

BEYOND

OCTOBER TO DECEMBER 2025 | ISSUE 42

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



The Dean's List Award Ceremony 2025 was held on 1st October 2025 to honour students who demonstrated outstanding academic excellence in the 2023/2024 and 2024/2025 academic years. The annual ceremony celebrated the hard work, dedication, and achievements of award recipients, bringing together students and academic staff in recognition of scholarly excellence. *Read more on Page 2.*

INSIDE THIS ISSUE:



PAPRSB IHS Celebrates Academic Excellence at Dean's List Award Ceremony 2025- 2

PhD Student Awarded Second Place at Brunei NCD Conference 2025 - 3

PAPRSB IHS Represents UBD at China-ASEAN Traditional Medicine Capacity Building Seminar - 4

Medical Student Presents Research on Sarcopenia at International Conference in Malaysia - 5

UBD Representatives Attend 3rd International Borneo One Health Summer Camp - 6

Master's Student Wins Second Place at 2025 Perinatal Symposium Poster Competition- 7

Innovating Global Health: UBD Highlights Community Engagement and Research at IGSCPS 2025 - 8

Digital Intelligence in Dentistry: PAPRSB IHS Dentistry Shines at the 9th China-ASEAN Forum on Dentistry - 9

International Winter Medical School 2025: Bridging Clinical Excellence, Research, and Culture - 10

Beyond Dentistry: Building Bridges Through Posture and Wellness- 11

List of publications from PAPRSB IHS from January to December 2025 - 12 to 15

PAPRSB IHS CELEBRATES ACADEMIC EXCELLENCE AT DEAN'S LIST AWARD CEREMONY 2025

On 1 October 2025, staff and students of the PAPRSB Institute of Health Sciences (IHS) gathered for the Dean's List Award Ceremony 2025 to honour students who demonstrated outstanding academic performance in the 2023/2024 and 2024/2025 academic years. The ceremony commenced with a speech by the Dean of PAPRSB IHS, Professor Kenneth Yuh Yen Kok.

"The Dean's List acknowledges a student's excellent academic performance and achievement during a semester," he said, adding that eligibility requires the completion of at least 16 modular credits and placement within the top 9% of GPA scores after the Vice Chancellor's List, with a minimum GPA equivalent to a First Class Honours Degree.

Professor Kok praised the students' resilience, perseverance, and dedication in maintaining academic excellence. He highlighted that achieving a place on the Dean's List reflects not only strong academic results but also personal growth, skill development, and character building, encouraging students to view the recognition as both an honour and a responsibility.

He also expressed appreciation to faculty and staff for their mentorship and guidance, and acknowledged the vital support of parents and guardians throughout the students' academic journeys.

The ceremony concluded with the presentation of certificates to the Dean's List recipients, celebrating their hard work, sacrifice, and determination. The faculty extends its congratulations to all awardees and hopes their achievements will inspire the wider IHS community.



Highlights from the Dean's List Award Ceremony 2025: the Dean's address (**top left**), faculty's academic members took a photo with the awardees (**top right**), and all outstanding students and academic members of the faculty gathered in a photo together to commemorate the celebration (**bottom**).

PHD STUDENT AWARDED SECOND PLACE AT BRUNEI NCD CONFERENCE 2025

Siti Khuzaiyah (PhD candidate in Midwifery)

An Indonesian scholar achieved international recognition at the Brunei International Non-Communicable Disease (NCD) Conference and Exhibition 2025, held at the International Convention Centre, Brunei Darussalam, from 8-12 October. Siti Khuzaiyah, a PhD candidate in Midwifery at PAPRSB Institute of Health Sciences (IHS), Universiti Brunei Darussalam (UBD), was awarded Second Place in the scientific poster competition.

Khuzaiyah presented a community-based health empowerment project, PASHMINA (Pelayanan Remaja Sehat Milik Nasyyatul Aisyiyah), implemented in Indonesia from 2018-2020. The programme focuses on preventing non-communicable diseases among adolescents through community participation, volunteerism, and health education. Implemented with lecturers from Universitas Muhammadiyah Pekajangan Pekalongan, PASHMINA aims to enhance adolescents' awareness and capacity to reduce lifestyle-related health risks, including cardiovascular disease, diabetes, and obesity.

Her poster impressed judges and participants with its clear structure, outcomes, and visual presentation. Khuzaiyah noted that the conference provided an important platform to share Indonesian community health initiatives with an international audience, highlighting their potential contribution to global health discussions.

Organised by Jerudong Park Medical Centre and Gleneagles (JPMC), in collaboration with Ministry of Health Brunei, the conference featured 78 poster exhibitions, 10 poster presentations, and speakers from Brunei, Singapore, Malaysia, and the WHO.

This achievement not only recognises Khuzaiyah's dedication and research skills but also underscores the value of cross-country collaboration in public health. It demonstrates how locally developed programmes, such as PASHMINA, can offer practical insights and inspiration for global strategies to prevent non-communicable diseases and promote adolescent health worldwide.



Siti Khuzaiyah, PhD candidate at PAPRSB IHS and Second Place winner in the scientific poster competition at the Brunei International NCD Conference 2025, with her poster and proudly holding her prize (**top**), with PAPRSB IHS academic, Assoc Prof Dr. Mas Rina Wati binti Hj Abdul Hamid (**bottom left**), and other winners (**bottom right**).

PAPRSB IHS REPRESENTS UBD AT CHINA-ASEAN TRADITIONAL MEDICINE CAPACITY BUILDING SEMINAR

Dk Dr. Nurolaini binti Pg Hj Muhammad Kifli (Senior Assistant Professor)



Universiti Brunei Darussalam (UBD) was honored to be invited to the China-ASEAN Traditional Medicine Capacity Building Seminar, held in Beijing from 20-24 April 2025. The invitation was extended through the Chinese Embassy in Brunei, and Dr Nurolaini Kifli, PhD had the privilege of representing UBD at this prestigious event. The seminar, themed "China-ASEAN Cooperation in Research, Development and Sustainable Utilization of Medicinal Plants," was hosted by the International Cooperation Center of the National Development and Reform Commission (ICC-NDRC), and organised by the Institute of Medicinal Plant Development (IMPLAD), Chinese Academy of Medical Sciences (CAMS). It was funded by the ASEAN-China Cooperation Fund and implemented by ICC-NDRC.

One representative from each ASEAN country was sponsored to attend, alongside over 20 participants from the ASEAN Secretariat, government agencies, research institutions, and medical organisations across China and ASEAN. The opening ceremony featured remarks by Ms. Fu Baozong, Deputy Director of ICC-NDRC.

This seminar was part of the implementation of the Plan of Action to Implement the ASEAN-China Strategic Partnership for Peace and Prosperity (2021-2025) and the ASEAN-China Strategic Partnership Vision 2030. It also supports the ASEAN Community Vision 2025, aligning with outcomes from the 24th ASEAN-China Summit and the ASEAN-China Public Health Cooperation Initiative, particularly the "China-ASEAN Medicinal Plant Research and Innovation Cooperation" launched in 2023.

