

BEYOND

JULY TO SEPTEMBER 2021 | ISSUE 25

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



PAPRSB Institute of Health Sciences staff members and student volunteers at UBD Vaccination Centre (read more on Page 2). Photo credit: Hasnan Kahan.

INSIDE THIS ISSUE:



UBD COVID-19 Vaccination Centre set up at PAPRSB Institute of Health Sciences - 2 to 3

PAPRSB Institute of Health Sciences students respond to the pandemic - 4 to 6

From a doctor's point of view at the UBD Vaccination Centre - 7

Central Processing Area (CPA): the heart of the UBD Vaccination Centre - 8

PAPRSB Institute of Health Sciences welcomes August 2021/2022 student intake - 9

PAPRSB IHS Professor presented at the 10th ASEAN Medical Deans' Summit 2021 - 10

Awareness talk on 'Sexual Harassment in the Workplace' for the UBD community - 11

UBD COVID-19 VACCINATION CENTRE SET UP AT PAPRSB INSTITUTE OF HEALTH SCIENCES

Brunei reported a second outbreak of COVID-19 in August 2021 with local SARS-CoV-2 virus transmission of the Delta variant, after over a year of no cases. At the time of publication, Brunei has recorded over 15,000 cases of COVID-19 infection including 57 fatalities. The delta variant is more transmissible and infectious, therefore the Ministry of Health (MOH) has implemented more rigorous public health policies. This has included a dramatic reduction in community social contact, outbreak surveillance through multiple swabbing sites, and a rapid increase in COVID-19 vaccination efforts either in designated sites or mobile formats. Social gatherings have been significantly reduced and more Vaccination Centres have been established to ramp up national vaccination capacity. One of these new Vaccinations Centres is hosted by Universiti Brunei Darussalam (UBD), located at Pengiran Anak Puteri Rashidah Sa'adatol Bolkliah (PAPRSB) Institute of Health Sciences (IHS). To date, 80% of the Bruneian population has been fully vaccinated against COVID-19 through the National COVID-19 Vaccination Programme.

The establishment of UBD's vaccination centre (VC) in August 2021 has been the most significant contribution the faculty has made toward supporting Brunei during the current pandemic. It is well aligned with the faculty mission to produce high quality healthcare professionals. The UBD VC quickly mobilised its manpower and facilities to create a site for the general public to receive their COVID-19 immunisation in order to support the MOH in tackling the resurgence of the pandemic. Designated facilities include a registration area, the central processing area (CPA), a vaccination area which houses private cubicles, and an observation area which monitors for any adverse effects of vaccination. The centre is run by almost all of the PAPRSB IHS administrative and academic staff members plus students of various programmes including Medicine, Pharmacy, Dentistry, Biomedical Sciences, and Nursing & Midwifery. Politeknik Brunei (PB) staff members work together with UBD colleagues to ensure the smooth running of the VC. The UBD VC also received help from the Royal Brunei Armed Forces in its early weeks of its establishment. Puan Hajah Maudena Hj Abdul Hamid, Puan Hajah Joanna Hj Jacob and Dr. Zaw Wint (Dean of PAPRSB IHS) facilitated the operation of the UBD VC, while Dr. Khadziah Hj Abdul Mumin, Dr. Mursidi Hj Ali, and Dr. Deeni Rudita Idris oversaw the clinical operations of the centre. The UBD's VC has been receiving support from the general public and private companies whose generosity contributes to the smooth running and welfare of the VC members. The UBD VC is one of the most productive Vaccination Centres and can immunise at the rate of over fifteen hundred people per day.

Dr. Mursidi Hj Ali (Lecturer of BHS Nursing), one of the PAPRSB IHS academic staff members who is heavily involved at the UBD VC, commented on the crucial role of nurses in the fight against the pandemic. He remarked: "Nurses form about 80% of the healthcare workforce in Brunei. When the second wave of the COVID-19 pandemic occurred, many government or private nurses from the hospitals and health clinics were deployed as frontliners at major COVID critical areas. The vast majority of these nurses were allocated to the National Isolation Centre Extension (NICE), where COVID-19 patients are monitored and cared for. The roles of nurses in this setting is enormous. These include performing assessments, administering medicines, providing psychological and physical support, giving health advice and addressing patients' emotional concerns. The continued presence of nurses are central to managing the patients' health and wellbeing throughout their phases of recovery. They act as a vital link between the patients and the healthcare team, and play a key role in conveying updates to the families of critically ill patients. The contribution of nurses in mitigating the spread of infection and reducing deaths is now more crucial than ever, given the high number of COVID cases in Brunei."

