



Executive Committee 2021 - 2022

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- Dr Ahmad Nordin Afandi

PRESIDENT-ELECT

- Dr Avatar Singh AL Mohan Singh

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- Dr Carren Teh Sui Lin

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- Associate Professor Dr Revadi Govindaraju

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- Associate Professor Dr Farah Dayana Zahedi
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- Dr Pathma Letchumanan
- Dr Zahirrudin Zakaria @ Azidin
- Dr Norasnieda Md Shukri
- Dr Shamina Sara Moses

HONORARY AUDITORS

- Professor Dato' Dr Abdullah Sani Mohamed
- Dr Yap Yoke Yeow

MESSAGE FROM THE PRESIDENT 2021 - 2022



The average human attention span is now only eight seconds. Most of us tend to scan and just skim through reading articles and therefore my welcome message will be brief as well.

The highlight of this Executive Committee term is definitely the formation of the College of ORL under Academy of Medicine of Malaysia. Finally, after seven years, this dream is realised. Thank you to the Past Presidents: Professor Dato' Dr Lokman Saim, Dr Jeevenan Jahendran, Datuk Dr Kuljit Singh (of ORL Chapter Subcommittee) and Professor Dato' Dr N Prepageran for assisting the Executive Committee in the final negotiation process with the College of Surgeons and Academy of Medicine.

We also see the COVID-19 situation in Malaysia heading into the endemic phase; this trend is also seen from our Society events going from the five primary care webinar series back into physical meeting for our annual congress.

Hopefully we did our part to make the Society more transparent with regards to the guidelines, storage of records and handing over in the coming term.

We hope you will enjoy reading the articles gathered over the past one year. If you manage to finish reading them until the last of the paragraph as in this case - congratulations! You have extraordinary attention span!

Dr Ahmad Nordin Afandi

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MESSAGE FROM THE PRESIDENT-ELECT 2021 - 2022



As we have moved into the endemic phase of COVID-19, I am sure all of us are looking forward to participating in physical meetings/conferences. Hence next year's Conference and AGM will be fully physical and the venue will be Jen Hotel, Georgetown, Penang, from 1st to 3rd June 2023, so please save the dates.

I would also like to take this opportunity to encourage fellow colleagues to join the Academy of Medicine since we are now a College on our own under the Academy.

There will be GP updates again around the country, the flyers will be out accordingly and hopefully there will be good response as usual.

Thank you.

Dr Avatar Singh AL Mohan Singh

7TH ASIAN SOCIETY OF HEAD AND NECK ONCOLOGY 2021 AND 41ST ANNUAL GENERAL MEETING

by Dr Rohaizam Japar @ Jaafar

7th ASIAN SOCIETY OF HEAD AND NECK ONCOLOGY 3rd - 5th JUNE 2021

The COVID-19 pandemic has totally changed the Asian Society of Head and Neck Oncology congress format. The 7th Congress of Asian Society of Head and Neck Oncology was a challenge for the Organising Committee to execute the conference. Professor Dr Mohd Razif Mohamad Yunus, as the President-Elect, Asian Society of Head and Neck Oncology cum President, Malaysian Society of Otorhinolaryngologists - Head and Neck Surgeons / Chapter of Otorhinolaryngologists - Head and Neck Surgeons, College of Surgeons, AMM and the Organising Committee put in a lot of effort and devotion to make the conference a success. The congress was held virtually in conjunction with the 13th Malaysian International Otorhinolaryngology, Head and Neck Surgery (ORL-HNS) Congress and the 41st Annual General Meeting of the Malaysian ORL-HNS Society from 3rd to 5th June 2021.

The Organising Committee was pleased to organise the Congress in collaboration with the Malaysian Oncological Society and the Chapter of Otorhinolaryngologists - Head and Neck Surgeons, College of Surgeons Malaysia at that time. We strongly believe in a holistic approach with multidisciplinary teamwork in managing patients with head and neck tumours.

With the theme "Bridging the Gap", the aim was to reduce the gap between the developed, the developing and the under-developed countries in managing head and neck tumours. A wide array of topics ranging from the latest in

technology and medications to the basic needs required in treating head and neck tumours were presented. There were also oral and electronic poster presentations during the conference.

Lectures were presented by 21 international and 30 local experts, involving head and neck surgeons, oncologists, radiologists, psychiatrists and many other specialties dealing with head and neck cancer attracting 467 participants in total worldwide.





