



MNA Bulletin

THE OFFICIAL PUBLICATION OF MALAYSIAN NURSES ASSOCIATION

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Vision

The Malaysian Nurses Association is the association of choice for all registered nurses in promoting and maintaining the honour, interest and the advancement of nursing as a profession.

Mission

Aims to become the premier association for Malaysian nurses dedicated to:

- Develop and promote high standards of nursing education, practice and research.*
- Uphold the image of nursing.*
- Abide by the professional ethics.*
- Be the centre of national and international nursing networking.*
- Implement and collaborate with other organizations for health promotion.*
- Express its opinion and to acquaint the government and other bodies with the policies and aspirations of the nursing profession.*
- Promote professional, social, cultural and charitable activities.*

President's Message



Dame Hjh Ramziah Hj Ahmad

Warm greetings to the members of MNA! It is my pleasure to inform our members that the Headquarters is now actively functioning and ready to offer continuing nursing education programmes. We have employed a course coordinator to assist in the planning and implementation of short courses for the year. These courses will be designed based on the training needs analysis of the members. We want to help the members of MNA to continuously update themselves with current issues in nursing. We hope these courses will benefit the nurses in delivering quality nursing care and improve client outcomes.

Members are encouraged to contribute articles to JMNA and the bulletin. The wealth of experience we have gathered through the years should be shared in writing. Towards this end the Journal Club is trying to organize a writing workshop for budding nurse writers who can help with the bulletin and the journal.

Last but not least, I would like to congratulate the Bulletin team for another successful publication.

Editor's Message



**Pn. Zurina Mohamad Saleh
Chairman,
MNA PPUKM Branch**

Bismillahirrahmanirrahim.

Assalamualaikum dan Salam Satu Malaysia.

As a newly elected Chairman of PPUKM Branch, I am honoured to help MNA HQ with the first issue for the year 2013. It is a good opportunity for the PPUKM Branch to showcase what we can contribute to the overall goal of MNA. PPUKM Branch is the youngest member of MNA. We are only three years old and learning to manage a Branch. We aspire to see our Branch become an outstanding Branch dedicated towards developing young nurses as future leaders. We want to be seen as being committed and being part of a bigger group in the development of the nursing profession in Malaysia.

MNA after 63 years is still going strong due to the past and present dedicated leaders. They have continued to ensure nursing standards are maintained and nurses are being recognised for their contribution to the Malaysian healthcare industry. We the young leaders and members should continue with their efforts to ensure that MNA is globally recognized.

DOA SELAMAT AND BACAAN YASIN

Executive Council of MNA had a prayer session on February 1, 2013 after “Magrib” prayers. Ustaz Amir, Imam from Jabatan Agama Islam Selangor (JAIS) led the prayers that were attended by the Muslim EXCO members. The objective of having the prayers is to express our gratitude and thanks to his almighty for blessing us with this building. We called upon Him to safeguard the staff and the building at all times. We also requested from Him, to continuously shower MNA with luck and prosperity. The members spend the night in the building.



NURSING SEMINAR-REBRANDING: PROFESSIONAL IMAGE OF MALAYSIAN NURSES

On 2nd February 2013, a Nursing Seminar with the theme “Rebranding: Professional Image of Nurses” was organized by the top MNA EXCO for the committee members of the Branches and the Special Interest Groups. It was held in the auditorium which has a capacity of 180. The former Director General of Health Malaysia Tan Sri Dato’ Sri Dr. Ismail Merican was one of the guest speakers. The seminar ended with a garden tea and a karaoke session.



2ND SEMINAR FOR NURSING STUDENTS

The second seminar for nursing students was held on February 23rd 2013 at MNA headquarters. The auditorium was filled to the capacity by students from the Klang valley. The theme for the seminar was “Job Market: Expectations of the Employers.” A very current topic amidst the call for quality nursing graduates by potential employers, the seminar touched upon the expectation of the current employers, their professional role and what is quality nursing care. The seminar was officiated by President of MNA, Ramziah Ahmad. The Gen Y student nurses actively participated in the discussions during the Q&A session. The following were the topics and the speakers for the day:

- Professionalism in Nursing- Prof Siti Rabikhatun bt. Dato’ Mohd Zain

- The New Graduate: The Employer Expectation – Puan Sharipah Asiah Syed Junid Al Junid
- Quality Nursing Care – Puan Sapiyah Ab. Hadi
- Transferability Skills : Nursing Board Standards – Puan Goh Siew Kuan

The day ended with a forum on the theme that was chaired by Puan Aminah Wahid. The panelist were Puan Mariam Madhar Ali, Deputy President MNA, Puan Sharipah, Staff Nurse Arif Atarhi from PPUKM and Student Nurse Suresh Kumar Vetrivel from UCSI University.

