

BEYOND

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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



Year 3 students of BHSc Medicine (Cohort 16) took a commemorative photo with Yang Berhormat Dato Seri Setia Dr. Hj Md Isham Hj Jaafar, the Minister of Health, and their lecturers during the World Stroke Day 2022 that was organised by Pantai Jerudong Specialist Centre in the capital on the 13th of November. Photo credit: Dr. Hajah Fazean Irdyati Hj Idris.

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PAPRSB INSTITUTE OF HEALTH SCIENCES COLLABORATED ON THE 3RD NATIONAL HEALTH AND NUTRITIONAL STATUS SURVEY (NHANSS-3) IN BRUNEI

Dr. Siti Rohaiza Ahmad, Assistant Professor

The Ministry of Health (MOH) of Brunei, in collaboration with Universiti Brunei Darussalam (UBD), is currently conducting a national health survey called the 3rd National Health and Nutritional Status Survey (NHANSS-3). The Memorandum of Understanding (MoU) between the MOH Brunei and UBD was signed on November 30th, 2022, with the implementation of this survey. Furthermore, the survey is also supported by the World Health Organisation (WHO) and the United Nations Children's Fund (UNICEF). The main aim of this survey is to determine the prevalence of non-communicable diseases (NCDs) such as high blood pressure, hypercholesterolemia, obesity, and diabetes, in Brunei Darussalam. Additionally, the survey will be looking at the risk factors of NCDs in the Bruneian population. It is hoped that the survey will help the MOH in monitoring and reassessing their current strategies and interventions in preventing NCDs and their risk factors, and in achieving Brunei's nutrition goals for its population. In acknowledgment of NCDs as the most common cause of death of adult Bruneians and their significant burden on the country, the MOH hopes that the population will engage and participate in this survey to help the country's efforts in controlling NCDs and in achieving a healthier nation. From the 10th to the 13th of October, the MOH, in collaboration with UBD and WHO, conducted workshops and training sessions at the PAPRSB Institute of Health Sciences (IHS) for the appointed research assistants who will be conducting this survey across the nation. On December 5th, Dr. Siti Rohaiza Ahmad (Assistant Professor from PAPRSB IHS) and Pg Dr. Md Khairulhazman Pg DP Hj Othman (Medical Officer at NCD Unit of MOH) appeared on TV where they were interviewed on Rampai Pagi of RTB to help introduce and promote the survey project to the public.

The survey is predicted to take 8 months to complete, and it consists of two phases of which the first has already begun in October 2022. This first phase is aimed to identify common risk factors for NCDs in adults aged 18 to 69 years old. Over 5000 selected households across districts will be receiving notification letters about this national survey. Trained research assistants who can be identified by special passes will be visiting these selected households where they will conduct an interview and simple physical examinations such as height, weight, and blood pressure. The second phase will begin once the first phase has been completed which will address health issues related to pregnant mothers, and the health and nutritional status of children in Brunei. Several academics from UBD are involved in this national survey. Representing PAPRSB IHS are five academic staff members: Professor Dr. Mohd Ayub Sadiq @ Lin Naing (Assistant Vice Chancellor of Innovation & Enterprise) acts as a senior researcher, whereas Dr. Nik Anni Afiqah Hj Md Tuah, Dr. Hj Md Assyafie Hanif Abd Rahman, Dr. Zaidah Rizidah Murang, and Dr. Siti Rohaiza Ahmad are working for this survey as consultants.



PAPRSB Institute of Health Sciences is involved in a collaborative 3rd National Health and Nutritional Status Survey (NHANSS-3) with the Ministry of Health Brunei. Top left: the signing of Memorandum of Understanding between UBD and the Ministry of Health on November 30th. **Top right:** Prof. Dr. Md Ayub Sadiq @ Lin Naing presented a token of appreciation to Dr. Patricia Rarau, a technical officer at NCDs Department of World Health Organisation who conducted a training on using the WHO's STEP methodology for NHANSS-3 on October 10th. **Bottom left:** Dr. Hj Md Assyafie Hanif holding a training session for the research assistants. **Bottom right:** Dr. Siti Rohaiza (second from left) appeared live on Wawancara Rampai Pagi to promote the national survey.

ASSOCIATE PROFESSOR DR. MAS RINA WATI RECEIVED THE EXCELLENT TEACHER AWARD 2021

Dr. Mas Rina Wati Haji Abdul Hamid (Associate Professor)

On the 27th of September 2022, Negara Brunei Darussalam celebrated its 32nd Teacher's Day. The annually-held high-profile event was graced by 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. This year's event was especially dear and memorable for me as I was a recipient of the Excellent Teacher Award in Medical Genetics, Genomics, and Related Biomedical Sciences which was presented by His Majesty the Sultan.

