



RUMC Alumni*



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MALAYSIA CAMPUS

RCSI & UCD
Malaysia Campus

alumni
e-Newsletter

Issue 4 | Aug-Sept 2020

Highlights

Battling COVID-19:
Donate A Mask

Alumni: Sibling Stories

Dr Ajayan Nair &
Dr Ambika Nair

Get Involved with
Cochrane

Alumni Spotlight

A Look into
Medicine Practice Abroad

Publication Information

Publisher

prof. david whitford

Editorial & Content

*raji sogamaur
kasthuri sandragesan*

Alumni Relations

masitah shahabudin

Published by

RCSI & UCD Malaysia Campus,
Penang Medical College
Sdn Bhd,
4, Jalan Sepoy Lines,
10450 Georgetown,
Penang.

Content

Battling COVID-19:
Donate a Mask

Alumni: Sibling Stories
Alumni Spotlight
Alumni Network

Cochrane

Programmes@RUMC

Careers@RUMC

A Message from the President



President & CEO
Professor David Whitford

Dear RUMC alumni,

It has been refreshing to return to some degree of partial normality. Life has been very different for everyone under the COVID-19 pandemic. Since the first day of working from home under the Movement Control Order (MCO) on 18th March, through to the partial opening of the campus for staff on 12th May under the Conditional Movement Control Order (CMCO), and to final year students returning to campus and clinical training on 1st July under the Recovery Movement Control Order (RMCO), I believe we have maintained our commitment to putting students first. There is still a long way to go until we return to normality, but we hope to graduate the class of 2020 on September 5th in a virtual graduation ceremony. Spare a thought for the students who have coped through this time and are graduating under very different circumstances to yourselves.

We continue to work to establish a stronger alumni network – although this has been hit by the pandemic. We are grateful to those of you who are re-establishing contact and assisting with the alumni network, webinars etc. A further way to engage with RUMC may be through research collaboration. Let us know if you would appreciate research support or support in carrying out a Cochrane Review as outlined below. And do let any alumni colleagues that are not receiving this newsletter know to contact RUMC with their details.

BATTLING COVID-19

Donate a Mask: An Initiative by Dr Naren Selva

COVID-19 has undoubtedly become one of the most life-changing events in recent years. As front liners, doctors face the biggest challenge to control the pandemic and safeguard themselves. Among the many issues faced, the shortage of Personal Protective Equipment (PPE) was an overwhelming problem that had to be addressed quickly.



Dr Naren Selva

RUMC Alumnus, Class of 2010.
Final year postgraduate trainee
in Family Medicine.
Currently attached to
Klinik Kesihatan Lukut, Port Dickson.
National organizer of
Donate A Mask.

While waiting for government to procure a steadier supply of PPEs, a group of front liners started an initiative known as 'Donate A Mask'. The brainchild of Dr Naren Selva (pic) (RUMC Alumnus, Class of 2010), the project was initiated as a convenient platform for people to donate face masks and other PPEs, directly to front liners.

The team, consisting of doctors, retired nurses, physiotherapists, occupational health officers, and medical students, had been actively volunteering for the project after working hours.

The modus operandi of the project was kept simple. Anyone who wishes to donate can mail the PPEs directly or set an appointment for the team to collect the donations from homes of donors.

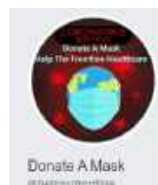
Donors were also encouraged to include motivational messages to front liners on the packages.



Dr Naren and team delivering donation of PPEs to KKM

Since the initiative was run mainly by a group of frontline healthcare workers, they acquired special police permission to collect these donations during the Movement Control Order (MCO). All collections from homes of donors were done by the doctors, while adhering to strict Standard Operating Procedures (SOP) to limit any risk of infection.

The outreach options had mostly been through WhatsApp and Facebook.
(<https://www.facebook.com/helpourfrontline/>)



Thank You
For Helping Us Help Others
Donate A Mask- Help The Frontline Help Others

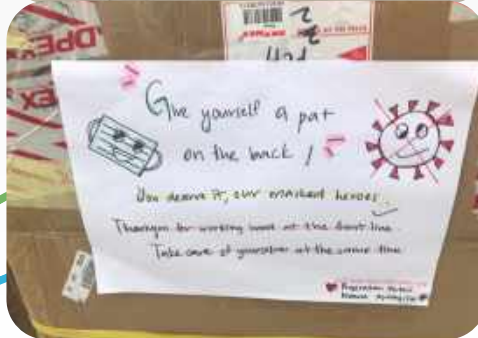
BATTLING COVID-19

The initiative had collected an impressive 30,500 face masks, thousands of face shields, hundreds of boxes of gloves, and many litres of hand sanitizers. Although initially formed as a platform for public to donate, many conglomerates also came forward to contribute to this project. This include Toyota Motors Malaysia, Phillips Monitors Malaysia and a few property developers.

