



Executive Committee 2020 - 2021

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- Dr Ahmad Nordin Afandi

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- Professor Dr Tang Ing Ping

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- Professor Dr Salina Husain
- Professor Dr Marina Mat Baki
- Professor Dr Mohd Zulkiflee Abu Bakar
- Associate Professor Dr Norhafiza Mat Lazim
- Dr Zahirrudin Zakaria @ Azidin
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- Dr Liew Kong Yew

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- Datuk Dr Kuljit Singh

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- Professor Dato' Dr Prepageran Narayanan
- Professor Dr Irfan Mohamad
- Associate Professor Dr Mazita Ami
- Professor Dr Masaany Mansor
- Professor Dr Mohd Razif Mohamad Yunus

B. MSO-HNS Fee Schedules Subcommittee Members

- Dr Harvinder Singh (Head)
- Dr Paul Lim
- Professor Dr Primuharsa Putra Sabir Husin Athar
- Dr Jeevanan Jahendran
- Professor Dr Mohd Razif Mohamad Yunus

C. MSO-HNS Sleep Advisor Subcommittee Members

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D. College of Otorhinolaryngology - Head & Neck Surgeon

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- Professor Dr Primuharsa Putra Sabir Husin Athar
- Datuk Dr Patawari Patawa
- Datuk Dr Kuljit Singh
- Professor Dr Mohd Razif Mohamad Yunus

MESSAGE FROM THE PRESIDENT 2020 - 2021

Salam Sejahtera Rakan Rakan Semua,



It has been a challenging year for all of us during the COVID-19 pandemic. Since the Executive Committee member for 2020/2021 term took over, the situation is still vulnerable. We planned for a few physical, face to face activities like our usual GP symposia, Health Camp and ORL Society Retreat, but all have to be cancelled or altered. Even the Endo KL 2020 was postponed to 2022.

Fortunately, we managed to do several webinar symposia. We have organised a series of webinars in conjunction with Johnson & Johnson on Perfecting Head and Neck Tumour Management on Oral Cavity and Oropharyngeal Tumor (24th June 2020), Laryngeal and Thyroid Tumour (6th August 2020), Nasopharyngeal Tumour (17th September 2020), and Hypopharyngeal Tumor (28th October 2020). The four total rounds had a distinct theme, each focused on tumors of the different anatomical subsite, delivered by the esteemed speakers, followed by several case discussions by the panelists. This online course received an overwhelming response from local and international medical practitioners, with a total number of 1545 participants in all four rounds.

We also modified the GP symposia to online. For this term, three ENT GP updates were held in Penang (17th January 2021), Terengganu (5th March 2021), and Sabah (23rd May 2021). These workshops provided updates on ENT problems, which are commonly seen among GPs and in government clinics. All were conducted online with a good response.

There were lot more activities and events that we successfully organised, endorsed, or participated in for 2020/21. Among them are Extraesophageal Manifestation of Reflux: From ENT's Perspective (13th June 2020), Webinar Invitation: Challenges in Advanced FESS Surgery (17th June 2020), Mylan ENT Series Webinar Rethinking Allergy (4th July 2020), 5th UKM Paediatric Airway Workshop @ Universiti Kebangsaan Malaysia Medical Centre (14th - 15th July 2020), Medtronic Med Ed ENT Webinar series (3rd September 2020), The Amsterdam-USM Head and Neck Surgical Oncology Working Group (14th October 2020), ASEAN Head & Neck Webinar Ep.5 (30th October 2020). Management Strategies in Early and Late-Stage Head and

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Neck Cancer (6th - 7th November 2020). Live Webinar: Prevention and Treatment of Hyper and Hypotonicity Post Laryngectomy (16th November 2020), Unlocking the Frontal Sinus by Professor Dr PJ Wormald (19th November 2020), Surgical Techniques and Their Impact on Communication and Hands-Free Speech (28th January 2021). Unmasking the Impact of Antibiotics on Gut Microbiota in ENT Practice (4th February 2021), Laryngology Webinar Series 2021: Benign Causes of Dysphonia (18th February 2021), UITM Robotic Surgery: Game Changing Management in Head & Neck Surgery (9th March 2021), Live Webinars 2021: Voice Prostheses: Adverse Events and Troubleshooting (16th March 2021), Laryngology Webinar Series 2021: Neuro-Laryngology (17th March 2021), Practical Considerations in the Management of Allergic Rhinitis & Urticaria (7th April 2021), Laryngology Webinar Series 2021: Early Glottic Cancer (22nd April 2021), Laryngology Webinar Series 2021: Interventions in Adult Stridor (20th May 2021).

Our final event will be the ASHNO Kuala Lumpur from 3rd to 5th June 2021. Since the Government has declared movement control order, we have to switch the conference to fully online.

Lastly, we are glad to serve the Society and our otorhinolaryngologists - head and neck surgeons at all levels, from the retired practitioners to the aspiring medical officers who wishes to take up ORL-HNS as their carrier.

I would like to express my gratitude to all my team, Executive Committee 2020/2021 together with the auditors and College of Surgeon secretariat, Ms Molly Kong, Mr Melvin Raj and Ms Helen Chong for all their help, advice and guidance.

We wish the best of luck for the next President of MSOHNS, Dr Ahmad Nordin, and his team. We will continue to support the Society even though we are not in office.

"Salam sejahtera dan sama sama kita melawan pandemik Covids 19".

Professor Dr Mohd Razif Mohamad Yunus

MESSAGE FROM THE PRESIDENT-ELECT 2020 - 2021



"Stay home, stay safe!"

That's the slogan for 2020, and when we thought that the 2021 would be a brighter year, the light at the end of the tunnel seems to disappear. The slogan is played repeatedly everywhere you go and at any time of the day!

As for MSOHNS, and almost everyone in the world, the usual routine and whatever tradition there is, could not be proceeded due to this COVID-19 pandemic. The Society has shifted activities to online platform to suit the changes. To ensure the MSO-HNS activities are ongoing, countless workshops, lectures and webinar were conducted via online. Similarly the MSO-HNS Executive Committee meetings and Annual Scientific Meeting has been performed via the Zoom platform, among others.

COVID-19 has brought the best and the worst of us! Although it is survival of the fittest, it is our humanity that makes us better

than everyone else. The Society has risen to the occasion promptly by donating PPEs to Sabah during the peak of second COVID-19 wave back in September 2020.

Looking forward to 2022 and beyond, our main highlight will be the shift of this Society into the College of ORL-HNS. I sincerely hope all members will pledge their full support to the incoming Executive Committee members of MSOHNS on a smooth transition process.

My utmost gratitude to all who has encouraged and inspired me all this time during my Executive Committee years; it will definitely benefit me for my upcoming tenure.

Thank you.

Stay home, stay safe!

