



MUHARRAM 1437

AT TIBB



NOVEMBER 2015

CONVOCAATION



MUST READS

- Haze Risk
- Rabies



Acting
Rector

Strategic Planning Meeting
PULAU PANGKOR



The first issue of e-bulletin Kuliyyah of Medicine & Health Sciences



السَّلَامَةُ عَلَيكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

FROM THE EDITOR'S TABLE

This bulletin is the brainchild of Prof Dr Hashami Bohari, Dean of Kulliyah of Medicine and Health Sciences, College University INSANIAH. After a gestation period of about one year, the first edition of this monthly bulletin is finally realized in November 2015. It is named 'Al-Tibb' (Arabic) or 'The Doctor', in line with the name of the Kulliyah of Medicine.

We hope that At-Tibb will be the premier source of information about Kulliyah and INSANIAH for students, staffs and anyone who are interested to know about us.

In this first issue, we choose to educate readers on the health effects of haze and rabies outbreak due to its relevance to all of us. We promise to keep everyone updated with the current issues from time to time by the monthly publication of this e-bulletin.

Although the first circulation of Al-Tibb is intended for members only, we hope someday the status of this

bulletin will be upgraded and at par with other established academic bulletin with wider circulation.

We appreciate support from all members of the university in the form of material contribution to be shared in this bulletin, not only from our own Kulliyah members but from other Kulliyah in INSANIAH.

Let us all pray that our effort and contribution to this e-bulletin will be recorded as good deeds in front of Allah SWT in the Day of Judgment.

Dr Shahidan Hashim
Chief Editor



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AT TIBB

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Welcoming New Acting Rector



We are privileged to welcome our new Acting Rector, Professor Dato' Dr. Sayyid Muhammad Aqiel bin Ali Al-Mahdaly, who will lead our organization for the second time on 16th September 2015.

He completed his undergraduate programme in Usuluddin from Institut Agama Islam Negeri Ala'Uddin Ujung Pandang. He received both his Master Degree in Philosophy and Doctorate from Ain Shams University of Egypt on 21st May 1985 with his thesis topic "Kajian Perbandingan Falsafah Islam dengan Falsafah Barat Abad Pertengahan".

He began his career as a lecturer at Institut Agama Islam Negeri Ala'Uddin, Ujung Pandang and at Muslim Indonesia University in between the year of 1966 and 1972. He was then appointed as Associate Professor in Akademi Islam of University Malaya and Head of Usuluddin department of Institut Pengajian Islam in Brunei Darussalam between the year of 1989 and 1995.

He has published various books and writings particularly in Islam Philosophy. The followings are among his achievements in publication:

- Dakwah Islam Pada Masa Kini
- Imam Al Ghazali Dan Ilmu Hadith

His role as an administrator in Kolej Universiti Insaniah began when he first served as the Dean of Kulliyah Usuluddin from 1996 to 1999. He was then chosen to be the Vice Rector of Academic from January 2000 till Mac 2003.

In the year of 2003, the state government has appointed him as the Rector of Kolej Universiti Insaniah.

Due to his outstanding successful history as an academician, he received his professorial title from Al Azhar University in 2000. In honorary of KDYMM Tuanku Sultan Kedah's 73rd birthday, he was awarded with The SETIA DIRAJA KEDAH [S.D.K.] (Kehormat) which gives him the Dato' title.

He is happily married to a very beautiful wife, Datin Syarifah Balqis and granted with three gorgeous children Sayyid Alwi, Sayyid Muhammad and Sayyid Ja'far Ash Shadiq.

Istiadat

Konvokesyen

حفل التخرج الرابع عشر

ke-17



CONVOCATION 2015

From 20th - 21st October 2015, Insaniah's 17th convocation ceremony was held at Tuanku Permaisuri Hajah Hamidah Hall in Kuala Ketil campus. Pro-Chancellor I, Yang Teramat Mulia Dato' Seri Diraja Tan Sri Tunku Sallehuddin Ibni Almarhum Sultan Badlishah was present to confer degrees during the first and second sessions while the last session was officiated by Pro Chancellor II, Yang Berbahagia Dato' Wira Dr Affifudin Bin Haji Omar. Approximately, 1134 graduates received their recognitions. In the first session, two graduates were conferred Ph.D (Doctor of Philosophy) in Usulludin and Arabic Language respectively, while 29 graduates were conferred a Master Degree. The rest of 917 and 186 received their Bachelor and Diploma of their respective courses.

