

BEYOND

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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



Academic and administrative staff members of PAPRSB Institute of Health Sciences celebrated Hari Raya Aidilfitri in May at Tarindak D' Seni, Bandar Seri Begawan.

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TWO PAPRSB IHS LECTURERS SPOKE ON A PANEL FOR INTERNATIONAL WOMEN'S DAY 2022

Dr. Hajah Asmah Hj Husaini & Dr. Sarena Hj Hashim (Assistant Professors)

In conjunction with the International Women's Day 2022, the Ministry of Culture, Youth and Sport and Universiti Teknologi Brunei collaborated in organising a series of online forums for which two lecturers from the PAPRSB Institute of Health Sciences Nursing and Midwifery team were invited to speak. Dr. Hjh Asmah Hj Husaini and Dr. Sarena Haji Hashim represented the faculty as panel speakers for "Self Care: You Can't Pour from An Empty Cup" and "About Women: Polycystic Ovarian Syndrome (PCOS) and Trying to Conceive (TTC)" forums, respectively.

Dr. Hajah Asmah shared in her session that women today play an essential and crucial role in the development of society. Women in Brunei have been given equal opportunities in their studies and careers. It is instinctive for women to take care of their well-being and to show love to those around them, especially their family members. The journey of women's life and health is unique and consists of significant phases such as marriage, family, and career. At the same time, women are exposed to physical changes such as pregnancy, childbirth, and maturity (ageing). Women also need to be positive and open to these changes they experience and be creative and innovative in carrying out all their responsibilities while understanding the importance of maintaining their health. In her talk, Dr. Hajah Asmah emphasises that women must maintain a healthy and active lifestyle and communicate openly with family members and friends whenever they need help and support.

On the 24th of March 2022, Dr. Sarena spoke on a panel at an online forum on women's internal health organised by the Community Development Department (JAPEM) and the Brunei Youth Council (BYC). The forum, "About Women: What is Polycystic Ovarian Syndrome (PCOS) and Trying to Conceive (TTC)," was attended by about 350 participants comprising



Dr. Hajah Asmah (top photo) and Dr. Sarena (bottom photo) were panel speakers at two forums in conjunction with International Women's Day 2022

government officers, representatives from non-government organisations (NGOs), and students of higher learning institutions, as well as members of the public. Polycystic ovarian syndrome (PCOS) is a hormonal imbalance that causes infertility, obesity, and excessive facial hair in women. Participants in this forum learned about identifying symptoms and methods to reduce the risk for PCOS and providing support for family members or individuals who are affected by PCOS. Dr. Sarena shared her knowledge on PCOS and its association with an increased risk of mental health issues such as anxiety and depression, which are associated with a reduced quality of life. Improving understanding and awareness of PCOS among women, their family members, and the public will help improve overall support for women with PCOS. Additionally, a support group has been successfully created on the Telegram platform to offer support for individuals facing PCOS.



The Brunei Ministry of Culture, Youth and Sport collaborated with multiple organisations to celebrate International Women's Day 2022 by hosting online forums on Zoom, in two of which Dr. Hajah Asmah (left) and Dr. Sarena (right) shared their knowledge and advice regarding women's health and wellbeing.

PEER ASSISTED LEARNING: AN INNOVATIVE STEP TOWARDS ENGAGING UNDERGRADUATE MEDICAL STUDENTS FOR ASSISTED PEER LEARNING

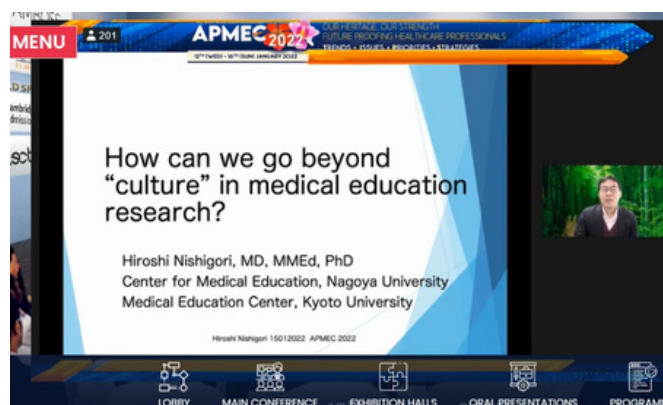
Dr. Faiza Alam (Assistant Professor)

