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**MNA BULLETIN**  
MAY 2023 - AUGUST 2023

THE OFFICIAL PUBLICATION OF  
MALAYSIAN NURSES ASSOCIATION

# e - BULLETIN 2023



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**MNA**







## THE OFFICIAL PUBLICATION OF MALAYSIAN NURSES ASSOCIATION

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**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

## **PRESIDENT'S MESSAGE**

***Assalamualaikum and Salam Sejahtera to all members of Malaysian Nurses Association (MNA).***

***This is the second issue of our bulletin for this year. From the month of May till August 2023, the Malaysian Nurses Association (MNA) was ever present in its quest to lead the nursing profession by organizing The International Nurses Day. Every year, the International Council of Nurses chooses a theme for International Nurses Day, celebrated on 12 May, the birthday of Florence Nightingale. This year, the theme "Our Nurses Our Future" was held at SACC. This theme is a tribute to the incredible work of nurses and recognize their pivotal role in shaping the future of healthcare.***

***The next important agenda on the calendar was attendance to the Council of National Nursing Association Representatives (CNR) Meeting and The ICN Congress 2023 at Palais Des Congress, Montreal Canada from 29 June to 5 July 2023. Dr. Pamela Cipriano, ICN President urged government to invest and secure global health by addressing on health challenges due to infectious disease, malnutrition, natural disaster, climate change effect, violence against health care, antimicrobial resistance, non-communicable disease, ageing population, mental health well being, conflict and war plus gender equity.***

***Last but not least Malaysian Nurses Association successfully organized a seminar for nursing student with the theme "Nurses Together: A Force for Global Health" on 19 August 2023 for young nurses and nursing students from both public and private sectors. The purpose of the seminar was to motivate young nurses in Malaysia to be extraordinary in the field of nursing***

***Many more activities are published in this issues and I wish all of you HAPPY READING!***

***Thank you***

***Aisyahon Suhaimi  
President  
Malaysian Nurses Association***







**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

## **CHIEF EDITORS MESSAGE**

**Dear Readers**

**Warm greetings.**

**The bulletin serves as a crucial platform for the exchange of innovative ideas and the dissemination of the diverse activities undertaken by each branch. In this edition, we will highlight the numerous projects and engagements that MNA members actively participated in from May to August 2023, with a special focus on the celebration of International Nurses Day. The global theme for International Nurses Day 2023 was “Our Nurses Our Future,” emphasizing a worldwide campaign outlining our aspirations for the future of nursing. This initiative aims to address global health challenges and enhance health outcomes globally. Annette Kennedy, the President of the International Council of Nurses (ICN), extends a message to nurses worldwide, emphasizing the need to draw valuable lessons from the pandemic and implement them into future actions. She emphasizes the importance of looking ahead and showcasing the impact of investments on nursing and healthcare. The Our Nurses Our Future campaign intends to illuminate the role of nurses and envisage a brighter future.**

**Additionally, the bulletin covers the international meeting attended by key executive committee members, aiming to disseminate crucial information to a wider audience.**

**A heartfelt appreciation goes out to all the members who contributed by crafting insightful and inspiring articles, as their valuable input is the cornerstone of this bulletin's existence.**

**As all of you know e-bulletin is easily accessible online via <https://mna.org.my> with the limited printed version following soon.**

**Happy reading**

**‘Still loving what I do’**

**L. Yohgasundry Letchumanan**  
**Vice President (Education) Malaysian Nurses Association**





**PERSATUAN JURURAWAT MALAYSIA**  
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**INTERNATIONAL NURSES DAY CELEBRATION 2023 (IND)**

**DATE: 12 MAY 2023**

**VENUE: SHAH ALAM CONVENTION CENTRE (SACC)**

*Nurses around the country and across the globe celebrated International Nurses' Day on Sunday, 12 May 2023, as they do every year on the anniversary of Florence Nightingale's birthday.*

*The International Nurses Day celebration with the theme "Our Nurses Our Future" was held at SACC. This theme is a tribute to the incredible work of nurses and recognize their pivotal role in shaping the future of healthcare. More than two thousand nurses gathered under one umbrella to celebrate these special day.*

*The occasion became even illustrious as it was officiated by charismatic Deputy Health Minister, YB Dato Lukanisman bin Awang Sauni.*

