

BEYOND

APRIL TO JUNE 2023 | ISSUE 32

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



PAPRSB Institute of Health Sciences faculty members and their family and friends celebrated Hari Raya Aidilfitri by organising an Open House on the 12th of May. Vice Chancellor of UBD Dr. Hazri Haji Kifle (fourth from right) also joined in on the celebration. Photo credit: Dr. Hjh Fazean Irdyati Hj Idris.

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UBD TEAM WON PRIZE FOR REMOTE REHAB SYSTEM AT THE CROWN PRINCE CIPTA AWARD 2023

Dk Hjh Nurul Zatil Hidayah Pg Hj Suffian (MHSc in Clinical Science)



Left: His Royal Highness the Crown Prince, who is also the Patron of the CIPTA award, consented to present a consolation prize of BND500 and certificates to the UBD team. **Right:** Team from UBD (from left; Dr. Owais Ahmed Malik and Dk Hjh Nurul Zatil Hidayah Pg Hj Suffian, and far right; Dr. Hjh Asmah Hj Husaini) in a photo with Vice Chancellor of UBD Dr. Hazri Haji Kifle (third from left).

This year's Crown Prince's CIPTA (Creative, Innovative Product and Technological Advancement) Award focused on the theme of "Innovations for Sustainable Development Goals (SDGs)." The award invites visionary innovators in Brunei Darussalam and other ASEAN countries to create products that address the various elements of the SDGs that align with Brunei's national vision (Wawasan Brunei 2035). The goal is to provide integrated solutions that respond to global challenges and promote inclusiveness in society.

A team from Universiti Brunei Darussalam (UBD), led by Dr. Hjh Asmah Hj Husaini and Dk Hjh Nurul Zatil Hidayah Pg Hj Suffian from PAPRSB Institute of Health Sciences (IHS) and in collaboration with Dr. Owais Ahmed Malik, Dr. Ong Wee Hong, and Ahmad Syahmi Md Zaini from the School of Digital Science, won the 2nd Consolation Prize at CIPTA Award 2023 that was held at the International Conventional Centre (ICC) Berakas on June 8th. Their innovation was titled "BE-LIVE Remote Rehab System: the development of a scalable and low-cost home-based physical exercise and monitoring artificial intelligence (AI) system for patients with musculoskeletal conditions". Their creation provides as a healthcare solution that is based on the concept of integrating an AI system to assist physiotherapists in managing patient rehabilitation remotely from the comfort of their homes.

According to the Ministry of Health of Brunei, there is an increasing number of younger patients being affected by chronic kidney diseases, such as end-stage renal disease (ESRD), whose survival rate is relatively lower in Brunei compared to other countries in the region. Currently, there are more than 800 ESRD patients in Brunei who are undergoing dialysis and renal rehabilitation programme with the Ministry of Health.

Dk Hjh Zatil, a physiotherapist working under the Ministry of Health and is also currently a postgraduate at PAPRSB IHS, has over 10 years of experience working with ESRD patients in Brunei. She finds that many of these patients have difficulty continuing their rehabilitation in the hospitals due to fatigue from attending regular dialysis sessions which can occur up to 3 times a week. ESRD patients may also have transport issues making them unable to attend their rehabilitation sessions consistently. Additionally, there is currently limited manpower available for physiotherapy services in Brunei while the demand for them is growing. This mismatch poses a challenge to healthcare in providing consistent follow-up care for patients. Consequently, this reduces patient health quality and their independence, and they may become more prone to falls, especially for elderly patients and those with chronic illnesses including ESRD. When this happens, patients may need to be re-admitted to the hospital for further medical intervention, monitoring, and rehabilitation. This not only puts a strain on healthcare facilities but also increases costs.

To address this issue, the UBD team aimed to create a remote rehabilitation system that is accessible for patients to do their rehabilitation from home. This will help reduce the number of hospital visits for patients and the risk of hospital re-admission, thereby reducing overall healthcare costs. With the help of AI, this remote rehabilitation system will send reminders, track progress, and reward patients to motivate them to do their rehabilitation exercises at home. To ensure a prompt follow-up, this system can also detect any possible issues encountered by the patients, and notify their physiotherapists for phone or video consultations.

