



# PMPS News

FOR MEMBERS ONLY

DECEMBER 2019

ISSUE 23

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(Community Service  
& Public Forum)

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Dr G. Nantha Kumar  
(Membership Drive)

Dr Kumar Thiagarajah (Sports)

Dr Rajeswaran Paramjothy (Tours)

Dr Rosalind Simon (CME)

Dr Yap Foo Ngan  
(PMPS Newsletter,  
Community Service  
& Mentor-Mentee Programme)

## Editor's Request

Members who are interested to write articles for the Newsletter kindly email: [pmmps.secretariat@gmail.com](mailto:pmmps.secretariat@gmail.com)  
or fax: 05-2426549  
or post to:  
PMPS Secretariat,  
KPJ Ipoh Specialist Hospital,  
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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



**How time flies.** It seems we just celebrated New Year not too long ago and 2020 is just a short while ahead. Soon Christmas, New Year and Chinese New Year will be dawning on us. On behalf of my Committee I wish to express my humble Greetings and Best Wishes to all members Merry Christmas, Happy and Prosperous New Year 2020, and Gong Xi Fa Cai to all celebrating.

Due to unforeseen circumstances with regards to my health, the Installation and Doctors Day Dinner scheduled for 5th October 2019 was cancelled. The Committee was gracious enough to postpone the dinner. But not to be disappointed, we are planning to have an informal dinner tentatively on 11th January 2020. Once finalised, we will blast the news to you all. We hope to have a great informal dinner just like our last one in Mike's Place.

Our just concluded overseas tour to Myanmar was a huge success with about 18 participants. We will organise further local and overseas tours next year.

I trust our members will be united and cooperate with our leaders' decision to boycott the Peka B40 (Skim Peduli Kesihatan B40) until a better fees are given to us. Please continue to charge RM80.00 for the recently introduced medical examination using the new form JPJL8A for vocational driving license as it involves a lot of details to be filled and more responsibilities. Let us not undercut each other on this fee matter.

There is a sudden burst of new medical and dental clinics opening up in Ipoh, more so with dental clinics. So, GP's life is going to get tougher, and the cake is going to get smaller and smaller what more with all the undercutting.

*continue in page 2*

Till the next edition of PMPS newsletter, once again Merry Christmas, Happy 2020 New Year, and Gong Xi Fa Cai from all of us in the Committee. Since a new PMPS Directory will be out soon, members are requested to update their current addresses, telephone numbers, email addresses with Ms Wendy at our Secretariat.

*Thank You.  
Dr Kamalanathan  
AG Raju*

*Editor's Note:*

*PeKa B40 is the free healthcare scheme for the Bottom 40% group of the three Malaysian income groups; other groups being Top 20% (T20) and Middle 40% (M40). PeKa B40 provides for free health screening and three other healthcare benefits. The health screening involves two visits to a general practitioner who has signed up for PeKa B40. The GP is paid RM40.00 for the first visit and RM20.00 for the second visit. Such fees are considered niggardly for the work involved. Noteworthy is that PeKa B40 is a pioneer project with monitoring mechanism built in. There is plan of extension to cover M40 depending on its effectiveness and future national financial situation. Comprehensive information is available at <https://www.pekab40.com.my/soalan-lazim>*

## CONDOLENCE DATO DR S DHARMALINGAM

"On behalf of Perak Medical Practitioners Society, the Committee and myself as the President would like to offer our Deepest Heartfelt condolences to the family of Dato.

Many of our members have fond memories of working with Dato and Dato had delivered so many of our members' children.

We pray for his soul to be at Peace with God, and for the family the strength to go through this difficult time."

*Dr. Kamalanathan AG Raju, PMPS President  
(Sent by email to his family on 9th November 2019)*

*Editor's Note: Dato Dr S Dharmalingam, 93, classmate of Tun Dr Mahathir, passed away on 08 November 2019 in Sydney, Australia. Qualified in 1963, he was a pioneer O & G specialist in Malaysia (mentioned on page 125 in The History of Medicine and Health in Malaysia). He was well-known in Ipoh, being the Head of O & G Department in then Ipoh General Hospital in the 1970s.*

# UPKEEPING THE CLINICAL COMPETENCE OF NEW MEDICAL GRADUATES FOR THEIR HOUSE-OFFICERSHIP

Dr Yap Foo Ngan (Family Physician), Dr Amarjeet Kaur (General Practitioner),  
Dr Yee Meng Kheong (Resident Anaesthetist Hospital Fatimah)

In the olden days, medical graduates were able to start their house-officership soon after graduation. However the first author gathers from personal contacts with medical graduates he has taught that since 2016, they have to wait for months before they get their house-officer job. Over the past three years, the waiting period has become longer to one year or more. It is very important that the medical graduates have opportunities to keep in touch with medicine during these months.

In early cognizance of this, Dr Steven Chow the President of Federation of Private Medical Practitioners' Associations Malaysia (FPMPAM) launched the FPMPAM Mentor-Mentee Program for Newly Qualified Medical Graduates in November 2017.

