



PMPs

News

FOR MEMBERS ONLY

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ISSUE 34

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(Mentor-Mentee Programme)

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Dr Yap Foo Ngan (PMPs Newsletter)
Dr Kumar Thiyagarajah (Sports)
Dr Sumithra Sivasuntharam
(Membership Drive, CPD)
Dr Ding Soo King (Social & Tours)

Editor's Request

Members who are interested to write articles for the Newsletter kindly email:

pmps.secretariat@gmail.com

or fax: 05-2426549

or post to:

PMPs Secretariat,
KPJ Ipoh Specialist Hospital,
26 Jalan Raja DiHilir,
30350 Ipoh.

Letters to the Editor / President / Committee may be published in the Newsletter in full or in abbreviated form at the Editor's discretion. If the writer does not wish her/his name to be published she/he must specifically state so.

From the President's Desk

Dear Members,

We are saddened by the news of the passing of our ex-President and multiple-term committee member of Perak MPS, Dr Kamalanathan AG Raju. We will miss his friendship, wisdom, and foresight and we extend our heartfelt condolences to his family.

We are in the season of much activity, whether it be travel, scientific meetings, renewing practice certificates and medical indemnities, and for some a season of new beginnings in private practice or retirement. July marks the start of the CPD year, so this will be a good time to plan your attendances at conferences.

The recent news of the medical liability awards to plaintiffs might make some of us reconsider if our coverage is sufficient, as some policies do not cover aggravated damages. Fin Freedom/Chubb Insurance is offering 7% discounts on the premiums for members.

The annual games will be played this July / August and as usual, and you would have received the notification for the dates. Please do encourage your fellow members and family members to participate. My committee is also trying to organise inter-society games with our Penang counterparts and hopefully this will materialise in November.

The 13th ASEAN & 10th Perak Health Congress will be held in July 2024 in Ipoh. The organising committee is already hard at work coming up with a scientific programme to feature contemporary advances especially in the light of the recent white paper on health. So, watch out for the first announcement soon.

Wishing you well, good health!

Dr Loke Yee Heng

EULOGY TO PAST PMPS PRESIDENT DR KAMALANATHAN A. G. RAJU

By Dr Yee Meng Kheong, fellow committee member PMPS

I would like to honour my good friend, Dr Nathan as he is fondly referred to, with a little note.



Dr Kamalanathan Raju was born on 24th July 1949 in Thanjavur, India. Born to the late AG Raju Govindasamy and Mangalam Govindhasamy, he moved from India to Malaysia at the tender age of four. He lived his early life in Johor Bharu before returning to India for medical school at Thanjavur Medical College, one of the oldest medical schools in Tamil Nadu. Upon completion, he returned to Malaysia and served in several hospitals before meeting his soulmate Dr V Poovathy, and was blessed with two sons, Dr Anand and Dr Viknesh.

Dr Nathan had always been active in the Perak Medical Practitioners' Society as a member, committee member and later as the President in 2013/2014. As President, he represented Perak at the Federation of the Private Medical Practitioners' Association of Malaysia, associating himself with Dr Steven Chow and Dato Dr Lim Boon Sho, it's President and Vice-President for many years.

It always amazed me as to his tenacity in organising health camps with health talks and screening for the welfare of the public. At nearly every committee meeting, he would be updating us on the numbers:

how many were screened, how many blood packs were collected if there was a blood donation campaign; and briefing us of the next planned camp!

Unfortunately, in his later years, his health took a turn for the worse and had to have dialysis, initially twice and then three times weekly. On top of that, his heart also played up. He was in and out of IJN since 2019 quite a number of times. Despite his ailing health, he was elected President-Elect in 2017 and took over from me as President again in 2019. The only other member who was President twice since the 1970s was our late Dato Dr Chin Gan Ghee (1973 and 1974).

What can I say, he really gave his 'all' to our society. In my last conversation with him when he was admitted to IJN in May for his surgery, he was still advising me as to some matters for our 13th ASEAN Congress next year.

He passed away two weeks after his by-pass surgery, on 31st May 2023.

His son, Dr Anand commented: "my dad was very very fond of PMPS, and I could tell he really enjoyed everyone's company".

A good doctor, a good husband and a good father.