BRU-CARES PROMOTED KNOWLEDGE OF COLORECTAL CANCER AND ITS SCREENING PROGRAMME TO THE COMMUNITY

Alya Syahirah Hj Md Ali, Amirah Hj Ghazali, Kong Cheng Peh @ Sabrina Binti Kong, Mohammad Khilfi Abu Bakar, Noor Ainah Gulzar Ahmad, Nurizzqah Bungsu & Syazana Suhaili (BHSc Medicine, Year 3 Cohort 16)

Bru-CARES (Brunei Colorectal Cancer Awareness and Risk Education for Screening) was a community project initiative undertaken by seven third-year BHSc Medicine students from Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health Sciences (PAPRSB IHS) under their SSM3 programme module. In collaboration with the Non-Communicable Disease (NCD) Prevention Unit of the Ministry of Health (MOH), and the Pantai Jerudong Specialist Centre (PJSC), this project was conceived in light of the current cancer statistics in Brunei whereby colorectal cancer (CRC) accounts for most reported cases. The goal of this project was to raise awareness of colorectal cancer, the preventive measures, and the screening programme offered in Brunei. This was achieved mainly via educating the general public about the signs and symptoms of precancerous colorectal polyps and CRC, the risk factors and preventative measures, the available screening methods, and current treatment options. The project also encouraged proactive screening of CRC, and highlighted the importance of early screening and detection.

Throughout August and early September of 2022, the Bru-CARES team organised various activities at Pantai Jerudong Specialist Centre (PJSC), The Mall, Politeknik Lumut, BandarKuCeria, Pusat Kegiatan Warga Emas Tutong, Universiti Islam Sultan Sharif Ali, and UBD, to reach a wide range of audience. The activities included exhibition booths, small talks, a seminar, and a game challenge called Play4CARES to educate participants in various ways. The exhibition booths consisted of multiple mini-quizzes all based on strengthening knowledge with regards to all aspects of colorectal cancer. Participants were awarded exciting prizes provided by generous sponsors including The Body Shop, K Seri Pharma, JPMC, Kupipiks, Yayasan Sultan Haji Hassanal Bolkiah, and Bank Islam Brunei Darussalam. SayCheese and DPICBOXBN also provided photo booths for the event. During the exhibitions, CRC screening registration forms were given out to interested participants. At PAPRSB IHS, a seminar was held on the 31st of August which saw expert panellists, Dr. Erkin Erdal (Senior Assistant Professor, UBD), Dr. Chong Vui Heng (Consultant Gastroenterologist and Hepatologist, RIPAS Hospital), Dr. Hashmet Parveen (Specialist General Practitioner, JPMC), Dr. Ong Sok King (Consultant & Head of NCD Prevention Unit, MOH) and Dr. Raden Mas Jeffri Raden Mas Ismail (Consultant Medical Oncologist, the Brunei Cancer Centre) to discuss colorectal cancer and address questions from participants. Running in parallel was the Play4CARES Challenge which invited participants to play an interactive murder mystery detective game that required participants to solve a Sherlock Holmes case while learning about CRC. To assess the effectiveness of this project in achieving its goals, participants' knowledge and attitude towards CRC were evaluated by the Bru-CARES team by conducting pre-and post-intervention surveys. The Bru-CARES team has garnered valuable medical and non-medical knowledge by running the campaign. They learned about the national screening programme and enhanced their understanding of the basic health sciences regarding CRC. With this knowledge, the team was well-equipped to help tackle public concerns and misconceptions about CRC. Additionally, it taught the team about the complex nature of the community and their understanding of CRC and its screening due to the diverse demography and medical backgrounds. Finally, the project provided a direct involvement with the community, which further developed the team's interest in public health.



Top photos: the Bru-CARES team in a commemorative photo with YB Dato Seri Setia Dr. Hj Md Isham Hj Jaafar and Datin Noraslinah and showcased their project via exhibition booth at PJSC (top) and the Mall (bottom). **Bottom photos:** the team held a seminar that gathered a group of experts in Brunei to discuss colorectal cancer and its screening and treatments in Brunei (left). The team quizzed participants on colorectal cancer via a Sherlock Holmes detective game (right).

PHARMACY STUDENTS ADVOCATED HEALTHY SLEEP AMONG ADOLESCENTS

Aai'naa Zayany Binti Hairul Idzany, Qlaementine Ng Xue Qin, Nurizzati Binti Sudarmaji & Ummul Fathima Shaik Mohamed Sayed (BHSc Pharmacy, Year 3 Cohort 5)

Sleep is one of the most crucial daily routines that cannot be neglected, especially for teenagers who are prone to skipping sleep for their studies. In order to promote the importance of sleep and healthy sleep hygiene, a promotional event was organised at St. George's School on 12th October 2022, targeting Year 10 secondary school students as the audience. This event was organised by a group of four pharmacy students – Aai'naa Zayany Binti Hairul Idzany, Qlaementine Ng Xue Qin, Nurizzati Binti Sudarmaji, and Ummul Fathima Shaik Mohamed Sayed-- as part of their module HP- 4252 (Professional Development & Our Community 3). This promotional activity was both self-funded and sponsored by Socks Publika, Nawana, and FS Apothecary.

