



# 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**

Salam Sejahtera and a very good day to all members of MNA.

Welcome to the 2nd issue of the MNA Bulletin for 2014 (May to August). The months from May to August had been busy months for all of us here at the MNA HQ. We were making preparations to host and celebrate International Nurses Day on the 12th of May 2014 at the PICC in Putrajaya. This year's theme was, Nurses: A Force for Change – A vital Resource for Health. It was an eventful day and I was very pleased to welcome more than 3,000 nurses' nationwide who attended the function. Apart from the three (3) Tokoh Jururawat Awards given out yearly in conjunction with International Nurses Day, this year we saw the MNA give away a special award – the MNA Distinguished Service Award – to one of its members

who had served the association selflessly for more than 40 years. The sole recipient for this award was Mr M.S Murthy who had played a significant role in the acquisition and establishment of the present MNA Building where the MNA HQ is now located. For all his efforts, we now can enjoy and be proud of our own building and HQ.

Another important event during this period was the Leadership training workshop that took place from 31 May to 1st June 2014 focusing on MNA's Core Values. It is important that the MNA to have its own Core Values which would be the "guiding beacon" in all the decisions to be taken in the years ahead.

On 23rd August 2014 we had a wonderful Gotong Royong to help clean and beautify the compound and areas surrounding our HQ and at the same time we had "Salam Aidil Fitri" get-together. Let us together work to keep this HQ building in pristine condition always.

I would also like to take this opportunity to wish every one of you, "HAPPY MERDEKA" in conjunction with the recent 57th Merdeka Day celebrations on 31st August; Malaysia with the theme Disini Lahirnya Sebuah Cinta. On that note, I call upon all of us to always remember "to render our services with a smile and a loving heart".

Thank you all, and Happy Reading!

## Journal Club Chairman's Message



**Fatimah Binti Alias**

Assalamualaikum Dan Salam Satu Malaysia!

I would like to take this opportunity to thank my fellow journal club members for their support. A special thank you to the President, Executive Secretary and Vice President Education for their continuous guidance in ensuring the bulletin is successfully published. This second issue will cover the national celebration of International Nurses Day 2014 and other international events. MNA will always appreciate the support from members throughout Malaysia. We will try our best to feed you with current issues. Please log on to our Website [www.mna.org.my](http://www.mna.org.my) and follow us and give your feedback on ways to improve our association.

Wassalam and thank you.

## A DAY BEFORE MAY 12TH, 2014

Once again, on 11th May 2014, a day before the big event of International Nurses Day celebration, members from University Malaya Medical Centre have taken the responsibility of packing the door gifts for 3000 Nurses. About 20 members voluntarily came as early as 7am to commence the tedious work of packing 3000 goodie bags. Not an easy task but their smiling faces, it shows that they are enjoying this factory work passing to each other and making sure that no items are missed.

The delegates for this year's IND celebration were given a joy when they were presented each with a bar of chocolate wrapped round a stalk of rose. That is the appreciation to all nurses from YB. Minister of Health, YBhg. Datuk KSU and YBhg. Datuk DG. Bravo! to all of us.



## HIGHLIGHTS OF INTERNATIONAL NURSES DAY 2014

As in the past, MNA hosted the national celebrations for International Nurses Day 2014. This year's theme Nurses: A Force for Change, a Vital Resource for Health is in line with the changes that is occurring around us and the demands made on nurses by the health care industry. Nurses will continue to contribute towards improving the health outcomes of the community regardless of their work place.

One of the events was the community outreach program for the orang asli population at Kg Pulau Dua, Pulau Ketam, Selangor. The program was done together with the staff of Pulau Ketam Health Clinic.

MNA also showed its appreciation to the nurses who have contributed to MNA and the nursing profession in the area of Education, Service and Community Health. This year MNA gave 'The Distinguished Service Award' to a member who had contributed selflessly to the nursing profession and especially to the history and development of MNA as we see it today. A 'Honorary Membership Award' was given to the Director of Nursing, Ministry of Health Malaysia who had recently retired after serving the government for many years.



