

# BEYOND

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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam  
Quarterly Newsletter



Teaching members and students of BHS Pharmacy programme celebrating the success of their most recent graduates of Cohort 3 at the 34th UBD Convocation. Photo credit: Pg Dr. Hajah Nurolaini Pg Haji Muhd Kifli. Read more on Page 4.

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# BIOMEDICAL SCIENCES STUDENT-ATHLETE WON A MEDAL FOR KARATE AT SUKAN MALAYSIA (SUKMA) 2022

**Farhah Syahirah Binti Mohamad Shamrin (BHSc Biomedical Science Year 2 student, Cohort 14)**



**Left:** Farhah (top row, far left) pictured together with other medal winners at Sukan Malaysia 2022 (Sukma).  
**Right:** Farhah has been collecting medals and prizes through her journey and passion for Karate.

It was in 2014 when I started joining Karate as a hobby to fill up my free time every Friday and Sunday with my siblings. Since then, I have been enjoying Karate more and more, and I have found my potential in this sport. I kept turning up to practices and joined my first competition when I was 12 after a year of practicing Karate. As expected, I did not win. However, that loss made me even more motivated to train harder to win a medal in another competition.

Although it started as a hobby, it slowly became a commitment, and I could not miss a single training session. Because I had school during the weekdays, *Tilawah* on the weekends, and Karate classes in all afternoons, I consequently had no rest day. So, I once thought, why did I even get into Karate in the first place? It was not just the enjoyable classes that made me anticipate karate training but also the support from my parents and the feeling of accomplishment when I could perform the way I wanted. I felt happy that I made my parents proud and was worth their efforts and money to provide me with the proper attire for training, send me off to the far-from-home training center, and wait 2 hours for my siblings and me to finish training every time. I started loving the training as it was a break from my schoolwork and a way to release stress. These are why I love Karate and keep on training to achieve my dream of being a world-known medalist one day.

Fast forward to 2018, I joined the National Team as I first represented our country in the 10th BIMPNT-EAGA Friendship games held here in Brunei. Later in 2019, I participated Brunei's contingent in the 30th SEAGames in the Philippines when I was only 16 years old. Since joining the National Karate Team, I have had to attend daily training (except Sundays) that is minimally 2 hours long and sometimes conducted twice a day. Sometimes, when I did not feel satisfied with my practice that day, I would train more at home with my siblings whom I share the same passion and are black belts. I have gone to several big competitions like SEAGames 2019 and 2022. More recently, I won a Silver Medal in the women's individual kata event of the 20th Malaysia Games (SUKMA) in Malaysia. The pressure to fight and carry the name of our country was inevitable, especially with my coaches' and people's expectations. Preparation was never easy but usually manageable. A few months before big competitions, the Ministry of Youth and Sports would send us off to train overseas for a whole month. I remember having AS Level examinations within that one-month try-out period in 2019 in Surabaya, so I had to fly home to Brunei to sit for my exam paper after which I flew back to Surabaya on the same day.

It was definitely not easy to come this far, but by having the best support system, I knew my efforts would not go to waste. I have always been able to juggle my studies with my training, and I could always get my work done on time despite having practices every day except on Sundays. Through Karate, I have become disciplined and learned to manage my time well in order to excel both academically and in Karate. Although I sometimes struggled to keep up, I enjoyed being a student-athlete which is something not everyone has the opportunity to be. Big thanks to my parents, who kept pushing me to attend training every day. I hope I will be able to keep this enthusiasm and interest in Karate and see myself getting onto a podium in big competitions like the world games or even SEAGames. All in all, undoubtedly, without the incredible support from my parents, I would not be where I am now.



# PAPRSB IHS ACADEMICS & ADMINISTRATIVE STAFF MEMBERS AMONG MEDAL RECIPIENTS

**Dr. Mas Rina Wati Hj Abdul Hamid (Associate Professor)**

The year 2022 has been an auspicious year for a number of academic and administrative staff from PAPRSB Institute of Health Sciences who made the list of recipients for Pingat-Pingat Kehormatan Negara Brunei Darussalam for the year 2018 - 2021, in conjunction with the 76th birthday of His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar Ali Saifuddien Sa'adul Khairi Waddien, Sultan and Yang Di Pertuan of Negara Brunei Darussalam.