CONDOLENCES

In May, PMPS mourned the passing of Dr Michael Cheong Yoke Leong (71) and Dr Kamalanathan A G Raju (74).

DR MICHAEL CHEONG (6/09/1952 - 3/05/2023), general surgeon, was an Associate Professor in UniKL-Royal College of Medicine, Ipoh. He had practiced surgery for many years before joining UniKL-RCMP. He is well remembered as a gentleman doctor to many and a true professional who was regardfully considerate for his nursing colleagues.

DR KAMANALATHAN (24/7/1949 - 31/5/2023), past PMPS President twice, had been active in PMPS for many years. His zeal for PMPS is unsurpassed. Please read his eulogy written by Dr Yee who has known him for long.

PMPS COMMITTEE (2023-25)

The fourth meetings on 2/7/23 decided on details for PMPS Games 2023 (see "SPORTS" section) among other issues.

HOSPITAL PANTAI IPOH 16 May 2023

With the help of Drs Sumithra (surgeon, PMPS Committee member) and Chan CG (cardiologist) the CEO of Pantai Hospital Ipoh Ms Chong Siet Fong invited the Committee to meet her and Medical Director Dr Eric Yeoh (Family Medicine Specialist) on 16/5. Outcomes of discussion were co-organising CME GP symposium and use of the Hospital venue for our future meetings of the Organising Committee of ASEAN Congress on Primary Health Care 2024.



HOSPITAL SERI BOTANI 20 May 2023

The new Hospital Seri Botani invited the Committee for a dialogue and lunch with their COO Mr Ng Chee Hong and consultants on 20/5. Discussed were co-organising CPDs, communication between specialists and GPs (including referrals and replies), and recruiting members from the Hospital.

PEJABAT PENGARAH KESIHATAN PERAK 13 Jun 2023

PMPS Committee had a successful meeting at the Pengarah's office on 13/6 with Dr Feizul (Deputy State Health Director). He was very receptive and agreed to Co-Chair the ASEAN Congress 2024.



BENTONG – BUKIT TINGGI – RAUB TOUR

25-26 Jun 2023 • By Dr Hu Wen Shiong

This tour was organised by PMPs and 26 members/spouses and a few relatives/friends participated in this get together. Dr Loke was the planner, Ms Wendy was the coordinator while Mr Chan was the tour guide.



Participants gathered punctually at 0630 hrs 25/6 at the KPJ bus stop and boarded a bus to start the tour. First stop was Bidor for breakfast. There was the famous duck drumstick noodle while some members opted for a meal at the market square. There were some interesting murals on the walls at Petai Lane.



On the way to Raub, the next stop was at an open-air durian stall where members bought and tried some durians namely the famed Musang King and Black Thorn.



Both were very fresh from the plantation and were good (but could be better if taken the next day, so I was told). This was followed by a visit to a soya bean drink/curd factory in one village house. The drink and bean curd were good but my personal feeling was that the Ipoh soya bean drink/curd were probably better. Nevertheless, it was an experience to see the soya products being manufactured in a village house.

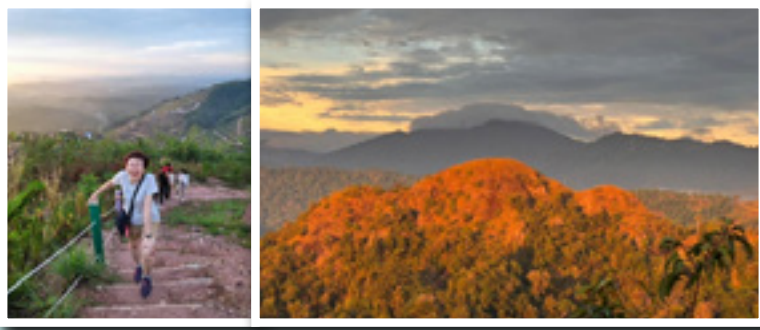
Lunch was at a vegetarian restaurant. This was followed by a visit to a groundnut factory before proceeding to Bilut Hill Eco-Resort. The bus stopped at a base station and purpose-built vehicles and pick-up trucks were used to ferry members up a short up-hill gravel/laterite road to the resort. The

accommodations were single or double storey buildings spread out over the resort. Members were housed in two-to-a-room units, four in 2-room units with their own bathrooms and WC, and the last 10 stayed in a 5-room 'bungalow' unit with a single WC and shower (reminded me of my Rural Health Survey in Besut in 1977 where two groups of about 50-60 students shared two WCs and shower facilities). Other rooms available were the exotic all-glass room (unfortunately PMPs does not have a budget for this for us) with very good view of the surrounding and the Dome (looked like an Eskimo igloo).

