



UNIVERSITI
TEKNOLOGI
MARA

Hospital
Al-Sultan Abdullah

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Public HEALTH

NEWSLETTER

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DEPARTMENT OF PUBLIC HEALTH MEDICINE

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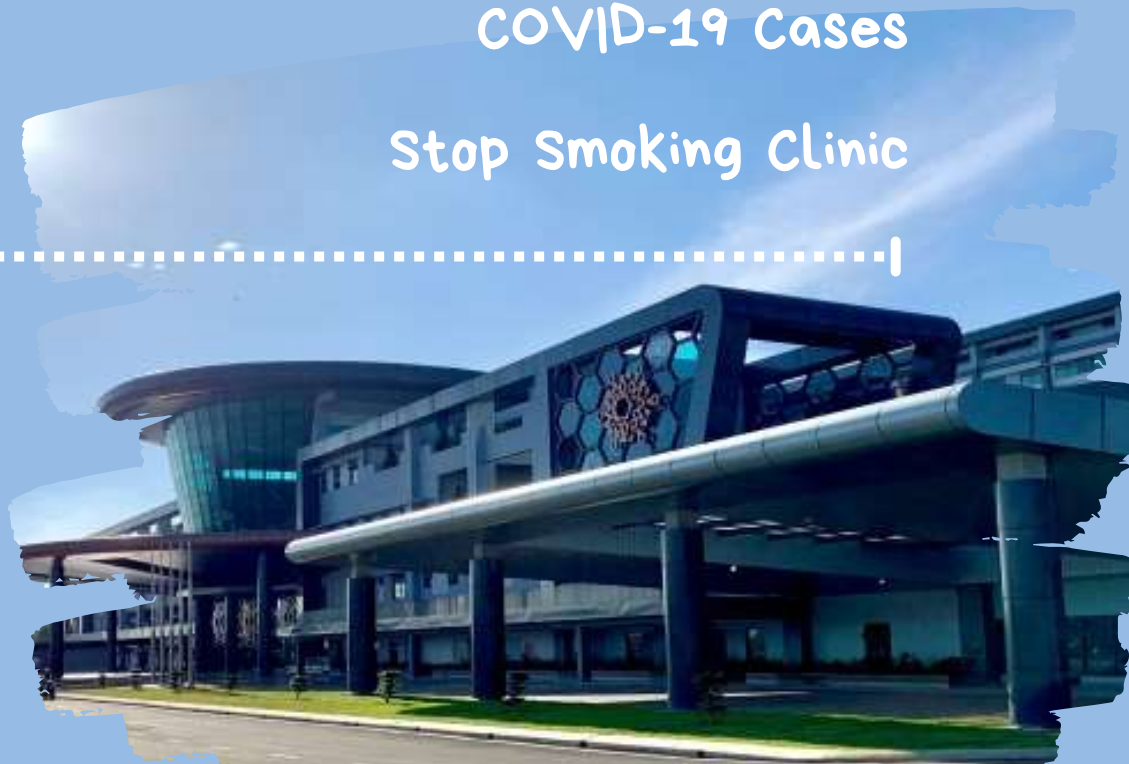
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Editorial Board

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MASYARAKAT SIHAT

Kuala Selangor Parliament



Introduction

The Department of Public Health Medicine has taken the initiative to jumpstart a community health awareness program targeting local communities in the Municipality of Kuala Selangor, particularly the underserved and underprivileged population.

The Masyarakat Sihat: Kuala Selangor Program focuses on screening of non-communicable diseases (NCD), as well as encouraging health literacy in the general community. This program is a collaborative effort from multiple departments of HASA with strategic partnerships from outside agencies.

Program Highlight

- Free health screening (including NCD and Atrial Fibrillation), COVID-19 Vaccination, Health Awareness booths, and many more.
- 12 Series in selected locations in Kuala Selangor.



OFFICIAL LAUNCH

Program Masyarakat Sihat

Date : 26th October 2023
Venue : Auditorium 2, HASA



The program was officially launched by YB Puan Jamaliah binti Jamaluddin, Selangor's Exco for Public Health & Environment



The Activation Day

The Masyarakat Sihat Program was successfully activated on Sunday, 7th of October 2023 in Dewan MDKS Bandar Baru Kuala Selangor.



1.

