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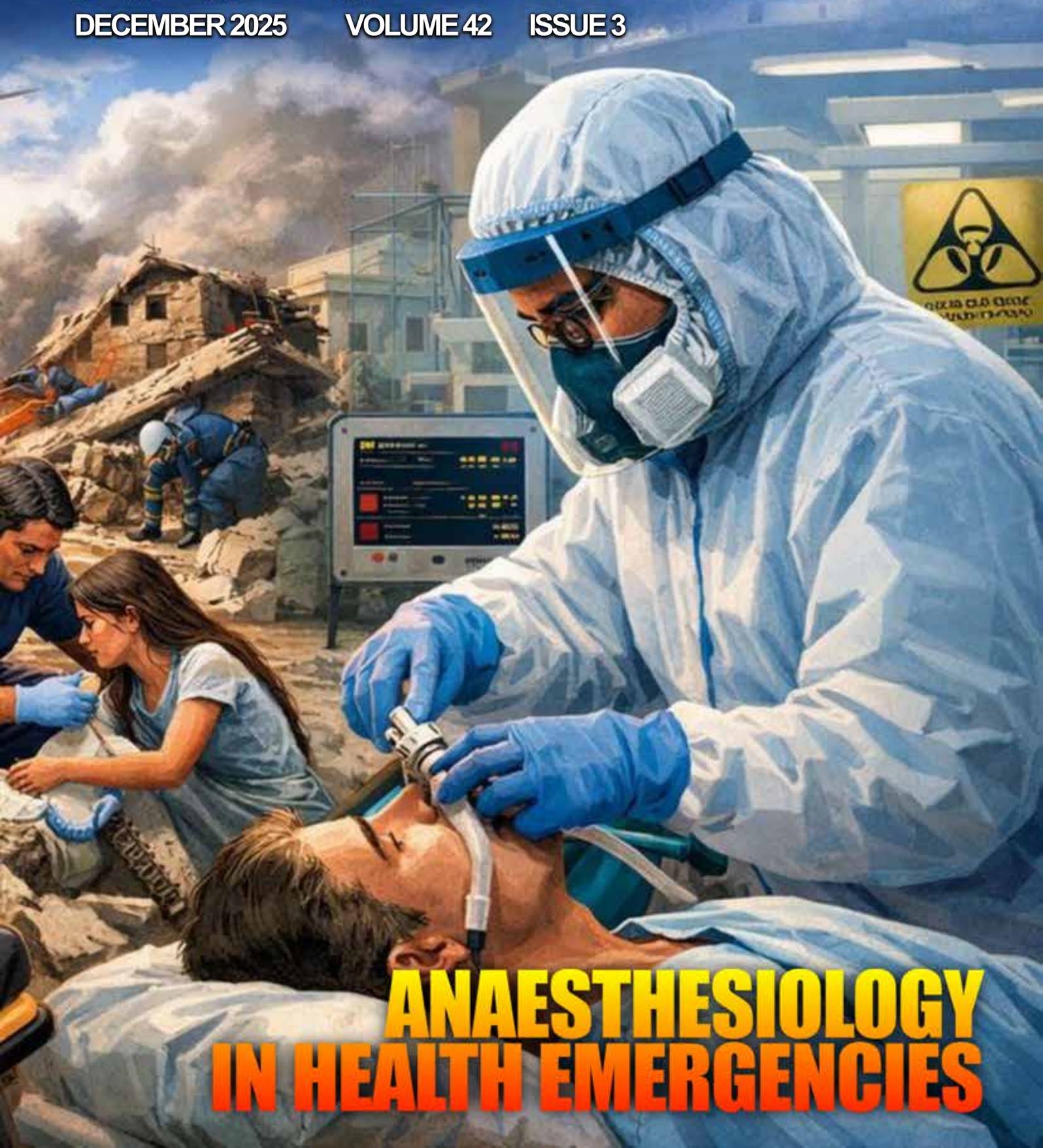
ISSUE 3



Malaysian Society
of Anaesthesiologists



College of
Anaesthesiologists, AMM



ANAESTHESIOLOGY IN HEALTH EMERGENCIES

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References: 1. Bikhazi CB et al. A clinical trial demonstrates the analgesic activity of intravenous parecoxib sodium compared with ketorolac or morphine after gynecologic surgery with laparotomy. *Am J Obstet Gynecol.* 2004;191:1183-1191. 2. Qiaryu Zhuang et al. Postoperative intravenous parecoxib sodium followed by oral celecoxib post total knee arthroplasty in osteoarthritis patients (PIPFORCE): a multicentre, double-blind, randomised, placebo controlled trial. *BMJ Open* (2019) 030501.

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MESSAGE FROM THE PRESIDENT

MALYSIAN SOCIETY OF ANAESTHESIOLOGISTS

DR HASMIZY BIN MUHAMMAD



*Assalamualaikum Warahmatullahi Wabarakatuh
and Greetings*

*Dear Anaesthesiology Colleagues and Readers of
Berita Anestesiologi,*

I am delighted to connect with you through this column of Berita Anestesiologi, focusing on the theme “Anaesthesiology in Health Emergencies”.

Our specialty, often perceived merely as existing within the operating theatre, is in fact one of the most crucial pillars in any disaster or health crisis response.

THE CORE COMPETENCIES IN CRISIS

In times of health emergencies—be it mass casualty incidents (MCI), natural disasters like widespread floods, or large-scale infectious disease outbreaks—Anaesthesiologists are inherently equipped with the skills needed at the very frontline:

- **Airway and Ventilation Expertise:**
We are the definitive specialists for securing and managing the critical airway, a skill paramount in trauma, resuscitation, and critical illness.
- **Resuscitation and Critical Care:**
Our foundational training in physiology, pharmacology, and fluid management makes us leaders in the immediate stabilisation and ongoing management of critically ill patients.
- **Intensive Care Unit (ICU) Mobilisation:**
In the Malaysian context, Anaesthesiologists often lead and staff the majority of our public hospital ICUs. During a crisis, we are instrumental in rapidly expanding and optimising ICU capacity.

OUR DEFINITIVE ROLE IN MALAYSIAN CRISIS RESPONSE

Anaesthesiologists are inherently prepared for a crisis. Our training is centered on rapid assessment, stabilisation, and sophisticated life support. This makes us invaluable in handling health emergencies such as:

- **Mass Casualty Incidents (MCI):**
Leading triage and damage control resuscitation for trauma victims following major accidents or disasters.
- **The COVID-19 Legacy:**
This unprecedented global event indelibly proved that Anaesthesiology is synonymous with Critical Care. Our teams led the mobilisation of ventilators, managed complex acute respiratory distress syndrome (ARDS), and swiftly scaled up ICU capacity across hospitals.
- **Routine High-Acuity Care:**
We provide the daily emergency service necessary for neurosurgical, cardiac, and trauma interventions that save lives around the clock.

LEARNING AND ADVANCING POST-PANDEMIC

The experience of the past few years has provided crucial insights for the Malaysian health system:

1. Flexibility is Key:

Our ability to convert non-traditional spaces into functional critical care areas (like turning Post-Anaesthesia Care Units into temporary ICUs) demonstrated remarkable adaptability.

2. The Need for Resilience:

We must continually address the endemic shortage of trained critical care nurses and specialist support staff to maintain ICU readiness, especially outside the Klang Valley.

3. Simulation and Training:

Investing in high-fidelity simulation and disaster preparedness training, customised to our tropical climate and regional disaster risks, remains a top priority for MSA.

MOVING FORWARD: RESILIENCE AND READINESS

To further strengthen the Malaysian healthcare system's emergency preparedness, the MSA is committed to promoting key initiatives:

- **Continuous Professional Development (CPD):**
Advocating for specialised training in Disaster Medicine and Crisis Resource Management tailored to local Malaysian scenarios.
- **Inter-Disciplinary Collaboration:**
Enhancing strong working relationships with Emergency Departments, Traumatologists, and Hospital Administrators to create robust, national-level Emergency Response Plans (ERPs).
- **Resource Advocacy:**
Continuing to push for adequate allocation of advanced equipment and skilled

Anaesthesiology personnel, ensuring high standards of critical care are maintained even in resource-limited or emergency settings.

CONCLUSION

I extend my deepest gratitude to all our members - Consultants, Medical Officers (Anaesthesiology), and paramedics - for your unwavering dedication and extraordinary professionalism, especially under the immense pressure of a health crisis.

We are not just providers of anaesthesia; we are Critical Care Physicians, Airway Specialists, and Leaders in the most challenging environments.

Let us continue to uphold the highest standards of care.

Thank you.



Dr Hasmizy Bin Muhammad

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MESSAGE FROM THE PRESIDENT

COLLEGE OF ANAESTHESIOLOGISTS, ACADEMY OF MEDICINE OF MALAYSIA

DATO' DR YONG CHOW YEN

To Our Esteemed Fellows, Members, and Colleagues,

Season's Greetings and Happy New Year!

The latest issue of *Berita Anaesthesiology* carries the theme "Anaesthesiology in Healthcare Emergencies," which is central to our specialty. This theme not only reflects a critical aspect of our work but also defines a fundamental dimension of our professional identity. From the crucial moments in the operating theatre to significant events like pandemics or mass casualty incidents, it encapsulates the essence of what we do.

Our training uniquely equips us to handle the challenges of emergencies. We possess expertise in resuscitation, critical care, and stabilisation of the sickest patients, providing the expertise and stabilising force upon which healthcare systems depend. Our jobs require us to navigate high-risk environments where information is often incomplete, making rapid, calculated decisions that determine the precarious balance between life and death. Our commitment is to secure for our patients the vital chance at survival.

The past few years have served as a relentless testament to this commitment. We have been on the front lines of global health emergencies, whether caused by natural disasters or man-made crises. Our role has included adapting to new airway protocols, managing overwhelmed ICUs, and ensuring the continuity of essential surgical services. Additionally, we have worked to clear staggering surgical waitlists against the backdrop of a nation grappling with resource challenges. We have volunteered our expertise to the most vulnerable populations worldwide, often at immense personal safety risks. Our ability to adapt, show courage, and remain steadfast in our commitment to emergency preparedness and excellence in crisis situations truly highlights our dedication. We find the courage to advocate for justice and compassion in challenging medicolegal environments, especially during healthcare emergencies.

“Our ability to adapt, show courage, and remain steadfast in our commitment to emergency preparedness and excellence in crisis situations truly highlights our dedication. We find the courage to advocate for justice and compassion in challenging medicolegal environments, especially during healthcare emergencies.”

We have been nothing short of heroic, and for that, this College extends its deepest respect and gratitude to each one of you.

This commitment to excellence in crisis and emergency preparedness is actively reflected in the College's activities across all fronts—education, advocacy, and collaboration. Below is a summary of our recent and upcoming initiatives.

1. The College and the Malaysian Society of Anaesthesiologists (MSA) jointly released a press statement on October 3, 2025, in response to a circular from a third-party administrator (TPA) recommending that surgeons prioritise local anaesthesia over general anaesthesia for surgical procedures. This statement was followed by the Position Statement from the Academy of Medicine Malaysia regarding Third-Party Interference in Clinical Decision-Making for Anaesthesia. The College, MSA, and the Academy of Medicine of Malaysia regard this directive as a significant overreach that undermines the clinical autonomy of surgeons and anaesthesiologists. The choice of anaesthesia is a decision-making process fundamental to both clinical ethics and patient safety. Outsourcing such critical judgments to a non-clinical third party that has not assessed the patient sets a dangerous precedent.
2. The 2025 National Anaesthesia Day, themed "*Anaesthesiology in Health Emergencies*," was co-hosted by the College, MSA and Hospital Tengku Aminah Rahiman, Klang. The event took place at KSL Mall Klang on October 12, 2025, under the leadership of Dr Mohd Rohisham Zainal Abidin and was officiated by Datuk Dr Mahathar Abd Wahab, the Director-General of Health Malaysia.
3. The in-training viva assessment for the Anaesthesiology and Critical Care Parallel Pathway program was held on November 24 and 25, 2025, at the Medical Academies Building. A total of 24 candidates were assessed, and all four final-year candidates successfully completed their specialist training.
4. The Special Interest Group on Difficult Airway Management (SIGDAM) of the College organised the 1st National Airway Meeting 2025 on December 6, 2025, at the Medical Academies of Malaysia Building. The theme was "*Airway Unlocked: Precision, Performance, Proficiency*." This inaugural event attracted 102 anaesthesiologists and other medical professionals from across the nation, including two international participants.

5. The College and MSA jointly organised the Foundations of Perioperative Bleeding Management under KITE, with support from Pharmaniaga and Octapharma, on December 13, 2025. This marks the first instalment of a series of webinars focusing on the management of perioperative bleeding. It was attended by over 290 online participants.
6. The College has endorsed the following educational events:
 - a. Neuroanaesthesia (Stroke Series), organised by the Malaysian Society of Neuro Anaesthesia and Critical Care (MSNACC), held on October 18, 2025.
 - b. PeriOp Matters: A Webinar Series on Obstructive Sleep Apnoea (OSA), held on December 6, 2025, organised by the Malaysian Perioperative Medicine Society.
7. Future Events:
 - a. The MCAI OCSE-SOE and FCAI Clinical Examinations will take place at the Medical Academies Building of Malaysia from February 9 to 12, 2026.
 - b. Two more instalments of Perioperative Bleeding Management Webinar Series are planned in early 2026.
 - c. The Malaysian Obstetric Anaesthesiology Symposium, endorsed by the College, is scheduled from July 3 to 4, 2026.
 - d. MyAnaesthesia 2026, the CoA and MSA joint Annual Scientific Congress 2026 will be held from July 31 to August 3, 2026, at the Penang Waterfront Convention Centre, Penang.

Membership:

As of 29th December 2025, our membership comprises 156 Life Members (including 43 Fellows), 124 Ordinary Members (including 13 Fellows), 1 associate member and 1 candidate member.

Thank you, and I hope you enjoy this issue of Berita.

Warmly,



Dato' Dr Yong Chow Yen
President, College of Anaesthesiologists,
Academy of Medicine of Malaysia

MESSAGE FROM THE EDITOR-IN- CHIEF

DR ANAND KAMALANATHAN



Anaesthesiologists are masters of a rare craft, blending instinct with expertise refined through years of rigorous training. From day one, we learn to read the symphony of monitor beeps, a language that transforms chaos into calm. While others may falter at the sound of alarms, we remain composed, guardians of the fragile line between awareness and unconsciousness.

After the final suture, we continue our silent vigil, safeguarding every breath and easing pain. Though we do not seek the spotlight, our true value shines brightest in moments of crisis, when our steady hands and sharp minds become the difference between peril and safety.

This December, the Berita invites you to discover a tapestry of uplifting stories from our community, shining a light on the remarkable ways our colleagues touch lives within hospital corridors and far beyond.

We begin by paying tribute to one of our trailblazers, the late Dato Mohandas, whose legacy is lovingly remembered through a heartfelt eulogy by his close friend, Dato Anselm Suresh Rao. Next, we venture beyond the operating room to share how an anaesthetist's quick thinking and skill saved a life at the roadside, far from the comfort of the OR.

We are proud to spotlight Dr Anor Hidayah, who offers hard-won insights and wisdom from steering through countless emergencies as a vascular and advanced hemodynamic fellow.

As the finishing touch, we present over 20 stories highlighting National Anaesthesia Day celebrations across hospitals in Malaysia, a vibrant testament to our collective strength in facing health emergencies.

Wishing you a joyful Christmas and a bright, hope-filled new year.

THE EDITORIAL BOARD 2025-2026

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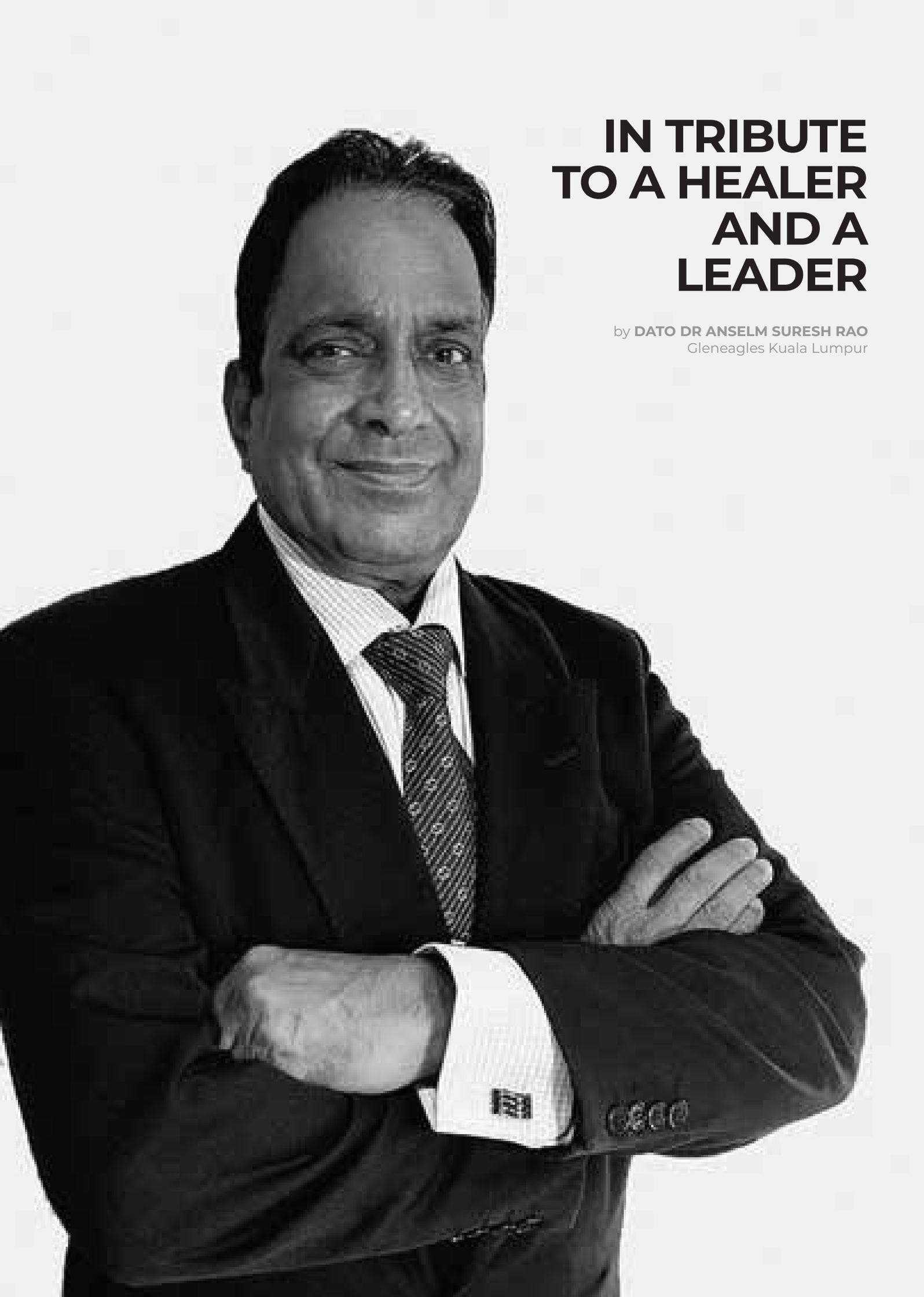
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IN TRIBUTE TO A HEALER AND A LEADER

by **DATO DR ANSELM SURESH RAO**
Gleneagles Kuala Lumpur

IN MEMORIAM

DATO DR MOHANDAS KATTAYAT (1951-2025)

On 20th October 2025, the anaesthetic fraternity of Malaysia mourned the loss of one of its pillars, a distinguished and beloved member of our community, at the age of 74.

Dr Mohandas Kattayat graduated as a doctor from the University of Madras, India, in 1974. He initially worked as a house officer and later as an anaesthetic resident at the Jawaharlal Institute in Pondicherry, India, from 1975 to 1980, earning his Diploma in Anaesthesiology in 1978. In 1980, he moved to Malaysia, where he worked as a specialist anaesthetist at Muar General Hospital and then as a consultant anaesthesiologist at Johor Bahru General Hospital, Melaka General Hospital, and Kuala Lumpur General Hospital (HKL).

While working at HKL he obtained the F.F.A.R.C.S (Australia) in 1985 and was awarded the FANZCA in 1993. He then moved with the entire cardiothoracic team to the National Heart Institute when it opened in 1992. For his subspecialty training, he worked as a fellow in cardiothoracic anaesthesia and intensive care at the Brompton Hospital in London in 1987. He was one of the very few cardiothoracic anaesthesiologists who underwent medical perfusionist training, which he completed at St Vincent's Hospital in Sydney in 1995.

Always a leader in the medical field, Dato Mohandas was very involved in the training of anaesthesiologists. In fact, he was made an associate faculty member of the American Heart Association in Emergency Cardiac Care in 1986, and he set up the standards and guidelines for cardiopulmonary resuscitation (CPR) in the country. He was even given an award and a grant of USD 5000 by the Laerdal Foundation in Norway in 1986 for his input in the design of the CPR mannequin, which we use to teach cardiopulmonary resuscitation up until this day.

