

# BEYOND



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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam  
Quarterly Newsletter



The PAPRSB Institute of Health Sciences hosted the Practical Assessment of Clinical Examination Skills (PACES) in collaboration with the Royal College of Physicians (UK) and the Ministry of Health, delivering a rigorous international clinical assessment. This milestone further strengthens UBD's standing as a recognised international examination centre and a growing hub for medical education excellence. *Read more on Page 2.*

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# PAPRSB IHS HOSTED PRESTIGIOUS MRCP(UK) PACES ASSESSMENT

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

The Royal College of Physicians, United Kingdom [RCP(UK)], develops and delivers the Membership of the Royal College of Physicians [MRCP(UK)] and specialty examinations for practising physicians. These examinations are internationally recognised as gold-standard benchmarks of medical knowledge, clinical competence and professional standards. The Practical Assessment of Clinical Examination Skills (PACES) is a key component of the MRCP(UK) Part 2 Clinical Examination. This internationally accredited assessment is designed to evaluate the clinical knowledge, examination skills, communication abilities and interpretative competence of doctors seeking entry into higher specialist training in internal medicine. Candidates rotate through 5 structured clinical assessment stations, where core clinical skills are assessed by pairs of examiners using a robust and objective marking system.

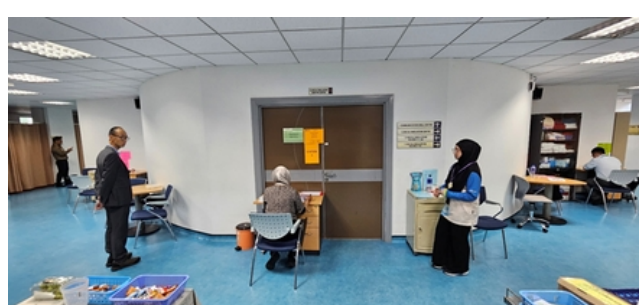
The PAPRSB Institute of Health Sciences (IHS) is proud to have served as a host centre for the PACES examination, having successfully hosted the exams previously from 2013 to 2019. Following a 6-year hiatus, the 11<sup>th</sup> diet of the PACES examination was held once again from 27 to 29 January 2026. The examination was conducted in close collaboration with the Royal College of Physicians (UK) and medical consultants from the Ministry of Health, Brunei Darussalam. A total of 27 candidates, comprising 24 international and 3 local candidates, sat for the examination over the 3-day period.

The examination was led by Dr Tanzeem Raza, Chair Examiner and International Medical Director for PACES, and included an eminent panel of international examiners, comprising of Professor David Black, International Medical Director for Training; Dr Rasha Muktar, Co-Chair and Senior Examiner; Dr Elizabeth Murphy and Dr Latana Munang. They were supported by a dedicated team of medical consultants led by Dr Danny Lim from the Ministry of Health, Brunei Darussalam. Their collective leadership, expertise and commitment, together with the outstanding support of the academic and administrative staff of PAPRSB IHS were instrumental in ensuring the smooth and successful conduct of the examination.

The Royal College examiners commended the excellent teamwork and professionalism demonstrated between Ministry of Health and PAPRSB IHS, which was pivotal to the seamless delivery of the examination. Dr Tanzeem Raza, the Chair Examiner, expressed particular praise of the examination venue, held at the Communication and Clinical Skills Laboratory at PAPRSB IHS, highlighting its purpose-built examination stations that replicate clinical and consultation settings. The layout was noted to be highly conducive to candidate flow and rotation, further enhancing the efficiency and integrity of the assessment process.

Hosting the PACES examination has brought significant benefits to PAPRSB IHS and UBD. As an internationally accredited clinical assessment conducted by the RCP(UK), hosting PACES has enhanced the international visibility of UBD and reinforced PAPRSB IHS's standing as a recognised international examination centre of the RCP(UK). The sessions provided invaluable experiential learning for IHS academic staff in the organisation and delivery of a high-stakes international clinical examination. It also strengthened academic and professional collaborations between PAPRSB IHS and the RCP(UK), fostering sustainable international partnerships. Collectively, these outcomes further position PAPRSB IHS as a regional hub for medical education and clinical assessment, in alignment with UBD's strategic vision for global engagement and academic excellence.

