

Anesthesiologi

- Malaysian Society of Anaesthesiologists
- College of Anaesthesiologists, Academy of Medicine of Malaysia



Malaysian Society
of Anaesthesiologists



College of
Anaesthesiologists,
Academy of Medicine



Message from the President of the MSA

Dato' Dr Hjh Jahizah HJ Hassan

Dear Colleagues and Friends,

First, I would like to wish everyone a great 2019.

We had an exhausting past year when we successfully hosted the 6th World Congress of SIVA-TCI 2018 which incorporated our Malaysian Society of Anaesthesiologists and College of Anaesthesiologists Annual Scientific Congress. This will be my second year as the President of the Malaysian Society of Anaesthesiologists after taking over from Dr Raveenthiran Rasiah in April 2017 at the Annual General Meeting in Johor Bahru, Johor. I would like to share with you the activities and updates that took place in 2018. As we begin the New Year, I look forward to your continuous support and thank you for all the cooperation extended to me and my Executive Committee, as without the strong mandate and trust in us from the members we would not be able to carry out our duties effectively.

I now highlight some of the more memorable events that took place in 2018.

National Anaesthesia Day - 16th October 2018

Theme: The Right Stuff

The MSA in close cooperation with the World Federation of Societies of Anaesthesiologists celebrated National Anaesthesia Day 2018 with the theme "The Right Stuff!" This was the theme chosen by the WFSA for the World Anaesthesia Day to highlight the importance of many of the lifesaving equipment and devices that have made a significant contribution to the safe practice of anaesthesia.

Many hospitals across the country conducted various activities in their own special way and I thank them for showing great enthusiasm for consistently ensuring that the National Anaesthesia Day celebrations are celebrated on a grand scale annually.

At the national level, the Department of Anesthesiology and Intensive Care, University Kebangsaan Malaysia Medical Centre (UKMMC) hosted the celebrations on 20th October 2018. The event was officiated by Professor Datuk Dr A Rahman A Jamal, UKM Pro-Vice Chancellor of the Kuala Lumpur campus. The MSA Year Book 2017-2018 was also launched at the function. Please read the write up as well as other activities that were creatively done

EDITORS

DR GUNALAN ARUMUGAM
DR VANITHA SIVANASER
DR HANA HADZRAMI
DR SHEREEN TANG
DR SIVARAJ CHANDRAN

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by our hospitals nationwide in this newsletter; and a special mention of the activities was made by the WFSA in the newsletter circulated to all member societies worldwide. Way to go, Malaysia.

Korean Society of Anesthesiologists Annual Congress 2018

The MSA took part for the second time in the Annual Scientific Meeting of the Korean Society of Anaesthesiologists which was held in conjunction with the 6th East Asian Congress for Anaesthesiology on 8th to 10th November 2018 in Seoul, Korea since the signing of MOU between these two societies in 2017. The theme was "Patient Centered Anesthesia: One Step Ahead".

We were proud to have the largest overseas representation in this meeting which has truly become international with the participation of 250 international delegates from 26 countries. I had the honour of representing the MSA as the President, with Associate Professor Ina Ismiarti Shariffudin, Dr Raveenthiran Rasiah and Dato' Dr Yong Chow Yen who attended as invited speakers. The highlight of the event for Malaysia is certainly the opportunity created by the MOU. There were more than 30 Malaysian participants with 23 of them awarded USD1000 each as a travel grant for their presentations at the Congress and the rest were accorded complimentary registration. It was largely due to the efforts made on our behalf by Professor Kim Tae-Yop, the Director of Academic Affairs, and the Immediate Past President of the Korean Society of Anesthesiologists, Dr Il Ok-Lee, that we were able to secure these awards for Malaysian participants. I hope members of the MSA will continue to value and take the opportunities created for them in the international arena to present scientific papers.

Malaysian Society of Anesthesiologists Annual General Meeting

As per the requirement of the Registrar of Societies, our annual general meeting will need to be conducted by 30th June every year. It is our usual practice to correspond this meeting with the Annual Scientific Congress but since the World Congress was held in August 2018, the Annual General Meetings of the Society and the College of Anesthesiologists, Academy of Medicine of Malaysia were held on 30th June 2018. An update on the role of the Academy of Medicine of Malaysia in areas relating to the governance of the Continuous Professional Development programmes which is now mandatory under the amended Medical Act was presented by the Master of the Academy of Medicine of Malaysia, Professor Dr Rosmawati Mohamed.

6th World Congress of TIVA-TCI 2018 incorporating the Annual Scientific Congress of the MSA and CoA, AMM

The Congress, held on 15th to 18th August 2018, was a success as with all the MSA / CoA Congresses in the past. With more than 50 speakers and 1000 delegates, it was truly a mammoth task for us to ensure that we could deliver a congress as smooth as possible with top notch scientific content. The local participation made up 95% of the audience and we were very grateful for the continuous sponsorship support from our regular local biomedical industry without which we will not be able to organize such a successful event.

The prestigious Kuala Lumpur Convention Centre with its multifarious facilities was an excellent venue for the Congress. Thank you once again for all your participation toward ensuring the success of this Congress.

The 2019 Annual Scientific Congress of the MSA and CoA, AMM, Ipoh

Preparations have now begun for the 2019 Annual Scientific Congress that will be held at the Ipoh Convention Centre, Ipoh, Perak. Please access the Congress website for further details but for now, keep your dates free from 4th to 7th July 2019.

Once again, Happy New Year & Gong Xi Fa Cai to all who celebrate this festival!



www.msa.asm.org.my

Malaysian Society of Anaesthesiologists & College of Anaesthesiologists, AMM

ANNUAL SCIENTIFIC CONGRESS 2019

4th - 7th July 2019 | Ipoh Convention Centre, Ipoh, Perak, Malaysia

Universiti Kebangsaan Malaysia Medical Centre, Selangor

Reported by:

Dr Maryam Budiman, Associate Prof. Dr Raha Abdul Rahman, Dr Azarinah Izaham,
Dr Liu Chian Yong and Dato' Dr Wan Rahiza Wan Mat.
Dept. of Anaesthesiology & Intensive Care, UKM Medical Centre.

Anaesthesiologists are unsung heroes in the medical field where they provide anaesthesia and critical care services relentlessly. The story of anaesthesiologists was well portrayed in an inter-hospital challenge titled 'Superheroes Anaesthesia #TheRightStuff Video Competition'. It was a pre-event competition for National Anaesthesia Day 2018. Malaysian Society of Anaesthesiologists (MSA) elected Dept. of Anaesthesiology & Intensive Care, UKM Medical Centre (UKMMC) to host this year's National Anaesthesia Day 2018, in conjunction with World Anaesthesia Day 2018. The excitement of this competition was remarkable where thousands of people viewed and liked the video of ten participants in facebook event page. First-prize winner was UKMMC and won RM1000 (2,283 likes & total score 88.5%). Second place was attained by Hospital Universiti Sains Malaysia and received RM700 (1,912 likes & total score 82.5%). Hospital Tengku Ampuan Afzan won the third place and received RM500 (1,506 likes & total score 73.5%).

Another pre-event contest was the Wefie Anaesthesiology #TheRightStuff contest in which 58 anaesthetists and staffs participated. The participants took photo of themselves with their most valued anaesthesia tool while holding a printed World Federation Of Societies of Anaesthesiologists (WFSA) poster; 'I could not provide life-saving anaesthesia care without ...'. The winners who received RM100 each were Ms. Tismabaitira Che Darus from HUSM (C-MAC), Dr. Wong Sze Meng from UKMMC (Facemask) and Dr. Nur Liyana Hanapi from Hospital Serdang (Super colleagues with tools). In keeping with this year's theme by WFSA which is 'The Right Stuff', our National Level Anaesthesia Day celebration successfully highlighted the importance and advancement of anaesthesia and critical care tools and equipment.

The celebration on 20th October 2018 was spectacular. It was held in the Pre-clinical block of UKM Kuala Lumpur Campus. We estimated 500 people participated and consisted of anaesthesiology teams all over Malaysia, UKMMC doctors/staffs and nearby public. The launches of National Anaesthesia Day 2018 and MSA Year book 2017/2018 were the focus of the event. President of Malaysian Society of Anaesthesiologists, Dato' Dr. Jahizah Hassan spoke eloquently on importance and advancement of anaesthesiology and critical care

services in Malaysia. Associate Prof. Dr. Wan Zuhainis Saad, Director of Academic Development Management Division, Dept. of Higher Education, Ministry of Education Malaysia was invited and she informed the attendees on the roles and plans of Dept. of Higher Education on masters programmes. The event was blessed to have Prof. Datuk Dr. A. Rahman A. Jamal, UKM Pro-vice chancellor Kuala Lumpur Campus, who officiated the event by participating in a launch gimmick by locating a missing laryngoscope. He also launched the MSA Year book 2017/2018 in the presence of VIP guests and Dr. Norliza Mohd. Nor, the book editor on the stage.

Exhibition booths were visited by many participants. Airway booth succeeded in creating interest among public where tools in airway management and the sequence of general anaesthesia were demonstrated. Intensive Care booth carried out a pre-event trivia of a puzzle of Laryngeal Mask Airway (LMA) in FB event page where winners redeemed their gift at the booth. Video and explanation given to public on intensive care daily routine and hand hygiene. Resuscitation booth received many participants who eagerly learnt about Cardio-pulmonary Resuscitation (CPR) from the anaesthesiology team. Self-learning kiosk was also available. Regional anaesthesia booth was the most unique one where people touched mysterious things in 'fear-factor' boxes and later learnt that fears could be conquered with knowledge. Similarly, by providing information through video and explanation, the booth members aimed to eliminate fear towards regional anaesthesia.

This celebration was fortunate to have the Malaysian Armed Forces partaking in the exhibition booths. Their booth was the biggest as they displayed the Deployable Rapid Assembly Shelter (DRASH). The anaesthesiology teams and public who visited the DRASH were informed on the settings, the equipment, the surgery performed and the flow of the surgical patient who underwent operation in the DRASH. National Blood Centre successfully carried out a blood donation campaign and received 61 donors in five hours. National Transplant Registry held an organ transplant campaign and received numerous organ pledgers.

Stage activities were outstanding. Mega Zumba was the key outdoor activity on that day. Mega Zumba had astonishing achievement where almost 300 people

participated. Everyone enjoyed this activity and amazed the astounding moves led by the three instructors from Mercato Fitness Studio. A total of 80 children entered the Colouring Contest and they successfully coloured a simple sketch of a child in an operation theatre with staffs and anaesthesia equipment. Family game show was another activity that was carried out. It had three exciting rounds which includes quiz, puzzles and challenge to prepare a family member for an operation.

The organising committee members were glad to have dedicated advisors: Dr. Muhammad Maaya, Associate Prof. Dr. Raha Abdul Rahman, Dr. Azarinah Izaham and Dato' Dr. Wan Rahiza Wan Mat. The organising chairmen

who worked hard were Dr. Maryam Budiman and Dr. Liu Chian Yong. The event committee was led by Dr. Iskandar Khalid and Dr. Kanesh Kumar A/L Doraisamy. This hardworking committee consisted of UKM's lecturers, anaesthesiology trainees, science officers, medical assistants, nurses and clerks. This programme had successfully instilled confidence and refined leadership skills among the anaesthesiology trainees.

The organising committee would like to express their greatest gratitude to MSA office-bearers/staffs, the team of Dept. of Anaesthesiology & Intensive Care, UKMMC and sponsors. This event was successful as a result of their supports.

Hari Anestesia Peringkat Kebangsaan 2018

Pusat Perubatan Universiti Kebangsaan Malaysia, Selangor

Dilaporkan oleh:
Dr Maryam Budiman, Associate Prof. Dr Raha Abdul Rahman, Dr Azarinah Izaham,
Dr Liu Chian Yong and Dato' Dr Wan Rahiza Wan Mat.
Dept. of Anaesthesiology & Intensive Care, UKM Medical Centre.

