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MALAYSIAN NURSES ASSOCIATION BULLETIN





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Persatuan Jururawat Malaysia
(*Malaysian Nurses Association*)



PRESIDENT'S MESSAGE

Welcome to our first issue of MNA bulletin covering activities from January to April 2025. In this first quarter of 2025, Malaysian Nurses Association (MNA) branches and Special Interest Groups organized their educational, social and community activities. These activities were organized in order to strengthen the bonds among MNA members as well as improved the competencies. I am very proud for the effort and commitment from the branches and SIG team for these efforts in organizing the activities.

Dr Aisyah Binti Suhaimi
President
Malaysian Nurses Association

"DEEDS NOT WORDS"
www.mna.org.my



**Persatuan Jururawat Malaysia
(Malaysian Nurses Association)**



CHIEF EDITOR MESSAGE

Warm greetings and welcome to Malaysian Nurses Association (MNA) bulletin issue January to April 2025. The early part of this year, there were many activities organized by branches and Special Interest Group (SIG). Thank you for the branches and SIG for their initiatives to organize these activities. Through these activities, the members could gain knowledge, serve the community as well as build the networking. These activities have provided valuable platforms for members to enhance their professional knowledge, strengthen collaboration, and contribute to the community through service and engagement. Such initiatives not only promote lifelong learning but also reinforce the values of integrity, teamwork, and excellence in nursing practice. May the spirit of unity and dedication continue to inspire all MNA members as we work together to elevate the standards of nursing and healthcare in Malaysia.

L. Yohgasundry Letchumanan
Vice President Education
Malaysian Nurses Association

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Persatuan Jururawat Malaysia (*Malaysian Nurses Association*)

1 - MNA ADVOCACY

Malaysian Nurses Association (MNA) Engagement.

At the start of 2025, Malaysia faced critical challenges in the nursing profession, notably a shortage of manpower and working hours that did not align with labor laws. The Malaysian Nurses Association (MNA) responded proactively to these concerns, engaging with key stakeholders to advocate for sustainable and professional solutions. The MNA was called to brief on the actual situation in the field, share their thought, and propose the best solution to handle the issue.

13 February 2025

Special Parliamentary Health Committee Meeting (15th Parliament) No. 2/2025
Location: Main Block, Malaysian Parliament
Purpose: To present the MNA's position on labor conditions and professional standards in nursing.

The MNA was represented by its senior leadership and experts, namely
Dr. Aisyahon Suhaimi - President

Pn Safiah Sutan Taharudin - Deputy President

Pn Yohgasundry d/o Letchumanan - Vice President

Pn Abidah Yasin - Vice President

Pn Fatimah Alias - Honorary General Secretary

Pn Barbara Peter Nair - Selangor Branch Representative

Prof. Dr. Chong Mei Chan - Universiti Malaya

MNA strongly opposed the proposal to lower nursing entry qualifications to 3 academic credits. This shortcut approach risks undermining the credibility of the nursing profession and could lead to long-term performance issues in healthcare delivery.

MNA highlighted the complexity of nurses' daily routines and the importance of maintaining a balanced work-life schedule. The current shift system, though demanding, is tolerated by nurses. Any unreasonable extension of working hours could jeopardize morale and cooperation.



Persatuan Jururawat Malaysia (Malaysian Nurses Association)

1 - MNA ADVOCACY



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Persatuan Jururawat Malaysia (Malaysian Nurses Association)

1 - MNA ADVOCACY

20 February 2025

Engagement Session with the Minister of Health, with the Ministry of Health Malaysia (MOH) Union, and MNA.

Topic: Implementation of a 45-hour workweek

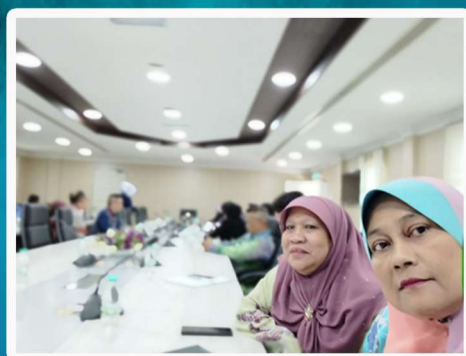
Location: MMAC Meeting Room

Purpose: Briefing from the Minister of Health regarding proposed changes to nurses' working hours.

The MNA was represented by

- Pn Abidah Yasin - Vice President
- Pn Fatimah Alias - Honorary General Secretary

During the February 20th engagement, the Minister of Health, YB Datuk Seri Haji Dr. Dzulkefly Bin Ahmad, acknowledged the concerns and recommendations from all delegates. The dialogue highlighted the importance of thoughtful, inclusive policymaking that respects the integrity of the nursing profession and protects the welfare of healthcare workers. He assured that the MOH would do its best to negotiate with JPA.