We congratulate all parties involved on the successful delivery of this important international examination. PAPRSB IHS is immensely proud to serve as a designated international examination centre and looks forward to hosting future PACES diets, reaffirming our shared commitment to excellence in postgraduate medical education and clinical assessment.



Photos showing PACES examination in progress

# ADVANCING COLLABORATIVE HEALTHCARE THROUGH INTERPROFESSIONAL EDUCATION

**Dr Valerie Shang (Pharmacy)**

The PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam, successfully conducted a large-scale Interprofessional Education (IPE) Workshop on 11 February 2026, aimed at preparing students for collaborative healthcare practice. A total of 119 students participated, engaging in activities designed to strengthen understanding of professional roles, teamwork, and shared decision-making in clinical settings.

The workshop brought together students from diverse programmes, including Nursing, Midwifery, Pharmacy, Dentistry, Medicine, and Biomedical Sciences, alongside international participants from Mahidol University and Kagawa University. This multidisciplinary and cross-cultural mix fostered meaningful interprofessional learning and collaboration, allowing students to appreciate diverse healthcare systems, professional perspectives, and approaches to patient care.

Learning activities centred on a simulated clinical scenario involving a patient with acute coronary syndrome (ACS). Working in mixed-discipline teams, students assessed the patient, developed management plans, and coordinated care, emphasising communication, role clarity, and teamwork. A crisis management component further challenged students to respond to a rapidly evolving situation, promoting leadership, adaptability, and effective decision-making under pressure. Facilitated debriefing sessions allowed students to reflect on both clinical and team performance, encouraging continuous learning and self-improvement.

The workshop also incorporated structured learning objectives aligned with interprofessional competencies, enabling students to critically evaluate their roles within a healthcare team. Through guided facilitation, participants enhanced their understanding of interprofessional dynamics, including communication, respect for diverse professional perspectives, conflict resolution, and patient-centred care, while strengthening their confidence in collaborative practice. This reflective component helped students connect theoretical knowledge with practical application in a safe and supportive learning environment.

The workshop was coordinated by Dr Valerie Shang and supported by a multidisciplinary team of academic staff across all participating programmes, with additional contributions from technical staff who ensured the smooth delivery of simulation activities. Simulated patient roles were undertaken by Year 2 Nursing students, adding realism and depth to the clinical scenarios, while also providing additional experiential learning opportunities.

Overall, the IPE workshop provided valuable hands-on experience in interprofessional collaboration, reinforcing the importance of teamwork, communication, and shared responsibility in patient care. This initiative reflects PAPRSB IHS's ongoing commitment to preparing graduates for the realities of modern healthcare practice, equipping them with the skills and competencies needed to deliver safe, effective, and patient-centred care within multidisciplinary teams.



# SPIKE OUT: RAISING DIABETES AWARENESS IN BRUNEI

Kon Chai Eshyn, Sulwyn Fong Xue Wen, Alyaa' Elisya binti Abidin, Mohamad Amirul Asyraf bin Awang Haji Mohamad Manan, Nur 'Aqilah binti Hj Mohammad Norazmi, Muhammad Afif 'Hafiyuddien @Izzul Firdaus Bin Hj Zulkiflee



*Spike Out* is a community health initiative led by six third-year medical students—Eshyn, Sulwyn, Elisya, 'Aqilah, Amirul, and Afif—aimed at enhancing public understanding of diabetes mellitus (DM) through awareness, education, and the promotion of healthy lifestyles.

Conducted over nine events between August and September 2025, the project reached diverse audiences across schools, universities, and community spaces throughout Brunei. A key highlight was the opportunity to present the initiative to His Royal Highness the Crown Prince during *Pesta Konvo*. Through interactive educational booths, optional health screenings, and school outreach programmes, *Spike Out* successfully engaged a broader audience than initially anticipated.

Central to the initiative were four interactive games—*Under Attack: The Organs Edition*, *Feel to Heal: The Diabetes Box Challenge*, *Stack to Stay Ahead!*, and *Toss Your Habits!*—alongside a *Blue Ribbon Tree* activity. These elements transformed diabetes education into an engaging and memorable experience for participants of all ages.

