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*Edited by: Azlan Darus, Sirajoon Noor Ghani, Retneswari Masilamani, Choo Wan Yuen*
Foreword From
The Head of Department

The year 2010 was another eventful year for the Department of Social and Preventive Medicine (SPM) with the efforts by everyone to achieve the year's targets and schedules.

It has been a busy year for everyone in the department as certain requirements had to be met for the Malaysian Quality Agency (MQA) to approve all postgraduate courses offered in the department of SPM. The Postgraduate unit, especially Dr Maznah, Dr Farizah and the unit members had to prepare the MQA documents for all postgraduate programmes. Thanks to the Postgraduate team for the hard work and perseverance to achieve this task.

The semester system introduced in 2009 continued with the smooth running of the programmes and examinations. In 2010 we had 104 candidates for the postgraduate programme. Foreign students constitute almost 40 percent of the total enrolment. This year we had students from 12 countries namely; Iran, Sudan, Nigeria, China, Yemen, Peru, Somalia, United Kingdom, Libya, Russia, Myanmar and Cameroon.

The department has successfully published 38 ISI and 5 Non - ISI journal articles, and one chapter in a book in the year 2010. We had the fifth most number of journals in the faculty despite the comparatively smaller number of staff. This is a great achievement for the department especially with the number of undergraduate and postgraduate teaching programmes that the department caters.

Several staff from the department made presentations of their research endeavours at conferences overseas. The department in biostatistics, epidemiology and scientific writing respectively. The department conducted a total of 12 short courses and most of them were through the Julius Centre, University Malaya (JCUM).

The department undertook several activities for staff and students. These were a very interactive orientation week; a family day and a farewell day for the 2009-2010 students. The Family Day organised at the Templer’s Park was a hit. Thanks to Dr Maznah, and her team for the excellent organisation of all these activities.

The SPM website was kept updated with information on the activities for the year. This was well done by Dr Azlan, the department’s webmaster.

The department had 2 academic staff, Associate Professor Wong Yut Lin and Dr Wong Li Ping transferred from the Medical Education Unit, Faculty of Medicine. Associate Professor Wong Yut Lin was appointed as head of the Family Health Unit and continued to coordinate the undergraduate M.B.B.S programme for the department. Congratulations to Dr Wong Li Ping who was promoted as Associate Professor. Dr Azlan, the department’s webmaster.

Professor Wong Yut Lin and Dr Wong Li Ping transferred from the Medical Education Unit, Faculty of Medicine. Associate Professor Wong Yut Lin was appointed as head of the Family Health Unit and continued to coordinate the undergraduate M.B.B.S programme for the department. Congratulations to Dr Wong Li Ping who was promoted as Associate Professor. Dr Hazreen Abd Majid successfully completed his PhD and returned in July 2011. Dr Farizah Mohd Hairi is due to complete hers in July 2011. In late 2010 two additional staff namely Professor Chan Chee Khoon, a public health consultant, and Associate Professor Karuthan Chinna, a statistician, joined the department.

Associate Professor Dr. Nabilla Al-Sadat Abdul Mohsein was transferred as head to the Student Empowerment and Resource Unit of the university. Mr. Roshidi Ismail who was a tutor, succeeded in obtaining a scholarship to pursue his PhD in UM under the SLAB programme and we wish him good luck.

I take this opportunity to thank one and all in the department for all the hard work put in to accomplish the targets set in one way or the other. The support staff was very supportive in all activities carried out without whom many may not have been possible. Finally a big thanks to Dr Claire Choo and Y. Bhg Dato’ Sirajoon Noor Ghani who jointly worked towards the output of this annual report.
The Beginnings of the Department of SPM

Professor Winifred Danaraj nee Lewis was born on the 8th of August 1916. She read Medicine at the King Edward VII College of Medicine, Singapore and graduated as Licentiate of Medicine and Surgery in 1938. On graduation she served in various states in Malaya, including during the Second World War (1942 – 1945). This was followed by a stint of private practice (1947-1949). Professor Winifred Danaraj nee Lewis was born on the 8th of August 1916. She read Medicine at the King Edward VII College of Medicine, Singapore and graduated as Licentiate of Medicine and Surgery in 1938. On graduation she served in various states in Malaya, including during the Second World War (1942 – 1945). This was followed by a stint of private practice (1947-1949). The war years delayed her postgraduate training. However in 1952 she was able to obtain her Master of Public Health (magna cum laude, Harvard) and Diploma in Child Health from the Royal College of Surgeons of England also in 1952.

In October 1949, she joined the Faculty of Medicine in Singapore, as lecturer in the Department of Social Medicine and Public Health. She was promoted to senior lecturer in 1956. In 1961, with the resignation of the incumbent, she became the head of the department.

She was the first woman to be appointed to an academic medical chair in the University of Malaya in Singapore, and later became the first local person to be appointed as Professor of Social Medicine and Public Health. In 1964 she accepted the post of Professor of Social and Preventive Medicine in the newly established medical school in Kuala Lumpur, where her husband, Professor T.J. Danaraj was appointed Foundation Dean and Professor of Medicine.

Her appointment as the first professor to the chair in the Department of Social and Preventive Medicine (SPM) gave her the opportunity to develop a department with her own vision and philosophy as to the direction the department must take in pursuing change in the medical curriculum which gave emphasis to ‘integrated teaching’ and also relevant to the needs of a developing country. Social and preventive medicine became important elements in the undergraduate curriculum, in the face of opposition from her clinical colleagues. She worked closely with the Ministry of Health Malaysia so as to expose medical students, early in their studies, to problems faced by the public health officers in the various districts. This was done by rural visits as well as postings to the districts. The first intake of students was in 1964 and they completed a 5 year programme, graduating in 1969. Professor W. Danaraj did not rest on her laurels, but embarked on planning for a Master of Public Health programme. This was to provide more specialists in the field of public health to meet the need of the health services in the country, as it was the policy of the government to uplift the health of the rural people, who at that time consisted of 75% of the population. The programme was introduced in 1974. Since then it has produced 569 graduates, 407 local and 162 foreign candidates.

Professor W. Danaraj could be seen from afar as she was a ‘big’ person with a ‘big heart’, and her signature instrument was a large blackboard set-square which she used in teaching. She loved teaching and her lectures were well prepared and rich in facts. Her English was immaculate, spiced with wit and humour. Students had to be punctual, if once too often, were ‘invited to tea’. Books borrowed from her department had to be returned on time, otherwise their names were left-over’s until afternoon tea. She lived to see the transformation of a hill covered with scrub into a medical complex comprising of the faculty, teaching hospital and student community. Her untimely death in 1974, after a long illness was unfortunate as it robbed the faculty of an icon, a good teacher and a pillar of strength to the staff and students.

Many professors will pass through this department but none will be able to leave an impact as she did. They do not make professors like that anymore. Professors like that were left over until afternoon tea. She lived to see the transformation of a hill covered with scrub into a medical complex comprising of the faculty, teaching hospital and student community. Her untimely death in 1974, after a long illness was unfortunate as it robbed the faculty of an icon, a good teacher and a pillar of strength to the staff and students.
Undergraduate programme

The Department of Social and Preventive Medicine contributes to the undergraduate medical and science programmes of the Faculty of Medicine and the University. The programmes are:

- MBBS
- Bachelor in Science Nursing
- Bachelor in Biomedical Science
- Diploma in Medical Laboratory Technology
- Diploma in Nursing


The Community Residency Programme (CRP)

The Community Residency Programme (CRP) for phase IIIA MBBS students was conducted from 23 February to 23rd March 2010. The CRP offers an opportunity for medical student to interact with residents in rural areas and understand their lifestyle, health beliefs and problems. The programme was carried out in five rural districts in the state of Perak. These five districts include Kinta, Larut Matang & Selama, Parit Buntar, Kuala Kangsar and Hulu Perak.

The students also visited places of public health interest such as water treatment plants, sanitary land fill, sewage treatment plants, gravity feed water supply systems, vector control activities and factories. This gave the students an opportunity to learn possible environmental and occupational health issues faced by the community in these facilities.
**Postgraduate Unit**

The SPM Postgraduate Unit aims to produce professionals who are specialists in the general domain of Public Health as well as a particular specialty.

**Orientation Day**

At the beginning of every academic session, there is an orientation programme for the new intake of MPH and IMedSciPh students. The main objective of this event is to introduce the program and staff of SPM to the new comers and initiate interactions among the students. The event was scheduled for three days from 5th to 9th July 2010 involving the activities such as ice-breaking session, team-building and some games. In the event, students were grouped into six with nine to eight members in

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**Organisation and Management of Healthcare Services (OMHS)**

OMHS is one of the field programmes conducted by the SPM Department for MBBS undergraduates. The Organisation and Management of Healthcare Services (OMHS) module for phase IIIB MBBS started on 3rd July 2010.

The OMHS programme allows potential medical graduates to understand various systems of health care delivery in the country. The students have the opportunity to familiarise with their future work environment as they learn about the functions of the various categories of staff who man the hospitals and health centres.

The students were divided into 8 groups and posted to districts in Selangor, Wilayah Persekutuan, Negeri Sembilan and Pahang for hands-on experience on the health organisations in the respective areas. The module was concluded with the students’ presentations on the health organisations and focus areas which were assigned to each group. The districts involved this year were: Klang, Gombak, Petaling (Selangor), DBKL, Putrajaya (W. Persekutuan), Seremban, Port Dickson (N. Sembilan) and Raub (Pahang).

**Clinical Epidemiology and Evidence Based Medicine**

The CE and EBM module was introduced into the undergraduate curriculum in 2009. The module was borne out of the collaboration between the University of Malaya (UM) and the University Medical Centre, Utrecht (UMCU), University of Oxford, the Rumah Sakit Cipto Mangunkusumo (RSCM) Hospital under the Asia-Link programme. The programme aimed to introduce the principles of clinical epidemiology, critically appraise evidence and how to apply evidence in clinical practice. The programme was a success with support from clinicians and staff from SPM whom had contributed to the teachings of this module.
each group. These groupings remained the same for the whole academic session for students to conduct group activities/assignments. The orientation program facilitates students to know their group members so that they can work as an excellent team. The programme started with the briefing session by Dr. Maznah and followed by the activities and ended with prize giving ceremony. On the last day of the programme, the students elected their class representative, assistant and treasurer.

Integration Day

The integration day was held on the 21st September 2010 to allow the students and the staff of the department to get together in between their busy days with studies and work. This year the integration day was held in the month of Eid Mubarak or Hari Raya Aidilfitri. In view of the good team work spirit showed by this year’s batch, the PG unit decided to allow the students to organise the activities for this event, while the PG unit provided the support needed. The activities of the day were indoor games and performances by the students and staff. There was also a karaoke session. The students and staff took this opportunity to show their talent in singing. The day was so cheerful with colourful dresses and traditional costumes from local and international countries. The main dishes were prepared by the department like ketupat, lemang, lontong, Penang laksa and peanut paste. There were also dishes from other countries provided by the international students.
Presentation of Research Progress
At the beginning of every semester research students (DrPH) are to present the progress of their research, as a requirement before they could renew the registration of candidature. In 2010 there were 2 cohorts of DrPH students who presented their research progress. Problems faced by students regarding their project and logistics issues were discussed and solutions given where applicable. All academic supervisors were involved in the evaluation of the research that was presented. This event was one of the activities that were organized by PG unit.

Postgraduate Meeting
The postgraduate meeting is held every three months or quarterly which involves all the lecturers. The objective of the meeting is to discuss on the issues related to the postgraduate program especially in curriculum review and with regards to development of modules. In 2010 issues brought to attention and discussed were mainly related to the modules that were introduced after the introduction of the semester system in 2009.

MQA meeting
In fulfilling the Malaysian Qualifying Agency requirements on the standards to be achieved for higher learning institutions, the curriculum of the MPH/ MMedScPH and DrPH programmes had to be reviewed. All the modules were revamped to match its learning outcomes with the strategies and subjects to be taught and the matrix of soft skills were developed. PG unit organized 2 meetings to brief and discuss with all the module coordinators on how to meet the MQA requirements. Several sessions were held between PG personnel and the module coordinators. The exercise was very time consuming and tedious. Dr. Farizah assisted and coordinated the last few sessions and compiled the MQA documents, assisted by Ms. Hadharina.

Vetting of Postgraduate Examinations Questions
PG unit is also responsible for coordinating the vetting of exam questions at department level. All vetted exam questions from each unit are compiled and vetted again at the department level by the head of department and all unit heads. This is in accordance with the requirements for MQA.

List of modules offered and module coordinator
Master of Public Health (MPH) / Master of Medical Science in Public Health (MMedScPH) Session 2010/2011

Semester 1

<table>
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<th>Coordinator</th>
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</thead>
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<tr>
<td>1</td>
<td>Principles of Biostatistics</td>
<td>MOGB6109</td>
<td>Dr. Choo Wan Yuen</td>
</tr>
<tr>
<td>2</td>
<td>Management in Health</td>
<td>MOGB6110</td>
<td>A/P Dr Saimy Ismail</td>
</tr>
<tr>
<td>3</td>
<td>Principles and Methods of Epidemiology</td>
<td>MOGB6107</td>
<td>Dr. Choo Wan Yuen</td>
</tr>
<tr>
<td>4</td>
<td>Principles of Family Health</td>
<td>MOGB6105</td>
<td>A/P Dr Nabilla</td>
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<tr>
<td>5</td>
<td>Research Methodology</td>
<td>MOGB6108</td>
<td>Dr. Moy Foong Ming</td>
</tr>
<tr>
<td>6</td>
<td>Occupational and Environmental Health</td>
<td>MOGR6107</td>
<td>Dr. Azlan Darus</td>
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</table>

<table>
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<th>Code</th>
<th>Coordinator</th>
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<tbody>
<tr>
<td>1</td>
<td>Health Risk Assessment</td>
<td>MOGR6304</td>
<td>Dr. Arselin Su Ting</td>
</tr>
<tr>
<td>2</td>
<td>Law and Health</td>
<td>MOGB6306</td>
<td>Dr. Tin Tin Su</td>
</tr>
<tr>
<td>3</td>
<td>Public Health Nutrition</td>
<td>MOGR6302</td>
<td>Dr. Maslinor Ismail</td>
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Semester 2

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<td>Society, Behaviour and Health</td>
<td>MOGB6106</td>
<td>A/P Dr. Wong Yut Lin</td>
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<td>2</td>
<td>Research Proposal Development</td>
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<table>
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<tr>
<td>1</td>
<td>Occupational Medicine</td>
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<td>2</td>
<td>Epidemiology of Diseases in Malaysia</td>
<td>MOGB6301</td>
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<td>3</td>
<td>Women, Child and Adolescent Health</td>
<td>MOGB6307</td>
<td>Dr. Maslinor Ismail</td>
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<tr>
<td>4</td>
<td>Health Economics</td>
<td>MOGB6305</td>
<td>Dr. Ng Chiu Wan</td>
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<td>5</td>
<td>Medical Surveillance and Fitness to Work</td>
<td>MOGB6318</td>
<td>Dr. Anselin Su Ting</td>
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<td>6</td>
<td>Qualitative Inquiry in Public Health</td>
<td>MOGR6303</td>
<td>Dr. Choo Wan Yuen</td>
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<tr>
<td>7</td>
<td>Producing Better Evidence</td>
<td>MOGB6303</td>
<td>Dr. Moy Foong Ming</td>
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### Doctor of Public Health (DrPH) Session 2010/2011