Dr Ahmad Nordin

A Rally Call to All Fellow ORL-HNS Colleagues

by Associate Professor Dr Mawaddah Azman

It is the beginning of a new era. We are now known as the **Chapter of ORL-HNS, College of Surgeons, Academy of Medicine of Malaysia**. Our journey to have our college under the academy came with great challenges in which we have shown and proved that we not only persevere but eclipsed ourselves in becoming a progressive fraternity marching forward. Now, it is up to us to make it through the final hurdle and emerge as College of ORL-HNS like what we have dreamed and worked hard for. Sharing the same goal, we would like to call on fellow ORL-HNS colleagues to come together and join us in this chapter and establish beyond doubt that we are united

and that our vision in becoming an important group to contribute positively to the community and the nation.

During the recent AGM 2019, a consensus has been reached upon that no more new membership to MSOHNS will be accepted and all are encouraged to apply for membership of the Chapter of ORL-HNS via the Academy of Medicine showing that ORL-HNS fraternity is going to unite under **Chapter of ORL-HNS** and eventually becomes the College of ORL-HNS.

“Listen with passion, smell the success, and voice out as champion”

BENEFITS OF JOINING CHAPTER OF ORL-HNS MALAYSIA	LIFE MEMBER	ORDINARY MEMBER	ASSOCIATE MEMBER
Keep current with the latest scientific information, policy updates, and recommendations through seminars, updates courses, and workshops regularly organised by the chapter as well as the regular information distributed through the emails by the Chapter's secretariat.	✓	✓	✓
Taking pride in Chapter memberships by displaying membership card and certificate of membership.	✓	✓	✓
A platform for members to build up networking with local, regional and international colleagues.	✓	✓	✓
Access to members-only website content including membership survey results, practice management resources, promotional materials and more.	✓	✓	✓
Eligible to apply for Chapter's research grant.	✓	✓	
Discounted rates for Chapter organized events such as the annually organized Malaysian International ORL-HNS congress, etc.	✓	✓	
Eligible to participate in the annual retreat organised by the Chapter	✓		
Able to apply for travel/sponsors grant to conference, workshops, seminars.	✓		

MEMBERSHIP PAYMENT

NO.	MEMBERSHIP TYPE	RM	NOTE
1.	Life Member of the Chapter of ORL-HNS (i.e., Life member of Academy of Medicine of Malaysia)	Below 50 years old RM2500 Above 50 years old RM1000	Need NSR cert (2 years after graduate specialist training) Exclusive of entrance fees RM500
2.	Ordinary Member of the Chapter of ORL-HNS (i.e., Ordinary member of the Academy of Medicine of Malaysia)	Annual fee of RM150	Need NSR cert (2 years after graduate specialist training) Exclusive of entrance fees RM500
3.	Associate Member of the Chapter of ORL-HNS (i.e., an Associate Member of Academy of Medicine of Malaysia)	Annual fee of RM150	Recognised MBBS/MD MMC registered Exclusive of entrance fees RM500

- All life members of the Malaysian Society of Otorhinolaryngologists - Head and Neck Surgeons (MSOHNS) are entitled to a RM650 rebate.



The MSO-HNS Penang GP Workshop 2021

by Dr Zahirrudin Zakaria

After a few months of planning for the **MSO-HNS PENANG GP WORKSHOP** to be held in the Royale Chulan Hotel, George Town, Penang on 17th January 2021, suddenly the Government announced Perintah Kawalan Pergerakan, PKP/MCO due to rising cases of COVID-19. With less than a week before the event is due, the organiser was caught in a tight situation. However, with the help of the MSO-HNS Committee, the Academy of Medicine Secretariat and the willingness from the panellists, we switched all the presentations to Webinar.

A dry run for this webinar were held two days prior to the event to trouble shoot any possible problems that might arise. It turned out to be a blessing in disguise, as we managed to have 220 participants from all over the country although with a very short announcement for this webinar. Various topics which cover the common otorhinolaryngology and head and neck surgery diseases were well presented by the distinguished speakers mainly the otorhinolaryngology surgeons and also the audiologist and speech therapist, all from Penang. The topics were divided into five sessions which were Head and Neck, Ear, Emergency, OSAS, and Nose and Throat.

Using the Zoom applications, the participants actively participated during the Q&A which were held at the end of each session. A total of 70 questions and feedback were asked and

replied by the esteemed panellists. The webinar format allowed us to extend beyond the tea break and give more time for the Q&A. From the feedback of the participants, they were really impressed on how the webinar was handled as the speakers covered the most important aspects that were relevant to their practice. The usage of Zoom application had advantage of giving live interactive sessions between the participants and the panellists. As we are in this historic pandemic COVID-19 era, online webinar is a very important medium for a continuous medical education.

Adapting to this new norm is critical in order to ensure the objective of the MSO-HNS to deliver the knowledge to medical practitioners and public can be achieved.

I would like to express my gratitude to all panellists and the MSO-HNS Committee for the trust and support in organising this event.



The MSO-HNS Terengganu GP Webinar 2021

by Dr Salman Amiruddin

The General Practitioner (GP) seminar is a routine programme that was held annually to refresh the knowledge of ENT residents and junior surgeons regarding ear, nose and throat disease that is frequently encountered at the primary care level. However, due to the COVID-19 pandemic, the format were changed to online platform to serve the objective without compromising the new norm. On the 9th of April, this webinar was conducted with the collaboration of Malaysian Society of Otorhinolaryngology - Head and Neck Surgeon (MSO-HNS), ORL department of Hospital Sultanah Nur Zahirah, Universiti Sultan Zainal Abidin, Hospital Kemaman and Kuala Terengganu Specialist Hospital.

This webinar line up distinguished 15 speakers from the collaborative institutions that had covered various topic of the common Ear, Nose and Throat disease that were routinely managed at general clinics. The discussions focusing on the clinical presentation of the disease, initial management and criteria for referral to the ORL center.

About 90 participants had enrolled in the webinar using Zoom application, and actively participated during the Q&A time which were held at the end of each session.

From the feedback of the participants, the really satisfied with the lecture topics that closely related with their clinical practice. The usage of Zoom application has advantage of giving live interactive session between the participant and panelist.

At the end, I would like to extend my gratitude and pleasure especially to the MSO-HNS president, Professor Dr Mohd Razif Mohamad Yunus, for giving the opportunities for us to conduct this seminar for the benefits of general practitioner from east coast region. Besides that, I would like to thank Mr Melvin from MSOHNS and sponsors from Mylan Healthcare and Inova Pharmaceutical for supporting our webinar.

The MSO-HNS Sabah Primary Care Virtual Symposium

by Dr Ahmad Nordin

The Sabah edition was the third and final leg of the Primary Care Virtual Symposium series. Continuing the lead from Penang and Terengganu, the symposium was conducted in the online format via Zoom. As opposed to the physical meeting where it was traditionally run in the previous years, the move to virtual session was necessary due to the uncertainty regarding COVID-19 situation.