Throughout the seminar, participants engaged in meaningful discussions on the latest advancements in medicinal plant research, innovative technologies, and traditional medicine practices. The sessions emphasized the sustainable development and utilization of medicinal plant resources, aiming to enhance research capabilities and foster deeper collaboration between China and ASEAN countries in the field of traditional medicine. The seminar proved to be highly informative, beneficial, and closely aligned with Dr Nurolaini's research interests. Chinese experts shared over a decade of work in Traditional Chinese Medicine (TCM) and herbal plant research, highlighting recent achievements, innovative technologies, and sustainable practices. Discussions focused on the preservation and application of traditional knowledge, as well as the responsible development and utilization of medicinal plant resources across China and ASEAN countries.



Dk Dr. Nurolaini binti Pg Hj Muhammad Kifli representing UBD at the China-ASEAN Traditional Medicine Capacity Building Seminar in Beijing, April 2025, pictured presenting her work (**left**) and with fellow ASEAN and Chinese participants (**right**), fostering collaboration in medicinal plant research.

MEDICAL STUDENT PRESENTS RESEARCH ON SARCOPENIA AT INTERNATIONAL CONFERENCE IN MALAYSIA

Calvin Lim Jia Jun (Cohort 19, BHSc in Medicine)

Calvin Lim Jia Jun, a 3rd year medical student at PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam, had the opportunity to participate and present a free paper oral presentation at the 1st Asian Falls Network & 4th Fragility Fracture Network of Malaysia Conference, a two-day event held from 12th-13th September 2025 in Kuala Lumpur, Malaysia.

His research, titled “Hand Grip Strength as a Surrogate Measure of Possible Sarcopenia: Assessing Rehabilitation Potential in Older Patients Admitted with Lower Limb Fractures”, was conducted as part of the Special Study Module 2 (SSM2), a core requirement of the Bachelor of Health Sciences (Medicine) programme.

In Brunei Darussalam, older adults aged 65 years and above currently account for 7.7% of the total population and are projected to surpass the number of children by 2025, indicating a significant demographic shift. Sarcopenia, an ageing-related condition characterized by the loss of muscle mass, muscle strength, and reduced physical performance, has been shown in literature to negatively affect the activity of daily living (ADL) and quality of life (QoL) of older adults, while also increasing morbidity and mortality risks.

A key finding from Calvin’s research demonstrated that older adults who sustain lower limb fractures experience significant declines in ADL and QoL within two months of injury, underscoring the importance of timely medical attention and fall-prevention strategies to reduce fracture risk among the elderly population. In addition, the study found that nearly three-quarters (73.7%) of participants with lower limb fractures were identified as possible sarcopenic, highlighting the importance for future routine sarcopenia screening among older adults in a clinical setting.

Beyond the research, this conference also provided valuable opportunities for academic networking with allied health professionals, including doctors, pharmacists, and nurses from Malaysia. Such experiences highlight the importance of interdisciplinary collaboration in addressing the challenges of population ageing. He was accompanied at the conference by Dr. Tan Chia Wei, Consultant Geriatrician and Physician at RIPAS Hospital, who also served as the clinical supervisor for this project.

He expressed his sincere gratitude for the opportunity, encouraged by his clinical supervisor, to participate in this conference. Acknowledging his academic supervisors as well, Dr Shahrimawati Binti Haji Sharbini and Dr Abubakar Danjuma Abdullahi, for their guidance and support throughout the project.



Calvin Lim presenting at the 1st Asian Falls Network & 4th Fragility Fracture Network of Malaysia Conference (**left**), and with his clinical supervisor Dr. Tan Chia Wei (Consultant Geriatrician and Physician, Ministry of Health Brunei) (**right**).

UBD REPRESENTATIVES ATTEND 3RD INTERNATIONAL BORNEO ONE HEALTH SUMMER CAMP

Dk Dr. Nurolaini binti Pg Hj Muhammad Kifli (Senior Assistant Professor)

Dk Dr. Nurolaini binti Pg Hj Muhammad Kifli and PhD candidate Dr. Hein Min Tunn @ Salman represented Universiti Brunei Darussalam (UBD) at the 3rd International Borneo One Health Summer Camp (IBOHSem), a leadership programme focused on addressing the triple planetary health crisis—climate change, biodiversity loss, and public health threats. The week-long camp, themed “*Planetary Health Future Leaders: Essential Leadership Skills to Tackle the Triple Planetary Health Crisis*”, combined in-person sessions, field trips, and real-world projects to equip participants with skills in systems thinking, science communication, ethical engagement, and cross-sector collaboration.

The programme included seminars on conservation, climate resilience, and ethical decision-making, alongside fieldwork and community service in Kg. Tinusa and Kg. Cinta Mata, providing hands-on experience in climate action and public health. Participants also explored critical conservation challenges in Sandakan, particularly the threats to orangutans from habitat loss, human-wildlife conflict, and climate change, underscoring the need for sustainable partnerships and global collaboration.

Leadership reflection activities, including a rainforest night walk, highlighted adaptive and empathetic leadership in practice. These immersive experiences allowed participants to apply their learning to complex real-world challenges and deepen their understanding of One Health principles.

Dk Dr. Nurolaini binti Pg Hj Muhammad Kifli in her reflection remarked: “As the Deputy Dean (Academic and Student Affairs) at PAPRSB Institute of Health Sciences, this programme has enriched my leadership journey and aligns closely with UBD’s mission to cultivate planetary health leaders. I return with renewed commitment to integrate these principles into curriculum development, research, and outreach, ensuring our faculty remains at the forefront of global health, sustainability, and impactful community engagement”.



Dk Dr. Nurolaini binti Pg Hj Muhammad Kifli (**top and bottom right**) and PhD candidate Dr. Hein Min Tunn @ Salman with fellow participants (**bottom left**) at the 3rd International Borneo One Health Summer Camp, fostering collaboration and leadership in planetary health.

MASTER'S STUDENT WINS SECOND PLACE AT 2025 PERINATAL SYMPOSIUM POSTER COMPETITION

Zirwatul Zulkifli (Master in Clinical Science)

The 2025 Perinatal Symposium, organised by the Brunei Paediatric Society, provided an invaluable opportunity for Zirwatul Zulkifli, a Master's student at PAPRSB Institute of Health Sciences (IHS) and a physiotherapist at the Ministry of Health Brunei, to present her research through the poster competition. Held on 25 July 2025 at Indera Samudra Hall, the Empire Brunei, the event carried the theme "The Tide of Maternal Obesity and Diabetes - Addressing Dangers and Implications". The one-day programme featured lectures by distinguished international and local speakers, alongside a poster competition showcasing contributions from doctors, nurses, and allied health professionals.

Zirwatul's journey began with the submission of an abstract, which was accepted for poster presentation. Weeks before the event, she was delighted to learn that her poster had been shortlisted among the top five, granting her the chance to deliver a concise oral presentation of three minutes, followed by a two-minute Q&A session with the judges. Preparing for this involved condensing her 5,000-word systematic review into key points, refining the poster visuals, and anticipating possible questions. She is deeply grateful to her academic supervisors, Dr Sharimawati and Dr Sarena, for their guidance and unwavering support throughout the process.