The project made a meaningful impact on individuals, families, and the wider community. Post-activity questionnaires demonstrated clear improvements in participants' knowledge and attitudes towards diabetes. In addition, take-home educational materials, community collaborations, and informative banners helped extend the project's reach. Digital platforms—including the Instagram page (@spikeout.bn), an e-booklet, and an educational video—continue to sustain the initiative's message, encouraging healthier lifestyle choices beyond the duration of the project.



**Top:** Spike Out pictured with His Royal Highness Prince Dr. Haji Al-Muhtadee Billah ibni His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, the Crown Prince and the Pro-Chancellor of Universiti Brunei Darussalam at Pesta Konvo 2025, celebrating youth-led initiatives in community health and diabetes awareness. **Bottom left:** Engaging the public through "Under Attack: The Organs Edition", an interactive game highlighting the complications of diabetes. **Bottom middle:** Dayang Hajah Maudena binti Haji Abdul Hamid, Assistant Vice-Chancellor (University Life and Governance), attaching blue ribbons to Spike Out's Awareness Tree, symbolising unity and commitment towards diabetes awareness. **Bottom right:** Extending outreach through school roadshows, educating students on diabetes prevention and empowering them with knowledge for healthier lifestyle choices

# E.X.H.A.L.E: SPREADING AWARENESS, ONE BREATH AT A TIME

## Third-Year Pharmacy Students

E.X.H.A.L.E (End eXposure to Harmful Addiction & Lung Effects) is a youth-led vaping awareness initiative by third-year Pharmacy students from Universiti Brunei Darussalam (UBD), conducted under the HP-4252 Community Engagement module and supervised by Dk Dr Nurolaini binti Pg Hj Muhammad Kifli. The project addresses the rising use of e-cigarettes among Bruneian youth through evidence-based education, interactive outreach, and social media advocacy.

With more than 13% of Bruneian youths aged 13-15 reported to use e-cigarettes, the initiative aligns with Wawasan Brunei 2035 in supporting a smoke-free and vape-free nation. E.X.H.A.L.E aims to translate scientific evidence into engaging, relatable experiences that promote informed health decisions and encourage prevention-focused awareness among young people.



The campaign began at Politeknik Brunei with EXHALE DAY, featuring interactive games, educational posters, and awareness talks. It then expanded to UBD Healthy Week and World Pharmacists Day, reaching a wider audience through demonstrations and discussions on the health impacts of vaping. Across all events, complex scientific concepts were simplified into hands-on learning experiences that strengthened public understanding and engagement.



To enhance learning, three interactive games were developed. "Puff Power" demonstrated reduced lung function using balloon-based activities to simulate restricted airflow in damaged lungs. "Brain Freeze" used a Stroop test to illustrate how nicotine affects attention and cognitive processing. "Clouded Memory" highlighted potential impacts of vaping on short-term memory and concentration through a card-based challenge. These were supported by informative posters to reinforce key messages.

Through these activities, E.X.H.A.L.E seeks to empower youth with knowledge and encourage meaningful conversations that extend beyond the events themselves. Each interaction—whether through participation, discussion, or reflection—contributes to a broader vision of a healthier, more informed, and vape-free Brunei.

The E.X.H.A.L.E team extends sincere appreciation to the Health Promotion Centre (HPC), Ministry of Health, for their guidance and resources, and to UNiHealth UBD for sponsoring the exhibition booth during UBD Healthy Week.

E.X.H.A.L.E continues to advocate for awareness and positive behavioural change among youth. Change begins with knowledge—and sometimes, it begins with one breath.

