

BEYOND

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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



Four Japanese students from the Faculty of Medicine of Kagawa University undertook a one-month research internship at PAPRSB Institute of Health Sciences in February. Pictured here are some of IHS students who came to see them off at the airport on their final evening in Brunei. Photo credit: Dk Dr. Nuramalina Pg Hj Mumin.

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THE ASEAN MEDICAL DEAN'S SUMMIT MEETING AND THAI NATIONAL MEDICAL EDUCATION CONFERENCE 2024

Dr. Hajah Fazean Irdayati Hj Idris (Senior Assistant Professor) & Professor Dr. Kenneth Yuh Yen Kok

Professor Kenneth Yuh Yen Kok, Dean of PAPRSB Institute of Health Sciences, and Dr. Hjh Fazean Irdayati binti Hj Idris, Programme Leader of the BHSc Medicine programme attended the 13th ASEAN Medical Deans' Summit 2024 in conjunction with the 23rd Thai Medical Education Conference at the Centara Grand & Bangkok Convention Centre, Bangkok, Thailand, from 4th – 7th February 2024. The conference was organised by the Faculty of Medicine, Ramathibodi Hospital at Mahidol University, in partnership with the ASEAN Medical School Network. This annual gathering convenes Deans of medical schools from ASEAN member countries, promoting collaboration and progress in medical education across the region.

The conference theme, "Personalizing Medical Education for a Healthier World" aptly reflected the current world of education where outcome-based education has become the norm to ensure each student reaches his or her full potential to become a highly competent healthcare professional, by empowering them to be agents of change for a healthier world. Evidence-based topics such as integrated health systems science in medical education, programmatic assessment, technology-enhanced personalised learning, student engagement, faculty development, and student research were featured and delivered by world-renowned medical educators and proved to be very insightful. The conference also provided medical teachers, physicians, healthcare professionals, medical students, and educationalists with a platform to present their research through Posters or Oral presentations. Two posters from PAPRSB IHS were presented at the conference, entitled "Do Admission Scores into Medical School Predict Academic Performance in Medical Students?" and "Health Science Students' Experience of Their Educational Environment at Universiti Brunei Darussalam". The conference offered practical and context-specific tips and a pragmatic approach, while also exploring the theory behind effective practices. Furthermore, it managed to foster scholarships, research, and education in the healthcare industry, as well as facilitated cross-national networking.

Meanwhile, the two-day ASEAN Medical Deans' Summit featured two insightful sessions. The medical deans' summit served as a platform for deans to discuss the latest advancements and challenges in medical education, share best practices and innovative approaches as well as collaborate on regional initiatives to improve health outcomes. The ASEAN Medical School Network Sub-Committee Meeting session covered essential topics on AI in clinical practice, sustainable medicine and net zero healthcare, essential research for nation-building and health policy development, accreditation of medical schools, harmonisation of curricula across ASEAN, and predictors of academic performance in medical students through admission scores presented by Dr. Hjh Fazean Irdayati Binti Hj Idris.

The outcomes of the meetings allowed ASEAN deans and members of medical schools to move forward towards a common vision for the future of medical education, which is to foster harmonization and cooperation that will benefit the region and ASEAN communities, such as utilization of AI in educational programs, working towards standards and accreditations of the curricula, and proposing exchange or transfer programs between ASEAN medical schools.



Left photo: Professor Kenneth Yuh Yen Kok (right) and Dr. Hjh Fazean Irdayati binti Hj Idris (left) at the 13th ASEAN Medical Deans' Summit 2024 in conjunction with the 23rd Thai Medical Education Conference. **Right photo:** Attendees of the 13th ASEAN Medical Deans' Summit 2024.

MIFTAH AN-NUR STUDENTS AT PAPRSB IHS FOR AN EDUCATIONAL VISIT

A total of 31 students of Year 5 and Year 7 and three teachers from Miftah An-Nur paid a visit to PAPRSB Institute of Health Sciences (IHS) on the 29th of February. This one-day visit entailed an itinerary of educational, promotional, and enjoyable activities offered by a group of IHS academic staff and students who showcased different topics surrounding human health and science. The day began with a welcoming ceremony led by Senior Assistant Professor Dr. Hj Nurolaini Pg Hj Muhd Kifli, Deputy Dean (Undergraduate Studies and Global Affairs) of PAPRSB IHS at the Lecture Theatre 2 of the IHS Extension building.

