



# 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:*

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



**Mariam Madhar Ali**

## President's Message

First of all, I would like to congratulate Special Interest Group (SIG) Journal Club for their effort in publishing the 2nd issue of the MNA Bulletin covering the period of May to August 2015 on all MNA main activities. As president of MNA, I am proud to see the commitment and teamwork shown by 18 branches and 11 SIGs in all the activities undertaken by the MNA. Today, the MNA has also actively engaged cyberspace interactions with nurse members via Website and Facebook.

The MNA has also taken steps to create more visibility for herself by getting involved in national and international events vis-à-vis conducting community services, attending international nursing conferences & meetings, etc.

The MNA have also successfully collaborated with the Nursing Division of the Ministry of Health (MOH) in organizing the International Nurses Day (IND) Celebrations on 12th May 2015.

In Jun 2015, the MNA President and Hon. Gen. Secretary represented the MNA to the International Council of Nurses (ICN) Bi-Annual meeting And Conference in Seoul, Korea.

I hope the pictorial event shown in this bulletin will inspire young nurses to join the MNA and together we shall uphold the high nursing standards of the Malaysian nurse, hand in hand with nurses of the world.

Don't forget to surf the MNA website and click "like" on our MNA Facebook for more information.



**Fatimah Binti Alias**

## Journal Club Chairman's Message

Bismillahirrahmanirrahim.  
Assalamualaikum dan Salam Sejahtera.

Malaysian Nurses Association (MNA) wished a very warm Greetings to all members. The second issue of this Bulletin will cover the events and activities organised from May to August 2015. Journal Club would like to congratulate the Branches and Special Interest Group (SIG) for their commitment in giving us the input. Without your support, our Bulletin will have nothing to publish. I, personally would like to encourage the 18 branches and 11 SIGs to give us a persistent support by giving more input for years to come.

We hope the pictorial of the two major events of The International Nurses Day (IND) and International Council of Nursing (ICN) Conference and Council of national Nursing Association Representative (CNR) 2015 will bring back pleasant memories to all members who had participated and also for those who could not be present but still enjoy the pictorial news.

# INTERNATIONAL NURSES DAY (IND) CELEBRATION

AT IDEAL CONVENTION CENTRE (IDCC), SHAH ALAM ON 12TH MAY 2015

The International Nurses Day was celebrated on the 12th May 2015 at the IDEAL Convention Centre (IDCC) Shah Alam attended by 4000 nurses from all over the country. This year's event celebration was jointly organised by the MNA and the Nursing Division of the Ministry of Health (MOH).

The theme for this year's IND Celebration is "Nurses: A Force for Change: Care Effective, Cost Effective – Improving Health and Well-Being". The event was officiating by the Minister of Health Malaysia, YB Datuk Seri Dr. S Subramaniam who was present together with other guests from MOH. In his opening address, the Minister called upon all nurses to give their full support to the Malaysian Government in whatever ways possible to help the country attain the commendable goal of good health for all Malaysians.

In conjunction with this year's IND Celebrations, three (3) deserving nurses were selected by a Special Committee based on an approved set of service criteria, and were awarded the Tokoh Jururawat Service, Tokoh Jururawat Community and Tokoh Jururawat Education respectively.



## IND SCIENTIFIC SEMINAR

**"NURSES: A FORCE FOR CHANGE: CARE EFFECTIVE, COST EFFECTIVE IMPROVING HEALTH AND WELL-BEING"**

Seminar on the theme was delivered by Director of Nursing Puan T. Selvin Subramaniam. The essence of her speech was for the transformation of the nursing profession that must be driven by nurses at large, in order to meet the challenges of a dynamic healthcare system.

# COUNCIL OF NATIONAL NURSING ASSOCIATION (CNR) REPRESENTATIVES MEETING & INTERNATIONAL COUNCIL OF NURSES (ICN) CONFERENCE.

