



LET US ALL COME TOGETHER IN THIS NEW BEGINNING.

We proudly announce the birth of “ER Chronicles,” our newsletter published by the College of Emergency Physicians Malaysia. We hope that it will serve as a platform for our fraternity to share ideas, wisdom, experiences, and vision that can inspire others to contribute to self-enrichment and development.

“THE COUNCIL OF THE CEP HAD WATCHED WITH HORROR, THE DIRE SITUATION OF THE STATE OF HUMANITY FOLLOWING THE RELENTLESS CARPET BOMBINGS OF PUBLIC PLACES SUCH AS HOSPITALS, MOSQUES, CHURCHES, UNIVERSITIES AND SCHOOLS IN GAZA.”

Read full statement by our College of Emergency Physicians (CEP), Academy of Medicine, Malaysia regarding the escalating tension of the Israel-Gaza conflict

OUR EDITORIAL TEAM

Introducing our newsletter team

BRIDGING GAPS, BREAKING BARRIERS

A refreshing and inspirational writing by the new president of the College of Emergency Physicians, Datuk Dr. Alzamani Mohammad Idrose.

MY CEP 11TH ANNUAL GENERAL MEETING ASSEMBLY

Meet the new team and council members lineup.



Photography, arts, lifestyle and many more. In this first edition, we also introduce the philosophy behind our logo.



List of festive wishes and upcoming courses endorsed by the CEP.



Have you ever wondered about the working experience at the smallest state in Malaysia and neighboring Thailand? Our colleagues have shared a very brief and interesting experience of working in Hospital Tuanku Fauziah.

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What does the logo tell us?

It is okay to have differences in opinion. After all, we may see things differently at a different angle. Putting everything up inoculates a thinking culture and creates greatness, just like our publication logo.

We love to keep it simple but, at the same time, refreshing and meaningful.

People may look at it and say, "This is an ambulance siren," or "Hey, it looks like an ultrasound probe to me." We also received feedback that people look at it as an antibiotic tablet attached to a stethoscope that could be related to patient's care. Well, it's okay if you see it in that way. We are happy for that!

Well, the symbol is actually a combination of a podcast microphone and stethoscope embedded in Malaysian flag colors that represent our newsletter as a platform to voice out self-opinion about various matters, including arts, anecdotes, experience sharing, and many more.

By having a platform to voice our inner voice, we can be assured that somebody may be reading it. After all, conveying things that are buried deep inside us can be part of therapy and build resilience. Hence, our tagline is 'a healing spot for the unsung heroes.'

All this writing and publication will be kept as a record, and one day, we will have a thick collection of it that can be a chronicle that represents our journey in this field. Hence, the name of our newsletter is 'ER Chronicles.'

Join us by submitting your creative ideas to us and be part of history.



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OUR EDITORIAL TEAM

Dr Sharifah Fetom binti Syed Ali

Chief Editor

A distinct and dynamic Emergency Consultant with critical thinking skills and ability to lead under high-pressure situations. Deeply entrenched in the world of motorsport medicine, she serves as a vital part of the international federation for motorsport medicine. With extensive experience as a veteran in international motorsporting championships, she brings a unique blend of expertise and a fun-loving spirit to every endeavour. As a leader in the field, she inspires others with innovative approaches and dedication to excellence. Whether it's making split-second decisions in the emergency room or leading a team to success, her sharp mind and easygoing nature makes it a standout in any setting.



Dr Nurul Shaliza binti Shamsudin

Assistant Editor, Publication/ Content Expert

Life-saver by profession, inspirer by heart. As an Emergency Physician specializing in critical care, my mission is to heal, educate, and empower. When I'm not saving lives, you'll find me exploring the world through the lens of a camera, capturing moments of beauty and sharing them with my writing. I am passionate about teaching and constantly learning. As the saying goes "Commit yourself to lifelong learning. The most valuable asset you will ever have is your mind and what you put into it". Join me on this exhilarating journey as we navigate through the complexities of medicine and embrace the beauty of lifelong learning.



Dr Hafizah binti Zainal Abidin

Assistant Editor, Publication/ Content Expert

Meet an Emergency Physician and Medical Lecturer with experience starting with the Ministry of Health, who took a thrilling diversion into academics at Universiti Sains Islam Malaysia for the past three awesome years. In addition to her MBBS and Emergency Medicine qualification, she spiced it up with adventurous knowledge in Medical Ethics and Jurisprudence. When she is not orchestrating emergency symphonies, you'll find her in the lecture hall, not just teaching but making learning a blast! Her research radar spans technological advancements, prehospital care, resuscitation, medical ethics, and all things medicolegal. She can be contacted via email: dr.hafizah@usim.edu.my.