Held at the concourse of the IHS extension building, several human anatomy models were on display and prepared by the Medicine programme. This allowed the young students to explore and learn the human anatomy as well as enjoy several games. There was also a demonstration of using a stethoscope mediated by Senior Assistant Professors Dr. Hj Fazean Irdyati Hj Idris (programme leader of the Medicine programme) and Dr. Abubakar Danjuma Abdullahi. The students also had the opportunity to visit the newly set up Dental Team Lab in the IHS Extension Building, where Dr. Mary Cheong Poh Hua (programme leader of the Dentistry programme) and Dr. Solachuddin as well as a few dental students showed the students around and demonstrated the dental facilities. The primary school students were then brought around to the *C. elegans* (worm) lab on the fifth floor of the same building, where Associate Professor Dr. Mark IR Petalcorin, Assistant Professor Dr. Shirley Huan Fang Lee (programme leader of the Biomedical Sciences programme), and several Biomedical Science students introduced them to the concept of this model organism in biomedical research and demonstrated the use of light microscopes. After a quick break, the students gathered at the UBD SimTeam Lab, hosted by Md Khairulamin Abdullah Sungkai (coordinator of IHS International Training Centre) and Dr. Mursidi Ali (from the Nursing & Midwifery programme) as well as student volunteers. In this lab, the students experienced hands-on activities with some first aid skills and learned the proper way of applying a bandage and wound and bleeding management. Their visit eventually ended with a 'Word Game' quiz, facilitated by Assistant Professor Dr. Siti Rohaiza Ahmad, which tested their knowledge of human muscles and skeletons and microscopy. By hosting this visit, the faculty hoped to have inspired the students on how important the human health and medical science fields are and that the young students had a fulfilling, enjoyable, and intellectually stimulating experience through the activities.



NURSING STUDENTS ORGANISED A MENTAL HEALTH DAY FOR BRUNEI METHANOL COMPANY

Nur Nazwatul Izyan binti Shaiful Azmi, Siti Aishah binti Hj Mohd Yussof & Siti Nur Zulaykha binti Abdullah Ahmad Sharifuddin (BHSc Nursing, Cohort 12)

In collaboration with the Brunei Methanol Company (BMC), a team of final year nursing students (Cohort 12 of BHSc in Nursing) from Pengiran Anak Puteri Rashidah Sa'adatul Bolkiah Institute of Health Sciences (PAPRSB IHS) organised a Mental Health Day for the BMC employees on the 20th of October at the Sungai Liang Industrial Park (SPARK). This event was to promote the mental well-being of the workers and to commemorate the World Mental Health Day 2023 by embracing the theme of "Mental Health is a Universal Right".

The team consisted of seven students: Muhammad Amirash Rios bin Abdullah, Nur Nazwatul Izyan binti Shaiful Azmi, Nurul Aimi Syahirah binti Abdullah Sunadi, Nurul Fariahah binti Jamalludin, Siti Aishah binti Hj Mohd Yussof, Siti Nur Zulaykha binti Abdullah Ahmad Sharifuddin, and Siti Zahirah binti Haji Awang Asbollah. The team was supervised by Dr. Deeni Rudita Idris and Dr. Agong Lupat (lecturers of the Nursing programme at PAPRSB IHS), and Nor Syahmun Binti Haji Matassan (a clinical psychologist from the Health Promotion Centre, Ministry of Health Brunei). The objective of this event was to make the BMC employees feel valued and supported in their mental health and to encourage their mental resilience in facing workforce challenges. Furthermore, the team sought to reduce the stigma and discrimination against mental health issues by suggesting to the workers some resources for mental health care facilities and services that are available in Brunei.