#### Semester 1

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<td>1</td>
<td>Research Protocol Development</td>
<td>MOHX7101</td>
<td>Dr. Moy Foong Ming</td>
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<td>2</td>
<td>Essentials of Epidemiology in Public Health</td>
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<td>Dr. Choo Wan Yuen</td>
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<td>3</td>
<td>Health Policy and Leadership</td>
<td>MOHX7103</td>
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#### Semester 2

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<td>Human Factor and Ergonomics</td>
<td>MOHX7314</td>
<td>Dr. Azlan Darus</td>
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<td>2</td>
<td>Health Economics</td>
<td>MOHX7303</td>
<td>Dr. Maznah Dahlui</td>
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<td>3</td>
<td>Nutrition and Lactation Management</td>
<td>MOHX7309</td>
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<td>4</td>
<td>Disability Assessment</td>
<td>MOHX7315</td>
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<td>5</td>
<td>Analysis of Rates and Proportions</td>
<td>MOHX7322</td>
<td>Dr. Choo Wan Yuen</td>
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#### Semester 3 / Special Semester

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<td>Professional Internship</td>
<td>MOHX7180</td>
<td>Dr. Maznah Dahlui</td>
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### List of Postgraduate candidates for session 2010/2011

#### COUNTRIES

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<th>DrPH (Year 3)</th>
<th>MMedSc (Reasearch)</th>
<th>Doctor of Philosophy</th>
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### Number of students enrolled for postgraduate programmes

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<th>Programme</th>
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<td>Master of Medical Science in Public Health</td>
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<td>Master of Public Health</td>
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<td>Doctorate of Public Health (DrPH)</td>
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<tr>
<td>Master of Medical Science (by Research)</td>
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<tr>
<td>Doctor of Philosophy (by Research)</td>
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</table>
Master of Public Health

Dr Abda Salih Mohamed

Dr Abdul Ghalib Sulaiman

Dr Ahmed Abdulahi Jama Liban

Dr Ainul Nuzulha bt. Mohd Hanafiiah

Dr Alkali Mohammed Sandoe

Dr Alsadig Hamid Abdulah Sulman

Dr Ashrini a/p Joyapalan

Dr Azran bin Kamaradin

Dr Cassidy a/l Devarajoch

Dr Charan Gho Marion Walter

Dr Chithra a/p S. Cumarasamy

Dr Fatima Elvagheb Adam Ganei Eidlen

Dr Haslina bt. Ismail

Dr Lily Rafiiah bt. Mohamed Zaki

Dr Maha Melik Razik

Dr Mazlita bt. Ramly

Dr Meliahdahir Abdulzahard

Dr Moram Mohammed Ali Azarr

Dr Mohammad Ahmed Naj Abddul

Dr Razakul Shima bt. Abdul Razak

Dr Rida

Dr Rody Teo

Dr Shalha Anjum Bhat

Dr Shazimah bt Abdul Samad

Dr Muftah Abdusalam Elbahloul

Dr Mukail Olawuyi Oyeyemi

Dr Nirmalah a/p Subramaniam

Dr Noor Safina Ahmad Noor

Dr Norsilah bt. Sudin

Dr Nurulzahna Md Shah

Dr Osama Mohamed Elhassan Khalafalla

Dr Raja Abdulrahim Mohamed Fidi

Dr Rajini a/p Sooryarayana

Dr Ramadan Ibrahim Mohamed

Dr Razakul Shima bt. Abdul Razak

Dr Rida

Dr Rody Teo

Dr Shalha Anjum Bhat

Dr Shazimah bt Abdul Samad
Master of Medical Science in Public Health

Mr. Ahmed Hagar Ahmad
Mr. Prabakaran a/l Subramaniam
Ms. Lee Kui Yan
Ms. Marie Felicite Zollfa
Ms. Masoomeh Ghane Kisomi
Mr. Mohammad Bagher Mehboudi
Ms. Nada Ab Mansour Hweissa
Ms. Sareh Dashti
Ms. Zahra Hajari

Master of Public Health (Speciality)

Dr. Patwinder Kaur Gill
drpatgill@hotmail.com
A simple risk score for gestational diabetes screening in UMMC

Dr. Claire Choo Wan Yuen

Dr. Mohamed Iqbal bin Hamzah
drmohiq@google.com
Prevalence of work related neck and upper limb disorder and its association with hand grip strength among office employees in Pulau Pinang

Dr. Azlan Bin Darus

Master of Medical Science (by research)

Ms. Eng Jui Yee
joey.eng.jy@gmail.com
Validation of a food frequency questionnaire to assess total cholesterol, total fat and different types of fat intake among Malay adults in UMMC

Dr. Moy Foong Ming
### Doctorate of Public Health (Year 1)

<table>
<thead>
<tr>
<th>Name of candidate</th>
<th>Supervisors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Alfred Aldrin a/l S. Perianayagam</td>
<td>Prof. Madya Dr. Wong Yut Lin</td>
</tr>
<tr>
<td>Dr. Anisah Jantim</td>
<td>Dr. Anisah Jantim / Dr. Moy Foong Ming</td>
</tr>
<tr>
<td>Dr. Bala Murali</td>
<td>Prof. Madya Dr. Retneswari Masilamani / Dr. Maznah Dahlui</td>
</tr>
<tr>
<td>Dr. Balachandar a/l S. Sayapathi</td>
<td>Dr. Tin Tin Su / Dr. Anisah Jantim</td>
</tr>
<tr>
<td>Dr. Chow Sze Leon</td>
<td>Dr. Anisah Jantim / Dr. Tin Tin Su</td>
</tr>
<tr>
<td>Dr. Dyanan a/l Puvanandran</td>
<td>Prof. Madya Dr. Nabilla Al Sadat</td>
</tr>
<tr>
<td>Dr. Erlendawati Mohd Anuar</td>
<td>Dr. Azlan Darus / Dr. Choo Wan Yuen</td>
</tr>
<tr>
<td>Dr. Juliana Sharmini Paul</td>
<td>Dr. Maslinor Ismail / Dr. Choo Wan Yuen</td>
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<tr>
<td>Dr. Mohammad Idris Zamhuri</td>
<td>Dr. Azlan Darus / Dr. Tin Tin Su</td>
</tr>
<tr>
<td>Dr. Noraida Jamal</td>
<td>Dr. Moy Foong Ming</td>
</tr>
<tr>
<td>Dr. Norliza Ahmad</td>
<td>Dr. Marnah Dailou / Prof. Madya Dr. Nuraishah</td>
</tr>
<tr>
<td>Dr. Norliza Ibrahim</td>
<td>Prof. Madya Dr. Wong Li Ping</td>
</tr>
<tr>
<td>Dr. Nur Sufia Sulaiman</td>
<td>Dr. Choo Wan Yuen / Dr. Azlan Darus</td>
</tr>
<tr>
<td>Dr. P. Rawiahhamman a/l Packierisamy</td>
<td>Prof. Madya Dr. Saimy Ismail / Prof. Madya Dr. Nabilla Al Sadat</td>
</tr>
<tr>
<td>Dr. Tuty Adrizan</td>
<td>Prof. Madya Dr. Wong Yut Lin</td>
</tr>
</tbody>
</table>

### Doctorate of Public Health (Year 2)

<table>
<thead>
<tr>
<th>Name of candidate</th>
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<tbody>
<tr>
<td>Dr. Ismail Ismail</td>
<td>Dr. Jennifer John</td>
</tr>
<tr>
<td>Dr. Mohd Rizwan bin Shahari</td>
<td>Dr. Mohd Rohdi bin Ito</td>
</tr>
<tr>
<td>Dr. Mohd Harizsaman Abu Bakar</td>
<td>Dr. Sophia binti Mohd Ramli</td>
</tr>
<tr>
<td>Dr. Mohd Rosli bin Mat Arif</td>
<td>Dr. Premila Devi</td>
</tr>
<tr>
<td>Dr. Tima Marthayu binti Abdul Rashid</td>
<td>Dr. Tima Marthayu binti Abdul Rashid</td>
</tr>
<tr>
<td>Name of candidate</td>
<td>Title of Project</td>
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<tr>
<td>Dr Ismawati Binti Ismail <a href="mailto:mamaliff@yahoo.com">mamaliff@yahoo.com</a></td>
<td>Characteristics, Treatment Outcome and Survival of TB/HIV Co-Infected Patients in Kuala Lumpur and Selangor – A Multi Centre Study</td>
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<tr>
<td>Dr Mohamad Rudi Bin Isa <a href="mailto:demangsuria@yahoo.com">demangsuria@yahoo.com</a></td>
<td>The Impact of the Progressive Deep Muscle Relaxation to the Level of Anxiety, Stress, Depression and Quality of Life Among Prostate Cancer Patients: Randomized Controlled Trial</td>
</tr>
<tr>
<td>Dr Jenifer@Jennifer John <a href="mailto:jonjentry@yahoo.com">jonjentry@yahoo.com</a></td>
<td>Economic Evaluation of Thalassaemia Treatment in Hospital Kuala Lumpur</td>
</tr>
<tr>
<td>Dr Premlita Devi <a href="mailto:premiliausmin@yahoo.com">premiliausmin@yahoo.com</a></td>
<td>Factors Influencing Transition of Smoking Stages Among Secondary School Student in Kelantan and Kuala Lumpur: a Longitudinal Study</td>
</tr>
<tr>
<td>Dr Rima Marhayu Bte Abdul Rashid <a href="mailto:rimamarthar@yahoo.com">rimamarthar@yahoo.com</a></td>
<td>Call-Recall system in Klang using SIPPS (Pap Smear Program Information System) software: The cost effectiveness of different types of reminder on patient’s response rates.</td>
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<tr>
<td>Dr Sophia Bte Mohd Ramli</td>
<td>Cost effectiveness analysis of clinical breast examination and mammogram for breast cancer screening in the general population: a randomized controlled trial in Klang district</td>
</tr>
<tr>
<td>Dr Mohd Harriszamani Bin Abu Bakar <a href="mailto:alfianl@hotmail.com">alfianl@hotmail.com</a></td>
<td>Internal brain drain and career advancement among medical officers in Malaysia</td>
</tr>
<tr>
<td>Dr Mohd Ridzwan Binti Shahari <a href="mailto:drridzwan@hotmail.com">drridzwan@hotmail.com</a></td>
<td>Equity in Utilization of Healthcare in Malaysia: Evidence from National Household Health Surveys</td>
</tr>
<tr>
<td>Dr Narimah Hanim Bte Ibrahim <a href="mailto:hanim71@yahoo.com">hanim71@yahoo.com</a></td>
<td>Survival and Cost-Effectiveness Analysis of AIDS Patients on Highly Active Anti-Retroviral Therapy (HAART)</td>
</tr>
<tr>
<td>Dr Noorhaire Sumarlin Bin Nordin <a href="mailto:hainerordin@yahoo.com">hainerordin@yahoo.com</a></td>
<td>Adverse cardiac events and vascular complication following PCI in ACS patients in UMMC</td>
</tr>
<tr>
<td>Dr Nurhuda Bte Ismail <a href="mailto:yuda00@yahoo.com">yuda00@yahoo.com</a></td>
<td>Mathematical Modeling in Tuberculosis transmission and impact on early intervention (chemoprophylaxis) in Malaysia</td>
</tr>
<tr>
<td>Dr Fauziah Bte Abdullah <a href="mailto:abdullah_fauziah@yahoo.com">abdullah_fauziah@yahoo.com</a></td>
<td>A call-recall system to increase attendance at screening for cervical cancer among non-compliance female school teachers in Kuala Lumpur</td>
</tr>
<tr>
<td>Dr Nik Dallana Bte Nik Farid <a href="mailto:dylakiana75@yahoo.com">dylakiana75@yahoo.com</a></td>
<td>Predictor of high risk sexual behavior among adolescents in welfare institutions</td>
</tr>
<tr>
<td>Dr Nor Idawaty Bte Ibrahim <a href="mailto:idawatyazhar@yahoo.com">idawatyazhar@yahoo.com</a></td>
<td>Ethnic differences in female breast cancer</td>
</tr>
<tr>
<td>Dr Norzakiah Bte Zabari <a href="mailto:sharmiza2@yahoo.com.my">sharmiza2@yahoo.com.my</a></td>
<td>Effectiveness of school based weight intervention program in overweight adolescents: A community trial study.</td>
</tr>
<tr>
<td>Dr Norzakiah Bte Mohd Taher <a href="mailto:norzakiahmohd@yahoo.co.uk">norzakiahmohd@yahoo.co.uk</a></td>
<td>Telephone lactation counseling and breast feeding practice: A Randomized controlled trial</td>
</tr>
</tbody>
</table>
### Name of candidate | Title of Project | Supervisors |
--- | --- | --- |
Dr. Siti Harirotul Hamrok Bte Asis | Employment status and breast feeding practice in Kuala Langat District | Assoc prof Dr. Nabilla Bte Abdul Mohsin |
Dr. Ruzita Bte Othman at3_semenchu@yahoo.co.uk | Evaluation of house officer training: A study in Klang Valley | Dr. Maznah Bte Dahlui |
Dr. Marzuki bin Isahak Dmarzuki79@yahoo.com | Employee assistance progress for stress: An intervention on self-perceived stress, anxiety and depression and sickness in public university | Dr. Azlan bin Darus |
Dr. Siti Munirah Bte Yasin drsitimy@yahoo.com.my | Smoking Cessation at a workplace: The Dynamic process of Lapse and Relapse after 1st and 2nd administration of medication | Assoc Prof Dr. Retneswari Maslamani |
Dr. Rahiza Bte Ahmad Zaki rafizah@hotmail.com | Statistical method of determining agreement and reliability in some medical application | Prof Dr. Awang Bulgiba Awang Mahmud |
Dr. Rahayu Lubis lubsrayu@yahoo.com.id | Identification of determinants for progression to AIDS in HIV patients receiving antiretroviral treatment | Prof Dr. Awang Bulgiba Awang Mahmud |
Dr. Umar Yagoub Mohammed Mohammudummar2001@yahoo.com | Factor affecting adherence to antiretroviral treatment in HIV positive patients | Prof Dr. Awang Bulgiba Awang Mahmud |
Ms. Wee Lai Hum weeleihum@gmail.com | Planning in smoking cessation attempts: A prospective and retrospective study in Malaysia | Prof Dr. Awang Bulgiba Awang Mahmud |
Dr. Isam Eldin Elnour Mohamed Baloil isambaloil@yahoo.com | Evaluation of National Health Insurance/Sudan | Dr. Maznah Bte Dahlui |
Dr. Magaji Bello Arkilla mbarkilla@yahoo.co.uk | Pattern, Predictors of survival and health related quality of life among colorectal cancer patients in University of Malaya Medical Centre | Dr. Muy Fooning Ming |
Yusuf Abdu Misau yusufmisau@yahoo.com | Antibiotics For Chronic AIDS associated Diarrhea in adults | Profesor Madya Nabilla Al-Sadat |
Oluf Ogochiwue Fidelia ogofo@gmail.com | Economic Evaluation of treatment of uncomplicated malaria in Enugu, Nigeria | Dr. Maznah Bte Dahlul |
Rosalia binti Salmon srosalia@fmhs.unimas.my | Physical Activity and Physical Fitness: The Needs of Adolescents for Built Environment Structures | Prof. Dr. Awang Bulgiba Awang Mahmud / Dr Claire Choo |

#### External Examiners for Master of Public Health by Specialty
- Professor Malcolm Sim Ross, Monash University, Australia (Occupational Health)
- Professor Harry Campbell, University of Edinburgh, Scotland (Epidemiology)
- Professor Colin Birns, Curtin University of Technology, Australia (Family Health)
- Professor Robert Graham Cumming, University of Sydney, Australia (Epidemiology)

#### External Examiner for MPH/MMedScPH and DrPH Part 1
Prof. Danial Reidpath, University of Sunway Monash, Kuala Lumpur
The Family Health Unit was headed by Associate Professor Dr Nabilla Al-Sadat Abd Mohsein. Pn Wee Bee Suan has left for another university college. Cik Norizan Moez has been promoted from PPS Gred C27 to PPS Gred C32 and was transferred to another faculty. The official handing over from Cik Norizan Moez to En Abdul Hadi Tabrani (PPS Gred C27) was done on 1st April 2010. The Family Health Unit welcomed Associate Professor Dr Wong Yut Lin who joined the unit in July 2010. Dr Hazreen Abdul Majid has successfully completed his PhD from Imperial College, United Kingdom and returned to the unit on 1st September 2010. Associate Prof Nabilla was promoted and transferred to head the university’s Student Empowerment Research Unit (SERU) in December 2010.