41st ANNUAL GENERAL MEETING - 3RD JUNE 2021

We were in the middle of the extremely uncertain COVID-19 pandemic; a tumultuous year created massive societal, economic, and healthcare challenges. It was an overwhelming attendance at the 41st MSO-HNS AGM, with 60 members logging in and completing the quorum virtually. We had to change the strategy to this new normal era as there was more online or webinars sessions than physical meetings.

The minutes of the 40th MSO-HNS were accepted on the proposal of Professor Dato’ Dr Abdullah Sani Mohamed and seconded by Professor Emeritus Dato’ Dr Lokman Saim, and the Annual Report of MSO-HNS for August 2020 till June 2021 was presented by Dr Rohaizam bin Japar @ Jaafar, Honorary Secretary. The Annual Report was accepted on the proposal of Professor Emeritus Dato’ Dr Lokman Saim and seconded by Professor Dr Goh Bee See.

It had been a challenging year for all of us as the COVID-19 pandemic hit us badly. During the movement control order (MCO) period, we provided guidelines on the MSO-HNS website and utilised social media to advise our members and the GPs regarding the “new norm” of clinical practice for ORL-HNS. The Webinar series became the new normal to allow continuous medical education. Three symposia were organised in three different states:

1. 17th January 2021 (Penang) co-ordinated by Dr Zahirruddin Zakaria (220 participants)
2. 5th March 2021 (Terengganu) co-ordinated by Dr Salman Amiruddin (90 participants)
3. 23rd May 2021 (Sabah) co-ordinated by Dr Ahmad Nordin (538 participants)



There were two constitutional amendments and two resolutions discussed in the meeting. The motions were circulated three weeks before the meeting. The constitutional amendments are as below and were passed by the house.

- a. To increase the traveling allowance [ARTICLE XVIII - Financial Provisions (iii-a)]. Members traveling by car shall be paid mileage amounting to RM1.00 per kilometer.
- b. To increase the traveling allowance [ARTICLE XVIII - Financial Provisions (iv)]. Hotel Accommodation Any outstation member of the Executive Committee shall be paid hotel accommodation not exceeding RM 400.00 per night.

The resolutions are as below, and 84% agreed with both resolutions.

- a. To increase the Education Fund total from RM20000 up to RM50000.
- b. To allocate Travel Grants using Education Fund.

Subsequently, Professor Dr Mohd Razif Mohamad Yunus dissolved the Executive Committee of MSO-HNS 2020/2021. The new Executive Committee members of MSO-HNS 2021/2022 were subsequently elected.

PRESIDENT-ELECT

Dr Avatar Singh

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- Associate Professor Dr Farah Dayana Zahedi
- Dr Zahirruddin Zakaria

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In conclusion, the pandemic has shown us the strength and we learnt how to work together more effective virtually. It was a huge success for us to be able organize all the events and meetings in our term in 2020/2021.

VIRTUAL NATIONAL ORL SYMPOSIUM 2021 – “BORDERLESS COLLABORATION IN PANDEMIC ERA”

by Dr Yeoh Zhi Xiang

The COVID-19 pandemic has challenged many of us in the medical fraternity to redefine new norms outside our usual comfort zone. The Department of Otorhinolaryngology, Hospital Sultanah Bahiyah, Alor Setar, Kedah, with the support of the Medical Development Division of Ministry of Health (MOH), Malaysia, and Otorhinolaryngology, Audiology and Speech Education Society (OASES) Hospital Sultanah Bahiyah, had successfully organised the Virtual National ORL Symposium 2021 on 4th to 5th October 2021. It was the first time the ORL fraternity in Ministry of Health hospitals gathered in the clouds to share both clinical and academic information for mutual benefits of all attendees. The event commenced with a welcome speech by the Head of Otorhinolaryngology Service for Ministry of Health Hospitals, Dato’ Dr Siti Sabzah Mohd Hashim, followed by an officiating speech by the Director-General of Health, Malaysia, Tan Sri Dato’ Seri Dr Noor Hisham Abdullah. No less than eight renowned international speakers were invited to give lectures which covered a wide range of topics from classical day-to-day case management such as difficult airway scenarios to latest technological advancement such as circulating tumour DNA detection. Besides that, local ORL experts became panelists in clinical case forums which showcased a variety of interesting cases with highlights of management pearls while allowing interaction with attendees’ questions. Themed “Borderless Collaboration in Pandemic Era”, all the four main subspecialties of Otology, Rhinology, Head-and-Neck Surgery and Paediatric Otorhinolaryngology were covered together with emerging special interests such as allergy, vestibular medicine, sleep surgery, paediatric cochlear implant, skull base surgery, ORL manifestations of COVID-19, etc. There were altogether 288