Presenting without a script was initially daunting, and Zirwatul left the session unsure of her performance. The competition was intense, featuring experts in diverse areas of maternal and perinatal health, and judged by an esteemed panel of local and international professionals. In the end, she was honoured to receive second place, an achievement that validated the effort invested in both her research and presentation.

Beyond the award, this experience was a valuable opportunity for academic growth, knowledge exchange, and mentorship. It strengthened Zirwatul's passion for research and highlighted its critical role in advancing healthcare practice in Brunei and beyond.



Zirwatul Zulkifli, a master's student at PAPRSB IHS and a physiotherapist at the Ministry of Health Brunei, presenting her poster (left) at the 2025 Perinatal Symposium, that also featured lectures, poster presentations, and participants from Brunei's healthcare sector (right).

INNOVATING GLOBAL HEALTH: UBD HIGHLIGHTS COMMUNITY ENGAGEMENT AND RESEARCH AT IGSCPS 2025

Dk Dr. Nurolaini binti Pg Hj Muhammad Kifli (Senior Assistant Professor)

The International Graduate Students Conference on Pharmaceutical Sciences (IGSCPS) 2025 brought together over 100 graduate students and professionals from Indonesia and abroad—including participants from Brunei, Malaysia, Thailand, and Saudi Arabia—for a dynamic exchange of ideas and research in pharmaceutical sciences. The conference provided a vital platform for fostering collaboration among academics, researchers, and practitioners, while offering graduate students the opportunity to present their work and pursue publication in internationally indexed journals. This year's theme, "Innovating Global Health and Well-being: Emerging Voices in Pharmacy and Pharmaceutical Sciences", highlighted the evolving role of pharmacy in addressing global health challenges and advancing Universal Health Coverage (UHC), as outlined in the UN Sustainable Development Goals.

Key topics covered included pharmaceutical analysis and technology, clinical and community pharmacy, pharmacology and biomedical sciences, drug development and medicinal chemistry, natural products and cosmetics, and complementary and alternative medicine. The opening ceremony featured traditional Indonesian dances and the national anthem, officiated by the Rector of UNAIR, underscoring the importance of innovation, interdisciplinary collaboration, and the future of pharmaceutical sciences in improving global health outcomes.

Representing Universiti Brunei Darussalam (UBD), Dk Dr. Nurolaini binti Pg Hj Muhammad Kifli (Senior Assistant Professor) delivered a plenary talk on "Integration of Community Projects in the UBD Module: HP4252: Pharmacy and Professional Development and Our Community". She highlighted a 14-week community-engagement initiative within the core module HP 4252, where Year 3 students collaborate with village leaders to design and implement service projects focused on medication review, counseling, and health promotion. Since 2018, over 20 student-led projects have been conducted, demonstrating significant improvements in students' competence, leadership, teamwork, and ability to apply clinical skills in real-world settings.

Meanwhile, a student in Master of Health Sciences (Biomedical Science) by Research, Amira Asyikin Wahab presented in the Graduate session on "*In vitro* investigation of *Morus alba* leaf extracts on different stages of calcium oxalate kidney stones formation". Her study explored the potential of *Morus alba* (white mulberry) leaves—traditionally used in Brunei—to help prevent kidney stones. The research showed that water-based extracts of the leaves contain strong antioxidants and bioactive compounds that slow the formation and growth of calcium oxalate crystals and reduce their ability to adhere to kidney cells, suggesting a natural preventive strategy for kidney stones.

Participation in IGSCPS 2025 was both enriching and inspiring. The conference offered valuable insights into emerging technologies and global health innovations, and graduate students are strongly encouraged to attend future editions.



Dr. Nurolaini Kifli presenting her plenary talk (**top**). Master's student Amira Asyikin Wahab receiving her certificate (**middle**). Participants of IGSCPS 2025 in a commemorative group photo together (**bottom**).

DIGITAL INTELLIGENCE IN DENTISTRY: PAPRSB IHS DENTISTRY SHINES AT THE 9TH CHINA-ASEAN FORUM ON DENTISTRY

Dr. Arbaz Sajjad (Assistant Professor)

A delegation from the Dentistry programme, PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam (UBD) recently represented Brunei at the 9th China-ASEAN Forum on Dentistry (CAFD), held from 18-21 November 2025 at the Nanning International Convention and Exhibition Centre, China. The forum, themed “Embracing the Era of Digital Intelligence in Dentistry”, brought together regional leaders in dental education, research, and industry.

The UBD delegation included Dr. Mary Cheong Poh Hua (Programme Leader, BHSc Dentistry), Dr. Arbaz Sajjad (Asst. Prof. & Year 2 Programme Coordinator), four BHSc Dentistry undergraduates – Nurul Fathiah binti Haji Awang Mahli, Maryam Rahmani binti Haji Mohammad Affno, Muhammad Nur Izhah Saifullah Putra bin Manjanai, and Ak Muhammad Hazim Hisyamuddin bin Pengiran Haji Ishak – and one Master of Public Health (MPH) student – Syahnurul Fadzillah binti Pehin Dato Haji Abdu’r Rahmani.

Representing UBD was Dr. Mary Cheong who was invited as a special guest to preside over the China (Guangxi)-ASEAN Expert Advisory Committee on Dentistry 2025. This strengthened institutional ties and opened avenues for collaboration in curriculum development, student exchanges, and joint research. Dr. Arbaz Sajjad delivered a plenary presentation and hosted an invited speaker session on digital tools in dental education, including augmented reality tooth-carving apps and 3D-printed simulated teeth for preclinical skills training.

The dentistry students excelled in the “Excellent Young Dentists Forum”, with Muhammad Nur Izhah receiving the Precision Award and Nurul Fathiah, Maryam Rahmani, and Ak Muhammad Hazim earning Merit Awards. In the scientific research session, MPH student Syahnurul Fadzillah was recognised with the Rising Star Award for her work on early childhood caries and oral health-related quality of life in Brunei.

The forum, held alongside the inaugural China-ASEAN International Dental Show, provided valuable exposure to AI-driven diagnostics, dental robotics, and advanced digital workflows, reinforcing UBD’s commitment to innovation in dentistry and oral health.



UBD delegation at the 9th China-ASEAN Forum on Dentistry: Dr. Mary Cheong and Dr. Arbaz Sajjad with students receiving awards (**top and middle**). Dr. Mary Cheong and Dr. Arbaz Sajjad in a photo with fellow participants (**bottom**).

INTERNATIONAL WINTER MEDICAL SCHOOL 2025: BRIDGING CLINICAL EXCELLENCE, RESEARCH, AND CULTURE

Mohamed Arif Muazzam Bin Mohamed Zul-majdi (Cohort 19, BHSc in Medicine)

The International Winter Medical School (IWMS) 2025 at Kagawa University offered Universiti Brunei Darussalam medical students – Muhammad Danish Al-Hakim bin Mohd Shahron, Mohamed Arif Muazzam bin Mohamed Zul-Majdi, and Nur Amalina Alim – an invaluable opportunity to deepen their clinical knowledge, strengthen their research skills, and experience Japanese healthcare and culture firsthand.