I had not aspired to become a teacher or lecturer when I was young. The interest developed while I was doing my postdoctoral fellowship training in Singapore in the early 1990s. I did not go into academia until 2004 when the Institute of Medicine (now known as PAPRSB Institute of Health Sciences (IHS)) was first established at Universiti Brunei Darussalam and the BHS in Medicine programme was developed. My first task in the academia was to create the genetics content for the programme and to teach it to medical students. Subsequently, this extended to expanding the genetics content for the BHS in Biomedical Sciences programme which was only introduced later and to also teaching it. I appreciate the teamwork and contribution of my colleagues in the development of the genetics component in these two programmes. Teaching-wise, I felt that I learned together with my students, especially in those early years. Professionally, I grew as a teacher/lecturer through my experience in teaching students and addressing their questions and feedback. More recently, my colleagues at PAPRSB IHS and I have been developing the genomics content in the curriculum and introducing the topic of genomics in research projects to the faculty. With the help and support of my colleagues, we also recently established the Precision Genomic Medicine Research Group in 2020 at PAPRSB IHS.

Looking back it has been a wonderful nineteen years of personal and professional journey. I was not expecting to be a recipient of a prestigious award such as the National Excellent Teacher Award during my academic career but I am grateful to Allah Subhanahu wa Ta'ala for His Blessings. I would like to dedicate this award to my beloved late father, Haji Abdul Hamid bin Awang Tunggal, my mother, my family, my colleagues, and especially my students who taught me to be a dedicated and caring teacher to them.

I aspire to contribute further in the field of genetics and genomics especially in research as our university remains competitive in the international arena and we become more aware of how knowledge in genetics and genomics can contribute to the understanding of human diseases, population origins, and many other aspects of life.



Left: Associate Professor Dr. Mas Rina Wati Haji Abdul Hamid photographed with her Excellent Teacher Award in recognition of her contribution to the field of Medical Genetics, Genomics, and Related Biomedical Sciences. **Right:** Dr. Mas Rina Wati receiving the award from His Majesty the Sultan and Yang Di Pertuan of Negara Brunei Darussalam during the 32nd Teacher's Day, held on the 27th of September 2022 at International Convention Centre, Berakas.

PHARMACY STUDENTS WON AN AWARD AT ASEANWAVE WEBXHIBITION AND FESTIVAL 2022

Aai'naa Zayani binti Hairul Idzany, Jasmin Kong Pei Ting, Mumtazah Laila Safira binti Zulfa Erison, Nurizzati binti Sudarmaji & Ummul Fathima Shaik Mohamed Sayed (Year 3 BHSc Pharmacy of Cohort 5)

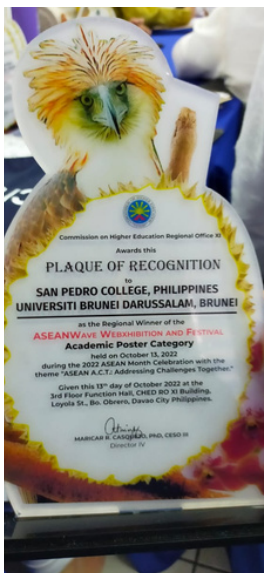
In August 2022, the Philippines' Commission on Higher Education (CHED) organized a competition event, ASEANWave Webxhibition and Festival 2022, with the theme named "ASEAN A.C.T.: Addressing Challenges Together," in celebration of the ASEAN month in the country. This event aims to strengthen the ties between ASEAN countries through partnerships with eligible participants from different institutions of different countries. The categories of this competition included 1) Poetry, 2) Interactive Digital Painting, 3) Song, 4) Video Production, and 5) Academic Poster Exhibition.

Five Year 3 BHSc Pharmacy students – Aa'inaa Zayani Binti Hairul Idzany, Jasmin Kong Pei Ting, Mumtazah Laila Safira Binti Zulfa Erison, Nurizzati Binti Sudarmaji, and Ummul Fathima Shaik Mohamed Sayed – participated in the academic poster exhibition where we created a poster, in collaboration with three students from San Pedro College, the Philippines; Princess Emmanuelle Racho, Clark Stewart Ermila, and Cyril Sanico Jr. We had summarised our chosen article titled "Factors Influencing Unemployment Rate: A Comparison Among Five ASEAN Countries" by Amyir Aljileedi Mustafa Rayhan, Rusdarti Rusdarti, and Heri Yanto. Our poster discussed the potential factors that are contributing to the rising issues of unemployment rate in the ASEAN countries namely cost-push inflation, low economic growth, rise in the minimum wage, and education.

