



## WE'RE BACK WITH MORE EXCITING CONTENT!

**"A DECADE OF JOURNEY FROM STRUGGLES TO SUCCESS: OVERCOMING CHALLENGES & EMPOWERING STRENGTH IN EMERGENCY & TRAUMA DEPARTMENT PRACTICES"**

**MISSION IN WAR ZONE: REPORTS FROM MERCY MALAYSIA GAZA TEAM 3**

**THE SCIENCE BEHIND DANCE: HOW IT IMPROVES BRAIN HEALTH AND BOOSTS THE HIPPOCAMPUS**



"A helping hand for a victim during the Israeli airstrike" - Discover the full story in this gripping real-life experience from Gaza.



Welcome to ER Chronicles, the official newsletter of the Malaysian College of Emergency Physicians. Our mission is to create a platform where emergency physicians and frontliners can share their invaluable experiences, challenges, lessons, and even emotions. ER Chronicles is not just a newsletter; it's a healing space for our community. We aspire to inspire people worldwide and keep the passion alive as we navigate the demands of the emergency department. Join us as we continue our journey of resilience, dedication, and hope.



The idea of a person with disabilities taking on the position of Head of Department (HOD) raises important questions. Can he effectively carry out his responsibilities, particularly in a dynamic environment such as the Emergency and Trauma Department?  
- Dr Mohd Fadhly Yahya

Discover the latest upcoming courses organized by MyCEP and its affiliates in our Program section.

Take a look at our past activities and explore the Words of Wisdom section for valuable insights.



## "A Decade of Journey from Struggles to Success: Overcoming Challenges & Empowering Strength in Emergency & Trauma Department Practices"

The idea of a person with disabilities taking on the position of Head of Department (HOD) raises important questions. Can he effectively carry out his responsibilities, particularly in a dynamic environment such as the Emergency and Trauma Department? Can these other departments trust a person with disabilities like him to lead this sizable and respectable organization?

Just a concise background: I've been serving as HOD for Emergency & Trauma Department Hospital Melaka since 2005. However, in 2014, an accident altered my life's course. During the trauma, I sustained a spinal T10 fracture with complete paraplegia. Post-trauma complications ensued even years after the mishap, including a burst rectum, lung empyema, acute ileus due to an obstructed peristomal hernia, T6 compression fracture, tibial fracture, severe bedsores, septic arthritis L5S1 and the list goes on.



My strategies for overcoming this ever-challenging moments in my life:

### 1. My dedication to Allah, the Almighty, defines me entirely.

I am nothing without His guidance and support. His presence in my life is my strength, my solace, and my ultimate source of hope. Just as a tree without roots withers away, I too would falter without His divine presence in my heart and soul.

### 2. Physical Wellbeing

As an individual with a disability, I require lots of additional supplements in addition to my regular medications for my chronic illnesses. These supplements help maintain my overall health, boost my stamina, and support my immune system.

### 3. Self-Advocacy

Recognizing the significance of advocating for myself in the workplace, I prioritize clear communication of my needs, ensuring access to suitable resting spaces, and asserting my rights. The timeless assistance from people around me, coupled with the guidance from various support networks, motivates me to return to work.

### 4. Unparalleled Physical and Social Support

My family stands as my unwavering pillar of support since the occurrence of this unfortunate event. Following closely as my second strongest support system are my dedicated staff, who offer their support regardless of time and situation. Additionally, I lean on various support networks, including the Rehabilitation Department, the Plastic and Reconstructive Surgery Department, and mentors (including disabled friends from across Malaysia), for invaluable guidance and assistance in navigating the challenges of the workplace

### 5. Skill and Professional Development

I leverage my expertise, particularly in emergency and critical ultrasound, to enhance my value in the workplace. Additionally, I engage in workshops and teaching sessions for staff development. Apart from this, I'm also a part time lecturer in several universities.

### 6. Networking

Currently holding the positions of President of the Malaysia Society of Critical Care and Emergency Sonography (SUCCES), President of the Melaka Emergency Medicine Society, State Medical Officer for St John Ambulance Malaysia (Melaka), and Medical Advisor for Bacang Charity, I actively foster professional relationships with colleagues, mentors, and industry contacts.

Back in 2017, I served as the chairman for the health operational room during the KUALA LUMPUR SEA GAMES (Paralympics), and in 2022, I was the medical team advisor for the 19th World Pencak Silat Championship. These engagements and connections create opportunities for career advancement, mentorship, and invaluable experiences for me.

