



PMPs News

FOR MEMBERS ONLY

AUGUST 2021

ISSUE 28

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(Membership Drive, Sports)

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Editor's Request

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

pmps.secretariat@gmail.com

or fax: 05-2426549

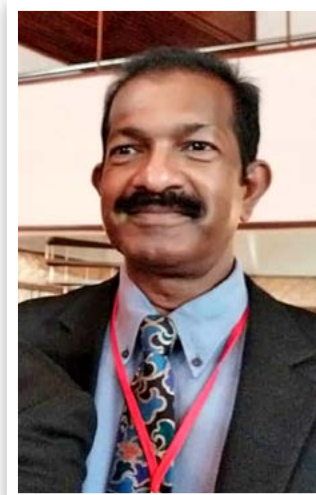
or post to:

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

It has been almost four months since I took the reins of PMPs. When we started our term, the Committee and I were confident that with the rolling out of the vaccines and a comprehensive vaccination programme drawn out by the Ministry of Health, the Covid-19 pandemic would have been well under control by now and life would have started to return to normalcy with at least 80% of the population vaccinated. Little did we know that we are far from it and are still struggling with the third wave which is yet to peak!



We decided instead to accept Dwight D. Eisenhower's advice – "Plans are useless, but planning is everything". We decided to take a more fluid approach, ready to adapt given the current situation.

The COVID-19 Pandemic

To date, Malaysia has recorded over one million cases with almost 8000 deaths. Up until mid-July 2021, the mean age for mortalities from Covid-19 was 65 years; about 15.3% did not have any comorbidities and 10.8% were brought in dead (among them 15.3% were from the 15-24 years age group). This is indeed a worrying trend.

The current third wave which started in September 2020, in recent weeks, continues to overwhelm the healthcare system, leaving hospitals struggling to cope and oxygen supply running low in certain states. There are no signs of our current wave waning in the near future.

continue in page 2

COVID-19 Vaccination Initiative



25/7

PPV Centre Stadium
Indera Mulia; with
Drs Nantha & Yee

In an effort to support our local vaccination programme coordinated by the State Health Department (JKN), PMPS Committee and members have volunteered our services on an ad hoc basis, especially over the weekends, in an effort to ramp up the vaccination drive - as acquiring herd immunity seems to be the only way to win this war. Periodically, we will notify

all members whenever JKN is short staffed and volunteers are required.

Mobile Vaccination Centre



14/7, Press
Conference,
Terminal Aman
Jaya Bandar
Meru Raya,
with Dr Loke,
YB Howard
Lee ADUN
Pasir Pinji & Dr
Shukri Bin Said
of Mediklinik
Manjoi)

This project is the brainchild of Howard Lee, the assemblyman for Pasir Pinji. He mooted this idea in the hope to help hasten vaccination in his constituency, especially among those who are having difficulties accessing the designated vaccination centres. Upon completing servicing the people in Pasir Pinji, this Mobile Vaccination Centre will then go on to serve other less accessible or rural areas in the state.

Howard Lee had approached PMPS to help out on a voluntary basis. The Committee felt that this would be a noble cause and we agreed to be a part of this move. This proposal has been forwarded to the Covid-19 Immunization Task Force (CITF). Once approved, this project will kickstart in August 2021. Once again, we will call upon all members to actively participate in this initiative.



Code Black

PMPS understands the plight of our junior contract doctors and endorses their demands for detailed and transparent criteria for permanent posts; equal, fair treatment and benefits for contract and permanent staff; clear postgraduate pathway to specialisation for contract doctors and job security for all doctors and allied healthcare workers. While we agree that this issue was created by the government and the system needs to be rectified without delay, PMPS does not condone a strike.

Preferred Provider Clinic

On 18th July 2021, I participated in a zoom meeting with Dr Steven Chow, President of Federation of Private Medical Practitioners' Associations, Malaysia (FPMAM) on THE PREFERRED PROVIDER CLINIC. Dr Steven Chow, who has always championed for fair equitable deals for his fellow private doctors as well as cost effective patient care, is negotiating with the MD of IPHA and IPHRx, two companies affiliated to FPMAM, which were formed to provide the corporate base to support private practitioners and members of the FPMAM.