Introduction of Masyarakat Sihat Program & MaSiH App to YB Datuk Seri Dr. Haji Dzulkefly Ahmad, member of Parliament for Kuala Selangor.



2.

Atrial fibrillation screening



3.

Troubleshooting before the big event



4.

Transfer of knowledge with the help of a translator

5.

KardiaApp for detecting atrial fibrillation



6.

Health education and promotion



7.

Non-communicable diseases screening



8.

The hardworking nursing team



9.

Registration of participants into the MaSiH system



10.

Medical Consultation by the Primary Care Medicine team.

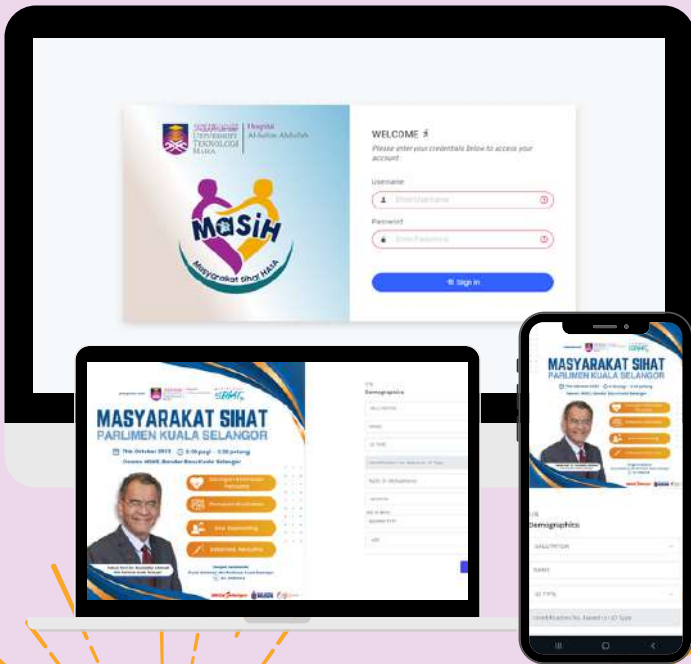




Masyarakat Sihat HASA

The Application

66 Data repository of HASA's community outreach programs 99



MaSiH is an integrated and expandable community-based health information system (HIS) designed to create a seamless and user-friendly experience for use during health programs conducted outside of the health facility.

Winner of the Silver Award at the invention, Innovation, and Design Exposition (IIDEX 2023)





Historically, health data from community-based activities were:

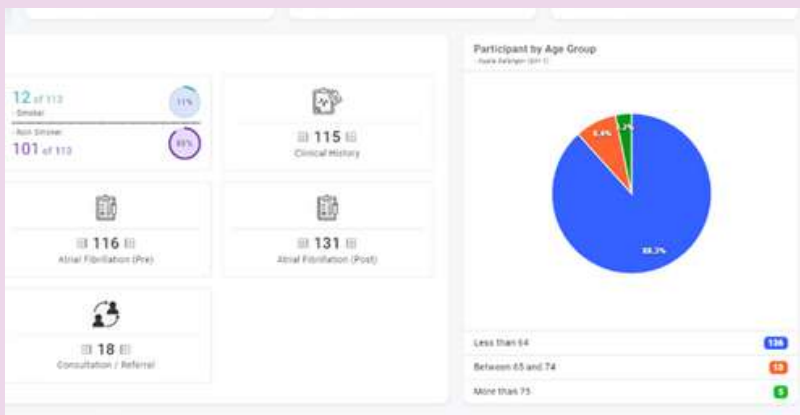
- Manually written on paper.
- Required huge data storage areas.
- Prone to be misplaced.
- Difficult to track.
- Fragmented due to the decentralized and silo nature of community-based health programs.

MaSiH:
User-friendly
Adaptive
Responsive

Therefore, MaSiH was borne out of the need to overcome these challenges and it was developed as a system that can meet the requirements of various community health programs by allowing health data to be collected, managed, and analyzed through a single harmonized system.

Updates at real-time

Besides its function as a data collector and data keeper, MaSiH has the capacity to give real-time data analysis.