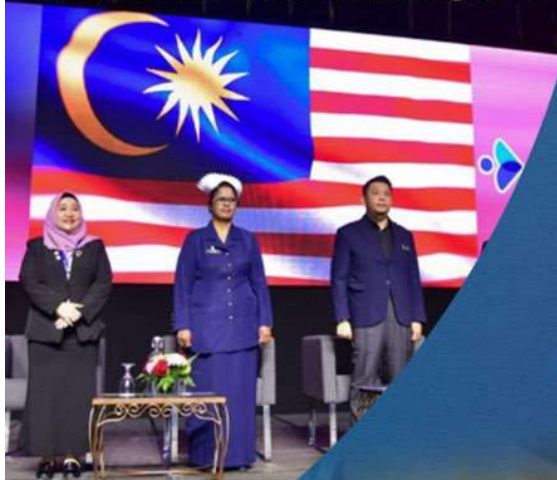
*Also present were Deputy Director Medical Development Division, Dr Hirman Ismail, Health Ministry Nursing Division (Nursing Director) Mdm Devi Saravana Muthu and Malaysian Nursing Association President Mdm Aisyahon Suhaimi. In the opening address, Deputy Health Minister thanked nurses for their hard work and dedication and being the backbone of our healthcare system. Deputy Health Minister also wished all mothers "Happy Mother's Day".*



**Nurses "A Joint Force"**



**Opening Speech By  
YB Dato Lukanisman bin Awang Sauni**



**Guest of Honour**

**Principal & Council Members Of MNA  
With Guest of Honour**







**PERSATUAN JURURAWAT MALAYSIA**  
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**PRESENTATION OF THE TOKOH JURURAWAT AWARDS 2023**

*Deputy Health Minister, YB Dato Lukanisman bin Awang Sauni presented the Tokoh Jururawat Award 2023 to three dedicated recipients.*

*There are Mdm Sharipah Asiah Syed Junid AlJunid from PPUM branch and Mdm Hee Kim Lan from Melaka branch. Both of them received the Tokoh Jururawat (Service) and Dr Aini Ahmad from PPUM received the Tokoh Jururawat (Education) awards. Congratulation.*



**Mdm Sharipah Asiah Syed Junid AlJunid from PPUM branch**



**Mdm Hee Kim Lan from Melaka branch**



**Dr Aini Ahmad from PPUM**

*Award Recipient: with Guest of Honour*







**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

**COUNCIL OF NATIONAL NURSING ASSOCIATION REPRESENTATIVE (CNR) MEETING**  
**DATE: 29 JUNE – 30 JUNE**

**The meeting was held at Palais Des Congress, Montreal Canada from 29th June 2023 to 1st July 2023 attended by 137 National Nursing Association (NNA). Malaysian Nurses Association (MNA) represented by its President, Mdm Aisyahon Suhaimi, and Mdm Hanimah Samsudin, Honorary General Treasurer. Meeting was chaired by the President of International Council of Nurses (ICN), Dr. Pamela Cipriano. ICN urged government to invest and secure global health by addressing on health challenges due to infectious disease, malnutrition, natural disaster, climate change effect, violence against health care, antimicrobial resistance, non-communicable disease, ageing population, mental health well being, conflict and war plus gender equity.**

**Participating NNA had an opportunity to discuss on membership recruitment strategies, retention and engagement program, how to communicate the value on NNA and create better system for membership engagement. The main objective were to recruit nurses at the point of undergoing training and beginning of their career. The Lesotho Nurses Association (LNA) received Top award in membership drive with a membership increase of 345% over 4 years.**

**ICN CONGRESS 2023**  
**DATE: 1JULY - 5 JULY 2023**

**The ICN Congress was held from 1st to 5th July 2023 at Palais des Congress des Montreal with the theme 'Nurses Together a Force For Global Health' after the CNR meeting. The Canadian Prime Minister Trudeau made a surprise visit, praising nurses for the unique skills, courage and service during difficult times. He supports on improvement to work on recruitment and retention strategies and the need for more training opportunities to help nursing students. Closing of ceremony was done by Dr Pamela Cipriano, ICN President. She launched the new ICN logo and announced the ICN Congress 2025 will be at Helsinki Finland. She hopes more nurses will join the congress.**







**PERSATUAN JURURAWAT MALAYSIA**  
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**IN-HOUSE LEADERSHIP WORKSHOP THEME: 'DEEDS NOT WORDS'  
23TH - 24TH JUNE 2023 & FRIDAY - SATURDAY  
AT WISMA JURURAWAT , PETALING JAYA, SELANGOR**

**A workshop was held in Wisma Jururawat on 23rd and 24th June 2023. A total of 75 of the 4 top office bearers from 19 branches attended the workshop namely the Chairman, Vice Chairman, Honorary Secretary and Honorary Treasurer. The objective of the program is upon completion, the office bearers were**