There are about 37 programs offered by KUIN currently which ranging from foundation to Doctor of Philosophy level. Those programs cover studies in Usulludin, Arabic Language, Quranic Studies,

Teaching of Al- Quran, Business Administration, Sharia, Islamic Banking and Finance, Counseling, Tahfiz Al-Quran and Al-Qiraat, Creative Multimedia, Graphic Design, Web Television, Information Technology, Engineering, Accountancy, Islamic Insurance, Video Digital, Hotel Management and Halal Services and Medicine. There are also two Bachelor degrees programs conferred in collaboration with other institutes of higher learning.

Conferment of Jaizah Imtiyaz Jami'ah to students with outstanding results throughout their study was conducted at the end of the first session. The highest academic recognition award; Jaizah Imtiyaz of Tuanku Chancellor, was conferred to Wan Ahmad Faiq bin Wan Adnan of Kulliyah Usulludin who has shown an excellent performance in both academic and co curriculum throughout his study in KUIN. Wan Ahmad Faiq in his speech emphasized on the right attitudes toward knowledge acquisition, students should avoid being shy to

ask further explanations in order to gain a better understanding in their study. Students also should not have a feeling of ria' while learning from the lecturers.

Presented throughout the two-day ceremony was Honourable Rector of Kuin, Professor Dato' Dr. Sayyid Muhammad Aqiel bin Ali Al-Mahdaly and Minister of Kedah, Dato' Seri Haji Mukhriz b Tun Mahathir.

Despite the hazy days, many came from far and near to celebrate this memorable moment. A diverse and vibrant selection of food and beverages was available from the stalls nearby. Among few nice dishes were kerabu maggi and nasi ayam Thailand. The beautifully arranged bouquet of flowers which marked the typical feature of convocation ceremony could be seen almost everywhere in the campus making the occasion lively and pleasant to the eyes. Indeed, this successful event is the proof of the dedication, team work and efforts of all members of Insaniah University College.



“Turn towards Allah, O believers, everyone of you, so that perhaps you will have success.”

(24: 31)

“Your success is not dependant on how much you want something, it’s really about how much you are willing to work for it.”

-Abdul Bary Yahya



Dewan Tuanku Permaisuri Hjh Haminah

20 - 21 October 2015

Putrajaya : View of the bridge from top. How bad is the haze?

HAZE

Like it or not, haze has become an annual affair in Malaysia. During dry season in September to December, open burnings in Sumatera and Kalimantan contribute the haze problem in Malaysia, Indonesia and Singapore.

What is actually haze?

Mist, fog and haze share almost similar characteristic. They appear as cloudy suspended grey smoke in the air. Mist and fog is a phenomenon caused by small droplets of water suspended in air. They do not cause serious health effect. Haze is made up of tiny particulate, smoke and dust

suspended. Two major sources of haze are fossil oil burning from transport and open burning from agriculture.

Air Quality and Pollution Measurement

Particulate matter

Haze is measured by the concentration of suspended particle in the air (Total Suspended Particle (TSP. Particulate matter (PM) larger than 10 micron usually get trap in the airway when inhaled. Particulate matters (PM) of 10 microns and less (PM_{10}) in diameter enter the airway and cause respiratory problems. PM_{10} and $PM_{2.5}$ are two different

parameters used by the environmentalist to measure air pollution index (API). Finer size of particulate matters enter deeper into the lung tissue and cause more damage.

Health effect of haze

Among the signs and symptoms are irritation to the skin, eye, nose and throat. Respiratory symptoms caused by inhalation of polluted air are cough and breathlessness. Children and old people suffer more from haze especially those with underlying lung problems like bronchitis, emphysema, asthma, pneumonia and coronary heart disease.

AQI	Air Pollution Level	Health Implications
0 - 50	Good	Air quality is considered satisfactory, and air pollution poses little or no risk
51 -100	Moderate	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
101-150	Unhealthy for Sensitive Groups	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
151-200	Unhealthy	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects
201-300	Very Unhealthy	Health warnings of emergency conditions. The entire population is more likely to be affected.
300+	Hazardous	Health alert: everyone may experience more serious health effects

Table 1: Air Quality and Pollution Measurement

Preventive measure

The basis of preventive measure is to minimize contact with polluted air. Outdoor activities should be avoided since outdoor air quality is heavily polluted. Vigorous activities especially sport activities should be stopped since the more air is inhaled; the larger dose of particulate matter is absorbed into the lungs.