The session was started at 8.00am with the welcoming address by the MSO-HNS president, Professor Dr Mohd Razif Mohamad Yunus. Subsequently, the lectures were divided into six sessions according to various specialties in the ORL-HNS. The speakers were from various background, mainly from the ORL specialists with additional lecturers from OMFS surgeon, ORL MOs who headed an ORL unit in the district hospital, Audiologist, Speech therapist and ORL nurse. All the speakers were either currently working in Sabah or has served Sabah ORL practice in recent years.

The total of 596 registrations was recorded for the event, with turn up of 538 delegates on actual day. Delegates were mainly from Sabah, with some delegates from Peninsular Malaysia and

Sarawak. The lectures went smoothly according to schedule with minor technical issues on the initial part of the day.

Multiple interactive sessions with a plethora of questions posed from the participants, and all questions were answered either in person in discussion or session directly typed & replied via Zoom application in the Q&A box. The symposium ended at 5.00pm on a high note with positive feedback from the end of the lecturers and via personal messages to respective lecturer post event.



The MSO-HNS PPE COVID-19 - Aid to Sabah

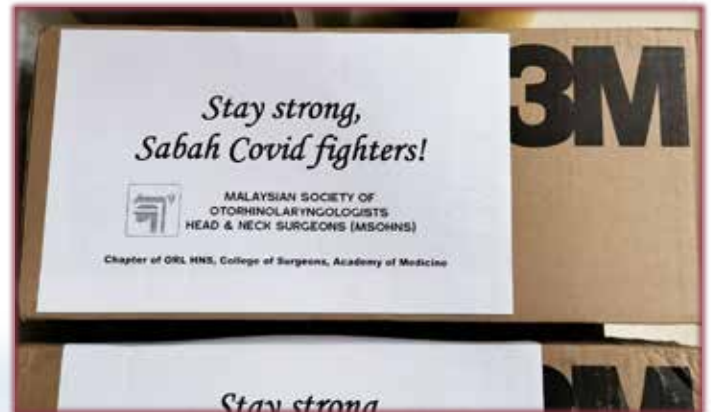
by Dr Ahmad Nordin

In September 2020, the third wave of COVID-19 struck Malaysia, and Sabah was the epicentre of this pandemic. The state was hit at such a rapid speed that the facilities could barely cope with the workload. The availability of PPE in hospital was also limited due to this sudden surge in the number of patients warded.

On the field in Queen Elizabeth Hospital, the MSO-HNS has liaised with the co-ordinator of items needed by the hospital. We were advised to purchase full facepiece respirators and

reusable high efficiency filters. This decision was given to us as other NGOs has donated various other PPEs and this was to reduce overlapping donations of similar items which might cause unnecessary surplus.

Within one week of discussion, the items safely arrived in the hospital. Twenty full facepiece respirators and 240 pairs reusable high efficiency filters worth RM 15,000 was handed over, witnessed by the Hospital Director.



Perfecting the Head & Neck Tumour Management Course 2020

by Dr Lum Sai Guan

The Department of Otorhinolaryngology - Head and Neck Surgery (ORL-HNS), Universiti Kebangsaan Malaysia (UKM) had successfully organised the Perfecting the Head & Neck Tumour Management Course. The course was a webinar series comprising four sessions, held from 24th June to 28th October 2020 via online platform.

This first online head and neck course, led by UKM senior consultant head and neck oncology surgeon, Professor Dr Mohd Razif Mohamad Yunus, aimed to educate the young ENT surgeons and trainees on the principles and correct management of various head and neck malignant tumours. It also provided a platform for the experts from various specialties namely ORL-HNS, oncology, oral maxillofacial surgery and plastic and reconstructive surgery to discuss the management approach for complex head and neck tumours. It was a free online webinar course, held during the time of COVID-19 pandemic when the opportunity to attend courses and workshops physically was markedly limited.

The four comprehensive rounds had distinct theme, each focussing on tumours of different anatomical subsite, namely 1. Oral cavity and oropharyngeal tumours, 2. Laryngeal and thyroid tumours, 3. Nasopharyngeal tumour, and 4. Hypopharyngeal tumour. Each round consisted of four lectures delivered by esteemed speakers, followed by several case discussions by the panellists. The first round discussed the management of early and advanced tongue carcinoma, approach to oral cavity and oropharynx, types of glossectomy and options of surgical reconstruction, the role of selective neck dissection and non-surgical options. The second round

educated on techniques of perfecting laryngectomy and thyroidectomy, treatment options for early laryngeal cancer, and management of advanced laryngeal cancer. The third round delivered the updates of nasopharyngeal carcinoma in Malaysia, the role of Epstein-Barr virus, tips of performing endoscopic nasopharyngectomy and the issue of re-irradiation in recurrent disease. The fourth round mainly focused on surgical and non-surgical treatment of hypopharyngeal cancer and the options of reconstruction of surgical defect post resection.

The course presented an exceptional list of acclaimed teachers and experts from universities, public and private hospitals in Malaysia. Among them were Dr Avatar Singh Mohan Singh, Professor Dr Primuharsa Putra Sabir Husin Athar, Professor Dr Marina Mat Baki, Professor Dr Mohd Zulkiflee Abu Bakar, Professor Dr Irfan Mohamad, Associate Professor Dr Mawaddah Azman, Associate Professor Dr Norhafiza Mat Lazim, Professor Dr Baharudin Abdullah, Professor Dato' Dr Fuad Ismail, Professor Dr Arman Zaharil Mat Saad, Dr Khairiyah Sidek, and Dr Rohaizam Japar @ Jaafar. The clinical cases were presented by Dr Liew Yew Toong, Dr Lum Sai Guan, and Dr Hardip Singh Gendeh.

This online course received an overwhelming response from both local and international medical practitioners, with the total number of 1545 participants in all four rounds. The participants who had completed the course received a certificate of completion. The feedbacks received were positive and encouraging. The great success of this first online course had motivated the organiser to further embark on online medical education in the future.



Live Webinar on Oropharyngeal Diseases: More Common Than You Think

by Dr Lum Sai Guan

A live webinar titled 'Oropharyngeal diseases: More common than you think' was successfully held on 13th October 2020. The programme was organised by the Department of Otorhinolaryngology - Head and Neck Surgery (ORL-HNS) Universiti Kebangsaan Malaysia. Participation was free of charge as Inova Pharmaceuticals Pte Ltd sponsored the event.

The two invited speakers talked on different aspects of oropharyngeal diseases. Professor Dr Marina Mat Baki elucidated on the spectrum of pharyngeal infections, while Dr Ahmad Kusyairi bin Khalid described the use of robot in oropharyngeal tumour surgery. The participants were engaged

during the Q&A session, moderated by Professor Dr Mohd Razif Mohamad Yunus. The speakers addressed many questions during the live session, including the optimal treatment of different pharyngeal infections, and indications and limitations of robotic surgery in resection of oropharyngeal tumour.

There were nearly 350 attendees recorded from various medical specialties as well as allied health professionals. The webinar had successfully delivered the knowledge on the wide spectrum of pharyngeal disease manifestations, besides unveiling the application of the latest robotic technology in treating oropharyngeal tumour.