Pusat Perubatan UKM (PPUKM) telah diberi kepercayaan untuk menerajui Program Sambutan Hari Anestesia Peringkat Kebangsaan 2018 (National Anaesthesia Day 2018) oleh Persatuan Pakar-pakar Anestesiologi Malaysia atau Malaysian Society of Anaesthesiologists (MSA) bersempena Hari Anestesia Sedunia 2018. Persekutuan Persatuan Pakar-Pakar Anestesiologi Sedunia atau World Federation Of Societies of Anaesthesiologists (WFSA) memilih The Right Stuff sebagai tema sambutan Hari Anestesia untuk tahun ini. Semua aktiviti dalam program peringkat kebangsaan kali ini berjaya mengetengahkan kepentingan, kemajuan dan keselamatan peralatan pembiusan dan perawatan kritikal. 'Pertandingan Video Wira Anestesia #TheRightStuff' merupakan pertandingan pembuka tirai di mana video-video peserta memaparkan tugas harian doktor anestesiologi. Sebanyak 10 hospital menghantar video ke halaman facebook National Anaesthesia Day 2018 dan bersaing hangat untuk meraih jumlah suka (likes) terbanyak. Pertandingan ini mendapat sokongan di luar jangkaan di mana ribuan pengunjung menonton dan memilih video kesukaan mereka. PPUKM berjaya menggondol tempat pertama di mana mereka memenangi wang tunai berjumlah RM1000 (2,283 likes & jumlah markah 88.5%). Tempat kedua dimenangi oleh Hospital Universiti Sains Malaysia dan membawa pulang RM700 (1,912 likes & jumlah markah 82.5%) dan Hospital Tengku Ampuan Afzan memenangi RM500 sebagai pemenang tempat ketiga (1,506 likes & jumlah markah 73.5%).

Satu lagi pertandingan pembuka tirai ialah Pertandingan Swafoto Anestesia #TheRightStuff yang menerima sebanyak 58 penyertaan. Peserta mengambil swafoto

bersama alatan pembiusan pilihan sambil memegang poster WFSA; 'I could not provide life-saving anaesthesia care without ...' Pemenang yang memenangi wang tunai RM100 adalah Puan Tismabaitira Che Darus daripada HUSM (C-MAC), Dr. Wong Sze Meng daripada PPUKM (Facemask) and Dr. Nur Liyana Hanapi daripada Hospital Serdang (Super colleagues with tools).

Program pada 20hb Oktober 2018 yang berlangsung di Blok Pra-klinikal, Kampus Kuala Lumpur UKM disambut meriah. Seramai hampir 500 pengunjung hadir dan merupakan warga kerja jabatan anestesiologi seluruh Malaysia, kakitangan dan doktor PPUKM serta orang awam. Majlis perasmian adalah antara fokus utama pada hari tersebut. Presiden MSA, Dato' Dr. Jahizah Hassan berkongsi maklumat tentang kepentingan dan kemajuan servis anestesia dan perawatan kritikal di Malaysia. Seterusnya, Prof. Madya Dr. Wan Zuhainis Saad, Pengarah Bahagian Pengurusan Pembangunan Akademik, Jabatan Pendidikan Tinggi, Kementerian Pendidikan Malaysia (KPM) menyampaikan ucapan beliau berkenaan peranan KPM dalam program pascasiswazah. Prof. Datuk Dr. A. Rahman A. Jamal, Pro Naib Canselor UKM merasmikan majlis ini dengan gimik yang menarik iaitu menyelesaikan misteri kehilangan laringoskopi. Acara seterusnya adalah perasmian Buku Tahunan MSA 2017/2018 dengan penglibatan tetamu kehormat dan penyunting buku, Dr. Norliza Mohd. Nor.

Petak-petak pameran yang disediakan pada hari sambutan memberi informasi berguna dan menerima ramai pengunjung. Petak pameran perawatan saluran pernafasan berjaya menarik minat pengunjung apabila

mereka melihat pameran peralatan perawatan saluran pernafasan dan pameran pembiusan penuh. Petak pameran perawatan kritikal menjalankan trivia di facebook di mana pengunjung yang berjaya menyusun pecahan gambar Laryngeal Mask Airway (LMA) dapat menebus hadiah di petak pameran. Video dan penerangan berkenaan rutin penjagaan pesakit di Unit Rawatan Intensif dan tatacara pembersihan tangan yang betul turut disampaikan. Petak pameran resusitasi dikunjungi pelbagai peringkat umur yang berkobar-kobar mempelajari resusitasi kardiopulmonari dari doktor bius dan pembantu pegawai perubatan. Petak pameran pembiusan setempat adalah unik di mana cabaran memegang objek di dalam kotak-kotak misteri dijalankan untuk mendemonstrasi cara mengatasi ketakutan terhadap sesuatu termasuk prosedur pembiusan setempat. Penerangan yang lengkap boleh mengatasi perasaannya.

Angkatan Tentera Malaysia terlibat sama dalam program ini di mana mereka dengan bangganya mempamerkan bilik bedah bergerak yang digunakan dalam hospital medan. Pengunjung tidak putus-putus melawat bilik bedah ini di mana mereka diberikan pencerahan berkenaan pemasangan, penetapan, aliran pesakit dan jenis pembedahan yang dijalankan. Pusat Darah Negara menjalankan kempen derma darah dengan jayanya dan menerima pendermaan yang sangat tinggi iaitu sebanyak 61 penderma. Pusat Sumber Transplan Nasional

mengadakan kempen pendermaan organ dan berjaya mengumpul ramai pengikrar derma organ. Aktiviti yang menarik jumlah pengunjung yang tertinggi ialah Mega Zumba. Seramai 300 peserta bersemangat dan seronok mengikuti rentak pergerakan lincah tiga pengajar dari Studio Kecergasan Mercato. Keriuhan aktiviti ini ditambah apabila maskot dinasor menyertai peserta berzumba. Antara aktiviti lain yang disediakan adalah pertandingan kanak-kanak dan pertandingan family game show.

Ahli jawatankuasa program berasa sangat bertuah kerana mempunyai penasihat-penasihat yang berdedikasi iaitu Dr. Muhammad Maaya, Prof. Madya Dr. Raha Abdul Rahman, Dr. Azarinah Izaham dan Dato' Dr. Wan Rahiza Wan Mat. Pengerusi program yang telah bertungkus lumus ialah Dr. Maryam Budiman dan Dr. Liu Chian Yong dan dibantu oleh pengarah program iaitu Dr. Iskandar Khalid dan Dr. Kanesh Kumar A/L Doraisamy. Ahli jawatankuasa yang komited dan berdedikasi ini terdiri dari pensyarah anesthesiologi, pelajar pascasiswazah anesthesiologi, pegawai sains, pembantu perubatan, jururawat dan staf jabatan. Program ini telah berjaya membina keyakinan diri dan mengasah kemahiran kepimpinan di kalangan pelajar pascasiswazah anesthesiologi UKM. Seluruh ahli jawatankuasa dengan seikhlas hati ingin menyampaikan rasa terima kasih kepada semua pegawai/staf MSA, warga kerja Jabatan Anesthesiologi dan Rawatan Intensif, PPUKM dan semua penyumbang yang telah membantu menjayakan program ini.



Hospital Sultanah Bahiyah, Alor Setar, Kedah

Reported by:
Dr Lee YC/Cheah HS, Hospital Sultanah Bahiyah, Alor Setar

“Care Above The Rest” & Walkathon “Walk For Life 2018

Chairperson: National Anaesthesia Day 2018 - Dr Marzunisha Binti Omar
Walkathon “Walk For Life” 2018 - Dr Maswiana Binti Abd Majid

Surgeries are life-changing and life-saving procedures in treating many pathological conditions, injuries and diseases. It would not be possible to conduct most of these procedures in an awake person without adequate pain relief and muscle relaxation. Hence, the importance of ANAESTHESIA is immeasurable in aiding surgeries. Being the state hospital of Kedah, Hospital Sultanah Bahiyah has been frequently referred for continuation of care and further management of patients, and among these referrals many are related to Department of Anaesthesiology and Intensive care.

While the other hospitals celebrated national anaesthesia day in October, we had to postpone the event as the department was preoccupied with other programmes and workshops. On 15th & 17th November, the Department of Anaesthesiology and Intensive Care, HSB has proudly organised the National Anaesthesia Day “Care Above The Rest” and Walkathon “Walk For Life” 2018. We aim to enhance the public awareness towards the role of anaesthesia, introducing basic anaesthesia service and intensive care management, and to improve the fitness level of population. These two events were successfully conducted under the guidance of Dr Marzunishan binti Omar and Dr Maswiana binti Abd Majid, anaesthetists, and officiated by Deputy Director I, Dr Farique Rizal with the presence of Dr Ahmad Shaltut, HOD of Department of Anaesthesiology and Intensive care, Dato Dr Mortadza Ramli, the Head of State of Anaesthesiology services and two other deputy

directors of HSB.

The events were well supported by our hospital healthcare personnel and the public. During the National Anaesthesia Day, we had organized several interesting activities, such as treasure hunt, Mock ICU and OT, acute pain service information counter, and set up booths for traditional complementary medicine, organ donation and basic life support. Throughout the day our participants were able to enjoy the fun and benefitted with the knowledge in this field.

More exciting activities such as walkathon, zumba, coloring competition and lucky draw were held on the 17th November. In the morning the participants departed from HSB and managed to complete a journey of 5 km. Medical tents were set up along the path to standby for any emergency. The champions of each activities were awarded with medal and token of appreciation respectively. The day reached its climax during the lucky draw session. After closing ceremony, we invited all the participants for refreshments. Our participants went home happily.

Coming together is a beginning, staying together is progress, and working together is a success. The project would not be a success without the bunch of talented and inspiring team members in the house including our consultants, specialists, MOs, HOs, nurses and MAs.

Alone we can do so little, together we can do so much. We are one family! We, are the DEPARTMENT OF ANAESTHESIOLOGY HOSPITAL SULTANAH BAHIIYAH !



Hospital Sultan Abdul Halim Sg Petani, Kedah

Reported by:
Dr Maslina Ahmad Marzuki

25th and 26th October 2018 were meaningful days for the Department of Anaesthesia and Intensive Care, Hospital Sultan Abdul Halim, when we successfully organized the National Anaesthesia Day at hospital level. The celebration was held at our hospital lobby from 0800 to 1600 hrs on these two days. They were very colourful days with lots of interesting programmes involving all the hospital staff and the public because Anaesthesia Day is not just a doctor-like celebration but it is relevant to everyone since every patient benefits from painless medical and surgical treatment.

This special day was officiated by the Hospital Deputy Director II, Dr Nooraini bt Abdul Rahman. During the opening ceremony, Dr Khadijah binti Zulkifli, as the Head of Department of Anaesthesia and Intensive Care, highlighted the importance of the appropriate equipment in providing life-saving anaesthesia care in conjunction with the theme for this year, 'The Right Stuff'. The last generation of anaesthetists struggled with all the manual instruments and very limited resources but we nowadays are well equipped with so many advanced equipment. As well as workforce highlighted in the last year's campaign, World Anaesthesia Day this year had drawn attention to the vital role that equipment plays in providing safe anaesthesia.

The ceremony was enlivened with a powerful video show by the medical officers, Dr Dayang Balqis and Dr Tan Wei Kai, and cheerful performance from 15 house officers in the department. About 80 students from Sekolah Menengah Kebangsaan Ibrahim and Sekolah Menengah Kebangsaan Khir Johari, Sg Petani came for the ceremony. Medical students from AIMST University

and INSANIAH University College, Sg Petani, Kedah also joined the celebration. All the guests were presented with the nice goody bags and chocolates.

Our aim for Anaesthesia Day Celebration this year was to promote anaesthesia as a safe and effective component for patient undergoing any form of procedures. Besides 'the right stuff' campaign we also highlighted the 'World Restart a Heart Day', which become a part of the programme of the World Federation Societies of Anaesthesiologists (WFSA), to raise awareness of the importance of CPR. So together with the mock operation theatre and ICU, we also open the booth for Basic Life Support team to demonstrate the correct way of doing CPR and handle the problem of choking. Other booths include the acute pain service, hand hygiene, organ donation and basic medical screening. Throughout the two-day event we have interactive quizzes, photo booth, free ice cream, aerobics and colouring contest for kids. Our event was also been reported by BERNAMA in the Berita Harian online.

We have recorded about a thousand attendances on our National Anaesthesia Day celebration. The success of this programme will not be possible without a good team work from all level of staff in the department. The closing ceremony was held as the last session on the second day. Dr Maslina binti Ahmad Marzuki as the programme director delivered her special appreciation to the Anaesthesia Day celebration team for all their invaluable effort and sacrifice, not just the manpower and ideas but also the money. Even with the very limited time and budget, we are able to organize such a memorable event.



Hospital Seberang Jaya, Penang

Reported by:
Dr Farha Munira

The World Anaesthesia Day originally named 'Ether Day', held to commemorate William Morton's first successful demonstration of ether anaesthesia on 16th October at the Massachusetts General Hospital, home of the Harvard School of Medicine. The discovery made it possible for patients to obtain the benefits of surgery without the pain associated with an operation. The date (16 October) is now globally recognized as World Anaesthesia Day in respect of the importance of this event.