The establishment of COVID-19 Vaccination Centres in response to the crisis is an important aspect to recovery out of the COVID-19 pandemic. To date, this centre has successfully vaccinated more than 50 thousand clients and is well on its course to meet the Ministry of Health's goal at achieving vaccination coverage of 90% of the Bruneian population by end of this year.

Top photo: Dr. Mursidi (Lecturer of BHS Nursing) administering COVID-19 vaccine at UBD Vaccination Centre which is located at PAPRSB Institute of Health Sciences. **Bottom photo:** the set-up of UBD Vaccination Centre was reported in an article published by Borneo Bulletin on the day it began operation which highlighted the role of this centre in supporting the National COVID-19 Vaccination Programme.





Left photo: UBD VC has been receiving donations from generous sponsors such as Politeknik Brunei (pictured here) and others such as R&T, Marimin, Aming Gunawan, Random Hero Project, and in-kind donations from volunteers. **Right photo:** UBD VC registration area where the general public register and wait to receive their COVID-19 vaccines.



Left photo: Volunteers in the Central Processing Area (CPA) preparing vaccines prior to their distribution for the general public. **Right photo:** students of PAPRSB IHS withdrawing COVID-19 vaccines into syringes in CPA.



Left photo: Volunteers comprised of students of PAPRSB IHS ready to receive the general public in the vaccination area that houses multiple private cubicles where vaccines are administered. **Right photo:** The area where members of the public are situated in the waiting area before being ushered into their cubicles to receive their vaccines.



Left photo: PAPRSB IHS faculty members monitor individuals who have just received their vaccinations for any potential adverse events post-vaccination in the Observation Area. **Right photo:** the UBD VC is overseen by a group of UBD and PAPRSB IHS staff members to ensure a smooth daily operation.



PAPRSB INSTITUTE OF HEALTH SCIENCES STUDENTS RESPOND TO THE PANDEMIC

Students of PAPRSB Institute of Health Sciences, particularly those who are pursuing their Discovery Year, have been actively involved in the COVID-19 outbreak responses. Most of them have been contributing to the Universiti Brunei Darussalam Vaccination Centre (UBD VC) and the Bridex COVID-19 Drive-Through Swabbing Facility. In this article we gather comments from these students who described their experience and thoughts about their roles in various aspects of their volunteering activities at these two facilities.

Nur Afiqah Hamizah Hj Amran (Year 3, Cohort 3, BHSc Dentistry)

I am a 3rd year Dental student from PAPRSB Institute of Health Sciences. I have been volunteering as a vaccinator/verifier in both Indoor stadium and UBD VCs since late May 2021. The overall experience was more than I had hoped for and I am truly grateful to be given the opportunity to be a part of the historical event. Through volunteering, I had the chance to practice my vaccinating skills, which improved over time. As a bonus, I also had the chance to interact with new colleagues from PAPRSB IHS, JPMC and Stadium, which I otherwise would not have had the chance to.

The overall experience was positive and gratifying. However, it would be untrue to say that the anxiety never kicked in for me – it did. I'm sure my colleagues have felt the same at one point or another. The realisation hit especially when the announcement of the 2nd pandemic wave came. There were constant updates in SOPs, dynamics, etc to make sure the vaccination process more systematic and streamlined for the public. However, with the given sets of challenges, the COVID-19 team from both UBD and indoor stadium has always been very supportive of our growth. I would like to thank the teams involved and MOH for giving us the opportunity to serve the community.



Students preparing vaccines at the central processing area of UBD Vaccination Centre.



Volunteers in a vaccination cubicle who helped as data loggers and verifiers and a vaccinator.