- 1.- Have a better understand the direction of the Malaysian Nurses Association according to its vision and mission**
- 2.- Able to demonstrate leadership skills 'Deeds Not Words'**
- 3.- Able to perform effectively in the elected positions at the Branch level.**
- 4.- Able to implement educational programs to improve nursing standards.**

**On the first day, the office bearer were feed with details information on MNA history, MNA achievement, Role and Responsibility of Principal members and the Roles of branch Chairman. The second day, was filled up with discussion and presentation. They were splinted into 3 main group which focusing on their duty managing the branch and how to enhance the responsibility to its benefit.**

**The Chairman group was facilitated by Pn Safiah Sutan Taharudin and Pn Hariani Che Husain was focusing on membership drive and Roles of the Vice Chairman. The Secretary group was facilitated by Pn Fatimah Alias and Pn. L. Yohgasundry a/p Letchumanan was tasked empowering duties as secretary and discussing the benefits of registering as MNA member whereas the Treasurer group lead by Pn Hanimah Samsudin and Pn Abidah Yasin on strengthening the .standard procedure of collecting, handling and reporting of the branch account and balance sheet.**

**A new task was given to branches to organise a collaboration program according to zone. The branches were divided into North Zone, South Zone, Central Zone and East Zone. Each zone will be organised one collaboration program namely Education, Motivation, Social interaction, Sport and Community service. The Team collaboration aim to increase the organization's potential for change.**







**PERSATUAN JURURAWAT MALAYSIA**  
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**IN-HOUSE LEADERSHIP WORKSHOP THEME: 'DEEDS NOT WORDS'  
23TH - 24TH JUNE 2023 & FRIDAY - SATURDAY  
AT WISMA JURURAWAT , PETALING JAYA, SELANGOR**

**OBJECTIVES:**

- 1- To introduce MNA to the public and as a tool of membership drive.**
- 2- To improve communication, build trust, and fosters creativity within the branches.**
- 3- To feel a sense of belonging as working together to achieve common goals in nursing professionalism.**
- 4- To promote a healthy lifestyle through education, social interaction, sport & community service**

**The workshop successfully harnessed the enthusiasm and experience of participants and reached wide-ranging consensus. From the evaluation, Unanimously were agreed that the workshop has met their expectation to engage, explore new ideas and information on the way forward of the association.**







**PERSATUAN JURURAWAT MALAYSIA**  
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**EDUCATIONAL NURSING STUDENT SEMINAR 2023**  
**“NURSES TOGETHER: A FORCE FOR GLOBAL HEALTH”**  
**DATE: 19 AUGUST 2023**

*The Malaysian Nurses Association (MNA) Head Quarters with co host, MNA Sabah branch successfully organized a seminar with the theme “Nurses Together: A Force for Global Health” on 19 August 2023. It was held at Seven Hotel Kota Kinabalu Sabah.*

*The seminar was for young nurses and nursing students from both public and private sectors. The purpose of the seminar was to motivate young nurses in Malaysia to be extraordinary in the field of nursing. The one day seminar attended by 100 participants. Welcoming Speech was given by Datin Norkiah Arsat, Chairman MNA Sabah Branch an officiated by Mdm Safiah Sutan Taharudin, Deputy President MNA.*

*The Seminar begin with a talk by Mdm L. Yohgasundary Letchumanan, Vice President which introduced briefly about Malaysian Nurses Association and its relevance towards nursing professionalism to the audience. Subsequent session taken charge by invited speaker, Dr Aini Ahmad and Datin Norkiah Arsat with the topic “World demand: The Nursing Profession a Force of Global Health” and “Nursing Journey to Success above Boundary”.*

*The hall was full of positive energy flow. The speakers established a good rapport with participants and made them to feel ease and comfortable during the seminar. It was actively participated by the audience. The seminar constituted a good platform to foster the networking among the participants and the sharing of knowledge among the*







**PERSATUAN JURURAWAT MALAYSIA**  
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**MNA PAHANG BRANCH  
COLLABORATION ACTIVITY: EAST ZONE  
'PROGRAM SANTAI SIHAT' & 'INHOUSE LEADERSHIP WORKSHOP.'  
DATE: 29-30 JULY 2023**

*Program ini adalah inisiatif dari MNA Induk untuk merapatkan kerjasama antara ahli-ahli cawangan. Program telah diadakan pada 29.7.2023 hingga 30.7.2023 bertempat di Taman Negara, Kuala Tahan. Aktiviti yang julung kali diadakan dengan gabungan 4 cawangan MNA Zon Timur iaitu Pahang, Terengganu, Kelantan dan HUSM. Jumlah peserta yang hadir adalah Pahang (105 orang), Terengganu (12 orang), Kelantan (12 orang) dan HUSM (8 orang). Program telah dirasmikan oleh Puan Safiah binti Sutan Taharudin Timbalan Presiden MNA. Antara aktiviti yang dilakukan adalah Canopy Walk Way, Rapid Shooting, Jungle Walk dan melihat kehidupan Orang Asli di Sg Tabung.*

