BEYOND

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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam Quarterly Newsletter



PAPRSB Institute of Health Sciences staff members and students volunteered for Brunei COVID-19 National Immunisation Programme at the Indoor Stadium (read more on Page 2). Photo credit: Nur Syaimaa' Hj Selamat & Md Zulhazwan Majid.

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PAPRSB INSTITUTE OF HEALTH SCIENCES VOLUNTEERED FOR NATIONAL COVID-19 VACCINATION PROGRAMME

Md Abdul Hannan Awg Basuni (BHSc Nursing, Cohort 11), Khairunnisa Hj Zulzali (BHSc Biomedical Science, Cohort 10) & Ak Abd Alim Pg Bahrin (BHSc Pharmacy, Cohort 4)

PAPRSB Institute of Health Sciences (IHS) established a voluntary vaccination team in May to assist the Ministry of Health with the national COVID-19 immunisation programme that began in April. The vaccination programme aims to vaccinate the Bruneian population who are eligible and at risk of developing severe outcomes from disease. The nationwide vaccination programme was split into three phases: the first phase is for the frontliners, senior citizens, and students studying abroad; the second phase for childcare centre staff members, adults with pre-existing co-morbidities, and teachers; and the third phase for the general public aged 18 years and above.

PAPRSB IHS vaccination team is composed of IHS students from various programmes and is under the supervision of multiple IHS staff members including Dr. Khadizah Hj Abdul Mumin, Dr. Mursidi Hj Ali, Dr. Deeni Rudita Idris, Dr. Erkin Erdal and Rozita Hj Tamin. Students were given the opportunity to experience different sets of work to facilitate the vaccination programme at the Indoor Stadium where the main vaccination centre is located. Students from BHSc Nursing, Dentistry and Medicine programmes who had been trained to administer vaccines were tasked with verifying information and vaccinating. Students from BHSc Biomedical Science and Pharmacy programmes helped prepare the vaccines in the dedicated Central Preparation Area (CPA) and monitored vaccinated individuals in the observation area for any signs of adverse side reaction.

Participating in the IHS vaccination team has given the students a first-hand experience in assisting a nation-wide vaccination campaign. The students shared that they have gained valuable knowledge plus communication and interpersonal skills while providing their service to the public community at the vaccination centre. The opportunity to contribute to the fight against the pandemic and to lend their support to Ministry of Health (MOH) has also been very rewarding for the students. Lastly, the students acknowledged the MOH for their efficiency and effectiveness in organising the COVID-19 vaccination programme for Brunei.









Top left: PAPRSB IHS students verifying information of individuals for vaccination at the Indoor Stadium vaccination centre. **Top right:** Dr. Deeni Rudita Idris vaccinating a member of the public (photo credit: Borneo Bulletin). **Bottom left:** IHS students observing vaccinated individuals for signs of adverse reactions to the vaccines at a dedicated monitoring area. **Bottom right:** IHS students preparing COVID-19 vaccines prior to their administration.

ASSISTANT PROFESSOR DISCUSSED NURSE LEADERSHIP DURING COVID-19 AT THE 3NEXT PROJECT

Dr. Hajah Asmah Haji Husaini, Assistant Professor

In February 2021, Dr. Hajah Asmah Hj Husaini was invited to deliver a talk for a leadership development project called 3Next (Nursing Now Next Generation), which is an online platform supported by the Graduate School of Nursing, Chiba University, Japan. The aim of the project was to provide insights and inspire nurses to pursue career development in Japan during and after the COVID-19 pandemic. This online 3Next platform was set up as part of the 'Nightingale Challenge', which is a global campaign initiated to improve patient care by raising the status and profile of nursing and to advocate for leadership quality in nurses worldwide.