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2 - MNA BRANCHES EDUCATION PROGRAM

2.1: Towards End TB in Sarawak

Organiser: MNA Sarawak Branch

Date: 11th January 2025

Venue: Chemsain Building, Kuching

On January 11, 2025, the Malaysian Nurses Association Sarawak branch held its 52nd Annual General Meeting and Nursing Seminar at the Chemsain Building in Kuching. A total of 205 members from across Sarawak attended the event. The purpose of this gathering was to bring together members of the MNA Sarawak branch to share ideas and input on current issues, especially those related to the nursing profession. Additionally, the AGM is an annual mandatory event that serves as a platform for sharing the latest updates about the association. Alongside the meeting, the Sarawak branch of MNA also presented two seminar topics focused on continuous learning for attendees. The topics discussed were "Towards End TB in Sarawak" by Dr. Emmanuel Joseph Fong Tsung and "Nurses' Role in Quality Care" by Dr. Alex Kim Ren Jye. At the same time, the MNA Sarawak Branch recognized the area representative from Sibul, who received the Best Performance Award for their achievements in 2024.



2 - MNA BRANCHES EDUCATION PROGRAM

2.2: Obstructive Sleep Apnea(OSA)

Anjuran: MNA Cawangan UKM
Tarikh: 22hb Februari 2025
Tempat: Webinar (Zoom)

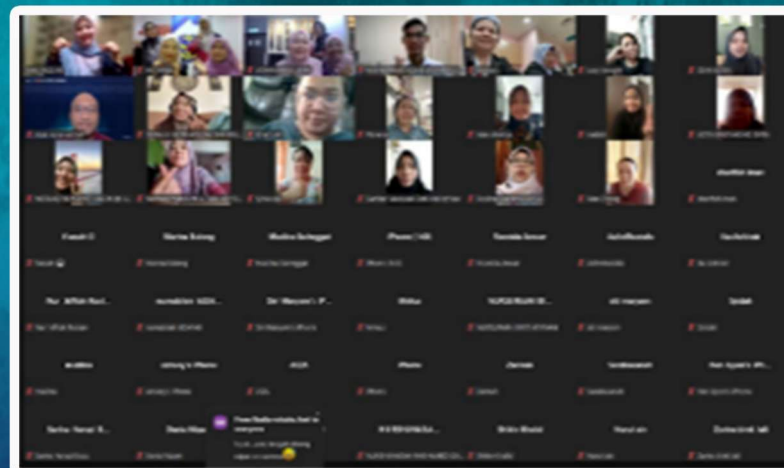
Webinar Kejururawatan Obstructive Sleep Apnea (OSA) telah diadakan pada 22 Februari 2025. Program ini dianjurkan oleh Persatuan Jururawat Malaysia cawangan UKM. Seramai 185 orang peserta yang terdiri daripada ahli dan bukan ahli menyertai webinar ini. Program dimulakan dengan kata-kata aluan daripada Pengerusi MNA cawangan UKM, Puan Rosliza-tion Che Mamat, dan bacaan doa.

Penceramah jemputan merupakan Doktor Pakar di Jabatan Perubatan Dalaman Hospital Canselor Tuanku Mukhriz (HCTM). Dr. Mas Fazlin Mohamad Jailani, telah menyampaikan tajuk "The ABC of OSA: Awareness, Basics & Comprehensive Treatment in OSA". Tajuk kedua "DEF of Obesity Hypoventilation Syndrome: Diagnosis, Evaluation and Full Treatment of OHS". disampaikan oleh Dr Haji Azat Azrai Dato' Azmel berkaitan dengan bagaimana ianya berlaku, komplikasi sekiranya tidak dirawat, cara mengesan dan rawatan sleep apnea. Beliau juga berkongsi berkaitan dengan Obesity Hypoventilation Syndrome (OHS) yang selalunya underdiagnosis. Beliau menekankan berkaitan dengan simptom-simptom OHS yang berkaitan dengan BMI, mudah tertidur, dan ujian makmal. Obesity adalah berkaitan dengan perubahan pada respiratori seseorang. Sesi soaljawab berjalan dengan lancar. Program ini telah mendapat maklumbalas yang sangat baik dari semua peserta dan telah banyak memberi informasi yang berfaedah. Webinar berakhir pada pukul 12.00 tengahari dengan jayanya.

2 - MNA BRANCHES EDUCATION PROGRAM

2.2: Obstructive Sleep Apnea(OSA)

Anjuran: MNA Cawangan UKM
Tarikh: 22hb Februari 2025
Tempat: Webinar (Zoom)



2 - MNA BRANCHES EDUCATION PROGRAM

2.3: Program WeCare: Seminar Kesedaran dan Pencegahan Kanser

Anjuran: MNA Negeri Sembilan Branch

Tarikh: 22hb Februari 2025

Tempat: Dewan LPPKN Seremban 2, Negeri Sembilan

Pada 22 Februari 2025, Persatuan Jururawat Malaysia Cawangan Negeri Sembilan telah menganjurkan Program WeCare: Seminar Kesedaran dan Pencegahan Kanser di Dewan LPPKN Seremban 2, Negeri Sembilan. Program ini dihadiri oleh 207 peserta yang terdiri daripada jururawat dari seluruh Negeri Sembilan. Dari jam 8 pagi hingga 1 petang, pelbagai aktiviti telah dijalankan, termasuk ceramah mengenai Kanser Wanita dan Pencegahan Awal, Pre dan Post Mastectomy Rehabilitation, serta ceramah mengenai "The Power of Positive Thinking."