Leading the list of recipients was Senior Assistant Professor Pg Dr. Hajah Nurolaini Pg Haji Muhd Kifli, who received Bintang Setia Negara Brunei Yang Amat Bahagia, Darjah Keempat, PSB. Pg Dr. Hajah Nurolaini received her PSB presented by His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, at an auspicious ceremony held at Istana Nurul Iman on 1st August 2022. This was Pg Dr. Hajah Nurolaini's second medal, having been awarded the Pingat Indah Kerja Baik (PIKB) in 2016.



Pg Dr. Hajah Nurolaini Pg Haji Muhd Kifli receiving her PSB from His Majesty the Sultan.

In a separate ceremony held at the BRIDEX Hall Jerudong on 4th June 2022, Professor Dr. Mohd Ayub Sadiq received PIKB of 2018, and Senior Assistant Professor Dr. Khadizah Haji Abdul Mumin, Lecturer Dayang Teo Yan Choo, and Assistant Lecturer Dayang Asnah Haji Yusof received Pingat Kerja Lama (PKL) respectively. The medal presentation was officiated by the then Minister of Education, Dato Seri Setia Haji Hamzah Haji Sulaiman. the latter three academics also received their PIKB in 2014 and 2016 respectively.

Furthermore, on 11th June 2022 at Dewan An Naura of Yayasan Sultan Haji Hassanal Bolkiah, four academic staff, namely, Senior Assistant Professors Drs. Suwarni Haji Mohd Diah, Siti Hanna Muharram, Assistant Professors Drs. Siti Rohaiza Haji Ahmad and Hajah Asmah Haji Husaini, and one administrative staff, Dayang Mazlena Matali, received PIKB awards, which were presented by the Minister of Education, Datin Seri Paduka Dr. Hajah Romaizah Haji Mohd Salleh. PAPRSB IHS would like to congratulate all medal recipients, express its appreciation for their contributions to the institute and university, and wish them further success in their careers.



**Top photo:** Dr. Suwarni Haji Mohd Diah with her PIKB award. **Left photo:** Recipients of PIKB capturing memorable moments with the Vice Chancellor of UBD. **Right photo:** Dr. Khadizah Haji Abdul Mumin, Dayang Teo Yan Choo, and Dayang Asnah Haji Yusof were among the award recipients.

# PAPRSB IHS GRADUATES CELEBRATED AT THE 34TH UBD CONVOCATION

This year's convocation ceremony occurred under a 'new normal', where Brunei is in its late endemic phase. In accordance with the Ministry of Health's current guidelines, graduates and guests were requested to conduct COVID-19 antigen rapid tests before campus entry and update individuals' health status on the BruHealth App. Wearing masks was still mandatory at all times, although social movements were no longer restricted.

A total of 1028 graduates made it to the class of 2022 and were celebrated on Monday, 22nd of August, at Chancellor Hall in separate morning and afternoon sessions. The morning session was attended by both His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar 'Ali Saifuddien Sa'adul Khairi Waddien, Sultan and Yang Di-Pertuan of Brunei Darussalam, Chancellor of UBD and His Royal Highness Prince (Dr) Haji Al-Muhtadee Billah, the Crown Prince and Senior Minister at the Prime Minister's Office, the Pro-Chancellor of UBD. In the morning session, the UBD vice chancellor highlighted several accomplishments the university achieved across the year, including increased research collaborations with international institutions that have helped foster research and training, such as those with EVYD Technology.

PAPRSB Institute of Health Sciences celebrated 20 and 97 of postgraduates and undergraduates this year, respectively. Two students were conferred Ph.D. in Biomedical Science, whereas 1 and 15 students graduated with Master's degrees in Health Sciences in Midwifery and Medicine, respectively. Notably, 4 students graduated with Master's degree in Public Health, which was the first cohort under the graduate lifelong learning (LLL) programme at PAPRSB IHS. Additionally, 26, 13, 8, 22, and 28 students graduated with Bachelor's degrees in Medicine, Pharmacy, Dentistry, Biomedical Sciences, and Nursing and Midwifery. Having completed their third year of programme with PAPRSB IHS, twenty five graduating medical and eight dental students are pursuing clinical training overseas at their partner medical and dental schools (Read more on Page 6). Twenty five medical students are currently at the University of Glasgow, University College Cork, University of Southampton, the University of Ireland Galway, University of Dundee, Trinity College Dublin of the University of Dublin, the University of New South Wales, whereas eight dental students are at University of Glasgow, Newcastle University and University of Dundee.