registered participants consisting of both ORL specialists and trainees who had benefitted from the comprehensive line-up of symposia across the two-day event. There was also room for humour with a mini competition of short creative video clips submitted by various hospitals, presenting the lighter sides of the doctors and paramedics outside the stressful hours of work. Last but not least, the event rounded up with a special session to celebrate the retired senior consultants, as well as to eulogise the colleagues who had left us too soon. Despite the physical distances and that the pandemic had literally kept everyone apart, this event had managed to bring the members of the fraternity closer to each other with a sense of togetherness, and to remind each other to stay safe until another physical gathering event beckons. It is a fruitful symposium with generally favourable feedback from the participants.



UiTM'S ORL 2021: EMBRACING THE NEW NORM OF COVID-19

by Dr Intan Kartika Kamarudin

The COVID-19 pandemic took the world by surprise with liquid changes in the dynamics of all we do, every single day. By 2021, the medical fraternity has embraced the fact that our clinical practices, knowledge, and education sharing has taken a turn to new methods and platforms - the variety in the virtual world, surpassing geographical, language and time boundary. We now see the beauty and advantages the virtual world can offer, and we sure utilised them to the best we can. In the spirit of embracing this new norm of continuous education, the Department of Otorhinolaryngology, Head and Neck Surgery, Universiti Teknologi MARA (UiTM) had organised two international conferences.

The UiTM Robotic Surgery: Game Changing Management in Head & Neck Surgery Webinar, was a full day live webinar held on 9th March 2021. Invaluable experience and knowledge were shared by local and international speakers from Hong Kong, Luxembourg, South Korea and the United Kingdom. The primary focus was on current revolutionized robotic surgeries carried out in the Head and Neck neoplasms and malignancies. The conference started with a presentation on the training pathways available for budding robotic surgeons, followed by the discussion on anatomical and surgical basics to be considered in robotic surgeries. The afternoon was filled with operative videos and discussion on cases managed using this technology. Participants were able to appreciate that with the aid of robotic-assisted surgeries, a minimally invasive approach with enhanced 3D panoramic operative field greatly enhances the surgeon's ability to identify and dissect anatomic structures as well as to construct micro-anastomoses leading to a reduction in

cosmetic and functional side effects. The conference was joined by ninety local and international participants comprising ORL surgeons, trainees and medical officers.

In the second half of the year, we organised the UiTM's 1st International Online Vestibular Conference - The Pursuit of Equilibrium. It was a two-day conference held from 23rd to 24th August 2021, in collaboration with the Department of Otorhinolaryngology, Hospital Sungai Buloh. It had brought together 348 participants virtually, with established "rockstars" from a multitude of specialties including ORL, Neurology, Audiology and Rehabilitation Medicine practising at the pinnacles of their specialties locally in the Ministry of Health Hospitals, UiTM, Universiti Kebangsaan Malaysia, Universiti Malaya and Universiti Sains Malaysia, and from the Centro Universitario do Para, Brazil and the Johns Hopkins University, USA. The participants were from multiple specialties including ORL, Emergency Medicine, Primary Care, Rehabilitation Medicine and Medical and about 40% others were audiologists and physiotherapists, fulfilling our objective to involve all the teams managing patients with vestibular disorders. This conference revisited the fundamentals of the vestibular system and made the daunting prospect of comprehensive vestibular clinical assessment manageable and practical. It covered the common aetiologies, diagnoses, and the latest treatments of vestibular disorders, including Ménière's disease, vestibular migraine and persistent postural-perceptual dizziness (PPPD). It also explored specialty areas such as paediatric vestibular conditions, the specific vestibular investigations and vestibular rehabilitation including its latest innovations.

The COVID-19 pandemic has brought upon us a new horizon, newfound passion, live skills, and innovative approaches in persevering as individuals and as ORL specialists. We will continue similar effort in the future to share the love for knowledge in this fraternity. Let's accept and internalise this new 'US', and lets march forward!