The first Asia Pacific Medical Education Conference (APMEC) 'Changing paradigms' was held in 2003. Since then, it has grown and strengthened over the years, where distinguished medical and healthcare professional educators are invited to share their experiences, expertise, and wisdom. Lecturers from the PAPRSB Institute of Health Sciences (IHS) have been active participants in APMEC.

This year's exciting event was organised and hosted virtually by Universiti Malaya (Malaysia) and the National University of Singapore (NUS) in collaboration with the International Malaysian University and Academy of Medicine Malaysia. This year's theme was "Our Heritage, Our Strength: Future Proofing Healthcare Professionals – Trends. Issues. Priorities. Strategies" as the aim of this year's event was to address new global challenges. Over the 5-days conference, various pre-and post-conference workshops were held, aiming to address the latest updates in the teaching and learning of medical education. The sharing of expertise and knowledge by medical academics and other healthcare professionals resulted in enlightening and engaging discussions relating to various subjects such as assessment of medical education, continuing medical education, and leadership.

Dr. Faiza Alam (Assistant Professor) represented the PAPRSB Institute of Health Sciences as one of the presenters in a short communication session. She presented her research study titled "Peer Assisted Learning: An innovative step towards engaging undergraduate medical students for assisted peer-learning," showcasing Peer Assisted Learning (PAL) as a student-centric learning method. In her research, selected students were nominated as peer leaders (PLs), and they would assume the role of teachers after proper training to teach their fellow mates. This method was thought to improve their critical thinking, psychomotor skills, and cognitive development. The main objectives of this research included: the 1) development of an experiential learning model for teaching basic sciences with assistance from peers, 2) the development of the PAL model in undergraduate medical education for enhanced learning, and 3) the evaluation of the effectiveness of the PAL in teaching undergraduates and assessment of the viewpoints of facilitators, peer leaders, and learners. Peer Leaders (PLs) were self-nominated by online forms and short descriptions and were selected based on their academic achievements and trained through workshops led by the faculty. Appropriate laboratory sessions were identified, and pre-run sessions were conducted for the PLs to learn, understand, and clarify their concepts. During one of the sessions, Dr. Faiza also explained the development of a peer-learning model in laboratory sessions of the gastrointestinal tract (GIT) module, in which the main objective was to train and develop PLs to communicate acquired knowledge to their peer learners effectively. After the PAL sessions, focus group discussions were carried out to understand the perception and experience of the leaders and the learners.

Dr. Faiza concluded that Peer-Assisted Learning (PAL) model enables an informal student-friendly learning environment, promotes active and experiential learning, and allows a better understanding of knowledge between leaders and learners. The model flourishes professional attitude and leadership qualities in peer leaders. It also stimulates and enhances psychomotor skills and cognitive development in peer leaders and learners. All these findings were endorsed by all the study participants. Dr. Faiza found APMEC to be productive and informative. She looks forward to focusing on similar conferences. She would like to acknowledge the PAPRSB IHS Dean – Dr. Zaw Wint – for recommending and funding her to attend this informative conference.



Dr. Faiza attended and presented her study on the Peer Assisted Learning (PAL) model at APMEC conference (**left photo**) among other leading experts in medical education (**right photo**).

ASSISTANT PROFESSORS LEADING PAWEK VOLUNTEERING PROGRAMME WITH YSHHB

Dr. Hajah Asmah Hj Husaini & Dr. Deeni Rudita Idris (Assistant Professors)

Dr. Hajah Asmah Hj Husaini and Dr. Deeni Rudita Idris from PAPRSB Institute of Health Sciences completed a five weeks retreat programme (from 8th July to 12th August 2022) which was organised by the volunteering steering committee members under the Data management and Volunteering section of the Yayasan Sultan Haji Hassanal Bolkiah (YSHHB).