This year Congress was hosted by the Korean Nurses Association (KNA). The President, Pn. Mariam Madhar Ali and Honorable General Secretary, Pn. Fatimah Binti Alias represented Malaysian Nurses Association (MNA) to the Council of National Nursing Association Representatives (CNR) Bi-Annual meeting from 16th -18th June 2015 which was attended by representative from 119 members countries. The CNR composed of official representatives from each of ICN's member associations, accompanied by technical advisers and other delegates, is the ICN's governing body. The meeting was to identify the profession's priorities and ICN future directions. CNR 2015 focuses on future global strategy on Human Resources for health and the Strategic Direction for Strengthening Nursing and Midwifery Services.

## THE INTERNATIONAL COUNCIL OF NURSES (ICN) CONFERENCE

The theme for ICN Conference and CNR is 2015 Global Citizen, Global Nursing. The Opening ceremony of the 2015 ICN Conference was held on Friday 19th June at the Olympic Gymnastics Arena in Seoul. The MNA President and Hon Secretary represented Malaysia in the traditional march-past parade of all member countries of the ICN during the Opening ceremony. It was officiated by Her Excellency Madam Park Geun-hye, the President of the Republic of South Korea. In total 13,000 nursing members attended the Opening ceremony which was a colourful event with Korean cultural dances & other performances.

On 20th June The conference begin with keynote address on Global Citizen, Global Nursing: Reshaping Nursing for the future Needs of Citizens was delivered by WHO Assistant Director-General for Communicable Diseases Dr. Margaret Chan from the People's Republic of China.

Malaysian was represented by 30 members who were there to share their experience and to gain new knowledge and insights for themselves and others. One of our members Ms. Liza Amri presented a plenary paper on the topic Developing Malaysian Nurses leader: Nurses Perspectives.

The closing ceremony took place on Monday 22nd June with an announcement for the next CNR Bi-Annual Meeting and Quadrennial Conference to be held in Barcelona, Spain in 2017 with a special video footage showcasing the sights to the city of Barcelona and a focus on the National Nurses Association of Spain.

On 23rd June after the Closing ceremony, The Korea Nurses Association (KNA) had arranged for a Hospital visit by participants to the Conference. However, this scheduled visit unfortunately had to be cancelled due to the outbreak of the Middle East Respiratory Syndrome (MERS) virus in South Korea. As a replacement visit programme, participants were given the opportunity to discover aspects of Korean Culture instead. Pn. Mariam and Pn Fatimah visited The War Memorial of Korea and the Bukchon Hanok Village, a typical cultural village of South Korea.



PN. MARIAM MADHAR ALI AND PN. RAMZIAH, MANTAN PRESIDENT WITH MS JUDITH SHAMIAN, PRESIDENT OF ICN



PN. MARIAM AND PN. FATIMAH WITH MS OKSOO KIM, PRESIDENT OF KOREAN NURSES ASSOCIATION.



MNA WITH DELEGATES FROM ROUND TABLE DISCUSSION (ASIA & PACIFIC REGION)



FNIF FUNDRAISING LUNCHEON

## 21st NATIONAL PERIOPERATIVE NURSING SEMINAR 2015

The 21st National Perioperative Nursing Seminar 2015 was organized by the Perioperative Special Interest Group Malaysian Nurses Association. It was held on 23rd-24th May 2015 at Pullman Bangsar, Kuala Lumpur. About 274 participants from the government and private hospitals all over the Malaysia attended the Seminar.

The theme for this seminar is 'Patient safety in Perioperative Care: Multi-Professional Collaboration'. During the first day, Chairman of Perioperative Special Interest Group MNA; Ms. Salawati Sidek delivered her welcoming address, followed by opening speech by Ms Mariam Madhar Ali, President Malaysian Nurses Association (MNA) as well as officiate the seminar and booth exhibition

The seminar was closed by Ms Sharipah Asiah Syed Junid Aljunid, Deputy President MNA and Advisor for Perioperative Special Interest Group followed by International Nurses Day 2015 celebration with the multimedia presentation on the history of SIG Perioperative MNA. The token of appreciation from SIG Perioperative to the Past Chairman were then presented by Madam President Ms Mariam Madhar Ali. And the event ended with the cake cutting ceremony.