### 7. Establishing a Standard for a Supportive Work Environment.

It is crucial to cultivate a welcoming and inclusive workplace that caters to individuals with disabilities like myself, thereby indirectly supporting the well-being of patients in the department.

In conclusion, surmounting obstacles on the journey of one's career demands unwavering perseverance, resilience, and a steadfastly positive mindset. Through seeking support, staying resolutely focused on set goals, and adeptly adapting to challenges, I trust that, by the will of Allah, I will triumphantly navigate my professional path.

**DR MOHD FADHLY YAHYA**  
(CONSULTANT EMERGENCY PHYSICIAN HOSPITAL MELAKA)

**'CALM, SERENITY, HONESTY, AN OPEN  
HEART, SACRIFICE, ALWAYS AVAILABLE'  
ALL FOR THE SAKE OF A PERSON CALLED  
"PATIENT"**

**ARE YOU THAT PERSON ?**

Dr Ridzuan bin Dato Mohd Isa  
Consultant EP, Hospital Ampang





## **MISSION IN WAR ZONE: REPORTS FROM MERCY MALAYSIA GAZA TEAM 3 (PART I)**

By Dr Shahridan Mohd Fathil

Dr Shahridan bin Mohd Fathil obtained his MBBS from the University of Malaya in 1996. He underwent anaesthesia training initially in Malaysia, and then Ireland and England. He has also completed a Regional Anaesthesia Fellowship in Royal Perth Hospital, Western Australia. He was appointed as a consultant and later senior consultant with Alexandria Hospital and Ng Teng Fong General Hospital, Singapore for nearly six years until April 2017. He was also appointed as clinical senior lecturer with NUS Yoong Loo Lin School of Medicine and was the trainer for the basic and advanced regional anaesthesia modules of the NUHS Anaesthesiology Residency at Ng Teng Fong General Hospital. He is a consultant anaesthesiologist in Gleneagles Hospital Medini Johor, Malaysia. His passions are ultrasound guided regional anaesthesia and point-of-care ultrasound.

He was the Past Convenor for the Special Interest Group in Regional Anaesthesia (SIGRA), College of Anaesthesiologists, Academy of Medicine Malaysia and is the member of the executive committee of the Malaysian Society of Anaesthesiologists and also the Past President for the Society of Critical and Emergency Sonography, Malaysia. He has been on humanitarian relief work in post-natural and complex disaster missions in Indonesia, Philippines, Pakistan, Iraq and Bangladesh as well as quality assurance relief work in Malawi.





ON A FATEFUL DAY IN OCTOBER 2023, A GROUP OF FEARLESS FIGHTERS FROM HAMAS UNLEASHED CHAOS UPON ISRAEL FROM THE DEPTHS OF GAZA. THE AFTERMATH WAS DEVASTATING, WITH LIVES LOST AND FAMILIES TORN APART. ISRAEL, STANDING FIRM CLAIMING ON ITS RIGHT TO SELF-DEFENSE, RETALIATED WITH A RELENTLESS AND BRUTAL ONSLAUGHT ON GAZA, PLUNGING THE REGION INTO A SPIRALING WAR WITHOUT MERCY. AS THE DAYS TURNED INTO MONTHS, THE DEATH TOLL CONTINUED TO RISE, WITH INNOCENT CIVILIANS BEARING THE BRUNT OF THE CONFLICT.

In the midst of this chaos and despair, a ray of hope emerged in the form of Mercy Malaysia. Swiftly mobilizing their Special Cell Emergency Medical Teams, they journeyed into the heart of the crisis in Gaza, determined to bring healing and relief to those in need. However, their mission was not without its challenges, as they navigated through the chaos of war and destruction.

Team 3, a brave group of medical professionals comprising orthopedic surgeons, an anesthesiologist, a general practitioner, and liaison officers, ventured into the war-torn land of Gaza with one mission in mind - to save lives. As they set up base at the Kuwaiti Specialized Hospital, they were met with limitations and obstacles at every turn. The hospital, though a beacon of hope, lacked advanced facilities and resources, pushing the team to their limits as they worked tirelessly to provide care to those in need.





Amidst the chaos and tragedy, Team 3 faced unforgettable moments of courage and resilience. From performing surgeries on orthopedic patients with war injuries to assisting in mass casualty incidents, they stood strong in the face of adversity. The drone hum of impending danger was a constant reminder of the harsh reality they were up against, yet they persevered with unwavering determination.