*Program Inhouse Leadership Workshop pula telah dilaksanakan di Xcape Resort, Kuala Tahan pada pagi 29 Julai 2023. Peserta terdiri daripada wakil setiap Hospital dan Pejabat Kesihatan Daerah Pahang. Kehadiran adalah seramai 36 orang. Penceramah jemputan adalah Puan Safiah binti Sutan Taharudin. Antara pengisian aktiviti adalah cara mendaftar ahli baru dan bayaran ahli secara online. Semua maklumat dan info dari bengkel ini akan disampaikan kepada setiap ahli MNA di daerah Pahang.*



**Majlis Perasmian oleh Puan Safiah Deputy President MNA**



**Aktiviti Bersama Orang Asli**



**Peserta Inhouse leadership Workshop**



**Penceramah Puan Safiah binti Sutan Taharudin**





**PERSATUAN JURURAWAT MALAYSIA**  
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**MNA PPUM BRANCH**  
**EDUCATIONAL PROGRAM: NURSING LEADERSHIP WORKSHOP:**  
**SEE INSIDE YOURSELF (SIY)**  
**DATE: 27-28 MAY 2023**

*The Malaysian Nurses Association (MNA) Universiti Malaya Medical Centre (UMMC) Branch held a Nursing Leadership Workshop: Search Inside Yourself (SIY) from 27 to 28 May 2023 at Wisma Jururawat. About 30 participants from various grade categories, comprising members and non-members attended the program. This workshop was inaugurated by MNA Deputy President, Mdm Safiah binti Sutan Taharudin accompanied by Vice President (National and Foreign Affairs), Mdm Abidah binti Yasin and Honorary General Secretary, Mdm Fatimah binti Alias.*

*The objective of the workshop was to enable participants to employ awareness and mindfulness exercises for personal and collective emotional development. This workshop focused on enhancing Emotional Quotient (EQ) or emotional intelligence. It aimed to equip participants with the skills to identify, comprehend, and manage their own emotions and those of others. The workshop, facilitated by Ms. Angeline and Ms. Buddhini Poay Lin Tan, speakers from the Search Inside Yourself Leadership Institute (SIYLI). They emphasized the application of learned emotional intelligence skills for ongoing performance enhancement, robust collaboration, and effective leadership. The workshop also addressed the shaping of personality, self-worth, and increased professionalism.*







**PERSATUAN JURURAWAT MALAYSIA**  
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**MNA IJN BRANCH**  
**BOOTH ACTIVITIES IN CONJUNCTION TO NURSE'S DAY CELEBRATION**  
**DATE: 15 – 18 MAY 2023**

*The Nurses' Day booth activities organised by MNA IJN branch from 15th to 18th May 2023 at the main lobby of IJN were a lively celebration dedicated to honoring the commitment and influence of nurses in the healthcare sector. The primary goal of this event was to spotlight the significant roles played by our nurses while cultivating awareness and gratitude. The booth showcased interactive and enlightening exhibits that highlighted various facets of nursing care, spanning from patient education to advanced medical procedures, all presented through engaging setups. Visitors could participate in hands-on demonstrations of life-saving techniques like CPR, gaining insights into essential nursing procedures such as Coronary Angiogram, Angioplasty, and cardiothoracic surgery.*

*Furthermore, the event emphasized the diverse and evolving roles within the nursing profession, such as the responsibilities of nurse educators and fall-link nurses specific to the context of IJN. This celebration effectively instilled a sense of pride within the nursing community, providing the public with the opportunity to appreciate and understand the extensive responsibilities shouldered by nurses. Ultimately, the booth activities successfully combined education, engagement, and appreciation towards nurses. By providing a platform for people to express their gratitude and engage with the world of nursing, the event underscored the indispensable contributions of nurses to the quality healthcare.*



**Education to patient on fall prevention measure**



**Education on how to perform CPR**



**Datuk Dr Shaiful Azmi with ICL team and MNA committee members at ICL booth which displaying the Coronary Angiogram and Angioplasty instruments**





**PERSATUAN JURURAWAT MALAYSIA**  
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**MNA PERAK BRANCH**  
**EDUCATIONAL PROGRAM: TECH-SAVVY**  
**DATE: 4 JUNE 2023**