Currently, Dr. Hjh Asmah and Dr. Deeni are the Chairperson and the Deputy Chair, respectively, for the Social Care Project for the Elderly and families in need (PAWEK) YSHHB volunteering group. They teamed up with three members of the public to plan and lead the volunteering programmes and activities for the year 2023. Some of these include raising awareness of the care needs of older people living in the community and collaborating with the Pantai Jerudong Specialist Centre to help with post-stroke patients' rehabilitation in the community. They successfully presented their proposal to the steering committee on 5th August 2022. The team is looking forward to recruiting more students and staff from the Universiti Brunei Darussalam to register as volunteers with the YSHHB. The faculty of PAPRSB Institute of Health Sciences wishes the team all the best and is excited to see their contributions and activities for the community soon.



Top photo: The lead members for Social Care Project for the Elderly and families in need (PAWEK). **Bottom photo:** Dr. Hajah Asmah and Dr. Deeni presenting their one-year plan to the volunteering steering committee at the Yayasan Sultan Haji Hassanal Bolkiah.

ACTIVE RESPONSE® PROMOTED AWARENESS OF BASIC LIFE SUPPORT AND MEDICAL EMERGENCY RESPONSES

Rafidah Binti Misli, Koh Wan Enn, Muhammad Norhilmi bin Mohammad, Mohammad Hassan Syaibani bin Haji Hardifadhillah and Muhammad Syahmi Aiman bin Haji Zulhazmi (BHSc Medicine, Cohort 15)

In view of the importance of Basic Life Support (BLS) and First Aid, five BHSc Medicine students – Rafidah Binti Misli, Koh Wan Enn, Muhammad Norhilmi bin Mohammad, Mohammad Hassan Syaibani bin Haji Hardifadhillah and Muhammad Syahmi Aiman bin Haji Zulhazmi – embarked on a community project as part of their SSM3 Module entitled "Basic Life Support (BLS) and First Aid for the Physically Active in Brunei Darussalam" under the group name Active Response®, which stands for actively responding to any medical emergencies. The word "active" was chosen to portray their target population. The first thing the group members did was to get themselves formally AHA-certified in BLS and First Aid. To reinforce their training, the group co-facilitated BLS and First Aid courses alongside AHA-accredited instructors before they began activities involving the public.



The main project goal was to educate their target audience on Basic Life Support (BLS) and First Aid Training. Due to the ongoing COVID-19 pandemic, their project was held virtually which included an interactive online presentation covering specific topics of the Chain of Survival, Techniques of CPR, and using an Automated External Defibrillator, as well as Management of Cardiac Arrests, Choking, Bleeding, Fractures, Seizures, Hypoglycemia, and Musculoskeletal Injuries. The presentation included a video demonstration by the group members detailing a step-by-step procedure on how to perform BLS and First Aid which was recorded at PAPRSB IHS using BLS and First Aid equipment and with a voice-over and Malay subtitles for better accessibility. Posters and pocket cards detailing steps in performing CPR were designed by the students based on AHA BLS and Heartsaver resources and were displayed in fitness centres and Universiti Brunei Darussalam. A training package consisting of a bandage, cotton gauze, and a CPR pocket card was also provided to enable their active participation in the activities. In addition to the training sessions, nine short pre-filmed videos on BLS and First Aid were uploaded to Active Response®'s Instagram page. These videos allowed the public to learn the skills at their own pace and provided a valuable and helpful resource should they find themselves in emergencies.