Hosted by a graduate student from Chiba University,

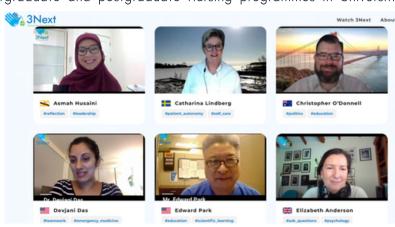
the talk observed Dr. Hajah Asmah discussing about her perception of the future of nursing in the post-COVID-19 era. During the interview Dr. Hajah Asmah shared the methods by which nurses could leverage their leadership skills during and post COVID-19 era. She described the 'whole nation approach' that Brunei had adopted at the beginning of the pandemic to control its spread in Brunei. She elaborated on the effective cooperation demonstrated by various government ministries of Brunei who worked together in support of the guidelines imposed by the Ministry of Health (MOH) Brunei, such as self-isolation, COVID-19 testing and screening, contact tracing, and quarantine procedures.

She further explained the contribution made by PAPRSB Institute of Health Sciences (IHS) nursing students in support of MOH who volunteered to facilitate COVID-19 contact tracing and supported routine patient care in various healthcare centres in place of nurses who had been mobilised to Brunei COVID-19 isolation centre during the pandemic. These voluntary activities were part of a clinical placement ran by the BHSc Nursing programme. They imparted an invaluable experience to these nursing students and taught them the value of leadership and teamwork. Dr. Hajah Asmah also highlighted three key areas in nursing leadership that nurses could leverage during and after the pandemic which are maintaining good communication, translating the country's vision and values into nursing practices, and establishing a caring relationship between nursing team members. She argued that these areas were key in ensuring good teamwork between nurses to support the Brunei Government efforts to 'flatten the pandemic curve' early in the outbreak.

Dr. Hajah Asmah felt honoured to join other invited global nurse leaders on the 3Next online platform and to speak about the role of nurses and their leadership skills in improving the health and quality of life of the people. She also took the opportunity to raise the profile of nursing practice in Brunei in general and to promote BHSc Nursing Programme offered at PAPRSB IHS. Learning the initiatives shared by other nursing leaders on the 3Next platform also inspired Dr. Hajah Asmah to continue to work together with her nursing team at PAPRSB IHS on improving the undergraduate and postgraduate Nursing programmes in Universiti Brunei Darussalam.

To listen to the recorded interviews of Dr. Hajah Asmah and other global nursing leaders, please visit 3Next platform at this link: https://3next.net/asmah-husaini/ or scan the QR code below.





Top: Dr. Hajah Asmah delivering her talk online on a recorded livestream hosted by Chiba University. **Bottom:** Dr. Hajah Asmah's talk is made accessible on the 3Next online platform, among other talks delivered by other global nursing leaders.

SENIOR ASSISTANT PROFESSOR AWARDED WITH TEACHING EXCELLENCE AWARD

Dr. Khadizah Hj Abd Mumin, Senior Assistant Professor

Universiti Brunei Darussalam (UBD) Staff Excellence Award is a prestigious award that acknowledges three different areas of excellence: teaching, leadership and administrative. In particular, the Teaching Excellence Award (TEA) recognizes UBD's staff academics from the fields of Social Sciences, Humanities, Education, Sciences, Engineering, Health Sciences, and Business. The TEA award appreciates academics who have shown significant contributions in implementing interdisciplinary innovations and scholarly activities that improve teaching and learning, in developing curricula and in fostering independent learning and development in students.

In December 2020, the Staff Excellence Award ceremony was held at Tarindak D' Polo Royal Brunei Polo and Riding Club, Jerudong. During the ceremony, awardees for the year 2019 and 2020 from across UBD faculties were celebrated. Among them was Dr. Khadizah Hj Abdul Mumin, a Senior Assistant Professor from Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah (PAPRSB) Institute of Health Sciences, who was awarded the Teaching Excellence Award 2019 in the area of Health Sciences. Dr. Khadizah received a plaque, an award certificate and a BND\$2000 cheque.