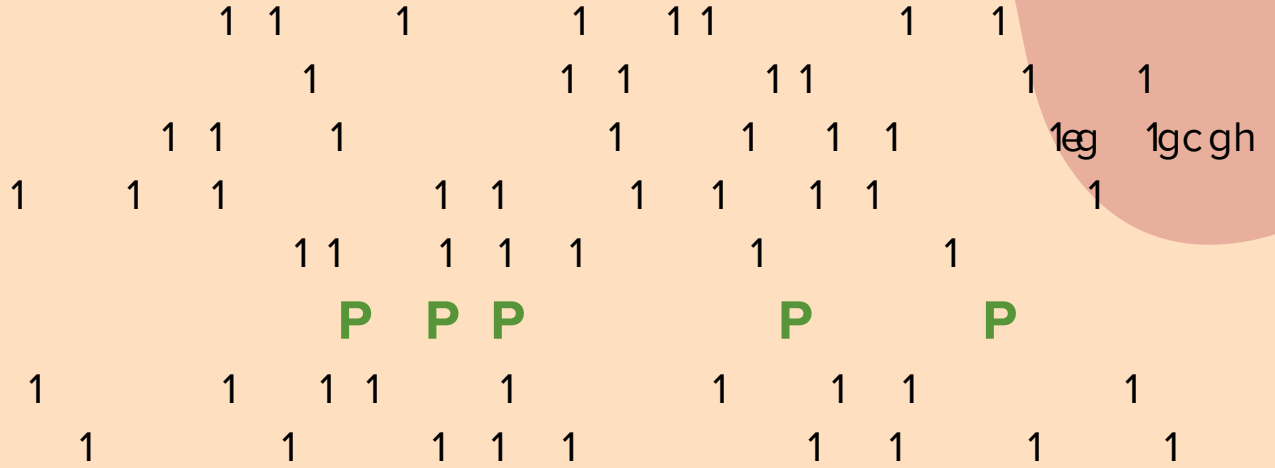
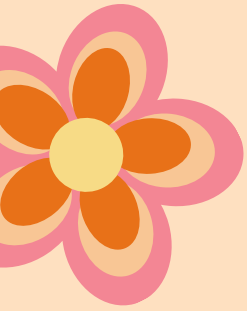


The health innovation of MaSiH is in line with the National Agenda which underpins the National Strategic Plan for Non-Communicable Diseases (NCDs) 2016-2025 in promoting health-conscious community to solidify health literacy, combat the burden of NCDs and boost the productivity and wellbeing of the nation.

masih.uitm.edu.my



WORLD ENVIRONMENTAL HEALTH DAY



Opening Speech & Launch of Zero Single-Use Plastic Program in HASA, UiTM by YBhg. Prof. Dr. Sazzli Shahlan Kasim, Director of Al-Sultan Abdullah Hospital, UiTM.



WORLD ENVIRONMENTAL HEALTH DAY 2023

Forum & Talks



KALAM SIHAT
EXERCISE FOR HEALTH

Assoc. Prof. Dr. Ahmad Taufik Jamil
Profesor & Perunding Pakar Perubahan
Kesihatan Awam, Fakulti Perubatan, UITM

12 Oktober 2023, Khamis 12:45 - 1:30

Hospital Al-Sultan Abdullah (HASA), UI

Anjuran:
Jabatan Perubatan Kesihatan Awam HASA UITM & Fakulti Perubatan UITM



BICARA ALAM

AHMAD ROSHMADY BIN AHMAD KAMAL
(KETUA PENOLONG PEGAWAI
KESIHATAN PERSEKITARAN,
PKD KUALA SELANGOR)

Kenali Nyamuk Aedes

10:00 Petang - 12:45 Petang

LAH (HASA)

Rakan Strategik:
#plastikkurangkuaitihidupmeningkat
#hidupsihathapuskanplastik
#tolakplastikpilihsihat



FORUM 2023
PLASTIK SEKALI GUNA

**Bahaya Tersembunyi dan Risiko
Kepada Penyakit Berjangkit**

Khamis
12 Oktober 2023

11:00 PagI - 12:00 Petang

Auditorium 2,
Hospital Al-Sultan Abdullah,
Universiti Teknologi Mara (UiTM),
42300 Bandar Puncak Alam,
Selangor.