The Tracheostomy Care Workshop, Queen Elizabeth Hospital, Kota Kinabalu

by Dr Ahmad Nordin

This was the second edition of the workshop, targeted for paramedics. The aim was mainly to expose the participants to the nursing care of tracheostomized patients in ward.

As opposed to the first edition in January 2020, this workshop was conducted just before the third wave of COVID-19. This time, the participants had to adhere to strict SOP throughout the course. The 33 QEH staff nurses and medical assistants were split into two separate sessions in the morning and the afternoon to avoid congestion.

They had theory teaching followed by practical session and later graded by examination to assess their knowledge. This was also to assess the effectiveness of

the new tracheostomy mannequin designed by our very own medical officer, Dr Yazid, who was also the workshop chairman. The top participants were awarded with prizes based on their performance.



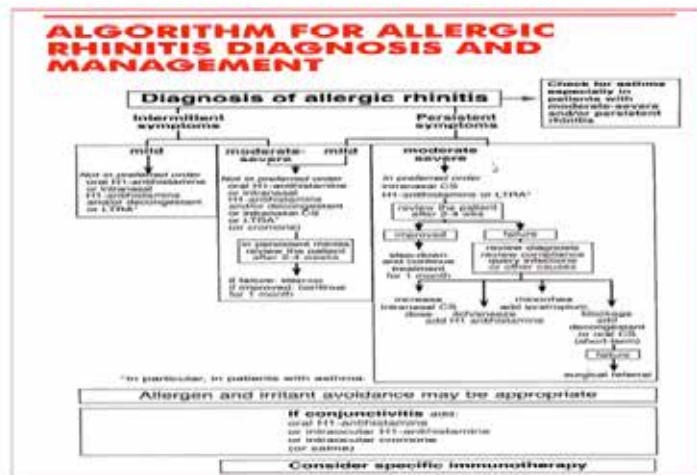
Webinar on Allergic Rhinitis: Are We Managing Optimally?

by Dr Lum Sai Guan

A webinar titled 'Allergic Rhinitis: Are We Managing Optimally?' was successfully held on 4th November 2020, organised by the Department of Otorhinolaryngology - Head and Neck Surgery of Universiti Kebangsaan Malaysia. It was a free webinar sponsored by Mylan Healthcare Sdn Bhd.

The event was started with the welcoming speech by Professor Dr Salina Husain, as the department head and consultant rhinologist. Associate Professor Dr Aneeza Khairiyah Wan Hamizan then delivered the first talk explaining on the clinical characteristics of allergic rhinitis. It was followed by a talk to define the role of endoscopic nasal surgery in allergic rhinitis given by Professor Dr Baharudin Abdullah from Universiti Sains Malaysia.

The webinar had recorded nearly 300 attendees among the healthcare professionals from various disciplines, from local and as well as foreign countries. Professor Dr Mohd Razif Mohamad Yunus moderated the Q&A session, during which both the speakers had answered numerous questions from the audiences and cleared many doubts regarding the optimal management of allergic rhinitis. Most of the feedback from the attendees agreed that the webinar was beneficial and has helped to better their understanding of the disease and advocate proper medical and surgical management.



ARIA 2008

AR patients can identify their triggers

- Patients who report nasal symptoms on exposure to allergen were more likely to have a positive SPT and/or specific IgE compared to those who deny any allergen trigger.
 - Dust : 77 vs 46%
 - Pollens: 78 vs 45%
 - Furry animals: 85 vs 38%



Hamizan et al. ARIA, 2019, Vol. 33(5) 524-530
Cherpen et al. Allergy 1996; 51: 293-298

The Laryngology Webinar Series 2021

by Associate Professor Dr Mawaddah Azman

The Department of Otorhinolaryngology - Head and Neck Surgery of Universiti Kebangsaan Malaysia played host to the Laryngology Webinar Series 2021. Along with the coronavirus pandemic, teaching and learning activities for the otolaryngology fraternity has shifted towards the virtual platform. This webinar series has received participation from 186 participants from Malaysia and also internationally including Indonesia, Singapore, Taiwan and the Philippines. The educational programme, directed by Professor Dr Marina Mat Baki, included talks and case discussions on contemporary

topics. Four webinars were scheduled in February, March, April and May of 2021, covering a wide array of topics detailed in the programme. The webinar included real case demonstrations and high-quality videos to demonstrate stroboscopic findings and surgical techniques to the participants. The international faculty for the Laryngology Webinar Series 2021 included prominent and renowned speakers like Dr David Lau, Professor Dr Tuan Jen Fang, Professor Dr Chen Chi Wang and Assistant Professor Dr Vyas Prasad. Local participants received CPD points and certificates upon completion of the webinar series.



The Amsterdam - USM Head and Neck Surgical Oncology Working Group 2020

by Associate Professor Dr Norhafiza Mat Lazim

The Amsterdam-USM Head and Neck Surgical Oncology Working Group is a newly established group with the aim to improve the management of head and neck oncology patients. This entails bilateral engagement in head and neck oncology activities, especially towards promoting the current management strategies for any head and neck cancer patients.

The group comprises a dedicated team from The Netherlands Cancer Institute - Antoni van Leeuwenhoek NKI AvL, led by Professor Michiel van de Brekel, the head of department of NKI AVL and the local USM Head and Neck Surgical Oncology team. We had a great MDT discussion with Professor Dr Michiel van de Brekel, on an extensive case of follicular thyroid carcinoma with retrosternal extension and bilateral neck metastases. The MDT were also joined by the local expertises, i.e. the pathologist, radiologist, oncologist, nuclear medicine physician, cardiothoracic team, and the orthopaedic team.

Professor Dr Fons Balm has joined the session on "The Live Webinar on Carcinoma of Larynx" where he delivered a lecture on Total Laryngectomy-Surgical Refinement and Coping with

Adverse Events. This was held with the collaboration of ATOS Medical headed by Ms Corina van As Brooks. Ms Ellie van Kneysel from ATOS Medical also have gave an excellent lecture on "Design and Clinical Performance of Provox Voice Prosthesis and Accessories". The esteemed Head and Neck fraternity from Italy, Professor Dr Carmello Saraniti, presented a lecture on the diagnosis of carcinoma of larynx.

The MOU between USM and NKI AVL has been officially signed recently. This will be a nice platform for a stronger collaboration in enhancing the Head and Neck Surgical Oncology services, especially locally at USM.



USM Audiology Intensive Course for MMed ORL-HNS Candidates 2021

by Dr Nik Adillah Nik Othman

The USM Audiology Intensive Course for M.Med ORL-HNS candidates has been held annually since 2014. Last year we barely managed to hold the course in February 2020 before the Malaysian Government Movement Control Order in response to the COVID-19 pandemic in the country on 18th March 2020. We were hoping that in year 2021 our pandemic situation would become better but the restrictions for interstate travel and organizing face-to-face events was still on, hence, we decided to have a hybrid event; hybrid meaning we continue to hold the face-to-face sessions in USM for in campus candidates, and simultaneously, online sessions for candidates or participants from outside Kelantan.

