



**MALAYSIAN SOCIETY OF
OTORHINOLARYNGOLOGISTS
– HEAD AND NECK SURGEONS (MSO-HNS)**

Newsletter

VOLUME 16 | 2022 - 2023



**COLLEGE
OF OTORHINOLARYNGOLOGISTS
– HEAD AND NECK SURGEONS,
ACADEMY OF MEDICINE OF MALAYSIA**

EDITORS - DR NORASNIEDA MD SHUKRI • ASSOC PROF DR NOOR DINA HASHIM

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Dr Wong Chun Yiing

Dr Yap Yoke Yeow

Datuk Dr Patawari Patawe



MESSAGE FROM THE PRESIDENT

Dear Colleagues

We are a college now and will be holding our first Annual General Meeting soon. Now is the difficult part, that is to get more Society members to become members of the College / Academy of Medicine of Malaysia. I am sure more colleagues will join and become College members.

Now that COVID-19 is behind us, it is back to physical meetings. I sincerely hope that our young colleagues will take this opportunity to attend, whenever possible, to broaden and share their knowledge, and also to get to know our senior colleagues.

I wish the incoming President, Dr Zahirrudin Zakaria, all the best in his term!
Thank you!

Dr Avatar Singh Mohan Singh

President CORLHNSAMM 2022-2023



MESSAGE FROM THE PRESIDENT-ELECT 2022/2023

Dear Colleagues

Welcome to Penang for this year's Inaugural CORLHNS & 43rd MSOHNS Annual General Meeting. As we are getting back to our usual norm as per pre-Covid era, this year, we had seen many physical meetings and conferences being held. During the Covid era, we had exposure to the virtual conferences internationally. Although we appreciate the chance of having academic sharing and discussion, there is still something missing which is the chance to meet the international speakers in person. Next year, we will be organising ENDOKL2024 which is the first time this event will be held in Asia. I would like to encourage all members to attend this event.

The GP updates will be continued as the previous year.

I do hope all members can actively participate in the activities of the CORLHNS and work together to keep improving our fraternity.

Thank you!

Dr Zahirrudin Zakaria



PENANG MSOHNS CORLHNS PRIMARY CARE WORKSHOP

18th September 2022 | The Wembley, A St Giles Hotel, Penang

Report by Dr Zahirrudin Zakaria

The Penang GP workshop was the first of the planned GP workshops for 2022-2023.

After two years of virtual meeting, this event was held at the same venue planned for the Inaugural CORLHNS & 43rd MSOHNS AGM. We had a low turnout of participants partly because this was one of the first physical events organised after Covid.

The participants were mainly from Penang and Kedah which comprised general practitioners and medical officers from the KKM primary healthcare clinics. Five companies displayed their products and equipment and there were three sponsored symposium lectures.

Various topics on common ENT disease were covered. As this event was the first after COVID, we had a panel discussion with the topic of long-term effect of Covid related to ENT. The participants really enjoyed the session and used the opportunities to discuss relevant topics with the speakers during the Q&A and tea break sessions.

This marked the return of physical primary care workshop since it was shifted to online format during the Covid pandemic. For Sabah, it was last held in January 2020 at the same venue.



KOTA KINABALU MSOHNS CORLHNS PRIMARY CARE WORKSHOP

20th November 2022 | Hilton Hotel, Kota Kinabalu, Sabah

Report by Dr Ahmad Nordin

There were 54 registered participants and 48 turned up on the actual day. This turnout was slightly low as the GE15 was held the day before and a few of the registered individuals had URTI symptoms on the event day. They were mainly primary care doctors based in private clinics, government clinics in Ministry of Health and Army Division in Kota Kinabalu and surrounding regions. Five booths by sponsors were set up and six sponsored symposium lectures were given that day.

The programme format was almost the same as before. New addition was panel discussion sessions with topic of long-term effect of Covid on ORL patients and the issues faced by ORL in primary care setting. The event had received positive feedback from the crowd, and they wished that it could be held again on a regular basis. The organising committee would like to thank the College, sponsors, speakers and participants for their continuous support for this workshop in Kota Kinabalu.



KUCHING MSOHNS CORLHNS PRIMARY CARE SYMPOSIUM

19th March 2023 | Imperial Hotel, Kuching, Sarawak

Report by Dr Wong Chun Yiing

After two years of Covid pandemic, with the resumption of primary care symposium, Kuching was honoured to be chosen as one of the centres for this event.

There was a good response with 200 registered participants and 166 attended physically with an attendance rate of 83%. The participants were mainly primary care doctors from the private sector, as well as the government sector.

Eight sponsored booths were set up and seven sponsored symposium lectures were presented that



day. All the sponsored booths received overwhelming visit by the crowd.