The FPMPAM Mentor-Mentee Programme (MMP) For Newly Qualified Medical Graduates<sup>1</sup>

FPMPAM started MMP as a service with the objective to upkeep and prepare new medical graduates in clinical skills for their house-officer tasks during the many months waiting to get employed.

It is a voluntary programme involving mentors in Malaysian private medical practices. The Presidents of state private medical associations under FPMPAM act as state coordinators. There is no payment incurred. However, a token allowance may be offered by some clinics to the mentees.

The Mentor-Mentee Programme (MMP) In Perak<sup>2,3,4</sup>

Dr Yee Meng Kheong, the President (2017-2019) of Perak Medical Practitioners' Society (PMPS) started the Perak MMP Subcommittee chaired by Dr Amarjeet Kaur with himself and Dr Yap Foo Ngan as committee members.

News about Perak MMP was disseminated in local newspapers. Dr Amarjeet wrote about it the Ipoh-based IPOH ECHO, the only community newspaper in Malaysia.<sup>5</sup> Sin Chew Daily reported it through the effort of Dr Yek Sing Chee (active member and PMPS President 2015-2017).

The Ipoh-based Universiti Kuala Lumpur Royal College of Medicine Perak (UniKL-RCMP) expressed interest and met the Perak MMP Committee about providing the MMP for their new MBBS graduates.

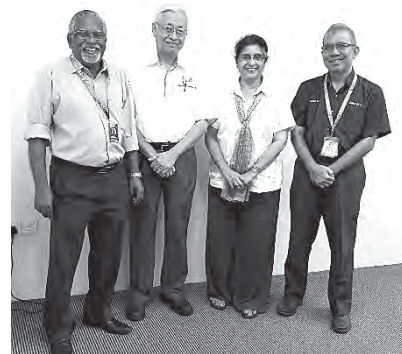


Figure 1. Meeting with UniKL-RCMP's Prof. Dato' Dr Subramaniam and Encik Anuar, July 2018

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Table 1. Number of Mentors and Mentees in the Perak Mentor-Mentee programme 2018 - 2019

	Period	Number of Mentors	Number of Mentees	
			Registered	Accepted*
1	February - April 2018	10	11	9
2	September - November 2018	14	30	17
3	February - April 2019	20	27	23
4	September - November 2019	20	18	14

\* Not all medical graduates who registered could be accepted because of insufficient number of mentors. Some from other states were referred to their respective states according to their preferences at Dr Yee's initiative.

The first Perak MMP batch started in February 2018. Officially the programme runs for three months each time. As at November 2019, we have had four batches of mentees. The mentees come from various local and overseas universities. Some even come from states outside Perak. Our mentors are from different disciplines, clinic-based and hospital-based. They are located in Ipoh and other places in Perak e.g. Taiping, Sitiawan, Langkap.

Before commencement of each official period of mentorship, Perak MMP committee holds a meeting with the mentees to brief them on the programme and to allocate mentors. The mentees are reminded on communication skills, patient confidentiality and other 'dos and don'ts'.

A WhatsApp group is set up for each batch. Through this feedbacks are received from both mentees and mentors, and relevant information including some



Figure 2.  
Meeting on 26 Aug 2018 with the second batch of mentees



Figure 3.  
Meeting on 20 Jan 2019 with the third batch of mentees



Figure 4.  
Meeting on 25 Aug 2019 with the fourth batch of mentees

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## Some Comments by Mentees on the Perak Mentor-Mentee Programme

*The Perak MMP has been well received by the mentees, as expressed in some mentees' comments below (full names omitted).*

"It was a very good experience for me to learn from a very experienced consultant. Dr N taught me a lot and he pushed me to read more and in details about certain topics. We discussed a lot of topics. Despite of not having the opportunity to do more hands on, I think the programme was really great and helped me to keep studying before being called for housemanship."

"It was a very good practice before HO. Dr Y is a very good mentor and we were allowed to most of the procedures. I would have loved to continue with Dr Y but I plan to do my MRCS this year. So far with Dr Y, I do not have any negative feedback, only positive feedback as this program is very beneficial."

"Dr L agreed to take me in longer so I am still going to his clinic actually. This attachment has been really fruitful and useful to me, not just a revision but I learnt many new things too. It has been really practical and I really hope this programme will continue in order to benefit more people."

"Attachment with Dr N is very useful to me. Being overseas student, Malaysian hospital is a new thing for me. Dr N helped me out a lot to get familiar with Malaysian hospital system.... For improvement: it's just that since Hospital K is a private hospital, I can't practice hands on. But I totally understand the reason of it."

"I was assigned under Dr J. I was really glad to do my attachment under him as he exposed me to real patients where he allowed me to do full system examinations and taking history on most of the patients and even allowed me to do blood drawings and give injections to patients. I was also exposed on how to handle Fomema patients under his guidance. He also assigned me regularly with home works on certain medical topics and have discussion in the clinic. He also updated me regularly with MMA and KKM updates. In conclusion, I'm really grateful to be assigned under him as mentee. Kudos to this programme."

