# THE MSA-COA SAGA CONTINUES





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MALAYSIAN SOCIETY COLLEGE OF OF ANAESTHESIOLOGISTS ANAESTHESIOLOGISTS AMM

ANAND KAMALANATHAN . SHAIRIL RAHAYU RUSLAN . SIVARAJ CHANDRAN IVY SIM CHUI GEOK . SAMUEL TSAN ERN HUNG . ISKANDAR KHALID HASLAN GHAZALI . MOLLY KONG

# Message from the **PRESIDENT OF MSA** Dato' Dr Yong Chow Yen

**D** ear Esteemed Colleagues and Members,

Greetings and welcome to another much-awaited issue of Berita Anestesiologi.

This issue of *Berita* carries the theme 'Workforce Well-being', which is the World Federation of Societies of Anaesthesiologists' (WFSA) annual theme for 2024. At a glance, this theme shares similarities with our previous issue, titled 'Joy at Work', as both emphasize the importance of nurturing a positive and supportive environment for healthcare professionals.

Workforce well-being is the foundation upon which joy at work is built. It encompasses physical, emotional, and mental health, as well as the feeling of being valued, supported, and equipped to succeed in one's role. When these elements are neglected, or at risk of being lost, joy becomes an elusive goal - replaced by stress, burnout, and disillusionment.

The WFSA has chosen to focus on workforce well-being in 2024, recognizing that the health and well-being of the global anaesthesiology workforce is integral to the work we do. Closer to home in Malaysia, and in line with the experiences of healthcare workers worldwide, we witnessed firsthand the profound impact of working through the COVID-19 pandemic on our physical, emotional, and mental health.

Over the past two years, emerging and long-overlooked issues have come to the forefront and continue challenging our profession. These include the rising rates and payouts of medicolegal litigations, increasing professional indemnity insurance premiums, legal issues related to specialty training, and humanitarian crises in areas affected by conflicts and climate change-amplified disasters. natural Additionally, challenges such as anaesthesia workforce shortage, ensuring adequate rest intervals for doctors working extended hours, upskilling of anaesthesiologists in critical core competencies, and patient safety concerns continue to demand our attention.

Echoing the WFSA's view, one key lesson we must learn from the COVID-19 pandemic and these ongoing challenges is that our well-being should not be reserved for times of crisis; it must be prioritized every single day.

Allow me to share with you one of my favourite proverbs: "Every cloud has a silver lining." This phrase beautifully captures the idea that even in the darkest and most challenging situations, there exists hope. In the context of our work, the "cloud" represents the obstacles, setbacks, or adversities we face - whether they are personal struggles, professional challenges, or unforeseen crises. The "silver lining" is the moment of clarity that emerges as we navigate through these hardships, offering us opportunities for personal growth. Recognizing these silver linings allows us to build resilience, initiate critical conversations and advocate for better policies.

The Malaysian Society of Anaesthesiologists is your society. Together, we must seize the silver linings in every cloud. By using them as stepping stones, we can build a stronger sense of community and support, enabling us to thrive both personally and professionally. When the workforce thrives, so too does the care we provide to our patients, leading to greater fulfilment and joy in our work.

We hope this issue of *Berita* will initiate conversations on workforce well-being



in your workplace, and bring about positive changes.

Let's take a moment to review some of the updates on the work carried out by the Society since our last communication.

# MyAnaesthesia 2024, 2<sup>nd</sup> to 4<sup>th</sup> August 2024, Shangri-La Kuala Lumpur

MyAnaesthesia 2024, the Annual Scientific Congress of the Malaysian Society of Anaesthesiologists (MSA) and the College of Anaesthesiologists, Academy of Medicine Malaysia (CoA-AMM), was successfully held at Shangri-La Kuala Lumpur. The MSA would like to express its sincere appreciation for the phenomenal response and support from its members, the anaesthesiology and critical care community, and the industry - a further report on this event by Associate Professor Dr Azarinah Izaham, the MSA Honorary Secretary, is available in the content of this issue.

# Annual General Meeting (AGM) of MSA 2024

Our AGM was held on Friday, 2<sup>nd</sup> August 2024, from 1715-1915 at Shangri-La Kuala Lumpur. The AGM was attended by 42 members. The Honorary Secretary, Honorary Treasurer and 5 Exco members were elected for the term 2024/25. Members can view the list of office bearers on our website at https://www.msa.net.my.

# MyAnaesthesia 2025, 1<sup>st</sup> to 3<sup>rd</sup> August 2025, Shangri-La Kuala Lumpur

MyAnaesthesia 2025 will take place from 1<sup>st</sup> to 3<sup>rd</sup> August 2025 at Shangri-La Kuala Lumpur. The pre-congress workshops are scheduled for 31<sup>st</sup> July 2025 at various locations in Klang Valley to facilitate hands-on practical sessions. The theme for the event is 'Advancing Perioperative Safety: Everyone, Every Time, Everywhere.' We promise a lineup of cutting-edge topics and renowned speakers who will address the pressing issues surrounding perioperative care and safety, which impact millions of patients worldwide each year.

Stay tuned for updates at https://www.msa.asm.org.my, and mark your calendars! Don't miss out on early registration to take advantage of the early bird rates. The call for abstracts will be out soon.

# WFSA Position Statement on Safety for Anaesthesia Workforce in Regions of Conflict 2024

Following MSA's expressed concern for the safety of anaesthesia healthcare professionals and the lack of access to anaesthesia care for civilians in war and conflict zones during the World Congress of Anaesthesiology in Singapore in March 2024, MSA represented Asia in drafting a position statement, which was published on the WFSA website in June 2024. It is reprinted in this issue of *Berita* for your attention.

As a professional medical society, the MSA will continue its efforts to highlight and represent our profession in situations where the Geneva Conventions are violated.

### MSA-CoA Statement on "Peer Support after Adverse Events: A Focus on Second Victim"

MSA aims to raise awareness and address the critical issue of the 'second victim' (SV) phenomenon among anaesthesiologists other and anaesthesia healthcare professionals, as part of its commitment to supporting its members and the broader anaesthesia healthcare community in Malaysia. This statement was read by Dr Samuel Tsan during the opening ceremonies of MyAnaesthesia 2024 on 3<sup>rd</sup> August 2024 and National Anaesthesia Day (NAD) on 12<sup>th</sup> October 2024 in Kuala Terengganu. Members are encouraged to promote this message within their departments as part of efforts to support workforce well-being.

In addition, MSA continues to provide SV support and medicolegal guidance to members affected by patient safety incidents. We can be reached individually or by leaving a message with the secretariat so that we can return your call with strict confidentiality.

## A-SHIELD Peer Support After Adverse Events: Guide to Establish Second Victim Programme

MSA and CoA-AMM have published this guide to provide a framework for anaesthesiology and critical care departments to implement structured support systems for SVs. Named A-SHIELD, which stands for 'Anaesthesiology Supporting Healthcare Individuals with Empathy, Leadership, and Dedication,' this program is designed to offer crucial support to healthcare professionals facing emotional and professional adversity following unexpected patient safety incidents.

By providing a clear framework for implementing Second Victim Programmes (SVPs), MSA encourages Anesthesiology and Critical/Intensive Care Departments across the country to transform awareness into concrete action in support of workforce well-being.

The guide was launched during National Anaesthesia Day on 12<sup>th</sup> October 2024 in Kuala Terengganu. A PDF copy is available for download from the MSA website at https://www.msa.net.my.

# Guidelines on Safe Use of Medication in Anaesthesia

MSA and CoA-AMM have published this much-needed guide to ensure the safe and effective use of medications in the practice of Anesthesiology and Critical Care. It aims to provide guidance and education resources for the prevention and management of medication errors for anaesthesia healthcare professionals in Malaysia.

This guide was launched during the opening ceremony of MyAnaesthesia 2024 on 3<sup>rd</sup> August 2024. A PDF copy is available for download from the MSA website at https://www.msa.net.my.

### Year Book 2023/24

MSA dedicated its 2023/24 Year Book to "Cancer & Anaesthesia" to raise awareness about the significant role anaesthesia plays in improving cancer patient outcomes. The Society extends its sincere gratitude to the authors, particularly the editors Dr Adlin Dasima Abdul Kadir and Dr Mardhiah Sarah Harnani Mansor from Universiti Teknologi MARA, for their dedication and hard work in producing an excellent and informative yearbook.

The guide was launched during National Anaesthesia Day on 12<sup>th</sup> October 2024 in Kuala Terengganu. A PDF copy is available for download from the MSA website at https://www.msa.net.my.

# Memorandum of Understanding with Medical Protection Society (MPS)

MSA has signed a Memorandum of Understanding (MOU) with MPS, which the General Assembly approved during the 2024 AGM. Under this MOU, ordinary and life members of MSA will benefit from discounts on medical professional indemnity insurance premiums from MPS. Eligible ordinary members will receive up to 5%, while eligible life members will receive up to 15% discounts. These discounts will be available for a period of four years, starting in 2025. Don't hesitate to get in touch with the MSA Secretariat for details on the procedures to obtain the discount.

This MOU is part of MSA's ongoing efforts to secure tangible benefits for its members.

### Officiating Ceremony of AMM's new premises at Putrajaya on 29<sup>th</sup> September 2024

Members of the MSA executive committee attended the official opening of the AMM new building in Putrajaya, where we have a shared office suite with the COA-AMM. His Royal Highness Sultan Nazrin Muizzuddin Shah, Sultan of Perak Darul Ridzuan, graced the hugely successful event.

### National Anaesthesia Day 2024, 12<sup>th</sup> October 2024, Kuala Terengganu

MSA wishes to express its sincere appreciation and extend its congratulations to the Department of Anaesthesiology and Intensive Care, Hospital Sultanah Nur Zahirah, under the capable leadership of Dato' Dr Ridhwan Noor, for organising a spectacularly immersive and meaningful celebration of the national-level NAD. The event followed the annual WFSA theme: 'Workforce Well-Being.' A further report on this event is available in the content of this issue of *Berita*.

# KoreAnesthesia 2024, 7<sup>th</sup> to 9<sup>th</sup> November 2024, Incheon, South Korea

MSA participated in the 101<sup>st</sup> Annual Scientific Meeting of the Korean Society of Anaesthesiologists (KSA) as part of our MOU collaboration. The MSA delegation comprised of the President of MSA and the President of CoA-AMM, who attended as distinguished speakers, along with two executive committee members representing MSA as leaders.

KoreAnesthesia is gaining recognition as a leading international anaesthesiology congress. It is attracting a growing number of participants from Malaysia, particularly early-career anaesthesiologists who benefit from complimentary registrations and travel grants to present their groundbreaking research.

As a gesture of hospitality, KSA hosted an exclusive dinner for the Malaysian delegates, including our young paper presenters, at the congress's dynamic venue. This MOU with KSA stands as a hallmark of MSA's success, delivering substantial benefits to our members while providing a platform for Malaysians to demonstrate their academic excellence and research expertise.

### **CPD Activities**

In collaboration with CoA-AMM, MSA successfully organized a webinar titled 'The Second Victim, Medical Errors, Help!!... I Am Not Okay' on 21<sup>st</sup> September 2024.

In addition, MSA continues to actively endorse and/or provide financial support for state-level CME activities. Between August and December 2024, MSA supported CME events in Perlis, Perak, Pahang, Kuala Lumpur, and Penang, with additional events planned for Kelantan and Penang in January 2025, and Sabah in February 2025.

MSA extends its appreciation to all the speakers and moderators, whose expertise and dedication were key to the success of these initiatives. Members are encouraged to contact their state MSA representatives for assistance in liaising with MSA to organize future CME activities.

### Fee Schedule

Engagement with the Ministry of Health Malaysia to seek clarity on chargeable anaesthesia fees remains one of MSA's top priorities. We understand and share our members' frustration regarding the long-delayed implementation of a restructured fee schedule. Members are encouraged to reach out to us with any queries or concerns on these matters.

### **Membership**

As of 15<sup>th</sup> December 2024, our membership stands at 701 life members, with 160 ordinary members, and 53 associate members in good standing.

### Season's Greetings

To our cherished Christian friends and members celebrating Christmas, we extend our warmest wishes for a Merry Christmas filled with joy and blessings.

To all our members, we wish you a Happy New Year 2025. We deeply appreciate your unwavering dedication to anaesthesiology, and we look forward to achieving even more milestones for our fraternity together in the coming year.

As the next issue of Berita will be published after March 2025, during the Muslim holy month of Ramadhan, we would also like to take this opportunity to wish our Muslim friends and members a blessed Ramadhan and Selamat Hari Raya Aidil Fitri in advance.

This edition of Berita is a bumper issue, featuring a record-breaking number of NAD reports from hospitals across the country, all celebrating the theme 'Workforce Well-being.' It is truly an honour for MSA to be part of this meaningful and widespread celebration nationwide.

We wish you a happy reading.

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Berita Anestesiologi is published every four months.

# Message from the **EDITOR-IN-CHIEF**

# Dr Anand Kamalanathan

# am very sorry.

This November edition of the Berita Anestesiologi was delayed, marking the first time in my tenure as Editor that this has occurred in over three years. However, this delay was a strategic decision intentionally executed to accommodate as many submissions as possible for the National Anaesthesia Day celebrations, ensuring that the NAD grants could be issued on time.

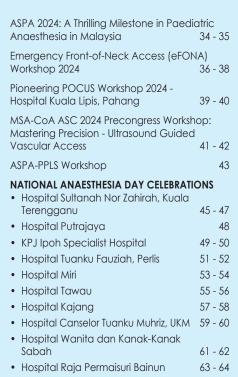
As a result, we are proud to present a December edition of the Berita for the first time ever - truly a historic milestone,

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especially given this edition echoes the year's World Anaesthesia Day theme of Workforce Well-Being. My entire team worked late into the night on multiple occasions to edit the highest number of submissions we have ever received for a single edition of the Berita, possibly making this the most expansive and expensive edition ever. Their dedication and hard work are truly commendable, so please join me in giving my team a well-deserved round of applause while I shamelessly pat my own back!

But truthfully, reading and editing each of the 27 NAD reports and 14 other



Hospital Ampang



articles we received was an absolute joy and nightmare at the same time. The camaraderie among members of the anaesthesia fraternity was genuinely inspiring. The amount of effort, blood, sweat, and tears shed making the numerous events celebrating our work as anaesthetists a success warrants a reward of bravery for each of the organisers. We are deeply grateful for your contributions and their impact on our fraternity and community, as I am sure our readers would enjoy diving into the stories as much as our team did.

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# Call for Article Submission:

We are delighted to announce an open invitation for article submissions to the Malaysian Journal of Anaesthesiology

(MyJA), a leading platform in Malaysia dedicated to advancing the fields of anaesthesiology, critical care, and pain medicine.

We welcome submissions from researchers, clinicians, and scholars across the globe to contribute original articles (clinical trials, experimental research, meta-analysis, and systematic reviews), reviews, case reports, case series, and letters to the editor.

# Why Publish with MyJA?

i. MyJA is an official journal of the MSA and CoA, AMM. ii. MyJA is a peer reviewed, open-access journal with no APC charge.

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2025

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# **WE WANT YOUR ARTICLES!**

# **CALL FOR SUBMISSIONS:** MALAYSIAN JOURNAL OF ANAESTHESIOLOGY (MYJA)



# **Hey there, medical students!**

MyJA is gearing up for our June 2025 issue, and this is your chance to share your insights and research with the medical community!

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# THE A-SHIELD PROGRAMME

Shielding Anaesthesiology Healthcare Professionals in Malaysia from the Second Victim Syndrome



by Samuel Tsan Ern Hung



by Dato' Yong Chow Yen



his year had been a year full of shocks for anaesthesiology healthcare professionals across Malaysia. It started off with the federal court judgment dated 23<sup>rd</sup> February 2024 in the case of Siow Ching Yee vs Columbia Asia Sdn Bhd. Then, on the 5<sup>th</sup> of June 2024, the high court judgment in the case of Zainudin bin A Kadir vs Pusat Pakar Tawakal Sdn Bhd was released. In both these cases, the judgments sided against the defendants with payments to the plaintiffs involving millions. Subsequently, more and more cases came to light, to the consternation of

many in the fraternity. Many of those involved were suffering alone, without adequate support from their colleagues employers. Recognising and the adverse impacts of the psychological that sufferings anaesthesiology healthcare professionals go through when they are in the firing line, and in conjunction with the World Federation of Societies of Anesthesiologists annual theme 2024: Workforce well-being, the Malaysian Society of Anaesthesiologists (MSA) and the College of Anaesthesiologists, Academy of Medicine of Malaysia (CoA-AMM),



committed to addressing and resolving this issue.

In the specialty of anaesthesiology and critical care, medical errors and adverse events have profound consequences, not only for the patients involved (the first victims), but also for the healthcare providers [who become the second victims (SV)]. The SVs are defined as healthcare providers who become psychologically traumatised after being involved in unexpected adverse event, medical error or injury affecting a patient. The impact of the sufferings the SVs go through should not be trivialised, as research has shown that there is a higher risk of decreased job satisfaction, burnout and further errors in patient care. Cases of career change and suicide have also been reported, further underlining the severity of the SV phenomena. Due to factors such as a high-stakes environment, isolation in practice and direct patient impacts from adverse events, anaesthesiology healthcare professionals are especially susceptible to the SV phenomenon.

The first step taken by the MSA and CoA-AMM was to issue an official statement on "Peer Support After Adverse Events: A Focus on Second Victims". This statement was released on the 3<sup>rd</sup> August 2024, during the opening ceremony of the MSA and CoA-AMM Annual Scientific Congress 2024. This statement was intended to raise awareness on the SV phenomenon and included a call to action for all stakeholders nationwide. The statement is published in this edition of Berita Anestesiologi.

The MSA and CoA-AMM also created A-SHIELD (Anaesthesioloav the Shielding Healthcare Individuals with Empathy, Leadership and Dedication) taskforce on the 26th of April 2024, which consisted of anaesthesioloaists from the Ministry of Health, the Ministry of Higher Education and also the private sector. In addition, the taskforce included a clinical psychologist and a psychiatrist. This taskforce was given the mandate to devise a guideline for setting up a SV programme (SVP) framework in hospitals across Malaysia. The A-SHIELD taskforce met regularly over the next few months, and through extensive research and discussion, worked on drafting a document delineating the principles of setting up a SVP. During this time, the taskforce also had the opportunity to meet with Dr Susan Scott from the University of Missouri Health Care, who is a world-renowned expert on the second victim phenomenon. After much perseverance, the document was finally completed. It was titled "A-SHIELD Peer Support After Adverse Events: Guide to Establish Second Victim Programme", and was launched on the 12th of October 2024 during the official National Anaesthesia Day celebration in Kuala Terengganu. This document can be assessed for free from the MSA website.

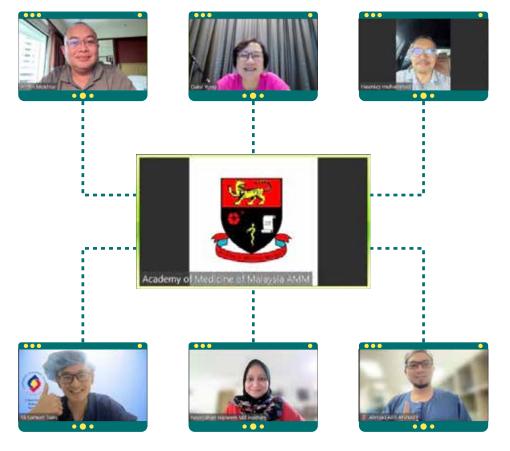
In this guide, the first chapter provided an introduction to the SV phenomenon, along with the importance of effectively addressing this issue. The second discussed chapter concisely comprehensive risk management address strategies to the SV phenomenon. The third chapter then introduced a tool (the Revised Second Victim Experience and Support Tool) to assess the SV phenomenon and the quality of support resources available. To effectively manage the SV phenomenon, the following three chapters outlined a framework for setting up a SVP. This framework is based on the Scott Three-Tiered Interventional Model of Second Victim Support,1 with the nature of support escalating from Tier 1 to Tier 3 as the needs of the SVs increase. After an incident. Tier 1 intervention is provided immediately by departmental colleagues and leaders, with support measures such as psychological first aid and defusing. For SVs with risk of deeper emotional impacts, support measures are escalated to Tier 2, which is provided by specially-trained peer supporters in the department. Finally, for SVs who may require it, Tier 3 intervention which consisted of professional mental health support would be offered. This may psychiatrists, involve clinical psychologists, spiritual care officers or other experts.

This guide on setting up a SVP is indeed timely. A well-functioning SVP allows the mental health and wellbeing of anaesthesia healthcare professionals to be taken care of following adverse events. As a distressed staff is more likely to make errors, having a SVP becomes a patient safety initiative as well. In addition, a SVP is able to promote a healthy organisational culture, where there is a commitment to a supportive and compassionate workplace. By implementing a SVP, there will also be improvements in retention of skilled professionals through reduction in staff turnover, which will ultimately lead to a positive financial impact for the organisation.

Taking care of the wellbeing of anaesthesioloav healthcare professionals is paramount to ensuring the quality of the anaesthesiology and critical care services provided in Malaysia. By releasing an official statement and writing up the A-SHIELD programme guide, and spearheading the implementation of SVP across Malaysia, the MSA is determined to effectively manage the S٧ phenomenon among anaesthesiology healthcare professionals. Through this, the MSA aims to ensure that no one in the fraternity walks alone.

### References

 Scott SD, Hirschinger LE, Cox KR, McCoig M, Hahn-Cover K, Epperly KM, et al. Caring for our own: deploying a systemwide second victim rapid response team. Joint Commission Journal on Quality and Patient Safety 2010;36(5):233-40





# MSA-CoA Statement on "Peer Support After Adverse Events: A Focus on Second Victims"

The Malaysian Society of Anaesthesiologists (MSA) and College of Anaesthesiologists (CoA), Academy of Medicine of Malaysia, are committed to supporting our members and the broader anaesthesia healthcare community in Malaysia. As part of this commitment, we aim to raise awareness and address the critical issue of the 'second victim' phenomenon among anaesthesia healthcare professionals.

# Definition of second victim

The term second victim was coined by Dr Albert Wu in 2000 to highlight the impact of unanticipated adverse events, medical errors, or patient-related injury on healthcare providers who suffer alongside the primary victims, who are the patients and their families.<sup>1</sup> Second victims experience significant emotional and psychological distress following these events. Surveys have shown that following perioperative adverse events, more than 70% of anaesthesiologists experienced guilt, anxiety and reliving of the event, with 88% requiring time to fully recover emotionally from the event. Up to 19% admitted to never fully recovering, with 12% considering changing careers.<sup>2</sup> These emotional burdens may also disrupt sleep patterns, leading to physical health problems such as chronic fatigue. These symptoms are similar to those experienced by patients with post-traumatic stress disorder. In addition, being a second victim may impair cognitive function, decision making and clinical performance.<sup>2</sup> This can result in decreased job satisfaction, increased risk of burnout, and potential errors in patient care.

# Prevalence of second victim phenomenon

The second victim phenomenon is a widespread issue in the medical community. Although there is no data on the prevalence of second victims in Malaysia, international studies suggest that almost half of all healthcare providers involved in an adverse event will become second victims.<sup>3</sup> This high prevalence underscores the need for awareness, education, and support systems within the healthcare sector. Anaesthesia healthcare professionals are especially susceptible to the emotional and physical repercussions of adverse events. We are uniquely vulnerable to the second victim phenomenon for several reasons:

- High-stakes environment: Anaesthesia healthcare professionals work in environments where patient lives often hang in the balance, such as operating rooms and intensive care units. The high-pressure nature of these settings can amplify the emotional impact of adverse events.
- Isolation in practice: Anaesthesia healthcare professionals frequently work in relative isolation, making critical decisions independently. This can lead to a heightened sense of personal responsibility and self-blame when outcomes are unfavourable.
- Direct patient impact: The role of an anaesthesia healthcare professional directly impacts patient safety and outcomes. Adverse events, such as anaesthetic complications or intraoperative crises, can have immediate and severe consequences, further intensifying the healthcare professional's emotional burden.