The one-day event emphasised the importance of workers' mental health as it directly influenced their well-being and productivity at work. The team promoted the idea of a psychologically balanced working environment that is motivating, engaging, and innovative which could consequently improve the workers' overall performance and job satisfaction. The team also added that building a workplace environment that considers mental well-being could contribute to a positive company culture that is conducive to the productivity of the company as a whole. Included in the event were several activities such as an ice-breaking dance, 'throw and reflect', 'words of encouragement', and the crafting of friendship-making keychains. The ice-breaking dance at the beginning of the forum was facilitated by the team supervisors – Dr. Deeni and Dr. Agong – and a team member Amirash Rios. This helped the BMC employees feel relaxed and was a great way to build courage. The 'throw and reflect' activity provided the participants with a symbolic outlet to cast away their worries which effectively reduced their stress. It served as a powerful metaphor for shedding concerns and lightening their emotional load. Next, the team also curated jars filled with 'words of encouragement' for the employees to draw from and to contribute their own affirmations. This offered them a sense of motivation and encouragement which uplifted their spirits. Lastly, the friendship-making keychain crafting station offered a creative outlet for the BMC employees to unwind and relax. By engaging in arts and crafts, it provided a therapeutic escape that allowed them to clear their minds and bond with each other. Collectively, these activities contributed to a supportive and rejuvenating atmosphere at the event.



Left photo: Seven BHSc Nursing students (Cohort 12) organised a Mental Health Day at Brunei Methanol Company to raise awareness of the importance of mental health and well being of the employees. **Right photo:** accompanying the team at the Mental Health Day were their supervisors Nor Syahmun Binti Haji Matassan (left; Clinical Psychologist, Ministry of Health), Dr. Deeni Rudita Idris (middle), and Dr. Agong Lupat (right).

PAPRSB IHS WELCOMED DELEGATES FROM UNIVERSITI MALAYSIA SABAH

Professor Dr. Kenneth Yuh Yen Kok (Dean of PAPRSB Institute of Health Sciences)

On 5th March 2024, a delegation from Universiti Malaysia Sabah (UMS) visited PAPRSB Institute of Health Sciences (PAPRSB IHS) for an exchange of knowledge and collaboration opportunities. The delegation was led by Datuk Dr. Mohd Yusof Hj Ibrahim, Dean of the Faculty of Medicine and Health Sciences, and members included Dr. Syed Sharizman Syed Abdul Rahim, Deputy Dean, Postgraduate and Research, Associate Professor Dr. Azizan Omar, Head of Department, Public Health Medicine, Associate Professor Dr. Freddie Robinson, Doctor of Public Health (DrPH) Programme Coordinator, Dr. Zulkhairul Naim Sidek Ahmad, Senior Lecturer, and nineteen of their postgraduate students of Public Health, Faculty of Medicine and Health Sciences, UMS.

The study visit included a series of presentations aimed at showcasing the academic programmes and research initiatives of both institutions. The visit commenced with a welcoming address by Professor Kenneth Yuh Yen Kok, Dean of IHS, who also provided an overview of the undergraduate programmes offered at the institute. The presentation highlighted the curriculum, research opportunities, and practical training components that prepare students for careers in the health sciences field. Following this, Dr. Anni @ Nik Ani Afiah binti Hj Mohamad Tuah from IHS presented the postgraduate programmes in Public Health, emphasizing the importance of advanced education in addressing contemporary public health challenges. Dr. Nik also highlighted the institute's lifelong learning programmes, which cater to professionals seeking to enhance their skills and knowledge in public health.

The UMS delegation then took the stage to present their postgraduate programmes in Public Health and their One Health initiatives. The presentations highlighted UMS's commitment to interdisciplinary approaches in addressing health issues, particularly through the One Health framework, which emphasizes the interconnectedness of human, animal, and environmental health.

After the presentations, the UMS delegates had the opportunity to tour the IHS Simulation Centre and the Dental Simulation Lab. The tour of the Simulation Centre provided the UMS delegation with an insight into the state-of-the-art facilities available at IHS for training healthcare professionals. The delegation had the opportunity to witness simulations of various medical scenarios, which demonstrated the practical training components of the institute's undergraduate and postgraduate programmes. In the Dental Simulation lab, the delegation observed demonstrations of dental procedures using advanced simulation technology. This provided them with an understanding of the practical training methods employed by IHS to prepare dental students for clinical practice. The visit concluded with a fruitful discussion on potential areas of collaboration between UMS and PAPRSB IHS. Both institutions expressed interest in collaborative research projects, student exchange programmes, and joint academic initiatives aimed at advancing the field of health sciences.

