



# NEWSLETTER

## MINSIG 2015/2016 EXECUTIVE COMMITTEE MEMBERS

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## CONTENTS

Self-Determination, Teamwork, Trust and Personal Effort	1
Highlights: Seminar on Nurses Role and Preparedness during Disasters	2
Highlights: MINSIG Workshop 2/2015	2
Highlights: Snapshots and Views of the Participants of the 2/2015 Workshop	3
Highlights: Community Project with PLWHA	5
Highlights: Regional Stigma Steering Committee Meeting	6
Highlights: It is a Bronze	6
Sharing & Learning: Smartphone to Locate Veins	7
Sharing & Learning: Use of 2% Chlorhexidine Gluconate to Reduce CLABSI	7
Announcements: Congratulations	7
Announcements: Seminar: Caring for Patients on Intravenous Chemotherapy	8

### SELF-DETERMINATION, TEAMWORK, TRUST AND PERSONAL EFFORT

Despite the challenges faced, we had an amazing year that was filled with activities. We started the year with an international congress graced by Mr. Andrew Jackson from UK and ended doing a community project with "Pertubuhan Wanita dan Kesihatan" (WAKE) Kuala Lumpur. In between these activities, we ran two workshops on the insertion and management of peripheral intravenous cannula for adult clients and collaborated with Journal Club to run a seminar on nurses' role and preparedness during disasters. We also launched our second edition of the evidence-based guidelines on Insertion and Management of Peripheral Intravenous Cannula in Adults by Registered Nurses.

For three years, MINSIG had relied on a team from Aesclup for secretarial support to run the IV workshops. It was an excellent partnership. Nevertheless this year, MINSIG decided to go solo to cut cost. We continued to work with corporate partners, B Braun Malaysia and 3M Malaysia to plan and implement training programmes. Joining us this year is BD Medical, Steriline and TERUMO Malaysia.

Technology and smartphones had indeed made life easier for us to communicate with each other and time was utilised effectively through emails and whatsapp. Face to face meetings were limited to deal with important issues or implementing the actual event. Targets were achieved basically

with a cocktail of self-determination, teamwork, trust and personal effort. Definitely at times, large doses of stress went into the cocktail.

Since December 1st was World AIDS day, the members wanted to contribute a bit of their personal time with PLWHA. We were moved to hear about the stigma and discrimination faced by PLWHA especially the children who had lost their parents to AIDS. Each of us felt their unspoken fear and hopelessness attached to the disease. MINSIG intends to continue to provide emotional and whatever support to make them feel they are socially accepted. We realise we cannot do it singularly, but at least we can advocate on their behalf amongst our healthcare colleagues and friends. The children are growing up to be youths and they do need to be supported through college and given employment to lead a meaningful life. Furthermore, we need to make an effort to educate the public to remove the stigma associated with the disease.

As the year ends, MINSIG has planned several programmes for 2016. We look forward for another exciting year. On behalf of MINSIG, I take this opportunity to thank our corporate partners for their contribution and wish them and all our Christian colleagues and friends a Merry Christmas and a Happy New Year.

**Jeya Devi Coomarasamy**  
Chairman, MINSIG

## SEMINAR ON NURSES ROLE AND PREPAREDNESS DURING DISASTERS

The unprecedented flood that effected several states in the east coast of the peninsula at the year end of 2014 and the earthquake that hit Sabah this year was a wake-up call for nurses to assess whether they have the essential competencies to appropriately and effectively respond to disaster situations. Reflecting on what happened during the 2014 flood, most of the nurses realised that they are not ready to deal with the entire disaster management continuum from pre-incident (prevention/mitigation and preparedness) to post-incident (recovery and reconstruction/ rehabilitation) activities.

MINSIG conducted a one day seminar on 5th September 2015 with the support of MNA Journal Club to create awareness on the need for disaster preparedness. Amongst the distinguished speakers were YBhg Prof. Dato' Seri Dr. Haji Abu Hassan Asaari Abdullah, Head, Accident & Emergency Department, Hospital Kuala Lumpur who stressed on the importance of critical incident stress management. The other speakers who spoke on the various aspects of disaster management were Ms. Malathy Raghavan, Matron, Hospital Kuala Lumpur, Mr. K Soundrajah, Head of Psychology Department, MAHSA University and Dr Mohd Said Nurumal, Asst. Prof & Dean, Kulliyah of Nursing, International Islamic University Malaysia.

