

BEYOND

JANUARY TO MARCH 2024 | ISSUE 35

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



Third-year students from Cohort 5 of BHSc Dentistry programme began their semester at the newly built Dental Simulation Centre which is located at PAPRSB Institute of Health Sciences. Photo credit: Dr. Solachuddin Jauhari Arief Ichwan.

INSIDE THIS ISSUE:



Wise & Well encouraged a healthy ageing society and organised the TEGAS walkathon - 2

‘Hear With Us’ team empowered communities through ear care, hearing loss prevention, and sign language education - 3

Bridging awareness: PerMATA's initiative to combat visual impairment - 4

Pharmacy students led a mental health awareness campaign via InnerPeace community project - 5

Dentistry students advocated for mouth breathing awareness and donated to YASKA - 6

Infinity & Beyond: A successful autism awareness project - 7

Pharmacy students raised awareness of eye health in digital age - 8

A campaign to promote public awareness of periodontal disease launched - 9

Healthy Futures, Happy Kids: Pharmacy students raising awareness and taking action against child obesity - 10

Let's BRAVE: Empowering Bruneian youth against vaping and e-cigarettes - 11

WISE & WELL ENCOURAGED A HEALTHY AGEING SOCIETY & ORGANISED THE TEGAS WALKATHON

Ak Hj Md Syazwi Saifuddin bin Pg Hj Nasaruddin, Md Waldan Hamizan bin Yakub, Hj Md Adib Wajdi bin Hj Asrul Azmi, Md Hazman bin Awang Josli, Dk Ummi Nur Maizan Qistina binti Pengiran Zulkifli, Alya Batrisyia binti Abdullah & Shasha Aniisa binti Morshidi (BHSc Medicine, Cohort 17)

The rate of ageing is one of the fastest in Brunei Darussalam, with statistics from the United Nations showing an increase of 28.7% within the elderly population by the year 2050. Normal ageing is usually accompanied by a decrease in strength and is a risk factor for numerous conditions, including falls and neurodegenerative conditions such as Alzheimer's disease. However, studies have shown that healthy ageing can be achieved with physical and cognitive exercise, as well as proper nutrition. This was acknowledged by a team of third-year medical students, leading to the formation of Wise & Well: Towards Energising and Guiding the Aged Society (TEGAS) – a community project aimed to enhance the physical, cognitive, and social welfare of the elderly community in Brunei Darussalam through cognitive stimulation and strengthening and balancing exercises.

The team worked directly with the elderly community in Brunei to help them carry out physical and cognitive exercises. For this, the team partnered with the Health Promotion Centre (HPC) and the elderly community through the Pusat Kegiatan Warga Emas (PKWE) in Lambak Kanan, Tutong, and Belait in August. The sessions began with a brief presentation on dementia, healthy ageing, and proper dieting. A light Zumba session followed which movements were tailored specifically for the elderly. After this, the main session commenced involving four stations; 1) Pattern recognition and a reaction time test, 2) Memorising and matching photo cards, 3) a Dementia screening test using RUDAS, and 4) Nintendo Switch Sports. These activities successfully targeted both the physical and cognitive health of the elderly and concluded with a healthy lunch provided by the HPC and a prize-giving ceremony for the elderly. The team continued to set up numerous roadshows and booths to raise awareness among the public regarding healthy ageing at different venues, including UBD and IBTE, as well as during EDPMMO sessions at International Convention Centre and the Public Works Department Headquarters. The booths showcased a video of sessions at PKWE, posters on healthy habits, Nintendo Switch sports and Human Benchmark games, and pamphlets about PKWE and healthy ageing. Social media posts on TikTok and Instagram were also made to further raise awareness.

The project ended with the TEGAS Walkathon which the team organised on the 1st October 2023. This nationwide walkathon was successfully held at Taman Mahkota Jubli Emas, in conjunction with the International Day for the Elderly. It was designed to encourage senior citizens to exercise and to showcase to the public the capability of our elderly citizens. This program was in collaboration with the Community Development Department (JAPEM) under the Ministry of Culture, Youth and Sports (MCYS), alongside volunteers from KUPU SB. Present as the guest of honor to inaugurate the program is Yang Berhormat Dato Seri Setia Haji Awang Nazmi, Minister of MCYS. The route was 1.4km long, with over 300 participants from the elderly and the general public. Multiple educational booths and vendors were also set up.

The walkathon ended with a lucky draw prepared by the team themselves. The Wise & Well team was proud to have successfully achieved the objectives of their project and to also received an overwhelming response from the elderly and public. Through this community project, the team gained invaluable knowledge and experience throughout the journey, and greatly improved their teamwork, networking, and communication skills.