To cherish the monumental event, we the anaesthesia fraternity of Hospital Seberang Jaya organized World Anaesthesia Day event in HSJ on 16th October 2018 with the theme of care above the rest '#the right stuff'. The event served as a great tool for us to ensure public awareness.

There were many booths; Intensive Care Unit (ICU), Basic Life Support (BLS), Acute Pain Service (APS), Organ Donation and Free Health Check-up, the booths were opened in collaboration with the Clinical Research Centre (CRC) team of Hospital Seberang Jaya. The event was officiated by Dr HJ Saiful Azlan Bin HJ Sharif, Director of Hospital Seberang Jaya. The public gained knowledge regarding the equipment, procedures and services associated with the anaesthesia team, while being able to participate in fun quizzes offering great gifts.

In the essence of the event, the World Anaesthesia Day of Hospital Seberang Jaya was definitely a fruitful event that we, the anesthesiology family take pride in. We humbly anticipate another year round of success for anaesthesia day in upcoming years.



Hospital Raja Permaisuri Bainun, Ipoh, Perak

Reported by:
Dr Wan Salwanis Wan Ismail
Dept. of Anaesthesiology & Intensive Care
Hospital Raja Permaisuri Bainun

On 22 of October 2018, Department of Anaesthesiology and Intensive Care Hospital Raja Permaisuri Bainun Ipoh held an exhibition in conjunction with World Anaesthesia Day 2018. The exhibition provided information on anaesthesia and other services provided by the department to the public. It was held at the foyer in HRPB and this attracted quite a crowd.

A total of 30 medical personnel from the department were involved. The exhibition was divided into a few booths - anaesthesia, intensive care, acute pain, chronic pain and organ donation (TOP Team). There were

posters, mock setups of OT and ICU, explanation on organ donation and many others. The participants who visited all the 5 booths, answered quizzes received goodie bags. The response was very good and the crowd continued right till our exhibition ended at around 4 o'clock.

Everybody enjoyed the session and are looking forward to the celebration next year.

Happy Anaesthesia Day 2018!



Hospital Kuala Lumpur, Wilayah Persekutuan

Reported by:
Dr Noor Hasimah binti Mohd. Sahroni

In conjunction with World Anaesthesia Day that is usually being celebrated worldwide on 16th October, the Department of Anaesthesiology and Intensive Care Hospital Kuala Lumpur (HKL) was equally proud to organize this celebration at hospital level. This year, the celebration of World Anaesthesia Day was held successfully on 29th October 2018 at the lobby of 'Kompleks Pakar & Rawatan Harian' (SACC) HKL after only 2 weeks of preparation. This event would have not been a success without a careful and meticulous plan as well as hard work of the committee members comprised specialist, medical officers, staff nurses and assistant medical officers, led by Dr Zarina Abu Kasim. The theme for this year's celebration is "The Right Stuff". This theme was chosen to highlight the important of having the correct and right equipment in order to provide safe anaesthesia care.

The ceremony kicked off at 10.15 am with the prayer recital by our own paediatric anaesthetist, Dr Mohd Lutfi Nijar, and a short welcoming speech by the MC of the day, Dr Mohd Azizan Ghazali. Next, the speech by our beloved head of department, Dr Melor Mohd Mansor, followed by a symbolic launching of the event with cake cutting ceremony and photo session.

To make the public understand further on our daily work in providing a good and safe anaesthesia, a simulation

scenario on patients undergoing spinal anaesthesia and general anaesthesia was showcased. This role play type of demonstration was executed well by a group of doctors, nurses and assistant medical officers headed by Dr Lutfi.

In addition, World Restart a Heart Day also fall coincidentally on 16th October. This event acts as a global initiative to increase awareness on the importance of bystander cardiopulmonary resuscitation (CPR) as well as to increase the number of actual bystander CPR worldwide. On that note, our team also took the golden opportunity to educate the public regarding the effective way to perform CPR and Heimlich manoeuvre during this event. Demonstration regarding CPR was conducted by our senior Assistant Medical Officer, Encik Marzuki and team and unsurprisingly, the response by the public was overwhelming. The public were very interested with the CPR demo and were more than willing to learn and perform the procedure first hand. Not to let the public down from trying their hands on CPR demo, this session ran beyond the official ceremony time.

There was also a short quiz session with the public. They were invited to participate in a five simple questions quiz involving some common questions related to anaesthesia. Five lucky people who could correctly answer the questions were each given a special gift from





our department. The response from the audience was a surprise as all the people who participated answered correctly, considering none of them has any medical background. This showed that they gave their full and undivided attention and interest during the entire span of the ceremony.

Apart from both live demo, we also provided a medical check-up booth which included a basic check-up such as BMI, blood pressure and blood sugar monitoring. This booth also had a big crowd.

In addition, various information on our department services was displayed to public. There was poster presentation that include a variety of places/sites that we provide our daily services such as main operating theatre (OT), neurosurgical OT, paediatric OT, maternity OT and day care OT. There was also information on other services outside OT areas provided by us: MRI, ECT, radiotherapy, angiography suite, just to name a few. Apart from OT related services, we also showcased other services such as regional anaesthesia, acute pain services (APS), obstetric analgesia services (OAS), anaesthetic clinic and chronic pain clinic. All the posters instantly caught the attention of the public.

Besides that, to make the public understand more about our theme, "The Right Stuff", we showcased various

equipment used when providing anaesthesia such as the intubation kit, video laryngoscope, fiberoptic intubation set, the monitor that we use for vital sign monitoring especially the pulse oximeter and continuous waveform capnography that currently become the highly recommended stuff by international standard.

There was also a booth for organ donation, set up by the transplant team, to give more information regarding organ transplant. The booth also provided a venue for anyone who wish to be an organ donor.

Unfortunately, all good things have to come to an end. This remarkable ceremony officially ended at 12.00 pm, even though some activities were carried out till lunch time. Even though the preparation time for this event was relatively short which meant everyone involved had to work extra hard, nevertheless the overwhelming response by the public really made our effort worth it. I would like to take this opportunity to thank everyone involved for your undivided attention and energy to ensure the success of this event. We had really enjoyed ourselves on that day and hoped that we had educated well the public and gave them the right information and made them understand that we are doing everything in our power to provide the best and safe anaesthesia by using "The Right Stuff".

Hospital Tengku Ampuan Rahmah, Klang, Selangor

Reported by:
Dr Leong Feng Wei

Diving Pulau Tenggol 2018

World Anaesthesia Day is celebrated globally on the 16th of October annually. The theme for 2018 is "The Right Stuff" to highlight the importance of adequate facilities and equipment in providing safe anaesthesia care collaborating with "World Restart A Heart Day" to raise awareness regarding the importance of CPR.

The Department of Anaesthesia and Intensive Care, Hospital Tengku Ampuan Rahmah, Klang, Selangor organised an excursion to subjugate the depths of the oceans by scuba diving at Pulau Tenggol, Terengganu from the 12th to 15th of October 2018.

The AnaesHTAR divers were certified on the 10th of October by Dr Selvamalar A/L Selvarajan Timbalan Pengarah, Surgikal, HTAR.

This troupe of 10 that made up the AnaesHTAR Divers were a house officer, medical officers, specialist and an intensivist presided by our Head of Department, Dr Hj Mohd Rohisham bin Zainal Abidin.

This company was assembled a mere 3 short months prior to departure. Of the group, three were certified to dive in open waters, leaving the remaining seven to obtain their Open Water Diving Certificate (OWD) on this trip.

On 12th October, we gathered at HTAR at 1 am in the morning to head towards Dungun via a chartered van. We arrived at A'King Jetty to be ferried across the South China Sea towards Tenggol Island, a journey that took 45 minutes. On arrival, we were greeted by our dive instructor Encik Shafuan and cloudy skies turned into a torrential downpour which continued through the rest of the day. However, this did not sway those certified to go for two dives at Tokong Timur and the Edge to a depth of 25 meters for 40 minutes, leaving those without a license to stay ashore and sit in for an introduction to the gear that will keep us alive underwater plus the theory component of the OWD course.

On 13th October, we were finally brought out to sea for our very first dive up to 9.2m, followed by the second dive in the afternoon. Both sessions were to practice and hone our skills as competent and safe divers. We then continued our theory sessions during the night.

On 14th October, two more dive sessions were carried followed by a theory exam at night which concluded our final hurdle in obtaining our licence to finally become open water divers.

On 15th October, an opening speech regarding the main objective of our trip was given by Dr Hj Mohd Rohisham followed by a demonstration of CPR to the instructors and dive masters by Dr Rahim with the assistance of all AnaesHTAR divers.

We finally embarked on what we came to do which was our final dive with the whole squad. We dived to a depth of 18 meters and held up the banner of AnaesHTAR divers celebrating World Anaesthesia Day 2018. This was a challenging task as there was a current that made it especially difficult to stay still for the taking of the photograph. Upon resurfacing, we packed our bags and got on the boat and headed back towards the mainland. Overall, this trip reflected the theme of World Anesthesia Day 2018 by the meticulous checking of our dive equipment and the various safety precautions and skillset required to dive.

The very same that would keep us alive underwater. The right stuff was required for us to embark on this endeavor safely. Similarly, the right stuff be it in equipment or skills are required for us to carry out anaesthesia with our patient's safety as our top priority daily in our day-to-day work.

On a final note, the poor cellular reception on the island brought us closer together as friends and colleagues, literally. The only person with any form of data connection was our beloved house officer and the hotspot Wi-Fi function did not traverse very far either.



Opening Ceremony, officiated by Tmbalan Pengarah (Sugikal), Dr. Selvamalar A/L Selvarajan



AnaesHTAR divers underwater holding up the World Anesthesia Day 2018 banner at a depth of 18.2m

Hospital Melaka, Melaka

Reported by:
Dr Shireen Sree Jayan

National Anaesthesia Day is celebrated each year across Malaysia on October 16, the anniversary of the day in 1846 that ether anaesthetic was first demonstrated in Boston, Massachusetts.

The Department of Anaesthesia and Intensive Care Unit, Hospital Melaka successfully celebrated National Anaesthesia day at state level on 1st November 2018 with the theme for this year "The Right Stuff" highlighting the importance of the appropriate equipment in providing life-saving anaesthesia care.

The task in organising the event was spearheaded by Dr Rohanida binti Marzuki and her dedicated committee members consisted of multi-talented doctors, nurses, assistant medical officers and other support staff who were all geared up to throw a spectacular event.

We started off our day with the opening ceremony hosted by Dr Hidayah with a prayer recital by MA Khairul. The event then continued with a vibrant speech by our beloved Head of Department, Dr Zainal Abidin Bin Othman. We were grateful to our Hospital Director, Dr Hatijah binti Haji Mohd Tan because she took time to grace the opening ceremony and launch the Anaesthesia Day. It was followed by a series of multimedia presentations which were prepared by Dr Nur Zawani and Dr Fatin Idayu.

After the launch, we ushered Dr Hatijah to the exhibition site, which was at the main foyer of the hospital. The posters illustrated our services from our role as pre anaesthetic physicians, the varied anaesthetic techniques applied in our anaesthetic suite, our care for patients postoperatively either in the intensive care unit or under the acute pain service umbrella in the wards, our role during labour in the form of labour epidural, the provision of remote and daycare anaesthesia and our chronic pain clinic services, to name a few.

Together with the posters, several booths were set up:

organ donation, intubation, regional anaesthesia and also CPR. The booth for organ donation that was set up provided opportunity to the public to pledge as organ donors.

The Organ Donation Booth successfully recruited 25 new organ donor pledges. The public were most curious about our intubation booth which included the video laryngoscope and also our airway adjuncts and they dropped by to gain further knowledge and to participate in quizzes and were rewarded with goodies for the correct answers.

The public were given the opportunity to perform intubation on mannequins that were available onsite.

Information regarding regional techniques, demonstration of regional techniques and the various types of spinal and epidural needles were displayed in the Regional Anaesthesia booth.

The CPR team also took this opportunity to educate the public on proper CPR techniques which can be performed outside the hospital. This booth aimed to raise awareness that lifesaving basic life support can be done not only by healthcare providers but by laypersons as well.

Dr Ang Chia Min added to the celebration by participating in a radio talk show, Melaka FM, where she used the airtime to educate Malaccans on anaesthesia, the role of anaesthetists, our job scope and a host of other information beneficial to our public.

All in all, the Anaesthesia Day celebration was successful and turned out to be an enjoyable day. It was a day where we went to the public, not only to answer their questions and clear their doubts, but also to promote the various services offered by our department and to create awareness to the public regarding our role in the medicine.