This year, similar to year 2020, the course was organised by the Department of Otorhinolaryngology - Head & Neck Surgery, USM and the organising team comprised our own final year M.Med candidates. It was a daunting task for us this year as we were not familiar with the Webex Event for online event. However, with the help of the USM Webex Event team and Audiovisual team, we learned something new and were able to overcome most of the problems encountered.

The speakers were the otologists from the Department of ORL-HNS School of Medical Sciences, USM and the audiology lecturers and clinician from the Audiology Programme, School of Health Sciences, USM. We have 91 participants, the highest number of participants this year as we were able to accommodate more participants via the online sessions. There were 12 participants in the face-to-face sessions and 79 participants via online. They were M.Med ORL-HNS candidates from USM, UKM, UM, KPJ and UIA, and also a few ORL service Medical Officers.

The course objectives were to enhance participants understanding of clinical audiology by strengthening knowledge on basic audiological tests and how to effectively integrate the results of these tests to achieve an accurate diagnosis. Other topics were the paediatric hearing assessment, the hearing amplification devices and hearing implants. We also conducted simulated viva sessions to make the course more beneficial to the participants.



Heartiest Congratulations to the Three Esteemed Members of MSO-HNS for Their Recent Promotion!!!

CONGRATULATIONS
on your Achievement



DEPUTY DEAN
(Postgraduate Studies and Professional Training)
Professor Dr Irfan Mohamad



DEPUTY DIRECTOR CLINICAL
(Surgical)
Professor Dr Mohd Zulkiflee Abu Bakar



**PRINCIPAL OF TUN DR ISMAIL
COLLEGE**
Professor Dr Mohd Razif Mohamad Yunus

INNOVATIONS AND INVENTION DURING THE COVID-19 PANDEMIC

UKM Produces Face Mask Valve Innovation for COVID-19 Pandemic Endoscopic Procedure

by Dr Hardip Singh Gendeh

A group of UKM researchers successfully invented a tool called Face Mask Valve to reduce the spread of aerosols or small droplets from the airways that may have COVID-19 virus particles during endoscopic procedures on the nose and throat on ear, nose and throat (ENT) patients.

This tool is a combination innovation by Dr Hardip Singh Gendeh (Lecturer and ENT Surgeon Specialist), Hospital Canselor Tuanku Muhriz (HCTM)), Professor Dr Salina Husain (Head of Department and Senior Surgeon ENT), Dr Abdul Razak (ENT master student) and Associate Professor Dr Zainuddin Sajuri (Faculty of Engineering and Built Environment).

With 2 cm diameter, the tool can be mounted on an existing 3 ply or 2 ply face mask and invented from locally quality materials are available at reasonable prices. It has two parts, the outside and the inside that can be attached together. The valve which is made of plastic and has a perforated line produced by a thin laser cut is located in the centre of the mask.

This tool allows the endoscope to be inserted through the valve in the face mask worn by the patient. Thus, the reduction of the hole size in the face mask at the clinic will method. ENT clinics can perform endoscopic nose and throat procedures as usual during movement control orders in Malaysia due to the increase in COVID-19 cases.

Moreover, this invention can be used for patients who have other infectious diseases (through airborne droplets) such as Tuberculosis (TB) and Mycobacterium Tuberculosis (M.tuberculosis). As we know, the bacteria can be spread through droplets from the respiratory tract. In fact, these devices can be modified by gastroenterologists, respiratory physicians, anaesthetists and surgeons while performing endoscopic procedures of the stomach (gastroscopy) and lungs (bronchoscopy) through the nose or mouth.

Face Mask Valve for nose endoscopy and the throat created by UKM has the potential to be commercialized for the use of the public and private medical industries in Malaysia. This will overcome the fear of the spread of the COVID-19 virus and infection amongst the ENT surgeons and healthcare workers around the world.



A PATIENT DONNING A MODIFIED SURGICAL MASK DURING FLEXIBLE PHARYNGOLARYNGOSCOPY IN THE CLINIC

DEPT OF ORL-HNS,
FACULTY OF MEDICINE,
UKM



ORL-HNS RELATED GUIDEBOOK AND ARTICLES ON COVID-19 IN 2021

'Panduan Pesakit Laringektomi' - The Laryngectomy Guide Malaysian Edition

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The laryngectomy guide was written by Dr Itzhak Brook, Professor of Pediatrics at Georgetown University Washington USA, who is a laryngectomye himself. Dr Brook was diagnosed with throat cancer in 2006. Two years later he had his larynx removed and currently speaks with a tracheoesophageal prosthesis. He dedicated the book to laryngectomyes and their caregivers for their courage and perseverance.

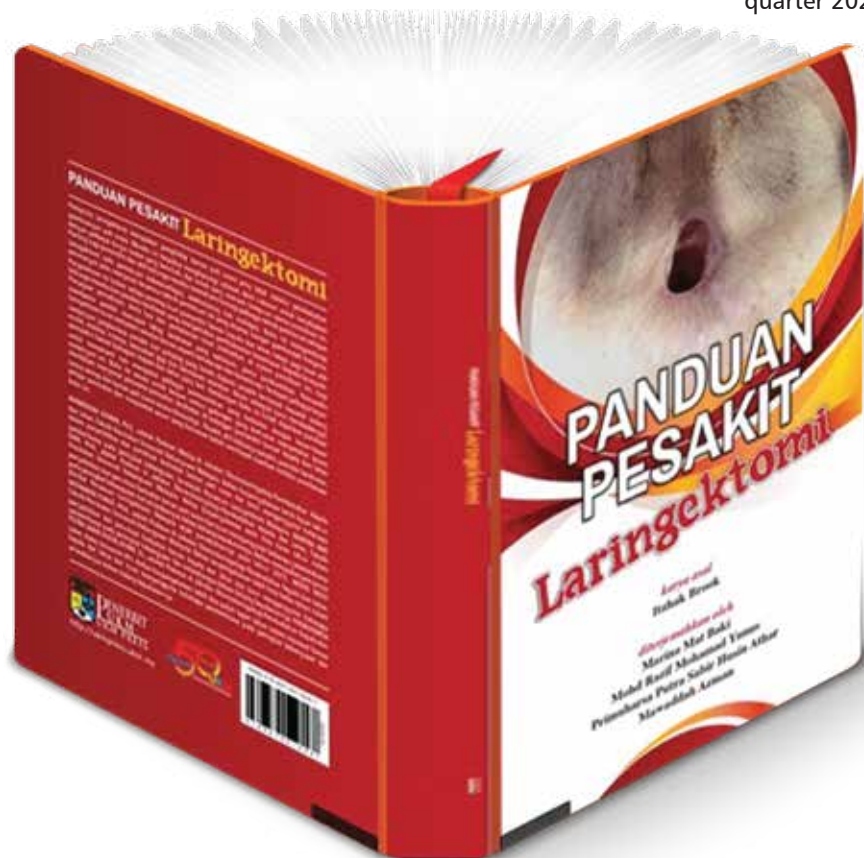
The Guide provides practical information that can assist laryngectomyes and their caregivers with medical, dental and psychological issues. It contains information about the side effects of radiation and chemotherapy; the methods of speaking after laryngectomy; and how to care for the airway, stoma, heat and moisture exchanger filter, and voice prosthesis. In addition, it addresses eating and swallowing issues, medical, dental and psychological concerns, respiration and anesthesia, and travelling as a laryngectomye.

