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PROMOTING MATERNAL, FETAL & NEONATAL WELL-BEING

PSM BULLETIN

JANUARY 2019

Foreword from The President

Greetings and warm wishes for the new year 2019. Another year has passed with lessons learnt, and a new year to look forward to with promises of better things to come.

An exciting event to look forward to is our 26th Regional Congress of the Perinatal Society of Malaysia which will be held on 11th - 14th April at the Ipoh Convention Centre, Perak.

With the theme of "Integrated Care in Perinatology: The Family and Beyond", we hope to draw in greater participation of our partners in the field of family medicine and public health, in addition to our traditional audience of neonatologists, maternal foetal medicine specialists and nurses of Obstetric and Neonatology wards.

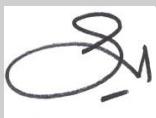
An ambitious and comprehensive scientific programme has been planned by our Scientific Chairman Dr Imelda Balchin, with the largest faculty of international speakers I have even seen at a 'local conference'. We would like it to benefit as many as possible, so we hope that you will all come for what promises to be an exciting and educational event.

The venue of Ipoh was chosen after a long deliberation of possible venues. There were several reasons for this choice, firstly being that they have a new Ipoh Convention Centre with impressive facilities and spacious physical layout to accommodate our conference and trade exhibition requirements. Ipoh is also an up and coming local tourism hotspot. Many old streets of the town have been rejuvenated and made very tourist-attractive while keeping their historical quaint charm. Furthermore, Ipoh is easily accessible by both road and a very comfortable fast train.

And of course, a strong local organising team under our Hon Gen Secretary Dr Wong Chee Sing was a major factor in choosing Ipoh as our conference venue. We trust that the event will not just be well run logistically but also that his youthful local team will dazzle us with their non-medical performing arts talent during the gala banquet.

On the conference front, I'm happy to announce that PSM has won the bid to host the FAOPS (Federation of Asia and Oceania Perinatal Societies) Congress in 2022. This will actually be the 2nd time that we will be hosting the FAOPS Congress, the first time being way back in 2004 when the 13th Congress of the FAOPS was held in the Sunway Convention Centre. Our dear late Dato' Dr Lim Nyok Ling spearheaded the organisation at that time, and with her boundless energy and enthusiasm it was a very successful conference, with 727 delegates from 37 countries.

The 2022 conference promises to be a bigger and more challenging one with the growth of the FAOPS in the intervening years. We will have to work hard to put up a sterling event, with the special touch of hospitality that we Malaysians are famous for.



Datuk Dr Soo Thian Lian
President, Perinatal Society of Malaysia

EDITOR

Dr Cheong Shu Meng

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PSM 2018/2019 COUNCIL MEMBERS

President	Datuk Dr Soo Thian Lian
President Elect	Prof. Dr Imelda Balchin
Immediate Past President	Assoc. Prof. Dato' Dr Hamizah Ismail
Secretary	Dr Wong Chee Sing
Assitant Secretary	Dr Cheong Shu Meng
Treasurer	Dr Michelle Ling Min-Min
Council Members	Dr Yip Kar Weng Matron Valarmathi A/P Kovindarajoo SN Sangeeta Rathansamy
Co-opted Council Members	Dr Azanna Ahmad Kamar Dr Chee Seok Chiong Dr See Kwee Ching

REPORT OF 25TH REGIONAL CONGRESS OF THE PERINATAL SOCIETY OF MALAYSIA

(DR YIP KAR WENG)

The Perinatal Society of Malaysia had organised many activities for the term of 2017/2018 and the highlight was the 25th Regional Congress of the Perinatal Society of Malaysia which was held at the Royale Chulan Kuala Lumpur from 6th to 8th April 2018, with 2 pre-congress workshops held concurrently on 5th of April.

The first workshop was “Ultrasound of the Neonatal Lung” which was held at the Advanced Surgical Skills Centre (ASSC), Universiti Kebangsaan Malaysia. It was chaired by Professor Dr Cheah Fook Choe from HUKM and Dr Patricia Woods from University of Western Australia. The workshop comprised of series of lectures in the morning, followed by hands-on session in the afternoon.

The second workshop was “CTG Masterclass”, chaired by Professor Dr Imelda Balchin from UMMC. It was held at the auditorium of Women and Children’s Complex (KKWK), University Malaya Medical Centre.