Hassan expressed his determination about the project: "We had to be more creative and adaptive in carrying out alternative modes of interventions due to the pandemic. For example, instead of using manikins for the hands-on sessions, we suggested using pillows for participants to illustrate CPR techniques". Wan Enn highlighted, "As medical students, we improved communication skills bilingually by using lay terms to our participants during the training sessions". Additionally, Syahmi said, "the project had improved our confidence in presentation and teaching skills." Meanwhile, Hilmi noted, "Another skill we obtained was negotiating skills through securing sponsorship for the project and having constant dialogues with different fitness centres." Overall, the project successfully disseminated knowledge of BLS and First Aid to the physically active people in Brunei, members of the university, and the public. Post-intervention questionnaires proved that the training effectively conveyed information to participants, as seen in their increased understanding. Although the information on the knowledge and emergency responses are accessible on their social media page, the team highlighted that participants still need to obtain formal certification by signing up for the AHA-accredited BLS and First Aid offered at PAPRSB IHS. Rafidah, the team leader, added, "This would be a step towards a bigger goal of achieving a nation of confident BLS and First Aid providers."

Active Response® project provided virtual CPR and First Aid Teaching session (**top photo**) and an interactive Basic Life Support & First Aid session (**bottom photo**).

For any interest & inquiry on Basic Life Support and First Aid Certified Training at PAPRSB IHS, please contact +6738854291 or email cpctraining.ihs@ubd.edu.bn

PHARMACY STUDENTS RAISED AWARENESS OF FOOD POISONING

Ak Abdul Alim Pg Bahrin, Sharhaine Anak Kahar, Nisa Najibah Hj Mahleyuddin & Nur Shahidatul Munirah Mohamad Shadi (BHSc Pharmacy, Cohort 4)

On the 24th of September 2021, a group of four Cohort 4 BHSc Pharmacy students hosted a virtual discussion on food poisoning via Zoom online platform as part of the pharmacy module HP-4252: Pharmacy Professional Development and Our Community 3. The students involved in this community project were Ak Abdul Alim bin Pg Bahrin, Sharhaine Anak Kahar, Nisa Najibah binti Haji Mahleyuddin, and Nur Shahidatul Munirah binti Mohamad Shadi, and they were supervised by Dr. Sheba David and Dr. Rajan Rajabalaya.

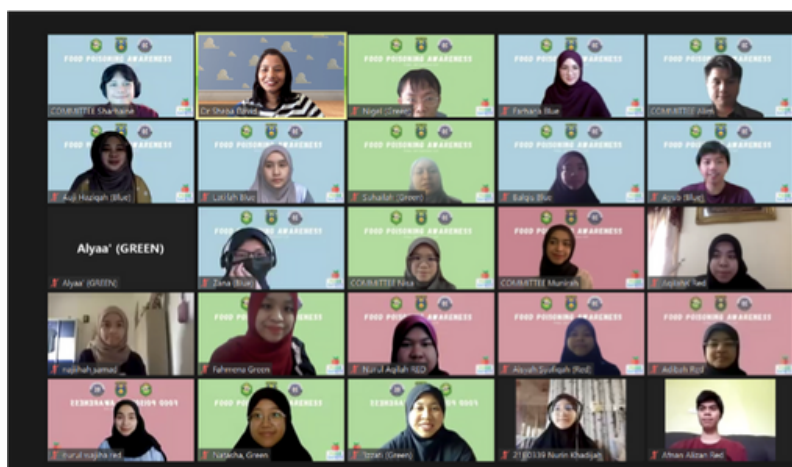
Their community project aimed to raise awareness and to observe different views and knowledge of university students in Brunei Darussalam (i.e., Universiti Brunei Darussalam (UBD), Universiti Teknologi Brunei (UTB), and Universiti Islam Sultan Sharif Ali (UNISSA). Adding on, their team reached out to the public through social media (Instagram: @foodsafety.bn) awareness via weekly posts and Instagram quizzes. At the virtual event, the team and audience discussed a broad range of topics related to food poisoning, which included gastroenteritis, causes of food poisoning, and how quality assessment in restaurants could be improved. The team was able to gauge participants' knowledge and understanding during the session.

During the post-event activities, participants were able to summarise the points covered during the discussion session very well. Furthermore, the participants showed an improvement in their understanding of the topic after the session.