Top left: YB the Minister of Culture Youth and Sports, the chairperson of NGO Pertubuhan Wargamas and the head of PKWE Tutong joined the TEGAS Walkathon. **Top right:** Educational booth at the 'Dementia Roadshow Series' held by Demensia Brunei at ICC Berakas. **Bottom photos:** PKWE Tutong members participated in Zumba session (left) and Nintendo Switch Sports (right).

'HEAR WITH US' TEAM EMPOWERED COMMUNITIES THROUGH EAR CARE, HEARING LOSS PREVENTION, AND SIGN LANGUAGE EDUCATION

Siti Nuramalina binti Muhammad Sahbirin, Muhammad Durrani Aiman bin Mat Darus, Fatimah Az-Zahraa @ Nur Farhanah bte Haji Md. Yakub, Adibah Safwani binti Rahim, Hajah Nur Aqilah binti Haji Karim & Bazlaa binti Zanuidi (BHSc Medicine, Cohort 17)

With the surge in popularity of headphone usage among the youth, it comes as no surprise that hearing issues are reaching unprecedented levels. Recognising the potential harm caused by poor listening habits, a dedicated group – Hear With Us – comprised of third-year medical students has taken the initiative to address this concern. Their mission is two-fold: to shed light on the importance of proper ear care and hygiene, and to bridge communication barriers for hard-of-hearing individuals. In collaboration with non-government organisations including the Persatuan Orang Kurang Pendengaran Kebangsaan (OKP) and Jari-JariKu (JJK), Hear With Us aimed to spread awareness of ear care, inform of ways of preventing hearing loss, and educate the public of the sign language.

The team was supervised by an Ear, Nose, and Throat (ENT) specialist Pg Dr. Hajah Norsuhazenah binti Pg Hj Suhaili who is the Head of Otorhinolaryngology at Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital. The team launched seven-month awareness campaigns that targeted adolescents by leveraging social media platforms and engaging with various sixth-form centres such as Sekolah Menengah Arab Laki-laki Hassanul Bolkiyah (SMALHB), Pusat Tingkatan Enam Tutong (PTET), and Maktab Sains Paduka Seri Begawan Sultan (MSPSBS). Learning initiatives such as awareness booths, sign language charades, and lip-reading games were set up in these selected schools. The team received generous support from sponsors including Sunlit Sdn Bhd, Photospace Photobooth, PharmaKho, the Mum Bakery and others, which made the project and activities more meaningful by incorporating enticing gifts and making the learning experience more appealing to adolescents. An interactive Kahoot-integrated awareness talk was prepared to solidify the understanding of students regarding ear health. Students and staff were offered ear health and hearing screenings using the HearWHO application which was facilitated by the team. To extend the campaign's reach, sign language tutorials were made available on the team's Instagram page @hearwithus, which were complemented with infographics and quizzes accessible to the wider public. The success of the initiative was evident through the numerous invitations extended by various organisations including Brunei Shell Petroleum Company, Kristal FM radio programme, as well as fellow cohort's community projects Wise & Well and PerMATA. This indicated the growing recognition of the importance of ear health and sign language use. Through the sales of the Hear With Us merchandise and contributions from sponsors, the team successfully secured BND 516.80, all of which was generously donated to Persatuan Orang Kurang Pendengaran Kebangsaan (OKP).

The Hear With Us team remarks that "on the whole, while Hear With Us has laid the cornerstone of hearing awareness, we now require collective efforts to amplify the cause for a sustained impact on the community. We invite everyone to join this vital mission, whether through spreading awareness on social media, engaging in conversations about ear health, or setting an example of ear care, which will contribute significantly to fostering a community that prioritises auditory well-being. Through unity in this endeavour, we can ensure that the echoes of cognisance resonate widely, leaving an enduring positive imprint on the broader community for generations to come."



Top photo: the Hear With Us team and their supervisor Pg Dr. Hajah Norsuhazenah binti Pg Hj Suhaili (ENT specialist) took a group photo with the headmistress and deputies of Maktab Sains Paduka Seri Begawan Sultan. **Bottom left photo:** the HearWithUs team in a commemorative photo with Yang Berhormat Dato Seri Setia Haji Awang Nazmi, the minister of Culture, Youth, and Sports at Bandarku Ceria. **Bottom right photo:** Pusat Tingkatan Enam Tutong students learning the sign language demonstrated by instructors from the Persatuan Orang Kurang Pendengaran Kebangsaan (OKP).