### Mental resilience when facing an adverse event

Building mental resilience is essential for anaesthesia healthcare professionals to cope with the aftermath of adverse events. Positive coping strategies include:

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• Emotional support: Seeking emotional support from peers, spouses, significant others, family, and friends may help to alleviate the emotional distress suffered.

- **Peer support:** Engaging in open discussions with colleagues who have experienced similar events can provide emotional validation and reduce feelings of isolation. Peer support programs can create a safe space for sharing and healing.
- Self-care practices: Encouraging self-care techniques, such as mindfulness, regular physical exercise, and sufficient rest, can promote overall well-being and resilience. Mindfulness practices, in particular, can help healthcare professionals stay grounded and manage stress.
- **Professional counselling:** Access to mental health professionals can help to process trauma, develop coping mechanisms, and regain emotional stability. Counselling can be particularly effective in addressing severe or prolonged distress.

# Call to action

MSA and CoA urge leaders within the anaesthesia community, department heads, and hospital administrators to proactively support staff affected by adverse events. Specific actions include:

- Establish structured support systems: Develop and implement formal support programs, such as peer support groups and access to mental health resources. Ensure these programs are readily available and well-publicised within the institution.
- **Promote a culture of openness:** The success of a second victim program hinges on fostering an environment where adverse events can be discussed openly without fear of retribution. Encouraging transparency and non-punitive responses to errors can help reduce stigma and promote learning.
- Embracing just culture: Just culture considers broader systemic issues when adverse events occur. It takes a balanced approach, taking into consideration organisational accountability for the systems that have been designed which led to the adverse event, while at the same time responding to the staff's actions in a fair manner.
- Provide education and training: Incorporate education on the second victim phenomenon and resilience-building strategies into regular training for all anaesthesia healthcare professionals. This can help raise awareness, normalise discussions about emotional well-being, and equip staff with essential coping skills.
- Timely and empathetic communication: Ensure leaders and mentors communicate promptly and empathetically following an adverse event with affected staff. Acknowledging the emotional impact and providing reassurance can significantly aid in the recovery process.
- **Duty relief:** Offer duty relief to anaesthesiologists and anaesthesia care team members involved in such incidents. Although it may be challenging to ensure immediate duty relief in every situation due to patient needs, every effort should be made to allow affected healthcare professionals to step away from the clinical environment for the remainder of the day or longer if necessary. This may require calling in additional personnel or extending the duties of other staff members. Duty relief following critical adverse events should be regarded with the same urgency as family emergencies and other critical situations, where relief is provided without repercussions. It is crucial that this relief is granted as soon as possible after the event to ensure prompt psychological support. Second victims should not face any indirect or direct penalties or consequences, including impacts on their clinical schedules or salary.

MSA and CoA are dedicated to fostering a supportive and resilient anaesthesia healthcare community. By acknowledging the reality of the second victim phenomenon and taking concrete steps to address its impact, we can enhance the well-being of our professionals and improve the overall quality of anaesthetic care provided to patients in Malaysia.

Dato' Dr Yong Chow Yen President Malaysian Society of Anaesthesiologists

Professor Dr Ina Ismiarti Shariffuddin President College of Anaesthesiologists, Academy of Medicine of Malaysia

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Uniting and empowering anaesthesiologists around the world to improve patient care

# WFSA Position Statement on Safety for Anaesthesia Workforce in Regions of Conflict 2024

The World Federation of Societies of Anaesthesiologists (WFSA) is the largest global alliance of anaesthesiologists representing 141 active member societies in 150 countries. Our vision is universal access to safe anaesthesia, and our mission is uniting and empowering anaesthesiologists around the world to improve patient care.

A necessary condition to achieve our vision is for anaesthesiologists to have access to safe work environments in all locations and settings in which they practice, in times of peace and conflict alike. The WFSA recognizes that the lack of access to safe anaesthesia care for patients in regions of conflict is a continuing concern.

The Geneva Conventions are international treaties that provide protection for the wounded and sick and safeguard the safety of medical personnel working in regions of armed conflict. The WFSA firmly demands that the principles of the Geneva Conventions be upheld at all times. Ensuring compliance with international humanitarian law will enable anaesthesiologists to accomplish their mission, particularly in places where access to safe anaesthesia care is compromised by any type of attacks, natural disasters, and potential civil unrest.

# MARATHON POUR TOUS (Marathon for All) Paris Olympics 2024 FR

am an amateur runner who has participated in various recreational and/or official running events in various distances from 5km to the full marathon category. I discovered my passion for running in 2017 quite accidentally when i was having depression following a major setback in life. I am very glad running has helped me overcome my depression and I became a better individual because of it, with better mental state and healthier physique.

From a couch potato, I've since become a regular runner, and I advocate running as a way to promote a healthy lifestyle. I encourage those around me to run as well. As a female runner, I was given the opportunity to advocate safety for women during running when I was given the opportunity to be an Adidas pacer and ambassador for the Adidas Runner KL. In addition to this, with my role, I was also able to encourage slower runners and motivate them to run, reminding them that everybody can run and to not let their pace or performance discourage them.

My running journey began with the aim to complete the Abbott's World Marathon Major, having completed the Chicago Marathon 2019 & Tokyo Marathon 2024 through successful ballots application.

Apart from that, I was offered the chance to participate in the Mass Participation Marathon (MPT) at the Paris Olympics. The Paris Olympics 2024 provided amateur runners like me with a chance to run at the Olympics, where they organised the Marathon Pour Tous Paris Olympics 2024 aka the Mass Participation Marathon.

I was super stoked to be one of the 20024 runners from all over the world to be given the opportunity to share the Olympic dream and experience for the first time in Olympic history. This extraordinary experience enables amateur runners to run the same Olympic route as would the elites by night, celebrating the heritage and history of Paris and France.



Subang Jaya, Selangor

Malaysia



Taking place right in the heart of Paris, a start on the forecourt of the Hôtel de Ville and a finish at night on the Esplanade des Invalides; passing by some of the most beautiful and historical sites and monuments in Paris and the surrounding region. The route for the marathon paid tribute to a key moment in the history of France and the French Revolution - the Women's March in Versailles on the 5<sup>th</sup> October 1789. Nothing beat running past all the major revisiting landmarks, history and admiring its architecture in awe (at night!) (whereby the elite athletes would have enjoyed the same spectacular views during the day).

Just like the Olympic Games in general, the MPT was committed to ensure gender parity, with Paris 2024 looking to award the same number of race entries to both men and women. Stamping in the book of history as the first public Olympic event ever, it was truly an exceptional experience for me and where dreams truly become reality. We were able to soak in the sporting and festive experiences, created unique memories, all with the support and company of friends and loved ones.

It was a well-organised event, with costs fully borne by the city of Paris and its sponsors. The race started with a no-frills, expo-free bib collection against the beautiful back drop of Eiffel tower. Everything else was well executed; clear and visible KM markers, well-lit and barricaded route for safety, refreshment stations aplenty providing water and light bites.

The Paris Olympics truly live up to its motto "Ouvrons Grand les Jeux" with the inclusion of this event. As Pierre De Coubertin (Founder of Modern Olympics) said:

"The most important thing in the Olympic games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."



Never in my wildest dreams did I imagine myself qualifying for and participating in the Olympics, the holy grail of all sports events. This would be the closest ever for me and I know I would be living the dream of many including elites and professional runners, and with that, I am truly blessed and thank God for this unbelievable opportunity.











# The Panoramic Outlook of Ontario's Metropolitan City, Toronto

As I boarded the plane to Toronto to join the Fellowship of Perioperative Medicine at St. Michael's Hospital, my mind was filled with images of a meticulously organised metropolis, a cityscape as pristine and orderly as a magazine cover. I imagined myself stepping into a well-structured world where every detail was in its place.

But reality, as it often does, had other plans. My initial encounter with Toronto was anything but perfect. The disorganisation I faced at the immigration office, Service Ontario, and the CPSO office (College of Physicians and Surgeons of Ontario) was far from the anticipated efficiency. The queue was dreadful, and every interaction seemed to be a test of patience. The polished image of Toronto I had envisioned earlier began to crumble, replaced by a more chaotic, albeit human, reality.

Toronto greeted me with an unexpected sensory overload. The city's cleanliness, which I had imagined to be its hallmark, seemed to be a characteristic better suited to Montreal or Vancouver. Instead, Toronto presented a more raw, unfiltered side.

# Panoramic Outlook Meets Perioperative Medicine **A POM EXPERIENCE**



# **by Siti Nadzrah Binti Yunus** Department of Anaesthesiology Universiti Malaya Kuala Lumpur, Malaysia





The scent of alcohol emanated from the dumpsters, and the cannabis fumes were waving in the air. It was a jarring contrast to the polished, sterile cityscape I had pictured.

Preconceived notions about Canada being a "white man's country" were quickly challenged. Toronto's true charm lies in its vibrant, multicultural essence. Walking down its streets, it was difficult to pinpoint who was born Canadian and who was from elsewhere. The city's diversity was its strength, creating a melting pot of cultures that blended seamlessly.

Despite the initial surprises, Toronto had its own set of delightful revelations. The pedestrian pathways were a highlight accessible, inviting, and perfect for exploring the city on foot, bike, or using the streetcar and subway. The convenience of getting around without a car was a boon, transforming the way l interacted with the city.



My time in Toronto was not limited to hospital corridors. The city offered panoramic experiences that enriched my stay. The view of the harbourfront overlooking the blue Ontario Lake with beach-like breeze is truly refreshing. Within the first week, I made a Niagara Falls, pilgrimage to its awe-inspiring majesty a stark reminder of nature's grandeur. No wonder it is one of the seven wonders of the world. Cherry-picking, hiking in the tranquil landscapes of Tobermory and an



autumn scenic drive in Muskoka were my serene escapes. Yet, it was my trip to the Rockies that truly stole my breath away. The Rockies, with their towering peaks and breathtaking landscapes, were nothing short of mesmerising.

As a self-proclaimed foodie and dessert aficionado, Toronto did not disappoint. My exploration of the city's culinary landscape became an adventure of its own. From hidden gem bakeries such as The Stonemill at St. Lawrence Market, Le Gourmand, and Bomou to innovative dessert spots including Hitotoki Bakery, Café Pastel and Gateau Ghost, every corner of the city offered a new taste sensation. I even found a dessert partner, a kindred spirit in the quest for sweet delights, and together we embarked on а dessert-hunting escapade that turned into one of the highlights of my time in Toronto. I explored a range of dining experiences and even ventured into cooking with minimal equipment. This hands-on approach to culinary experimentation was driven by a desire to avoid the hassle of selling off kitchen gear at the end of my fellowship. Perhaps I should resign from medicine and become a chef when return to Malaysia.

# Exploring P.O.M in the North America Continent

Before the start of my fellowship, I frequently encountered questions about the relevance and value of perioperative medicine. Many asked, "What is perioperative medicine? How does it differ from Enhanced Recovery After Surgery (ERAS)? What makes it a subspecialty in its own right?" Some even questioned why I invested time in a fellowship that is underutilised in Malaysia's private sector. While I didn't feel responsible for answering every query, my personal aim became clear: to elevate our perioperative services despite limited resources. Starting with the humble Pre-Anaesthetic Clinic, I aspired to develop it into a comprehensive one-stop facility.

The first day at St. Michael's was a whirlwind of activity and adjustment. The hospital, renowned for its cutting-edge practices, felt like an imposing labyrinth of innovation and tradition. My accent, foreign experiences, and unique perspective seemed like barriers in this





new environment. But Toronto had its own surprises in store. The initial coldness I had anticipated from the locals was replaced by unexpected kindness. Colleagues, regardless of their roles, greeted me with genuine smiles. The warmth extended beyond mere professional courtesy, creating an environment where mentorship and camaraderie flourished. In every corner of the hospital, I found mentors eager to share their knowledge and colleagues willing to bridge gaps with their friendliness.

My new surroundings at St. Michael's forced me to reconsider my approach. Accustomed to a fast-paced rhythm driven by an insatiable quest for productivity, I initially struggled to adapt. Yet, the environment encouraged a different tempo - a measured, thoughtful rhythm that seemed to prioritise reflection as much as action.

Embracina this slower pace, I discovered that I was not sacrificina efficiency but rather fostering a more profound clarity of thought and a more deliberate approach to my work. The pauses between tasks became moments of insight, allowing me to approach each challenge with a refreshed perspective. This shift in rhythm proved to be one of the most valuable lessons of my fellowship, teaching me that thoughtful reflection can enhance productivity and lead to better outcomes.

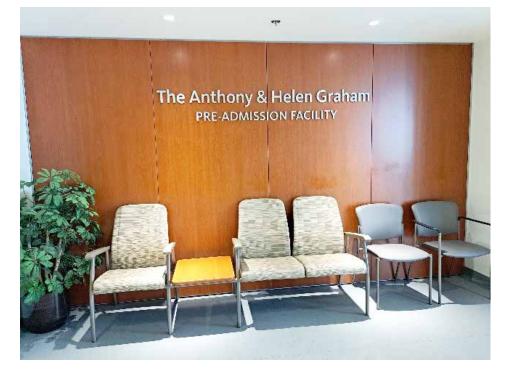
One of the most striking revelations came from observing the adaptability within the Pre-Admission Facility or also

Pre-Anaesthetic known as Clinic Although the high-risk preoperative clinic was still in its nascent stages, it demonstrated a strong commitment to rigorous patient assessment, like the cohort at the University Malaya Medical Centre. The clinic utilised bedside functional capacity assessments, such as the sit-to-stand test and the six-minute walk test, to evaluate patient readiness. While this approach differed from the gold standard cardiopulmonary exercise test (CPET) I was accustomed to, it was effective in creating a comprehensive preoperative profile, illustrating that various methods can achieve similar outcomes.

I marvelled at the resources available at St. Michael's. The presence of a dedicated pharmacist for polypharmacy management is something I hope to see happen in Malaysia. The use of perioperative biomarkers, such as proBNP and troponin, provided crucial insights into patient risk stratification and allowed for proactive prevention of potential complications. Additionally, the electronic medical records and patient population databases offered a holistic view of each patient's history, reducing the reliance on patient recollection and enhancing the accuracy of preoperative evaluations.

The emphasis on continuity of care impressed me. Each patient managed by their family physician fostered a personal connection and streamlined preoperative optimisation. This practice reduced the need for "doctor shopping" and allowed for more effective outpatient management. Screening for Obstructive Sleep Apneoa (OSA) is proactive with widespread use of sleep studies funded by government health cards ensuring timely initiation of CPAP therapy. The integration of telemedicine further exemplified Canada's commitment to accessibility, bridging gaps for patients with limited mobility and enabling virtual assessments. This level of integration and accessibility highlighted a potential path forward for Malaysia.

The perioperative service at St. Michael's Hospital was a paragon of efficiency. Most patients were admitted on the same day, with a high volume of day-case surgeries. The day surgery area operated like a well-oiled machine, beginning operations at 4:30 AM. Nurses carried out their duties with precision, checking vital signs, performing cannulations, conducting blood tests. administering premedication, and implementing active warming as part of the normothermia protocol. This meticulous



preparation paved the way for a seamless surgical experience.

Similarly, the regional room, which began operations at 6:30 AM, was a model of meticulous care. It assessed patients for the suitability of regional anaesthesia and/or analgesia while the primary anaesthetists readied the operating rooms. By 7:30 AM, the team was prepared to induce patients, maintaining a high standard of expertise and efficiency throughout each step of the process.

At St. Michael's, the post-operative care unit (PACU) functioned as a critical Phase II recovery unit, delivering essential continuity of care, acute management, immediate biomarker assessment, and early rehabilitation. The PACU is predominantly managed by critical care-trained nurses who follow established protocols. Despite this nurse-led approach, the rotation in the proved to be particularly PACU compelling. PACU, Within the encountered and managed a range of high-stakes situations, including local anaesthetic systemic toxicity (LAST), delayed malignant hyperthermia (MH), complications, acute airway perioperative ST-elevation myocardial infarction (STEMI), acute ischemic stroke, and severe emergence delirium. These scenarios, often seen in textbook crisis management, underscored the intensity and breadth of the role. The absence of key performance indicators (KPIs) that penalise prolonged PACU stays marked a significant departure from practices in Malaysia. Some patients even had a stay in PACU exceeding 2 hours.

The selection criteria for day-surgery patients at St. Michael's were notably more rigorous than those considered safe in Malaysia. Initially, this raised



concerns about potential risks to patient safety and tested my capacity to manage discharges effectively. However, these concerns proved unfounded. The stringent criteria were balanced by the patients' direct access to on-call physicians for post-surgical issues and the support of a social worker service providing either in-home visits or continued care. This comprehensive safety net, coupled with the emergency response team's swift mobilisation, efficient management of ensured time-sensitive complications and enhanced overall patient safety.

At the end of the fellowship, I realised that the experience had been as much about personal growth as it had been about professional development. Arriving in Canada with preconceived notions and reservations, I discovered that kindness and support could transcend cultural boundaries. I learnt that slowing down could boost productivity and that high standards could be maintained even with limited resources. The innovative practices I observed in perioperative care, along with the seamless integration of technology patient-centred and approaches, demonstrated that excellence in healthcare is not tied to a specific model but can flourish through thoughtful adaptation and collaboration.

Reflecting on these practices, I identified several areas for improvement in Malaysia. Enhancing awareness among healthcare professionals about optimised surgical care, incorporating risk stratification tools and bedside tests, and utilising biomarkers for early assessment could significantly refine our approach and improve patient care.

Returning home, I carried not only the clinical skills and knowledge I had gained but also a profound appreciation for the power of empathy, continuity of care, and adaptability. My journey through Toronto's chilly streets melted away my doubts and left me with a renewed confidence in the universal capacity for excellence and kindness. Malaysian Society of Anaesthesiologists & College of Anaesthesiologists Annual Scientific Congress 2024 MYANAESTHESIA 2024: WHERE SCIENCE MEETS ART



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**by Azarinah Izaham** Honorary Secretary MSA

Malaysian T he Society of Anaesthesiologists (MSA) and the College of Anaesthesiologists (CoA), Academy of Medicine of Malaysia, proudly presented MyAnaesthesia 2024 from 2<sup>nd</sup> to 4<sup>th</sup> August 2024. This year's theme, 'Where Science Meets Art', intersection highlighted the of innovative science and artistic skill in the field of anaesthesia.

The Annual Scientific Congress of the MSA and CoA 2024 was expertly orchestrated under the leadership of Dato' Dr Yong Chow Yen, President of MSA, and Professor Dr Ina Ismiarti Shariffuddin, President of CoA, the Organising Co-Chairs. Their outstanding leadership and team efforts resulted in a highly engaging and impactful congress that not only met its scientific and educational objectives but also set new standards for medical conferences in the region. The event's success underscored the adaptability and collaborative spirit of Malaysia's anaesthesiology community, paving the way for future congresses in this new era of scientific gatherings.

We were delighted to host 930 delegates at this year's Congress. Under leadership of Dr Hasmizy the Muhammad, the Scientific Committee crafted an exceptional programme featuring 15 international speakers and 35 local experts. The comprehensive agenda offered a rich variety of educational opportunities, including five pre-congress workshops, seven plenary lectures delivered by distinguished global experts, four thematic tracks comprising 18 symposium sessions, two in-congress workshops, one debate session, and three trainee and trainer meetings. We also collaborated with industry partners and organised two lunch symposia and three biomedical lectures. The programme's breadth ensured coverage of a broad spectrum of anaesthesia topics, catering to diverse interests and specialisations within the field. This structure provided attendees with numerous avenues for professional development, knowledge exchange, and networking, allowing for both in-depth exploration of specific topics and broader discussions of emerging trends in anaesthesiology.



The opening ceremony on 3rd August 2024, was graced by the Honourable Minister of Health, YB Datuk Seri Dr Haji Dzulkefly Ahmad. MSA and CoA unveiled two significant initiatives during this event: the Medication Safety Guidelines and the Second Victim Programme. The guidelines serve as crucial framework to reduce a preventable errors and enhance patient safety in hospitals. While patient safety incidents remain a primary concern, Victim the Second Programme healthcare acknowledges that

professionals also require ongoing psychological and other support in the aftermath incidents, of such complementing the care provided to patients and their families (the 'first victims'). At the opening ceremony, a heartwarming demonstration by children aged three to five was performed as part of the 'Children Save Lives' initiative; these young participants showcased cardiopulmonary resuscitation techniques, underscoring the importance of introducing life-saving skills at an early age.



On 2<sup>nd</sup> August 2024, MSA and the Medical Protection Society signed a Letter of Intent at the Congress, marking a significant collaboration to enhance medicolegal understanding among anesthesiologists. This partnership aims to address the complexities of modern medical practice through educational programmes, workshops, and resources focused on risk management, patient safety, and ethical decision-making in initiative anaesthesiology. The is expected to equip MSA members with crucial knowledge to navigate legal challenges, ultimately improving patient care and reducing medicolegal risks in their practice.

The annual general meetings of both MSA and CoA were held in conjunction with Congress. The AGMs were held on 2<sup>nd</sup> and 3<sup>rd</sup> August 2024, respectively and were well attended by members. Elections were held for the MSA Executive Committee and the CoA Council for 2024-2025.

Prior to the CoA AGM, Certificates of Completion of Specialist Training in the Parallel Pathway Anaesthesia Programme were presented to Dr Hau





Jett Lin, Dr Yeoh Jie Cong, Dr Wong Chee Leong, Dr Liow Ying Tian, and Dr Aun Yiteng by the Deputy Director-General of Health, Dato' Indera Dr Nor Azimi Yunus. Congratulations to all the recipients.

The poster and free paper presentations showcased impressive research from across Malaysia, demonstrating the country's depth and breadth of anesthesiology studies. The panel of esteemed judges, includina international the experts from Philippines, the United States of America, South Korea, and local authorities, expressed high praise for the scientific rigour and innovative content of the presented papers. Dr Ivy Sim Chui Geok from Universiti Teknologi MARA clinched the prestigious MSA Award, while Dr Chong Kok Peng from Universiti

Kebangsaan Malaysia secured the MSA Young Investigator Award. The competition was intense, with Dr Ng Ka Ting from Universiti Malaya earning the first runner-up position and Dr Ahmad Faidhi Mohd Zaini from Universiti Kebangsaan Malaysia taking the second runner-up spot. In the e-poster presentations category, Dr Charlene Chew Shao Lynn from Universiti Malaya claimed first prize, followed by Dr Trevor Chan Keng Guan also from Universiti Malaya in second place, and Dr Lau Chin from Universiti Kebangsaan Malaysia in third. Dr Kauthar Md Rashid from Hospital Sultan Idris Shah, Serdang, was recognised for the Best Case Report/Series. These achievements highlight the exceptional talent and dedication within the Malavsian anaesthesiology community. Heartfelt congratulations are extended to all the











winners for their outstanding contributions to the field.

The Presidents' Dinner, a highlight of the Congress, took place on 3<sup>rd</sup> August 2024, with Dato' Indera Dr Nor Azimi Yunus, the Deputy Director-General of Health, gracing the event as the guest of honour. The occasion was further distinguished by the signing of a Memorandum of Understanding (MOU) between The Royal College of Anesthesiologists of Thailand (RCAT) and MSA, marking a significant step in international collaboration. This landmark agreement aims to foster closer ties between the anesthesiology communities of Thailand and Malaysia through knowledge exchange, research collaborations, exchange programmes, sharing of best practices, and joint initiatives to improve patient safety and healthcare quality in Southeast Asia. The MOU was signed by Associate Professor Dr Varinee Lekprasert, President of the RCAT, and Dato' Dr Yong Chow Yen, President of MSA, in the presence of distinguished guests and congress attendees. Both leaders expressed enthusiasm for the partnership, highlighting its potential to elevate anesthesiology practice in the region. This collaboration is expected to spawn numerous joint projects in the coming years, benefiting both countries' communities anaesthesiology and contributing to the advancement of healthcare across Southeast Asia, underscoring the importance of international cooperation in addressing global health challenges and improving patient outcomes. Throughout the evening, guests were treated to delightful musical entertainment by a band led by Dato' Mokhzani Ismail. The dinner brought together a diverse group of attendees, including the organising committee, faculty members, free paper and poster competition winners, and recipients of prestigious awards. Notably, Dr Husniyah Zainol Abidin from Universiti Sains Malaysia was honoured with the Dato' Dr Radha Krishna Sabapathy Best Master Student Award for May 2024, adding to the evening's celebratory atmosphere.



