



MALAYSIAN PHYSIOTHERAPY ASSOCIATION

PROFESSIONAL BODY REPRESENTING MALAYSIAN
PHYSIOTHERAPISTS



BULLETIN 2019-2020

MPA VISION

TO TAKE ACTIVE RESPONSIBILITY AND FACILITATE THE
GROWTH OF THE PHYSIOTHERAPY PROFESSION SO THAT
MALAYSIAN PHYSIOTHERAPISTS WILL BE PRACTITIONERS OF
CHOICE AMONG CONSUMERS AND OTHER HEALTH CARE
PROFESSIONALS.

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JAN 2019-DEC 2020

MPA BULLETIN

THE OFFICIAL PUBLICATION OF MALAYSIA PHYSIOTHERAPY ASSOCIATION

MPA Mission

- Steer physiotherapy education
- Institute Evidence-Based Practice
- Institute Certification Programs
- Nurture Physiotherapy Leaders
- Increase Public Awareness



PRESIDENT'S MESSAGE

PROF MADYA DR. MOHD HAIDZIR ABD. MANAF

My fellow physiotherapists,

It is an honour for me to write the President's Message for our MPA Bulletin. I would like to thank the Editorial Board, Executive Committee members and Secretariat for their commitment and effort in bringing this inaugural bulletin to fruition.

It has been a rough year for all of us. When the Executive Committee members and I took office in 2019, little we did know that we would be facing a global pandemic. The coronavirus has compelled us to adapt many aspects of our lives including our ways of working.

Despite the challenging times, my fellow Executive Committee members and I have seen to it that our duties and service to you remains unhampered. This bulletin will showcase the events and activities that our Association has undertaken in the past 2 years. The most notable highlight is the commencement of the Allied Health Profession Act 2016 (Act 774) on July 2020. Other events worth mentioning are the various courses and webinars that were conducted for the benefit of our members (the details of which you can find in the pages of the bulletin) and the donation of personal protection equipment (PPE) to various hospitals.

It is my sincerest hope that you find this bulletin informative. Rest assured my fellow committee members and I will continue in our efforts and duties to serves you. Thank you for all your support. Let us all work together for the betterment of our profession.

Yours,

Profesor Madya Dr. Mohd. Haidzir Abd. Manaf



MPA EXECUTIVE COMMITTEE MEMBERS 2019 - 2021

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VICE PRESIDENT

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Joachim John Fernandez

ASSISTANT SECRETARY

Halizahanim Binti Hassan

TREASURER

Leena Lee Poh Chen

EXCO MEMBERS

Eow Sze Kim

Hazwani Binti Halil

Andrew Teh Chuang Peng

Nur Hidayah Ong Binti Abdullah

Tamilchelvi A/P Muniandy (2019)



2019

56TH ANNUAL GENERAL MEETING 2019

24 MARCH 2019
VISTANA HOTEL, KUALA LUMPUR

MPA's 56th Annual General Meeting was held on 24 March 2019 at Vistana Hotel, Kuala Lumpur. MPA members from all around the country were in attendance. A new Executive Committee was elected for the 2019 - 2021 term and is headed by Dr. Mohd. Haidzir Abdul Manaf as President.



NATIONAL PHYSIOTHERAPY CONFERENCE 2019

23 & 24 MARCH 2019
VISTANA HOTEL, PUTRAJAYA

The National Physiotherapy Conference 2019 was held ahead of Annual General Meeting 2019 in Vistana Hotel, Kuala Lumpur. Datuk Seri Dr. Dzulkefly Ahmad, then the Health Minister officiated the event. In his speech, he encouraged physiotherapists to always strive for excellence in their practice and to adopt a lifelong learning habit.

12 guest speakers were invited to share their expertise and host discussion on various topics with the participants. The speakers were Dr. Katijjahbe Md. Ali, Prof. Dr. Hjh Ayiesah Ramli, Dr. Manoj Abraham Manoharal, Haw Ai Beng, Mahadevi Barathi, Assoc. Prof. Dr. Devinder Kaur Ajit Singh, Rajkumar Krishnan Vasanthi, Riza Sharom Abdul Razak, Sivasvaran Suppiah, Yew Su Fen, Suriah Ahmad and Foong Yee Kuan.