"Overall the attachment was very good experience. However, because of my lack of skill in understanding Chinese language, I couldn't understand some of consultation between Dr L and Chinese patients. So, maybe after this, I need to learn more about this language."

"Good, flexible timing. I was able to attach to a few of his home visits and dementia center and nursing home visit."

"Dr S is a good mentor. I have learned a lot from him. Is a good experience that I have after my graduation. I hope there are more mentors so that more mentees can benefit from it. Thanks doctor. It is a great programme."

"I love this programme because this programme pushes me to do revision based on patient complaints in the clinic and also revise on the treatment as well. Sometimes Dr A will give us homework to read, and we will discuss together on that topic. I also can gain working experience in clinic setting. Learning about new things on how to register patient under insurance cover."

"Dr M was a good mentor. He's very enthusiastic in teaching. And when he teaches, he explains everything very thoroughly. I got to see how procedures are done up close in the OT and he talked me through the procedures."

*continue in page 6*

local medical CPD sessions are disseminated for the mentees' benefits.

In appreciation of the mentorship provided, PMPS presents to every mentor a Certificate of Appreciation.

### Appreciation

Reading through the mentees' feedback carefully, you may appreciate that our mentees learn more than just clinical skills and knowledge. They are being prepared not just for house-officership but also for their future medical career. No doubt the rich experience of the mentors and their wisdom are of immense benefit to the mentees. We appreciate very much our mentors' contribution. We also appreciate our mentees' effort and feedbacks since we do learn much from them on a number of fronts. In fact a mentor said "Meeting these young doctors has been a tremendous blessing."

It can be seen from Table 1 that there are often more mentees than mentors. It is worth noting also that some mentees have come from outside Perak to join us.

### References:

1. Announcing the launch of the FPMAM Mentor-Mentee Program (MMP) for Newly Qualified Medical Graduates, <https://fr-fr.facebook.com/fmpam/posts/1718408414887852>  
The FPMAM Mentor-Mentee Programme in Perak 2018 - 2019:
2. [http://pmps.org.my/PMPS\\_News/PMPS-News-N19-Aug2018.pdf](http://pmps.org.my/PMPS_News/PMPS-News-N19-Aug2018.pdf)
3. [http://pmps.org.my/PMPS\\_News/PMPS-News-N20-Dec2018.pdf](http://pmps.org.my/PMPS_News/PMPS-News-N20-Dec2018.pdf)
4. [http://pmps.org.my/PMPS\\_News/PMPS-News-N21-Apr2019.pdf](http://pmps.org.my/PMPS_News/PMPS-News-N21-Apr2019.pdf)
5. The IPOH ECHO, <http://www.ipohecho.com.my/v4/about-us>

## The next PMPS Mentor-Mentee Programme February—April 2020

It is opened to application till 15 January 2020. As expressed by one mentee, we hope to have more mentors joining the programme. Interested practicing doctors and medical graduates are welcome to contact the following, even if you are outside Perak:



Kindly contact Dr Amarjeet Kaur 012-5226662 or Dr Yee Meng Kheong 017-5784530.  
Or email to: [pmps.secretariat@gmail.com](mailto:pmps.secretariat@gmail.com)

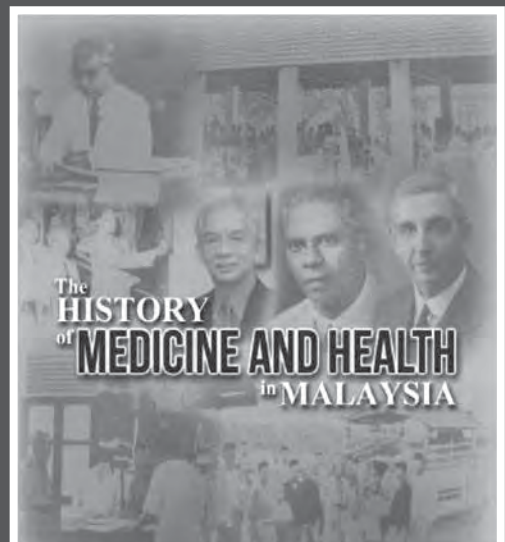


### THE HISTORY OF MEDICINE AND HEALTH IN MALAYSIA

This literally priceless book was written by Taiping-based surgeon Dr Lim Kean Ghee and published in 2016. It is available free at:

<http://i-lib.imu.edu.my/DrLimKeanGheeBool-TheHistoryOfMedicineAndHealthInMalaysia.pdf>

Note that as described on page 198 the first Clinical Research Centres were established around 1994 as a result of the foresight of Tan Sri Dato' Dr Abu Bakar Suleiman then Director General of Ministry of Health.