Onn Hui Yi (Year 2, Cohort 4, BHSc Dentistry)

I am a 2nd year dental student from PAPRSB Institute of Health Sciences. During my semester break back in June 2021, It was an honour to be part of the vaccination team. When we were briefed about the Central Processing Area & the Observation area, I was worried that I would not be able to cope with the heavy and fast-paced workload. However, with the help of the kind-hearted healthcare workers and their continuous support, I got the hang of it and really enjoyed the process. This experience has been really delightful as I was able to interact with different people and make new friends. Also to mention, I have learnt to be more vigilant and organised especially when I was working at the observation area. In return, it will benefit me in the future, studying as a dental student and hopefully a future dentist.

As a new semester began, I could not continue my internship with the vaccination team in the Indoor Stadium. However, in light of the second wave that hit us shortly after the semester started, I volunteered to be part of the preparation team in the Bridex drive-through swabbing facility. My assigned role was to prepare clean swab kits and deliver them to the storage area. It was a new experience that I never had before as I got to observe how frontliners swab their patients and the procedures in doing the drive-through for swabbing. Even though everything runs smoothly, I think there was a challenge I faced during this volunteering which was to estimate the number of swab kits we needed to prepare for the following day. Approximately 800 kits we needed to prepare but due to the swab brushes present were frail, we had uneven distribution of the tubes, where the used brush should be placed into, and the brushes. Nevertheless, I enjoyed the volunteering experience as it was my first time physically contributing to the nation.

Liaw Hui Zoe
(Year 4, Cohort 3, BHSc Pharmacy)

I am Liaw Hui Zoe, and I am currently in year 4 of the pharmacy programme. I volunteered at the Pengiran Anak Puteri Hajah Muta-Wakillah Hayatul Bolkiah Gadong Health Centre Pharmacy, and I helped in picking, packing, and dispensing medication to patients.

During this volunteering period, the extra challenges of having to learn new medications to expand my knowledge on commonly prescribed medicine and managing my final year project literature review and research proposal on top of daily volunteer work adds on to the stress that I have experienced. In addition, long waiting times in line for the swab during busy hours, anticipating the discomfort during the swab test, and the anticipation of the COVID-19 test results have all contributed to a sense of unease during these times.

A notable occurrence is that I had a change in working time to have half days off each day instead of working the whole day in the middle of my attachment. While it has given me some relief in my other school-related workload, the circumstances in which this came about is quite concerning. It reflects a strict need to limit the exposure of workers to each other by eliminating lunch hours at the workplace altogether. This therefore cut down the available staff in one shift, and while working hours have decreased, the workload to complete in one shift increased.

However, I am motivated to volunteer to ease at least some of the workload that full time pharmacy employees have and to deliver the public their medication in these times of need. This also allows me to gain relevant experience working as a pharmacist.

Siti Zahidah Binti Sufferi
(Year 3, Cohort 12, BHSc Biomedical Science)

The Observation area can be quite hectic and it requires a lot of energy for us to schedule and announce clients' names... Some clients may also get impatient and it can be daunting to deal with them. Nonetheless, most clients are polite and the fast-paced environment in the observation area gets our adrenaline pumping and instantly fun at times.

Sorfina Natasya Binti Yakub
(Year 2, Cohort 4, BHSc Dentistry)

I am a 2nd-year dental student from IHS. During the semester break, I have been volunteering at Stadium in CPA by helping with keeping a record of the number of vaccines distributed to cubicles, and in the observation area by calling out patients and explain post-vaccination instructions. When I first started volunteering in Stadium, I was overwhelmed with the number of people I had to serve, which was around 800 people per day, as it was an unfamiliar work environment. Eventually, I have learned to adapt to the fast-paced environment by listening to instructions guided by the healthcare staffs. During my time volunteering, I have had the chance to gain professional skills and apply what I have learned in theory into practice. This includes working in a team with people from different backgrounds and communicating with the staffs to ensure the work is done smoothly with minimal to zero mistakes. Moreover, I have also had the chance to practice my verbal and non-verbal communication skills with patients of different ages, patients with special needs and in addressing patients' concerns, which may benefit me studying as a dental student. I have also made new friends through the shared activities done.

