

# BERITA CSM



*Newsletter of the College of Surgeons, Academy of Medicine of Malaysia*

*Editor: Associate Professor Dr Lim Kean Ghee*



## Message from the President

So far, the year 2015 has been an exciting year.

One of the most important annual event of the College, the Annual Scientific Meeting, was

successfully held at the G Hotel, Penang, from 29<sup>th</sup> to 31<sup>st</sup> May 2015. The meeting comprising surgical workshops, scientific programmes and social events, was well-received and attended by a record number of participants in the history of the College. We owe much, to the hard work of Associate Professor Datuk Dr Ismail Sagap and Associate Professor Dr Lim Kean Ghee, organising committee and their local counterparts. We are also grateful to the many local and international faculty; particularly, the Royal College of Surgeons of Edinburgh, who had contributed very significantly with a strong presence of several eminent speakers.

This year, the College celebrated the 5<sup>th</sup> anniversary of ATLS in Malaysia. The immense contributions by Professor Dr Lum Siew Kheong (ATLS Director for Malaysia) and his team, were duly acknowledged and given due recognition at the Annual Scientific Meeting.

The College has continued and will continue to play its role in organising and supporting activities related to surgical education and training. Surgical Skill Workshops have been conducted by Associate Professor Dr Hanafiah

Harunarashid at the Advanced Surgical Skills Centre at UKM. Under the Directorship of Professor Dr April Roslani and Dr Ng Char Hong, the CCrISP Courses have been rejuvenated and are being run regularly at the University of Malaya (UM).

In the capacity as a partner of the Conjoint Board of Surgery, the College has also participated and collaborated in the examinations. This Conjoint Board of Surgery comprises of representatives from the Universities, Ministry of Health Malaysia and the Academy of Medicine of Malaysia. The College, together with the other partners of the board, oversees the Master of Surgery Examination.

The Joint Surgical Colleges Fellowship Examination (JSCFE) Committee, for the first time in Malaysia, held its examination from 18<sup>th</sup> to 20<sup>th</sup> August 2015, in collaboration with the UKM, the UM and our College. Since January 2014, we have also facilitated the Royal College of Surgeons of Edinburgh in holding the MRCS part B (OSCE) Examinations at UKM, Kuala Lumpur.

The College look into ways to interact and support the surgical societies. We will continue to promote and enhance the standard of surgery and professionalism among the surgeons in Malaysia. e



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# Care of the Critically Ill Surgical Patient (CCrISP)

Report prepared by **Professor Dr April Camilla Roslani**

The third iteration of the Instructors' Course in Malaysia was also the first time it was run with an entirely local faculty. Held at University Malaya Medical Centre, it was led by the Course Director, Dr Ng Char Hong, aided by the Co-Director, Professor Dr April Roslani, Dato' Dr P Kandasami and Dr Sandip Kumar. They mentored the eight instructors-to-be on how to deliver lectures, conduct small group sessions and role-play. The course culminated in the new instructors organising and assessing the summative moulage independently.



*Instructors' Course,  
2<sup>nd</sup>-3<sup>rd</sup> April 2015*

The goal of the course is to produce instructors who are capable of delivering the core components of CCrISP effectively; i.e. a systematic approach to managing critically ill surgical patients, rooted in adult-learner education principles for maximum effectiveness. Their skills were immediately put to the test, as they were included in the faculty for the subsequent Providers' Course.

All the new instructors acquitted themselves well, with excellent feedback from the participants. We were happy to welcome the first overseas participant, Dr Hana from the United Arab Emirates, who was pleased with the delivery of the

course. In general, all participants would highly recommend this to their colleagues. It is certainly gaining interest from overseas trainees as well, with applications already coming in for future courses.

Running the two courses back-to-back exponentially increased the intensity for those involved in both, but there were still plenty of moments for levity and camaraderie. There was plenty of informal interaction between instructors and participants of all ages, and it is hoped that participants will be inspired to implement the skills they had learned, and eventually join as instructors.

The College will be running two further Provider Courses this year, from 8<sup>th</sup> to 9<sup>th</sup> August 2015, and from 12<sup>th</sup> to 13<sup>th</sup>, December 2015. Early application is advisable owing to the limited number of places per course. Information on application is available on the College website.



*Providers' Course, 4<sup>th</sup>-5<sup>th</sup> April 2015* 

## Examiners' Training Workshop, 16<sup>th</sup> May 2015

Report prepared by **Professor Dr April Camilla Roslani**

This was the sixth such workshop, run in Malaysia with participation of the College of Surgeons, and the fourth organised together with the Department of Surgery, University of Malaya. Aimed at training Master of Surgery examiners, participants represented all the key member institutions of the Conjoint Committee. There was a particularly strong contingent from the Ministry of Health this year, in line with their commitment to improving delivery of surgery in the country.