*Recipient of the Awards*



*YB Datuk Seri Dr. S. Subramaniam*

## OFFICIAL LAUNCH OF NATIONAL CELEBRATION AT PUTRAJAYA CONVENTION CENTRE

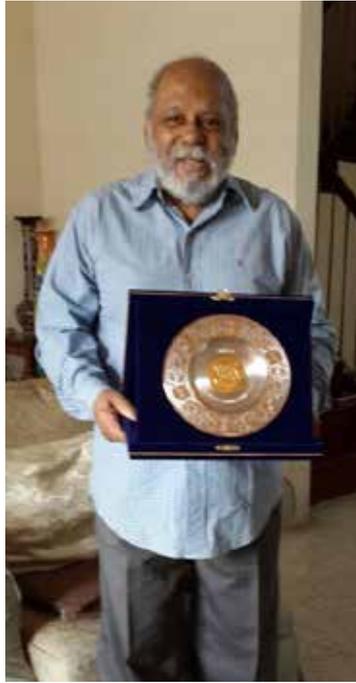
The national day celebration was graced by the Minister of Health Malaysia, YB Datuk Seri Dr. S. Subramaniam. Also present to honour the nurses were Secretary General of Health Malaysia, Datuk Farida Mohd Ali and Director General of Health Malaysia, Datuk Dr. Noor Hisham Abdullah. Puan. Hj. Rosena Hj. Abdul Ghani, Acting Director of Nursing, represented Nursing Division. Flag bearers from the different states escorted the guests to the hall.

The Minister launched the event and presented the Tokoh Jururawat Awards to Dr. Rohani Arshad (Education), Datin Meraton Hasim (Community) and Pn. Hj. Raimah Bachik (Service). MNA also proudly presented the "Distinguished Service Award" to Mr. Sammanthamurthy Murugasan. Due to his health Mr. Murthy as he is fondly known to all MNA members, was not present to personally receive the award. We missed his presence. Ms. Pat Lim received the award on his behalf. Dato' Hajjah Fathilah Hj Abd. Wahab who recently retired as Director of Nursing Malaysia was given the 'Honorary Membership Award'.

The morning session ended with a keynote address; A Force for Change, A Vital Resource for Health delivered by the Director General of Health Malaysia, Datuk Dr. Noor Hisham Abdullah.



## MNA DISTINGUISHED SERVICE AWARD



Mr Sammanthamurthy Murugasan lovingly known as Mr. M.S. Muthy, retired as a senior tutor in the Ministry of Health. His intelligence, confidence and wittiness caught the attention of the Director General of Health, Tan Sri Dr. Khalid Sahan who then entrusted him to revise the Nurses Act which was passed by Parliament a couple of years later. The Minister of Health, the late Tan Sri Chong Hon Nyan had very high regards for Mr. Murthy, so much so, he was always being invited to sit with the Minister in Parliament to answer any health related issues.

Mr Muthy's involvement with MNA takes us back to the fifties when it was known as the Malaysian Nurses League. His love affair with MNA, his thriftiness with the money and his no nonsense administration together with the commitment from the Council Members resulted in MNA of what we see it today. The result of the hard work of this nurse and the dedicated Council Members during his time is Wisma Jururawat. Members of the association now enjoy working in this building which is in the heart and buzz of Petaling Jaya.

Mr. Murthy, we members cherish what you had done. You deserve this award!

## TOKOH JURURAWAT 2014



**'TOKOH JURURAWAT' (Community)**

Datin Meraton Hasim served in the Government sector for 30 years. Datin who is a life member of MNA is still very much involved with nursing. She actively organizes or participates in community projects with NGOs in Selangor. Datin was the past Vice Presidents (Community and Media) but her involvement with MNA continues till today.



**'TOKOH JURURAWAT' (Education)**

Adjunct Professor Dr. Rohani Arshad joined University Malaya Medical Centre in 1973 as a staff nurse. Her career spanned from clinical, management to education. A life member of MNA Dr. Rohani served as committee member of UMMC branch for four years and later held the post of UMMC's Chairman for 2 years. Dr. Rohani is actively involved in continuing professional development of nurses.



**'TOKOH JURURAWAT' (Service)**

Pn. Haj. Raimah Bachik joined University Malaya Medical Centre (UMMC) as a student nurse in 1972 and qualified as Staff Nurse in 1975. She was promoted as Head Nurse in 1982 and Nursing Officer in 1989. As a nursing officer she was involved in promoting nursing standards through her planned and developed quality programs. An active member of MNA, she had held many posts as Vice Chairman and Chairman of UMMC Branch. She was also the Chairman for the SIG (Management) and Vice Chairman SIG (Evergreen). She is still very much involved in all MNA activities.



## 'HONORARY MEMBERSHIP'

Dato' Hjh. Fathilah Hj. Wahab who has just retired from Ministry of Health Malaysia was given honorary MNA membership in recognition for her contribution to the nursing profession. Her support to MNA during her tenure as Director of Nursing, Ministry of Health Malaysia was not forgotten.