A heartiest congratulation to all our graduates and our biggest appreciation for our teaching and administrative staff members for their contribution and support. The faculty wishes the best for the graduates in all their future endeavours.



**Left photo:** His Majesty graced the 34th UBD Convocation event on the 22nd of August. **Right photos:** PAPRSB IHS student graduates took an opportunity to take commemorative photos with their lecturers after the event.



# GRADUATE STUDENTS BROKE THE ICE AT A TEAM BUILDING SESSION

**Dr. Siti Rohaiza Ahmad (Assistant Professor)**

On Saturday, August 13th, 2022, a team building session for graduate students of PAPRSB Institute of Health Sciences was held at the Anatomy Resource Center. It was the first time the faculty had organised such an activity for IHS students. The program's goal was to help the graduate students get to know one another better by encouraging camaraderie and boosting their team spirit and productivity. It was hoped that the activities would help strengthen their communication and conflict-resolution skills and, most importantly, were enjoyable to the students.

The Deputy Dean of Graduate Studies and Research, Associate Professor Dr. Mas Rina Wati Haji Abdul Hamid, graced the session with a speech in which she highlighted the importance of motivation and perseverance in pursuing graduate studies, while simultaneously enjoying their journey with their. The first activity involved building the tallest tower possible from marshmallows and spaghetti sticks. The second activity was 'Connecting the Straws,' where the students formed a large circle and used their point fingers to connect the straws. The students then had to walk without dropping the straw from one point to another. Overall, the students had a great bonding and enjoyable time with each other.



Deputy Dean of Graduate Studies, Associate Professor Dr. Mas Rina Wati gave an encouraging speech to the graduate students and highlighted the benefits of the session.



**Top photos:** Graduate students engaging in team building activities including 'Connecting the Straws' and building of marshmallow towers. **Bottom photo:** Graduate students pictured together with the Programme Leader of Graduate Studies, Dr. Siti Rohaiza Ahmad (lowest row, third from left).

# PAPRSB IHS MEDICAL AND DENTAL STUDENTS AWARDED SCHOLARSHIP TO COMPLETE THEIR PROGRAMMES AT INTERNATIONAL PARTNER UNIVERSITIES

On the 18th of August 2022, thirty-two recently graduated BHS<sub>c</sub> Medicine and BHS<sub>c</sub> Dentistry students who had completed their first phase of their programme at PAPRSB Institute of Health Sciences were awarded scholarship by the Ministry of Education. This scholarship will support their second phase of the programme which is commencing later this year at their partner medical or dental schools overseas.

A total of 25 medical students from Cohort 15 have transferred to the University of Glasgow, University College Cork, University of Southampton, the University of Ireland Galway, University of Dundee, Trinity College Dublin of the University of Dublin, the University of New South Wales. Meanwhile, seven dental students from Cohort 3 are currently placed at the University of Glasgow, Newcastle University and University of Dundee.



Two dental students from Cohort 3 (middle) pictured together with their lecturers were awarded scholarship to continue their studies and training at the University of Glasgow.



A total of 25 medical and 7 dental students received scholarship from the Ministry of Education to pursue their training at various partner institutions overseas. Photo credit: Ministry of Education.



# FRESHERS RECEIVED A WARM WELCOME AT PAPRSB IHS DURING ORIENTATION WEEK

This year, PAPRSB Institute of Health Sciences held a series of briefings and activities to welcome the new batch of students during the UBD Freshers Week on the 25th of July 2022. A total of 124 students joined the faculty, of which 31, 8, 8, 22, and 55 are from BHSc Medicine, Pharmacy, Dentistry, Biomedical Sciences, Nursing, and Midwifery programmes, respectively. During the sessions, Programme Leaders came together to introduce the programmes to the new students. The faculty dean, Dr. Zaw Wint, informed the students of the general organisation, administration, and structure of PAPRSB Institute of Health Sciences.