The one-day event was to assess the students of their understanding of the importance of healthy sleeping in general health, to promote the importance of sleep hygiene, and encourage them to implement proper sleep hygiene techniques in their daily life, to improve their communication and teamwork skills through the designated activities, and to add on their knowledge of healthy sleep cycle. During the promotional event, the team provided a presentation to discuss the fundamentals of good sleeping practices. The audience was given brainstorming and presentation activities to help their audience understand the subject more effectively. These activities trained their skills to work in a team, to think critically, and to speak in front of a large audience. To measure their understanding of the topic, a survey consisting of simple questions regarding sleeping habits was provided by the team.



Left photo: Commemorative photo of "Promotion of Healthy Sleep Among Adolescents" team with teachers and Year 10 students from St. George's School. **Right photo:** Year 10 students of St. George's School participating in brainstorming activities relating to healthy sleeping habits.

The team put a high amount of effort and consideration into each step of the organisation of the event – in the details proposals, the request for approval from the Ministry of Home Affairs for sponsorship purposes, the negotiations and discussions with sponsors, collaborators, and representatives from St. George's School, and the recruitment of volunteers, as well as the event report. The team also considered all potential risks in organising this event by presenting a risk assessment form to the Occupational Safety, Health, and Environment. Throughout the organising process, the team faced multiple challenges that provided valuable lessons. One important lesson was learning to operate effectively under pressure given the limited time and resources that required the team to be decisive and to adapt quickly. Additionally, this experience highlighted the importance of effective communication and building connections with sponsors and the public to ensure a successful event. Moreover, the team learned the significance of teamwork and collaboration by sharing their responsibilities and leveraging each other's strengths. Finally, the constraints faced pushed the team to be more innovative and creative in finding solutions. These challenges helped the team to explore new approaches, which enhanced the overall experience.

Overall, the event was successful and the secondary school students portrayed positive responses and attitudes towards the promotional event. The survey had also shown that the students were able to grasp the knowledge of the effects of lack of sleep in their daily routine and the potential causes that may lead to unhealthy sleep hygiene.

DENTISTRY STUDENTS LAUNCHED 'BYE BYE BAD BREATH' COMMUNITY PROJECT

Onn Hui Yi, Joanne Nyau Shyh Torng, Lim Meng Ern, Gavin Goh Tze Wen & Muhammad Hazim bin Haji Hazilan.
(BHSc Dentistry, Year 3 Cohort 4)

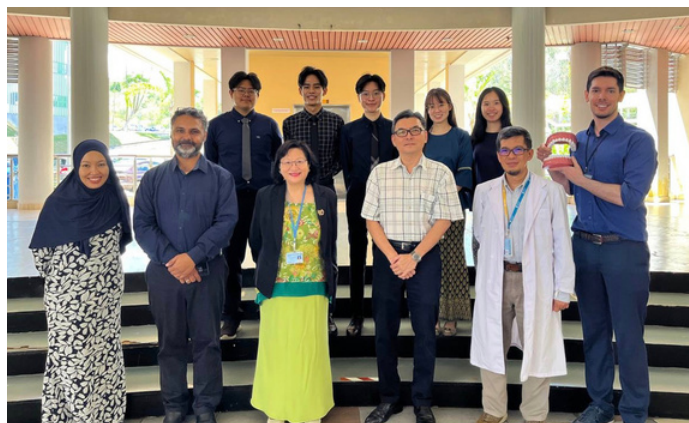
"Bye Bye Bad Breath" was a community project organised by five third-year dentistry students – Onn Hui Yi, Joanne Nyau Shyh Torng, Lim Meng Ern, Gavin Goh Tze Wen, and Muhammad Hazim bin Haji Hazilan. The campaign aimed to raise awareness about halitosis (bad breath) and its management as part of their third year Special Study Module (SSM3). The group was supervised by academic members of the PAPRSB Institute of Health Sciences, Dr. Joe Knights, Dr. Jagjit Singh Dhaliwal, and Dr. Haji Amirul Rizan bin Haji Mohammed from the Ministry of Health.