Overall, the visit served as a platform for knowledge exchange and networking between UMS and PAPRSB IHS, paving the way for future collaborations that will benefit students, researchers, and the wider community.



Professor Kenneth Yuh Yen Kok (first row, fifth from left) and Dk Dr. Nurolaini Pg Hj Muhd Kifli (first row, second from left), the Dean and Deputy Dean (Undergraduate Studies and Global Affairs) of PAPRSB IHS, respectively, in a group photo with delegates from the Faculty of Medicine and Health Sciences, Universiti Malaysia Sabah (UMS).

BIOMEDICAL SCIENCE STUDENTS COORDINATED A BLOOD DONATION DRIVE WITH JERUDONG PARK MEDICAL CENTRE

Hajah Nur Haziqah Izz Binti Haji Abdul Razak & Muhammad Ibnu Muniif bin Ibrahim (Cohort 15 of BHSc Biomedical Science)

On the 6th of March, the Year 2 Biomedical Science students from Cohort 15 collaborated with Jerudong Park Medical Centre (JPMC) Blood Bank to organise a blood donation drive. The event was organised as a community project under the core module in the Biomedical Science programme – HB-3252 Haematology and Blood Transfusion. The event was aimed at increasing the awareness of the importance of blood donations in saving lives, especially for patients requiring urgent care and undergoing medical procedures. Moreover, it aimed to inspire individuals to become regular blood donors, thus ensuring a steady and sufficient blood supply for the country. The target audience for the blood donation drive encompassed a wide demographic range, including students, staff, and members of the general public, with efforts made to promote the blood donation drive through social media posts, email, and word-of-mouth.

The event was led by the event committee leaders, Haziqah and Hazizul, alongside the finance, logistics, and media teams, who displayed a great teamwork in the planning and execution of the event. From a total of 74 participants, 43 blood bags were collected from successful donors with the help of the JPMC Blood Bank staff members who enabled a smooth blood collection process during the day. Additionally, without the support and participation of the local vendors: Rumah Gelato, Bolbettas, Kopian, Pyorr, HSFood.bn, and Liy's Cookies, the event would not have been able to gain such a great turnout of people and success.



Top photo: Held at the concourse of the IHS Extension building, the blood donation drive was supported by vendors to help attract donors. **Bottom photo:** Year 2 Biomedical Students (Cohort 15) took a group photo with JPMC Blood Bank staff who helped them collect blood on site.

DEPUTY DEAN OF PAPRSB IHS DELIVERED THE INTERNATIONAL LECTURE PROGRAMME AT THE FACULTY OF PHARMACY, HASANUDDIN UNIVERSITY IN INDONESIA

Dk Dr. Nurolaini Pg Hj Md Kifli (Senior Assistant Professor & the Deputy Dean of Undergraduate & Global Affairs)

In an academic exchange aimed to foster international collaboration and knowledge sharing, Dr. Nurolaini Kifli, a Senior Assistant Professor in Pharmacy, was invited to present lecture sessions in the "International Lecture Programme" to the staff and students of Hasanuddin University in Makassar, Indonesia from 4th to 7th December 2023. This visit was not just a mere academic courtesy but a significant step towards strengthening the ties between institutions of higher learning across ASEAN countries. Dr. Nurolaini Kifli is the Deputy Dean (Academic and Global Affairs) at PAPRSB Institute of Health Sciences, UBD, and is a pharmacist by background. Her research focuses on the Development of the Pharmacy Curriculum, International Collaboration around Pharmacy Education as well as Social Pharmacy research, making her an ideal guest for Hasanuddin University, which has been increasingly focusing on teaching and learning.