# CHECKMATE — EMPOWERING HEALTH THROUGH PHARMACY-LED SCREENINGS AND MEDICATION EDUCATION FOR THE COMMUNITY

## Third-Year Pharmacy Students

A group of five third-year pharmacy students supervised by Dr Jestin Chellian, launched CheckMate, a community-based initiative aimed at strengthening public health awareness and health literacy through health screenings and medication education activities. The project seeks to empower individuals to take proactive steps in managing their health by monitoring key indicators such as blood pressure, body mass index (BMI), blood glucose, cholesterol levels, urine analysis, and blood typing. Participants also received personalised counselling on lifestyle modification and safe medication use, conducted in collaboration with four pharmacists from Jerudong Park Medical Centre (JPMC), highlighting the expanding role of pharmacists in preventive care and community health.

CheckMate was developed in response to ongoing gaps in access to regular health screenings and health education, which can delay early disease detection. By integrating basic health assessments with interactive medication education, the initiative aimed to make preventive healthcare more accessible in community settings. Key topics included medication adherence, safe storage, and proper disposal of medicines. Aligned with World Pharmacists Day, the project also celebrated the contribution of pharmacists in advancing health literacy and promoting informed self-care.

Throughout the semester, CheckMate engaged the community through multiple outreach events, including KLEAN's Breaking the Silence Awareness Fair at UBD IHS Concourse, Stay in Check with CheckMate at Mabohai Shopping Complex, UBD Healthy Week, and UBD World Pharmacists' Day.

Across these events, the team provided free health screenings and educational sessions on medication safety, adherence, and proper medication disposal and storage. The success of the activities was supported by collaborations with healthcare professionals, sponsoring organisations, IHS laboratory personnel, and the team supervisor, Dr Jestin Chellian, whose guidance contributed significantly to the smooth implementation of the project.

These screenings played an important role in raising awareness of key health indicators that reflect an individual's overall health status. Early detection of abnormalities such as elevated blood pressure, high blood glucose, or abnormal urine findings can help prevent chronic conditions such as hypertension, diabetes, and chronic kidney disease, which remain major health concerns in Brunei Darussalam.

By focusing on prevention and education, CheckMate empowered participants to make informed decisions regarding their health, medication use, and lifestyle choices. At the same time, the initiative provided pharmacy students with valuable hands-on experience in community engagement, health promotion, and public communication.

CheckMate stands as a testament to the commitment of UBD pharmacy students in advancing preventive healthcare and reinforcing the essential role of pharmacists as accessible healthcare professionals within the community.



**Top left:** CheckMate during Breaking the Silence Awareness Fair with team supervisor Dr. Jestin Chellian on 27th August 2025. **Top middle and right:** CheckMate during their Stay In Check With CheckMate Event in collaboration with JPMC pharmacists on 20th September 2025. **Bottom left:** CheckMate during UBD Healthy Week with Vice-Chancellor Dr. Hazri bin Haji Kifle on 21st September 2025. **Bottom middle:** CheckMate during UBD World Pharmacist Day along with PAPRSB Institute of Health Science Year 2 Nursing student volunteers on 15th October 2025. **Bottom right:** Health screening stations during the Stay In Check With CheckMate Event.

# “POWER STARTS WITH PREVENTION”: EMPOWERING WOMEN AGAINST CERVICAL CANCER

**Saadhia Feroz Khan, Muhammad Ashraf Daniel bin Muhammad Huzaimi, Eaint Ei Ei Myo, Muhammad Danish Al-Hakim bin Mohd Shahron, Mariyam Iman, Calvin Lim Jia Jun**

Cervical cancer is one of the most preventable cancers, with 99.7% of cases linked to persistent Human Papillomavirus (HPV) infection, which can be prevented through vaccination and early detection. Despite the availability of free HPV vaccination and screening services in Brunei Darussalam, cervical cancer remained the third most commonly diagnosed cancer among women in 2022, highlighting the need for continued awareness and education.

In response, a group of third-year medical students formed SINAR (Saringan Serviks Inisiatif Awal Rakyat), a community initiative aimed at improving awareness of cervical cancer prevention and empowering women to take proactive action for their health. The campaign focused on promoting HPV awareness, encouraging screening uptake, and reducing stigma around cervical health.

SINAR conducted outreach through booths and workshops at the Health Promotion Centre, Jerudong Park Medical Centre, PAPRSB Institute of Health Sciences, and BIBD Connects, alongside social media engagement via Instagram (@sinar.bn). These activities highlighted early detection and promoted the newly introduced HPV self-sampling kits as an accessible alternative to Pap smears.