Dr. Khadizah began her service in 1997 as an Education Officer in Nursing and Midwifery at PAPRSB College of Nursing. She then joined UBD as a Lecturer in 2011, appointed as an Assistant Professor in 2015 and subsequently promoted as a Senior Assistant Professor in 2018. Currently, she is also a Research Associate in Centre for Advanced Research (CARe) of UBD and an adjunct Senior Lecturer in School of Nursing and Midwifery of La Trobe University, Australia. Dr. Khadizah expressed her heartfelt and sincere gratitude to UBD for the award. She felt honoured to represent PAPRSB Institute of Health Sciences and added that her joy of being an educator stemmed from the success of her students who are now mostly employed as healthcare professionals (nurses and midwives) and academics in Brunei Darussalam.





Left: Dr. Khadizah (third standing from left) with other UBD academics who received various Teaching Excellence Awards. **Right:** Dr. Khadizah (second from left) in a commemorative photo with Vice Chancellor of UBD Datin Dr. Anita B. Z. Abdul Aziz (third from left) and other UBD staff members.

HEADSTART WITH CAREER PLANNING TALK ON THE 3RD ANNUAL GRADUATE STUDIES RESEARCH DAY

Dr. Lim Ya Chee, Assistant Professor

PAPRSB Institute of Health Sciences (IHS) held its third annual Graduate Studies Research Day on the 26th of June 2021. First conceived in 2019 by a former Programme Leader of Graduate Studies, Dr. Lu Zen Huat, this event has an objective to enhance the awareness of various ongoing research topics and to promote and foster cross-disciplinary research areas within the faculty. PAPRSB IHS Acting Dean Dr. Mas Rina Wati Hj Abd Hamid delivered an opening speech which was followed by an inspirational plenary talk by Distinguished Professor David Koh titled "Planning For A Research Career". In his talk, Prof. David emphasised on the need for having a destination, reviewing progress, and enjoying the journey. He showcased his 41-year career journey and life experiences. Prof. David began his presentation with the quote from Benjamin Franklin – "If you don't plan to succeed, you plan to fail". He equated having a strategy to achieve goals to his hobby of fishing, where he had experienced fishing in different parts of the world and the various fishes caught. Students were advised to think of concurrent work and not consecutive topics, while staying focused and having a mentor. The concept of Hirsch index was introduced with Galileo Galilei's quote on "Measure what can be measured and make measurable what cannot be measured".

There were a total of sixteen oral presentations delivered by both PhD and Masters students and six e-poster presentations on display. The event ran for one full day, with research students viewing each other's work and asking questions. The event also had faculty members in the audience. The graduate studies research day serves as a no-stress platform for graduate students to learn to communicate their work and network. The day ended with a closing speech by the faculty's Acting Dean and Deputy Dean of Graduate Studies and Research, Dr. Mas Rina Wati, who thanked the organising committee and graduate students for their participation. It is hoped that the confidence gained by the students from this event would spur them to greater heights.



Top left: Distinguished Professor David Koh delivering his plenary talk. **Top right:** A graduate student presenting their research topic. **Bottom:** Speakers and attendees of PAPRSB IHS 3rd Graduate Studies Research Day.

PHARMACY STUDENTS REACHED OUT TO THE COMMUNITY WITH VARIOUS HEALTH TOPICS

Liaw Hui Zoe (BHSc Pharmacy, Cohort 3)

A group of pharmacy students from Cohort 3 organised four health promotional events for the community as part of their BHSc Pharmacy module "Personal and Professional Development and Our Community" during the second semester of 2020. The pharmacy students set out in four groups of three to promote 1) awareness of mental health, 2) the proper use of antibiotics, 3) awareness of type-2 diabetes, and 4) proper hand hygiene. The first event was aimed at the general public, whilst the last three were aimed at primary and secondary school students.