The Guide was first published in 2013. The American Academy of Otolaryngology - Head and Neck Surgery made the English version of the Guide available for FREE download on their website. Enclosed is the link to the English version. <http://www.entnet.org/content/laryngectomye-guide>

The Laryngectomye Guide is translated into various languages/dialects. The Guide is currently available in English, Russian, Turkish, Greek, Italian, Bulgarian, Romanian, Bosnian, Croatian, Arabic, Spanish, Portuguese, French, Persian (Farsi), Korean, Japanese, Taiwan, Filipino (Tagalog), Indonesia, and traditional and simplified Chinese.

We are very honoured to receive the invitation from Dr Brook to translate this book in 2018. This project is supported by Malaysia Laryngectomye Association (MLA).

'Panduan Pesakit Laringektomi' - The Laryngectomye Guide Malaysian edition will be published by UKM Press in the third quarter 2021.



PUBLICATIONS ON COVID-19

A REVIEW OF SMELL AND TASTE DYSFUNCTION IN COVID-19 PATIENTS

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INTRODUCTION

Multiple anecdotal reports suggest that smell and taste loss were early subclinical symptoms of COVID-19 patients. The objective of this review was to identify the incidence of smell and taste dysfunction in COVID-19, determine the onset of their symptoms and the risk factors of anosmia, hyposmia, ageusia or dysgeusia for COVID-19 infection.

METHODS

We searched the PubMed and Google Scholar on 15th May 2020, with search terms including SARS-COV-2, coronavirus, COVID-19, hyposmia, anosmia, ageusia and dysgeusia. The articles included were cross sectional studies, observational studies and retrospective or prospective audits, letters to editor and short communications that included a study of a cohort of patients. Case reports, case-series and interventional studies were excluded.

DISCUSSION

A total of 16 studies were selected. Incidence of smell and taste dysfunction was higher in Europe (34 to 86%), North America

(19 to 71%) and the Middle East (36 to 98%) when compared to the Asian cohorts (11 to 15%) in COVID-19 positive patients. Incidence of smell and taste dysfunction in COVID-19 negative patients was low in comparison (12 to 27%). Total incidence of smell and taste dysfunction from COVID-19 positive and negative patients from seven studies was 20% and 10% respectively. Symptoms may appear just before, concomitantly, or immediately after the onset of the usual symptoms. Occurs predominantly in females. When occurring immediately after the onset of the usual symptoms, the median time of onset was 3.3 to 4.4 days. Symptoms persist for a period of seven to 14 days. Patients with smell and taste dysfunction were reported to have a six to ten-fold odds of having COVID-19.

CONCLUSION

Smell and taste dysfunction has a high incidence in Europe, North America, and the Middle East. The incidence was lower in the Asia region. It is a strong risk factor for COVID-19. It may be the only symptom and should be added to the list of symptoms when screening for COVID-19.

REVIEW ARTICLE: UPPER RESPIRATORY TRACT SAMPLING IN COVID-19

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INTRODUCTION

To review the present literature on upper respiratory tract sampling in COVID-19 and provide recommendations to improve healthcare practices and directions in future studies.

METHODS

Twelve relevant manuscripts were sourced from a total of 7288 search results obtained using PubMed, Medline and Google Scholar. The search keywords used were COVID-19, nasopharyngeal, oropharyngeal, swabs, SARS and CoV2. Original manuscripts were obtained and analysed by all authors. The review included manuscripts which have not undergone rigorous peer-review process in view of the magnitude of the topic discussed.

RESULTS

The viral load of SARS-CoV-2 RNA in the upper respiratory tract was significantly higher during the first week and peaked at 4-6

days after onset of symptoms, during which it can be potentially sampled. Nasopharyngeal swab has demonstrated higher viral load than oropharyngeal swab, where the difference in paired samples is best seen at 0-9 days after the onset of illness. Sensitivity of nasopharyngeal swab was higher than oropharyngeal swabs in COVID-19 patients. Patient self-collected throat washing has been shown to contain higher viral load than nasopharyngeal or oropharyngeal swab, with significantly higher sensitivity when compared with paired nasopharyngeal swab.

RECOMMENDATIONS

Routine nasopharyngeal swab of suspected COVID-19 infection should take anatomy of the nasal cavity into consideration to increase patient comfort and diagnostic yield. Routine oropharyngeal swab should be replaced by throat washing which has demonstrated better diagnostic accuracy, and it is safe towards others.

PUBLICATIONS ON COVID-19

PREVALENCE OF OLFACTORY DYSFUNCTION IN CORONAVIRUS DISEASE 2019 (COVID-19): A META-ANALYSIS OF 27,492 PATIENTS

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OBJECTIVES/HYPOTHESIS

Olfactory dysfunction has been observed as one of the clinical manifestations in COVID-19 patients. We aimed to conduct a systematic review and meta-analysis to estimate the overall pooled prevalence of olfactory dysfunction in COVID-19 patients.

STUDY DESIGN

Systematic review and meta-analyses.

METHODS

PubMed, Scopus, Web of Science, Embase, and Google Scholar databases were searched to identify studies published between 1st December 2019 and 23rd July 2020. We used random-effects model to estimate the pooled prevalence with 95% confidence intervals (CIs). Heterogeneity was assessed using the I^2 statistic and Cochran's Q test. Robustness of the pooled estimates was checked by different subgroup and sensitivity analyses. This study is registered with PROSPERO (CRD42020183768).

RESULTS

We identified 1162 studies, of which 83 studies (n = 27492, 61.4% female) were included in the meta-analysis. Overall, the pooled prevalence of olfactory dysfunction in COVID-19 patients was 47.85% [95% CI: 41.20-54.50]. We observed olfactory dysfunction in 54.40% European, 51.11% North American, 31.39% Asian, and 10.71% Australian COVID-19 patients. Anosmia, hyposmia, and dysosmia were observed in 35.39%, 36.15%, and 2.53% of the patients, respectively. There were discrepancies in the results of studies with objective (higher prevalence) versus subjective (lower prevalence) evaluations. The discrepancy might be due to false-negative reporting observed in self-reported health measures.

CONCLUSIONS

The prevalence of olfactory dysfunction in COVID-19 patients was found to be 47.85% based on high-quality evidence. Due to the subjective measures of most studies pooled in the analysis, further studies with objective measures are advocated to confirm the finding.