As part of the "Bad Breath Awareness Campaign" (BBAC), the team utilised various platforms such as Instagram, TikTok, and radio segments on PilihanFM to raise awareness about halitosis. They also conducted school visits and exhibitions at several institutions, including Maktab Sains Paduka Seri Begawan Sultan, Maktab Duli Pengiran Muda Al-Muhtadee Billah, Pusat Tingkatan Enam Tutong, Pusat Tingkatan Enam Belait, and Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health Sciences, Universiti Brunei Darussalam. During these visits, an educational presentation was conducted, followed by interactive activities such as Tooth-In-The-Hole and Extract-And-Answer, to reinforce the students' knowledge of halitosis and proper oral hygiene techniques.

The team was also invited to organise a booth at the World First Aid Day Celebration hosted by Bank Islam Brunei Darussalam and the Brunei Darussalam Red Crescent Society. Attendees were briefed on the causes, effects, and management of bad breath, and the team gifted merchandise items to the Minister of Health, Dato Seri Setia Dr. Haji Mohd Isham bin Haji Jaafar, during the event.

In addition, the team made charity donations of toothbrushes and toothpaste to two special needs institutions, namely Pusat KACA Pengiran Isteri Hajjah Mariam Persatuan Kanak-Kanak Cacat (KACA) and Society for Management of Autism Related Issues in Training, Education, and Resources (SMARTER). They also set up an educational booth during Bandarku Ceria held at the capital to further spread awareness.

The project was well-received by the public, as evident from the pre-and post-questionnaires, social media responses, and interactive activities carried out. As the campaign concluded, the team hoped that the information disseminated would be beneficial and provide positive impacts on people's lifestyles.



Left photo: A group photo following the completion of the project with Dr. Jacqueline Kamaluddin, Dr. Jagjit Singh Dhaliwal, Dr. Mary Cheong, Dr. Kenneth Kok (PAPRSB IHS Deputy Dean of Undergraduate Studies and Global Affairs), Dr. Solachuddin Ichwan, and Dr. Joe Knights. **Right photo:** Project members posing for a photo with the Minister of Health, Dato Seri Setia Dr. Haji Mohd Isham bin Haji Jaafar, during one of the promotional events.

ONTHESCENCE - SAVING LIVES THROUGH BASIC LIFE SUPPORT AND FIRST AID SKILLS

Dyg Norizzatul Syakirah Binti Awg Suhaimi, Ryan Lim Ming Shun, Mohammed Thufail, Jannathul Firdaus, Lu Yi Xuan, Muhammad Ayyub Bin Hj Hussin & Lim Heng Li @ Henry Lim (BHSc Medicine, Year 3 Cohort 16)

In a world where emergencies can strike at any moment, being equipped with the knowledge and skills to act swiftly can mean the difference between life and death. Recognising this critical need, a dedicated team of third-year medical students from Pengiran Anak Puteri Rashidah Sa'adatol Bolkih Institute of Health Sciences (PAPRSB IHS) took it upon themselves to create On The Scene – a community project aimed at promoting a more secure environment by sharing with the public essential skills required in emergencies. In preparation for the delivery of teaching sessions on Basic Life Support (BLS) and First Aid (FA) skills to the community, the team members of On The Scene, comprising Dyg Norizzatul Syakirah binti Awg Suhaimi, Ryan Lim Ming Shun, Mohammed Thufail, Jannathul Firdaus, Lu Yi Xuan, Muhammad Ayyub bin Haji Hussin, and Lim Heng Li @ Henry Lim underwent an AHA-accredited BLS and FA certification. They further fortified their skills on the matter by taking up roles as first aiders for various events and assisting AHA-certified instructors in their CPR sessions.

Their primary target population is UBD staff and students, with additional sessions at Maktab Sains and Bandarku Ceria, where the team had the opportunity to interact with people from diverse backgrounds, including university staff and students, Pra-U students, and the general public. These sessions included interactive CPR and FA sessions using simulated objects such as choking vests to realistically demonstrate the effectiveness of abdominal thrusts in relieving choking casualties. The sessions also incorporated a good sense of teamwork as participants were required to practice pressure bandaging and splinting techniques with one another. Ambitiously, the On The Scene team also organised CPR sessions and FA booths for the public during Bandarku Ceria events. These sessions were devised to attract members of the public by incorporating enticing FA-related games and activities suitable for all ages and backgrounds. The team was also grateful for the opportunity to conduct these activities in conjunction with Gleneagles Jerudong Park Medical Centre's commemoration of World Heart Day on 2nd October 2022 at Bandarku Ceria. This complemented the Ministry of Health's goal of raising awareness regarding cardiovascular diseases which constitute a significant risk factor for cardiac arrest. This event was also attended and acknowledged by the Minister of Health, Yang Berhormat Dato Seri Setia Dr. Haji Mohammad Isham bin Haji Jaafar, who encouraged the public to learn and spread the importance of CPR as it is not only valuable to the individual but also their loved ones.