The Congress showcased a vibrant exhibition area featuring 47 booths representing diverse a array of pharmaceutical and biomedical industry partners. This aspect of the event proved particularly popular among delegates, eagerly who embraced the opportunity for face-to-face interactions after a period of virtual meetings. The exhibition space was buzzed with activities as attendees directly with industry engaged representatives, explored the latest innovations in anesthesiology equipment and pharmaceuticals, and

participated in hands-on demonstrations. This direct engagement not only facilitated valuable knowledge exchange but also fostered networking opportunities between healthcare professionals and industry leaders, contributing significantly to the overall success and dynamism of the Congress.

The Congress maintained strong attendance throughout its conclusion, with most delegates present for the closing ceremony. The event culminated in an engaging lucky draw for those who had visited the physical exhibition booths, injecting a final burst of excitement and camaraderie into the proceedings. This lively activity provided an entertaining and memorable way to wrap up the Congress. Dato' Dr Yong Chow Yen delivered the closing remarks, reflecting on the event's successes and key takeaways. To the delight of attendees, Dato' Dr Yong Chow Yen then announced that the 2025 congress would be held in Kuala Lumpur, generating anticipation for the next gathering of professionals in the field.



# Sawadee Krap from the 100<sup>th</sup> Scientific Conference of the Royal College of Anesthesiologists of Thailand





**by Anand Kamalanathan** KPJ Klang Specialist Hospital Selangor, Malaysia This year marked a significant milestone in the history of anaesthesia education and professional development as the Royal College of Anesthesiologists of Thailand (RCAT) celebrated the 100<sup>th</sup> edition of its annual Scientific Conference. This prestigious event, held at the Montien Riverside Hotel, Bangkok, from the 24<sup>th</sup> - 25<sup>th</sup> August 2024, brought together leading experts, practitioners, and researchers from across Thailand and the global anaesthesia community. As the profession of anaesthesia continues to evolve, the 100<sup>th</sup> Scientific Conference provided an opportunity to reflect on the progress made, explore current challenges, and look ahead to the future of anaesthesia care. The Society Malavsian of Anaesthesiologists were invited as distinguished guests to this celebrated event due to our close relationships as part of the Confederation of ASEAN Anaesthesiologists (CASA) and were represented by Dato' Dr Yong Chow Yen, Professor Dr Ina Ismiarti Shariffuddin and myself. In a landmark development for the global anaesthesia community, the Royal College of Anesthesiologists of Thailand (RCAT) and the Malaysian Society of Anaesthesiologists (MSA)

recently signed a Memorandum of (MOU) Understanding aimed at fostering closer ties between the two organisations and promoting collaboration in the field of anaesthesiology. The MOU, signed during the Presidential Dinner at the recently concluded MyAnaesthesia 2024 in Kuala Lumpur last October, took two years of hard work from both sides and represented a significant step toward enhancing greater regional integration within the Southeast Asian

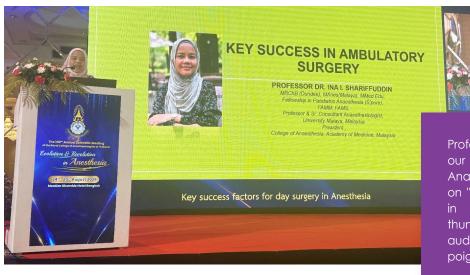
anaesthesia community. In a rapidly evolving healthcare environment, the need for cross-border cooperation has never been more pressing. Challenges such as an ageing population, surgical volume, increasing and specialised training require a collaborative approach. Hopefully, this partnership between RCAT and MSA will catalyse further MOUs between ASEAN anaesthesia societies, demonstrating how countries can come together to address common challenges and improve the standard of care.



The 100<sup>th</sup> Scientific Conference was more than just a celebration of RCAT's history, it was a dynamic and forward-looking platform for knowledge exchange. Delegates were treated to a rich programme of lectures, workshops, and presentations covering a wide range of topics in anaesthesia. This year's theme, "Evolution and Revolution in Anesthesia," reflected the growing importance of integrating new technologies and techniques while maintaining a solid foundation in

traditional principles of anaesthesia Kevnote speakers included care. renowned experts in anaesthesia, critical care, pain management, and perioperative medicine, who shared their insights on the latest developments in their fields. Amongst them, the President of the MSA, Dato' Dr Yong Chow Yen, delivered a speech on "Expanding our role as Perioperative Physicians", highlighting the vital work we do as anaesthetists in and outside the operating theatre.





Professor Dr Ina Ismiarti Shariffuddin, our President of the College of Anaesthesiologists, delivered a talk on "Key Success in Ambulatory Surgery in Anaesthesia," which received thunderous applause from the audience for its in-depth analysis and poignant tricks of the trade.



The conference also celebrated the continued growth of anesthesiology as a speciality in Thailand, with increasing numbers of young professionals joining the field and contributing to its advancement. We witnessed the graduation ceremony of the latest budding anaesthesiologists from Thailand, a beautiful synergy of young and old in the same pot.

One of the highlights of the 100<sup>th</sup> Scientific Conference was the emphasis on collaboration. The event attracted delegates from Thailand and around the world, including prominent figures from organisations such as the World Federation of Anesthesiologists (WFSA) and the Asia Pacific Society of Anesthesiologists (APSA). This international representation facilitated an exchange of ideas, experiences, and best practices, fostering global collaboration in pursuing excellence in anaesthesia care.

The conference also provided ample networking opportunities, allowing attendees to build relationships with colleagues from different regions and specialities. These connections are vital for advancing the profession, as the challenges anesthesiologists face in one part of the world can often provide valuable lessons for others. The conference's collaborative nature reinforced the idea that the future of anesthesia relies not just on individual achievement but on collective progress. Our gracious hosts brought us out for a delicious dinner at Lamun, helmed by the winner of the Iron Chef of Thailand -Chef Gai. We were treated to an array of astounding dishes that satisfied our gastronomic cravings for good Thai food.





As the 100<sup>th</sup> Scientific Conference drew to a close, there was a palpable sense of optimism about the future of anaesthesia. The profession faces many challenges, including an increasing demand for anaesthesia services, ongoing education in a rapidly changing healthcare landscape, and the continued importance of patient safety. However, the innovations discussed at the conference, from artificial intelligence in anaesthesia management to new anaesthetic agents and techniques, provided a glimpse of the exciting possibilities. One of the key takeaways from the conference was the importance of continuous learning and adaptation. In a field where precision and safety are paramount, anesthesiologists must stay informed about the latest research and developments. The RCAT's commitment to providing high-quality education and fostering professional development will be critical in ensuring that anesthesiologists are prepared to meet future demands.

The 100<sup>th</sup> Scientific Conference of the Royal College of Anesthesiologists of

Thailand was a momentous occasion that celebrated the achievements of the past, addressed the challenges of the present, and set the stage for the future of anaesthesia practice. As attendees returned to their respective practices and institutions, they carried new knowledge, fresh insights, and a renewed sense of purpose in their work. For those of us in the field of anaesthesia, the conference served as a reminder of the importance of staying connected, continuously learning, and striving for excellence in all aspects of patient care. Here's to another 100 years of progress and achievement in anaesthesiology.



# **41<sup>st</sup> ESRA ANNUAL CONGRESS 2024** The Art of Pain Management: A Memorable Experience of Regional Anaesthesia in Prague



# by Siew Gee Ho

Hospital Tengku Ampuan Rahimah, Klang Selangor, Malaysia



# by Chan Weng Ken

Hospital Canselor Tuanku Muhriz, UKM Institut Jantung Negara Kuala Lumpur, Malaysia

The European Society of Regional Anaesthesia (ESRA) Congress 2024, held in the historic city of Prague, was an unforgettable experience for participants worldwide, bringing together esteemed anaesthetists, students, and healthcare professionals. Three of the five esteemed Malaysian doctors from Malaysia - Dr Siew Gee Ho, Dr Lim Woon Lai, and Dr Chan Weng Ken - took a pivotal step in advancing their expertise through the ESRA European Diploma of Regional Anaesthesia (EDRA) pathway.

# The ESRA European Diploma of Regional Anaesthesia Pathway

One of the highlights for the Malaysian delegates was the opportunity for Dr Siew Gee Ho, Dr Lim Woon Lai, and Dr Chan Weng Ken to complete the final pathway of the EDRA Part 2B examination - which tests on the anatomy and landmark demonstrations as well as ultrasound demonstration of a block on a live model. This international postgraduate diploma is a prestigious certification that signifies the highest standards of skill and knowledge in regional anaesthesia (RA), a testament to the global collaboration of RA training. It's a milestone in their professional journey, reflecting their dedication to achieving excellence in





their field after a few years of training. Their participation also represents a broader commitment to enhancing the quality of anaesthetic care in Malaysia, demonstrating their readiness to handle complex cases using advanced techniques in RA.

### Hands-on learning Through Workshops and Live Demonstrations

In addition to the EDRA examination, the congress offered attendees an array of hands-on workshops, mini-skill stations, and live ultrasound scanning demonstrations. These sessions were a crucial component of the congress, providing attendees with practical experience in scanning and nerve localization. Participants were guided by world-renowned experts, gaining valuable insights into the latest advancements ultrasound in technology and its applications in regional anaesthesia. This hands-on approach allowed attendees to refine their technical skills and gain confidence in their abilities, benefiting real-time feedback from and demonstrations, empowering them in their practice.

### Finalist in the ESRA Infographic Competition with Oral Presentation

Adding to the Malaysia Boleh's spirit and accomplishments, Dr Siew Gee Ho was selected as one of six finalists in the ESRA Infographic Competition, representing Malaysia. His presentation on 'Gastronomy of Prandial Status with Gastric Ultrasound' was a collaborative effort prepared alongside Dr Yeoh Jie Cong and Dr Shahridan Mohd Fathil.



This innovative project highlighted gastric ultrasound's potential to assess patients' prandial status, offering critical insights for anaesthetic management. Our presentation was met with not just interest, but also admiration, further establishing Malaysia's growing influence in the global anaesthesia community and making us all proud.

### **Exploring the Wonders of Prague**

Beyond the congress, attendees could immerse themselves in Prague's cultural and historical wonders. Known for its stunning architecture and rich heritage, Prague offers a unique blend of old-world charm and vibrant modernity. The famous Charles Bridge, with its statues and breathtaking views of the Vltava River, was a favourite spot for many visitors. The Astronomical Clock in Old Town Square, a marvel of medieval craftsmanship, drew crowds as it chimed the hour, giving everyone a glimpse into the city's fascinating history.

The allure of Prague's castles and museums offered a deeper connection to the city's cultural heritage, while the local cuisine provided a delightful culinary experience. From hearty Czech dishes to delicate pastries, attendees enjoyed the flavours of Prague, with each meal adding to the city's warmth and hospitality. For those seeking relaxation, the cobbled streets, quaint cafes, and picturesque scenery made exploring the city a romantic and leisurely delight.

# Conclusion

The ESRA Congress 2024 in Prague was a remarkable experience, combining

rigorous professional development with enriching cultural exploration. For Dr Azizi Ahmad, Dr Zul Bin Sulong, Dr Siew Gee Ho, Dr Lim Woon Lai, and Dr Chan Weng Ken, the congress provided a platform to enhance their skills, connect with international proudly peers and represent Malaysia. From the EDRA examination's thrill to the infographic competition's excitement and Prague's beauty, this congress will remain a cherished memory and a significant milestone in their careers.









# Image: Control of the section of th

# "Fantasticity!"

**T** he official tourism slogan of Da Nang, a picturesque coastal city in central Vietnam, doesn't do enough justice to its charm and beauty. From its humble beginnings as a small port in the 16<sup>th</sup> century, Da Nang has flourished into a vibrant metropolis with a modern leisure sector, beautiful beaches, verdant landscapes and a welcoming populace on the backdrop of a culture-rich history.

From 27<sup>th</sup> to 28<sup>th</sup> September 2024, the majestic Ariyana Convention Center in Da Nang hosted the 17th Asian & Oceanic Society of Regional Anaesthesia & Pain Medicine (AOSRA-PM) Congress, an international biennial event last held in Mumbai in 2022. The congress, carrying the theme "Joining Hands for a Pain-Free Future Worldwide" featured an international faculty of esteemed and up-and-coming speakers and facilitators from 17 countries and 4 continents. As one of the directors of AOSRA-PM, I was given the privilege of representing Malaysia at the congress in addition to being granted the role of speaker and facilitator for a hands-on regional anaesthesia (RA) workshop.

Other faculty members from "Team Malaysia" included Professor Dr Y K Chan from Universiti Malaya, Dr Beh Zhi Yuen from Gleneagles Hospital Kuala Lumpur and Dr Mohd Afiq Syahmi Ramli from Columbia Asia Bukit Jalil.

Despite a nearly 24-hour red-eye flight from Toronto, any unwanted

manifestation of jetlag was immediately alleviated on arrival by the delightful hospitality of the welcoming committee who quickly whisked visitors from the busy airport to the blissful environs of the Furama Resort, the allocated accommodation for the congress' faculty. The resort featured breathtaking views of the South China Sea, and it took







a great deal of restraint to tear myself from the stunning vistas framed by swaying coconut trees to get to work going through and revising the lecture I had prepared for the congress. My first day in Da Nang ended with a vibrant welcoming dinner by the organizing team featuring the best cuisine and cultural performances the city had to offer. It was also a pleasure to finally meet faculty members from all around the world, and to share our common interests and passion in regional anaesthesia.

Day 1 of the congress featured a series of hands-on and observation workshops in areas of regional anaesthesia and pain management. For the morning session, I had the honour of facilitating an ultrasound scanning station on a simulated patient which focused on lower limb blocks. The workshop was held in a room with a full view of one of Da Nang's pristine beaches, thus I must confess there were moments where conversations surrounding the intricacies of the PENG block momentarily shifted to thoughts of basking on the seashore. The majority of the workshop's participants were Vietnamese, which did pose an initial challenge despite the best efforts of an interpreter. Nevertheless, it was inspiring to see the enthusiasm and keen interest of attendees shining through despite the language barrier and usual time constraints of such workshops. In the afternoon, I facilitated a station on the common blocks of the anterior trunk. It was at this point that jetlag finally threatened to kick in, nonetheless, the attentive organizers came to the rescue with some delicious Vietnamese coffee and treats. The day ended with a gala dinner which somehow outdid the previous evening's with scrumptious Vietnamese seafood as well as incredible cultural performances.

The second day of the congress began with a lovely gesture from the organising team where members of the board of directors were gifted and decked out in elegant Vietnamese garb, complete with traditional headwear or *khăn đóng*. It was truly a pleasure to be part of the congress' opening ceremony which included more spectacular performances and a video montage advancement in Malaysia. A special mention must be made for the rest of "Team Malaysia", with engaging talks on "RA for Clavicle Surgery" by Dr Beh, "Diaphragmatic-Sparing Blocks" by Dr Afiq and "Optimising Spinal Anesthesia for Parturients" by Professor Dr Y K Chan.

The congress proper concluded with a



showing the beauty of Vietnam and its people. This was followed by an uplifting welcoming speech by Associate Professor Dr Cong Quyet Thang, President of AOSRA-PM and the Vietnam Society of Anaesthesiologists, who outlined the growing role and importance of AOSRA-PM, which now stood shoulder to shoulder with the European and American RA societies in the global RA and healthcare fraternity.

Next the congress welcomed plenaries from globally established and acclaimed leaders of the RA and pain fraternity including Drs Paul Kessler (Germany), Balavenkat Subramanian (India), Suwimon Tangwiwat (Thailand) and Shinichi Sakura (Japan) who captivated the audience with their knowledge and wisdom. After a series of informative lectures, it was my privilege to speak on "RA for Ambulatory Knee Surgery", a topic of personal interest and passion, borne from my experiences in Toronto and an area with potential for significant growth and



handover ceremony from Associate Professor Dr Cong to the incoming AOSRA-PM president, Dr Justin Sangwook Ko who will lead and oversee the next AOSRA-PM congress in 2026 in Seoul, South Korea. Though the Convention Center was now mostly empty, there remained plenty of work for the directors who then gathered for the AOSRA-PM AGM. A productive meeting led by Dr Justin took place, focusing on future directions and plans towards advancing the society's goals, globalization of including further AOSRA-PM, as well as greater collaboration with sister societies. The meeting also enabled information



sharing and discussion on the challenges and obstacles faced by the various member countries of AOSRA-PM, particularly regarding expanding patient access to RA and effective pain management. The evening ended with yet another display of gracious Vietnamese hospitality with a cozy dinner for the directors at the Furama Resort, the highlights being an impromptu karaoke and dance session followed by a toast for a job well done by the organising team to close the proceedings.

The next morning was spent admiring the breathtaking sunrise over the South China Sea. While I felt a tinge of regret that time constraints meant not being to further explore the city and its surroundings, the conference was certainly a positively memorable one on a personal and professional note. Meeting with pioneers, leaders and peers in the field has also prompted a personal realization that the RA and pain fraternity in Malaysia are not lacking in terms of achievements or milestones compared to the other countries in our region. Through greater unity, inclusivity and followership amongst our members, we are capable of collectively playing a crucial role in the local, regional and global advancement of RA and pain management, ultimately towards a pain-free future for all Malaysians.





Berita | Volume 39 | Issue 3 | December 2024

# **ASPA 2024** A Thrilling Milestone in Paediatric Anaesthesia in Malaysia



Celebrating Excellence: The Organising Committee honoured with a Certificate of Appreciation by the President of ASPA

**T** he Malaysian Society of Paediatric Anaesthesiologists (MSPA) and the Asian Society of Paediatric Anaesthesiologists (ASPA) successfully hosted the much-anticipated 20<sup>th</sup> ASPA Meeting in conjunction with the 3<sup>rd</sup> paediatric Anaesthesia Meeting of MSPA, held from 11<sup>th</sup> to 14<sup>th</sup> July 2024, at the Borneo Convention Centre, Kuching, Sarawak. This conference marked a historic debut in Sarawak, themed "SAFE: Safe & Sustainable Anaesthesia for Every Child."

The event kicked off with two vibrant workshops: the Airway Workshop and the Perioperative Life Support (PPLS) Workshop, attracting a combined 66 participants. These sessions set the tone for the subsequent three days of academic excellence and camaraderie. The main conference dazzled with five plenary lectures, fifteen symposia, hands-on workshops, and a standout research track. Highlights included a dynamic problem-based workshop by SMILE TRAIN and an in-congress perioperative POCUS workshop. An impressive 93 papers, comprising 29 oral presentations and 64



# by Ina Ismiarti Shariffuddin

President College of Anaesthesiologists, AMM Berita | Volume 39 | Issue 3 | December 2024



poster submissions, were a testament to the region's thriving academic spirit. presentations Winning spanned innovative topics like paediatric airway postoperative simulations, nausea prevention, and ultrasonography in infants.

ASPA 2024 wasn't just about academic rigor. The 412 attendees, representing 31

HENNER

countries, revelled in unforgettable social events, from the rooftop welcome dinner at the Waterfront Hotel to the grand conference banquet at Sheraton Kuching. These gatherings fostered bonds beyond borders, a hallmark of the ASPA ethos.

The resounding success of ASPA 2024 has set a new benchmark for paediatric

anaesthesia conferences. As echoed by attendees, the event was a rich blend of learning, networking, and cultural exchange. With Kuching's charm as its backdrop, ASPA 2024 leaves behind a legacy of collaboration and innovation in paediatric anaesthesia. Malaysia has once again proven its ability in hosting world-class academic gatherings.





# EMERGENCY FRONT-OF-NECK ACCESS (eFONA) Workshop 2024



# **by Chan Weng Ken** Hospital Canselor Tuanku Muhriz Universiti Kebangsaan Malaysia &

Institut Jantung Negara Kuala Lumpur, Malaysia

# by Nadia Md Nor

Hospital Canselor Tuanku Muhriz Universiti Kebangsaan Malaysia Kuala Lumpur, Malaysia



irway management is not the sole responsibility of the anaesthetist. Instead, the shared airway is the responsibility of every team involved in airway management, including, but not limited to, the Ear-Nose-Throat (ENT) team, interventional respiratory physicians, and the patients themselves. This inclusive approach is crucial. As with every procedure, multidisciplinary team management plans are discussed and understood among the members, and if circumstances permit, patients are briefed to ensure compliance and understanding of the risks involved, especially in high-stake situations.

The Department of Anaesthesiology and Intensive Care, Hospital Canselor Tuanku Muhriz (HCTM), Universiti Kebanasaan Malaysian (UKM) organised the inaugural Emergency Front-of-Neck Access (eFONA) Workshop 2024 at UKM on 20<sup>th</sup> July 2024. This workshop was unique in that it was the first of its kind to focus solely on eFONA, a pivotal aspect of airway management. The target audience of this workshop were UKM anaesthesiology trainees (registrars and third-year postgraduate trainees), with



the aim of educating and introducing them to eFONA. We were pleased to see such an overwhelming response to the workshop, a clear indication of the value and interest in this important topic. To ensure a meaningful learning experience, the number of participants was limited, allowing each participant at least 5 minutes at each 'hands-on' station.

EFONA is usually the 'Plan D' of emergency airway management. Conventionally, eFONA was taught as a small part of an airway workshop. But what happens after eFONA is performed? How do you proceed from there? How do you transition to a more permanent or secure airway?

This event was a collaborative effort between the Anesthesiology and ENT departments, and together we curated a comprehensive eFONA program. The workshop began with a review of airway management guidelines (by Associate Professor Dr Muhammad Maaya), focusing on the indications of eFONA. This was followed by a detailed lecture on eFONA (by Dr Liu Chian Yong) and of ultrasonoaraphy in the role enhancing its success rate (by Dr Shahridan Mohd Fathil). Our ENT colleagues complemented the talks with their lectures on surgical tracheostomy for anaesthetists (by Dr Hardip Singh Gendeh), and the current shift from the Anaesthesiology to the ENT during emergency airway team management. The final lecture was on maintaining and decannulating the tracheostomy (by Dr Nadhirah Mohd

Shakri). This comprehensive approach ensured that our participants were well-prepared and knowledgeable in all aspects of eFONA.

Our participants also had ample time to practise at the seven hands-on stations facilitated by our speakers and three additional facilitators (Associate Professor Dr Nadia Md Nor. Dr Mohammad Nizam Mokhtar, and Dr Chan Weng Ken). These stations manikins and one included 14 dedicated station for airway ultrasound. The hands-on stations covered various techniques, allowing participants to gain familiarity and confidence by first performing on manikins. All commercial eFONA kits available locally were demonstrated, and different methods for self-assembled sets were shown. This is one of Malaysia's most extensive eFONA workshops, thanks to our industry partners from Suria-Medik and Primed Medical.

We extend our heartfelt gratitude to everyone who participated and contributed to the success of this event. The dedication and enthusiasm shown







by the organising committee and industry partners were the driving force behind this workshop, and your contributions were invaluable. We look forward to future collaborative efforts and the continued success of our workshops, knowing that they are only possible because of collaborative involvement and the trainees' participation.



### **PIONEERING POCUS WORKSHOP 2024** Hospital Kuala Lipis, Pahang



**by Aisyah Mohammad Nor** Hospital Kuala Lipis Pahang, Malaysia

ospital Kuala Lipis is one of the district's specialised hospitals in the Pahang region, with 158 beds which serves the western part of Pahang, including Raub and the Cameron Anaesthesiology Highlands. The Department at Hospital Kuala Lipis is comprised of the Head of Department, four specialists, and ten medical officers. Despite numerous challenges, such as the remote location of Lipis and limitations in facilities and budget, the Anaesthesia Department successfully organised its inaugural Point-of-Care Ultrasound (POCUS) workshop.