Nevertheless, the team identified some knowledge gaps in the audience after the virtual event, including their understanding of how food poisoning occurs. Some participants were unaware that diseases such as salmonella or gastroenteritis are relatively common. The team also discovered that participants were still unsure when to visit the doctor, although they were familiar with some home remedies for food poisoning. Furthermore, incorporating Instagram as a social media platform enabled the team to reach and raise public awareness.

Overall, this event successfully raised awareness of and discussion regarding food poisoning and educated the public on gastroenteritis and its symptoms.

A team of four BHSc Pharmacy students organised a fruitful discussion and sharing session (**top photo**) on Zoom in September 2021 on Zoom platform (**bottom photo**) about the awareness of food poisoning.



DENTISTRY STUDENTS CONDUCTED HEALTHY MOUTH - HEALTHY LIFE CAMPAIGN

Chu Sae Chiau, Nur Afifah Syafiqah Muhd Safwan & Valen Ong Jia Cin (BHSc Dentistry, Cohort 3)

From July to September 2021, third-year dentistry students, namely Chu Sae Chiau, Nur Afifah Syafiqah Muhd Safwan, and Valen Ong Jia Cin, undertook a community project titled "Healthy Mouth-Healthy Life." This project was a campaign consisted of activities such as raising awareness of dental hygiene and conducting quizzes on dental knowledge, which were directed toward primary school children and the public.

As Brunei was going through the COVID-19 pandemic during this period, the quizzes were hosted on the social media platform Instagram. By utilising social media, the team was able to disseminate accessible and relevant dental knowledge and interesting dental facts that were made simple and easy to understand for the public. Using Instagram as a medium also enabled the team to host online quizzes to assess the understanding and improvement of the knowledge in their audience of the uploaded contents and information on dental health. To suit their target audience, which was comprised of school children, the team formulated the questions to accommodate their level of understanding with the help of oral health promotion specialists and academic members of the BHSc Dentistry programme at PAPRSB Institute of Health Sciences. Winners of the quizzes brought home a range of electronic items, including earbuds, a smartwatch, and an electric toothbrush that were generously sponsored by digital media outlets, including i-Mobi Mobile Store and Digital World.

To join the quiz, participants went onto Instagram to access uploaded questions and submitted their answers via the direct messaging feature of Instagram. Participants who scored all correct answers were entitled to join a giveaway where two selected winners could claim any of the prizes offered.

In conclusion, the community project was an enormous success, as evident by the large number of people who participated in the quiz. In addition, almost all the participants got all the questions correct on their first try, highlighting the advantage of using social media to host online events and teach and advise the public regarding proper oral hygiene maintenance.



Three third-year dentistry students held an online quiz on dental health and hygiene on Instagram (**left photo**) where the general public participated by directly responding on the platform (**right photo**) and offered a range of electronic items to win (**middle photo**).

MEDICAL STUDENTS BREAK TABOO BY RAISING AWARENESS OF SEXUALLY TRANSMITTED INFECTIONS

Nur Raziqin binti Sabri, Queenie Yap Xiao Xuan, Shahereen Fadzlinah Binti Shahminan, Ahmad Muadz bin Ali Bujang & Goh Jing En (BHSc Medicine, Cohort 15)

"Be SAFE" (STIs Awareness for Everyone) was a community project conducted by Nur Raziqin Sabri, Queenie Yap Xiao Xuan, Shahereen Fadzlinah Shahminan, Ahmad Muadz Ali Bujang, and Goh Jing En. They were third-year medical students from PAPRSB Institute of Health Sciences (IHS), Universiti Brunei Darussalam (UBD). The project aimed to raise awareness of Sexually Transmitted Infections (STIs) amongst the youths of Brunei Darussalam and to prevent and reduce further transmission of STIs within the country.