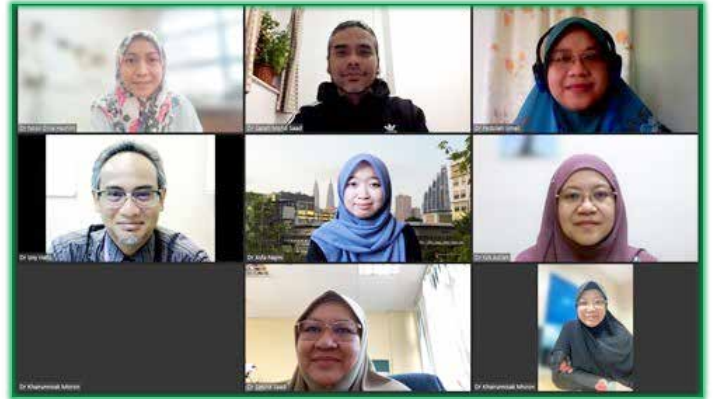
"The art of life lies in a constant readjustment to our surroundings" - Kanu of Okakura



OTOLOGY SYMPOSIUM FOR PRIMARY CARE

by Dr Fadzilah Ismail

Primary Care Symposium 2021 was first delivered by virtual platform base on subspecialties. This year the programme started with Otology in Primary Care Symposium on 5th September 2021. Various type of topic covering common ear diseases was well presented by distinguished Otolologists from Ministry of Health and Universities. There were 610 delegates who participated in this programme with a good interactive session between speakers and participants. This successful event was supported by medical companies (Menarini, SYS HealthCare & Cochlear) which enabled the participants to be updated with their products.



RHINOLOGY SYMPOSIUM FOR PRIMARY CARE

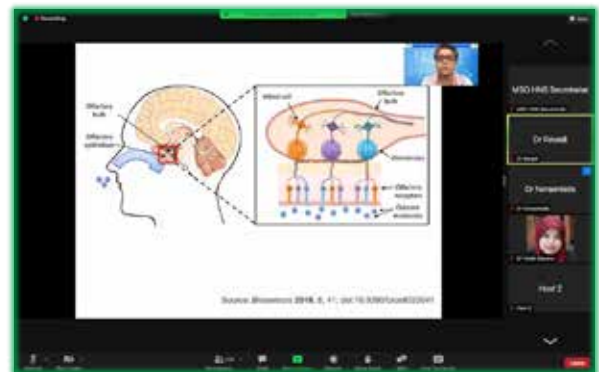
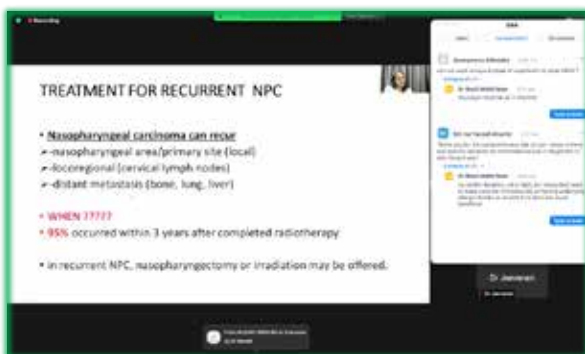
by Associate Professor Dr Revadi Govindaraju

Rhinology Symposium for Primary Care was successfully conducted via the Zoom platform on the 3rd October 2021 from 9am to 1pm. This symposium had a registration of more than 800 participants with an eventual logged-in number of 499 participants from all over the country including Borneo. Pre-recorded videos of lectures were played with participants allowed to chat directly with the presenters and receive immediate answer via the chat box function.

A total of eleven lectures were presented by rhinologist and ENT surgeons from the Malaysian Ministry of Health, academia and private practice, each lasting 20 minutes. Two lectures were based on the Clinical Practice Guidelines published by the Academy of Medicine of Malaysia, one on chronic rhinosinusitis in primary care and the other on nasopharyngeal carcinoma. In tandem with the pandemic, two relevant topics on olfaction disorder and an overall perspective of COVID-19 were also highlighted in the symposium. There were also two sponsored lunch symposia (by pharmaceutical companies Menarini and Mylan) titled "Understanding Breathing Dysfunction in Allergic Rhinitis" by Dr Jeevanan Jahendran and "Allergic Rhinitis and Rhinosinusitis-Are they related" by Dr Teoh Jian Woei. Other

topics were relevant nose conditions encountered by the primary care doctors including nose bleeds, nose block, obstructive sleep apnoea, fungal rhinosinusitis and other rhinological emergencies.