Held on the 21<sup>st</sup> and 22<sup>nd</sup> August at the Starwell Hotel, the workshop featured lectures on the first day and hands-on sessions on the second. The objectives of the workshop were to motivate participants to conduct POCUS assessments and to enhance their knowledge and skills in this crucial area. These competency areas are essential for effective management of crises and caring of acutely ill patients, together with clinical assessments and other medical tools.

We were privileged have distinguished speakers lead the lectures and hands-on sessions, who were Dr Anwar Irawan Ruhani (Senior Consultant Cardiologist at Hospital Tenku Ampuan Afzan, HTAA), Dr Mohd Shukrudden Salleh (Senior Consultant Emergency Physician at Hospital Sultan Ismail Petra Kuala Krai, HSIP), Dr Idawina Mat Ludin (Intensivist at Hospital Raja Perempuan Zainab II, HPRZ), Dr Muhamad Rasydan Abdul Ghani (Senior Consultant Anaesthesiologist International Islamic University Malaysia, IIUM), Dr Mohd Fitry Zainal Abidin (Consultant Cardiothoracic Anaesthetist at Universiti





Malaya Medical Centre, UMMC), Dr Lee Kee Choon (Emergency Physician at Hospital Sultan Haji Ahmad Shah, HOSHAS), Dr Ahmad Aiman Azri Ahmad Zubairi (Cardiologist at HTAA), and Dr Syafawati Samsudin (Anaesthesiologist in Hospital Kuala Lipis).

A total of 35 participants, which included medical officers, master's trainees, and specialists from various departments and states, attended the workshop. On the first day, seven lectures were delivered, each lasting an hour, followed by an engaging question-and-answer session that sparked many insightful discussions. We



concluded Day 1 with a fun quiz using the Kahoot app, with prizes awarded to the winners the next day.

The second day featured seven hands-on stations, covering topics such as airway and lung assessment, cardiac evaluations, hemodynamics, vascular imaging, abdominal ultrasound, lumbar sonography, and a bonus station. The bonus station aimed to foster teamwork among participants, resembling a game format. Each group received four riddles to help them locate ultrasound images on simulated patients, with the fastest group identifying the correct images winning the grand prize.

In addition to enhancing knowledge and skills in POCUS, participants enjoyed the signature and delicious cuisine of Kuala Lipis, including dishes like 'ikan patin tempoyak' and 'kerutuk daging.'





# MSA-CoA ASC 2024 Pre-Congress Workshop MASTERING PRECISION - ULTRASOUND-GUIDED VASCULAR ACCESS



**by Vimal Varma** Universiti Teknologi MARA Selangor, Malaysia

Itrasound technology has revolutionised clinical practice and patient care in modern healthcare. provides non-invasive and radiation-free techniques for various diagnostic and therapeutic procedures. Among its many applications, one of the most impactful has been its use in guiding vascular access. By enabling real-time visualisation of blood vessels and nearby structures, ultrasound-guided vascular access helps clinicians identify the best insertion sites, thus reducing the risk of complications such as arterial puncture, haematoma, haemothorax, and This pneumothorax. technique streamlines the procedure, resulting in fewer attempts successful cannulation, improves procedural efficiency and minimises the risk of catheter-related infections.

During the 2024 Malaysian Society of Anaesthesiologists (MSA) and College of Anaesthesiologists (COA) Annual Congress Scientific themed My Anaesthesia 2024: Where Science Meets Art, the significance of this technology was highlighted through a pre-congress workshop, Ultrasound-Guided Vascular Access, held on 1<sup>st</sup> August 2024 at UiTM Sungai Buloh Campus. The workshop, hosted by the Department of Anaesthesiology and Intensive Care, UITM, was a full-day event comprising a series of lectures and hands-on sessions.

The workshop brought together 27 healthcare professionals across Malaysia and Brunei. It aimed to provide them with a structured, practical approach to utilising ultrasound for vascular access, particularly in challenging cannulations.

The workshop began with a brief welcome from the organising committee chairmen, Dr Shahridan Fathil and Dr Isgandar Adnan, followed by an opening address by the esteemed Prof. Dr Karis Misiran. This was succeeded by а series of comprehensive lectures, beginning with Rusnaini Mustapha Kamar's Dr presentation on the fundamental physics of ultrasounds, which included "in-plane" and "out-of-plane" techniques. Dr Haslan Ghazali provided an update on the latest guidelines on ultrasound-guided cannulation, while Dr Lim Teng Cheow covered relevant anatomy via sonography. The lectures continued with Dr Shahridan discussing ergonomics, sterility, and preparation for ultrasound-guided venous access procedures, followed by Dr Nur Hafiizhoh Abd Hamid, who focused on ultrasound-guided cannulation in paediatric patients.

The morning session smoothly transitioned to hands-on training, where participants, divided into smaller groups, rotated through various stations to practise ergonomics, preparation techniques, and real-time cannulation under the guidance of an expert panel of facilitators.

Following a lunch break, the afternoon resumed with Dr Ahmad Afifi Mohd Arshad delivering a lecture on the selection and use of peripheral, central, and arterial cannulas and catheters. Dr Mohamad Hanafi Mohd addressed the critical aspects of post-cannulation care and catheter removal. These lectures were complemented by more hands-on training, focused on the placement of central venous, dialysis, peripheral, and arterial lines, offering participants the chance to refine their skills with real-time feedback. The workshop concluded with an evening tea followed by closing remarks emphasising the important role of ultrasound-guided vascular access in modern medical practice.

The workshop provided the participants with an invaluable learning experience, allowing them to refine their skills in utilising ultrasound for vascular access. Ongoing advancements in artificial intelligence and portable ultrasound devices are expected to refine vascular access techniques further, making them more precise and safer for patients. Therefore, training through workshops to acquire these skills is essential, especially in the context of an evolving medical practice.









he Asian Society of Paediatric Anaesthesiologists held its Annual Scientific Congress In Kuching, Sarawak from July 11th - 14th 2024. One of the precongress workshops was the Paediatric Perioperative Life support (PPLS) which was conducted with the support of the Malaysian Society of Anaesthesiologists Paediatric and Department of Anaesthesiology and Intensive Care, Sarawak General Hospital.

This workshop was a full day event on the 11<sup>th</sup> July 2024 and had 31 participants and 12 facilitators. The participants were medical officers, Masters trainees and specialists from Malaysia and various Asian countries, The facilitators were from Malaysia, Singapore, Türkiye and Thailand. The venue was the Borneo Convention Centre where we had spacious meeting rooms and good audiovisual support. This workshop consisted of lectures as well as interactive and hands-on skills stations for smaller breakout groups. There was good participation for all the sessions and everyone found it enjoyable. As this was not a high-end workshop, the topics covered were basic and informative, for example arrhythmia, recognising difficult airway, intravenous access to name a few. Facilitators took various scenarios and highlighted important points and facts which were normally taken for granted. The aim of this workshop was to promote safety in the perioperative period, to recognise events and to take proper action.

Prior to the workshop, we had posted the PPLS manual online and a week later all participants had to do a test online after studying the manual. At the end of the workshop we ran the test again and the majority of the participants did very well. As with all earlier workshops we have conducted so far, the feedback was very good. In fact some participants suggested that we should run it over two days.

The local team from the Department of Anaesthesiology and Intensive Care of Sarawak General Hospital headed by Dr Mohammad Haizar Khan worked hard to facilitate this workshop by providing equipment that was needed and making sure facilities and technical support were ideal. The team members were available to help us throughout the day. We had a few Zoom meetings among the organisers and one with the facilitators before the actual day. A big thank you and appreciation to the local organising team and the facilitators for making this event a success!

We are happy that the participants found the workshop beneficial and hope that they will promote PPLS to their colleagues. We aim to run this workshop at least twice a year in Malaysia.

by Felicia Lim by Usha Nair







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**FINDING CALM IN CHAOS** at National Anaesthesia Day 2024 Celebration in Kuala Terengganu (NAD2024@KT)



**by Noraslawati Razak** Hospital Sultanah Nur Zahirah <u>Terengganu</u>, Malaysia

**by Mohd Hafiz Abd Razak** Hospital Besut <u>Terengganu</u>, Malaysia



orkforce Wellbeing: Finding Calm in Chaos was the theme for National Anaesthesia Day 2024 celebration hosted by the Department of Anaesthesia and Critical Care, Hospital Sultanah Nur Zahirah, Kuala Terengganu. Anaesthesia professionals often endure high-stress situations, and prioritising their well-being is essential to ensure they stay healthy and fit to provide care for patients. We conducted various activities to support the wellbeing of anaesthetic providers across the nation.

#### NAD2024@KT 'Cintai Terumbu Karang' at Pulau Bidong

The NAD2024@KT started with the 'Cintai Terumbu Karang' activity at Pulau Bidong on 24<sup>th</sup> August. This event had 2 main themes, which were promoting workforce well-being and supporting green anaesthesia. In collaboration with the Institute of Oceanography and Environment at Universiti Malaysia Terengganu (UMT), led by Professor Dr Zainudin Bachok, the programme offered a unique experience to medical professionals across Malaysia, including participants from Malaysian Borneo. Dr Siti Nurtahirah Ja'afar, a lecturer from UMT, briefed participants on ocean biodiversity, the nature of coral reefs, and their critical role in marine ecosystems before the main activities, which included diving and snorkelling. The programme emphasised coral conservation practices, encouraging participants to avoid touching or disturbing coral reefs during underwater activities. The use of reef-safe sunscreens was also promoted to prevent harm to coral health. Participants were divided into two main groups: 60 snorkelers and 29 divers. The

pristine beauty of Terengganu's waters and its biodiversity left a lasting impact, with many participants expressing enthusiasm for similar programmes in the future.

#### NAD2024@KT Hybrid Fun Run

A month after we explored Pulau Bidong, on 29<sup>th</sup> September, a 5-kilometre physical Fun Run was held at Terengganu Cultural Village. The course was from the Terengganu River to The Islamic Civilization Park. The run attracted a total of 200 runners. The event kicked off with a warming-up session and the flag-off sharp at 7:30 in the morning by Dato' Dr Mohd Ridhwan Mohd Nor, Head of Terengganu State Anaesthesiologist, Dr Noraslawati Razak, Chairperson for NAD2024, together with Mr Ahmad Fathil Bin Abd Ghani, Chairman of Terengganu Cultural Village. Each runner was entitled to a wood medal, drawstring bag, microfibre T-Shirt, lanyard, E-certification and refreshment. After the running session, the event continued with lucky draws, which consisted of the grand prize of 50' Smart Television and five medical health screening packages sponsored by a local private hospital. The Terengganu Cultural Village representative also held a quiz session to test the knowledge of local culture and history.

A virtual 5km run was organised, allowing participants to engage in NAD2024@KT from anywhere and anytime. The running period started in early August and ended on 11<sup>th</sup>





October. At the launching ceremony, the hospital with the highest participation was awarded a trophy and a cash prize of RM1000. Hospital Sultanah Nur Zahirah KT emerged as the champion, followed by Hospital Sultan Abdul Aziz Shah (UPM) and Hospital Kuala Lipis.

#### NAD2024@KT Selongkar Budaya

On 12<sup>th</sup> October, the Selongkar Budaya activity brought together healthcare professionals from the anaesthesia department for a unique cultural event at Terengganu Cultural Village. The aim was to foster teamwork and provide a moment of tranquillity amidst the hectic demands of healthcare. Selongkar Budaya consisted of 10 checkpoints that combined cultural activities and guizzes. Participants were nurses, medical assistants, doctors, specialists, and ICU and OT staff from different hospitals, who donned traditional attire, immersing themselves in the local heritage while engaging in friendly competition. The day culminated in a prize-giving ceremony that recognised the top-performing teams. The winners received medals and cash prizes of RM500, RM300 and RM200. A special award for the Best Traditional Attire Group, sponsored by Terengganu Cultural Village, celebrated the participants' commitment to honouring local culture. This event was a resounding success, emphasising the importance of cultural appreciation and teamwork within the anaesthesia department. A lively colouring contest was also held in Istana Long during this time. Young artists aged 4-6 years and 7-9 years had a fantastic time expressing

their creativity. Participants received special colouring sheets inspired by cultural themes. Prizes were awarded for the best artwork in each category.

#### NAD2024@KT: 30 Days Anaesthesia & ICU Exhibition at Terengganu State Museum

The Exhibition was held from 1st till 30th October. The aim was to educate the public about how anaesthesia and ICU have progressed over the years. The public could experience our hectic daily work in the operation theatre and ICU. Reflecting on the evolution of anaesthesia, the exhibition included Operation Theatre Simulation and Intensive Care Simulation. To make the exhibition more fascinating, visitors were allowed to take pictures in the Operation Theatre Exhibit while wearing scrubs or white coats, acting as medical personnel for their memories. A health carnival was held on 24<sup>th</sup> October in conjunction with the exhibition event, involving 100 students with the support of the Terengganu State Education Department (JPN). Many activities were held, including an introduction to the medical career pathway, the dangers of smoking and vaping to health, an organ donation talk and demonstration with a hands-on session of Basic CPR and choking for the students. The exhibition attracted more than 2,000 visitors from both local and international. Based on our survey, all our visitors strongly agreed that this exhibition was impactful.

#### NAD2024@KT Launching Day

The launching day was held at Dewan Batu Bersurat at Terengganu State Museum on 12<sup>th</sup> October 2024, officiated by Dato' Indera Dr Nor Azimi binti Yunus, Deputy Director General of Health, Malaysia. The distinguished guests were invited and entertained by Gamelan performed by the Terengganu Tourism Department. Dato' Indera Dr Nor Azimi binti Yunus expressed her support and appreciation to the anaesthesia fraternity for providing excellent services and acknowledged the importance of workforce well-being. The event launch was symbolised by hitting the gong with a mallet presented Razak, by Dr Noraslawati the Chairperson of NAD2024@KT. А meaningful skit performance then illustrated the psychological impacts an anaesthetic provider second victim experienced after an adverse event. This was followed by a reading of the official statement from the MSA, titled 'Peer Support After Adverse Events: A Victims'. Focus Second on Subsequently, the guidebook on "A-SHIELD Peer Support After Adverse Events: Guide to Establish Second Victim Programme" published by the MSA was officially released, with a copy presented to Dato' Indera Dr Nor Azimi by the presidents of MSA and CoA.

The event continued with the prize-giving ceremony to the winners of the 'Selongkar Budaya' activity, the Virtual Run competition and the video competition. Our collaborators from Terengganu State Tourism Department, Terengganu State Museum, Terengganu Cultural Village and University Malaysia Terengganu, received a souvenir of appreciation for collaborating in the NAD2024@KT. Upon completion of the launch, all the guests were invited to the Terengganu State Museum to visit the exhibition booths on anaesthesia and critical Care and later to the banquet lunch.

NAD@KT 2024 was more than just a series of activities; it provided a much-needed break from the high-pressure healthcare environment. By engaging in cultural activities and challenges, participants strengthened their relationships outside of the clinical setting, enhancing communication and collaboration skills that are vital in their everyday work.





# National Anaesthesia Day 2024 Hospital Putrajaya



**by Idalina Hani Binti Mohd Ayob** Hospital Putrajaya Putrajaya, Malaysia







n 16th October 2024, the Department of Anaesthesiology and Critical Care of Hospital Putrajaya proudly hosted National Anaesthesia Day 2024, the first ever celebration in this hospital. This event was dedicated to bringing together all healthcare staff, as well as the public, to celebrate advancements in the field of anaesthesia and pain management. This year's theme "Workforce Wellbeing: Finding Calm in Chaos" emphasized the importance of mental health and wellbeing among healthcare professionals in the dynamic field of anaesthesiology.

The day kicked off with a lively Zumba session, fostering wellness and camaraderie among participants. The opening ceremony featured insightful remarks from Dr Nor'Aishah Binti Abu Bakar, the Director of Jabatan Kesihatan Wilayah Persekutuan Kuala Lumpur dan Putrajaya (JKWPKL&P), who emphasized the essential role of anaesthesiology in patient safety and care. A special highlight of the ceremony was a video montage prepared by the anaesthesiology department, showcasing their services and past contributions to the field, celebrating their impact on patient care and community health.

The public as well as hospital staff had the opportunity to explore ten diverse booths in the lobby, showcasing various aspects of anaesthesia and patient management. Highlights included a CPR demonstration by BLS team, a mini-ICU setup, an operation theatre demonstration, and an Acute Pain Service booth featuring physiotherapy and complementary medicine units. There was also a TOP Team booth, dedicated to organ donation awareness, which provided valuable information on the importance of organ donation. Additionally, food and booths offered beverage delicious creating a refreshments, vibrant atmosphere for networking and engagement.

Overall, the first-ever National Anaesthesia Day at Hospital Putrajaya was a resounding success, fostering a sense of community, promoting mental health awareness, and inspiring participants to find balance and calm amidst the challenges of their profession.





# KPJ IPOH SPECIALIST HOSPITAL

National Anaesthesia Day Celebration



#### by Goh Paik Kee

Consultant Anaesthesiologist & Clinical Head of Service KPJ Ipoh Specialist Hospital Perak, Malaysia

The Department of Anaesthesia of KPJ Ipoh Specialist Hospital had organised a series of events to celebrate World Anaesthesia Day in the month of October 2024. The aim of this celebration was to create awareness of the profession of the anaesthesiologist, to elevate public perception as well as to provide further insights into the daily work and services of anaesthesiologists. The target audience was preuniversity students, the public as well as hospital staff.



The first event kicked off on the 5<sup>th</sup> October 2024, where 38 preuniversity students joined the programme entitled "Life As An Anaesthesiologist". The participants were introduced on the training pathway of the profession, as well as the roles and duties of the anaesthesiologist in the hospital. The history of anaesthesia, current state and future direction of the profession was elaborated to the participants to stimulate their interests in this field. Hopefully some of the participants would take up the challenge to become anaesthesiologists in the future as their preferred profession. Cardiopulmonary resuscitation session was arranged for the participants. Acute Pain Service (APS) was also introduced. General anaesthesia machine as well as anaesthetic gas cassette was on demonstration at the event.

On the 16<sup>th</sup> October 2024, an industry sponsored CME talk was organised to introduce the important aspect of muscle relaxant in addition to anaesthetic agents to OT staff. A brief review on the history of the discovery of anaesthesia was given with particular attention to the first successful public demonstration of ether anaesthesia on this day in the year 1846. A cake cutting ceremony to commemorate the occasion was attended by the Hospital Chief Executive Officer (CEO) together with the Chief Nursing Officer (CNO).

This final event was the highlight. The department organised a dinner on the 19<sup>th</sup> October 2024 at Uniti Republic Ipoh to appreciate the contribution of OT staff as well as ICU staff to the smooth running of the department. Surgeons were invited as well. The night was well received and was overall a memorable and joyful night.



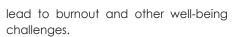
### **PERLIS, THE LAND OF HEALING** World Anaesthesia Day 2024



A ccording to the American Society of Anesthesiologists (ASA), anaesthesiologists form a union of sharp minds, kind hearts, and steady hands to protect patients during their most vulnerable moments. Some people say that they are the unsung heroes, people who will not be recognized by patients, for most of the time, their patients are not alert.

Perlis, Malaysia

Every year on 16<sup>th</sup> October, the medical community observes World Anaesthesia Day, a day dedicated to recognizing the invaluable contributions of anaesthesia to modern medicine. "Workforce Well-Being" has been chosen as the theme for this year. The well-being of the anaesthesia workforce is vital to ensure patient safety and enhance health outcomes. However, the demands of long hours, high stress, and the critical nature of this work can



Perlis, Malaysia

As a part of the team, we in Hospital Tuanku Fauziah (HTF), Perlis were also actively celebrating to make this day memorable for everyone. This observance was more than just a celebration; it was an opportunity to raise awareness about anesthesia's role in patient care and to educate the public about its practices.

Earlier, at the end of July 2024, a bowling competition was conducted among the staff. A total of 10 groups of 3 persons per group competed at the Lite Superbowl Kangar, Perlis. A league trophy named the 'Piala Pusingan Dato' Dr Ismail Ahmad (DDIA)' was donated by the Department of Anaesthesiology & Critical Care (DACC) HTF and is to be potentially fought for annually. Team 'Adrenaline Tersakiti' was crowned as the winner.

On the 18th October 2024, at the hospital's humble lobby in the new block, World Anaesthesia Day 2024 (Perlis chapter) was launched. This event was led by Dr Azhar Abdul Orani and a committee of staff from various levels (specialists, medical and house officers, also not forgetting the medical assistants, staff nurses, and many more). This shows how the team works by incorporating everyone's presence to ensure that the programme was held successfully. It also reflects that each individual with various roles can make up a strong and organized committee even during daily work activities.

To commence the event, Dr Nur Aslina Bahakodin, the Hospital's Director officiated the ceremony in the presence

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of the Heads of other departments and other honourable guests. On the same honoured day, the division 'Department of Anaesthesiology and Critical Care (DACC)' was also inaugurated.

There was a total of nine booths prepared with actual equipment and replicas of setups in the ICU and operation theatre to ensure that visitors got themselves well-equipped with an understanding of the services provided by the department. Apart from that, they were also given a chance to attempt intubation and CPR on the mannequin available. Alongside the hands-on activity, participants could also sign up as organ donor pledgers with many other goodies and gifts at stake. Other interactive activities prepared were snake-and-ladder, simple quizzes, and 'Teng-teng', which all ages of visitors could play along. Around 250 participants not only gathered goodies but also learned about anesthesia, which is a great way to engage and inform the community. The hard work of the staff, despite the heat and crowds, clearly paid off in creating a valuable experience.

As the event came to a close, it left a lasting impact on all who attended. It reminds us of the importance of coming together as a community, united by a common goal. With the knowledge gained and the momentum built, we look forward to the positive changes that will follow, knowing that this event has been a steppingstone towards greater achievements.

### **HOSPITAL MIRI** National Anaesthesia Day 2024



**by Jamie Tan Wen Yen** Hospital Miri Sarawak, Malaysia

n 19<sup>th</sup> October 2024, Hospital Miri proudly joined the global medical community in commemorating National Anaesthesia Day, an annual event anaesthesiologists where come together to celebrate the birth and discovery of anaesthesia since 16<sup>th</sup> October 1846. The theme of this year's celebration, "Workforce Well-Being", importance highlighted the of supporting the mental, physical and health of healthcare emotional professionals, particularly anaesthetists and those working in high-stress environments like the operating theater and ICU.

As the world continues to grapple with the long-term effects of the COVID-19

pandemic, this year's theme resonated deeply within Hospital Miri, bringing attention to the essential, yet often overlooked, aspect of healthcare: the well-being of those who provide care.

#### **Opening Ceremony**

Although it was a very wet and cloudy morning, the event kicked off with a heart pumping, high-energy Zumba workout that fitted in with this year's theme. By the end of it, we were all dripping with sweat and adrenaline. This was then followed by an opening address by Dr Ling Heng Wei, the Head of Department of Anaesthesia and Hospital Miri, Critical Care who the importance emphasized of anaesthesia in advancing medical

care. He also introduced the multifaceted roles of anaesthesiologists, often dubbed "The Man Behind the Scenes" to members of the public, which included personnels from Polis Diraja Malaysia, Jabatan Pertahanan Awam Malaysia and BOMBA. "Anaesthesia is more than just putting patients to sleep; it is about ensuring the highest level of care in optimization and resuscitation as well as creating a pain-free environment for patients undergoing surgery. We play a pivotal role in the recovery of patients in and outside of the intensive care unit, guiding them from the brink of death back to health. Today, we not only celebrate the history of this critical medical breakthrough but also to





remind ourselves why we do what we do, to continue to resonate and drive forward our mission of delivering world class anaesthesia services with compassion and excellence, while thriving in good overall well-being" Dr Ling said.

The day continued with a short and sweet speech by the hospital director, Dr Jack Wong Siew Yu expressing his gratitude to the anaesthesia team and all who contributed to the event's success. His speech honored the incredible teams of dedicated anaesthetists, nurses, medical assistants and other healthcare professionals who work tirelessly to empower patient recovery and well-being.