The honourable guest speakers

5TH MOH PHYSIOTHERAPY CONFERENCE 2019

29 SEPTEMBER - 2 OCTOBER 2019
RIVERSIDE MAJESTIC HOTEL, KUCHING, SARAWAK



The 5th Physiotherapy Conference organised by the Ministry of Health (MOH) was held on 29 September 2019 till 2 October 2019 in Kuching, Sarawak. Various poster presentations, talks, and exhibitions were held and used as a platform for physiotherapists to gain and share knowledge and experiences with each other. As a sign of partnership, MOH invited MPA to conduct a membership drive at this event by setting up a booth to answer queries and raises awareness to the purpose and mission of the MPA in representing all physiotherapists in Malaysia.

WORLD PHYSIOTHERAPY DAY 2019

The World Confederation for Physical Therapy (WCPT) has designated the 8th of September every year as World Physiotherapy Day, a day in which we raise awareness about the important role that physiotherapists play in rehabilitation. The theme for the celebrations in 2019 was Chronic Pain. Check out the photos below to see the various events that were organised by our fellow physiotherapists to celebrate this very important day.

SARAWAK

MPA President, Dr. Haidzir Abd Manaf, together with Ms. Kelly Shu Tze Shyuan, Mr. Joachim John Fernandez, and Pn. Nur Hidayah Ong Abdullah joined World PT Day celebrations in Sarawak. Activities included were Zumba sessions and free pain assessments for the public.

JOHOR

The Johor Physiotherapy Association observed World PT Day with many activities for the community, including health forums, treatment clinics, contests, and games.

PULAU PINANG

The physiotherapy department of Hospital Seberang Jaya successfully held the Road Bicycle Racing competition on World PT Day 2019 to promote physical health to the community.

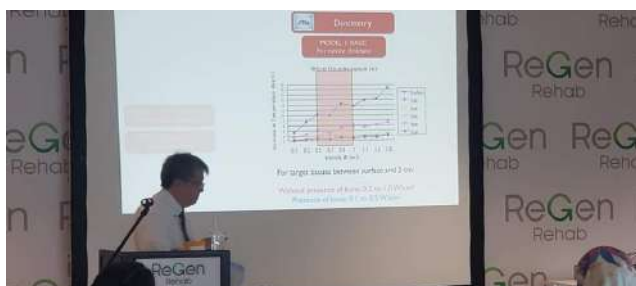
SABAH

Hospital Queen Elizabeth, Sabah hosted a health awareness talk on pain that was attended by physiotherapists and members of the public. Free physiotherapy assessments were also provided.

**Auditorium
Hospital Queen Elizabeth
Kota Kinabalu**

PHYSIO WORKSHOPS 2019

ELECTROPHYSICAL THERAPY WORKSHOP



The Electrophysical Therapy Workshop was held on 17 & 18 August 2019 in ReGen Rehab Hospital, Petaling Jaya. The event was organised by the MPA in collaboration with the International Society for Physical Therapy, Dr. Goh Ah-Cheng, Dean and Professor of the Faculty of Health Sciences, Iryo Sosei University, Japan, and the President of the International Society for Electrophysical Agents in Physical Therapy (ISEAPT) was invited to speak to participants about the use of electrophysical agents in physiotherapy practice as well as the evolution of said agents over time. He also spoke about how important it is to keep ourselves up to date with international best practices.

18TH ASIAN SPINAL NETWORK CONFERENCE



The 18th Asian Spinal Network Conference was on 13 - 15 September 2019 in University Malaya Medical Centre, Kuala Lumpur. It was officiated by former Minister of Education, Dr. Maszlee Malik. This is the second time that Malaysia has hosted this prestigious conference. The three-day event saw participants attend various pre-conference workshops, oral and poster sessions as well as expert forum panel discussions.