The seminar was organized by Puan Mariam and Associate Prof. Jeya Devi Coomarasamy, Vice President (Education), MNA.



DIALOGUE WITH DIRECTOR OF NURSING, MINISTRY OF HEALTH MALAYSIA

On April 5, 2013, the President of MNA led a team for a dialogue with Dato' Fathliah bt. Abd. Wahab, Director of Nursing, Malaysia. The objective of the meeting was to enhance the collegial relationship between MNA and the Nursing Division. Both parties shared their views on how best to improve the nursing profession. The discussion was held at Nursing Division, Ministry of Health Malaysia, Putrajaya.



MS. JUDITH SHAMIN FROM CANADIAN NURSES ASSOCIATION

Ms. Judith Shamian from the Canadian Nurses Association visited MNA Headquarters on 2nd March 2013. She was in Malaysia to get support from MNA as she is vying for the position of President, International Council of Nurses. She was accompanied by Ms. Suzie Kong, President of the Commonwealth Nurses Association. At hand to receive her was the President of MNA, Ramziah Ahmad and executive council members.



PROF. DR. JUDITH ELLIS

On 8 March 2013, Prof. Dr. Judith Ellis, London South Bank University dropped by at MNA Headquarters. She was welcomed to the headquarters by Datin Meraton, Datin Hajjah Meraton bt Hasim Vice President (Community).



SEMINAR: PRACTICE DEVELOPMENT: BEST NURSING PRACTICES

On 16th March 2013, the day before the 63rd AGM, members attended a seminar with the theme "Practice Development: Best Nursing Practices". It was held at Kinta River Front Hotel, Ipoh. The aim of the seminar was to look into the current gaps in clinical nursing practices in Malaysia. Dr. Tom O' Connor, a lecturer from School of Nursing, Midwifery and Health System, University College of Dublin, Ireland spoke on the seminar theme and also on the role of academia on practice development. He shared with the MNA members on the best practices in Ireland.

Local speakers also emphasized the need to improve nursing practices to ensure there are good clinical outcomes. Although

all three speakers are from the academia, they spoke passionately about clinical outcomes. Associate Professor Dr. Khatijah Lim Abdullah, Head of Nursing Department, University Malaya spoke on patient-centered outcomes. The focus she said should always be the patient and not the nurse. The patient should get quality nursing care and any intervention the nurse does should take into consideration the best interest of the patient. Dr. Soon Lean Keng, a senior lecturer from Universiti Sains Malaysia emphasized on the importance of implementing evidence-based practice interventions. She stated that this is an area which has been sadly neglected and there is a need to look into some of the current nursing interventions that had been handed down over the years. Information technology has also made an impact in nursing education. Today nurses are given the opportunity to upgrade themselves professionally through e-learning. Clinical skills cannot be learned on line. However, theory could be learned outside the four walls of the classroom and in the comfort of one's home. Stated Associate Professor Dr. Faridah Hashim, Head of Nursing, Open University. She spoke on the impact of e-learning on clinical practice.

The day ended with a forum on the theme. The word forum expects active discussion from the floor. What were shared are concrete criticisms that can help to improve nursing practice further. The panel members were made up of Ms. Goh Siew Kuan, Nursing Division, Ministry of Health Malaysia, Puan Sharifah Asiah Junid Aljunid, Head of Nursing Services, PPUM and Ms. Ng Siew Koon, State Matron Selangor. The chair for the forum was Puan Zaharah Saad, Chairman of SIG Education.



63RD ANNUAL GENERAL MEETING (AGM)

The 63rd AGM was held at Kinta River Front Hotel on 17-19 March 2013. Issues were debated following the presentation and acceptance of the previous AGM minutes, Hon. General Secretary's 2012 Report and the Hon. General Treasurer's 2012 Report. New resolutions were put forward for the improvement of the profession and the association. Puan Mariam Madhar Ali retained her post as Deputy President. She was uncontested. Puan Sharifah Asiah Syed Junid Aljunid and Associate Professor Jeya Devi Coomarasamy retained their post as Vice Presidents. Dr. Aini Ahmad was also elected as the third Vice President. All post is for a two year term. Perak Branch did a wonderful job as host this year. The next AGM would be held in Kuala Lumpur.