We checked in around 1500 hrs. Most washed up and got some rest before exploring the resort for the free afternoon. Two members took the

opportunity to try out the package comprising ATV ride, Archery and Zip Line. My personal experience was that ATV ride looked easy and fantastic when on screen but definitely not so when you were the rider. The zip line was relatively easy. After all the safety harnesses were put on, you just leapt from the platform and hung on for dear life until you reached the lower platform. The Archery was interesting. I managed to get a bullseye, after moving from a distance of about 10 meters to about two meters!

Dinner was halal steamboat dinner at the restaurant in the resort. There was a very good variety of food to choose from and there was good fellowship after recovering from the journey from Ipoh to Bilut Hill. The fellowship continued after dinner at the open-air



tables to enjoy the cool refreshing air until about midnight. Some members had a go at the Karaoke from 2230 hrs until past midnight. Dr Jeeva had a different plan. He took along his telescope and spent the whole night from around midnight to 0630 hrs the next day. It was a starry night and he managed to see many beautiful stars and galaxies with his telescope. It must be his surgical training which enabled him to stay awake the whole night in the wee hours.

Met Dr Jeeva going back to sleep while on my way for the morning walk up to the hilltop at 0630 hrs. He was tired but definitely very contented with what he had seen in the starry night. Most members participated in the morning walk except for those with back or knee problems. All were rewarded with a splendid view of the surrounding and morning view of the sun rising from the mountains. The whole morning walk took about one hour. After tracking down to our rooms and showering, it was breakfast time. It was a simple but filling breakfast. Then it was back to the rooms to pack for departure back to Ipoh.

First stop is Bentong Main Market. Here there was some free time to wander and shop for the famous Bentong old ginger and other ginger products. It was a very hot humid morning. We had filling lunch in a Chinese Muslim restaurant. After lunch, Dr Loke sponsored everyone a bowl of ice kacang with ice cream (abc). This is one of the best deserts. Thank you, Dr Loke.

The next stop was at Bukit Tinggi Resort where we visited the Colmar Tropicale with the massive western colonial buildings. The visit to the Bukit Tinggi complex was cut short due to the timing of the internal bus to go from Colmar Tropicale to the Japanese Garden.

There was a short stop at an open-air market on the way to Tanjung Malim. Here we get to buy some Bentong old ginger besides some vegetables. Eggs were also a must buy item for some members as it was said that the chicken were fed with special grass and the egg yolk was red in colour. Dinner was at Tanjung Malim. It was a sumptuous halal dinner before we proceeded back to Ipoh, arriving at around 2200 hrs.

Comments

- » It was a short but interesting get together. There was lots of time for fellowship especially during and after dinner besides being on the bus.
- » All the participants were very cooperative and there was not much time lost waiting for each other.
- » It was a new experience for me with the ATV, Zip line and Archery while Dr Jeeva was very contented with his star gazing. There was the evergreen Karaoke for members.
- » Thank you to Dr Loke for planning the tour and Ms Wendy for coordinating the tour. Thank you Mr Chan for leading the tour and helping to buy the soya puffs which were very good.
- » Looking forward to more PMPS tours!

from TOUR MEMBERS

- » “We had a very good time and the fellowship was wonderful. PS I had a great time doing some astronomy observation at night.” – Dr Jeeva
- » “Thank u Dr Loke & Wendy for making the trip so warm with good food & fellowship among us.” – Dr Seet
- » “A fellowship of good and friendly people made possible... Hope this lovely fellowship continues.” – Dr Bhajan
- » “It was FUN!! Thank you so much.” – Dr Kek

MORE PMPS TOURS

The third PMPS Committee (2023 - 2025) Meeting on 2/7 discussed a visit to the **tropical rainforest of Belum Temenggor** (<https://belum.com.my/>), tentatively in September this year. You will be informed of further details.