OLFACTORY AND GUSTATORY DYSFUNCTIONS AS A CLINICAL MANIFESTATION OF CORONAVIRUS DISEASE 2019 IN A MALAYSIAN TERTIARY CENTER

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OBJECTIVE

To investigate the prevalence of olfactory and gustatory dysfunction among patients with COVID-19 infection and the recovery rate.

METHODS

Adult patients (≥ 18 years) tested positive for COVID-19 via reverse transcription-polymerase chain reaction (RT-PCR) and admitted in Hospital Tuanku Ja'afar Seremban, Malaysia, were recruited in this study. Patients completed a questionnaire via telephone interview comprising the following details: age, sex, ethnicity, comorbidities, general and otorhinolaryngological symptoms, onset and duration of olfactory and gustatory dysfunction. Patients with persistent olfactory and gustatory dysfunction at the time of the initial interview were followed-up every three to five days till resolution.

RESULTS

A total of 145 patients were included in our study. The mean age of patients was 43.0 ± 17.7 (range: 18-86). Fever (44.1%) and cough (39.3%) were the most prevalent general symptoms. Thirty-one patients (21.4%) reported olfactory dysfunction and 34 (23.4%) reported dysgeusia. There was a significant association between both olfactory and gustatory dysfunction

($P < .001$). Altered sense of smell or taste occurred before other symptoms in 7 (15.9%); concomitant in 16 (36.4%) and after in 15 (34.1%).

Six patients (13.6%) reported isolated sudden-onset anosmia. The median duration of olfactory and gustatory dysfunctions was seven days. Complete recovery was achieved for 70.5% of the patients within seven days of symptom onset. Only 6 (19.4%) of the 31 patients with olfactory dysfunction experienced nasal obstruction or rhinorrhea. Olfactory dysfunction was not significantly associated with nasal obstruction or rhinorrhea. Olfactory dysfunction was significantly associated with younger age ($P = .002$), female ($P = .011$), and hyperlipidemia ($P = .012$). Gustatory dysfunction was significantly associated with fever ($P = .019$) and cough ($P = .039$).

CONCLUSION

Olfactory and gustatory dysfunction is a pertinent manifestation of COVID-19. Most of the affected patients achieve rapid and complete recovery. Sudden onset of olfactory and gustatory dysfunction should be recognized as a major symptom of COVID-19 as we implore to contain this pandemic.

PUBLICATIONS ON COVID-19

Tracheostomy in Upper Airway Obstruction on a COVID-19 Patient

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BACKGROUND

Stridor due to upper airway obstruction in a COVID-19 positive patient is a big challenge to the medical team, especially anesthetists and otolaryngologists. In this condition, performing aerosol-generating procedures (AGP) is time-sensitive and increases virus transmission risk. The dilemma of treating a stridorous patient with laryngeal carcinoma and concurrent COVID-19 positive with pneumonia is possibly become a new normal in this era.

CASE REPORT

A 66-year-old male, chronic smoker, completed six days of in-patient treatment for community-acquired pneumonia when the RT-PCR for COVID-19 was found to be negative. He was seen in the otorhinolaryngology (ORL) clinic two weeks later due to hoarseness for two months associated with worsening shortness of breath and cough. He had soft stridor at rest and was mildly tachypnoeic. Flexible endoscopy revealed a mass on the right immobile vocal cord with a small glottic airway. A repeat nasopharyngeal swab for COVID-19 on the same day was positive.

A detailed discussion involving a multidisciplinary team lead to the decision to secure the patient's airway by first intubating him with a small endotracheal tube and followed by tracheostomy in the same setting. Here, the experience in managing upper airway obstruction due to laryngeal carcinoma (at least T3) in a patient with stage 4 COVID-19 is presented and discussed. The challenges emerged due to the inevitable series of AGPs that need to be performed. Multidisciplinary team involvement comprises ORL surgeon, anesthetist, infectious disease, and respiratory physician is pertinent.

CONCLUSION

This is the first case in the literature on a stridorous COVID-19 positive patient with laryngeal carcinoma that requires emergency tracheostomy. The case highlights the challenges and decision-making in managing such cases that are supposed to be straightforward before the COVID-19 pandemic era. This shall be the new normal for otorhinolaryngologists, anesthetists, and maybe any other specialties who deal with AGPs.

LETTERS TO EDITOR

Otolaryngology Manifestations of COVID-19: A Contemporary Viewpoint

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Since the first documented case of pneumonia of unknown origin hailed from Wuhan city, Hubei province, China, back in December 2019, the novel SARS-CoV-2 leading to COVID-19 has swept across the globe afflicted the people in every corner. As of 21st March 2021, the total case number has culminated to over 122 million worldwide, with a mortality rate of 2.2%.¹ 11th March 2021 marks the first anniversary since WHO declared the COVID-19 outbreak a pandemic. With the vaccine challenges that lie ahead, the light at the end of the tunnel remains elusive.

We learnt that the transmission routes are via respiratory droplet, aerosols and by contact that may be indirect, which succinctly impose a remarkably high risk to the head and neck surgeons who often deal with aerosol-generating procedures. In fact, the first doctor who succumbed to COVID-19 in Wuhan was an otolaryngologist.² The acknowledgement of a heterogeneous spectrum of clinical manifestations of

SARS-CoV-2 viral infection, ranging from asymptomatic to severe disease with multiple organ failure, is of paramount importance. Apart from the overall presentation being fever, myalgia and lower respiratory tract symptoms of cough and dyspnoea, extrapulmonary symptomatology of COVID-19 manifested through a variety of ear, nose, throat (ENT) complaints have been gradually recognised.

In conjunction with hypogeusia, smell deficit constitutes the earliest reported ENT manifestation of the novel coronavirus. Olfactory dysfunction was identified in a substantial fraction of patients who suffered from COVID-19, with a prevalence of 47.85% worldwide.³ The idiosyncratic characteristics of smell disturbance attributed to COVID-19 include its sudden onset, transient duration, and in most cases, rapid recuperation. Additionally, smell deficit may manifest as a sole nasal symptom without concomitant rhinorrhea or congestion.⁴

LETTERS TO EDITOR

Auditory Cinchonism in COVID Era

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KEYWORDS

hearing loss, SARS-CoV-2, COVID-19, sensorineural hearing loss, tinnitus, vertigo

The battle over coronavirus disease 2019 (COVID-19) is taking a different turn over different parts of the world. The previously austere lifestyle is taking a completely different turn, where people in various parts of the world have started to go outdoors. During the ongoing combat against COVID-19, multiple treatment regimens have been attempted and investigated, including use of hydroxychloroquine (HCQ) and its derivative chloroquine. Traditionally, HCQ and its quinine-related derivatives were vastly used for malaria and autoimmune diseases, notably systemic lupus erythematosus (SLE). Its antiviral and anti-inflammatory properties account for its potential use in COVID-19 treatment.