The visit was marked by a series of engaging events, including four lectures, hospital visits, and roundtable discussions. Dr. Nurol's lecture on "*Instilling Entrepreneurial Skills to Pharmacy Undergraduate Students at UBD*" was particularly well-received. She shared insights from her Module HP-4252 whereby Pharmacy students had to be more resourceful and entrepreneurial to conduct community projects on public health issues. Students had to think like an entrepreneur to make it a successful project. She also highlighted the unique challenges and innovative solutions that Indonesian students could do as one of the world's largest archipelagic nations. Another lecture session of interest was "*Medicine Wastage Study in Hospital and Health Centre*" which received an overwhelming response from the staff and students. She shared the research that her team conducted and the various stages of a pharmaceutical supply chain where medicine wastage could happen. The interactive nature of the session allowed for a meaningful exchange of ideas between Dr. Nurol and the faculty members.

One of the most significant outcomes of Dr. Nurol's visit was the initiation of discussions on potential collaborative research projects between the faculty members of the university and PAPRSB Institute of Health Sciences. These projects are envisioned to not only advance the frontiers of pharmacy research but also to underscore the importance of interdisciplinary collaboration and community engagement in addressing pharmacy-related issues such as adherence, medicine wastage, and storage. Dr. Nurol's emphasis on the need for a holistic approach that integrates scientific research, policy-making, and community action resonated with the participants.

Dr. Nurol's visit to the University of Hasanuddin left a lasting impact on the academic community in Indonesia. It opened new avenues for collaboration, fostered a spirit of intellectual exchange, and inspired both students and faculty to pursue innovative solutions to pharmacy practice and health outcomes. As the University of Hasanuddin continues to build on the momentum generated by Dr. Nurol's visit, the next stage would hopefully be exchanging students for the Discovery Year Programme, InshaAllah.



Left photo: Dk Dr. Nurolaini Kifli's visit to the Universitas Hasanuddin Hospital was accompanied by Professor Yulia Yusrini Djibir, the Deputy Dean of the Faculty of Pharmacy. **Right photo:** Faculty members and students of the Hasanuddin University took a photo with Dk Dr. Nurolaini Kifli after the lecture session.

DENTISTRY PROGRAMME CELEBRATED WORLD ORAL HEALTH DAY 2024: PROMOTING DENTAL CAREERS AND ORAL HEALTH

Dr. Solachuddin Jauhari Arief Ichwan (Senior Assistant Professor)

World Oral Health Day 2024 was celebrated with great enthusiasm at OneCity Shopping Centre, on Sunday, 3rd of March 2024. Organised by the Department of Dental Services under the Ministry of Health Brunei, the event aimed to elevate public awareness about the importance of oral healthcare. The event was graced by the esteemed presence of the Minister of Health, Dato Seri Setia Dr. Haji Mohd Isham bin Haji Jaafar, underscoring the government's commitment to promoting dental health. The event featured a variety of activities designed to educate the public on the best practices for maintaining oral health. Interactive sessions, demonstrations, and educational materials provided attendees with valuable insights into effective oral care routines. Additionally, several booths were set up to offer advice on pursuing careers in dentistry and related fields, highlighting the pathways and opportunities available in this essential healthcare sector.

Representing Universiti Brunei Darussalam (UBD) at the event was the Dentistry programme from PAPRSB Institute of Health Sciences. An informative booth titled "Be a Dentist" was managed by a dedicated team of first-year students from the programme and coordinated by Dr. Solachuddin J. A. Ichwan. Their booth focused on promoting the various career opportunities in dentistry and provided detailed information on the enrolment process of the UBD Dentistry programme for prospective students.

One of the key attractions at their booth was an engaging game called "manual dexterity," which allowed visitors to test their fine motor skills, which is an essential attribute for aspiring dentists. The booth drew a significant number of visitors, many of whom were keen to learn more about the Dentistry programme. Inquiries about the enrolment process were frequent, reflecting a strong interest in pursuing a career in dentistry.

Overall, the World Oral Health Day 2024 at OneCity Shopping Centre successfully fostered greater awareness of oral health and inspired many attendees to consider careers in dentistry, thereby contributing to the broader goal of enhancing public health in Brunei.