Overall, the project was deemed a success as the team had measured participants' knowledge and confidence scores pre and post-sessions and reported a significant improvement. Furthermore, the team also made substantial proceeds from their merchandise sales. These proceeds amounting to BND\$1000 were channeled to the HEART organisation, a non-profit non-government organisation aimed at helping those in need. Through this experience, the members garnered additional knowledge and gained confidence in their BLS and FA skills through discussions, repetitive practice, and constructive feedback from supervisors. Additionally, On The Scene improved its teamwork and management skills, and honed its presentation and communication skills through the many challenges faced throughout the organisation of the project.



On The Scene team was at Bandarku Ceria showcasing their information on the importance and techniques of BLS and FA on the 2nd of October. Their booth was graced by the Minister of Health, Yang Berhormat Dato Seri Setia Dr. Haji Mohammad Isham bin Haji Jaafar, who participated in a CPR demonstration and showed his appreciation for the team's effort. The team took a commemorative photo with the minister during the event (middle photo).

THIRD-YEAR MEDICAL STUDENTS PROMOTED HEALTHIER SCREEN TIME HABITS AT SIXTH-FORM SCHOOLS

Aeryza Sufiri, Naila Nabihah Sahari, Wong Tze Yoong & Allen Stuart, Chua Siew Hoon, On Jing Wei, Nurin Jazmina Muhammad Syafiq, Nurul Farzana Binti Dr Sharul Tazrajiman (BHSc Medicine, Year 3 Cohort 16)

Excessive screen time has become an ever-increasing issue, especially in adolescents and children, due to the convenience of leisure and learning-related online activities. 'Revitalise' is a community initiative led by seven third-year medical students from PAPRSB Institute of Health Sciences in collaboration with the Health Promotion Centre of the Ministry of Health, aimed at promoting awareness regarding excessive screen time and improper usage of media devices and its consequence on adolescent health. To achieve this objective, the team organised school visits at various sixth-form centres including Pusat Tingkatan Enam Tutong (PTET), Pusat Tingkatan Enam Meragang (PTM), Pusat Tingkatan Enam Belait (PTB), Pusat Tingkatan Enam Sengkurong (PTES), Maktab Duli (MDPMAMB), and Maktab Sains (PSBS).

During these school visits, exhibitions, mini-talks, and interactive games were set up within the school compound in the morning. The Revitalise team taught these sixth-form students how to better manage their screen usage, identify and prevent the development of sedentary lifestyles, and ways to incorporate better ergonomics when using electronic devices. Students were also given the opportunity to reflect on how excessive screen time may have impacted their mental health as well as how they may be able to incorporate screen-free self-care routines into their everyday life. Attendance at the booths gave the audience a chance to win vouchers sponsored by Fitness Zone, Liao Liao, Pinklab, Cuckoo, and Ideal at the game booth.

In the afternoon, a Kahoot-integrated educational talk was held. This talk emphasised the consequences of excessive screen time on health and was conducted by the Revitalise team and medical experts who either joined in person or via pre-recorded lectures. These medical experts included Dr. Hj Azimuddin Azim Siraj (Consultant Ophthalmologist), Dr. Ketan Pande (Consultant Orthopaedic Surgeon), Dr. Sohail Manzoor Abbasi (Ear, Nose & Throat (ENT) Specialist), and Dr. Abang Bennett (Consultant Psychiatrist). Participating students stood a chance to win multiple prizes sponsored by Netcom.

Overall, the event was a worthwhile experience for the Revitalise team as there was positive reception from students who showed great interest in learning from the team and the medical experts. For the Revitalise team, it was a great opportunity to learn from the HPC and the medical experts, and to collaborate with them in raising awareness of the issue. Furthermore, team members acquired invaluable skills such as leadership qualities, communication skills and negotiation skills, and teamwork by organising these school visits. These are characteristics that are important in a competent member of the healthcare system.



Top left: Dr. Ketan Pande (Consultant Orthopaedic Surgeon) delivering his talk on ergonomics at a sixth-form school. **Top middle and right:** sixth-form students attending the Ergonomics and Screen Time booths, respectively. **Bottom left:** a student winning the Kahoot quiz received a gift from the team's supervisor Dr. Norhayati (from the Health Promotion Centre). **Bottom middle:** the Revitalise team (front row) in a group photo with PTET students. **Bottom right:** PTET students listening to the talk by the Revitalise team.