The winners of the competition were announced on the 13th of October 2022 and our team emerged as the regional winner of the ASEANWave Webxhibition and Festival Academic Poster Category.

The success at the ASEANWave Webxhibition was not an easy process as we encountered some challenges such as limited time to find and summarise articles and make a poster and a video, and limited accessibility to authors of articles to acquire their permission to use their papers. We also needed to find the appropriate time to discuss with the three students from San Pedro College, as they have different school hours and other commitments. Fortunately, with the use of technology, we were able to communicate and work efficiently. Furthermore, the students were very helpful and optimistic during the process. This boosted our confidence despite having had to rush through our work. Despite these challenges, our group demonstrated great teamwork which enabled us to complete the poster effectively and efficiently together by the deadline.

The team is extremely grateful for this experience and the opportunity to participate in this international competition. The biggest appreciation goes to the whole team, particularly the students from San Pedro College who were very supportive and encouraging throughout the process. This competition provided us the opportunity to explore various topics outside of our field and strengthen our institutional relationship with San Pedro College through the building of teamwork, networking, and communication skills. Overall, it was a very fulfilling experience for us, and we look forward to enjoying more activities and having more collaborative work with other universities.



Left: the Plaque of Recognition received by the pharmacy students for winning the Academic Poster Category at the ASEANWave Webxhibition and Festival 2022, in collaboration with students from San Pedro College of the Philippines.

Right: the poster presented by the students.

ASSISTANT PROFESSOR WENT ON LIVE TV TO PROMOTE THE AWARENESS OF PALLIATIVE CARE

Dr. Hajah Asmah Haji Husaini (Assistant Professor)

Every year, in conjunction with World Palliative Care Day which is celebrated on the 8th of October, Assistant Professor Dr. Hajah Asmah Haji Husaini would carry out several community-based initiatives to raise awareness of the importance of palliative care in the community. She would do so via her lectures, social media platforms, and written publications. For the year 2022, Dr. Hajah Asmah and a palliative care nurse from the Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital, Hajah Norhayati Haji Bakar were invited on a live broadcast: "Wawancara: Memperingati Hari Penjagaan Paliatif Sedunia". This was as aired on Rampai Pagi show on RTB on the 18th of October to commemorate the World Palliative Care Day and to raise awareness of palliative care in Brunei.

On this live broadcast, both Dr. Hajah Asmah and Hajah Norhayati discussed the significance of palliative care for patients suffering from advanced diseases. They highlighted the importance of clearing the common misconception and misunderstanding of palliative care among many people. Additionally, they stressed that palliative care does not only equate to care of the dying, although that is a big part of it but rather, its philosophy is based on making sure patients suffering from advanced diseases or the side effects of treatments of advanced diseases have the right to quality of life. This is done primarily through physical management and provision of support to those who are experiencing psychosocial and spiritual pain as a result of their illnesses.

Apart from that, palliative care also emphasises on the importance of family in planning the care for patients. It is an approach that is seen as holistic in nature, where the patient's quality of life is given priority in treatment and management. According to Dr. Hjh Asmah, after this broadcast was aired, more and more families in the community had started to reach out to her and the palliative care team wishing to discuss about the support that their ill loved ones might need. Furthermore, more heartfelt messages had been dedicated to the palliative care team in RIPAS Hospital for their support and care for patients until the end of life.



Top photo: A family member expressing their appreciation for the palliative care team on their social media account. **Bottom photo:** a personal communication of a family member thanking a palliative care nurse for their home visit and for their care plan that put ease on the family. Screenshots and use of images are with permission of the owners and obtained by Dr. Hajah Asmah.



Dr. Hajah Asmah highlighted the importance of care for patients with advanced diseases in Brunei. Left: Promotional poster distributed by Rampai Pagi of RTB to inform of the live broadcast. **Right:** Dr. Hajah Asmah appeared on Rampai Pagi on the 18th of October to speak about the importance of obtaining support and palliative care for loved ones.

PHD STUDENT WON A GOLD AWARD AT AN INTERNATIONAL RESEARCH THESIS COMPETITION

Said Faroq Saiyid Moshawih (Ph.D. candidate in Biomedical Sciences)

In September, I participated in the Thesis in 5 minutes (T5M) series 2/2022 competition held virtually at the MNNF Network platform. This competition was organised by MNNF Network in Malaysia, which hosts several other academic conferences and competitions. In addition to the academic sector, they also provide comprehensive event management services for governmental and public bodies.