The campaign received strong public engagement despite the sensitivity of the topic, with participants showing increased awareness and interest in preventive screening. SINAR hopes to continue spreading awareness and empowering women towards proactive health behaviour, guided by their message: “Power starts with prevention.”



# TEACHING TO SAVE ONE HEARTBEAT AT A TIME

Muhammad Aiman Faiq Bin Asha'ari, Ak Muhd Arif Asnawi bin Pg Junaidi, Mohamed Arif Muazzam Bin Mohamed Zul-Majdi, Lin Hao Xiang, Chandra Kant Rai, Mohd Haziq Asyraf bin Mohd Asri



From teaching life-saving skills to promoting heart health among the public, HEARTS is a group of five passionate medical students dedicated to encouraging individuals to take initiative in caring for their own hearts and the hearts of those around them.

During their outreach activities, the team observed limited awareness of heart-healthy lifestyles among members of the public in Brunei. Given the significant burden of cardiovascular diseases in the country, raising awareness and promoting preventive action is essential. Adopting healthier lifestyle practices and understanding how to respond in cardiac emergencies can greatly reduce modifiable risk factors and improve survival outcomes.

HEARTS conducted outreach sessions in schools, fitness centres, and public spaces through interactive games, health talks, and Basic Life Support training. These activities aimed to enhance understanding of cardiovascular risk factors, promote heart-healthy behaviours, and equip participants with potentially life-saving emergency response skills.

Although conducted over a short period, HEARTS hopes their efforts have contributed meaningfully to improving cardiovascular health awareness and empowering the public in Brunei to take proactive steps in caring for their heart health.



**Top:** HEARTS demonstrating CPR skills to community. **Bottom left:** A picture with Minister of Health during one of HEARTS BKC event. **Bottom right:** Picture during HEARTS' feature in RTB's Rampai Pagi.

# STRONGER KIDNEYS, STRONGER YOU

**Nur Amalina Alim, Mohammad Amirrul Haziq bin Pengiran Kasmirhan, Jadrien Lo Wei Xiang, Daania Yasmeen binti Zayd, A'isyatul Alyaa binti Haji Abdul Majid, Mohammad Ermyn Raikimi bin Mohammad Erwandee**



Chronic Kidney Disease (CKD) often develops silently, with symptoms typically appearing only in advanced stages, when significant and irreversible kidney damage has already occurred. Recognising this critical gap in awareness and early detection, the KLEAN (Kidney Learning, Empowerment, Awareness and Nutrition) initiative was established by a team of six third-year medical students. The project aims to promote prevention and encourage earlier identification of CKD within the Bruneian community.

Over a span of three months, KLEAN conducted 12 outreach events across schools, community centres, workplaces, and national platforms, reaching more than 1,000 participants. In addition, over 300 individuals participated in health screenings, enabling early detection of abnormalities and poorly controlled health conditions, with appropriate recommendations for follow-up care.

Beyond physical outreach, KLEAN also utilised digital platforms to extend its impact. Through Instagram, the initiative shared the "KLEAN's Kitchen" series featuring low-sodium local recipes, and "More than a Diagnosis," which highlighted the psychosocial challenges faced by individuals living with CKD, fostering greater empathy and understanding among the public.

A key highlight of the initiative was the KLEAN charity walk and run, which attracted 243 participants and raised over \$3,750 for Tabung Amal Bantuan Pesakit (TABP), supporting medical social work services for underprivileged patients and caregivers.

Through a combination of education, screening, advocacy, and community engagement, KLEAN contributes to a growing movement towards earlier diagnosis, healthier lifestyles, and a reduced burden of CKD in Brunei Darussalam.



**Top:** Prize-giving ceremony to conclude KLEAN's Walk and Run. **Bottom left:** KLEAN at Pusat Kegiatan Warga Emas (PKWE), Tutong, conducted health screenings to assess participants' blood glucose levels and blood pressure. **Bottom right:** KLEAN at the Yayasan Fundraising event in collaboration with An-Nasirin group and the Medical Social Workers, Ministry of Health.