BRIDGING AWARENESS: PERMATA'S INITIATIVE TO COMBAT VISUAL IMPAIRMENT

Nur Izzah Insyirah binti Mohd. Zin, 'Abdurrahman bin Haji Ahmad Yazid, Siti Nur Qasrina Batrisyia binti Haji Abdul Maizan, Wan Hana Syabrah Ilyia' binti Mohammad Kasim, Nur Azima Diyanah binti Abdullah, Dowsabel Tan Wei Qian & Dayang Batrisyia binti Awang Haji Mohammad Hairul Radzi (BHSc Medicine, Cohort 17)

PerMATA, an initiative led by third-year medical students from Universiti Brunei Darussalam (UBD), is dedicated to bridging the gap between public awareness and the challenges faced by visually impaired individuals. Through a series of impactful interventions, PerMATA aimed to raise awareness and foster a genuine understanding of cataracts and blindness, and highlight the significance of eye health within the community.

With the support of the Healthy Ageing Team from the Ministry of Health (MoH), PerMATA conducted an extensive roadshow targeting the elderly population at various Senior Citizen Activity Centres nationwide. The objective was to deepen understanding of different eye conditions prevalent among the elderly. The team accomplished this objective by inviting consultant ophthalmologists from the Ministry of Health to deliver informative health talks to emphasise the importance of eye health awareness, particularly regarding cataracts. These talks advocated for early detection and timely intervention for this condition while debunking prevalent myths. The roadshow also provided basic eye screening tests to assess eye health and identify early signs of visual problems. Participants in need of further examination were appropriately referred for timely medical intervention and management. Furthermore, the team established an educational booth at PAPRSB Institute of Health Sciences (IHS) during the Health Carnival week and at the TEGAS Walkathon organised by a fellow community project 'Wise and Well'. These booths featured interactive activities, including augmented reality experiences, aimed at enhancing public understanding of various visual impairments, such as cataracts, glaucoma, diabetic retinopathy, and macular degeneration. To conclude PerMATA's initiative, the team collaborated with the Brunei Darussalam National Association of the Blind (BDNAB) to arrange a Braille showcase and orientation and mobility training. The objective was to underscore the importance of recognising the diversity within the blind community and dispelling misconceptions about blindness by providing accurate information, especially to healthcare students.

The team firmly believes that PerMATA transcends being just a project; it embodies a vision of a community where cataracts are preventable and treatable, and where blindness is consigned to the past, aligning with the team's slogan "Preserving Eyesight, Restoring Vision". Overall, PerMATA's multifaceted approach to raising awareness about visual impairments and advocating for proactive eye health measures underscores its commitment to creating a more inclusive and informed society. Through collaborative efforts with healthcare professionals and community organisations, PerMATA strives to make tangible strides towards a future where preventable blindness becomes a rarity rather than a reality.



Top left: Pengiran Dr. Noor Affizan binti Pg Hj Abdul Rahman, a consultant ophthalmologist from the Ministry of Health, delivered an informative health talk regarding eye conditions predominantly affecting the elderly at Tutong Senior Citizens Activity Centre. **Top right:** an elderly undergoing a visual acuity test, a vital component of the basic eye screening provided by the PerMATA team. **Bottom left:** Muhammad Hamzi bin Omar (the President of BDNAB) and Muhamad Izan Safree bin Radat (the Vice President of BDNAB) showcasing Braille at the International Convention Centre during Pesta Buku Brunei 2023.



Bottom right: Roadshow participants paired up and engaged in an orientation and mobility training via gameplay on Nintendo Switch which required the blindfolded player to rely solely on their seeing partner for guidance.

PHARMACY STUDENTS LED A MENTAL HEALTH AWARENESS CAMPAIGN VIA INNERPEACE COMMUNITY PROJECT

Nur Izzatul Nabihah binti Suhaili, Dk NurHaziqah Naqiyah binti Pg Abdul Haris, Farwizah Haziqah binti Muhammad Azlan Banadera, and Dk Hazwani binti Pg Saifuzzaman (BHSc Pharmacy, Cohort 6)