Hospital Queen Elizabeth & Hotel Queen Elizabeth II, Kota Kinabalu, Sabah

Reported by:
Dr Noorazwati Ismail

On October 16, 1846, William T.G. Morton successfully demonstrated ether anaesthesia at The Massachusetts General Hospital, home of the Harvard School of Medicine. This was a major milestone in the development of anaesthesia care and, hence, is celebrated internationally as World Anaesthesia Day on October 16 annually. This year, to further add significance to this historical day, World Restart a Heart Day was also introduced and celebrated on a global scale on the same day.

In conjunction with these two major events in the anaesthesia fraternity calendar, the Department of Anaesthesia & Intensive Care of Hospital Queen Elizabeth and Hospital Queen Elizabeth II co-organised a two-day exhibition from 16th to 17th October 2018, at the foyer of Hospital Queen Elizabeth, Kota Kinabalu, Sabah.

The exhibition was set up with the core theme of "The Right Stuff!", chosen by the World Federation of Societies of Anaesthesiologists (WFSA) this year, to emphasize the importance of anaesthesia-related tools in providing safe anaesthesia care. The main objective of the exhibition was to raise awareness among the public and hospital staff regarding anaesthesia care and cardiopulmonary resuscitation (CPR)/ Basic Life Support (BLS).

The exhibition was officiated by the Director of Hospital Queen Elizabeth, Dr Yogendra A/L Panchalingam; Senior

Consultant Anaesthesiologist, Dr Lily Ng Mooi Hang; Head of Department of Anaesthesia & Intensive Care of Hospital Queen Elizabeth II, Dr Shazharn bin Muhammad Zain with Anaesthesiologists, Dr Lim Teng Teik on behalf of Dr Wan Satifah Wan Ngah, the Head of Department of Anaesthesia and Intensive Care of Hospital Queen Elizabeth and Dr Nagarajan Nagalingam. A CPR dance was then performed by the medical officers of the department using the famous "Baby Shark Song". The exhibition was then opened to the public.

A wide range of anaesthesia-related topics, for instance, the anaesthesia journey, methods of anaesthesia, ancient and modern anaesthesia tools as well as pain management was presented using photos, cards and posters in bilingual was exhibited. Other than that, there were also intubation demonstration and a "Mini" CPR workshop, where some of the visitors got to learn how to perform proper CPR on a collapsed patient, guided by medical officers. An organ donation booth was also set up, allowing pledging for organ donation. We also prepared handmade props for photo taking to be uploaded at various social media platform to attract more visitors to join the exhibition.

The exhibition was a huge success with good response from the public and hospital staff, where they were exposed to useful information regarding safe anaesthesia care and basic life support.



WHO Pain ladder



Props for phototaking



Anaesthesia Workstation



Organ Donation Booth



Group Photo



Intubation Demonstration

Hospital Pulau Pinang, Penang

Reported by:
Dr Eric Tang Boon Kiat, Dr Lena Lee Meng-Li

Anaesthesia is one of the greatest discoveries of modern medicine. Every year, the National Anaesthesia Day is celebrated across the world on October 16, the anniversary of the day in 1846 that ether anaesthetic was first demonstrated in Boston, Massachusetts, USA. The Department of Anaesthesiology and Intensive Care in Hospital Pulau Pinang celebrated this special occasion with much pomp and passion. This year, we actively promoted the World Federation of Societies of Anaesthesiologists (WFSA) 2018 theme "The Right Stuff" to highlight the importance of appropriate equipment in providing life-saving anaesthesia care.

Our campaign to promote the importance of adequate facilities and equipment in our daily work as we undertake the important task of delivering safe anaesthesia to the society, commenced a few weeks preceding the actual day where doctors were encouraged to choose their favourite anaesthetic equipment and share their responses on social media with the hashtag #TheRightStuff. Our department's talented crew of doctors even produced an Oscar-deserving mini short film titled "Avengers Penang Hospital: The Right Stuff" to commemorate the event.

We kicked start the National Anaesthesia Day celebration at our hospital with an energetic and exuberant Zumba session led by our department's nurses. This was followed by speeches and multimedia presentations and the ceremony were graced by Dr. Elizabeth Anthony, the Timbalan Pengarah (Perubatan) Jabatan Kesihatan

Negeri Pulau Pinang, and Dato' Dr. Norsidah Ismail, the Pengarah of Hospital Pulau Pinang.

A mock display of the Operating Room and the Cardiac Bypass Pump was set up at the hospital foyer to enable the public to appreciate the role of the doctors and paramedics working in the anaesthesia department. Besides that, there were medical screening booths, posters and exhibition booths detailing the services and contributions of the anaesthetic fraternity in the operation theatres, intensive care, resuscitation, anaesthetic clinics and pain management services. Our anaesthetic staff were on hand to spread the word about this year's theme and educate the public on the services offered by our department. Patients and visitors were also able to 'have a go' at performing CPR and using the AED machines on practice dummies at the resuscitation booth.

The following day we went on air for Mutiara FM's Bicara Prisma live radio interview to promote public awareness on epidural analgesia in labour and to dispel the myths and misconceptions surrounding this topic. It was an interactive and entertaining session with DJ Sobariah Yussof, and we hope more expecting mothers and their family will engage in our services to ease labour pain during the birthing process. All in all, it was a memorable occasion and we look forward to celebrating next year's event with great anticipation!



Hospital Wanita dan Kanak-Kanak Sabah, Kota Kinabalu, Sabah

Reported by:
Dr Jasmine Mani a/p Penny Tevaraj



Old & New Equipment Booth



Colouring Competition with children from
the Oncology Ward at Sekolah Dalam Hospital



Dr Tan Bee Wai, Hospital Director accompanied by Datin Dr Tan Li Kuan and Dr Gaithri
intubating a mannequin with a video laryngoscope during the opening ceremony

World Anaesthesia Day was officially celebrated for the first time this year at Hospital Wanita dan Kanak-kanak Sabah (HWKKS) on the 12th of October 2018. In conjunction with the campaign ran by the World Federation of Society of Anaesthesiologists; we aimed to bring awareness to visitors and hospital staff regarding "The Right Stuff" that is needed to provide effective life-saving anaesthesia care.

HWKKS is a unique entity as it is the first dedicated women and children's hospital in Malaysia and it also now houses an oncology center that caters for the whole of Sabah. Our Anaesthesia Department is headed by our only consultant and head of department Datin Dr Tan Li Kuan, 7 specialists, 22 medical officers and 3 assistant medical officers. We man 2 emergency OTs that run 24 hours, 8 elective OTs and 2 ICUs for paediatric and adult patients. We also provide remote anaesthesia services for procedures such as MRIs, CT scans and radiotherapy related procedures as well as Anaesthesia Clinic and Acute Pain Service.

Our Anaesthesia Day celebration took place at the Hospital Lobby as well as Sekolah Dalam Hospital, from 9.00 am to 4.00 pm. This was the only day that other hospital staff, patients and general public were able to see personnel from the operating theatre and the intensive care unit walk around the hospital lobby in surgical scrubs! The program started with speeches by our Head Of Department and State Anaesthetist Datin Dr Tan Li Kuan followed by officiation by Pengarah Hospital, Dr Tan Bee Hwai. The opening ceremony featured our Pengarah Hospital intubating an adult mannequin using videolaryngoscopy (CMAC) followed

by the special appearance of our Anaesthesia Day mascot Baymax. This stirred a lot of excitement among all present comprising of doctors, nurses, supporting staff from various departments, as well as patients and the general public

We filled our hospital lobby with booths featuring Old versus New Anaesthesia Equipment, General Anaesthesia, Acute Pain Service, Organ Donation Awareness, Cardiopulmonary Resuscitation, a photobooth and other concurrent activities including poster presentations and a colouring contest for paediatric oncology children.

The General Anaesthesia station displayed a fully functional General Anaesthesia machine equipped with monitors and an operating table, to show the public the way the setup would be in an operation theatre. The public were also given the opportunity to try hands-on intubation on a mannequin with guidance regarding proper technique and appropriate equipment. Besides this, there were poster presentations on the history and evolution of anaesthesia, general anaesthesia and regional anaesthesia to further educate the public on various methods of anaesthetising a patient for surgery.

The Old versus New station featured antique equipment from the 1960s, collected from various district hospitals all over Sabah and compared them with current equipment used in the present day. This included facemasks, oropharyngeal airway, endotracheal tubes, suctioning apparatus and ventilators among other things. The most eye-catching attraction was the antique intravenous cannulas made with gold! The rapid evolution and improvement in the equipment used in the practice

of anaesthesia is clearly illustrated in this booth.

The Acute Pain Service booth introduced the public and hospital staff to pain services provided by our department. There were poster presentations and displays regarding pain management and various methods of pain scoring as well as guidelines to manage pain. Besides this, all participants could try their luck in guessing the amount of sweets in a jar, which gave them an opportunity to win attractive prizes!

The Cardiopulmonary Resuscitation booth gave the public an opportunity to practice hands-on the proper technique and method to deliver high-quality chest compressions on a mannequin, guided by a qualified trainer. At the same time, they were exposed to simple principles of Basic Life Support to provide preliminary resuscitation to a patient as a first responder.

The Organ Donation station featured poster presentations, brochures and sales of attractive items to create awareness regarding the importance of organ donation and how much each donor could make a difference. The public had an opportunity to pledge as organ donors.

Concurrently, a colouring competition for children warded in the Paediatric Oncology Ward took place in the "Sekolah Dalam Hospital" which was situated beside the ward. Participants were aged between 7 years to 11 years old. Those who were unable to leave their beds had a chance to participate from their beds as well. The highlight of the event was when Baymax made his special appearance when the children were colouring, then handed out prizes to the winners in the school as well as those in the ward. The children excitedly posed to take photographs with Baymax, and were given complementary polaroid photos as souvenirs of remembrance.

All in all, organizing Anaesthesia Day for the first time in Hospital Wanita dan Kanak-kanak Sabah was a very rewarding experience for us. We were very satisfied with the overwhelming response that we received, and were happy to introduce the department that works "behind the scenes" to ensure efficient and safe anaesthesia to all our patients. We are very excited and looking forward to organizing and celebrating Anaesthesia Day at a bigger scale next year!

Care Above the Rest.



Prize Giving Ceremony for Colouring Contest



CPR Booth



Pain Booth



HWKKS Anaesthesia Team



Photobooth



Prize Giving Ceremony for Colouring Contest



Cake Cutting Ceremony



Organ Donation Booth



Our team's Group Photo with the Participants and Teachers



Prize Giving for Guess the Number of sweets at Pain Booth



Cake Cutting Ceremony

Hospital Tengku Ampuan Afzan, Kuantan, Pahang

Reported by:
Dr Phang Shiang Ling and Dr Mary Choy

In conjunction with National Anaesthesia Day 2018, the Department of Anaesthesiology and Intensive Care, Hospital Tengku Ampuan Afzan, Kuantan, Pahang, organised a campaign in the lobby of Ambulatory Care Centre (ACC) on 11th October 2018 to promote awareness amongst public and healthcare workers about anaesthesia care and the services provided. Apart from that, we were also blessed for the chance to promote organ donation and the importance of it, coordinated by our hospital Transplant and Organ Procurement team, headed by Dr Hasniza Binti Ahmad Zakaria.

The campaign started from 0830 to 1500 hrs and it was officiated by our hospital director, Dr Norazmi Bin Abdullah, together with the Head of State Service, Dato' Dr Nor Khairiah Binti Mohd Kenali and our Head of Department (HOD), Dr Wan Marzuki bin Wan Ramli. Thereafter, we launched the GIFT campaign with the presence of Neurosurgical HOD, Mr (Dr) Mohd Aidil Bin Mohd Nor, Emergency Department Physician, Dr Badlisham Bin Baharun and our Intensivist, Dr Zihni bin Abdullah.

In order to spread the knowledge and increase the public awareness on anaesthesia care services, we had set up poster presentations to provide relevant information, including the role of an anaesthesiologist, types of anaesthesia (general, regional and sedation) with their different risks and complications, acute pain service, epidural labour service and ICU service. We also had videos played during the campaign, recording the overall process of anaesthesia, from pre-op assessments in clinics till recovery area in the operating theatre. The strategic location where we held the campaign ensured that we had a high flow of participants both from the public and also other staff in the hospital. The videos were played to the seated public waiting for their turns for their routine blood investigations and in front of the pharmacy.

For us to assess if our participants did benefit from our presentations, we had quiz sessions, whereby the highest scoring participants received prizes. Amazingly, there were many who scored full marks and we had to randomly pick only a few lucky ones. We also had a demo ventilator and displayed the equipment used during anesthesia. A mannequin for participants to learn simple intubation was also available. Equipment used for acute pain service such as different types of PCA (Patient Controlled Analgesia) machines were also displayed to the public.