This was part of a 5 series of free lectures for primary care physicians organised by the Malaysian Society of Otorhinolaryngologists - Head and Neck Surgeons with CPD points assigned.



LARYNGOLOGY AND HEAD & NECK IN PRIMARY CARE SYMPOSIUM

by Dr Zahirrudin Zakaria

New norm since the COVID Pandemic continues with the Third Series of MSO-HNS Webinar for Primary Care: Head and Neck, Laryngology which were held on 14th November 2021.

The 4-hour webinar was divided to two symposia. Head and Neck symposium started in the morning and the Laryngology Symposium continued after the break.

The speakers presented the most common and important topics which are relevant for the primary care doctors. As we realised that there are a lot of head and neck cancers presenting late, the speakers highlighted the important aspect of early referral and follow up on their patients to ensure that they get proper management. Identifying the warning sign and symptoms of infection and trauma of head and neck also were discussed.



Voice and throat problems were discussed thoroughly in the Laryngology Symposium. The latest update on the management of laryngopharyngeal reflux was also presented.

980 participants had registered for this webinar and 445 of them had login on the event day. The participants were really interactive during the Q&A sessions which were held at the end of each symposium.

From the feedback of the participants, they were impressed on how the Webinar was handled as the speakers covered the most important aspect that was relevant to their practice. The usage of Zoom application had advantage of giving live interactive sessions between the participants and panellist. As we are in this pandemic COVID era, online webinar is an important medium for continuous medical education. Adapting to this new norm, we were able to ensure the objective of MSO-HNS to deliver the knowledge to medical practitioners and public can be achieved.



PAEDIATRIC OTORHINOLARYNGOLOGY IN PRIMARY CARE SYMPOSIUM

by Dr Shamina Sara Moses

The Paediatric Otorhinolaryngology in Primary Care Symposium, organised by the MSO-HNS/Chapter of Otorhinolaryngologists - Head and Neck Surgeons Malaysia was held on 5th December 2021.

This 4-hour webinar was the 4th installment of a 5-part webinar series and was attended by 466 participants who encompassed paediatricians, family medicine specialists, emergency physicians, general practitioners, medical officers and house officers from both the private and government sectors.

The President of the MSO-HNS/Chapter of Otorhinolaryngologists - Head and Neck Surgeons Malaysia, Dr Ahmad Nordin, and his cat made a special guest appearance in the pre-recorded opening remarks to kick start the symposium which showcased an array of topics ranging from noisy breathing in children, paediatric ORL foreign body, management of paediatric cervical lymphadenopathy, management of common ear diseases, hearing loss in children, indications of paediatric adenotonsillectomy, paediatric obstructive sleep apnea, paediatric neck abscesses to speech delay.

Needless to say, despite the lectures being pre-recorded; it was truly an interactive symposium as the Q&A chat box remained active throughout the entire webinar with many burning questions from the attendees and reciprocating anecdotal discussions from the experienced speakers namely Professor Dr Tang Ing Ping, Dr Faizah Abdul Rahim, Mdm Chan Chiew Eim, Dr Priatharisiny Velayutham, Associate Professor Dr Jeyanthi Kulasegarah, Dr Nik Khairani Nik Mohd, Dr Hashimah Ismail, Dr Suhaimi Yusuf and Dr Shamina Sara Moses.

Despite encountering occasional minor technical glitches during the event, the webinar proceeded smoothly till the end. Special gratitude to our two main sponsors: Inova Pharmaceuticals and Viatrix for graciously supporting the event. In view of the encouraging response of the attendees, the MSO-HNS/Chapter of Otorhinolaryngologists - Head and Neck Surgeons Malaysia will continue to promote such events to benefit the primary care fraternity.

MSO-HNS SLEEP COURSE WEBINAR FOR PRIMARY CARE 2022

by Associate Professor Dr Farah Dayana Zahedi & Dr Norasnieda Md Shukri

The Malaysian Society of Otorhinolaryngologists - Head and Neck Surgeons successfully organised the Sleep Course Webinar as the 5th series of webinar for primary care. The online course was held on 9th January 2022. The speakers were from multidisciplines including Otorhinolaryngologist, Respiratory Physician, Oral Maxillofacial Surgeon and Psychiatrist. Each speaker delivered a relevant topic related to his/her expert field within the 4-hour webinar.