## SEMINAR 'NURSE; A FORCE FOR CHANGE, A VITAL RESOURCE FOR HEALTH'

In the afternoon, a seminar on the theme was held. Pn. Hjh. Rosenah Hj Abdul Ghani spoke on "Nursing Workforce Planning". Her presentation was followed by Pn. Fu Choon Kee who enlightened the participants on "Nursing Work Environment and Patient Safety Outcomes". Assoc. Prof. Ho Siew Eng continued with "Reducing the Gap and Improving the Interface between Nursing Education and Nursing Service". CPD points were awarded to all the nurses who attended the seminar.



*Pn. Hjh. Rosenah Hj Abdul Ghani*

*Pn. Fu Choon Kee*

*Prof. Ho Siew Eng*

## NNA REPRESENTATIVES MEETING GENEVA, 14-15 MAY 2014

The National Nurses Association (NNA) representatives' meeting was held at Grand Hotel Kempinski Geneva, Switzerland from 14-15 May 2014. President of Malaysian Nurses Association (MNA), Puan Mariam Madhar Ali and Vice President (Education) of MNA, Associate Professor Jeya Devi Coomarasamy attended the two days meeting hosted by International Council of Nurses (ICN) together with representatives from Nurses Associations of more than 130 countries. (135 countries who are members of ICN).



*ICN President, Dr. Judith Shamian*

## GOTONG ROYONG & SALAM AIDILFITRI

On 23rd of August 2014, Malaysian Nurses Association manage to gather 97 of its members to volunteer in the Gotong Royong activities at Wisma Jururawat. The volunteers were from Klang Valley Branches, the MNA Exco and also the participation of student members from MAHSA.

Through this activity they were able to clean up the MNA HQ compound and its surrounding areas and removed all receptacles and rubbish that would have otherwise rendered conducive breeding grounds for the aedes mosquitoes. Not only that, they were also able in the process, to somewhat beautify the gardens in Wisma Jururawat compound as to make them more presentable to MNA members and visitors. It was such a joyful event that took off in the morning with a right dose of "senam robik" led by the abled Dr Mohd Nahar Azmi Mohamed from the University Malaya Medical Centre. It was an exhilarating start to an eventful morning!, After that, members were treated to Jamuan Hari Raya and a small gift were given to all as token of thanks from MNA HQ before departing for home..

## FIFTH TRIAD MEETING GENEVA, 16-17 MAY 2014

The Fifth Triad Meeting was held at Grand Hotel Kempinski Geneva, Switzerland from 16-17 May 2014. President of Malaysian Nurses Association (MNA), Puan Mariam Madhar Ali and Vice President (Education) of MNA, Associate Professor Jeya Devi Coomarasamy attended the two day meeting of Government Chief Nursing and Midwifery Officers, leaders of National Nursing and Midwifery Associations and Regulatory bodies of more than 130 countries, together with the International Confederation of Midwives (ICM), the International Council of Nurses (ICN) and World Health Organisation (WHO). The focus of the fifth Triad meeting was on strengthening the nursing and midwifery workforce to support universal health coverage as a means to achieve the health goals.



*With Her Royal Highness, Princess Muna Al Hussein of Jordan*



*CEO of ICN, David Benton*

## **TRANS- PACIFIC PARTNERSHIP AGREEMENT (TPPA)**

### **Roundtable Discussion**

On 20th July 2014, the Malaysian Medical Association (MMA) called all medical organization to address common issues with one voice especially on the Trans-Pacific Partnership Agreement (TPPA). TPPA is a free trade agreement under negotiation among twelve countries namely United State of America, Malaysia, Singapore, Australia, Brunei Darussalam, Canada, Chile, Japan, Mexico, New Zealand, Peru, and Vietnam.

The discussion was held at MMA Building in Kuala Lumpur. Vice President Service, Ms. Sharipah Asiah Syed Junid AlJunid and Honorary General Secretary, Ms. Fatimah Alias attended the meeting on behalf of MNA. Attendees were briefed on the impact of the TPPA to the nation in particular the health sectors with regards to escalated health care costs. It was highlighted the implementation of TPPA would have an impact especially on the availability of affordable quality generic medicines to treat a variety of health needs in Malaysia.

## **LEADERSHIP TRAINING WORKSHOP OF MNA OFFICE BEARERS**

MNA HQ organized a Leadership Training Workshop from 30th May 2014 till 1st June 2014. The workshop was attended by 97 leaders and potential leaders from 18 Branches and 10 SIGs. The new participants were introduced to the roles and responsibilities as chairman, vice chairman, secretary and treasurer. The workshop ended with the participants developing the MNA Core Values.