AGM DINNER “BOLLYWOOD NIGHT”

It was a night to remember. Everyone was dressed to kill in their latest Bollywood outfits. There were many Hema Malini's, Aiswaryah Rai's and Priyanka Chopra's making their debut. Everyone had a good time watching scintillating performances by our very own nursing stars. Present at the dinner was Deputy Director General of Health Malaysia (Research & Technical Support) Y.Bhg Datuk Dr. Lokman Halim Bin Sulaiman and his wife. Datuk later gave a speech and officiated the 63rd AGM.



ORNAC 23RD NATIONAL AND INTERNATIONAL CONFERENCES IN CONJUNCTION WITH IFPN MEETING

The ORNAC 23rd National and International conference was held in conjunction with IFPN meeting from April 21-25, 2013 in Ontario, Canada. Around 1073 nurses from 16 countries attended this conference. The participating countries were Australia, Belgium, Canada, Croatia, France, India, Ireland, Israel, Malaysia, Portugal, Russia, South Korea, Sweden, Turkey, UK, and US.



IFPN meeting was held on the 23rd of April. It was attended by the President of ASIORNA, Ms. Kesook Yoon and her Board Members. Malaysia was represented by Puan Sharipah Asiah Syed Junid Aljunid and Ms. Khoh Sham Ching. The meeting highlighted the need for international cooperation towards developing perioperative nursing care. One of the issues discussed at length was on how best to exchange knowledge on perioperative nursing care and to help the nurses from the developing countries to be on par with nurses from developed countries. The next ORNAC conference is to be held in 2015.

MALAYSIAN INFUSION NURSE SPECIAL INTEREST GROUP (MINSIG)

The committee members of the newly formed MINSIG officially met on 13 April 2013 at Crystal Crown Hotel Coffee Room. Due to unforeseen circumstances, the committee was locked out of HQ and had to seek refuge in the nearby hotel. The security guard who was supposed to open the gate had to attend to an emergency and he was not there to open the door. We thought of climbing the gate and having the meeting in the garden with a picnic thrown in. The members did bring sandwiches, nasi lemak and other yummys for the tea break! The idea was aborted as the sun was just too hot and the Chairperson had QA of the knees and could not climb the gate! The makan-makan' was put back into the cars and all of us headed to the coffee house to deliberate about the role of the members and the activities for 2013. The meeting was fruitful and we do hope MNA members will come forward to attend the workshops organized by MINSIG.



MINSIG Team



"Shall We, Shall We Not!"

PPUKM BRANCH

PPUKM branch had several activities in the first quarter of the year. We started with Branch AGM on January 30, 2013. A total of 201 members attended. The following were elected as office bearers:

- Chairman : Puan Zurina Mohamad Saleh
- Deputy Chairman : Puan Masrifah Zakaria
- Secretary : Puan Norafida Budin
- Treasurer : Puan Zamrudah Mohd Ismail

The members thank the outgoing Chairperson Puan Roslina Rasip and her committee for their contributions.



CONTINUING NURSING EDUCATION

'Kawal Stress Sebelum Stress Mengawal Anda'

On April 27, 2013, PPUKM branch had a continuing education programme on mental stress. It was held at the PPUKM auditorium and attended by 166 members. The speakers were Prof. Dr. Harlina Haliza Hj, Siraj Head of Education Department PPUKM, A/P Ho Siew Eng, Head of Nursing Department PPUKM and Ustaz Hasrizal Hassan the imam also from PPUKM.



WORLD KIDNEY DAY RUN AND CARNIVAL 2013

World Kidney Day was celebrated on April 28, 2013 at Presint 3 Putrajaya. A total of 52 PPUKM Branch members participated in the run and and the carnival. The slogan chosen was "Focus on Your Kidney." A booth was set up to give information on healthy kidney to visitors.



100% MEMBERSHIP

PPUKM Branch worked hard to ensure that all the nurses in PUKM become members. The Branch was also able to get all the nurses from UKMSC to become members. It is now in the process of recruiting the nurses who are under MAKNA.