Together with the hospital's anaesthesia team and support staff, Dr Jack and Dr Ling officiated the event with a ribbon cutting ceremony.

#### **Interactive Booths**

The day was packed with a series of engaging activities aimed at raising awareness about anaesthesia's role in healthcare and enhancing professional knowledae within the medical community. These educational booths set up in the hospital lobby include simulation of the operating theater and intensive care unit which provided valuable information on the safety of modern anaesthetic practices, debunking common myths about and anaesthesia offering a behind-the-scenes glimpse of what



happens before, during and after surgery.

Other interactive booths include demonstrations by the Central Sterile Services Department (CSSD), Acute Pain Service and CPR team in which several mannequins were available for the public to learn proper techniques of chest compressions during cardiopulmonary resuscitations. succeeded in fostering a deeper knowledge and understanding of the profession and strengthening the bonds between the hospital's departments and the community.

The department of Anaesthesia and Critical Care Hospital Miri continues to strive for excellence in navigating the demands of modern healthcare. We are also committed to focus on the



#### **Looking Ahead**

As the day came to an end, prizes from a Lucky Draw were given out. Members of the public and hospital staff left with smiles on their faces from a fruitful event. National Anaesthesia Day 2024 at Hospital Miri was not just a celebration but a powerful reminder of the essential role that anaesthesia plays in modern medicine. From educational programs to public engagement, the day central theme of this year's World Anaesthesia Day - "Workforce Well-Being" to create a healthier, more supportive working environment for all anaesthesiologists, medical officers, nurses and medical assistants. We strongly believe that a healthy workforce is better equipped to deliver high-quality, compassionate care to its patients.



**by Priscilla Manymuthu** Hospital Tawau Sabah, Malaysia

**by Nuthaqifah Farhani Mujiman** Hospital Tawau Sabah, Malaysia

# Welcoming Sabah's Newest Major Hospital Facility with a Month-Long National Anaesthesia Day Celebration

**T** awau is the third largest city in the state of Sabah, with a population close to 400 000. Strategically placed on the east coast of Sabah, Tawau is known as the east coast referral centre for patients from Lahad Datu, Kunak and Semporna. In addition to that, the city's airport welcomes thousands of international and local tourists annually who head to Semporna, famously described as the "Maldives of Borneo".

Over the past century, Tawau Hospital had transformed from a wooden hospital in the 1920s known as Hospital Silimpompom to a cottage hospital in the 1940s. The current hospital building was first established in 1968, known to the local folk as 'bangunan lama'. In the 1990s, the hospital was expanded to incorporate outpatient clinics. Consequently, with a surge of patients, a newer 6-storey building was built to accommodate the medical and surgical wards as well as the operation theatre (OT) and the intensive care unit (ICU) in 2007. As the need for more services increased, the formation of a new multi-storey, 400-bedded facility was made in 2017 and reached its completion this year. Despite some initial hiccups, the gradual transition of services to the new building happened according to plan.

This year, the Anaesthesia and Intensive Care Department is privileged to host the National Anaesthesia Day (NAD) celebrations in the new hospital auditorium, setting the stage to foster stronger interdepartmental ties in a shared workspace. Anaesthesiologists are described as unsung heroes who work behind the scenes to keep patients safe and pain-free. Anaesthesiologists also work closely with virtually every team for surgeries, intensive care and pain management, resuscitation and provision of remote anaesthesia. Armed with a vision to enhance workplace well-being, we deemed it necessary to encourage the joint participation of all hospital members during the NAD 2024 celebrations.

The month of October began with a Pain-Free Training of Trainers (TOT) Workshop held on the 2<sup>nd</sup> October for the hospital's healthcare professionals. The workshop equipped 70 participants with knowledge and awareness of pain management in different groups of patients. The course further delved into the multimodal aspect of pain management that went beyond pharmacological prescriptions.

Over the subsequent weekend, the Anaesthesia Badminton Challenge was



held at a sports centre in Tawau. Both administrative and clinical staff of various positions participated in different categories. It was a refreshing change to promote the theme of 'staying calm amidst the chaos' while cultivating sportsmanship. The atmosphere was relaxed as visitors had friendly banters over various snacks while cheering the friendly matches between different departments.

On the 16<sup>th</sup> October, the officiating ceremony of the National Anaesthesia Day was launched in the auditorium of the new multi-storey building. The hospital director, Dr Norlimah officiated the event, followed by an opening speech by the Head of Department, Dr Koh Kian Chuan. It was a day of pomp and fair, with singing and dance by the operation theatre staff. We also televised our Workforce Well-being video, promoting our theme of workforce wellbeing. During the the the ceremony, winners of badminton championship were honoured with medals, certificates and aifts. Staff members were also rewarded with prizes for participating in a colouring competition which depicted the anaesthesia workforce. The colouring contest was also extended to children of the hospital staff.

The ceremony preceded a 3-day exhibition, showcasing the different services of the anaesthesia and intensive care department. It was a roaring success as we had throngs of school students, members of the public and healthcare workers visit our booths at the main lobby of the polyclinic wing. The operation theatre, ICU and organ donation booths received a unanimous vote of popularity by our guests. We hope we inspired the younger generation and awe the uninformed on the various services provided by the anaesthesia and intensive care team. The exhibition ended with an invitation for Zumba within the hospital grounds. This again was our way of promoting general health and fitness within the workplace. Our lead instructor, Dr Paran, a paediatrician in our hospital, kept our adrenaline high with the upbeat music and dynamic moves on a sultry Friday evening.

The final event was the Tawau Advanced Airway Workshop which involved 27 participants from all Sabah. With the support of various companies, we auided participants on advanced airway techniques including the awake intubation, fibreoptic awake videolaryngoscopy, supraglottic airway insertions and the use of video stylets. In line with the goal of the Malaysian Society of Anaesthesiology (MSA) to equip the anaesthesia fraternity with the mandatory knowledge of emergency front-of-neck access (eFONA), there was a special effort to encourage the practice of e-FONA using animal models. Participants were familiarised with the current guidelines and an escape room game was put together to reinforce the steps for managing an airway crisis. We hope that the participants will remain calm despite the chaos of a potential difficult airway in their ongoing clinical practice.

A new facility comes with new responsibilities and roles. As a team, we recognise the need to practice what we preach on ensuring workforce well-being and remaining calm amidst the inevitable chaos that may occur in our professional and personal lives. While some junior doctors and newly minted specialists may second guess a decision to move to East Malaysia for work exposure, we warmly welcome all prospective colleagues. We desire to set the precedence of a healthy work environment with a commitment to excellence in service while continually progressing in all clinical domains of anaesthesia.



### **STRONGER TOGETHER: PRIORITIZING WELLBEING AT THE WORKPLACE** Hospital Kajang







**by Noorazwati Ismail** Hospital Kajang Selangor, Malaysia

naesthesia Day is celebrated on 16<sup>th</sup> October every vear. commemorating the first demonstration of ether anaesthesia in 1846 by Dr William Morton, a dentist, at the Massachusetts General Hospital. This event marked a pivotal moment in medical history, providing a way to manage pain and anxiety during surgical procedures. Prior to this, patients would experience excruciating pain during operations, which led to traumatic experiences. The successful administration of anaesthesia not only changed the landscape of surgery but also contributed to a more humane approach to patient care.

Anaesthesia Day is not only a recognition of the history and development of angesthesia but also a celebration of the contributions made by anaesthetists and researchers in the field. Events held on this day may include educational seminars, workshops, and public awareness campaigns to highlight the importance of this specialty in healthcare. The anaesthesia team plays a crucial role in the healthcare system, providing

essential services during surgical procedures and ensuring patient safety. Given the high-stakes nature of their work, the wellbeing of this workforce is not only vital for the health of the staff but also for the quality of care provided to patients.

In the high-pressure environment of anaesthesia, especially in the wake of COVID-19 the pandemic, anaesthesiologists are tasked with managing critically ill patients, monitoring vital signs, and responding to emergencies, thus maintaining wellbeing is of utmost importance. Stress, burnout, and fatigue can adversely affect decision-making, team dynamics, and patient safety. Therefore, prioritizing the wellbeing of anaesthesia providers is imperative for sustaining a high-functioning medical team.

Hence, the theme of "Workforce Wellbeing", has been chosen for our National Anaesthesia Day this year. Workforce wellbeing refers to the holistic approach to maintain and enhance the physical, mental, and emotional health of employees within an organization. It encompasses various dimensions that contribute to a supportive and healthy work environment.

Therefore, the Department of Anaesthesiology and Critical Care from Kajang Hospital has encouraged regular physical activity and organized several events to enhance:

#### Physical Health

- 1. Departmental bowling tournament
- 2. Badminton
- 3. Picnic at Taman Saujana Hijau Putrajaya
- 4. National Anaesthesia Day Virtual Step Challenge (100,000 Steps) with BookDoc

#### **Mental Health**

Providing access to mental health resources, such as a wellness talk during a CME session by our own specialist, Dr Nurulkamarzah Kosai Nordin.

- 1. How to always stay motivated and inspirated?
- 2. Watch your thoughts!

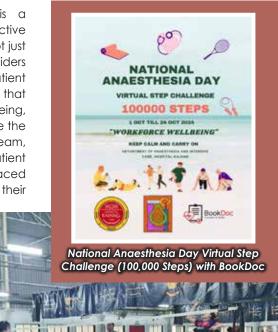
#### **Career Advancement**

Supporting clear pathways for career progression among medical officers by actively encouraging them to pursue the masters program. We also provide teaching and discussion sessions to facilitate their preparation for the upcoming MedEx examination. This will help cultivate a motivated and skilled workforce, improve job satisfaction, and enhance the overall effectiveness of our organization.

And last but not least, we are pleased to announce that we will be organising

another event; Stronger Together: Prioritizing Wellbeing at the Workplace, in collaboration with the Department of Psychiatry on 20<sup>th</sup> November 2024 in conjunction with World Mental Health Day 2024 with the theme "It is Time to Prioritize Mental Health in the Workplace". Our main objective is to increase awareness of mental health issues among healthcare workers at Kajang Hospital and how to seek help.

The importance of wellbeing is a foundational element for effective healthcare delivery. It influences not just the performance of individual providers but also the overall success of patient outcomes. By fostering a culture that prioritizes workforce wellbeing, healthcare institutions can enhance the resilience of the anaesthesia team, leading to safer, more effective patient care. Addressing the challenges faced by anaesthetists and supporting their mental, emotional, and physical health is not merely a compassionate act; it is a strategic imperative that benefits patients, providers, and the healthcare system as a whole. Investing in the of members wellbeing of the anaesthesia team should therefore be viewed as not just as an option, but as an essential component of quality patient care and healthcare excellence.









# "GO GREEN: JOM TANAM POKOK" AND WELL-BEING CAMPAIGN

National Anaesthesia Day 2024, Department of Anaesthesiology and Intensive Care, Faculty of Medicine & Hospital Canselor Tuanku Muhriz, UKM



Universiti Kebangsaan Malaysia Kuala Lumpur, Malaysia

**T** he "Go Green: Jom Tanam Pokok" campaign was organized by the Department of Anaesthesiology and Intensive Care, Universiti Kebangsaan Malaysia, to promote environmental awareness and sustainable practices in conjunction with the National Anaesthesia Day 2024 celebration. This aligned with the World Federation of Societies of Anaesthesiologists (WFSA) initiative to enhance the overall well-being of the anaesthesia team. The key objectives were threefold: to foster environmental responsibility and green behaviour among the department's staff, to build a committed community that is concerned about ecological protection and preservation, and to create a focused, healthy, and safe work environment that benefits both the employees and the organisation as a whole. Event Highlights and Activities:

The campaign featured a diverse range of engaging activities designed to encourage sustainable practices and team wellness. The primary focus was a tree-planting initiative, where department members, includina doctors, medical assistants, anaesthesia technicians, and administrative personnel, collaborated to plant 50 trees at Hutan Simpan Bukit Cherakah.



This hands-on activity was organised under the guidance of Associate Professor Dr Azarinah Izaham and in partnership with the Selangor State Forestry Department to add greenery that will benefit the community for years to come.

In addition to the tree-planting activity, the event included several other highlights:

- 1. Sukaneka (Fun Sports Activities): A series of outdoor games and activities were organised to promote physical health and foster camaraderie team members. among the Participants, including doctors, staff, their family and members, participated in friendly competitions that strenathened teamwork and sportsmanship. Winners in each category received hampers as tokens of appreciation.
- 2. Department Logo Design Competition: The department organised a logo design contest to celebrate the National Anaesthesia Day mission. Participants contributed creative designs that reflected the campaian's environmental messaae. The winning entry, submitted by Puan Nadhirah, the department's administrative clerk, was selected to represent the department moving forward, establishing a visual identity for the initiative.
- 3. "Pertandingan Jom Kurus" Fitness Challenge: As part of the wellness focus, the "Jom Kurus" initiative encouraged participants to embrace healthier lifestyles. The fitness challenge motivated everyone to track their progress, focusing on making sustainable health choices. Doctors, nurses, medical assistants, and administrative staff participated in this activity, and a great response was received from

all. Winners with the highest weight loss percentage in each category were announced on the event day.

4. Recycle Program: The "Let's Recycle" initiative aimed to promote recycling and sustainable waste management practices within the Anaesthesia Department. This was the third year the department organised this annual activity, with a total of 1,660.5 kg of recyclable products collected, including 1,551.5 kg of paper, 57.4 kg of plastics, 41.7 kg of batteries, 2.5 kg of old medications, and 7.4 kg of glass. Winners who gathered the most recyclable materials received prizes.



Involvement and Collaborations: The event was led by Associate Professor Dr Azarinah Izaham as the advisor, with Associate Professor Dato' Dr Wan Rahiza Wan Mat and Dr. Nooraina Mohd Zaki serving as chairpersons. The entire department anaesthesia team, comprising doctors, medical assistants, and administrative staff, actively participated in the various activities, demonstrating their commitment to the campaign's objectives.

The success of the event was further enhanced through the collaboration with the Selangor State Forestry Department. They provided valuable guidance and support for the tree-planting initiative and other eco-friendly activities, ensuring the smooth execution of the program.

#### Achievements and Feedback:

The "Go Green: Jom Tanam Pokok" campaign successfully achieved its objectives, raising awareness of environmental within the issues department and encouraaina sustainable practices among the staff. Participants expressed enthusiasm for the diverse range of activities, particularly enjoying the opportunity to connect with their colleagues in a fun and meaningful way.

The campaign not only strengthened team spirit but also set a positive example of environmental responsibility within the healthcare community. These initiatives aligned with the WFSA's well-being focus, supporting a balanced work-life approach for the anaesthesia team, as emphasised by the quote: "Well-being is not just something we should think about during crises; we need to think about it every day."

The event's success was further highlighted by the positive feedback received from participants, who valued the chance to engage in activities that promoted both environmental sustainability and personal wellness. The campaign's impact extended beyond the department, serving as a model for other healthcare organizations to emulate in their efforts to create a healthier, more eco-conscious work environment.



## Embracing Workforce Wellbeing in the Land Below the Wind





#### by Yeoh Kean Seng

Hospital Wanita dan Kanak-Kanak Sabah Sabah, Malaysia

### by Aarthikka A/P Hoari Krishnan

Hospital Wanita dan Kanak-Kanak Sabah Sabah, Malaysia

orld Anaesthesia Day, celebrated annually on 16<sup>th</sup> October, also known as Ether Day, stands as a poignant, evocative tribute to the indispensable, life-sustaining role that anaesthesiologists occupy within the realm of healthcare. These highly skilled professionals are the silent sentinels of patient safety, enabling seamless and secure surgical experiences, guiding patients through the most vulnerable, transformative moments of medical intervention. This vear, the theme shines on workforce wellbeing. This theme highlights the paramount importance of safeguarding physical, mental, and emotional health, especially for dedicated individuals working tirelessly in high-stress domains like operating theatres and intensive care units (ICUs) day in and day out. demanding environments Such necessitate an exceptional level of resilience, as healthcare professionals intense and ceaseless navigate pressures in their mission to provide critical care.

Aligned with the spirit of National Anaesthesia Day 2024, the Sabah Women and Children Hospital (SWACH) orchestrated a dynamic series of events designed to enrich knowledge, build camaraderie, and, most critically, emphasize holistic wellness. Our thoughtfully curated programme embraced an immersive lineup of activities, including informative booth exhibitions, extensive life support courses tailored for healthcare staff, an enlightening Continuous Medical Education (CME) session that highlighted workforce wellbeing, and a revitalizing yoga session - all tailored to cultivate a balanced and healthier approach to both work and life.

celebration Our week-long commenced with an engaging public exhibition hosted within our hospital, providing attendees with insights into both general and regional anaesthesia equipment. Additionally, we proudly showcased a range of supplementary services, such as acute pain management available post-operatively beyond the confines of the operating theatre. Visitors to the exhibition booth were treated to guided tours through the peri-operative journey, where they

learned about the intricacies, benefits, associated risks of and various anaesthetic techniques. As leaders in acute resuscitation and life support, SWACH remains resolute in its mission to educate the public on foundational life-saving skills. Accordingly, our Life Support team conducted community CPR training sessions, empowering participants with fundamental cardiopulmonary resuscitation skills that could be life-saving in out-of-hospital emergencies. Additionally, our organ procurement team ioined the celebration, setting up an awareness booth on organ donation to educate and inspire the public about the profound significance and beauty of giving life through organ donation. In the spirit of inclusivity and community engagement, we organized a series of engaging activities, such as a lucky draw and a colouring contest for children involved in our School-in-Hospital program, creating joyful and memorable moments of connection.

wellbeing Recognizing that true transcends the workplace, we expanded upon the annual theme of workforce wellbeing with a specially curated wellness initiative. The SWACH Anaesthesia team collaborated with Yogalogy Kota Kinabalu to host a yoga session specifically designed to alleviate physical and mental strain. Yoga, with its widely recognized benefits for stress management, flexibility, and mindfulness, aligns perfectly with a holistic approach to workforce wellness. Led by the esteemed instructor Sheena, the session attracted enthusiastic participation from medical personnel across the Departments of Anaesthesia and Critical Care at SWACH and Queen Elizabeth Hospital. Through a series of flowing poses and mindful breathing exercises, participants experienced an oasis of calm, building both physical strength and mental clarity amidst the challenges of their high-stress careers.

throughout the week, Moreover, SWACH's Life Support team debuted by facilitating Basic and Advanced Life Support courses under the gracious guidance of Shazharn, the Dr distinguished Head of Sabah Anaesthesiology Services. These



specialized courses, tailored for medical specialists, officers, and allied healthcare professionals at the Training Institute of Ministry of Health Malaysia, Kota Kinabalu, not only elevated professional skills but underscored the necessity of continuous education and preparedness within the healthcare community. This initiative also brought together anaesthetists and emerging anaesthesiologists from various regional hospitals, fostering vital connections that are essential for promoting unity, wellbeing, and collaboration within the field.

The pinnacle of our week's celebrations was the CME session on workforce wellbeing - a candid and meaningful discussion addressing the distinct challenges faced by anaesthesiologists and critical care teams. In such an intense and demanding field, healthcare personnel often endure extended hours, substantial emotional strains, and the toll of the "second victim phenomenon" following critical incidents. By openly acknowledging and addressing these challenges, we reaffirmed our unwavering commitment to creating a supportive work environment that not only enhances job satisfaction but also mitigates burnout, ultimately leading to improved patient care and profound professional fulfillment.

This year's emphasis on workforce wellbeing serves as a timely, resonant reminder for healthcare professionals to prioritize a harmonious work-life balance. Through our diverse and carefully curated activities, we emphasized the critical importance of nurturing physical, mental, and emotional health in high-stress settings. By placing workforce well-being at the forefront, we aspire to foster a culture that is rich in support, resilience, and balance - ultimately benefiting both practitioners and healthcare the patients whom they so selflessly and tirelessly serve.



### HOSPITAL RAJA PERMAISURI BAINUN IPOH National Anaesthesia Day 2024

**T** his year, the Department of Anaesthesiology and Critical Care at Hospital Raia Permaisuri Bainun, proudly celebrated lpoh World Anaesthesia Day 2024 on October 20th at the Amphitheatre D R Seenivasagam Park in Ipoh. The event, led by Dr Kuan Tong Yin in collaboration with the Ipoh Anaesthesia Society, featured a series of activities recognising the essential role of anaesthesia in patient care and fostering community engagement. Planning began as early as June, with contributions from staff nurses, medical assistants and doctors, exemplifying the teamwork and commitment of the department.

Although it rained early in the morning, the weather cleared just in time for the event's 6 a.m. start, setting a positive tone for the day. The festivities began with a "River Fun-walk" along the Kinta River, which featured a quiz with hints posted along the route and a selfie contest. Prizes were awarded to winners of the quiz and selfie contest.

The opening ceremony commenced with a welcoming address by the Head



**by Kuan Tong Yin** Hospital Raja Permaisuri Bainun Ipoh, Perak, Malaysia

of Department, Datin Dr Najah binti Tan Sri Harussani, followed by an official opening by YBhg Dato' Rumaizi bin Baharin @ Md Daud, Mayor of Ipoh. A large propofol syringe served as the symbolic "gimmick" for the event's launch.

In an effort to strengthen community ties, several informational booths provided educational materials, while anaesthesia professionals addressed questions and dispelled common misconceptions about anaesthesia. This initiative not only educated the public but also fostered trust and transparency between healthcare providers and the community. Booth highlights included:

1. Operating Theatre Booth: Provided an overview of anaesthesia process, from the preoperative visit through postoperative care, and showcased various airway management and regional anaesthesia devices. Intubation techniques were demonstrated using a video laryngoscope and mannequin.

- 2. Intensive Care Unit Booth: Demonstrated the use of high flow nasal cannula devices and ICU recliner chair to encourage patient mobility.
- **3. Basic Life Support Booth:** Offered CPR and Automated External Defibrillator (AED) training, allowing the public to practice these essential life saving skills.
- 4. Pain Service Booth: Educated visitors on various pain management methods, including acupuncture for both acute and chronic pain relief.
- 5. Tissue and Organ Procurement (TOP) Booth: Raised public awareness on the importance of organ donation.

Additionally, a free health screening service was offered to the public, and dietitian colleagues provided dietary advice, contributing to the overall goal of promoting health and wellness.

Several mini games were also organised, engaging department members and the public across different age groups. The games provided moments of joy and camaraderie, with prizes awarded to all participants. At the end of the event, a lucky draw was held for individuals who had collected all booth stamps. The department was grateful for the sponsorship of Oligo Power Root and Today Bakeries, who generously provided drinks and snacks for the event.

#### Conclusion

Reflecting on the success of World Anaesthesia Day 2024, we are reminded of the unwavering commitment to excellence in anaesthesia practice. We look forward to building on this momentum in the coming year, continuing to advance the field of anaesthesia and support the dedicated professionals who make it possible. Thank you to everyone who participated and contributed in making this celebration a memorable one.











## National Anaesthesia Day 2024, Hospital Ampang A STRIKING SUCCESS: OUR BOWLING EVENT BRINGS TOGETHER 100 PARTICIPANTS!

**by Venusya Ganesh** Hospital Ampang Selangor, Malaysia

This year, the Hospital Ampang Society of Anaesthesia & Intensive Care (HASAIC) organised a bowling tournament among Klang Valley hospitals in conjunction with National Anaesthesia Day 2024. The event, themed "Workforce Wellbeing," took place on 13<sup>th</sup> October 2024, at the Ampang Superbowl Ampang Point.

The tournament brought together anaesthesia professionals from various hospitals, fostering camaraderie and raising awareness about the importance of mental health and wellbeing in our field. Participants enjoyed a day of friendly competition and networking, all while celebrating our collective dedication to anaesthesia.

The day kicked off with the enthusiastic registration of teams, where participants received colourful goodie bags. With a strong turnout of 20 teams representing 11 hospitals, we welcomed a total of 100 participants who brought their A-game to the lanes. The event officially began with a brief introduction from our committee members, who outlined the





day's schedule and rules. Afterward, the excitement built as teams competed fiercely, with 10 teams advancing to the semifinals from the initial 20. The sight of teams donning their hospital colors and the anticipation in the air added to the festive spirit. From high fives to playful banter, it was a day where competition and fun went hand in hand.

