



# 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



**Mariam Madhar Ali**

Greetings to all members of MNA!

This is the 1st issue for 2014 covering activities of MNA from Jan to April 2014. May I take this opportunity to say "a big thank you" to all MNA members for electing me as your new President for the term 2014 to 2016! I intend to serve MNA to the best of my ability and help bring in more benefits to the members. I also would like to congratulate Past President Hjh. Ramziah Hj. Ahmad for being elected as President of the Commonwealth Nurses and Midwives Federation for 2014 to 2018. MNA fully supported Puan Ramziah Hj. Ahmad when she contested for this position and we are happy that she was elected without any contest. We wish her all the best in her new role.

The early part of the year MNA had been busy with many activities and programs. One such program was the Outreach Community Program at the Orang Asli Settlement, Kg Sg Dua, Pulau Ketam. Apart from the activities that benefitted the people there, MNA members also enjoyed themselves. It is my wish that such programs would continue. MNA has planned a calendar of activities for 2014 and we call upon all members to participate in all these activities when announced.

Finally, I urge all Branches to contribute news to be included in this Bulletin, together with pictures coupled with suitable, creative, interesting and captivating captions of their activities at Branch level, for the benefit and knowledge of all our readers. Together we shall achieve more!

Happy Reading!

## Journal Club Chairman's Message



**Fatimah Binti Alias**

Salam & Salam Sejahtera,

On behalf of the Journal Club, I want to wish everyone a Happy New Year and may we have a blessed year! We look forward to articles from the members for the next three issues.

In this issue we highlight the events during the 64<sup>th</sup> Annual Grand Meeting held at Sunway Putra Hotel.

Happy reading!

# HIGHLIGHTS OF THE 64TH MNA AGM

## Beginning of a New Chapter

About 415 nurses all over Malaysia attended the 64<sup>th</sup> MNA AGM held at Sunway Putra Kuala Lumpur on Mac 21<sup>st</sup> till 24<sup>th</sup> 2014. The host this year was Selangor Branch.

Puan Mariam Madhar Ali took over as President of MNA from Puan Hajjah Ramziah Ahmad who had held the post for three terms consecutively. Cik Nornisah Bakri retained her post as Honourable General Treasurer. Both of them won their post uncontested. The new President who is the current Deputy President is taking over at the time when changes are occurring nationally and globally. MNA members are confident with Puan Mariam and trust her to lead MNA in policy decisions at the national level that have implications to the nursing profession.

A farewell lunch was given in appreciation to Puan Hajjah Ramziah Hj Ahmad for her long standing contribution to MNA.

The members are looking forward to the 2015 AGM at Kelantan.



## WINNERS OF ZUBAIDAH SHIELD

HUSM won the Zubaidah Shield beating PPUM and Sarawak. The youngest Branch of MNA, PPUKM was 4<sup>th</sup> with Johor taking the 5<sup>th</sup> place. Keep up the competitive spirit Branches and vie to be the next winner! Make sure you have a clean slate and help to contribute actively to raise and retain the membership. Also do not forget the bonus points that come from your various activities and contribution of scholarly articles to the journal.



## GO RETRO NIGHT

Y.Bhg. Datuk Dr Noor Hisham bin Abdullah, Director of Health Malaysia was the guest of honour for the Go Retro Night. In his official opening speech for the 64<sup>th</sup> AGM, he touched on various issues pertaining to the development of nursing. MNA will act on some of the issues raised by Datuk.

Nurses are entertained by a live band singing retro songs. Everyone let their hairs down and forgot about work to enjoy the songs and to have a good time on the dance floor.

Free tickets to Perth and Adelaide were contributed by Air Asia.



## EDUCATIONAL SEMINAR: "PROFILE OUR PROFESSION: A NURSING CAPACITY BUILDING"

This year's seminar on 22<sup>nd</sup> March 2014 was a change from previous years. There was a dire need to rebrand the nursing profession in Malaysia. The profession is facing many challenges and as nurses we must be well prepared to face the demands of clients and employers. One of the most important survival skills for nurses is effective communication. We cannot deny there is a need to uplift the image of nursing and this can only be done if each of us take pride on who we are and project ourselves in a manner that the public can trust and state that without nurses the whole healthcare system can collapse.