The students believed that education for the younger generation is essential to ensure adolescents are well-equipped with information on the danger of STIs. Before the commencement of the project, the team liaised with the Health Promotion Centre (HPC), Jerudong Park Medical Centre (JPMC), Pusat Dakwah Islamiah, and Institut Tahfiz Al-Quran to gain more understanding of the topic. Furthermore, the team collaborated with Brunei Darussalam AIDS Council, which shared similar objectives. The team also conducted focus group discussions with selected sixth-form students to explore the concerns and misunderstandings that the students might have regarding the topic. With the help of these professionals, the team was able to tailor all activities accordingly and ensure that they were credible and suitable for the target audience.

The project began with a physical roadshow at Pusat Tingkatan Enam Meragang and Maktab Duli, where the team set up booth exhibitions and held talk sessions. Unfortunately, Brunei was then hit by a surge of COVID-19 pandemic, prompting the transition of all subsequent activities to virtual via online platforms such as Whatsapp and Zoom. Activities such as quizzes, sharing resources and conveying messages for the students of multiple Pusat Tingkatan Enam (Sengkurong, Tutong, and Belait) and Maktab Sains. Students showed enthusiasm by actively participating in these activities and concurred that people in our society often avoided such topics despite their importance. The team also distributed questionnaires to assess the students' perception and knowledge of STIs and the effectiveness of the activities. The activities indeed significantly improved their understanding of the topic.

Additionally, the team conducted a virtual forum for the general public in September 2021. Panelists with different expertise: Dr. Hashmet Parveen (a general practitioner of JPMC), Dr. Hajah Norol-Ehsan (a senior medical officer from HPC), and Ustazah Siti Hanisah (an education officer from Institut Tahfiz Al-Quran), came together to deliver their knowledge on STIs. This event explored various aspects of STIs, including their statistics, clinical aspects, and the Islamic perspective through a series of talks and a Q&A session at the end. Most participants gave positive feedback and expressed gratitude for the team's effort in raising awareness of this topic.

"We hope our actions through this project can create healthy discussions on these important issues within our community," said two of the team members, Queenie and Muadz. Jing and Shahereen further added that "knowing both the prevention and consequences of STIs are important. We hope that more efforts will continue to ensure that future generations are aware and more open regarding this topic." Finally, Raziqin, the team leader, wrapped up her reflection on the project, "we are grateful for the tremendous support that we received throughout the project from the administration staff of PAPRSB IHS, our lecturers, and all the students who volunteered for our project. We hope we can somehow break the taboo surrounding sexual education and empower adolescents to engage in a healthy lifestyle, including safe sexual behavior."



Left photo: The reception from the school students was overwhelming. In this photo, one of BESAFE team members is engaging the students with important elements of STI education. **Right photo:** BESAFE team members in a commemorative photo with their clinical supervisor and one of the teachers of Pusat Tingkatan Enam, Meragang.

LET'S DRINK WATER! PHARMACY STUDENTS RAISING AWARENESS OF STAYING HYDRATED

Sia Pei Ling, Rabi'atul Nur Amalia Binti Abdullah Juperi, Yapp Wen Xuan & Nurul Fatin Hazirah Binti Fadzly
(BHSc Pharmacy, Cohort 4)

A group consisting of four third-year pharmacy students from Cohort 4 (Sia Pei Ling, Rabi'atul Nur Amalia Binti Abdullah Juperi, Yapp Wen Xuan, and Nurul Fatin Hazirah Binti Fadzly) created a community project to raise awareness of the importance of hydration with the supervision of two pharmacy lecturers Dr. Nurolainin Kilfi and Dr. Long Chiau Ming.

The project aimed to raise awareness of the importance of staying hydrated and inform the public about the possible consequences of dehydration. Unfortunately, the COVID-19 pandemic affected the country, which prevented the team from holding physical interactive talks at primary schools. The team believed that it is crucial to develop healthy hydration habits from a young age. To circumvent this, the students moved their ideas to online media and created an Instagram account (@letsdrinkwater_bn) on which they relayed relevant information by uploading content on the media platform.

In this virtual mode, the team promoted the habit of meeting the daily required water intake and hosted events to engage the general public and determine their awareness of the topic of hydration. These include Aqua Quiz and Hydration Challenge. The Aqua Quiz consisted of multiple-choice questions based on the contents of the Instagram posts. In contrast, the Hydration Challenge assessed the participants' daily water intake via a water-drinking app. Winners from both events received prizes consisting of water bottles and stationeries.