He was instrumental in designing and establishing the operating theatres and intensive care units at three major hospitals in the country: the National Heart Institute in 1992, Gleneagles Kuala Lumpur in 1996, and Prince Court Medical Centre in 2006.

Somewhere in the 1980s, a medical team comprising Dato Dr Mohandas, Dato Dr Zainal, a cardiologist, a nurse, and a medical assistant named Mr Siva were tasked with escorting the Sultan of Terengganu to the Mayo Clinic in San Francisco for a

“**He was instrumental in designing and establishing the operating theatres and intensive care units at three major hospitals in the country...**”

coronary angioplasty. One day before their departure, Dato Mohandas led the team in setting up a mini ICU in the first-class section of an MAS plane. The 20-hour flight was not easy; however, under the guidance of Dato Dr Mohandas and his team, the Sultan of Terengganu was in good hands when they landed in San Francisco and handed over the Sultan to the Mayo Clinic team.

In 2013, he was awarded the Darjah Indera Mahkota Pahang (DIMP) by the Sultan of Pahang, which conferred upon him the title Dato' for his contributions to medicine in Malaysia.

Whenever we faced issues with our anaesthetic equipment in the operating theatre or ICU, the first person we would contact was not the BioMedical team but Dato Mohandas. He often troubleshoot and resolved the problems for us. In fact, his nickname in the OT was “*MacGyver of the OT*” after the popular television series from the 1980s.

As we mourn the loss of someone who has contributed so much to the field of anaesthesiology, let us also remember to celebrate all his accomplishments and hope that his achievements will not be forgotten by his students, peers, and the community.



Dato Dr Anselm Suresh Rao
Gleneagles Kuala Lumpur

PRESS STATEMENT



**MALAYSIAN SOCIETY OF ANAESTHESIOLOGISTS
AND
COLLEGE OF ANAESTHESIOLOGISTS, AMM**



3 OCTOBER 2025

The Malaysian Society of Anaesthesiologists (MSA) and the College of Anaesthesiologists (CoA), Academy of Medicine of Malaysia expresses their serious concerns regarding a recent circular issued by a third party administrator (TPA). This circular appears to recommend that surgeons should prioritise local anaesthesia over general anaesthesia for surgical procedures. This profit-driven dictation by an insurance company represents an intrusion into medical decision-making and constitute an unethical attempt to dictate patient care. Medical treatment must be guided by professional judgment, patient needs, and evidence-based practice and not financial imperatives imposed by insurers or TPAs.

The practice of anaesthesia is a complex medical speciality that requires careful, individualised decision-making. Every patient presents a unique challenge, and it is essential for doctors to customise our approach rather than relying on a one-size-fits-all rule. While local anaesthesia is indeed appropriate and beneficial for many procedures, it is not universally suitable or safe to be designated as the first choice. Attempting to generalise its use without medical assessment risks compromising patient safety, surgical outcomes, and the ethical standards of care. Moreover, undermining the clinical judgment of surgeons not only erodes professional autonomy but also places undue pressure on these surgeons to prioritise cost over care, potentially endangering patient safety thereby leading to unnecessary litigation. In short, surgical colleagues should, in consultation with patients, determine who are suitable for daycare or inpatient surgeries and which modality of anaesthesia is needed. Decisions on whether a surgery should be performed as a day-care or inpatient procedure, and which modality of anaesthesia should be employed, must remain with the treating surgeon and anaesthesiologist in consultation with the patient.

Both MSA and CoA firmly maintain that:

1. The choice of anaesthetics must be based on medical necessity rather than financial factors. We have observed instances where approvals are declined by insurance companies, despite clear justifications provided for the chosen anaesthetic. These denials often lack proper explanation, forcing patients to pay out-of-

pocket and later file claims. The requirement to justify every case to obtain approval imposes unnecessary administrative barriers, disrupting what should be a seamless process of care.

2. Patient safety, comfort, and dignity should always be the primary focus in all perioperative decisions. Autonomy in clinical decision-making lies between the patient and the doctor, which includes the patient's right to choose the type of procedure relevant to his clinical condition. This right also extends to the choice of anaesthesia. The choice between local, regional, or general anaesthesia depends on critical factors such as the nature and duration of surgery, patient comorbidities, risk of complications, and, importantly, the patient's safety and comfort. Such decisions, guided by the expertise of the attending anaesthesiologist and surgical team, must remain the prerogative of the professionals and not an administrative or financial directive. It is imperative that a blanket rule cannot be applied across the board, as no two patients are the same.

We call upon insurers, TPAs and managed care organisations to respect the boundaries of clinical decision-making and to collaborate with medical professionals in improving patient outcomes, rather than imposing prescriptive and potentially harmful directives.

Both MSA and CoA stand united with all anaesthesiologists and surgical colleagues in reaffirming our unwavering commitment: every patient deserves safe, evidence-based, and individualised anaesthetic care. This commitment to patient safety is at the core of our opposition to directives that threaten clinical autonomy.

Dr Hasmizy Muhammad
President
Malaysian Society
of Anaesthesiologists

Dato' Dr Yong Chow Yen
President
College of
Anaesthesiologists, AMM

PRESS STATEMENT



**MALAYSIAN SOCIETY OF ANAESTHESIOLOGISTS
AND
COLLEGE OF ANAESTHESIOLOGISTS, AMM**



9 OCTOBER 2025

**CLINICIANS AND THIRD-PARTY ADMINISTRATORS
MEET TO ADDRESS CONCERNS WITH TPA MEMO**

(Meeting between the Malaysian Society of Anaesthesiologists, College of Anaesthesiologists, Academy of Medicine Malaysia, Malaysian Medical Association and senior Management team of MediExpress Sdn Bhd)

The meeting was convened to discuss the recent memorandum that was released regarding the choice of anaesthesia for daycare surgical procedures. The memorandum suggested that local anaesthesia (LA) should be prioritised as the first-line anaesthetic modality for procedures and surgeries unless clinically contraindicated.

The discussion was held in a cordial mutually respectful manner with open and constructive engagement from all parties. Representatives from the MSA, CoA, and MMA reiterated that any directive or memorandum issued by the healthcare industry or third-party administrators (TPAs) cannot supersede clinical decision-making which must always remain the prerogative of qualified medical practitioners. This principle was duly acknowledged and agreed upon by the MediExpress management team.

Key points that were discussed:

1. Clinical Autonomy and Patient Safety

The clinicians present emphasised that the choice of anaesthetic technique must be guided by clinical judgment, patient safety, the specific procedural context, and not by administrative or financial policies. It was also noted that advancements in anaesthetic techniques and perioperative care have expanded the range of procedures that can safely be performed as daycare surgeries, further supporting evidence-based and individualised clinical decision-making.

2. MediExpress Sdn Bhd Clarifications

The MediExpress team clarified their position and stressed that the intent of the memorandum was not to interfere with clinical management, but to ensure clarity in the claims review and approval process. They explained that their goal was to understand the rationale behind certain choices for transparency and claims verification purposes, not to dictate or restrict clinical decisions.

3. Communication and Role Clarity

It was highlighted that any communication regarding claims decisions or financial explanations should be the responsibility of the financial planner, agent, or TPA representative, rather than the attending doctors. Clinicians are not in a position to address insurance-specific terms or reimbursement justifications, and such communication should be handled directly by the relevant administrative parties.

4. Addressing Future Disputes and Unethical Practices

The meeting also discussed the importance of establishing clear mechanisms to manage future disputes between hospitals, doctors, and TPAs. All parties agreed on the need to curb unethical practices and potential abuse, including instances where unnecessary procedures may be performed for financial gain. It was mutually agreed that errant hospitals or practitioners should be flagged through appropriate channels, enabling corrective or disciplinary measures where necessary. Direct communication, transparency, and trust among all stakeholders were identified as key elements in maintaining integrity and fairness within the system.

The meeting concluded on a positive note, with all parties agreeing to maintain open communication and foster collaborative relationships between clinicians, hospitals, TPAs, and insurers. The spirit of cooperation demonstrated during this discussion was acknowledged as a vital step toward building mutual understanding and safeguarding patient welfare. Ultimately, all participants reaffirmed that patients must remain at the centre of all decision-making, and that trust, professionalism, and transparency should guide every aspect of healthcare delivery and financing.

Dr Gunalan Palari
Chairman
MSA/CoA Fee Committee



Anaesthesia Assistants plays a vital role in successful team management

“Our duty goes beyond medicine and is fundamentally about trust...”

**DR NOR HIDAYAH ZAINOOL
ABIDIN**

Vascular Anaesthesia & Advanced
Haemodynamics Fellow
Hospital Kuala Lumpur



ANAESTHESIA IN HEALTH EMERGENCIES: LEADERSHIP AND STRENGTH IN FRAGILE MOMENTS

A glance through this topic reminds us of the critical, complex, and multifaceted responsibilities anaesthesiologists and the team have to fulfil every day, especially when responding to health emergencies across all settings. People often assume our work is simply “*putting patients to sleep.*” Yet in reality, anaesthesiologists are the guardian angels of the operating theatre and the ICU. We stand at the intersection of physiology and survival. Whether in operating theatres, ICUs, emergency departments, mass-casualty events, or humanitarian missions in low-resource settings, we carry the responsibility of supporting life at its most vulnerable state.

The essence of this year’s theme, Anaesthesiology in Health Emergencies, reflects something we already live every day: resilience in the face of surges, supply shortages, emotional fatigue, and the relentless uncertainty of acute care medicine. Our duty goes beyond medicine and is fundamentally about trust. When a patient lies unconscious on the table, their life rests in our hands. My responsibility is to ensure their safety, to ease their fear, and to protect them from pain. Anaesthesia demands precision, empathy, agility, quiet leadership, and a deep sense of humanity where the hand remains steady and the mind, sharp even when the heart races.

Nowhere is this more visible in vascular anaesthesia, of which almost all patients present with multiple comorbidities and poor physiological reserve. The field demands a sensitivity to haemodynamics that requires an instinctive feel for how a fragile cardiovascular system will react to each phase of surgery; each clamp, each sudden shift in blood loss, each moment of hypotension. Because once the patient’s physiological parameters begin to fall into the “*triad of death*”- hypothermia, acidosis, and coagulopathy, the risk of pulseless electrical activity (PEA) or asystole on the table increases dramatically,

leading to an outcome that can be devastating for the entire managing team.

Hospital Kuala Lumpur (HKL) is Malaysia's national referral centre for complex vascular and endovascular surgery, including complex vascular emergencies in Malaysia. It serves as a major tertiary training hub under the Ministry of Health, offering comprehensive exposure to advanced vascular procedures. It provides advanced clinical exposure in vascular anaesthesia and haemodynamic management for complex vascular surgical cases, making it the primary centre for vascular surgery & anaesthesia subspecialty training in Malaysia.

Malaysia has taken one step ahead to be at par with the world by adopting structured training in vascular anaesthesia. Vascular anaesthetists with regular sessional commitment to major arterial surgery develop expertise in preoperative cardiovascular risk assessment, have specific knowledge of the principles underlying the main index vascular procedures, advanced haemodynamic monitoring, and maintain regular continuous education in the field of vascular anaesthesia. HKL receives cases not only from the Klang Valley but also from northern and southern regions of the country. Haemodynamic instability is inevitable, especially in blunt traumatic thoracic aortic injuries requiring thoracic endovascular aortic repair (TEVAR), ruptured emergency AAA, severe contralateral carotid artery stenosis for CEA, and during the management of cases such as a ruptured iliac artery after angioplasty. Giving anaesthesia to such a patient is like pushing their body to sprint under the surgical stress of anaesthetic drugs. The longer the patient undergoes surgery, the higher the organ stress with a high load oxygen demand despite limited oxygen delivery, and the production of stress chemicals, which worsens the organs' vulnerability.

A classic example is when you're giving general anaesthesia to a patient with very poor cardiac reserve, where at any moment the physiology can fall off a cliff. It doesn't feel heroic, as it feels like sitting on a roller coaster that you cannot get off. But unlike a roller coaster, when it drops, you don't get to scream or release your anxiety.

There is no space for panic, no room for hesitation. You absorb the entire adrenaline surge while keeping your expression neutral, your hands steady, and your voice calm. You hold all the nausea, tension, and unspoken fear inside your own body, because the room depends on your composure. Everyone else is watching you to know whether they should be worried. So, you absorb the uncertainty quietly, and you manage the physiology minute by minute, breath by breath. This is the part of anaesthesia that is not well described inside medical textbooks, about the silent psychological load of holding a collapsing patient steady while staying calm enough to think clearly.

High-risk patients going for non-cardiac surgery is slowly becoming the rhythm of my daily practice. The kind of cases where physiology walks on a tight rope, and every small decision determines the next hour of a patient's survival. My cases remind me again why major vascular work is both terrifying and worth sharing, and maybe that's why I keep coming back. Managing high-risk patients for anaesthesia is going to be my bread and butter, especially major vascular cases. In these situations,



TEVAR in Blunt Thoracic Injury

I learn the most about physiology, teamwork, and teach myself about resilience and quiet courage.

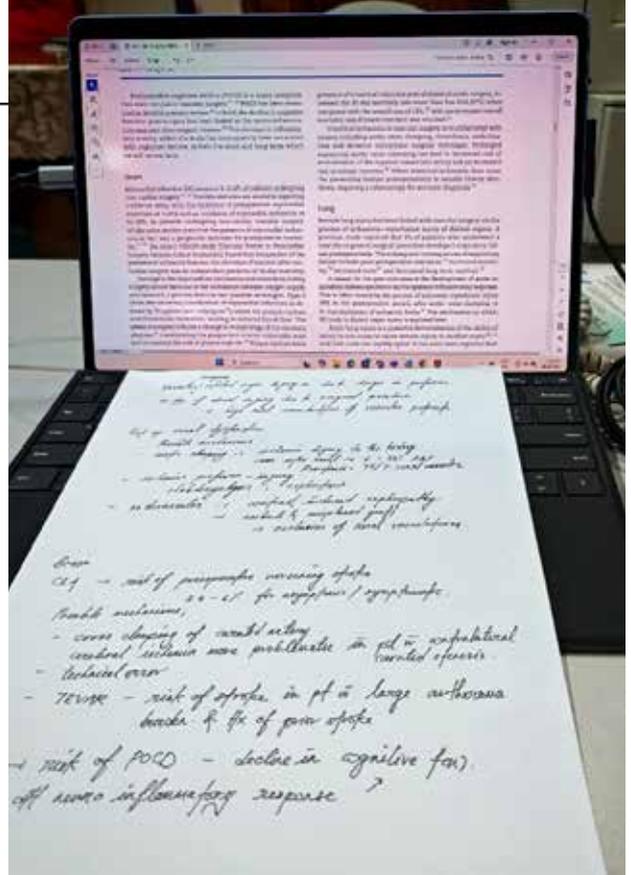
When an anaesthesia crisis unfolds, the challenge is rarely the physiology alone; it is our own human limits. Human factors determine whether we rise with clarity or crumble under pressure. Under stress, even the most experienced anaesthetist can suffer tunnel vision, fixation error, or cognitive overload. We may keep doing the same step repeatedly because our brain latches onto the first solution it finds. We may overlook a simple alarm because the OT is noisy, or we are juggling too many tasks at once. Fatigue after on-calls, high risk and long lists of cases, blunts our ability to process information.

That's the part I admire most about good OT teamwork of how quickly the room transforms from quiet to coordinated chaos, and yet somehow every one of the managing doctors and staff finds rhythm in the urgency. They help prevent miscommunication, fatigue, and that frozen hesitation that often happens in real emergencies. Every member of the team must know where things are and how to act swiftly when seconds count. Thus, avoiding task fixation and loss of situational awareness in every crisis and emergency.

Beyond calculated risks, coordinated anaesthesia care enables timely surgical intervention and ultimately improves patient outcomes. As a national referral centre, the value of cohesive teamwork and leadership between the surgical team and anaesthesiology & critical care becomes even more pronounced, especially during catastrophic vascular emergencies. Moments like this remind me that vascular anaesthesia and advanced haemodynamics in Malaysia are more than a role. They require mastery, vigilance, and depth.

One of those marathon cases that you know will stretch for hours, with teams coming and going as shifts change. Honestly, without the whole team's support, anaesthesiologists would have collapsed due to burnout and decision-making fatigue from sustained vigilance in prolonged, multi-team procedures for half of the day during on-call shifts. Any wrong step could tip the patient back into malignant arrhythmias and asystole. With this awareness, anaesthesia managing teams not only perform more effectively during crises but also cultivate an environment where learning, trust, and patient safety and staff wellness are embedded into daily practice.

As much as we discuss managing high-risk cases in anaesthesia & critical care, it is equally important to remember how learning itself unfolds. This is what I wish all of us to carry as we grow. The clinical lessons, the human lessons, the painful lessons, and the ones that feel like climbing a mountain.



Continuous study to maintain knowledge and updates

“I realised first, the importance of developing the habit of learning in general. One should never stop learning. It doesn’t matter what you’re learning; it keeps the brain working. And finally, the importance of learning to love, which in my view, can be summed up as discovering that freely giving is an act of creation, whereas freely taking impoverishes the one who takes. To those who find this statement paradoxical, I suggest considering the proposition that happiness is a good example of something being created out of nothing. The proof is that it costs nothing to give when we are able to feel the needs of others as if they were our own. And to those who find neither of those propositions self-evident, nor worse, nonsensical, I would suggest the proof in the pudding is in the eating. So give it a chance.” - Prof Archie Brain

One day, all these pieces become part of who you are as an anaesthesiologist managing patients in OT and Critical Care. Along the way, we endure, and we become the pink diamond without being broken by the inconveniences. We do not let tiredness and energy drain consume the soul. We hold tight to the shared values and hopes. The difficulties persist, yet our composure is solemn to perfection. Hope that goes around comes around, when we do good, good energy will continue and surround us.

Quoting the probably 'last lecture' by Prof Archie Brain in the recent WAMM in Florence 2025, words that deserve to be read in full, not summarised, he said, “I realised first, the importance of developing the habit of learning in general. One should never stop learning. It doesn’t matter what you’re learning; it keeps the brain working. And finally, the importance of learning to love, which in my view, can be summed up as discovering that freely giving is an act of creation, whereas freely taking impoverishes the one who takes. To those who find this statement paradoxical, I suggest considering the proposition that happiness is a good example of something being created out of nothing. The proof is that it costs nothing to give when we are able to feel the needs of others as if they were our own. And to those who find neither of those propositions self-evident, nor worse, nonsensical, I would suggest the proof in the pudding

is in the eating. So give it a chance”. His words resonate deeply with our work, where giving often comes in the form of vigilance, time, empathy, and the willingness to stand steady when a patient's life hangs in the balance.

A structured approach to emergency and crisis management remains essential across all settings, from daily emergencies in the OT and ICU, to anaesthesia provision in non-operating room environments, and even to frontline or low-income countries. This includes supporting international efforts in underdeveloped regions and war-affected areas such as Gaza, Sudan, and Rwanda, where the demands on anaesthesia and critical care are even greater.

We believe that with continued dedication and collaboration, Hospital Kuala Lumpur has the potential to grow into a regional centre of excellence in Vascular Anaesthesia & Advanced Haemodynamic Monitoring, providing advanced training and contributing to the development of vascular care across the region. In conclusion, while discomfort may prevail when an anaesthetist enters the realms of major high-risk surgery with high-comorbid patients, we should have confidence that the skills and training common to all anaesthetists will enable us to cope with the most demanding of situations.

HERO ON THE HIGHWAY: an Anaesthesiologist's Emergency Rescue

DR SHAHRIDAN MOHD FATHIL
Consultant Anaesthesiologist
Gleneagles Hospital Johor



Off-duty doctor's decisive action with fellow-physician-cyclists led to a successful resuscitation during the LEKAS Night Ride 2023. What began as an ordinary cycling excursion along the LEKAS highway would soon turn into an unforgettable struggle for life and death. Amid this high-speed journey, an anaesthesiologist—Dr Shahridan Fadhil, more accustomed to the measured calm of the operating theatre—became the hero of the highway, as quick thinking and unyielding determination transformed a moment of terror into a triumph of medical skill and human spirit.

On the 21st of October 2023, amidst 6000 participants, the air buzzed with anticipation as dozens of cyclists sliced through the breeze, their wheels humming in harmony. Among them rode Dr Shah, as he is fondly known, an anaesthesiologist whose love for cycling matched only his dedication to saving lives. Suddenly, the rhythmic cadence was shattered—a cyclist at the front of the pack veered, faltered, and tumbled to the unforgiving tarmac.

Time seemed to splinter. Shouts of alarm pierced the stillness as riders braked and skidded to a frantic halt. In those precious seconds, panic threatened to take hold. The fallen cyclist was utterly motionless—no pulse, no breath, the spectre of tragedy looming heavy over the group.