Academically, the programme exposed students to a wide range of medical disciplines not routinely encountered during undergraduate training in Brunei. Through hospital attachments, laboratory sessions, and hands-on demonstrations, students gained practical insight into advanced diagnostic techniques, research methodologies, and technology-integrated medical practice, reinforcing the importance of research alongside clinical medicine and continuous learning in modern healthcare.

Students visited multiple departments, including paediatrics, gastroenterology, urology, and radiology. They observed ward rounds and NICU management, witnessed a liver biopsy and radiofrequency ablation in gastroenterology, toured diagnostic and interventional imaging units, and observed a Da Vinci robotic-assisted prostatectomy in urology. In the clinical skills lab, paired with fifth-year Japanese students, participants performed ENT examinations and simulated endoscopy sessions, enhancing their understanding of patient management, multidisciplinary care, and advanced technology integration.

Public health sessions highlighted differences between the Japanese and Bruneian health systems, including healthcare financing, primary care roles, and environmental health monitoring. Students also explored alternative therapies such as acupuncture and moxibustion, emphasizing culturally sensitive and holistic care.

Beyond academics, cultural activities such as tea ceremonies, karate, kyudo, and visits to Shodoshima, Konpira-san, Osaka, and Kobe enriched the experience, fostering cross-cultural understanding and camaraderie with Japanese peers.

Overall, IWMS 2025 was a transformative programme, reinforcing that being a doctor extends beyond clinical competence. Students returned with strengthened research skills, empathy, and cultural awareness—values they aim to carry into their future medical practice in Brunei and beyond.



UBD medical students at IWMS 2025: collaborating with Japanese peers (**top**), participating in clinical attachments (**middle**), and exploring Japanese culture and landmarks (**bottom**), highlighting a transformative academic and cultural experience.

BEYOND DENTISTRY: BUILDING BRIDGES THROUGH POSTURE AND WELLNESS

Chloe Lai Xhue Yiing (Cohort 7, BHS_c Dentistry)



Excessive screen time has contributed to the rise of Forward Head Posture (FHP), a subtle yet harmful condition linked to neck and back pain, jaw joint issues, and breathing impairment. Since the post-COVID surge in digital device use, students and office workers spend longer hours on screens. In Brunei, over 60% of smartphone users are students, and financial workers using screens for more than five hours daily report higher rates of musculoskeletal pain and digital eye strain. In response, Heads Up, Brunei!—a team of third-year dental students from PAPRSB Institute of Health Sciences (IHS) supervised by Dr. Joe Knights, Dr. Shahrimawati Sharbini, and Dr. Uday Kumar Umesan—was formed to raise awareness and promote healthier ergonomics across corporate and higher education settings. The dental students involved from Cohort 7 were Chloe Lai Xhue Yiing, Dk Elisya Amanina binti Dr. Pg Md Bahrin, Nur Azzuhaira binti DSS Hj Abd Aziz, Ak Abdul Qawi bin Pg Asmadi, and Mohammad Farhan bin Noor Razimi.

From August to September, the team hosted 14 events connecting communities from classrooms to corporate offices, including sessions at Maktab Duli, Pusat Tingkatan Enam Tutong, Dynamik Technologies, and Findlay Sdn Bhd. Outreach included hands-on talks featuring live ergonomic workstation demonstrations and guided exercise sessions curated by a physiotherapist from RIPAS Hospital. Their campaign extended to PilihanFM radio and social media, engaging over 150 participants through an online lucky draw supported by Kedaiku.

The campaign's flagship event, Matcha & Wellness Day, held on 7 September 2025 at the UBD Sports Complex, attracted over 400 participants. The event featured educational exhibitions, fitness classes, a mini matcha convention, and a lucky draw, with over BND1,400 donated to YASKA. The team also collaborated with fellow SSM3 groups—Unclench and KLEAN—to broaden the wellness theme.

The team's efforts led to a significant institutional milestone. Baiduri Bank named PAPRSB IHS a Strategic Partner for its 2025–2026 Employee Wellness Initiative, formally accepted at the Bank's Annual Wellness Workplace Forum on 24 October. By integrating education, community engagement, and corporate collaboration, Heads Up, Brunei! successfully turned a silent postural issue into a national conversation on health and well-being.



Heads Up, Brunei!, led by dental students (Cohort 7) took a photo with academics (**left**), and engaged students and the wider community in promoting posture awareness and healthier ergonomics through education and community outreach (**right**).

LIST OF PUBLICATIONS FROM PAPRSB IHS JANUARY TO DECEMBER 2025

Names of PAPRSB IHS faculty members and previous or current students are indicated in bold (a total of 90 publications).