In addition, we have arranged a booth for nasal packing and tracheostomy insertion for hands-on. However, only a few visitors went to this booth.

The topics covered were general ENT and ENT emergencies. Positive feedback and support were received from the participants.

The Organising Committee would like to express its heartfelt gratitude to the College, pharmaceutical companies, speakers and participants for the fruitful and successful symposium.



ORL-HNS USM COMMUNITY ENGAGEMENT PROGRAMME

Report by Assoc Prof Hazama Mohamad, Assoc Prof Ramiza Ramza Ramli

Department of ORL-HNS, Universiti Sains Malaysia, Kubang Kerian, Kelantan

The Department of Otorhinolaryngology–HNS, School of Medical Sciences, Universiti Sains Malaysia, in collaboration with the USM-Merican Community Engagement Programme, has been involved in the ORL-HNS Expert Health Screening and Examination Programme at the grounds of the Kampung Menerong Mosque, Ajil Hulu Terengganu. The main organiser of the programme was Majlis Getah Malaysia (Malaysian Rubber Council, MRC), together with the community of residents of Kg Menerong. The USM team was joined by ORL-HNS specialists, medical officers, ORL-HNS Master's candidates, nurses, scientific officers, assistant medical officers, and other supporting staff.

Among the services offered were screenings and examinations by ORL-HNS specialists, especially related to hearing problems, sinus infections, and head, neck, and paranasal sinus tumours.

In addition to that, the organisers also held activities such as health briefings, medical visits, people's sports, drawing and colouring competitions, cooking competitions, and several lucky draws for the local community.

The reception received was very encouraging, as the residents of Kampung Menerong and the surrounding area flooded the grounds of the mosque and the health screening camp since early morning to get the services and activities offered by the organisers.

The ORL-HNS Department and the USM-Merican Secretariat express their highest appreciation and gratitude to the MRC for inviting the USM health team to jointly contribute energy and make the health screening programme a success this time. Congratulations also to the Kg Menerong community, which has given close and friendly support and cooperation throughout this programme.

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QEH FIRST ORL BASIC SURGICAL COURSE

15th March 2023

Report by Dr Yazid Bin Pol Ong

This workshop was a joint effort of the Department of Otorhinolaryngology (Queen Elizabeth Hospital), Medtronic and Johnson & Johnson as the primary sponsors for the event.

This was the first introductory surgical hands-on session organised by the ORL department to promote the good surgical practice and improve surgical skills among ORL medical officers. The course had six ORL specialists as facilitators for the programme and 20 medical officers participated in the event.

Dr Elsie Jane, as the event's chairperson, encouraged medical officers and budding surgeons to keenly participate in such surgical extravaganza and upgrade their suturing skills. The event featured a recorded telecast of six videos on suturing techniques and a demonstration where participants could learn and practice on the models.



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8th UKM ORL-HNS Basic Surgical Skills Workshop 2022

Report by

Dr Lum Sai Guan, Dr Noor Dina Hashim

The Department of Otorhinolaryngology-Head and Neck Surgery (ORL-HNS), Universiti Kebangsaan Malaysia (UKM) had successfully organised the 8th ORL-HNS Basic Surgical Skills Workshop on 25th August 2022.

This workshop was at its 8th edition and the faculty composed of a select group of ENT surgeons, a plastic and reconstructive surgeon and a vascular surgeon, each with a wide range of knowledge and experience in teaching.

There were 24 participants, mainly comprising ORL-HNS trainees. The ORL-HNS trainees were expected to be competent in performing a range of basic surgical skills prior to commencing more advanced surgical training. These skills are not specifically covered during medical school, and such opportunities are lacking for these skills to be demonstrated and practiced in operating theatre.

The aim of this workshop was to teach the correct basic surgical techniques and to instill in the trainees the best habits at the beginning of a surgeon's training. It provided a hands-on experience for the participants to practise basic surgical procedures in otorhinolaryngology surgeries. The workshop was designed to impart theoretical and practical knowledge to the participants. It was held over one day and composed a series of demonstrations and extensive hands-on sessions. Among the techniques practiced were hand ties, knot tying, suturing of skin, blood vessel, pharynx and larynx, and local skin flap.

The workshop was well-organised and all the participants were engaged throughout the day. The



participants observed the live demonstrations by the facilitators, followed by the hands-on session on various surgical techniques. At the end of the workshop, trainees were able to demonstrate the correct basic surgical techniques and appreciated the theoretical and practical knowledge of basic surgical procedures.

The workshop received positive feedback from the participants. They felt that the workshop was a valuable learning experience, appreciated the hands-on experience and the opportunity to learn from the facilitators.