The main goal of these promotional events was to share accurate information and effective health practices with the public in the above health topics. The pharmacy students held talks and information sharing session to dispel common misconceptions surrounding mental health (in collaboration with Brunei Gas Carriers Sdn Bhd and the Health Promotion Centre, Ministry of Health Brunei) and antibiotic usage and resistance. The students also reminded the public to cultivate proper hand washing technique and to adopt a healthy lifestyle to prevent infectious and non-communicable diseases (e.g.: type-2 diabetes), respectively. Moreover, the pharmacy students included activities to engage the students. They organised a Kahoot! game with the students of Chung Hwa Middle School by using coloured papers. The pharmacy students also created a short feature film regarding mental health and the effects of social stigma against mentally ill people, which was put on show as part of their promotional activities at Yayasan Sultan Haji Hassanal Bolkiah Secondary School. At St. George's School, the pharmacy students used a UV glowing gel to simulate bacteria and show commonly missed areas during hand washing and demonstrated a proper hand washing technique. They also engaged the students in a physical activity by using "Tik Tok" dance trends.

In addition to raising mental health awareness, the group of pharmacy students also organised a donation drive where used items were sold and the proceeds (a total of BND400) were given to Kiarong Clinic for the development of its in-patient therapeutic garden in collaboration with Rimba Garden Central. The pharmacy students had an enjoyable time and experience in organising these events and hoped that such community work will foster better health awareness in the general public.









Top left: Students of Chung Hwa Middle School actively participating in a Kahoot! game on antibiotic awareness. **Top right:** Pharmacy students filming a short movie on the topic of mental health awareness. **Bottom left:** Students of St. George's School creating their idea of a healthy meal plate to promote awareness of a healthy lifestyle. **Bottom right:** Students from St. George's School showing the outcome of their hand washing technique following a demonstration by the pharmacy students (photo credit: St. George's School).

SOS PROJECT SET OUT TO PROTECT THE ELDERLY DURING COVID-19 PANDEMIC

Ahmad Iqbal Hafiyuddin bin Sofian, Nur Hilmiyah Husaini, Md Syahmi Hazim Hj Mat Sarudin, Amirah Fakhriah Amzizulfadzillah, Siti Amirah Nabilah Hj Md Jappar (BHSc Medicine, Cohort 14)

March 2020 saw an increase in the number of confirmed cases of COVID-19, a novel coronavirus which significantly affected our daily routines, especially, older people, who belong to a highly vulnerable group for the disease. Brunei Darussalam, has the fastest ageing rates in ASEAN, with a population aged 60 years and above constituting nine percent of the total population which presents challenges in protecting the elderlies.

Aiming to raise general public awareness on elderly care during the COVID-19 pandemic, a team of third-year medical students from PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam (UBD) organised a community project called 'Shield Our Seniors'. The students from Shield Our Seniors (SOS) team involved in this project are Ahmad Iqbal Hafiyuddin bin Sofian, Mohammad Syahmi Hazmi bin Haji Mat Sarudin, Siti Amirah Nabilah binti Haji Md Jappar, Amirah Fakhriah binti Amzizulfadzillah and Nur Hilmiyah binti Husaini.

Throughout the months of August, September and October 2020, the team started off the campaign with fundraising sales, which was done in collaboration with the 8th Sparks Co Flea Market as well as at Bandarku Ceria. Funds raised were to purchase personal hygiene items which were then packed and distributed to elderly at PKWE (Pusat Kegiatan Warga Emas). These care packages included information leaflets, face masks, hand sanitizers, wet wipes and hand soaps.





'Top photo: Members of the Shield Our Senior team. **Bottom photo:** SOS team at their fundraising campaign to raise funds for Pusat Kegiatan Warga Emas.