After the general induction, each programme organised a more focused ice-breaking session to demonstrate further the programme's details, structure, and requirements. The students also took this opportunity to ask questions and meet their peers. During this freshers' week, students familiarised themselves with the faculty buildings and settle into their new surroundings. The faculty wishes the students a pleasant experience at UBD and encourages them to explore what the university has to offer.



Dean of PAPRSB Institute of Health Sciences, Dr. Zaw Wint, officiating the orientation week at the faculty with a welcoming speech.



**Top panel:** Fresh intake of BHSc Biomedical Science students (Cohort 15) and BHSc Dentistry students (Cohort 6) listening to briefing. **Bottom panel:** BHSc Pharmacy and BHSc Midwifery & Nursing programmes in commemorative group photos taken at the end of their briefing sessions.

# BIOMEDICAL SCIENCES AND NURSING & MIDWIFERY STUDENTS PITCHED BUSINESS IDEAS AT THE IHS ENTREPRENEURIAL VILLAGE ROADSHOW

Dr. Siti Rohaiza Ahmad & Dr. Hajah Asmah Hj Husaini (Assistant Professors)



Ms. Aqilah Muzani, project manager of Entrepreneurship Village, gave a talk about entrepreneurship and the opportunities at Entrepreneurship Village in University Brunei Darussalam.

Dr. Hjh Asmah Husaini and Dr. Siti Rohaiza Ahmad, who are Faculty Representatives of Entrepreneurial Development (FREDies) for PAPRSB Institute of Health Sciences (IHS), organised an Entrepreneurial Village (EV) roadshow. This roadshow took place on the 24th of August at Lecture Theatre 1 of the IHS Extension Building. The event's goal was to introduce and encourage Health Sciences students to participate in the incubation programme offered by EV as an option for their Discovery Year (DY). In attendance was the Deputy Director, Office of Assistant Vice Chancellor (Innovation and Enterprise), Dr. Annie Dayani Binti Ahad Abdullah.

During the event, Ms. Aqilah Muzani, the project manager at EV, demonstrated various activities in which students could participate during their DY. Some areas that Ms. Aqilah highlighted were the development of an entrepreneurial mindset, how to build an idea into a business proposal, and how to pitch ideas. She also showcased some of the previous incubation projects, particularly those produced by students from the PAPRSB IHS.

At the end of the roadshow, the students were assigned to a mini-group project in which they pitched their entrepreneurial/business ideas. One of the ideas was a Grab-like service from UBD to a nearby restaurant.



**Top:** Dr. Hajah Asmah and Dr. Siti Rohaiza work actively on encouraging innovative ideas among the students at IHS. **Top right:** BHS Biomedical Sciences and Nursing & Midwifery students gathered to listen to a briefing about EV. **Bottom:** A student pitching an idea to the audience during the roadshow.





# NURSING & MIDWIFERY STUDENTS CONTRIBUTED TOWARD BRUNEI COVID-19 PANDEMIC RESPONSES

**Dr. Mursidi Hj Ali (Assistant Professor), Haarisah Fadil'lah (BHS Nursing, Cohort 13) & Haziqah Jaba (BHS Midwifery, Cohort 8)**



Presentation of token of appreciation by YB Dato Seri Setia Dr. Haji Md. Isham Bin Haji Jaafar to a representative of PAPRSB IHS Nursing and Midwifery Programme, Dr. Hjh Asmah Hj Husaini.

A total of 21 students from Year 2 and 3 Undergraduate BHS Nursing and Midwifery programme came forward to volunteer at the calling centres. The students were helping at the centres from February 19th to April 10th of 2022, from 8.00 am to 8.00 pm for five days a week. Their primary role was to phone COVID-19 patients and screen the severity of their symptoms according to a designated questionnaire. The patients were then allocated into one of five symptom categories: Category 1: asymptomatic; Category 2: without pneumonia symptoms; Category 3: with pneumonia symptoms; Category 4: requiring intensive care and supplemental oxygen; and Category 5: critical. On average, the screening process took about fifteen to twenty minutes per patient. Throughout the students' experience at the call centre, they encountered patients who expressed frustrations with the delayed delivery of COVID-19 food packages and the unresponsive BruHealth App. Some patients were also facing mental health issues related to home isolation, whom the students would advise to seek help via 'Talian Harapan' at 145 or 'Talian Darussalam' at 123 for other matters.