CPD PROGRAMME CO-ORGANISED WITH PCSH AND DKSH

MOVING TOWARDS BETTER MANAGEMENT OF PRIMARY CARE – INSIGHT FROM THE EXPERT

Date & Time

15/7/23; 12 N - 6:00 PM
(Lunch included)

Venue

PCSH Main Wing, Level 5

CPD Points: 4

NEW MMC- CPD GRADING SYSTEM

<https://mma.org.my/web/wp-content/uploads/COMPARISON-OF-THE-MMC-CPD-GRADING-SYSTEM.pdf>

The OLD MMC-CPD Grading System is valid until 30th June 2023 only. The NEW MMC-CPD Grading System is effective from 1st July 2023 onwards.

The followings about CPD points are worth knowing:

- » Scientific meetings / seminars / conferences: 4 points for half day (2 - 4 hrs); 20 points for two and a half days or more
- » Our ASEAN Congress together with the Pre-Congress total 24 points.
- » 5 points for leadership role in medical societies / NGOs / Committee member at national, state or institutional level

PMPS ANNUAL GAMES

All participants will be given a memento beside prizes for winners.

PMPS GOLF TOURNAMENT 2023

This will be held on Sunday, 30/7, at Royal Perak Golf Club, followed by a fellowship dinner. The flyer has been sent out.

OTHER GAMES

Bowling, badminton, tennis, table-tennis and squash will be held in August.

PENANG MEDICAL PRACTITIONERS' SOCIETY – PERAK MEDICAL PRACTITIONERS' SOCIETY GAMES

Penang MPS has invited us for a weekend visit and games with them in return for us hosting them in August 2022. You will be informed of further details.

Fun corner



GP and
NP (Nurse
Practitioner)



PMPS Committee would like to extend warm greetings to members and families on the following occasions:

31/8 (Thu) Merdeka Day;
16/9 (Sat) Malaysia Day;
28/9 (Thu) Prophet Muhammad's Birthday;

3/11 (Fri) Sultan of Perak's Birthday;
12-13/11 (Sun - Mon) Deepavali

When a public holiday falls on a Sunday, it is replaced on the following Monday.



**ANNUAL PRACTISING
CERTIFICATE (APC) RENEWAL**

**SUBMIT APPLICATION
BEFORE 01 DECEMBER EACH YEAR**

- **CPD Points**
 - Period to obtain CPD points for **APC 2025**: between 01 July 2023 and 30 June 2024.
 - New MMC-CPD Grading System w.e.f. 1/7/2023 ~ described above.
- **Professional Indemnity Cover** – compulsory from **APC 2021** onwards.
- **Fee**
 - The APC application fee is RM100.
 - Late application is subjected to an additional fee of RM100.
- **Enquiries**
 - <https://mmc.gov.my/certification/#apccert>
 - <http://meritsmmc.moh.gov.my/>
 - Whatsapp: [016-3261751](tel:016-3261751)

**NOMINEE FOR
MMA BEREAVEMENT PAYMENT &
MMA GROUP PERSONAL ACCIDENT
INSURANCE CLAIMS**

To facilitate claims Nominee’s particulars must be submitted. This can be done via:

1. Clicking the menu button at right upper corner of MMA Handphone Apps to fill the Nominee form.
2. Manual submission - contact MMA

**PMPS INFORMAL &
INSTALLATION DINNER, 25/11/23**
Details will be informed.

DOCTORS’ DAY 2023
FPMPAM is celebrating Doctors’ Day in Kuching,
Sarawak in October 2023
(date to be confirmed).

**MMA AGM & SCIENTIFIC
CONGRESS 2023**
6/9/23, Hilton Hotel, Kota Kinabalu, Sabah

MEMBERSHIP

NEW MEMBERS

PMPS welcomes the following new ordinary members:

Dato Dr Jeyaseelan P Nachiappan
(Associate Prof, Paediatrics,
UniKL-RCMP)

Dr Sathesh Babu Subramaniam
(Physician, Sri Botani Hospital)

Dr Chew Chee Keong
(Radiologist, Sri Botani Hospital)

Reminder

The usual reminder to support your society:

1. pay your subscriptions
2. check that your latest details are recorded.