Negotiations are still underway and details are yet to be finalised.

PMPS Social Events

By far, this is the most anticipated event in our annual calendar by all members. It gives us an opportunity to let our hair down and catch up with our colleagues. Unfortunately, our Installation Dinner, Annual Games and Doctors' Day celebrations will be postponed yet again with the current pandemic. However, be creative and promote camaraderie virtually.

Social distancing can become daunting at times. Although technology has allowed us to stay connected, subtleties of body language, facial expression and gestures tend to get lost with electronic media. Let us look out for each other and remain sane while we fight this pandemic as one. We are all in this together!

Major Dr Jeyaratnam M Ratnavale

PMPS@COVID-19 Pandemic (also read 'FEATURE')



30/5 (Sun), Dr Yee standing next to Dr Subashini,
FMS @ Centre



8/8 (Sun), After a hard day's work ending at 5:55 pm;
Dr Jeyaratnam, his wife Dr Anjalai, Dr Rosalind & others

PMPS's voluntary work at Indera Mulia Stadium Public Vaccination Centre

MEETINGS

FPMPAM Zoom AGM, 1/5/21



1/5, PMPS Committee at Maharaj Restaurant

PMPS Committee 2021-2023 Meetings

Both second and third Meetings were held virtually, on 9/5/21 and 8/8/21, hosted by Dr Loke.

NEW MEMBERS

We welcome the following new member approved at PMPS Committee Meeting on 8/8/21:

Ordinary member:

DR HEW MEE LEN, Klinik Greentown,
16 Persiaran Greentown 1,
Greentown Business Centre,
30450 Ipoh, Perak

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 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 11th 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) **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/>.
- d) **Keeping You Continuously Informed and Updated PMPS WhatsApp groups:**
 - i. **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.
 - ii. **PMPS Members WhatsApp Group** — Members are urged to be prudent in using this chat group and avoid inadvertently sending unauthenticated information.

PMPS AND PERAK DOCTORS' INITIATIVES FOR FRONTLINE HEALTHCARE WORKERS

IN HOSPITAL RAJA PERMAISURI BAINUN IPOH (5th REPORT) – PERAK COVID-19 CHRONICLE

by Dr Yap Foo Ngan



AGENT OF SHIELD
HRPB IPOH

YB Dr Lee Boon Chye formed Agent of Shield Hospital Raja Permaisuri Bainun (AOS-HRPB) on 23 Mar 2020 to support HRPB frontliners to battle COVID-19. Of the 84 volunteers in the beginning, 33 were recruited from PMPS WhatsApp Group.

AOS-HRPB WhatsApp Group started by Dr Lee forms an important avenue for HRPB frontliners and voluntary members to communicate needs and moral/financial/physical support.

AOS has since extended its support to other Perak COVID frontlines.

Escalation, Variants

Around mid-April Ipoh COVID cases started to climb, probably because of general complacency and loosened adherence to standard operating procedures (SOPs). Beta variant emerged in Malaysia. Delta variant rampaged India in April and May. Malaysian private hospitals which started accepted COVID-19 patients from January 2021 reached full COVID-19 occupancy. Klang Valley Government frontlines were rapidly filled up. Association of Private Hospitals Malaysia offered to assist by managing their non-COVID-19 patients. On 4/6 Health DG reported nine Delta variant cases out of 122 cases of variant of concern (VOC) identified.



YB Dr Lee & Richard sourced and delivered oxygen concentrators, 1 on 7/5 and 3 on 12/5.