On reflection, the students felt that the experiences had given them valuable opportunities to work closely with other health and non-health organisations in fighting the COVID-19 pandemic in this country. It also improved their communication skills with the public and enhanced their sensitivity to needy people. Most importantly, volunteerism was a way to give back to the community, in particular, by reducing the burden of the frontliners and healthcare workers. In recognition of the contribution made by PAPRSB Institute of Health Sciences staff and students towards the COVID-19 pandemic responses, an appreciation event was organised by the Ministry of Health Brunei on June 4th, 2022. PAPRSB Institute of Health Sciences received an appreciation plaque presented by YB Dato Seri Setia Dr. Haji Md. Isham Bin Haji Jaafar, the Minister of Health Brunei.

The second COVID-19 outbreak wave in August 2021 saw a steady increase in newly reported cases from hundreds to thousands. With many people undergoing mandatory Quarantine Order (QO) at home, the Ministry of Health Brunei set up the Emergency Medical Ambulance Services (EMAS) Calling Centre and Patient Monitoring Centre (PMT). These COVID-19 Call Centres were located at Royal Brunei Training Centre on Jalan Kustin and Comquest Annajat Complex on Jalan Beribi. These were to assist with triaging COVID-19 patients and identifying vulnerable patients who required ambulance services for urgent treatment at the National Isolation Centre (NIC). However, the imminent staff shortage to operate these call centres led to a substantial backlog of patients and pending calls. Thus, the Ministry of Health Brunei sought volunteers nationwide to support the calling team.



Student volunteers at EMAS Calling Team (ECT) with their lecturer Dr. Mursidi Ali.



Two PAPRSB IHS student volunteers helping COVID-19 patients on the line at the Patient Management Team (PMT) Call Centre.

# DENTAL STAFF AND STUDENTS ATTENDED THE ROYAL BRUNEI ARMED FORCES DENTAL SYMPOSIUM 2022

Dr. Joe Knights (Assistant Professor) & Dr. Jagjit Singh Dhaliwal (Senior Assistant Professor)



Group photo of Dental Symposium 2022 attendees outside the Ceremonial Hall at Defence Academy Royal Brunei Armed Forces.

In commemorating the Dental Services Royal Brunei Land Force (DS RBLF) Golden Jubilee, a dental symposium was held on Friday, 26th August, at the Royal Brunei Armed Forces (RBAF) Defence Academy. Attendees included faculty members and dentistry students from PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam (UBD), Heads of the Dental Training Programmes at Brunei Polytechnic and Institute Brunei Technical Education (IBTE), and dental professionals from the Ministry of Health (MOH), the Royal Gurkha Rifles (RGR), Jerudong Park Medical Centre and private dental clinics.

Colonel Azman bin Haji Bangkol (Deputy Commander of the RBLF) officiated the opening ceremony as the guest of honour. His speech commended the professionalism of the dental community present during the nation's COVID-19 pandemic responses. He further highlighted the aims of the symposium, which were to promote awareness of the developments and unique capabilities of military dentistry at RBAF, and encourage personal and professional bonds across the dental community in Brunei Darussalam. The opening of the symposium was marked by a video presentation on the evolution of the RBAF Dental Service throughout its 50 years.

The keynote lecture was delivered by Colonel Dr. Jefri bin Haji Abdul Razak, the Chief Dental Officer of Dental Services RBLF, titled 'Strategic Planning Dental Services for the RBAF.' This was followed by a number of presentations, including 'Ensuring RBAF Operational Readiness via Dental Fitness' and 'Forensic Dentistry as a Niche Capability.'

Participants, including our dental students, later toured the DS RBLF Mobile Dental Unit and the field dentistry set-up, which had been recently deployed during a Hearts and Minds Dental Community Outreach initiative at Kampung Melilas. The symposium concluded with an afternoon tea, closing remarks, and a photo-taking session at the Ceremonial Hall, Defence Academy RBAF.