Aims:
1. To produce students who are theoretically sound and technically competent especially in handling issues regarding family health and nutrition.
2. To empower the staff with skill related to their job scope and research.

Strengths / Expertise:
1. Associate Professor Dr Nabilla Al-Sadat Abd Mohsein - Adolescent Health, Tobacco Economics, Behavioural Science
2. Associate Professor Dr Wong Yut Lin - Primary Health Care (Sexual Reproductive Health & Rights, Health Policy), Qualitative Research Methods, Gender And Reproductive Health And Rights
3. Dr Maslinor Ismail - Infertility, Sexual & Reproductive Health, Child Health
4. Dr Hazreen Abd Majid - Sports Nutrition, Clinical Nutrition, Obesity

Research Projects:

<table>
<thead>
<tr>
<th>No</th>
<th>Title</th>
<th>Project No</th>
<th>Principal Investigator</th>
<th>Amount (RM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Risk Perception and Attitudes of Influenza A (H1N1) Virus among Staff and Students at University of Malaya Kuala Lumpur</td>
<td>RG048/09SBS</td>
<td>AP Dr Nabilla Al-Sadat Abdul Mohsein</td>
<td>24,900</td>
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<td>2</td>
<td>Malaysian Healthcare Programmes: Intervention, Cost and Outcomes (MHICO), 2006-Present, MOH</td>
<td>8123233</td>
<td>AP Dr Nabilla Al-Sadat Abdul Mohsein</td>
<td>100,093.06</td>
</tr>
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<td>3</td>
<td>A randomised controlled trial to determine the effect of additional fructo-oligosaccharides on colonic microbiota, faecal short-chain fatty acids and immune status among patients receiving enteral tube feeding, 2008-2010.</td>
<td>2009-34, Nutricia Research Foundation</td>
<td>Dr Hazreen Abd Majid</td>
<td>73,780</td>
</tr>
</tbody>
</table>

Academic Staff:
1. Associate Professor Dr Nabilla Al-Sadat Abd Mohsein
2. Associate Professor Dr Wong Yut Lin
3. Dr Maslinor Ismail
4. Dr Hazreen Abd Majid

Support Staff:
1. En Abdul Hadi Tabrani

From left to right: Dr Maslinor Ismail, A/Prof Dr Wong Yut Lin, Norazirah, A/Prof Dr Nabilla Al-Sadat, Nithiah, Dr Hazreen, Mr Abdul Hadi Tabrani
Occupational & Environmental Unit

The Occupational and Environmental Health Unit (OEH) within the Department of Social and Preventive Medicine continued our efforts to become a prominent teaching cum research centre for postgraduate and doctorate studies in Occupational and Environmental Health in the country. In the year 2010, efforts were concentrated on further establishing the unit and its activities. The unit provides teaching for the modules in occupational and environmental health for the attainment of the MPH, MMedSci(Ph), MPH (Occ. Health), DrPH and MBBS at the department.

The aims of this unit are:
1. To deliver occupational health physicians with commendable occupational health clinical skills to provide occupational health service par excellence to industries locally and regionally.
2. To promote occupational health through the establishment of a centre for environmental and occupational health research.
3. To pave into new niche areas of occupational and environmental research.

The unit continued to build up its strength in teaching, research and also clinical practice in the field of occupational health. This year the unit received nine DrPH candidates interested to conduct research in the field of occupational health. This year the unit received nine DrPH candidates interested to conduct research in the field of occupational health. This year the unit received nine DrPH candidates interested to conduct research in the field of occupational health.

The Occupational Medicine Clinic

The clinic continues to be the clinical arm of occupational health practice by at the University of Malaya Medical Centre. Apart from clinic based patient management, the specialists also conduct walk through surveys relevant to the patients at their workplaces. Thus the scope of diagnostic measures at the clinic goes beyond the hospital facilities and medical diagnosis, as the walk through surveys also enable us to scrutinize environmental and hygiene monitoring practices at the workplace to diagnose occupational diseases. The Occupational Medicine Clinic continues to be the only such facility in a teaching hospital in the country.

Unit Activities

- The unit bid farewell to Dr. Htay Moe, who had been with the department for more than 25 years. He has been the senior lecturer in Environmental Health for both undergraduate and postgraduate studies.
- A total of 4 candidates were awarded the degree of Master of Public Health (Occ. Health) this year. They were Dr. Navee Kaur, Dr. Edrin Nazri Abdul Rasit, Dr. Suhanizam Salikudin and Dr. Mohd Izqal Hamzah. The external examiners for this year’s examination were Prof. Malcom Sim (Monash University) and Prof. Ken Addley (RCP Ireland).
- A/P Dr. Retneswari and Dr. Azlan Darus are the lecturers and coordinators for KXG6106 Industrial Health module which is a requirement for the Masters in Engineering (SHE) degree by the Faculty of Engineering.
- The unit also contributed to the teaching in the Bachelor of Nursing degree through Dr. Anselm Su Ting who taught occupational safety and health in their courses.
- The unit conducted a short course on ‘Managing OSH at the Workplace: OSH Committee and Health Risk Assessment’ at the faculty on the 28th September 2010. The course was attended by more than 30 participants from UMMC and various departments in the university.
- The unit conducted a short course on scientific writing. The 2 days course was conducted by Prof David Koh and Prof Lee See Muah from the National University of Singapore. Nearly 50 participants attended the short course conducted at the department and the SPM computer lab.
- In a continuous effort to promote occupational health, A/P Dr. Retneswari and Dr. Azlan appeared on Bernama TV program ‘Hello Malaysia’ on the 2 October 2010. During the one hour programme, they spoke of health promotion at the workplace and occupational diseases.
- In a graduation ceremony held locally, Dr. Azlan was awarded Membership of the Faculty of Occupational Medicine, Royal College of Physician of Ireland. During thesame event, Dr. Anselm Su Ting was awarded the Dean’s Gold Medal for his outstanding performance during the 2009 membership examination.
- Dr Azlan and A/P Dr Retneswari have been providing occupational health advisory services to Unilever Malaysia Holdings Sdn Bhd since December 2008.
This year, Dr. Anselm, A/P Dr. Retneswari and Dr. Azlan also provided a consultancy service to the Main Library of UM to ascertain the safety and health aspects at the archiving and conservation division of the library.

The unit continued to be actively involved in research projects throughout the year. The list of research projects can be viewed at the individual academic staff profiles in the annual report.

Academic Staff
1. Dr. Azlan Darus (Head of Unit)
2. A/P Dr Retneswari Masilamani (Head of SPM Department)
3. Dr. Anselm Su Ting
4. Dr. Victor Hoe Chee Wai (on study leave)
5. Dr. Marzuki Isahak (on study leave)

Support Staff
1. Ms. Hasdharina Johari (Staff nurse)
2. Ms Nur Fadhlina Othman (Assistant Scientific Officer)

The future
The OEH unit is looking forward to further develop our research activities and Occupational Medicine Clinic. We envision this progress through an integrated Social and Preventive Medicine Clinic and an OEH research centre which is now being proposed to the faculty and hospital. With this effort, we look into the future to become a leading OEH centre in the country.

The Health Services Management Unit
The Health Services Management Unit experienced quite a few changes in the year 2010. A/Prof Saimy Ismail, who has been successfully heading the unit for the past 5 years, decided to step down and passed over the helm of the unit to Dr Ng Chiu Wan in October. In July, the unit welcomed back Dr Farizah Mohd Hairi, who had been away pursuing her doctoral studies at the Erasmus University in Rotterdam, Netherlands since 2006. Dr Chan Chee Khoon, who was previously with the Centre for Policy Research and International Studies, Universiti Sains Malaysia, joined the unit in December. Pn Normala, who was the unit’s Programme Assistant left for a new position in the Post-graduate Unit and was replace by Pn Suhaili Suboh in November. But by end 2010, staff movement settled down and the final line-up of academic staff comprised of 6 persons with training in diverse areas of health policy, economics and management.

The year 2010 was essentially a year of consolidation for the academic staff of the unit where they oversaw the refinement and maturation of existing post-graduate teaching modules, mainly in health economics, health management, health policy, health laws and quality in health. Now, with a full staff complement and with the return of Dr Farizah, a trained social epidemiologist, and with Dr Chan an acknowledged health policy analyst, the unit will be able to move forward at a faster pace and to re-focus effort on developing new teaching material on population health and policy besides strengthening the existing modules in management.

Academic Staff
1. A/Prof Saimy Ismail
2. Dr. Ng Chiu Wan
3. Dr. Maznah Dahlui
4. Dr. Ti Tin Su
5. Dr. Farizah Mohd Hairi
6. Dr. Chan Chee Khoon

Support Staff
1. Pn. Normala Samsudin (until 14th November 2010)
2. Pn. Suhaili Suboh (from 15th November 2010)
The Epidemiology and Medical Statistics Unit is headed by Dr Moy Foong Ming. The Unit is very actively involved in teaching undergraduate and postgraduate students. Together with Julius Centre, the unit runs many courses and workshops throughout the year, such as Evidence Based Practice, SPSS, Regression Analysis, Survival Analysis and Endnote.

The unit also offers statistical consultations to academic staff, doctors, allied health practitioners and also students. The Unit provides advice on study design, data management, statistical analysis, interpretation, and presentation of results.

**Academic Staff**
1. Associate Professor
   Dr Awang Bulgiba Awang Mahmud (Deputy Dean)
2. Associate Professor
   Dr Sanjay Rampal (on study leave)
3. Associate Professor
   Dr Wong Li Ping
4. Dr Noran Naqiah Mohd Hairi (on study leave)
5. Dr Mas Ayu Said (on study leave)
6. Dr Claire Choo Wan Yuen
7. Dr Moy Foong Ming
8. Dr Ralfzah Ahmad Zaki (on study leave)

**Support Staff**
1. Mrs Nor Zurina Zainol
   (Dietician/Programme Assistant)
2. Ms Norissa binti Gani
   (Dietician/Programme Assistant)
3. Ms Lee Pek Ling
   (Assistant IT officer)
4. Ms Nur Hashimah Kamar Redzawan
   (Assistant Scientific Officer/Programme Assistant)

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**Epidemiology & Statistics Unit**

**Research**

**Julius Centre University of Malaya**

**Formation of the centre**

The Julius Centre University of Malaya was born out of the collaboration between the University of Malaya (UM) and the University Medical Centre, Utrecht (UMCU), University of Oxford, the Rumah Sakit Cipto Mangunkusumo (RSCM) Hospital, Jakarta and UM had earlier won a bid under the Asia-Link project series funded by the European Union. The winning bid for this particular Asia-Link project was called the Asia-Europe Clinical Epidemiology and Evidence-Based Medicine project (fondly referred to as Asia-Link within JCUM) and required the collaboration of at least 2 European and 2 Asian partners. The project which ended in Dec 2010 lasted for 3 years (Nov 2007 to Dec 2010) and was officially launched on 19 Nov 2007 in UM. To further strengthen the ties between UMCU, CEBM, RSCM and UM, it was decided that the department would set up a centre which would further the collaboration beyond the remit of the Asia-Link project. Professor Awang Bulgiba presented the proposal to create this centre to the UM Management and the centre was approved by the UM Management on 9 Jan 2008.

Currently the centre has a room for a visiting professor, 3 work areas which are able to accommodate 16 doctoral students and 2 research officers, a utility room and a meeting room. The centre is currently equipped with 15 personal computers, printer/copier/fax and video-conferencing facilities.

The first project officer hired under the Asia-Link programme was Ms Celine Quek She Lin. She served as project officer from January to March 2008 and was succeeded by Ms Aimi Naira Mat Ruzlin who served from April to December 2008. Ms Aimi left to pursue her studies at the end of 2008 and she was succeeded by Ms Hamizwanis Abdul Hamid. Ms Devi Peramalah joined the centre as a Research Officer in 2009. The future is bright for JCUM as it is an officially recognised research centre in the Faculty of Medicine and is expected to grow to be the referral centre for epidemiology and evidence-based medicine in Malaysia.

**Aims**

The aims of the JCUM are:
1. To carry out research in the field of epidemiology and evidence-based medicine.
2. To develop the field of epidemiology and evidence-based medicine in Malaysia.
3. To train medical staff in the field of epidemiology and evidence-based medicine.
4. To improve the quality of epidemiological and evidence-based medicine research in Malaysia.
5. To develop training and activity development programmes in epidemiology and evidence-based medicine in the University of Malaya.
6. To act as the centre for problem solving in research methodology and medical statistics in the country.

**Strengths and Expertise**

The strengths of the centre lie in its expertise in statistics, evidence-based medicine, epidemiology and research. As a young centre, it is still growing in stature but has proven itself capable of organising itself very well. The other main strength of the centre is its close links to its partners in the Netherlands, the United Kingdom, Indonesia and the United Arab Emirates.
The activities of the JCUM are:

1. Managing research activities in the field of clinical epidemiology and evidence-based medicine.
2. Managing the Asia-Europe Clinical Epidemiology and Evidence-Based Medicine Programme.
3. Organising short courses in the field of clinical epidemiology and evidence-based medicine.
4. Coordinating student exchange programmes amongst PhD candidates between Utrecht, Oxford and Jakarta.
5. Developing the curriculum in the field of clinical epidemiology and evidence-based medicine.
6. Acting as a reference and advisory centre in the field of clinical epidemiology and evidence-based medicine.

Since its inception, the centre has been active in carrying out activities both under the Asia-Link programme as well as its own activities separately from the Asia-Link programme. These activities include maintaining the Asia-Link CE & EBM website (http://www.asialink-ce.org), organising short courses (with UMCU, CEBM and RSCM partners), selecting PhD fellows destined for UMCU and CEBM Oxford and coming out with the clinical epidemiology and evidence-based medicine module for the MBBBS programme. Dr Ng Ghong Guan and Dr Shammini Selvarajah (Asia-Link PhD fellows selected in 2009) have both returned to Malaysia to complete their PhDs. Dr Nimala Bho Pathy, currently attached to JCUM is progressing well with her PhD and has begun publishing her work. The following research projects were carried out by JCUM in 2010.