# LET'S GLOW: WHERE CONFIDENCE SHAPES HEALTHIER, BRIGHTER SMILES

**Let's Glow Team, SSM3 Dentistry Group**



Tooth staining, though often perceived as a minor aesthetic concern, reflects deeper lifestyle habits influenced by increasing coffee consumption, smoking, vaping, and spice-rich diets. Recognising the need for targeted public education, the *Let's Glow* Team, comprising Ak Muhd Hazim Hisyamuddin bin Pengiran Haji Ishak, Abdul Baqi Bin Juffri, Muhammad Rahiman Bin Haji Abdul Rahman, Maryam Rahmani @Kauthar binti Hj Mohd Affno, and Nurul Fathiah Binti Haji Awang Mahli, initiated a community outreach project under the Special Study Module 3 (SSM3) to address this growing issue, under the supervision of Dr Joe Knights, Dr Liyana Ahmad, and Dr Majidi Bakar.

The campaign focused on sixth-form and university students, a demographic highly influenced by social media and dental aesthetics. Engagement with participants revealed widespread misconceptions regarding whitening practices, alongside a strong concern for dental appearance, highlighting the importance and timeliness of the initiative.

Adopting a multi-platform approach, the campaign reached approximately 700 participants through school visits, public booth exhibitions, and digital engagement, including the *Let's Glow Up!* game. Signature events such as the *Let's Glow Fun Fest* and Treasure Hunt further enhanced participation, creating interactive and memorable learning experiences.

Beyond awareness, the campaign translated its efforts into meaningful community impact. The team raised \$1,500 through merchandise and sponsorships, which was channelled to the Society for Community Outreach and Training (SCOT). Extending their involvement, the team participated directly in meal preparation and distribution during Ramadhan under SCOT's Social Kitchen Community programme.

Supported by a growing social media presence of over 1,000 Instagram followers, the campaign expanded its reach while complementing its on-ground initiatives. Ultimately, *Let's Glow* reflects how student-led efforts can go beyond education, promoting healthier habits, building confidence in natural smiles, and contributing positively to community well-being.



# UNCLENCH! STOP THE GRIND

Muhammad Nur Izham Saifullah Putra Bin Manjanai



Bruxism is a prevalent oral parafunctional habit characterised by involuntary grinding or clenching of the teeth, affecting approximately 20% of the global population. Often insidious in onset, it may remain undetected until considerable damage occurs, manifesting as structural wear of teeth and restorations, alongside symptoms involving the associated musculature and temporomandibular joint. With psychosocial stress widely recognised as a principal contributing factor, students and the workforce in Brunei Darussalam may be at heightened risk due to increasing pressures.

As such, Unclench!—a team of third-year dental students from PAPRSB Institute of Health Sciences (IHS), under the supervision of Dr. Solachuddin Jauhari Arief Ichwan, Dr. Arbaz Sajjad, and Dr. Deeni Idris—was established to raise awareness of bruxism among key demographics in the nation. The team comprises Muhammad Nur Izham Saifullah Putra Bin Manjanai, Dk Alya Sofea Binti Pg Nasaruddin, Nur Bazilah Binti Haji Roslan, Lim Wee Boon@Lim Wee Wen, and Muhammad Nurhazim Bin Haji Iskandar.

Throughout August and September 2025, the team successfully conducted 11 outreach events featuring a blend of educational talks and interactive booths across private organisations and higher educational institutions, including Stanford Orion Services, Aegis Secure Solutions, Maktab Duli, and Pusat Tingkatan Enam Tutong. The campaign was further amplified through media engagements on RTB Rampai Pagi, Pilihan FM, and Pelangi FM. The campaign's highlight, Chompi's Open: Charity Badminton Event, held on 31 August 2025, brought together 41 athletes and contributed to a total fundraising amount of more than BND 2,000, which was subsequently donated to La Vida Berhad. Ultimately, Unclench! has not only contributed to a meaningful charitable cause but also helped strengthened public awareness on oral health.



## 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.



In February 2026, nursing students from Mahidol University visited PAPRSB Institute of Health Sciences for a week-long academic exchange.



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