Thesis in 5 minutes (T5M) series 2/2022 competition invited presenters from all academic disciplines. It was an effective way to explain research in a language appropriate to a non-specialist audience. Furthermore, it described scientific research in 5 minutes using a video presentation that was understandable to a general audience, not just to specialists in the student's area of study. Personally, it provided me with a fair opportunity to promote research across the university community through effective communication with the public. This competition was also a good demonstration for the student to polish up their communication skills and present their research concisely and interestingly to capture the interest of the audience. The competition was categorised into three categories: Ph.D., Master, and Degree. Under each category, there were two divisions: A/B/C1: Science, technology, and Mathematics; and A/B/C2: Social sciences and humanities.

My presentation was titled "Machine Learning Applications in Virtual Screening for Natural Products-based Drug Discovery". My ongoing research aims to identify a natural product-based lead compound that can serve as a drug for various diseases. It also aims to integrate data science with artificial intelligence methods using a consensus-scoring approach of virtual screening to give rank-ordering of the compounds according to their potential as drug leads. As machine learning plays a vital role in modern drug discovery, my research focuses on screening ultra-large libraries of chemical structures to identify novel hit compounds that could potentially be used for the treatment of various diseases. Employing natural products as the main source of drug development is also considered a mainstay in exploring more selective drugs against specific targets related to certain diseases.

With the great diversity of flora and fauna in Brunei Darussalam, it is reasonable to utilise the readily available natural resources to enrich the pharmaceutical industry with all the potential health benefits yet to be explored. I want to acknowledge the unwavering support of my supervisory committee in this competition. I am grateful for the kindness and generosity of Dr. Long Chiau Ming as my main research supervisor, Dk Dr. Nurolaini Kifli and Dr. Hui Poh Goh, as my co-supervisors.

Three stages of screening for drug design

Chemical Structure	Initial Score	Consensus Score	Final Score
<chem>CC(=O)OCC1=CC=C(O)C=C1</chem>	76.5843	68.8573	87.2634
<chem>CC1=CC=C(O)C=C1</chem>	56.5043	98.8573	77.2634
<chem>CC(=O)OCC1=CC=C(O)C=C1</chem>	76.5843	68.8573	87.2634

Rigorous Filtering Process

Cheaper medicines
Faster process

Ph.D. candidate Said Moshawih won a gold award at T5M competition on the 24th of September. Left: Said presenting his research project virtually which on-demand recording can be found on YouTube by scanning the QR code (Right).

PAPRSB IHS IMMUNOLOGY TEAM PRESENTED AT THE 7TH WORLD ONE HEALTH CONGRESS IN SINGAPORE

Dr. Hajah Hanisah Hj Awg Sharif (Lecturer)



Left: PAPRSB IHS Immunology Team, Dr. Hanisah Sharif, Dr. Liyana Ahmad and Dr. Hazim Ghani (from left to right), at the 7th World One Health Congress, held at the Sands Expo and Convention Centre, Singapore. **Right:** Dr. Hazim delivering his talk titled "Third mRNA COVID-19 vaccine dose induces high NAb levels in older people and those with diabetes and chronic kidney disease".

The World One Health Congress (WOHC) is a biennial congress to address the One Health agenda. The congress promotes transdisciplinary efforts in understanding disease transmission from animals to humans with their social and environmental determinants. The theme for the 7th WOHC 2022 was "Integrating Science, Policy and Clinical Practice: A One Health Imperative Post-COVID-19", and was held at the Sands Expo and Convention Centre, Singapore. The 5-day congress was filled with talks over five main tracks: (1) One Health Science; (2) Pandemic Preparedness and Health Systems Resilience; (3) Policy, Environment and Biosecurity; (4) Impact on and Innovations in Clinical Practice; and (5) Antimicrobial Resistance. In addition, the Temasek Foundation Pinnacle Series ran parallel to the main tracks, which focused on the readiness to combat public health threats in Asia. The 7th WOHC 2022 was hosted by SingHealth Duke-NUS Global Health Institute (SDGHI).