1. **Abdul Haris, D. N. N. B. P.**; **Sze Hui, A.**; Islam, N.; **Goh, H.**; **Kifli, N.**; Hall, A.; Alrasheedy, A.; Kc, B. The Role of the Multidisciplinary Team for Opioid Stewardship: A Scoping Review. *JMDH* 2025,18, 7797-7810.
2. **Abdul Rahman, H.**; Julaini, N. N. A. A Structural Equation Model of Perceived Stress Level Related to Personality Trait, Chronotype Profile, and Eating Behaviour. *Psychiatry International* 2025, 6 (2), 56.
3. **Abdul Rahman, H.**; Lei, J. Y.; Han, M. B.; Tarif, S. M.; Kassim, N.; Ali, N. B.; **Husaini, A.** Community-Based Dementia Screening Initiative in Brunei: Pilot Study. *JGG* 2025, 73 (2), 82-88.
4. **Abdul Rahman, H.**; Masri, N. A.; **Husaini, A.**; Shaharuddin, M. Y.; Zaim, S. N. N. Integration of Machine Learning and Artificial Intelligence Techniques for Qualitative Research: The Rise of New Research Paradigms. *International Journal of Qualitative Methods* 2025,24, 16094069251347545.
5. **Abdul Rahman, H.**; Mazlan, B.; Amdani, S. N. A Scoping Review of Male Fertility Assessment and Treatment Across Historical and Contemporary Paradigms. *Andrology* 2025, e70156.
6. **Abdul Rahman, H.**; Noraidi, A. A. A Practical Guide to Conducting Chi-Square Tests and Binary Logistic Regression Using R: A Step-by-Step Methodological Framework. *SSRN*2025.
7. **Abdul-Rahim, H. Z.**; **Abdul-Mumin, K. H.** Enhancing Leadership and Management Skills in Midwifery through Optimised Mentorship. *British Journal of Midwifery* 2025, 33 (1), 14-20.
8. **Abdul-Rahim, H. Z.**; **Abdul-Mumin, K. H.** Leadership Development for Nursing Students: The Comparative Effectiveness of Experiential and Observational Learning. *Teaching and Learning in Nursing* 2025,20 (4), 338-344.
9. **Abdul-Rahim, H. Z.**; **Abdul-Mumin, K. H.** Theories Underpinning Leadership and Management Preparation for Nursing Students: A Scoping Review. *Int. J. Care Scholars* 2025, 8 (2), 197-210.
10. **Abdul-Rahim, H. Z.**; **Abdul-Mumin, K. H.** Transition-Friendly Leadership Styles: Nursing Students' Perspectives in Clinical Settings. *Int. J. Care Scholars* 2025, 8 (1), 116-125.
11. **Abdul-Rahim, H. Z.**; **Sharbini, S. H.**; **Abdul-Mumin, K. H.** Feelings of Inferiority among Student Nurses: Causes and Impact on Leadership Development. *British Journal of Healthcare Management* 2025, 31 (10), 1-10.
12. **Abdul-Rahim, H. Z.**; **Sharbini, S. H.**; **Abdul-Mumin, K. H.** The Impact of Familiarity with Clinical Placement Settings on Leadership Development among Student Nurses. *British Journal of Healthcare Management* 2025, 31 (9), 1-10.
13. **Abdul-Rahim, H. Z.**; **Sharbini, S. H.**; Ali, M.; **Hashim, S. H.**; **Abdul-Mumin, K. H.** Leadership and Management Skills for Student Nurses: A Scoping Review. *BMC Nursing* 2025,24 (1), 111.
14. **Abdul-Mumin, K. H.** Women's Reproductive Health and Rights in Brunei. *Women's Agency and the State in Contemporary Brunei* 2025, 128-144.
15. **Abdul-Mumin, K. H.**; Aminnuddin, N. A. Empowering Self-Care in Nursing and Midwifery: Enhancing Mental Wellbeing to Sustain Perseverance and Resilience. *J. Ners* 2025,20 (2), 97-98.
16. **Abdul-Mumin, K. H.**; Arrifin, I. S. M.; Austerberry, J.; Johnston, J.; McKenna, L. Exploring Mathematics Anxiety among Nursing and Midwifery Students and the Impacts on Pharmacological Knowledge: A Qualitative Study. *Nurse Education Today* 2025,153, 106810.
17. **Abdul-Mumin, K. H.**; **Sharbini, S.**; Zawawi, M.; **Hashim, S.** Strengthening Self-Care Following Miscarriage: Empowering Women and Their Partners. *British Journal of Midwifery* 2025, 33 (11), 642-649.
18. Agussalim; **Abdul-Mumin, K. H.**; Kornkanok; Ingkaninan. Barefoot Walking Habits and Their Potential Protective Effect Against Rheumatoid Arthritis: A Qualitative Study among the Kajangand Highland Papua Communities. *Open Journal of Nursing Research* 2025, 1 (1), 8-13.
19. Alkhodary, A. A.; Aljunid, S. M.; Aniza, I.; Ismail, A.; **Nur, A. M.**; Shahar, S.; Mohammad, R.; Poh, A.; Madzhar, H.; Abubakar, A. The Prevalence and Economic Burden of Cognitive Frailty among Elderly in Malaysia. *International Medical Journal* 2025, 32 (3), 134.
20. Amila, A. N.; Efendi, F.; Asmoro, C. P.; Pradipta, R. O.; **Abdul-Mumin, K. H.** Predictors of Smoking Cessation Intentions among Adolescents in Indonesia. *Healthc Low-resour S* 2025, 13 (s2).
21. Arifin, E. N.; Ananta, A.; Mohamad, S. M.; **Abdul-Mumin, K. H.** Family Support and Perceived Income Adequacy among Older Adults in Brunei Darussalam. *Population Ageing* 2025.
22. Awang Ziadi, D. N. A.; **Zolkefli, Y.** Nursing Students' Understanding and Experiences of Student-Patient Relationships: A Thematic Analysis. *Int. J. Care Scholars* 2025, 8 (1), 98-107.
23. Ansari, M. A.; Verma, D.; **Hamizan, M. A.**; Mukherjee, M. D.; **Mohd-Naim, N. F.**; Ahmed, M. U. Trends in Aptasensing and the Enhancement of Diagnostic Efficiency and Accuracy. *ACS Synthetic Biology* 2025, 14 (1), 21-40.
24. Bani-Issa, W.; **Naing, L.**; **Sharbini, S.**; Ibrahim, S. Impact of Screen Time on Sleep and Quality of Life: A Structural Equation Modeling Analysis. *Public Health Nursing* 2025, 42(5), 1644-1660.
25. **Bungsu, N.**; **Haji Md Ali, A. S.**; **Haji Ghazali, A.**; **Kong, S.**; **Abu Bakar, M. K.**; **Gulzar Ahmad, N. A.**; **Suhaili, S.**; **Ong, S. K.**; **Hashmet, P.**; **Chong, V. H.**; **Kok, K.**; **Erdal, E.**; **Ghani, H.** Brunei Colorectal Cancer Awareness and Risk Education for Screening (Bru-CARES) Community Project. *Brunei International Medical Journal* 2025, 21, 82-87.
26. **Bungsu, N.**; **Teo, S. P.**; Halim, N.; Kula, M.; **Husaini, A.** Effectiveness of an Online Educational Intervention for Pressure Injury Prevention in Caregivers: A Pre-Test Post-Test Study. *Palliat Med Pract* 2025,19 (2), 110-115.
27. Chakravarthi, S.; David, S. R.; **Rajabalaya, R.**; Maziz, M. N. H.; S, S. Role of Genetic Polymorphisms in Drug-Induced Liver Injury (DILI). *J Pharmacol Genet Mol Biol* 2025, 24-33.
28. Chakravarthi, S.; Karthekeyan, R.; Gopalakrishna, P. K.; David, S. R.; **Rajabalaya, R.** Anti-Inflammatory Mechanisms of Selective Cox-2 Inhibitors: A Preclinical Analysis. *J Pharmacol Genet Mol Biol* 2025, 34-48.
29. Chakravarthi, S.; **Rajabalaya, R.**; David, S. R.; Maziz, M. N. H.; Gopalakrishna, P. K. 3D Printing in Personalized Medicine: A Pharmaceuticals Perspective. *J. Pharm. Res. Integre. Med. Sci.* 2025, 1-14.