During the second wave, I volunteered as part of the preparation team in Bridex, where we prepared approximately 800+ clean swab kits per day. Initially, I was hesitant to volunteer as I was anxious about working in a moderate risk level volunteer work and potentially interacting with high-risk level staffs. However, tight SOPs were maintained the whole time and by being organized, we were able to complete the work given properly and quickly. My overall experience as a volunteer, especially at the time of crisis has increased my self-confidence and satisfaction by doing good for the community, which in return provided me with a sense of accomplishment.

Awang Mohammad Farhan bin Awang Ramlee
(Year 3, Cohort 12, BHSc Biomedical Science)

I would say registering patients is a relatively simple task. However, the language barrier and the lack of clarity in communication can be challenging. This has taught me how to properly and effectively interact with patients or the public, which I would not have much opportunity for within my programme.



A photo featuring some of officers from the Royal Brunei Armed Forces' (RBAF) who helped with the running of the UBD Vaccination Centre.



Haziqah Jaba (middle), one of the student volunteers from BHSc Midwifery, photographed with SMARTER staff members and a student from SMARTER BACA.

Nur Haziqah Binti Jaba
(Year 3, Cohort 8, BHSc Midwifery)

Haziqah Jaba volunteered at the Indoor Stadium Vaccination Centre (VC) from May to July 2021 and is continuing her service at Universiti Brunei Darussalam VC (located at PAPRSB Institute of Health Sciences) since August a week after her DY internship at SMARTER Brunei Autism Centre for Adults (BACA). Haziqah carried out various roles at the Indoor stadium VC which included as a vaccinator, a verifier, a logger, as observer for post-vaccination monitoring area. She is involved in similar roles at Universiti Brunei Darussalam (UBD) VC, with additional participation as a registrar, a schedule manager, a checker for daily vaccination rates, and a trainer for PGD Training for volunteers. Haziqah commented that her voluntary service at both vaccination centres has given her plenty of experience that helped her improve her communication skills with the general public and special needs patients (Autism and Down Syndrome's).

Haziqah also collaborated with SMARTER BACA where she had her DY internship at prior to her involvement at UBD VC. She helped to arrange for COVID-19 vaccination for the autistic adults to get their first dose of COVID-19 Vaccination by making a social story video called "Getting Ready for Vaccination" to help these clients prior getting the vaccine at UBD VC. She helped make arrangements for the autistic adults to come as well as giving guidance to their guardians, parents and SMARTER staff when they came. Haziqah Jaba, unfortunately, had to end her internship at SMARTER to make way for her volunteering service at UBD VC. It was an honour for her to be able to contribute a few things to SMARTER before her internship ended.

Seeing and helping the nation to get their COVID-19 Vaccination are the least she can do to help the nation fight this COVID-19 pandemic and to help to flatten the curve. Her motivation to work hard and provide better service is driven by the gratitude and warm wishes she receives from the members of the public after helping administer their COVID-19 vaccines.

Hadifferas bin Jonity
(Year 3, Cohort 15, BHSc Medicine)

It was such a memorable and humbling experience having been able to volunteer at the UBD Vaccination centre. I have learnt a lot, from practising clinical skills to working in a team. Besides that, this opportunity has enabled me to get the gist of the responsibility of my future – working in a clinical setting. Although relatively small, being able to contribute towards my country during this difficult time feels rewarding and I am looking forward to participate in volunteering services in the future. Meanwhile, we should all practise our social responsibilities in hopes that Brunei will soon reap the benefits of its collective effort in curbing COVID-19.

Muhammad Afif Wazif Bin Asha'ari
(Year 2, Cohort 12, BHSc Nursing)

Through my role as a logger at the VC, I have learned to maintain confidentiality and privacy of individuals, and to only necessarily share their details with relevant VC members whom I share the vaccination cubicle with. Some crucial information that I dealt with in my role include underlying medical conditions and medications that are available in Bru-HIMS. I encountered a variety of health conditions and medications as I performed my task. This has further widened my knowledge about medications and medical conditions and improve my understanding of these diseases and their treatments too.

