

BEYOND

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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



A memorable moment captured at the Hari Raya Celebration at PAPRSB Institute of Health Sciences, featuring Dr. Hazri bin Haji Kifle, the Vice Chancellor of Universiti Brunei Darussalam, faculty academic and administrative staff members, and students from various programmes. Read more on Page 5.

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SHOWCASING RESEARCH EXCELLENCE: THE 6TH ANNUAL GRADUATE RESEARCH DAY 2025

Lim Zhi Ying (Master of Health Science in Nursing by Research) & Rina Nurfadlina Rosli (Master of Health Science in Biomedical Science by Research)

The 6th Annual Graduate Research Day (GRD), hosted by PAPRSB Institute of Health Sciences (IHS) at Universiti Brunei Darussalam, recently concluded its successful two-day event on the 29th and 30th of April 2025. With the theme “The Future of Science and Healthcare: A Sustainable Path Forward”, the event provided a platform for graduate students to share their research, engage in stimulating discussions, and connect with faculty, peers, and invited guests from outside the faculty.

The event commenced with welcoming remarks from student co-chairs Lim Zhi Ying and Rina Nurfadlina Rosli, followed by an inspiring address from the Dean of PAPRSB IHS, Professor Kenneth Yuh Yen Kok. The highlight of the opening ceremony was the keynote speech by Dr. Nurolaini Kifli, Deputy Dean (Research, Innovation and Sustainability), titled “Future-proofing Our Graduates”, which emphasised the need to prepare students for the evolving science and healthcare landscape. The two-day event buzzed with energy with poster and oral presentations sparking discussions, and presenters demonstrating strong subject knowledge and communication skills. Participants responded to insightful questions from judges and lecturers, showcasing their deep understanding and ability to articulate complex ideas effectively.



This year marked the exciting debut of the 3-Minute Thesis (3MT) competition at PAPRSB IHS, drawing positive feedback from both students and staff. The event showcased innovative research in an engaging format, helping presenters refine their skills in clearly communicating complex ideas to a broad audience. Winners were announced in each category, including an audience favorite.

The 6th Annual GRD was a resounding success, thanks to the collaborative efforts of faculty members, students, and the support from 35 generous sponsors who contributed refreshments, door gifts, and prizes. These included Aewon, AM/PM Coffee, Anta Sports, Bess Thai Food, Cuckoo, Dynamik Technologies, Fitness Zone, Gardenia Brunei, Gong Cha, Hana Cookies, Imagine, Jerudong Park Country Club, JPMC, Kingston (Ice-cream), Margherita Pizzaria, McDonald's, McQuipp, Mutiara Exchange, Nyonya Restaurant, Progresif, Pustaka Remaja, R&C Cafe, Sehat, Seoul Garden, Serikandi Restaurant, Star Lodge, Sugar & Spice, Taurean Bakeshop, The Daun, Treasure Cove, UBD Corporate Communication Office, Wan Sing, Whatever Accessories, and 99 mobile. The Nursing and Midwifery Student Body also assisted with media coverage, helping create a vibrant and memorable event. This year's GRD highlights the faculty's continued commitment to research excellence and effective science communication.



Left: 3MT speaker line-up which included Chua Hui Ming (1st Place and People's Choice), Amira Asyiqin Abdul Wahab (2nd Place) & Abdul Hadi Zulhiqman Abdul Rahim (3rd Place). **Middle:** Oral Presentation winners - Dr. Fahmeeda Choudhury (1st Place), Zirwatul Maziah Zulkifli (2nd Place) & Nur Syahirah Binti Haji Zainal Ariffin (3rd Place). **Right:** Poster Presentation winners - Ampuan Mohamad Jalalludin Ampuan Ali (1st Place), Nurhalimah Basyirah Jamaludin (2nd Place) & Chua Hui Ming (3rd Place).

PAPRSB IHS STUDENT COUNCIL PROMOTED CONSERVATION AT PANTAI MERAGANG CLEAN-UP

PAPRSB Institute of Health Sciences Student Council

PAPRSB Institute of Health Sciences Student Council (IHSSC), in collaboration with the Executives of Leadership and Innovation (ELI) from Persatuan Mahasiswa Universiti Brunei Darussalam (PMUBD), successfully organised a Beach Clean-Up Campaign at Meragang Beach on 2nd February 2025. This event brought together student volunteers with the aim of raising environmental awareness, reducing coastal pollution, and promoting civic responsibility through student-led community action.