The excitement intensified as Dr Rosnah and Dr Seet officiated the event, sharing

inspiring words of encouragement that motivated everyone to give their best. Following the officiation, participants enjoyed a delicious lunch, fueling them for the semifinals that followed. As the competition heated up, 5 teams made it to the finals, leading to an intense battle among the finalists.

With the finals underway, the tension was palpable as teams fought hard for victory. Ultimately, Hospital Tengku Ampuan Rahimah, Klang emerged as the champion, followed closely by Hospital Serdang and Hospital Cyberjaya. In addition, we recognized the best male and female players for their outstanding performances.

With prize money and additional gifts up for grabs, it was a wholesome experience filled with joy and satisfaction for all participants.

This event wasn't just about bowling; it was about building relationships within our healthcare community. By bringing together teams from different hospitals, we fostered a sense of unity and collaboration. It's vital for us to support one another, and events like this remind



us of the importance of teamwork, both on and off the lanes.

Special thanks to our wonderful and hardworking committee members, supervised by Dr Maz and Dr Ainun. Their full commitment and dedication were instrumental in making this event a huge success. We're excited to continue these efforts and look forward to future events that bring our community together.



### Sarikei Hospital World Anaesthesia Day 2024 Celebration THEME 'WORKFORCE WELLBEING'

18<sup>th</sup> October 2024, the Department of Anaesthesiology and Intensive Care Unit, Sarikei Hospital held its very first celebration of World Anaesthesia Day to commemorate the day Anaesthesia was first introduced on 16<sup>th</sup> October 1846 in Massachusetts. This event was open to the public and all healthcare workers of Sarikei Hospital. It was held in the main hall of the specialist clinic with the budget funded by Sarikei Hospital, the Malaysian Society of Anaesthesiologists (MSA) and Persatuan Pengamal Anestesiologi Hospital Sarikei. The event was attended by 261 attendees who managed to participate in various activities with the aim of awareness increasing the on

importance of anaesthesiology services with this year's theme, 'Workforce well-being', emphasizing the pertinence of the general health and well-being of healthcare providers.

The event started with an opening speech by Head of Department of Anaesthesiology and Intensive Care Unit, Dr Chew Sou Chen who presented slides and video clips depicting the history of anaesthesiology since its establishment and its services. After that, the hospital Director Dr Mohammad Ng Siah Huat officiated the event with a special gimmick and cake cutting session. In his speech he thanked Dr Chew and the staff of the Department



of Anaesthesiology and Intensive Care for their hard work in planning the event and executing it beautifully. Dr Mohammad Ng also acknowledged the department's hard work, especially during the COVID-19 pandemic, and congratulated them for their recent success in acquiring the status of



by Sunna binti Saadan

Sarikei Hospital Sarawak, Malaysia 'Pain-free Hospital'. A short video was also put together for the audience to experience a day in the life of a member of the anaesthesia team in both the operating theatre and intensive care unit.

The primary objective of this event was to promote and create awareness of Anaesthesiology services among the public and the other healthcare departments, in addition to creating awareness among healthcare workers on the importance of taking care of one's own well-being. For us to take great care of our own nation, we ourselves need to be mentally and physically healthy; hence this year's theme, 'Workforce Well-being'. The event resumed with dance performances to the song 'Girl in the Mirror' led by our own Head of Department, Dr Chew who was accompanied by enthusiastic operating theatre staff including nurses, medical assistants and attendants. The dance floor and catchy song were a huge hit with the crowd and many of them cheered on the performance.

During the day, the attendees also had the opportunity to participate in various activities; one being the poster competition themed 'Workforce Well-being for All Healthcare Workers'. Three departments won prizes in the poster competition, with the Special Care Nursery (SCN) unit coming first. They earned their win with a hand drawn poster which was designed and executed effectively in accordance with this year's theme. The event also included various booths promoting organ donation, health screening, and body weight management. Other departments also took part with booths from the Department of Surgery promoting 'Breast cancer Awareness & Screening' with 'Pink October' as the signage as well as the Emergency Department featuring their CPR dummy.

We also brought out one of our General Anaesthesia (GA) machines with a dummy to demonstrate how we anaesthetize our patients to the public. An intubation dummy was also available, manned by our medical



assistants who taught intubation techniques using our favourite gadgets video laryngoscopy. such Additionally, the event featured quizzes with numerous small prizes to be won. Food and drinks in a buffet style were served at lunch time with 'ayam penyet' on the menu. Since it was a Friday, the event was halted temporarily to observe the Friday prayers. In the afternoon, most of the activities had wrapped up and the event ended successfully. Balloons and posters were left displayed for a week to allow continued public access to the relevant information regarding Anaesthesia Day.

Overall, the event was a success despite some limitations and shortcomings such as issues with budgeting, décor and inadequate refreshments. Nevertheless, we managed to pull through in the end and look to improve in future events where we will be back more confident, bolder and stronger than ever.



participants attempting VL intubation



# NATIONAL ANAESTHESIA DAY 2024 AT UNIVERSITI MALAYA MEDICAL CENTRE

ational Anaesthesia Day 2024 was celebrated on 16<sup>th</sup> October at Plaza Atas Universiti Malaya Medical Centre with the theme "Workforce Wellbeing". This annual event is celebrated worldwide to commemorate the day when the first ether anaesthesia demonstrated in Boston, was Massachusetts in the year 1846. With the theme of Workforce Wellbeing, this annual event is dedicated to raise awareness about the critical role of anaesthesioloaists in the medical field the intense working and how environment has been affecting our health and wellbeing.

In past years, the Department of Anaesthesiology in Universiti Malaya Medical Centre (UMMC) has held various events and activities to commemorate this auspicious day. Each event highlighted the importance of building resilience, managing stress, and fostering mental and emotional balance in a chaotic work setting.

The day's event started off with a welcoming speech by Dr Tan Boey Warn, Clinical Specialist from the Department of Anaesthesiology as the Chairperson of this event. This was



#### by Norhidayah Yusof

Department of Anaesthesiology Universiti Malaya Medical Centre Kuala Lumpur, Malaysia

followed by an impactful talk by Professor Dr. Rafidah Atan as the Head of Department with the overlying statement: "To be of service - first, the workforce wellbeing." Professor Dr Rafidah highlighted the importance of prioritising the wellbeing of healthcare workers to ensure they are fit to serve patients. The talk gave us an insight of the average workday of an anaesthesiologist and the importance of practicing mindfulness in life to overcome burnout in our day to day practice.

A video presentation titled "A Day in the Life of an Anaesthesiologist" gave participants a glimpse into the daily challenges and pressures faced by anaesthesiologists, reinforcing the importance of maintaining wellbeing amidst the demands of the operating room. This was followed by a live erhu performance by Dr Seng Zuo Hao which illustrated on how medical professionals can find balance in their personal and professional lives. The performance emphasised that the pursuit of wellbeing extends beyond work and should be integrated into all aspects of life. We also had a "pantun-4- kerat" challenge opened to all the UMMC staff. We were pleased to receive many entries, and the panel of judges had a hard time deciding on the winners as the entries were all equally fascinating. The competition encouraged UMMC staff to express their thoughts on workforce wellbeing and finding calm amid the chaos of their work, using a traditional poetic form.

Various booths were set up around the plaza, providing information and resources on mental health support, stress management techniques, and mindfulness practices including a gaming booth and a plasticine



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challenge Stress-relieving booth. activities like the Super Mario Brothers gaming station and the 1-minute plasticine challenge gave participants opportunities to unwind, have fun, and connect with colleagues in a relaxed setting. A shout out is due to the Psychology Department for bringing great insight to the participants on the importance of psychological wellbeing to sustain a healthy work-life balance. These booths were manned by psychologists and counsellors who offered free mental health screening, consultations and advice.

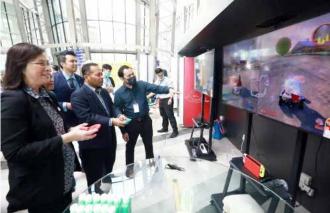
The highlight of the celebrations was definitely the Zumba session led by the enthusiastic and skilled instructor, Dr Alex Phang, who is both a medical professional and a certified fitness instructor. It was a high-energy activity aimed at improving both the physical and mental health of participants which enhanced mood and provide an opportunity for healthcare workers to engage in fun, physical exercise outside of their demanding work environments.

In a nutshell, National Anaesthesia Day 2024 in UMMC has successfully promoted the theme of "Workforce Wellbeing" by combining physical activity, education, and mental health support in a fun and engaging way. It underscored the importance of taking care of healthcare workers, who play a critical role in patient care, and demonstrated how institutions can support their staff's physical and mental health through wellness programmes. The event not only raised awareness about the challenges faced by anaesthesia providers in healthcare but also highlighted the broader issue of maintaining a healthy and happy workforce.









### Celebrating World Anaesthesia Day 2024 **A TRIBUTE TO THE WORKFORCE**



Anaesthesia orld Day, celebrated every year on 16th October, marks a pivotal moment in medical history - the anniversary of the first successful public demonstration of ether angesthesig in 1846. Since then, anaesthesia has evolved dramatically, with modern anaesthesiologists not only responsible for ensuring pain relief during surgeries but also for managing complex medical conditions related to anaesthesia, including critical care and pain management.

With the "Workforce Wellbeing" theme this year, Hospital Teluk Intan took a unique approach and partnered with Lotus's Teluk Intan to expand the celebration out of the hospital walls and into the local community. We hosted a day of awareness, education, and hands-on demonstrations about the vital role of anaesthesia in modern healthcare.

Interactive booths in the mall's central atrium were set to educate the public about the significance of anaesthesia in modern healthcare. Hospital staff, including anaesthesiologists, medical officers and nurses, engaged with shoppers and passersby, answering questions, dispelling myths, and providing information about the science behind anaesthesia. Many people associate anaesthesia only with its role in surgery. So, the team was eager to educate the public about its broader applications in pain management, intensive care, and emergencies.

Among the day's highlights was a series of live demonstrations by our expert team of anaesthesiologists, medical officers and nurses. These presentations explained the different types of anaesthesia - local, reaional, and aeneral - and how they are administered during various procedures. Visitors also had the opportunity to view and try on simulated equipment used in anaesthesia, such as intubation on a mannequin, holding masks, toggling a general anaesthesia machine, and learning how to perform CPR- providing them with a tangible understanding of the process of anaesthesia.

For children, we organised a colouring contest with a great reception and



**by Kelly Ho** Hospital Teluk Intan Perak, Malaysia



**by Gan Shee Yin** Hospital Teluk Intan Perak, Malaysia



almost 60 participants ages 4 to 12. The venue was crowded with children sitting at the tables with much concentration, expressing their creative minds in hopes of winning attractive prizes. After the contest, the children were brought by their parents to join in the interactive booths. These activities helped demystify the often intimidating world of healthcare for young minds and made the experience fun and educational.

This event also allowed the hospital to connect with the local community and provide resources about the hospital's anaesthesia and organ donation services. The anaesthesia team also partnered with a local Health Awareness Club and had a booth set up for free medical check-ups, where several members of the hospital's anaesthesia team were available for one-on-one consultations with visitors, answering any specific questions on general health and about the anaesthesia process. Thanks to our partner, visitors eligible for PEKA B40 also had the opportunity for a free laboratory workup.

In a statement, Dr Kumaran Sinniah, the Head of the Anaesthesiology and Critical Care Department of Hospital Teluk Intan emphasized the importance of raising public awareness about the profession. "Anaesthesia is an integral part of healthcare that often goes unnoticed. By bringing this celebration to the community, we hope to create a greater understanding of our role in patient care and the safety measures we take to ensure a positive outcome for every patient." Dr Kumaran said.

As the public becomes more engaged in their healthcare choices, initiatives like this help bridge the gap between medical professionals and the community, fostering trust and understanding. World Anaesthesia Day at the mall proved that health education doesn't have to be confined to hospitals and classrooms - it can reach people where they live, work, and shop. This event has highlighted the





intubate on a mannequin

increasing importance of health literacy in today's society, left attendees with a greater understanding of the role anaesthesia plays in improving patient outcomes, and highlighted the tireless work of anaesthesiologists.

World Anaesthesia Day is much more than a commemoration of a historical event - it is a celebration of a profession that plays an essential role in modern healthcare. It's an opportunity to honour the professionals who ensure that patients are safe, comfortable, and well cared for during their medical procedures and to recognize how far the field of anaesthesiology has come in improving surgical outcomes and advancing patient care. Whether through education, appreciation, or advocacy, World Anaesthesia Day reminds us that the safe delivery of anaesthesia is a cornerstone of modern medicine that deserves ongoing celebration and support.





### WORLD ANAESTHESIA DAY 2024 KELANTAN

by Adibah Abdullah by Nurul Ashikin Hasbullah

n the midst of our busy work lives, we are reminded to watch over our mental and physical health, through this year's World Anaesthesia Day theme - Workforce Wellbeing. Members of the anaesthesia workforce should be aware of well-being needs, and advocate for better working conditions, which in turn will benefit our patients immensely as well. Kelab Bius KB, together with Anaesthesia and Critical Care Department of Hospital Raja Perempuan Zainab II, Kota Bharu has organized a successful month-long campaign, culminating in a large World Anaesthesia Day celebration at Aeon Mall Kota Bharu on 12<sup>th</sup> October 2024.

The aims of this celebration are manyfold - for us, the anaesthesia healthcare practitioners, we wish to embrace our profession with pride and build a stronger bond among ourselves, as well as promote the thematic campaign for our wellbeing. We also aim to reach out to the people, deliver education, and invite them to be involved with healthcare professionals in a more entertaining way, countering biases, and building positive impressions.

The theme 'Workforce Wellbeing' was realized firstly through 'The Biggest Loser' challenge, which opened our WAD campaign. 216 participants from both healthcare workers and the general public registered for the challenge. The stakes were simple but tough participants competed to achieve the most significant weight loss to win cash



prizes. Healthy weight and active lifestyle contributes a lot to our well-being, and the contest set the mood for our celebration.

Throughout the month of September, we arranged three CME sessions for members of the Anaesthesia and Critical Care Department, all centered around the theme of Workforce Wellbeing. The first lecture, 'Losing to Win: How to Shed Fat and Gain Muscle' was delivered by Puan Aziyati Abdul Halim, our HRPZ Dietitian. The second lecture was 'Stress Management' by Dr Mohammad Faiz Mohammad Noordin, Pain Management Specialist our trainee. The third lecture was delivered remotely by Dr Khairil Idham Ismail from Putrajaya, with the title of 'Workforce Well-beina: From Rumour to Evidence-Based'.

Our officiating ceremony was held in the hospital auditorium on 3<sup>rd</sup> October 2024, about a week before the main event. We aim to share knowledge and updates about World Anaesthesia Day with members of the hospital workforce, and the goal was achieved through activities planned during the ceremony. We began with a lecture by Dr Norhafiza Mat Arif, one of the anaesthesiologists in our department, with the title of Lifting the Weight: Challenges in Management of Obesity, The Anaesthetist's Perspective. The lecture was followed by a short quiz session and a speech by our WAD Director, Dr Mohd Samsul Puzizer. Dr Samsul gave an overview on the theme of Workforce Well-being as applied to healthcare workers and anesthesiology staff, and recapped the activities done during the campaign. He also encouraged everyone to turn up and join the main event at Aeon Mall the following week.





After the officiating speech by the Hospital Director, the audience was treated to a special dikir barat performance by the 'Sri Neostigmine' team, consisting of the Assistant Medical Officers and Healthcare Assistants from our department. Their song 'Juwita' followed by 'Dikir Tukang Karut Workforce Wellbeing' received a huge applause from the audience.

The big day itself was on Saturday, 12<sup>th</sup> October 2024, in Aeon Mall Kota Bharu. Committee members consisting of doctors and paramedics turned up in full force the day before to set up the area and prepare our booths. Collaborating with the Ministry of Youth and Sports in the National Sports Day Celebration, we enjoyed the advantage of the huge crowd coming for the event and the large tents for outdoor booths. We also had a large space allocated for indoor activities in the mall, where the children's activities mainly took place.

WAD Fun Run was the highlight of the day which kickstarted the celebration for us. A total of 475 participants registered. All keen for a good morning run and a chance to win in the following lucky draw. Together with participants of several other running, walking, and riding events organised by other teams, we gathered at 7am, took part in the warm-up exercises to the lively beat of music, and went on to complete a 3.5km route. The runners' Tiffany blue shirts made them stand out among the crowd. Right after the run, the sweaty participants were treated to fresh drinks from the MILO truck and received goodie bags with refreshments and a souvenir medal.

A special attraction for Fun Run participants was the Lucky Draw event held right after the National Sports Day officiating ceremony. Gifts worth RM8 000 were available for the lucky participants, and 45 winners had been selected in an earlier draw. The top 10 winners were chosen on stage - and the luckiest one won a Modenas motorcycle. The other prizes included smart-watches, a home theatre system, a hotel stay, and household appliances. Winners of The Biggest Loser challenge also received their prize after the Lucky Draw. The first prize winner in the male category lost 16% of his baseline weight, while the winner in the female category lost 13.5%, in a period of two months.

YB Adam Adli Abdul Halim, the Deputy Minister of Youth and Sports was invited to officiate the National Sports Day event. Together with his entourage, he visited all the tents in the exhibition site which of course included our World Anaesthesia Day booths. YB Adam Adli had a go at the mannequins in the ALS/BLS booth, demonstrating his high quality CPR technique. We took pictures and gave him a copy of Tanya Pakar Bius book, authored by Dr Nor Hidayah Zainool Abidin.

In the airconditioned hallways of Aeon Mall, the indoor booths were ready to entertain and educate the visitors as early as 10am. By the time the Lucky Draws were complete, the indoor booths were also in full swing. There were colouring competitions for categories of children between 4-6 years old, 7-9 years old, and 10-12 years old. A drawing contest had been held earlier, and prizes were given to the winners on that day as well.

In the meantime, various booths and activities were available for children and their families. The balloon painting and face painting were very popular with the visitors. Many children (and adults too) with brightly coloured designs on their faces could be seen walking around after visiting us, and it was a pretty sight to behold.

Another popular activity was Teddy Bear Hospital booths - an interesting concept brought to life by the team for World Anaesthesia Day celebration, which adapted the Teddy Bear Hospital public project. Pre-school health and school-going children were given the opportunity to engage with healthcare workers and receive health education in a fun way, thus minimising anxiety surrounding the hospital and medical procedures among them. The children carried their teddy bears or stuffed animals for 'consultation' with the 'teddy doctors'. We had a 'clinic' where the vital signs of the teddies and the children were measured, and an 'operating theatre' where they had a pretend play as doctors giving anaesthesia.

The outdoor activities were running concurrently, with different booths but still under the theme of promoting anaesthesia services and educating the public. We had a booth for ALS/BLS where mannequins were used to teach CPR and learn the Chain of Survival. The Medical check-up booth was equipped with BP monitors, weighing machines, glucometers, and health education posters and leaflets, while a booth to 'Meet The Anaesthetist' was where visitors could talk to an anaesthetist, look at our airway equipments and have a go at intubating a mannequin. A team from Hospital Organ Procurement Unit (Unit Perolehan Organ Hospital or UPOH) also set up a booth in our tent to promote organ donation and record pledgers.

All that is good had to come to an end. Around four o'clock in the afternoon, exhausted but satisfied and definitely cheerful, we started packing up and moving out. Our goals to educate the general public and build a stronger bond among us, while promoting workforce well-being, had been met spectacularly. We were grateful for the opportunity to reach out and give back to the people, while enhancing our own knowledge and experience in our field of Anaesthesia and Intensive Care.



### HOSPITAL SULTAN IDRIS SHAH, SERDANG National Anaesthesia Day 2024





n accordance with this year's theme, "Workforce Well-being", anaesthesia and intensive care team of Sultan Idris Shah Hospital (HSIS) organized a special public event to the of provide understanding anaesthesia and intensive care services and its roles to the public. The event was officiated by guest of honor, Dr Farique Rizal bin Abdul Hamid, Hospital's director and followed by his inspirational speech. Dr Farique expressed his sincere gratitude to all anaesthetists working in the field of anaesthesia and intensive care. He continued with showing his steadfast support to open up more ICU

beds and equipment to improve the quality of anaesthesia service in this hospital.

The Anaesthesia team built up several stand out booths throughout the event, including intensive care unit (ICU), general and cardiac operation theater (OT), acute pain service (APS), and organ procurement team. This is to create distinct zones within their space purposed for display section, demo areas, and consultation/information zones pertaining to the unit, each tailored to engage visitors in different ways. The exhibition of anaesthesia's machines and technologies act as the pinnacle to the event, proven that the anaesthesia team is not only committed in their hands-on skill, but also focus to upgrade standard of practices and facilities along with the current stream of modernisation to meet up with patient's safety goals.

ICU is a specialized hospital unit dedicated to the care of critical patients who require intensive care such as close monitoring, adjusting treatment plans in real-time, and extra life sustaining support especially in managing complex cases. ICU team carry out an array of invasive procedures that might not be able to be done in a general setting, such invasive catheter insertion, bronchoscopy, procurement care and nutritions intervention. Management in ICU is a multidisciplinary approach and holistic covering social support to life





by Nur Adila Abdul Aziz Hospital Sultan Idris Shah

Selangor, Malaysia

prolonging therapy and transplant procurement. Although certain patients presented with terminal illness or poor prognosis on admission, this does not make them inferior to receive optimum medical care, therefore the ICU's team timely intervention can make the difference between life and death.

Furthermore, the operation theater team booth gives out information to the public regarding the procedure that is usually being done in OT. Exposing to the public that operation theater consistently provides a sterile, controlled environment where any surgeries can be performed safely. The OT is staffed with dedicated and highly trained professionals and assistants. Public also were given chances to experience several common procedures such as intubation and surprisingly, much good feedback was received and it was called a once-in-a lifetime experience.

On the other half, the acute pain service team managed to attract many visitors to look onto their booth as they were so enthusiastic in raising awareness and advocating the importance of handling acute pain issues. APS remains an integral part in modern healthcare provision and it is always compulsory to monitor a patient. Their expertise contributes to faster recovery, shorter hospital stay, and reduces the risk of getting hospital acquired infection. The APS team has reached a new milestone when the hospital was recently accredited as a pain free hospital. The virtue of this achievement was that the APS team will always serve patients pain varieties through of relief techniques and modalities and customize treatment plans in order to maximize pain relief and minimize side effects.

Overall, the field of anaesthesia is considered as one of highly specialized skills of intense concentration, quick decision making, and immense responsibility. Interestingly, "Workforce Well-being" theme seems to fit perfectly on reflecting the work nature of anaesthetists, who are vital to make the surgery or any life-saving event hassle-free.





### National Anaesthesia Day 2024 Inaugural Celebration in Hospital Tunku Azizah **KIDS TESTED, MOTHERS APPROVED**

The National Anaesthesia Day celebration, themed "Workforce Wellbeing - Finding Calm in Chaos" was held on 18<sup>th</sup> October 2024, at Hospital Tunku Azizah (HTA). This inaugural event was a landmark milestone for the Anaesthesiology Department of this relatively new women's and children's hospital. It brought together the community to celebrate and promote the wellbeing of our dedicated anaesthesia workforce while enhancing public awareness of anaesthesiology services.

The event saw the attendance of various Heads of Departments and their

representative staff, along with over 100 registered participants from across the hospital, including nurses and allied healthcare professionals. The event was graced by Dr Shamsul Anuar bin Kamarudin, the Director of HTA. In his speech, he addressed the critical roles of anaesthesiology and critical care in patient management. From perioperative care and managing life-threatening illnesses in the Intensive Care Unit (ICU) to relieving chronic pain and alleviating the suffering of the terminally ill, Dr Shamsul highlighted our impact on patient outcomes and overall well-being.