The 8th UKM ORL-HNS Basic Surgical Skills Workshop was a success. It will be a regular event as it provides a valuable learning opportunity to the trainees to enhance their surgical skills and knowledge.



8th Tracheostomy & 5th ORL Emergency Workshop

13th to 14th March 2023 | Report by Dr Yazid Pol Ong

This workshop focused on improving individual training among paramedics where it was highlighted on the usefulness of the event in allowing them to gain new information and experiences, with a view to improve skills and to understand ORL-related emergencies and tracheostomy care better. It was emphasised to the participants the importance of in-person practices for care of tracheostomised patients at their workplaces.

The event was organised by the ORL Department at Queen Elizabeth Hospital, Kota Kinabalu, Sabah, in close collaboration with the Group of ORL, Audiologist, and Speech Therapist, Kota Kinabalu (GOASK), as part of the annual departmental event.

The workshop received the participation of 63 healthcare providers composed of 17 doctors and 46 paramedics from various hospitals in Sabah, extending from Kota Kinabalu and nearby district hospitals and health clinics to Tawau Hospital. The group also included self-financed participants from Universiti Malaysia Sabah University Hospital.

The programme covered various crucial ORL topics including airway emergencies, epistaxis, sudden sensorineural hearing loss, ORL trauma, etc. We invited representatives from other related departments, such as the Accident and Emergency, Anaesthesiology, and Oromaxillofacial Surgery departments, to give related topics.

The workshop included a hands-on session led by ORL specialists from Queen Elizabeth Hospital. The participants were divided into smaller groups with four to five members each. The interactive session narrowed the gap between the participants and the facilitators, allowing one-to-one teaching and demonstration. Participants also engaged in a group exercise about tracheostomy care-related procedures such as tube change, stoma dressing and bedside suctioning. The workshop's overall objective was to improve the quality of care in patients with tracheostomy and to increase awareness of the approaches and first-line treatments of ORL emergencies. The next Tracheostomy and ORL Emergency Workshop will take place during the first quarter of 2024. At the end of the day, we hope the participants will echo the training among medical officers and paramedics at the district hospitals or clinics.



2nd Palliative Care Course, Hospital Sungai Buloh

Report by Dr Syarifah Nafisah Al-Yahya



The Second Palliative Care Course at Sungai Buloh Hospital, which took place on 8th November 2022, was long overdue after the success of its predecessor in 2019. It was the first full-day course held by the ORL team at Sungai Buloh Hospital with a live audience post-pandemic. This course aimed to enhance the knowledge and skills of those who were directly or indirectly responsible for providing palliative care to patients, particularly those in the late stages of cancer, especially head and neck cancer.

The course content included lectures delivered by experienced professionals in handling patients who required palliative care. The topics covered included an overview of head and neck malignancies by Dr Shiraz Qamil, who graciously participated from the United Kingdom, as well as oncology treatment advances by Dr Mastura Md Yusof, a Clinical Oncologist from Pantai Bangsar, Kuala Lumpur. Adult palliative care and practices were delivered by Dr Erdawati Badiuzaman from the Palliative Team at Selayang Hospital, while topics on children's palliative care were delivered by Dr Lee Chee Chan from Kuala Lumpur Hospital.

Other topics included pain relief and therapeutic diets for cancer patients, which were delivered by Puan Felicia Loh from Selayang Hospital and in-house dietician Puan Norashikin Rekamarudin. Dr Vanitha Thangaratnam from Kasih Hospice introduced hospice care services which opened our

eyes to what happens when palliative patients are returned to the community. This was followed by Dr Chin Loi Fei, Head of the Department of Psychiatry at Kajang Hospital, who discussed bereavement and what happens to those left behind (family members).

The course not only targeted towards Ministry of Health employees throughout Malaysia, including doctors, assistant medical officers, trained nurses, community nurses, and other health personnel, but also those practicing in private care. Attendees included 114 participants from various healthcare professions, including those from both private and government hospitals. The course concluded with a lively interactive quiz for participants. Feedback had been positive and deemed beneficial. Requests were made to include sharing sessions from family members who had taken care of palliative patients. The success of the course was due to the great effort by the organising team, speakers, as well as sponsors from PMSB, Insanbakti, Jetpharma and Bactiguard. We would like to express our highest gratitude and appreciation to all participants, and all who had contributed to the success of this course.

“Palliative care is not a one-size-fits-all approach. It is tailored to the individual needs of each patient and their family, and is provided by a multidisciplinary team of experts” – Dr Christian T Sinclair, palliative care physician and advocate.