In addition, there were also sessions about Basic Life Support (BLS) by showing demonstrative videos, poster presentations, hands-on learning and also small notes to take home. For the hands-on learning sessions, participants performed chest compression on the provided mannequins under the guidance of our BLS instructors, Puan Surina Bt Mat Noor and Puan Rafidah Bt Abd Manan. Besides that, there was a corner for free health screenings, including body mass index (BMI), blood pressure, and random blood sugar levels. The results were written on a small note for own records. They were also given appropriate advice in cases where abnormal values were noted.

The response we received that day was good as we had about 200 participants who registered for the event. That is indeed quite a huge feat as we even ran out of door gifts and quiz sheets. We would hereby like to thank the whole committee members for their great efforts in organizing this campaign and making it a big success. Apart from that, we would also like to take this opportunity to congratulate our department, for winning 3rd prize in the Anaesthesia Superheroes Challenge in conjunction with National Anaesthesia Day 2018, organized by PPUKM. Special thanks to Dr Aminuddin and his team who produced this wonderful video.



Hospital Kajang, Selangor

Reported by:
Dr Nirda Iriani Munir

2018 marked another year of successful World Anaesthesia Day celebration in Hospital Kajang, Selangor. Although we celebrated it much later than other hospitals, on the 7th of November 2018, the excitement was felt nonetheless. Once again, we have chosen our own hospital grounds as the venue.

Our aim was to convey to the public and other healthcare workers on how we provide safe anaesthesia care for our patients. A number of booths were set up to create awareness on the different modalities of anaesthesia. There were posters, videos and equipment demonstrations. In support of the World Federation of Societies of Anaesthesiologists' 2018 theme #TheRightStuff and UKMMC Anaesthesia Superheroes challenge, we had our team members dressed up as superheroes representing each booth and showcasing our favourite equipment. This is to highlight the importance of appropriate equipment in providing life-saving anaesthesia care. The superheroes received considerable attention and managed to attract many visitors to our event.

A special video presentation on patient's preparations and expectations before going for operation starting from the anaesthesia clinic, right up to immediate post op care was shown. This video was proudly starred and produced by our own creative anaesthesia team. Feel free to view it here. <https://youtu.be/gQkrjU-EXmE>

As we strive to achieve 'Pain Free Hospital' status for Hospital Kajang, we paid particular emphasis on 'Pain as The 5th Vital Signs'. During our Acute Pain Service round,

patients received goody bags to help cheer and lighten their mood which further alleviated their pain.

To encourage visitor's participation and understanding on our exhibition, they were given a quiz and those who answered correctly were given tokens of appreciation.

As usual, the health screening booth was a favourite among both the public and the staff of Hospital Kajang as we offered free cholesterol and glucose check. BMI, body fat analysis and dietary advice were also offered by the dietician to those who were interested.

Another booth that always catches the public eye was the Organ Donation Booth. Hospital Kajang TOP team has always been diligent in promoting organ donation and recruiting pledgers all around Selangor. To attract visitors to their booth, games with presents were offered. During that day, the team managed to get over 50 pledgers.

The Basic Life Support Team of Hospital Kajang participated as well in providing hands on CPR demonstrations which attracted not only adults but also children. Their bravery in participating was rewarded with Superhero Badges. To further attract visitors to our exhibition, a jumble sale corner was put up and all the profits earned were donated to charity.

Ultimately, the Anaesthesia Department of Hospital Kajang felt happy that we were able to promote World Anaesthesia Day yet again to the people of Kajang.



Dr Esa bin Ab Aris Football Tournament

Reported by:
Hj Mohd Azlee bin Hj Ramli & Dr Wan Siti Sarah Wan Kairuddin

The organization of this football tournament is part of the annual activities involving all the Departments of Anaesthesiology in the State of Johor. This year, it was held on 27 October 2018 in conjunction with the World Anaesthesia Day. Each district will be chosen as the organizer and according to the suitability of the activity to be undertaken during the year. This activity is intended to support the implementation of Kospen Plus activities of the Ministry of Health Malaysia.

Among the objectives of the tournament is also to provide opportunities for all staff working in the

Departments of Anaesthesiology to get to know each other better as well as to meet senior leadership of the Anaesthesiology departments in the State of Johor.

Six hospitals took part mainly Enche Hospital Besar Hajjah Khalsom Kluang, Hospital Sultanah Aminah Johor Bahru, Hospital Sultan Ismail, Hospital Sultanah Nora Ismail Batu Pahat, Hospital Sultanah Fatimah Muar and Hospital Segamat. Hospital Sultanah Nora Ismail were the eventual winners.



KPJ Puteri Specialist Hospital Johor Bahru, Johor

Reported by:
Dr Ponijan bin Pardi

In conjunction with World Anaesthesia Day, the Department of Anaesthesia, KPJ Puteri Specialist Hospital, Johor Bahru, Johor celebrated World Anaesthesia Day on 13th October 2018. This year's celebration was done together with the launching of Rapid Response Team (RRT) at Royal Lobby KPJ Puteri Specialist Hospital from 0830 to 1400 hrs.

RRT was formed to do early intervention for any deterioration of vital signs for hospitalized patients. RRT will reduce incidents of respiratory and cardiac arrest outside intensive care unit.

The event was officially opened by KPJ Puteri Specialist Hospital Chief Executive Officer, Puan Haliza Binti Khalid, and about 100 participants came to join the celebration including consultants, staff and public.

Other activities included

- a) Rapid Response Team Treasure Hunt
- b) Colouring contest for kids
- c) Blood donation drive
- d) Public Forum on:

i. Blood Donation Awareness by Dr Zanariah Binti Kassim - Head of Transfusion Medicine HSAJB

ii. Blood Transfusion in anaesthesia and surgical perspective by Dr Mohd Ali Bin Salleh - Anaesthetist and Medical Director KPJ Puteri Specialist Hospital

iii. Moderator Dr Ponijan Bin Pardi, Head of Anaesthesia Department, KPJ Puteri Specialist Hospital

Certificates of appreciation was presented to all blood donors, RRT treasure hunt participants and public forum speakers. Five blood donors were very lucky to get hampers during "lucky draw".

We would like to express our thanks to Blood Bank Team from Hospital Sultanah Aminah, Johor Bahru, and all committee members of World Anaesthesia Day celebration including our anaesthetic colleagues in ensuring the event run smoothly and successfully. See you again next year.

PERIOPERATIVE GOAL DIRECTED FLUID THERAPY

Reported by Dr Yeoh Chih Nie, Dr Nadia Md Noor, UKMMC

Perioperative fluid management has evolved from the conventional approach of prediction of fluid requirement based on duration and severity of surgery, to a shift towards restrictive fluid management based on blood pressure. Both approaches carry their own risks and benefits. They are not ideal and can potentially lead to unwanted complications. The current paradigm shift looks at optimizing fluids administration based on individualized goals such as cardiac output monitoring, hence titrating therapy to desired hemodynamic targets and predicting fluid responsiveness.

Advance hemodynamic monitoring (AHM) is commonly used in the critical care setting in Malaysia but rarely in the perioperative period. The implementation of perioperative goal directed fluid therapy (PGDT) was found to have significant benefits in meta-analysis of protocols using dynamic and flow-based hemodynamic parameters. The implementation of PGDT alone in moderate to high-risk surgery or high-risk patient has

been proven to reduce morbidity, mortality, hospital stay and cost per patient.

Our workshop titled "Perioperative Goal Directed Fluid Therapy: Precision or Estimation" was a close collaboration between Edwards Lifesciences (headed by Miss Yoke Lian and Mr. Hansel) and Department of Anesthesiology, UKM Medical Centre (UKMMC). It was held from 16th to 21st of July, involving 33 participants who are Anaesthesia trainees in UKMMC. Our objectives were to identify risk factors for intraoperative hypotension, understand the indications and benefits of employing AHM in selected patients, hence improve perioperative patient management.

The 5-day workshop was officiated by Associate Professor Dr. Raha Abdul Rahman, who graced the event with a simple yet meaningful speech. This was followed by a lecture on PGDT and AHM by Dr. Yeoh Chih Nie. The lecture covered the basics of static versus dynamic

parameters, predicting fluid responsiveness based on different modalities and current evidences for PGDT. After that we proceeded to the operating theatre (OT) to observe live demonstration of AHM on selected patients throughout the course of the surgery.

Moderate to high risk patients, or those planned for moderate to high risk surgeries, who would benefit from intraoperative monitoring using the EV 1000, were carefully selected several weeks prior to the workshop. AHM was extended postoperatively in the Intensive Care Unit if required. Participants were divided into 4 different groups, where each group was allocated a day's participation in the live demonstration, over the 4 days from 16th to 20th of July 2018. Interactive question and answer sessions on the setting up of AHM, monitored parameters and its accuracy, troubleshooting of data and limitations of AHM were facilitated by Miss Yoke Lian, Mr Hansel, Dr. Rusydi, Dr. Nazihah and Dr. Yeoh intraoperatively.

On the final day of our workshop (21st of July 2018), our invited guest speaker, Dr. Khairulamir Zainuddin delivered a lecture on "Intraoperative Hypotension". He gave valuable insight into the various problems with intraoperative hypotension, current evidences to show the potential morbidities and current recommendations for targeted hemodynamic readings. After that we had presentation of case reviews by selected participants, on the live cases that used AHM over the last 4 days. These sessions were moderated by Dr. Nazihah and Dr. Rusydi. During case reviews, analysis of data interpretation, limitations and troubleshooting of cases were discussed. These sessions were highly informative, fun and interactive. The presenters were thorough in their case presentations and enthusiastic participants asked numerous questions. After 2 case reviews we had

a short break followed by 2 more case reviews.

We had a break for lunch and Friday prayer after the case reviews followed by case simulation moderated by Dr. Yeoh, Miss Yoke Lian and Mr. Hansel. We had prepared clinical case scenarios with a computer-programmed-simulated-hemodynamics called a SimMan as part of the simulation. This software under the guidance of Miss Yoke Lian had enabled fluids or drugs to be given to computer-simulated 'patients' when required. We projected scenarios and questions for the participants. In order to gauge the participants' response to the options of therapy or action, all participants were required to answer real-time in the survey using the slid.do application simulated to the case scenario. With each response, the therapy was decided and participants were able to observe the change in the hemodynamics of computer-simulated 'patients'. This session generated a lot of laughter from the floor and we were able to reinforce some teaching pointers during the simulation.

Our final agenda was protocol formulation requiring teamwork from participants. The participants gathered in their respective groups and brainstormed on what they can improve or learn from the live-cases they have observed. It was an exercise to gauge how much the participants had learnt in the last 5 days and an opportunity for the participants to regurgitate what they have learnt. Each group selected a member to present their thoughts written in a piece of paper.

We ended our workshop with a closing summary to reinforce important take-home messages, and gathered feedbacks on the workshop. It was our hope that this workshop had enhanced the knowledge amongst trainees and gave them confidence in using AHM in the perioperative setting.



6th WORLD CONGRESS IN INTRAVENOUS ANAESTHESIA & TARGET CONTROLLED INFUSION AND THE ANNUAL SCIENTIFIC CONGRESS OF THE MALAYSIAN SOCIETY OF ANAES-

Reported by Dr Gunalan Palari Arumugam

The Malaysian Society of Anaesthesiologists and the College of Anaesthesiologists as well as the World Society of Intravenous Anaesthesia were the co-host of this prestigious Congress. This Congress took place from 15th to 18th August 2018 at the Kuala Lumpur Convention Centre. More than 1000 delegates from at least 50 countries participated in the Congress.

The Malaysian Society of Anaesthesiologists and College of Anaesthesiologists are proud to put in the effort to organise congresses of this scale. This was the first time that we had organised a World Congress. Yang Berhormat Dr Lee Boon Chye, Deputy Minister of Health, declared the Congress open on 16th August 2018. Dr Mohamed Namazie Ibrahim, Organising Chairman, 6th World Congress of Intravenous Anaesthesia, Dato' Dr Jahizah Hassan, President of the Malaysian Society of Anaesthesiologists, Professor Dr Quirino Piacevoli, President, World Society of Intravenous Anaesthesia and Dr Raveenthiran Rasiah, President, College of Anaesthesiologists, delivered their speeches.

The theme for the 2018 Congress was "Journey to the Future." The Congress was designed to provide a crucial opportunity for clinicians, researchers and scientists to discover new technologies and safer techniques in intravenous anaesthesia and target-controlled infusion in areas of general anaesthesiology, intensive care, perioperative medicine and pain medicine. The theme also centred on some of the fundamentals of total intravenous anaesthesia and target-controlled infusion in anaesthesiology to ensure the delivery of safe anaesthesia in an ever-evolving world of technology and as well as keeping up with what is current to ensure the best outcome for our patients.