The 130 participants from all over Malaysia found that the seminar was timely and there was 100% agreement that further structured trainings should be conducted nationally and locally on a regular basis to prepare all the nurses for any disaster event irrespective of working area or position. All concurred they were not familiar with the national disaster plan and majority were unaware of the existence of their organisation's disaster plan.



The speakers with Deputy President of MNA, Puan Sharifah Al Junid and MINSIG team



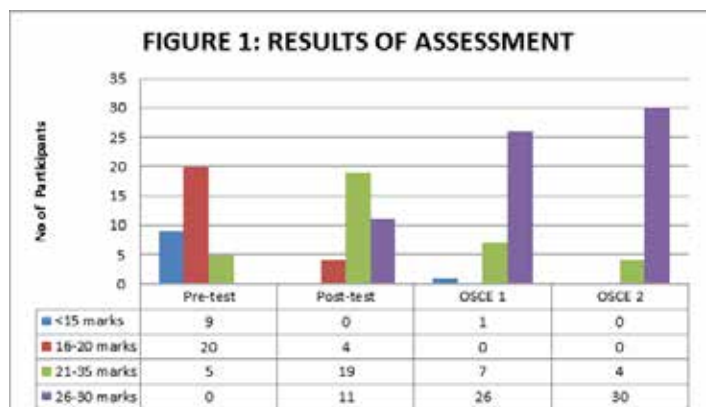
A participant shares her experience of a disaster event

## MINSIG WORKSHOP 2/2015

The second workshop on the "Insertion and Management of Peripheral Cannula for Adults" was held from 19-21 September 2015. The 34 nurses actively participated throughout the programme. Majority of the nurses were from private hospitals. It was a pleasure to hear the nurses discuss critically and share their experiences with the trainers.

Dr Petrick Periasamy a physician from Infection Control Unit, UKM presented the topic on staff and patient safety. He reminded the nurses about the need to decrease catheter related infections.

With this group, it was not a surprise to see the final outcome of the workshop. There was 100% passes in the post test and OSCE (Figure 1). Importantly, the group was reminded that the assessment does not end here. A record of the 20 cannulation done on actual patients under supervision of a physician had to be submitted before a certificate of accomplishment that is valid for two years is awarded.



## SNAPSHOTS AND VIEWS OF THE PARTICIPANTS OF THE 2/2015 WORKSHOP



**"I felt that this course is a must for everyone (nurses) because what we learned in basic school is not sufficient."**

Azim B Abd Aziz  
KPJ Damansara

**"I wish I can set up the IV Cannulation Unit in our hospital."**

Razlina Razali  
KPJ Damansara

**"I hope the role of an IV Nurse can be implemented in the hospital setting."**

Noreena Mansor  
KPJ Damansara

**"Saya rasa sangat bertuah kerana dipilih mengikuti kursus ini."**

Zuliwa Mat Yacob  
Hospital Tengku Ampuan Afzan



## HIGHLIGHTS

# SNAPSHOTS AND VIEWS OF THE PARTICIPANTS OF THE 2/2015 WORKSHOP

**"I would like to see all the nurses in the hospital that I am working trained and practice the standards that are recommended."**

Khoo Ah Choo  
Prince Court Medical Centre

**"Bengkel ini banyak memberi manfaat kepada diri saya. Banyak perkara-perkara dan tips-tips penting yang telah dikongsi bersama-sama penceramah. Ini merupakan pengalaman yang tidak dapat dilupakan."**

Jessica Tuntun Jerah  
Hospital Umum Sarawak

**"A very good course and valuable to a young nurse like me."**

Idasyamimi Mohamed Fadzil  
KPJ Klang

**"A very good programme that every nurse should be made to attend. I gained confidence in cannulating and giving IV care."**

Aysuria Saygaron  
KPJ Johore



## COMMUNITY PROJECT WITH PLWHA

On Sunday, 13 December 2015, members of MINSIG visited Rumah WAKE, a multiracial home for people living with HIV/AIDS (PLWHA). They joined the 15 children aged from 9 years to 20 years for lunch with their favourite meal, pizzas from Dominos. Except for one child who had Down's syndrome, the others looked healthy and behaved like any child of that age. One of the older ones who had just started working, happily related what his job was and even gave out his call card. Two of the children are doing a course on computer programming at a private college.