## **A DAY WITH UNFORTUNATE CHILDRENS**

MNA Negeri Sembilan Branch organized an adoption program for children of Taman Sinar Harapan Tuanku Najihah, Seremban, on 9th March 2014. It is the home for about 100 children aged below 14 years who suffer from cerebral palsy, Down's syndrome, hydrocephalus, speech and hearing impairment.

Total of 98 Negeri Sembilan Branch members took part in the adoption program. The objective of the program was to establish rapport with the children. The program started with briefing by the Royal Patron, Tuanku Ampuan Najihah. The members later joined the children to do aerobic exercises.



## **A VISIT TO GAMAT FACTORY IN LANGKAWI**

A total of 21 members from UMMC Branch visited sea cucumber (gamat) oil factory, Nusantara Maju Enterprise Sdn. Bhd, in Kuah, Langkawi. The educational visit on 24th August 2014 was organized by Education Bureau UMMC Branch. During this visit, the members had the opportunity to observe the process on how sea cucumber are cooked with selected herbs before turning it into sea cucumber oil or gamat oil.



## **KEMBARA SAHUR**

Johor Branch MNA members from Health Sciences College Johor Bahru carried out a kembara sahur on 18th July 2014. The members visited several locations such as Madrasah Tahfiz Maahad, Kempas, Emergency Department Kulai, Johor, State Department of Public Service and the Radio Television Angkasapuri Johor Bahru. Four members together with 150 trainees from Allied Health Science College, Quezon City led by Director of Allied Health Sciences College Johor Bahru, Zaleha Abu Bakar presented cash donations and food items to the Principal of Madrasah Tahfiz Maahad Kempas and also contributed food meal to all staff and workers in the places visited.



## MALAYSIAN TRANSFORMATION OF NURSING PROFESSION SEMINAR: CHALLENGES & ISSUE

About 83 members participated in the Malaysian Transformation of Nursing Profession Seminar: Challenges & Issue held on 27 / 6 / 2014 at PPUKM. The Nursing Master Student 2013 / 2015 collaborated with MNA PPUKM Co- organized the event. The objective of the seminar is to share knowledge between the academia and nursing which benefited both party for future development of nursing. The Seminar was officiated by MNA President, Pn. Mariam Madhar Ali.



## WALK WITH LOVE 2014 “HEALTH AWARENESS CAMPAIGN”

As part of social responsibility, the Wilayah branch headed by Puan Asiah Supaat with 6 other members from clinic Jalan Raja Abdullah, Kampung Baru, Kuala Lumpur participated in the Health Campaign organize by Klang Valley Malaysian Telegu Organization. The event took place at Taman Tasik Titivangsa, Kuala Lumpur on 3rd May 2014 from 1pm until 6pm.



## EDUCATIONAL VISIT TO NATIONAL ARCHIVES OF MALAYSIA

SIG Journal Club organized a visit to National Archives of Malaysia on 23rd June 2014 and brought along a total of 23 members. The group tour was lead by Pn. Sharipah Asiah Junid Al Junid, Vice president Service. The tours began with a brief history of National Archives of Malaysia by Mr. Ade Iskandar bin Roslan and Mr. Mansor Ahmad.

Members were so excited when they visited the Pameran Warisan Eksklusif where most of historical letters are displayed; one of it is Proclamation of Independence 1957. The participants then were ushered to Seksyen Rujukan and Asses where Pn Fatimah Alias and Pn Sharipah Asiah had the opportunity to assess the computer. They found out that there is very limited input regarding Malaysian Nurses Association and nursing profession in Malaysia. In relation to that, MNA handed over the nursing books, bulletin, Journal of MNA and badges to National Archives of Malaysia for futur



## OR NURSES EDUCATION PROGRAM LAUNCH MALAYSIA

The Perioperative Special Interest Group, Malaysian Nurses Association had the opportunity to have a Collaborative Education Programme with Ethicon, Johnson and Johnson. The one day programme was held on 14th June 2014 at The Crystal Crown Hotel, Petaling Jaya, Selangor. About 105 participants from Perak, Kuala Lumpur, Putrajaya, Selangor participated in the seminar. They are from government and private institutions.

The programme includes the topic on Science of Tissue Management and Surgical Site Infection and High Impact Presentation Skills Didactic by speaker Dr Vikram Jaisinghani .A hands on Workshop on tissue closure was for all the participants. The seminar came to an end with the vote of thanks by the President of Malaysian Nurses Association Puan Mariam Madhar Ali.



