine, Master of Nursing, Master of Public Health, and Masters and PhD by Research as well as undergraduate programmes across six 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 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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You may freely distribute copies of this newsletter and information about the PAPRSB Institute of Health Sciences to any interested parties.



Represented by faculty staff members, PAPRSB Institute of Health Sciences joined the Higher Education Evening held in January at Jerudong International School.



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BHSc Medicine students of Cohort 14

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