Over the years, mental health has garnered significant attention as a subject of discussion, raising awareness within our community. Despite this progress, the stigma associated with mental health has not been entirely eradicated. In response, InnerPeace was created – a joint effort made between four dedicated BHSc Pharmacy students from Cohort 6 as part of their HP-4252: Pharmacy Professional Development and Our Community 3 module, under the supervision of Dr. Goh Poh Hui. The group aimed to increase public awareness about mental health and challenge prevalent misconceptions and stereotypes, promote understanding and empathy towards individuals with mental health conditions, encourage help-seeking behaviours, and emphasize the importance of early intervention. Their collective goals align seamlessly with the Ministry of Health's overarching vision of "Together Towards a Healthy Nation" and its mission, "To Ensure Brunei Darussalam as a Mentally Healthy and Resilient Nation". The culmination of their efforts took place in two distinct activities on the 4th of October 2023 at PAPRSB Institute of Health Sciences (IHS). The first activity involved an exhibition booth in collaboration with mental health professionals from the Health Promotion Centre (HPC) which was to facilitate networking among mental health professionals and encourage attendees to explore additional resources related to mental health awareness. Simultaneously, a panel discussion titled, "Shattering Stigma: Advocating for Mental Health Awareness" was held, featuring esteemed panellists including Dr. Siti Nor Asmah binti Md Haider Ali, a committed medical officer specialising in psychiatry services; Haji Mohd Danial Azizi bin Haji Mahadi, an accomplished clinical psychologist; and Akmal Nasri bin Kamal, an experienced counselling officer at UBD. Guiding this intellectual discourse was Dr. Hannah Ho, a respected Assistant Professor in the Faculty of Arts and Social Sciences of UBD. The deliberate selection of panellists with diverse backgrounds in the fields of psychiatry, psychology, and counselling was intended to provide a thorough exploration of various viewpoints on the issue of stigma surrounding mental health. The event was also graced by the presence of Professor Kenneth Kok, the Dean of PAPRSB IHS, as the guest of honour. Dr. Fariza Suryani binti Pengiran Dato Paduka Haji Sani, the Head of Psychiatric Services, was also present, further enhancing the breadth of knowledge and perspectives discussed throughout the discussion. Furthermore, the group proactively disseminated invitation to educational institutions, encompassing local schools and universities, which allowed them to effectively recruit over 80 participants for the event. The impact of the forum was thoroughly assessed using pre- and post-event questionnaires, structured to gauge participants' knowledge, attitudes, and practices (KAP) concerning mental health, mental illness, and the associated stigma. The event's success was evident as there was a substantial positive transformation in participants' KAP. The success of this initiative was further solidified through generous support from all 22 sponsors, both financially and in-kind.



Reflecting on this mental health advocacy project, the team found the experience to be profoundly enlightening. Their organisational and project management skills were much improved as the project demanded meticulous planning and efficient time management including pre-event preparations to post-event evaluations. As the event concluded, the team hoped that their initiative would serve as a pivotal step toward reducing stigma and promoting empathy and support for individuals facing mental health challenges in Brunei.



Top left: A group photo with Professor Kenneth Kok (Dean of PAPRSB IHS) and Dr. Fariza Suryani binti Pengiran Dato Paduka Haji Sani (Head of Psychiatric Services) to commemorate the event, organized by the InnerPeace team. **Top right:** Dr. Hannah Ho (Assistant Professor from FASS, UBD), Akmal Nasri bin Kamal (a counselling officer from UBD), Haji Mohd Danial Azizi bin Haji Mahadi (clinical psychologist from HPC), and Dr. Siti Nor Asmah binti Md Haider Ali (a medical officer from HPC) (from left to right) deliberating on the topic of mental health and its stigmatisation in Brunei. **Bottom left:** Attendees were handed door gifts provided by various sponsors. **Bottom right:** Students from various educational institutions listening to the panel discussion.

DENTISTRY STUDENTS ADVOCATED FOR MOUTH BREATHING AWARENESS AND DONATED TO YASKA

Chua Teng Huey, Chong Hui Ru @ Adeline Chong, Dk Nur Batrisyia Binti Pengiran Mohammad Noor Joffren, Chin Tzer Rong & Grace Kuan Qian Tung (BHSc in Dentistry, Cohort 5)

Breathe Right was a community project initiative launched by five third-year BHSc Dentistry students from PAPRSB Institute of Health Sciences as part of their Special Study Module 3 programme module under the supervision of Dr. Joe Knights, Dr. Jagjit Singh Dhaliwal, and Dr. Uday Kumar. These students decided to promote mouth-breathing awareness because it is a common and an unconscious habit that is often overlooked. By breathing through our mouths, we skip all the essential structures in our noses that help warm, humidify, and filter the air we breathe in. Not only does this cause more bacteria to enter our bodies, but it directly affects our dental health by drying out our mouths and throats, making them irritated and sore. This can lead to various consequences, such as a higher risk of dental cavities, periodontal disease, halitosis, and oral fungal infections, as well as impairment of brain function and abnormal dentofacial development. The campaign aimed to advocate for and advance the knowledge of mouth breathing in the hopes that it would become common knowledge throughout the community. With the widespread effect of mouth breathing on individuals of all ages, the campaign had a broad demographic target. From late July to mid-September the group carried out a total of 15 events: parent talks for younger and special needs children, student talks at four pre-university schools, a company talk at Joffren Omar Co., a breathing workshop for seniors, three radio talks, two public exhibitions, and volunteered at YASKA's Children Cancer Awareness Event.