# NATIONAL DOCTORS' DAY 2019

by Dr Amarjeet Kaur

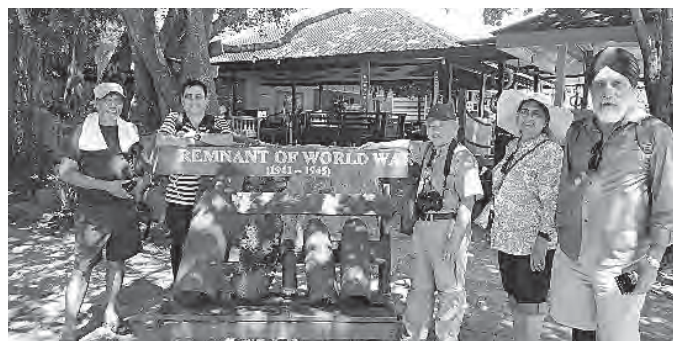
The National Doctors' Day is celebrated to recognise the contributions of physicians to their patients and the society. It is celebrated on different days in different countries. Since the year 2015, Malaysian doctors have been celebrating the Doctors' Day on 10 October each year.

The very first Doctor's Day was flagged off in Ipoh in 2015. Since then we have celebrated the Day in Penang, Kuala Lumpur and Alor Star. This year FPMPAM chose to celebrate with our fraternity in East Malaysia, Kota Kinabalu Sabah.

I must say the Association of Private Practitioners Sabah (APPS) went to great lengths and care to host the event. They were very well organised, from the time we were picked up from the airport, to treating us to a relaxing morning on the islands, to an adventurous ride to the medical camp in Tegudon Tourism Village and a lovely dinner afterwards. Goodwill and fellowship was felt all around. I would like to thank APPS for taking such good care of us from West Malaysia.

On the first day of our arrival we were driven to Sutera Jetty to be whisked away on an islands hopping trip. The jetty was packed with international tourists, but our very able guides managed to get us across to Sapi Island with little hassle. We were accompanied by none other the APPS Chairman Dr Devdass himself. Rarely do we get to enjoy such pristine beaches and crystal clear blue seas with colourful fishes clearly seen swimming around the jetty. After a relaxing morning chatting with Dr Steven, Dr Hew, Dr Shan and the others under the swaying coconut trees, we were feasted to a lunch of local dishes. Soon all were feeling satiated and sleepy in the warm Sabah sun. After a hop over visit to Maluka Island the trip ended back at the jetty and a visit to the Phillipinian market. That evening after a short rest in the hotel, my husband and I met up with an old colleague of his, back from Kashmir, over dinner.

The following morning we were off in two vans for a three-hour countryside drive to Tegudon Tourism Village. Dr Rizin Kusop (Rizzku), the local GP had



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worked hard to organise the health camp along with the village elders. The campsite was at a riverside against a backdrop of green hills, popular with tourists. The scene was serene and breathtaking. After the usual welcome and briefing by Dr Rizin, Dr Steven addressed the crowd introducing them to the FPMPAM activities and thanking all who were involved in the camp, especially the Penghulu and the villagers. Soon the camp was in progress. Alongside the doctors and paramedic team we were also joined by the dental team and the cancer survivors society members. All together we saw 217 patients from five villages nearby. 60 patients were given dental treatment and 80 patients were seen by the ophthalmologist. 46 pairs of glasses were given out to those who needed them. It was a great experience mingling with the local Sabahans and experiencing the kampung dishes of simple tapioca, yam, vegetables and pulut rice. After attending to the last villager we were back at the hotel by 6:00 pm to rest and prepare for the Doctors' Day Dinner.

The Doctor's Day dinner was a cosy and informal dinner. We were served with a Chinese course dinner

and entertained to a variety of local traditional dances. The dancers injected energy and zest into the evening with their graceful and at times war like dance steps. Several doctors join them in their dance, cheered on by the crowd. Dr Peril had the honour of blowing the blowpipe and bursting some balloons. Many hidden talents surfaced on that day. Dr Nazri, Mr Daniel and Dr Hew serenaded us with some oldies and Dr Steven Chow with his jokes keeping us all in high spirits throughout the night. It was a wonderful way to end the day.

APPS had really excelled in their hosting skills. Overall it was a very exciting and good trip for me. I would like to thank Dr Devdass the Chairman, Dato Dr James and his very efficient staff for an excellent job done. Doctors' Day 2019 will certainly stay with us for a long time. I am already looking forward to the next Doctors' Day in November 2020.

*Editor's Note: The event was also reported in The Star: <https://www.thestar.com.my/lifestyle/health/2019/11/05/malaysian-doctors-celebrate-national-doctors-day-in-sabah>*





# DOCTORS AND CLINICAL RESEARCH – WHY BOTHER?

by Dr Avinder Singh HS

Why “Why bother”?