Throughout the events, the team collaborated with Superwater Marketing Rainfresh, who donated 20 boxes of 330ml water bottles, of which ten boxes were donated to the UBD Vaccination Center, and ten boxes were offered as prizes for the Hydration Challenge.

The events were well received by the public as many people participated, and most of them were able to follow the rules and terms. Overall, this event highlighted the importance of staying hydrated and drinking safe and clean water to reduce the spread of water-borne diseases. Additionally, the students emphasised reducing the intake of sugary drinks in the hope that this would raise awareness of obesity and other weight-related comorbidities.



The team members handing over Rainfresh drinking water to UBD COVID-19 Vaccination Centre.

OH MY TOOTH!

AN AWARENESS CAMPAIGN FOR DENTAL TRAUMA

Hee Li Chin, Izzah Hazimah, Erica Hampton, Afifah Hamizah & Kon Jia Yee (BHSc Dentistry, Cohort 3)



The "Oh My Tooth" team members posing at Raja Isteri Pengiran Anak Saleha Secondary School in Tutong where they held an educational presentation and interactive exhibits for students.

"Oh My Tooth" is a group of five Year 3 dentistry students, namely Hee Li Chin, Izzah Hazimah, Erica Hampton, Afifah Hamizah, and Kon Jia Yee. The group organised a Dental Trauma Awareness Campaign that focused on permanent tooth injuries. This campaign aimed to raise public awareness of and management of dental trauma. Proper management of dental trauma is critical to reducing the risk of complications, saving money and time, and maintaining the aesthetics of a person. The group was supervised by Dr. Shahid Mitha, a former academic member of the PAPRSB Institute of Health Sciences, Dr. Jacqueline Keasberry, and Dr. Haji Muhammad Rizan from the Ministry of Health Brunei.

This project targeted the general public and secondary students (Year 9 of between 14 to 16 years old) in Brunei Darussalam. The group visited four secondary schools across all four districts, Sayyidina Ali Secondary School (Belait), Raja Isteri Pengiran Anak Saleha Secondary School (Tutong), Sports School Brunei Darussalam (Brunei Muara), and Sultan Hassan Secondary School (Temburong). In their visits, the group gave an educational presentation on their topic, including risk factors, types of trauma, prevention, and management of dental injuries. At the end of their presentation, the group conducted an "Oh My Tooth" Amazing Race whereby multiple stations were set up to showcase dental trauma and reinforce the information presented prior in an interactive mode.

Due to the resurgence of COVID-19 infections in Brunei, a lot of physical activities originally planned by the "Oh My Tooth" group had been cancelled, such as a cleanup campaign in Pantai Serasa to keep the beach clean and spread dental trauma awareness, and an education exhibit at the Annajat Complex. Consequently, the group utilised online social media platforms, particularly Instagram, as a strategy to reach out to the public. They implemented weekly quizzes, bingo, and a dental Kahoot quiz for their classmates during the COVID-19 lockdown. They also used Instagram to interact with their followers, post information, and answer queries from the public.

From the 1st of August to the 10th of January, project merchandise such as tote bags, notebooks, keychains, and stickers designed by the members, were available for purchase through a link on their Instagram. Profits were then donated to the COVID-19 relief fund to aid the battle against the pandemic in Brunei. The group also designed a dental trauma pocket card adapted to the International Association of Dental Traumatology (IADT) to show first-aid treatment and management of a chipped and avulsed tooth (where the whole tooth is knocked out). These pocket cards were distributed to all teachers, students, and customers who purchased the project merchandise.

The campaign was a successful project due to a great team effort, including paperwork, planning, sponsorship, and logistics. Despite the pandemic restrictions, the team was able to adapt and develop a backup plan to achieve their objectives. The project came to a close with the hope that the Dental Trauma Awareness Campaign had been an informative and beneficial campaign that could improve life quality and positively impact the general community in Brunei Darussalam.