We were also happy to state that the Ministry of Health Malaysia was extremely supportive of Congresses such as this.

A Presidents' Dinner was held at the Congress which was attended by about 200 invitees and delegates. Yang Berbahagia Datuk Dr Noor Hisham bin Abdullah, Director General of Health Malaysia, graced the President's Dinner.

There was the usual presentation of awards to winners and congratulations for a job well done in getting the free paper and poster presentations submitted for this Congress. The first ever conferment of the Datuk Dr Radha Krishnan Sabapathy award was also held at the dinner. For many of the senior anaesthesiologists, the late Dato Radha, as he is fondly known, has been instrumental in some way or another in moulding a large part of their careers. Dato Dr Jahizah and Dr. Raveenthiran Rasiah both accompanied the eldest of Datuk Dr Radha's two sons, Dr Lalit Radha Krishna who is a Senior Consultant at the Division of Palliative Medicine, National Cancer Centre Singapore and holds the appointments of Associate Professor at Duke-NUS Graduate Medical School Singapore, and Clinical Senior Lecturer at Yong Loo Lin School of Medicine, National University of Singapore to give away the award. The first ever recipient of the Datuk Dr Radha Krishnan Sabapathy award went to Dr Seleen Cheah, the best student of the Conjoint Final Examinations of the Masters of Anaesthesiology (May 2018) programme.

Overall, the Congress was a great success and we thank all delegates who attended as well as the exhibitors for their support during the congress.



ADVANCED AIRWAY MANAGEMENT WORKSHOP COURSE 2018

Reported by Dr Yeoh Chih Nie & Dr Shereen Tang
Department of Anaesthesiology & Intensive Care, UKMMC

Tell me and I forget. Teach me and I learn. Involve me and I remember. These wise words of Benjamin Franklin cannot be truer. In learning, a platform and commitment are two key ingredients for successful attainment of knowledge. With this in mind, we conducted the Advanced Airway Management Workshop on the 12th March 2018.

The workshop was held at the Department of Anaesthesiology and Intensive Care, UKMMC with the aim of educating, reinforcing and improving the trainees' advance airway skills and management. This workshop was a collaboration between the local institutional organizing committee and the affiliated industries such as AMBU Academy, PNSB and TriG Technologies. A total of 25 trainees participated in the workshop.

Managing an airway case can be challenging. Knowledge, sound judgement, experience and skills come into play when managing a difficult airway case. The one-day course was packed with various lectures in the morning which was followed by skill stations in the afternoon. Some of these lectures include evolving new insights on video laryngoscopes as well as tricks and tips in using flexible bronchoscopy. Essential knowledge of surgical airway was also emphasized as it is a potentially life-saving procedure.

It was a great honour to have Associate Professor Dr Ina Ismiarti Sharifuddin, a senior lecturer from UMMC, whose involvement contributed to the success of this workshop. She imparted valuable pearls of wisdom on the current use of supraglottic devices. As more supraglottic devices are being used these days, the safety and efficiency of its use were well addressed.

Apart from that, there was also a lecture on the use of ultrasonography for the upper airway. While the technique is not foreign in other countries, it is rapidly

catching popularity in our practice, especially in aiding identification of airway structures during surgical airway. Following this, a briefing on difficult airway guidelines from different global organizations were introduced. There were interactive case discussion sessions whereby case scenarios were presented. The participants were quizzed on their choices of management and methods relevant in managing each case. Decision for airway management, when to intervene, choice of equipment, possible adverse outcomes and the probable safest decision received 2-way heavy interactions between the participants and workshop facilitators.

After lunch, participants were divided into 6 different, rotational, 30 minutes hands-on skill-stations. Most trainees found it to be a memorable learning experience. There was a station for flexible scope which showcased various AMBU aScope, Karl Storz FIVE and Dexter scopes; station for supraglottic device-assisted intubation using AMBU Aura Gain, Aintree Catheter, AMBU aScope and LMA Protector; station with mannequins to practice insertion of supraglottic devices; station that showcased video laryngoscopes and Bonfils® such as the King Vision, cMac and BonfilsR video laryngoscopes; station dedicated for surgical airway emphasizing on performing percutaneous cricothyroidotomy in an emergency cannot-intubate-cannot-ventilate situation and lastly a station for airway ultrasonography.

Overall the Advanced Airway Workshop was a great success. All who were present and involved in this workshop took home some learning points. Ultimately it is the knowledge gained that is most precious. As Albert Einstein said, "A good decision is based on knowledge and not on numbers". Therefore, we hoped to have imparted important tools to the trainees on their road to becoming future specialists.



ADVANCED AIRWAY WORKSHOP FOR NORTHERN REGION

Reported by Dr Linsey Ooi, Hospital Sultan Abdul Halim

Airway management has always been the fundamental skill of any anaesthesiologist. This gave us the determination to organize a course in airway management targeted at our anaesthetic trainees. The main objective of the workshop was to provide practical experience with airway devices and update knowledge of recent advances.

An Advanced Airway Workshop for Northern Region of Peninsular Malaysia was successfully organized by the Department of Anaesthesia and Intensive Care, Hospital Sultan Abdul Halim, Sungei Petani, Kedah on 12th May 2018. It was conducted in the Auditorium of Hospital Sultan Abdul Halim, Sungei Petani, Kedah attended by 32 participants from 8 different hospitals in the state of Perlis, Kedah and Penang.

The event kicked off with several lectures delivered by airway experts and experienced anaesthetists. The first lecture was given by Dr Rhendra Hardy Mohd Zaini, lecturer in Department of Anaesthesia and Intensive Care, Hospital Universiti Sains Malaysia who taught us the principle of advance airway evaluation to the synthesis of an appropriate airway plan as well as the current role of supraglottic airway devices. This was followed by Professor Mohd Fahmi bin Lukman, Professor from Faculty of Medicine and Defense Health, National Defense University of Malaysia who delineated the choice between video assisted laryngoscope and

fibreoptic flexible scope in difficult airway management. The lecture session ended with comprehensive teaching on minimally invasive airway rescue through the front of neck.

The workshop continued with hands-on session. The participants were divided into small groups for 5 skill stations: Supraglottic Devices; Video Laryngoscope Glidescope, Cmac & Bonfil; Awake Fiberoptic Intubation; Surgical Cricothyroidotomy and Percutaneous Tracheostomy. The participants were able to practise the relevant technique on airway simulators with proper guidance.

After the hands-on session, we clarified our enquiries on airway management in the Airway Forum with our two airway experts, Dr Rhendra and Professor Mohd Fahmi. The participants were proactive and intense discussions went on with the speakers. The workshop ended with an interesting airway quiz played online with attractive prizes given to the top three winners. We received good feedback from the participants.

Many thanks to our sponsors Primed Medical, Getz Healthcare and UMMI Surgical for their invaluable support in facilitating this workshop.



MATRIX 2018

Reported by Dr Kavita Bhojwani

The 4th Ipoh Pain Symposium – MATRIX 2018 - was held on 18th to 19th Oct 2018 at the auditorium of Hospital Raja Permaisuri Bainun, Ipoh, Perak. There were over 160 participants from all over the country.

We were pleased to have eminent speakers like Dr Mary Cardosa, Prof Ramani Vijayan, Prof Marzida Mansor as well as Dr Nurizuana Redzuan (psychiatrist), Dr Shivani Rajasegarana (rehabilitation physician) and Encik Mohd Norung Redzuan, senior case manager from PERKESO

Dr Teo Gim Sian, Pengarah of HRPB officiated the symposium with a welcome address at the opening ceremony.

Dr Mary Cardosa spoke on Opioid usage and continued later in the day with an interesting talk on non-pharmacotherapy for cancer pain.

Prof Vijayan explained about what a Pain clinic is exactly about – being a multidisciplinary specialist clinic and that it was important for referring doctors to have the necessary investigations and imaging done.

Prof Marzida presented the study done in UMMC on music for regional anesthesia which inspired many to think about using this modality to bring down anxiety as well as reduction in pain.

There was an extremely lively, fun zumba session in-between the presentations, led by the physiotherapists. The participants stood up and joined in and felt energised,

ready for the next set of talks.

Prof Vijayan spoke on procedural pain – what needs to be administered before a procedure in the ward or clinic.

Dr Norizuana's topic was "Caring for the carers" as carers are often forgotten because health care professionals concentrate on the patients only. She mentioned that carers need to have respite and they need to know how to look after themselves.

The return to work programme was elaborated in the interesting talk by Encik Mohd Norung Redzuan.

Rehabilitation of the chronic pain patient was addressed by Dr Shivani Rajasegaran. She successfully made a complex topic simple.

Case discussions were moderated by our pain subspeciality trainee, Dr Peggy Cheang. It was an interactive session with participants answering questions with the Kahoot App on their phones. Prizes were given out.

MATRIX continued the next day with workshops on acupuncture, physiotherapy with exercises and stretches, acute pain techniques, modalities like TENS and relaxation. The pharmacists explained about medication and the analgesic ladder.

MATRIX 2018 was a resounding success with participants giving good feedback and waiting for the next MATRIX



THE 7TH ULTRASOUND GUIDED REGIONAL ANAESTHESIA WORKSHOP, HOSPITAL AMPANG

Reported by Dr Sri Rohayu Mohamed Lokman

On the 23rd and 24th of April 2018, Department of Anaesthesia and Intensive Care, Hospital Ampang organised the 7th Ultrasound Guided Regional Anaesthesia Workshop. It was attended by 30 participants who were specialists and medical officers, targeted mainly for hospitals around central zone. However this time we obtained a more overwhelmed responses with extra participations from Slim River, Perak and Sibu, Sarawak.

It is an annual program in our hospital since 2011. The previous 6th Ultrasound Guided Regional Anesthesia Workshop was held in 2016. There was no workshop organised last year because we had the privilege of attending the 1st National Regional Anaesthesia Symposium Malaysia which was held in conjunction with Regional Anaesthesia Asia 2017 in Penang.

This workshop was part of nationwide initiative by Ministry of Health (MOH) Anaesthesia fraternity to improve competencies in regional anaesthesia, particularly under ultrasound guidance. It is also part of credentialing exercise to be an anaesthetic medical officer. On the other note, Hospital Ampang has recently been identified as one of MOH subspecialty centres for regional anaesthesia, making it the best centre to organise the workshop.

The 2-day workshop was jointly organised by our department and the Malaysian Society of Anaesthesiologist (MSA), with the sponsorship from participating healthcare industries who supplied 4 ultrasound machines and related items to perform the regional blocks. It consist a series of lectures and practical sessions facilitated by our very own Head of Department and Senior Consultant Dr. Mohd Sany Shoib and one senior specialist Dr. Raziman Abdul Razak, who are both members of Special Interest Group of Regional Anaesthesia (SIGRA) from Hospital Ampang, two Regional Anaesthetic Subspecialty trainees from Hospital Kuala Lumpur Dr. Khairul Idzam and Dr. Fakhzan and finally one Senior Consultant and also SIGRA member from Hospital Melaka Dr. Lim Teng Cheow. t

During the opening ceremony, Dr. Mohd Sany gave a special highlight on the latest development in regional block such as truncal block. We were privileged to have a series of lectures from the invited speakers from HKL, Dr.

Khairul Idzam and Dr. Fakhzan, and also residential speakers Dr. Raziman Abdul Razak and Dr. Sri Rahayu Mohamed Lokman. Our speakers covered other common topics such as upper limb block, lower limb block and central neuraxial block. The participants were also exposed to relevant international and local updated guidelines on monitoring and risk reduction in regional anaesthesia

Practical session was held in the afternoon where the participants were given a demonstration on sono-anatomical landmarks and hands-on skill to identify nerves and related structures. It involved 5 stations; upper limb station facilitated by Dr. Mohd Sany, lower limb 1 station facilitated by Dr. Raziman, lower limb 2 station facilitated by Dr. Fakhzan, truncal station by Dr. Khairul Idzam and central neuraxial station by Dr. Lim TC. Phantom station was the last station for the participants where they had a chance to do the practice before performing it to real patients on the following day.

On the second day we had a practical session with eight patients. Informed consent was taken from all patients. All participants had the opportunity of doing four lower limb blocks (sciatic blocks with three different approach, femoral blocks and fascia iliaca block), two central neuraxial block (epidural catheter insertion and spinal block), one upper limb block (axillary approach) and one transversus abdominis plane (TAP) block. Besides learning the proper technique of doing successful blocks, the facilitators also emphasised on preventing complications and the need to prioritise patients' safety in performing the procedures.