Selain itu, pihak LPPKN juga menyediakan kaunter untuk demonstrasi dan saringan mammogram serta HPV DNA. Seramai 45 peserta menjalani pemeriksaan mammogram, manakala 33 peserta melakukan saringan HPV DNA. Sebagai tambahan, KPJ University mengadakan kuiz kanser payudara yang disertai oleh 57 peserta. Program ini berjaya memberi impak positif dalam meningkatkan kesedaran dan pengetahuan mengenai pencegahan kanser.



2 - MNA BRANCHES EDUCATION PROGRAM

2.4: Stroke Management in Interventional Radiology: Door - To - Needle Time (DTNT)

Organiser: MNA UMMC Branch

Date: 22nd February 2025

Venue: Webinar (Google Meet)

MNA UMMC Branch has organized a webinar, Stroke Management in Interventional Radiology: Door to Needle Time (DTNT) - The Sooner the Better. The webinar was held on February 22, 2025 (Saturday) from 0900hrs - 1200hrs via Google Meet. It was officiated by Dr. Aisyah binti Suhaimi (MNA President). A total of 137 members and non-members of attended the webinar.

The objective is to raise awareness and enhance nurses' understanding of stroke patient management through interventional radiology, particularly in reducing the time from patient arrival to treatment.

Door-to-needle time refers to the time elapsed from a patient's arrival at the hospital's emergency department to the initiation of intravenous thrombolysis. It's a crucial factor in stroke care because "time is brain," meaning that the sooner treatment begins, the better the patient's potential outcome.

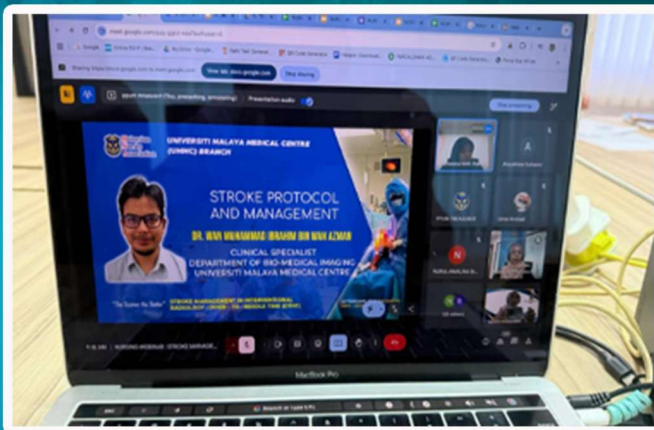
Interventional radiologists play a vital role in endovascular treatment, a procedure where catheters are used to remove blood clots from blocked arteries in the brain. While "door-to-needle" primarily relates to IVT, overall "door-to-reperfusion" times, which include time to in endovascular treatment, are also very important. Time is very impotence because rapid treatment is essential in acute ischemic stroke to minimize brain damage. Dr Wan Mohammad Ibrahim bin Wan Azman (Clinical Specialist at the Department of Bio-Medical Imaging) discussed the clinical aspects of stroke management, the importance of DTNT, the latest technology, and the challenges and solutions in stroke treatment. Ms. Nooraain binti Noordin (Staff nurse, Bio-Medical Imaging Clinic), shared her experience and the role of nurses in ensuring a smooth workflow for stroke patients, emphasizing communication and coordination among the medical team.

This webinar program has run smoothly with the cooperation of the committee involved. Participants also took this opportunity to interact with the speaker by asking relevant questions.

2 - MNA BRANCHES EDUCATION PROGRAM

2.4: Stroke Management in Interventional Radiology: Door - To - Needle Time (DTNT)

Organiser: MNA UMMC Branch
Date: 22nd February 2025
Venue: Webinar (Google Meet)



2 - MNA BRANCHES EDUCATION PROGRAM

2.5: Breaking the Silence: Combating Workplace Harassment for Nurses in Malaysia

Organiser: Malaysian Nurses Association
Wilayah Persekutuan Kuala Lumpur (MNA WPKL) Branch
Date: 15th March 2025
Venue: Webinar (Google Meet)

Workplace harassment remains a critical issue affecting nurses' well-being and professional performance. To address this concern, the Education Bureau MNAWPKL organised a webinar titled "Breaking the Silence: Combatting Workplace Harassment for Nurses in Malaysia" on 15 March 2025 via Google Meet, aimed to raise awareness, provide legal and procedural knowledge, and empower nurses with communication strategies to respond to harassment.

The event consists of four main sessions led by multidisciplinary experts, including psychologists, legal authorities, and senior nursing professionals, covering the psychological impact of harassment, legal protections, support from non-governmental organisations, and practical strategies for professional assertiveness. A total of 89 nurses participated, comprising both the public and private sectors.

Several challenges were identified. The virtual format limited real-time interaction, and technical issues disrupted some sessions. A single session was insufficient given the relevance and complexity of the topic. Suggestions for improvement included organising the program as a physical event, expanding it into a recurring series, and including a broader audience from across the healthcare and public sectors. Participants also recommended providing access to recorded materials and visual resources for continued learning.

In conclusion, the webinar was well-received and met its core objectives, representing a significant step forward in addressing workplace harassment in nursing. Future programs should build on this foundation to foster safer and more respectful healthcare work environments.