Drink lots of water

People should drink more water during the haze season. Adequate hydration improves the function of

airway in trapping and expelling the inhaled particulate matters.

Personal protection

If being outdoor is unavoidable, the use of face mask is recommended. A number of facemasks is recommended. The quality of face mask is indicated by their filtering capability of particulate matter from entering the airway.

3MN95 face mask claimed to be able to filter 95% of PM_{2.5}. This is recommended because of it

repeated can be used repeatedly, convenient, minimal leaking and cheap (Figure 1). The second type of mask is Vog mask which has similar quality as the 3MN95 mask. Vog mask is easier to apply and more acceptable to children (Figure 2).

<http://aqicn.org/map/malaysia/>
<http://apims.doe.gov.my/v2/>
<http://airnow.gov/index.cfm?action=aqibasics.aqi>



Figure 1: 3MN95 face mask



Figure 2: Vog mask

RABIES

Rabies is a zoonotic (diseases of the animal). It is caused by rabies virus. The rabies virus survives in animal reservoirs, including bats, monkeys, raccoons, foxes, wolves, dogs, mongoose, weasels, cats, cattle and other domestic farm animals, bears and other wild carnivores. In Malaysia dog is the main animal reservoir.

In Malaysia, the last case of human rabies was reported in 1998 in Kedah. In September 2015, a husband and wife were bitten by their own dog in Kedah. This dog is confirmed as rabid dog. Since then several dog bites cases were reported. Veterinary department declared Rabies outbreak in September 2015 in Perlis, Kedah and Penang.

Transmission of rabies virus from animal to human is through animal bite. Saliva of the affected animal contains rabies virus. When the animal bites another animal or human, the virus will enter the body through the wound. Transmission from human to human has never been recorded.

The incubation period of rabies varies from 1-3 months. Initial symptoms of rabies are fever and pain or an unusual or unexplained tingling, pricking or burning sensation (paraesthesia) at the wound site. As the virus spreads through the central nervous system, progressive, fatal inflammation of the brain and spinal cord develops.

Two forms of the disease can follow. People with furious rabies exhibit signs of hyperactivity,

excited behavior, hydrophobia and sometimes aerophobia. After a few days, death occurs by cardiorespiratory arrest.

Paralytic rabies accounts for about 30% of the total number of human cases. The muscles gradually become paralyzed, starting at the site of the bite or scratch. A coma slowly develops, and eventually death occurs. Case fatality rate of clinically confirmed human rabies is more than 95%.

What to do if you are bitten by dog?

It is safer to assume any dog bite as rabies dog. This is especially true if the biting is unprovoked. Immediately wash the bite wound thoroughly with water and soap. Wash for about 15 minutes. If available, use detergent or antiseptic (diluted Clorox solution).

Get further treatment from the hospital. In the hospital, vaccination against rabies will be administered. Rabies immunoglobulin will be given if indicated.

Prevention of rabies outbreak among dogs is through vaccination. Veterinary Department provides vaccination service for pet dogs. As for stray dogs, mass vaccination through bait has been implemented in other countries. Culling of stray dogs is the cheaper alternative.

<http://www.who.int/mediacentre/factsheets/fs099/en/>
<http://www.themalaymailonline.com/malaysia/article>



INSANIAH MEDIC CONVENTION

On 12th September 2015, Academic Exco of Insaniah Medical Student Association (IMSA) in collaboration with Department of Student Affairs, Insaniah University College organized Insaniah Medic Convention at Sultan Abdul Halim Hall in Mergong Campus, Alor Setar. The objective of this convention is to discuss the current medical issues from Islamic perspectives. Besides, this event was also held to promote new Insaniah campus in Kuala Ketil to the public. Medic Convention Program was launched by Dato' Nurhizan Binti Ismail began from 8.00 am to 5.00 pm.

There were about 180 participants who came from various universities such as Islamic Science University of Malaysia (USIM), Cyberjaya University College of Medical Sciences (CUCMS), International Islamic University of Malaysia (UIAM), Royal College of Medicine Perak (RCMP) and Islamic College of Science and Technology (KIST). Approximately 60 committee members were involved in that day working in units such as protocol, sponsorship, public affairs, publicity,

accommodation, technical and special task.