With every second ticking away, Dr Shah's medical instincts sharpened. He surged through the crowd, knelt beside his stricken companion, and quickly scanned for signs of life. The scene was tense—his heart thundering

in his chest as he barked instructions for someone to call emergency services. All eyes were on him, hope hanging by a thread.

Recognising a cardiac arrest, he joined the CPR efforts with relentless precision—his hands compressing the chest, his breath sharing vital oxygen. Sweat beaded on his brow as he fought against the odds, the world shrinking to the space between heartbeats. "Come back," he urged inwardly, "fight." The group stood in breathless silence, the only sound the steady cadence of his compressions, a rhythm defying despair. Soon, a fellow physician-cyclist participating in the event, Dr Farihan, aided him in the resuscitation. Upon arrival of the ambulance, they were handed an Automated External Defibrillator (AED) and initiated shocks.

Then, against the grip of uncertainty, a miracle: the patient's chest heaved, a gasp wrenched from the depths. Colour began to return to the cyclist's face as consciousness flickered back like a lantern in the dark. Relief swept across the crowd, tears shining in the eyes of friends who had prepared for the worst.

With calm vigilance, Dr Shahridan guided the cyclist into the recovery position, offering steady reassurance and refusing to leave his side until the ambulance reached Hospital Tuanku Ja'afar, Seremban. Yet the ordeal intensified when the patient's heart faltered again on the way, demanding urgent reinitiation of CPR. The situation grew even more dire as the AED malfunctioned and the ambulance ride became a race against time. Against these odds, the patient arrived at the emergency department and regained a pulse. Dr Shahridan's swift expertise carved out precious moments, transforming what could have been a tragedy into a story of survival. Subsequently, the patient was transferred to Hospital Universiti Kebangsaan Malaysia (HUKM) for an emergency percutaneous coronary intervention (PCI). Today, though he faces rehabilitation, he is alive and working - testament to resilience and timely intervention.

This real-life account powerfully illustrates how an anaesthesiologist's expertise can become a lifeline far beyond the hospital walls. Dr Shahridan's actions sparked a surge of determination among cyclists and the wider community: to equip themselves, to practice, to stand ready. When fate intervenes, readiness can tip the scales from despair to hope. This is a story of courage in the face of fear, of life reclaimed at the edge—a tribute to the unwavering spirit and skill of the anaesthesiologist in crisis.

Images sourced - PR Newswire Dec 29, 2023 and Dr Shahridan's Facebook page

THE MERCY AND MALAYSIAN TECHNICAL COOPERATION PROGRAM (MTCP): An Anaesthesia Educational Initiative in Afghanistan

DR NOR HIDAYAH ZAINOOL ABIDIN

Hospital Kuala Lumpur

DR AHMAD AFIFI ARSHAD

Hospital Sultanah Bahiyah



The Malaysian Technical Cooperation Program (MTCP), which is a collaborative effort between the Malaysian Ministry of Foreign Affairs (MOFA) and the Afghan government, has made significant strides in advancing medical and healthcare education in Afghanistan, with funding provided through close cooperation from MERCY Malaysia. This initiative acknowledges that anaesthesia is often an under-resourced and overlooked area of healthcare, making international partnerships crucial for providing access to technology and expertise to enhance patient care and safety worldwide.

Months of planning went into identifying the specific needs of the Malalai Maternity & Child Hospital (MMH) in Kabul, Afghanistan. This preparation was especially crucial given that Afghanistan is a country with a Level 4 safety advisory, signifying significant risks like armed conflict, unrest, and/or a lack of basic infrastructure. This mission also served as a follow-up to last year's MTCP anaesthesia education deployment. After several virtual meetings to finalise the plans, the anaesthesia team was deployed alongside a dedicated obstetrics and gynaecology (O&G) team, Dr Maisarah, Dr Hazirah, and Sister Azlinda.



Anaesthesia and O&G team under MERCY Malaysia

Upon arrival in Kabul, the educational sessions began with a lecture on anaesthesia, focusing on the use of syringe infusion pumps, the pharmacokinetics of Target Controlled Infusion (TCI) propofol, its indications, complications, and the safety of Total Intravenous Anaesthesia (TIVA)/TCI pumps. The team faced a significant language barrier, as the local staff spoke Dari and Pashto, while most participants did not understand English. Despite this, the training on the new pumps continued for a full day, with extensive discussions on their usage, maintenance, and drug choices.

The second day's sessions included a refresher on supraglottic airway devices (SGADs) and the introduction of videolaryngoscopes. SGADs, such as the laryngeal mask airway (LMA), are considered a fundamental technique for securing an airway, especially in cases of failed intubation. The inventor of the LMA should have received a Nobel Prize for creating such an excellent device to cover the laryngopharynx and prevent aspiration, while also providing oxygenation.

A live demonstration was held in the operating room (OR) for a general anaesthesia case using a second-generation LMA and TIVA with propofol. This offered an opportunity to understand the MMH team's limitations and how they overcame challenges. The team noticed significant equipment limitations. The anaesthesia machine had a considerable leak, so we couldn't set a flow below 7L/min. Additionally, there was no bacterial filter available. The GA machine lacked air for fresh gas flow; it only provided oxygen, which came from a cylinder manifold, and N₂O. The operating theatre had two air conditioners without a laminar airflow system and was a positive-pressure room.

The drugs for induction were intravenous (IV) pentazocine, IV diazepam and IV propofol, together with IV atropine for premedication to prevent bradycardia. The trainers demonstrated TIVA using a modified IV tubing, following the Bristol protocol by administering 10-8-6-4 mg/kg/hr in manual infusion mode. We then showed them how to use the LMA safely during the surgery. Due to the unavailability of infusion tubing, we modified the IV tubing for the TCI infusion. During the procedure, the oxygen supply was interrupted, requiring the team to use an Ambu bag until another cylinder could be manually switched on.



GA machine with Halothane Vaporiser



Modified infusion tubing for TCI Propofol infusion



Teaching session

The MMH anaesthesia team was eager to learn about epidural techniques and the epidural labour service. On the third day, the first session focused on an introduction to epidural techniques for anaesthesia and analgesia. A comprehensive discussion ensued on the intricate anatomy of the neuraxis, the indications and requirements of epidural techniques, the safe conduct of the procedure, possible complications, and approaches to managing them.

The session was adjourned to facilitate a practical session in the operating theatre for TCI Propofol General Anaesthesia and intubation using a portable videolaryngoscope. The first TCI Propofol session was an eye-opener for the MMH team, as it introduced a completely new method for accurate dosing of anaesthesia by targeting plasma or effect site concentration. The didactic teaching on optimal pain relief with a titratable dose of morphine and multimodal analgesia was also conducted in the OR. We also provided pre-test MSQ questions and a discussion about the previous topics covered that week. The pre-test focused on airway assessment and TCI Propofol, as well as obstetric airway management and epidural anaesthesia.

The fourth day started with a pretest on airway assessment and TCI propofol. This was followed by a discussion on the maternal DAS airway algorithm, which was related to the first pretest conducted earlier. Afterwards, the trainers revisited the topic of labour epidurals in greater depth and with a better understanding, allowing the MMH team to actively participate. In the afternoon, another practical session in the OR took place to improve the performance and practice of TCI Propofol with LMA for laparoscopic diagnosis of primary infertility. We managed the case with TCI propofol and secured the airway using a second-generation SGAD. Despite the language barrier, frequent discussions of the anaesthesia technique and body language cues assisted us in delivering the knowledge and teachings.



The Malalai Hospital Anaesthesia doctors



The Malaysian team with Malalai Anaesthesia Doctors and Equipment

“To extend my hand of service to one and all, to the rich and to the poor, to friend and foe alike, regardless of race, religion or colour;

To maintain the dignity of health care, and to honour the teachers, students, and members of my profession;

To strive in the pursuit of knowledge in Thy name for the benefit of humanity, and to uphold human honour and dignity.”

The MMH team demonstrated increased confidence in managing anaesthesia through the adoption of a new technique, with the enhancement of the facility's capabilities with advanced equipment that also promotes sustainability. Progress in airway management and anaesthesia delivery was observed daily. Following six days of lectures and practical sessions in the operating theatre, supplemented by multiple-choice assessments, we were pleased to observe the achievement of the MMH anaesthesia team. The educational week was formally concluded with a photography session featuring the MMH anaesthesia team, during which a token of appreciation was presented to Dr Torolay, the Head of the Anaesthesia Department at MMH.

The purpose of attending this meeting for MTCP was to address the needs of their healthcare system, inform them about new techniques and safety standards for anaesthesia and critical care. Despite the fatigue from teaching, responding to questions, and managing patients intraoperatively, the presence of energetic, motivated, and friendly team members keeps the days running smoothly. As anaesthesiologists, when we meet our colleagues from other low-resource countries, we immediately feel a strong desire to share our knowledge and experience to bridge the gaps in their healthcare. Over time, trust, bonds, and emotional support develop to help achieve the common goals and primary purpose of this educational project, with an emphasis on local ownership of the educational process.

We were grateful to have such dedicated Mercy staff, including Miss Nusrah, Mr Khalid, and Mr Qabil, for their local coordination and management, which ensured the programme's success. Despite some limitations and hiccups during the visit and programme, professionalism

was maintained, and safety was emphasised, resulting in fruitful teaching sessions that were designed to be adaptable and responsive to local needs.

We hope to continue offering our services with many more Malaysian anaesthesiologists, thereby extending our support to both the local and international communities, as we uphold our oath every time.

“To extend my hand of service to one and all, to the rich and to the poor, to friend and foe alike, regardless of race, religion or colour;

To maintain the dignity of health care, and to honour the teachers, students, and members of my profession;

To strive in the pursuit of knowledge in Thy name for the benefit of humanity, and to uphold human honour and dignity.”

Acknowledgement

We want to thank MERCY Malaysia for supporting us as volunteers during the recent MTCP in Afghanistan. We also wish to thank the MMH anaesthesia team, starting with the HOD, Dr Torolay, along with Dr Rahim, Dr Mira, Dr Zamil, Dr Wajeeha, Dr Siddiqa, Dr Shopikey, Dr Roy, Dr Nafeesa, Dr Kholeeda, Dr Jilany, and Dr Praveen, for sharing their knowledge on advanced anaesthesia techniques. We also learn from them how to be resilient and deliver the best care possible in a resource-limited hospital.

Further link <https://www.facebook.com/share/v/1BFHfc8Ezq/>

24TH ASEAN CONGRESS OF ANAESTHESIOLOGISTS (ACA) MANILA 2025

SHAPING THE FUTURE OF ANAESTHESIA IN PERIOPERATIVE CARE



ASSOCIATE PROFESSOR DR AZARINAH IZAHAM
 President-Elect
 Malaysian Society of Anaesthesiologists

The Malaysian Society of Anaesthesiologists (MSA) participated in the 24th ASEAN Congress of Anaesthesiologists (ACA) held in conjunction with the 57th Annual Convention and Post-Graduate Course of the Philippine Society of Anesthesiologists at the renowned Newport City, Metro Manila, Philippines.

Malaysian Delegation Leadership

The Malaysian delegation was headed by Dr Hasmizy Mohammad, the President of MSA, and Dato' Dr Yong Chow Yen, President of College of Anaesthesiologists, AMM. Under their leadership, there was strong presence of Malaysian anaesthesiologists as a whole at this biennial regional gathering convened by the ASEAN countries of ten.

A Historic Milestone: Malaysia to host ACA 2027

A momentous statement made at the congress was to announce that Malaysia has been selected to host the 25th ASEAN Congress of Anaesthesiologists in 2027 in Kuala Lumpur. In a symbolic event, the ACA flag was formally presented to the Malaysian delegation, signifying the ceremonial passing of the baton and transfer of hosting responsibilities. The Malaysian delegates displayed their preparation for the hosting of ACA 2027 through various strategic initiatives. A specially produced promotional video highlighting Malaysia's capabilities and vision for hosting the congress was presented to the participants which generated considerable excitement and anticipation from the delegates.





Additionally, MSA had a dedicated exhibition booth featuring information about Malaysia's anaesthesiology fraternity.

ASEAN Night: Celebrating Culture and Friendship

The ASEAN Night became one of the hallmarks of the Congress with the celebration symbolic of regional togetherness and culture. This special evening brought together anaesthesiologists from across Southeast Asia in an atmosphere of camaraderie and mutual respect. The event featured an array of cultural performances showcasing the rich heritage of ASEAN nations, complemented by traditional costumes and displays from member societies. These festivities provided delegates with valuable opportunities to forge lasting friendships beyond professional boundaries while celebrating their shared commitment to advancing anaesthesiology in the region. The ASEAN Night exemplified the congress theme: not only to bring out our minds' knowledge base but also to leave behind memories and bind the anaesthesiology community closer together.

Confederation of ASEAN Societies of Anaesthesiologists (CASA) Updates

Dr Hasmizy Mohammad, President of MSA, who also currently serves as the Chair of CASA, emphasised the prominent role of Malaysia in the regional anaesthesiology community. This dual role reflects the confidence and esteem that has been given to the Malaysian anaesthesiology leadership. In addition, the Congress was highlighted by the welcoming of Timor-Leste as a CASA new member nation. This expansion strengthens the Confederation's reach and reflects the growing anaesthesiology community across Southeast Asia. The addition of Timor-Leste as the newest member nation demonstrates CASA's commitment to inclusive regional collaboration.



Scientific Programme

The Congress featured a comprehensive scientific programme in the theme *“Shaping the Future of Anaesthesia in Perioperative Care”* with Malaysia well represented in the scientific faculty, namely Dr Hasmizy Mohammad, Dato’ Dr Yong Chow Yen, Professor Dr Ina Ismiarti Shariffuddin, Associate Professor Dr Azarinah Izaham, Associate Professor Dr Samuel Tsan Ern Hung, Dr Raveenthiran Rasiah, and Dr Shahrizan Mohd Fathil. The Malaysian team contributed through a variety of educational formats such as lectures, workshops, and problem-based learning sessions which highlighted the depth and versatility of our local experts.

The Lim SAY Wan Memorial Lecture was presented by Professor Dr Daniela Filipescu from Romania, representing the World Federation of Societies of Anaesthesiologists (WFSA), with the topic *“WHO Eco Resolution, Health Emergency and WFSA”*. Dr Susilo Chandra from Indonesia as part of the Quintin Gomez Memorial Lecture, spoke on *“Opioid-Free Anaesthesia: The Next Frontier in Anaesthesia Practice.”*

While Dr Syarifah Noor Nazihah Sayed Masri represented Malaysia in the prestigious Oral Research Competition, providing further evidence of the high calibre of anaesthesiology research conducted in our country and reinforcing MSA’s commitment to advancing evidence-based practice.

Conclusion

The Malaysian delegation’s participation in the 24th ASEAN Congress in Manila, Philippines was highly successful, marked by meaningful engagement, cultural exchange, and the historic responsibility of hosting the ASEAN Congress 2027. The ASEAN Night celebration reinforced the values of friendship and collaboration that define our regional anaesthesiology community.

As we look forward to ASEAN Congress 2027 in Malaysia, the MSA remains committed to upholding the highest standards of anaesthesiology practice, fostering regional cooperation, and ensuring that the next congress will be a memorable gathering that advances our collective mission of excellence in perioperative care.

25th ASEAN Congress of Anaesthesiologists
IN CONJUNCTION WITH THE
64TH MSA - CoA ANNUAL SCIENTIFIC CONGRESS 2027

My Anaesthesia 2027

MALAYSIAN SOCIETY OF ANAESTHESIOLOGISTS
 COLLEGE OF ANAESTHESIOLOGISTS, AMM
 CONFEDERATION OF ASEAN SOCIETIES OF ANAESTHESIOLOGISTS

Shangri-La Kuala Lumpur, Malaysia
6-8 August 2027

<https://www.msa.asm.org.my>

CLEAR 2025: PROMOTING CLEAN ANAESTHESIA & A GREENER FUTURE

**DR IZYAN NADHIRAH
BINTI AHMAD FA'IZAL**
Hospital Tunku Ampuan
Besar Tuanku Aishah
Rohani, UKM



DR HENG MAN HUAN
Hospital Tunku Ampuan
Besar Tuanku Aishah
Rohani, UKM

Kuala Lumpur, 2nd September 2025: The Department of Anaesthesiology and Intensive Care, Hospital Canselor Tuanku Muhriz (HCTM), in collaboration with Hospital Tunku Ampuan Besar Tuanku Aishah Rohani (TABTAR), proudly launched its annual recycling campaign.

Running from 2nd September to 23rd October 2025, this year's theme was "CLEAR: Clean Anaesthesia, Less Emission and Active Recycling."

Through waste reduction and the development of a sustainable and responsible working culture, this effort sought to raise environmental awareness among healthcare professionals.

Well-known for our department's dedication to the environment, recyclable items such as paper, plaster, aluminium, outdated medications and used toys were successfully collected. This demonstrates our steadfast dedication to environmental stewardship.



CLEAR 2025

Clean anaesthesia,
Less Emission,
Active Recycling

CME ROOM, ANAESTHESIOLOGY
DEPARTMENT, HCTM

Date: 2 September 2025

Time: 8am-9am

Stand a chance to be the
winners of the quiz contest !!



Clean Anaesthesia, Less Emission, Active Recycling

We kicked off the campaign with the opening ceremony on 2nd September 2025 officiated by Associate Professor Dr Muhammad Bin Maya, Head of the De-partment of Anaesthesiology and Intensive Care HCTM and Associate Professor Dr Rufinah Teo, who led the programme. In order to symbolise our development and dedication toward fostering a greener future for future generations, a symbolic plant-watering ceremony was held. An interactive recycling quiz with eco-friendly prizes was included to make the event interesting and memorable. It was an entertaining and educational experience in which our staff members participated enthusiastically. Ultimately, this promoted the value of recycling in routine hospital life.

During our month-long recycling mission, we donated the preloved toys to paediatric patients in Hospital TABTAR. Hats off to the generosity of our hospital community, we were able to gift children with toys that bring comfort and joy throughout their hospital stay. Each toy was well-cleaned and disinfected, so that it can be used safely and turn their frowns upside-down. This heartwarming project not only brightened the children's days, but it also exemplifies just how sustainable efforts can support real-life causes, proving once more that recycling is something that affects the environment, other people, and the next generation.

Results & Reflections: A Cleaner, Caring Future

We ended our campaign with a jaw-dropping collection of 1328.3 kilograms of re-cyclable materials. It was a remarkable feat showcasing the collective commitment of all the staff. Heartfelt congratulations to the top contributors in various recycling categories who have been instrumental in driving us to this achievement:

- Paper: ICU Team, represented by Puan Norazlina Binti Ishak
- Plastic: Puan Naelah Abdullah (Administrative staff)
- Battery: Dr Chai Jian Han (Anaesthesiologist)
- Glass: Puan Siti Hapidah A Hamid (Admin)
- Toys: Ng Yee Shean (Anaesthesiology MO)
- Medication: Muhammad Nur Aiman bin Ahmad Taufik (GA Nurse)

Together, we've shown that small steps can create a big impact!

The department made a statement of its dedication to caring for the people and the planet, when launching our CLEAR 2025 campaign. Since then, HCTM and TABTAR have been working in perfect tandem, uniting in the effort to cut back on waste and teach the community that the sum of individual actions can be far greater than their individual worth. This will add up to a cleaner, safer and more sustainable future.



Together, We Care For Life and the Environment

It serves as a reminder that sustainability and compassion go hand in hand, allowing us to conclude our campaign on a positive note. With each recycled item, tree planted, and toy donated, we are moving closer to a better, healthier future for our community, our patients, our children, and our world.

Small Hands, Mighty Hearts

Empowering Children through CPR Training



Children performing CPR on their teddy bears

Earlier this year, a photograph submitted by Assoc Prof Dr Azarinah Izaham from the Department of Anaesthesiology & Intensive Care, Hospital Canselor Tuanku Muhriz (HCTM), UKM won first prize in the World Federation of Societies of Anaesthesiologists (WFSA) CPR Save a Life Photographic Competition, earning a prestigious registration to the 19th World Congress of Anaesthesiologists (WCA2026) in Marrakech, Morocco.

This achievement represents more than just an award; it is a testament to our firm belief that children can be active participants in critical medical knowledge, breaking down age barriers and demonstrating that there are no age limits to learning life-saving skills.

Building on this belief, the Department of Anaesthesiology and Intensive, HCTM, UKM and Anaesthesiology Unit of Hospital Tunku Ampuan Besar Tuanku Aishah Rohani (TABTAR) recently conducted a CPR workshop for children aged 5 to 12 years old in Hospital TABTAR on Saturday, 27th September 2025. The children were guided by MA Mohamad Azwan Bin Asri, a certified American Heart Association (AHA) Basic Life Support (BLS) Instructor since 2015 and an Advanced Cardiac Life Support (ACLS) Instructor since 2022, alongside Dr Pravesh Arjan, Dr Nur Areena Binti Ahmad Zaidi, Dr Nadhrah Aqilah Binti Rohaizak, Dr Heng Man Huan, and Dr Koey Jing Hooi.