***On June 4, 2023, an Educational program organised by MNA Perak branch with a titled "Tech-Savvy" took place at MH Hotel Ipoh. The event attracted 49 participants. The speaker for the event was Ms. Mazatul Hafizah Binti Kafli, an IT professional. The chosen theme proved highly relevant to the current era where virtually all work-related tasks involve information technology.***

***Ms. Mazatul Hafizah provided hands-on guidance on creating Google Forms, Google Sheets, QR Codes, and e-certificates during the seminar. The seminar served as an invaluable learning opportunity, equipping the attendees with practical skills to navigate the digital realm effectively. Given the increasing reliance on IT in professional settings, the insights shared by Ms. Mazatul Hafizah were not only informative but also enhanced the capabilities and knowledge of the committee members and those in attended the seminar.***







**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

**MNA NEGERI SEMBILAN BRANCH**  
**EDUCATIONAL PROGRAM: SEMINAR IN CONJUNCTION WITH NURSES DAY 2023**  
**DATE: 31 MAY 2023**

*The MNA Negeri Sembilan Branch and the State of Negeri Sembilan organized a Seminar in conjunction with Celebration of Nurses' Day on May 31, 2023 at Palm Mall Hotel in Seremban. The theme of the seminar was "Our Nurses, Our Future".*

*The presence of 180 participants made the event meaningful and joyful. The Nurses' Day celebration began with a symbolic opening by honoring Florence Nightingale's contribution to patient care. The event was further enriched with multimedia presentations showcasing nursing activities throughout year 2022-2023, a cake-cutting ceremony, , visits to booths and a lunch treat.*

*The topic for seminar session was delivered by Deputy Director of Nursing, Ms. Anne Mary, focusing on the significance of nurses. The second lecture, titled "Financial Management," was presented by Ms. Sarah from RHB Bank, along with Ustazah Sharifah from the Zakat Center. The third lecture, "Nursing as a Noble Profession," was delivered by Ustaz Elyas Ismail. In addition to the lectures, a panel discussion was held with the State Director of Nursing (KPJN) discussing the future direction of nursing. Attendees expressed great appreciation for the seminar and the Nurses' Day celebration organized by the Malaysian Nurses Association (MNA).*







**PERSATUAN JURURAWAT MALAYSIA**  
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**MNA WPKL BRANCH**  
**EDUCATIONAL PROGRAM: MEMUPUK MINDA SIHAT D KALANGAN JURURAWAT**  
**DATE: 18 JUNE 2023**

*The event, organized by the Education Bureau of MNA WPKL, attracted a substantial participation of 197 attendees. The response was highly encouraging, with participants joining not only from Kuala Lumpur and Selangor but also from Melaka and Perak. The seminar was held at Auditorium, Hospital Rehabilitasi Cheras, Selangor.*

*The program kicked off with the rendition of the national anthem, Negaraku, and Jururawat Terbilang. Ms. Noor Dayanawali Binti Ab Majid, the Chairman of MNA WPKL, delivered a welcoming address, followed by remarks and the official inauguration by Ms. Aisyahon Binti Suhaimi, the President of MNA. Three speakers were invited to share their insights during the seminar. The first lecture was delivered by Dr. Siti Sarah Binti Yaacob from Al-Sultan Abdul-lah Hospital, Puncak Alam, while the second lecture was given by Dr. Roopa Vausu from Kuala Lumpur Hospital. Both medical experts emphasized various mental health topics, including the causes of stress and solutions for managing it. The third speaker, Mr. Mohd Zamri Bin Zaedan, a representative from Bank Islam, shared effective financial management tips.*

*The program was further highlighted by sales booths and a lucky draw. Overall, the seminar received a positive and encouraging response. E -Certificates, acknowledging 4 CPD points were distributed to the participants. The program concluded at 5:00 in the evening.*



**Inauguration by  
Ms. Aisyahon Binti Suhaimi,  
the President of MNA**



**Participants taking part in the activity during the seminar**





**PERSATUAN JURURAWAT MALAYSIA**  
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**MNA SARAWAK BRANCH**  
**EDUCATIONAL PROGRAM: CNE SERIES**  
**DATE: 24 JUNE 2023**

**On the 24th of June 2023, the Malaysian Nurses Association (MNA) Sarawak Branch hosted the Continuing Nursing Education (CNE) Series at the CRC Auditorium, Sarawak General Hospital. Participated by 100 nurses from various categories. The chosen topics for discussion included Rabies, Nurse Education, Workforce Development, and Non-Communicable Diseases (NCDs).**