MSOHNS/CORLHNS Annual Scientific Meeting

Report by Dr Pathma Letchumanan

17th March 2023 | 8 am to 12 pm

Gallery Faculty of Medicine, Universiti Malaya, Kuala Lumpur

COURSE COORDINATORS

Assoc Prof Dr Revadi Govindaraju
Assoc Prof Dr Dina Hashim

MODERATOR

Dr Pathma Letchumanan

FREE PAPER PRESENTATION

Resident category: 12 papers were presented.
Specialist category: 1 paper were presented.

JUDGES

Dr Somasundram Subramaniam (External)
Dr Avatar Singh
Dr Carren Teh
Dr Jeevanan Jahendran

WINNERS FOR RESIDENT CATEGORY

FIRST PRIZE FOR RM 1000

DR CHEAH SIEW CHUNG

The Modification, Translation and Validation of
The Malaysian Version of Score for Allergic
Rhinitis (SFAR) Questionnaire

SECOND PRIZE RM 750

DR DARMMA SUBRAMANIAM

Incidence of Mouth Breathers in Allergic Rhinitis
and its association with Malocclusion

THIRD PRIZE RM 500

DR LYE MENG HON

A Pilot Randomised Prospective
Study of Exercise Rehabilitation Programme
and Neuromuscular Electrical Stimulation
as Adjuvant Treatment for Nasopharyngeal
Carcinoma Patients with Post-Radiotherapy
Dysphagia



Picture with participants and judges.

DOHNS/MRCS (ENT) PREPARATORY COURSE 2022

Report by Dr Jeremy Ling

The MRCS (ENT) Preparatory Course was successfully held on 1st October 2022 at the Travelodge Hotel, Ipoh, Perak. The course was organised by Dr Vincent Lim and coordinated by Dr Philip Rajan. The event featured several renowned speakers who shared their expertise and insights on various ENT topics. The speakers included Dr Andrew Charles Gomez Junior, Dr Gagandeep Singh Mann, Dr Lim Iu Tong, Dr Emelda Rose Sebastin, Dr Kanivannen Arasu and Dr Loh Tze Liang.

The course was divided into two parts. The first part consisted of lectures on various topics, such as Paediatric ENT, Head and Neck, Larynx, Otology, Rhinology, Imaging and Audiology, Instruments, Anatomy, Histology, and Data Interpretation. The lectures provided valuable insights into various ENT topics. After each lecture, there was a Q&A session

for participants to ask questions and clarify their doubts. The first part also featured a successful candidate sharing her experiences.

The second part of the course was a mock exam to evaluate the participants' knowledge and skills. It allowed participants to gauge their level of knowledge and preparedness. During the post-mortem session, attendees received personalised feedback from the speakers, giving them a chance to improve their skills further.

Overall, the course was a great success and provided valuable insights and knowledge to all participants. We are pleased to announce that all five MRCS candidates who attended the course have passed their MRCS (ENT) in Edinburgh. We congratulate the following participants on their success: Jeremy Ling Siew Wei, Saiful Islam bin Ahmad Husni, Alex Ho Zxi Jian, Samuel Chu Peng Kai, Ruthran Thurairaju.



1ST UNIVERSITI MALAYA PAEDIATRIC VESTIBULAR COURSE

Report by Dr Jeyasakthy Saniasiaya

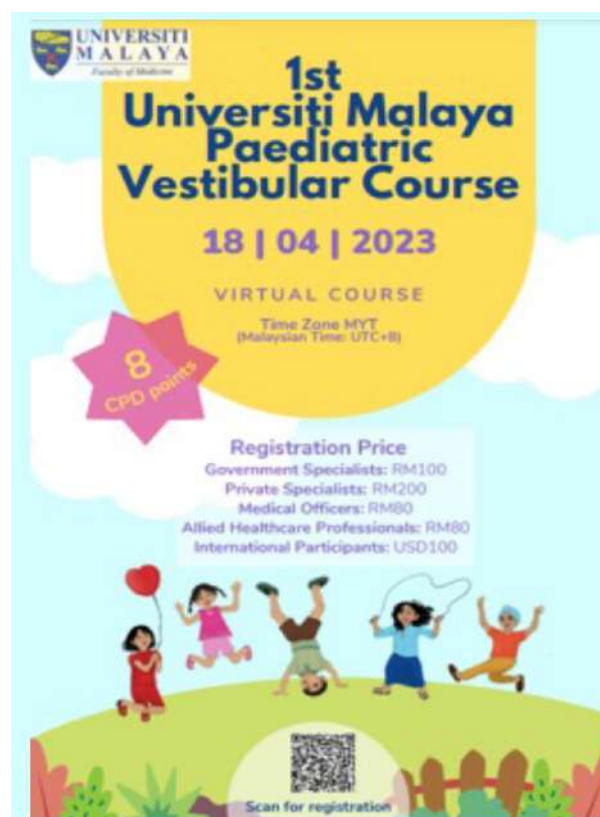
The Department of Otorhinolaryngology, Universiti Malaya, Kuala Lumpur, successfully organised the 1st Universiti Malaya Paediatric Vestibular Course. First of its kind in South-East Asia, this course aimed to unravel the fundamentals of vestibular conditions in children among healthcare professionals and was designed to create awareness and introduce paediatric vestibular medicine among healthcare professionals.