DR SITI HAZIQAH UMAIRAH
Hospital Tunku Ampuan Besar
Tuanku Aishah Rohani
Universiti Kebangsaan Malaysia,
Kuala Lumpur, Malaysia



“Teaching CPR also encourages each individual to be:

**Successful Learners
Confident Individuals
Effective Contributors
Responsible Citizens**”

The organisers powerfully highlighted the potential for early emergency medical training, instilling compassion in all age groups and reinforcing the belief that age is just a number when saving lives. Teaching CPR also encourages each individual to be:

- Successful Learners
- Confident Individuals
- Effective Contributors
- Responsible Citizens

The programme began with an animated story about a bear who suddenly fell ill after consuming a mysterious blue rambutan fruit and subsequently required immediate cardiopulmonary resuscitation (CPR) intervention. This was followed by a hands-on session with the children who performed CPR on teddy bears. The children were taught the proper way to perform chest compressions, a key step in maintaining blood flow to vital organs until return of spontaneous circulation, to the rhythm of the Baby Shark song. They were also shown the proper way to identify an individual who is choking and how to perform the Heimlich manoeuvre and effective back blows. The basic CPR training was not only useful for the children, but also informative for the mummies and daddies that accompanied their kids to the event.

The children were then encouraged to return home and spread the knowledge they had gained with their family and friends, using the pillows, cushions, or teddy bears given to them as participation gifts. Feedback has shown that they truly did just that, many of these young lifesavers went on to teach their own families. It was a heart-warming reminder that education knows no age, and that empowering children with life-saving skills can create ripples of impact far beyond the classroom, strengthening communities one family at a time.



MA Mohamad Azwan doing a CPR demonstration for the children



Children teaching their mothers how to do CPR on a mannequin



Empowering children through CPR training

BRIDGING THE GAP:

HCTM ANAESTHESIOLOGY AT MASTER SCAN 2025

PRECISION, POCUS & PANTUN:

Our Journey

For centuries, the keris has been a symbol of courage, protection, and readiness in the hands of a pahlawan Melayu. In modern medicine, the same spirit of vigilance and decisiveness of the keris takes the form of an ultrasound probe. The traditional way of practicing medicine, with meticulous history-taking, physical examination, and laboratory investigations, is often followed by a wait for confirmatory imaging. During this period, clinicians are left hypothesising the diagnosis.

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The HCTM UKM Anaesthesiology team (L-R: Dr Iskandar Khalid, Dr Alexander Tan Zhi Sheng, Dr Ng Phei Woon, Dr Nadhirah Abd Halim and Dr Shahridan bin Mohd Fathil) dressed in Istana attire.



Concentration is key as the team carefully looked for the radial and ulna nerves.

No longer a diagnostic tool exclusive to radiologists, the ultrasound probe has become an indispensable tool for a growing number of clinicians, much as we value the stethoscope. Point-of-care ultrasound (POCUS) embodies a paradigm shift, empowering clinicians to make prompt diagnoses not only at the bedside but also in the operating theatre and during peri-cardiac arrest, now increasingly incorporated into Advanced Cardiac Life Support (ACLS) guidelines. This allows clinicians to swiftly decide on life-saving management without delay in acquiring a diagnosis.

While POCUS has long been practiced within emergency medicine, it is a relatively new ballgame for anaesthesiologists, intensivists, nephrologists, and internal medicine physicians. It is within this united enthusiasm that The Society of Critical and Emergency Ultrasound (SUCCES) Malaysia was formed. Connected by a shared purpose, these clinicians dedicate hours, often over the weekends, to embedding POCUS skills among clinicians across Malaysia.

Remember the keris we talked about?

On the 10th of December 2025, the Dewan Kampo Pusat Belia Antarabangsa Cheras, Kuala Lumpur, came alive with the spirit of pahlawan Melayu for MASTER SCAN 2025: GELOMBANG DIRAJA, with



Dr Ng performing an eFAST scan for trauma.

21 groups of pahlawan fighting to win the Mahkota Citra Gemilang. Organised by SUCCES Malaysia and the Emergency Medicine Department of HCTM UKM, the event was officiated by Prof Dr Datin Norlinah Mohamed Ibrahim, Deputy Dean of Postgraduate Studies, Faculty of Medicine, UKM.

The stage was set with Istana decorations, creating an almost theatrical ambience. The opening gimmick and Semerah Padi's performance, with silat in the background, heightened the adrenaline of all

21 pahlawan groups. In that moment, we were not merely competitors, we were pahlawan of modern medicine, wielding ultrasound probes as our keris.

Rising to the challenge, our Department of Anaesthesiology and Intensive Care HCTM UKM formed a team of trainees, namely Dr Ng Phei Woon and the authors of this article, to compete alongside our Emergency Department counterparts. We were the first and only team to represent the Anaesthesiology and Intensive Care fraternity in the history of this competition. We named ourselves '*Pahlawan Echo Perioperatif*'.

The competition kicked off with a gruelling written quiz that tested theoretical knowledge. This was followed by a circuit of seven "*Ultrasound Battle*" stations, where the pahlawan were challenged to obtain the correct ultrasound images, formulate the right diagnosis, and propose the appropriate management, all under time pressure. Adding on to the pressure, the case presentations were interwoven with classical Malay, a language resembling Bahasa Istana Melayu. And so there we were, three anaesthesiology trainees; a Chinese boy from Johor, a Chinese girl from Seremban, and a Malay girl from Seremban, navigating not only clinical reasoning and ultrasound images, but also a complex, ancient language.

It does not end there.

We were given rest stations. But as a pahlawan, rest meant no rest at all. We had to showcase our

talents playing traditional games like batu Seremban and speak bulu ayam, compose creative pantun, and capture the moments with team selfies.

The rounds of challenges continued until the Final round between '*Balian Bunyi*' from the Emergency Department HCTM UKM and '*The Radiant Royals*' from the Emergency department, Hospital Sungai Buloh. '*Balian Bunyi*' eventually rose as the winner of Mahkota Citra Gemilang.

Although we did not come out as the competition's victors, the spirit of a real pahlawan lives within us. Throughout the challenge, we were reminded that the true essence of a pahlawan lies not in trophies or titles, but in resilience, adaptability, and the willingness to rise to unfamiliar challenges.

We walked away with sharpened clinical judgment, deeper appreciation for teamwork, and renewed respect for the power of POCUS as a modern extension of our practice. Most importantly, we carried with us the enduring spirit of a true pahlawan, one that continues to inspire us in our daily practice as anaesthesiology trainees.

Our participation would not have been possible without the unwavering support behind us. We would like to extend our heartfelt gratitude to Dr Shahridan Fathil, Dr Iskandar Khalid, and the entire Faculty of Anaesthesiology and Intensive Care at HCTM UKM. Your continued encouragement has led our team's spirit and allowed us to represent our fraternity with pride among our emergency department colleagues.



Our team, with '*Balian Bunyi*' from Emergency Department HCTM UKM, the winner of MASTER SCAN 2025.

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*Those who made it happen.
HCTM CVCare Workshop committee photo*

The 1st HCTM CVCare Workshop 2025: Together for Safer Vascular Access

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13th December 2025 marked the chosen date for the 1st HCTM CVCare Workshop, organised by and held in the Department of Anaesthesiology & Intensive Care, Hospital Canselor Tuanku Muhriz (HCTM) UKM. I had the privilege of serving as the Organising Chairperson for this inaugural workshop, which was made possible through a successful collaboration with Jabatan Perkhidmatan Kejururawatan (JPK), HCTM and the Aesculap Academy.

The workshop was conceptualised in response to the growing emphasis on patient safety, infection prevention, and standardisation of practice in central venous catheter (CVC) care. Guided by the theme *“Together for Safer Vascular Access,”* the workshop aimed to strengthen both theoretical knowledge and practical competency among doctors and nurses involved in CVC insertion, maintenance, as well as prevention and management of complications.

The full-day workshop was attended by 59 participants, comprising doctors and nurses from HCTM, with a programme carefully structured to balance didactic teaching and hands-on simulation-based learning, whilst ensuring relevance to daily clinical practice. The day began with a warm welcoming speech by Head of the Department of

Anaesthesiology & Intensive Care, HCTM, Assoc. Prof. Dr Muhammad Maaya, followed by a 20-minute pre-test to assess the participants' baseline knowledge related to CVCs.

Dr Izzuddin Azaharuddin laid the foundation with the first lecture of the day titled *“CVC 101: Essentials of Central Venous Catheters”* which was subsequently complemented by a session on the principles of Aseptic Non-Touch Technique (ANTT) delivered by Mr Lee Jenn Wang from B.Braun Sdn Bhd. After a short break for morning tea, I delivered a lecture and ultrasound demonstration titled *“From Image to Access: Mastering Ultrasound-Guided CVC Insertion”*. This was followed by lectures from Associate Professor Dr Cheah Saw Kian and JT Arnie Izayu Abu Bakar on the doctors' and nurses' perspective on the importance of CVC bundles. Dr Khazrul Nizar Abd Kader then delivered a lecture on *“Recognising & Managing CVC Complications”*, before Dr Shahridan Mohd Fathil shared his vast clinical experience while moderating a session titled *“Lessons from the Line: CVC Cases in Focus.”* Taken together, these sessions underscored the need for collaboration and collective accountability across disciplines to deliver CVC care safely through every stage of patient care.



Group photo at the start of the proceedings

After a much-needed lunch break, participants moved to the focused hands-on stations; the nursing track featured stations on preparation for CVC insertion, dressing changes, sampling and flushing protocols, maintenance of catheter patency, and troubleshooting common issues. The doctors were provided with hands-on training including preparation for CVC insertion, ultrasonography of common CVC access sites on a simulated patient and several stations where participants had the opportunity to hone their ultrasound-guided CVC insertion skill on a 3D-printed internal jugular vein CVC simulator from Longe Medikal. These practical stations were facilitated by the experienced faculty, which in addition to the aforementioned speakers included Dr Mohammad Nizam Mokhtar as well as Pn Elisibeth Moses, Pn Parimala Devi Munusamy, KJ Norazlina Ishak, KJ Aida Edwinawati Abd Rahman, JT Nik Shaheera Muhamad Yusoff, JT Nurul Hafiza Mohamad, and JT Nur Hafifah Mohd Mahayudin from JPK, HCTM.

Next came one of the day's highlights, the highly anticipated CVC Lightning Challenge, where three teams, each comprising five participants (three doctors and two nurses), competed in a timed event that required them to set up and prepare a CVC insertion tray, followed by ultrasound-guided CVC insertion on the simulator. To add to the complexity, and amusement of all in attendance, several team

members were blindfolded during the task. The session was met with fits of laughter from participants and faculty alike, creating a lively and memorable atmosphere, while all teams demonstrated exceptional teamwork, commitment, and infectious enthusiasm.

The workshop concluded with a post-test, a Q&A session and a prize-giving ceremony where the winners from the Lightning Challenge, and each doctor and nurse who received the highest combined test scores were recognised. Acknowledgements must also be given to Pn Haslinda Kamis from JPK, HCTM, who played a key role in our planning committee, Mr Loke from CommerMega Sdn Bhd for providing the USG machines, and our anaesthesiology trainees, Drs Kam Yih Chun, Emma Maamor, Ramona Jane Rasid, Wan Muhammad Akif, and Mohd Wafiq who were vital in ensuring the smooth running of the workshop.

One of the aspects of this workshop that I personally enjoyed was the high level of engagement shown by the participants throughout the workshop. The interactive nature of the case discussions, structured hands-on training and the Lightning Challenge, allowed for valuable collaboration between doctors and nurses, helping to reinforce the premise that the process of providing safe vascular access is more of a shared responsibility rather than a closed and separate task.



Assoc Prof Dr Cheah sharing the importance of a CVC bundle



Dr Shahridan demonstrating USG CVC insertion on our 3D printed phantom model



The winning team of the CVC lightning challenge in action

The multidisciplinary design of the programme allowed participants to better appreciate the contributions made by one another along the CVC care pathway, from insertion to maintenance and complication management. This alignment is particularly valuable in minimising risk of catheter-related bloodstream infections and mechanical complications, in addition to promoting a culture of safety within our practice.

Feedback at the workshop's conclusion was widely positive, with participants sharing that they valued the theoretical and practical focus of the sessions, especially the opportunity to revisit fundamental principles that are often assumed but not always consistently taught or practiced. Our productive collaboration with the Aesculap Academy also contributed to the educational content of the workshop, particularly in the promotion of structured skills development and standardised approaches to vascular access nursing care.

The success of the 1st inaugural HCTM CVCare Workshop has reinforced our belief that continuous education and structured simulation-based training are essential in sustaining high standards of patient care. As a department, we view this workshop not as a one-off event, but as the foundation for a series of future CVCare workshops, with the intention of expanding participation, incorporating advanced modules, and potentially opening the programme to a wider audience beyond HCTM.

In conclusion, the HCTM CVCare Workshop 2025 successfully met its objectives of enhancing knowledge, skills, and teamwork in central venous catheter care. Guided by the theme **"Together for Safer Vascular Access,"** the workshop marked an important first step in our ongoing commitment to improving patient safety through education, collaboration, and continuous quality improvement.

Incorporating Fibryga in the Management of Massive Post-partum Haemorrhage: Our Experience

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Introduction

Post-partum Haemorrhage (PPH) is one of the leading causes of maternal mortality in Malaysia. Effective resuscitation and bleeding control are critical components in managing PPH and rely on Massive Transfusion Protocol (MTP). Our current practice consists of packed cells, fresh frozen plasma, platelet and cryoprecipitate transfusion in a ratio of 4:4:4:4. Hypofibrinogenemia (plasma fibrinogen level <200mg/dL) is associated with increased severity and progression of PPH. Fibrinogen replenishment is achieved by cryoprecipitate or fibrinogen concentrate (Fibryga®) administration. We report our experience of incorporating fibrinogen concentrate in PPH management protocol in our hospital.

Case Series

This case series includes four parturients: 75% presented at preterm with risk factors of PPH (previous Caesarian section, prior PPH or placenta praevia major). Three patients were delivered by C-section, one patient was delivered vaginally. All patients developed severe PPH with median estimated blood loss of 5200 mL with hypovolemic shock. Hypofibrinogenemia was confirmed by Clauss fibrinogen assay and thromboelastography (TEG) results with median fibrinogen level of 166mg/dL. In addition with MTP, all patients received 2 grams of Fibryga® to increase plasma fibrinogen level above 200 mg/dL. Fibrinogen level after fibrinogen concentrate administration improved to a median level of 341.5 mg/dL. Two parturients need hysterectomy due to placenta accreta diagnosis. All the four patients were extubated within 24 hours and were discharged from ICU within 48 hours.

| | Case 1 | Case 2 | Case 3 | Case 4 |
|------------------------------|-------------------------------|--|--------------------|-----------------------|
| Diagnosis | Uterine Atony | Placenta Accreta | Placenta Accreta | Uterine Atony |
| Gestational age (weeks) | 39 | 26 | 27 | 34 |
| PPH risk factor | History of PPH, 1 previous CS | Placenta previa major anterior, grand multipara, 2 previous CS | Hyperplacentalosis | Placenta previa major |
| Mode of delivery | CS | CS | SVD | CS |
| Total EBL (mL) | 5400 | 5000 | 5500 | 3000 |
| Pre - fibrinogen (mg/dL) | 67 | - | 166 | 399 |
| Fibryga (gram) | 2 | 2 | 2 | 2 |
| Post - fibrinogen (mg/dL) | 335 | 348 | 382 | 445 |
| Post - op extubation (hours) | 8 | 10 | 24 | Post op |
| ICU stay (days) | 2 | 2 | 2 | No ICU admission |

** SVD- Spontaneous Vaginal Delivery, ** CS - Caesarean Section

Learning point

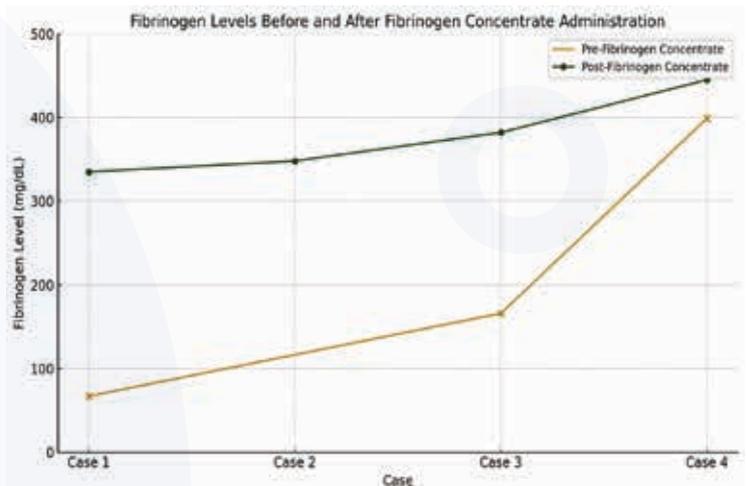
Cryoprecipitate is recognized to increase the fibrinogen level; however, fibrinogen concentrate has emerged as an alternative in the management of PPH.

Conclusion

Early diagnosis and correction of hypofibrinogenemia are keys in PPH management and contribute to a rapid correction of coagulopathy and favorable outcomes. Fibrinogen concentrate helped to increase plasma fibrinogen in addition to cryoprecipitate. Further studies are warranted to determine whether early administration of fibrinogen concentrate may reduce the need for blood product transfusion.

Conflict of interest

Fibryga® used in this case series is sponsored by Pharmaniaga.



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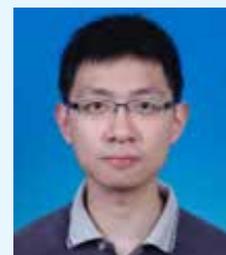
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DR TAN TECK WEI
HTAR Klang

ANAESTHESIOLOGY HTAR KLANG LEADS NATIONAL ANAESTHESIA DAY 2025 CELEBRATION



Hospital Tengku Ampuan Rahimah (HTAR), Klang, was proud to host the National Anaesthesia Day (NAD) 2025 celebration. Dr Nor Hafizah binti Mohd Yunus, Consultant Anaesthesiologist from HTAR, chaired the event. Dr Mohd Rohisham bin Zainal Abidin, Head of Anaesthesiology Services at the Ministry of Health Malaysia, served as the advisor. A series of activities was planned for this celebration, with preparations starting as early as 2025.

MASS INTUBATION

A Mass Intubation Simulation took place on 12 June 2025, involving 65 hospitals across the country. The goal was to raise public awareness of anaesthesiologists' roles in airway management and to showcase the unity and collaboration within the anaesthesiology community. Simultaneous mannequin intubations happened at all participating hospitals and were streamed live online. The event was monitored by the Malaysia Book of Records, which recognised it for having the "Most Anaesthesia Practitioners in a Simultaneous Intubation Simulation."

LIVE TALK ON TIKTOK

HTAR Klang hosted a live educational session on MyHealth KKM's TikTok platform on 16 July 2025. Titled "Bius: Menyingkap Dunia Sebenar Anestesia," the session featured Dr Mohd Syafiq bin Shokery and was moderated by Dr Sukhdev Singh, both anaesthesiologists from HTAR Klang. Topics covered included types of anaesthesia, the role of anaesthesiologists in operating theatres and intensive care units, patient safety during surgery, and common myths about anaesthesia. The National Anaesthesia 2025 theme was also promoted during this talk, which was well received by the public as it helped them better understand the role of anaesthesiologists beyond the operating room.

PAINTBALL TOURNAMENT

HTAR organised a Paintball Tournament on 6 September 2025 at Mudtrekker, Shah Alam. 13 teams from various hospitals participated, and Dr Haslinda, Head of Anaesthesiology, Selangor state, officiated the event.

The spirited slogan "Anaes Squad: Calm in Crisis, Brutal in Battle" perfectly exemplified the participants' teamwork, grit and the unity they bring to every medical emergency. The tournament concluded with Team Haluan Kiri (HTAR) winning 1st place, followed by Shah Alam Dragon (Hospital Shah Alam) in 2nd place and Macxout (HTAR) in 3rd place.



GOLF TOURNAMENT

A Golf Tournament took place on 16 September 2025 at the Sultan Abdul Aziz Shah Golf & Country Club, Selangor, using the Stableford scoring format. Forty-four participants took part, strengthening networking and friendship among anaesthesiologists from across Malaysia.