'STAIRWAY TO HEALTH' HIGHLIGHTED BENEFITS OF PHYSICAL ACTIVITY TO THE COMMUNITY

Jasmin Kong Pei Ting, Johanna Sophia Anak Stanley, Hasya Basiirah binti Massuni, and Nina Natasya Phua (BHSc Pharmacy, Year 3 Cohort 5)

A group of Year 3 BHSc Pharmacy students consisting of Jasmin Kong Pei Ting, Johanna Sophia Anak Stanley, Hasya Basiirah binti Massuni, and Nina Natasya Phua organised a community project titled "Stairway to Health: Promoting Physical Activity". This project was introduced as part of their 3rd-year pharmacy module under the supervision of Dr. Nurolaini Kifli, and in conjunction with World Pharmacists Day which was celebrated on 29th September 2022 with the theme "Pharmacy United in Action for a Healthier World." Physical activity plays an important role in maintaining health and preventing disease. Thus, this project aimed to increase physical activity awareness and encourage exercise to improve health and well-being among university students and the general public. The team created and shared engaging content, including videos and graphics, on general information about physical activity via their Instagram account (@stairwaytohealth.bn).

They also organised a forum on 12th October 2022 at PAPRSB Institute of Health Sciences (IHS). The forum was graced by Associate Professor Dr. Hajah Mas Rina Wati binti Haji Abdul Hamid, the deputy dean of PAPRSB IHS as the guest of honor, who delivered a welcoming speech. It was also joined by external speakers; Pg Nurizzati Pg Arifin (Co-curricular Education Department, the Ministry of Education), and Hj Rozaimienizam Hj Jainal (Football Association of Brunei Darussalam). They spoke about the risks of a sedentary lifestyle, and the definition of a healthy lifestyle, and discussed the benefits of physical activity. They also recommended simple exercises to do at home and demonstrated various physical activities that cater to different age groups. At the end of the forum session, the team invited Afifah Alawiyyah Haji Azlan from UBD Zumba Club to lead an aerobic exercise session which took place at the Sunken Courtyard of PAPRSB IHS and joined by 28 participants which included staff and students from Universiti Brunei Darussalam, Universiti Islam Sultan Sharif Ali, Kolej International Graduate Studies, and Politeknik Brunei. The two most active participants were awarded prizes during the aerobic session.

The team assessed the knowledge of the audience regarding physical activity and the effectiveness of the forum in delivering the team's objectives by using pre- and post-questionnaires and a Kahoot quiz which gave out prizes to 12 winners. According to the questionnaires, the event organised by the team successfully improved the awareness and understanding of the importance of regular physical activities among the audience and encouraged them to partake in regular physical activities. The team attributed this success to the generosity and support from collaborating companies including Dynamic Sports, Skechers, and Fathan and Co. in their sponsorship of prizes and the team's Instagram giveaways. In terms of organisation of the project which took about 4 months, the team learned a lot from the experience of booking venues, advertising the project, designing posters, and connecting with potential sponsors. The team also faced various challenges including a low number of participants due to a clash with parallel events. Nevertheless, the team appreciated the experience and lessons as they helped enhance the team's knowledge of physical activity and strengthened their teamwork, communication, and problem-solving skills. Overall, it was a successful event, and the team hoped that the awareness and knowledge of the benefits of physical activity and an active lifestyle would reach out to more people as this is an important and a growing issue in the community.



Left photo: the Stairway to Health team took a group photo with the forum's guest of honour Associate Professor Dr. Hjh Mas Rina Wati Hj Abd Hamid (Deputy Dean of PAPRSB IHS), the two external speakers Pg Nurizzati Pg Arifin and Hj Rozaimienizam Hj Jainal, and the participants. **Right photo:** the team also organised an aerobic activity session for the participants after the forum which was led by Afifah Alawiyyah Haji Azlan.

WONDER KIDS TEAM RAISED AWARENESS OF CEREBRAL PALSY IN BRUNEI

Joan Lim Zhee Ying, Anabelle Lee Xing Yee, Kong Zhin May, Nur Amal Aqilah Binti Brahim, Dk Siti Farah Imanina Bt Pg Dr. Haji Mohamad Khairul Asmiee & Nur Fateenah Chin Binti Mohammad Mu'inuddin Chin (BHSc Medicine, Year 3 Cohort 16)

Wonder Kids was an SSM3 community project led by a team of six third-year UBD medical students. The project aimed to empower the cerebral palsy (CP) community by increasing the integration between the CP community and the general population through sharing the experiences of individuals with CP and educating the public regarding the condition to promote overall inclusivity. Major sponsors of this project included YKM Trading Company, Pantai Jerudong Specialist Centre (PJSC), and Perbadanan Tabung Amanah Islam Brunei (TAIB) Bank.