4/5, AOS delivered body wash to ED

COVID Menace, MCO 3.0, Perak Battle On

Loosened restriction on interstate travel aggravated the situation. Beta VOC raged. Victims became younger. Healthcare frontliners pleaded for

postponement of social gatherings around Ramadan festivities. Following national trend, Categories 3 and 4 patients in Perak escalated in early May. Mortality climbed. Additional COVID-19 wards opened. Non-COVID-19 patients would be transferred to Batu Gajah and Kampar Hospitals. Oxygen beds crunched. Oxygen concentrators were in short supply because of the enormous demand from India.

The Canning Cluster exploded with Beta VOCs. MCO 3.0 began in parts of Selangor, extended to Ipoh on 8/5 and then nationwide on 10/5 (three days before Hari Raya Aidilfitri).

An increasingly harsh battle was on.

Rays Amidst Storm, Youths, Resilience

Amidst this gloom youthful HRPB-based singing group “Healthcare Workers of Malaysia” presented “Belaian Jiwa (Caressing Soul) 2021” on 10/5.

Their foreword said, “We as healthcare workers are always there to help, but at times we are also vulnerable and helpless. During this video production, one of our doctors and her family members were put under home quarantine and she still patiently awaits her father’s safe return from the hospital.”

There must be numerous similar stories nationwide and worldwide.

The war-toughened young frontliners shoulder immense proportion of the COVID burden. They are our treasured future captains and reformers.



<https://www.youtube.com/watch?v=T3rPJtGJr6g>

AOS-HRPB well-wishers contributed support of different kind – mood-cheering chocolates to exhausted staff.



14/5, fellow AOS-HRPB, Mr Lee and his delightful boys brought sweet cheer to exhausted staff.

COVID storm seethed, they soldiered on with their battle cry “together we fight”. Five HRPB medical wards were converted to COVID wards for the expanding number of Categories 3 and 4 patients.

Frontliners proved resilient.

Different Fronts, Indurate Needs, Funds

By 16/5, COVID patients spilled over all 26 HRPB COVID ICU beds into general wards. Similar trend developed in other Perak public hospitals, e.g., Manjung and Slim River. Selangor’s Sungai Buloh Hospital had to store COVID bodies in special containers. Health authority ramped up testing and increased appeal to citizens to observe enhanced COVID SOPs and receive vaccination.

Vaccination by Perak Public Health (PH) Team was stepped up in Public Vaccination Centres (PVCs) and extended to haemodialysis centres and senior care homes. Government sought help in vaccination from private sectors. 12 private hospitals (Selangor, Negri Sembilan, Sarawak) started doing so on 25/5.



21/5, crowd at Indera Mulia Stadium PVC



PH vaccination, senior care homes (20/5 & 28/5); Pangkor (27/6)

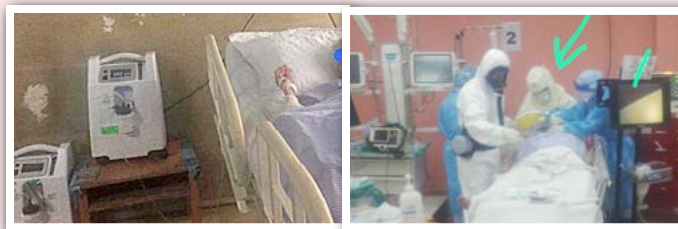
AOS-HRPB supplied increasingly indurate logistic needs, e.g., infusion syringe pumps, oxygen concentrators, vital signs monitors, powered air-purifying respirator (PAPR), beds, etc.

On 23/5, YB Dr Lee appealed for a second fundraising, "I suggest AOS-HRPB Ipoh raise another RM50K meantime to cater for immediate and future needs. We need to purchase some PAPRs and cardiac monitors for HRPB Ipoh and if possible, Hospital Slim River as well. My greatest appreciation to all the healthcare personnel and frontline staff for their continuous effort and sacrifice to keep us safe."

RM83,355 was raised by the fourth day.

Oxygen, Oxygen, Resoluteness

On 28/5, Government announced National Full MCO beginning 1/6. Daily new cases spiked above 8,000 at 8,290 following Hari Raya gatherings. Bureau of Investigative Journalism reported Malaysia as one of the countries with low vaccination rate facing oxygen crisis after India.