**Research Projects**

**The Process of Smoking Cessation in Smokers attending Quit Smoking Clinics in Malaysia**

<table>
<thead>
<tr>
<th>Investigators:</th>
<th>Ms Wee Lei Hum Prof Dr Awang Bulgiba Awang Mahmud Prof Dr Robert West (Health Behaviour Research Centre, Department of Epidemiology and Public Health, University College London) – Advisor</th>
</tr>
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<tbody>
<tr>
<td>Funding agency:</td>
<td>Ministry of Health Malaysia</td>
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<td>Grant:</td>
<td>Ninth Malaysia Plan (Research and Development)</td>
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<td>Reference number:</td>
<td>53-02-03-1016 (Oracle 8531016)</td>
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This project attempts to test a new motivational theory called the PRIME theory in understanding how smokers prepare their quit attempts. This groundbreaking theory marks a significant shift in understanding the process and determinants of behavioural change. Despite the evidence on the effectiveness of various tobacco control strategies to improve the quit rates, there appear to be gaps in understanding the processes involved in smokers’ decisions to stop smoking. The study is expected to offer new insights into the processes of smoking cessation and is also set to discover new predictors and improve intervention strategies. The project is funded by the Ministry of Health and is expected to cost about RM520,000 over 4 years. Data collection for the project has been completed and the project is on schedule for completion in June 2011. The project has funded research by one PhD candidate (Ms Wee Lei Hum). In 2010 the project resulted in an online database system for smoking cessation clinics and the following outputs:

**Mathematical Modelling in Tuberculosis Transmission and Impact on Early Intervention (Chemoprophylaxis) in Malaysia**

<table>
<thead>
<tr>
<th>Investigators:</th>
<th>Dr. Nurhuda Ismail Prof. Dr. Awang Bulgiba Awang Mahmud Prof. Dr. Nicolaas J.D. Nagelkerke</th>
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<tr>
<td>Funding agency:</td>
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<td>Amount:</td>
<td>RM 10,100</td>
</tr>
<tr>
<td>Period:</td>
<td>June 2009 - May 2011</td>
</tr>
</tbody>
</table>

Epidemic modelling generates estimates and projections of disease morbidity and mortality over time. This project aims to apply the use of deterministic mathematical models to study the progression of latent tuberculosis infection in high risk sub-populations in Malaysia, and to assess the impact of chemoprophylaxis i.e. Isoniazid Preventive Therapy on reducing incidence. It is hoped that the result will demonstrate that treatment of infectives is more effective in the first years of implementation as treatment results in clearing active tuberculosis immediately and there after chemoprophylaxis will do better in controlling the number of infectives due to reduced progression to active tuberculosis. The model also suggests that this recommended chemoprophylaxis which identify and treat persons recently infected may have a substantial effect on controlling tuberculosis epidemics. The project is funded by a PhD candidate (Dr. Nurhuda Ismail), currently is being written up. The completion of the project should result in 2 journal papers, 2 conference papers and 1 DrPH thesis. In 2010 the project resulted in a workshop (Workshop on Infectious Disease Modelling and Its Applications 22-25 Mar 2010) coordinated by Dr Nurhuda Ismail and the following outputs:

Factors affecting adherence to anti-retroviral treatment in HIV patients in Malaysia

Investigators: Prof Awang Bulgiba Awang Mahmud  
Dr Umar Yagoub Mohammed  
Dr Zamri bin Chik  
Dr Christopher KC lee  
Ms Devi Peramalah

Funding agency: University of Malaysia  
Grant: University of Malaya Research Grant  
Reference number: UMRG/06/08/HDM  
Amount: RM 222,200  
Period: April 2009-March 2012

This project aims to determine the true level and determinants of adherence to anti-retroviral treatments in HIV positive patients in Sungai Buloh Hospital, Malaysia. It will also be used to validate self-reporting instruments as a means of testing adherence. This is the first study on adherence to antiretroviral treatment in Malaysia and expected to help in improving the clinical management of HIV / AIDS patients, reduce drug resistance and treatment failure and more importantly provide the different pharmacy departments with sufficient information about the effect of their prescribed medications which will enable the country to avoid wastage of expensive medication. The study is a combined retrospective and prospective cohort in which a self-reported medication adherence questionnaire is administered and blood samples collected for analysis by mass spectrometry, while pharmacy records and medical test results are collected from medical electronic records retrospectively. The project is funding research by one PhD candidate (Dr Umar Yagoub Mohammed). Primary data collection for the project has been completed and the blood samples have been analysed. The data is currently being analysed and are currently undergoing analysis. The completion of the project should result in 3 journal papers, 3 conference papers and 1 PhD thesis. In 2010 the project resulted in the following outputs:


Survival analysis of end-stage renal disease (ESRD) patients in Malaysia

Investigators: Dr Narimah Hanim Ibrahim  
Prof Awang Bulgiba Awang Mahmud

Funding agency: University of Malaysia  
Grant: UM Postgraduate Research Grant  
Reference number: PS162/2009B  
Amount: RM 10,000  
Period: August 2009 - August 2010

This study aimed to prognosticate the 5-year and 10-year survival probabilities and to prognosticate CVD-specific mortality among End-Stage Renal Disease (ESRD) patients in Malaysia. It was supposed to be a cohort study involving all ESRD patients registered in either NRR or NTR between 1992 and 2008. Prognostic factors of interest were predictors for better survival for example younger age group, non-smoking patients, no history of existing co-morbidities, good social support, less immunological risks and normal biochemical data (normal cholesterol level, no Hepatitis B, no Hepatitis C, HIV negative). This study was supposed to come out with scoring models to predict the survival probabilities of ESRD patients in Malaysia. This would have been very useful especially to the healthcare provider to improve the management of renal failure patients and also the Ministry of Health and other agencies which contributed to the service in terms of planning and expanding the services in future. The project was to fund research by one DrPH candidate (Dr Narimah Hanim Ibrahim). The completion of the project should result in 2 journal papers and 1 DrPH thesis. However, due to some unresolved problems in getting the data and lack of cooperation from the Renal Registry, the research project has been discontinued and the student has had to begin a new project.

Methods of determining agreement and reliability in some medical applications

Investigator: Dr Rafdzah Ahmad Zaki  
Prof Awang Bulgiba Awang Mahmud

Funding agency: University of Malaya  
Grant: UM Postgraduate Research Grant  
Reference number: PS162/2009B  
Amount: RM 15, 910  
Period: June 2009 - June 2011

The purpose of this study is to compare different statistical methods of measuring agreement and reliability, and to propose a method using regression analysis for measuring agreement. This study will present a direct comparison of commonly used statistical methods to measure agreement and reliability. This study aims to make recommendations on which method is the most appropriate method to use to measure agreement and reliability. This is a cross-sectional study, where the study population comes from the UM Wellness programme and community-based health screening program. Phase I of data collection has been completed (variables: CO level, Peak Flow Rate, Weight and Temperature) is now on going at the UM Wellness Quit Smoking Clinic. This study is funding research by one DrPH candidate (Dr Rafdzah Ahmad Zaki). The completion of this project should result in 2 journal papers, at least 2 conference papers and 1 DrPH thesis. In 2010 the project resulted in the following outputs:


Worldwide, more than 38 million people are currently infected with HIV/AIDS. In high HIV prevalence countries, HIV/AIDS is the main reason for failure to meet Tuberculosis (TB) control targets and TB is the leading cause of morbidity and mortality among persons living with HIV/AIDS. This study will be able to highlight the characteristics of TB/HIV co-infected patients in Malaysia; their treatment outcomes and the predictors of survival thus providing beneficial information that can be used to improve the outcome. The study population comes from the Institute of Respiratory Medicine, Kuala Lumpur, Sungai Buloh Hospital, Kajang Hospital and Hospital Tuanku Ampuan Rahimah, Klang. The evidence from this study can be used to guide the development of appropriate strategies in addressing the TB/HIV epidemic in Malaysia. The project is currently in the data collection phase.

Translational research in primary prevention of chronic diseases in a workplace

Primary prevention of chronic diseases is proven to be much more cost effective than secondary and tertiary prevention. Multiple approaches at different settings are needed to combat the increase burden of these diseases. Worksite health promotion which is comprehensive with multiple approaches has been associated with a reduction in health risks and promotion of healthy lifestyles, improvements in economic and productivity factors including medical costs, compensation benefits, employee absenteeism and job satisfaction. This proposed study will try to translate evidences from clinical trials to the worksite setting through health education with behavioural change, environmental support and participation from the management of the university. This study is supporting 2 DrPH and 2 Master candidates. In 2010 the project resulted in the following outputs:


Determinants of clinical outcomes among ACS patients following PCI in UMMC

The aims of this study are to identify different determinants or predictors of clinical outcomes following PCI among ACS patients in UMMC, Malaysia as well as develop a prognostic model for the risk of these outcomes following PCI. Besides that this study plans to describe the HRQOL outcome following PCI in UMMC. This study will be the first study to identify the predictors of outcomes of PCI and provide knowledge in terms of local management in Malaysia. The prognostic model can be used as a tool for stratifying patients according to the risk of outcomes and as a simple bedside scoring system. The study design is a prospective cohort study. The study population is selected from all ACS patients who are admitted to the cardiology ward and undergo PCI in the UMMC. Data collection for the study is still ongoing. The project has funded research on one DrPH candidate. The completion of the study should result in 1 DrPH thesis and 3 journal papers. In 2010 the project resulted in the following outputs:


Built environment factors, individual factors and social factors affecting adolescents’ physical activity behaviour

The project aims to determine the relationship between built environment factors, individual factors and social factors affecting adolescents’ physical activity (PA) behaviour. There is a pressing need for more scientific and rigorous data on built environment and physical activity research as ecological models open up a broader range of interventions to increase physical activity and combat obesity in Malaysia. This mixed method research uses a sequential transformative designs. In the qualitative phase, data will be collected through photovoice techniques, in-depth interviews, and focus group discussions. The study has been conducted with adolescents and parents in the rural and urban neighbourhoods to explore specific themes and domains and to identify hypotheses and construct items. Data generated from the interviews will inform
Identification of determinants for progression to AIDS in HIV patients receiving anti-retroviral treatment

Investigators: Prof Awang Bulgiba Awang Mahmoud
Dr Rahayu Lubis
Prof Aedebea Kamarulzaman
Ms Devi Peramalah

Funding agency: Ministry of Higher Education
Grant: Fundamental Research Grant Scheme
Reference number: FP080/2006A
Amount: RM 145,000
Period: Dec 2006 - Dec 2009

This project aimed at determining the predictors for progression to AIDS in HIV patients receiving anti-retroviral treatment. The study is expected to offer badly needed new knowledge and understanding of the prognosis and survival of HIV-infected patients in Malaysia. The study design is a combined retrospective and prospective cohort. The study population comes from the UMMC. The project was completed at the end of 2009 but publications are still being produced from this project. The project has funded research by one PhD candidate. In 2010 the project resulted in the following outputs:


Smoking cessation at the workplace: the dynamic process of relapse after administration of NRT

Investigators: Dr Siti Munira Yasin
Associate Professor Dr Retneswari Masilamani
Dr Moy Foong Ming

Funding agency: University of Malaya
Grant: UM Postgraduate Research Fund
Reference number: PS161/2009B
Amount: RM 30,000
Period: August 2009 - February 2011

Many initiatives have been implemented by the Ministry of Health in combating smoking among adults in Malaysia; nevertheless results do not appear promising. One of the areas that is causing problems worldwide is smoking relapse. Relapse is by far the most likely event in any smoking cessation attempt. The aim of this study is to identify risk factors for smoking relapse and examine the influence of these factors on the dynamic relapse process. It also examines whether factors associated with relapse in an early quit attempt will lose its predictive power later on. The study involved a prospective cohort, which was conducted among workers in two public universities in Klang Valley. Smokers were given a course of Nicotine Replacement Therapy and Behavioural Therapy during a cessation attempt and were followed up for six months. Data collection for the project has been completed; currently it is undergoing final analysis. This project is funding research by one PhD candidate (Dr Siti Munira Yasin).

The aim of this study was to determine the prevalence of job stress among secondary school teachers using Karasek Job Content Questionnaire (JCQ), the association between salivary cortisol and IgA and socio-demographic characteristics and, the association between log cortisol and IgA levels. Further studies must be conducted using salivary samples. Cluster sampling was done yielding 302 respondents. The prevalence of stress among all teachers was 20.2%. Being Malay, teaching experience of 5-10 years and those without supervisor's support had higher prevalence of high job strain. Teachers in the 31-40 years old bracket, educating handicapped children with the absence of supervisor support exhibited higher stress levels with lower log sIgA levels. Further studies must be conducted using salivary biomarkers to study the in-depth relationship of stress, extending into other occupational groups.

Salivary Biomarkers in Stress among Teachers in an Urban Setting.

Investigators: Assoc Professor Dr Retneswari Masilamani
Dr. Azlan Darus
Dr. Anselm Su Ting
Dr. Roslinah Ali

Funding agency: University of Malaya
Grant: UM Research Grant
Reference number: FS195/2008B
Amount: RM 64,800

The project involved using JCQ and salivary cortisol and IgA samples. Cluster sampling was done yielding 302 respondents. The prevalence of stress among all teachers was 20.2%. Being Malay, teaching experience of 5-10 years and those without supervisor’s support had higher prevalence of high job strain. Teachers in the 31-40 years old bracket, educating handicapped children with the absence of supervisor support exhibited higher stress levels with lower log sIgA levels. Further studies must be conducted using salivary biomarkers to study the in-depth relationship of stress, extending into other occupational groups.

This manuscript has been submitted to the Asia Pacific Journal for publication and been accepted. The online version will be available in 2011. In 2010, the project resulted in the following outputs:

1. Yasin SM, Masilamani R, Moy FM, Koh D. Factors contributing to quitting success, early lapses and 50% cigarette reduction in a worksite smoking cessation programme in Malaysia: Proceedings of the Asia Pacific Conference on Tobacco or Health, Sydney, Australia. 6-9th October 2010. Pg 187-188

References:
4. Yasin SM, Masilamani R, Moy FM, Koh D. Factors contributing to quitting success, early lapses and 50% cigarette reduction in a worksite smoking cessation programme in Malaysia: Proceedings of the Asia Pacific Conference on Tobacco or Health, Sydney, Australia. 6-9th October 2010. Pg 187-188

The aim of this study was to determine the prevalence of job stress among secondary school teachers using Karasek Job Content Questionnaire (JCQ), the association between salivary cortisol and IgA and socio-demographic characteristics and, the association between log cortisol and IgA levels and job strain categories. A cross sectional study was undertaken using JCQ and salivary cortisol and IgA samples. Cluster sampling was done yielding 302 respondents. The prevalence of stress among all teachers was 20.2%. Being Malay, teaching experience of 5-10 years and those without supervisor’s support had higher prevalence of high job strain. Teachers in the 31-40 years old bracket, educating handicapped children with the absence of supervisor support exhibited higher stress levels with lower log sIgA levels. Further studies must be conducted using salivary biomarkers to study the in-depth relationship of stress, extending into other occupational groups. This manuscript has been submitted to the Asia Pacific Journal for publication and been accepted. The online version will be available in 2011. In 2010, the project resulted in the following outputs:
Job strain among Malaysian office workers of a multinational company

Investigators: Dr. Husna Maizura Associate Prof Retneswari Masilamani Dr Victor Hoe Chee Wai Bin Abdullah Dr Hay Moe Prof Awang Bulgiba Awang Mahmud

Funding agency: University of Malaya
Grant: UM Postgraduate Research Grant Reference number: PPP/P0111/2007A
Amount: RM 4,000
Period: 2006-2009

Information on job strain exposure among Malaysian workers in multinational companies is limited. Aim is to investigate the prevalence and factors associated with high job strain among office workers of a multinational company in Malaysia. A cross-sectional study was conducted in November 2007 among 470 eligible workers. Respondents self-administered the Job Content Questionnaire downloaded from the company’s intranet. A median-split procedure was applied to create four groups according to the Job Demand-Control Model: active, passive, high and low job strain. Logistic regression models were used to investigate the associations between socio-demographic, occupational and psychosocial factors and high job strain. Results, a total of 356 questionnaires were received (response rate 76%). Twenty-one per cent of respondents were in the high job strain group, 35% were in the passive group, whereas 26% and 17% of workers were in the low strain and active groups, respectively. After controlling for confounders, three factors were found to be associated with high job strain: male workers (adjusted OR 1.94, 95% CI 1.04-3.64), working >48 h per week (adjusted OR 2.51, 95% CI 1.44-4.31) and job insecurity (adjusted OR 1.14, 95% CI 1.02-1.27). One protective factor for high job strain was the scale ‘created skill’, which is part of skill discretion (adjusted OR 0.70, 95% CI 0.57–0.86). Conclusion is about one in five workers in this study experience high job strain. Work improvement measures include reducing long working hours and job insecurity and giving workers the opportunity to learn, use creativity and develop abilities. In 2010 the project resulted in the following outputs:


Employee Assistance Program (EAP) for occupational stress: An intervention study on psychological symptoms and sickness absence.