Winners:

Category 1 (MSA):

1. Dr Mohd Salleh A. Samad
2. Dr Mohd Rohisham bin Zainal Abidin
3. Dr Abdullah Sabri Ibrahim
4. Dr Marlizan Muhd Yusoff
5. Dr Azizol Mohamad

Category 2 (Guest):

1. Dr Wan Jen Lye
2. Dato' Dr Razman Jarmin
3. Mohd Fadil Dalal
4. Dr Malvinder Singh
5. Abdul Wafiq Nor Azam



DINNER RECEPTION

A dinner reception took place on 11 October 2025, the evening before the main celebration, at Botanic Resort Club. The dinner was attended by representatives from the Malaysian Society of Anaesthesiologists (MSA), the College of Anaesthesiologists (CoA), and the Academy of Medicine of Malaysia (AMM), as well as heads of anaesthesiology departments and university representatives. The gathering strengthened a greater cohesion within the anaesthesiology community.

NATIONAL ANAESTHESIA DAY MAIN CELEBRATION

The main celebration took place at KSL Esplanade Mall in Klang on 12 October 2025. The event commenced with a 5 km Fun Run at Canary Garden, KSL, with 370 runners participating. The day began with a Zumba session to warm up the crowd and concluded with a variety of engaging physical activities, making it a memorable occasion for all involved.

The official opening ceremony was held at KSL Esplanade Mall, attended by distinguished representatives from the Malaysian Society of Anaesthesiologists (MSA), the College of Anaesthesiologists, and anaesthesiology departments from both government and private hospitals. The event was officiated by the Director General of Health Malaysia, Datuk Dr Mahathar bin Abd Wahab, who symbolically launched the celebration by performing an intubation on a mannequin.

The ceremony included a montage video featuring highlights from National Anaesthesia Day activities held throughout the year, reflecting the enthusiasm and solidarity of anaesthesiology professionals across the country. Officials from the Malaysia Book of Records presented an award for the "Most Anaesthesia Practitioners in a Simultaneous Intubation Simulation," marking a proud milestone for the Malaysian anaesthesiology fraternity. During the event, the MSA announced the publication of its 2024/2025 Yearbook.

The highlight of the day was the announcement of the NAD 2025 Video Competition results:

- 1st Place: Hospital Sungai Buloh – *"Hello, Anaesth?"*
- 2nd Place: Hospital Tawau – *"TeamBiusTawau"*
- 3rd Place: Hospital Canselor Tuanku Mukhriz – *"Top Intravenous Awesomeness"*

Following the ceremony, guests visited a range of interactive booths set up at the centre court. Among the highlights were mock operating theatres and ICU displays, offering the public an insight into real-life anaesthesia settings. Other booths featured health screenings, dietetic counselling, rehabilitation services, organ and blood donation awareness, CPR demonstrations, pain management information, anaesthetic clinic exhibits, and souvenir stalls. Family and children-oriented activities such as colouring, face painting, and a bouncy castle also added to the lively atmosphere, engaging visitors of all ages.

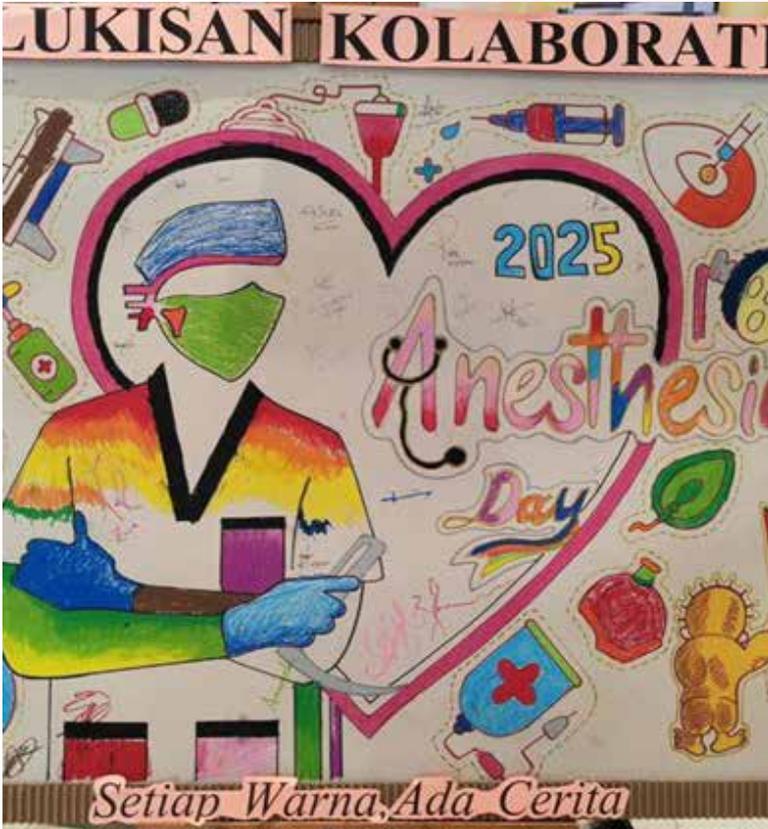
The booths remained open until the evening, effectively raising public awareness of the vital role of anaesthesiology in health emergencies and surgical care. The National Anaesthesia Day 2025 celebration was a resounding success, marked by strong participation from both the anaesthesiology community and the public. The Department of Anaesthesiology, HTAR Klang, extends its sincere appreciation to all organisers, participants, and contributors whose commitment and effort made this national event both memorable and meaningful.

02nd



story

MELAKA (JASIN)



Colouring contest and Collaborative Mural Arts



DR CHONG SHWEN NEE
Hospital Jasin

**NATIONAL ANAESTHESIA
CELEBRATION 2025
BY MELAKA STATE HOSPITAL
CLUSTER.**

BIJAK LAKSANA TUAH, BERANI LAKSANA JEBAT.

The Melaka State Hospital Cluster—made up of Hospital Melaka, Hospital Jasin, and Hospital Alor Gajah - is designed for collaboration between each centre to improve healthcare services across the state. With the goal of optimising specialist resources and making expert care more accessible, the cluster focuses not only on clinical operations but also on community-based educational activities.

In that spirit, the Department of Anaesthesiology and Intensive Care proudly organised the *'National Anaesthesia Day 2025 Celebration'* on 25th October 2025 at Mydin Hypermarket Jasin Bestari. The event centred around raising public understanding of anaesthesiology and the essential work anaesthesiologists do to keep patients safe - whether in the operating theatre, intensive care unit, or during medical emergencies.

The event offered more than just medical information. It became a day filled with fun, learning, and genuine interaction between healthcare professionals and the local community. The event was officially opened by Dr Ruzita binti Mustafa, the Director of the Melaka State Health Department, who applauded the hospitals' joint efforts in organising such a meaningful program for the public. In her welcoming speech, Dr Ruzita reminded everyone that anesthesia is one of the silent pillars of healthcare — vital, yet often underappreciated.



The opening ceremony with our esteemed guests of honor

Several key figures attended the ceremony, including Dr Azhar bin Mohd Sali (Deputy Director of the State Health Department), Dr Rabiatus binti Yasin (Director of Hospital Jasin), Dr Ahmad Helmi bin Hamdan (Director of Hospital Alor Gajah), Dr Lee Jun Yuan (Deputy Director of Hospital Melaka), Dr Anuwar Ariff B. Mohamed Omar (Head of Department Anaesthesiology & Intensive Care Hospital Melaka) and Dr Rohanida binti Marzuki (Director of Program National Anaesthesia Day 2025). Their presence underscored the strong teamwork and solidarity among all three hospitals under the Melaka Cluster Hospital Cluster.

The programme kicked off at 8:00 a.m. with a vibrant dance performance by a team of staff nurses from Hospital Jasin. Their cheerful energy quickly drew smiles from the crowd and set a positive tone for the rest of the day. Following

that, doctors and medical assistants from Hospital Melaka performed an entertaining sketch about anaesthesia in emergencies, which turned out to be one of the highlights of the morning. Through humor and storytelling, they successfully explained how anaesthesiologists play a crucial role in life-saving procedures.

Throughout the day, visitors explored a variety of interactive and educational booths, each designed to bring complex medical topics to life in a simple and engaging way. Among them were exhibits on:

- Anaesthesia Care Providers' Roles in the Operating Theatre and ICU
- Acute Pain Service and Chronic Pain Management
- Organ Donation Awareness
- Basic Life Support (BLS) Demonstrations



With the Basic Life Support team



Group photo with the VIPs and staffs of Melaka State Hospital Cluster

At the BLS booth, members of the public learned how to perform CPR correctly - a skill that could one day save a life. The hands-on experience left many feeling more confident about responding to emergencies.

For the younger crowd, the colouring contest and mural art session were big hits. Children had fun while picking up simple lessons about healthcare, teamwork, and compassion. Parents too, enjoyed watching their little ones learn and create art that celebrated health and healing.

The event was truly a collaborative effort. The Department of Traditional Chinese Medicine (TCM) from Hospital Jasin joined in to promote holistic wellness, offering free massage and acupuncture treatments that drew a steady line of curious visitors. Representatives from the Jasin District Health Office provided free medical check-ups and shared practical health tips on topics such as diabetes, hypertension, and nutrition.

Meanwhile, the Jasin District Dental Health Office offered free dental screenings and interactive activities to encourage good oral hygiene among both children and adults. In conjunction with Pink October, the Pink Ribbon Centre from Hospital Melaka joined forces with LPPKN (National Population and Family Development Board) to provide free breast examinations, mammogram services, and cervical cancer screenings. These services offered women an opportunity for early detection and underscored the importance of regular health screenings.

More than 300 visitors attended the event, filling the venue with laughter, conversation, and curiosity. It was heart-warming to see families, students, and senior citizens taking part in the activities and visiting the booths together.

Many members of the public expressed their appreciation for the programme. One local resident

shared how thankful she was that the hospital cluster chose Jasin for this year's celebration, saying it gave the community a chance to learn more about the world of anaesthesia. Others mentioned that they had never realised how much anaesthesiologists contribute to patient safety, especially in emergencies.

The event ended on a cheerful note, with visitors happily collecting door gifts and taking photos with the healthcare staff. The smiles on everyone's faces said it all - it had been a successful and meaningful day.

The success of National Anaesthesia Day 2025 was the result of excellent teamwork and commitment from every department involved. The organising committee worked tirelessly to plan, coordinate, and bring the event to life. Staff members contributed their time, creativity, and even personal resources, showing extraordinary dedication beyond their normal duties. The leadership of the three hospitals expressed sincere appreciation to all who played a part - from the performers and booth operators to the logistics team and volunteers. The event reflected the cluster's shared values: unity, compassion, and a collective desire to make healthcare more understandable and approachable for everyone.

In the end, National Anaesthesia Day 2025 was more than just an event - it was a celebration of collaboration, education, and community spirit. It opened the public's eyes to the essential work done by anaesthesiologists and strengthened the bond between hospitals and the people they serve. The Melaka State Hospital Cluster hopes to continue this momentum with more outreach programmes in the future, bringing health education and preventive care directly to the community. Judging by the success of this year's celebration, the cluster has set a wonderful example of how healthcare institutions can make a difference beyond hospital walls - one conversation, one smile, and one meaningful event at a time.

03rd

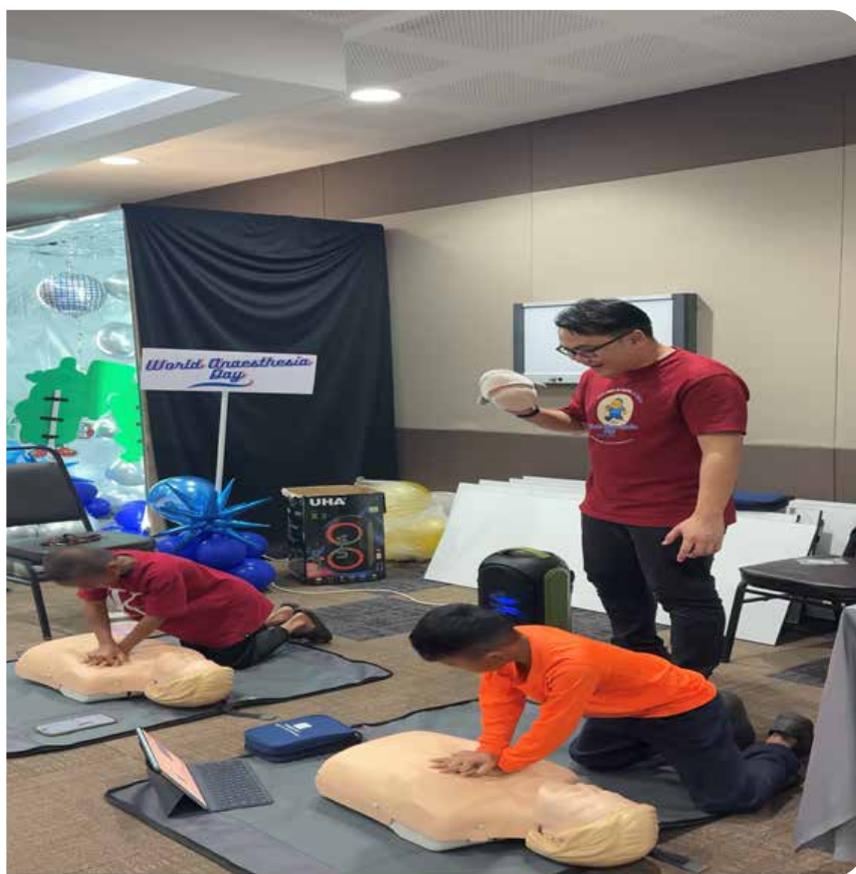
story

TAWAU

WAN KHAIRANI ATHIRAH BINTI
WAN KHAMIZAR
Hospital Tawau



Anaesthesia Day Celebration 2025 at Hospital Tawau



On October 16th, 1846, the first successful public demonstration of the use of diethyl ether for surgical anaesthesia was performed by Dr William TG Morton – an act that forever changed the course of medicine. Since then, the anaesthesia community has further evolved from just administering anaesthesia for surgical uses to playing a vital role in health emergencies and critical care.

This year, Hospital Tawau proudly joined hospitals nationwide in celebrating World Anaesthesia Day 2025, embracing the theme *“Anaesthesiology in Health Emergencies.”*

For Tawau, this theme could not be more fitting. Whether in the operating theatre, ICU, or emergency response, our anaesthesia team thrives when crisis mode is on—and somehow, stress is off.

HIGHLIGHTS OF THE CELEBRATION

From Court to Crisis: The Celebration Begins

The celebration started with the Anaesthesia Badminton Championship 2nd Edition, which was held at a local sports center on 27th to 28th September 2025. The event brought together players of all ages and skill levels for a day of spirited competition, teamwork, and fun.

Throughout the two-day event, the air buzzed with excitement and friendly banter. Rackets clashed, laughter echoed, and cheers filled the air as staff from every corner of the hospital swapped scrubs for sports gear. It wasn't just a tournament - it was a reminder that the same teamwork saving lives in the theatre thrives equally well on the court.

A Grand Opening with Heart

The officiating ceremony of the National Anaesthesia Day was held on October 8, 2025, which took place at Hospital Tawau's very own auditorium. The ceremony began with an inspiring address by the hospital's director, Dr Norlimah, and then followed by remarks from the Head of Department, Dr Koh Kian Chuan. A dramatic gimmick launch symbolised the moment anaesthesiologists "revived" the celebration into full swing - followed by vibrant performances from our own talented anaesthesia staff.

The event radiated joy and pride as we officially premiered our short film, "*Anaesthesiology in Health Emergencies*," which had been submitted for the National Anaesthesia Day Video Competition. The audience watched with awe as it felt like a mini-movie screening, '*Trauma Heroes Tawau Edition*'. The short film captured the heart of what we do best; staying calm and composed when crisis mode is turned on. Fast forward to October 12, excitement filled our department once again when the results were announced, and #teambiustawau proudly clinched 2nd place. The ceremony also celebrated the winners of the badminton tournament and coloring contest, which were joined by many hospital staff and their children.

Organ Donation: Turning Loss into Legacy

Immediately after the officiating ceremony, the 'Organ Donation Forum' took center stage, carrying the meaningful theme "*Warisku Hormati Ikrarku*". The forum was open to the public in light of the recent event where a local lady became an organ donor after brain death. This was the second successful organ donation in Tawau after the first one back in 2014, which was a large gap of 11 years. The forum's heartfelt discussions resonated deeply with both healthcare workers and the public. It was a moment to reflect – that even in the most tragic health emergencies, compassion, understanding, and readiness can turn grief into hope.

The Anaesthesia Adventure Exhibition

The heart of celebration came alive through a three-day exhibition that transformed the hospital into a learning playground under the theme "*Anaesthesia Adventure*". Visitors were guided through a patient's journey from anaesthesia clinic assessment to recovery – experiencing first-hand how the anaesthesia team operates behind the scenes. Educational booths were set up accordingly with supporting teams from nurses and medical assistants representing the various teams, starting from the Operating Theater, Intensive Care Unit, Advance Life Support, Pain Services and Organ Donation.

Simulations, games, and lucky draws kept visitors engaged, blending fun with knowledge. Nearly 400 visitors participated, voting the OT booth as the crowd favourite. The exhibition was wrapped up on a high note with an energetic



'Zumba session X Hari Sukan Negara' as its grand finale. The session brought participants together in a spirited atmosphere, filling the event venue with music, movement, and enthusiasm, which was the perfect way to end the event on a vibrant note.

Back to Basics Workshop: Ventilation 101

The final event, '*Back to Basics Workshop: Ventilation 101*', focused on polishing, strengthening, and improving the skills and knowledge among nurses, medical assistants, and medical officers. True to the year's theme, the workshop empowered district healthcare teams to manage respiratory crisis and haemodynamic instability in resource limited settings.

The workshop covered essential topics of non-invasive and invasive ventilation, ventilator troubleshooting, and the safe transport of ventilated patients – crucial knowledge not only for anaesthesia personnel but also for those working in district hospitals, emergency departments and other critical care units. In Sabah, where manpower can be very limited, it is crucial for every healthcare worker to know how to manage ventilation safely and correctly – because no matter the setting, patient safety remains our top priority.

Looking Ahead: Strengthening Emergency Preparedness

Hospital Tawau's celebration concluded with a reaffirmed commitment to continuous training and collaboration. The event inspired younger doctors and members of the public to consider anaesthesiology as a dynamic and impactful career path, especially in a world faced with new health challenges.

As Anaesthesia Day 2025 concluded, the message was clear, in times of crisis, anaesthesiologists are not just medical specialists – they are pillars of stability, hope and healing for the entire community.



DR NURUL IZZATI BINTI NORDIN
 Department of Anaesthesiology
 and Intensive Care
 Hospital Tuanku Jaafar Seremban,
 Negeri Sembilan, Malaysia

CELEBRATING NATIONAL ANAESTHESIA DAY 2025 AT HOSPITAL TUANKU JAAFAR SEREMBAN:

A Story of Resilience, Service, & Readiness in Health Emergencies



Once again, we welcomed National Anaesthesia DaD (NAD) 2025 to celebrate the valuable contributions of the anaesthesia team in the healthcare system. The celebration was an opportunity to honour our specialty's vital role in surgery, critical care, and emergency and crisis response.

The theme, *“Anaesthesiology in Health Emergencies,”* reflected anaesthesiologists' readiness to act decisively and compassionately during crises, especially within the hospital. The theme mirrored the profession's unfaltering dedication in responding to crises in order to ensure patients' safety, whether in the operating theatres or the intensive care unit.

At Hospital Tuanku Jaafar Seremban (HTJS), we celebrated NAD 2025 with engaging activities aiming to promote unity, physical well-being, and public awareness.

Hiking Bukit Batu Sawa, Jelebu: 16 August 2025

We kicked off the NAD 2025 celebration with a hiking trip at Bukit Batu Sawa, Jelebu, participated by the department's doctors, medical assistants, staff nurses

and allied health professionals. Despite the long 2-hour hike, all of them showed persistence and good team spirit. As we reached the peak, we were rewarded with a beautiful view and a sense of accomplishment.

Zumba at ILKKM Seremban: 28 September 2025

Collaborating with Institut Latihan Kementerian Kesihatan Malaysia (ILKKM) Seremban, the department organised an exciting Zumba session for the department staff. The session provided a good break from the typical stressful and demanding work environment, while encouraging positive interactions between members and promoting togetherness.

National Anaesthesia Day HTJS Fun Run and Health Carnival: Kompleks Belia dan Sukan Paroi, 25 October 2025

The main highlight of NAD 2025 was the Health Carnival held on 25 October 2025, which was attended by 240 participants, including HTJS staff, members of



the public, children, and Orang Kurang Upaya (OKU) participants. In addition to encouraging physical health and wellness, the event also served as a chance to engage with the public and promote awareness about the role of anaesthesiologists in emergencies, critical care, and life-saving interventions.

The health carnival boasted four interactive booths, each highlighting different areas of anaesthesiology and critical care services:

- **Operating Theatre (OT) & Intensive Care Unit (ICU) Booth:**

Visitors had hands-on learning through demonstrations of basic resuscitation and placement of endotracheal tubes and supraglottic airways. These interactive activities gave the public a rare glimpse of our daily work, which hugely involves airway management and resuscitation.