FROM A DOCTOR'S POINT OF VIEW AT THE UBD VACCINATION CENTRE

Dr. Fazean Irdayati Idris (Senior Assistant Professor)

In collaboration with Ministry of Health (MOH), Universiti Brunei Darussalam (UBD) launched UBD's Vaccination Centre (VC) at Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health Sciences (PAPRSB IHS) on 21st August 2021 to enhance the capacity of national vaccination. Staff and students from UBD and Polytechnic Brunei were quick to volunteer to run the vaccination centre and most have been assigned to take up specific roles according to their expertise, including PAPRSB IHS staff of doctors.

As one of the nine doctors who volunteered in UBD VC, we provide clinical expertise in the assessment of patients' suitability in receiving the COVID-19 vaccines offered, specifically their indications or deferments of vaccinations, by consulting the patient and cross-checking patients' health information in their respective records from BruHIMS. We encountered a number of patients with a history of allergies. Any cases with a severe history of allergies that can be categorised as anaphylaxis were referred to RIPAS Hospital for COVID-19 vaccinations. Other common encounters included assessing patients' medical conditions and determining patients who were contraindicated to receiving vaccines.

As doctors, we worked closely with nurses and paramedics to be alert and responsible for patients who require medical attention, particularly post-vaccination. We noticed a common occurrence of symptoms such as syncope, dizziness, and headaches after vaccination which can be a psychogenic response to the needle injection or an immediate effect of the vaccine. We have also noted a few cases who developed neurological signs such as visual disturbances and paraesthesia. Most cases recovered after some rest and stabilization of their vital signs. Any cases that required a follow-up were referred to the clinics. We also reported these side effects to MOH by completing and submitting the adverse event following immunisation (AEFI) form.

In addition, doctors also administered the COVID-19 vaccinations to patients when the opportunity arose. This was particularly required for special needs individuals. Their vaccination was done in private areas as they required more time to be coaxed into vaccination or to allow for sensory modifications which they may encounter during vaccination. From my experience, communication skills and reassurance are important to ensure they are comfortable and consenting upon administration of the vaccine because special needs individuals can get quite anxious prior to the procedure. This occasionally required distraction techniques or gentle restrain to ensure that the vaccines were administered safely.

Working in the UBD VC has allowed me to reinforce important altruistic values as a clinician by providing service in times of national crisis. As part of a doctors' professional obligation, it is only natural to feel responsible for our patients, as it is our duty to provide health services for the population and health care system. More importantly, it is a duty to participate to the national pandemic response by virtue and solidarity of the profession. Although, doctors are traditionally seen to form integral roles in an effective management of the COVID-19 pandemic, it must also be acknowledged that all team members, including non-medical personnel and students, work together to manage, coordinate, and deliver their roles to ensure the overall effectiveness and smooth running of the vaccination centre.



Left: Dr. Fazean consulting the members of the public in making sure that they are eligible for the COVID-19 vaccines. **Right:** the doctor's station is daily manned by PAPRSB IHS clinical academics. Pictured here are Dr. Zaw Wint (left) and Professor Dr. Mohd Ayub Sadiq @ Lin Naing (right).

CPA: THE HEART OF THE UBD VACCINATION CENTRE

Miza Fatini binti Massurana, Nur Umairah binti Ali Hazis & Nur Farahiyah Nadhirah binti Ahmad Saifuddin (Year 4 students of BHSc Pharmacy, Cohort 3)

The re-emergence of COVID-19 on 7th August 2021 led to the opening of several new vaccination centres, including the Universiti Brunei Darussalam (UBD) satellite vaccination centre (VC) which started operating on 21st August 2021 at PAPRSB Institute of Health Sciences (IHS). The establishment of these vaccination centres was to increase the vaccination capacity to 10,000 people per day with the hope of achieving the goal of fully vaccinating 80% of the population by the end of 2021. The UBD VC is led by Puan Hj Maudena Hj Abdul Hamid and Dr. Zaw Wint. The clinical operations are overseen by Dr. Khadizah Hj Abdul Mumin, Dr. Mursidi Hj Ali and Dr. Deeni Rudita Idris. Meanwhile, Ms. Asnah Hj Yusof and Dk Dr. Nurolaini Kifli oversee the central processing area (CPA) where the vaccines are prepared with utmost quality control. The vaccination centre represents a group of people with different roles working together as one whole system.