Investigators: Dr Marzuki Isahak Dr Azlan Darus Dr Moy Foong Ming

Funding Agency: University of Malaya
Grant: PPP Grant Reference number: PS175/2009B
Amount: RM 17,620

Occupational stress has becoming an important entity to be tackled by Occupational Physicians as it is taking its toll on human lives and organizational effectiveness. University staff reported significantly higher levels of stress relating to work relationships, control, resources and communication and significantly lower level of commitment both from and to their organization. Physiological response to a threatening or difficult aspect of work can be measured objectively with serum cortisol level. Employee Assistance Program (EAP) is a worksite-based program designed to assist work organizations in addressing productivity issues, and employee in identifying and resolving personal concerns, including, but not limited to, health, marital, family, financial, alcohol, drug, legal, emotional, stress, or other personal issues that may affect job performance. EAP for stress is specially designed to overcome occupational stress. The objective of this study is to determine the effectiveness of EAP for occupational stress in reduction of psychological symptoms and sickness absence. In 2010 the project resulted in the following outputs:


Association of candidate genes predisposing to obesity in Malaysian subjects

Investigators: Professor Awang Bulgiba Awang Mahmud Associate Professor Dr Sanjay Rampal Professor Datin Dr Zainun Mohamed Dr Moy Foong Ming Professor Dr Rosmaawi Mohamed Ms. Yamunah Devi Apalasamy

Funding Agency: University Malaya
Grant: Research University Grant Reference number: RG075/09HTM
Amount: RM 150,000
Period: April 2009 to March 2011

Obesity is becoming a major problem in Malaysia as it is worldwide. Obesity is a multi-factorial disease that occurs due to complex interactions between genetic and environmental factors. Many studies have shown that genetic susceptibility is likely to vary among different ethnic groups. Large numbers of genes and single nucleotide polymorphisms associated with obesity have been tested in studies among various heterogeneous populations worldwide. Mutations in genes involved in food intake, energy metabolism, energy expenditure, lipid and glucose metabolism and adipose tissue metabolism are found to be associated with obesity in humans. Study on the influence of genetics on obesity is still new in Malaysia and yet to be carried out. Hence, it would be great interest if we can establish a DNA profile for obesity in our population. This study is aimed to investigate association between various single nucleotide polymorphisms with obesity parameters in the Malaysian subjects. In 2010 the project resulted in the following outputs:

The impact of progressive deep muscle relaxation to the level of depression, anxiety, stress and quality of life among prostate cancer patients

Investigators: Dr Mohamad Rodzi bin Is a
Dr Moy Foong Ming

Funding Agency: University of Malaya
Grant: PPP
Reference number: FS228/2010A
Amount: RM 11,500
Period: 2010-2011

It was noted that anxiety, stress and depression among cancer patients are high. Receiving a diagnosis of prostate cancer can be disturbing experience for many men. Other than the possibility of death, they are also faced with serious challenges to their self-esteem particularly in terms of their masculinity. Cancer prostate patients will experience elevated levels of anxiety, stress and depression with some data indicating that these were due to loss of previously social and personal activities and abilities. Evidence shows that relaxation therapy may improve psychological outcomes in many diseases like after coronary artery bypass graft surgery, bronchial asthma, after hysterectomy etc. It also can reduce the pain levels in the osteoarthritis patients. The project is currently in the data collection phase.

Progressivity of health financing in Malaysia

Investigators: Dr. Ng Chiu Wan
Prof Shyamala Nagaraj
AP/Prof Saimy Ismail
Datoo’ Dr. S. Noor Ghani
Dr. Maznah Dahlui

Funding agency: University of Malaya
Grant: UM Short term Grant
Reference number: FS1128/2008A
Amount: RM 75,000
Period: March 2008-March 2010

One of the stated objectives of the health system as enshrined in the MOH’s Vision for Health is for the maintenance of a health system which is affordable and equitable. It has been argued that in an equitable and fair system, the rich should pay more for health care than the poor as the latter is less likely to be in a position to afford all needed care. The financing of health care in Malaysia is derived from many sources. In 2004, a total of RM21.4 billion was spent on health care in Malaysia, of which 49.1% came from taxation. The rest were from mainly private sources such as household out-of-pocket (OOP) payments and private health insurance. Previous work on the Malaysian health financing system has shown that at least the private household OOP payments have to a certain extent been protective of the poor, in other words equitable. This study was intended to extend the equity analysis to include all sources of health financing in Malaysia. The project has funded research by one PhD candidate. In 2010 the project resulted in the following outputs:


Explorations of methods for adult health inequalities

Investigators: Dr. Ng Chiu Wan

Funding agency: International Development Research Centre (IDRC), Canada
Reference number: Grant No. 105231
Amount: RM 31,500 ($10,250)
Period: April 2009-December 2010

This study was intended to test the feasibility of using mortality data combined with census data to assess socioeconomic differentials in overall and adult mortality in Malaysia. National mortality data were used to estimate mortality rates by small areas (administrative districts), and then national census data, which contain data on living and environmental conditions, occupation and education of households in each small area, were used to rank each area by average socio-economic status, thus allowing mortality rates at the level of areas to be stratified according to the socioeconomic ranking of the areas. Rankings of areas by socioeconomic level were performed either using principle components analysis alone or in combination with econometric analysis of other sample socioeconomic surveys. This approach allowed examination of socioeconomic differentials in overall mortality as well as differentials in specific groups of diseases of interest. The results would contribute to a comparative study of the socioeconomic differentials in mortality in Sri Lanka, Malaysia, Vietnam and Hong Kong SAR, currently being undertaken by the Equity in Asia Pacific Health Systems (EQUITAP) research collaboration. In 2010 the project resulted in the following outputs:

Increasing breast cancer awareness and enhancing practice of BSE among female staff of UM

This project was conducted in 3 phases. The 1st phase was Period: August 2008 – July 2010
Amount: RM 69,000
Reference number: FS276/2008B
Grant: Short Term Grant
Funding agency: University of Malaya
A/P Saimy Ismail
A/P Nabilla Al Sadat
Dr. Ng Chiu Wan
Investigators: Dr. Maznah Dahlui
Dr. Ng Chiu Wan
A/P Saimy Ismail
This cost analysis study aims at determining the actual costs of outpatient and inpatient (including theatre) at University Malaya Medical Centre (UMMC). The primary rationale for this study was to address the limitations of existing approaches to cost estimation, to compensate for lack of data in the hospital, to provide findings that inform policy regarding hospital performance, and ultimately to use the results on resource use and costs as a first step in estimating the cost of each treatment package by the various disciplines.

The status of female circumcision in Peninsular Malaysia

This study aims to determine the extent and characteristic of female circumcision in Malaysia, to study the profile of the practitioners, the type and method of female circumcision performed, and to determine the knowledge and beliefs among the practitioners of female circumcision. This study will be a crucial milestone to determine the extent and type of practice of female circumcision in Malaysia. The findings will help to establish related FGM policies in Malaysia. It will also help in the monitoring and evaluation of the practice in Malaysia.

UMMC costing analysis: Estimating the unit cost for outpatient, inpatient and day-care services

This project was conducted in 3 phases. The 1st phase was to determine the level of knowledge on breast cancer and the uptake of any of the breast cancer screening program among UM staff. The 2nd phase was the intervention phase whereby seminars on breast cancer and workshops to train BSE were conducted in UM. At the same time UM female staffs with breast abnormality were called for breast check up (CBE). The 3rd phase was the re-evaluation on their knowledge and measurement of the uptake of BSE after the interventions. The project resulted in presentation on the results in the phase 1 (2009) and was completed in July 2010. Articles on the results are in the process of submission.

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Consultancies & Special Services

Consultancies

1. Prof Awang Bulgiba

2. Dr Maznah Dahlui
   Capacity Building activities: NASA regional training 23-29 May 2010. International Planned Parenthood Federation (IPPF) East and South East Asia and Oceania Region

3. Dr Moy Foong Ming
   Prevalence, Treatment Patterns & Resource Use in Patients with Mixed Dyslipidemia using Lipid Lowering Agents (PRIMULA) Study. Merck Sharp & Dohme (I.A) Corp

4. Dr Ng Chiu Wan
   Appointed local consultant to a study on the "Estimate of National Economic Burden of Dengue Infections in Malaysia" where the Principal Investigator is Prof Donald Shepard, Brandeis University.

Editorial Board and reviewer roles

<table>
<thead>
<tr>
<th>Staff</th>
<th>Journal</th>
<th>Role</th>
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<tr>
<td>Prof Awang Bulgiba</td>
<td>Asia Pacific Journal of Public Health</td>
<td>Associate Editor</td>
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<tr>
<td>Mahmud</td>
<td>Journal of Experimental and Clinical Medicine</td>
<td>International Advisory Panel</td>
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<td></td>
<td>Malaysian Orthopaedic Journal</td>
<td>Editor</td>
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<td>1. The Lancet</td>
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<td>5. Medical Journal of Malaysia</td>
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<td>6. Journal of University of Malaya Medical Centre</td>
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<td>7. Journal of Health Management</td>
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<td>8. Medical and Health Reviews</td>
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Dr Noran Hairi

1. Asia Pacific Journal of Public Health
2. Internet Journal of Mental Health
3. Applied Research in Quality of Life

<table>
<thead>
<tr>
<th>Dr Moy Foong Ming</th>
<th>Malaysian Journal of Nutrition</th>
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<tbody>
<tr>
<td></td>
<td>1. Asia Pacific Journal of Public Health</td>
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<td>2. Journal of University of Malaya Medical Centre</td>
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<td>3. The Journal of Nutrition, Health and Aging</td>
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<td>4. International Journal of Food Sciences &amp; Nutrition</td>
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<td>5. Industrial Health</td>
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</tbody>
</table>

List of publications and achievements by JCUM members

Journal publications


Book publications

Conference proceedings and abstracts


22. Yasin SM, Masilamani R, Moy FM, Koh D. Factors contributing to quitting success, early lapses and 50% cigarette reduction in a worksite smoking cessation programme in Malaysia: Proceedings of the Asia Pacific Conference on Tobacco or Health, Sydney, Australia. 6-9th October 2010, Pg 187-188


Awards
1. Prof Awang Bulgiba Awang Mahmud - Awarded Fellow of Faculty of Public Health, Royal College of Physicians UK (by distinction) in 2010.

Members

<table>
<thead>
<tr>
<th>Name (Internal membership)</th>
<th>Department</th>
<th>Membership type</th>
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<tbody>
<tr>
<td>Prof. Dr. Awang Bulgiba Awang Mahmud</td>
<td>SPM</td>
<td>Full Member</td>
</tr>
<tr>
<td>Assoc. Prof. Dr. Sanjay Rampal</td>
<td>SPM</td>
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<tr>
<td>Assoc. Prof. Dr. Retneswari Masilamani</td>
<td>SPM</td>
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<tr>
<td>Assoc. Prof. Dr. Wong Yot Lin</td>
<td>SPM</td>
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<tr>
<td>Assoc. Prof. Dr. Wong Li Ping</td>
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<tr>
<td>Dr. Moy Foong Ming</td>
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<tr>
<td>Dr. Claire Choo Wan Yuen</td>
<td>SPM</td>
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<tr>
<td>Dr. Ng Chiu Wan</td>
<td>SPM</td>
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<tr>
<td>Dr. Noran Naqiah Mohd Hairi</td>
<td>SPM</td>
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<tr>
<td>Dr. Mas Ayu Said</td>
<td>SPM</td>
<td>Full Member</td>
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<tr>
<td>Dr. Adian Darus</td>
<td>SPM</td>
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<tr>
<td>Dr. Maznah Dahlui</td>
<td>SPM</td>
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<tr>
<td>Dr. Anselm Su Ting</td>
<td>SPM</td>
<td>Full Member</td>
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<tr>
<td>Dr. Si Lay Khaing</td>
<td>O&amp;G</td>
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<td>Dr. Liew Su-May</td>
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<tr>
<td>Dr. Pathmawati Subramaniam</td>
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<tr>
<td>Dr. Nirmala Bhoopathy</td>
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<tr>
<td>Dr. Rafidzah Ahmad Zaki</td>
<td>SPM</td>
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<tr>
<td>Dr. Ng Chong Guan</td>
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<tr>
<td>Dr. Sharmini Selvarajah</td>
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<tr>
<td>Dr. Rahayu Lubis</td>
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<td>Dr. Noorhaire Sumarlie</td>
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<td>Dr. Mohamad Redi Isa</td>
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<tr>
<td>Dr. Bello Arkiia Magaji</td>
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<td>Dr. Nurhuda Ismail</td>
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<td>Dr. Narimah Hanim Ibrahim</td>
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<tr>
<td>Dr. Rosalia Saimon</td>
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<tr>
<td>Dr. Umar Yagoub Mohammed</td>
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<td>UM Student</td>
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External Members

<table>
<thead>
<tr>
<th>No</th>
<th>Name</th>
<th>Name of Agency</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Prof Yolanda van der Graaf</td>
<td>Julius Centre, University Medical Centre, Utrecht, The Netherlands</td>
</tr>
<tr>
<td>2</td>
<td>Prof Diedrick Groebbe</td>
<td>Julius Centre, University Medical Centre, Utrecht, The Netherlands</td>
</tr>
<tr>
<td>3</td>
<td>Prof Arno Hoes</td>
<td>Julius Centre, University Medical Centre, Utrecht, The Netherlands</td>
</tr>
<tr>
<td>4</td>
<td>Prof Paul Glasziou</td>
<td>Centre for Evidence-Based Medicine, University of Oxford, United Kingdom</td>
</tr>
<tr>
<td>5</td>
<td>Associate Prof Cuno Uiterwaal</td>
<td>Julius Centre, University Medical Centre, Utrecht, The Netherlands</td>
</tr>
</tbody>
</table>

Support Staff
Devi Peramalah (Research Officer)
Hamizwanis Abdul Hamid (Asia-Link Project Officer)

Contact Person:
Devi Peramalah (Research Officer)
Tel : +60 (3) 79673797
Fax : +60 (3) 79674975

Centre for Population Health (CePH)

History on establishment of Centre
The Research Centre for Population Health (CePH) was proposed to be added into the list of centres developed by the Department of Social and Preventive Medicine (SPM) for the University of Malaya. Prior to the establishment of CePH, preconception talks were held between the Department which was then headed by Professor Awang Bulgiba and Centre of Public Health, Queen’s University Belfast (QUB), Northern Ireland.