JOM SERTAI KAMI

Panelis:
Dr. Mohamad Ikhzan Selamat,
Pakar Perubahan
Kesihatan Awam di
Fakulti Perubatan,
UITM

Panelis:
Dr. Faiza Buyong,
Pensyarah Fakulti
Sains Gunaan, UITM

Moderator:
Humaira Binti
Mohamed Azhan

Anjuran:
Jabatan Perubatan Kesihatan Awam HASA UITM & Fakulti Perubatan UITM

Rakan Strategik:
#plastikkurangkuaitihidupmeningkat
#hidupsihathapuskanplastik
#tolakplastikpilihsihat

Exhibition Booths



ZERO SINGLE-USE PLASTIC PROGRAM



From 16th October 2023, no plastic bags are allowed on HASA's premises on Mondays



Malaysia produces about 14 million tons of garbage a year with 43.7% of it being dry goods that can be recycled such as plastic, glass, iron and tetra pack.¹

Use of food plastic packaging in Malaysia is estimated to reach a whopping 148,000 metric tons in 2020 alone!²



1. WWF-Malaysia & Jeffry Sachs Centre On Sustainable Development, 2021

2. Report by the World Wide Fund for Nature (WWF)



DO YOUR NOTIFICATION !!!

As required by the Prevention and Control of Infectious Diseases Act 1988 (ACT 342) section 10(2), you are required to notify communicable disease cases (suspected or confirmed) without delay to District Health Authority.

NOTIFIABLE DISEASES (<7 DAYS)

1. AIDS / HIV
2. TUBERCULOSIS
3. DYSENTRY
4. LEPROSY
5. LEPTOSPIROSIS
6. MELIOIDOSIS
7. RELAPSING FEVER
8. SYPHILIS
9. TETANUS
10. CHANCROID
11. TYPHOID AND PARATYPHOID
12. TYPHUS AND OTHER RICKETTSIOSES
13. VIRAL ENCEPHALITIS
14. VIRAL HEPATITIS
15. WHOOPING COUGH

NOTIFIABLE DISEASES (<24 HOURS)

1. COVID-19
2. CHOLERA
3. DENGUE FEVER & DENGUE HEMORRHAGIC FEVER
4. DIPHTHERIA
5. EBOLA
6. FOOD POISONING
7. GONOCOCCAL INFECTION
8. HAND, FOOT AND MOUTH DISEASE (HFMD)
9. MALARIA
10. MEASLES
11. PLAGUE
12. POLIOMYELITIS
13. ACUTE FLACCID PARALYSIS
14. RABIES
15. YELLOW FEVER
16. AVIAN INFLUENZA
17. MERS CO-V
18. ZIKA

Kindly notify to ecovid19.moh.gov.my for Covid-19 and enotifikasi.moh.gov.my for other diseases

For diseases that need notification in <24 hours, call PKDKS AND notify online within 20 hours



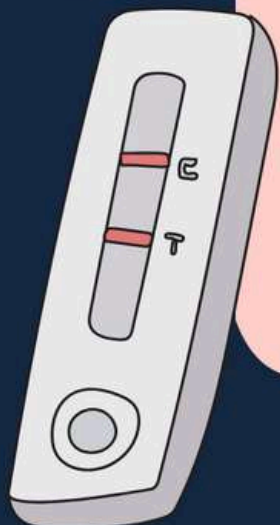
NOTIFICATION IS REQUIRED BY LAW AND PENALTIES EXIST FOR FAILING TO NOTIFY



COVID-19 CASES

STAFF OF HASA

All staff of HASA who are **confirmed positive** for COVID-19 through a self-test kit or RTK test outside HASA must make a report to **Mysejahtera AND HASA's OSH Unit**



PATIENT OF HASA

All ward/ clinic staff must ensure diagnosed cases of COVID-19 at HASA is entered into the **eCOVID system**
ecovid19.moh.gov.my

eCOVID
MALAYSIA'S COVID-19 OUTBREAK
MANAGEMENT SYSTEM



DEPARTMENT OF PUBLIC HEALTH MEDICINE

ARE YOU THINKING ABOUT QUITTING SMOKING?



You dont need to do it alone.

Get the support to help you quit by joining our quit smoking program

The Stop Smoking Clinic in HASA offers smoking cessation services for both patients and staff.

- ✓ Smoking Cessation Counselling
- ✓ Nicotine Replacement Therapy

**Please scan
this QR code to
join our clinic**





For more information, please contact:
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jpka.hasa@uitm.edu.my

ANJUNG
ZAM-ZAM