Let's be honest and let's all admit – when it comes to a clinical trial paper, we all skip the objectives, methodology, results and especially the numbers, having only the conclusion kept close to heart. Some of us – “Why bother with the entire paper, abstract enough mah!” Some – “Aiyo, conclusion so short ah, how to know the truth?” and then with grinding teeth, clenched fists and palpitations (that could be strongly mistaken for Ventricular Tachycardia), we decide to read the entire paper getting to midway and regretting our decision.

Have you ever wondered why? I have a simple explanation for it. When we were taught all of these in medical school, we rolled our eyes and went “Gosh I came to study medicine, not deal with the mathematical department.” This remains a fact with us throughout our medical career until a person decides to embark on obtaining his master or joining a university where the only possible career advancement is via publications. Both these result a doctor finding himself in the thick of having to deal with a research paper/statistics. Let's also face another fact, with our poor understanding in clinical research and statistics, we have all been made to believe short transcripts of research offered by drug companies and identifying the ‘all important’ p value to show that a drug/method works. Sadly, that is the state that most of us find ourselves in.

But still, after all of that, why bother?

The Clinical Researcher

Well, to be fair, this issue has been made known to the fraternity for some time now. Just like in the clinical field where specialisations have taken a different turn to very subspecialised fields, there is a new branch of medicine that deals with clinical

trials - clinical research. Prior to this, clinical research was mainly handled by biostatisticians and study coordinators. However this proved to be a problem as clinicians and mathematicians in truth never made good friends with each other. One wanted clinical relevance and the other was only interested in statistics. With that it was only right that a marriage of these two fields took place and a clinical researcher resulted from it. My dear colleagues, this is my field of interest, one which I am highly qualified for but given very little recognition.

Why? Because sadly in Malaysia, our fraternity looks down upon those who “do not see patients”. Those in the public health, pathology, microbiology and forensic department know what I am referring to. In actual fact, clinical researchers are only looked upon and sought when there is a need during the master thesis or publication for professors. After that completion we become mere dust to many, just as the can lid for a soft drink - we hold the fort and content, but once the content is done, we become redundant.

Importance of Clinical Research

However I am here to explain why clinical research is so important. As mentioned, we clinicians have no time to be bothered with mathematics / statistics to show that a method / treatment / drug works. We prefer if all of these can be done and we are told that A is better than B and move on with life. Now, having this in mind, many have seized this opportunity to exploit us. Many manipulate results to trick us with giving us what we want to see the “important p value”. Let me tell you something, the p value can be rephrased as a pee value. I was once told, the p-value causes us to be monkey see monkey do Homo sapiens. What in fact is important is the method used to arrive to the results and the statistical tests used (relevant or not and whether

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## DOCTORS AND CLINICAL RESEARCH – WHY BOTHER?

(contd from page 9)



they have been manipulated). Has the study been done ethically? Were patients recruited into the study comparable? i.e. in a diabetic study for testing a new drug against a conventional drug, were HbA1c results of both group of patients nearly the same or different at the start? Did one group have a baseline HbA1c of 8% and the other 6%? This would mean the groups did not start on a level playing field, although at the end of the day an average HbA1c of 8% being reduced to 5.5% (reduction of 2.5%) may be compared to the group with HbA1c 6% being reduced to 5% (reduction of 1%).

To be fair, do doctors have time for all of this? Better yet, even if we do have time, are we able to identify all of these factors? Do we have adequate knowledge in this? Have we been trained in this?

### Where to Start

Thus it is extremely important that doctors be strongly encouraged to attend courses like "Introduction to Clinical Research" (ICR) and Good Clinical Practice (GCP).

The ICR is good for doctors who want to broaden their knowledge horizon on clinical research with a bit in everything: ethics, statistics, methodology and administrative works of clinical research registration in Malaysia. For those who have attended the ICR and would love to indulge themselves in interventional clinical trials / drug trials, they will need a GCP certification; you can say it is an advanced certificate of the ICR. One will have to attend a three-day course and sit for an examination conducted by the National Pharmaceutical Regulatory Agency (NPRA). After passing the examination, only then can a doctor apply to be involved in clinical trials. Finance and Curriculum Vitae gain aside, having a GCP, being involved actively in clinical trials is a form of giving something back to the fraternity and our patients. Moreover, attending these courses can help us in better understanding what is being put in front of us by medical companies. Now, you can ask them the right questions and stump them.

ICR and GCPs are normally organised by the Institute of Clinical Research, Clinical Research Malaysia and certain Tertiary Universities. I strongly recommend doctors to attend the two courses and ensure that their practice is changed for the better and not be conned by sponsored publications when doing a critical appraisal of literature. I always recommend doctors to seek professional advice and help when trying to conduct clinical research or trying to appraise a clinical research publication before being put into practice. This not only saves time but also helps the physicians to be at ease as they can be confident that they are making an informed decision to their patients.

### Take Charge

In this 21st century it is important that doctors dictate their own future and not be led to believe facts presented by others. Also in this changing society, we obtain new and latest information at the speed of light. Let's be part of it. Clinical research not only fosters that but it is also a way doctors repay their fraternity with new, insightful and honest information.