A proud moment for the Department was when the Centre for Population Health (CePH) was officially launched by the Vice Chancellor of University of Malaya on the 18th February 2009. As a result, an MOU between UM and the prestigious Queen’s University in Belfast, Northern Ireland was signed during the launching. Now, CePH falls under the umbrella of the Health and Translational Medicine Cluster headed by Professor Rais Mustafa of University Malaya.

Aims
Through new programs of research, discussion and development, and through consciously bridging the gaps between research and practice, professional and public realms, CePH aims to contribute new evidence and insights to help in finding solutions to overcome the health problems of Malaysians. CePH will be an avenue to initiate and promote research and development activities in the field of population health with established collaborating centres like the World Health Organization, universities worldwide and other private and non governmental organizations around the world. It is also envisaged that CePH will aid the Ministry of Health and other agencies in Malaysia in the prevention of diseases and improving the quality of life of the society.

CePH hopes to pave the way for Malaysia to have a modern medical database of its people and provide population health solutions in the future. It would also provide a world-class research centre for population health in the UM for the benefit of the people in Malaysia and worldwide. In line with the department’s vision to transform itself into a School of Public Health in the near future, CePH will spear head the direction of the school to become a premier institution excelling in population and global health issues and research.

CePH also aims at undertaking a broad spectrum of work, ranging from research that helps to better understand the priority diseases and their associations to lifestyles and behaviours, to discovery science with potential for longer term benefits such as therapeutics and vaccines, on health related environmental issues to health systems oriented research that directly influences health policy.
Strengths

1. Support from UM and QUB
   • UM has given strong support in terms of financial and human resources
   • RM2.0 million in renovation of the centre and RM 275,000 in start-up costs
   • New staff – Research officer and research assistants

2. Strong support from Queen’s University Belfast
   • Visits from NICR funded wholly by QUB
   • QUB staff conducting workshops as part of collaboration

3. Ready pool of DrPH students
   • 10-15 students per year
   • Some can be directed to do cancer and adolescent health research

4. Support from MOH, the Department of SPM and the JCUM (Julius Centre of University Malaya)
   • Strong linkages with the MOH and national agencies
   • International network- sharing of expertise and technical support
   • Full support by SPM Department headed by Associate Professor Retneswari Masilamani
   • Competence in epidemiological and statistical studies – full support from the JCUM headed by Professor Awang Bulgiba
   • Effective public relations with the press and publication

Expertise

I. Members come from various disciplines and expertise
   > Social scientists / family health specialists / paediatricians / pharmacists / O&G specialists / breast surgeon / rehabilitative health expert / cancer epidemiologist / social epidemiologist
   > Health economics expertise

   • 3 health economists
   • 2 PhD and 1 undergoing PhD
   > Strong links within UM
   • Institute of Mathematical Sciences (mathematical modelling)
   • Dept of Applied Statistics (time series analysis)

II. Building on expertise in QUB (Cancer Registry and epidemiology, CVs and nutrition and epidemiology) and UM’s strength and expertise in Health economics, focused areas of collaboration is:

1. Cancer research enhancement initiative
   i. To validate and publish high quality reports on the cancers in Malaysia
   ii. Potential of more than 40 research articles published (conservative estimate: 2 for first year)

2. Chronic Diseases Intervention and Adolescent Health Research
   i. To aid the national planners in the development of effective programmes in combating common chronic diseases such as Diabetes and CHD
   ii. Potential of more than 40 research papers published (conservative estimate: 2 for first year)

3. Health Equity and Financing
   1. To contribute data necessary for planning to improve health system performance in Malaysia and Ireland
   2. Potential of more than 2 research papers per year published

Research Projects

<table>
<thead>
<tr>
<th>No</th>
<th>Title</th>
<th>Project No</th>
<th>Principal Investigator</th>
<th>Amount (RM)</th>
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<tbody>
<tr>
<td>1</td>
<td>Risk perception and attitudes of Influenza A (H1N1) virus among staff and students in UM, KL, 2009-2010</td>
<td>RG048/09SBS</td>
<td>AP Dr Nabilla Al-Sadat Abdul Mohsein</td>
<td>24,900</td>
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<td>2</td>
<td>Malaysian Healthcare Programmes: Intervention, Cost and Outcomes (MHICO), 2006-Present, MOH</td>
<td>8123233</td>
<td>AP Dr Nabilla Al-Sadat Abdul Mohsein</td>
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<td>3</td>
<td>Effectiveness of Disaster Management Programme vis-a-vis Health and Socioeconomic Consequences for Affected Communities, 2009 – 2011</td>
<td>University Malaya Research Grant (UMRG)</td>
<td>Dr Tin Tin Su</td>
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<td>4</td>
<td>Cost Analysis of UMMC Services: Estimating the Unit Cost for Outpatient, Inpatient and Daycare Services (started October 2010)</td>
<td>UMRG</td>
<td>Dr Maznah Dahlui</td>
<td>26,200</td>
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<td>5</td>
<td>Status of Female Circumcision Practice in Malaysia (started August 2010)</td>
<td>UNDP</td>
<td>Dr Maznah Dahlui</td>
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<td>6</td>
<td>Increasing Breast Cancer Awareness and Practice of BSE among female Staff of University Malaya, Completed August 2010</td>
<td>PJP</td>
<td>Dr Maznah Dahlui</td>
<td>69,000</td>
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<td>7</td>
<td>A randomised controlled trial to determine the effect of additional fructo-oligosaccharides on colonic microbiota, faecal short-chain fatty acids and immune status among patients receiving enteral tube feeding, 2008-2010</td>
<td>Nutricia Research Foundation</td>
<td>Dr Hazreen Abdul Majid</td>
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<td>8</td>
<td>MENCARE! Male Support of Breast Cancer Screening: Evaluation &amp; Research</td>
<td>NCWID</td>
<td>AP Wong Yut Lin</td>
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<td>Review of Hospital-Based One Stop Crisis Centre Services</td>
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<td>10</td>
<td>Study of Malaysian public responses to the outbreak of the influenza A(H1N1)</td>
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<td>AP Wong Li Ping</td>
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<td>Understanding the root of HIV/AIDS related stigma and discrimination: Nationwide computer assisted telephone interview (CATI) survey</td>
<td>Science Fund</td>
<td>AP Wong Li Ping</td>
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<td>12</td>
<td>Knowledge, attitude and behaviour on reproductive health, sexuality and contraception among multiethnic young Malaysian women</td>
<td>HIR Grant</td>
<td>AP Wong Li Ping</td>
<td>53,800</td>
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Short Courses

1. Seminar on Population Based Longitudinal Research

A seminar on Population Based Longitudinal Research was organized by the Centre for Population Health (CePH) and held successfully on the 4th of June 2010. The invited speakers for the seminar included Professor Dr Liam Murray of Queens University of Belfast, Professor A. Rahman A. Jamal of National University Malaysia, Professor Daniel D. Reidpath of Monash University and Professor Awang Bulgiba of University of Malaya. Forty participants including students, academicians and health officers from the diverse departments within the Faculty of Medicine, University of Malaya and Ministry of Health attended the seminar.

The seminar which was a collaborative effort between the Centre for Population Health, University of Malaya and Queen’s University Belfast, aimed to impart knowledge on the design of population based longitudinal research in Malaysia. It also aimed at highlighting cost implications, benefits, and challenges and to discuss the common methods used in statistical analysis for a longitudinal study. The very interesting and varied lecture topics consisted of the types and design of longitudinal research especially focused on Young Hearts study in Ireland, the Malaysian Cohort project – a national resource for future research especially focused on MyCohort, data analysis for population based longitudinal research and application of demographic surveillance system in population based longitudinal research.

2. Workshop on Risk Factors for Chronic Diseases in Adolescents

The workshop on risk factors for chronic diseases in adolescents was held successfully on the 7th of June 2010 at the Department of Social and Preventive Medicine, University of Malaya, Kuala Lumpur. The workshop which is a collaborative effort between the Centre for Population Health, University of Malaya and Queen’s University Belfast was aimed at formalizing a research group (MyHeARTs – Malaysian Health and Adolescents Longitudinal Research Team study) to develop a research proposal that will cover various areas of interests in the improvement of the health of Malaysian adolescents.

Thirty participants from the diverse departments within the Faculty of Medicine, University of Malaya, National University Malaysia, University Putra Malaysia, University of Science Malaysia, International Islamic University Malaysia and Ministry of Health, Malaysia attended the workshop. The lectures were conveyed by Associate Professor Nabilla Al-Sadat Abdul Mohsen of University of Malaya, Professor Liam Murray of Queen’s University Belfast and Dr Nik Rubiah Nik Abdul Rashid of the Ministry of Health, Malaysia. The lecture topics consisted of longitudinal studies in Malaysian adolescents, experiences and challenges of youth development studies and the Young Hearts study in Ireland and also adolescent health research in Malaysia.

All participants were divided into small groups to come up with ideas for research proposals on areas such as sexual and high risk behavior, nutrition and physical activity, oral and mental health and also biological. The outcome from the workshop is hoped to form a collaborative group to be able to write research proposals on adolescent health and eventually obtain funding to kick-start the proposed research in adolescent health.

3. Workshop on Cancer Survivorship

The workshop on cancer survivorship was held successfully on the 8th of June 2010 at the Department of Social and Preventive Medicine, University of Malaya, Kuala Lumpur. The workshop which is a collaborative effort between the Centre for Population Health, University of Malaya and Queen’s University Belfast was aimed at consolidating research ideas for collaborative purposes.

The lectures were conveyed by Professor Dr Liam Murray of Queen’s University Belfast, Dr Loh Siew Yim of University of Malaya and Dr Zarihah Mohd Zain of the Ministry of Health, Malaysia. The lecture topics included the current on-going cohort studies of cancer survivors in UK and Northern Ireland, epidemiology of cancer in Malaysia and the scope of cancer survivorship research in Malaysia.

All participants were divided into small groups to come up with ideas for research proposals on areas such as nutrition, physical activity, complementary therapy, quality of life and biomarkers. The outcome from the workshop is hoped to form a collaborative group to be able to write research proposals on cancer studies and eventually obtain funding to kick-start the proposed study on cancer survivorship.

4. MyBCC Proposal Development Workshop

The Centre for Population Health (CePH) is now actively running the Breast Cancer Cohort Study (MyBCC). The MyBCC focuses on a cohort study for breast cancer survivors registered to the University Malaya Medical Centre. A workshop for the proposal development on the MyBCC study was conducted on the 15th – 16th October 2010 at One World Hotel, Petaling Jaya. The workshop comprised of 9 academicians from the diverse departments within the Faculty of Medicine,
The Centre for Population Health (CePH) is a collaborative group of researchers from universities in Malaysia, including the University of Malaya, International Islamic University Malaysia, National University Malaysia, Science University Malaysia, University Putra Malaysia, and senior officers from the Ministry of Health Malaysia. It was aimed at forming collaborative groups to write research proposals, develop questionnaires, and design the plan of action for both the study. The research proposals will eventually be used to obtain funding and grants to conduct the proposed study in breast cancer.

Special projects

1. Visiting Professor from Queen's University Belfast – 9th – 12th February 2010

Professor Liam Murray from the Centre of Public Health, Queen's University Belfast, Northern Ireland, made his inaugural research collaboration visit to the Centre for Population Health (CePH) from the 11th February to 12th February 2010. During his visit, many fruitful collaborative talks, research action plans, and brainstorming sessions were held to decide the future activities and research for CePH. Professor Murray together with the board members of CePH visited the Cancer Registry in the Pahang State Health Department. The contotelle agreement discussion was also held with the Deputy Vice Chancellor to decide on the best PhD candidate.

2. MEMORANDUM OF UNDERSTANDING (MOU) ON RESEARCH COLLABORATION between Ministry of Health, Malaysia and the Faculty of Medicine, University of Malaya on the 9th of April 2010

A Memorandum of Understanding on research collaboration was signed on the 9th of April 2010 between the Ministry of Health, Malaysia (represented by the Pahang State Health Department) and the Faculty of Medicine, University of Malaya (represented by the Centre for Population Health) to achieve joint-coordinated research in disciplines of mutual interest. The institutions have agreed to collaborate on cancer research-related activities, diabetes intervention programs, and other issues of mutual interest in public health. Apart from that, the institutions will undertake working programs for research cooperation and exchange of expertise whenever necessary. This collaboration is also hoped to jointly produce reports and publications in the future.

3. Visiting Professor from Queen’s University Belfast – 2nd – 11th June 2010

Professor Liam Murray made his second visit to Queen’s University Belfast (QUB) during the 2nd and 11th of June 2010. The objectives of the visit were to have an insight into Queen’s while further discussing research collaborations in addition to attending the various conferences at QUB. Among the conferences attended were on Cancer Awareness and Early Diagnosis and Postgraduate Engineering Conference. All three of them presented talks on their respective research focus areas in the Public Health Research Symposium with more than 70 participants. They were also acquainted with the Queen’s where a wealth of experiences in survivorship, cardiovascular diseases, health economics, and urban regeneration were shared.

Possible collaborations for students from QUB to have their clinical and public health electives in
University of Malaya (UM) were also contemplated. Future plans as an outcome of this visit is hoped to obtain funding for cohort studies, appoint post-doctorates and identify potential students for PhD studies.

5. Visit to Queen’s University Belfast – 30th August to 2nd September 2010
Dr Hazreen Abdul Majid was invited to the Centre for Public Health, Queen’s University Belfast (QUB), Northern Ireland to have collaborative talks on the development of the dietary assessment methodology during the 30th August 2010 – 2nd September 2010. Among the outputs from the collaborative discussions included plans for the development of a food diary that encompassed foods from various main ethnic and religious groups, discussions of the Malaysian food composition book produced by Institute of Medical Research, discussion of the results collected from the YOUNG HEART study and looking at the possible research and biomarkers that can be used for the Malaysian adolescent health study. The primary outcome of the discussion was aimed at assisting the future Malaysian cohort studies such as the breast cancer survivor’s cohort (MyBCC) and adolescent health (MyHeARTs). At this meeting, a discussion was conducted for the proposed nutritional epidemiology course which is planned to be conducted as a joint collaboration between CePH and QUB in February 2011.

6. Union for International Cancer Control (UICC) Capacity Project for cancer control (Myths of Physical activity in cancer survivors)
A Cancer Awareness Campaign in conjunction with the UICC Capacity Project headed by Dr Loh Siew Yim was conducted to increase the awareness of best practices and well-being of cancer survivors around the world.