This team of dental students also organised a charity run at Universiti Brunei Darussalam in September 2023 (See Beyond newsletter Issue 33 to read more). The event required a great deal of planning, organising, networking, and preparation, and was generously sponsored by a total of 27 sponsors. They were supported by NETA Auto Brunei, Yayasan Sultan Haji Hassanah Bolkiah, Sunshine Trading Sdn. Bhd., Joffren Omar Co. Sdn. Bhd., Massutera Engineering Sdn. Bhd., ANTA Brunei, Dynamic Sports, Kim Super Save, Capt Fred Fishing, Marine & Outdoor, Performance X, FS Create, Digimark Enterprise, Jaya Hypermart, Digital World, Milimewah Group, Utama Grand, M-porium Jaya, Rainfresh Super Oxygenated Water, Kingston Beverage & Creamery, Premier Dental & Orthodontic Centre, Tenten Electronics, Tiah Trading, Project PrintHub, AV Electronics, Virtue Boutique, ST Solutech Computer and Vision Works Optical Company.

The rationale behind this charity run was to promote a healthier lifestyle as well as address one of the underlying causes of mouth breathing; obesity. Moreover, the charity run also served as their main fundraising event. While mouth breathing is a largely preventable habit, some individuals have no choice in the matter. This is especially true for those with nasal structural abnormalities like a deviated septum, nasal polyps, nose trauma, or nasal pharyngeal carcinoma. To ensure the continuity of their campaign efforts, they decided to donate all their profits to Brunei's Children's Cancer Foundation, YASKA. They also held public exhibitions at Bandarku Ceria and participated in the IHS Health Carnival, where they set up educational game booths to increase engagement and learning and thus further promote awareness of mouth breathing among the general public. Moreover, the team also had radio talks on Pilihan and Kristal FM to further increase the visibility of their campaign. At the end of the campaign, with the group's accumulated efforts, they donated a total of BND 2,100.00 to YASKA and provided dental hygiene supplies to Freda Radin School to reboot their school's toothbrushing program with kindergarteners. The Breathe Right Team is extremely grateful for the help and support they received from their supervisors, Professor Kenneth Kok (the Dean of PAPRSB IHS), and the student volunteers who helped with the charity run.



Left: The Breathe Right team is comprised of Chong Hui Ru @ Adeline Chong, Chin Tzer Rong, Chua Teng Huey, Dk Nur Batrisyia binti Pengiran Mohammad Noor Joffren, Grace Kuan Qian Tung. **Middle:** the UBD Mouth Breathing Awareness Charity Run that successfully took place in September 2023 was supported by a big group of volunteers. **Right:** The Breathe Right Team handed over a token of appreciation to the Freda Radin School.

INFINITY & BEYOND: A SUCCESSFUL AUTISM AWARENESS PROJECT

Abdullah Mostafa Mahmoud Abdrabou Habib Menisy, Ak Mohammad Hafiz Ayman Pg Dr Hj Mohammad Khalifah, Amar Hasan Agha Bin Tamam, Ethan Ng Heong Fei, Lee Jeongbin & Lim Tong En @ Claudia (BHSc Medicine, Cohort 17)

A group of dedicated third-year medical students recently spearheaded a transformative project to raise awareness about Autism Spectrum Disorder (ASD). Infinity & Beyond, the title of the project, was born out of a realisation that despite the prevalence of ASD, misconceptions and lack of awareness persist in our local community. Eager to bridge this gap, the medical students embarked on a multifaceted campaign to educate and enlighten the community about the challenges faced by individuals with autism. The cornerstone of their efforts lay in a series of educational booths created and carried out in collaboration with experts from the Child Development Centre (CDC) and SMARTER Brunei. The main objectives of these educational workshops and booths were to empower the participants with a better fundamental understanding of ASD, debunk common myths, and promote inclusivity of the ASD individuals in the community. These sessions also integrated various interactive mini-games and scenario-based learning techniques that allowed the participants to gain a deeper understanding of the lived experiences of ASD individuals. The booths took place at Bandarku Ceria, Eco-corridor, and the Institute of Health Sciences on several separate occasions; during which, many important figures visited the booths, notably the Minister of Health, and the Minister of Culture, Youth and Sports.

Moreover, the students also aimed to directly help ASD individuals through a multi-phased intervention. The first phase consisted of a workshop conducted at CDC, with the help of professional psychologists, aimed at parents with newly diagnosed ASD children to help them understand and meet their children's needs, and address any queries regarding their children. During the second phase, an open day was hosted at the SMARTER EDGE centre where the parents who attended the CDC workshop were able to bring their children to the centre. The children were exposed to various specialised services and early childhood interventions offered at SMARTER Brunei. Recognising the power of social media in amplifying their message, a comprehensive social media campaign was launched featuring informative posts, videos, and personal stories. In addition, the team recorded radio segments that were aired through the local radio station. The goal was to reach a wider audience, especially the youth, to ensure that future generations are well-informed on this topic and more accepting of ASD in the community. As the project unfolded, the medical students diligently measured its impact. Surveys and feedback mechanisms were employed to track changes in community attitudes and knowledge about autism before and after the initiative. These evaluations not only provided valuable insights into the project's success but also offered a roadmap for future initiatives to enhance their effectiveness.