The course was held virtually on 18th April 2023. The course contents were delivered by renowned and experienced clinicians and experts in the field of Paediatric Vestibular Medicine, notably from Alder Hey's Children Hospital, UK, Boston Children Hospital, USA, and Hospital for Sick Children, Canada. The event was attended by numerous local and international healthcare professionals, including Paediatric Otorhinolaryngologists, Paediatricians, Otorhinolaryngologists, Audiologists, Physiotherapists and Residents.

Clinicians taking their first steps in incorporating paediatric vestibular assessments into their practice were able to gather the knowledge and information required to manage children with various forms of vestibular and balance impairment. The participants attending this course were also introduced to our very own UMMC Paediatric Vestibular and Balance Services.

The participants' feedback from the Google form post-course survey indicated that the course was very informative and well-structured. The participants appreciated the opportunity to learn from experienced clinicians and experts in the field. In addition, 96% of the participants responded that they were more comfortable managing a dizzy child after attending the course. Although the virtual format was found to be very convenient, most participants requested a physical form of course in the future. Overall, the

1st Universiti Malaya Paediatric Vestibular Course has been successful in achieving its objectives. The organisers hope that more healthcare professionals would get involved in managing children with vestibular and balance disorders and that more centres specialising in Paediatric Vestibular and Balance Services are developed across the region.



UKM Head and Neck Live Surgery 2023

Report by Dr Lum Sai Guan

The Department of Otorhinolaryngology–Head and Neck Surgery (ORL-HNS), Universiti Kebangsaan Malaysia (UKM), had successfully organised a live surgery event on 27th February 2023, focusing on head and neck surgeries. The event featured some of the common surgeries such as submandibulectomy, parotidectomy and Sistrunk operation. The event received an overwhelming response from participants comprising ENT specialists, trainees, and medical officers, including several international delegates.

The main objective of the event was to provide participants with a detailed understanding of the correct surgical techniques, important relevant surgical anatomy, and how to avoid complications during surgery.

The event ran smoothly and was well-executed. The surgeries were performed in the operating theatre of Hospital Canselor Tuanku Muhriz, and the live feed was broadcast to the observation room next to the operating theatre, where participants could view the surgeries. The live surgeries were performed by Professor Dr Mohd Razif and Dr Lum Sai Guan, with detailed step-

by-step explanations and demonstration. Participants had the opportunity to take turn to witness the surgeries up close in the operating theatre, providing them with a better understanding of the procedures.

The Head and Neck Live Surgery event received good feedback from the participants. Many of them found the event to be very informative and helpful, providing them with a better understanding of the surgeries. They appreciated the detailed explanation of each step of the surgeries and the emphasis on surgical anatomy. Among the important structure identified were facial nerve, lingual nerve and hypoglossal nerve. The live feed from the operating theatre and the viewing room provided an excellent viewing experience, and participants found it to be a great learning opportunity.

The UKM Head and Neck Live Surgery event was a resounding success, attracting many participants and receiving good feedback from them. The great success of this event had motivated the organiser to further embark on live surgery as a method of surgical education in the future.



12TH UKM HEAD AND NECK CADAVERIC DISSECTION WORKSHOP 2023

Report by Dr Lum Sai Guan

The Department of Otorhinolaryngology–Head and Neck Surgery (ORL-HNS) of Universiti Kebangsaan Malaysia (UKM), recently organised a three-day head and neck cadaveric dissection workshop from 28th February to 2nd March 2023.

The main objective of the workshop was to provide a practical experience to the participants in performing common head and neck surgeries. The workshop aimed to provide a platform for participants to learn

the correct surgical techniques, understand the importance of surgical anatomy, and recognise potential complications. The workshop also aimed to provide a platform for the exchange of knowledge and experiences among the participants and the facilitators.

The workshop received an overwhelming response from the participants, with 20 dissectors and ten observers registered for the event. The event was

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a huge success, attracting ENT specialists, trainees and medical officers from different hospitals and universities in Malaysia and Indonesia. The international delegates from Indonesia were particularly impressed with the workshop and expressed their satisfaction with the quality of the event.