This initiative was not only a local environmental effort but also a meaningful contribution to the United Nations Sustainable Development Goals (SDGs) – specifically SDG 13 (Climate Action), SDG 14 (Life Below Water), and SDG 17 (Partnerships for the Goals). By addressing pollution and protecting Brunei's coastal environment, the campaign reinforced the importance of climate responsibility, marine conservation, and collaborative partnerships in advancing sustainable development.

Upon arrival, volunteers received a short briefing and were then divided into smaller groups to ensure systematic and thorough coverage of the beach area. Equipped with gloves and rubbish bags, the teams worked diligently to collect waste materials ranging from plastic bottles and packaging to discarded fishing lines and miscellaneous litter. Over the course of the morning, the volunteers collected a total of 18 bags of trash – highlighting both the scale of the issue and the tangible impact of collective action.

In support of SDG 13, the campaign raised awareness of how small, community-driven efforts can mitigate environmental degradation and contribute to climate resilience. Meanwhile, the clean-up directly supported SDG 14 by preventing marine pollution and helping to safeguard biodiversity in Brunei's coastal waters. Finally, the event served as a model of SDG 17 in action, underscoring the value of inter-institutional collaboration between IHSSC and PMUBD ELI in tackling shared environmental challenges. Beyond its environmental impact, the campaign also emphasised the importance of collaboration in addressing broader community issues. It provided a valuable learning experience for all participants, reinforcing the principles of environmental stewardship, social responsibility, and teamwork.

IHSSC extends its heartfelt appreciation to PMUBD ELI and all volunteers who contributed their time and energy to this successful initiative. IHS remains committed to supporting future projects that promote sustainability, health, and meaningful youth engagement in national and global development efforts.



NURSING & MIDWIFERY TEAM STRENGTHENED GLOBAL COLLABORATION WITH MAHIDOL UNIVERSITY

Dr. Hajah Sarena Haji Hashim (Assistant Professor)

From the 7th to 9th of January 2025, the Nursing and Midwifery team from the PAPRSB Institute of Health Sciences (IHS), Universiti Brunei Darussalam (UBD), participated in the conference “Triple Burdens of Diseases: Nurse-Led Game Changer to Optimise the Outcome of Care”. The team was led by Dr. Hjh Sarena Hj Hashim to represent the Dean of PAPRSB IHS and UBD. Held at the Miracle Grand Convention Hotel in Bangkok and hosted by the Faculty of Nursing, Mahidol University in Thailand, the conference gathered healthcare professionals from over 25 institutions around the world. A key moment during the event was the presentation of a token of appreciation by the team to Associate Professor Dr. Ameporn Ratinthorn, the Head of Department of the Faculty of Nursing, Mahidol University. This reinforced the longstanding academic partnership between the two universities since 2012. The delegation also engaged in strategic discussions on research collaborations and Discovery Year internships, strengthening UBD’s global academic ties.

The conference focused on the “triple burden” of diseases — communicable diseases, non-communicable diseases, and emerging health threats. It highlighted nurse-led and person-centred approaches to managing these challenges. UBD’s participation in this conference showcased not only its commitment to global health but also its leadership in nursing innovation and research.

The team from PAPRSB IHS presented various topics at the conference. Dr. Khadziah Hj Abdul Mumin presented a study on self-care strategies among health sciences students, emphasising the importance of resilience-building and mentorship in academic life. Dr. Hj Muhammad Assyafie Hanif Abdul Rahman shared findings from a large-scale meta-analysis on breast cancer survival factors, pointing to early detection and education as key influences. Meanwhile, Dr. Deeni Rudita Idris presented a poster on how women influence men’s health-seeking behaviours, highlighting the need for culturally sensitive public health interventions. Moreover, Dr. Shahrimawati Hj Sharbini presented her research on ophthalmic care in nursing education which informed a new teaching session for UBD students on infant vision assessment. The team also took part in networking sessions with international universities such as Johns Hopkins University, Universiti Malaya, and the University of Nebraska. These conversations opened doors for joint research, knowledge exchange, and potential student placements.

More than just a conference, the event served as a platform for sharing ideas, building partnerships, and reaffirming UBD’s place on the global stage. The insights gained are expected to inform future curriculum development and research directions in nursing and midwifery. For the delegates, the experience deepened their understanding of global health challenges and strengthened their commitment to advancing healthcare education, both in Brunei and beyond.