31/5, HRPB; oxygen concentrators promptly used – converted COVID ward & PAPR – ED

Situation escalated dishearteningly. Delta VOC assaulted Malaysia. On 2/6, daily new cases stayed above 6,000 since 19/5. A record 126 new COVID deaths occurred. Troubling reports of increasing suicide rate surfaced.

As a spark of hope, five Perak private hospitals began COVID vaccination on 30/5, followed later by other private hospitals and GP clinics.

Pusat Kuarantin dan Rawatan COVID-19 (PKRC) increased its capacity. The first of two drive-through PVCs started operating on 10/6. Mass screening in factories started in early July.



25/5, Dr Ko personally donated 2 oxygen concentrators – promptly used



2/6, more beds for PKRC



Dr Ko's friend Mr Kwan (whose mother recovered from COVID-19 in HRPB) donated 5 oxygen concentrators, photos – 27/5 & 28/5



8/6, AOS delivered 6 units of syringe pumps



31/5: AOS delivered 4 units oxygen concentrators, 2 units PAPRs, 3 units vital signs monitors, for HRPB and Slim River Hospital (SRH), witnessed by Dr Lee, Dr Kursi (ED), Dr Chong (Medicine), Dr Sivanandarajah (Pengarah SRH).



10/6, AOS delivered 4 oxygen concentrators



25/6, Tzu Chi Foundation donated oxygen concentrators and fully equipped ICU beds for Perak

Delta VOC invaded beyond Klang Valley, where hospitals neared collapse in early July. Their patients spilled over to SRH, which increased its ICU capacity. Perak's situation harshened. The oxygen crisis deepened with patients having to share oxygen ports. Categories 1 to 3 patients with co-morbid needed admission since they often deteriorate fast. More COVID wards opened.

Doctors and nurses overstretched themselves physically, mentally and emotionally with long anguishing working hours. Their sentiment progressed from disheartenment to being benumbed.

Perak COVID Team began distributing pulse oximeters to home quarantined COVID positive patients on loan on 29/7. Sg Siput Hospital became COVID hospital on 30/7. On 3/8 Perak public PVCs started walk-in vaccination for people above 60 (2:00 to 5:00 pm). PMPs helped by circulating such information to all members. Some PMPs members helped regularly in PVCs. Three more PKRCs were opened.

Three Perak ADUNs (Tan — Simpang Pulai, Sandra — Teja and Chang — Tanjong Malim) crowdfunded and donated oxygen concentrators for HRPB and SRH.



30/7, Pengarah SRH received 5 oxygen concentrators from ADUN Chang



4/8, ADUNs Tan & Chang delivered 16 oxygen concentrators to HRPB



2/8, Mr Kwan donated 20 oxygen tanks



9/8, AOS delivered 2 sets air oxygen blender & flowmeter

Dr Wong Chong Yuen brought the good news that Perak Chinese Chambers of Commerce crowdfunded RM50,000 to purchase equipment for COVID frontlines, including PKRCs.

Perak COVID Team was resolute to keep Perak manageable.

Delta Variant Crisis, Sacrifice, How Much More

On 8/8 Malaysian government announced loosening of SOPs for fully COVID-19 vaccinated individuals starting 10/8. Healthcare frontliners were very anguished by this after sacrificing so much battling the COVID scourge.

Highly transmissible and lethal Delta VOC can infect the vaccinated (albeit with lower risk of serious illness) and start clusters. Malaysian daily new COVID cases remained above 10,000 from 13/7, exceeded 17,000 by 25/7 and climbed above 20,000 twice by 10/8. Daily new COVID deaths reached a new record of 360 on 8/8. Perak's full COVID vaccination rate reached only 20%.

WE SHARE THE PAINS OF OUR DEAR HEALTHCARE FRONTLINERS.