Top left: The Minister of Health, Dato Seri Setia Dr. Haji Mohd Isham bin Haji Jaafar interacting with the Dentistry booth in celebration of the World Oral Health Day 2024, held at OneCity Shopping Centre (Photo source: Borneo Bulletin). **Top right:** Dentistry team with the Permanent Secretary at the Ministry of Health, Haji Maswadi bin Haji Mohsin (second from left). **Bottom left:** Year 1 dentistry students communicating information about the admission process for BHSc Dentistry programme at PAPRSB IHS and career prospects in dentistry. **Bottom right:** Dentistry students facilitating an interactive manual dexterity game with booth visitors.

NURSE/MIDWIFE LEADER: DEMONSTRATING COMMITMENT AND BECOMING INFLUENTIAL

Dr. Hajah Asmah Haji Husaini (Assistant Professor)

On March 3, 2024, Assistant Professor Dr. Hajah Asmah binti Haji Husaini was invited to participate in a leadership forum organised by the Brunei Darussalam Nurses Association (PENJURU) in collaboration with the Nursing and Midwifery Programme of PAPRSB Institute of Health Sciences, UBD. The forum, titled 'Nursing and Midwifery Leadership and Management Forum', invited over a hundred participants from various educational institutes, public and private hospitals. The forum offered a platform for participants to discuss current challenges, knowledge, and trends in clinical practices in nursing and midwifery.

As one of the panel speakers, Dr. Asmah emphasised that an effective leadership involves a combination of skills and qualities designed to engage, inspire, and guide others toward positive growth and development. During the forum, she stressed the importance of connecting with students and junior staff nurses to exercise leadership in nursing practice and education. She highlighted the significance of understanding the perspectives of Generation Z, the current youth generation.

Dr. Asmah discussed the necessity of meeting the younger generation at their level through active listening, empathetic understanding, and clear, relatable communication. She shared her research findings on student nurses' perceptions of mentorship in clinical practice and explained that junior and student nurses seek for effective mentorship. Mentors who act as positive role models by demonstrating desirable behaviors, values, and attitudes can have a significant impact on young minds. Not only does it influence young nurses, an effective mentorship encourages imitation and provides a framework for ethical decision-making and personal development. Additionally, she underscored the importance of incorporating creativity and innovation into interactions and activities to engage the young minds. By utilising creative teaching methods and interactive learning experiences, it can help stimulate the curiosity and enhances engagement with the student nurses.

Dr. Asmah concluded her discussion by proposing entrepreneurial leadership in healthcare as a mean to foster innovative thinking and strategic vision. She encouraged leaders to have a proactive mindset to drive positive changes and growth within the industry. She elaborated that competent leaders with an entrepreneurial spirit and leadership qualities can spur opportunities, surmount challenges, and create values in the healthcare industry. She also added that the key traits of an entrepreneurial leader include innovative thinking, risk-taking, adaptability, collaboration and networking, and, most importantly, ethical decision-making.

Top photo: Dr. Asmah in a group photo with participants of the Nursing and Midwifery Leadership and Management Forum. **Bottom photo:** Dr. Asmah (second from right) speaking at the forum to discuss the importance of leadership in healthcare. (Photo source: Pelita Brunei)



PAPRSB IHS ORGANISED THE 5TH GRADUATE RESEARCH DAY

Amalie Chin Siaw Fang (PhD candidate in Public Health) & Siti Nurzaimah Nazhirah Binti Haji Zaim (Master of Health Science in Nursing by Research)

The 5th Graduate Research Day 2024 with the theme 'Transforming Health: Advancing Science, Improving Lives', was held for two days on Tuesday, April 23, and Wednesday, April 24. This annual gathering provided a valuable platform for our graduate students to present and discuss their research projects, highlighting their dedication and innovative contributions. The event started with a workshop titled "Essential Guide to Statistical Analysis with R," led by Assistant Professor Dr. Hanif Abdul Rahman. Thirty-one participants attended this workshop, gaining hands-on experience with R software for statistical analysis. Dr. Hanif emphasized the importance of stepping outside one's comfort zone to learn advanced statistical techniques, urging students to "upgrade your tools and not just be a hammer." His practical sessions and expert guidance were invaluable, helping students enhance their research skills and apply new methods to their work.