Mr. J.D Lovrencic, a Public Relations Consultant and a writer took the members through lively and interactive sessions using the butterfly as an analogy. The one-day seminar ended with a forum themed "The colours of Nursing Experience" which was chaired by the speaker himself. One of the members of the forum was a well known journalist, Mr. Krishnamoorthy who highlighted what is needed for nurses to catch the eye and interest of the media. Another personality who is well known in the Public Relations arena, Mr. R. Haridass represented the consumer of nursing and spoke on the need for patient-centred care. Senior members of MNA, Ms Patricia Lim, Ms Rose Paul and Adjunct Prof Siti Rabikhathun Dato' Mohd Zain joined Puan Zurina Mohamad Saleh, Chairman of PPUKM Branch on highlighting the important role the nurses can play in rebranding their noble profession.



# COMMUNITY SERVICE PROJECT

## Towards a Healthy Life

On 26<sup>th</sup> April 2014, MNA Head Quarters collaborated with SIG Public Health in a community service project at Perkampungan Orang Asli, Sungai Dua, Pulau Ketam, Klang Selangor. The activity was done in collaboration with Pulau Ketam Health Clinic, Jabatan Kemajuan Hal Ehwal Orang Asli (JHEKOA) and Panel Advisors of Pulau Ketam Health Clinic.

MNA President Puan Mariam Madhar Ali led 40 MNA members from HQ, Selangor Branch, Negeri Sembilan Branch, SDMC, PPUM, PPUKM and Wilayah Branch in this project.

The response from the community was good. The objective of the project was to:

1. determine the level of knowledge on well balanced diet among the Orang Asli community;
2. demonstrate the preparation of clean, safe and quality meals;
3. screen for any medical and health problems
4. give health education on healthy diet, dental care and the importance of medication compliance.
5. identify social problems faced by Orang Asli community
6. build rapport with the community.



## SUSTAINING SOCIETY THROUGH SOCIAL ENTREPRENEURSHIP

The Registrar of Society (ROS), Shah Alam, Selangor organized an Organization Development Program themed “*Sustaining Society Through Social Entrepreneurship*”. The programme was held on 24<sup>th</sup> February 2014 at Centre for Instruction and Advance Skill Training, Shah Alam, Selangor. Tuan Noraffendy Abd Khalid, State Director of Shah Alam opened the event.

About 100 NGOs participated in this program. Honorable General Secretary, Pn. Fatimah Alias, and SIG Evergreen Chairman, Datin Meraton Hasim represented MNA.

The aim of the program was to highlight to the general public about social entrepreneurship initiatives in sustaining organizations. The NGOs were enlightened on ways to approach social problems that can improve the quality of life of individuals and communities.

## “JASA MU DIKENANG”

On 28<sup>th</sup> March 2014 a farewell dinner “*Jasa mu dikenang*” was held at Berjaya Times Square Kuala Lumpur Hotel for Dato’ Hajjah Fathilah Binti Hj Abd. Wahab, the Director of Nursing, Ministry of Health Malaysia. About 1,000 nurses from Ministry of Health, Public and Private Nursing Colleges and various Medical Centres attended the dinner.

President Puan Mariam Madhar Ali and other EXCO members attended the dinner. In her farewell speech Dato’ Hajjah Fathilah thanked the nursing fraternity for their support when she was Director of Nursing, MOH.

MNA wishes Dato’ good health and happy retirement!



MNA President & Members of MNA



Dato’ Hajjah Fathilah Binti Hj Abd. Wahab, the Director of Nursing, Ministry of Health Malaysia & KSU

## LEADERSHIP IN NURSING

MNA UMMC Branch and UMMC Nursing Development Department had an educational talk on 24<sup>th</sup> February 2014 to change the mindset of leaders and potential leaders. A total of 48 nurses and student members attended and actively participated in the seminar. Past President, Puan Hj. Ramziah Hj Ahmad shared her knowledge and experiences on nursing leadership.