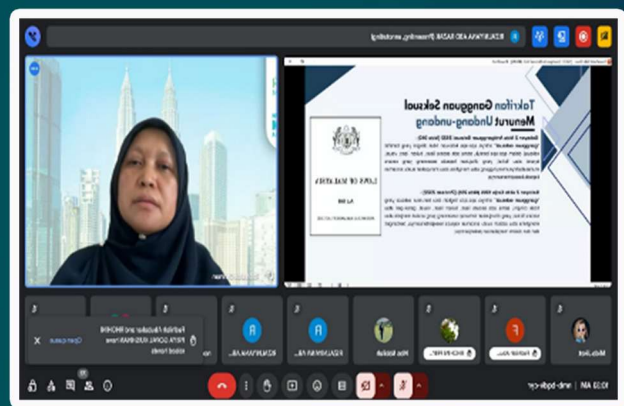
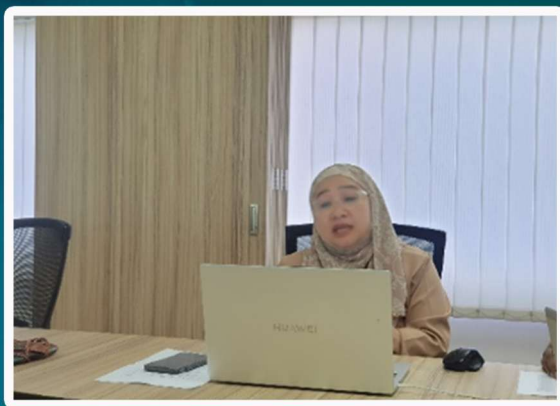
2 - MNA BRANCHES EDUCATION PROGRAM

2.5: Breaking the Silence: Combating Workplace Harassment for Nurses in Malaysia

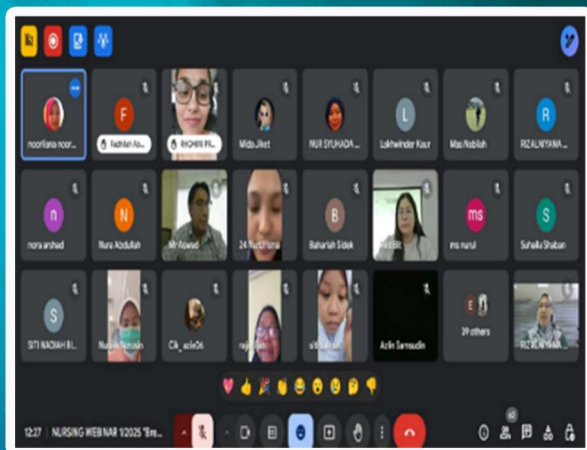
Organiser: Malaysian Nurses Association Wilayah Persekutuan Kuala Lumpur (MNAWPKL) Branch

Date: 15th March 2025

Venue: Webinar (Google Meet)



Presentation By the Speakers Dr Aisyahton Binti Suhaimi and Prof. Madya Dr. Hajah Roohaida



Photography Session with Participant and the Committee Members

2 - MNA BRANCHES EDUCATION PROGRAM

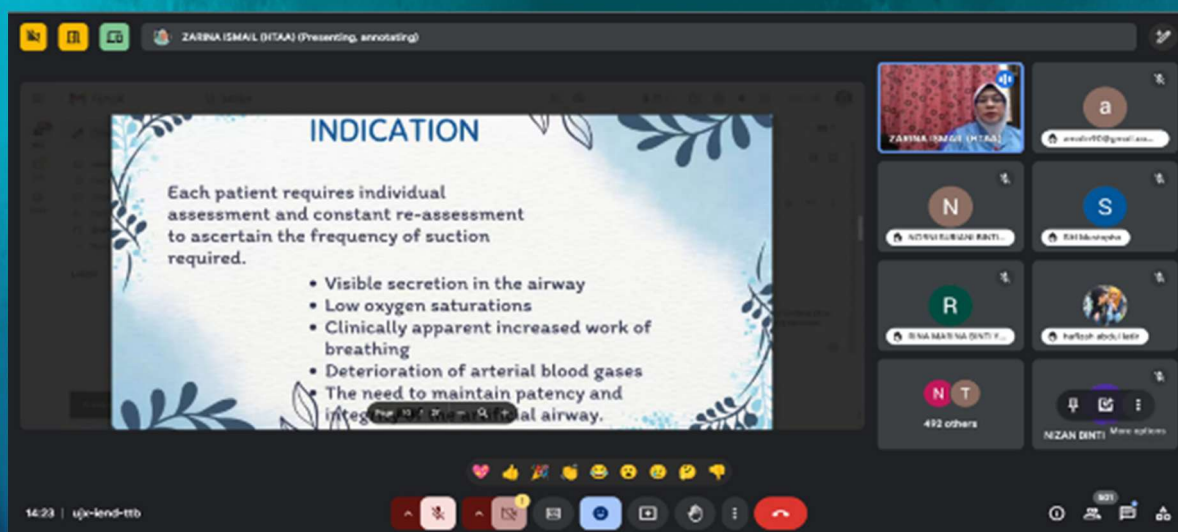
2.6: Efficient airway suction: Ensuring clear airways and safe breathing.

Organiser: MNA Pahang Branch
Date: 19th March 2025
Venue: Webinar (Google Meet)

The Malaysian Nurses Association (MNA), Pahang Branch, recently conducted a Continuing Nursing Education (CNE) session titled Efficient Airway Suction: Ensuring Clear Airways and Safe Breathing.