The College of Surgeons was represented by the President, Dr Peter Wong, while the course convenor was the Honorary Secretary, Professor Dr April Roslani.

For the first time, the workshop this year was held in Hospital USM, Kota Bharu. The Training Faculty was international and eclectic, led by Professor Dr David Galloway, the President-Elect of the Royal College of Physicians & Surgeons of Glasgow.

He was supported by Professor Dr Frank Smith, representing the Royal College of Surgeons of England, Professor Dr C R Thambidorai and Professor Dr Alizan A Khalil, both from University of Malaya.



In addition to the usual lectures, interactive sessions and role-play, a lecture and video session discussing the concepts of equality and diversity, and their impact on examination outcomes, was introduced. This was very well-received, and elicited more than a few laughs as recognisable behaviours were demonstrated! Feedback was very positive, with participants suggesting refresher courses even for active examiners.

This augurs well for the future of standards of surgical assessment in Malaysia.







# Non-Technical Skills for Surgeons (NoTSS) Courses

Surgical Trainees Course, 31<sup>st</sup> May 2015; G Hotel, Penang  
Masterclass for Trainers, 1<sup>st</sup> June 2015; University of Malaya, Kuala Lumpur

Report prepared by **Professor Dr April Camilla Roslani**

The evolution of surgical training to become more outcomes-based has led to a recognition that competency entails more than just technical excellence. Non-technical skills, such as situational awareness, decision-making, communication and teamwork, and leadership, have been shown to underpin technical proficiency leading to superior patient outcomes.

The NoTSS courses, developed by the University of Aberdeen and funded jointly by the Royal College of Surgeons of Edinburgh and NHS Education for Scotland, aim to deliver this important message, through a combination of short lectures, video demonstration, interactive sessions and audience feedback systems. A framework is then provided for implementation in the workplace. Participant numbers are deliberately kept small, to allow for better interaction and discussion.

We were very fortunate to have one of the pioneers of the course, Mr Simon Paterson-Brown, a surgeon from the Royal Infirmary of Edinburgh, deliver two courses in conjunction with the CSAMM ASM 2015. He was assisted by the local convenor, Professor Dr April Roslani, and Dr Yeap Chee Loong.

The trainees course was attended to capacity, highly encouraging, given that it was run on a Sunday afternoon! Mr Paterson-Brown expertly coaxed the initially shy trainees to engage, and at the end, many were forthcoming about their own experiences in the areas touched upon. It was sobering to note that the majority had been on the receiving end of, or witnessed, aggressive or bullying behavior, or other inappropriate behaviours, which had resulted in poor outcomes for patients. Feedback was very positive, with many keen to participate in team-based courses, to include operating theatre staff and surgeons.

The masterclass was similarly over-subscribed, and the enthusiasm of the senior surgeons matched, if not exceeded, that of the trainees. The degree of engagement was very high, with many “A-ha!” moments experienced by the audience. The parallels with aviation training certainly resonated with the audience, and the statistics on avoidable adverse outcomes as a result of human rather than technical factors in the surgical arena made all sit up. Many expressed interest in taking this further, and it bodes well for the College’s aspirations to incorporate this as an essential component of surgical training.

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## Is breast and ovarian cancer truly by chance?

### PREVENTING BREAST AND OVARIAN CANCERS IN HIGH RISK INDIVIDUALS

Report prepared by **Professor Dr Nur Aishah Taib**

The genomics era has begun since decades ago, but the efforts to integrate genomics into health care practice remain a challenge in Malaysia. The advancement of genomics technology have been shown to improve patients' health. In light with the Angelina Jolie's announcement about her surgeries, there is increasing awareness in women seeking for genetic testing. The main concern is whether the health care practitioners (HCP) are equipped with the knowledge to identify high risk individuals, assess if the genetic testing is needed and equipped to interpret genetic tests and manage cancer risks. As there is scarcity of geneticists and genetics counsellors in Malaysia there is an urgent need to train HCP who act as front-liners in identifying individuals at risk and also when genetic testing is available in the open market. Hence, there is an urgent need for HCPs to understand and manage hereditary breast and ovarian cancer (HBOC).