About 8 invited speakers involved namely Dr. Murizah binti Ahmad Zain, Dr. Akli bin Ahmad, Dr. Jamnul Azhar bin Mulkan, Dr. Syed Abdul Khaliq, Dr. Rohani binti Desa, Prof Dr. Abdul Latiff bin Mohamed, Dr. Khairul Hafidz Alkhair bin Khairul Amin and Dr. NurHadi bin Zahlan. They were deliberating on issues such as Obstetrics and Gynecology (O & G), vaccine and its risk, harm reduction and housemanship training

The event started with the speakers exploring the relevance of home birth in Malaysia, usage of contraception and *in vitro* fertilization (IVF). In the next session, the speakers deliberated on the Islamic approval in the usage of prohibited ingredients for vaccine manufacturing. In the third slot namely harm reduction the speakers concurred that treatment which cause harm to the patients is rejected in Islam by giving example of intentional methadone administration to drug addicts to overcome the drug misuse. The speakers also talked about

termination of pregnancy in which the Islamic scholars agreed that abortion is forbidden after 120 days of pregnancy. The final session has speakers talking about the new policy on housemen intake and the speakers also mentioned several good ethics that have to be instilled in young medical doctors.

Overall, the program was deemed a success and most of the participants were satisfied with the contents and new knowledge delivered by the speakers. Medical students in particular benefited most from this convention and most of them express their hope of attending similar program in future.





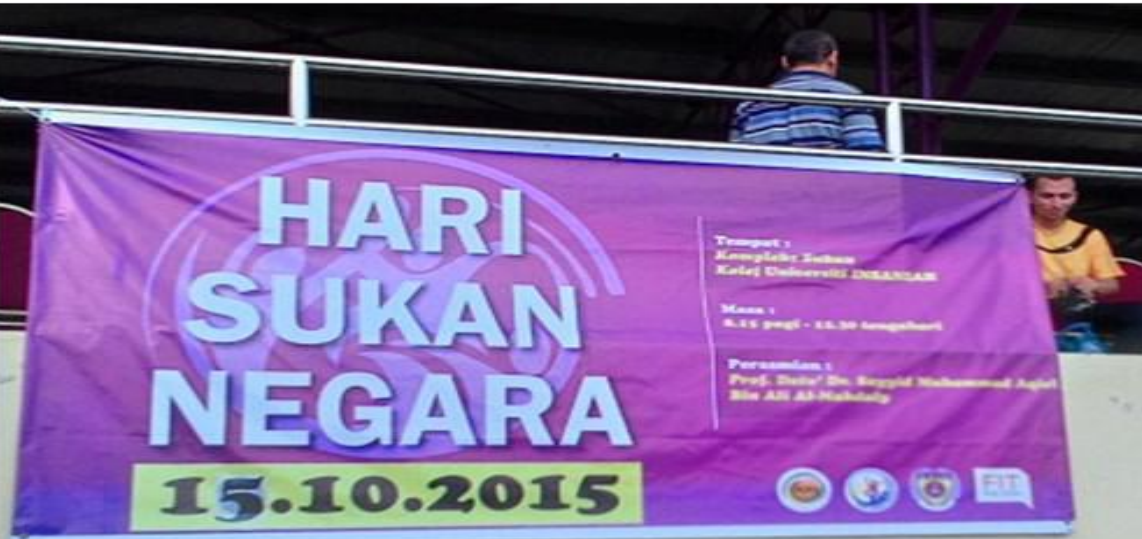
STRATEGIC PLANNING II: HIGH PERFORMANCE CULTURE AT PURNAMA BEACH RESORT, PANGKOR ISLAND, PERAK
16th—18th SEPTEMBER 2015





Basic Life Support Course in Collaboration with Emergency & Trauma Department, Hospital Sultan Abdul Halim, Sungai Petani 7—8th October 2015