Top photo: Infinity & Beyond team members. **Bottom left photo:** CDC psychologist speaking to parents with newly diagnosed ASD children. **Bottom right photo:** Team member educating kids on ASD at the Bandarku Ceria Booth.

PHARMACY STUDENTS RAISED AWARENESS OF EYE HEALTH IN DIGITAL AGE

Dk Syaida Qistina binti Pg Ibrahim, Nur Zahidah binti Haji Ahmad Sofrin & Junaid Al-Ghazali bin Muhammad Fadhillah (BHSc Pharmacy, Cohort 6)

Crystal Clear is a community project led by a team of three third-year UBD Pharmacy students (Dk Syaida, Zahidah Sofrin, and Junaid Al-Ghazali) under the supervision of Dr. Nurolaini Kifli, aiming to address the concerns surrounding ocular well-being in the context of pervasive digital device usage through an array of carefully orchestrated activities, ranging from educational booths, frequency modulation (FM) radio segments, to an educational talk. As the prevalence of digital screens continues to rise, the team's objectives are resolute: to empower community members to safeguard their vision, educate them on the potential risks associated with prolonged digital device usage, promote habits conducive to optimal eye health, and equip them with practical strategies and resources to mitigate these risks effectively. The journey commenced with thorough planning, utilising platforms such as Instagram (@crystalclear.bn) to gain support and establish partnerships. Extensive research and resource analysis laid the groundwork for informed decision-making, leading to beneficial collaborations with eye companies, eye doctors, schools, and other third-year BHSc community groups: PerMATA and HealthyKidsNow.

Crystal Clear's efforts materialised through a series of impactful events, including participation in "The Health Carnival", a public event hosted by medical students' community group "PerMATA" to showcase all IHS community projects, and during "Pharmacy Day", where Year 3 BHSc Pharmacy community projects were invited to promote their projects. During both events, Crystal Clear had the privilege to host educational booths filled with eye-catching posters and Kahoot! Quizzes for participants. It was also during Pharmacy Day that Crystal Clear was honoured with a visit from the Minister of Health of Brunei Darussalam, Yang Berhormat Dato Seri Setia Dr. Hj Md Isham bin Hj Jaafar. The team's presence on Brunei's infotainment network and radio station Pilihan FM and an educational talk for Year 5 students at Seri Mulia Sarjana Primary School alongside pharmacy community group "HealthyKidsNow" further amplified their message on shedding light on the importance of eye health in this digital age.

The results of the community project speak volumes: the team's educational materials and interactive engagements garnered significant traction on social media, and positive feedback from attendees underscored the success of their endeavours. The team is humbled by the recognition received from the Minister of Health, affirming the impact of their collective efforts in promoting eye health awareness. Though initiated as part of their coursework module, Crystal Clear remains steadfast in their commitment to fostering a community that prioritises eye health in this digital era. Together, let us illuminate the path towards a brighter, clearer future for Brunei's vision health.



Top left: Crystal Clear team at the Pharmacy Day at Onecity Shopping Centre. **Top right:** Participants playing Kahoot! Quiz during the Health Carnival at PAPRSB IHS. **Bottom left:** Crystal Clear team with DJ Marilyn at Pilihan FM Recording Studio, Radio Television Brunei in Sungai Akar. **Bottom right:** the team giving an educational talk at Seri Mulia Sarjana Primary School.

A CAMPAIGN TO PROMOTE PUBLIC AWARENESS OF PERIODONTAL DISEASE LAUNCHED

Marlini binti Buang, Zetty Amal Batrisya binti Zulkefly, Lim Ren Yi, and Awangku Muhd Izzan bin Pg Suhardy (BHSc Dentistry, Cohort 5)

Periodontal Disease Awareness Campaign (PDAC), is a community project organised by a team consisting of four third-year dental students from PAPRSB Institute of Health Sciences, Universiti of Brunei Darussalam – Marlini binti Buang, Zetty Amal Batrisya binti Zulkefly, Lim Ren Yi, and Awangku Muhd Izzan bin Pg Suhardy. The team was supervised by Dr. Jagjit Singh Dhaliwal and Dr. Solachuddin Jauhari Arief Ichwan from the PAPRSB Institute of Health Sciences.