A collaborative research project is currently ongoing between the PAPRSB Institute of Health Sciences (IHS), Ministry of Health Brunei Darussalam, EVYD Technology Ltd., and Duke-NUS Medical School Singapore. The project aims to investigate the levels of antibodies that can neutralise the SARS-CoV-2 virus (neutralising antibodies, NABs) in the Bruneian population over time. Members of the research team from PAPRSB IHS, Dr. Hazim Ghani, Dr. Liyana Ahmad, and Dr. Hanisah Sharif, attended and presented their research findings at the 7th WOHC 2022, with support from the University Conference Leave and Conference Grant of UBD, and the Temasek Foundation of Singapore. Dr. Hazim delivered an oral presentation focused on the NAb levels in the older population and those with diabetes and chronic kidney disease. Dr. Liyana and Dr. Hanisah presented posters that illustrated findings on the effect of the booster mRNA vaccine in preventing SARS-CoV-2 breakthrough infections (infection in vaccinated individuals) and the efficacy in eliciting NAB levels, respectively. An exciting achievement for the team was when the poster presented by Dr. Liyana won second place for the best poster presentation under the One Health Science track.

The congress was a great learning experience, with excellent talks across the different specialties. It was emphasised that the success of One Health could only be achieved through cooperation from the community. To successfully combat the spread of COVID-19 and future pandemics, the concept of One Health has to be reiterated. This was especially highlighted in the various talks from the Public Health sector. Furthermore, the research team met with their collaborator, Professor Linfa Wang, co-chair of WOHC 2022, and his team. This catalysed the discussion for the analyses of the ongoing research project and future collaborative plans. The team received valuable feedback and interest in the project and had the chance to network with researchers from multiple fields around Asia and beyond. This opened up the potential research opportunities that could be performed in PAPRSB IHS, UBD, and Brunei. The 8th WOHC in 2024 will be held in Cape Town, South Africa.



Dr. Liyana with her award-winning poster on the effect of booster dose on breakthrough infection.

PAPRSB IHS HOSTED THE 12TH MALAYSIA-INDONESIA-BRUNEI CONFERENCE VIRTUALLY

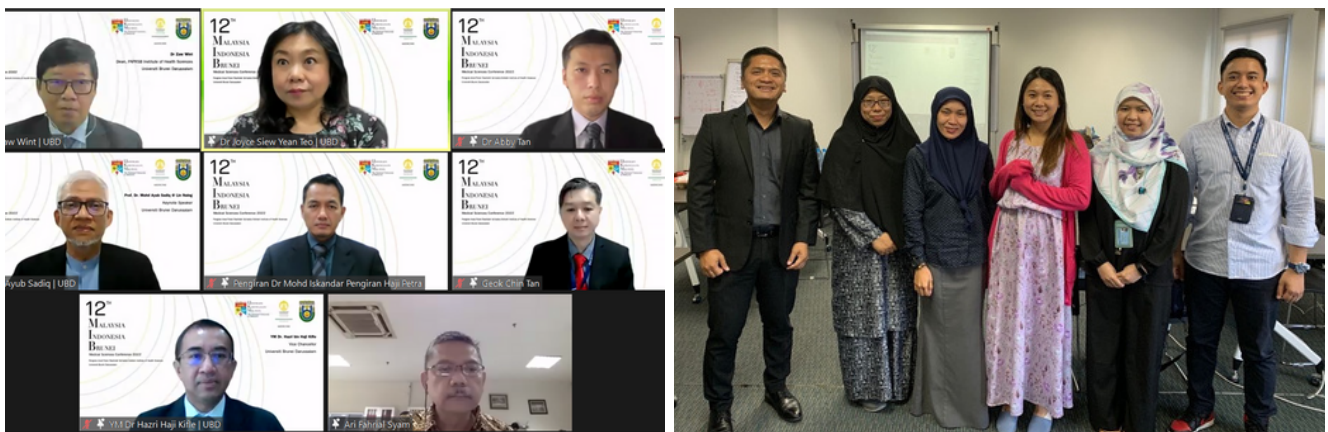
Dr. Muhammad Hazim Hj Abdul Ghani (Lecturer), Dr. Siti Hanna Muharram (Senior Assistant Professor), Dr. Hajah Hanisah Hj Awg Sharif (Lecturer).

The Malaysia-Indonesia-Brunei (MIB) Medical Sciences Conference is a biennial collaboration between the Pengiran Anak Puteri Rashidah Sa'adatul Bolkih Institute of Health Sciences (PAPRSB IHS), Universiti Brunei Darussalam (UBD); Faculty of Medicine, Universiti Kebangsaan Malaysia (UKM); and Faculty of Medicine, Universitas Indonesia (UI). The latest conference, in its 12th iteration, was hosted virtually by the PAPRSB IHS from the 19th to 20th of September 2022 with the theme "COVID-19: New Learning and New Norms". The opening ceremony was officiated by the Vice Chancellor of UBD, Dr. Hazri bin Haji Kifle, on 19th September following the recital of Surah Al-Fatihah and Doa Selamat. Also in attendance were the Assistant Vice Chancellors of UBD, namely Professor Mohd Ayub Sadiq @ Lin Naing, Dr. Joyce Teo, Dr. Abby Tan, and Pengiran Dr. Mohd Iskandar Pengiran Haji Petra; Dean of PAPRSB IHS, Dr. Zaw Wint; Deputy Dean of the Faculty of Medicine, UKM, Dr. Tan Geok Chin; and Dean of Faculty of Medicine, UI, Prof Dr dr Ari Fahrial Syam; respective speakers and 450 participants from various organisations.

