



## A fruitful eMCGM amidst Covid-19 pandemic

By Hakimah Sallehuddin

A total of 2,159 participants attended the e-Malaysian Congress of Geriatric Medicine (eMCGM) held from 19-21 August this year. They are from Australia, Brunei, China, Greece, Hong Kong, India, Indonesia, Japan, Malaysia, Malta, Myanmar, Nigeria, Oman, Pakistan, Philippines, Singapore, Sri Lanka, Taiwan, Tanzania, Tunisia, United Kingdom and the United States.

We were exceptionally delighted that a huge number of audiences participated amidst the ravaging COVID-19 pandemic.

Malaysia is in the midst of the fight against the Covid-19 pandemic and we must keep our focus sharp as we step into an ageing nation by 2030, where 15% of our population will be people aged 65 years and older. Building this nation back after the pandemic is never easy and we need to protect the most vulnerable group - the frail older adults.

The congress started off with the key plenary lecture on understanding the concept of frailty and resilience to face the repercussions of COVID 19 pandemic. The next plenary introduced a fresh view on acute sarcopenia in hospital to create awareness for early screening and intervention for this nemesis of the ill. A plenary on the inter-relationship between physical, emotional, and financial resilience was highlighted to further emphasize the concept of resilience and self-sufficiency in old age.

Since 2011, the National Policy of Older Person has been our guide to forge a high-quality care for the older adults. However, this pandemic has challenged our policymakers and we have seen new policies curated for the older persons.

Hence, the plenary on mapping the national policy to COVID-19 response discussed the important aspects as well as gaps in the policy. With this understanding, we should move forward to work cohesively and diligently to address the gaps. Finally, to start living in a new norm with resilience, vaccination is undeniably important. The final plenary discussed on the safety and efficacy of various vaccines, as well as the COVID-19 vaccine, that are recommended for the older adults to maintain a healthy life.

The breakout sessions showcased the expertise and experience of the geriatric medicine's multi-disciplinary team in managing various aspects of care during the pandemic including care during hospitalization and in the community.

The highlights of this year were on care home medicine, medication safety during transition of care and gerontechnology. We may have neglected the care homes long enough until the pandemic strikes, forgotten how medications could be missed in the time of crises and natural disaster, and shaken up to the importance to incorporate technologies in care continuity of the older adults.



## APGN returns after a year's gap

It was exciting to have the Asia Pacific Geriatric Network (APGN) collaborated with us this year to co-host the Asia-Pacific Geriatric Conference with the theme "New Approaches to Delivery of Geriatric Services". The delegates were exposed to state-of-the-art practices in frailty, falls, bone health, cognitive impairment, continence care and cardio-respiratory health, among others. The trainee networking session was attended by the representatives from APGN, which was pivotal to an international knowledge exchange within the fraternity.

We have so much to discuss in so little time. There are topics such as geriatric dentistry, geriatric education, pressure ulcer and peri-operative geriatrics that did not receive a fair share of coverage this year. Fret not as we will come back next year to address these fundamental issues. Until then, we must ensure that we continue building our strength as a team to face the challenges in managing the older adults. We also hope to see more impactful research findings to be shared with a wider audience next year.

We thank you for your high and lasting enthusiasm in this field and see you all in the 17th National Conference next year.



## eMCGM recording available till 5 October

The recording for eMCGM 2021 is now available for one month until 5 October, 2021.

MCGM participants can access the recording by logging in to the eMCGM2021 website at <https://emcgm.com.my/login>.

For non-participants, the recording is open to health care professionals and researchers in ageing only.

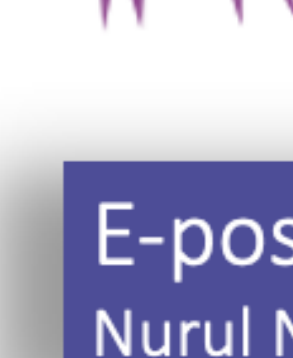
Please email [reg.mcgm@gmail.com](mailto:reg.mcgm@gmail.com) to request for access.



## e-Certificate

The e-certificate of attendance has been sent to your email. Please check spam/junk folder if you have not received it in your email.

E-certificate of attendance will only be granted to participants who have logged in to attend the conference everyday from 19 to 21 August, 2021.