LIST OF PUBLICATIONS FROM PAPRSB IHS JANUARY TO DECEMBER 2025

(Continued)

30. **Chen, C. W. H.**; Kok, K. Y. Y.; Tripathi, S.; Chinniah, T. R. Microbiological and Therapeutic Insights into Primary Breast Abscesses: A Retrospective Study. *IEM2025*, 11 (3), 225-238.
31. Chinapong, S.; Klinchan, K.; **Rahman, H. A.**; Chia, M.; Wongpipit, W.; Arnin, J.; Amornsriwatanakul, A. Validity and Reliability of the "Feelfit®" Accelerometer in Evaluating Physical Activity and Sedentary Time in Children: A Comparative Study with Two Different Accelerometers. *Int. J. Exerc. Sci.* 2025, 18 (2), 794-810.
32. **Chua, H. M.**; **Moshawih, S.**; **Kifli, N.**; **Goh, H. P.**; **Ming, L. C.**; Goh, K. W. Integrated Virtual Screening of Anthraquinone Derivatives for Anticancer Drug Discovery. *J. Comput. Biophys. Chem.* 2025, 1-36.
33. Clyde, D.; Grant, C.; Canales, A. J. A.; PARTNER Study Collaborators (Chén, Q.; He, X.; Jian, S.; **Kok, K. Y. Y.**; et al.). Global Variations in Practices after Bariatric and Metabolic Surgery; the PARTNER Study. *Obesity Surgery* 2025.
34. Coccolini, F.; Kluger, Y.; Moore, E. E.; WSES Trauma Quality Indicators Expert Panel (Kuliesius, Z.; Conti, L.; Dogjani, A.; **Kok, K. Y. Y.**; et al.). Correction: Trauma Quality Indicators: Internationally Approved Core Factors for Trauma Management Quality Evaluation. *World Journal of Emergency Surgery* 2025, 20, 29.
35. David, S. R.; **Rajabalaya, R.**; Mohamed Jefri, U. H. N. Development and in Vitro Evaluation of Liquid Crystal-Based Polyherbal Hair Gels: Physicochemical Characterization, Hair Performance, and Antioxidant Assessment. *J. Appl. Pharm. Res.* 2025, 13 (4), 206-227.
36. Gatellier, L.; Cairo, C.; **Ong, S. K.**; Haruyama, R.; Shankar, A.; Hussain, Q. M.; Dorji, N.; Tshering, K.; Sukumaran, B.; Thol, D.; Zhang, Y.; Mishra, G. A.; Pramesh, C. S.; Suzanna, E.; Nindito, S. W.; Biglari, M.; Abe, S. K.; Parvin, R.; Kim, J.; Kim, B.; Yim, S.; Gunathilake, M.; Vongdala, C.; Yusof, S. N.; Tsegmed, U.; Nansalmaa, E.; Kaung, K. K.; Myint, Y. Y.; Pradhananga, K. K.; Yusuf, A.; Phua, G. L. G.; Samaraweera, S.; Perera, S.; Sangrajrang, S.; Nguyen, G. H.; Huong, T. T. T.; Hwang, W. Y. K.; Matsuda, T. National Cancer Control Plans in ANCCA Member Countries: Advancing a Pan-Asian Cancer Initiative. *The Lancet Global Health* 2025, 13 (8), e1476-e1483.
37. **Hamid, N.**; David, S. R.; **Rajabalaya, R.** Development and Characterization of Micro- and Nano-Emulsion-Based Moisturizer Formulations with Polyherbal Extracts. *NPJ* 2025, 16.
38. **Hamid, Z.**; **Sharbini, S.**; Balalla, N. B. P.; Maddess, T.; Abdullah, S. N. Prevalence and Risk Factors for Digital Eye Strain and Musculoskeletal Disorders among Financial Workforce of Brunei Darussalam. *Brunei International Medical Journal* 2025, 21, 12-21.
39. **Hamizan, M.**; Ansari, M. A.; Kareem, F.; Ahmed, M. U.; **Mohd-Naim, N. F.** A Novel Electrochemical Aptasensors Utilizing AuNW/AuNC/PAA Nanocomposite for Label-Free Detection of IL-6 in Human and Mammalian Culture Serum. *ChemBioChem* 2025, 26 (24), e202500596.
40. Hassan, N. A. H.; Rahman, H. A.; **Abdul-Mumin, K. H.** Midwives' Attitudes Toward Adverse Event Reporting: A Scoping Review. *Nursing & Midwifery Research Journal* 2025, 0974150X251392013.
41. Hashim, S. H.; Erfina, E.; **Abdul-Mumin, K. H.**; Sharbini, S.; Safari, K.; East, C. Healthcare-Seeking Behaviours among Women with Hypertensive Disorders of Pregnancy in Asia: A Scoping Review. *Midwifery* 2025, 148, 104541.
42. Isahak, M.; **Zolkefli, Y.** Exploring Infection Control Link Nurses' Roles, Functions, and Challenges in Brunei Darussalam. *Int. J. Care Scholars* 2025, 8 (3), 122-131.
43. **Jamain, A.-A.**; **Tan, J.**; **Rahman, H. A.** Comparison of the Quality of Life and Biochemical Characteristics of Patients Undergoing Hemodialysis and Peritoneal Dialysis: A Systematic Review and Meta-Analysis. *International Urology and Nephrology* 2025, 57 (8), 2681-2696.
44. **Jamain, A.-A.**; **Tan, J.**; **Rahman, H. A.** Quality of Life and Biochemical Changes in Patients Undergoing Kidney Replacement Therapy among Patients with End-Stage Kidney Disease: A Cross-Sectional Study from Brunei Darussalam. *International Urology and Nephrology* 2025, 58 (2), 691-703.
45. **Khairi Wazien Pengiran Umar, A.**; **Goh, H. P.**; **Rizidah Murang, Z.**; **Hermansyah, A.**; Rehman, I. U.; Goh, K. W.; Chee, K. F.; Ming, L. C. Exploring Medicine Classification and Accessibility: A Qualitative Study. *Journal of Pharmaceutical Policy and Practice* 2025, 18 (1), 2426137.
46. Khalid, M. U.; Nauman, M. M.; Rehman, S. U.; **Shafqat, S. N.** Physiologically Informed Sparse ICA for Robust Spatiotemporal Source Disentanglement. *IEEE Access* 2025, 13, 161806-161823.
47. **Khuzaiyah, S.**; Gondwe, Y. G.; Desireh, G. A.; Bolaji, M.; Gomes, R. F.; Hossen, M.; Chia, K. R.; Andrianirina, R.; Fitriyani, F.; Kusuma, N. I.; **Tun, H. M.** Describing the Roles of Civil Society Organizations in Sustaining Adolescents' Family Planning Programs in Nine Asian and African Countries. *Contraception and Reproductive Medicine* 2025, 11 (1), 2.
48. Kohno, A.; Dahlui, M.; Dhamanti, I.; Koh, D.; **Rahman, H. A.**; Nakayama, T. Balancing Religious Obligations and Cultural Integration—Female Foreign Muslims' Healthcare Experiences in Japan: A Qualitative Study. *AJOG Global Reports* 2025, 5 (2), 100477.
49. **Lim, R. M. S.**; **Awg Suhaimi, N. S.**; **Firdaus, J.**; **Lim, H. L.**; **Lu, Y. X.**; **Hussin, M. A. H.**; **Thufail, M.**; **Yusof, A.**; **Idris, F. A.** University Community Project on Basic Life Support and First Aid Training. *Brunei International Medical Journal* 2025, 21, 243-249.
50. Lin, S.; Tao, Y.; Yang, L.; Pan, Q.; Cai, T.; Ye, Y.; Liu, J.; Zhou, Y.; Yi, Q.; **Lu, Z. H.**; **Chen, L.**; McKay, G.; Rankin, R.; Shao, Y.; Meng, W. Single-Cell Transcriptomic Atlas of Human Retina from Chinese Donors Reveals Population-Specific Cellular Diversity. *Experimental Eye Research* 2025, 260:110623.
51. Lim, T. J.; **Pande, K.**; Thien, A. Epidemiology and Demographics of Adolescent Idiopathic Scoliosis in Brunei Darussalam. *Brunei International Medical Journal* 2025, 21, 91-97.
52. **Matusin, S. N. I.**; **Mumin, N.**; **Zainal Abidin, H.**; **Mohd Jaya, F. N.**; **Lu, Z. H.**; **Haji Abdul Hamid, M. R. W.** Prevalence and Spectrum of Germline BRCA1 and BRCA2 Mutations in Multiethnic Cohort of Breast Cancer Patients in Brunei Darussalam. *PLoS One* 2025, 20 (6), e0312635.