Dr Khairul Izwan bin Mohamed@Hashim

Publication Manager/ Content Writer

An emergency physician committed to preserving lives during critical moments, with a penchant for exploring the globe through DIY travel experiences. Fascinated by technology, I enjoy crafting innovative solutions to diverse challenges, both within the medical field and beyond. My persona is characterized by a blend of medical expertise, adventurous exploration, and a proactive approach to problem-solving.



Dr Sivapriyan A/L Thirunganam

Publication Manager/ Content Writer

Spent almost a decade and half in emergency fraternity. Been on caffeine and adrenaline rush throughout the service. Currently in Seberang Jaya for another thrill as an Emergency Physician. Been taking life as an adventure, one at a time to level up. Where time is the ultimate treasure, use it wisely before it is up.

Dr Fareena binti Zahari

Publication Manager/ Content Writer

Chasing adrenaline in the ED by day, chasing passions in life by night. Emergency Physician on a mission to spread the gospel of mindful eating and staying physically fit. Always hungry for knowledge, she embraces challenges with open arms. Catch her on her motorcycle exploring new roads, travelling across the globe, or diving into captivating non-fictional books. She can be contacted via email: fareenazahari@yahoo.com



Dr Yap Wai Leong

Publication Manager/ Content Writer

I am a motivated and ambitious individual who thrives on challenges and continuous personal growth. With a strong dedication to excellence, I consistently strive to achieve my goals with a meticulous and organized approach. My adaptability allows me to navigate diverse environments, while my strong communication skills enable me to effectively collaborate with others. Overall, I am a driven individual who is committed to self-improvement, professional development, and making a meaningful impact in all that I do. Email: dan_ywl@hotmail.com

Dr Muhammad Afiq bin Mohd Zain

Publication Manager/ Content Writer

Hi all! I'm Afiq! As an emergency physician, I'm calm with a steady presence amid chaos. With a keen eye for detail, quick thinking, and a soothing demeanor, I choose to navigate through high-pressure situations with grace. My passion for cycling fuels my adventurous spirit, always seeking new paths and challenges. Embracing technology, I seamlessly blend my medical expertise with the latest innovations, finding efficient ways to deliver care. On the open road, I find solace, pushing boundaries and relishing in the freedom it brings. My dedication to healing, love for cycling, and tech-savvy nature create a dynamic blend that enriches the life and those around me!



Dr Muhamad Na'im bin Ab Razak

Graphic Designer/ Artwork

Dr Muhamad Naim, or Jacknaim, is a prolific writer, outdoor activities enthusiast and emergency physician wannabe. He currently serves as senior registrar in Emergency and Trauma Department Hospital Lahad Datu. Instead of reading 'poems' in traffic congestions in big cities, he prefers shooting underwater macro photos at the bottom of the sea or brewing coffee on the top of mountains

Dr Kantherooban Kangasothy

Graphic Designer/ Artwork

Introducing Dr. Rooban, an emergency physician who embodies the fusion of a fast-paced lifestyle and a commitment to precision. With a passion for both medicine and designing, he thrives in the chaos of the emergency room, remaining remarkably calm amidst the storm. Outside of medicine, his sporty spirit extends his love for fitness and fast cars, adding an extra dimension to his dynamic life. With an unwavering attention to detail, he navigates both the high-speed world of emergency medicine and the thrilling realm of automotive design with skill and finesse.



In the tumultuous race against time, where adrenaline courses through our veins like a relentless river, humanity stands as a beacon of hope. In the chaos of emergencies, it is our capacity for care and act of kindness that define us. Amidst the urgency and turmoil, it is these gestures, however small, that illuminate the path forward.

They remind us that even in the face of adversity, our shared humanity binds us together, propelling us to extend a helping hand to those in need. In this race against time, let us never underestimate the power of compassion and empathy to guide us through the darkest of hours, lighting the way towards a brighter tomorrow.

Dr Kantherooban, EP
Ampang, Selangor

BRIDGING GAPS, BREAKING BARRIERS



Dear all members of College of Emergency Physicians (CEP), future members and the whole fraternity of emergency medicine.

I would like to express my appreciation to all for supporting CEP all this while. During the last Annual General Assembly, a new team had been elected.

I am pleased that we have a dynamic and vibrant team. We have 7 new portfolios. Each of the presidents – past president, president and president-elect form 3 teams – red, yellow and green respectively. Each team will focus on the selected portfolios for stronger plan execution. Administratively, this shall be our way forward to facilitate execution of tasks.