The event began with an inspiring opening speech by our beloved Head of the Department of Anaesthesiology, Thohiroh binti Abdul Dr Razak. outlined the evolution She of anaesthesiology and provided foresight on the challenges ahead. Her address was dramatically interrupted by a simulated code blue, during which Dr Shamsul and Dr Thohiroh sprang into action, performing CPR and delivering a shock to a collapsed mannequin. The successful restoration of the loud-beating sinus rhythm marked a powerful and iconic officiation of the ceremony.



**by Tan Aik Keat** Hospital Tunku Azizah Kuala Lumpur, Malaysia



**by Thohiroh binti Abdul Razak** Hospital Tunku Azizah Kuala Lumpur, Malaysia



The opening ceremony continued with the grand launching of the new Labour Epidural Educational Video, created by Persatuan Obstetrik Anestesia Malaysia (POAM) led by Dr Nora Azura binti Dintan. It signified a remarkable achievement in expanding the labour epidural service at HTA. Designed for the public, this informative video clearly and concisely explains the epidural procedure, its contraindications and risks. With an emphasis on debunking common misconceptions and alleviating fears, the video offers expectant mothers a clear reassuring guide, empowering them to make informed decisions about their labour experience.

In line with this year's theme, our event video explored the issue of workforce

wellbeing, highlighting the unique challenges anaesthesia professionals face on daily basis. The video presented a powerful contrast between how these challenges are handled - showing how different approaches can lead to dramatically different outcomes. It highlights its impact on team dynamics and emphasizes on how the workplace atmosphere is shaped by ourselves. The message is clear: a supportive, resilient work environment is essential for the wellbeing of staff and the safety of patients.

To cap off the event, we shared a cheeky behind-the-scenes video, followed by a heartwarming and nostalgic photo montage that captured the true spirit of the anaesthesia team. It offered a delightful glimpse into the hardworking, yet fun-filled, side of the team. The crowd couldn't help but react with plenty of "awww"s as they enjoyed the moments of joy, proving once again that a bit of fun goes a long way!

In the lead up to the exciting booth activities, we had an interesting quiz on anaesthesia fun facts, followed by a thrilling lucky draw! The enthusiastic crowd eagerly volunteered, eager to answer and compete for the fantastic prizes.

#### **Booth Activities:**

- Basic Life Support
- GA Simulation for Kids
- Airway Station
- Airway Video Game
- Pain Service & ICU stations
- Kids Colouring Corner
- Sponsor Booths & Medical Check-up Booths
- Zumba Each Day Keeps The Doctors Awake!
- Lucky Draw

#### **Basic Life Support**

Designed to be fun and engaging, our Basic Life Support (BLS) programme for mothers and children was anything but predictable. Set to the tunes and rhythms of "Ah, ah, ah, ah, stayin' alive, stayin' alive" and "Baby Shark, doo doo doo doo," participants practised CPR and choking first aid on adorable dolls and mannequins.

#### **GA Simulation for Kids**

To help ease children's fears of anaesthesia and operating theatres, we created a fun, interactive "mini operating theatre". The children could step into their tiny OT gowns and caps. They role-played with toy anaesthesia machines, manually bagged their furry patient and administered "medicine" that made a teddy bear's heart light up! This cute setup helped the children to gain a comforting understanding of the process in a playful and non-threatening way.

#### Airway Station and Airway Video Game

At the Airway Station, we offered interactive hands-on designed especially for non-anaesthesiology healthcare personnel. Participants had the opportunity to learn and practice potentially life-saving skills like inserting an oral airway and laryngeal mask airway (LMA). At the same time, anaesthesiology personnel also had the opportunity to try out an advanced bronchoscope. It offered healthcare workers, like staff nurses, the rare opportunity to learn basic airway skills, which can come in handy. Alongside the Airway Station, we spiced it up with an interactive airway video game that simulated real-life airway crises. Participants were put in the hot seat as they navigated the virtual endotracheal tube (ETT) through a bleeding, deformed airway.

#### Pain Service & ICU Stations

At the Pain Service Station, we focused on pain assessment and multimodal pain management. One of the highlights was our self-made, realistic spine model, which allowed us to demonstrate and demystify common misconceptions about epidural analgesia, especially for expectant mothers.

Over at the ICU Station, we emphasized on the essential skill of hand hygiene. Both the public and healthcare workers learned the proper techniques through interactive infographics and hands-on. The ICU station also showcased ventilators and interesting infographics on the overview of basic ICU management.

We also set up dedicated Blood Donation and Organ Donation stations to encourage lifesaving contributions and raise awareness about these critical issues. The blood donation participation from the crowd was encouraging, to say the least.

#### Sponsor Booths & Medical Check-up Booths

Our event was made possible with the generous support of our sponsors. They set up booths to display their various products and services, promoting their product visibility and market reach. A variety of health screenings were available for the public. From basic BMI, blood glucose tests and instant lipid profile measurements, to advanced screenings like hair and skin scans, as well as quantum tests for liver and bone health. In addition, expert consultations on diet, weight management, and healthy lifestyle choices were offered.

### Zumba Each Day Keeps The Doctors Awake!

The grand finale of the day - the high-energy Zumba session - was nothing short of electric! Over 100 participants, including members of the public and healthcare professionals, packed the entire lobby, dancing in sync with the rhythm alongside our sporting instructors, including our very own consultant, Dr Nora. The atmosphere was contagious as everyone danced, cheered, and sweated it out together. The whole crowd was buzzing, creating an unforgettable ending to the day!

#### Lucky Draw

In between the high-energy Zumba tracks, the much-anticipated lucky draws sent the crowd into a frenzy. A diverse range of amazing prizes everything from luggage and cooking utensils to the coveted grand prize, a GOLD BAR, were up for grabs. When the stakes got higher, the cheers grew even louder. Every winner walked away with a huge smile, making it the perfect end to a day filled with fun, fitness, and unforgettable memories!

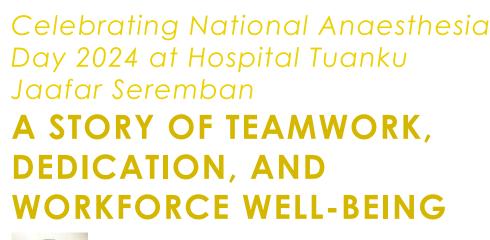
Overall, National Anaesthesia Day 2024 was a resounding success, celebrating the anaesthesia workforce while fostering community engagement and raising awareness about critical issues on workforce wellbeing.





PERHIMPUNAN BULANAN

Speech from Head of Department





#### **by Ignatius Wong Hsun-Hong** Hospital Tuanku Jaafar Seremban

Negeri Sembilan, Malaysia

Tational Anaesthesia Day (NAD) is a time to recognize the immense contributions of the entire anaesthesiology team in healthcare. It provides an opportunity to highlight the pivotal role that anaesthesia plays in surgeries, pain management, critical care, and organ donation. This year, the theme for NAD is 'Workforce Well-being', reflecting the importance of not only patient safety but also the well-being of the healthcare workforce. The theme emphasises the importance of supporting the mental, emotional, and physical health of anaesthesia professionals globally.

The journey to NAD 2024 at Hospital Tuanku Jaafar Seremban (HTJS) began much earlier with pre-event activities that set the tone for an exciting and meaningful celebration. In conjunction with NAD, a fun and energizing Zumba



session was held on 5<sup>th</sup> October 2024, at Institut Latihan Kementerian Kesihatan Malaysia (ILKKM) in Seremban. This activity was organised with the dual purpose of promoting fitness and team building among hospital staff. It was a great way to kick off the upcoming NAD celebrations, with participants coming together to enjoy the rhythm and energy of Zumba. The session not only emphasized the importance of physical well-being but also highlighted the theme of 'Workforce Well-being', reminding everyone of the need for self-care in a demanding healthcare environment.

In the lead-up to the big day, HTJS emerged as national champion in the NAD 2024 video competition. This was a proud moment for the truly Anaesthesiology department and the entire hospital. The video depicted the challenges faced by staff in coping with the physical and emotional demands of the job while striving to provide excellent and holistic patient care. It then showed how collaborative spirit, understanding and compassion within the department helped ease the physical and emotional burden. Special credit goes to the video production team for their creativity and hard work in bringing the vision to life.

On 16<sup>th</sup> October 2024, the much-anticipated NAD celebration took place at HTJS. We had our hospital's monthly assembly on the same day, which was also our department's turn to organise the

assembly. The event was a culmination of weeks of planning and was designed to celebrate the contributions of anaesthesiologists and department staff while fostering a sense of community within the hospital.

assembly The monthly saw the participation of all hospital staff who graced our occasion with their Their attendance presence. underscored the hospital's commitment to supporting the well-being of its workforce. The event was officiated with an inspiring speech by the Director of the hospital, Dato' Dr Zaleha binti Md Noor, followed by remarks from our esteemed Head of Anaesthesiology and Critical Care Department, Dr Saiful Aizar bin Kesut.

Dr Saiful's speech highlighted the importance of workforce well-being, recognizing the dedication of the anaesthesiology team in the face of challenges and the importance of self-care to maintain a sustainable and healthy work environment. His leadership and commitment to our team were evident throughout the event, and his words set the tone for a day of celebration and learning. Event highlights included:

- 1. Video Broadcasts: Two videos were broadcast during the celebration. The first provided a glimpse into the vital work done by the anaesthesiology department, as well as highlighting the department's numerous achievements in this year. This was followed by screening of our winning video from the NAD 2024 video competition. The recognition at national level was a source of pride for the entire team, and seeing their work showcased in such а meaningful way was a highlight of the event.
- 2. Interactive Booths and Displays: One of the most engaging parts of the celebration was the series of interactive booths and displays that were set up throughout the day:
  - Operation Theatre Booth: A simulation of the operation theatre allowed visitors to experience the clinical environment where anaesthesia is administered.



- Intensive Care Unit (ICU) Booth: This booth focused on the critical role of intensivists and anaesthesiologists in sedation, ventilation, and management of critically ill patients.
- Acute and Chronic Pain Service **Booth:** This booth demonstrated the the department in role of managing acute and chronic pain. Besides oral and parenteral analgesia, it also emphasized techniques such as central neuraxial and peripheral nerve blocks to ensure patient comfort and recovery.
- Organ Donation Booth: this booth raised awareness about the importance of organ donation and explained how anaesthesiology personnel contribute to the management of donors in a way that maximizes organ preservation. We are particularly pleased to have several visitors signing up for organ donation.
- General Anaesthesia and Equipment Booth: A display featuring anaesthetic equipment, including a manikin for intubation practice, allowed visitors to interact with tools used in anaesthesia procedures, giving them hands-on experience in patient management.
- Cardiopulmonary Resuscitation (CPR) Education Booth: A booth dedicated to educating the public provided demonstrations and basic instructions on how to perform CPR.
- Guess the Number of Ampoules Game: A fun and engaging activity for participants of all ages; the game invited visitors to guess the number of ampoules in a container. Prizes were awarded to the top three winners, adding an

element of excitement to the event.

With all said and done, none of this would have been possible without the tireless efforts and contributions of several key individuals. We would like to express our deepest gratitude to Dr. Saiful Aizar bin Kesut, our Head of Department, for his unwavering support and leadership throughout the planning and execution of this event. His vision and guidance were instrumental in ensuring the success of NAD 2024. Special appreciation goes to Dr. Lee Jun May, who oversaw the events in the monthly assembly and worked closely with the entire team to coordinate the logistics and planning of said event. Her attention to detail and dedication were crucial in ensuring the event went smoothly. We also extend our sincere thanks to Dr. Atigah binti Ali, who played an integral role in contributing to the success of the event. She was particularly helpful in handling the educational aspects of the booths as well as managing our event's finances. Her enthusiasm and hard work ensured that the day was both educational and enjoyable for all participants.

A heartfelt thank you to all specialists, medical officers, house officers, matrons, sisters, nurses, assistant medical officers and supporting staff whose contributions helped make this event a resounding success. The collaboration and team spirit displayed were truly inspiring and reflected the high standards of care that HTJS strives for. Finally, we look forward to next year's NAD celebration, eager to continue raising awareness about the important role of our department and to celebrate the ongoing advancements in the field of anaesthesiology and critical care.

### Anaesthesia Day Celebration Hospital Sultan Ismail, Johor Bahru



conjunction with World Anaesthesia Day on 16<sup>th</sup> October 2024, the Department of Anaesthesiology and Intensive Care Hospital Sultan Ismail Johor Bahru (HSIJB) organised several activities to promote anaesthesia practice to the public. The objective of the programme was to encourage and enhance teamwork among members of the department, parallel with the World Anaesthesia Day theme this year: "Finding calm in Chaos".

programme The started with Anaesthesia Day and Pain Free Hospital Booth exhibition which was held at the main lobby of Hospital Sultan Ismail. This occurred in tandem with the Pain-Free Hospital accreditation on 16th October 2024. There were many activities included the conducted, which Anaesthesia Exhibition, Video Presentation, contests and quizzes

mainly to educate the public regarding General Anaesthesia, Regional Anaesthesia, the Anaesthesiologist job scope, facts and misconceptions related to intensive care, and many more. The event received a lot of positive responses from the public as well as hospital staff from other departments.

On the 19th October 2024, the Department of Anaesthesiology and Intensive Care HSIJB in collaboration with the Cardiothoracic Anaesthesia Unit Hospital Sultanah Aminah Johor Bahru (HSAJB) had organised a 1-day course titled the Southern Anaesthesia (Cardiothoracic, Obstetric, Pain Medicine) Update 2024 which was held at The Baylis Theater, NewCastle University Medicine (NuMED), Nusajaya. The course's main objective was to the update knowledge on cardiothoracic, obstetric, and pain

management among medical officers, specialists and paramedics who work in the Anaesthesia field.

We invited various speakers related to their subspecialties and they were Dr Khairul Anwar A Mohd Rahim (Cardiothoracic Anaesthesiologist, HSA), Dr Mohd Fahmi Zakariah (Consultant Anaesthesiologist & Pain Specialist, Hospital Medini), Dr Gleneagles Isqandar Adnan (Consultant Anaesthesiologist, Hospital UITM Sungai Buloh), Dr Nur Hasnida Zainal A'bidin (Obstetric Anaesthesiologist, HSA), Dr Azarina Zakaria (Obstetric Anaesthesiologist, HSI), Dr Muhammad Rahmat Ali Hassan (Anaesthesiologist & Pain Specialist, HSI), Dr Law Yen Shuang (Consultant Anaesthesiologist & Pain Specialist, Kensington Green Specialist Hospital), and Dr Mohd Aizad Mohd Yusof (Consultant Anaesthesiologist, Gleneagles Hospital Medini). All

speakers successfully delivered their talks and all participants had a great and fruitful discussion throughout the course.

Finally, our Anaesthesia Dav celebrations for 2024 concluded with a competitive Anaesthesia Sports Day which was held on the 16<sup>th</sup> November 2024 at Impian Sports Complex, Skudai. It was a half-day activity that began at 9am until 1pm in which various sports competitions were held including futsal, netball, and badminton. We had great participation from members of the department, including consultants, specialists, medical officers, house officers, paramedics, nurses, and attendants.

We are glad that everyone have shown their utmost support and demonstrated great teamwork to ensure the success of the series of programmes during this year's World Anaesthesia Day 2024 celebration. We hope these programmes have benefitted each and every member of the department and strengthened our bonds further, and instilled a deeper teamwork to provide better care for our patients in the future.







**by Chuah Pea Ching** Hospital Pulau Pinang Penang, Malaysia

by Bee Shy Chin Hospital Pulau Pinang Penang, Malaysia

### Hospital Pulau Pinang National Anaesthesia Day 2024

tress has become an endemic problem healthcare, in contributing to health-related challenges that decrease efficiency productivity. Stress at the and workplace has gained much attention recently due to the increasing number of healthcare workers burnt out due to stressful working environments and long working hours. In conjunction with this vear's Anaesthesia 2024 theme, Workforce Wellbeing: Finding Calm in Hospital Pulau Chaos, Pinang's Anaesthesiology & Intensive Care Department organized an Anaesthesia Day celebration at The Habitat, Penang Hill.

This year's committee was headed by Dr Loke and his team, which includes doctors, nurses, and support staff. This year, the greenery theme led us to choose The Habitat, Penang Hill, which is away from the hustle and bustle of hectic working life. We were delighted to have our head of department, Datin Dr Usha Raja, who is constantly supportive of department activities, join us. The event started by dividing the group into 2 teams; the "hikers" team hiked up Penang Hill, and the "leisure" team by funicular train. Both teams ultimately rendezvoused at the top of Penang Hill.

Once the hiking team arrived, we had a picnic at Penang Hill. We dug into the

food, sharing stories and laughter while enjoying the stunning Penang view.

Once everyone was full, together we marched into The Habitat and enjoyed the breathtaking landscape. The sound of rustling leaves and birdsong filled the air, adding to the tranquil atmosphere.

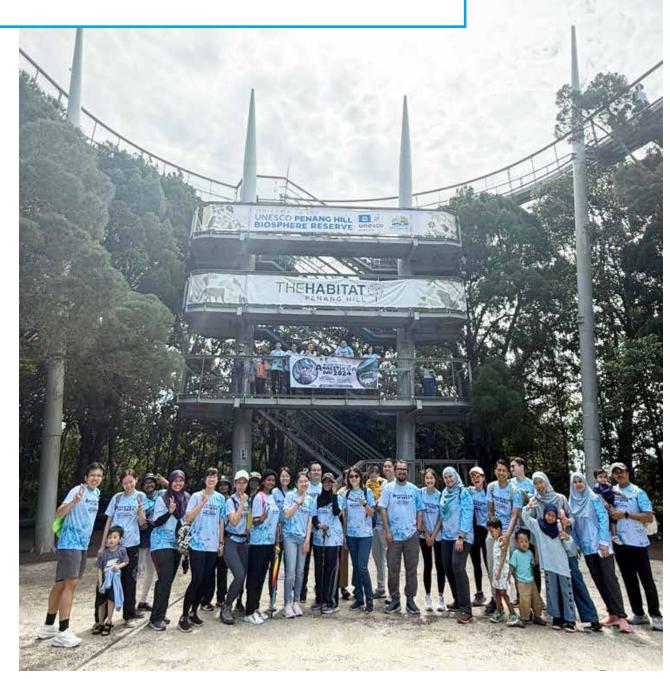


Numerous studies have shown that spending time in natural environments can reduce stress, anxiety, and depression. The green environment offered a short escape from the hustle and bustle of working life, promoting relaxation and mindfulness. The weather was good for our events, allowing us to go sightseeing without shedding much sweat.

After hours of sightseeing and enjoying the breeze of fresh air and shady trees, we went to a restaurant for lunch. The closing ceremony speech was given by Datin Dr Usha, expressing her gratitude to the excellent and superb organising committee. This was followed by a lucky draw session where prizes were given to the fortuitous winners. Children were seen in smiles and laughter after receiving their presents. We concluded our gathering at 1:30 pm. At the end of the day, we felt revitalized and joyful.

Overall, the event was a success, and we look forward to the next Anaesthesia Day. Last but not least, work health is essential for fostering a productive and engaged workforce. Let's find calm in the chaos.













**by Hidir Bin Hassan** Hospital Kuala Lumpur Kuala Lumpur, Malaysia

## Official Report NATIONAL ANAESTHESIA DAY 2024 HOSPITAL KUALA LUMPUR

### **Event Overview**

STARIAN HKL

• World Anesthesia Day is celebrated around the world every 16<sup>th</sup> October with this year's theme being **'Workforce Well-Being**'. The National Anesthesia Day 2024 was held successfully on 24<sup>th</sup> October 2024 at The Main Lobby, SCACC, Hospital Kuala Lumpur.

#### 2. Event Objectives

The main goals of the National Anesthesia Day 2024 were to:

- Raise Public Awareness: Increase public awareness of the crucial role played by anaesthesia in facilitating surgical processes.
- Promote Safety in Anaesthesia
   Practice: A focus on safe anaesthesia practice by highlighting modern anaesthesia techniques to ensure patient safety and to educate the public on safe anaesthesia and the pathway throughout the surgical procedure.
- Promote Workforce Well-Being: Emphasised the importance of balancing work with a healthy lifestyle to ensure both physical and

mental well-being for healthcare providers.

The event aimed to engage both healthcare professionals and the public in a meaningful interaction regarding anaesthesia and patient care.

#### 3. Participants

The event was attended by several important figures from the anaesthesia fraternity and medical community, including:

- Dr Hjh Shahrum Binti Ismail, Deputy Director, Hospital Kuala Lumpur
- Dr Muhammad Syafiq Ismail bin Azman, Deputy Director 3, Hospital Kuala Lumpur
- Dr Zarina Binti Abu Kassim, Head of Anesthesia Department, Hospital Kuala Lumpur
- Anaesthesiologists, medical officers, assistant medical officers, nurses, hospital staff, and members of the public

These important participants highlighted the event's significance and its impact on the community.

#### 4. Agenda and Activities

The occasion was structured as below:

#### • Opening Remarks:

An opening speech by **Dr Zarina Binti Abu Kassim**, Head of the Anaesthesia Department at Hospital Kuala Lumpur. She emphasised the significance of anaesthesia in healthcare, especially in surgical fields, and introduced the event's programme.

- Official Opening Ceremony Dr Hjh Shahrum Binti Ismail, Deputy Director of Hospital Kuala Lumpur, officiated the event. She appreciated the contributions of anaesthesia in healthcare and the department's efforts in raising public awareness of safe anaesthesia practices.
- Video Presentations:

Two video presentations were displayed for the audience:

- **'Perioperative pathway'** a video exposing the public steps and stages in perioperative care throughout the surgical process for a daycare surgery.
- **'Workforce Well-Being'** A video emphasizing the significance of well-being among medical practitioners was shown, featuring the recreational activities of the anaesthetic department members.
- Short Skit "Emergency Response": A short skit titled 'Emergency Response' illustrated the handling of critical situations in operation theatre by the anaesthesia team. The skit helped to engage the participants and stressed the vital role played by anaesthesiologists during emergency events.
- Exhibition Booths and Public Engagement

Numerous exhibition booths were set up, featuring educational materials and interactive displays on anaesthesia, intensive care and pain management. These included demonstrations of both basic and advanced equipment used in anaesthetic practice. Additionally, an old, basic, and outdated ventilator was showcased to highlight the evolution of anaesthesia over the past 100 years.

• Quiz

Quiz questions on basic information about anaesthesia were presented to the public. Participants spun a wheel to determine the question number. In the end, 30 AEON vouchers were distributed to participants, reflecting the public's eagerness to learn more about anaesthesia.

#### 5. Achievements and Outcomes

#### Public Engagement

The event saw excellent participation from the public, with many patients engaged in discussion, such as asking questions and sharing their experiences while undergoing surgery. We were overwhelmed by the patients' enthusiasm towards angesthesia.

- Promotion of Anaesthesia Safety Through video presentations and a short skit performance, we aimed to educate the public on the steps to overcome anxiety and enlighten the patients on the surgical which includes pathway, perioperative assessment bv anaesthetists to ensure the highest standard of care for patients during operation. The publics was very know interested to what perioperative procedures they went through and how they were made safe during surgery.
- Increased Awareness of Anaesthesia's Role

The event effectively exhibited the multidimensional role of





anaesthesiologists in the operating theatre, intensive care unit and pain management, which helped to debunk myths surrounding the anaesthetic process and to educate the public on the significance of anaesthesia in surgery.

Workforce Well-Being

A short video titled "Workforce Well-being" was well received by attendees. The video highlighted the achievements of our anaesthetic department members, showcasing activities such as hiking, cycling, and travelling around the world, despite their busy daily schedules. This presentation aligned perfectly with this year's Anaesthesia Day theme of "Workforce Well-being."

### 6. Feedback

Feedback from both the public and professionals was overwhelmingly positive:

- Public Appreciation: Attendees, most notably patients, expressed their gratitude for the opportunity to learn and better understand the vital capacity of anaesthesia and how it ensures their safety during surgery.
- Increased Knowledge: Community members reported feeling more informed and confident about anaesthesia and its safety protocols. Several attendees noted that the event improved their perception of the role of anaesthesiologists in managing patient care.