PHARMACY STUDENTS REACHED OUT TO THE PUBLIC TO PROMOTE PROSTATE CANCER AWARENESS

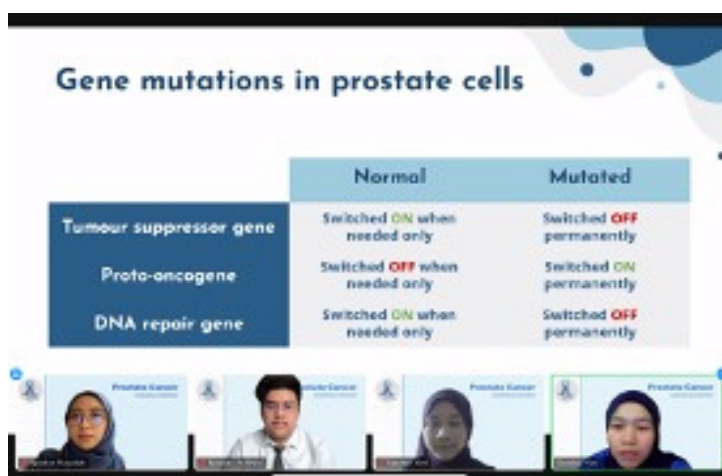
Ak Khairi Wazien Pg Umar, Nuraimi Farwizah Binti Awang Hj Ismail, Ayuni Syahindah binti Haji Mohd Taufik & Rusyidah Binti Haji Junaidi (BHSc Pharmacy, Cohort 4)

Last year, a group of pharmacy students consisting of Ak Khairi Wazien Pg Umar, Nuraimi Farwizah Awang Hj Ismail, Ayuni Syahindah Hj Mohd Taufik, and Rusyidah Hj Junaidi organised a community project titled "Prostate Cancer Awareness in Men." The project was introduced as part of a module in the BHSc Pharmacy Programme.

Under the supervision of Dr. Goh Poh Hui, the team aimed to raise awareness of prostate cancer in men in the general public. In Brunei, prostate cancer is on the list of the top three most common cancers among men. Alas, awareness of the disease is relatively scarce. The lack of public exposure to the importance of early screening and recognising the signs and symptoms of prostate cancer motivated the team to create this project and to educate the general community.

During the few months of running the project, the students focused on sharing general information about prostate cancer through social media, particularly Instagram (@prostatecancer.bn). A webinar was successfully held on the 24th of September 2021 via the Zoom platform, with over 40 people in attendance. During the webinar, the students assessed the public's knowledge and awareness of prostate cancer and the effectiveness of the webinar by distributing pre- and post-questionnaires and a Kahoot! Quiz. In addition, the students organised a virtual run event to increase prostate cancer awareness for which participants or the general public could purchase a merchandise shirt with a printed tagline "We all fight together." The use of the shirt merchandise that carried the team's message proved to be very effective at enhancing the project's goal in promoting awareness and knowledge of prostate cancer. Furthermore, the shirt allowed participants to express unity and solidarity toward the prostate cancer community.

The team attributed the success of their project to their generous collaborators Supa Save, Atoll Oxygen, and MK Fashion, who sponsored webinar prizes and complimentary cancer ribbon pins for the virtual run. The team also noted the challenges and setbacks they encountered while organising this meaningful project. The COVID-19 outbreak caused a major social lockdown on a national level preventing them from conducting an in-person talk for the elderly and reducing the number of participants for the virtual run. Despite the difficulties, the students acknowledged the project as an opportunity to spur their skills in teamwork and public communication and expressed their gratitude for the help and sponsorship that they received.



Left: A group photo of the team and their supervisor (middle) Dr. Goh Poh Hui. **Right:** Pharmacy students gave an informative presentation for the awareness webinar via Zoom meeting.

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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Academic members of PAPRSB Institute of Health Sciences celebrated this year's Hari Raya Aidilfitri off-campus and are seen here enjoying a variety of delicious food.



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