Airway suctioning is a critical procedure for hospitalized patients, particularly those in Intensive Care Units (ICUs) who are unconscious or mechanically ventilated. It is one of the most commonly performed respiratory interventions in such patients. However, suctioning should be carried out based on clinical indications rather than as a routine practice, due to the potential risk of airway trauma and suction-related complications. Proper technique, clinical judgment, and adherence to evidence-based guidelines are crucial for minimizing risks and ensuring patient safety.

The CNE session was held on 19th March 2025, at 2:15 PM via a webinar platform. The session was delivered by Nurse Salina Binti Sulaiman, Ketua Jururawat (U7, Tbk2) from the Coronary Intensive Care Unit (CICU), Hospital Tengku Ampuan Afzan, Kuantan. A total of 501 participants attended the webinar, indicating strong engagement and interest among nursing professionals. The large attendance also highlights the importance of continuous professional development and the growing reliance on virtual learning platforms to disseminate clinical knowledge and best practices.



2 - MNA BRANCHES EDUCATION PROGRAM

2.6: Efficient airway suction: Ensuring clear airways and safe breathing.

Organiser: MNA Pahang Branch
Date: 19th March 2025
Venue: Webinar (Google Meet)



2.7: Gaya Hidup Kita, Gaya Kesihatan Kita

Anjuran: MNA Cawangan Selangor.

Tarikh: 22 April 2025

Tempat: Webinar (Google Meet)

Webinar Kesihatan 2025: "Gaya Hidup Kita, Gaya Kesihatan Kita" dianjurkan oleh MNA Cawangan Selangor bersama wakil kawasan MNA Hospital Selayang yang diketuai oleh Puan Raihan binti Ab.Rahman. Penyertaan webinar adalah percuma dan terbuka kepada semua Jururawat. Secara keseluruhannya Webinar ini telah mendapat sambutan hangat dari pelbagai kategori. Jumlah peserta adalah seramai 309 orang terdiri dari ahli MNA dan bukan ahli.

Objektif webinar adalah untuk meningkatkan kesedaran tentang kepentingan pengetahuan mendalam mengenai kesihatan fizikal dan mental sebagai panduan dalam penjagaan diri, memahami peranan penjagaan kesihatan fizikal dalam mengurangkan risiko penyakit kronik, serta menekankan kepentingan penjagaan kesihatan mental bagi menghadapi tekanan hidup dan mewujudkan keseimbangan antara kesejahteraan diri dengan persekitaran.

Sesi dimulakan pada jam 10.30 am didahului dengan kata - kata aluan dari Naib Pengerusi Persatuan Jururawat Malaysia Cawangan Selangor iaitu Puan Janet Anak Sano dan diteruskan oleh Penceramah Jemputan, Dr Nida Ul-Huda binti Adznan. Topik webinar ini dipilih memandangkan pada era globalisasi ini, kesihatan dilihat suatu masalah sosial yang serius.

Beberapa soalan telah diajukan semasa sesi soal jawab juga pada akhir sesi webinar. Penceramah telah menjawab setiap soalan dengan jelas. Beberapa orang peserta telah memberi maklumbalas yang sangat positif dan mengucapkan ribuan terima kasih di atas ceramah yang disampaikan kerana topik yang sangat menarik dan bermanfaat bagi setiap individu dan boleh dijadikan panduan untuk mencapai kesejahteraan dalam kehidupan. Webinar berakhir pada jam 12.30 pm.

2 - MNA BRANCHES EDUCATION PROGRAM

2.7: Gaya Hidup Kita, Gaya Kesihatan Kita

Anjuran: MNA Cawangan Selangor.
Tarikh: 22 April 2025
Tempat: Webinar (Google Meet)

Malaysian Nurses Association
CAWANGAN SELANGOR

Webinar Kesihatan 2025
**GAYA HIDUP KITA,
GAYA KESIHATAN KITA**

Jam serta webinar melalui zoom

- Tarikh: 22 April 2025 (Selasa)
- Masa: 10.30 Pg - 12.30 tgh

Penceramah: **DR NIDA UL-HUDA ADZNAN**
Pakar Perubatan Dalaman dan AKUT,
Hospital Selayang

Puan YUZLIZA RAZIDE
Moderator

Daftar Sekarang

Bayaran:
• Percuma

Hubungi:
Pn. Norasida Kasim (0122350049)
Pn. Puteri Dely Suzi Abd Mubli (0196103646)

Anjuran: Persatuan Jururawat Malaysia,
Cawangan Selangor.



2 - MNA BRANCHES EDUCATION PROGRAM

2.8: Workshop: Nursing Academic Writing Workshop Part 1

Organiser: MNA SIG Journal Club

Date: 8 February 2025

Venue: Wisma Jururawat, Petaling Jaya.

The SIG Journal Club successfully organized the Workshop on 08 February 2025 at Wisma Jururawat, Petaling Jaya, Selangor. The objective is for participants to gain knowledge and provide background information on critical analysis and evaluation of other people's research results and critiques. The workshop will develop research findings and ideas based on academic research conducted by others.