The theme for the 25th Regional Congress was “Prevent, Detect and Treat: Ensuring Quality Care In Perinatal Medicine”. With a strong line-up of local and international speakers (from Canada, the United States of America, Australia, Philippines and Singapore), the congress attracted a total of 456 participants. The congress was officiated by Dato’ Dr Haji Azman, the Deputy Director General of Health, Malaysia and was graced by our beloved Patron, Her Royal Highness Raja Dato’ Seri Eleena binti Almarhum Sultan Azlan Muhibuddin Shah Al-Maghfur-lah.

This year congress also marked the Silver Jubilee for the annual event of the Perinatal Society of Malaysia. In order to commemorate with this, the society has invited the Past and Present Presidents of the Perinatal Society of Malaysia for the past 25 years to attend the Congress dinner which was held on 7th April 2018 at the ballroom of the Royale Chulan Kuala Lumpur. As a token of appreciations for their contributions to our beloved society, they were given a gift each during the event.



25th Regional Congress of the PSM

For this year congress, the best oral presentation for Neonatology was won by Dr Sam Zhi Heng from University Malaya Medical Centre. His research was entitled “Prevalence, Morbidity and Mortality of Term Small for Gestational Age (SGA) Babies Born in UMMC, A 10-year Retrospective Cohort Study”. Dr M. Fairudzi Afzanizam Salleh from IIUM & Hospital Tengku Ampuan Afzan, Kuantan with his research on “Cerebroplacental Ratio (CPR) as Predictor of Perinatal Outcomes in Induction of Labour” won the best oral presentation for Obstetrics.

As for the Best Poster Award, the award was shared by Dr Sushintha Samudram from Department of Paediatrics of UMMC and Dr Chua Xin Yun from Department of Pharmacy, UKM Medical Centre. Dr Sushintha’s poster was on “Evaluation of Vancomycin Dosing Regimen Derived From A Population Pharmacokinetic Model in Premature Neonates” while Dr Chua Xin Yun’s poster was on “The Use Of Erythropoietin In The Treatment of Anaemia of Prematurity: An approach In Cost Saving Measure”.



25th Regional Congress of the PSM

NEONATAL SEMINAR & NEONATAL VENTILATION WORKSHOP

(DR CHEE SEOK CHIONG)

The Malaysian National Neonatal Network has successfully organised a one and half day's neonatal seminar and a half day neonatal ventilation workshop on 5th – 6th July 2018. The event was held at Auditorium Selayang Hospital. The theme of the seminar was “Controversies and Practical aspects of newborn care”. The topics for the seminar were carefully planned to provide the most relevant topics and updates in the area of neonatology as we recognise the importance of utilising new evidence in our daily practice to meet the current standard of care. The seminar covered a wide range of topics including respiratory support, nutrition, antibiotic stewardship, neonatal hypoglycemia, congenital hypothyroidism and neonatal jaundice. There were also quality improvement topics on care of central line and milk hygiene.

The seminar was well attended with a total of 160 participants consisting of paediatricians, paediatric medical officers and neonatal nurses. The participants were mainly from the various Ministry of Health Hospitals even as far as Sabah and Sarawak. There were also some nurses from University Malaya Medical Center and KPJ Puteri Specialist Hospital in Johor Bharu.

The half day neonatal ventilation workshop was held in the afternoon of the second day. The workshop provided participants with hands-on practical sessions and basic skills required to support the management of neonates requiring respiratory support. Invasive ventilation and non-invasive ventilation such as humidified high flow nasal cannula and nasal CPAP were also covered during the workshop.



WORKSHOP ON “PREVENTION OF SEVERE NEONATAL JAUNDICE IN MALAYSIA”

(DR CHEE SEOK CHIONG)

The Malaysian National Neonatal Registry in collaboration with Ministry of Health Family Health Development Division organised a neonatal workshop on 25th October 2018. This event was sponsored by Allianz Malaysia Berhad and was held at the auditorium in Menara Allianz Sentral. The theme of the workshop was “Prevention of Severe Neonatal Jaundice in Malaysia”. The objective of the workshop was to develop strategies to improve care and prevent severe neonatal jaundice.

The workshop was attended by 48 participants consisting of neonatologists, paediatricians, family medicine specialists, doctors from the State Health Department and Ministry of Health Family Health Division.

