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Public Health **NEWSLETTER**

ISSUE 4
OCTOBER 2024

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RECAP OF ACTIVITIES

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HASA HEALTHY
LIFESTYLE CAMPAIGN

**TOBACCO-FREE HOSPITAL
ENFORCEMENT INSPECTION**

OSH EVENTS
OSH DAY
VACCINE DELIVERY DAY

UPCOMING EVENT
STEPS FOR LIFE



HOSPITAL AL-SULTAN ABDULLAH UiTM

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MaSiH x WISE



29th June 2024

Masyarakat Sihat with the theme of *Warga Berilmu dan Sihat di Usia Emas* has been successfully organized with the collaboration of multi-disciplinary HASA departments including Public Health Medicine (PHM), Internal Medicine (Geriatric Unit), Primary Care Medicine (PCM), Pharmacy, Rehabilitation Medicine, Food and Dietetics and also Dental Services. This health literacy program comprises of research components, knowledge transfer on non-communicable disease and aging medicine, as well as health counselling sessions focusing on the elderly population.

Mobile Community Services-KPT Prihatin Komuniti Sejahtera (KRIS)

10th August 2024

The KPT Prihatin Komuniti Sejahtera (KRIS) program is a volunteer program organized by the Ministry of Higher Education (KPT) for all institutions under its governance. The KRIS Pangkor program is the first program held in Pangkor Island, Perak in collaboration with the Manjung District Office. A Few highlights of the program are basic first aid teaching sessions, health screening, dental check-ups, health education, healthy food pack distribution and visits to the homes of residents who need basic health checks.



Launching Day

The LIFE Campaign

The HASA Healthy Lifestyle Campaign (LIFE) launching ceremony was successfully held on the 2nd of July 2024 in Auditorium 1, Hospital Al-Sultan Abdullah (HASA). The activities involved such as health talk, health education booth exhibition, practical exercise session and free nourishing drinks by sponsor, Farm Fresh. The lucky draw prizes sponsor by Yayasan Mr. D.I.Y.



Prof. Dr. Hajah Nor Hayati Saad, Assistant Vice-Chancellor (Strategy), Universiti Teknologi MARA giving launching speech.



LIFE's launching ceremony.



Health talk by Dr. Nursyuhada Mohd Sukri, Head of Department, Department of High Performance Sport, Defence Fitness Academy, National Defence University of Malaysia.



Practical exercise session during the health talk.



Health education booth visit.



Free nourishing drinks.



HASA 10K STEPS CHALLENGE

HASA 10K Steps Challenge is an initiative to encourage HASA staff to achieve minimum average 10,000 steps per day to combat sedentary lifestyle. Every month, three (3) participants with the highest daily average steps are selected as the monthly winners. All other HASA staff who obtained an average 10,000 steps daily per month will also receive an E-Certificate of Achievement.



- 1st place : Encik Faizal bin Abd Samat, Department of Clinical Diagnostic Laboratories (CDL) (20, 496 steps).
- 2nd place : Puan Nor Farhanah binti Mohd Noor, Department of Clinical Diagnostic Laboratories (CDL) (19, 447 steps).
- 3rd place : Encik Muhammad Ikhrum Shah bin Ismail, Department of Pharmacy (16, 774 steps).

Monthly winners for HASA 10K Steps Challenge month for the month of July 2024.



The FitDiet HASA 1.0 is a 10-week pilot project aimed at intervening in the weight management challenge faced by hospital staff. The goal is to reduce body weight and waist measurement using a variety of approaches, including a food calorie calculator, group hiking, aerobic exercise, circuit training, and health talks by the dietitian and physiotherapist. Thirty-six (36) dedicated staff members voluntarily participated in the 10-week program, and winners will be chosen based on the highest reductions in weight and waist measurement, as well as their involvement in all planned activities.



Aerobic exercises.



Health talk by occupational therapist.



Hiking activity.



Health talk by physiotherapist.



TALENTS

LIFE GOT TALENT

LIFE in collaboration with Radio UFM UiTM, held an audition to select talented HASA staff to become Public Service Announcer (PSA) and LIFE campaign announcer in delivering health education messages.

AUDITION SESSION IN HASA

Wednesday | 31st July 2024 | 9.00am-3.30pm | Discussion Room,
Medical Administrative Office, Level 5, HASA.