The Workshop started at 0900 and ended at 1600. Pn Fatimah binti Alias, the Chairman of SIG Journal Club, was present to officiate the program. A total of 16 participants, including the exco members, participated in the workshop. The speaker, Prof. Dr. Chong Mei Chan from University Malaya, deliberately delivered her topic successfully. Puan Maslinawati Binti Md Manap, the Exco of SIG Journal Club, also shared her experiences using the smart IT tools.

Participants had an opportunity to present their group work at the end of the session. The workshop ran smoothly, achieving its objectives due to the cooperation of all parties involved.

2 - MNA BRANCHES EDUCATION PROGRAM

2.8: Workshop: Nursing Academic Writing Workshop Part 1

Organiser: MNA SIG Journal Club

Date: 8 February 2025

Venue: Wisma Jururawat, Petaling Jaya.



ORGANIZED BY SIG JOURNAL CLUB

LET'S LEARN

NURSING ACADEMIC WRITING WORKSHOP PART 1

08 FEB 2025 (SATURDAY)
WISMA JURURAWAT, PJ SELANGOR
0900 - 1600 H



PROF. DR. CHONG MEI CHAN
PROFESSOR
DEPARTMENT OF NURSING SCIENCE FACULTY OF MEDICINE
UNIVERSITI MALAYA



PN. MASLINAWATI BT MD MANAP
MNA HQ & SIG JOURNAL CLUB IT
PERSONAL (SELF-LEARNER)

CPD A3 - 6

REGISTER NOW
CLICK FLYES FOR REGISTRATION

FEES : RM100 (MEMBER)
RM150 (NON MEMBER)
RM80 (STUDENT)



WhatsApp only
016-622 5474
Email
sigjournalclub@gmail.com



LET'S LEARN

NURSING ACADEMIC WRITING WORKSHOP PART 1

OBJECTIVES :
The purposes of academic writing are:

- To gain knowledge and provide background information on critical analysis and evaluation from other people's research results, and critique.
- Develop your own research findings and ideas based on academic research conducted by others.

LEARNING OUTCOME
Upon completion of this seminar, participants will be able to:

- Improved Writing Skills: Develop clarity, coherence, and conciseness in writing. Learn to structure essays, research papers, and other academic documents effectively.
- Critical Thinking: Enhance analytical skills to evaluate sources, arguments, and evidence. Learn to construct well-reasoned arguments and critique others' work.
- Research Competency: Acquire skills in finding, evaluating, and integrating scholarly sources. Learn proper citation and referencing techniques to avoid plagiarism.

Email
sigjournalclub@gmail.com
WhatsApp only
016-622 5474

TIME	PROGRAM	SPEAKER / FACILITATOR
0900	REGISTRATION	EXCO SIG JOURNAL CLUB
0930	RECITED DOA	EXCO SIG JOURNAL CLUB
0945	WELCOME ADDRESS	PUAN FATIMAH BINTI ALIAS CHAIRMAN SIG JOURNAL CLUB
0950	OFFICIATING SPEECH	PUAN SAFIAH BINTI SUTAN TAHARUDIN DEPUTY PRESIDENT MALAYSIAN NURSES ASSOCIATION
1000	UNDERSTANDING ACADEMIC WRITING: EXPLORING THE BASICS OF ACADEMIC WRITING, INCLUDING ITS IMPORTANCE, CHARACTERISTICS, AND COMMON TYPES OF ACADEMIC DOCUMENTS.	PROF. DR. CHONG MEI CHAN PROFESSOR DEPARTMENT OF NURSING SCIENCE FACULTY OF MEDICINE UNIVERSITI MALAYA.
1100	USING DIGITAL TOOLS FOR WRITING: EXPLORING DIGITAL TOOLS AND SOFTWARE THAT CAN AID IN ACADEMIC WRITING.	PN. MASLINAWATI BT. MANAP MNA HQ & SIG JOURNAL CLUB IT PERSONAL (SELF-LEARNER)
1200	STRUCTURING ACADEMIC PAPERS: ORGANIZE YOUR PAPER WITH CLEAR INTRODUCTIONS, BODY PARAGRAPHS, AND CONCLUSIONS.	PROF. DR. CHONG MEI CHAN PROFESSOR DEPARTMENT OF NURSING SCIENCE FACULTY OF MEDICINE UNIVERSITI MALAYA.
1300 - 1430	LUNCH BREAK	
1430	GROUP WORK: FUTURE OF THE NURSING PROFESSION	FACILITATOR
1500	5 MINUTES PRESENTATION: ABSTRACT	
1545 - 1600	PHOTO SESSION END OF PROGRAM	EXCO SIG JOURNAL CLUB

2 - MNA BRANCHES EDUCATION PROGRAM

2.9: Presentation Skills Workshop: Communicate with Clarity: Transform your Presentation Style

Organiser: MNA SIG Renal

Date: 20th April 2025

Venue: Wisma Jururawat, Petaling Jaya

On 20 April 2025, the Malaysian Nurses Association's SIG Renal successfully held a Presentation Skills Workshop at Wisma Jururawat, aimed at improving communication and presentation skills for nurses and healthcare professionals involved in teaching. The workshop was limited to 30 participants to ensure an interactive and focused learning experience, with 22 participants attending and actively engaging in activities.