Understanding these issues, co-organisers University Malaya Medical Centre (UMMC), Cancer Research Malaysia (previously known as Cancer Research Initiative Foundation, CARIF) and College of Surgeons, Academy of Medicine of Malaysia, had organised a pre-conference workshop and course "Updates in Breast and Ovarian Cancer Prevention" on 25<sup>th</sup>-27<sup>th</sup> May 2015. This meeting has the endorsement from Medical Genetics Society of Malaysia, Malaysian Oncology Society, College of Radiology and Obstetrical & Gynaecological Society of Malaysia. 40 participants participated in 2-day workshop conducted by 7 multidisciplinary facilitators from UMMC, Cancer Research Malaysia, Hospital Kuala Lumpur, as well as two international facilitators who are experienced in HBOC genetic counselling, Associate Professor Dr Kristine Barlow Stewart from University of Sydney and Ms Kathleen Wallis from St Mary's Hospital, Manchester. About 100 participants attended the one day course on the third day and we were honoured to have Professor Dr Gareth Evans, geneticist and researcher to share his experience in managing individuals at high risk of developing breast and ovarian cancers.

#### Is BRCA gene prevalent in Malaysia?

"As only 5% of Malaysian population are expected to be at high risk, then some may argue that it is considered as a small number. Let's do a simple calculation. Malaysia has 28 millions population, then 5% is equal to several thousands of people. Is thousands considered as small number?" Professor Dr Teo Soo-Hwang, CEO of Cancer Research Malaysia. The risk of developing breast cancer for these individuals exceed the Malaysian population risk of 5%. The risk is estimated to be 50 to 80%.

#### How does testing help? Sharing from Malaysian BRCA carriers

Early detection and new advancements in research can save lives. Mdm Leong, 37, was diagnosed with breast cancer at 26 and later on finding out that she is a BRCA1 mutation carrier. Instead of taking steps like Angelina Jolie, she chose to have a regular 6-months breast and ovarian screening and emphasized that knowing BRCA status has greatly benefited her life.

"The test result make me think deeper and appreciate my life. I changed my lifestyle, be more disciplined, I take care of my diet, I am more cautious of my health. I know there are options to take care of my risks and I choose the options that I am comfortable with. I prepare myself mentally, if anything would happen to me, I will be strong enough to handle it again", Mdm Leong.



#### Empowering Clinicians

"We understand surgeons won't have enough time to really sit with patient to assess their risk and give genetic counselling. So, that's why we encouraged them to come to this workshop with their breast care nurses and learn the right way of taking a family history and do a preliminary assessment to determine if patient is at high risk of hereditary breast and ovarian cancers, furthermore managing future breast cancer and ovarian cancer risk is in the realm of the breast surgeons and gynaecologists", said Professor Dr Nur Aishah, Consultant of Breast Surgeon in UMMC.

Participants were given a clinician guide to be used in their clinic. This document highlights the Malaysian Clinical

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Practice Guidelines on Management of Breast Cancer 2010 and incorporates adapted guidelines from The National Breast and Ovarian Cancer Centre, Australia (adapted with permission), and NICE guidelines in the UK on familial breast cancer 2013. It also provides care pathways and contact information for referral for genetic testing.



Surgeons and their nurses attended the workshop

### Letting the patients decide

Many factors influence patients' decisions on risk management. What's important is they make an informed decision and be clear on the benefits and harms of their choices.

"There is no right and wrong when a patient makes a decision on whether to test or how to reduce their risk of breast and ovarian cancers", said Miss Yoon Sook Yee, Associate Genetic Counsellor, Cancer Research Malaysia.

"Genetic information is special as it is shared within the family and predictive of future health and reproductive decisions, it is complex in its' impact", said A/P Kristine Barlow Stewart.

### Lessons learnt at the workshop/course

- Information for health professionals on familial breast and ovarian cancers
- Understanding the criteria for genetic testing
- How to determine risk of hereditary cancer. Taking a family history and risk assessment using the Manchester score
- Process of pre and post-genetic testing and counselling
- Risk management of affected and unaffected mutation carriers
- Understanding ethical, legal and psychosocial issues for family identified or at risk of HBOC
- Clinical pathways of managing at risk individuals. Referral information
- How does testing help. BRCA carrier sharing session
- Recent updates on management of HBOC. Treatment Focused Genetics Testing (TFGT)

### Find out more

We hope this effort will reduce the disparities in the care of high risk individuals and their family members. For further information on the topic or inquiries about this or future events, please email to [secretariat@csamm.asm.org.my](mailto:secretariat@csamm.asm.org.my)



### For referrals for genetic testing

Refer to:

- 1) HKL = Genetics clinic 03-2615 5555 ext 7062  
Fax No: 03-2691 2853  
Email: [klinikalgenetik.hkl@moh.gov.my](mailto:klinikalgenetik.hkl@moh.gov.my)
- 2) CARIF = Tel: +603 5639 1874 Fax: +603 5639 1875  
Email: [info@carif.com.my](mailto:info@carif.com.my)
- 3) UMMC = Breast Cancer Resource Centre  
03-79493642





Malaysia is the fattest nation in Asia with an alarming rising trend in the prevalence of Diabetes Mellitus, which I reported at the IFSO- APC & JSSO, in 2011. Furthermore, based on a study done in 2013, Lancet reported that approximately 45% of Malaysian men and almost half of Malaysian women are either overweight or obese, compared to global rates of nearly 30%.

This paradigm shift in Asia over the last decade has brought about an increase in incidence of a plethora of adverse health conditions. There is a rising concern regarding this matter, and much effort has been placed to address this issue. Unfortunately, little progress has been made locally. There is a need to increase the capacity to perform bariatric surgery across the nation. There are various surgical options available in managing morbid obesity, varying from restrictive procedures such as laparoscopic adjustable gastric band, to laparoscopic Roux-En-Y Gastric Bypass, which is a gold standard bariatric procedure accounting for about 70% of all bariatric surgeries performed globally. Nonetheless, in keeping the rise in popularity of laparoscopic sleeve gastrectomy and simplicity of its techniques, laparoscopic sleeve gastrectomy became the most popular surgical procedure in Malaysia. There were

far and few Bariatric surgery centres and we anticipate the challenge faced in training for most surgeons in this otherwise challenging and high rise surgery. With this in mind, the College set out to bring APMBSS Congress to Malaysia with the support of MyCEB in 2014, in order to increase awareness of this Health Crisis. As a Board Member of APMBSS, I asked Dr Mahadevan to be my representative for Bidding at Krabi since the event clashed with Silent Mentor Workshop. Having expressed our interest in health promotion and the rising crisis of obesity in Malaysia, we set the scheme for the Bidding for APMBSS 2016 in Seoul, Korea. With the support of MyCEB and a government support grant of RM 70,000, I presented our Bid document together with Dr Tikfu Gee at the Governor Board Meeting with the intention to host the APMBSS Congress 2016 at Sutera Harbour Convention Centre in Kota Kinabalu, Sabah. Since then, our MYMBSS (Malaysia Metabolic and Bariatric Surgeons Society) has been formed and is ready to co-run the Congress with APMBSS. Despite the recent calamitous earthquakes which struck Sabah, we strongly feel that we would support Sabah in this auspicious event whereby, Surgeons with an interest in Bariatric surgery would congregate at this beautiful part of Malaysia for a highly educational scientific meeting. Needless to say,

given the pristine and scenic natural setting, I anticipate a relaxing working environment where friends can meet and enjoy. Perhaps the topical risk of natural calamity attracts this prodigious calibre of surgeons who often operate on specifically high-risk patients, which imbues them with the feeling of living on the edge, all the time. Given our experience of running Live, Cadaveric and animal workshops for bariatric surgery in Malaysia, we will plan for exciting Pre-Congress workshops in Kuala Lumpur. The College of Surgeons, Academy of Medicine of Malaysia, as always, supports this APMBSS being held in Malaysia.



*APMBSS Board Meeting at IFSO-APC 2015 in Seoul, South Korea*

**Professor Dr Chin Kin Fah**

*Governor, APMBSS*

*President, APMBSS 2016 Congress*

**Dr Tikfu Gee**

*Executive Committee Member (web design),  
APMBSS*

*Vice-President, APMBSS 2016 Congress*





# ANNUAL SCIENTIFIC MEETING 2015

Report prepared by **Associate Professor Dr Lim Kean Ghee**

The Annual Scientific Meeting of the College of Surgeons, Academy of Medicine of Malaysia, was held in the G-Hotel, Penang, from 29<sup>th</sup> to 31<sup>st</sup> May 2015. We had a record of over 660 registrants. I am happy to say that the programme ran without hitches, and the presentations were well-received. We had a large focus on trauma this year, with three symposia. Trauma forms a large part of surgical workload in all our general hospitals and also our district hospitals. Topics covered included not only the management of trauma to different parts of the body, but also disaster management and transfer of trauma patients between hospitals. In addition, the symposium on physiology and resuscitation was well-received. One reason for this emphasis on trauma is because 2015 is the 5<sup>th</sup> anniversary of the ATLS in Malaysia. In recognition of this, Professor Dr Lum Siew Kheong, our Past-President, who initiated the programme and still continues to helm it, was honoured with the College Distinguished Service Award. Professor Dr Michael Hollands from Australia who helped the College start the ATLS programme, was our A M Ismail Orator.