## COMMONWEALTH NURSES FEDERATION 21ST BIENNIAL MEETING 2014 – LONDON, UNITED KINGDOM

Theme: Nurses and Midwives: Agents of Change

The President of MNA Dame Ramziah Ahmad and the Deputy President Ms Mariam Madhar Ali represented MNA to the CNF 21<sup>st</sup> Biennial meeting on 7<sup>th</sup> March 2014 which was held at the Royal College of Nursing at 20, Cavendish Square, London, UK., followed by the 2<sup>nd</sup> Commonwealth Nurses Conference on the 8<sup>th</sup> & 9<sup>th</sup> March 2014 held at the Royal College of Physicians, Regent Park, London, UK.



Meeting centred on the Constitutional Amendments, membership fees and CNF Strategic & Operational Plans 2014 - 2016



Newly elected President of CNF Dame Ramziah Ahmad greeting Her Majesty The Queen of England accompanied by His Excellency Kamallesh Sharma, Commonwealth Secretary-General.



The 21st CNF Biennial Conference bade farewell to Ms Susie Kong who had been CNF President for the last nine years (2005 - Mac 2014)



The newly elected CNF President Dame Ramziah Ahmad of Malaysia & the Deputy CNF President Professor Kathleen MCourt of the United Kingdom (2014 - 2018)



Pictures with CNF Board members



MNA President & CNF President

## ORPHANAGE HOME WELFARE ACTIVITIES

On 18<sup>th</sup> January 2014, about 5 members of The Malaysian Nurses Association Kedah Branch carried out a community social responsibility project at an Orphanage.

The objective of the project was to promote healthy lifestyle among this underprivileged group. In addition to health assessment and counseling, the members also helped to clean their Home. Cases identified as troubled and at risk was referred to proper sections for further assistance.

The branch also presented a small contribution to the Orphanage.



Gotong royong at the hostel



Contributions from Kedah MNA and private individuals



## IV GLOBAL NURSES DAY: PROVIDING CARE FOR LIFE

The event was held on 25<sup>th</sup> January 2014 at 3M Auditorium Ara Damansara. About 108 healthcare professionals attended the seminar. The Seminar was launched by the Deputy President of Malaysian Nurses Association, Puan Mariam Madhar Ali. Associate Prof Jeya Devi from UCSI University and MINSIG Chairman, Dr Abdul Rashid from UKMMC, Matron Hee Kim Lan from MOH and Ms Hannah from KPJ Tawakkal spoke on safety and legal issues pertaining to intravenous management. Nurses were awarded continuous professional development (CPD) points. The event was successful and participants have requested more of such activities.

Malaysian Infusion Nurses Special Interest Group (MINSIG) collaborated with 3M Malaysia, B Braun Sdn Bhd and Aesculap Academy Malaysia in organizing this free event to celebrate intravenous nurses' day. Infusion Nurses Society (INS), United States celebrates IV Global day to support thousands of infusion professionals around the country. It was first initiated in 1981 and it is a day that means a great deal to the many who have dedicated their lives to provide the best infusion care possible and to honour the hardworking individuals who dedicate their lives to the infusion specialty.





# *Behind screen – The Unforgettable Memoir,*

## **Story 1**

Puan Raffia walks in slowly into the Labour Ward on Monday morning as scheduled. This is her first pregnancy. The doctor has advised her to come for induction 2 weeks earlier from expected date of delivery because she had Gestational Diabetic. She has to control her diabetes with insulin therapy but lately her appetite was good. She can eat anything at any time. Her husband was very supportive throughout her pregnancy. Deep inside her heart, she knows the reason why. Her husband has lost his first wife because of post partum haemorrhage soon after her delivery. The incident has an impact on him. If possible he doesn't want the same thing happen to his second wife.