PMPS MENTOR-MENTEE PROGRAMME

~ 6th Batch, February to April 2021 ~

Dr Yee Meng Kheong, Co-ordinator Perak Mentor-Mentee Programme

In the midst of COVID-19 pandemic, it was not easy arranging the schedules for those mentees that were registered with us. And quite a number having had arranged an attachment for them, they later backed out stating that their parents did not allow them to join the programme for fear of COVID!

To compound the problem was that several hospitals do not allow visitors or that they were limiting visitors, which included our mentees. These hospitals did not allow our members (Mentors) to take in mentees during that period.

Nevertheless, we did manage to run a simple programme. The mentees we had were all very appreciative of our efforts and were very pleased with their respective mentors.

Dr Amarjeet, myself and all the committees would like to thank all our mentors who have helped out in the recent programme and also in all our previous programmes.

We will be getting ready for our next batch, which will commence in October. We will organise a virtual meeting on Sunday 19th September at 10 am for the next batch of mentees, and arrange mentors for them. Hopefully the COVID-19 situation improves by then.

Kindly contact Dr Amarjeet (012-5226662) or Dr MK Yee (017-5784530) for further details on this programme.

- Darsihni (Quest U) with Dr Wong Him Yau (orthopaedic surgeon) for 2 months
- Manishaa (UKM) with Dr Kannairan (PMC Sibilin) for 2½ months
- Looi KH (UKM) with Dr Loo Voon San (surgeon) from 1st Feb till now
- Chuah HY (UKM) with Dr Yek Sing Chee (Qualimedic Clinic) from 15th Feb till now
- Devan (Mannipal) with Dr Yee Meng Kheong (anaesthetist) for 2 months
- Nichole Francis (Quest U) with Dr Yee Meng Kheong for 1½ months
- Nichole Fong (PMC) with Dr Amarjeet (Bhajan Clinic) for 1½ months
- Norlaila (U Sriwijaya) with Dr Amarjeet from 1st April till now.



**Without
mentors,
there can be
no mentees.**

Dr Yee with mentees Drs Nichole & Devan

CONDOLENCES

PMPS Committee expresses sincere condolences to the family of Dato Dr Michael Chin Gan Ghee who departed on 9 August 2021 at 82. He was PMPS President for two terms in 1973-1974 at the age of around 35. He was a scholarly gentleman. PMPS Committee has sent a wreath on members' behalf. Dr Chung Sin Fah has written a very befitting obituary for him.

50 YEARS OF FRIENDSHIP

~ Dato' Dr Michael Chin Gan Ghee ~

Dr Chung Sin Fah

Dato' Dr Michael Chin Gan Ghee studied in St Michael Institution, did his MBBS in University of Sydney, and his MRCP in Glasgow. He had multiple medical diplomas from UK — DTMH, DCH, DRCOG, and Certificates in Traditional Chinese Medicine from Beijing. He was a holistic Physician, very interested in acupuncture and of late, geriatrics, health care and nutrition. I remember him strenuously practising acupuncture and moxibustion in the medical ward/clinic those days before these were popular among us Western trained Medical Practitioners. Some of our contemporaries at that time were quite fascinated with his unique medical techniques. As we know, TCM (Traditional Chinese Medicine and Acupuncture) is now a popular recognised medical specialty.

I first got to know Dr Michael Chin when I was a final year medical student, and Dr Chin was just freshly back from UK. He was for a short while lecturing in the Medical Department of the newly established University of Malaya Medical Faculty. He was a good and conscientious teacher, approachable and very likable by all — students, colleagues and medical staffs.

Subsequently Dr Michael Chin left for private practice in Ipoh and had been doing so from then till now — a span of over 50 years!

He was the Consultant Physician in the then newly opened Our Lady's Hospital, a charitable Franciscan Missionary Hospital in Ipoh. Practising with him together in Our Lady's Hospital were the pioneer batch of Ipoh private medical specialists. Among the then medical team there were Surgeons Drs Andrew Koh and Willie Low, O&G Drs John Lip and Chakr Nagara, Anaesthetists Loh Choon Hing, Pathmakanthan and David Yeo, Eye Consultant Dato YC Lee, ENTs Kumar and FN Yoong. Dr Stephen Lee was the resident MO. We all got to work, know each other well, including each other's "idiosyncrasies". It was a fantastic team.