Left photo: Assistant Professor Dr. Hanif Abdul Rahman explaining the basic steps for regression analysis using the R software. **Right photo:** A group photo of Dr. Hanif and attendees of the Workshop Day.

Day two began with an Opening Ceremony featuring speeches by Student Co-chairs Amalie Chin Siaw Fang and Siti Nurzaimah Nazhirah Haji Zaim. The Guest of Honour and Dean of PAPRSB IHS, Professor Kenneth Yuh Yen Kok delivered thoughtful opening remarks of the day. This was followed with a keynote presentation by the Deputy Dean of Graduate Studies and Research, Dr. Suwarni Hj Mohd. Diah, titled "Navigating Graduate Studies: Strategies for Success", which set a positive and motivating tone for the day's activities. Their speeches focused on the importance of perseverance and strategies on how to mitigate challenges while pursuing graduate studies, and remarked on the milestones that the faculty has achieved in terms of its teaching and research development. The core of the second day was dedicated to research presentations. Fourteen students gave oral presentations, showcasing a diverse range of topics and demonstrating both their ongoing and completed projects. In addition, 17 poster presentations were displayed during break sessions, allowing attendees to engage with the research and discuss the findings in an informal setting.



Left photo: A postgraduate presenting her research poster. **Right photo:** Participants and judges of the 5th Graduate Research Day viewing research posters on display.

Awards were given to outstanding presenters in both oral and poster categories in recognitions of their high caliber of research. Dr. Siti Rohaiza Ahmad, the Programme Leader of Graduate Studies Programme and the Chair of the 5th Graduate Research Day, had the honour of announcing the winners in each category. Oral Presentation Awards were given to Awg Abdul Hadi Zulhiqman bin Abdul Rahim (1st Place), Amira Asyiqin Binti Abdul Wahab (2nd Place), and Chua Hui Ming (3rd Place). Meanwhile, Poster Presentation Awards were given to Nur Aziemah Binti Mohammad Azizi (1st Place), Dk Hj Nurul Zatil Hidayah Binti Pg Hj Suffian (2nd Place), and Amirul Shahezal Bin Haji Abd Rahman (3rd Place).



A group photo of the awardees of the 5th Graduate Research Day. From left to right: Amirul Shahezal Bin Haji Abd Rahman, Dk Hj Nurul Zatil Hidayah Binti Pg Hj Suffian, Nur Aziemah Binti Mohammad Azizi, Awg Abdul Hadi Zulhiqman bin Abdul Rahim, Amira Asyiqin Binti Abdul Wahab, and Chua Hui Ming.

The success of the 5th Graduate Research Day was a result of the exceptional teamwork displayed by the committee members, consisting of both staff and students of PAPRSB IHS under the Graduate Studies program. Their dedication and hard work ensured that the event was not only a platform for showcasing research but also a memorable and enriching experience for all participants. The organising committee would like to express its gratitude for the sponsors whose support was instrumental in making the event a success: Treasure Cove, Sugar & Spice, Babu's Kitchen, Sehat Water Sdn Bhd, Royal Brunei Culinary, TAIB, BIBD, Jerudong Park Medical Centre, Pantai Jerudong Specialist Centre, Bismi Enterprise, Raziqin Restaurant, Remy Coffee, Melati Coffee, R&C Cafe, and Dose of Dulce.

Overall, the event was a testament to the vibrant research culture within our institution. It provided the graduate students with an invaluable opportunity to present their research, receive feedback, and network with peers and experts. The event reaffirmed our commitment to fostering academic excellence and innovation, setting a high standard for future research endeavors.



The 5th Graduate Research Day was supported by a number of faculty members, invited judges, and graduate students who were involved in organising the day and in presentations.

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.



PAPRSB IHS welcomed students and teachers from Miftah An-Nur School by hosting a series of activities, including a first aid demonstration which was facilitated by Md Khairulamin Abdullah Sungkai (coordinator of IHS International Training Centre) and Dr. Mursidi Ali. Read more on this on Page 3.



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