The event was opened by Mrs. Abidah binti Yasin, Vice President of MNA, who expressed appreciation for the speakers, participants, and organisers. Participants reported improvements in key areas: better communication of complex information, enhanced audience engagement, more effective use of visual aids, and greater ability to incorporate constructive feedback. Additionally, participants gained more confidence and improved collaboration, strengthening their presentation skills.

The agenda included five keynote sessions from distinguished speakers, complemented by interactive exercises that allowed participants to refine their presentation styles. Feedback from participants was overwhelmingly positive, praising the content, delivery, and hands-on practice sessions that facilitated peer learning and confidence-building. This workshop provided valuable skills for renal nurses and educators, promoting professional development. Based on the success and positive feedback, future workshops and advanced training are being considered to further support MNA members' growth.

2 - MNA BRANCHES EDUCATION PROGRAM

2.9: Presentation Skills Workshop: Communicate with Clarity: Transform your Presentation Style

Organiser: MNA SIG Renal

Date: 20th April 2025

Venue: Wisma Jururawat, Petaling Jaya



3 - MNA COMMUNITY OUTREACH PROGRAM

3.1: Health Screening Program

Organiser: MNA Penang branch

Date: 1st February 2025

Venue: Rumah Bakti Kasih Ayah Bonda in Bukit Mertajam, Penang

On 1st February 2025 (Saturday), a community outreach program by the MNA Penang branch was successfully conducted at Rumah Bakti Kasih Ayah Bonda in Bukit Mertajam, Penang. The main objectives were to promote health awareness, provide education, and extend support to children and caretakers at the welfare home.

The program included three key activities: health screening, an educational talk, and the donation of basic food items. The ultimate aim of these activities is to promote healthy living, increase knowledge of personal well-being, and ensure that residents' daily needs are met. A total of 15 young children and teenage girls benefited from this initiative. The home's owners and caretakers for this Rumah Bakti are Ms. Siti Nur Ain Shahirah Binti Johari, Ms. Nur Fatin Natasya Binti Mohd Jafri, and Mr. Mohd Fizri Bin Ilias.

In conclusion, the program not only enhanced the welfare of the children but also fostered community engagement and compassion. Perhaps this outreach program strengthened the collaboration between the MNA Penang branch and the community.

3 - MNA COMMUNITY OUTREACH PROGRAM

3.1: Health Screening Program

Organiser: MNA Penang branch

Date: 1st February 2025

Venue: Rumah Bakti Kasih Ayah Bonda in Bukit Mertajam, Penang



3 - MNA COMMUNITY OUTREACH PROGRAM

3.2: Santuni Asnaf Sempena Ramadan

Organiser: MNA Kelantan Branch

Date: 15th March 2025

Venue: Rumah Kelab Santuni Asnaf, Jalan Guchil Bayam, Kota Bharu, Kelantan

The "Santuni Asnaf Sempena Ramadan" program, organized by the Malaysian Nurses Association (MNA) Kelantan Branch, was successfully held on 15 March 2025 at Rumah Kelab Santuni Asnaf, located on Jalan Guchil Bayam, Kota Bharu, Kelantan. This charitable event was held in conjunction with the holy month of Ramadan. The program aimed to ease the burden of asnaf families in preparing for iftar, to celebrate them with special meals, and to encourage charitable contributions from members during this blessed month.

The cooking activities began at 10.00 am, involving 10 MNA members, assisted by volunteers from the Kelantan Santuni Asnaf Club. Among the iftar meals prepared were nasi putih, sup kambing, ayam percik, and lychee syrup, which was a charity by the MNA members.

The official program begins at 2.00 pm with an opening speech by the MNA Kelantan Branch Chairman, followed by a tazkirah delivered by the Chairman of the Santuni Asnaf Club. A total of 61 asnaf families attended the event. The portions provided were based on the number of family members in each household. All recipients expressed their gratitude and joy for the assistance received. The program concluded smoothly at 4.40 p.m.

3 - MNA COMMUNITY OUTREACH PROGRAM

3.2: Santuni Asnaf Sempena Ramadan

Organiser: MNA Kelantan Branch

Date: 15th March 2025

Venue: Rumah Kelab Santuni Asnaf, Jalan Guchil Bayam, Kota Bharu, Kelantan



MNA Members gathered to prepare a dish for breaking the fast for the asnaf



Speech by the Chairman



Iftar meals were distributed

3 - MNA COMMUNITY OUTREACH PROGRAM

3.3: Sumbangan Bakul Ramadhan Untuk Keluarga Asnaf

Anjuran: MNA Cawangan Perak

Tarikh: 15hb Mac 2025

Tempat: Kampung Dato Ahmad Said Tambahan 2 Manjoi

Pada 15hb Mac 2025 (Sabtu), Persatuan Jururawat Malaysia Cawangan Perak telah menjalankan program komuniti Sumbangan Bakul Ramadan kepada 20 keluarga asnaf di Kampung Dato Ahmad Said Tambahan 2 Manjoi. Sumbangan merupakan bahan - bahan kering seperti beras, minyak masak, gula dan lain-lain yang bernilai RM100 setiap rumah serta pemberian duit raya. Dana diperolehi dari hasil sumbangan ahli MNA Cawangan Perak. Ahli MNA di negeri Perak digalakkan mempunyai sikap sedia membantu dan berkongsi rezeki dengan masyarakat yang amat memerlukannya. Ia juga dapat mengeratkan siraturahim antara ahli persatuan dengan masyarakat .