The talks and topics were organised accordingly from basic principle of sleep pathology to investigations and management related to each of the sleep pathology. The talks were tailored to be relevant and suitable for primary care. The speakers highlighted on the pathophysiology of sleep disordered breathing in children and adult and on how to diagnose the condition. The importance of referral and expected management was discussed in detail and the interesting photos,

illustrations and videos were presented by the speakers. Different angles of management were discussed by each speaker and the importance of multidisciplinary approaches of sleep pathology were the key in the successful management.

There were many questions asked in the Q&A sessions and some of the questions were answered interactively by the speakers at the end of the webinar while others were answered in the Q&A box in the webinar platform.


A total of 1000 participants registered for the webinar and 582 attended. The success of the webinar was due to the great contribution from the organising team, speakers and the secretariat. We would like to thank and express a highest gratitude and appreciation to all who contribute in the success of the event.






MSOHNS/ Chapter of ORLHNS


Sleep Course for Primary Care



09th January 2022



Sponsors:



To Register **CLICK**

Time	Topic	Speaker
09.00-09.05	Opening remarks	Dr Ahmad Nordin
09.05-09.20	Sleep related breathing disorder: a general overview	Dr Yap Yoke Yeow
09.25-09.45	A systematic approach in clinical assessment of sleep disordered patients	Dr Nurashikin Mohammad
09.45-10.05	The tie-up between allergic rhinitis and OSA	Dr Jeevanan Jahendran
10.05-10.25	Tea symposium	
10.25-10.45	Diagnostic evaluation of OSA	A/Prof Dr Mawaddah Azman
10.45-11.05	An approach to pediatric sleep disordered breathing	Dr Snifa Zukifli
11.05-11.25	Sleep 101: Are teeth the link to better sleep?	A/Prof Dr Rama Kisra Rajandram
11.25-11.45	Lunch Symposium	
11.45-12.05	Myofunctional therapy in OSA: How does it work?	Nur Hashima Abdul Rashid
12.05-12.25	Sleep hygiene and insomnia	TBC
12.25-12.45	Principles of CPAP in OSA management	A/Prof Dr Hazama Mahamad
12.45-01.00	Q&A	

9TH IPOH TEMPORAL BONE COURSE

Theme: Introduction to the Endoscopic Ear Surgery

by Dr Purushotman Ramasamy

This year, the Otorhinolaryngology Association of Perak held its series of temporal bone dissection course through the online platform amidst the pandemic. This course was organised by the ORL department Hospital Raja Permaisuri Bainun, Ipoh (HRPB). The webinar began at 09:30 until 12:30 using Zoom, on the 11th October 2021, with a theme of 'Introduction to the endoscopic ear surgery (EES)'. The session began with a welcome note from the organising committee advisor and Head of ORL-HNS Department of HRPB, Mr Philip Rajan, a member of the international working group on endoscopic ear surgery. He touched on the EES in Malaysia, where the endoscope in otology is limited to myringoplasties. The webinar aimed to promote its extended use in managing diseases traditionally treated only with microscopic surgery.

The lectures were divided to the basic principles in the EES and the practical application of the EES. Mr Vigneswaran Kumarasamy delivered the first lecture on the endoscopic anatomy of the middle ear, and Mr Purushotman Ramasamy delivered a lecture on the physiology of the middle ear. This was followed by a lecture on the basic instruments in the EES by Mr Benjamin Goh. Mr Vengatesh Appanan delivered a lecture on

artificial graft tympanoplasty. Ms Noor Dina Hashim from UKM gave a lecture on endoscopic tympanoplasty. Dr Nik Adilah from USM presented an interesting case of endoscopic facial nerve decompression, while Ms Fadzilah Ismail presented on the endoscopic cochlear implantation. The endoscopic cholesteatoma surgery was presented by Ms. Khairunnisak Mison. The last lecture was by Mr Tengku Mohamed Izam Kamalden on the and endoscopic inner ear surgery.

A total of 143, including some international participants, joined us in this webinar. Among them, 38% of them were surgeons, while 21% of them were postgraduate students. In the post-webinar survey, 78% expressed that the theme of the course was well defined, and another 67% found that the course was well organised. More than 70% of the participants rated the application of EES section as very fruitful.