## Heartiest congratulations to the winners in the eMCGM competitions

### E-poster Champion :

Nurul Nabilah Akmal Hashim, University of Malaya, Malaysia



### E-Poster First Runner Up :

Muhammad Taufiq Raemei  
Universiti Kebangsaan Malaysia, Malaysia



### E-Poster Second Runner Up:

Eileen Fabia Goh  
Tan Tock Seng Hospital, Singapore



### eMCGM 2021 Photo Competition

Champion : Sally Suriani Ahip



### eMCGM 2021 Photo Competition

Second Runner Up : Keng Jun Ni

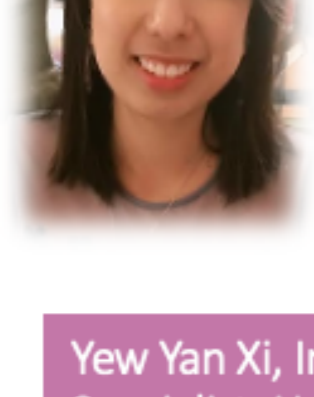


### eMCGM 2021 Photo Competition

First Runner Up : Susiana Nugraha



## Warmest welcome to our new members

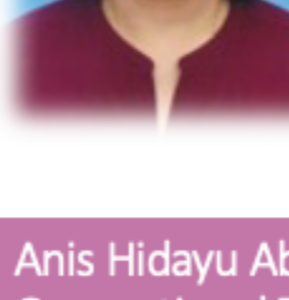
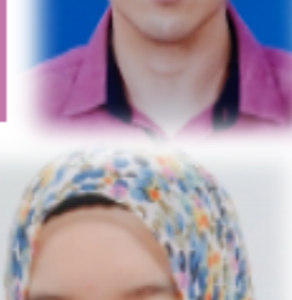


Rebecca Choong Kai Jan, Medical Officer,  
University Malaya Medical Centre

Oo Bok Leong, Physiotherapist, Qi  
Physiotherapy, Iskandar Puteri,  
Johor.



Yew Yan Xi, Internal Medicine  
Specialist, Hospital Sultanah  
Bahiyah, Alor Setar, Kedah.



Kavitha Sahadivanaidu, Specialist,  
Health Ministry



Anis Hidayu Abd Shukur,  
Occupational Therapist,  
Hospital Kuala Lumpur



## Membership Dues Reminder

Associate members of MSGM are reminded to pay annual membership fee of RM100 for 2021 via online transfer to the following:

Account Name : Persatuan Perubatan Geriatrik Malaysia

Bank : Maybank Berhad

Account Number : 5141 6113 3358

Do renew your membership to avoid disruptions to your membership and continue to enjoy the benefits of membership and continuing education programmes developed by the MSGM.



## Tribute to Dr Fauzana Binti Mohd Pauzi



إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

SURELY, WE BELONG TO ALLAH SWT, AND TO HIM WE SHALL RETURN

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
In the name of Allah, the Entirely Merciful, the Especially Merciful.

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِیْنَ ۝ الرَّحْمٰنِ الرَّحِیْمِ ۝ اَللّٰهُمَّ صَلِّ عَلٰى سَيِّدِنَا مُحَمَّدٍ ۝

2. [All] praise is [due] to Allah, Lord of the worlds - 3. The Entirely Merciful, the Especially Merciful, 4. Sovereign of the Day of Recompense.

اِنَّكَ سَتَجِدُنَا اَوْ اَهْدِنَا الصِّرَاطَ الْمُسْتَقِیْمَ ۝

5. It is to You we worship and You we ask for help. 6. Guide us to the straight path -

صِرَاطَ الَّذِیْنَ اَنْعَمْتَ عَلَیْهِمْ غَیْرِ الْمَغضُوْبِ عَلَیْهِمْ وَلَا الضَّالِّیْنَ ۝

7. The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.

"It is my great honour to write a tribute about Dr Fauzana binti Mohd Pauzi. I only have good words of expression for her. I am sure we will all remember her as part of our huge geriatric fraternity. I began to know Fauzana in 2012, she was a graduate in MBBS, UM year 2004 and later pursued her masters training in Internal Medicine in UM. It is in UM that our bond grew and we both not only considered ourselves as colleagues but as sisters. We clicked right away, as both of us were in a similar life path of being working moms raising small boys, balancing career and family in the pursue of our profession. Our love for fashion and style kept our oncall more delightful and cheerful than others. Caring for a patient is more complex that just managing symptoms, with that always in Fauzana's mind and her ultimate goal is to give patients the best care, she will always speak her mind and put her foot down to make sure patients get the best care. We always find joy during lunch hour and the four hourly breaks we had to express milk for our babies back home. She loves jazz music and instrument, always keeping things light and airy wherever she goes.

Fauzana always puts others far before herself. She was always trying to help and do good in any possible manner. It's not fair that Fauzana was taken from her five beautiful boys. It's not fair that our geriatric fraternity lost such a dedicated physician. She wasn't able to live long enough to see her children grow. Things won't ever be the same again.

Fauzana would be very grateful for us to always remember her as a physician, a mother, a daughter, a wife and a friend. A strong willed and determined woman with a dedication that always keep her chin up regardless of the storm. I miss you; it won't be the same. Knowing that you are now in a better place make me able to sleep at night. Thank You for making a mark in my life."

Dedication and Tribute written by A/P Dr. Nor I'zzati