We have very interesting projects lined up and for these, we shall need dynamic and strong members to come join in the taskforces or teams set up. We invite all of you in the fraternity of emergency medicine in Malaysia to come join us and be part of the team. This is how we make our presence felt and be the ones who 'make things happen'.

We aim, during our office, to close all ranks, strengthen the fraternity and together move forward and beyond. In other words, the theme of the office is 'Bridging Gaps and Breaking Barriers'.

For this, I would like to share a story of a 'bridge builder'.

Once upon a time there was a carpenter. One day, a rich person called him and asked him to build a fence between his land and his neighbour's whom he had a quarrel with. A river was already separating the houses. The carpenter agreed. The owner had to leave outstation for a week. When he returned, he was angry that the carpenter, instead of building a fence, built a bridge. Nevertheless, he found that his children loved the bridge and even the neighbour's kids crossed and played with his kids. Even his wife made friends with his neighbour's. Because of all these, he too formed a friendship with his neighbour. He then called the carpenter and even wanted to pay him extra. The carpenter thanked him and said he had to leave. When asked where he was going, the carpenter said, "To build more bridges."

So there you go. We have a lot of bridges to build – bridges of friendship, togetherness, oneness and much more. With the strength built in unity, we shall then break any barriers to fly high.

Let us all build these bridges together. Come join us and we shall make our fraternity a force to be reckoned with in Malaysia and the whole world is for us for the taking.



-Datuk Dr Alzamani Mohammad Idrose-
President

THE TEAM



**ASSOC PROF DR SHAIK FARID
ABDULL WAHAB**
Past-President



**DATUK DR ALZAMANI
IDROSE**
President



DR IZZAT ISMAIL
President-Elect



DR NURUL HUDA AHMAD
Honorary Secretary



DR NOR KHATIJAH AHMAD
Honorary Treasurer
-Data, Guidelines
& Collaboration-

COUNCIL MEMBERS



**DR ZAINAL ABIDIN BIN
MOHAMED @ ISMAIL**
Branding & Community
Engagement



**DR HAZWAH BINTI
ISMIL**
Fraternity Strengthening
& Social Events



**DR SHARONPAL
A/L GURNAM SINGH**
Website, IT, Private EM &
Industrial Engagement



**DR SITI SUHAILA
HAMZAH**
Leadership, Academic
& SIGs



**DR AHMAD ZULKARNAIN
AHMAD ZAHEDI**
Academic Enhancement
& M-JEM



Statement by College of Emergency Physicians (CEP), Academy of Medicine, Malaysia

Protect Humanity in Israel-Gaza
Conflict !

The council of the CEP had watched with horror, the dire situation of the state of humanity following the relentless carpet bombings of public places such as hospitals, mosques, churches, universities and schools in Gaza.

CEP does not approve any acts of aggression on civilians nor any acts of collective punishment that results in thousands of civilians dead.

Following the incident, the Israel had conducted countless air strikes to carpet bomb civilians in Gaza in order to hunt down Hamas militants. Unfortunately, this resulted in deaths of civilians by the thousands. Already, 18,000 people died and half of these were children.

Gaza is a densely populated area consisting of 2.1 million Palestinians. Half of the population are children. The populations could not cross to Israel as there were concrete walls built around Gaza.

Southward is Egypt and the infrastructure for transport had been bombed, crippling humanitarian assistance. In other words, the civilians in Gaza has nowhere to run from the rains of bombings. The amount of bombings is equivalent to two atomic bombs released in Hiroshima.

The images of dead babies with names written on their bodies in anticipation of deaths are heart-wrenching. Thousands were trapped and died under them slowly. None of them are members to any militant organization. Israel had also cut off water and electricity and these by itself are death sentences to all Gaza community. Patients and babies on ventilators will have guaranteed deaths. Already, the whole of health system in Gaza has collapsed.

Heavy bombings of the place will result in the annihilation of humans and this is genocide happening with the world watching. This is the worst humanitarian crisis that the world has seen.

We urge for all killings to stop.
We urge for a ceasefire on both sides.
We urge for water, electricity, fuel, food and medications be allowed to resume.
We urge for protection of all humanitarian assistance for Gaza
We urge to stop all war crimes from being committed incessantly.
We urge all carpet bombings stopped.
We urge for international law to be adhered completely.
We urge humanity to prevail

Gaza and Palestine are both the test of our humanity. Closing eyes to the sufferings and predicaments by the people there will determine whether we still have humanity inside.

Please, protect humanity at all costs in this war. Efforts must be all made to sincerely seek peace and for international laws be reign.