Seramai 6 orang AJK dan Area Rap telah membantu membeli barang-barang keperluan dan menyediakan bakul ramadan. Sumbangan dilancarkan di Dewan Perpustakaan Kampung Dato Ahmad Said Tambahan Dua. Program berjalan dengan sempurna hasil kerjasama dari Ketua Kampung dan Ketua Wanita di kampung. Pemilihan keluarga asnaf telah dibuat oleh ketua kampung itu sendiri. Sesi bergambar bersama penerima sumbangan dan AJK kampung sebelum majlis selesai di lakukan pada jam 1.30 petang.



3 - MNA COMMUNITY OUTREACH PROGRAM

3.3: Sumbangan Bakul Ramadhan Untuk Keluarga Asnaf

Anjuran: MNA Cawangan Perak

Tarikh: 15hb Mac 2025

Tempat: Kampung Dato Ahmad Said Tambahan 2 Manjoi



4 - MNA SOCIAL/RECREATION/ SPORTS ACTIVITIES

4.1: The Singgah Sahur Program

Organiser: MNA HUSM Branch

Date: 15th March 2025 (Saturday)

Venue: Hospital Pakar Universiti Sains Malaysia

The Malaysian Nurses Association (MNA), HUSM Branch, successfully organized the Singgah Sahur program on 15 March 2025 at Hospital Pakar USM (HPUSM). This initiative was part of the association's ongoing commitment to support and appreciate the dedication of healthcare personnel, especially during the holy month of Ramadan.

A total of 400 sahur meal packs were distributed to night-shift staff on duty across various departments. The distribution commenced at midnight and continued into the early morning hours to ensure all meals were delivered promptly before the start of the fasting period.

The program was made possible through the active participation of 20 MNA members, who volunteered their time and energy in the planning, packing, and distribution processes. Their collective effort ensured the smooth execution of the event and contributed to its success.

The Singgah Sahur program not only provided physical nourishment but also served as a gesture of gratitude and moral support for the staff's unwavering service. The MNA HUSM Branch hopes to continue organizing similar initiatives in the future as part of its community outreach and member engagement activities.



Preparation of Sahur Meal Pack Distribution

4 - MNA SOCIAL/RECREATION/ SPORTS ACTIVITIES

4.1: The Singgah Sahur Program

Organiser: MNA HUSM Branch

Date: 15th March 2025 (Saturday)

Venue: Hospital Pakar Universiti Sains Malaysia



Distribution of Meal Packs to On-Duty Staff



Committee member



Distribution of Meal Packs to On-Duty Staff

4 - MNA SOCIAL/RECREATION/ SPORTS ACTIVITIES

4.2: Pangkor Island Trip

Organiser: MNA IJN Branch
Date: 11th -13th April 2025
Venue: Pangkor Island, Perak

From 11th to 13th April 2025, 24 members of the MNA IJN Branch embarked on a rejuvenating retreat to Pangkor Island, a coastal gem off Perak's west coast. The journey offered stunning natural scenery as participants explored lush jungle trails and winding coastal roads. Stops at Teluk Nipah and Pasir Bogak beaches, famous for turquoise waters and soft white sand, provided the perfect setting for snorkeling and relaxing by the sea.

The trip included engaging activities that promoted teamwork and bonding. Members participated in a lively telematch on the beach, fed eagles, and explored colorful local markets to try fresh produce and traditional snacks. A snorkeling trip showcased vibrant coral reefs and abundant marine life, adding excitement and wonder to the adventure.

With time to unwind, share laughter, and build friendships, the retreat achieved its purpose of strengthening camaraderie, encouraging cultural appreciation, and promoting personal well-being among IJN Branch members.



4 - MNA SOCIAL/RECREATION/ SPORTS ACTIVITIES

4.2: Pangkor Island Trip

Organiser: MNA IJN Branch
Date: 11th -13th April 2025
Venue: Pangkor Island, Perak



4 - MNA SOCIAL/RECREATION/ SPORTS ACTIVITIES

4.3: Stretching and brisk walk session at Subang Ria Recreational Park

Organiser: MNA SJMC Branch

Date: 30th April 2025

Venue: Subang Ria Recreational Park

On 30th April 2025, the MNA SJMC Branch successfully organized a stretching and brisk walk session at Subang Ria Recreational Park. The objective of this program was to promote a healthy lifestyle, foster bonding among members, and provide an avenue for stress relief. A total of 10 members participated in the activity, with most joining after their working hours. The session took place from 5.30 pm to 6.45 pm.

The activity began with a 10-minute warm-up session, followed by 30 minutes of brisk walking around the scenic park. After the walk, participants engaged in 10 10-minute stretching and cool-down routine to complete the session.

Overall, it was a refreshing and engaging activity that promoted wellness and camaraderie among the members



4 - MNA SOCIAL/RECREATION/ SPORTS ACTIVITIES

4.3: Stretching and brisk walk session at Subang Ria Recreational Park

Organiser: MNA SJMC Branch

Date: 30th April 2025

Venue: Subang Ria Recreational Park



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