**Addressing Rabies was a key concern due to its severe and potentially fatal nature when not promptly treated. The session aimed to raise awareness about Rabies, emphasizing responsible pet ownership, advocating for immediate medical attention following potential exposure, and dispelling prevalent myths and misconceptions surrounding the disease. The ultimate objective of preparing for the future in nurse education and workforce development was to cultivate a nursing workforce characterized by adaptability, skillfulness, compassion, and readiness to confront present and future healthcare challenges. This approach supports enhanced patient outcomes, improved healthcare delivery, and the overall well-being of both individuals and communities. Similarly, the objective of comprehending management and prevention strategies for Non-Communicable Diseases (NCDs) sought to effectively tackle the escalating burden of chronic illnesses and enhance public health outcomes. By concentrating on these objectives, healthcare systems and communities can collaboratively and efficiently manage, mitigate the impact, and enhance the overall health and welfare of populations.**

**MALAYSIAN NURSES ASSOCIATION SARAWAK BRANCH**

**CNE SERIES**  
**24 JUNE 2023**

TIME: 8.00am to 2.00pm  
VENUE: CRC AUDITORIUM, SARAWAK GENERAL HOSPITAL

**Speakers and Topics**

Dr. Lim Han Hua  
"Rabies Research"  
Infectious Disease Physician  
Sarawak General Hospital

Dr. Rekaya Vincent Balang  
"Preparing for the future: nurse education and workforce development"  
Special Lecturer of Nursing  
Universiti Malaysia Sarawak (UNSWAS)

Dr. Zulakha Bt Abdul Razak  
"Management and Prevention Strategies for Non-Communicable Diseases"  
Medical Officer of Public Health  
Universiti Malaysia Sarawak (UNSWAS)

**A3 6 CPD Points**

Closing Date: 18 June 2023

Registration QR Code

<https://sarawak.mna.org.my/2023>

**FEES**  
RMSO  
MNA Members  
RM70  
Non-MNA Members

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**PERSATUAN JURURAWAT MALAYSIA**  
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**MNA JOHOR BRANCH**  
**EDUCATIONAL PROGRAM: OBSTETRICS EMERGENCY UPDATE**  
**DATE: 26 JUNE 2023**

*The Malaysian Nurses Association, Johor Branch collaborated with Training Institute Ministry of Health Johor Bahru (ILKKM), organized a seminar: "Obstetrics Emergency Update". About 300 nurses attended the seminar from various categories. They are among the midwifery professionals, staff nurses, and trainees from ILKKM Johor Bahru.*

*The objectives of the seminar were to enhance the latest knowledge and skills in managing Obstetric Emergencies and Operative deliveries, providing exposure and awareness to about obstetric emergencies and contemporary management practices. The welcoming speech was given by the Director of ILKKM Mdm Jamaliah Salleh.*

*The event featured nine poster presentations from Midwifery Post Basic Trainees from the September Intake of 2022. Additionally, Dr. J Ravichandran a/l Jeganathan, former Head of Service in Obstetrics & Gynecology delivered an informative talk on Challenges in Midwifery, offering insightful perspectives to all attending staff.*



**Inauguration by the ILKKM  
Director Mdm Jamaliah Salleh**



**300 participants in the Auditorium Sri Perdana**





**PERSATUAN JURURAWAT MALAYSIA**  
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**MNA SELANGOR BRANCH**

**EDUCATIONAL PROGRAM: WEBINAR KESIHATAN MENTAL 2023- POSITIVEVIBES**  
**DATE: 12 JULY 2023**

*Persatuan Jururawat Selangor cawangan Selangor dan Institut Kementerian Kesihatan Malaysia Sg Buloh (ILKKM SB) telah berkolaborasi menganjurkan Webinar Kesihatan Mental. Pemilihan tema dari inspirasi Timbalan Pengarah Akademik ILKKM Sg Buloh, Pn Musaropah binti Sapihis, yang menyutarakan kesihatan mental dengan mengintegrasikan elemen kerohanian di tempat kerja. Seramai 201 orang peserta menyertai webinar yang berlangsung selama 4 jam. Acara ini pertama kali dijalankan secara bersama-sama oleh MNA cawangan Selangor dan Unit CPE, yang diketuai oleh Pn Hayati binti Mohd Nasir.*

*Webinar ini memberi ruang kepada warga kerja KKM untuk meningkatkan kesedaran tentang kepentingan kesihatan mental dengan penerapan nilai-nilai kerohanian dalam menangani stress di tempat kerja untuk meningkatkan produktiviti semasa bertugas, melakukan komunikasi dua hala dengan berkesan di antara majikan dan rakan sekerja dalam meningkatkan kesan positif dalam kerja berpasukan.*