During the closing ceremony, our HOD gave his huge appreciation to all the organising committee for making the workshop a success. He also commended the invited speakers and facilitators from HKL and Hospital Melaka for sharing their expertise. Dr. Mohd Sany acknowledged the participating industries for their co-operation and sponsorship, and finally to all the participants who had shown their great interest and involvement in this workshop. It is hoped that they have benefited greatly from the workshop and this has enabled them to improve their skill and knowledge and broaden the practice of regional anaesthesia.



Group photo with participants (left) and organizing committee (right)

Head of Department Dr. Mohd Sany giving opening remarks on the first day

EAST COAST SURVIVING SEPSIS ROADSHOW 2018

Reported by Dr Choy Meil Li, Department of Anaesthesia and Intensive Care,
Hospital Tengku Ampuan Afzan (HTAA), Kuantan, Pahang

We were very proud and honoured to organise the East Coast Surviving Sepsis Roadshow this year in Hospital Tengku Ampuan Afzan (HTAA), Kuantan on 24th February 2018. This course was held in collaboration with the Malaysian Society of Intensive Care (MSIC) and Post Graduate Medical Education Society (PGEMS).

The Surviving Sepsis Roadshow vision is to help guide clinicians caring for their adult patients with sepsis and septic shock based on the latest Surviving Sepsis Campaign Guidelines 2016. This guidelines was jointly established by the Society of Critical Care Medicine and the European Society of Intensive Care Medicine.

After weeks of plannings and great effort, we started our course blessed by a bright sky and very encouraging participations. There was a crowd of nearly 200 filling up the auditorium in HTAA. Registrations went on smoothly hand-in-hand with our goodies bags and light breakfast. We had participants coming from all corners of Pahang such as from Jengka, Kuala Lipis, Temerloh and even all the way from Terengganu and Kelantan. They were also from other types of medical professionals besides doctors and nurses. Some were pharmacists, radiographers and even occupational health therapists.

Present on that day was our honorable Pahang State Anaesthetist, Dato' Dr Nor Khairiah Bt Mohd Kenali who delivered a warm welcoming speech and officiated our event. Chairperson Dr. Noryani Mohd Samat,

Intensivist of HTAA was very happy with the support from the participants. It is also to our great honor to be graced with the presence our distinguished speakers, Dr Nor'Azim Mohd Yunus, Associate Professor and the Deputy Head of Research of the Clinical School, Monash University Malaysia and Dr Mahazir Kassim, Intensivist from Hospital Sultanah Aminah, Johor Bahru.

Very educational topics were delivered including "Screening and Recognition in Sepsis" and "Initial Resuscitation in Sepsis" which thought the participants on the importance of mentioned measures to improve the outcome of a patient with sepsis. Informative and clarifying points were shared through topics such as "Antimicrobial Therapy in Sepsis" and "Vasoactive Agents & Steroids in Sepsis".

The day ended with an interesting interactive session through today's technological advancements of smartphones and vast information platform of Internet. This was then followed by a scrumptious lunch which left everyone happy with their bellies filled.

Through the organization of educational roadshows, we offer important advancements and information in managing patients with sepsis and septic shock. The involvement of various groups of medical professionals will contribute in better care for patients and also offer an understanding in severity for infection control.



REGIONAL ANAESTHESIA COURSE

Reported by Dr Noor Aini Anuwar,
Hospital Tuanku Ampuan Rahimah Klang

Peripheral nerve block is a type of regional anaesthesia where it involves injecting an amount of local anaesthesia around major nerve bundles to produce either an anaesthetic state where a portion of the body is adequately numb to receive surgical procedures, or as a post operative analgesia.

According to Cochrane Review 2015, the authors have found that ultrasound-guided blocks produced superior peripheral nerve block success rates, with low rates requiring supplementation or conversion to general anaesthesia when compared with blind techniques or with the use of nerve stimulators. The authors also concluded that there were fewer incidences of vascular neurological injuries when using ultrasound.

On 15th and 16th of March 2018, the Anaesthesiology and Intensive Care Department of Hospital Tengku Ampuan Rahimah has organized its second ultrasound guided peripheral nerve block workshop where it was opened to 20 participants involving medical officers from HTAR, Hospital Shah Alam and Hospital Banting, the three cluster hospitals.

The workshop started with a welcoming speech by organizing chairperson, Dr Ambiga A/P Chelliah, followed by a series of lectures and tutorials by Dr Jenny Phang, Dr Wong Zi Sien, Dr Navina Thigarajah and Dr Lavitha Vyeganathan. These included introduction to regional anaesthesia, sonoanatomy for echocardiography and relevant anatomy and monitoring in regional anaesthesia.

After lunch, participants gathered at the ACC OT and were divided into 4 groups where they had to rotate among 5

hands-on stations in which they got to use the ultrasound to locate the nerve bundles.

On the second day, they were divided into 3 groups for the live case sessions in the orthopedic OT. During these sessions, they were given the opportunity to perform peripheral nerve blocks on real patients requiring surgery under peripheral nerve block for both upper and lower limbs. These patients were counseled and gave their consent for the appropriate blocks the day before surgery. Some of the blocks performed were supraclavicular, femoral and sciatic blocks. Throughout the procedure, the participants were always reminded that monitoring of patients was just as important and to watch out for any signs of LA toxicity.

By the end of this event, the feedback received from the participants regarding this workshop was encouraging. The workshop ended with a closing speech by Dr Haji Mohd Rohisham, Head of Department Anaesthesiology and Intensive Care of HTAR followed by certificate delivery to instructors and participants involved.

As a conclusion, the workshop has provided a platform for young doctors to learn and apply knowledge on regional anaesthesia into practice. With proper guidance and the hands-on experience, participants were more confident in performing the peripheral nerve blocks under ultrasound guidance. The workshop certainly would be beneficial if organized as an annual event to further provide and spread knowledge successfully in this growing expertise field.



12TH PAEDIATRIC ANAESTHESIA AND ANALGESIA WORKSHOP

Reported by Dr Kogil Thavamoney and Nur Hafiizhoh

Hospital Sultanah Bahiyah (HSB), a centre of referral for the Northern region, is established with more than 20 subspecialties for medical, surgical, orthopaedics and anaesthesia services for both adult and paediatric patients. On 7th and 8th July 2018, the Department of Anaesthesiology and Critical Care, HSB, had proudly organized the 12th Paediatric Anaesthesia and Analgesia Workshop (PAAW) – 'PERFECTING BASIC PRACTICES' - in collaboration with the SIG on Paediatric Anaesthesia and the Malaysian Society of Paediatric Anaesthesiologists. A total of 166 participants (100 doctors and 66 nurses) from government and private hospitals all over Malaysia including Sabah and Sarawak had attended this event. The main objective was to reappraise old knowledge and add-on new updates for the betterment of routine anaesthesia and analgesia practices in the paediatric field. This workshop was officiated by Dr Ahmad Shaltut Othman, our head of department.

This one and a half-day workshop comprised lectures and hands-on sessions. Day 1 begun with simple yet captivating lectures by seven expert speakers from Paediatric Anaesthesia and Regional Anaesthesia SIG. Minimally invasive surgery has gained its popularity in paediatric patients. Professor Felicia Lim had shared her experiences in anaesthetizing children for laparoscopic and thoracoscopic surgery. To keep the day interesting, online 'Kahoot' games were held, quizzing the delegates and testing their understanding on those lectures. The day ended with a 'hot-seat' session for the speakers during interactive case discussions.

The heart of this workshop was the hands-on sessions on common paediatric regional anaesthesia (PRA). In the afternoon, 58 fortunate participants were divided into four groups for

ultrasound session on real paediatric models. Having paediatric models gave us the advantage to denote the sonoanatomy differences between paediatric and adult population. These stations were facilitated by respective speakers together with an invited anaesthesiologist from Hospital Kulim; Dr Azmi Abu Hassan. Ultrasound guided ilioinguinal, quadratus lumborum, transverse abdominis plane and caudal block were amongst the highlighted techniques. A demonstration was also done on the new, novel and versatile erector spinae plane block.

On the second day, 3 OTs and 12 paediatric patients (8 surgical & 4 orthopaedic) were available for hands-on session on TIVA and common PRA. Participants were divided into six groups to be rotated in each OTs. Adequate chances were given for them to assist the induction, maintenance and emergence of anaesthesia via TIVA and to perform various PRA themselves. Real time USG caudal and penile block was an eye-opener and had mesmerized most participants. An applaud to the team for their triumph in DIY audio visual system using IP webcam and OBS software which enabled video mixing and smooth broadcasting from the OTs. This live telecast was made available to benefit other participants while waiting for their turn.

In a nutshell, the 12th PAAW was indeed a resounding success. With a 'Go-Green' motto, we had achieved 90% rate of paperless and eco-friendly environment while hosting this event. Registration and feedback were done online and notes were digitized. Positive feedbacks from speakers and participants gave us great relief and satisfaction. We thank the committee for their endless efforts, hard work and overwhelming support.



7TH ANNUAL MEETING OF REGIONAL ANAESTHESIA

Reported by Dr Shereen Tang, UKMMC

Edo was ancient Tokyo until 1868, which was a time before modernization took place, yet it is the epitome of what a futuristic city should look like. The sci-fi topography of Tokyo has been rebuilt and reshaped over a century of devastation including earthquakes and bombings which led to its face-lifts while shedding its past. Synonymous with its high-tech metropolitan concept, the 7th Annual Meeting of Regional Anaesthesia (RA) Asia International Conference was held between 12-13th May 2018 in Tokyo, Japan. Spreading the culture of regional anaesthesia advancement and forging bonds between anaesthesiologists in various Asian countries were the main themes when the first meeting was held back in Bangkok, Thailand in the year 2012. The spirit of sharing knowledge, skills and experience continued on annually and held greater strength with each passing year.

一期一会 is a Japanese way of expressing "One life, one encounter." This meeting truly embodies the saying as it is a once-in-a-lifetime-experience in mastering a more comprehensive armamentarium of basic and advanced ultrasound guided nerve blocks. A total of 137 international delegates from Canada, India, Indonesia, Italy, Japan, Malaysia, New Zealand, Philippines, Singapore, South Korea, Taiwan and Thailand convened at Shinkawa Headquarters, Uchida Yoko Co. Ltd. for two-full-day packed activities related to regional anaesthesia. Uchida Yoko is an excellent venue for gathering of great minds. Its rich history dates back to 1910 in Dalian, China when it was first founded, incorporates principles of providing services for educational institutions in line with evolving demands.

Day one of the conference kicked off with an animated opening remark by Shinichi Sakura, Chairman of RA Asia and an entertaining welcome speech by Hiroshi Ohtake, Chairman of Society of Peripheral Nerve Blocks for Education and Qualification in Japan (SPEQ). The delegates were certainly charmed by both chairmen especially when they passionately highlighted Tokyo's appeal. We can foresee the 2020 summer Olympics also commonly known as Tokyo 2020 will not disappoint following its introduction. Theme 1 of the conference was a good mix of on-trend and revisited topics and were covered extensively by regional experts. Dr Manoj Karmakar kicked off with a lively update on high definition ultrasound imaging of the brachial plexus and recent refinements in upper extremity nerve blocks. This was followed by a comprehensive, close-up review on paravertebral blocks as opposed to PECS block by Dr Petchara Sundarathiri. The most 'hot' block

of the moment, erector spinae plane (ESP) block got introduced on a high note by Dr Phillippe Macaire. The morning session ended with Dr Jui-An Lin reiterating the safe practice standards when performing deep regional blocks.

In the afternoon, a pro-con debate ensued between experts; Dr Victor Chee and Dr Norihiro Sakai where they deliberated on whether continuous nerve blocks are necessary in postoperative pain management after major joint surgeries. This was followed by quick, rapid-fire successions of 'How do I do it' sessions. These 10-minute sessions encompassed practical aspects of various blocks performance namely; thoracic transversus plane block, ultrasound guided proximal lateral sciatic nerve block, para-laminar in-plane approach for thoracic paravertebral block, catheter placement for continuous adductor canal block, ultrasound guided maxillary and mandibular nerve blocks.

In the late evening, the versatile roles of ultrasound were show-cased through didactic lectures by Dr Sharidan Fathil who navigated the audience through his point-of-care ultrasound for the regional anaesthesia. Dr Penafancia Cano proceeded to examine the roles of infiltration analgesia for postoperative analgesia and Dr Pankaj Kundra elected to speak about prevention of chronic pain after surgery with regional anaesthesia. The day ended with another pro-con debate between Dr Pryambodho Pry and Dr Ling Kwong Ung who had an energetic review on whether peripheral nerve blocks can be conducted in the deeply sedated and on anesthetized patients.