The nurse accompanied Puan Raffia to the Induction Bay in double room to bed number 12. Her room was at the end near the Operation Theatre. Her face shows excitement when she walks pass by the delivery room after room. She can hear a woman groaning in pain and the other room she can hear a newborn baby crying.

I was assigned to nurse her during my morning shift Duty. She has a pleasant face. Her big round eyes was sparkling behind her spectacle. I introduce myself to her and do my routine procedure. She didn't talk much. She will only answer one sentence to a question and most of time she will smile whenever I looked at her.

I applied the cardiotocograph (CTG) on her and inform that the doctor will come and review in the moment; I know that she is nervous even though her face expression looked calm. The Morning grand round has reached her bed. The Professor in charge explained the need for induction, the procedure and risks of failure. As my duty, I reinforced what the doctor has explained to her.

The first prostin was inserted by the doctor at 0800 hrs. For this procedure, she has to lie on her bed for 1 hour for the prostin to dissolve. Her CTG was reactive throughout the hours.

After an hour, she was allowed to ambulate until the fifth hour from the insertion of the prostin. I tell her that her meal was provided by the hospital. She just smiles and nods her head. She was alighted when I inform that her husband is waiting at the lobby outside the Labour Wad.

I reminded her that she has to come in every hour for me to monitor her fetal heart beat and inform the nurse if she experience strong contraction or if her water bag bust. I wasn't sure whether she heard what I said because she was in hurry to see her beloved husband.

I was about to call her in for the next review when I saw her husband rushing into the Labour Wad and inform that her water bag bust. I wheeled her in and reapplied the CTG again. Without delay I informed the Doctor in charge. The vaginal examination was done on her. She was already 4cm open and her membrane was indeed absent. The doctor offered epidural for her comfort. Puan Raffia was so cooperative during the procedure. The epidural insertion was successful.

Because of her sugar level was elevated, the Dextrose, Insulin and Potassium (DIK) regime was ordered to maintain the sugar at normal range. I was busy preparing the infusion when she complaint to me that she had difficulty in breathing. During the time, anaesthetist was still around monitoring her first vital sign after the epidural insertion. I raised her bed to 45 degree and console her to come down and try to breathe slowly.

There is no change in her vital sign. Everything was normal. There is no stress looked on her face either. The anaesthetist felt that maybe she just felt anxious looking at so many tubes and wiring around her. I assure her that everything is under controlled. She just has to believe in it but her big round eyes looked straight deep into my eyes as though telling 'please help'.

*...Continue next page*



### *Behind screen – The Unforgettable Memoir,*

Dear god, something is wrong. I rush outside to inform the Medical Officer (MO) to have a look at her. Mean time, I went to the Clean Utility Room to prepare the oxygen equipment and alerted the other Staff Nurse on duty to give a hand. Rushing back to the room I heard the MO shout 'bring resus trolley!!' My heart stops beating when I heard that. Puan Raffia has collapsed soon after I left her.

She has stop breathing. Her vital sign has dropped rapidly. She was attended by the senior Lecturer and the senior Anaesthetist. Active resuscitation was attempted to save her life. She was then intubated with manual pumping. A drastic decision was made by the lecturer to deliver her baby by emergency caesarean section (LSCS)...

She was rushed to the Operation Theatre (OT) for emergency LSCS. I squish her hand for the last time before the OT door close behind me and pray 'may Allah bless u Puan Raffia.' I wish that Puan Raffia will be able to see her baby and recovered home as a proud mother. But we only can meditate and only God have the answer for it.

Her baby was delivered safely but the Doctor failed to bring her back. She just doesn't want to wake up from her sleep. She was pronounced dead after 2 hours of active resuscitation.

Her beloved husband took the grief with patient. He wipes every tear that come in. He believed in fate. He surrender to God will with dauntless.

I will never forget the last looked of the bright round eyes forever. The silent desperate looked for help. May Puan Raffia rest in peace... InshaAllah. Amen.

*Tim2012*

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