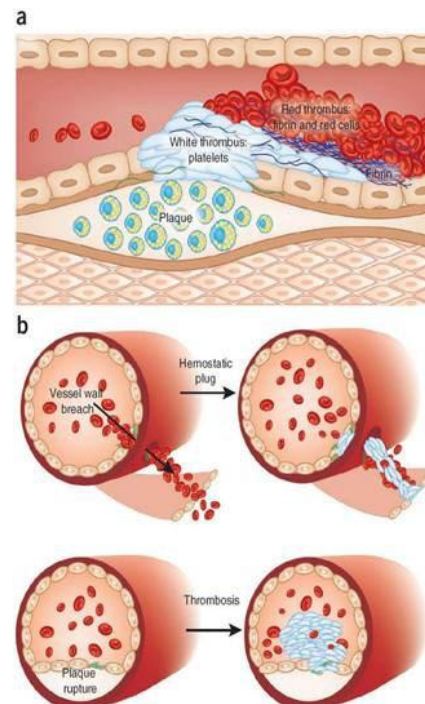
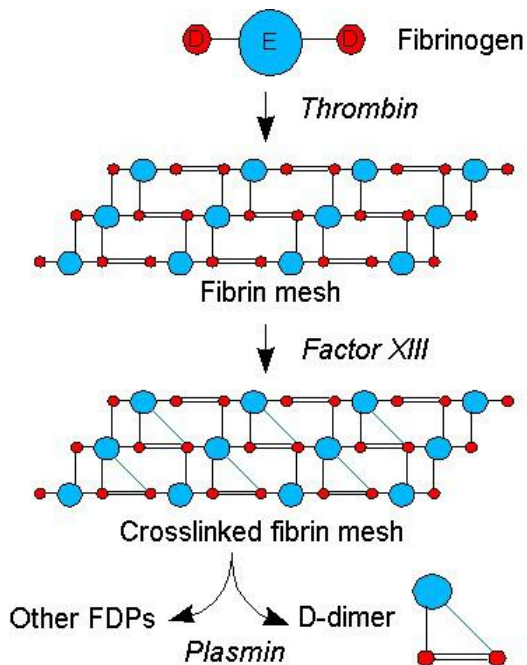
Y a a D S t r o p S Z - C K

Association of Plasma C - reactive protein (CRP) and Coronary Heart Disease: Study in Bangladesh

By Dr Nuruddin Nur

C-reactive protein (CRP) is an acute phase protein found to be significantly higher among coronary heart disease patients. The objective of this study was to compare the CRP levels in the patient group and the control group as well as to determine the association of CRP with IHD. This comparative study was carried out in the Department of Biochemistry, Chittagong Medical College Hospital (CMCH), Bangladesh. The study population consists of patients admitted to the Coronary Care Unit (CCU) of CMCH from July 2007 to June 2008. Total 72 participants were included with proper informed consent where 40 were patients and 32 were in the control group. Data was collected using a validated structured questionnaire consists of demographic data, data on medical illness, physical examination results as well as results of serum CRP which was measured using

Nycocard[®] CRP Single test. All statistical analyses were done by SPSS and data were expressed as mean \pm SD. Total 38.9% participants out of 72 patients had elevated plasma level of CRP. Comparison between the case and control group showed the mean plasma CRP was significantly higher in case group ($p < 0.001$). All these positive cases were found in the case group which reflects a good association of CRP level with IHD. Patients with chronic ischemic heart disease showed to have higher level of CRP. Therefore, CRP is a promising predictive biomarker of coronary risk and is more suitable to use for routine clinical and epidemiological purposes.





How to improve theory teaching of surgery at KUIN?

Medical education is an ever developing issue. Tens of years ago theory teaching was mainly conducted by dictating lectures with all the possible errors in the process of hearing from the lecturer to writing in a notebook in addition to writing with a chalk on a blackboard. This has improved with the use of hand written transparent sheets on an over head projector to shine a large screen. The introduction of power point presentation has tremendously changed the way the lecturer transfers the knowledge to their students with more illustrations and visual effects.

In Insaniah a new experience has been in use since last month by doing online tests for students during their surgical posting by emailing the questions simultaneously to all members of the group and receiving answers by an allocated time.

The key answers will be sent after receiving all

replies from the students and ask students to mark themselves.

Further verbal discussion with the students on (What went wrong?) and (How to improve outcome?) will be arranged the next meeting. One may wonder what if the students refer to their books or lectures i.e. Is it a sort of cheating? Are the results biased? Simply the idea of the test is to highlight the important points that we need to fix in the minds of the students and it does not matter if they answer from books or lectures, if they find a breather within the allocated time limit.

We need to hear more feedbacks from students to improve the outcome of this new experience.

Article by:

Prof Dr. Qassim Baker

FRCS England, FRCS Glasgow, DGS (University of Baghdad), MBChB (Baghdad)
Professor in Surgery and MRCS Examiner for the Royal College of Surgeons England, UK



Name: Dr Azza Abd El Moneim Mokbel Hamouda.

Position: Lecturer (Paediatric)

Nationality: Egyptian.

POB: Cairo

DOB: 3rd June 1956.