THE COUNCIL
COLLEGE OF EMERGENCY PHYSICIANS (CEP),
ACADEMY OF MEDICINE, MALAYSIA

"You are never wrong if you choose HUMANITY"

*"Peace be upon you."
a voice came from the dark
of an unfamiliar alley
In a dim light
a man is lying
dressed in a short pant
covered with dirt
a scary look with long, unkempt hair.*

*A guy chickens out
with a gush of adrenaline
showering every branches of vein
and a blanket of fear growing thick.*

*Am I a hypocrite?
after a busy shift in the casualty
battling sickness and uncertainties
talking about empathy and humanity
then cowardly running away
from a sacred greet
a peaceful wish from the deranged!*

Dr Jacknaim, MD
Kota Bharu, Kelantan.

LIFE AS EMERGENCY PHYSICIAN IN PERLIS



Hospital Tuanku Fauziah, is the only hospital available in state of Perlis, our Emergency Department sees patients from all across Perlis.

Our Emergency Department currently made of five Emergency Physicians, and most of our staffs are from surrounding northern region. We are a very close-knit community.

Our Emergency Department located at the front of Hospital Tuanku Fauziah, nestled in Banjaran Nakawan, continuation of mountain range connected with neighboring Thailand. Misty morning will greet your morning, enjoy the breath of fresh air of our countryside. You get to enjoy the beautiful outdoors that surround Perlis. Whether it be a quick trip to paddy field for fishing, caving adventure in Gua Kelam 2 (previously a tin mining caverns), exploring Gua Wang Burma with the guide, a short glamping trip, or quick morning jog at multiple river trails, our access to some of the most beautiful terrain were right outside our doorstep. Furthermore, there is no traffic congestion in Perlis, a commute from home to hospital is less than five minutes. Work life balance are unrivalled in Perlis.



LIFE AS EMERGENCY PHYSICIAN IN PERLIS

Variety of cases came through our door. Perlis provides us a sneak peek into our aging population. Most of our cases involves retirees and elderly population. We do have common paediatrics emergencies, and our teenagers commonly presented with high velocity motor vehicle accident injuries.

Our location up north neighboring with Thailand sometimes presented to us with cross-border related emergency cases. We had toxicology cases of ruptured body packers, methamphetamine toxicity and opioid toxicity patients. Gunshot wound patients did come across our door sometimes.

Emergency Department Hospital Tuanku Fauziah conducted Trauma Life Support Malaysia (TLSM) for Training of Trainer and Provider Course. We attracted participants from across Malaysia including Perlis, Kedah, Penang, Pahang and as far as Kuching, Sarawak. There have been a lot of interest for more courses to be held in Perlis. Our creative team from Emergency Department HTF, will keep you posted on our upcoming exciting events.

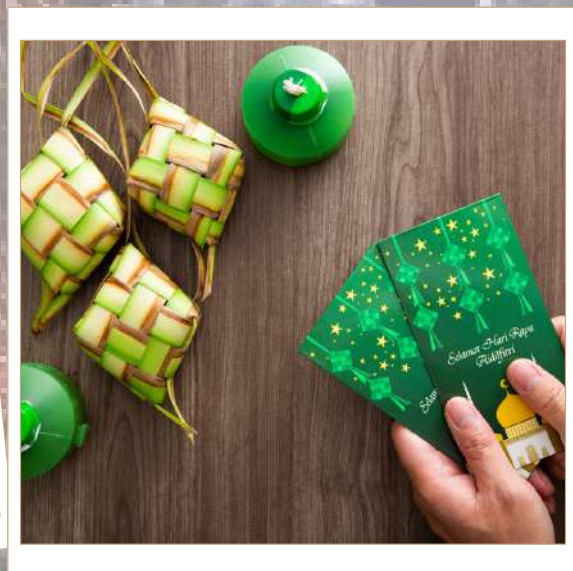
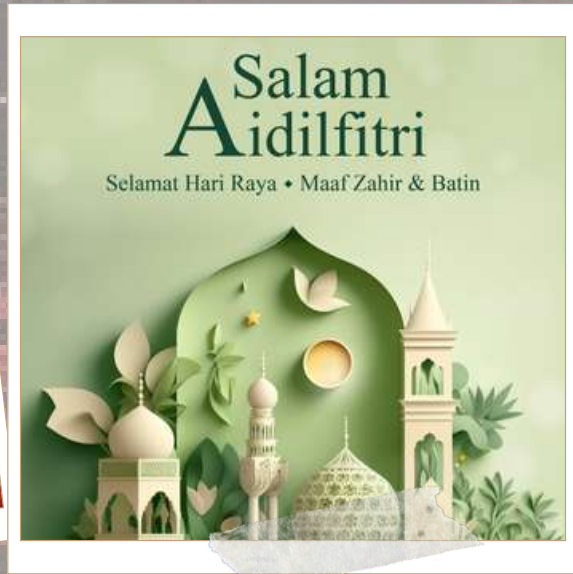