The event was well-organised and ran smoothly throughout the three days. It was officiated by the head of department Professor Dr Salina Husain, followed by welcoming address by the workshop director Professor Dr Mohd Razif Mohamad Yunus. The facilitators, including Professor Dr Mohd Razif, Professor Dr Mohd Zulkiflee (UM), Dr Azlan Iskandar (UPM), Associate Professor Dr Mawaddah Azman, and Dr Lum Sai Guan, were experienced and knowledgeable in the field of head and neck surgery. The workshop utilised ten fresh cadavers for the dissectors and one for the demonstration station, which was sufficient for the purpose of the workshop.

The workshop focused on the step-by-step demonstration of common head and neck surgeries,

including parotidectomy, submandibulectomy, neck dissection, total laryngectomy, maxillectomy and mandibulotomy. The surgical demonstrations were performed by the facilitators and were followed by a hands-on session for the participants. The facilitators provided guidance and feedback to the participants during the hands-on session which was helpful in improving their surgical skills.

The feedback from the participants was overwhelmingly positive, with many expressing their satisfaction with the workshop. The participants



appreciated the hands-on experience, the opportunity to learn from experienced facilitators, and the chance to exchange knowledge and experiences with their peers. The participants also commended the organisers for the smooth running of the event and the quality of the facilities provided. The 12th UKM Head and Neck Cadaveric Dissection Workshop organised by the Department of Otorhinolaryngology, was a huge success. The workshop was a great platform for the exchange of knowledge and experiences among the participants and the facilitators. Overall, it was a valuable learning experience for the participants and a great achievement for the department.



UKM WORLD HEARING DAY 2023

Report by Dr Noor Dina Hashim

The Otorhinolaryngology–Head & Neck Surgery Department, Hospital Canselor Tuanku Muhriz (HCTM), UKM, led by Professor Dr Asma Abdullah, in collaboration with the Audiology Unit, Speech Science Unit, and Newborn Hearing Screening (NBHS) team, had organised the UKM World Hearing Day (WHD) with the theme “Ear & Hearing Care for All!” as proposed by WHO. The objective was to raise public awareness of deafness prevention measures and promote ear and hearing health in Malaysia. A hearing awareness video montage was played, hearing aid manufacturer booths were open for visitors to stop by and learn more about how to prevent and treat hearing problems, and there were also posters and displays of hearing awareness information. Together with the annual celebration, we also commemorated the 20-year anniversary of the UKM NBHS programme, which has been running successfully in identifying a significant number of congenital hearing losses for early management.

Concurrently, a hearing screening programme and ear exams for refugees were conducted at clinics run by Qatar Fund for Development (QFFD) in Kajang and Ampang. The programme was conducted by a

team consisting of medical professionals from the Otolaryngology unit HCTM and the clinic staff, including interpreters, registered nurses, and volunteers from Mercy Malaysia. Nearly 150 refugees came to us with ear complaints, ranging from active ear discharge to hearing loss brought on by explosives. Those with active ear or hearing issues were provided with a referral letter to the nearest government hospital. Each refugee was provided for with a stipend by the Qatari government for further government hospital care. This year’s celebration was made even more successful by the numerous contributions from industries and policymakers who jointly believe in the importance of achieving healthy hearing.



USM Endoscopic Sinus Surgery and Temporal Bone Dissection Course 2022

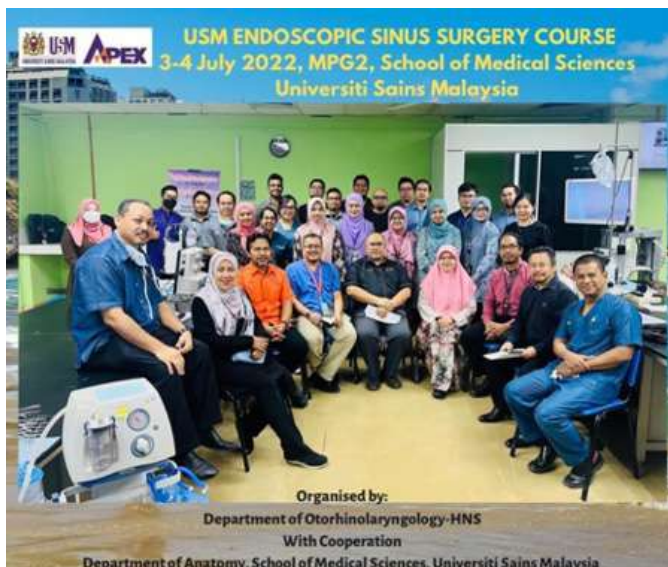
Report by Assoc Prof Dr Ramiza Ramza Ramli, Dr Norasnieda Md Shukri
Department of ORL-HNS, Universiti Sains Malaysia, Kota Bharu, Kelantan