- **Acute Pain Service (APS) Booth:**

This booth demonstrated the department's role in managing severe pain by showing how Patient-Controlled Analgesia (PCA) and epidural analgesia systems work. The aim was to make these procedures less daunting to the public while raising awareness about safe and effective ways of pain relief during surgery and labour.

- **Organ Donation Awareness Booth:**

At this booth, visitors were educated on the importance of organ donation and the crucial role our department plays in organ preservation and transplantation. We also witnessed members of the public pledging to become organ donors following in-depth explanation from our dedicated team.

The carnival was honoured by the attendance of two distinguished guests: Hospital Tuanku Jaafar Director, Dato' Dr Zaleha binti Md Noor, and YB Exco Kesihatan Negeri Sembilan, YB Tengku Zamrah Tengku Sulaiman. Both praised the department's public education efforts and drive to improve community health awareness.

Gratitude and Reflections

The success of NAD 2025 at HTJS was made possible through the hardwork of the organising committee under the leadership of our Head of Department, Dr Saiful Aizar bin Kesut. Not to forget, all the volunteers and support staff involved in the careful planning, organisation and execution of the events throughout the celebration. All of them showed admirable teamwork and dedication, values we deeply appreciate both in and out of workplace setting.

Looking Ahead

This event served as a reminder of the value of ongoing education, teamwork, and compassion as well as the unwavering dedication of anaesthesiologists to maintaining safety and composure during emergencies.

The HTJS Anaesthesiology Department is looking forward to the upcoming National Anaesthesia Day celebration, as we continue to serve the community, educate the public, and maintain the highest standard of patients' care in anaesthesia and critical care.



DR SIA BAN TIONG
 Jabatan Anestesiologi &
 Unit Rawatan Rapi
 Hospital Kuala Lipis, Pahang
 Malaysia

DR LOW KAR YONG
 Jabatan Anestesiologi &
 Unit Rawatan Rapi
 Hospital Kuala Lipis, Pahang
 Malaysia

A NAESTHESIA in Health Emergencies



In conjunction with the World Anaesthesia Day, globally recognised on 16th October; the Department of Anaesthesiology & Critical Care of Hospital Kuala Lipis proudly collaborated with Institut Pendidikan Guru Tengku Ampuan Afzan (IPGTAA) Kuala Lipis for the National Anaesthesia Day 2025, held in Dewan Darul Makmur IPGTAA on 11th October 2025. This annual event was celebrated with the theme of Anaesthesia in Health Emergencies which emphasised the important role of anaesthesia in critical life-threatening conditions.

Our event began with a unique dance called “*Tarian Sewang*” by a group of Orang Asli who were also undergraduates of IPGTAA. This was followed by a performance with 24 festive drums on the stage. It was indeed a great pleasure to have multi-racial performances throughout our event, as we invited secondary school students to perform Malay and Chinese traditional dances. This collaboration comprised of staff from various departments of Hospital Kuala Lipis with lecturers of IPGTAA and secondary school teachers, who worked closely to orchestrate a dynamic series of events in an effort to strengthen and enrich knowledge of first aid, basic life support and a holistic approach to one’s wellbeing.

The event kicked off with a heart-pumping, extremely high-energy Zumba session led by our Occupational Therapist and team, tailored for the audience towards



revitalising and cultivating a balanced and healthier lifestyle. The opening ceremony commenced with a warm welcoming address by the Head of Anaesthesiology & Critical Care Department, Dr Syafawati; followed by the representative of IPGTAA, Dr Mohd Nazri, and the Deputy Director of Hospital Kuala Lipis, Dr Ahmad Zunawanis. Aligned with the theme of Anaesthesia Day 2025, we thoughtfully prepared a variety of booths well-equipped with informative and educational materials for the participants. Each booth was managed by allied health personnel who explained and demonstrated the importance of the displayed drugs and medical equipment typically used in emergency resuscitation.

The interaction was genuinely enhanced with the presence of anaesthesia professionals that helped in delivering better insight regarding the roles of anaesthesia in health emergencies. Booths which were shown throughout our event included:

1. Basic Life Support (BLS) Booth:

To educate visitors regarding the techniques and fundamentals of performing cardiopulmonary resuscitation (CPR) on a mannequin.

2. Airway Booth:

Displayed various types of airway equipment such as laryngeal mask airway, endotracheal tube and demonstrated the technique of oral intubation using direct laryngoscope.

3. General and Regional Anaesthesia Booth:

Explained induction drugs used for general anaesthesia and as well as featured anaesthetic equipment needed for induction. Images for various types of ultrasound-guided upper and lower limb blocks were also shown to visitors.

4. Intensive Care Unit (ICU) Resuscitation Booth:

Introduced the role of the ICU to accommodate critically ill patients which require sedation, inotropic and ventilation support as well as the significant roles of the intensivist and anaesthesiologist to treat the patient dynamically.

5. Infection Control and Personal Protective Equipment (PPE) Booth:

Focused on good hand hygiene and hand rub practices in order to minimise the risk of transmission of contagious disease or infections. Visitors had the chance to try on a set of full PPE attire commonly used during the COVID-19 pandemic.

6. Acute Pain Services (APS) Booth:

Introduced the concept of Pain as fifth vital sign and the WHO Analgesic Ladder in the management of acute and chronic pain.

7. Organ Donation Booth:

Aimed to increase awareness of organ donation among visitors by emphasising the significance of being an organ pledger and our role in managing organ donors in terms of harvesting suitable organs for a compatible recipient.

8. General Health Screening Booth:

Visitors had the opportunity to consult our dedicated doctors regarding their general health and well-being, and to receive personalised advice on maintaining a healthy lifestyle, particularly for individuals with multiple underlying comorbidities.

9. Dental Health Screening Booth:

Dental health examination was provided for visitors to ensure good oral hygiene and prevent risk of tooth decay, especially among children.

10. Blood Donation Booth:

Encouraged blood donation and highlighted the life-saving importance of blood products. We were particularly pleased by the enthusiastic participation of pre-university students who volunteered as blood donors.

11. Physiotherapy Booth:

Collaborated with KPJ Ampang to provide valuable education on physiotherapy and its importance for individuals with mobility limitations, including those recovering from injury or surgery, patients following prolonged hospitalisation, and bed-bound individuals.

The event featured interactive sessions between facilitators and audience at each booth, including games such as guessing the number of water-for-injection ampoules in a large transparent container and the number of endotracheal tubes (ETTs) hidden at each exhibition booth. Valuable prizes were awarded to participants who were able to come up with the closest guess of the number of the mentioned items. Furthermore, a lucky draw session added an element of excitement to the event as quite a number of participants were able to win amazing prizes throughout the event. As the program came to an end, organisers and participants alike left with warm smiles, reflecting the positive and rewarding experience of the event.

As a conclusion, the Anaesthesia Day 2025 of Hospital Kuala Lipis was not only a day of celebration, but also a day where we proudly presented to the public the essential tasks and services provided by the Department of Anaesthesiology and Critical Care. With that, we hope the event left a meaningful impact to the society; while reminding each and every one of us that we work as a team and can unite together as a community. Looking forward to the positive changes that would come along as this event brings us a step forward in anaesthesiology in health emergencies.





DR DEREK CHEAH LEE HEAN
 Department of Anaesthesiology & Intensive Care
 Hospital Pulau Pinang



DR TAN KAI MING
 Department of Anaesthesiology & Intensive Care
 Hospital Pulau Pinang



NATIONAL ANAESTHESIA DAY 2025 CELEBRATION HOSPITAL PULAU PINANG: ANAESTHESIOLOGY IN HEALTHCARE EMERGENCIES

First photo of the day! Everyone was excited with the event and showed up way earlier than expected thus the closed main entrance gate in the photo!

The Department of Anaesthesiology & Intensive Care of Hospital Pulau Pinang celebrated National Anaesthesia Day 2025 on 11th October 2025, approximately a few days before the actual date of the event. This year’s celebration carried the national theme, **“Anaesthesiology in Health Emergencies,”** emphasising the vital role and teamwork of anaesthesiologists and allied personnel in critical and emergency care.

The event was officially opened by our esteemed Head of Department, Dato’ Dr Usha S Rajah, who expressed heartfelt appreciation for our team’s dedication and collaboration throughout the year. She highlighted the importance of the occasion, a day to recognise the invaluable contributions of all staff whose commitment to patient safety and comfort often takes place behind the scenes.

Detailed planning and immaculate preparations were made well ahead of the event including venue selection at Bertam Resort & Waterpark, Kepala Batas. We also decided to design our own T-shirts as a method of promotion of our event. Turquoise colour was selected as it symbolises calmness and peace which anaesthesiologists embody even in the most critical moments, ensuring steady hands and clear decisions.

After the opening speech and another lively group photo session, the day started off with a fun-filled Zumba on water session, blending fitness, music, and teamwork in perfect harmony. The activity lasted 20 minutes with all participants drenched in sweat but full of satisfaction.

Our event was attended by our department specialists, medical officers, nurses, medical assistants as well as their family members. The celebration began early in the morning as we gathered at the waterpark’s main entrance at 9.30 a.m. While waiting for opening of the waterpark, we had the opportunity to gather at the main entrance for a photoshoot. Everyone was excited with the event and showed up earlier than expected as seen in front of the closed main entrance gate in the photo attached!



Zumba on water session

Our event continued with the formation of five teams among the participants and the first activity was the Blindfold Water challenge, where participants had to pour water into a bottle while blindfolded in turns, at the same time guided only by their teammates voice. The simple yet hilarious games tested teamwork, coordination and trust.

Next up was the Ping Pong Balance challenge where participants raced with a spoon in their mouths balancing a ping pong ball and passing it to their teammates. It was a test of focus, coordination, and steady nerves. Participants were also dressed in batik clothes to symbolise our Malaysian culture.

We continued our event with another exciting and highly anticipated activity by all our participants. This event is also the main reason for us choosing to hold our celebration at this venue. The challenge known as the Mannequin Drowning Rescue Mission, required each team to race to rescue a “**drowning patient**” (a mannequin) from the water, transport the “patient” and perform a simulated life-saving procedure.

The purpose of this game is to mirror the essence of anaesthesiology in health emergencies, highlighting teamwork and lifesaving airway management skills. Everyone thoroughly enjoyed the game, cheering and laughing as teams raced to save their “**patients**” with great teamwork, creativity, and plenty of splashes!

After the fun filled games, we continued with the prize giving ceremony, where everyone received a gift including children of family members! This was followed by a closing speech from Dato’ Dr Usha S Rajah, who expressed her heartfelt gratitude to all staff who attended and the organisers who made the event a success. The event concluded with a delightful lunch and free activities at the waterpark.

All in all, the event was highly successful, and we thoroughly enjoyed the day. In addition to that, it strengthened relationships among colleagues, encouraged team spirit, and offered a well-deserved day of relaxation and joy. The event successfully achieved its objectives of fostering teamwork, promoting mental wellness, and celebrating the profession of anaesthesiology.

Therefore, until next year then, have a very Happy National Anaesthesia Day everyone!



Ping Pong Balance challenge in Batik symbolising our Malaysian culture and heritage!



Our beloved Head of Department, Dato’ Dr Usha, jumped into action rushing to rescue the drowning mannequin patient, much to everyone’s delight and applause!



DR AZRA BALQIS BASARUDDIN
Hospital Duchess of Kent,
Sandakan, Sabah

WAKE UP RUN in & SANDAKAN



For the past two years, the Department of Anaesthesiology at Hospital Duchess of Kent, Sandakan (HDOK) has celebrated National Anaesthesia Day by organising exhibitions about the history of anaesthesiology and our hospital’s services. This year, we wanted to do something bigger, so we organised a run.

Over the past four months, the department, led by Dr Fung Eng Ming (Head of Department and Dr Wee Siok Choon (Program Director), along with Kelab Kebajikan dan Rekreasi HDOK (KKRS), worked hard to make the run a success. With limited time, it was a real challenge, but every committee member contributed and did their part.

On the day of the event, committee members arrived at the hospital as early as 5 a.m. to set everything up. It rained heavily early that morning, but luckily, the rain stopped and left us with cool, fresh air, which was a relief. More than 300 registered participants joined the warm-up session led by our Physiotherapy Unit before the run began.

We made sure the runners’ safety was a top priority. We are very grateful to the local traffic police and the marshals, who included hospital staff and volunteers from the Relax Cycling Club, for helping everyone finish the run safely. After the opening ceremony, we held a lucky draw with more than 20 prizes. The grand prize was a foldable bicycle.

Congratulations to the lucky winner! We also set up an exhibition with displays like the operation theatre setup, Basic Life Support, Organ Donation, and an Airway Station, which participants were encouraged to visit during the event.

The event would not have been as successful without the support and commitment of the committee members. Special thanks to KKRS, who co-organised the run with the department. Their guidance and support helped us organise an event of this scale.

We are truly grateful to everyone who took part and supported the event in any way. The enthusiasm and teamwork from everyone made *“Wake Up and Run”* a memorable way to celebrate National Anaesthesia Day. We hope this is just the start of many more fun and meaningful events!





DR KONG LEE DING
Hospital Raja Permaisuri Bainun
Ipoh, Perak, Malaysia

HOSPITAL RAJA PERMAISURI BAINUN IPOH

National Anaesthesia DAY 2025



On 17th October, the Department of Anaesthesiology and Critical Care Hospital Raja Permaisuri Bainun (HRPB), Ipoh proudly celebrated World Anaesthesia Day 2025. This year, the department was honoured to host the Hospital 'Perhimpunan Bulanan' on 17th October in the morning. We grabbed this opportunity to celebrate World Anaesthesia Day on the same occasion. Planning began in September, with contributions from staff nurses, medical assistants, and departmental doctors.

The theme of this year's celebration, '*Anaesthesiology in Health Emergencies*', highlighted the essential role of anaesthesiologists in emergency and critical care settings. The event was held at the Auditorium Hall of the Ambulatory Care Centre (ACC) HRPB. More than 300 hospital staff attended the event. Goodie bags were distributed to all the participants and attendees. The event started with a choir presentation, led by the doctors, nurses, medical assistants and attendants of the department. The recitation of the National Pledge and Prayer followed.

The opening ceremony commenced with a welcoming address by the Head of Department, Datin Dr Hajah Najah Binti Tan Sri Haji Harussani. '*We are not just sleep doctors. Many people do not realise our role. Calmness in crisis, expertise in emergencies, and confidence given to patients and their families. That is the true soul of Anaesthesiology,*' she said. The event was then followed by a montage presentation, showcasing the department's service transformation and expansion over the years. We persevered even in the face of difficulty. Our guest, Dr Mustafa Syawal Bin Safian, Hospital Deputy Director I, highlighted in his address the importance of maintaining a balance between mental and emotional health among HRPB employees.

"We are not just sleep doctors. Many people do not realise our role. Calmness in crisis, expertise in emergencies, and confidence given to patients and their families. That is the true soul of Anaesthesiology..."



The highlight of the ceremony was the opening gimmicks. Dr Mustafa Syawal Bin Safian was invited to defibrillate a mannequin in ventricular fibrillation. At the same time, the critical care team resuscitated it back to sinus rhythm, thereby officiating the launch of the World Anaesthesia Day celebration. After the session for certificate and award presentations and the hospital's news announcement, the event concluded with a photo session.

In the morning on the same day, an exhibition booth was set up in the ACC foyer for a day. There were posters and video presentations to promote and create awareness of anaesthesiology services among the public and other healthcare departments. We addressed questions and provided information and explanations to the public regarding anaesthesia and critical care.

Meanwhile, the sisters and staff nurses had organised an appreciation lunch for all members of the department in our department corridor. Doctors, nurses, medical assistants, and attendants from all Operating Theatres, the Critical Care Unit, the Respiratory and Hemodynamic Unit, and the Clinic were invited. The department appreciated and valued the team's great effort. We hoped to foster a stronger relationship and better collaboration going forward.

As the celebration came to an end, all the team workers left with smiles on their faces. We hoped the World Anaesthesia Day was not just a celebration but also a reminder of everyone's essential role in successful teamwork. Thank you to everyone who participated and contributed to this celebration.



**SITI MURSYDAH BINTI MUSTAIN
NUR SYAIRAH BINTI ISHAK,**
Hospital Banting
Selangor, Malaysia

NATIONAL ANAESTHESIA DAY 2025 CELEBRATION

Every year on 16th October, we celebrate World Anesthesia Day to remember the first successful public demonstration of surgical anesthesia performed by Dr William T G Morton at Massachusetts General Hospital in Boston, USA where he used ether to anaesthetise a patient during surgery.

In conjunction with World Anaesthesia Day Celebration this year, our Department of Anaesthesiology and Critical Care Hospital Banting has organised several activities to re-educate the public and demystify the essential roles of anaesthesia professionals that often operate “behind the scenes”. The event was held on 14th October 2025 located at the main lobby of Administration office in Hospital Banting.

The event, led by Dr Nur Syairah, was open to public and healthcare workers of Hospital Banting. The event started with a welcoming speech by head of Anaesthesiology and Critical Care Department Dr Harshini A/P Jagatheesen, and followed by inauguration speech by Deputy Hospital Director Dr Hartini Mohamed Ridzuan.

This year National Anaesthesia Day theme “Anaesthesia in Health Emergency” was chosen as anaesthesia plays a critical role in health emergencies, often being a life-saving component of emergency and trauma care. Anaesthesiologists and anesthesia providers are essential not only in the operating room but also in the intensive care unit (ICU), emergency department and disaster response team.

Various booths were set up around the main lobby of Hospital Banting , providing information regarding Basic Anesthesia, Acute Pain Service, Organ donation booth and OT simulation area to give a glimpse on what we do on our daily basis to the public.

BASIC ANAESTHESIA BOOTH

Basic anesthesia awareness main objectives is to educate the public on types of anesthesia such as general, local and regional anaesthesia and also to address common fears or myths regarding anaesthesia. In the booth, we also

HOSPITAL BANTING



offered interactive hands-on for the visitor to hold our airway devices and equipment such as laryngoscope, various types of ETTs, LMAs, needle for spinal anaesthesia.

ACUTE PAIN SERVICE (APS) BOOTH

On the other hand APS team managed to attract many visitors as they were explaining APS services provided by our anesthesia team. As we know excellent pain management is an essential part of anaesthesia and perioperative care and is often under-recognised by the public. We promote safe and effective pain control such as epidural in labour, how it works and demonstrates how it was given. Not to forget our Patient Controlled Analgesia machine that was usually used to manage acute pain after operation or trauma.

ORGAN DONATION BOOTH

The organ donation booth was there to raise awareness about the importance of organ donation and encourage the public to register as organ donors . We managed to convince members of the public to pledge as an organ donor through the interactive booth.



OT SIMULATION BOOTH

Last but not least our OT simulation booth demonstrated how we give general anesthesia in operation theater and the visitors also had the opportunity to view and try on simulated equipment such as intubation on a mannequin using video laryngoscope, holding mask and toggling a general anesthesia machine.

Visitors who are able to complete all booths will be given some token of appreciation from our committee members. The event saw a significant turnout and remarkable public engagement.

A heartfelt thank you to all committee members and visitors whose contributions helped make this event a success. The teamwork displayed was truly inspiring and as we move forward, let's continue to spread awareness about the essential role of anaesthesia to ensure patient safety and wellbeing.





DR FAIRUZ NASIHA SOLAHUDIN
Hospital Al-Sultan Abdullah, UiTM

Nature Meets Nerve

On 25 October 2025, the Anaesthesiology Department of Hospital Al-Sultan Abdullah (HASA), UiTM, celebrated National Anaesthesia Day at the scenic Denai Cadamba Hill, Puncak Alam. The event brought colleagues together outside the monotony of the clinical setting to honour our shared dedication and cultivate team spirit as a department.

A Fresh Start

Team members assembled at 7:30 am to set up campsites and enjoyed a potluck breakfast. The opening ceremony, officiated by Head of Department, Dr Isqandar, welcomed 70 participants. We were delighted to have the Physical and Health Education Team, led by Dr Zaharul Azwan, facilitate the day's activities. The aim was to foster collaboration, build trust, and strengthen the professional relationships beyond the workplace.

Hiking Challenge

The day's main activity, a 1.5 km hike, began with warm-up exercises led by Dr Vimal. The trail was steeper and more challenging than expected and put to test the participants' stamina. Despite that, everyone encouraged one another and persevered to reach the peak. The rewarding view from the summit provided the perfect backdrop for group photos and light-hearted games.





Thrilling Activities

At the campsite, participants enjoyed a variety of activities, including a flying fox, abseiling, and kayaking. The children had their own games as well, and all participants received tokens of appreciation for their enthusiasm.

Highlights and Gratitude

Special thanks were extended to the team members who prepared the sumptuous barbecue and to those who provided us with the spacious and comfortable tents. The closing ceremony at noon included lunch, gifts for the trainers, and reflections on the event's fruitfulness.