The CPA can be said to be the heart of the vaccination centre. Its primary roles include quality control of vaccines, preparation of vaccines, supply of vaccines to their respective vaccination cubicles, and tally of the total vaccines supplied by the end of the day. There are four different vaccines which are approved by the Ministry of Health, namely Oxford-AstraZeneca, Moderna, Sinopharm and Pfizer-BioNTech. Each of these vaccines has different preparation method. To ensure vaccines are being supplied safely and efficiently, the CPA has been properly equipped with trained personnel to meet their preparation requirements.

The matter of vaccine supply is one of the common hurdles faced by the CPA as steady supply to cubicles is required to avoid any backlog, which are often hindered by the vaccines' preparation method. To provide a good quality service, the supply of vaccines should be able to meet the demand of clients with minimal waiting time. As some vaccines need special preparation, appropriate planning is required by liaising with ushers to tally the number of patients entering the vaccination centre. This is important to ensure steady supply as well as to prevent vaccine wastage. The main goal of the day is to ensure accurate number of vaccines are withdrawn in a safe, effective, and timely manner so that no excess vaccines are wasted.

Supporting Ministry of Health (MOH) in alleviating COVID-19 battle by being involved in UBD VC has been an enriching experience. Being a part of the CPA at the UBD VC has been valuable in gaining knowledge and interpersonal skills. On behalf of all UBD VC members, we would like to express our gratitude to the MOH for their efforts in protecting the citizens and residents of Brunei Darussalam. So, let's do our part and get vaccinated!



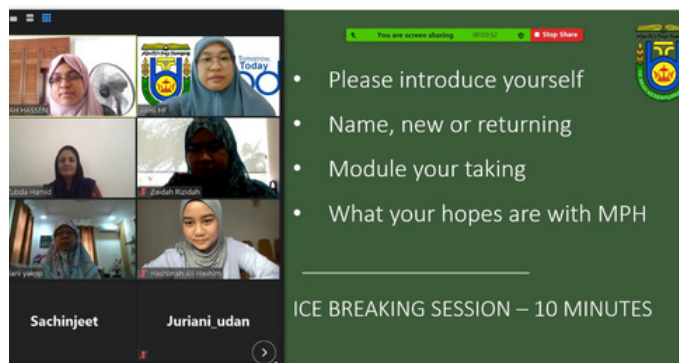
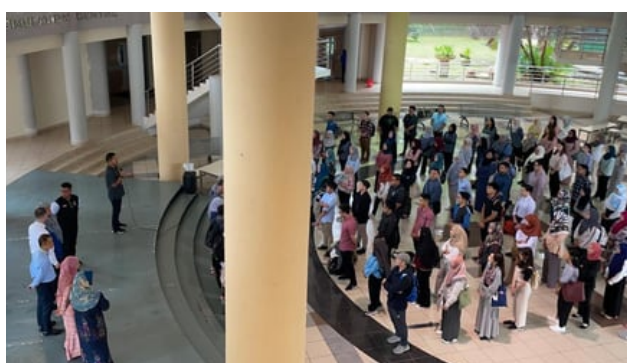
Left: Inspecting the quality of the vaccine in a vial before withdrawing. **Right:** Cikgu Asnah Hj Yusof withdrawing the Moderna COVID-19 vaccine into a syringe.

PAPRSB INSTITUTE OF HEALTH SCIENCES WELCOMES AUGUST 2021/2022 STUDENT INTAKE

Freshers' Week took place at the beginning of the academic 2021/2022 year (before national restrictions were put in place in response to Wave 2 of the COVID-19 pandemic). It is an annual orientation week that is packed with briefings and activities conducted by various university and student bodies to help introduce the new students to all relevant academic and non-academic matters and transition them into tertiary studies. During this week, students are given the opportunity to familiarise themselves with the campus, student services, UBD Students' Association (PMUBD), and student societies and clubs that are offered.