Hydroxychloroquine, along with its derivatives, has unveiled its prospect in treating COVID-19 based on in vitro studies, though clinical trials are still ongoing.¹ We are now facing a surge in demand for HCQ and its derivatives in the community as this drug is freely available. Albeit the search for an elixir to treat COVID-19 continues, patients who have recovered from COVID-19 following HCQ-treatment are now facing a new predicament, its side effects. Known potential side effects following HCQ and its derivatives include arrhythmias, retinopathy as well as muscle weakness.

Cinchonism, a term used to describe disorder characterized by dose-related side effects of quinine and its derivatives, including a variety of auditory toxicity such as sensorineural hearing loss, tinnitus, and vertigo. Auditory manifestation following HCQ can either be temporary or permanent,² while ototoxicity following chloroquine has been found to be irreversible.³

The plausible hypothesis of auditory toxicity includes atrophy of stria vascularis as well as nerve fibre damage,⁴ outer hair cell damage, inhibition of postsynaptic sodium channel function in cochlear spiral cell ganglion along with changes in central auditory function.⁵ In addition to that, accumulation of chloroquine leads to injury to sensory hair cells, reduction in neuronal population, and loss of supporting hair cells (Bortoli).

It is noteworthy that, administration of more than one ototoxic drug leads to synergic effect, for instance administration of azithromycin and HCQ simultaneously, further heightens the risk of auditory toxicity.⁶ Additionally, the prescribed dosage of HCQ and chloroquine is found to be higher in treating COVID-19 as compared to malaria or SLE treatment.² Hence, the auditory ramifications may be intensified. Interestingly, COVID-19 patients with hypoxia prescribed with HCQ or its derivatives are more prone to develop audiological complications as hypoxic status is known to damage the inner ear especially stria vascularis of the cochlea.²

According to a recent published literature review, onset of hearing loss following HCQ ranges from months to years.³ This review reported studies on ototoxicity ensuing usage of chloroquine dated from 1954 whereas ototoxicity secondary to HCQ is from 1998.³

With the climbing numbers of COVID-19 patients treated with HCQ or its derivatives, awareness of auditory complications is prudent as early intervention may prevent detrimental effects notably on quality of life. Patient presenting with hearing loss, tinnitus, and/or imbalance ought to be investigated thoroughly including obtaining a history of recent medication prescribed for COVID-19. Additionally, the investigation should include otoacoustic emission, pure tone audiometry (extended high-frequency pure tone audiometry at 8-16 kHz if possible) once the patient is stable and needful management is to be undertaken immediately including counselling, hearing aid, and tinnitus retraining therapy.²

As we are currently facing a challenging situation post COVID era, complications ignited by overzealous treatment adds to the current dilemma. We, therefore, urge that, follow-up of patients post COVID-19 includes audiological assessment for early recognition of the affected group in addition to proper counselling of patients who are on HCQ or its derivatives. It is prudent for attending physicians notably the otorhinolaryngologist, to be aware of the potential auditory complication following HCQ usage.

IMAGES GALLERY OF COVID-19 IN MALAYSIA



**CHANGING
TRACHEOSTOMY
USING AEROSOL
BOX IN THE
CLINIC!**

*DEPT OF ORL-HNS,
FACULTY OF MEDICINE,
UKM.*



**First Full PPE Attire during a Management of Airway
Obstruction Case, at Trauma OT, USM Kubang Kerian, Kelantan**

Tracheostomy Change at Kemaman Hospital, Terengganu.



**ENT ENDOSCOPY DURING FIRST WAVE OF COVID 19 PANDEMIC IN
EARLY 2020, HOSPITAL KEMAMAN, TERENGGANU.**

IMAGES GALLERY OF COVID-19 IN MALAYSIA



Designing Tracheostomy Box Project – Dept of ORL, Penang Hospital



CHANGING T-TUBE UNDER AN AEROSOL BOX UNDER GA IN THE OT!

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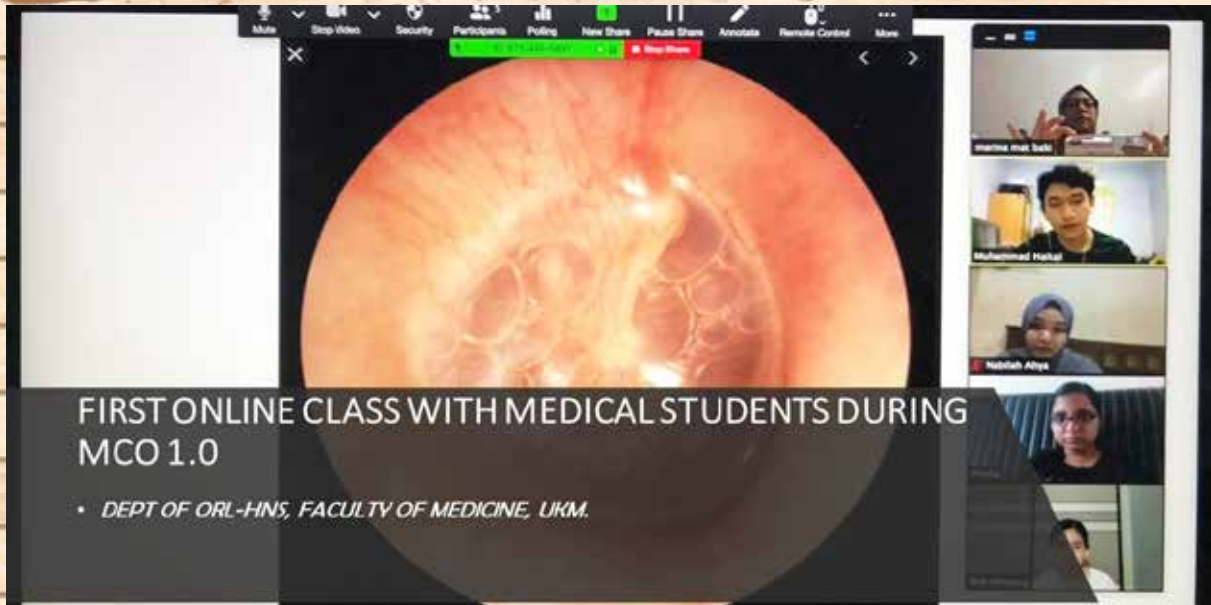
PERFORMING ENDOLARYNGEAL MICROSURGERY ON A PATIENT IN THE OT EMPLOYING MICROSCOPE DRAPE AS AN EXTRA-BARRIER

• SIMULATION ON A MANNEQUIN, PERFORMING ENDOLARYNGEAL MICROSURGERY WITH EXTRA-BARRIER USING MICROSCOPES DRAPES

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IMAGES GALLERY OF COVID-19 IN MALAYSIA



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PERFORMING ENDOSCOPY DONNING PAPR ON AN UNKNOWN COVID STATUS PATIENT!



SOME OF THE ORL-HNS ACTIVITIES DURING COVID 19 PANDEMIC, WITH THE MASK AND FACE SHIELD 'S ON, AT USM KUBANG KERIAN, KELANTAN