Over a few months, the Wonder Kids team organised various community-engaging activities, including workshops and informative talks catered for CP individuals and their caregivers, a public exhibition on CP, and a Zoom forum. The team also created an informative Instagram page (@wonderkids.bn) and filmed an awareness video about CP. One highlight of the project was the opportunity to shadow physiotherapists at the Child Development Centre (CDC) and Pusat Ehsan. Here, the Wonder Kids team learned about the personalised treatment plans for CP children and the importance of multidisciplinary care and observed their unique experiences and needs. Additionally, the “Wonder Kids Workshop” that was held at CDC and Pusat Ehsan, introduced the team to generous volunteers and provided them the opportunity to interact with the CP children of Brunei. This was a really meaningful experience for the team. The parents of these children also gathered and attended informative talks conducted by professionals such as “Dealing with Caregiver Burnout” and shared their experiences, both of which they found to be very valuable.

To conclude the project, Wonder Kids hosted a “Cerebral Palsy Awareness Funday and Exhibition” at CDC and invited CP families, the public, and members of the Ministry of Health (MOH). Tuan Haji Maswadi bin Haji Mohsin, the Deputy Permanent Secretary of the MOH, was invited as the Guest of Honour at the event. On this day, the team showcased their CP awareness video, information booths, and flyers. They also hosted interactive games for the public and sold their very own merchandise. Local vendors were also invited to attract crowds and raise funds for donations. This event drew considerable attention from the public and several news outlets such as Radio Televisyen Brunei, Borneo Bulletin, and Media Permata. At the end of the project, all funds raised were donated to both CDC and Pusat Ehsan. The team also donated physiotherapy equipment and essential items such as powdered milk and diapers to families in need.

One of the team members remarked: “It is undoubtedly an informative and humbling experience for the team to work with CP individuals, caregivers, and professionals in making the project a success. We believe that the execution of the project will be a stepping stone for not just individuals with CP individuals and caregivers but also for individuals with special needs to get their voices heard by the public. We hope that this project has inspired the public, especially the youths to step up and be the medium for these CP individuals, as creating an inclusive community is everyone’s responsibility.”



Left photo: the Wonder Kids team presenting their exhibitions to the Deputy Permanent Secretary at the Ministry of Health during the Cerebral Palsy Awareness Funday and Exhibition event at the Child Development Centre (CDC). **Right photo:** the Wonder Kids team in a group photo with staff members of UBD and CDC.

STUDENTS ADDRESSING THE SAFETY OF STEROIDS FOR GYM USERS

Izni Syahirah Binti Zailani, Mumtazah Laila Safira Binti Zulfa Erison, Siti Raudhah Noor Shifa e Putri Binti Mohidin & Awg Md Hisyamuddin Bin Awg Jihadi (BHSc Pharmacy, Year 3 Cohort 5)



Top photos: A group of pharmacy students organised a "I Want Big Muscle: The Safe Use and Abuse of Bodybuilding Products" in October 2022 which showcases a line of expert panelists. **Bottom photos:** Audience of the forum learning from the discussion about use of steroids use and its associated risk and stood a chance of winning prizes sponsored by Coffee Bean & Tea Leaf and BessThaiFood Restaurant.

The misuse of anabolic-androgenic steroids (AAS) without medical supervision has become a serious global health problem. However, many gym-goers and bodybuilders in Brunei Darussalam lack the knowledge and awareness about the risks associated with the misuse of these steroids. To address this issue, a group of third-year pharmacy students from UBD organised a forum called "I Want Big Muscles: The Safe Use and Abuse of Bodybuilding Products" on 5th of October 2022 at PAPRSB Institute of Health Sciences (IHS) as part of their HP-4252 Pharmacy Professional Development and Our Community 3 module under the supervision of Dr. Nurolaini Kifli, Dr. Long Chiau Ming, and Dr. Deeni Idris. The forum aimed to raise awareness about the dangers of anabolic steroid misuse and promote safe and proper bodybuilding practices. The forum aimed to provide participants with helpful and engaging information about the risks of anabolic steroid misuse and possible solutions and to answer any questions participants might have about anabolic steroids.