Qualification:

1. M.B.B.Ch Cairo University– 1979.

2. Paediatric Diploma Alexandria University- 1998.

3. House Officer EL Kaser EL Aini Hospital- Cairo University 1/3/1980 to 28/2/1981.

4. Saudia Council of Health Specialities- valid until March 2015.

Previous Job: Senior Paediatrician in El Ramel Paediatric Hospital in Alexandria.

Name: Dr Muhammad Aslam Farooqui

Position: Lecturer (Transfusion Medicine).

Nationality: Paskistani . (Permanent Resident of Malaysia)

DOB: 12th March 1965.

Qualification:

1. Master in Transfusion Medicine (2014-2015-IPPT USM Penang).

2. M.B.B.S (1984-1991-Doe Medical College, Karachi, Pakistan).

3. I.J.M.B' A' Levels (1981-1983-State College of Arts & Science, Sokoto, Nigeria)

4. G.C.E. 'O' Levels (1976-1981-Govt.College, Sokoto, Nigeria).

Previous Job: Lecturer/MO, Clinical coordinator and Head of Dept. of Internal Medicine in Allianze University College of Medical Sciences (AUCMS).



Name: Siti Syariah Bt Mamat

Position: Lecturer (Pharmacology).

Nationality: Malaysia.

DOB: 29th May 1988

Qualification:

1. Master in Pharmacology and Toxicology (Universiti Putra Malaysia).

2. Bachelor's Degree (Biomedical Sciences)

Previous Job: Enumerator in Department of Community, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia.



UPCOMING EVENTS

mark your calendars

2015

January	February	March	April
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
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Congratulation

Professor Dr. Qassim Baker for being appointed as a MRCS Examiner for the Royal College of Surgeons England, UK.



GUIDES FROM AL-QUR'AN

25 October 2015

- Final Examination for University Courses

6 December 2015

- Final Examination for Medical Course

28 December 2015

- Professional examination
- Bengkel Penerapan Nilai-Nilai Islam by Associate Prof Dato' Dr Azmi Hashim
- Strengthening the Teaching in Clinical Skills by Prof Ropilah & Dr Farooqui

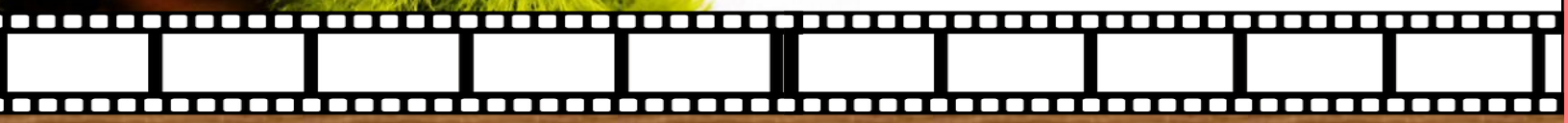
Say, [O Muhammad], "O mankind, indeed I am the Messenger of Allah to you all, [from Him] to whom belongs the dominion of the heavens and the earth. There is no deity except Him; He gives life and causes death." So believe in Allah and His Messenger, the unlettered prophet, who believes in Allah and His words, and follow him that you may be guided

Surah Al'Araaf :158



B A B Y

2015



we proudly welcome
INTAN IZZ ZAYANI



11 JANUARY 2015
 MADAM IRA FADILLA MOHD YUSOFF



Muhammad Hafiz Fathi

2015 FEBRUARY 11
 Dr Khairullizam Bin Sapari



AMMAR UZAIR
 15 APRIL 2015
 Mr Mohd Nazri Bin Shaidin &
 Madam Siti Norazura Binti Mohamad



WELCOME
 TO THE WORLD

Ahmad Qadri
 20 July 2015

Normaizatul Afizah Ismail

welcome

Aisyah Humairah

13 September 2015

Mr Abdul Mutallib Bin Maidinsa &
 Madam Natasha Farhana Binti Zainol



Happy Birthday



Dr Lee Ii Li

29 November

May you have a wonderful life,
happy family and successful future
undertakings...

 coprinted

Wedding Wishes



Dato' Dr. Azmi
Hashim
and
Datin Saripah Husin

29 August
2015

THE WEDDING OUR DAUGHTER & SON

Syakirah bt Azmi & Amirul Qayyum bin Jais
Azmulmukmin bin Azmi & Nor Hamizah bt Saidin

 coprinted



Jom Masuk
KUIIN
Terokai Kejayaan Bersama Kami !!

PENGAMBILAN
SESI JUN, SEPTEMBER & DISEMBER
PERMOHONAN ONLINE KINI DIBUKA

Please write to us !

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