This awareness campaign aims to promote awareness, management, and prevention of periodontal disease among the public, as the team believes that periodontal disease is a silent threat to the community. To achieve these goals, the team conducted school visits and exhibitions at sixth-form centres including Maktab Duli Pengiran Muda Al-Muhtadee Billah and Pusat Tingkatan Enam Tutong, as well as Universiti Brunei Darussalam. During their visits, the team delivered educational talks and prepared booths, games, and quizzes to increase awareness, educate, and provide information to students and teachers. Additionally, the team set up mini-exhibitions in public locations, including BandarKu Ceria, Pesta Buku, and shopping malls (Rimba Point, Times Square Shopping Centre, Aman Hills Shopping Centre, Mabohai Shopping Complex, and Onecity Shopping Centre). In this approach, the team was able to provide advice on oral health, educate the public on good oral hygiene practices, and increase awareness of periodontal disease.

As social media was an effective way to communicate and share information with the public, the team used various social media platforms (Instagram and TikTok at @pdac.bn) to promote the public's awareness of periodontal disease by uploading educational infographics and quizzes. The online quizzes and infographics also sought to broaden and test audience knowledge while bringing fun, creativity, and engagement to this campaign. Furthermore, the team has utilised newspapers including Borneo Bulletin and Media Permata, and multiple radio segments on PilihanFM to raise awareness about periodontal disease. Moreover, the team donated toothbrushes and toothpaste to Persatuan KACA Brunei.

Overall, the awareness campaign received positive responses from the public. Via this community project, the team members were able to hone their skills and gain knowledge and experience. The team hoped that their campaign made an impact on the public's knowledge and awareness of periodontal disease and encouraged positive changes to their lifestyle. Lastly, the team extends their heartfelt gratitude to everyone who had been part of the journey – their supervisors, supporters, sponsors, volunteers, and everyone who took a moment to listen, learn, and contribute. Their dedication was indeed the driving force behind the success of this campaign.



Left: the group took a photo with their supervisor Dr. Jagjit Singh Dhaliwal during IHS UBD Carnival Health event. **Middle:** the team participated in Bandarku Ceria and interacted with the public to promote knowledge of periodontal disease. **Right:** the group with Dr. Solachuddin Jauhari Arief Ichwan at Pusat Tingkatan Enam Tutong to educate sixth-form students of the importance of dental hygiene practices and the prevention of periodontal disease.

HEALTHY FUTURES, HAPPY KIDS: PHARMACY STUDENTS RAISING AWARENESS AND TAKING ACTION AGAINST CHILD OBESITY

Ang Sze Hui, Sia En Ning & See Zhing Dhing (BHSc Pharmacy, Cohort 6)

A group consisting of three third-year pharmacy students (Ang Sze Hui, Sia En Ning, and See Zhing Dhing) organised a community project named “HealthyKidsNow” to raise awareness of child obesity in Brunei under the supervision of a pharmacy lecturer, Dr. Rajan Rajabalaya.

The project aimed to raise awareness of the importance of tackling the problem of child obesity and empower children and their families with the knowledge and support they need to make healthy choices, which helps promote their health and overall well-being. Two events were organised throughout the community project. The first event was held in conjunction with World Pharmacy Day on September 24, 2023, where the team set up a booth at OneCity Shopping Centre along with other fellow pharmacy students to promote the project. The second and main event was held in collaboration with Seri Mulia Sarjana (SMS) School in Jangsak on October 9, 2023. There, the team set up an educational pop-up booth to educate the primary school students, beginning with a mini-educational talk. The contents of this talk included the definition of child obesity, its causes, consequences, prevention, high-risk foods and drinks, and ideal food portion sizes. This was then followed by games and quizzes. Winners of the quizzes received pencil holders, packs of staplers, mechanical pencils, sticky notes, and correctional pens.

The team utilised an Instagram account (@healthykidsnow.bn) to relay informative posts and Instagram “stories” to educate the public as well as to help gain interest in the community project. Throughout the period for this community project, five collaborations were made during the preparation. The collaborators were Project PrintHub, FLORES, Brunei River Cruise, Nawana, and Fitness Zone. Project PrintHub sponsored the printing of the poster, game materials (i.e., papers and cards), and stickers for the pop-up booth at SMS School in Jangsak. A giveaway was also held near the end of the project as a token of appreciation for Instagram followers, where winners received a T-shirt by FLORES, a 10% voucher by Nawana, \$10 vouchers by Brunei River Cruise, and/or 2-day trial passes by Fitness Zone.

Overall, the project was successful and effective in achieving its primary objective, as shown by the positive responses and engagement from the public. The primary students at SMS School showed enthusiasm in expressing their intent to make positive changes in their lives.