Participants

1. Mr. Asrol Afendy Bin Mohamad Ali - Department of Finance.
2. Dayana Izni Binti Sharif - Department of QIPS.
3. Nurul Izzati Binti Abdullah - Department Public Health Medicine.
4. Noor Aliffah Nabila - PICU Ward.
5. Farah Zafirah Binti Feizal - Deputy Director (P&O) Office.
6. Amirah Maisarah Khzian - Department of Administration and Human Resource.
7. Norazlina Mohd Noor - Department of Administration and Human Resource.
8. Muhammad Zamri Bin Md Nor - Department of Nursing.
9. Muhammad Aufa Haziq Bin Nor Azman - Department of Corporate Communication.
10. Shamsul Firdaus Bin Shamsulkamal - Department of Corporate Communication.
11. Noraini Binti Mohd Zaidi - NICU Ward.
12. Nursyahida Binti Johar - Department of Radiology.
13. Richie Encabo Rigi - Department of Radiology.



TALENT RECORDING SESSION AT RADIO UFM UITM

Tuesday | 10th September 2024 | 10.00am-1.00pm |
Recording Audio Room, Radio UFM UiTM.



Talents

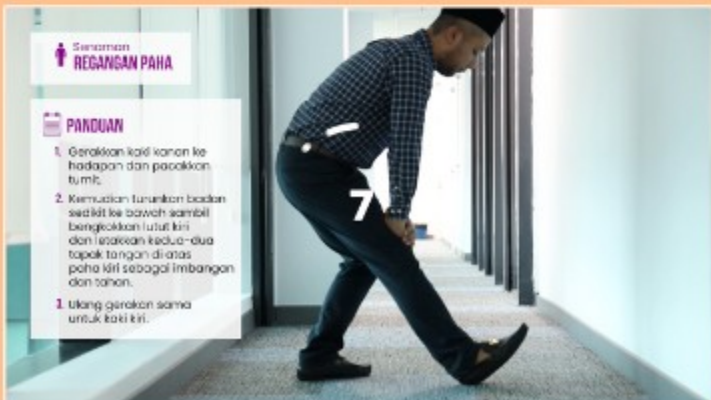
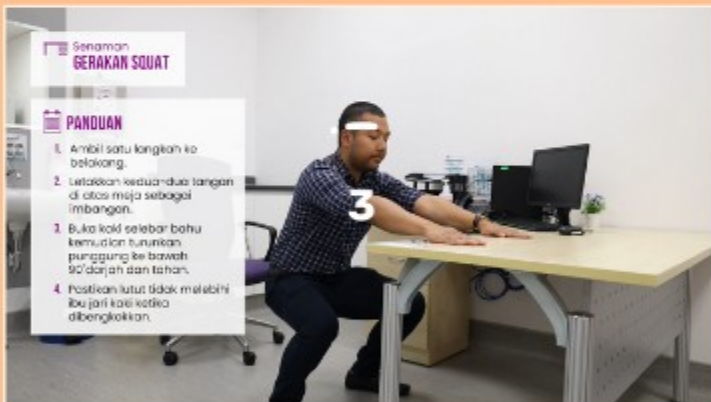
1. Amirah Maisarah Khzian - Department of Administration and Human Resource.
2. Norazlina Mohd Noor - Department of Administration and Human Resource.
3. Muhammad Aufa Haziq Bin Nor Azman - Department of Corporate Communication.
4. Shamsul Firdaus Bin Shamsulkamal - Department of Corporate Communication.
5. Nursyahida Binti Johar - Department of Radiology.



The take 5 Challenge aims to reduce sedentary behaviour among HASA staff at the workplace. Sitting for long periods of time is proven to have long term effect on the body such as low back pain.

LAUNCHING DAY FOR TAKE 5 FOR LIFE VIDEO

27th September 2024 | Friday.



QR Code for Take 5 for LIFE Video Access.

Tobacco-Free Hospital Enforcement Inspection

5th July 2024

In line with our commitment to providing a healthy and smoke-free environment for both staff and visitors, the Public Health Medicine team conducted a comprehensive inspection on 5th July 2024, focusing on ensuring the enforcement of our Tobacco-Free Hospital policy.



The inspection targeted five key locations identified as hotspots for smoking activity. These areas were closely monitored due to previous reports of non-compliance by healthcare workers and visitors alike.

During the inspection, the team discovered the following:

- Numerous cigarette butts scattered across the inspected areas.
- Three instances of smoking activities were directly observed.

Tobacco-Free Hospital Enforcement Inspection

5th July 2024

In each case, verbal warnings were issued to the individuals involved, reminding them of the hospital's strict no-smoking policy. Additionally, health education sessions were provided on the spot, focusing on the severe health complications associated with smoking, including its impact on both smokers and passive smokers.

We would like to remind everyone of the importance of adhering to the Tobacco-Free Hospital policy. Smoking not only compromises your health but also the health of those around you, especially in a healthcare setting where the focus is on healing and well-being.