The USM Endoscopic Sinus Surgery Course and Temporal Bone Dissection Course were held on 3rd to 4th July and 5th to 7th July 2022 respectively, at the Multipurpose Laboratory 2 (MPG2), School of Medical Sciences, Universiti Sains Malaysia (USM), Kota Bharu, Kelantan. The courses were organised by the Department of ORL-HNS, USM, co-organised with the Department of Anatomy, USM. In collaboration with Dr Budi Sutikno from Universitas Airlangga (UNAIR), Indonesia, and Professor Kornkiat Snidvongs from University Chulalongkorn, Thailand, experts were brought in to share tips and tricks of endoscopic sinus surgery.

The USM Endoscopic Sinus Surgery Course was an intensive two-day course designed for Malaysian residents in training and otolaryngologists with a deep interest in three-dimensional paranasal sinuses and the applied surgical techniques. Participants had the opportunity to learn from experts in the field, as well as from local experts from Ipoh, Kuantan, Kota Bharu and Alor Star. The course covered various topics, including the indications and limitations of endoscopic sinus surgery, preoperative evaluation, surgical techniques, and postoperative care. The course also included hands-on sessions using cadaveric specimens to enhance the participants' understanding of the anatomy and surgical techniques.

The USM Temporal Bone Dissection Course was an intensive three-day course designed for Malaysian residents in training and otolaryngologists with a deep interest in the microanatomy of otologic surgical techniques. The course covered topics such as mastoidectomy and cochlear implant, as well as other basic and advanced otologic operative techniques. The course included hands-on sessions where participants had the opportunity to practise and refine their surgical skills with individual guidance from local experts.

Both courses were a great success, with participants gaining valuable knowledge and hands-on experience in the field of otolaryngology. At the end of the workshop, we hope that the participants who took part, will have a better grasp of the anatomy of rhinology and microanatomy of otologic surgical techniques. The courses were well-received, with positive feedback from the participants and we hope to organise similar events in the future.



CORLHNS RESEARCH GRANT REPORT

Report by Assoc Prof Dr Ramiza Ramza Ramli,
Assoc Prof Dr Aneeza Khairiyah Binti Wan Hamizan

The Research Grant Committee was first elected in 2012, with Professor Dr Marina Mat Baki leading the committee. The main objective was to provide members of CORLHNS with the opportunity to conduct research by offering them research grants. The grants were aimed at supporting research projects in the field of Otorhinolaryngology–Head and Neck Surgery, with the goal of promoting academic excellence and advancing the field.

The research grant amount was set at RM20,000 for a duration of two years, providing a substantial financial support to the selected researchers to carry out their projects. The applications for the grant was open to only members of the College of Otorhinolaryngologists–Head and Neck Surgeons (CORLHNS), ensuring that the research projects were conducted by the members of the professional community who were actively engaged in the field.

The grant applications were reviewed by a panel of independent reviewers who were selected from universities, the Health Ministry, and private ORL specialists. The reviewers evaluated the applications based on the scientific merit, feasibility, and potential impact of the research projects. The selection process was rigorous and aimed at identifying the most promising research projects that were aligned with the objectives of CORLHNS.

Over the years, the Research Grant Committee has awarded the grant to several deserving researchers who have made significant contributions to the field of Otorhinolaryngology–Head and Neck Surgery. For 2022, the winner was Dr Nik Adilah Nik Othman from the Department of ORL-HNS, Universiti Sains Malaysia. Her research titled “Cortical auditory evoked potential (CAEP) elicited with electrical and acoustic stimuli among cochlear implanted children: Which one is better?” has been awarded with the amount of RM17,820.00 and was announced at the 14th Malaysian International ORL-HNS Congress & 42nd Annual General Meeting of the MSO-HNS in the Sabah International Convention Centre, Kota Kinabalu, Sabah, on 18th June 2022.

As part of the grant requirements, the winners were required to provide regular updates to the Research Grant Committee on the progress of their research projects. At the end of the study period, the winners were also required to submit a comprehensive report to the committee, including information about where they presented their study and evidence of indexed

publication. This reporting process ensured that the outcomes of the research projects were disseminated to the wider scientific community and contributed to the advancement of knowledge in the field.