Forum session : Fresh Graduate in OR : My Experience from 3 panelist



Committee Members with Madam President Ms Mariam Madhar Ali



Committee Members with MNA President and Speakers



Past Chairman of SIG Perioperative Ms Sarojini received token of appreciation from MNA President



## THE NATIONAL COUNCIL OF WOMEN'S ORGANISATIONS MALAYSIA (NCWO) FORUM: Creating an Inclusive Culture

The 53th NCWO Forum was held at Perdana Room 1 & 2, Dewan Perdana Felda, Kuala Lumpur on the 24th August 2015 in conjunction with International Women's Day. The forum started at 9am until 2 pm. The welcoming speech was delivered by NCWO President, YBhg Tan Sri Dato' Seri Dr. Sharifah Hapsah Syed Hasan Shahabudin.

183 participants from various affiliates members, including the Malaysian Nurses Association (MNA) participated. MNA was represented by Puan Sharipah Asiah Syed Junid Aljunid, Dr. Aini Ahmad, Puan Zurina Mohd Salleh, Puan Fatimah Alias and Puan Abidah Yasin. There were three panels of experts who share their knowledge with the participants. Puan Rokiah Haron, Deputy Director of Community Development, Social Services Section, Economic Planning Unit, Prime Minister's Department, Dr. Waitchalla a/p R. R. V. Suppia, Ministry of Women, Family & Community Development, and Associate Prof. Dr. Shanthi Thambiah Gender Studies Programme, University of Malaya.



Puan Zurina participating in the Q & A session



The President of NCWO with the participants



Representatives from MNA



Panel Speakers

## CERAMAH KESIHATAN KEPADA PERISMA KUALA LUMPUR

On 22 August 2015, Malaysian Nurses Association was invited to give a Health Talk on Lay Rescuer Cardio Pulmonary Resuscitation (CPR), Antenatal Health Care and Breast Feeding to members of Persatuan Suri Anggota Wanita Bomba dan Penyelamat WPKL (PERISMA). The Program was organised by the Biro Kebajikan Bomba dan Penyelamat, Kuala Lumpur.

Around 60 participants took part in the above program. It was a very interactive, fruitful and enjoyable event, especially the hands-on CPR.



## MAJLIS PELANCARAN & SEMINAR SEMPENA MINGGU PENYUSUAN SUSU IBU SEDUNIA 2015 PERINGKAT KEBANGSAAN.

Majlis di rasmikan oleh YBhg. Datin Paduka Seri Rosmah Mansor, Isteri YAB Perdana Menteri Malaysia pada 25 Ogos 2015 bertempat di Dewan Seri Endon, Puspanitapuri, Putrajaya. Turut hadir sama adalah YB. Datuk Seri Dr. S. Subramaniam, Menteri Kesihatan Malaysia, YBhg. Dato' Dr. Anwar Fazal, Pengarah Eksekutif World Alliance for Breastfeeding Action (WABA), Puan Zurina mewakili Pn. Mariam Madhar Ali, Presiden Persatuan Jururawat Malaysia.

Majlis ini membincangkan tentang perkongsian inisiatif dan pengalaman pelbagai agensi dalam menyokong wanita bekerja supaya mengekalkan penyusuan susu ibu tanpa menjejaskan operasi perkhidmatan.

Seramai 1,000 orang daripada sektor awam dan swasta turut hadir. Kerajaan mengambil berat dan mengharapkan majikan Malaysia, menyediakan kemudahan kepada pekerja wanita untuk terus menyusukan anak mereka. Kemudahan yang dimaksudkan ialah Bilik Penyusuan dan Peti sejuk untuk penyimpanan susu ibu.



## **AKTIVITI PEMERIKSAAN KESIHATAN DOOR TO DOOR BAHAGIAN SURGERI 29 MEI 2015**

Program ini merupakan yang kedua anjuran MNA PPUKM. Sasaran pemeriksaan pada kali ini ini adalah kepada kakitangan yang bertugas di Pejabat Pengarah, Pejabat Dekan dan Jabatan Sumber Manusia.

Program pada kali ini dibahagikan kepada dua kumpulan memandangkan jumlah kakitangan di tempat tersebut adalah ramai. Puan J. Sanarina, Eksekutif Kejururawatan Disiplin Bedah mengetuai untuk 'Team A' manakala 'Team B' diketuai oleh Puan Norazizah, Penyelia Jururawat Disiplin Ortopedik. Keseluruhan ahli yang terlibat adalah seramai 19 orang yang terdiri dari kakitangan Disiplin Bedah, Disiplin Obstetrik dan Gynae dan juga Disiplin Ortopedik.