Media Appearance
Fitrah Kasih - 2.00 pm - 3.00 pm, Thursday, 17th June 2010
Associate Professor Dr Nabilla Al-Sadat Abdul Mohsein was an invited guest to the Fitrah Kasih programme produced by the unit of magazine and TV documentary, RTM. Aired every Thursday from 2.00 pm to 3.00 pm on TV1, the concept of the programme was on the finding and reconciliation of parted families and relatives while focusing on the problems and social behavior of less fortunate groups and societies of the general population. In conjunction with World’s Tobacco Day, Assoc Prof Dr Nabilla was invited to discuss the topic on smoking women and its' implications on the individual and community.

Centre Head:
1. Associate Professor Dr Nabilla Al-Sadat Abdul Mohsein
2. Dr Tin Tin Su (Acting head since September 2010)

Members (in no specific order):
1. Dr Maznah Dahlui
2. Dr Hazreen Abdul Majid
3. Dr Maslinor Ismail
4. Associate Professor Dr Saimy Ismail
5. En Mohd Roshidi Ismail
6. Associate Professor Dr Wong Yut Lin
7. Dr Loh Siew Yim
8. Professor Yip Cheng Har
9. Associate Professor Dr Aishah Mohd Taib
10. Dr Nirmala Bhoo Pathy
11. Associate Professor Dr Mohamed Haniki Nik Mohd
12. Dr Maizurah Omar
13. Dr Saidatul Norbaya Buang
14. Professor Dr Khadijah Shamshuddin
15. Associate Professor Dr Rahmah Mohd Amin
16. Dr Zarihah Mohd Zain
17. Associate Professor Dr Hejar Abdul Rahman
18. Dr Nik Rubiah Nik Abdul Rashid
19. Dr Farizah Mohd Hairi
20. Associate Professor Dr Wong Li Ping
21. Professor Liam Joseph Murray

Staff of CePH:
- Research Officer
  Ms Nithiah Thangiah
- Research Assistant
  Ms Siti Nor Azirah Aziman
  Ms Najiah
  Ms Halimahtun

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nithiah@ummc.edu.my
nithiah_6@yahoo.com
zirah_agie@hotmail.com
UM WELLNESS

The UM Wellness Program has proceeded into the third year with the strong support from the university management. Out of a total of about 3500 eligible staff aged 35 years and above, 2200 of them (63%) had undergone at least one health check during the period of 2008 to 2010. Among the various categories of staff, the lowest category of support staff had the highest proportion of having conducted health check for 3 times. Academic staff was the ones that made less use of this program (Figure 1). Reasons could be that academic staff is already having their health being monitored in hospitals while the lower category staff have less access to this service, thus making full use of this UM Wellness Program.

From the three year results, improvement has been observed in health indicators such as blood pressure and total cholesterol levels (Figures 2 a – c). This improvement may be due to the following reasons:

a) Staff with abnormally high readings of blood pressure, total cholesterol etc was picked up during the health screening and referrals was given for medical treatment or dietary counselling.

b) Staff who were diagnosed but uncontrolled in blood pressure were referred to specialist in the Wellness Medical clinic in UMMC for further treatment.

In the long term, this improvement may be able to reduce health care cost as more staff are aware of their health status and being treated earlier or have taken lifestyle measures (improve on diet, exercise, quit smoking etc) to prevent or delay diseases.

Currently, the following clinics set up especially for the UM Wellness Program are functioning:

a) O&G Wellness clinic (UMMC) – screening women for Pap smear and appointments for mammogram are also being given.

b) Medical Wellness clinic (UMMC) – for staff with abnormally high health indicators who need medical treatment

c) Diet Wellness clinic (SPM Dept, Faculty of Medicine) - for staff with marginally high health indicators who can be controlled through diet modification
Besides running the UM Wellness Program, the UM Wellness team also conducted health screening and provided some counselling in the following events:

a) UM Community Health Awareness Day (6-7 February 2010): Mid Valley Convention Centre, Kuala Lumpur – co-organized with the Department of Surgery

The University Malaya Community Health Awareness Day was successfully held on the 6-7 February 2010. This event was organised by the Department of Surgery and Department of Social & Preventive Medicine. The Vice Chancellor, Dean of Faculty of Medicine and senior officers of the university were present to grace this event. The objectives of the UM Health Awareness Day were to promote health awareness amongst the community of University of Malaya and the public by providing health screening tests, exhibition, health promotion messages and consultation.

This event was planned to further elaborate the importance of healthy lifestyle such as practicing healthy food choices, increased physical activities, quit smoking and stress management. Early screening of diseases such as Pap smear, breast self-examination, eye check, dental check, screening for colo-rectal cancers etc were also emphasized in this event. Parties involved in this event were Faculty of Medicine (Departments of Surgery, Social & Preventive Medicine, Sport Medicine, Obstetrics & Gynaecology, Primary Care Medicine, Nursing etc, Faculty of Dentistry (Community Dentistry) and Sports Centre from UM; and private companies.

The program was opened and officiated by Dato’ Dr Ghauth Jasimon, Vice Chancellor of UM. Health talks by clinicians and quizzes with attractive prizes were carried out throughout the two days. Health screening tests which were available included random blood glucose, blood pressure, bone mineral density, dental check, stress level assessment, breast-self-examination, body mass index, urine test, cholesterol level check, glaucoma screening, men’s health test and physical fitness assessment as well as diet consultation and medical consultation.

The attendance of the Vice Chancellor, Dean of Faculty of Medicine and senior officers showed that the management of the university cares for the health and welfare of the staff and the community within the Klang Valley. The event was well organised and the staff as well as the public went home with clear messages on how to promote and maintain health.

b) Environmental Health Open Day (25 March 2010): Universiti Selangor (UNISEL), Shah Alam

Our Wellness Team were invited to participate in the “Environmental Health Open Day” in Universiti Selangor, Shah Alam. Health screening such as weight, height and waist circumference, blood pressure, dietary assessment etc was conducted. Counselling was also provided for those with unhealthy indicators.

c) Library Carnival (22-23 July 2010): UM Main Library

The UM Wellness team was invited to participate in the Library Carnival. The carnival was well attended by students and staff. Routine screening such as weight, height and waist circumference measurement, blood pressure measurement, dietary questionnaires was conducted. Health information was provided when necessary and health awareness was raised among the visitors to the carnival.

d) “Jom Hidup Sihat” (22 September 2010): Fifth Residential College, UM

The “Jom Hidup Sihat” program was organised by the UM Fifth Residential College. Our Wellness Team was invited to provide screening such as measurement in weight, height, waist circumference, blood pressure measurement, dietary questionnaires. Health information and counselling was provided when necessary.
Department Activities

SPM Family Day

SPM Family Day is a venue whereby staff and students of SPM enhance their social interactions after a year of hard work and as a farewell gathering before the end of academic session 2009/2010. This year it was held on 1st May 2010 at Perangsang Templar Golf Club, Rawang, Selangor. It was smoothly organised by the committee which consisted of the staff of PG unit, several other staff from the department and several student representatives. There were more than 100 participants consisting of the staff, students and families. Unlike the previous years, the 2011 Family Day was held as an indoor activity during ‘high tea’. The activities included indoor games, cultural and magic shows. The students had composed a song and together they sang as a dedication to the lecturers of SPM. A group of UM dancers performed several cultural dances and was joined by the crowd at the end of their performance, signifying the climax of the event. Everybody enjoyed all the activities which were facilitated by a creative and funny emcee who was specially invited from an event company. The children were not forgotten; they were given prizes and entertained by a clown who was sponsored by one of the students. We are grateful to the head of department of SPM for her support and sporting spirit.

Networking

18 January 2010
Prof David Koh Soo Quee from the National University of Singapore made his first visit of 2010 to the department on 18 to 22nd of Jan 2010. During his visit, Prof. David gave two talks to all MPH/MPMedSc in Public Health students about the Nature of Environmental and Occupational Health and Case Discussion in Environmental Health. He was also involved in the DrPH student departmental presentation.

19 January 2010
Dr Lingui Li (Executive Director) from The College of Management, Ningxia Medical University, China visited the department. The purpose of his visit was to discuss about the research collaboration with the department which involves women and child health issues and technical capacity building in health policy and system research. The agenda of the day was started by a briefing from Dr Lingui Li about his visit’s purpose and his research collaboration and then continued by Prof Nabilla on presentation and discussion about Centre for Population Health. The department hopes that future collaboration will prove to be a mutually beneficial and lasting partnership.

9-12 February
Professor Liam Murray from the Queens University in Belfast visited the Centre of Population Health and the SPM Dept. His visit is a follow up on the collaboration between QUB and UM on the research activities by the Centre of Population Health. During his visit, he had looked into the progress of the centre and also visited the Ministry of Health Office of the Pahang State to further discuss the collaboration between the State Health Authority and the Centre of Population Health.

22-23 February 2010
Prof David Koh frm the National University of Singapore was in the department as a visiting professor. During his visit here he had looked into the research conducted by DrPH and MPH (Occ. Health) candidates. The sessions were organised to review the research with individual candidates.

12 March 2010
A/P Simon Barraclough from the La Trobe University visited the SPM department. The visit opened up opportunities for further collaborations between the department and the Public Health Department in La Trobe University. Among areas that were discussed included student exchange, research opportunities and external examiners.

26 June 2010
The department received a visit from the Faculty of Public Health, Khon Kaen University, Thailand. The visitors were lead by the Dean of the faculty, Assoc. Prof. Pissanu Uttamavatin, looking into opportunities for collaboration and student exchange between the two institutions. A presentation of the department was given by Dr. Maznah Dahlui, followed by further discussions on collaborative activity, teaching and research activities in both institutions.

2 August 2010
A/P Dr. Dean Harris from the University of North Carolina visited the department. While here, he also gave a clinical talk to the faculty entitled “President Obama and the Continuing Struggle for Health Reform in the United States”.

23 August 2010
The department received a visit from A/P Dr. A P. Sivasankar and A/P Dr. S. Lim from the University of Malaya. Their visit was a follow up on the meeting which took place in August 2010. The meeting was a discussion on the possibility of establishing the Health Policy Program at the department.  The meeting took place at the department office and was attended by Prof. Nabilla, Dr. Maznah, Dr. V. Vignesh and Dr. P. V. Malliga.
10 August 2010

The department received a visit by Prof. Aw Tar Ching from the University of UAE. The week long visit was in conjunction with his tenure as the external examiner for the MBBS phase 3A examination.

8 October 2010

The department received a visit from the ex-Deputy Vice Chancellor, Prof Mohd Amin Jalaludin. Prof Amin discussed with the department several issues on management and approaches for academicians and personnel, and the upcoming APACPH Conference.

11 October 2010

The Department received a visit by Prof David Koh (NUS) and Prof Omar Kasule who are both visiting professors to the department. While here, both professors conducted courses and review of research in their respective areas.

20 October 2010

Prof Anil Matthews from PSG Institute of Medical Science and Research, Tamil Nadu, India gave a talk at the department on Analysis of Longitudinal Studies. The one hour talk explained the methods used for analysis on longitudinal studies. The talk was attended by staff and students from the department.
The first Malaysian doctor to gain a PhD in Medical Informatics, Prof Awang Bulgiba (MBBS, MPH, MAppStat, PhD, AMM, FFPH) is Professor of Public Health (Epidemiology and Biostatistics Unit) and Deputy Dean (Undergraduate and Diploma programmes). He teaches clinical epidemiology and medical statistics mainly to postgraduates and he currently carries out research in infectious diseases, modifiable chronic diseases and medical informatics. A consultant for several organisations and private companies, he currently has an active consultancy with Janssen-Cilag, a pharmaceutical company. In addition, he is an Associate Editor for the Asia Pacific Journal of Public Health, an International Advisory Board member for Cilag, a pharmaceutical company. In 2010, he was external PhD examiner for Universiti Teknologi Mara.

In recognition of his contribution to public health, Prof Awang Bulgiba was made a Fellow of Faculty of Public Health by the Royal College of Physicians UK (by distinction) in October 2010.

Prof Awang Bulgiba currently sits on the Research Programme.

Clinical Epidemiology and Evidence-Based Medicine (JCUM) and is Malaysian coordinator for the Asia-Link also heads the Julius Centre University of Malaya Medical and Health Reviews. Prof Awang Bulgiba Medical Centre, Journal of Health Management and Journal of Malaysia, Journal of University of Malaya of Cardiology, Journal of Experimental and Clinical hoc reviewer for the The Lancet, International Journal of the Malaysian Orthopaedics Journal, and an adhoc reviewer for the Journal of Experimental & Clinical Medicine, Editor of the Asia Pacific Journal of Public Health by the Royal College of Physicians UK (by distinction) in October 2010.

This year has proven to be a bumper year in publishing for Prof Awang Bulgiba. In 2010, he published 8 ISI-indexed journal papers, 1 book and had abstracts in 13 conference proceedings. Many of the papers came from his 10 PhD, 4 DrPH and 2 Masters Students. In 2010, he was external PhD examiner for Universiti Teknologi Mara.

In recognition of his contribution to public health, Prof Awang Bulgiba was made a Fellow of Faculty of Public Health by the Royal College of Physicians UK (by distinction) in October 2010.

He brings with him more than 25 years of field experience at all levels while with the Ministry of Health.

Dr Saimy Ismail is an Associate Professor and Head of the Health Services Management Unit (until September). He has the MBBS degree from the University of Malaya and MPH from the University of California, Berkeley.

The following are his activities for the year 2010:

• Visited Bangalore in March when appointed as the external examiner to the Year 3 final examination at the MSU International Medical School.

• Appointed by Malaysia Medical Council to the accreditation panel with MQA, with visits to two medical schools (in Kedah and Selangor) in September and November 2010.

• Attended the APACPH Conference in Bali towards the end of the year.

• Chairs the Department Quality Management System (Sistem Pengurusan Kualiti) committee till the end of the year.

• He sits on the Malaysian Medical Council Preliminary Investigation Committee (PIC).

• Has stepped down as the Chairman of the Accident Prevention Committee in the Malaysian Medical Association.

• He captained the University of Malaya in golf for the past 6 years but had also given way to the younger members of the department.

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• He captained the University of Malaya in golf for the past 6 years but had also given way to the younger colleagues in November.

He hopes that 2011 will turn out to be a peaceful year where he will need to focus on other ways of enjoying life.
The year 2010 has been an interesting and productive year for Dr Ng Chiu Wan. On the teaching front, Dr Ng continued to contribute to the teaching of Health Economics and Financing, both at the post-graduate and under-graduate levels as well as contributing to the teaching of other management subjects. Although her main teaching focus remains Health Economics, she has led efforts to develop teaching modules and to teach health policy topics at the post-graduate level. This is in recognition of the importance of a sound understanding of policy matters for all public health professionals especially in the current climate of health reforms.

On the research front, Dr Ng continued to deepen her examination into the pattern of health disparities in the country. In 2010, her research was focused on the socio-economic differentials in mortality rates of different major groups of diseases in the country. Dr Ng’s continued to actively participate in the activities of the Equity in Asia Pacific Health Care Systems (EQUITAP) research collaboration. Her research findings on the mortality differentials were presented at the EQUITAP Workshop held in Seoul, South Korea in July. In addition to her interest in health disparities, Dr Ng also continued her research in the area of health financing specifically in measuring financial protection in health and the re-distributive effect of the tax-financed health system in Malaysia. Her paper at the inaugural First Global Symposium on Health Systems research organised by the World Health Organisation held in Montreux, Switzerland in November, presented an overall view of the equitable performance of the Malaysian health care system and plausible policy explanations behind these findings.