The conference commenced with a keynote lecture delivered by Professor Dr. Mohd Ayub Sadiq @ Lin Naing entitled "Digital Transformation in Public Health: Brunei Darussalam's experience", which highlighted the ongoing digital public health research projects, and the launch of the new graduate Digital Public Health programme offered by UBD. Three plenary sessions were conducted during the two-day conference: Professor Kenneth Kok (UBD) presented on "Medical Education in the New Norm: Opportunities and Challenges"; Associate Professor Dr. Noor Azimah Muhammad (UKM) discussed "COVID-19 Pandemic: What Have We Learned?"; and Professor Dr. dr. Ari Fahrial Syam (UI) talked about "International Collaboration in Health Infrastructure During COVID-19 Pandemic".

The 12th MIB Medical Sciences Conference was also divided into five sub-themes which focused on: Medical Education post-COVID-19; COVID-19 Research; Public Health; COVID-19 Diagnostics and Management; and Students Research and Community Projects. All three institutions delivered a 15-minute presentation followed by a Q&A session, on each of the sub-themes. Additionally, two speakers from the Ministry of Health Brunei Darussalam were invited as UBD representatives to share their experiences during the COVID-19 pandemic. Four undergraduate and three postgraduate student projects were presented as part of the free paper sessions. Overall, these presentations were stimulating and informative and enabled an excellent platform where discussions and collaborations for research can be made upon.

We would like to acknowledge and thank all committee members who contributed and ensured the success of the 12th MIB Medical Sciences Conference. The next installment of the conference, the 13th MIB Medical Sciences Conference, will be hosted by Universiti Kebangsaan Malaysia, Malaysia, and is scheduled to take place in 2025.



Left: Opening ceremony was officiated by Dr. Hazri bin Haji Kifle, Vice Chancellor of UBD, and attended by Assistant Vice Chancellors of UBD, Dean of PAPRSB IHS of UBD, Deputy Dean of Faculty of Medicine of Universiti Kebangsaan Malaysia, and Dean of Faculty of Medicine of Universitas Indonesia. **Right:** The operations team working behind the scenes for the two-day 12th MIB Medical Sciences Conference Committee, comprising of academic and administrative members of PAPRSB IHS.

PHARMACY STUDENTS PROMOTING THE AWARENESS OF PHYSICAL ACTIVITY FOR WORLD PHARMACY DAY 2022

Jasmin Kong Pei Ting, Johanna Sophia Anak Stanley, Hasya Basiirah binti Massuni & Nina Natasya Phua (BHSc Pharmacy, Cohort 5)

At the end of the year 2022, a group of Year 3 BHSc Pharmacy students (Cohort 6) consisting of Jasmin Kong Pei Ting, Johanna Sophia Anak Stanley, Hasya Basiirah Massuni, and Nina Natasya Phua organized a community project titled "Stairway to Health: Promoting Physical Activity". This project was introduced as part of a 3rd-year pharmacy module under the supervision of Dk Dr. Nurolaini Kifli, in conjunction with World Pharmacists Day which was celebrated on 29th September. For this year, the theme for World Pharmacists Day is "Pharmacy United in Action for a Healthier World." Physical activity plays an important role in maintaining health and preventing disease. Thus, the aim of this project was to increase physical activity awareness and encourage exercise to improve health and well-being among the university students and the general public. The student utilised their Instagram (@stairwaytohealth.bn) account to disseminate and promote the knowledge of physical activities.