### Practice safely and well!

*Editor's Note: We practice evidence-based medicine. Clinical research plays a vital role in this. We are glad to have Dr Arvinder Singh a/l Harbaksh Singh writing on this. He is from Ipoh and is now Medical Officer (Research) at Institute of Clinical Research Sungai Buloh Hospital. He lectures on Introduction to Clinical Research and in Good Clinical Practice Workshops for both Ministry of Health and private organisations since 2013. He has the following qualifications: MBBS (AIMST, Mal), MSc Health Research (RCSI, UK), Occupational Health Doctor (OHD, NIOSH). He is also pursuing PhD in Community Health (Epidemiology and Statistics) at the National University of Malaysia. He can be reached at arvinder.crc@gmail.com.*

## PMPS COMMITTEE MEETINGS

The present PMPS Committee 2019-2021 was elected at the 79th PMPS AGM on 24 March 2019. It has held FOUR meetings so far. The meetings are usually held at KPJISH Meeting Room, on Sunday 3:00pm to enable as many committee members as possible to attend.

### COMMUNITY SERVICE

#### **Doctors' Day Health Camp,** Tegudon Tourism Village, Sabah

Please see report by Dr Amarjeet under  
"NATIONAL DOCTORS' DAY 2019" on page 7.

### TOURS

#### **The 7D6N Myanmar tour** 1-7 Nov 2019 was just over. It will be reported later.

Future tours will be announced.

## SPORTS

### PMPS ANNUAL GAMES 2019 REPORT

**by Dr Kumar Thiagarajah, Sports Coordinator**

As Sports Chairman of the PMPS Sports Committee I herewith submit the reports on the various games played off for this year. The usual games played as in previous years were golf, bowling, badminton, table-tennis, squash and tennis.

#### **Golf (Sunday, 14 July 2019)**

The golf tournament was the first to be played and it was held at the Royal Perak Golf Club. It saw the participation of 36 golfers (including four ladies) and the results were as follows:

Nett Champion:	Dr Kek Kim Huat
Gross Champion:	Dr Awtar Singh Dhillon
Lady Champion:	Ms Ashwin Kaur

The competition concluded with an evening of camaraderie, spiritual enjoyment and a sumptuous dinner held at the TS VIP Chinese Restaurant at Ipoh City & Country Club that evening where the prizes were given out. Thanks to Dr Michael Cheong, the Golf Convener and other members including Dr David Yeo, Dr Chew Teik Chye and Dr Seet Chee Lin who assisted, for the well organised function.

#### **Bowling (Wednesday, 21 August 2019)**

The bowling event was held at the Ipoh Bowl in Aeon Kinta City in the evening. We had a good turnout of participants including several members' children. In total we had 25 participants. The results of the men's and women's categories were as follows:

##### **MEN'S**

1st Place:	Dr Eddy Ong Tee Meng
2nd Place:	Dr George Chan
3rd Place:	Dato Dr Mohammad A Kadir

##### **WOMEN'S**

1st Place:	Dr Ding Soo King
2nd Place:	Ms Wendy
3rd Place:	Mrs Joanna Ong

Dr Leong Siew Mun was the Bowling Convener. He as well as his group of gentlemen friends helped to coordinate the whole event very ably. Here I would like to record our sincere appreciation to Dr Leong and his team for the wonderful support they gave us as well as for organising the light refreshments we enjoyed at the end of the event. The top three winners in each category received the following cash voucher prizes: RM 50.00 for 1st place, RM 30.00 for 2nd Place and RM 20.00 for 3rd place. Consolation prizes were given to all other participants who took part that evening. In all it was indeed an enjoyable evening for all who attended.

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Dr Leong, the bowling convener



## Badminton, Table-Tennis, Squash and Tennis (Sunday, 25 August 2019)

The usual racquet games mentioned above were played again this year. At this juncture I take this opportunity to thank the President and Sports Secretary of Ipoh Swimming Club for so graciously allowing us once again to use their facilities at the club to play off our badminton, table-tennis and squash games. The time allocated for our games this year was from 1:00 pm to 3:00 pm. The members were hosted to a High Tea after the games at 3:00 pm at the Ipoh Swimming Club. The results of the games were as follows:

### SQUASH

Dr Lai Thian Seong vs Dr Yee Meng Kheong ..... 11 - 7, 11 - 10  
 Dr Lim Yang Kwang vs Dr Yip Wai Hong ..... 11 - 7, 11 - 9