Top: Dr. Hjh Sarena Hj Hashim presenting a token of appreciation to Associate Professor Dr. Ameporn Ratinthorn, the Head of Department at the Faculty of Nursing, Mahidol University, Thailand. **Bottom left:** the delegation from PAPRSB IHS who attended the conference comprised of Dr. Deeni Rudita Idris, Dr. Hj Muhammad Assyafie Hanif Abdul Rahman, Dr. Hjh Sarena Hj Hashim, Dr. Shahrimawati Hj Sharbini, and Dr. Khadziah Hj Abdul Mumin. **Bottom right:** the delegation in a photo with an international colleague at the conference.

PAPRSB IHS CELEBRATED HARI RAYA AIDILFITRI

The spirit of Hari Raya lit up the PAPRSB Institute of Health Sciences (IHS), Universiti Brunei Darussalam, as the Faculty Raya Celebration took place on Friday afternoon, 18th April 2025, at the Concourse Area of the IHS Extension Building. The event was a vibrant and heartwarming gathering of staff and students from across the institute's various programmes. The faculty was honoured to welcome the Vice Chancellor of UBD, Dr. Hazri bin Haji Kifle, who graciously joined the celebrations.

In keeping with tradition, the celebration featured a potluck-style feast, with each academic programme including BHSc Medicine, Biomedical Science, Nursing & Midwifery, Dentistry, Pharmacy, Graduate Studies, and Administration and Technical staff, hosting their own beautifully decorated booths. Each group contributed at least one main dish, such as pasta, noodles, or local favourites like soto and bakso, along with a variety of appetisers, desserts, and drinks. There were also themed Hari Raya backdrops for group photo sessions set up to capture the joyful moments and take memorable pictures together.

Adding to the festive atmosphere were interactive games, including a popular Hari Raya lucky draw-style game known as "Tarik Sampul Raya". In this game, colourful Raya packets containing hidden prizes were jumbled and tied together. Participants took turns pulling one packet from the bundle to reveal their prize, which ranged from cash to useful household items such as packs of rice and eggs. The activity drew much laughter and excitement, making it a highlight of the afternoon.

The celebration was a cherished opportunity for the faculty to come together in the festive spirit of Hari Raya. A heartfelt thank you goes out to the organising committee, contributors, and everyone who played a part in making the event a success.



BIOMEDICAL SCIENCE STUDENT CROWNED UBD PIDATO CHAMPION

Syafiqah Mumtazah Arrifen (BHSc in Biomedical Science, Cohort 16)

On 3rd February 2025, Syafiqah Mumtazah Arrifen, a second-year Biomedical Science student, emerged as the champion at the Chancellor's Trophy Pidato Competition held at the UNISSA Auditorium. Competing against finalists from Universiti Teknologi Brunei (UTB), Universiti Islam Sultan Sharif Ali (UNISSA), and Kolej Universiti Perguruan Ugama Seri Begawan (KUPU SB), Mumtazah represented UBD with distinction through a compelling and heartfelt speech titled *"Merealisasikan Matlamat Pembangunan Lestari: Hasrat yang Murni, Sama-sama Kita Tangani."*

Her speech explored Brunei Darussalam's contributions toward achieving the United Nations' Sustainable Development Goals (SDGs), highlighting how sustainability is a national priority that requires inclusive and collective action. Focusing on key goals such as SDG 13 (Climate Action), SDG 4 (Quality Education), SDG 3 (Good Health and Well-being), and SDG 8 (Decent Work and Economic Growth), Mumtazah emphasised the need for every citizen to play a proactive role in building a sustainable future.

With eloquence and conviction, she declared, *"Jika kita tidak memainkan peranan yang sepatutnya dan berharap ada pihak lain yang akan melaksanakan tugas ini, maka apakah fungsi kita di muka bumi ini?"* Throughout the speech, she wove together powerful metaphors and local achievements, showcasing Brunei Darussalam's ongoing efforts in environmental conservation, education reform, healthcare development, and economic diversification. Examples included the country's retention of over 72% forest cover, the *'Hari Tanpa Beg Plastik'* campaign, and its steady shift toward renewable energy sources—all of which reflect Brunei's firm commitment to sustainable development. The speech was not only a call to national consciousness but also a personal journey. With guidance from Dr. Hasmidar Hassan (Faculty of Arts and Social Sciences) and the support of PMUBD members Faiz Ariffin and Lina Jasmine, Mumtazah spent one intense week refining her script and delivery. The process deepened her appreciation for the richness of Bahasa Melayu, especially its semantics and grammar, as she explored how language shapes thought, culture, and sustainability itself. This victory not only marked a personal milestone but also reflected the values championed by UBD in nurturing students who are not only academically capable but also socially aware, articulate, and ready to lead in shaping a better world.