The team also organised a forum on 12th October 2022 at PAPRSB Institute of Health Sciences (IHS). For this forum, Dr. Hajah Mas Rina Wati binti Haji Abdul Hamid, the Deputy Dean of PAPRSB IHS and as the guest of honor, delivered a welcoming speech. This was preceded by presentations from two invited external speakers: Pg Nurizzati Pg Arifin from the Co-curricular Education Department, Ministry of Education; and Hj Rozaimienizam Hj Jainal, from the Football Association of Brunei Darussalam. They delivered talks about the risks of leading a sedentary lifestyle, the definition of a healthy lifestyle, and the benefits of physical activity and simple exercises to do at home; and recommended a range of physical activities for different age groups. During the event, the team measured the participants' knowledge of physical activity and the effectiveness of the forum using pre- and post-questionnaires as well as a Kahoot! Quiz for which prizes were given to the top 12 winners. After the forum, an aerobic exercise session took place at the Sunken Courtyard of PAPRSB IHS and was led by Afifah Alawiyyah Haji Azlan from UBD Zumba Club. There were about 28 participants, including staff and students from Universiti Brunei Darussalam (UBD), University Islam Sultan Sharif Ali (UNISSA), Kolej International Graduate Studies (KIGS), and Politeknik Brunei. Prizes were given to the two most active participants during the aerobic session.

The event's success was much attributed to the generosity and support from collaborating companies such as Dynamic Sports, Skechers, and Fathan and Co. in their contribution to sponsoring the prizes along with Instagram giveaways. Nevertheless, the team faced various challenges while organising this event including the low number of participants which could be attributed to several other events running in parallel to theirs. Despite the challenges, the students viewed the experience as beneficial as not only it had helped enhance their knowledge of physical activity but also developed their teamwork, communication, and problem-solving skills. According to the questionnaires, the event increased the awareness and understanding of the importance of regular physical activity among the participants and encouraged them to partake in regular physical activity. Overall, it was a successful event, and the team was hoping that the awareness and knowledge of the benefits of physical activity and an active lifestyle could reach out to more people as this is an important and current issue.



Left: A commemorative group photo with the Deputy Dean Associate Professor Dr. Mas Rina Wati Hj Abd Hamid, the invited speakers (Pg Nurizzati Pg Ariffin from the Ministry of Education & Hj Rozaimienizam Hj Jainal from the Football Association of Brunei Darussalam), the organising team, their supervisor Dk Dr. Nurolaini Kifli, and participants. **Right:** An aerobic session was part of the event which was led by Afifah Alawiyyah Haji Azlan, a certified zumba instructor from UBD Zumba Club.

UNIVERSITY OF DUNDEE DENTAL SCHOOL ASSOCIATE DEAN'S VISIT TO PAPRSB IHS DENTISTRY

Dr. Joe Knights (Assistant Professor)

Dr. Andrew Mason (Senior Clinical Lecturer and Associate Dean for Quality and Academic Standards), from the University of Dundee Dental School enjoyed a productive visit to Brunei from October 20-23, 2022. The University of Dundee, School of Dentistry is one of the four Partner Dental Schools (PDS) for Bachelor of Health Sciences Dentistry programme. The visit helped to strengthen the relationship between the two partner dental schools by providing Dr. Mason the opportunity to meet with dental faculty and prospective students. Dr. Mason also had the opportunity to tour dental facilities at the PAPRSB Institute of Health Sciences (IHS) and National Dental Centre, and discuss areas of the shared curriculum and assessment, as well as potential areas for further collaboration. Dr. Mason has highly praised the faculty at IHS for cultivating the diligent work ethic of the two students from IHS who are currently studying at the Dundee Dental School.

On October 20th, Dr. Mason met with IHS faculty members, including Deputy Dean (Graduate Studies and Research) Dr. Mas Rina Wati, Deputy Dean (Undergraduate Studies and Global Affairs) Prof. Kenneth Kok, and Dentistry Programme Leader Dr. Mary Cheong to discuss a range of topics relating to the two institutions. After the meeting, Dr. Mason toured the facilities at IHS, including the new dental simulation room and clinical skills labs. He also observed a Year 1 problem-based learning session, met with dental students, and gave a presentation on student life at the Dental School in Dundee and how students would integrate into the curriculum. In the afternoon, Dr. Mason delivered a seminar titled "E-Learning and Technology-Enhanced Dental Curricula," which was also recorded for future viewing by Ministry of Health dentists. On Friday, October 21st, Dr. Mason was joined by dental faculty members Dr. Joe Knights and Dr. Jagjit S. Dhaliwal for a tour of Temburong's Kuala Belalong Fields Studies Centre (KBFSC). The trip included a thrilling longboat ride through the rainforest and a canopy walk high above the rainforest. On October 22nd, Dr. Mason visited the National Dental Centre (NDC) in Berakas, where he was greeted by the Director of Dental Services Dr. Mohin Hj Momin and other key Ministry of Health personnel. Dr. Momin gave a presentation on dental services in Brunei, highlighting the work being done at the NDC and the various programs and initiatives in place to improve oral health in the country. Dr. Mason toured the facilities and spoke with various NDC staff, who shared their insights and expertise on the dental profession in Brunei. Dr. Mason met with members of Dentistry program at IHS once more to discuss aspects of the curriculum and assessment. The meeting provided an opportunity for Dr. Mason to learn more about the program and to offer his own insights and suggestions based on his experience and position at the University of Dundee, School of Dentistry. To conclude the trip, Dr. Shirley (coordinator for Global Affairs at IHS) and Dr. Jagjit joined Dr. Mason on the Brunei River mangrove tour to view Kampong Ayer and Proboscis monkeys.