We hope that the webinar was a platform to cultivate interest in the field of otology. Many previously obscured anatomy, and complex surgeries were brought to the audience in a completely new light. The following year temporal bone dissection course will be held physically incorporating endoscopic dissection.



TOUR DE BORNEO 2022

8TH & 9TH JANUARY 2022

by Dr Ahmad Nordin Afandi

This 2nd edition follows the previous format of Head and Neck Cancer Screening program, uniquely with a ride event a day prior. This was a collaboration work of GOASK (Group of Otorhinolaryngology Audiology Speech therapy Kota Kinabalu), OMFS Department of Queen Elizabeth Hospital and Papar Hospital.



The cycling segment was done on 8 January, where a team of 9 cyclists consisting of ORL & OMFS specialists and medical officers, audiologists, speech therapist and paramedics cycled from Kota Kinabalu to Papar. The 43km distance was covered slowly under the heat of morning sun, with multiple rest stops. Everyone arrived safely at the venue by 200pm in a single group from the start to finish.

The head and neck cancer screening program was done the next day at Dental Clinic in Papar Hospital. A total of 154 members of public took part from morning till afternoon. All of them had full examination by ORL an OMFS team, while selected cases were seen by Audiologists and Speech therapists. The event was also assisted by Panel Penasihat Klinik Kesihatan Papar and some patients also was screened for free mammogram service by Persatuan Sukarelawan Kanser Sabah who had a booth on site.



The event ended on a high note with positive feedback from the participants and public. We would like to thank Papar Hospital Dr Ferro and Dental Clinic Officer in charge Dr Aishah for setting up the ground work for this event from the very start. Future event will see the team cycling to their next destination on to the next town in Sabah in months and years to come to complete the whole tour as planned.



4TH ORL OMFS OPHTHALMOLOGY STAIRCLIMBATON 11TH DECEMBER 2021

by Dr Ahmad Nordin Afandi

The fourth installment of this event took place on Saturday morning, just weeks after the declining cases of delta variant COVID-19 peak. Since the first edition in 2016, the event has progressed from within the ORL department, now inviting two other departments over the years.

The start of the race was an outdoor track of 450 metres ascending a slope on the hillside area of the hospital. Then a short indoor section which headed towards the staircase of 11

floors. Participants needed a checkpoint item on the top most floor and make their way downwards toward the outdoor therapeutic park.

31 runners were released in 6 different categories based on age group and gender. Everyone completed the event safely and received their finisher medals. Top 3 from the 6 categories received trophies as well.



MSO-HNS ANNUAL HEALTH CAMP

by Dr Ahmad Nordin Afandi

This event marks the first MSO-HNS Health Camp to be held since the onset of COVID-19 pandemic, after a gap of two years. Coincidentally, the last camp which was held in 2019 was also held in Sabah, in the small town named Kundasang.

The timing itself was actually brought forward by a month from March, in view of the surge of Omnicron Covid variant. The team consisting of seven ORL surgeons, five medical officers, three audiologists and four nurses were mainly based in Kota Kinabalu. Kudat is three hours drive away from Kota Kinabalu. We headed to Kudat a day prior to sort out the logistics and equipments.

All of staff and patients who attended were required to do a self Covid Rapid Test Kit (RTK). There was a total of 54 patients who were examined, and out of which, two were tested positive and

were sent to Kudat Hospital for further assessment. The rest had full ear and neck examination with nasendoscopy and laryngoscopy. Selected cases were sent to audiologists for audiogram, tympanogram and OAE for further assessment.

The event ended at 1pm with positive feedback from the attendees. The usual participant turnout for such event is usually triple this volume, however they cited many of the villagers were afraid to come as the daily Covid cases were on a rise, There was also heavy downpour where some access roads were flooded.

We would like thank MSO-HNS for the opportunity to organise this event for the people of Sabah. Again to Karl Storz for their continuous support in providing the scopes and camera system for this event.



OBITUARY

We loss a dear colleague and valued teacher, Dr Syafazaima Abd Wahab & Professor Dr Gopalakrishnan Govindasamy this term. Our hearts and prayers go out to their families.



Dr Syafazaima Abd Wahab
MBBS (UM), MS-ORL (UM), Head & Neck Sub Specialist
Passed away on 3rd September 2021



Professor Dr Gopalakrishnan Govindasamy
MBBS (Mysore), FRCS (Dublin)
Passed away on 14th April 2022