For Mumtazah, the speech was never meant to be the final contribution, but rather the beginning of a larger call to action. She acknowledged that her words alone were far from being a significant effort in realising the Sustainable Development Goals. Without concrete action, even the most well-crafted messages remain mere ideals. It is through sustained and collective effort from individuals, institutions, and communities that true impact is made. The speech, in her view, was not a conclusion but a catalyst; a reminder that progress requires more than awareness and it demands commitment, consistency, and collaboration from all levels of society.



Group photo taken at Universiti Islam Sultan Sharif Ali (UNISSA), featuring representatives from Universiti Brunei Darussalam (UBD). **From left to right:** Faiz Ariffin, Dr. Haji Rozaiman bin Makmun (Deputy Dean of the Student Affairs Section, Student Life and Development), Syafiqah Mumtazah holding a trophy, Dr. Hasmidar Hassan, and Lina Jasmine.

GLOBAL LEARNING: PAPRSB IHS HOSTED EXCHANGE PROGRAMME WITH UNIVERSITAS 'AISYIYAH YOGYAKARTA

Dr. Hajah Sarena Haji Hashim (Assistant Professor)

PAPRSB Institute of Health Sciences (IHS) at Universiti Brunei Darussalam, proudly hosted the International Midwifery Exchange Programme under the Global Discovery Programme from 19th January to 2nd February 2025. The faculty welcomed a delegation of 21 students (second year of Master in Midwifery programme) and 2 faculty members from Universitas 'Aisyiyah Yogyakarta (UNISA), Indonesia. The two-week programme aimed to strengthen cross-cultural learning, promote professional exchange, and cultivate global partnerships in midwifery education.

The programme was officially launched with an opening ceremony held at PAPRSB IHS, followed by a campus tour and an introductory lecture offering insights into Bruneian culture, health systems, and the structure of midwifery education in the country. Throughout their stay, the participants engaged in a mix of academic lectures and practical learning opportunities. Highlights included visits to maternal and child health clinics across Brunei, and clinical observations at key healthcare facilities including RIPAS Hospital and health clinics in Gadong, Berakas, and Temburong. These visits provided valuable exposure to Brunei's healthcare delivery system and its emphasis on integrated maternal and child health services. The exchange also served as a platform for academic dialogue and future collaboration. Faculty members from both institutions explored shared research interests and discussed potential joint initiatives, including student mobility, teaching exchanges, and curriculum development in maternal and neonatal health.

Participants were also immersed in Brunei's cultural heritage through guided visits to major cultural sites such as the Jame' Asr Hassanali Bolkiah Mosque, the Royal Regalia Museum, and Kampong Ayer. These excursions deepened their understanding of local traditions and social contexts that shape healthcare delivery in Brunei. Feedback from participants highlighted the programme's success in broadening perspectives, enriching academic knowledge, and fostering strong inter-institutional bonds. For participating students, it was their first experience of clinical practice abroad that offered them a unique opportunity to compare healthcare systems and develop intercultural competence essential for today's globalised health workforce.

This exchange not only fostered academic and professional growth but also underscored the value of meaningful international collaboration. It laid a strong foundation for sustained partnership between PAPRSB IHS and UNISA in advancing midwifery and maternal health education, research, and practice. Such initiatives are key to preparing future healthcare professionals who are both globally minded and locally responsive.



Top left: The international midwifery exchange programme hosted by the Nursing and Midwifery team at PAPRSB Institute of Health Sciences for Universitas 'Aisyiyah Yogyakarta (UNISA) of Indonesia was initiated at an opening ceremony held on 19th January 2025. **Top right:** the delegation from UNISA took a commemorative photo together with faculty members of PAPRSB IHS after the opening ceremony. **Bottom left:** participants of the exchange programme, consisting of both students and faculty staff of UNISA visited the Simulation Centre at PAPRSB IHS. **Bottom right:** participants also visited local health centres where they learned about Bruneian healthcare system, as part of the exchange programme activities.