Top left: Dr. Mason, Dr. Joe & Dr. Jagjit aboard a longboat on the Temburong River. **Top right:** A group photo at PAPRSB IHS which includes Dr. Mason with Deputy Deans Dr. Mas Rina Wati and Prof. Kenneth Kok, Dr. Shirley, and Programme Leader for Dentistry Dr. Mary Cheong alongside other faculty members. **Bottom left:** A group photo at the National Dental Centre with Dr. Mason, Director of Dental Services Dr. Mohin Hj Momin, and Deputy Director Dr. Maisalamah Abd Rahman. **Bottom right:** Dr. Mason touring the National Dental Centre facilities with Dr. Mohin Hj Momin.

LECTURER PRESENTED AT THE 2ND INNOSTRE CONFERENCE IN SARAWAK, MALAYSIA

Dr. Zaidah Rizidah Binti Murang (Lecturer)

Universiti Teknologi MARA (UiTM) Sarawak branch in collaboration with Anhui Medical University, China, and Universitas Jambi (UNJA), Indonesia successfully organised the 2nd International Conference on Innovative Sciences and Technologies for Research and Education (InnoSTRE 2022) on October 25th -27th. Anchored on the theme of "Probing the Societal Challenges through a Unified, Interdisciplinary Platform", this event attracted about 250 participants, 140 articles, and 60 international articles from the United Kingdom, Australia, China, Macau China, Hong Kong China, Brunei, Indonesia, and Cambodia. The inauguration ceremony was officiated by the Premier of Sarawak, The Right Honourable Datuk Patinggi Tan Sri (Dr) Abang Haji Abdul Rahman Zohari bin Tun Datuk Abang Haji Openg, with welcoming remarks by YBhg. Professor Datuk Ts. Dr. Hajah Roziah Mohd Janor Vice Chancellor, Universiti Teknologi MARA.

Four keynote lectures from distinguished professors were highlighted in this event. Professor Dr. Liang Chaozhao delivered the first keynote address entitled "Shaping of Futures in Higher Education through High-Quality International Collaboration", while the second keynote address was by Dr. Amin Malik Shah bin Abdul Majid who focused on "Polymolecular Botanical Medicine, A New Class of Therapeutic Agent that Levels the Playing Field of Drug Discovery and Development". Professor Dr. David Parera delivered the third keynote address on "Virus surveillance in Sarawak, Borneo", whereas Professor Dr. Firdaus Abdullah addressed the fourth keynote on "Fundamental Transformation of Higher Education Post-Pandemic: Is it happening?"

This conference was an opportunity for me to share my research in the field of occupational health titled "Heat Stress and Thermal Perceptions on Personal Protective Equipment (PPE) amongst Healthcare Workers during the COVID-19 Pandemic in Brunei Darussalam". As we all know, pandemics are resource-intensive and can place extraordinary pressure on any country's healthcare system. Potential adverse physical and mental effects experienced by healthcare workers (HCWs) may further stress the healthcare system as they face an increasing demand for patient care, managing logistics, and long working hours. This can be exacerbated by the stress imposed on the body due to the need to wear enhanced personal protective equipment (PPE) which is necessary to reduce the risk of disease transmission. While PPE offers protection for HCWs, it subjects the body to additional heat stress. I was able to showcase these research findings with young and experienced researchers which consisted of educators, and practitioners from government and private agencies from different countries.

Chair of the conference and the Dean of the Faculty of Business and Management (FBM), UiTM, Professor Dr. Firdaus Abdullah concluded the conference with a closing ceremony by acknowledging the effort and commitment of the conference organising committee.



Left: Distinguished guests and speakers photographed together at the conference. **Middle:** InnoSTRE 2022 promotional poster. **Right:** Dr. Zaidah was one of the presenters at the conference during which she shared her insights on the issues with heat stress experienced by healthcare workers.

LIST OF PUBLICATIONS FROM PAPRSB IHS JANUARY TO DECEMBER 2022

Names of PAPRSB IHS faculty members and previous or current students are indicated in bold (a total of 103 publications).

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