*Selain itu dengan penerapan nilai-nilai kerohanian semasa bertugas, ianya membolehkan warga kerja dapat mengimbangi antara tekanan semasa bekerja dan tanggungjawab tugas yang dipikulnya dengan baik. Penceramah merupakan dua orang pegawai kaunselor yang berpengalaman dari HTAR iaitu Pn Amalina binti Zulkefly dan En Mohamad Ashraf bin Mat Saari. Tajuk ceramah adalah Kepentingan Kesihatan Mental Di Tempat Kerja dan Penerapan Elemen Kerohanian Dan Strategi Menangani Stress Semasa Bekerja. Secara keseluruhan acara ini berjalan dengan lancar dan telah mendapat sambutan yang baik daripada peserta. Sesi webinar ini diakhiri dengan video promosi keahlian MNA dan tamat pada jam 1.00 tengahari.*







**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

**MNA HUSM BRANCH**  
**EDUCATIONAL PROGRAM: (PERANCANGAN PENGURUSAN KEWANGAN BIJAK)**  
**DATE: 8 AUGUST 2023**

*The Malaysian Nurses Association, HUSM Branch, in partnership with Bank Islam, Kota Bharu Kelantan, successfully organized a collaborative seminar focused on the theme of "Perancangan Pengurusan Kewangan Bijak" (Smart Financial Management Planning). It was held at Auditorium Block HUSM. With a total attendance of 139 participants, the program provided a valuable platform for healthcare professionals to enhance their financial literacy. The diverse backgrounds of the attendees, including nurses and healthcare assistants.*

*The primary objective of this collaboration was to impart valuable insights and knowledge to the participants, primarily comprising nurses and healthcare assistants from USM Hospital, on the intricacies of prudent financial management. The seminar aimed to dispel the misconception that effective financial management is a complex endeavor. The guest speaker presented various strategies to facilitate smart financial planning. Among these strategies were emphasized the importance of diligently recording daily expenses, investing savings wisely, participating in classes and seminars related to finance, adopting a systematic approach to segregate monthly income, and discerning between wants and needs. The seminar not only equipped participants with practical strategies but also encouraged a mindset shift towards making informed and responsible financial decisions. This initiative aligns with the broader goal of promoting financial well-being within the healthcare community and contributing to the overall professional development of its members.*

*By fostering collaborations with financial institutions like Bank Islam, the Malaysian Nurses Association demonstrated a commitment to empowering its members with the necessary tools and knowledge to navigate the complexities of financial management successfully.*

**Speaker & Participants**







**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

**MNA KELANTAN BRANCH**  
**COMMUNITY PROGRAM: OUTREACH "MISI MASUK KAMPUNG"**  
**DATE: 4 JUNE 2023**

*The Malaysian Nurses Association Kelantan branch conducted an Outreach Program called "Misi Masuk Kampung" in collaboration with the Tumpat District Health Office, State Nursing Division Kelantan and the Nursing Division Ministry of Health Malaysia. This initiative was carried out in villages under the Teluk Renjuna Health Clinic, Tumpat. The primary objective of this program was to enhance collaboration and strengthen relationships among nurses from the Health Clinic, District Health Office, State Health Department, and Ministry of Health Malaysia. Additionally, the program aimed to promote health awareness within the local community and enhance health services aligned with the objectives set by state and ministry leadership.*

*The program's activities included home visits to three antenatal cases and one case of malnourished children (KZM). On June 1, 2023, a collaborative program with the villagers in Teluk Renjuna was held in partnership with the Teluk Renjuna Health Clinic at Al-Ahmadiyah Mosque, Pulau Teluk Renjuna. Community-focused activities encompassed health education, health screenings, breast examinations, a healthy cooking competition, a colouring competition for children, a lucky draw, and rice pack donations. Appreciation prizes were distributed to all participants who engaged in the competitions. The program unfolded seamlessly, reaching its successful completion, contributing positively to community health awareness and reinforcing the bonds among healthcare professionals at various levels.*



**Speaker & Participants**







**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

**MNA RSDHC BRANCH**  
**SPORTS & RECREATIONAL ACTIVITY: BOWLING COMPETITION 2023**  
**DATE: 6 MAY 2023**

*The MNA RSDHC branch arranged a Bowling competition open to all its members, held at Sunway Pyramid Mega Lanes on May 6, 2023, from 5 PM to 7 PM. A total of 36 participants, representing various departments, were grouped into 9 teams, each comprising 4 members.*

*The primary objective was to foster stronger bond of friendship among members, promote a healthy spirit of competition and provide a means to alleviate stress. Members gathered at Sunway Pyramid Mega Lanes as early as 4.30PM. The tournament officially commenced at 5 PM, concluding around 6.30 PM. The participants, divided into teams, displayed enthusiasm, supporting and motivating each other to perform their best in pursuit of victory. The top 3 teams were rewarded with prizes, adding an extra element of competitiveness to the event. Overall, the atmosphere was lively, with members enjoying themselves and engaging in positive interactions. The bowling competition not only served its intended purposes of strengthening bonds and encouraging healthy competition but also provided a platform for members to have a great time together*