The celebration was a resounding success, achieving its goal of enhancing stronger bonds and a unity among our team members.



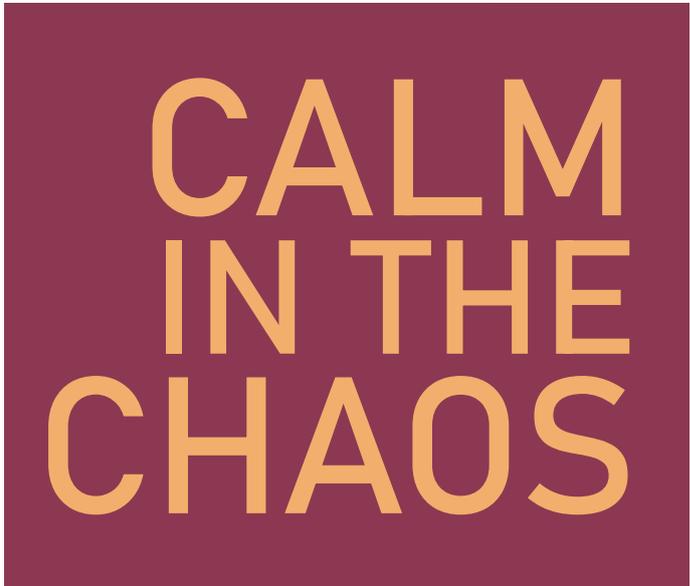


SEBERANG JAYA

Hospital Seberang Jaya celebrated the National Anaesthesia Day on 23rd October 2025 at the multistorey building of the hospital. The chosen theme, *'Anaesthesia in Health Emergencies'* was beautifully reflected in the elegant maroon-and-cream colour scheme. The main objectives of the event were to educate the public on anaesthesia, highlighting the department's roles in the Intensive Care Unit (ICU) and Operating Theatre, and showcase essential services such as the Acute Pain Service (APS).

The day began with a lively aerobic session led by Matron Marziana, emphasising the importance of physical fitness among healthcare workers. This was followed by the arrival of the Hospital Director, Dr Shameni a/p Sunasundram, accompanied by Dr Rusnah binti Abdul Rahman, the Head of the Department of Anaesthesiology and Intensive Care. The event was officially launched after an encouraging welcome address by the hospital director.

DR SITI SARAH BINTI NORDIN
Hospital Al-Sultan Abdullah, UiTM



Guests were then treated to a graceful Gamelan performance by SMK Bertam Indah students, which received a warm applause from the audience. One of the most exciting highlights of the day was the *'Amazing Race'* competition, organised by the Organ Donation Team. Participants included medical officers from various departments, and they were divided into four groups. They were challenged to complete multiple tasks at different checkpoints within the allotted time.

Several interactive booths were also set up, including:

- Medical Check-up Booth
- Acute Pain Service Booth
- Organ Donation Booth
- Games Booth
- Basic Life Support Booth
- General Anaesthesia Booth



These booths attracted large crowds, with visitors enthusiastically participating in activities and winning prizes. The most important take away was gaining new knowledge. The Organ Donation Booth succeeded in encouraging members of the public to become new pledgers. In addition, Bank Rakyat sponsored coffee for the event while utilising the opportunity to educate the public on financial management.

The event concluded with the much-anticipated prize giving ceremony. The Organ Donation Booth was awarded the best booth, while the medical team

emerged victorious in the Amazing Race event. Twenty delighted attendees also walked away with attractive lucky draw prizes.

Though the celebration was modest, the memories created will surely last a lifetime. Despite everyone's busy schedules, the teamwork and dedication shown by all team members ensured that the event ran smoothly. The celebration set a meaningful stage to reflect on the most critical moments in anaesthesiology and the need for the team to remain calm, composed, and focused on the goal that is, the patient's safety and well-being.





NATIONAL ANAESTHESIA DAY CELEBRATION IN HOSPITAL SULTANAH BAHIYAH



**DR PUTERI NADIA BINTI
KAMARUZAMAN**
Anaesthesiologist, Department of
Anaesthesiology and Intensive Care
Hospital Sultanah Bahiyah



DR KHOO KAR YONG VINCENT
Medical Officer, Department of
Anaesthesiology and Intensive Care
Hospital Sultanah Bahiyah

On 25 October 2025, the Department of Anaesthesiology and Intensive Care of Hospital Sultanah Bahiyah proudly celebrated National Anaesthesia Day. The event highlighted the vital role of anaesthesiologists in patient care, raised awareness about the field while advocating safe and accessible anaesthesia for all.

Through interactive activities and collaborative discussions, attendees were encouraged to adopt proactive health practices and understand the importance of emergency preparedness, comprehensive training, and global support for anaesthesia services during crises. This year's celebration centred on the theme '*Anaesthesia in Health Emergencies*', serving as a timely reminder of the ongoing efforts needed to ensure equitable access to safe anaesthesia worldwide.



The grand event began with an opening address by Dr Yeoh Lee Choo, Head of the Department of Anaesthesiology and ICU. It was officially inaugurated and launched by Dr Nor Raziah Binti Sabtu, Vice Director of Hospital Sultanah Bahiyah, Alor Setar.

The day featured a wide range of engaging activities designed to inform and connect with participants. Highlights included a crucial talk on the role of anaesthesia in emergency and critical situations by Dr Ahmad Afifi Bin Mohd Arshad, followed by an interactive session that encouraged a lively participation.

A demonstration of cardiopulmonary resuscitation (CPR) by Persatuan Resuscitansi Kedah allowed attendees to learn essential techniques and even practice hands-on under guidance. Quizzes were designed using the Kahoot platform and reinforced learning in a fun and engaging way. Several educational booths showcased different aspects of anaesthesia and its subspecialties,

as well as the supporting units including the Operating Theatre, Paediatric Anaesthesia, Pharmacy Department, Obstetrics Anaesthesia, Blood Bank Unit, Infection Control, Unit Perolehan Organ Hospital (UPOH), Acute Pain Service (APS) Unit, and the Intensive Care Unit (ICU). Visitors also enjoyed games, a lucky draw, and a blood donation drive. The event attracted a diverse audience of hospital staff, family members, and local community residents, with over 100 participants taking part in the day's activities.

In conclusion, the National Anaesthesia Day celebration was not only a platform for raising awareness but also an opportunity to strengthen community ties and promote health education. Through a combination of talks, interactive activities, and hands-on demonstrations, participants gained a deeper understanding of the anaesthesiology department's vital role in critical and emergency care, leaving with a renewed commitment to health, safety, and wellness.





DR AISHVEEN KAUR SANGHA
Hospital Miri

Beneath the Bornean Sky

Celebrating National Anaesthesia Day in Miri

Ventilators, CPR dummies, lucky draws and an upbeat Zumba session under the Bornean sky, and you have Hospital Miri style of National Anaesthesia Day. Two days of laughter, learning and the dynamic energy revealed the human aspect of anaesthesia. Hospital Miri gave me an answer to the question of what anaesthesiologists do when they are not at the operating theatre or the ICU. Our team transformed the normally quiet Block B Lobby into a vibrant carnival of knowledge on the National Anaesthesia day (17th and 18th October 2025).

The lobby was buzzing early in the morning with a combination of hyped up staff, interested visitors and some postcall medical officers not letting go of their coffee cups. The lobby was lined with booths, each a miniature world of discovery: CPR training with loud *“compress harder!”* encouragements, ICU ventilators beeping, organ donation booths with promises of hope, and even anaesthetic machines on display so the people could have a feel of them.

However, the best part was on day two, when rather than a clinical talk, we started off with a Zumba led by our ever energetic colleague. Imagine a group of doctors, nurses and MAs dancing together, laughing and losing beats but totally possessing it. It was that beautiful chaos of joy that is somehow the teamwork, as well as rhythm.





Visitors had the opportunity to make stops at over 30 interactive booths, although most people made a visit to do selfies at the photobooth. The specialty of the event was not the activities, but the atmosphere. It was no ceremony, no rank, but only a large family together enjoying what we love in our work. Most of the visitors claimed to have never known the full range of anaesthesia, between intensive care and pain control to resuscitation and safety promotion. Some of them even said by the end of the day, I did not imagine anaesthetists did that much! A minor triumph in the media consciousness.

Naturally, it would have been impossible without months of behind the scenes planning. The logistics team took care of the banners, sound systems, the tech team got the music and mics on and our sponsors and colleagues contributed goodie bags and an other generous helping hand. The spirit lingered even after the event was over, that combination of teamwork and pride, and a hint of Bornean charisma that makes health care community at Miri so unique.

Even the last word of our Head of Department at the end of the term was *'Anaesthesia is not only about putting people to sleep, it is about keeping them safe, comfortable, alive.'* NAD 2025 helped us to remember that despite our work being behind the scenes, it is in every corner of patient care. As we emptied out the last CPR mannequin, and swept out the booths, we had the sense of fulfilment that in showing other people the world we lived in, we had also remembered what made us want to show it to them in the first place.

"Anaesthesia is not only about putting people to sleep, it is about keeping them safe, comfortable, alive."





DR HAU JETT LIN
Hospital Cyberjaya

ANAESTHESIA DAY CELEBRATION AT HOSPITAL CYBERJAYA: Honouring Anaesthesiologists in Health Emergencies



On 16 October 2025, Hospital Cyberjaya pulsed with energy and curiosity as the Department of Anaesthesiology and Critical Care marked Anaesthesia Day 2025. This year's theme, *'Anaesthesiology in Health Emergencies'* held in conjunction with World Anaesthesia Day, highlighted the often unseen yet indispensable role that anaesthesiologists play in ensuring patient safety in the operating theatre and in every critical moment within the hospital.

The celebration began with mass CPR sessions at the hospital courtyard, drawing 50 participants that included hospital staff and members of the public. The activity underscored the vital importance of equipping the community with basic life-saving skills and fostering preparedness for medical emergencies.

The programme continued with a series of interactive exhibitions featuring an operating-room simulation showcasing various modes of anaesthesia and essential monitoring equipment, a critical care scenario, acute pain service displays, basic life support demonstrations, a lively children's corner, and the ever-popular Free & Flea Market. Held at Hospital Cyberjaya's lobby, these activities created an engaging, educational, and vibrant atmosphere for visitors of all ages.

At the Specialist Clinics, hospital staff and visitors gathered for expert talks and simulation sessions covering a range of insightful topics, including *“More Than Just Sleep – The Story Behind Anaesthesia,”* *“From Crying to Calm: Anaesthesia for the Little Ones,”* *“One Life Lost, a Thousand Chances Gained,”* and *“Smart Ways to Manage Pain.”* These sessions offered the public a rare glimpse into the science, vigilance, and teamwork that underpin modern anaesthetic practice.

Beyond the exhibitions and educational engagements, the event stood as a powerful reminder of the pivotal role anaesthesiologists play throughout the continuum of patient care. Whether managing life-threatening emergencies, ensuring comfort and safety during surgery, or providing essential pain management services, anaesthesiologists remain steadfast at the forefront of critical decision-making long before their contributions are seen or recognised.





FIONA CHU MY
Hospital Sungai Buloh

National Anaesthesia Day 2025 Celebration

Hello, Anaest

by Hospital Sungai Buloh



16th October is a key date in the anaesthesiology calendar. National Anaesthesia Day 2025 was successfully celebrated on 16th October at the Main Lobby of Hospital Sungai Buloh. Themed "*Anaesthesiology in Health Emergencies*," this year's event highlighted the critical and often underappreciated role of anaesthesiologists in managing emergency healthcare situations, from trauma to pandemics.

In conjunction with our National Anaesthesia Day on 16th October, our department organised a series of engaging and educational activities at hospital level, aimed at raising public awareness and encouraging staff participation. Among the highlights were a public quiz designed to educate visitors on the role and importance of anaesthesia in modern healthcare, a '*Pantun*' competition that encouraged creative expression among staff while promoting the role of anaesthesia in health emergencies, and an exciting treasure hunt that enhanced knowledge of anaesthesia-related

equipment in a fun, interactive way. These events successfully generated momentum leading up to the celebration.

The main event on 16th October 2025 started at 8 am and ended around 4 pm, with most of the participants dressed in the theme colours of turquoise and yellow chosen for the event. We had our very own official celebration T-shirt this year. The event was attended by Dr Jasmeet Singh, Director of Hospital Sungai Buloh, along with staff from the Department of Anaesthesiology & Intensive Care and other supporting departments. Approximately 250 people, including healthcare professionals, support staff, and members of the public, participated. The opening ceremony was officiated by Dr Jasmeet Singh, featuring the display of the award-winning video by the '*Hello, Anaesth*' team. The Department of Anaesthesiology & Intensive Care was delighted to win first prize in the 2025 video competition organised by the Malaysian Society of Anaesthesiologists (MSA).

The highlight of the opening ceremony was the unveiling of the 'emergency' box displaying vital emergency equipment used by anaesthetists during health crises, such as facemasks, bag valve masks, endotracheal tubes, oxygen tubing, and more, presented by our guests of honour.

We organised educational events featuring 10 interactive booths, each designed to showcase the diverse roles and progress within the field of anaesthesiology. The booths included realistic setups of operating theatres (OT) and intensive care units (ICU), allowing visitors to understand the critical environments managed by anaesthesia teams.

Highlights also included information on regional anaesthesia techniques, acute pain service (APS) management, and a Basic Life Support (BLS) course, offering practical learning experiences for the public. Additionally, attendees were introduced to new medical equipment through live demonstrations, while various games and photo booths created a fun and engaging atmosphere for the day.



To promote a healthy lifestyle and increase visitors' physical activity levels, we collaborated with the physiotherapy unit of our hospital and organised a 45-minute Zumba exercise session.

In conclusion, National Anaesthesia Day 2025 at Hospital Sungai Buloh was a triumph, successfully raising awareness about the vital contributions of anaesthesiology in health emergencies. This event would not have been a success without the unwavering support and collaborative efforts of multiple teams, including all event committee members, OT team, ICU team, Advanced Life Support (ALS) team, APS and regional team, nurses, medical assistants (MA), technical support from the Quality Unit, Radicare, and the Public Relations unit.

Their dedication, teamwork, and active involvement were crucial in ensuring the smooth execution and meaningful impact of the day's activities.

We conclude this report by sharing the winning 'Pantun,' beautifully crafted by our hospital staff.

*Mekarnya teratai dipandang indah,
Subur melata di tepi perigi,
Bertanggungjawab semasa dan
selepas bedah,
Itulah hero kami Jabatan
Anestesiologi.*

*Rakyat bersatu mengikut rukun,
Budaya indah penuh tradisi,
Awat jika saturasi anda menurun,
Mereka bersedia untuk intubasi.*





DR MUHAMMAD HAZIQ BIN ABDUL

Hospital Enche' Besar Hajjah Khalsom, Kluang, Johor

NATIONAL ANAESTHESIA DAY 2025

Hospital Enche' Besar Hajjah Khalsom

Kluang, Johor

A health emergency underscores the importance of preparedness, rapid response, and teamwork in saving lives during critical situations. It can occur unexpectedly due to accidents and natural disasters, which demand coordinated action across all levels of the healthcare system.

The National Anaesthesia Day 2025 was celebrated to honour the vital contribution of anaesthesiologists in modern healthcare, with this year's theme "*Anaesthesia in Health Emergencies*". The theme highlights the essential role of anaesthesia services not only in the operating theatre but also in critical situations such as trauma, resuscitation, pandemics, and mass casualty incidents.

Hence, the Department of Anaesthesiology & Critical Care at Hospital Enche' Besar Hajjah Khalsom (HEBHK) celebrated World Anaesthesia Day on 16th October 25, aiming to raise public awareness and appreciation of the vital role played by anaesthesia professionals who tirelessly work behind the scenes, ensuring patient safety and making significant contributions to life-saving care.

This event was held in the lobby of Hospital Enche' Besar Hajjah Khalsom, Kluang, to facilitate easy access and encourage greater public participation, allowing visitors, patients, and staff to conveniently join and engage with the activities.

The event began with welcoming remarks by Dr Wan Siti Sarah binti Wan Kairuddin, Head of the Department of Anaesthesiology and Critical Care, followed by an officiating speech from Dr Sharath Chandran A/L Shubhas Chandran, Director of Hospital Enche Besar Hajjah Khalsom.

The event was then officially opened by the Hospital Director, who marked the occasion with a demonstration of cardiopulmonary resuscitation (CPR) on a mannequin. This demonstration highlighted the theme of health emergency preparedness and underscored the importance of early, effective CPR in saving lives during critical moments, demonstrating how prompt action by both healthcare providers and the public can significantly improve survival outcomes in emergencies.

Informative booths were set up covering various topics such as airway management, cardiopulmonary resuscitation (CPR), and anaesthesia equipment. Light activities and games were conducted to maintain a fun and engaging atmosphere for the public. A virtual reality (VR) booth was also featured, offering visitors an immersive experience themed "*As if You're the Anaesthetist*," where participants could experience the process of inducing a patient for general anaesthesia.



Dr Wan Siti Sarah binti Wan Kairuddin, Head of Anaesthesiology and Critical Care Department, presented a souvenir to the Dr Sharath Chandran A/L Shubhas Chandran, Director of Hospital Enche Besar Hajjah Khalsom symbolising gratitude for officiating the event and for the support towards the department's activities and initiatives.



Dr Sharath Chandran A/L Shubhas Chandran, Director of Hospital Enche Besar Hajjah Khalsom trying out the virtual reality (VR) booth which offered an immersive experience of being an anaesthetist performing the induction of a patient for general anaesthesia.

The Department of Anaesthesiology & Critical Care at Hospital Enche' Besar Hajjah Khalsom (HEBHK) also participated in several events held in conjunction with National Anaesthesia Day 2025 to promote collaboration, creativity, and professional unity among anaesthesia teams across Malaysia. One of the activities was a video competition involving the anaesthesia department showcasing educational interpretations of this year's theme. A bowling competition was also organised to strengthen teamwork and foster closer relationships among staff members.

The highlight of the celebration was a live nationwide mass intubation event, involving 65 hospitals across Malaysia, which successfully attained recognition in the

Malaysia Book of Records. This historic achievement reflected the dedication, coordination, and expertise of anaesthesia professionals nationwide, marking a proud milestone in conjunction with the National Anaesthesia Day celebrations.

The National Anaesthesia Day 2025 was successfully held, involving hundreds of participants including healthcare staff, medical and nursing students and members of the public. The event served as an important platform to educate the public, promote awareness, and acknowledge the dedication of anaesthesiology professionals in safeguarding patient care during emergencies.



Snapshot from the department's video submission for the National Anaesthesia Day 2025 celebration. The video received an overwhelming response on social media, achieving over 12,000 views and 414 likes reflecting strong public engagement and widespread interest in promoting awareness of anaesthesia and its vital role in healthcare.



Dr Lim Seng Fatt, anaesthesiologist served as the Event Director for the National Anaesthesia Day 2025 presented a souvenir to the representative of Primed Medical Sdn Bhd as a token of appreciation for the company's participation and contribution through their exhibition booth during the event



Visitors were actively engaged at the CPR and airway management booths, where they had the opportunity to learn and practise essential life-saving skills under the guidance of anaesthesia staff.



Group photo of anaesthesia team with the Hospital Director and his deputies marking the success of the National Anaesthesia Day 2025 celebration.



A demonstration performing intubation during the live nationwide mass intubation event involving 65 hospital across Malaysia, which achieved recognition in the Malaysia Book of Records.



Anaesthesia department staff group photo during the bowling competition. The event fostered teamwork and a spirit of togetherness among staff members.



NUR NAJMI BINTI ABDUL HALIM
Anaesthesiologist
Hospital Tuanku Fauziah

TRIUMPH OVER ADVERSITY:

A Reflection on 2025 Perlis National Anaesthesia Day Celebration



AMIRA AISHAH BINTI CHE ANI
Anaesthesiologist
Hospital Tuanku Fauziah



Anaesthesia Day is celebrated annually worldwide to honour the contribution of anaesthesiologists, anaesthesia providers, and perioperative and intensive care teams. With the same enthusiasm, we aimed to echo this year's celebration theme of *'Anaesthesiology in Health Emergencies'* by organising a meaningful programme to commemorate this special day, filled with various fun and educational activities to introduce the public to Anaesthesia and the role of Anaesthesiologists.

The event was successfully held on 1st November 2025 at UiTM Arau Perlis, led by Dr Amira Aishah Che Ani. It was a collaborative effort between the Department of Anaesthesiology and Critical Care, Hospital Tuanku Fauziah, and Persatuan Anestesia Perlis. It was also supported by JKN Perlis, PGMES Perlis, and UiTM Perlis. We are grateful for sponsorship from companies that believed in us and supported us when we were close to giving up: MEP21, CUCKOO, Wonderlab, Nestlé Health Science, UMMI Surgical, and Julie's.