MEDICAL STUDENTS ENCOURAGE EVIDENCE-BASED HEALTH INFORMATION THROUGH VITAL.BN PROJECT

Wong Tze Loong @ Alex Brandon (BHSc Medicine, Cohort 14)

In September 2020, six medical students started a community project called VITAL.bn (Valid Information Today Affects Lives & Longevity) as part of a third-year Special Study Module of the Medicine programme. This project aimed to promote factually correct health information based on scientific research. Our primary target population was adolescents, especially sixth form students. This was because this age group is most exposed to misinformation from the internet and will join the working population soon.

Before our visits, we conducted a survey and a focus group discussion to understand the health-related issues faced by the adolescents. The main approach that we took to achieve our goal was through sixth form visits. These visits were a direct method of teaching the adolescents. In the mornings, we would have interactive booths with games and activities and in the afternoon, we would have a talk to fully explore the topic. Each visit concluded with a meeting with the school's administration team to report our study's findings and have a discussion about improvements.

All in all, the project was a success and I am glad to have been a part of such a project and to work with my other colleagues: Wong Chi, Md Ali Wa'ie Syazani @ Danial Ali Hamdani, Hong Rou Qin @ Hong You Ju, Layla Sofiya Juffry & Michael Koh Zheng Sheng. Throughout this project, we were put through many challenges and were under a lot of time constraints. However, we learned to get through these them together as a team and accomplished the goals we set ourselves to do.







Top left: VITAL team at their afternoon talk with students from SMSA. **Top right:** Students attending VITAL booth for personalised health discussion. **Bottom:** Meeting and sharing session with the administration staff members of Maktab Sains PSRS

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DENTISTRY STUDENTS RAISE AWARENESS OF FAKE BRACES

Tan Zhi Qi, Fiona Chin Ying Jie & Siti Faathimah Azzahraa' binti Ahmad Yazid (BHSc Dentistry, Cohort 2)

In 2012, the Orthodontic Unit in the Ministry of Health (MoH), Brunei Darussalam, reported that there was a rise in the number of patients with fake orthodontics who attended their dental clinics. In response to this, six third year dental students from Cohort 2 pursued Fake Braces Awareness Campaign (FBAC) that was aimed to raise awareness about the dangers of fake braces in the Bruneian community. During this campaign, several activities were conducted which included talks at sixth form schools, a poster making competition, online quizzes, and a Virtual Run (VR) with the theme 'Run From Fake Braces'. The community project was targeted toward sixth form students and the general public. The VR participants [DJK2] were informed about the dangers of fake braces and how to report their practice to the relevant authorities. Information raising awareness of fake braces from the Dental Services Department of MoH were also distributed to school students and VR participants, and can be found online on the campaign's social media platforms (Instagram: efbac.bn and Facebook: Fake Braces Awareness Campaign). A total of 714 individuals participated in the Virtual Run which achieved a total of 18, 450 km, which is equivalent to the distance between Brunei and Colombia. The dental students also raised BND2,400 from the VR and donated BND1,200 each to the Down Syndrome Association (ABLE) and the Children's Cancer Foundation (YASKA).





Top: Fake Braces Awareness Campaign (FBAC) team presented a donation to Deputy President of ABLE Siti Zaliha Hj Abu Salim (fourth from left). Also present were supervisor Dr. Joe Knights (far left) and ABLE Secretaries Hjh Marinah Hj Abd Hadi and Hjh Liza Jasmin Hj Brahim (fifth and sixth from left). **Bottom:** FBAC team presented donation to Vice Chairperson of YASKA Tsara' Nawwarah binti Abdullah Chen. Also in the photo were supervisors Dr. Joe Knights (far left) and Dr. Shahid Mitha (far right).

BIOMEDICAL SCIENCE STUDENTS ORGANISED A BLOOD DONATION DRIVE

Nurul Naimah binti Haji Mat Zainin (BHSc Biomedical Sciences, Cohort 12)

In March 2021, students of BHSc Biomedical Science (Year 2, Cohort 12) organised a Blood Donation Drive in collaboration with the Blood Donation Centre of Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital which was held at Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health Sciences (PAPRSB IHS). In addition to helping the hospital's blood unit replenish their blood supply, the drive was aimed to educate and spread awareness of the importance of donating blood to the public, students, lecturers, and members of Universiti Brunei Darussalam.