Dr Michael Chin was an active life member of the Malaysian Red Crescent Society (MRCS). He was its senior instructor and examiner and was awarded Dato'ship for his work and dedication to MRCS.

Together with Dr Michael Cheong and me, we represented MRCS to attend the International Red Cross/Red Crescent Societies in Beijing in 1987, attended by many delegates from Finland, Sweden, Canada, etc. We also attended courses in TMC with formal lectures and clinicals in several Beijing hospitals. Dr Michael Chin was our leader and spokesman, representing our cohort of Western trained doctors in dialogs and discussions with the Chinese trained counterparts, exchanging views and experiences. We all benefited tremendously from the intensive discussions led by Dr Chin. He was noticeably the most enthusiastic and learned student among us.

After coming back to Malaysia, Dr Michael Chin continued to practise his holistic approach to medicine till the present days. If we were to spend some time discussing medicine with him, we would be able to learn a lot from his vast experience in many aspects of unorthodox and interesting medical theories. Till his last days, he was still actively participating in giving lectures and CMEs, sharing experiences with us all.

As we who knew him well, Dato Chin was an extremely pleasant, helpful and a humble person, very approachable and an interesting person to engage in conversations on any topic including non-medical ones.

I will miss him, always remembering his smiles and interesting jokes, and the great times we had together over the past 50 years. I am sure all friends and colleagues who know him well will feel likewise.

It has been a privilege and joy to have known Dato Dr Michael Chin.

He had done much in his life for the society and the medical fraternity. May he rest in peace.

ANNOUNCEMENTS

ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL

IMPORTANT: CPD Points for Renewal Of Annual Practicing Certificate (APC) Year 2022

<https://mmc.gov.my/wp-content/uploads/2021/06/CPD-POINTS-FOR-RENEWAL-OF-ANNUAL-PRACTICING-CERTIFICATE.pdf>

The Malaysian Medical Council in its 406th Meeting on the 25/5/21 has agreed to allow for a reduction to a minimum of 10 CPD points for those fulfilling the criteria as below:

- a) Personal hardship;
 - b) Maternal leave;
 - c) Sick leave;
 - d) Other significant absence from practice;
 - e) Any other valid reason.
- You are required to submit an appeal letter together with the supporting documents to the Secretariat at unitapc.mmc@gmail.com
 - Kindly be informed that this appeal shall be subject to consideration by the Council with recommendations from the MMC-CPD Committee.
 - For the rest of the Registered Medical Practitioners, you are still required to accrue 20 CPD points and above for the APC renewal.

SUBMIT APPLICATION BEFORE 01 DECEMBER EACH YEAR

- **CPD Points** The CPD points for APC 2023 are to be obtained between 01 July 2021 and 30 June 2022.
- **Professional Indemnity Cover** compulsory for 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

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.

12th ASEAN & 8th PERAK HEALTH CONGRESS ON PRIMARY HEALTH CARE (June 2021)

In view of the COVID-19 MCOs this year, the Congress will be deferred to 17-19 June 2022. This was confirmed by PMPS Committee Meeting on 8/8/21.

With the rate of vaccination, hopefully by year end 'herd' immunity is established. We look forward to a physical meeting.

Dr Loke Yee Heng, our President-Elect PMPS, will be the Organising Chairperson. Co-Chairs will be Dr Jeyaseelan (PGMES) and Dr Puvaneswari (State Health Department, Public Health). Dr Yee will be the Secretary. Dato' Dr Chandran will helms the Scientific Programme.

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

31/8 (Tue) - Merdeka
16/9 (Mon) - Malaysia Day
19/10 (Sat) - Prophet Muhammad's Birthday
4/11 (Thu) - Deepavali
5/11 (Fri) - Sultan of Perak's Birthday