In preparation for the forum, the students conducted a thorough research on anabolic steroids, their misuse, associated health risks, and safe bodybuilding practices. They gathered information from reliable sources, scientific literature, and guidance from their supervisors to ensure accurate and up-to-date knowledge. Seeking financial and logistical support, the students approached various organisations related to sports, nutrition, and health, such as Dynamic Sports Brunei, Beastmode Nutrition Brunei, Zalico Enterprise, Superwater Marketing Sdn Bhd, Fitnesszone Health Club, Fuel'd Restaurant and Catering, BessThaiFood restaurant, and the Brunei Darussalam Anti-Doping Committees (BDADC), explaining the purpose of the forum and requesting sponsorship. To promote the forum, the team created posters and graphics for social media, highlighting the key topics, panelists, and the importance of attending the event. They also set up an online registration system to manage participant sign-ups. The forum featured esteemed panelists, including Dr. Essam Shaaban, a specialist in Sports Science from the Ministry of Youth, Culture, and Sports; Dr. Shahrima Sharbini, a lecturer in public health from IHS; and Mr. Raymond Chin, a certified fitness coach from The Obs-Session. The panel discussion was skillfully moderated by Dr. Deeni Idris. Additionally, Professor Kenneth Kok attended the forum as a guest of honor, providing his expertise to the event.

The impact of the forum was assessed through pre- and post-event questionnaires, which measured participants' knowledge and understanding of anabolic steroids before and after the forum. Overall, there was a significant increase in participants' knowledge about anabolic steroids and how to safely use bodybuilding products. By analysing the questionnaire results and participant feedback, the students were able to determine the effectiveness of the forum and areas for improvement. This outcome demonstrates the forum's effectiveness in enhancing participants' understanding and awareness of anabolic steroid use.

'TOOTH WEAR BE AWARE!' SAYS THE TOOTH WEAR AWARENESS CAMPAIGN

Ak Aiman Danial bin Pg Jamra Weira, Ak Md Hafiz Izzuddin bin Pg Zunaidi, Sorfina Natasya binti Yakub & Ahmad Hamizan bin Muhammad Azian (BHSc Dentistry, Year 3 Cohort 4)

In late 2022, the 'Tooth Wear Awareness Campaign' was actively raising awareness of the causes and detrimental effects of tooth wear. The project was led by four third-year dental students consisting of Ak Aiman Danial bin Pg Jamra Weira, Ak Md Hafiz Izzuddin bin Pg Zunaidi, Sorfina Natasya binti Yakub, and Ahmad Hamizan bin Muhammad Azian. The group received guidance from supervisors namely Dr. Solachudin Jauhari Arief Ichwan and Dr. Mary Cheong Poh Hua from PAPRSB Institute of Health Sciences (IHS), and Dr. Maisalamah binti Haji Taha who is a Prosthodontist working for the Ministry of Health. In addition to increasing the knowledge of tooth wear in Brunei, the team also aimed to inform their audience of things they can do that can help reduce the occurrence of tooth wear.

As the campaign was targeted at adolescents and the public, several strategies were implemented to reach a wide audience. Adolescents were the main focus as they have high exposure to erosive dietary agents such as carbonated drinks and fruit juices. Additionally, as tooth wear becomes significantly prevalent with age, focusing on adolescents might help reduce the chance of developing tooth wear later in life. The team targeted students of various sixth-form schools in Belait (Pusat Tingkatan Enam Belait), Tutong (Pusat Tingkatan Enam Tutong), and Brunei Muara (Pusat Tingkatan Enam Sengkuring). At these schools, the team conducted talks and prepared interactive booths and games for students and teachers. The team also approached the public by setting up exhibition booths at Bandarku Ceria in August and BIBD World First Aid Day event in September at Bandar Seri Begawan. Moreover, The Tooth Wear Awareness Campaign also received a special invitation from P.T.A.S Group to deliver a talk about tooth wear.

An online presence also became an integral component of the awareness campaign where knowledge of the topic was distributed, and multiple activities were conducted on their Instagram page (@toothwear.bn). One of the activities was online quizzes for a chance to win vouchers from our sponsor, Burger King. Another public event that the team organised was a charity virtual run in partnership with FS Create Company and supported by Premier Dental and Orthodontic Centre, where hundreds of participants joined the charity virtual run. Profits from this event were donated to the Child Development Centre (CDC).



The Tooth Wear Awareness Campaign team set up exhibitions at Bandar Seri Begawan (**top left**) and conducted talks at sixth-form centres across Brunei (**top right**) and at P.T.A.S Group (**bottom left**) about tooth wear. Profits from their campaign was donated to the Child Development Centre during their Raya celebration event.

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



Two PAPRSB IHS faculty members – Suzi Katharine Ali Hassan (administrative staff, left) and Dr. Deeni Rudita Idris (Assistant Professor in Nursing, far right) – were awarded the UBD Administrative and Teaching Excellence Awards 2022, respectively, on the 8th of June. The faculty is thankful for their dedication and contribution to their fields and the faculty. Congratulations!



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