## **COMMUNITY SERVICE PROJECT ON 23 AUGUST 2015**

Sarawak MNA Branch had organized various activities for its members. Among them is the community activity. The MNA Branch Chairman Madam Fu and 20 members from Miri went to the Ulu Baram Camp Base at the interior of Miri. Most of the clients screened were the Penans and majority were working adults. This project was organized jointly with other NGOs and officiated by the Sarawak Deputy Minister.



## **LAWATAN KE RUMAH ANAK-ANAK YATIM DI ALAMAT NO.8 JALAN CHEPOR, TAMAN CHEPOR INDAH, CHEMOR PERAK**

Pada 22 Ogos 2015 jam 10.00 pagi ketibaan ahli PJM Cawangan Perak telah disambut oleh pengasas rumah anak-anak yatim iaitu Ustaz Zamzuri dan isteri. Seramai 17 orang anak-anak yatim ditempatkan di rumah tersebut, kesemuanya adalah lelaki. Penghuni yang paling muda berusia 10 tahun dan yang tua sekali 17 tahun.

Sumbangan berupa makanan, barangan keperluan harian dan kewangan sebanyak RM 5101.00 telah diserahkan kepada penghuni tersebut Sumbangan duit raya persendirian, daripada Matron Zamzuri, Matron Ruhamah dan KJ Sanisah dari (Hosp. Batu Gajah).



## PRESENTATION OF THE TOKOH JURURAWAT AWARDS

Seminar on the theme was delivered by Director of Nursing Puan T. Selvin Subramaniam. The essence of her speech was for the transformation of the nursing profession that must be driven by nurses for the nurses at large, in order to meet the challenges of a dynamic healthcare system.



Ms Kam Beng See (Service) has served the Nursing Profession for the last 55 years and is still actively involved with her contributions to the profession as well as to the society at large. She began her nursing career as student nurse in 1959. Currently Ms Kam holds a post of Senior Nurse Manager cum Hospital nursing Advisor at Tun Hussein Onn National Eye Hospital.



Associate Professor Zahrah Saad (Education) is an excellent example of the role model to the new generation of nurses today. With 43 years of experience and exposure in nursing, she had succeeded in teaching and producing many professional nurses who are now serving locally and internationally. Currently, she is the Dean, Faculty of Nursing at MAHSA University College.



Pn. Khatijah Bt. Haji Ali (Community) is a retired State Matron of Negeri Sembilan. Her duration in the nursing profession was over a period of 36 years. She served as a Public Health nurse for more than 30 years. She obtained her Public Health certificate from the Royal Society of Health, London. Since then her involvement in promoting healthy living in her community has never ceased till this day.

## JOURNAL CLUB CORNER

16 Ways to Improve Your Writing Skills (words stream)

### 1. Brush Up on the Basics

Before you can start writing incredible content, you'll need at least an intermediate understanding of the basic principles of writing. This doesn't mean you need to enrol in a prestigious creative writing program at any university, but you will need to know the basics of grammar and spelling.

Every writer should have a copy of "The Elements of Style" by Strunk and White on their bookshelf, as this small but invaluable book is one of the most comprehensive resources on the correct use of grammar and other helpful topics.

For quick and easy online resources, bookmark Grammar Girl and, of course, Merriam Webster.

### 2. Write Like It's Your Job

If you want to get better at something, you have to practice – and writing is no exception. Unfortunately, there are few shortcuts that can transform you into an amazing writer overnight, and even the most talented writers had to learn their craft over a period of many years.

If you want to improve your writing skills, writing on a regular basis will not only diminish your fear of the blank page (or blinking cursor), it will also help you develop a unique style. So, even if nobody reads it, keep writing. Practice makes perfect.

### 3. Read Like It's Your Job

The best writers are also keen readers, and reading on a regular basis is an easy way to start developing your writing skills. Expand your horizons to more challenging material than you typically read and pay attention to sentence structure, word choice, and how the material flows.

...to be continues.

Tim  
31/8/2015

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## MNA COUNCIL MEMBERS 2015

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