LIST OF PUBLICATIONS FROM PAPRSB IHS JANUARY TO DECEMBER 2025

(Continued)

53. **Moshawih, S.; Kong, J. P. T.**; Goh, B. H.; Renganathan, E.; **Goh, H. P.**; Goh, K. W.; **Ming, L. C.** Exploring the Nutritional, Cultural, and Industrial Significance of Metroxylon sagu. *Discover Food* 2025, 5 (1), 337.
Napiah, N.; **Zolkefli, Y.** Nursing Students' Views of Gift-Giving by Patients. *Int. J. Care Scholars* 2025, 8 (1), 108-115.
54. Ningrum, A.; Frety, E.; Wittiarika, I.; **Abdul-mumin, K.**; Ulhaq, R. Protective Role of Ethanol Extract of Purslane Leaves (*Portulaca oleracea* L.) on Serum Malondialdehyde Levels, Follicle Stimulating Hormone Levels, and Endometrial Thickness in Female Rats Exposed to Monosodium Glutamate. *Open Veterinary Journal* 2025, 15 (8), 3645.
55. **Naing, L.** Editorial – Digital Health: Advances and Challenges. *Borneo Epidemiology Journal* 2025, 6(1), 1-5.
56. **Nur, A. M.**; Aljunid, S. M.; Tolma, E. L.; Annaka, M.; Alwotayan, R.; Elbasmi, A.; Alali, W. Q. Cost Effectiveness Analysis of Three Colorectal Cancer Screening Modalities in Kuwait. *Scientific Reports* 2025, 15 (1), 7354.
Olson, P. S.; Sawangjit, R.; Tan, B. K.; Seesin, T.; Setiawan, C. H.; Watcharadamrongkun, S.; Van Hung, N.; Sibounheuang, P.; **Kifli, N.**; Kanjanasilp, J.; Sookaneknun, S.; Jungnickel, P. W.; Do, T. L.; Ploylearmsang, C. A.
57. Systematic Review and Meta-Analysis of Pharmacy Education and Practice on Prevention and Management of Noncommunicable Diseases in ASEAN Countries. *Scientific Reports* 2025, 15 (1), 40930.
Othman, E.; Ijaz, A.; Lim, C. Y.; Lim, Y. Y.; Rajput, A. S.; Jamain Amin, J.; Daiwajna, R.; Kandaswamy, T.; **Kok, K. Y. Y.**; Tan, J. Peritoneal Dialysis in Brunei Darussalam: A Historical Review and Survival Analysis (1993-2020). *Brunei International Medical Journal* 2025, 21, 34-41.
59. **Rahman, A.; Tuah, N. A.; Rahman, H. A.** Psychosocial Determinants of Physical Activity among Public Sector Librarians: A Cross-Sectional Study in Brunei Darussalam. *IJPH2025*, 20 (3), 513-525.
Rehm, J.; Assanangkornchai, S.; Amul, G. G. H.; Chhoun, P.; Hairi, N. N.; Hassan, A. S.; Hanafi, E.; Hanh, H. T. M.; Htet, K. K. K.; Low, W. Y.; Murtani, B. J.; Nontarak, J.; **Ong, S. K.**; Shield, K.; Siste, K.; Somphet, V.; Sychareun, V.; Taieophithoun, C.; Thammavongsa, V.; Tong, W. T.; Vichitkunakorn, P.; Vinh, N. T.; Wichaidith, W.; Wijaya, A. S.; Yi, S.; Zakariah, N.; Zaw, K. K.; Zayar, N. N.; Zulakmal, H. A.; Sornpaisarn, B. Protocol to
60. Study the Role of Alcohol Consumption and Alcohol Control Policy for Economic Development and Health in ASEAN Member Countries (2000-2023): A Modelling Study. *IJADR* 2025.
Rokis, A. Q. A.; Hanafi, M. F.; Ismail, C. M. K. H.; Haris, M. S.; Lestari, W.; **Ichwan, S. J. A.**; Ismail, A.
61. Medicinal Plants in Southeast Asia for Treatment and Prevention of Oral Cancer: A Systematic Review. *Journal of Pharmacy & Pharmacognosy Research* 2025, 13 (4), 1003-1037.
62. Saime, N. S.; Hashim, S. H.; **Mumin, K. H. A.** Bridging Perspectives: Reflexivity and Bracketing in Qualitative Studies of Pregnancy Loss Care. *British Journal of Midwifery* 2025, 33 (6), 348-353.
Sartelli, M.; Mossialos, E.; Cocolini, F.; Global Consortium for Solidarity to Overcome Challenges, Restore Trust and Advance Science for a Sustainable Future (Abbo, L. M.; Abraham, Y.; Abu-Zidan, F. M.; **Kok, K. Y. Y.**; et al.). Global Health at Crossroads: Uniting Together to Overcome Challenges, Restore Trust and Advance Priorities for a Sustainable Future. *World Journal of Emergency Surgery* 2025, 20, 84.
Setiawan, A.; Subarnas, A.; Djais, A.; Milanda, T.; **Ichwan, S.** Psidium guajava Leaves n-Hexane Fraction
64. Antibacterial Activity and the Inhibition of Gene Expression of gtfB and gtfC in the Combination *Streptococcus mutans* ATCC 25175 and *Veillonella parvula* ATCC 10790T. *JEP* 2025, 17, 639-650.
Shafie, N. A.; David, S. R.; **Mumin, N. H.**; **Lim, Y. C.**; **Chellian, J.**; **Rajabalaya, R.** Green Synthesis of Silver
65. Nanoparticles Using Plant Extracts: Recent Advances in Mechanisms, Parameters, and Characterization Methods. *CDTH* 2025, 21.
66. **Sharbini, S.; Hashim, S. B. H.; Abdul-Mumin, K. H.**; McKenna, L. Ophthalmic Care Education and Training in Nursing: A Scoping Review. *Nurse Education Today* 2025, 144, 106484.
Suhaili, A.; **Lim, Y. C.**; **Lim, M. A.**; Lim, L. H.; Khan, M. M.; Siddique, M. M. Potential of Green Synthesis of
67. Silver and Gold Nanoparticles for the Management of Metabolic Associated Steatotic Liver Disease: A Mini Review. *ASEAN Journal on Science and Technology for Development* 2025, 43, 7.
Suriyah, W. H.; Foong, F. H. N.; Kasmuri, A. R.; Isa, M. L. M.; **Ichwan, S. J. A.** Pro-Apoptotic Effects of
68. Dithiocarbamate on Human Oral Cancer Cell Lines. In *Current Research and Trends in Dental and Medical Technology*; CRC Press: London, 2025; pp 449-456.
69. Tan, S. Y.; **Teo, S. P.** Spirituality and Religion as a Pillar in Multimodal Dementia Prevention. *Journal of the American Medical Directors Association* 2025, 26 (1), 105343.
Tao, Y.; Pan, Q.; Cai, T.; **Lu, Z. H.**; Haque, M.; Dottorini, T.; Colvin, L. A.; Smith, B. H.; Meng, W. A Genome-
70. Wide Association Study Identifies Novel Genetic Variants Associated with Neck or Shoulder Pain in the UK Biobank (N = 430,193). *PR9* 2025, 10 (3), e1267.
Teo, S. P.; **Abdul-Mumin, K. H.** Artificial Intelligence to Transform Lifelong Learning and Workforce
71. Development in Southeast Asia: A Call to Action. *ASEAN Journal on Science and Technology for Development* 2025, 43, 202-203.
Teo, S. P.; **Husaini, A.** Engaging Arts and Social Sciences Students in Dementia Education Towards a
72. Dementia Friendly Society. *Int. J. Care Scholars* 2025, 8 (2), 215-218.
Teo, S. P.; **Husaini, A.**; **Sharbini, S.** Empowering Older Adults for Physical Health and Strength Programme.
73. *British Journal of Sports Medicine* 2025, 59 (9), 685-686.
Tun, H. M.; **Naing, L.**; **Malik, O. A.**; **Abdul Rahman, H.**; Ta, T.; Abdullah, M. S. Deep Longitudinal
74. Representation Encoding and Comparative Machine Learning for Prognosis of Prostate Cancer Survival in Brunei Darussalam: A Retrospective Cohort Study. *SSRN* 2025.