The theme was “Optimizing Patient Outcome” and this extended beyond trauma. The Royal Australasian College Travelling Fellow was Professor Dr Philip Carson whose interest is in rural surgery. He spoke from his perspective of delivering optimum surgical care in the broad sense, in Darwin, Australia, and also on trauma care there. With many district hospitals in our country, this was relevant to Malaysia.



*Stage Party*



*A M Ismail Orator receiving medallion from President*



*College Distinguished Award*



*Audience at the meeting*



*Organising Chair delivering his speech*



*Local Organising Committee*



*Medallion presented to Past President*



*Gala Dinner*



*Ethicon Prize Winner*



*SMA Alhady Awardee*



*Basic Surgical Skills Student Competition Winner*



*Recognition for Orthopaedic BSE*

As usual, all the various aspects of general surgery were covered, not only in the symposia, but also aired in the free paper sessions and posters. We received over 400 oral and poster submissions and we hope young surgeons will continue to develop in audit, innovation and research. The Ethicon Prize this year was awarded to Dr Nurul Hidayah Abdul Rauf of Hospital Kuala Lumpur, for her paper on “Evaluating the Effect of Compression Stocking on Venous Hemodynamic in Chronic Venous Insufficiency Using Air Plethysmography”. The Best Poster Award went to Dr Ahmad Al-Hafeez bin Ahmad Zaidi of Universiti Putra Malaysia, for his paper on “Tolerance of a High Protein Clear Liquid Formulae versus Conventional Clear Fluid Diet after Bariatric Surgery - A Randomised Clinical Trial”.

The Gala Dinner was a happy occasion. We not only had a good music from a band; our Organising Chairman, Associate Professor Datuk Dr Ismail Sagap, ably did his part in singing as well. For next year, Associate Professor Dr Hanafiah Harunarashid showed us a video of what is to come in 2016. Unfortunately, he did not sing for us; perhaps he will, next year.

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# ELSA 2018

Report prepared by **Professor Dr Chin Kin Fah**



Endoscopic and Laparoscopic  
Surgeons of Asia

On behalf of the College of Surgeons, Academy of Medicine of Malaysia, I would like to report that we have successfully won the bid to host the ELSA 2018 in Malaysia. Working in collaboration with the Executive Committee of ELSA (Endoscopic and Laparoscopic Surgeons of Asia), the College will offer a scientific programme of outstanding educational value.

Since the last visit by ELSA twelve years ago, under the Congress Presidency of Professor Dr Jasmi Ali Yaakub, Malaysia has made significant advancements in

the field of laparoscopic surgery. We run a regular series of laparoscopic surgery workshops across the country and the Malaysian Government has promoted the provision of laparoscopic surgery services in the Major Government Hospitals, as well as in the private sector. Despite our determination for the advancement in this field of surgery, we feel that the Congress of ELSA would further promote and enhance the knowledge and skills of our Malaysian Surgeons.

We believe Malaysia has the requisites for hosting a scientifically and professionally enriching ELSA Congress. The proposed venue, the Kuala Lumpur Convention Centre (KLCC), is a world class, award winning convention facility that was voted "Best Convention Centre in Asia" in MICE Report Awards 2012.

However, the bid for this Congress did not come easy. Despite the strong support

of College of Surgeons, MyCEB and government grant, and fellow governors representing other Countries, we narrowly missed out to the Philippines to host ELSA 2017. However, this bidding set the stage for the ELSA 2018 as we won the overwhelming support for 2018.

The Local Organising Committee is committed to hosting a memorable congress with the highest standards of past meetings, and we look forward to having the honour of welcoming delegates of the ELSA Congress to Malaysia, in 2018. We aim to support these events with exciting pre-congress workshops, including cadaveric (Silent Mentor) workshops for our young budding surgeons in Asia. We also look forward to having more Malaysian Surgeons join ELSA memberships, in order to expand our involvement with the Regional ELSA activities, such as the OutReach programme to less developed countries.

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## College of Surgeons, AMM ANNUAL SCIENTIFIC CONGRESS

“Between Scylla and Charybdis: Navigating the Treacherous Waters of Modern Surgery”

13<sup>th</sup>-15<sup>th</sup> MAY 2016

Shangri-La Hotel  
KUALA LUMPUR, MALAYSIA



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