### 7. Conclusion

The National Anesthesia Day 2024 was an effective and impactful programme. It successfully raised public appreciation of safe anaesthesia practices and the crucial role of anaesthesioloaists while promoting the importance of workforce well-being in the angesthesig profession.

We look forward to continuing these efforts at future events and to further ensuring safe anaesthesia practices across the nation. Berita | Volume 39 | Issue 3 | December 2024







### HOSPITAL PAKAR SULTANAH FATIMAH, MUAR National Anaesthesia Day 2024



### by Suriakumar Karuppiah

Hospital Pakar Sultanah Fatimah, Muar Johor, Malaysia

### uar Run for Life (MuR4L) 2024

In conjunction with National Anaesthesia Day celebration this year, we, the Anaesthesiology and Critical Care department from Hospital Pakar Sultanah Fatimah (HPSF) co-organised an event, Muar Run for Life (MuR4L) 2024, which included various activities such as 5km fun run, health carnivals, explorace and many more. The event was held on 19<sup>th</sup> October 2024 at Dataran Tanjung Emas, Muar.

This event was jointly organised by various departments from HPSF, which are Anaesthesiology and Critical Care, Psychiatry, General Surgery, Transplant and Organ Procurement (TOP) team and Nursing Unit of the hospital. Apart from the hospital level co-operation, this event was also joined by Premier Health Clinic UIA from Pagoh Edu Hub.

Dr Suzaliatun Binti Kasbolah, the Head of Department of Anaesthesiology department was given the honour to chair the organising committee for the program. It was an uphill task for her to lead and successfully organise the event. The planning for the event started months before the actual date.

Apart from the National Anaesthesia Day, this event was also organised in conjunction with other celebrations in



the month of October, such as World Mental Health Day, Breast Cancer awareness month (Pink October) and World Organ Donation Day. The main objectives of the event were educating the public of anaesthesia and pain management, mental health and breast cancer awareness promotion, understanding and promoting organ donation and transplantation and last but not least to encourage the local community to engage in a healthy lifestyle.

Various exciting activities were conducted during the day such as aerobic exercise for the participants, fun run, explorace, health check-ups, healthcare booths and various exhibitions, lucky draws and prizes for the winners. Overall, it was a huge success with over 700 participants. Sincere gratitude for the organising team to have successfully organised this event in the midst of the busy clinical schedule. Definitely we are looking forward for the next celebration.

Last but not least, I would like to take this opportunity to congratulate Dr Alimmudin, his team and the whole department for winning second prize for NAD video competition 2024 with the theme "Workforce Wellbeing".





### World Anaesthesia Day 2024 HOSPITAL ENCHE' BESAR HAJJAH KHALSOM, KLUANG, JOHOR



**by Nurwafa Nabilah binti Md Jahangir Alam** Hospital Enche' Besar Hajjah Khalsom, Kluang Johor, Malaysia

naesthesia Day 2024 highlighted key challenges and solutions to workforce wellbeing within the anaesthesia community, particularly in the face of ongoing pressures. The event emphasized how the anaesthesia workforce has navigated intricate, highly stressful and emotionally charged environments, advocating for pragmatic strategies to ensure staff wellbeing while maintaining high-quality care. The theme "Calm in Chaos" reverberated strongly throughout the day. The ability to remain composed during high-pressure situations, whether in emergency surgery or critical care, is essential to ensure staff satisfaction and patient safety. It is a rising concern that all medical professionals, including anaesthesia, are facing significant burnout, thus affecting their critical decision-making. Anaesthesia Day 2024 emphasized mindfulness, peer support





and structured debriefs after challenging events to foster a healthy work environment.

Thus, the Department of Anaesthesiology & Critical Care, Hospital Enche' Besar Hajjah Khalsom (HEBHK), has commemorated World Anaesthesia Day on 5<sup>th</sup> November 2024 with the theme "Workforce Wellbeing: Calm in Chaos." This aligns with the global campaign to maintain work-life balance to maintain anaesthesia professionals' physical and mental health, enhance productivity, and ensure long-term happiness and satisfaction in working.

This event was held at the lobby of Hospital Enche' Besar Hajjah Khalsom, Kluang to attract the public and staff who were working. The celebration was initiated by a speech from Deputy Director of Hospital Enche' Besar Hajjah Khalsom, followed by a speech from the Head of Anesthesiology and Critical Department & Advisor of Care Anaesthesia Day Celebration HEBHK 2024. There were exhibitions to enlighten people regarding acute pain and labour epidural services and promote the anaesthesia services offered HEBHK. The celebration was also enlivened with a health promotion exhibition and health screening by the Wellness Hub team from PKD. The participants also enjoyed special events such as video contests, online quizzes, and games.

### National Anaesthesia Day 2024 Celebration

## FUTSAL TOURNAMENT DR HJ MOHD ROHISHAM

## **TROPHY 2024**

lang, Selangor - On 26th October 2024, in line with this year's National Anaesthesia Day theme, "Workforce Well-Being," the Department of Anaesthesia and Critical Care of Hospital Tengku Ampuan Rahimah (HTAR), Klang, celebrated the occasion with futsal tournament held at U One Sports Centre, Bukit Raja, Klang. This tournament managed to attract a total of 256 players (23 teams in total), representing anaesthesia departments from all nationwide, thus making it a memorable gathering for the anaesthesia fraternity.



### **Opening Ceremony**

The day started with an inaugural address from the Head of Department, Anaesthesia and Critical Care HTAR, Dr Malarvilee, who spoke on the need for well-being in the health workforce for sustainability of the service. She informed participants that the day was the time to show their talents whilst being a platform to de-stress and relax from the clinical responsibilities.

Dr Haji Mohd Rohisham, Head of Service of Anesthesia and Critical Care of Malaysia in his opening ceremony speech, emphasized the importance of after care of one's mental and physical health in order to make us better



### by Mohd Syafiq bin Shokery

Hospital Tengku Ampuan Rahimah, Klang Selangor, Malaysia





anaesthetists; for a healthy doctor ensures better care for patients. He reiterated that events such as these strengthen the bonds among the anaesthesia fraternity besides providing a much-needed outlet for the relief of stress. Hence, they fall within this year's National Anaesthesia Day theme of "Workforce Well-Being".

#### Fierce But Friendly Competition

This event attracted anaesthesia practitioners from the four corners of Malaysia to pit teams against each other in male and female categories; all sorts of skills, strategic play, and sportsmanship were displayed throughout the matches.

It was held at the end with a very thrilling final round: Anaest Melaka (Hospital Melaka) vs Anaest HUSM FC (HUSM, Kelantan) for male categories, while for the female categories it was Genta FC (Hospital Al Sultan Abdullah, UiTM) against AnaesHKL FC (HKL). Medals, certificates, and cash prizes were in store for the teams that won, with the champion taking home the prestigious Piala Pusingan Dr Hj Mohd Rohisham. Cash prize money of RM1,500, RM1,000, and RM500 for the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> placings, respectively, was given for each male and female category.

#### Winners

- Male Teams

- Champion: Anaest Melaka (Hospital Melaka)
- Runner-up: Anaest HUSM FC (HUSM, Kelantan)
- Second Runner-up: 96-HAT Anaesth (HAT, Perak)



- Female Teams

- Champion: Genta FC (Hospital Al Sultan Abdullah, UiTM)
- Runner-up: AnaesHKL FC (HKL)
- Second Runner-up: LEV FC (Hospital Selayang)



#### Closure

Department of Anaesthesia and Critical Care of Hospital Tengku Ampuan Rahimah (HTAR), Klang, has successfully concluded the National Anaesthesia Day and Futsal Tournament Dr Hj Mohd Rohisham Trophy 2024.

The event had brought not only athletic competition and excellent team spirit among the participants but also embodied mental and physical well-being that echoed the theme in this year's National Anesthesia.

The organising committee would like to extend its heartiest gratitude to all participants for their support and involvement throughout this event. Furthermore, we would like to congratulate the winning teams, who put immense and relentless efforts on the field to make the matches enjoyable and memorable.

Acknowledgement: Special thanks to HTAR Anaesthesia and Critical Care Department organising committee for constant support and effort in putting up such a great event.



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### National Anaesthesia Day Celebration HOSPITAL SUNGAI BULOH



hat will it take for the Department of Anaesthesia & ICU, Hospital Sungai Buloh, to emerge from its impenetrable fortress? Thanks to the National Anaesthesia Day celebration held on the 29<sup>th</sup> October 2024 at the Hospital Sungai Buloh lobby, the staff outdid themselves by rubbing elbows with other teams and mingling with the public. Not bad for a team that only interacts with intubated and comatose patients, eh?

World Anaesthesia Day is commemorated annually on the 16th October. With this year's theme of Workforce well-being, we took the highlight for "Finding Calm In Chaos" as our tagline. True to our nature for hours of boredom punctuated with moments of terror in anaesthesia daily working life. This celebration was held in the lobby to showcase our service to the staff and the public and equip them with the knowledge of patients' rights in this hospital.

The strength of the Department of Anesthesiology & Critical Care Hospital Sungai Buloh lies in the spirit of collaboration among each of our units. From anaesthesiologists, operating theatre staff, intensive care unit, Acute Pain Service (APS), Advanced Life Support (ALS), Organ Procurement Unit Hospital (UPOH) and RECOVER (REhabilitation of Critically Overt towards Recovery); every layer of dedicated staff works tirelessly to provide the best improvement in



by Faiqah Nastasha binti Mohamed Sam

Hospital Sungai Buloh Selangor, Malaysia



carrying out treatment-oriented services for each of our patient.

Each unit opened up a booth. Ergo, six booths from our department and four from external suppliers (Primed, Intersurgical Supply, Daya Cergas Supply, NS Unggul). It was an eye-opener for the staff and the public to learn how much effort was being put into their recovery in the operation theatre and the ICU. Simulation of patients in the ICU and the operation theatre was done meticulously to emulate each setting. Neither mannequins nor teddy bears were injured in the process. The ALS team demonstrated their prowess in CPR and life-saving procedures to the public. Some might say the biceps and triceps were being put to good use based on the crowd surrounding their booth. The APS team explained to the booth visitors on pain management and the multiple ways one can help to alleviate their pain. The RECOVER team displayed their skills in rehabilitation and aided the visitors in wheelchairs and crutches. A brilliant feat by this team, as evidenced by data this year, is that the earlier the rehabilitation is done in the ICU, the faster the patient can be discharged. Not to mention the organ donation team, which endlessly promotes organ donation awareness to the public.

We started our morning with an hour of Zumba, commandeered by our GA and scrub nurses. Our lobby was decorated in green and gold hues with an arch of balloons decorating the stage. The opening ceremony was officiated by our Timbalan Pengarah Perubatan II, Dr Mohd Hafizuddin bin Azman, who managed to intubate the mannequin on his first attempt using a video laryngoscope. Multiple activities were held: a Quiz on anaesthesia, a colouring competition for kids and a lucky draw every half an hour. For the final hour, the grand prize was an air fryer, while other electrical appliances were the following four main prizes. Three prizes were given to the quiz winners and six hampers for

the colouring contest. A complete turnout of 284 staff registered to participate in the lucky draw with the addition of the lunch hour crowd visitors. On this day, hidden talents were unearthed among the participants, which included even balloon twisting!

It was an enjoyable day. It was a break from our tedious daily lives, a day to appreciate every effort and time we put into our daily tasks, a day that evokes a commitment to continuously improving our knowledge and skills to ensure that every procedure goes smoothly and patients recover well, a day of dedication and sacrifice that has been made to inspire others.

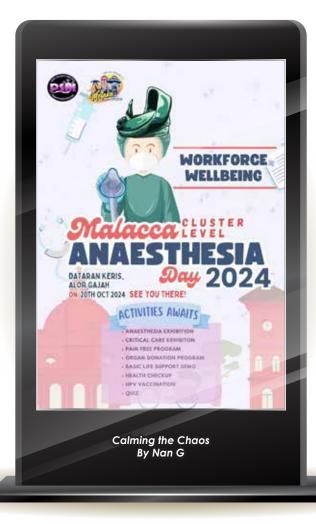


### National Anaesthesia Day HOSPITAL MELAKA 2024

**16**<sup>th</sup> October is not just another day for the commoner. It is a day of significance in the field of anaesthesia, a day to remember the challenges of the early years and to ensure that the spirit of selfless service continues to drive us forward into the future.

This year, Alor Gajah hosted the Anaesthesia Day celebration at the Melaka state level. The event, held on the 20<sup>th</sup> October 2024 at the historic Dataran Keris, was a testament to the unity and collaboration among healthcare professionals. Staff from various hospitals and healthcare organisations combined their efforts to make this historic event a reality.





The morning started with a group exercise led by Dr Idayu. Despite a gloomy overcast, the mood was jovial, and staff and members of the public joined the activities.

Guests were welcomed by silat performances, a cultural display that added a touch of local flavour to the event. The event was then officially opened by the State Director of Health, Dr Ruzita. The entourage then navigated the exhibitions, each one designed to educate and familiarise the public with the many facets of anaesthesia.



In the hearts and minds of the patients coming to the hospital, the main priority remains the ability to return to daily functions as soon as possible without pain. The initiation of the Pain-Free Programme, a significant milestone in our anaesthesia practices, which strives for a painless hospital stay, has facilitated this. On display were different drug delivery pumps and choices of analgesia for both acute and chronic pain management.

The UPOH team, a key player in our state's organ donation efforts, had Dr Foo answer the queries of curious onlookers. The team has been trailblazing organ donation efforts at the state level, securing the greatest number of organ and tissue donors in



Malaysia during the 26<sup>th</sup> annual scientific meeting of the Malaysian Transplant Society.

Guests were given a glimpse of the OT scenario showcasing a breathing circuit with a doctor administering anaesthesia to a mannequin. Ampoules of frequently used drugs were laid out together with airway devices for all to see.

The LPPKN mobile clinic provided onsite breast cancer screening, family planning and postnatal care counselling, and HPV screening. Late in the afternoon, the crowd was pulled from the stalls selling delicious delicacies once the lucky draw started, each waiting for their number to be called. The well-being of healthcare personnel is the focus of this year's theme, an apt response to the increasing demands of day-to-day life. To start us on the right foot, there was also a talk by a clinical psychologist, who gave tips on work balance at the department level. Support systems on the online platform such as @amiranakayub are worth mentioning. The site is handled by Hospital Melaka's very own Dr Amir, which has come a long way since its first upload of SIGRA in Penang.

This year's celebration represents a milestone at the cluster level, bringing together talents and carving cherished memories.

Together, we shall calm the chaos.





MA, a crucial part of our healthcare team, showed CPR beside Dr Foo at the UPOH booth, demonstrating our commitment to public health and safety





**O** ur hospital-level Anaesthesia Day celebration was held on 16<sup>th</sup> November 2024, exactly one month after the actual date, 16<sup>th</sup> October.

This year's Organising Committee was headed by Dr Akmal Zaim bin Mohd Noor and his hardworking team of doctors, nurses, assistant medical officers and support staff. Traditionally, we celebrated Anaesthesia Day in conjunction with 'Hari Bertemu Pelanggan' every year. However, this year, we decided to make a difference by celebrating Anaesthesia Day with an explorace at Tasik Seksyen 7, Shah Alam, near our hospital. Luckily, the weather was bright and sunny on the event day despite earlier unfavourable weather forecasts. As the day turned bright, we could see many participants in creative and colourful costumes, making this event lively. Our hospital staff and their family members from various departments participated in this event. We managed to get 16 groups of 5 people in each group, resulting in 80 participants for the Explorace.

In attendance were Dr Ruzita binti Othman, the hospital's director, and her Deputy Director, Dr Khairol Idham bin Zulkifli and Dr Fatimah binti Abdullah. Dr Sharifah Nor binti Mohd Salleh, the Head of the Department of Anesthesiology and Critical Care, gave the opening speech, followed by Dr Ruzita, who officially launched our event.

We started with an adrenaline-pumping Zumba session led by Dr. Alia and her team. It was an energy-packed session with participants dancing in tune to the lively beats playing in the background, especially during the infectious melody and beat of "APT.", the latest pop-rock solo single from Rosé.

We then continued with the much-awaited explorace. It began with an anaesthesia-related crossword





Opening speech by Dr Sharifah (HOD Dept of Anaesthesiolgy and Critical Care)

puzzle every group had to solve before proceeding to the stations. There were nine stations in total, which included charades, hopscotch, a giant version of the snake and ladder, ambubag assembly, Acute Pain Service (APS), Pictionary, Cardiopulmonary Resuscitation (CPR), Sudoku and Rubik's Cube. The participants had a lot of fun running from one station to another and completing all the tasks given in each station while the children coloured on the mats for the colouring contest.

A few pop-up booths were also set up during the event, namely the Cardiopulmonary Resuscitation (CPR), organ donation pledge, Acute Pain Service (APS), healthy diet and health screening for the public at the park that day. Tokens and souvenirs were given out to the booth visitors.

After the explorace ended, participants were served individually packed spaghetti and mineral waters. Before the prize-giving ceremony, we had a few rounds of lucky draw, which was made possible by the generous donations of gifts that we received for the event.

All the teams put in a lot of effort, coming up with colourful and creative costumes. However, we could only choose one team with the best costume, and the winners were Tentang Jantung, who had their Harry Potter-themed costumes complete with robes, hats, and brooms.

The first prize for the explorace went to the team "Charlie's Angels", comprising staff nurses from the operating theatre second place to team "Castello" from the Medical Department and third place to the group "Adrenaline Rush" from the Department of Oral and Maxillofacial Surgery. The day ended with a group photo to keep as a memory of the wonderful times we had on that day.

In a nutshell, our activities reflected the theme of Anaesthesia Day this year, "Workforce well-being, finding calm in chaos". We emphasized the importance of caring for our well-being by having Zumba, health screening and a healthy diet booth. The explorace, divided into many small groups, aimed at promoting teamwork so that we could be calmer and better at handling chaos. Our utmost gratitude to the organizing committee for all the fun activities and delicious food. We thank our event sponsors and the Malaysian Society of Anaesthesiologists (MSA) for giving us the RM1000 grant to hold this event.





# Welcoming the Anaesthesiologists OCTOBER / NOVEMBER 2024

### CERTIFICATION OF COMPLETION OF TRAINING FCAI- Parallel Pathway

Loh Pei Ven Ng Jo Sheng

### INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA

Chew Yan-Yu Fong Chung Yang Kam Zhi Yuan Lee Yong Li Mohd Nabil bin Halim Nur Azilah Binti Bahruddin Oh Yin Lin S Hassan Askri Shah Surrej Darshain Singh Sran

### **UNIVERSITI MALAYA**

Alexander Li Sen Satish **Chong Shwen Nee** Choy Meil Li Chu Mei Yeen Chua Kah Yee **Derek Cheah Lee Hean** Eng Li Wei **Goh Cheng Chun** Hui Joe Yen Lee Tzi Sen Lee Wen Xin Liew Ken Lee Mohamad Noorhakim bin Noorhassan Mufidah binti Dahari Muhammad Sadiq bin Zakaria Ng Haw Shyan Norazizi binti Nor Azmi Phang Tih Shyang Sarah Aliah binti Mohd Azman Tan Chuan Hsin Tan Wei Kai **Trevor Chan Keng Guan** Yeap Kean Chee

### UNIVERSITI KEBANGSAAN MALAYSIA

Abdul Rashid bin Abdul Ghani Aisyah Fadzlin Mohd Isnin Anastasia Agusto Chong Kok Peng Halaa binti Burhanuddin Intan Farhana binti Ramli Lau Chin Low Kar Yong Ngu Pei Hwa Reena Lim Lee Chi Winnie Lau Sheak Fen Yap Mei Leng

### UNIVERSITI PUTRA MALAYSIA

Chen Lyn Wei Janes Belinda Tan Geil Nii Keay Xin Yi Mohd Faizal Nizam bin Mohd Fozi Nur Syazwani binti Mohamad Yusoff Sarah Farhana binti Hafiz Steven Law Sayleni a/p Murugaiyah Sharmathy a/p Nithanam Sukhdev Singh a/l Jaswant Singh Tan See Pei

### UNIVERSITI SAINS MALAYSIA

Ahmad Naquiyuddin Zaki Ahmad Zulhilmi Yusof Charlene Chew Shao Lynn Kavitha a/p Kandasamy Mohd Khairul Asraf Badrul Hisan Munirah Abdul Majid Ng Woon Wee Nik Muhammad 'Aizat 'Adros Rohayu Kamarul Zaman Sylvia Soon Li Shean Umairah Mokhtar Yap Yoon Kent

### Message from the PRESIDENT OF THE COLLEGE OF ANAESTHESIOLOGISTS, AMM

Professor Dr Ina Ismiarti Shariffuddin

D ear Esteemed Members of the College,

The capacity to learn is a gift, the ability to learn is a skill, the willingness to learn is a choice. ~Brian Herbert

These powerful words resonate deeply in the field of anaesthesiology, where every decision and action we take has profound implications for the lives of our patients. In our profession, lifelong learning is not just a choice, but it is a responsibility. It is the foundation upon which we build our expertise, adapt to advancements, and uphold the highest standards of care.

As we reflect on the progress and challenges of the past few months since my last message, I am proud of the pivotal role the College has played in advancing education, advocacy, and patient safety in Malaysia. The College continues to stand at the forefront of shaping anaesthesia education, fostering collaboration, and ensuring the well-being of both our patients and our practitioners.

### Strengthening Anaesthesiology Education

Following the latest amendment to the Medical Act regarding the Parallel Pathway Programme in July 2024, the College, in partnership with the Ministry of Health (MOH), has assumed a central role in governing the Parallel Pathway (PP) Programme to ensure the highest standards of postgraduate training in anaesthesiology. In collaboration with key stakeholders, we are working to consolidate and enhance the governance of the PP Programme in Malaysia. This partnership, along with our support for the Masters Programme, reinforces our commitment to providing world-class training for the next generation of anaesthesiologists in Malaysia.

Five graduates recently celebrated their achievement of the Certificate of Completion of Specialist Training (CCT) in the Parallel Pathway Anaesthesiology Programme during the MSA-CoA Annual Scientific Congress 2024. To further support our trainees, the College organised an intensive two-day course in collaboration with MOH, preparing candidates for the MCAI/FCAI examinations by offering core concept reviews, exam strategies, and confidence-building exercises. Looking ahead to the new year, we are excited to announce that more courses are being planned to further support and Parallel prepare our Pathway trainees for proaramme their examinations. These efforts reflect our unwavering commitment to fostering excellence in anaesthesiology education and ensuring that our trainees have the tools and knowledge they need to thrive.

### Advocating for Excellence in Practice

Patient safety remains at the heart of everything we do. This year, in collaboration with the Malaysian Society of Anaesthesiologists (MSA), the College developed a comprehensive guideline administration on the safe of medications in anaesthesia. Tailored to the Malaysian healthcare environment, this guideline aims to reduce medication errors and enhance patient safety. Launched during the MSA-CoA Annual Scientific Congress 2024, this initiative is a testament to the collective



expertise and commitment of our members.

Recognising the emotional toll of events on healthcare adverse professionals, the College has also championed the development of the Second Victim Programme in collaboration with MSA. This initiative advocates for structured support systems to help anaesthesiologists and other healthcare providers navigate the emotional aftermath of adverse events. The programme was unveiled during the National Anaesthesia Day 2024 celebration in Kuala Terengganu, with further efforts underway, including a dedicated webinar under the KITE series.

### Celebrating Milestones and Looking Ahead

Moving forward, our advocacy for higher education and safety initiatives continues to grow. The College remains steadfast in its mission to foster a culture of learning, collaboration, and excellence. These efforts are not only shaping the future of anaesthesiology in Malaysia but also inspiring the next generation of leaders in our field.

To all our members, your commitment to the profession and to continuous learning inspires us to achieve more. Together, we will continue to elevate anaesthesiology, ensuring that every patient receives the highest standard of care.

As the year draws to a close, I would like to take a moment to extend my heartfelt wishes to everyone. To those celebrating, may your Christmas be joyful and filled with love and warmth. To all our members, I wish you a Happy New Year filled with endless opportunities, good health, and prosperity. Let us step into the year ahead with renewed energy and a shared commitment to achieving great things together.