PAPRSB IHS STUDENT COUNCIL & FOSSB LAUNCHED 'RISE AGAINST CANCER' INITIATIVE

PAPRSB Institute of Health Sciences Student Council

PAPRSB Institute of Health Sciences Student Council (IHSSC), in meaningful collaboration with the Faculty of Science Student Body (FOSSB), successfully hosted the "Rise Against Cancer 2025" event on 23rd and 24th April 2025 at the concourse area of the extension building, PAPRSB IHS, Universiti Brunei Darussalam (UBD). This two-day carnival was organised in conjunction with Cancer Awareness Day and brought together the UBD community to raise vital awareness about common cancers in Brunei, as well as their prevention, early detection, and treatment options.

The event began on Wednesday, 23rd April, with opening speeches by representatives from IHSSC and FOSSB, followed by a prayer recitation. The cancer awareness course booths, game booths, and vendor stalls then officially opened, creating a lively and engaging atmosphere. Activities continued with the same momentum on Thursday, 24th April, offering participants ample opportunities to interact with the educational and interactive exhibits. To enhance the experience, both IHSSC and FOSSB created engaging game booths, adding an element of fun to the educational outreach. One particularly impactful feature was FOSSB's dedicated booth on childhood cancer awareness, which stood alongside the other informative course booths.

"Rise Against Cancer 2025" aimed not only to provide an enjoyable experience for the UBD community but also to foster camaraderie among students from different courses and faculties through shared activities. A key objective was to educate attendees about various types of cancer, promoting awareness of signs, symptoms, and screening methods that could enable earlier diagnoses and ultimately improve survival outcomes. First-year IHS students played a key role in managing cancer awareness booths, each focusing on a specific cancer type, including lung, breast, ovarian, colorectal, and prostate cancers. The integration of interactive booth games helped create a more engaging and impactful learning experience.

While an exact headcount was not recorded, the event achieved commendable visibility and engagement despite coinciding with other campus activities such as Hari Raya celebrations, ongoing classes, and the approaching examination period. The presence of distinguished guests, including Professor Kenneth Yuh Yen Kok (Dean of PAPRSB IHS), Dr. Suwarni Hj Mohd Diah (Deputy Dean of PAPRSB IHS), along with other respected lecturers, provided strong institutional support and added credibility to the event. This powerful collaboration between IHSSC and FOSSB strengthened the relationship between both organisations while benefiting the wider student community.



Top left: Booth representatives presenting their assigned cancer topics to visitors. **Top right:** Professor Kenneth Yuh Yen Kok and Dr. Suwarni Hj Mohd Diah visiting the IHSSC game booth. **Bottom left:** First-year Biomedical Science students managing the Ovarian Cancer awareness booth. **Bottom right:** Faculty of Science Student Body (FOSSB) members running the Childhood Cancer awareness booth, joined by Professor Kenneth Yuh Yen Kok.

PAPRSB IHS ENGAGED INTEREST AT HIGHER EDUCATION EXPO 2025

On the 8th– 9th February, PAPRSB Institute of Health Sciences (IHS) participated in the 10th Higher Education Expo 2025, held at BRIDEX in Jerudong. This is an annual showcase organised by the Ministry of Education to guide students and parents through post-secondary and tertiary education pathways. The two-day event drew a packed house of students, educators, and families—one of 64 exhibitors featuring local and international institutions, government agencies, and embassy representatives. During the expo, the Ministry of Education shared latest information with the public such as the Higher Education Centralised Admission System (HECAS), government scholarships, and the Brunei Darussalam National Accreditation Council (BDNAC).

At PAPRSB IHS's booth, visitors discovered a comprehensive range of healthcare programmes, spanning undergraduate degrees in Medicine, Dentistry, Pharmacy, Biomedical Science, Nursing & Midwifery, and various postgraduate opportunities. The faculty highlighted not only academic curricula but also vibrant student life, featuring current students sharing authentic experiences and interactive displays underscoring career prospects across the health sector. PAPRSB IHS welcomed hundreds of attendees: many engaged directly with staff and current students, learning about admission pathways, clinical placements, and scholarship options.

In conjunction with UBD Discovery Week, PAPRSB IHS also organised similar booth at the UBD Open Day which was held at the campus library from 9th to 10th February. The Open Day provided insights into UBD programmes, scholarships, and campus life.