PHYSIO WORKSHOPS 2019

STROKE REHABILITATION WORKSHOP



The Faculty of Medicine and Health Sciences of Universiti Malaysia Sabah (UMS) held the Stroke Rehabilitation Workshop on 11 & 12 July 2019. This event was organised in collaboration with the Department of Rehabilitation Medicine, Queen Elizabeth Hospital, Sabah. Dr. Haidzir Abd. Manaf, President of MPA spoke on gait analysis and training for stroke patients.

NEUROLOGY REHABILITATION MANAGEMENT



Hospital Sultanah Hajjah Kalsom in Cameron Highlands hosted and co-organised a two-day Neurology Rehabilitation Management talk on 27 & 28 July 2019. Dr. Haidzir Abd Manaf was invited to speak on the topic of the importance of physiotherapy service in rehabilitation and to give how-to advice for patients and carers.

PHYSIO WORKSHOP 2019

MANUAL THERAPY WORKSHOP



A Manual Therapy Workshop was organized by the MPA and Terengganu State Physiotherapy Association and held on 15 & 16 July 2019. The speakers include Bakri Hassan, Leena Lee Poh Chen (MPA Exco) and Nur Hidayah Abdullah (MPA Exco).

MANUAL THERAPY WORKSHOP



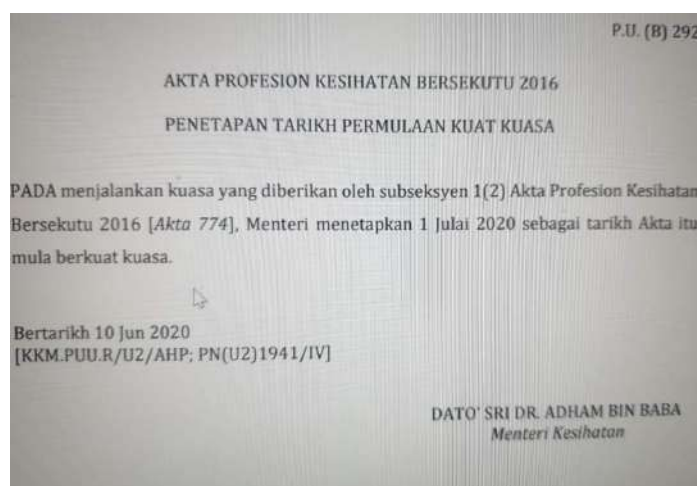
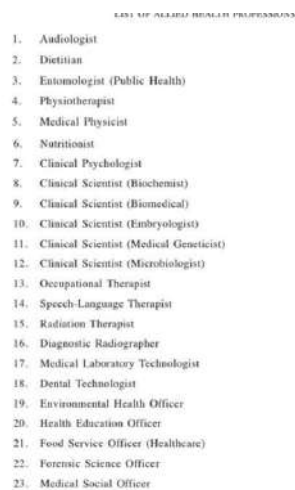
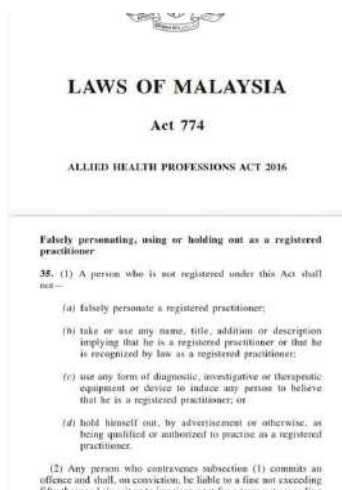
The Manual Therapy Workshop was held on 26 & 27 January 2019 at Hospital Sultanah Aminah, Johor Bahru. Among the speakers were Bakri Hassan and former MPA president, Miss Yew Su Fen.

SPORTS PHYSIOTHERAPY WORKSHOP

MPA and Institut Sukan Negara (ISN) organised and co-hosted a Sports Physiotherapy Workshop which was held on 2 & 3 November 2019 in ISN. The workshop focused on the rehabilitation of the lower limbs to allow return to play in athletes. Faezah Md. Jais, Muhd. Noorfaizalazrul Muhd. Azalai and Muhd. Afiq Jamarudin@Zaharudin spoke on the sociology of decision-making in sports rehabilitation and how that influences the return to participation, play and performances of the athletes. The practical sessions focused on the various sports rehabilitation tests that are usually conducted on athletes such as the Y-balance and isokinetic tests.