## MEMBERS DRIVE BY SIG EDUCATION

A special activity in conjunction with recruitment of first year nursing student was held on 18/7/14 in Mahsa University. Chairman SIG Education, Associate Prof Zahrah Saad welcomed Puan Mariam Madhar Ali, President of the Malaysian Nurses Association (MNA) as well as the Executive Secretary Puan Aminah Mohd Walid.

Puan Mariam briefed the members on benefit of joining as MNA member. She also encourages tutors to become life members. Ceremony of handing over the application forms to MNA President was held at the end of the session.



### JOURNAL CLUB CORNER



## BED NUMBER 25

The bed number 25 in Medical Ward 11 has never been empty for so long. It will be occupied as soon as the nurses made up the bed. But the situation has changed since the 85 years old man died from stroke. The bed was left empty for 2 days now.

The old man took his last breath on Sunday morning on 3rd July 1992. He is their regular customer as they called him. Everyone during the shift was so calm when he died because they expected it to happen sooner than that.

He had no family...no wife...no children...no body except himself...it was a tragic moment to see him lying there alone with no relatives to moan for him. Now it is up to the nurses to tender what a person deserve on his last day on this earth.

Yes, the nurses know what to do.....it happened almost every day. It becomes a blunt routine with no feeling. This is the setback when you have to do the same thing over and over again. They packed the body, then complete their paper work.....informed the porter and out you go.

Within a few hours, the bed number 25 is ready to receive another patient. The bed number 25 is facing the front door where everybody can see who is lying there.

The old man will smile whenever he see people walking in the ward. His eyes will follows them until the end then quickly he will looked back at the door exit as if expecting somebody... But then all the working staff knows that he has no relative. He came alone to register himself as Mr. Ho Saw Lung. He was their regular patient. The ward is his first home. He will be discharged today and will come back after a week or two.

From his appearance and the way he brought himself, people will notice that once upon a time this old man was a handsome and powerful man in his community. He was a successful businessman. Money is nothing to him. He would spend his money luxury. He would never be alone without friends and relatives. They worshipped him. They wanted to swindle his money without him realizing it.

He was buying love with luxury. His parents had passed away and left him a fortune. He had nobody so he had to trust his best friend and his nephew to handle the company for him. They handle it really good and made him signed so many documents without realizing that his was giving them full authority to run the company and then they removed him from the company.

The moment had come...they organized a surprised birthday party for him. It was his 50th birthday. His nephew and his trusted friend announced that Mr. Ho had willingly passed over his entire asset of the company to them and they really appreciated what he had done. That left him with only his house and whatever money left in his bank.

He was speechless...he had no one to turn to...to help him. He could see all the guests standing and clapping their hands with joy. They are shook hands with each other and congratulated the two culprits for doing their job well.

That was 35 years back... he still had his house and had no regrets. That was his biggest mistake for trusting people and buying love with money.

*...Continue next page*



# BED NUMBER 25

The incident that took his life happened during the night ... he went to the toilet alone. Like always he will bring his own toilet roll that hanged onto his belt. Suddenly the nurse at the counter heard a big bang. ...boom!!!... Everybody ran toward the sound... searching from where it came from.

Nurse!!! ...somebody fell down inside the toilet! The young man from bed number 24 yelled his heart out. The old man was unconscious when the nurse found him. He was not breathing. The nurses dragged the old man out from the toilet and attempted CPR at the doorway.

After a moment... magically he regained his consciousness... slowly he opened his eyes and looked around and asked 'what happened?' 'Nurse'...his word trembling... 'Can u please help me to the bed...I feel dizzy'

'Yes, but next time can u please press the button before u leave to the toilet?' says the senior nurse.

'No...no...no...I am alright, I can go alone...I don't want to trouble you all' says the old man in his trembling sound.

'Don't be so ridiculous, you trouble us more by not pressing the bell' scolded the young nurse.

The old man just smiled at her and said 'alright, I promise you all...this is my last nuisance'. His eyes watered.

The doctor came almost immediately and examined the old man and put him under close observation. In his case note, the Doctor had written clearly 'no active resuscitation'.

Within minute the nurses and the wad Attendant pushed the bed number 25 nearer to Nurses Counter to bed number 8. Now the bed number 8 has become the bed number 25.

Happy reading.

Tim2012

## HEARTFELT CONDOLENCES FROM MNA



The President and council members of MNA express their heartfelt condolences to one of our nursing colleagues Nor Zarith Zaaba, Staff Nurse from UKMMC (PPUKM) who lost her husband, Mohamad Firdaus Abdul Rahim, a co-pilot of the ill fated MH17. We cannot say much with words but our prayers are with you and your family. May Allah bless his soul. 'Alfatihah'

## MNA COUNCIL MEMBERS 2014

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