The workshop began with a welcome speech by Mr Joseph Gross, chief executive officer, Allianz Life Insurance Malaysia Berhad. There were 4 lectures in the morning. The scientific director of Liver Research Center, Italian liver Foundation, Trieste, Italy, Prof. Claudio Tiribelli gave 2 lectures. He gave an insightful talk on current evidence of bilirubin-induced neonatal encephalopathy. He also shared on strategies used to reduce severe neonatal jaundice - success story from Italy. We also heard from Dr Angeline Wan Seng Lian, consultant neonatologist from Sultanah Fatimah Hospital, Muar. She reviewed on barriers to use of the clinical practice guidelines on neonatal jaundice in Malaysian Hospitals. Dr Aminah Bee bt Mohd Kassim, senior principal assistant director, Family Health Development Division, Ministry of Health Malaysia addressed the challenges in preventing severe neonatal jaundice in Malaysian community health centres.

The afternoon session comprised of 4 concurrent workshops. The topics for the workshop were:

1. Improving existing public education materials.
2. Setting up a quality improvement system for prevention of severe neonatal jaundice in MOH Hospitals and clinics.
3. Create a sustainable education programme for prevention of severe neonatal jaundice for all health staff.
4. How to ensure a seamless care of newborn to prevent severe neonatal jaundice between hospitals and the community health services.

The workshop ended with presentations from the four workshops. Some of the highlights from the workshops were suggestions to create an E-learning package to educate health staff, doing a pilot study using the bilistick system point of care testing for serum bilirubin, using radio and television to increase public awareness of neonatal jaundice.



"Prevention of Severe Neonatal Jaundice in Malaysia" Workshop

MALAYSIAN NATIONAL NEONATAL REGISTRY – SOURCE DATA PROVIDER (SDP) SEMINAR (DR CHEE SEOK CHIONG)

The Malaysian National Neonatal Registry organised the source data provider (SDP) seminar on 13th – 14th December 2018. The event was held at Clinical Auditorium, Faculty of Medicine, University Malaya, Kuala Lumpur.

A total of 120 participants from forty-four SDPs attended the event. Dr Chee Seok Chiong, chairman for the Malaysian National Neonatal Registry welcomed the participants to the event.

Members of the steering committee presented the registry data from the year 2017. Prof. Boo Nem Yun from UTAR began the seminar with presentation on admission hypothermia in very low birth weight neonates. Then Dr Wong Ann Cheng from Kuching Hospital presented on central line associated blood stream infection. This talk was followed by Dr Pauline Choo from Tuanku Ja'afar Hospital, Seremban, in which she presented the data on retinopathy of prematurity in very low birth weight neonates. Dr Fazila Mohd Kutty from Serdang Hospital ended the session for the first day with her presentation on hypoxic ischaemic encephalopathy.

The second day started with the election of the steering committee members for the year 2019/2020. This was followed by discussion on the changes made in the CRF for the year 2019. The morning session continued with presentation from Dr Neoh Siew Hong from Women and Children Hospital Kuala Lumpur (WCHKL). She presented on survival of very low birth weight neonates. Then Dr Azanna Kumar from University of Malaya Medical Centre (UMMC) presented data on bronchopulmonary dysplasia.

After the morning break, the seminar continued with presentations by Dr Chee Seok Chiong who presented data on necrotising enterocolitis in very low birth weight neonates, followed by Dr Ang Ee Lee from Tengku Ampuan Rahimah Hospital, Klang, who presented on intraventricular haemorrhage. Dr Irene Cheah from WCHKL concluded the seminar with her presentation on congenital cardiac anomalies.

Following that, we at MNNR took the opportunity to celebrate Dr Irene Cheah's retirement and to thank her for the many years of contribution in the MNNR. She was involved in the MNNR steering committee since it was officially started on 1st January 2004. Dr Irene Cheah was also the chairman of MNNR from 2007 to 2016. We wish Dr Irene Cheah good health and success in whatever new challenge she decides to do in her 'retirement'.