### TABLE TENNIS

Dr Chong Khek Nyen vs Dr Lee Nik Hooi ..... 21 - 15, 21 - 5  
 Dr George Chan & Dr T Kumar vs Dr Yee Meng Kheong & Dr Choong Choon Hooi ..... 21 - 10, 21 - 14  
 Dr Yong Yew Kay vs Dr Lai Thian Seong ..... 14 - 21, 21 - 16, 21 - 12  
 Dr Chong Khek Nyen vs Dr Chew Kiat Eng ..... 21 - 8, 21 - 6  
 Dr George Chan & Dr Chai Yoon Moy vs Dr Lee Nik Hooi & Dr Choong Choon Hooi ..... 21 - 14, 21 - 17  
 Dr Hu Wen Shiong vs Dr T Kumar ..... 21 - 12, 21 - 16  
 Dr George Chan vs Dr Choong Choon Hooi ..... 26 - 21, 20 - 22  
 Dr Phang Chong Hoe vs Dr Chew Kiat Eng ..... 16 - 21, 21 - 16  
 Dr Chong Khek Nyen & Dr Yee Meng Kheong vs Dr Hu Wen Shiong & Dr Chew Kiat Eng ..... 21 - 14, 23 - 21

### Tennis (Played at DBI Courts from 5:00 to 7:00 pm)

Dr Phang Chong Hoe & Dr Khoo Yee Leong vs Dr Hu Wen Shiong & Dr Lee Nik Hooi ..... 6 - 4  
 Dr Yee Meng Kheong & Mr Seet Ee Jay vs Dr Foo Joo Ee & Mrs Agnes Goh ..... 6 - 2  
 Dr Goh Dar Wen & Dr T Kumar vs Dato Dr Gunasegaran & Dr George Chan ..... 7 - 5  
 Dr Lee Nik Hooi & Mrs Ng Sooi Kheh vs Dr Ng Sooi Kheh & Dr Ding Soo King ..... 6 - 1  
 Mrs Agnes Goh & Mrs Ng Sooi Kheh vs Mr Seet Ee Jay & Dr Ding Soo King ..... 6 - 4  
 Dato Dr Gunasegaran & Dr Foo Joo Ee vs Dr Yee Meng Kheong & Dr Goh Dar Wen ..... 6 - 1  
 Dr Ng Sooi Kheh & Dr Hu Wen Shiong vs Dr Lee Nik Hooi & Dr T Kumar ..... 6 - 4  
 Dr Ding Soo King (Dr T Kumar) & Mr Seet Ee Jay vs Dr David Yeo & Dr Yip Wai Hong ..... 5 - 4

## BADMINTON

Dr Choong Choon Hooi & Mr Teoh vs Dr Yee Meng Kheong & Dr George Chan .....	23 - 21
Dr Choong Choon Hooi & Dr George Chan vs Dr Yee Meng Kheong & Dr Chai Yoon Moy .....	21 - 19
Dr Choong Choon Hooi & Dr Chai Yoon Moy vs Dr Lai Thian Seong & Dr Yong Yew Kay .....	21 - 8
Dr Yong Yew Kay & Dr Chai Yoon Moy vs Dr Choong Choon Hooi & Dr Lai Thian Seong .....	21 - 8

## APPRECIATION

I would like to place on record a word of thanks and appreciation to all those who helped to convene the games:

Dr Michael Cheong:	Golf
Dr Leong Siew Mun:	Bowling
Dr Yong Yew Kay:	Badminton
Dr Phang Chong Hoe:	Table Tennis
Dr Lai Thian Seong:	Squash
Dr Yee Meng Kheong:	For helping to liaise with Ipoh Swimming Club, organise the High Tea, and book the tennis courts at DBI

Overall I am of the opinion that the members and their families had a very enjoyable time at all the sporting events. I am hopeful that more participants will come forward to take part in these games next year.

### ANNUAL PRACTISING CERTIFICATE (APC)

We wish to remind members on the following:

- **Submit application before first day of December each year**
  - o If there is change of address, remember to notify change by completing a new Appendix A Form.
  - o Keep a copy of your application for your reference.
  - o Late application: See under "Fee".
- **CPD Points** – with effect from APC 2020, a minimum of 20 points is compulsory for renewal. The CPD points for **APC 2021** are to be obtained between 1st July 2019 to 30th June 2020.
- **Professional Indemnity Cover** – compulsory for **APC 2021** onwards. Ref: MPM. 100-6/3/4(84) dated 04/3/19. The following two choices are mentioned in <https://mma.org.my/indemnity/>

#### MEDICAL PROTECTION SOCIETY

<https://mma.org.my/medical-protection-society/>

#### MEDFEND

<https://mma.org.my/medefend/>

- **Fee** – With effect from 1st July 2017
  - o The APC application fee is RM100.
  - o Late application is subjected to an additional fee of RM100.
- Note that all medical practitioners are to state their **MMC registration number** on all medical prescriptions and all other documentation and records, whether in paper or electronic format.

# PERAK SAVE-A-HEART PROGRAMME

LAUNCHED on 24/11/19

(Information provided by YB Perak State Assemblyman Dr Ko Chung Sen)

Perak Save-A-Heart Program was launched by YB Deputy Health Minister Dr Lee Boon Chye. The Program is an ongoing joint effort by the Perak State Government, Ipoh Cardiovascular Society, St John's Ambulance, Red Crescent Society and KASIH. Initial funding was provided by the State Government with RM 80k and Ipoh Cardiovascular Society with RM 25k.