Dr Ng did not confine her research activities to macro health issues alone. Her collaborative work on survival of patients with motor neuron disease and economic costs of dengue fever, with both national and international research associates, resulted in publications in peer reviewed journals. In recognition of her work in health equity, Dr Ng was invited to present at the “Flagship Course on Equity and Health Systems” organized jointly by the World Bank Institute, the Asia Network for Capacity Building in Health Systems Strengthening, the Department of Health, Philippines and the Institute for Health Policy, Sri Lanka which was held in Tagaytay, Philippines from 29th November to 3rd December 2010. The course was designed to provide policy-makers, academics and other interested stakeholders from the Asia-Pacific region with an understanding of how to assess and act on equity issues in their health systems. A total of 45 participants from 13 countries attended the course.

Dr Ng also continued to contribute her expertise to the work of the Ministry of Health (MOH). In 2010, she was appointed a member of the MOH Unrelated Transplant Approval Committee of the National Transplantation Programme, the Scientific Review Board of the Institute of Health Systems Research, as well as the 2nd Malaysian Burden of Disease Study Working Committee.

Besides teaching and research, Dr Moy conducted workshops / courses and presented her research findings in year 2010 such as Introduction to SPSS, workshop on “Train the trainers for CE-EBM”, workshop on “Evidence Based Medicine”, and EndNote Workshop. Dr. Moy has three publications in BMC Public Health, Cochrane Database of Systematic Reviews, JUMMEC and 3 ongoing research projects grants amounting to RM 235,300.
Associate Professor Yut-Lin Wong, DrPH (Berkeley), MPH (Berkeley), MPH (Sussex), is a six month old ‘baby’ at the SPM Department although she has been a long-time member of the Medical Faculty and was previously at Medical Education & Research Development Unit (MERDU). She is immersed in both undergraduate and postgraduate teaching, research, consultancy, sexual reproductive health and rights (SRHR) advocacy. Administratively, she has been active as the department’s Undergraduate Programme Coordinator; Phase 2 Elective Coordinator for the faculty; and it’s appointed representative to the UM Library Committee. She is an Associate Editor of the Asia-Pacific Journal of Public Health (ISt); member of Ethics Committee on Infant Milk Formula Products, MOH; member of Steering Taskforce for National Bioethics Committee (MOSTI); member of Reproductive Rights Advocacy Alliance, Malaysia (RRAAM), and a member of Sexual Violence Research Initiative (WHO).

Assoc Prof Wong’s research areas are in gender and health, sexual reproductive health and rights (SRHR), gender-based violence and gender competencies in medical education. In 2010, she has been active as the department’s Undergraduate Programme Coordinator; Phase 2 Elective Coordinator for the faculty; and it’s appointed representative to the UM Library Committee. She is an Associate Editor of the Asia-Pacific Journal of Public Health (ISt); member of Ethics Committee on Infant Milk Formula Products, MOH; member of Steering Taskforce for National Bioethics Committee (MOSTI); member of Reproductive Rights Advocacy Alliance, Malaysia (RRAAM), and a member of Sexual Violence Research Initiative (WHO).

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Dr. Maznah Dahlui is a Public Health Specialist and a Senior Lecturer at the Department of Social and Preventive Medicine, Faculty of Medicine, University of Malaya. She lectures on health economics, supervises 3 PhD students, 3 DrPH and 2 master students, and conducts several economic evaluation projects. She is the head of the Post-graduate Unit overseeing 3 post-graduate programs of the department since 2008.

Her experiences working in the Ministry of Health, Malaysia provides good linkages with the ministry resulting in consultancy works on evaluating and monitoring the National Strategic Planning of HIV/AIDS and as UNAIDs consultant for the National AIDS Spending Assessment in Malaysia. She is in the research team for the Study of Disease and Injury Burden, Malaysia. Her works with the Ministry of Health was acknowledged by World Health Organization who conferred her to do the study to evaluate the practice of female circumcision in Malaysia.

Dr. Maznah has great interest on breast cancer and has been involved in several studies on breast cancer especially on the economic evaluation of the screening and treatment of breast cancer, and the relationships between lifestyles and the quality of life in breast cancer patients. She has conducted the study on Breast Cancer Awareness and Practice of Breast Self Examination on the female staff of University of Malaya and recently has been appointed to lead the Quality of Life and Costing components in the Malaysian Breast Cancer Cohort study which is one of the many collaborative efforts by the Centre of Population Health, University of Malaya. Internationally, Dr. Maznah is collaborating with University of Leeds, United Kingdom, University of Singapore and University of Aix, UAE looking into factors causing delay in diagnosis and treatment for Breast Cancer.

Her recent ISI publications were in the Asia Pacific Journal of Public Health on ‘Developing global public health links in Southeast Asia’ and ‘Tobacco use and health in South East Asia’. In 2010, she presented issues on the elderly at the 42nd APACPH conference in Bali and on Malaysian screening policy of breast cancer at the University of Leeds, United Kingdom.
Dr. Azlan Darus is a senior lecturer in the Occupational and Environmental Health Unit. He is involved in teaching of occupational health, environmental health, industrial health at the postgraduate and undergraduate levels in the Faculty of Medicine, and postgraduate level at the Faculty of Engineering.

Dr. Azlan’s research interest includes burden of occupational disease, fitness for work and occupational stress. He is currently involved in the following research projects:

1. Direct, Indirect and Intangible cost of Occupational Disease in Malaysia (UMRG grant)
2. Salivary Cortisol and IGA as markers for psychological stress: A study of workplace stress among police personnel(Umrg grant)
3. ‘Prevalence and Risk Factors Associated with Sexual Dysfunction among Female Healthcare Workers in Malaysia’. Collaborative study with the O&G department
4. ‘Occupational Eye Injuries, Risks and Outcomes at Mumbai, India’. Collaboration with the Aditya Jyot Hospital in Mumbai

In the year 2010, Dr. Azlan has published these articles:


Dr. Azlan is also active in community and academic work outside the faculty. He is currently the honorary secretary of the Society of Occupational and Environmental Medicine, Malaysian Medical Association. He is also a member of the subcommittee on Occupational Health at the National Council of Occupational Safety and Health. At the community level, he is a committee member of his local Resident’s Association and the chairman of the Parents and Teacher’s Association of SK Pulau Meranti.

Dr. Azlan Darus

Dr. Tin Tin Su is a Senior Lecturer in the Health Services Management Unit. She teaches Health Economics, Quality in Health Care, Law and Health and Management in Health to postgraduate, MPH, MMedSc.PH, and DrPH courses. She gives some lectures in Personal and Professional Development (PPD) module for undergraduate MBBS students. She is also a field supervisor for Community Residency Programme (CRP) and Organization and Management of Health Services (OMHS) and a facilitator of Problem Based Learning (PBL) session for undergraduate students.

Dr. Tin Tin Su’s research interest includes Demand and expenditure for health care, Economic evaluation of disease control programme, Health care financing and insurance, Health systems research, Quality in Health Care and Socio-economic consequence of disaster affected communities. She has been working for the research center, Centre for Population Health (CePH) as an executive board member since February 2009 and as an acting head since September 2010. She organized a number of short courses, seminars and workshops under CePH. Dr. Tin Tin Su involves in several research projects. One student successfully completed the PhD under her supervision. She has supervised a total of 7 master students in public health and is currently the supervisor of 6 Doctoral and 6 Masters Students.

Dr. Tin Tin Su is also active in community work. She organized and was involved the medical examination and wellness screening for tsunami affected communities (295 participants) from Tanjong Bungah village (Penang) and Taman Permatang Katong, Kuala Muda (Kedah), from 17th -26th May 2010. She is a member of the Malaysian Medical Association and Myanmar Medical Association. Dr. Tin Tin Su reviews journal articles for BMC Health Service Research, Asia Pacific Journal of Public Health and Malaysian Journal of Public Health Medicine. It was a fruitful year for Dr. Tin a shepublished in 4 papers in various journals. She has also obtained grants for 6 research projects.

Dr. Tin Tin Su

Dr. Tin Tin Su

In May this year, he was also awarded Membership of the Faculty of Occupational Medicine, Royal College of Physician of Ireland. Dr. Azlan is a reviewer for the Asia Pacific Journal of Public Health. He is also an occupational health advisor for the international company Unilever (M) Holdings, since 2008.

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Dr. Tin Tin Su

Dr. Tin Tin Su

In the year 2010, Dr. Azlan has published these articles:

Dr. Wong Li Ping received her Ph.D. in medical science (Epidemiology) from the University of Malaya in 2004. She takes part in the Faculty’s research methodology and biostatistical teaching both at the undergraduate and graduate levels.

Dr. Wong’s research has centered almost exclusively on social and behavioral medicine. Her current research activity focuses on role of race, culture, and ethnicity on health. She has diverse research interests, all in the field of social and behavioral medicine, include: [1] research on risk behaviors (HIV/AIDS Surveillance; youth risk behavior surveillance), [2] research on preventive behaviors (Cervical cancer screening; HPV vaccination; 2009 influenza H1N1 vaccine), [3] Community responses (Behavioral responses to emerging infectious diseases, 2009 influenza H1N1 and influenza vaccination; HPV vaccines; deceased organ and tissue donation; knowledge and attitudes towards thalassemia), [4] sexual reproductive health research (dysmenorrhoeal and PMS of young female; hysterectomy and detrimental effect on women psychosocial well-being and sexual functioning; midlife crisis; impact of aging on sexual function in women). Recognizing the importance of behavioral component in medicine, Dr Wong wishes to continue working for the advancement in the area of behavioral health in the Faculty of Medicine, University of Malaya by engagingly actively in research and teaching.

In year 2010, Dr. Wong served as chief or sole author of 8 papers published in journals that are ISI-indexed. She has been awarded 3 research grants, namely the Science Fund (MOSTI), University Malaya Research Grand (UMRG), and High Impact Research Grant (HIR) in the year of 2010 and serve as a project manager for a Best Management Practices (BMPs) Project under the State Economic Planning Unit (UPEN). She had abstracts in 7 conference proceedings. She has served as a reviewer for peer-reviewed for International Journal of Gynecology and Obstetrics, Journal of Adolescent Health, AIDS Care, Archives of Gynecology and Obstetrics, Vaccine, and Women and Health. She has also been invited to peer-review a Cancer Research UK Project Grant Application.

Dr Anselm Su Ting (MBBS, MPH, MPH (Occupational Health), MFOM (Ireland)) is an Occupational Physician and Senior Lecturer in Occupational and Environmental Health Unit. He is the first Malaysian to obtain Dean’s Medal Award from the Faculty of Occupational Medicine, Royal College of Physicians Ireland in year 2009. He teaches occupational medicine to the undergraduates and postgraduates students. Dr Anselm is actively involved in promoting and using e-learning activities for teaching in this faculty.

Besides teaching, Dr Anselm also runs Occupational Medicine Clinic twice a week in University of Malaya Medical Centre and provides consultancy to governmental and non-governmental organizations on ad-hoc basis whenever there is a request.

Dr Anselm has a special interest in vibration disease in tropical countries and he is currently heading a research project in collaboration with Wakayama Medical University, Japan and Kinki University, Japan looking at hand-arm vibration syndrome among forestry workers in Sarawak. His previous work on vibration problems among the construction workers in Malaysia has been presented in International Conference on Occupational Health and published in Occupational and Environmental Medicine. Besides vibration disease, he is also involved in other occupational health related research projects such as occupational stress, commuting accidents, work ability and noise induced hearing loss; and non-occupational health related clinical trials in the field of haematology in collaboration with Ministry of Health hospitals.
Dr. Hazreen Abdul Majid

Hazreen Abdul Majid is a lecturer in the Family Health Unit. He teaches medical nutrition therapy, sports nutrition and public health nutrition to both postgraduate and undergraduate students.

His research interest includes functional foods, prebiotics and diarrhea in enteral nutrition and public health nutrition. Hazreen is also active in community work. He is a member for several associations include Malaysian Dietitians Association, British Dietetic Association and others.

Functional foods (e.g. prebiotics / probiotics) have always been Hazreen’s research interest. Analytical methods to quantify microbiota such as using fluorescent in-situ hybridization technique and quantifying short-chain fatty acids using gas liquid chromatography are among his expertise. One of his research project regarding prebiotics and enteral nutrition was a randomised controlled trial to determine the effect of additional fructo-oligosaccharides on colonic microbiota, faecal short-chain fatty acids and immune status among patients receiving enteral nutrition.

In addition, he is also a qualified dietitian that has worked both locally and internationally. He also provides his dietary consultation service at the sports medicine clinic. He was one of the reviewers for the recommended nutrient intakes for Malaysia 2005 nutritional guidelines. He also had received the award for best poster presentation and finalist for most promising research area from British Dietetic Association and also British Association for Parenteral and Enteral Nutrition.

Hazreen is an active member for numerous local and international organizations such as British Dietetic Association, Dietitians Association of Australia, Malaysian Dietitians Association, Malaysian Association for the Study of Obesity. He is also an associate member for The Higher Education Academy, UK. He was also invited to speak on “Faecal bifidobacteria concentrations in intensive care unit patients receiving enteral nutrition for different lengths of time” at the Mayday Hospital, UK and also on “Low faecal concentrations of bifidobacteria in patients receiving enteral tube feeding”, at University Malaya Medical Centre.

She attained her degree of Master of Public Health in 2006 and then completed her degree of Master of Public Health (Family Health) in 2009. She teaches family health and nutrition to undergraduates and postgraduates in the Faculty of Medicine. Her passion for research is mainly within the scope of sexual and reproductive health. She has been very active in giving consultancy service for Tunas Bakti Sungai Besi Approved School since year 2008. She has also been the Technical Advisor for ISO implementation and surveillance audit for Tropicana Medical Centre, Sunway Medical Centre and LPPKN (National Population and Family Development Board).

Dr. Maslinor binti Ismail

Dr. Maslinor binti Ismail

Dr. Farizah Mohd Hairi

Farizah Mohd Hairi obtained her Bachelor of Medicine and Bachelor of Surgery, and Master of Public Health from University of Malaya, Master of Science in Health Care Management from University of Wales, and Doctor of Science in Public Health from The Netherlands Institute for Health Sciences. She is a Senior Lecturer at the Department of Social and Preventive Medicine, Faculty of Medicine, University of Malaya, Kuala Lumpur. Currently she is attached to the Department of Public Health, Erasmus MC University Medical Center, Rotterdam, The Netherlands.
Claire is a senior lecturer in the Epidemiology and Biostatistics Unit. Currently, Claire teaches mainly biostatistics and research methodology to both undergraduates and postgraduates.

She has focused considerable energy on violence, reproductive and sexual health research. Her research interests include the international public health burden of violence; the linkages between violence against children/adolescents and mental health; the development and evaluation of interventions to address violence and research; research focusing on vulnerable populations such as impact of HIV/AIDS on children and their families; and application of mixed methodology in public health research.

Her current projects include

1) Exploring the awareness and communication practice of parents on primary school children on sexual abuse in Selangor,

2) Exposure to risk and victimisation using information and communication audio-visual technology,

3) Association between domestic violence association with psychiatric morbidity and victims’ readiness to leave. She was also involved in an international multi-country study assessing Malaysia’s current policies and programme of child maltreatment under the World Health Organization.

Claire also conducted several workshops/courses such as Research Methodology, Introduction to SPSS, Train the trainers for CE-EBM, and Evidence Based Medicine.