Various fun activities were scheduled for the day. This was our first time organising a 5K fun run

and launching our new main attraction, Teddy Hospital for children. Other activities included the ICU, OT and Pain Management exhibition, CPR demonstration and competition, children's colouring contest, blood donation, paediatric dental check-up, medical health check-up, organ donation booth, and hand hygiene booth.

RUNAESTHESIA: BEAT THE STRESS, ACTIVATE THE STEPS

The fun run was designed as a way to relieve stress in an enjoyable and productive way, hence the name *'Runaesthesia: Beat the stress, activate the steps'*. It was a medical-themed fun run, with prizes for the best dressed participants. This event attracted 300 running enthusiasts to register.

The weather that day was slightly overcast, perfect for running. The 5K fun run around UiTM Arau Perlis campus was kicked off with Funrobic by JKN Perlis's WOW Mobile team, and the runners were flagged off by Head of Department, Dr Azman bin Abd. Hamid. Everyone enjoyed the run despite the muddy 2K off-road route.



A Kahoot station was placed along the route, and three participants with correct answers received prizes. At the end of the run, each participant was awarded medals and goodie bags filled with items from our sponsors. The highlight of the run was the lucky draw, where 30 prizes were awarded. A lucky OT Nurse won the main prize, an induction cooker with a stand sponsored by CUCKOO.

Overall, was the run phenomenal? Yes! Was it chaotic? Absolutely! What's more, with the last-minute running jersey collection, missing marshalls, runners going off-course, and the frenzied finishing line, it was a messy reality of a first-time endeavour. Nevertheless, it was definitely a success!

TEDDY HOSPITAL

The idea of Teddy Hospital originated from a child-focused event. Aiming to replicate a similar experience, it was turned into a play area where children could act as doctors for the day, caring for Teddy patients.

Multiple stations were set up where children learned how to treat simple illnesses such as fever and cuts, and how to put on casts and arm slings. The highlight of this activity was the last two stations, where children put Teddy under general anaesthesia and also performed an appendicectomy on a giant Teddy! (Teddy Doctor in training!) Both children and parents enjoyed this activity, and it was a success.

As children carried out these tasks, they were not only role-playing but also learning and overcoming fears. This activity helps alleviate their fears of doctors, hospitals, and receiving treatment at medical facilities. It also links healthcare with fun and develops their interest in becoming a doctor in the future.

CPR DEMONSTRATION AND COMPETITION

Focusing on Anaesthesiology in Health Emergencies and as the advocate for Advanced Life Support (ALS), it was inevitable that CPR activities be included in this event. This was a collaborative effort with the Emergency Department.



50 UiTM students learned this essential life-saving skill and later competed with one another to be the most competent person to perform CPR. It was an exciting activity, accompanied by various upbeat songs, from the Bee Gees' Stayin' Alive to the Baby Shark song. This activity became an engaging, memorable learning experience for the students.

ICU, OT AND PAIN MANAGEMENT EXHIBITION

At every Anaesthesia Day celebration, the Intensive Care Unit (ICU), Operating Theatre (OT), and Pain Management exhibition are the highlights. This year, the display illustrating the operations of the OT, ICU, and Pain services is presented as a comic strip. It has become a draw for visitors and sparked their interest.

TRIUMPH OVER ADVERSITY

There were many hurdles to materialise this event. Finding the perfect venue, navigating convoluted bureaucracy (even more convoluted than our renal tubules!), sending numerous proposals for sponsorship that were only met with silence or rejection, financial constraints and tight budgets, fickle weather, lack of experience in organising such a large event with various activities, and managing a big-scale event with a small team due to manpower shortages while balancing patient care demands with event preparations.

Despite the challenges we faced, the 2025 Perlis National Anaesthesia Day celebration was a resounding success. It was a testament to the power of perseverance, collaboration and unwavering optimism. It makes us stronger, more resilient, and more creative to overcome them. It was a vision brought to life against all odds.



DR HAFIZAH BINTI MOHAMED
Hospital Tengku Ampuan Afzan,
Kuantan, Pahang



CELEBRATING ANAESTHESIA DAY IN PAHANG: *Connect, learn and prepare*

National Anaesthesia Day (NAD) in Malaysia is a yearly occasion that celebrates the contributions and achievements of the anaesthesia community.

Here in Kuantan, Kelab Bius Kuantan together with the Department of Anaesthesia & Critical Care, Hospital Tengku Ampuan Afzan (HTAA) have successfully organised a string of events to commemorate NAD 2025, each with different but complementing objectives to improve the quality of anaesthesia care in Pahang.

PICNIC FUN: CONNECTING WITH THE FAMILY

Held at the scenic Pantai Anak Air, families gathered on the 5th October 2025 surrounded by food, music and games activities. This event provided opportunities for interaction between colleagues outside of high-pressure hospital setting, allowing staff members to de-stress, connect and celebrate their hard work throughout the year. Fun activities involving kids and adults received enthusiastic participation, with echoing laughter across the ground. All the games were carefully designed to foster stronger bonds between the team members and building memories at the same time.



BOOTH EXHIBITION: EDUCATING THE COMMUNITY

Taking this opportunity to educate the public, booth exhibition was set up on the concourse of ambulatory care centre in HTAA on 17th October 2025. Multiple interactive booths were set up, including ICU station, operation theatre, learn how to CPR, intubation skills, pain management and organ donation.

Estimated more than 200 members of the public were involved during the exhibition. The community's exposure and curiosity can hopefully clarify some of the misunderstandings about anaesthesia and critical care.

CRISIS WORKSHOP: ENHANCING THE FRATERNITY

On 1st November 2025, total of 40 participants (which consist of medical and nursing staffs) gathered in HTAA to attend Anaesthesia Crisis Workshop. This event aimed to improve the use of non-technical skills during crisis as well as to refresh technical skills.

It started with a lecture on Crisis Resource Management, before the participants were divided into five different groups. They engaged with five different high-fidelity simulation scenarios such as failed intubation, obstetric high spinal block, paediatric laryngospasm, anaphylaxis and local anaesthesia systemic toxicity.

The workshop was met with great enthusiasm by all participants. Engagement in immersive scenarios is known to be the ideal approach when it comes to non-technical skills, as it allows active participation, learning through experience and building confidence in a safe manner.

The event managed to create a learning space where clinicians can practice, make mistakes in a psychologically safe environment. All these will hopefully contribute to increased preparedness when challenged with real crisis.

In summary, through these three events, our three-pronged approach through personal, community and professional aspects will hopefully improve the overall aspects of anaesthesia service in this state. This year's celebration reflects our commitment towards improvement and hopefully can be repeated in future years.

19th



story

KUALA TERENGGANU



DR AHMAD HANIF BIN ABD HALIM AZMI

Hospital Sultanah Nur Zahirah,
Kuala Terengganu

DR NURUL SYUHADA YA'ACOB

Hospital Sultanah Nur Zahirah,
Kuala Terengganu

HSNZ DRIVES CRITICAL PREPAREDNESS WITH ANAESTHESIA IN HEALTH EMERGENCIES



October 2025 was abuzz with the celebrations of the anaesthesiology fraternities around the world. Our Anaesthesiology department, Hospital Sultanah Nur Zahirah (HSNZ) proudly held a zestful, month-long celebration for National Anaesthesia Day (NAD) 2025, with the theme *"Anaesthesia in Health Emergencies"*. The theme highlights the crucial and critical role of anaesthesiologists in managing various health crises and emergencies. The month-long schedule of activities was meticulously planned to empower healthcare providers and increase public awareness.

In HSNZ, we got busy with activities designed to enforce emergency preparedness and encourage our professional development. The month kicked off with Weekly Mega Code Training Sessions held every Thursday, with different themes each week based on potential real casescenarios which focused on real life emergency events. These hands-on sessions incorporated medical officers, nurses and medical assistants covering critical topics such as difficult airway and ventilation, massive blood loss and Massive Tranfusion Protocol activation, high spinal and local anaesthesia toxicity, and cardiac events in both adult and paediatric patients. Special mannequin was used to imitate real life situations, whereby participants were expected to identify the crises, resuscitate and manage the patient accordingly. All the sessions received positive and commendable outcomes.

We also submitted a video for the competition organised by MSA in conjunction with NAD 2025. The video showcased the vital role of anaesthesiologists in emergency and critical care settings, entitled 'The CODE'.

We kicked off our program on the 16th October 2025, by presenting a special edition hospital CME with an eye-opening topic on *"Neuroanaesthesia: Awake Craniotomy"*. This was the first awake craniotomy case successfully operated in HSNZ.

An exhibition was also held at Anjung Budi, HSNZ; themed *"Anaesthesiology in Health Emergencies"*. The exhibition displayed the evolution of anaesthesia over the decades, airway adjuncts and intubation equipment booth for hands-on practices, organ donation awareness booth and anaesthesia services available in HSNZ. Beside the exhibition, we offered interactive sessions with hospital staffs and public on Cardiopulmonary Resuscitation (CPR) Challenge and Blade Blitz. Participants were taught on basic life support skills and the effectiveness of CPR technique was evaluated using QCPR apps and mannequin, under the guidance of our certified BLS Instructors. As for the Blade Blitz station, we introduced multiple types of laryngoscope blades and their usage in various cases. Each participant was required to choose suitable laryngoscope based on the given case scenario and attempt intubation on the provided mannequin.



We extended our activities to involve the community, by the special appearance of an anaesthetist live on National Radio Terengganu FM. This anaesthetist was invited as a guest on the I-Sihat Anggun segment, sharing about *"Regional Anaesthesia: Sedar, Selamat, Selesa"* on 21st October 2025. This session aimed to educate the public on the choices and benefits of regional anaesthesia as an alternative to general anaesthesia.

In line with the spirit of green anaesthesia, a day trip to Redang Island was organised back in August, which saw participation by 76 members of anaesthesiology families. This event, held on 16th August 2025, was a collaboration with Sea Turtle Research Unit (SEATRU) Universiti Malaysia Terengganu (UMT). Aside from savoring the wilderness, the event helped ease our mind from the hectic work life and bonded our small anaesthesia family tighter.

And STRIKEEE! The month concluded with a highly successful team building event, a bowling tournament co-organised by Kelab Anestesia HSNZKT on 25th October 2025, which involved 60 participants, including our staff, families, and colleagues from HSNZ, Dungun and Setiu cluster hospitals. The competition held at Terengganu Equestrian Resort was a fantastic way to conclude the celebration and strengthen camaraderie across Terengganu.

We are proud of this successful month of activities and remain deeply committed to advancing patient care, education, and emergency readiness.





DR SHIN ANN NG
Hospital Putrajaya

NATIONAL ANAESTHESIA DAY 2025 HOSPITAL PUTRAJAYA

Being intentional.

World Anaesthesia Day is observed on the 16th October yearly, and is to commemorate the advent of the field of anaesthesia when William T G first introduced ether for the induction of anaesthesia.

At the National level, a mass live video intubation was conducted in June this year over Google Meet, which garnered many participants from various Ministry of Health (KKM) hospitals. The result – the largest (yet) live intubation for the Malaysian Book of Records!

Now, being thrust with the responsibility of undertaking the organising of NAD 2025 at my hospital, this bothered me much. What is the objective of NAD, exactly? Are we so self-absorbed, or aptly put, '*syok sendiri*' to celebrate our own '*achievement*', but what exactly are we trying to achieve?

That led to a quick Google search to see if there are other subspecialties equally culpable, or we are the only offenders. It turns out, there is a National Surgical Oncologist Day, World Radiography Day, World Heart Day and many more which silenced me. It is common knowledge for the general public to recognise or identify what is a heart doctor, a bone doctor or a surgeon. When they have a knee pain, they do not hesitate to visit an

Orthopaedic surgeon, when they have a lump, likewise they will look for a surgeon. But they are oblivious to the existence and purpose of anaesthesiologists. When an endoscopy, dental work or short procedure is suggested to be done under sedation, patients unwittingly agree to such procedures without knowledge that a slight miscalculation can result in dire consequences. Notorious case(s) include a healthcare professional administering Propofol resulting in a high-profile death at a dental clinic in Malaysia, as well as the demise of the famous king of Pop resulting from an overdose of Propofol delivered by a general practitioner. The lack of insight to us, results in unsafe practice. The tag "*Safe Anaesthesia Saves Lives*" could not be truer.

With renewed intent, NAD 2025 Hospital Putrajaya (HPJ) was curated with this in mind. The date set was on the 8th November 2025, Saturday. Coincidentally, Hospital Putrajaya celebrated its 25th year anniversary, which included the inception of the Anaesthesiology Department, aka 25th Anaesthesia Silver Jubilee. The objectives for NAD 2025 for HPJ include a) what work do we do? and b) where our best skillset lies. To kick off the event, (in conjunction with HPJ Anaesthesia Silver Jubilee), we performed a skit on stage simplifying just that: -



Feature 1 (Outdoor skit):

Snippets of our work lives were introduced during the opening ceremony for NAD 2025, in conjunction with Anaesthesia Silver Jubilee.

From left to right:

- The role anaesthesiologist plays in resuscitation, ensuring a trauma patient can undergo surgery safely;
- The key role anaesthesiologists play in pain management; labour epidural analgesia service offered to patient
- The unsung heroes behind the recent pandemic, Covid-19, donned in PPE, caring for the most vulnerable when no one else have access to patients in ICU.



Feature 2: (Indoors):

In keeping with our theme and objective, we decided to introduce part and parcel of our day-to day work in ICU, OT and elsewhere.

In clockwise direction, starting from far left:

- i. Airway and CPR station
- ii. Mock OT with a panda bear mimicking a patient
- iii. The committee members behind NAD HPJ 2025, and behind them, booths from various companies supplying consumables in ICU, and far right
- iv. TOP Team (Tissue and Organ Procurement team) with their booth.

*How safe are you?
Wouldn't the
anaesthesiologist
be better suited?*

From left to right:

Dr Ng Shin Ann (Organising chairperson for NAD 2025), Dr Hariati binti Jamil (Deputy Medical Director of HPJ), Dr Aminuddin Ahmad (Head of Anaesthesiology Department HPJ), Vendor from 3M, and Members from the Administrative/Human Resource Department HPJ.



**Feature 3:
The participation of hospital staff and the public in the various NAD 2025 activities.**

From left to right:

- a. Dr Hariati binti Jamil (Deputy Medical Director of HPJ) attempting CPR on a mannequin
- b. Teaching the public how to perform CPR effectively
- c. TOP team and their array of mock organs for display.

After multiple arduous days of planning, and finally executing the objectives of NAD 2025, tangible results

may not immediately materialise, but we hope that eventually our role will subversively become mainstream, not for vain glory, but safety.

The public needs to understand that we are the purveyors in administering anaesthesia safely. No other profession can substitute this level of skill, precision, and attention to detail. Thus, NAD is indeed a mission to ensure that our expertise is brought to the forefront, so that when anyone suggests that someone can put you to sleep, we hope in the future, the patient can ask,

“How safe are you? Wouldn't the anaesthesiologist be better suited?”.



ECG MASTERY

for Anaesthesiologists

Workshop 2025

The ‘ECG Mastery for Anaesthesiologists Workshop’ jointly organised by Department of Anaesthesiology and Critical Care Hospital Cyberjaya and Persatuan Anestesia dan Rawatan Kritikal Hospital Cyberjaya was successfully conducted on 20 September 2025 at Bilik Seminar Semarak Api, Hospital Cyberjaya, with the participation of 36 anaesthesiology medical officers.

The workshop was graced by two esteemed speakers: Dr Azlan Helmy, an emergency medicine specialist from Hospital Canselor Tuanku Muhriz, National University of Malaysia (UKM), who is well-recognised for his research and teaching in ECG interpretation; and Dr Mohammad Ihab Ismail, a cardiologist at Hospital Sultan Idris Shah, Serdang, with wide experience in cardiology and internal medicine. Their engaging presentations and case-based discussions provided participants with valuable insights into ECG interpretation.

Supporting them as facilitators were anaesthesiologists from Hospital Cyberjaya: Dr Siti Khadijah, Dr Baiduree, Dr Nurulain and Dr Hau Jett Lin.

In the introductory speech, Dr Hau Jett Lin emphasised that anaesthesiologists encounter ECGs almost daily - whether in the operating theatre, ICU, clinic, or wards - yet formal ECG classes specifically tailored for anaesthesiologists remain rare. This underscored the importance of the workshop.

The programme covered a wide range of ECG topics, including myocardial infarction, MI equivalents and mimics, arrhythmias, and pre-operative ECG abnormalities in stable patients. Designed in a small-group format, the workshop promoted interaction, allowed participants to



clarify doubts, and apply knowledge directly to clinical scenarios. An OSCE session further reinforced learning, where participants worked through multiple scenario-based ECG questions in a timed format.

Participants actively engaged in discussions and highlighted that the workshop was informative, interactive, and well-conducted. The workshop achieved its objectives of enhancing ECG interpretation skills for anaesthesiology professionals while fostering collaborative and practical learning.



DR HAU JETT LIN
Hospital Cyberjaya

Basic Course **OBSTETRIC ANAESTHESIA 2025**

DR NORNAFIZA BINTI MIAN
Hospital Cyberjaya



As members of the Anaesthesiology fraternity, we're all too familiar with the nerve-wracking nature of obstetric emergencies. These situations often arise unexpectedly, and more often than not, the first responders are junior medical officers. Given this reality, it's essential that they are well-equipped with the knowledge and skills to manage common obstetric conditions and emergencies with confidence and competence.

In line with this need, the Obstetric Anaesthesia community has been championing regular educational sessions, including the Basic Course in Obstetric Anaesthesia (BaCoA), a programme designed specifically for anaesthesiology medical officers.



This year, the Department of Anaesthesiology and Critical Care at Hospital Cyberjaya had the honour of co-organising the first BaCoA of the year in collaboration with Persatuan Obstetrik Anestesia Malaysia (POAM). A dedicated committee, composed of both doctors and allied health staff from the department, was formed to ensure the event ran smoothly and was beneficial for both speakers and participants.



We're proud to share that the course, held on 21st April 2025, welcomed 97 participants from across the country - including enthusiastic representation from Sabah and Sarawak. With the steady support of POAM and the official endorsement of the Malaysian Society of Anaesthesiologists (MSA), the event was conducted successfully.



The event was officially launched by Dr Mardiah binti Masharuddin, Deputy Director of Hospital Cyberjaya, who marked the occasion with a symbolic cake-cutting ceremony - fondly referred to by attendees as the *"bleeding cake"* celebration. This was immediately followed by an impactful Obstetric Crisis gimmick video, skillfully produced by the event's multimedia team. The video effectively set the tone for the day, highlighting the urgency, preparedness, and teamwork required in managing obstetric emergencies.

The course programme comprised ten well-curated lectures, each designed to address key aspects of obstetric anaesthesia. These sessions were delivered by a distinguished panel of speakers, each an expert in their respective field. Notable topics included:

- *"Physiology & Pharmacology in Obstetrics"* by Dr Rahimah provided a strong foundational understanding.
- *"Safe General Anaesthesia in Obstetrics"* by Prof Dr Carolyn addressed vital safety considerations.
- *"The Obese Parturient"* by Dr Norliza, focused on the challenges of managing high-risk patients in current clinical practice;
- And the engaging *"Verbal Anaesthesia"* session by Dr Rohisham bin Zainal Abidin, Head of Service, which emerged as a participant favourite.

To keep the energy levels high and minds sharp, Q&A sessions were interspersed throughout the day, offering participants the chance to engage directly with the speakers. Special thanks go to our bright and ever-enthusiastic MC, Dr Liyana, whose charm and wit kept the sessions flowing smoothly and the audience thoroughly engaged.

Understanding that a full day of lectures and information can be mentally demanding, the organising committee made thoughtful arrangements to ensure participant comfort and sustained engagement. A coffee station was set up just outside the venue to provide a quick energy boost, particularly appreciated by those with a fondness for caffeine. In addition, a snack and confectionery table offered light refreshments to keep attendees alert and refreshed throughout the day.

A product showcase booth by Primed was also featured, highlighting their video laryngoscope and portable Patient-Controlled Analgesia (PCA) pump. This provided participants with an excellent opportunity to explore the latest in anaesthesia-related technology.

To foster interaction and reinforce key takeaways, the course concluded with an engaging Slido quiz that tested participants' knowledge from the day's sessions. Prizes were awarded to the top five scorers, adding an element of friendly competition to the event.

More importantly, the course was registered with both the Malaysian Medical Association (MMA) and MyCPD, enabling eligible participants to claim CPD points upon completion of the event conveniently.

Feedback from participants was overwhelmingly positive, with many commending the lecture's relevance and clarity. A few constructive suggestions were also noted — including requests for longer lecture durations and the incorporation of real case scenarios with interactive elements to enhance learning further. Overall, participants expressed high levels of satisfaction and a strong interest in seeing more such courses offered in the future.



Welcoming Anaesthesiologists November 2025

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