As we continue to work towards creating a healthier environment, we appreciate the cooperation of all staff and visitors in maintaining a smoke-free hospital. Future inspections will be carried out regularly, and stricter enforcement measures will be applied where necessary.

Webinar on Food Quality and Safety 2024: "Food Poisoning Can Cause Death"

26th September 2024

In conjunction with World Environmental Health Day 2024, the Department of Public Health Medicine organised a webinar focused on the critical topic of food quality and safety. The webinar titled "Food Poisoning Can Cause Death," aims to address the significant public health risks posed by unsafe food handling and consumption.

The objective of this webinar is to increase awareness and enhance knowledge about the risks of food poisoning and its prevention. Participants will also gain valuable insights into food safety practices, including proper cooking methods, food handling, and storage techniques, ensuring that food remains safe for consumption at all stages.

The webinar will feature expert speakers who will share practical tips and key information, making it an essential event for healthcare professionals, food handlers, and the general public. Join us in this effort to promote safer food practices and protect the health of our communities.

WORLD ENVIRONMENTAL HEALTH DAY 2024

**WEBINAR ON:
FOOD QUALITY
AND
SAFETY**

FOOD POISONING CAN CAUSE DEATH

MRS. MASHINA MOHAMED SAAT
Food Technology Officer
Kuala Selangor District Health Office
Ministry of Health Malaysia

JOIN US:
@jhs.hes@putm.edu.my
@PKAJARSA
REGISTRATION AND INQUIRIES

DATE:
26TH SEPTEMBER 2024

TIME:
9:00 AM - 11:30 AM

PLATFORM:
ONLINE (ZOOM)

ORGANIZED BY
DEPARTMENT OF PUBLIC HEALTH MEDICINE

OSH DAY HASA 2024

7th May 2024

Hospital Al-Sultan Abdullah (HASA) UiTM recently celebrated World OSH Day, organized by the Department of Public Health Medicine in partnership with the Human Resource and Management Department. The event, centered around the theme of “Preventing Bullying at The Workplace,” was officially opened by Dr. Izzat Ismail, Deputy Director (Clinical Support) at HASA. This event aimed to raise awareness and foster discussion on the issue of workplace bullying in the hospital.

The program featured an array of activities, including exhibition booths, an integrity talk, and a forum focusing on bullying in the workplace. The integrity talk was presented by Muhammad Syafiq Kamaruzaman, Senior Assistant Registrar from UiTM Shah Alam's Integrity Unit. Meanwhile, the forum was led by Dr Kamaruzaman as moderator and accompanied with three expert panelists which were Assoc. Prof. Dr. Siti Sara Yaacob (Public Health Specialist), Mr. Rizal Nordin (Deputy Director of Management) and Ms Nur Nadiah Rosdi (Counsellor). The forum aims to foster a productive discussion on addressing bullying within the healthcare sector.



AUDIT ANUGERAH KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA (PERINGKAT KEDUA) 2023

16th July 2024

Hospital Al-Sultan Abdullah UiTM has been audited by the The National Council for Occupational Safety and Health (NCOSH) for the 2023 National Occupational Safety and Health Award (Second Level) audit. This award is held annually to recognize organizations and individuals who have demonstrated high commitment and outstanding performance in implementing Occupational Safety and Health Management Systems at their workplaces.

This recognition is also part of the government's efforts to make workplaces in Malaysia safe and healthy, as well as to embed safe and healthy work practices into Malaysian culture. With the cooperation of all parties, including management, employees, the concession company, and the auditors, the audit proceeded smoothly, and it is hoped that the results will be positive on this first HASA participation.



HASA INFLUENZA VACCINE DELIVERY DAY

The free influenza vaccine program is one of the most anticipated initiatives among HASA staff. For this year, a total of 500 doses of the vaccine have been approved. As of August 2024, 180 vaccines have already been administered to our frontliners.

These vaccinations were provided during hospital events such as World OSH Day, World Pharmacy Day, and others. While this program is part of HASA's commitment to protecting frontliners from severe influenza infections, it also serves as a gesture of appreciation and gratitude to all workers in HASA.



Upcoming event

The **LIFE** Campaign



The steps campaign aims to promote healthier lifestyle among staff by encouraging the use of stairs instead of passenger lifts. By choosing the stairs, staff can integrate more physical activity into their daily routines which can lead to numerous health benefits such as cardiovascular health, increased energy level and enhanced overall well being.



JOIN US IN TAKING STEPS TOWARDS A HEALTHIER WORKPLACE



As part of the campaign, stickers are strategically placed on stairs and passenger lifts to encourage staff to make the better choice for their health.

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