MNNR SDP Seminar 2018



MNNR SDP Seminar 2018

The Malaysian Super-Premies Run 2018 & Lighting up of Malaysian Iconic Structures in conjunction with World Prematurity Day

(DR AZANNA AHMAD KAMAR)

Led by a 2-day lighting up occasion of Malaysian iconic buildings in glittering purple on the 17th and 18th of November 2018, “The Malaysian Super-Premies’ Run” was held on Sunday, the 18th of November 2018 at the University of Malaya Arena (UM Arena) in honour and support of children who were born premature. This charity run was graced by YTM Raja Dato’ Eleena binti Almarhum Sultan Azlan Muhibbuddin Shah Al Maghfur-lah, the patron of the Perinatal Society of Malaysia.

Over one thousand participants had attended the event, which included children born prematurely, the young and the elderly. Participants came from all over Malaysia. The winners of the 10km event were siblings 9 years old Muhammad Aniq Naufal Muzakris and 10 years old Nur Afrina Qaisara Muzakris, enthusiastic young Malaysian athletes from Perlis who were accompanied by their family.

Some of the iconic structures and buildings that were lit up included the KL Tower, Putrajaya Wawasan Bridge, Menara Komtar Penang, Menara Jam Sungai Petani, Alor Setar Tower, and Kuching. The run as well as the support received from administrators of these iconic buildings had been successful in demonstrating a show of the tremendous support from the community towards raising public awareness on the complications of prematurity and its societal impacts.

In the opening of the event, the UMMC and PSM had highlighted that parents and families of the preterm infants require immense support from the community. This may include support from family members for additional help required to care for these babies post-discharge, as well as from employers, whereby extended leave will be required to care for newly discharged babies from the NICU after a prolonged stay. The public and parents of preemies in Malaysia were also encouraged to join in the campaign via hashtag campaign #Hugs4Premies, #Fight4Premies and #IamPremie on twitter, instagram and facebook, of their own stories of Malaysian Super-Premies, the true superheroes of Malaysia. The success of this event would not have been made feasible without the support and sponsorship received from the public to whom we would like to sincerely thank.



WORLD PREMATURITY DAY 2018

Compiled by Dr Cheong Shu Meng

World Prematurity Day is celebrated on 17th November every year. It is a global movement to raise awareness about prematurity and the impact of it towards families who have premature babies. Every year 15 million babies are born prematurely and complications of prematurity are the leading cause for under 5 mortality.



Photographs of World Prematurity Day 2018 organised by various Paediatric Departments of MOH Hospitals:

- 1 & 7. Hospital Sultanah Bahiyah, Alor Setar (courtesy of Dr Eric Ang Boon Kuang)
2. Hospital Raja Permaisuri Bainun, Ipoh (courtesy of Dr Wong Chee Sing)
3. Hospital Tuanku Ja'afar, Seremban (courtesy of Dr Pauline Choo)
- 4 & 5. Hospital Tengku Ampuan Rahimah, Klang (courtesy of Dr Cheong Shu Meng)
6. Hospital Pakar Sultanah Fatimah, Muar (courtesy of Dr Angeline Wan)
8. Hospital Sungai Buloh (courtesy of SN Sangeeta Rathansamy)
9. Hospital Melaka (courtesy of Dr Leow Poy Lee)

The Federation of Asia-Oceania Perinatal Societies (FAOPS 2018) at Manila, Philippines

(DR AZANNA AHMAD KAMAR)

The FAOPS, being a federation consisting of membership from 17 national perinatal societies and 3 associate member countries situated in the Asia and Oceania region was proud to celebrate its 40th ruby anniversary year in Manila, the Philippines. In its 40th year, an official invitation to become an affiliate organisation of the World Association of Perinatal Medicine (WAPM) was received by the FAOPS, further strengthening the role of FAOPS towards the improvement of perinatal health outcomes of its member countries. Our Perinatal Society of Malaysia team comprising of Dr Azanna Ahmad Kamar, Dr See Kwee Ching and Dr TP Baskaran were in Manila, the Philippines to represent Malaysia in celebration of the 40th FAOPS Ruby year and the 20th FAOPS Council Meeting and Congress. The opening ceremony of the 3 days' congress from 23rd to 26th September 2018, was held at the resplendent Manila Hotel with full of pomp, splendour and pride of brilliant Filipino culture. The opening ceremony started with a procession led by a delegation of Filipino paediatricians and obstetricians adorned in beautiful Filipino national costumes, all being representatives of the various state organisations, which was subsequently followed by a presentation of pledges and speeches. The scientific programme had involved speakers from the Philippines and around the region with a focus on 'Integration of Best Practices in Perinatal Care' as the main theme of the congress. The FAOPS council meeting was held during this period where our Malaysian representatives had succeeded in winning the rights to host the FAOPS in year 2022. From 2020 onwards, the FAOPS will be an annual affair with Japan as the host in 2020, Indonesia in 2021 and Malaysia in 2022. We look forward to this great responsibility of hosting our FAOPS friends in 2022, hopefully maintaining the great spirits and connections towards fostering greater collaborations with perinatal societies of this region.