**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

**MNA MALACCA BRANCH**  
**SPORTS & RECREATIONAL ACTIVITY: MALACCA 2023 RUN FOR PEACE**  
**DATE: 2 JULY 2023**

*The event was organized by the Soka Gakkai Association of Melaka in collaboration with the Malaysian Nurses Association, Melaka Branch, to serve as a First Aid team. Fifteen committee members actively participated in the initiative. The program commenced at 7:00 am and concluded at 11:00 am, taking advantage of favourable morning weather without rain. A total of 600 participants contributed to the success of the program.*

*A distance of 8km were covered from field of Dewan Tun Ali in Bukit Katil, Malacca, and ending at the same location. Throughout the run, there were no serious injuries reported except occasional leg cramps. Participants actively supported each other during the event to ensure their mutual safety. The ceremony was inaugurated by the Youth and Sports Exco of Malacca, YB Tuan VP Shanmugam A/L V.Pitchay, and received full support from the Malacca State Government. He suggested future collaborations with the Malacca State Youth and Sports Department for upcoming years.*







**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

**MNA TERENGGANU BRANCH**  
**SPORTS & RECREATIONAL ACTIVITY: MNA BOWLING TOURNAMENT 2023**  
**DATE: 22 JULY 2023**

*The Bowling Tournament organised by Malaysian Nurses Association (MNA) Terengganu Branch took place at WT Titans Bowl Centre, Kompleks Sukan Wakaf Tapai, Marang, Terengganu. The primary objectives of the 2023 MNA Bowling Tournament were twofold. Firstly, the event aimed to fortify the bonds among MNA members, fostering a sense of camaraderie and unity within the association.*

*This objective sought to create a platform for members to interact, engage, and build lasting connections beyond their professional roles. Secondly, the tournament aimed to cultivate a spirit of collaboration and camaraderie between the participants and the association's leadership, particularly the Chairman and the committee members. The goal was to contribute positively to the association's dynamics, encouraging friendly relations and a supportive atmosphere among its key figures.*

*The bowling tournament became a vibrant string of memories for all participants, providing a fresh and lively experience. The atmosphere was filled with happiness as everyone came together to partake in the event. The champion of the tournament was Team PKD K. Nerus, showcasing outstanding bowling prowess. The runner-up was secured by Team HSNZ, followed closely by Team HTT in the third-place position. Nevertheless the 'Drain champion' was PKD Dungun members.*

*The MNA Bowling Tournament not only achieved its primary objectives of strengthening member relationships and fostering a friendly association leadership dynamic but also created a joyful and memorable experience for all participants. The tournament's success highlighted the positive impact of sports and recreational activities in building community and enhancing the overall atmosphere within the association.*







**PERSATUAN JURURAWAT MALAYSIA**  
(MALAYSIAN NURSES ASSOCIATION)

**MNA PPUKM BRANCH**  
**EDUCATIONAL PROGRAM: OBESITI- APA ANDA PERLU TAHU?**  
**DATE: 10 JUNE 2023**

Webinar Kejururawatan telah diadakan pada 10 Jun 2023 dengan tajuk *Obesiti, Apa Anda Perlu Tahu?* secara zoom. Program ini telah dianjurkan oleh Persatuan Jururawat Malaysia cawangan PPUKM. Penceramah pertama adalah Puan Nor Roshada Hashim, pegawai dietetik dari Jabatan Perkhidmatan Dietetik dan Sajian Makanan Hospital Canselor Tuanku Muhriz. Tajuk yang dikongsi oleh beliau adalah “Intermittent fasting”. Manakala penceramah kedua, Prof Dr.Norlaila Mustafa telah memberi tajuk “Obesiti: Punca dan Pencegahan”. Beliau merupakan Pakar Perunding Kanan Endokrinologi, Jabatan Perubatan Fakulti Perubatan Universiti Kebangsaan Malaysia.

Webinar telah dimulakan pada pukul 9.00 pagi dan dihadiri oleh 214 orang. Para peserta yang menyertai webinar ini terdiri daripada ahli dan bukan ahli. Program perkongsian ilmu ini telah menerima maklumbalas yang sangat baik dari semua peserta. Seminar kali ini memberi input yang berfaedah untuk dipraktikkan oleh para peserta dalam menjaga kesihatan melalui pemakanan dan cara hidup sihat.








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