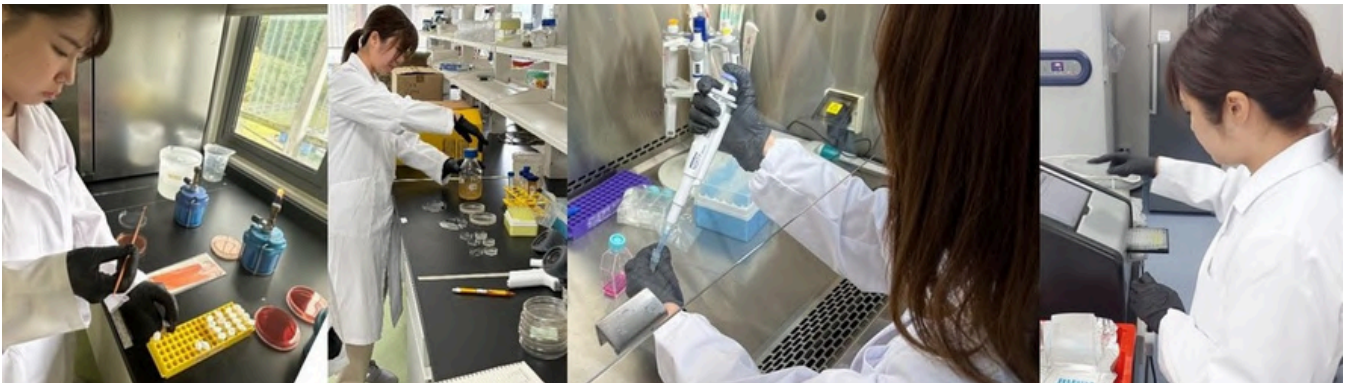
Congratulations to PAPRSB IHS staff members and students for a successful exhibition at both HE Expo 2025 and UBD Open Day!



FOUR MEDICAL STUDENTS FROM KAGAWA UNIVERSITY COMPLETED RESEARCH INTERNSHIP AT PAPRSB IHS

Dr. Hjh Hanisah Hj Awg Sharif (PAPRSB Institute of Health Sciences)

PAPRSB Institute of Health Sciences (IHS) had the pleasure of hosting four visiting medical students from Kagawa University of Japan for a research internship programme held from 3rd February to 4th March 2025. The students, Hazuki Ino, Natsumi Miyoshi, Rio Fuzakawa, and Ruri Inoue, were each supervised by teams led by Dr. Siti Hanna Muharram, Associate Professor Dr. Hjh Mas Rina Wati binti Haji Abdul Hamid, Pg Dr. Hjh Nurolaini Pg Hj Muhd Kifli, and Dr. Lim Ya Chee, respectively. Each student was warmly supported by the supervisors' dedicated research team members and students, who provided close guidance, technical assistance, and mentoring throughout the internship.



All four students participated in hands-on laboratory research at the faculty, gaining valuable exposure to ongoing projects and learning new techniques. Hazuki investigated the anti-bacterial properties of novel synthetic compounds against Bruneian clinical bacterial strains. Natsumi worked with *Caenorhabditis elegans*, studying the importance of energy metabolism in locomotion. Rio evaluated the phenolic content and antioxidant capacity of *Rhodomyrtus tomentosa* (Karamunting), while Ruri focused on aseptic techniques and optimising cell culture growth conditions to investigate phosphorylation dynamics in cancer cell lines. These projects offered the students an enriching experience that complemented their medical education with practical research exposure.

Beyond their academic experience, the students were immersed in the cultural and social life of Brunei. They reconnected with our medical students, whom they had met during the previous International Winter Medical School Programme (IWMS) in Kagawa, and worked closely with our final-year Biomedical Science and Master students in the laboratory. Our students brought them around Brunei, where they visited heritage sites and enjoyed various local delicacies, including ambuyat, which they loved. The Japanese students particularly enjoyed visiting mosques, including Sultan Omar 'Ali Saifuddien Mosque, Jame' Asr Hassanil Bolkiah Mosque, and Ash-Shaliheen Mosque, where they also tried wearing the hijab. Their visit coincided with Brunei's 41st National Day, allowing them to witness the national celebration firsthand at Taman Haji Sir Muda Omar 'Ali Saifuddien. In their free time, they also joined our students in recreational activities such as badminton and rock climbing.

This programme exemplifies the value of international collaborations, offering students not only technical and research experience but also a deeper appreciation for cultural exchange. The faculty hopes this meaningful internship will inspire future academic partnerships and continue to strengthen the ties between the two institutions. Sincere thanks go to all members and students of the faculty for their warm hospitality, which gave the four Kagawa University students truly unforgettable memories.