In Loving Memory of Dr Japaraj Robert Peter

17th August 1965 – 3rd September 2018

Passing of a Very Important Person



One of my friends and medical colleagues passed away yesterday. It happened fairly suddenly and unexpectedly. He recently discovered he had a malignant brain tumour, that rapidly progressed despite surgery and chemotherapy.

But I am not here to talk about his illness or his dying. I want to talk about his living, his life.

Many people get a “Very Important Person” (VIP) status. But few deserve it. Some get their VIP status by virtue of their birth in a family. Others by election to a position in government. Still some others by buying an award.

But you don’t deserve a “Very Important Person” status unless you have earned it. Even many politicians don’t deserve the VIP status, having not done much for the nation.

Dr Japaraj Robert Peter is a “Very Important Person” but he would be the first to say he is not. He is very important not because he comes from a rich family or one with status but because he earned the standing.

He is a man who dedicated his life to his family, to many who needed his expertise and to the health services. He is a keen believer in God and served from the motive that God loves him and so he should share his life with others.

He has the wholehearted support of an equally amazing wife, Jhenet, who is beautiful, strong, generous and compassionate. A wonderful woman fully devoted to her husband (*the couple's photo is above*) and three children. A woman who has stood fully beside him through all the tough times.

Many a family owe the birth of their child to Japaraj. Many a lady who had obstetric or gynaecological problems was rescued by him. He has a great reputation, not just as a senior consultant obstetrician and gynaecologist, but also as an excellent foeto-maternal specialist and trainer.

He is sought after, not just from within the country, but also from abroad – he also helped set up services in neighbouring countries. There are few who can match his energy and contributions.

As our medical profession gets diluted by volume and mediocrity he stands out as a person who did excellent work. There are not many of his calibre. I could extol his many medical achievements but what marks him the most is the strength of his character.

Always quick with a smile, kind and compassionate, and ever there for others in need. He is much loved by his department and colleagues from all over the country. We will miss him dearly. I miss you sorely my friend; with your passing I feel a great void, a great disturbance in the force.

At this time, we wish much blessings of peace to the family. Our hearts are broken at his untimely demise but we know this:

Japaraj has fought the good fight,
Japaraj has finished the race,
Japaraj has kept the faith.
(adapted from 2 Timothy 4:7 in the Bible)

Japaraj you are worth more than many and are a true Malaysian we can be proud of. You'll live on in our hearts and the eternal arms of God. Till we meet again my friend in that Eternal Home.

By Dato' Dr Amar-Singh HSS
Published in www.malaysiakini.com on 4th Sep 2018.
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In Loving Memory of Dr Taparaj Robert Peter

17th August 1965 – 3rd September 2018



Photographs:

1. Courtesy of Datuk Dr Soo Thian Lian

2 – 5. Courtesy of Dato' Dr Bavanandam Naidu

**DEDICATED TO
DR JAPARAJ ROBERT PETER....
FOR YOU WILL ALWAYS BE OUR STAR**



THE STAR AMONGST US

As pearls from the mighty sea roll into the bay
The star frolics and plays, pushing the pearl away
O' each time these pearls mightier than last
For such little pearls they roll so very fast

Am getting tired, the star says
Still with a mighty voice
With a soothing voice the pearls said though hoarse
Just swim with us and without a tear you will shed
For we know now you are no longer afraid

Though the bay is now with the star no longer
The star is family said the bay
Forever shining will the star be o' said the bay
Fossilised in our hearts where forever he'll play

For dearest Jhenet, Mercy, Grace, Joseph and the family of
the late Dr Japaraj, this is how the PSM will remember him,
For we are part of the endless bay,
For he is part of our family,... and forever the star amongst us.

**With lots of love from all of us,
The Members of the Perinatal Society of Malaysia**