Being a close-knit community, harmony would be the one word to describe our working environment. Mutual respects, teamwork and care are common here in our traditionalist state. Professionalism intra-department can be seen across all layers of services from Health Officers, Medical Officers, Emergency Physicians, Medical Assistants, Staff Nurses, Pembantu Perawatan Kesihatan (PPK) and administrative staffs.

Professionalism continues throughout inter-department relation. Referrals and consultations with multidisciplinary team are relatively easy with patient benefitting the most from this nature of being a very close-knit community.

We are also working closely with Family Medicine counterpart. Our mutual understanding lead swift emergency patient transfer to Emergency Department and smooth reciprocal diversion of non-acute cases to Health Clinics.





UPCOMING EVENTS

1ST ANNOUNCEMENT

PREHOSPITAL ADMINISTRATIVE & DISASTER CONFERENCE 2024

PIONEERING EXCELLENCE IN PREHOSPITAL CARE AND DISASTER RESPONSE

11TH & 12TH MAY 2024
RAIA HOTEL, ALOR SETAR

| Registration Fee | Early Bird (until 29th Feb 2024) | Normal Price |
|--|----------------------------------|--------------|
| Doctors & Academicians | RM400 | RM500 |
| Nurses, MA & Allied Health Professionals | RM300 | RM350 |
| NGO and others | RM300 | RM350 |
| International Delegates | USD200 | USD300 |

Abstract Submission Due Date: 1st April 2024

ELIGIBLE FOR CPD POINTS

ORGANISED BY:

SCAN FOR MORE INFO

5RD UMMC RESUSCITATION CONFERENCE 2024

REDEFINING HOLISTIC RESUSCITATION
ORGANIZED BY EMERGENCY DEPARTMENT UMMC

PRE-CONFERENCE 23RD FEB 2024

RESUSCITATION CONFERENCE 24-25TH FEB 2024

THE EVERLY HOTEL, PUTRAJAYA

Puan Norol 011-10640552
Enik Amir 019-2555016
Dr Lok 016-5960748

www.ummcresusconf.com

REGISTRATION

EARLY BIRD PRICES

DOCTOR (UMMC) RM 500
DOCTOR (NON-UMMC) RM 600

ALLIED HEALTH (UMMC) RM 300
ALLIED HEALTH (NON-UMMC) RM 350

16 CPD POINTS

MYENELS
MALAYSIAN EMERGENCY NEUROLOGY LIFE SUPPORT

Register Now

ILKKM Tawau, Sabah
28-29 February 2024

Collaboration by:

Contact Us: +60128893992

Social Media: NeuroEM

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3RD PAEDIATRIC EMERGENCY MEDICINE CONFERENCE 2024
SAVING LIVES, ONE PIXEL AT A TIME

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| | EARLY BIRD (BEFORE 15 JAN 2024) | NORMAL PRICE |
|---------------|---------------------------------|--------------|
| GOVERNMENT | RM1500 | RM1550 |
| PRIVATE | RM1550 | RM1600 |
| INTERNATIONAL | USD150 | USD150 |

REGISTER HERE

5-6 MARCH 2024
SAMA-SAMA HOTEL KLIA SEPANG MALAYSIA

NEGERI SEMBILAN EMERGENCY & TRAUMA SOCIETY
SECRETARY@PEMMADEEASY.COM

NECCS 2024


"Evolve, Enrich, Excel!"

7th National Emergency Critical Care Symposium (NECCS) & Advanced PoCUS Boot Camp 2024

20-21 February 2024

Casuarina Convention Centre, Casuarina@Meru Ipoh, Perak, MALAYSIA

NECCS



In our busy ER, we battle diseases and fight for patients' lives. In nature, we fought the demon inside us to be stronger, more resilient, and grow as a better person

Dr Mohd Faqhroll Mustaqim bin Fudzi
Auro Montoria, Kg Sayap Kota Belud

**DON'T WAIT! SCAN THE CODE TO SUBMIT
AN ARTICLE TO US OR TO VIEW ALL
EDITION OF ER CHRONICLES**



SCAN ME



or, you can get more information on
MyCep Acad facebook account.