The children shared their painful experiences when people become aware they are HIV/AIDS positive. They also reflected on some of the healthcare professional's attitude towards them when they go for follow-up care. The children described of their fear to disclose their condition to avoid facing rejection and humiliation. One of the critical outcomes of stigma is discrimination which if not handled effectively can lead to health and social issues.

MINSIG members also visited two other homes under WAKE. One was for women and the other was for transsexuals. All the transsexuals were Muslims and it was sad to hear from them that they were not accepted by society as it contradicts Islamic beliefs.

"Stigma hurts. Because of AIDS, children are bullied, isolated and shut out of school. They are missing out on education. They are missing out on medicines. Children are missing your love, care and protection. Join me. And become a stigma buster. UNITE FOR CHILDREN UNITE AGAINST AIDS"

**Jackie Chan**



Rohani, Zurina and Jeya at a mall during Friday lunch break looking for gifts and goodies



Rohani and Fatimah are happy to see the delivery boy from Dominos



Let us beat the stigma against PLWHA!



## HIGHLIGHTS



## REGIONAL STIGMA STEERING COMMITTEE MEETING

Ms. Zurina Mohamad Saleh, MNA's Vice President (Community & Media) and Treasurer of MINSIG was one of the four Malaysians who participated in the Regional Stigma Steering Committee Meeting which was held in Hong Kong on 21st November 2015. Together with representatives from Hong Kong, Singapore, Taiwan, Japan and Korea, Zurina represented MNA to give input towards the development of educational tools to train healthcare professionals on the implications of HIV related stigma towards treatment success.

## IT IS A BRONZE!

A research team from Universiti Tenaga Malaysia (UNITEN), Malaysian Nurses Association (MNA) and Academy of Sciences Malaysia received a bronze medal for their poster presentation on the Nurses Disaster Preparedness Inventory (NDPI) at the International Conference and Exposition on Inventions by Institutions of Higher Learning. The exposition was held at Kuala Lumpur Convention Centre from 4 to 6 December 2015.

The NDPI which is based on the International Council of Nurses (ICN) Disaster Preparedness Framework measures nurses' competencies in handling disasters. It is the first entry by the research team who are currently in the process of completing a national study on the attitude, practices and perceived preparedness of nurses during a disaster. The research is done under a FRGS research grant and is led by Associate Prof Dr Zubaidah Ali from UNITEN. The other co-researchers are Dr. Zainal Ariffin Ahmad (Academy of Sciences Malaysia), Ms Jeya Devi Coomarasamy (MNA-WP), Dr Soon Lean Keng (MNA-HUSM), Matron Nik Rozilan Yaacob (MNA-Terengganu) and Sharul Azim Shaharudin (UNITEN).

The research team takes this opportunity to thank President of MNA, Puan Mariam Madhar Ali and the members of MINSIG and Journal Club for their assistance rendered during the qualitative phase of the study that was conducted on 5th September 2015 at Wisma Jururawat. Sincere appreciation and thanks is also given to the participants from Kelantan and Pahang who were attending the seminar on the role and preparedness of nurses during disaster for graciously participating in the focus group interview.



## SMARTPHONE TO LOCATE VEINS

Health care professionals would be happy to know that smartphones can now be used to locate veins that are difficult to find.



A group of researchers from Nottingham Trent University led by Prof Amin Al-Habibah, professor of intelligent engineering systems had developed a 3D printed smartphone device to locate veins in people's arm. The device which is fitted with an infra-red filtered lens is strapped to the patient's arm. The strap also acts a tourniquet.

Source: <http://www.ntu.ac.uk/apps/news/180169-1>

## USE OF 2% CHLORHEXIDINE GLUCONATE TO REDUCE CLABSI

A meta-analysis by Shah, Schwartz, Luna and Cullen (2016) found using 2% chlorhexidine gluconate as a disinfectant reduced central line associated blood stream infection (CLABSI) rate by 40%. They also reported that the cost associated with single CLABSI is ten times more than the cost of using 2% chlorhexidine gluconate.

The full article "Bathing with 2% Chlorhexidine Gluconate: Evidence and Costs Associated with Central Line Associated Bloodstream Infections" by Shah, H.N., Schwartz, J.I., Luna, G & Cullen, D.C is available in Critical Care Nursing Quarterly 2016; 39 (1); 42-50.

Source: IV Team <http://www.ivteam.com>

## ANNOUNCEMENTS

### CONGRATULATIONS

The following nurses who attended the August 2015 workshop have successfully completed their training on insertion and cannulation of peripheral intravenous cannula and are the recipients of certificate of accomplishment which is valid from Dec 1, 2015 to Nov 31, 2017.