Through it all, they not only provided medical care but also imparted valuable knowledge and skills to the local doctors, leaving behind a legacy of hope and empowerment. As they witnessed the resilience and warmth of the Palestinian people, their own resolve was strengthened, reminding them of the power of compassion in the darkest of times. Their faces bore the weight of countless lives saved. They had stitched wounds, mended bones, and sown seeds of compassion. The hospital, once a beacon, now stood as a testament to their unwavering commitment.



THE DRONE'S INCESSANT HUM HAD BECOME OUR UNWANTED COMPANION—A DISSONANT MELODY THAT UNDERSCORED THE CHAOS. IN GAZA, WHERE THE SKY BORE WITNESS TO RELENTLESS STRIFE, WE BRACED OURSELVES FOR THE INEVITABLE. WHEN THE NIGHT GREW DARKER, AND THE DRONE'S PITCH INTENSIFIED, WE KNEW: AN AIRSTRIKE LOOMED.

TO BE CONTINUED IN PART II...

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Sometimes we find peace in the  
weirdest of places

Dr Ridzuan bin Dato Mohd Isa  
Consultant EP, Hospital Ampang



## The Science Behind Dance: How it Improves Brain Health and Boosts the Hippocampus

During my time as a junior medical officer in the emergency department of Hospital Kuala Lumpur, I was introduced to the idea that dancing or body movements can enhance memory and creativity. This concept was introduced by Prof. Dato' Sri Dr. Abu Hassan Asaari, the former Head of the Emergency Department at HKL, during one of our CME sessions.

I felt compelled to share this information with everyone out there because, before this, I believed that dancing was only beneficial for improving your physique and stamina. However, it goes beyond that.

### THE SURPRISING CONNECTION BETWEEN DANCE AND BRAIN HEALTH

Dance has long been known for its physical benefits, but recent research suggests that it also has a profound impact on brain health, particularly in relation to the hippocampus. The hippocampus is a region of the brain associated with memory and learning, and studies have shown that dance can actually increase its size and improve cognitive function.

## THE ROLE OF THE HIPPOCAMPUS IN MEMORY FORMATION AND COGNITIVE FUNCTION

The hippocampus, often referred to as the brain's memory center, plays a vital role in consolidating and organizing memories. It acts as a bridge between short-term and long-term memory, allowing us to retain and retrieve information effectively. Without this remarkable structure, our ability to form new memories would be severely compromised.



## DANCING TO STIMULATE NEUROPLASTICITY: HOW IT REWIRES THE BRAIN FOR BETTER COGNITION

Dancing involves mastering intricate movements, memorizing choreography, and coordinating with music - all of which challenge your brain to create new neural connections. This process, known as neuroplasticity, allows your brain to adapt and reorganize itself, enhancing its ability to process information.

In 2022, "Effect of 3-Month Aerobic Dance on Hippocampal Volume and Cognition in Elderly People With Amnesic Mild Cognitive Impairment: A Randomized Controlled Trial" was published and showed promising results where there was an increase in total hippocampal volumes and improved episodic memory in elderly persons with mild cognitive impairment.



## INCORPORATING DANCE INTO YOUR DAILY ROUTINE: TIPS FOR GETTING STARTED AND STAYING MOTIVATED



Few tips on getting started:

1. Start small and gradually build up your dancing skills by incorporating short dance sessions into your daily routine.
2. Find your dance style by experimenting with different styles until you find one that resonates with you the most.
3. Join online dance communities to connect with like-minded individuals, exchange tips, and receive support and motivation.
4. Set achievable goals to maintain motivation throughout your dance journey and celebrate each milestone along the way. Remember, dancing is about expressing yourself through movement and embracing joy.

So why wait? Let's SALSA into this exciting journey together!