BANK DETAILS

Account name:

THE PERAK MEDICAL PRACTITIONERS’ SOCIETY

Bank: Public Bank Berhad

Account number: 3072790829

Send to:

The Perak Medical Practitioners’ Society
c/o KPJ Ipoh Specialist Hospital
26 Jalan Raja Dihilir, 30350 Ipoh

Benefits To Be PMPS Members

The membership of PMPS is open to registered medical practitioners and dental surgeons resident in Perak.

- a) **Continuous Professional Development (CPD)** – PMPS is a registered CPD provider. It regularly holds CPD sessions for its members.
- b) **PMPS News** – Each issue is emailed and WhatsApped to members. It keeps you informed of issues relevant to members. All issues are available at <http://www.pmps.org.my/>.

To Keep You Continuously Informed and Updated

1. **PMPS Broadcast** – The Secretariat handled by Wendy uses this one-way avenue to inform members of relevant issues and sending soft copies of PMPS News when published.
2. **PMPS Members WhatsApp Group** – Members are urged to be prudent in using this chat group and avoid inadvertently sending unauthenticated information.

COVID-19 MALAYSIA PROTOCOL 2023 JULY

NEW COVID-19 SOP

EFFECTIVE JULY 5, 2023

FACE MASK GUIDELINES

It is **MANDATORY** to wear a face mask:
 ■ If COVID-19 positive
 ■ When caring for/dealing with patients in a health facility, as per infection and prevention control practices

It is **ENCOURAGED** to wear a face mask:

If in a poorly ventilated area/ crowded place, and from a high risk group, such as:

- * The elderly
- * Chronically ill
- * People with a weakened immunity
- * Expectant mums

If having respiratory symptoms

When using public transport, such as a:

- * Bus
- * Train
- * Aeroplane
- * Taxi/e-hailing vehicle
- * Employee shuttle
- * School shuttle



COVID-19 case – After five days of isolation the patient should observe the followings till after the 10th day.

1. Wear face mask whenever going out.
2. Avoid crowded places.
3. Avoid visiting individual in high-risk group.
4. Avoid unnecessary travel.
5. Clean hands always with water and soap or hand sanitizer.

FPMPAM COUNCIL 2023-2024

The Council consists of:

- President** – Dr Shanmuganathan Ganeson
- Deputy President** – Dato’ Dr Lim Boon Sho
- Hon. Secretary** – Dr Pearl Leong Yuet Mae
- Hon. Treasurer** – Dr Steven Chow Kim Weng
- Hon. Deputy Secretary** – Dr Yee Meng Kheong
- Editor (Suara FPMPAM)** – Dr Yek Sing Chee (co-opted)



to Dr Yee and Dr Yek, our own PMPS members.

**PERAK INFECTIOUS DISEASE SURVEILLANCE UNIT
NEW EMAILS**

Unit E-mail
CDC prk.cdckinta@moh.gov.my

HIV/STD/Hep C
 prk.hivstdkinta@moh.gov.my

TB & leprosy
 prk.tibikustakinta@moh.gov.my

COVID-19 (for private health facilities)
 gpcdckinta@moh.gov.my

Vector/Malaria
 vektorkinta@moh.gov.my

‘HEALTHCARE REFORM: HEALTHIER FUTURE FOR MALAYSIA’ — MMA’S NEW PUBLICATION

<https://mma.org.my/healthcare-reform-healthier-future-for-malaysia-2/>

The book covers challenges facing the healthcare system today and their innovative solutions. It is meant to be a valuable resource for anyone interested in understanding and improving the healthcare system, in particular policymakers, healthcare professionals, and academics.

Price:
 RM40/copy for MMA member
 RM50/copy for non-members

To purchase, please contact Ms Sakthi or Aqila at 03-40411375 or email to finance@mma.org.my / accounts2@mma.org.my

ASEAN CONGRESS ON PRIMARY HEALTH CARE & PRE-CONGRESS 2024

The 13th edition of this biennial event will be held on 11-14 July 2024, tentatively in Kinta River Front Hotel. The theme is ‘Embracing New Horizons in Primary Health Care’. It will be qualifiable for 20 + 4 CPD points.