Ten automated external defibrillators (AED) had been placed at the following locations: Polo Ground, DR Park, Perak Stadium, Ipoh Padang, Urban Transformation Centre, Ipoh Railway Station, Balai Polis Pekan Baru, Kledang Hill, Majlis Bandaraya Ipoh and Amanjaya Meru.



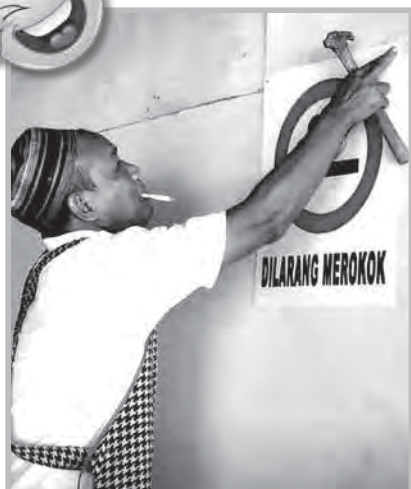
At the Launch, Mass CPR-AED training of 547 participants was carried out.

## ANNOUNCEMENTS

PMPS INFORMAL DINNER - tentatively on 11th January 2020  
Please see President's Message.



**Just for laughs**



*Congratulations to  
Dr Lee Boon Chye*

Fellowship of ASEAN College of Cardiology  
Award, 21/9/19, Jakarta, during ASEAN  
Federation of Cardiology Congress.







## WHY JOIN PMPS?



The membership of PMPS is open to registered medical practitioners and dental surgeons resident in Perak. It has been established to help contribute to the well-being of its members as well as the public through the following objectives as stated in its constitution.

### OBJECTIVES

- a) To encourage and foster friendship amongst its members.
- b) To encourage the further development of medical science whenever possible.
- c) To protect and promote the professional interests of its members.
- d) To promote and maintain professional ethics.
- e) To enlighten the public on matters of health.
- f) To carry out community services to the Malaysian public.

### BENEFITS TO MEMBERS

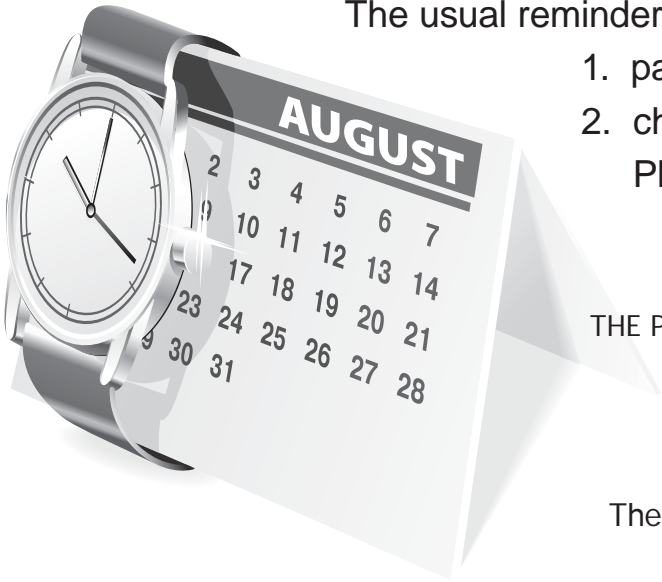
- a) **Continuous Professional Development (CPD)** — PMPS is a registered CPD provider. It regularly holds CPD sessions for its members together with other medical organisations.
- b) **Discount of registration fee for PMPS' 2-yearly Congress On Primary Health Care.** E.g. the registration fee for PMPS members for the 11h Conference in Jun 2019 was RM300 compared to RM400 for non-member doctors. Note that this discount is equal to twice the annual subscription of RM50.
- c) **Others** — these are evident when you go through this PMPS News, which also keeps you informed of issues relevant to you and which you receive free.

## TO KEEP YOU CONTINUOUSLY INFORMED AND UPDATED

### PMPS WhatsApp groups:

1. **PMPS Broadcast:**  
The Secretariat handled by Wendy uses this one-way avenue to inform members of relevant issues.
2. **PMPS Members Forum:**  
This has become a very vibrant forum. Members are urged to be prudent in using this Forum and avoid inadvertently sending unauthenticated information.

## REMINDER



The usual reminder to support your society:

1. pay your subscriptions
  2. check that your latest details are recorded.
- Please inform your secretariat.

*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

## NEW MEMBERS

Ordinary Member — Approved at PMPS Committee meeting on 12 August 2019:

Dr Tan Teong Wooi

Dr Govindaraju a/p Ramasamy

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

*Christmas (25 Dec 2019)*

*New Year's Day (1 Jan 2020)*

*Chinese New Year (25-27 Jan 2020)*

*Thaipusam (8 Feb 2020)*