SELANGOR BRANCH AGM

The 22nd Annual General Meeting of the Selangor Branch was held on 12 January 2013. A total of 270 members attended the AGM. Amongst the young members were veterans like Puan Azimah who never fails to miss any AGM. Datin Hajjah Meraton bt Hasim, Vice President of Community and Media another staunch Selangor member was also present and helped to officiate the day's events. There were two presentations, Nilai Nilai Murni and Integrity before the AGM proper.



ROAD TO ROYALE BINTANG

The MNA Headquarter had done a great job by organizing the Leadership Training Workshop for MNA Branch and Special Interest Group (SIG) members from 6th July to 8th July 2012. The workshop was designed for those elected representatives from the Branch and SIG who are holding the 4 top posts: Chairman, Deputy Chairman, Secretary and Treasurer. In my view, the workshop has met its intended objective of developing a new brand of futuristic leaders.

MNA has 18 Branches and 9 Special Interest Groups. Sabah is not represented as they are not members of MNA. I represented SIG Journal Club as a Chairman. My sincere appreciation and thanks to MNA EXCO for giving me the opportunity to be one of the 100 participants who came from various parts of Malaysia.

My journey began on the early hours of 6th July. I had just finished my Night Duty. My eyes were half-open due to exhaustion but my body and mind was still alert and I felt fresh as a result of the different atmosphere that surrounded me.

I felt like I was in one of Middle East countries as soon as I reached Hotel Royale Bintang which was located at Jalan Bukit Bintang, Kuala Lumpur. I was surrounded by Arabic men and women dressed in Hijab. At that moment, I, a Malaysian, felt like a tourist and they were the local people.

While waiting for my turn to get the keys for the hotel room, Seri, Puan Sharipah and I decided to treat ourself to a lunch. On the way back, we met an Arabic couple asking us for directions to a mosque. We started looking at each other because the funny part was we were also struggling to find our way back to Royale Bintang. I wanted to laugh when I saw Seri trying her best to speak in Arabic. I just hoped that they understood what she said! Suddenly one taxi passed stopped and rescued us from embarrassment. Good lord! He saved our face!

At night, we were welcomed by the EXCO members with a good dinner. Our President gave an eye opening speech and this was followed with cutting of a birthday cake for those who had their birthdays that day. On the second day, I felt pleased with the

agenda because it enabled me to refresh my knowledge about the role and responsibilities of the top posts in MNA. The ideas from Gen Y leaders for what they want from MNA in the future was something new and it gave our current leaders something to think of.

We were divided into small groups and we started with an interesting game that was conducted by one of the Executive members. It was enjoyable and it was indeed fun to have such group activities before the workshop. Each group was made up of members holding the various top posts. There was no segregation between the MNA Branches and the SIG or between the GEN X and GEN Y. We were all MNA members with one goal!

There were 6 groups all together. The group work started soon after dinner. Our group had to come out with a strategic plan on how to interest the Malaysian nurses to join MNA and how to sustain their membership. Each group had to present the given topic in 15 minutes.

On Sunday, 8th July, each group presented their proposal. There were lots of great and fantastic ideas. Each group was then given 4 weeks to have it documented and submit it to the executive members for final approval and amendment.

Last, but not least, before the workshop ended, the MNA President summarised the Projected Plan for 2012 and 2013. I do believe that the future of MNA is on the hand of the leaders and the members. Just like the Malay phrase; 'bersatuteguh, bercerairoboh'. I call upon all nurses to support MNA by registering as a member in order for us to project nursing and to be heard by the government and the society.

Happy reading!

Tim.
July 2012.

MNA COUNCIL MEMBERS 2013

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Dame Ramziah Hj Ahmad

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Assoc. Prof. Jeya Devi Coomarasamy

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3. Ik Ropani Bt Talib (Penang)
4. Cik Hj. Zamzuri Rashid (Perak)
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10. Pn. Zaida Yahya (Pahang)
11. Pn. Radziah Idris (Negri Sembilan)
12. Pn. Aini Bt Rani (Terengganu)
13. Pn. Fu Choon Kee (Sarawak)
14. Pn. Cheng Siew Ting (PPUM)
15. Pn. Chik Hussin (HUSM)
16. Pn. Zurina Mohd Saleh (PPUKM)
17. Pn. Jothy Letchumy (SDMC)
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