In the same week this year, PAPRSB Institute of Health Sciences (IHS) welcomed a batch of new students through various orientation and welcoming events. The faculty now oversees a total of 400 undergraduate students (88 BHSc Medicine, 50 BHSc Pharmacy, 26 BHSc Dentistry, 92 BHSc Biomedical Sciences, and 144 BHSc Nursing & Midwifery); and 94 postgraduate students (16 PhD and 25 Masters of Health Science by Research in Biomedical Sciences, Clinical Sciences, Midwifery, Nursing, and Public Health, and 53 Masters by Coursework in Medicine and Public Health). PAPRSB IHS is also foresee a total of 32 postgraduate students to complete their programmes by the end of this academic year.

PAPRSB IHS extends its warmest welcome to the new students and wish them a pleasant and wonderful experience in PAPRSB IHS and UBD.



Top photo: PAPRSB Institute of Health Sciences (IHS) introduced its freshers to problem-based learning through activities and a sharing session. **Bottom left:** Nursing and Midwifery programme held an ice-breaking event for its fresh and current students. **Bottom right:** Masters in Public Health conducted an online welcoming session on Zoom platform.

PAPRSB IHS PROFESSOR PRESENTED AT THE 10TH ASEAN MEDICAL DEANS' SUMMIT

Professor Dr. Kenneth Kok Yuh Yen (Professor of Clinical Academia)

The ASEAN Medical Deans' Summit (AMDS) was established in 2012, with the objectives to promote collaboration among leading medical schools in the ASEAN region, to leverage medical education and health system towards international excellence and to prepare working as one community. The latest AMDS hosted by the International University, Cambodia, which was in its 10th year was held virtually from 3rd to 4th September 2021 because of the on-going COVID-19 pandemic.

On day 1, representatives from member medical schools and institutions presented in four separate sessions on the themes: "Protection of IP for Online Materials", "Social Media Navigation / Fake News from Educators' Perspective", "Volunteerism Practices Being Adapted in Response to Pandemic", and "Student Mobility". The ASEAN Medical Students Dialogue session on the Future of Student Collaboration in ASEAN was also held in a parallel session on the morning of day 1. Day 2 continued with presentations in two sessions on the themes: "Continual Training of Medical Students in the Midst of COVID Measures" and "COVID Research That Each Institution Has Developed".

My presentation was entitled "Delivering Medical Education During the COVID-19 Pandemic - UBD Experience" and it was presented under the theme "Continual Training of Medical Students in the Midst of COVID Measures". The presentation covered the impact of COVID-19 pandemic on the teaching and learning in PAPRSB IHS and how the restrictions imposed by the government and UBD have resulted in the cessation of onsite classes, suspension of clinical attachments and restructuring of examination for our medical students. The presentation also provided an overview of the curriculum of the Medicine programme at PAPRSB IHS. All the teaching sessions such as problem-based learning, lectures and clinical and communication skills had to be shifted online. As for Special Study Modules (SSM), where the studies were either research or community-based, significant modification of the research protocols had to be made. For example, in SSM3 projects, students had to devise alternative strategies in achieving their projects objectives (or as much as possible) in times of pandemic restrictions.

One of the challenges during the pandemic restrictions was to organize and conduct the online assessments for both the written paper examination and the Objective Structured Clinical Examinations (OSCE). These high-stake examinations had to be conducted as academic grades are an important entry requirement for our overseas partner medical schools. We were able to conduct the assessments using e-platforms Canvas and Zoom. Our experience showed that good teamwork, skillful coordination and a reliable high-speed internet connection were essential to conduct a successful online written exams and OSCE.

Lastly, the presentation touched on student volunteerism during the pandemic where our students have been volunteering in the UBD vaccination centre. During the pandemic, most of the students' conventional study and learning have been put on hold as a result of the restrictions. The need to continue learning is important, the students can therefore use the volunteerism during the pandemic as a learning opportunity looking to maintain and broaden their skills. It is important to provide the clarity of their roles and purpose, training, constant support and supervision in ensuring that volunteering during pandemic a genuine learning opportunity for the students.