Left photo: The three members of the team giving a brief educational talk to a primary five class at Seri Mulia Sarjana School in Jangsak. **Right photo:** The group (standing first row) took a commemorative photo with the primary students following the successful completion of the event.

LET'S BRAVE: EMPOWERING BRUNEIAN YOUTH AGAINST VAPING AND E-CIGARETTES

Nur Hidayah Farzana Aliyah binti Mohamad Taip, Nurul Aqilah Aminudin, Christine Chen Wen Hui & Mohammad Raihan Bin Abd Rahman (BHSc Medicine, Cohort 17)

The growing prevalence of e-cigarette use among Bruneians, particularly among the youth, has raised concerns. Despite being perceived as a less harmful alternative to traditional cigarettes, e-cigarettes contain a variety of chemicals that pose various health risks to their users. In response to this issue, 'Let's BRAVE' (Let's Breathe Right, Away from Vapes and E-cigarettes) was established by five medical students as part of their Special Study Module III project. The team's objective is to increase awareness about the dangers of vaping and advocate for respiratory health.

Throughout August, Let's BRAVE employed multiple tactics to accomplish their goal, including scheduling school talks, hosting a sharing session, erecting educational booths, and developing a social media presence. The team collaborated with the Health Promotion Centre (HPC), which reviewed the behind-the-scenes planning processes. The talks were arranged at three different institutions: Universiti Brunei Darussalam (UBD), Pusat Tingkatan Enam Meragang (PTM), and Sekolah Menengah Rimba I (SMR1). Attendees were taught about the physical and mental impacts of vaping as well as given insights on smoking cessation. The group also organised a sharing session with ex-smokers where they discussed their experiences throughout their journey to quit smoking. Moreover, the students had the chance to participate in a poster-making competition with prizes to help them better understand the subject.



A commemorative photo of the Let's BRAVE team with attendees of the "Vaping Awareness and Respiratory Health" talk at PAPRSB Institute of Health Sciences

Apart from that, there were set-ups of engaging educational booths featuring partnerships with the other community projects in Bandarku Ceria and PAPRSB IHS to reach a wider audience. The booths included informational posters, mini-games, a merchandise stand, and a canvas that attendees could sign to pledge to "Say No to Vape". The group designed the merchandise, ranging from stickers and keychains to T-shirts to be sold where earnings were donated to local organisations: Tabung Amal Bantuan Pesakit (TABP) Hospital Raja Isteri Pengiran Anak Saleha, Dana Pengiran Muda Mahkota Al-Muhtadee Billah (DANA) and Pusat Ehsan Al-Ameerah Al-Hajjah Maryam. Lastly, to supplement their efforts in raising awareness about the dangers of vaping, Let's BRAVE created a social media account (@letsbravebn) which was used to share additional information and address common misconceptions of vaping to a wider range of audience.

The team gained a wealth of experience throughout the campaign. Under time and resource constraints, they developed resilience and agility which skills are essential for their future work in the healthcare system. The success of the campaign was demonstrated by the favourable reactions from the public to the interactive activities, as well as the positive feedback received from adults, lecturers, and teachers at the booths. The team is grateful for all of the support they have received from supporters and supervisors that made the project possible. As the campaign concluded, the team hoped that their efforts would prove beneficial and impart positive impacts on people's lifestyles.

The Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah (PAPRSB) Institute of Health Sciences

UBD's PAP Rashidah Sa'adatul Bolkiah Institute of Health Sciences (PAPRSB IHS) has expanded beyond solely providing medical training. Graduate programmes such as Master of Medicine, Master of Nursing, Master of Public Health, and Masters and PhD by Research as well as undergraduate programmes across six main disciplines – Medicine, Biomedical Sciences, Nursing, Midwifery, Pharmacy and Dentistry are now offered. We ensure the Institute remains relevant and sensitive to the rapidly changing needs of the country. Our programmes are products of a continuous review of our curricula, and all our undergraduate programmes have undergone major enhancements and are now also designed to encourage innovation and entrepreneurship, and for students to assume leadership roles, tempered with a keen awareness of the environment.



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

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

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



Nursing students (Cohort 12 of BHS in Nursing & Cohort 1 of Articulated BHS in Nursing) pursued their internship at the Faculty of Public Health and the Faculty of Nursing of Universitas Airlangga, Indonesia, from January to March this year. Their designated placements include the Health Promotion Centre, the Primary Health Centre, the Outpatient Department, and the Universitas Airlangga Hospital.



ARTICLE CONTRIBUTORS

BHSc in Dentistry (Cohort 5)

BHSc in Pharmacy (Cohort 6)

BHSc in Medicine (Cohort 17)

EDITORIAL BOARD

Dr. Liyana Ahmad

Dr. Goh Poh Hui

Dr. Zaidah Rizidah Murang