Delegates were treated to the highly rated RA-Asia Tokyo Dinner Cruise which boasts the picturesque scenic view of Tokyo Bay. Guests were entertained to special guest appearance by Mei Hamada and Miyu Suzuki who serenaded guests with melodic music during dinner. Delegates had opportunities to mingle and network up close and personal with some of the world-renowned names in Regional Anaesthesia.

The entire day two of the conference focused on hands-on rotational workshops. The stations feature a live scanning on models with hands-on approach on a wide variety of ultrasound machines with low participants to instructor ratio (4:1). Delegates had ample opportunities to practice in 10 stations which ranged from intermediate to advanced skill- ranged blocks. These included sessions on cervical blocks, interscalene blocks with alternatives

blocks which spared diaphragmatic functions, axillary and related rescue blocks, pectoral nerves and serratus plane blocks, paravertebral blocks, quadratus lumborum blocks, erector spinae plane & thoracolumbar interfascial plane blocks, lumbar plexus blocks, femoral nerve and adductor canal blocks as well as proximal sciatic nerve blocks in the supine position. Our very own Malaysia Special Interest Group in Regional Anaesthesia (MSIGRA) actively collaborated as Associate Faculty Members in RA Asia and contributed to the success of the rotational workshops by serving as workshop facilitators.

The conference ended on a high note during the closing ceremony. It was also a high note for Malaysians which included moments when Dr Sabri Dewa won the lucky draw of the coveted book by Dr Manoj Karmakar; Atlas of Sonoanatomy for Regional Anesthesia and Pain Medicine and 3 Poster session entries; Combined

general anaesthesia and erector spinae plane block in premature neonate with chronic kidney disease undergoing open jejunostomy: A case report; Serratus plane block modified approach as analgesia for upper abdominal surgeries: case series; Peripheral nerve blocks for above knee amputation in high-risk patients - A large case series.

Besides sushi and sashimi, Tokyo was definitely an eye-opener and a conducive environment to bring forth regional anaesthesia to the frontier. The brotherhood and sisterhood of RA Asia enthusiasts will continue to deliver and impart the spirit of regional anaesthesia. We hope to meet and report the lively activities of the next RA Asia agenda. See you in Hanoi, Vietnam 2019 for more blocks and beyond.



KOREANESTHESIA 2018

Reported by Associate Professor Ina Ismiarti Shariffuddin

The Korean Society of Anaesthesiologists (KSA) recently held its 95th Annual Scientific Meeting in conjunction with the 6th East Asian Congress for Anaesthesiology at the Seoul-Dragon-City Hotelplex, Seoul, Korea from 8th to 10th November 2018. The theme for the meeting was "Patient Centered Anesthesia: One step ahead". Over 2900 participants from 26 countries around the world had gathered in the beautiful city of Seoul, to access the latest updates and advances in anaesthesia.

Over the span of three days, many great topics were discussed in the meeting which includes advance airway management, updates in patient blood management, transplantation anaesthesia, education, patient safety and outcomes and many more. Amongst the renowned speakers invited were Professor Emeritus Adrian Gelb, Professor Aryeh Shander, Professor Peter Slinger, Professor Takashi Asai and Professor Ban Tsui. From Malaysia, the invited speakers were Dato' Dr Yong Chow Yen, Dr Raveenthiran Rasiah and myself. There were also eight pre-congress workshops which included the echo-advanced workshop, point of care ultra sound workshop, difficult airway workshop and thoracic anaesthesia workshop for participants to fine-tune their skills.

During this meeting, the KSA signed a memorandum of understanding (MOU) with the American Society of Anaesthesiologists which was represented by its President, Dr. James D Grant. Since 2017, prior to this MOU, KSA had signed a few other MOUs with countries such as Malaysia and Thailand. With these MOUs, KSA hopes that anaesthetists from various countries can interact and bond globally in order to improve the standard of anaesthesia within the Asian region. This meeting was also a good platform for young doctors to share their research and anaesthetic experience. KSA had generously provided 40

travel grants to young doctors from outside South Korea to present their work. Many young anaesthetists from Malaysia took this challenge and one of our participants, Dr Poh Yee Han won the "excellent case report award" for his case report presentation entitled "Cardiac tamponade: A rare, potentially fatal complication of Plasmodium Knowlesi Malaria". The award was accompanied with monetary reward of KRW500,000.

One of the social events organised by KSA, the GALA dinner, was held on the 'sky bridge' lounge at the 31st floor of Seoul-Dragon-City Hotelplex. It was a breath taking experience to be mingling with friends on a glass floor over the bridge on the 31st floor of the hotel. To add excitement to the night, KSA had invited two synchronize swimmers to perform in the swimming pool located within the same area. As an important part of the social event, many Malaysians took the opportunity to shop in the famous cosmetic area, Myeon-dong, the Namdaemun Market for hand crafted souvenirs and of course not forgetting to try all the tasty Korean food such as bulgogi, spicy Korean chicken, kimchi and Samgyetang. As it was autumn season, the Nami Island was a must place to visit for many of us. Despite being a small man-made island, the view was fantastic. To those who grew up in the era of "Winter Sonata", this added more memories in visiting this beautiful island.

To conclude, KSA 2018 was an excellent meeting. I am sure, all participants had a great opportunity to keep abreast with the latest updates in many branch of anaesthesia, with the great variety of topics discussed and presented by esteemed speakers locally and internationally. Many made new friends and hope that this will lead to more international collaboration that will improve the quality of anaesthesia in the Asian region.



Welcoming the New Anaesthesiologists MMed Anaesthesiology 2018

May 2018



Universiti Kebangsaan Malaysia

- Dr Jayanthi a/p Kunasekaran
- Dr Foo Meng Wai
- Dr Tioh Beng Siong
- Dr Su Wei Ming
- Dr Lim Yong Peng
- Dr Zettie Akhtar Shuib
- Dr Lee June Lyng
- Dr Shamsul Ariff bin Sulaiman
- Dr Puteri Nordiana binti Tuan Ya
- Dr Gary Cheng Yen Ching
- Dr Mohd Azri Ashraf bin Mohd Amin
- Dr Nor Haliza binti Zainol Abidin
- Dr Shahida binti Luth



University of Malaya

- Dr Seleen Cheah
- Dr Chin Kim Hong
- Dr Chong Shu Juen
- Dr Tan Wei Pern
- Dr Ng Yew Ewe
- Dr Yeo Cheng Whye
- Dr Yip Hing Wa
- Dr David Fong Wei Jie
- Dr Ann Chyleari
- Dr Tan Lin Jun
- Dr Lim Ching Hooi
- Dr Anuradha a/p Ragunathan
- Dr Abdel Monem Alifadlallah El Hassan



Universiti Sains Malaysia

- Dr Ang Chee How
- Dr Teh Tian Siang
- Dr Nirawanti binti Mohamad Said
- Dr Nazhan Afeef bin Mohd Ariff
- Dr Rupesh a/l Narhari
- Dr Vivekananda a/l Gunasekaran
- Dr Mohd Izwan Azmi bin Muda

November 2018



Universiti Kebangsaan Malaysia

- Dr Aaron Khoo Chan Wei
- Dr Khairunnadiyah bt Kamaruzaman
- Dr Chen Ju Lan
- Dr Engku Naim bin Engku Mohd
- Dr Bong Yee Tian



University of Malaya

- Dr Anand a/l Kamalanathan
- Dr Alfred a/l Stephen Joseph
- Dr Chong Kok Wah
- Dr Lim Xin Yan
- Dr Dakshinah a/p Subramaniam
- Dr Nurtushila bt Abd Malek
- Dr Abdelmonem Ali Fadlallah
- Dr Tham Li Yeen
- Dr Siti Syhadah bt Ali
- Dr Reynuga a/p Krishnan
- Dr Low Mei Mei
- Dr Mok Chuang Shin
- Dr Ng Ling Wei



Universiti Sains Malaysia

- Dr Donna Sumpat
- Dr Tee May Ying
- Dr Norhayati Anuar
- Dr Mohammad Faiz Mohammad
- Dr Mohd Irwan Mohd Rasidi
- Dr Teo Saint Siew
- Dr Sakinah Mohd Akhir

Recipients of the Dato Dr Radha Krishnan Sabapathy Award 2018

Dr Seleen Cheah (May 2018)

Dr Tham Li Yeen (Nov 2018)

FCAI Parallel Pathway Programme

This Programme is ongoing. I would like to congratulate all the candidates who had passed the Part I exam of November 2017. The rules and regulations as well as the guidelines for this pathway has been uploaded onto the College website. Please visit the website <http://www.coanaes.com> under the subheading of specialist training.

NSR and CPD

The NSR is under the Malaysian Medical Council and the Academy of Medicine of Malaysia has been given the task of maintaining the Register at the moment. Anaesthetic events, both local and international, have been updated onto the CPD page of the NSR website. All specialists in the universities and private sector are encouraged to use the AMM CPD website to upload your CPD points. If you have not received your user name and password, please get in touch with the Secretariat. Government Specialists, please use the MyCPD site to upload your CPD points.

Annual General Meeting

The AGM has been slotted to take place on 28th April 2019 at the Le Meridian Hotel, KL Sentral, Kuala Lumpur, so please mark your calendar.

Upcoming Events

1. College of Anaesthesiologists, Singapore Annual Scientific Meeting
In 2019, the College of Anaesthesiologists, Singapore will be holding its Annual Scientific Meeting in Hanoi, Vietnam from 6th to 7th April 2019.
2. ANZCA Annual Scientific Meeting
This is the first time that the ANZCA is holding their meeting on our shores. It will be held from 28th April to 3rd May 2019. The Council of has negotiated a special rate for day passes as well as for the conference for the fraternity. Please visit the College website for more details.

As this will be my last message as your President, I would like to take this opportunity to state that it was a privilege and honour to have served the College and members.

Lastly to all my Chinese colleagues, Gong Xi Fa Cai and to the rest, Happy Holidays!



HKAM 25th Anniversary

Message from the President of the College of Anaesthesiologists, AMM

Dr Raveenthiran Rasiah



Time has just flown! It's 2019! I would like to take this opportunity to wish EVERYONE A VERY HAPPY 2019. As you will note, with the new year, the College has revamped its website. The website is already online and is much more user friendly. The web address is <http://www.coanaes.com>. All members of the College will be getting a username and password from the webmaster soon to log into the 'Members only' section. I encourage all of you to update your particulars with the Secretariat.

6th World SIVA Congress

It has been a very busy and eventful 2018. With us hosting the 6th World SIVA Congress in August, the first part of the year was devoted to the organization of this Congress. I am happy to announce that the Congress was a success. I was especially gratified by the many members who approached me with their positive

feedback on the scientific programme as well as the organization of the Congress as a whole.

National Anaesthesia Day

The host for the National Anaesthesia Day was HUKM. It was held on 20th October 2018. The comprehensive report on the National Anaesthesia Day is published in this edition of Berita.

15th Asian Australasian Congress of Anaesthesiology, Beijing, China

The 15th Asian Australasian Congress of Anaesthesiology was held on 1st to 5th November 2018 in Beijing, China. Prof Marzida Mansor and myself represented the College for this event, where we strengthened the cooperation between the MSA, the College and the Chinese Society of Anaesthesiologists. On the sideline of this meeting, we also had meetings with the College of Anaesthetists of Australia to discuss about the ANZCA meeting to be held in Malaysia in April 2019, and the College of Anaesthesiology, Ireland on the parallel pathway programme in Malaysia.

Silver Jubilee Celebrations of the Academy of Hong Kong Academy of Medicine

The Hong Kong Academy of Medicine held their Silver Jubilee celebrations from 7th to 9th November 2018 at the HKAM premises. Assoc Prof Raha Abdul Rahman and myself represented the College at this celebration. They had various activities to celebrate this event over the year which culminated with a Grand Gala Dinner on 8th November 2018.

College of Anaesthesiologists, Hong Kong

As President, I was invited by our sister College in Hong Kong to its Annual Scientific Congress on 17th to 18th November 2018. The scientific content was excellent covering of almost all the subspecialties of anaesthesia. The Presidents of the College of Anaesthesiologists, Singapore, Hong Kong and myself had an informal meeting to discuss ways where the three Colleges can work together in promoting the Art and Science of Anaesthesia in the region. We agreed on some basic principles and we will be having the first formal meeting at the College of Anaesthesiologists, Singapore Annual Scientific Meeting in April 2019.

College of Anaesthesiology & Intensivists of Sri Lanka

I gave a lecture at one of the symposia at the 35th Annual Academic Congress held on 18th to 20th January 2019 and was a facilitator at the post congress workshop. The incoming President of the College and myself discussed about a bilateral exchange programme and training of anaesthesiologists between the two Colleges.