Professor Kenneth presented on Day 2 of 10th AMDS Virtual Conference which carried the theme of "Continuous training of medical students in the midst of COVID measures".

ASEAN MEDICAL SCHOOLS NETWORK



AWARENESS TALK ON 'SEXUAL HARASSMENT IN THE WORKPLACE' FOR THE UBD COMMUNITY

Dr. Shirley Lee Huan Fang (Assistant Professor)

Universiti Brunei Darussalam (UBD) held a talk entitled 'Sexual Harassment in the Workplace' at the Senate Room, Chancellor Hall on the 9th June 2021. This talk was organised by the Office of Safety, Health and Environment (OSHE) and Student Affairs Section (SAS), UBD to educate employees and staff on what constitutes sexual harassment, proper reporting procedures, existing legislation to protect the victim and the rights of the complainant.

Royal Brunei Police Force's (RBPF) Deputy Superintendent and Head of the Woman and Child Abuse Unit Norkhatijah binti Haji Zainal delivered the talk to an audience of 50 UBD staff and students. She was received by guest of honour UBD Assistant Vice Chancellor (Research and Innovation), Associate Professor Dr Abby Tan Chee Hong.



Royal Brunei Police Force's Deputy Superintendent and Head of the Woman and Child Abuse Unit Norkhatijah Zainal presenting her talk at UBD. Photo credit: Pelita Brunei.

References:

- 1) Sexual Harassment of Women: Climate, Culture, and Consequences in Academic Sciences, Engineering, and Medicine (2018). <https://www.ncbi.nlm.nih.gov/books/NBK519455/>
- 2) The Scoop "Gov't says it will address sexual harassment in the workplace, but women's groups call for new laws" (March 2021)
- 3) The Scoop "All workplaces need zero tolerance policy towards sexual harassment" (March 2021)
- 4) The Star "Brunei raises awareness on sexual harassment at workplace" (June 2021)

The issue of sexual harassment in the workplace was brought to light during the Legislative Council (LegCo) meeting earlier this year by youth representative YB Khairunnisa Hj Ash'ari. The Equal Employment Opportunity Commission guidelines define sexual harassment as the following: Unwelcome sexual advances, requests for sexual favours, and other verbal or physical conduct of a sexual nature constitute sexual harassment when this conduct explicitly or implicitly affects an individual's employment, unreasonably interferes with an individual's work performance, or creates an intimidating, hostile, or offensive work environment. Data revealed that 74 per cent of those who encountered sexual harassment did not lodge a report and 84 per cent were not aware of existing laws to protect them.

The member called on the Prime Minister's Office to introduce a framework and code of conduct for both the public and private sectors to help prevent workplace harassment, as well as provide victims with a safe and clear mechanism to report incidents. YB Khairunnisa cited examples from the corporate world, specifically the Brunei Shell joint venture companies, which "practise a zero tolerance policy towards all forms of intimidation and harassment in the workplace, including inappropriate comments and jokes".

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.



PAPRSB Institute of Health Sciences
Universiti Brunei Darussalam
Jalan Tungku Link, BE1410
Brunei Darussalam

Phone: +673 2463001
+673 246 0922/0923
Ext. 2202/2206/2266
Fax: +673 2463062
Website: <http://ihs.ubd.edu.bn>
E-mail: office.ihs@ubd.edu.bn

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



Universiti Brunei Darussalam has climbed up the 2021 Young University Ranking by Times Higher Education (THE) from its 78th place last year to 69th. Congratulations!



ARTICLE CONTRIBUTORS

Dr. Mursidi Hj Ali

Dr. Fazean Irdyati Idris

Professor Dr. Kenneth Kok Yuh Yen

Dr. Shirley Lee Huan Fang

Students:

BHSc Biomedical Science of Cohort 12

BHSc Dentistry of Cohort 3 & 4

BHSc Medicine of Cohort 15

BHSc Midwifery of Cohort 8

BHSc Nursing of Cohort 12

BHSc Pharmacy of Cohort 3

EDITORIAL BOARD

AP Dr. Anne Cunningham

Dr. Liyana Ahmad

Dr. Zaidah Rizidah Murang

Dr. Goh Poh Hui