The Research Grant Committee of CORLHNS has played a significant role in promoting research and academic excellence in the field of Otorhinolaryngology–Head and Neck Surgery. Since 2017, ten research projects have been awarded this research grant, leading to six publications in peer-reviewed journals. The committee’s commitment to reporting and dissemination of research has contributed to the growth and advancement in valuable contributions in the field of Otorhinolaryngology–Head and Neck Surgery. The publications from the research funded by the CORLHNS Research Grant are as below:

1. Hamzah MH, Mohamad I, Musa MY, Abd Mutalib NS, Siti-Azrin AH, Wan Omar WA. Propolis mouthwash for preventing radiotherapy-induced mucositis in patients with nasopharyngeal carcinoma. *Med J Malaysia*. 2022 Jul;77(4):462-467. PMID: 35902936.
2. Goh LC, Arvin B, Zulkiflee AB, Prepageran N. Lidocaine/Phenylephrine Nasal Spray versus Nebulization Prior to Nasoendoscopy: A Randomized Controlled Trial. *Otolaryngol Head Neck Surg*. 2018;159(4):783-788. doi: 10.1177/0194599818795852. PMID: 30126325.
3. Salim, Rosdan, *et al.* “Assessment of vestibulotoxicity of neem leaf (*Azadirachta indica*) in a rat animal model.” *Indian Journal of Otology*. 2020;159. doi: 10.4103/indianjotol.INDIANJOTOL_6_20
4. Azwal N, Lokanathan Y, Azman M, Ng MH, Mohamed AS, Baki MM. Serum interleukin 1 β in patients with acquired laryngotracheal stenosis. *Acta Otorhinolaryngologica Italica*. 2022;42(3):250. Doi: 10.14639/0392-100X-N1981
5. Wong DK, Saim L, Idrus RB, Saim A. Evaluating the Incidence and Severity of Rhinitis Using a Peak Nasal Inspiratory Flow Meter and the SNOT-22 Questionnaire. *Journal Of The Medical Association Of Thailand*. 2021;104(5):701-8. DOI: doi.org/10.35755/jmedassocthai.2021.05.10472
6. Wong DKC, Saim L, Saim A. No Difference in Clinical Outcome between Middle Turbinate Resection vs Inferior Turbinoplasty in Patients with Rhinitis. *Int J Otorhinolaryngol Clin* 2019;11(1):1–4. DOI: 10.5005/jp-journals-10003-1324

10TH ENDOSCOPIC EAR DISSECTION COURSE 2022

Report by Dr Pathma Letchumanan, Dr Kelvinder Singh a/l Awtar Singh, Dr Lee Ming Jun

The Otorhinolaryngology Association of Ipoh hosted its 10th Endoscopic Ear Dissection Course as part of its three-day of teaching and training events. The course took place on 13th to 14th October 2022, at the Dissection Hall of Universiti Kuala Lumpur Royal College of Medicine Perak (UniKL-RCMP), Ipoh, and provided participants with exposure to advanced surgical techniques in otology, along with hands-on practical sessions supervised by experienced otologists from tertiary centres around the country.

The course focused on endoscopic ear surgery, a minimally invasive surgical technique used to manage various middle and inner ear disorders. The programme covered a range of topics, including endoscopic middle ear dissection, instruments, TM flap elevation, middle ear inspection, endoscopic myringoplasty, atticotomy, ossiculoplasty, cortical mastoidectomy, posterior tympanotomy, canal wall down mastoidectomy, and facial nerve decompression. There were 24 participants who consisted of 16 dissectors and eight observers.

This dissection course aimed to promote the use of both endoscopic, as well as microscopic approaches in managing otological diseases. The course provided

a platform for cultivating interest in the field of otology and introducing participants to previously obscured anatomy and complex surgeries in a completely new light.

The course was facilitated by experienced surgeons from tertiary centres across the country who provided expert guidance and supervision to participants during the hands-on practical sessions. Participants also had the opportunity to interact with the facilitators and their peers during the lectures and discussions, making the course an ideal platform for networking and knowledge-sharing.

In conclusion, the 10th Endoscopic Ear Dissection Course provided an informative and enlightening experience for participants, providing exposure to advanced surgical techniques in otology, along with hands-on practical sessions supervised by experienced facilitators. The event was an excellent opportunity for participants to gain new knowledge and skills, network with peers, and advance the field of otology.



CORLHNS Health Camp 2023

Report by Dr Pathma Letchumanan

A health camp was done on 18th February 2023 at Gopeng Highlands Resort for four Orang Asli settlements with the collaboration of Gopeng Health Clinic. Cancer screening was done by us, while blood

test and vital statistics was done by Gopeng Clinic staff. Patients were referred to nearby Hospital Raja Permaisuri Bainun and Gopeng Health Clinic for further management.



ENT doctors with the Gopeng Health Clinic nurses with student volunteers & sponsors.



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