DR FAREENA ZAHARI  
EMERGENCY PHYSICIAN



Do we need to tell people what we do, when it is better for them to see what we have done?  
As they say 'Talk is Cheap, Actions speak for Themselves'

Dr Ridzuan bin Dato Mohd Isa  
Consultant EP, Hospital Ampang



## ICEM 2024 TAIWAN



## NECCS 2024



# PUEM 2024



# I PREMIUM 2024

# UPCOMING EVENTS

**MIREX 2024**  
MAJOR INCIDENT RESPONSE EXERCISE  
7 - 10 OKTOBER 2024 | KUALA TERENGGANU

MEALS SEMINAR CAMP-SITE-7 MAJOR INCIDENT EXERCISE  
CPD POINTS OPTIONAL ACTIVITIES

For further inquiries:  
Email: mirex24@mascot.org.my  
Dr. MURHAN 0193757022  
Dr. HILWATI 0175418197

SCAN HERE TO REGISTER

In Conjunction With  
**MALAYSIA TRAUMA CONFERENCE 2024**

CPD POINTS WILL BE AWARDED

RM 2500 Per Team (5 Pax)  
Including FREE access to MTC 2024

**THE MALAYSIAN TRAUMA TEAM CHALLENGE**

**LIMITED**  
To 16 Teams

Are you ready?  
We are excited to invite you to join us!

01 OCTOBER 2024  
8:00AM - 5:30PM

ANCASA HOTEL & RESORT  
PORT DICKSON, MALAYSIA

VISIT OUR WEBSITE  
[mascot.org.my](http://mascot.org.my)

**POCUS**

DATE: 25th September 2024

VENUE: Clinical Simulation Centre, Universiti Teknologi Mara Sungai Buloh

CONTACT: [mtc2024@mascot.org.my](mailto:mtc2024@mascot.org.my)

FEES: Government RM 250, Private & International RM 500

8 CPD POINTS AWARDED

20% DISCOUNT Provided For Malaysian Trauma Conference 2024 Participants

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TRAUMA SERVICES HOSPITAL SINGU BULOH

**FIRST ANNOUNCEMENT**

NATIONAL MEDICOLEGAL & ETHICS CONFERENCE  
NaMEC 2024

"Beyond Boundaries:  
Healthcare, Humanity, and Law"

22nd - 23rd October 2024

Penang International Convention Cultural & Arts Center (PICCA)  
Butterworth, Penang

Registration Fee

Participant (All categories) RM 400  
Early Bird (till 30th August) RM 350

MMA CPD 16 points

SECRETARIAT & COLLABORATOR  
ED HSI, Medico-Legal Unit HSI, CEP, JKNPP & PKPKPP

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**MALAYSIA TRAUMA CONFERENCE 2024**  
REALISING THE VISION! EMBRACING THE WISDOM!

**1<sup>ST</sup> ANNOUNCEMENT**  
2<sup>ND</sup> MALAYSIA TRAUMA CONFERENCE

ANCASA HOTEL & RESORT  
PORT DICKSON, MALAYSIA

02-04 OCTOBER 2024

Organized By  
**MASCOT**

In Conjunction with  
**MALAYSIA TRAUMA CONFERENCE 2024**

**MALAYSIAN EMERGENCY BURN MANAGEMENT COURSE**

DATE & TIME: 01 OCTOBER 2024 8:00AM - 5:30PM

VENUE: ANCASA HOTEL & RESORT PORT DICKSON, MALAYSIA

Categories	Course fee	
	Normal Price (RM)	MTC 2024 Participants (RM)
Government	200	160
Private	350	280

Limited to 40 participants only!

CONTACT: [mtc2024@mascot.org.my](mailto:mtc2024@mascot.org.my)

VISIT OUR WEBSITE: [mascot.org.my](http://mascot.org.my)

**2<sup>ND</sup> BORNEO PREHOSPITAL CARE SYMPOSIUM**

30-31 July 2024  
Islamic Information Centre  
Kuching, Sarawak

Registration fee:  
Early bird (before 25 May 2024) RM200  
Normal (after 25 May 2024) RM250

Payment to AMBANK  
8881039309774  
Penubuat Pelagas Persejajen Prahospital Kelangsan

Any inquiry, please contact:  
Louris Yusoff 014-8990091  
Nanah Anah Ghuman 016-8954669  
Nicola Corbett 011-3180782  
Edmund Anah Philip 019-8940955  
Mimilto bt Azmi 019-8640707

Special price for MAF/AMC member, please contact registration coordinator

SYMPOSIUM OVERVIEW:

Day 1: Sharing Session  
- Exciting clinical developments and tips sharing by experts  
- Stories and stories by responders

Day 2: Collaborative Session  
- Operational and administrative tips  
- Elevating care and quality standards in PHCS  
- Working and strong together for better PHCS

Pre Hospital Care:  
Liaison Between Circumstances and Fate

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