Donate A Mask has now scaled up to a national level project and is working in collaboration with the Malaysian Medical Association to organise logistics and deliver essential PPEs to centres that are truly in need. Dr Naren attributed his success in this project to critical thinking and solution-finding skills he acquired from his medical school days at RCSI & UCD Malaysia Campus and hopes to collaborate with other alumni in future community projects.

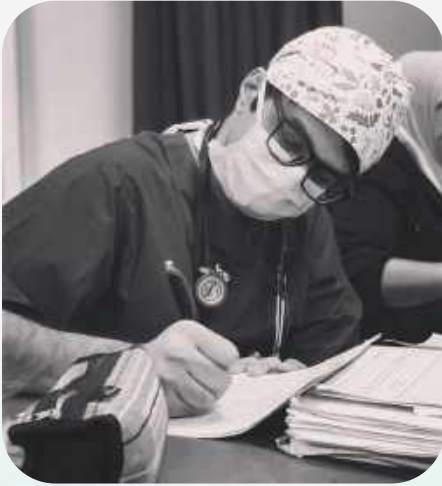


Dr Naren being a front liner and taking samples during the COVID-19 outbreak.



The team also received some amazing messages from the donors to the front liners.

ALUMNI: SIBLING STORIES



About Dr Ajayan Nair

I graduated from RUMC in 2012. I am now working in Penang General Hospital in the Department of Anaesthesiology & Intensive Care. I'm also doing my Masters in Anaesthesia and Critical Care with Universiti Kebangsaan Malaysia (UKM), as well as pursuing my Fellowship in Anaesthesia with the College of Anaesthesiologists of Ireland.

What do you like the most about RUMC Medicine Programme?

I really enjoyed my experience of doing pre-clinicals in Ireland since it exposed me to a different way of thinking and learning. The exams and semesters were well-structured which helped me plan my time better - between studies and social activities. Doing clinicals in Penang gave me sufficient exposure to the Malaysian healthcare system. I learned to adapt to local medical & surgical practice with ease and this really helped when I started my housemanship.



Memories in Dublin

The first day of arriving in Dublin is still fresh in my mind. I made some of the best friends in UCD, and some have also become lifelong friends. I was elected as President of the Malaysian Society (formerly known as PMCSA-UCD), and we organised the Malaysian Night back in 2010, alongside a troop of extremely talented and gifted people. Not to forget - choreographing and dancing during my clinical years in Ireland.



I still remember all the amazing trips around Europe, exploring the culture & beauty of foreign lands, with friends from Malaysia and Ireland.

ALUMNI: SIBLING STORIES

About Dr Ambika Nair

Currently in my 1st year of housemanship and midway through my 4th posting in Orthopaedics. My hometown is Kuala Lumpur and I chose Ipoh to do my housemanship as it was closer to the place I studied and hailed from. Hoping to pursue my postgrad studies soon. I have yet to complete my posting in Paediatrics and hence hope to make a firm decision in a year's time on my interest.

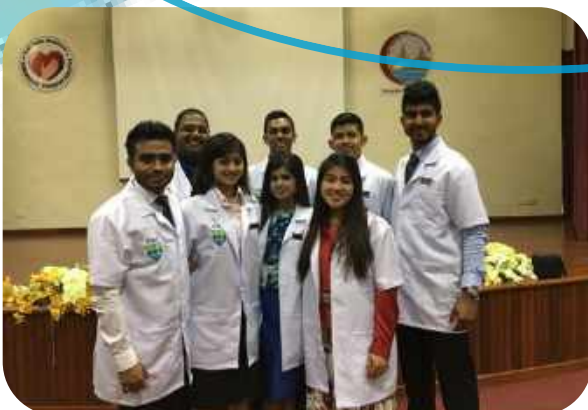


What inspired you to pursue Medicine?

According to my family members, It was a childhood dream to become a doctor. I believe the inspiration may have come from my regular visits to India when I was a child. I encountered many frail-looking individuals, whom I innocently believed I could save if I become a Doctor.

A few words about the RUMC experience

RUMC provided the perfect platform for me to obtain the best of both worlds' experience. Clinical training in Penang really helped in adapting to the local healthcare system and understanding the tropical diseases as well as theoretical knowledge imparted to us by renowned lecturers from around the world in Dublin.



Dr Ajayan Nair & Dr Ambika Nair

Our Cochrane review is being talked about!

“Oral galactagogues (natural therapies or drugs) for increasing breast milk production in mothers of non-hospitalised term infants”

Five out of six authors on this Cochrane review team are from RCSI & UCD Malaysia Campus. The team was headed by A/P Dr Foong Siew Cheng and also included alumnus, Dr Ong Joo Howe from Class of 2016. This review was published on May 18, 2020.



“It’s never too early or too late to start.”