1.	Rebecca Anak Ikok	Hospital Limbang, Sarawak	MINSIG/001/2015
2.	Quah Le Tien	Sunway Medical Centre	MINSIG/002/2015
3.	Soh Ai Lim	Borneo Medical Centre	MINSIG/003/2015
4.	Ramziah Binti Mat Saman	Institut Jantung Negara	MINSIG/004/2015
5.	Christina Jong Siew Lan	Sarawak General Hospital. Kuching.	MINSIG/005/2015
6.	Dr. Chan Kim Geok	Universiti Malaysia Sarawak	MINSIG/006/2015
7.	Foo Siew Foong	Lam Wah Ee Hospital	MINSIG/007/2015
8.	Yong Suk Moi	Hospital Sibul	MINSIG/008/2015
9.	Wong Chen Chen	Hospital Sibul	MINSIG/009/2015
10.	Ooi Sock Yee	Hospital Lam Wah Ee	MINSIG/010/2015
11.	Nik Rohaya Mohamad	Institute Perubatan Respiratori	MINSIG/011/2015
12.	Quek Lian Leu	Institute Perubatan Respiratori	MINSIG/012/2015
13.	Moganasri Mahendran	Institute Perubatan Respiratori	MINSIG/013/2015
14.	Nor Azliani Bt Saary	Institute Perubatan Respiratori	MINSIG/014/2015
15.	Noor Ul-Hayaat Bt Samsudin	Institute Perubatan Respiratori	MINSIG/015/2015
16.	Nurhidayah Bt Baba	Institute Perubatan Respiratori	MINSIG/016/2015
17.	Sabrina Anne Santhara Dass	Institute Perubatan Respiratori	MINSIG/017/2015

## ANNOUNCEMENTS

# SEMINAR: CARING FOR PATIENTS ON INTRAVENOUS CHEMOTHERAPY

- Date** : Thursday 21 January 2016  
**Venue** : Wisma Jururawat, PJ  
**Registration fees** : MNA members : RM30  
 Non MNA members : RM50
- Online registration** : minsig2015@gmail.com  
**Limited seats** : Register before 15 January 2016.  
**Fees payable to** : Seminar Persatuan Jururawat Malaysia  
 Account No: 8600318539  
 CIMB Bank

### PROGRAMME

0930 -1000	Registration	MINSIG EXCO
1000-1010	Welcoming address by MINSIG chairman	Ms. Jeya Devi Coomasamy
1010-1020	Address by President MNA	Puan Mariam Madhar Ali
1030-1100	Hazards due to intravenous chemotherapy	Puan Kamarun Neasa Begam Mohd Kassim. Clinical Pharmacist, National Cancer Institute. Putrajaya
1100-1130	Management of Chemotherapy Extravasation	Dr. Nahjatul Kursyiah Abd Ghafar. Clinical Oncologist, National Cancer Institute. Putrajaya
1130-1200	Nursing Standards: Caring for Patients on Intravenous Chemotherapy	Associate Prof. Raja Lexhimi Raja Gopal. Nursing Department, Faculty of Medicine. UKM
1200-1230	Presentation of Certificates of Accomplishment to successful participants from Group 1/2015 and 2/2015.	Puan Mariam Madhar Ali President MNA
1230-1400	Lunch	

## MINSIG TRAINING PROGRAMMES

Date	Programme	Venue	Registration Fees	
			MNA Member	Non MNA Member
24 -26 March 2016	Workshop on "Insertion and Management of Peripheral Intravenous Cannula in Adult Patients"	Wisma Jururawat, PJ	300	500
23 July 2016	Seminar: Prevention of Catheter Related Infections	Wisma Jururawat, PJ	100	150
10-20 August 2016	Workshop on "Insertion and Management of Peripheral Intravenous Cannula in Adult Patients"	Wisma Jururawat, PJ	300	500
3 September 2016	Refresher Course on Insertion and Management of Peripheral Intravenous Cannula in Adult Patients	Kuching, Sarawak	100	150

- Online registration** : minsig2015@gmail.com  
**Fees payable to** : Seminar Persatuan Jururawat Malaysia  
 Account No: 8600318539  
 CIMB Bank

**Book your seats early. Seats are only confirmed when full payment is received. Deadline: 1 month before the training date.**