



As the country is faced with surging number of Covid-19 infected cases, especially in Sabah, the 30th anniversary of International Day of Older Persons (IDOP) themed "Pandemics: Do They Change How We Address Age and Ageing?" "was celebrated with caution and compliance with social distancing.

At Hospital Kuala Lumpur, IDOP was celebrated with sharing of two patients who recovered from Covid-19.

The Geriatric Ward HKL was once a ward that catered to survivors of Covid-19. You can listen to the sharing of two patients on Youtube: <https://youtube.com/channel/UCe8Kvo6iJNZMXWbTJob0cCA>

In Malacca, the family of Geriatric Medicine Unit, Hospital Melaka has come together to organise a one-day workshop to celebrate and commemorate the event with the collaboration of Malacca Nursing Association. The Fall Prevention Workshop in conjunction with the IDOP was held on 10th October 2020 at Auditorium Hall, Hospital Melaka. The event was officiated by Dr Rusdi Bin Abdul Rahman, the Vice Director (Public Health) of Malacca State's Health Department, with the presence of Dr Keng Jun Ni, the hospital geriatrician, Matron Suria Rahim, the President of Malacca Nursing Association and also the state's Chief Matron and Matron Hee Kim Lan, the hospital's Chief Matron.

A total of 76 participants consisting of sisters, nurses and fall nurses had attended the workshop. The participants had their pre- and post workshop tests, followed by a series of lectures and interactive group-based learning activities. The organisers also formed a singing choir to perform songs for our older patients in recognition of their contributions to society.



Opening ceremony of the Fall Prevention Workshop in conjunction with International Day of Older Persons on 10th October 2020, Auditorium Hospital Melaka.

From left, Matron Pakiam A/P Karpayah, Matron Hee Kim Lan, DrKeng Jun Ni, Dr Rusdi Bin Abdul Rahman, Matron Suria Rahim



Participants are wearing face masks and practicing social distancing in Malacca.



At the **Cheras Rehabilitation Hospital**, a total of 127 participants who were patients, care takers and hospital staff celebrated IDOP on 1 October.

It was held at the Geriatric Rehabilitation Ward and was officiated by the new Director, Dr. Jasmeet Singh. The event was also attended by the Deputy Director, Dr. Tan and the Head of Rehabilitation Department who is also the National Head of Rehabilitation Service, Dr. Yusniza Mohd. Yusof and the representatives from the Physiotherapy, Occupational Therapy, Speech and Language Therapy Department as well as Dietetic Department.

Interactive physical activities as well as cognitive stimulating activities were organised for the participants. There were also simple but fun competitions with prizes for winners. Goodie bags were given as token of appreciations to them who have come to celebrate. The event has also enabled the patients and caregivers to share experiences, motivate and support each other.

Participants were excited. They were heard saying "I'm very happy today and feel much appreciated" and "The rehabilitation has done much helped to my life".

At the **University Malaya Medical Centre (UMMC)**, the IDOP celebrations are virtual this year. Over 1000 persons registered for our event, exceeded Zoom subscription capacity so the event was livestreamed on youtube. Here is the link if you were not able to catch it live. <https://youtu.be/sENHfL1CafM>.



Behind the scenes PPUM, our MC Dr Aimy Abdullah on Youtube.



Dr Ungku Ameen Ungku Ahmad, the President of MSGM, was at the Rumah Zakat Jalan Kebun Klang to celebrate International Day of Older Persons with older residents.



In a joint statement by Medical Societies in Malaysia, the Malaysian Health Coalition said the health and welfare of people must be above all else, and urges the Government to remain focused on Covid-19 pandemic, especially in Sabah.

For full report please visit <https://myhealthcoalition.org/covid-19-is-a-health-issue.../>

### **Collaborations with the Malaysian Influenza Working Group**

Flu jabs managed to grab the headlines in a negative way. This was a devastating blow of MSGM's fledgling collaborations with the Malaysian Influenza Working Group (MIWG). Fortunately, the scare was soon over, and MIWG and MSGM are now working extra hard to ensure that we ride on the publicity, negative or otherwise, to really give influenza vaccinations a big push. A press statement has been released by MIWG, endorsed by MSGM, on this matter. Please copies of this statement in various languages, please do refer to: <https://msgm.com.my/no-reason-to-fear-flu-vaccines/>.

Here are links to the related newspaper articles which may be useful for your clinic waiting rooms:

<https://www.enanyang.my/全球大抗疫/2款韩国疫苗可使用-流感工作组恢复公众信心>

<https://www.thestar.com.my/opinion/letters/2020/11/05/no-reason-to-fear-flu-vaccines>

[https://www.xtra.com.my/trending/malaysia-dijangka-alami-pertembungan-2-wabak-hujung-tahun-ini/?fbclid=IwAR28L3huV3MHM-Rwfik4d-W0rjVN9bHsOO7sq1F6H\\_XHqz4FbQWSTmfomTU](https://www.xtra.com.my/trending/malaysia-dijangka-alami-pertembungan-2-wabak-hujung-tahun-ini/?fbclid=IwAR28L3huV3MHM-Rwfik4d-W0rjVN9bHsOO7sq1F6H_XHqz4FbQWSTmfomTU)

### **Position Statements**

The MSGM has continued to strive to release one position statement per year, following the success of the MSGM Position Statement on Delirium, followed by the MSGM Position Statement on Elder Abuse. The MSGM Position Statement on Falls and Fragility Fracture was due to be released at the World Congress on Falls and Postural Stability last year. However, the scope just got bigger and bigger, leading to the need to extend the deadline. After an unexpectedly long wait for an opportunity to launch this position statement, we have decided to conduct a soft launch using email blasts and social media posts. We hope you will help us circulate this position statement. When it is once again possible to hold large gatherings, we will certainly have a big party with all those involved in writing this position statement.

The COVID-19 pandemic has not, however, not stopped us from working on another position statement this year. This time in collaboration with the Malaysian Influenza Working Group. The MIWG-MSGM Position Statement on Influenza Vaccination in Older Persons has now been drafted and will be launched imminently.

Copies of previous statements are still downloadable from this site:

<https://sites.google.com/a/ummc.edu.my/msgm/position-statements>