–Dr Ong Joo Howe
(Class of 2016)



How do we know it is being talked about?

This review has an Altmetric score of 35 (as of 4 August 2020). Altmetric scores measure research impact on social media. You may refer to the figure on the right to find out where it has been talked about. This is quite a modest score but pretty good for a review that was published just two months ago. In addition, we know that it has also appeared in a blog written by a group in Singapore.

- Picked up by 1 news outlets
- Blogged by 1
- Tweeted by 32
- On 9 Facebook pages
- 58 readers on Mendeley

“I was doing my elective in medical school when I was first exposed to Cochrane Review. I was fortunate enough to be introduced to a team of authors, consisting of dedicated and supportive doctors.

After doing some tasks on the review, the team invited me to be an author. They were always around to provide appropriate guidance and advice. I learned a lot about systematic review authoring, research design, and the use of research findings.

The entire experience enabled me to be more analytical, which I believe is essential in this era of Evidence-Based Medicine. Now that I am a practising doctor, it’s evident how the experience has influenced my clinical decision-making skills.

I believe the exposure has aided me in making more informed decisions as compared to those who haven’t had a similar privilege during their training. Remember, it’s never too early or too late to start.”

– Dr Ong Joo Howe (Class of 2016)

Want to be a part of us?



Visit us at [Cochrane.org](https://www.cochrane.org) or
drop us an email at cochrane@rcsiucd.edu.my

alumni SPOTLIGHT

A Look into Medicine Practice Abroad

The RUMC Alumni Webinar series was introduced as a recruitment initiative to engage prospective students. The latest series of webinars focused on career opportunities abroad featuring our alumni as speakers.

Dr Tan and Dr Ooi shared their experience of practising Medicine overseas, in the US and the UK, respectively.



Dr Tan Eng Keong
Class of 2007



Dr Ooi Huah Chiang
Class of 2014

The sessions provided insightful information about pursuing medical careers in the US and the UK, upon completing the RUMC Medical Degree. We received very good responses from current students and RUMC prospects.

Be in touch with your alma mater & fellow alumni. Email us at alumni@rcsiucd.edu.my to update your contact details.

alumni NETWORK



Dr Diong Seng Kwok
(Class of 2001)
Obstetrician & Gynaecologist at Penang Adventist Hospital.



Dr Halimatun Sa'adiah
(Class of 2003)
Anaesthesiologist at Hospital Pulau Pinang.



Dr Ganesan Palaniappan
(Class of 2013)
Medical Officer UD48 in Internal Medicine Dept at Hosp Kuala Lumpur.



Dr Ahmad Saufi
(Class of 2014)
Director/Head of Unit at Medical Education & Recognition Unit, Malaysian Medical Council.

PROGRAMMES@RUMC



Begin the first step towards
your career in Medicine with
our Foundation programme

#RUMC

A unique Pre-University programme, offering students an early introduction to medical and clinical fields in a hospital setting. Upon conclusion of the programme, with a CGPA of 3.5–4.00, students are eligible to apply for the 5-Year Medical Degree Programme at RUMC.

Next Intake: May 2021



Obtain a world-renowned Irish medical degree with our
Undergraduate Medicine (MB BCH BAO)

#RUMC

Malaysian doctors can now pursue the Family Medicine specialist training using the ICGP curriculum and assessment. Managed and delivered by RUMC, the curriculum of the programme is specifically adapted for the Malaysian healthcare scenario.

Next Intake: July 2021

For more information, visit
rcsiucd.edu.my/programme/mintfm
or email: mintfm@rcsiucd.edu.my



The University's flagship programme, the MB BCH BAO, is awarded by the National University of Ireland (NUI). Receive the best of both worlds with our transnationally delivered medical degree. RUMC is well-known for offering high value tuition and exceptional quality in clinical training, as it continues to graduate high performing, industry-ready doctors.

Next Intake: Sept 2020

Career Opportunities @ RUMC

Available Academic Positions

Head of Department in:
o Medicine

Lecturers:

- o Psychiatry
- o Medicine
- o Surgery
- o Obstetrics & Gynaecology

To apply & for more info
email hr@rcsiucd.edu.my

OR

contact 04-217 1999

Masters of Science (Health Research)

Health Research is an area brimming with possibilities to advance the quality of healthcare systems and services. This 2-year, part-time postgraduate degree is aimed at medical, health, and social science graduates with interest in Health Research. Fully accredited by MQA and MoHE, awarded Level 9 on the NFQ Ireland, and is compliant with ECTS.

Next Intake: February 2021

Master in Science Public Health

Public health problems are now increasing and require global solutions. This 1-year, full-time postgraduate degree is aimed at those planning to pursue careers locally or internationally and contains modules and research projects focused particularly on public health issues. The programme is fully accredited by MQA and MoHE, awarded Level 9 on the NFQ Ireland, and is compliant with ECTS.

Next Intake: September 2020