It was overall a successful project and a total of 49 blood donors contributed to the blood donation drive. Phlebotomists from the hospital also offered blood group typing. The students gained useful skills and experience through organising this drive, such as public communication and education. The students also noted the drive gave them a valuable insight on the field of haematology. The students would like to express their gratitude to IHS staff members, Office of Safety, Health & Environment and UBD Registrar Office for their assistance in organising the drive.





Top: Staff members of the Blood Donation Centre, RIPAS Hospital came to help with the blood donation drive on site. **Bottom:** Year 2 Biomedical Science students (Cohort 12) pictured together with staff members of the Blood Donation Centre, RIPAS Hospital.

DENTAL STUDENTS WENT ABROAD FOR CLINICAL TRAINING AT GLASGOW UNIVERSITY

Lim Jia Hui & Lim Pei Chee (BHSc Dentistry, Cohort 1)

After three years of pre-clinical studies at PAPRSB Institute of Health Sciences of Universiti Brunei Darussalam (UBD), we are thrilled to start a new chapter of our undergraduate years in our partner dental school - University of Glasgow, United Kingdom. We touched down in Glasgow last October and our university experience has been great so far. We have felt very welcomed and supported by the dental school ever since we have arrived. Unfortunately, the university experience has been unorthodox due to the COVID-19 pandemic that resulted in many government restrictions in place. Despite this, the university has been doing their utmost best to ensure students can have a great university experience safely by organising virtual events. Due to the pandemic, lectures are being held online through Zoom, which are either pre-recorded or live sessions. We are also divided into small groups for online tutorials where we would discuss a patient case with a facilitator. The tutorials cover a variety of scenarios that allow students to apply our theoretical knowledge into practice and prepare students for what may come when they start seeing patients. This is similar to Problem Based Learning cases we had at PAPRSB Institute of Health Sciences allowing us to catch up with the partner university very quickly.

Phantom head practical sessions have now been reduced to only once a week to conform to social distancing guidelines. The nurses and tutors are lovely and made us feel very welcomed. They are always happy to help students in clinics with any issues they may have. The university uses a software called LiftUPP, which is an electronic tool for continuous assessment of a student's performance in practical and clinical sessions. The supervisors grade the students on several clinical aspects after each session. As students accumulate their clinical experiences, a collection of data is generated which reflects the quality, quantity, and consistency of their performance.

Although we have only experienced a glimpse of what Glasgow is usually like, the city still boasts a wonderful atmosphere – rich in culture and history. From museums and parks to small local bakeries and cafes, the city has lots to offer. We look forward to exploring more of Glasgow as the pandemic situation improves and the city gets back to what it once was. Moreover, we are very excited to start treating our first dental patient when we are allowed to do so.

We think that our preparation while at PAPRSB Institute of Health Sciences, UBD has helped us with a seamless transition to the University of Glasgow. On this final note, we would also like to express our gratitude to His Majesty and the Government of Brunei Darussalam for this scholarship, and our lecturers and supervisors at PAPRSB Institute of Health Sciences and National Dental Clinic of Ministry of Health Brunei, who have guided us and this far.









Left: Two dental students of Cohort 1 exploring campus of University of Glasgow, United Kingdom. **Top middle:** the students in their new dental scrubs. **Middle bottom:** one of the students at her Paediatric clinical placement at Springburn Health Centre. **Right:** Pre-clinical practical session on a phantom head at University of Glasgow.

The Pengiran Anak Puteri Rashidah Sa'datul 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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PAPRSB Institute of Health Sciences staff members celebrating Hari Raya Aidilfitri in May. Photo credit: Hasnan Kahan.



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