DOCTORAL STUDENT REPRESENTED PAPRSB IHS AT WORLD DIABETES CONGRESS IN BANGKOK

Hajah Majidah binti Haji Suhip (PhD candidate in Clinical Sciences)

Hajah Majidah binti Haji Suhip, a part-time PhD in Clinical Sciences student at PAPRSB Institute of Health Sciences and a podiatrist under the Ministry of Health Brunei, had the opportunity to present a poster based on her PhD research at the recent International Diabetes Federation (IDF) World Diabetes Congress 2025. The congress was held in Bangkok, Thailand, from 7th to 10th April 2025. This year, it welcomed over 6,800 participants from more than 165 countries, providing a valuable platform for global exchange of expertise across the full spectrum of diabetes-related issues. These include the most recent scientific developments, advancements in diabetes care and education, as well as key strategies in advocacy and public awareness.

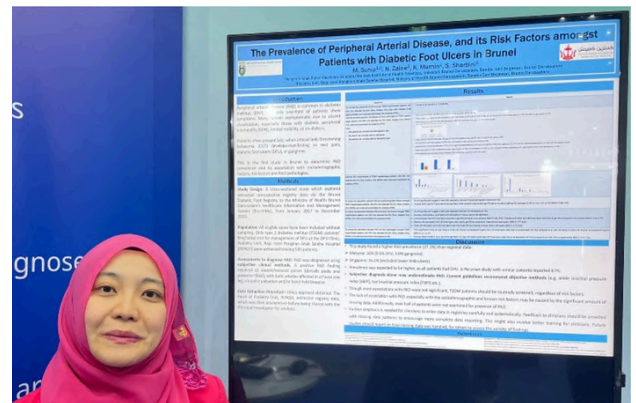
At the congress, Hajah Majidah presented her research poster titled "The Prevalence of Peripheral Arterial Disease and Its Risk Factors Amongst Patients with Diabetic Foot Ulcers in Brunei," showcasing key findings from her ongoing doctoral work in Clinical Sciences.

Peripheral Arterial Disease (PAD) is a progressive atherosclerotic condition that causes narrowing of the arteries, particularly in the lower limbs, resulting in reduced blood flow and impaired oxygen delivery to tissues. Globally, PAD affects over 200 million people, with prevalence increasing significantly in individuals over the age of 50. Major risk factors include diabetes, smoking, hypertension, and hyperlipidaemia, all of which are increasingly common in Brunei.

In Brunei, where diabetes remains a major public health concern, an estimated 1 in 4 people with diabetes will develop diabetic foot ulcers (DFU), a serious and costly complication that greatly increases the risk of limb amputation, especially when PAD is present. Despite this, the prevalence of PAD among DFU patients in the local population has remained largely under-investigated.

Through her research, Hajah Majidah sought to bridge this critical knowledge gap by examining the burden of PAD in Bruneian patients with DFU and identifying associated risk factors such as age, glycaemic control, and comorbidities. Her findings highlight the urgent need for early PAD screening and timely intervention as part of routine diabetic foot care. She advocates for a multidisciplinary approach involving podiatrists, endocrinologists, vascular specialists, and primary care providers to improve patient outcomes and reduce preventable complications.

Her work contributes meaningfully to ongoing efforts in strengthening diabetes management in Brunei and reinforces the value of evidence-based strategies in reducing the long-term impact of non-communicable diseases in the region.



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

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Year 3 students from Cohort 18 of the BHSc Medicine programme paid an educational visit to the Medical Reception Station (MRS) at Bolkiah Garrison, Ministry of Defence, on 28 February 2025. Photo credit: Dr. Hj Fazean Irdyati Hj Idris.



ARTICLE CONTRIBUTORS

Dr. Hajah Sarena Haji Hashim

Dr. Hajah Hanisah Haji Awg Sharif

Students:

PAPRSB Institute of Health Sciences Student
Council

Hajah Majidah binti Haji Suhip
(PhD candidate in Clinical Sciences)

Lim Zhi Ying
(MHSc in Nursing by Research)

Rina Nurfadlina Rosli
(MHSc in Biomedical Science by Research)

Syafiqah Mumtazah Arrifen
(BHSc in Biomedical Science, Cohort 16)

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Dr. Liyana Ahmad
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