# DR. KHADIZAH PUBLISHED NOVEL 'BERTAUT DI PINGGIR HATI' WITH THE DEPARTMENT OF LANGUAGE AND LITERACY BUREAU

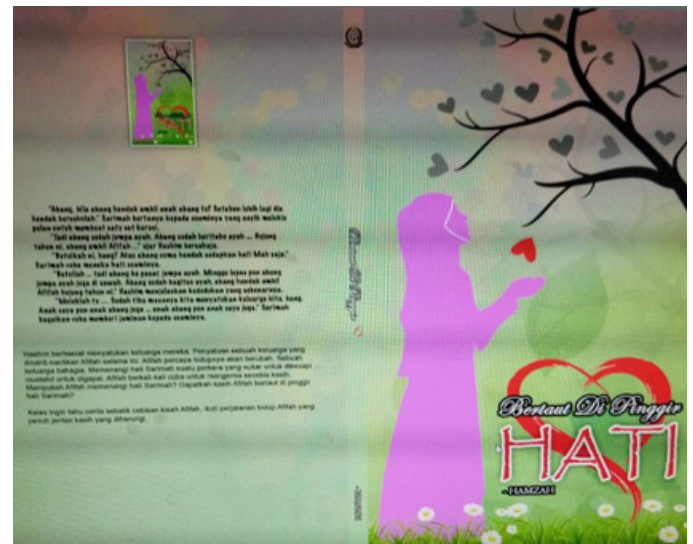
**Dr. Khadizah Binti Haji Abdul Mumin (Senior Assistant Professor)**

Recently, Dr. Khadizah Hj Abd Mumin, a senior assistant professor and the programme leader of BHSc Nursing & Midwifery programme at PAPRSB Institute of Health Sciences, was recognised during a signing of a Memorandum of Understanding ceremony held by the Language and Literature Bureau (Dewan Bahasa dan Pustaka). The ceremony celebrated the Malay literature publication of her novelette "Bertaut Di Pinggir Hati" and acknowledged her capabilities in diverse languages, creativity, and innovative elements in linguistics.

Dr. Khadizah's interest in manuscript writing is not limited to academic publication. Her passion for writing began in her childhood when she started writing creative Malay pieces at the age of nine. To date, she has contributed to more than 30 pieces of Malay literature in the form of poetry (Pantun, Sajak, and Syair) and short stories, which are published in magazines issued by Dewan Bahasa dan Pustaka including Mekar and Bahana.

Since 1984, Dr. Khadizah has won several prizes in Malay short story competitions. She was acknowledged as one of the Literature Activists in Brunei Darussalam at the Writers Appreciation Night in 2015 and the Best Lyricist in 2017, which was held in conjunction with His Majesty Golden Jubilee Singing Competition and organised by Radio and Television Brunei. In 2021, she was awarded as one of the top five in Brunei at a translation competition, where she translated a collection of Malay literature poems into English. This competition was organised by MASTERA, a prestigious Malay Literature Council in Southeast Asia.

Since then, she has continued to be involved as a judge for short stories and translation competitions. Dr. Khadizah also serves as a translation consultant at Dewan Bahasa dan Pustaka for Malay literature manuscripts. Her deep passion for Malay literature and the encouragement and support from Dewan Bahasa dan Pustaka motivated her to write and publish a Malay novelette entitled: "Bertaut Di Pinggir Hati." The official launching of this novelette will take place next year at a ceremony that will celebrate Language Month 2023 (Bulan Bahasa 2023).



**Left:** Dr. Khadizah was at an MoU signing event with Dewan Bahasa dan Pustaka in July this year. **Right:** Dr. Khadizah expressed her creativity and linguistic skills by writing a novelette "Bertaut Di Pinggir Hati" which will be officially launched next year.

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



As part of their community work, PAPRSB Institute of Health Sciences American Heart Association (AHA) team gave a demonstration of Basic Life Support (BLS) on a mannequin to students at Maktab Sains Paduka Seri Begawan Sultan in August 2022.



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