LIST OF PUBLICATIONS FROM PAPRSB IHS JANUARY TO DECEMBER 2025

(Continued)

75. **Tun, H. M.; Naing, L.; Malik, O. A.; Rahman, H. A.** Artificial Intelligence (AI)-Based Tools in the Diagnosis and Management of Prostate Cancer: A Systematic Review and Meta-Analysis. *Prostate Cancer and Prostatic Diseases* 2025.
76. **Tun, H. M.; Naing, L.; Malik, O. A.; Rahman, H. A.** Navigating ASEAN Region Artificial Intelligence (AI) Governance Readiness in Healthcare. *Health Policy and Technology* 2025,14 (2), 100981.
77. **Tun, H. M.; Rahman, H. A.; Naing, L.; Malik, O. A.** Artificial Intelligence Utilization in Cancer Screening Program across ASEAN: A Scoping Review. *BMC Cancer* 2025, 25 (1), 703.
78. **Tun, H. M.; Rahman, H. A.; Naing, L.; Malik, O. A.** Trust in Artificial Intelligence-Based Clinical Decision Support Systems Among Health Care Workers: Systematic Review. *Journal of Medical Internet Research* 2025, 27, e69678.
79. **Tun, H. M.; Win, N. Z.; Htut, H. N.; Nyi Lwin, N. N.; Naing, L.; Rahman, H. A.** Understanding the Mental Health Impact of Internally Displaced Persons (IDPs) and Their Support Networks in Southeastern Myanmar Post-Military Coup: A Qualitative Study. *Conflict and Health* 2025, 19 (1), 92.
80. Yang, L.; Tao, Y.; Pan, Q.; Cai, T.; Ye, Y.; Liu, J.; Zhou, Y.; Shao, Y.; Yi, Q.; **Lu, Z. H.; Chen, L.**; McKay, G.; Rankin, R.; Meng, W. A scRNA-seq Reference Contrasting Living and Early Post-Mortem Human Retina across Diverse Donor States. *Human Genomics* 2025, 19:81.
81. **Yusof, N.; Mumin, N. H.; Ahmad, L.**; David, S. R.; **Rajabalaya, R.** Herbal Mouthwashes for Oral Mucositis in Cancer Therapy: A Systematic Review. *Journal of Oral Health and Oral Epidemiology* 2025, 14, 2406.1666.
82. **Zolkefli, Y.** A Sustainable and Meaningful Approach Toward Self-Treat Wound Care. *Sage Open Nursing* 2025, 11, 23779608251347121.
83. **Zolkefli, Y.** Confidence Should Not Be an Afterthought: Strengthening Midwifery Education. *Journal of Midwifery and Health Sciences* 2025, 8 (3), 261-263.
84. **Zolkefli, Y.** Engaging Youth in Blood Donation: A Call for Ethical Public Health Strategies. *Malaysian Journal of Medical Sciences* 2025, 32 (5).
85. **Zolkefli, Y.** Greater Compassion in Responding to Medical Error. *Malaysian Journal of Medical Sciences* 2025, 32 (2), 166-167.
86. **Zolkefli, Y.** The Role of the Nurse Manager in Patient Safety. *Int. J. Care Scholars* 2025,8 (3), 251-252.
87. **Zolkefli, Y.** Use of Restraints in Health Care Contexts – An Educational Consideration. *Int. J. Care Scholars* 2025, 8 (2), 221-223.
88. **Zolkefli, Y.**; Ahayalimudin, N. Navigating and Supporting a Grieving Family in the Emergency Department. *JCCNC* 2025, 11 (2), 87-90.
89. **Zolkefli, Y.**; Haji Rosli, N. R. Academic Integrity in Nursing Programs. *Int. J. Care Scholars* 2025, 8 (1), 161-162.
90. **Zolkefli, Y.**; Napiah, N. Nursing Students' Views of Gift-Giving by Patients. *Int. J. Care Scholars* 2025, 8 (1), 108-115.

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.



Students from St. Andrew's School visited PAPRSB Institute of Health Sciences (IHS) in November, gaining a firsthand look at the institute's teaching, research, and healthcare facilities. The visit provided an interactive experience, allowing students to explore various health science programmes, engage with faculty, and learn about practical applications of biomedical, nursing, and pharmacy education.



ARTICLE CONTRIBUTORS

Dk Dr. Nurolaini binti Pg Hj Muhammad Kifli
Dr. Arbaz Sajjad

Students:

Siti Khuzaiyah
(PhD candidate in Midwifery)

Calvin Lim Jia Jun
(Cohort 19, BHSc in Medicine)

Zirwatul Zulkifli
(Master in Clinical Science)

Mohamed Arif Muazzam Bin Mohamed Zul-majdi
(Cohort 19, BHSc in Medicine)

Chloe Lai Xhue Yiing
(Cohort 7, BHSc in Dentistry)

EDITORIAL BOARD

Dr. Zaidah Rizidah Murang
Dr. Rajan Rajabalaya