ALLIED HEALTH PROFESSION ACT 2016 (ACT 774)



The Allied Health Professions Act 2016 or better known as Act 774 was gazetted on 16 February 2016 and came into effect on 1 July 2020. This Act governs 23 allied professions, including physiotherapy, and covers both government and private practice sectors. It details standards of practice, professional protocols, guidelines and code of ethics.

The drafting of this Act first began in 1989. Mrs. Foong Yee Kai was tasked to lead a group of the country's pioneer physiotherapists in drawing up the first drafts of the guidelines. The mantle was then picked up by Ms. Ng Choo Bing in 1993 and then followed by Datin Hj. Asiah Mohd Hashim in 1995, Pn. Haironi Ismail in 2015, Pn. Halimah Hashim in 2019 and Pn. Nur Hidayah Ong Abdullah currently.

With the commencement of the Act, the country's 40,000 allied health professionals in the public and private sectors will be required to register with the Health Ministry.

Prior to Act 774, all healthcare workers were governed by their profession's regulations, except for allied health practitioners who relied on individual policies and guidelines. Through the implementation of the Act, the professional conduct and ethics of allied health workers, who also include dietitians, clinical psychologists, diagnostic radiographers, and more can be better monitored because they will be governed by the Malaysian Allied Health Profession Council. This law will ensure that the best quality of healthcare is provided to patients and make certain that future scholars who pursue a career as an allied health professional must meet the requirements of registration and adhere to a code of ethics and professional conduct determined by the Council.

ACT 774

ALLIED HEALTH PROFESSION ACT 2016



ACT 774 MEETING

We would like to thank our pioneer physiotherapists for all your efforts in developing the guidelines of Act 774. We are honour to have your guidance.



WORKSHOP: ALLIED HEALTH PROFESSION IN ACT 774

On 24-26 August 2020, a workshop was held to finalise the policies and guidelines of ACT 774.



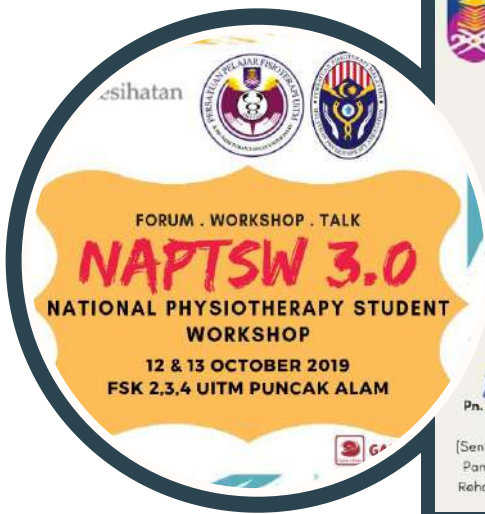
GUIDELINE MEETING

Physiotherapists from the private sector who own and operate private physiotherapy centres were invited to attend a meeting to discuss the guidelines pertaining to private practice and housecall physiotherapy services. The panel speakers were Dato' Dr. Mohd Khairi Yakub, from the National Specialist Register of Malaysia, Mr. Adi Heirman, Mr. Saravanankumar, and Mr. Yunus Sufaat.



STUDENT WORKSHOP 2019

UITM



FAKULTI Sains Kesihatan
UNIVERSITI TEKNOLOGI MARA

NAPTWSW 3.0

NATIONAL PHYSIOTHERAPY STUDENT WORKSHOP
12 & 13 OCTOBER 2019

TALKS

Pn. Nur Hidayah Ong Abdullah
 (ACT 774)

Pn. Foo Kok Wee
 (Spinal Cord Injury)

WORKSHOP

Low Back Pain
 Dr. Chua Siew Kuan

Sport Rehab
 En Saiful Adli Bin Bukry

Geriatric Assessments
 Dr. Maria Justine Stephary

Cardiac Rehab
 Hajjah Dr. Katijahbe Md Ali

Hand Rehab
 Pn. Julia Ahmad Kamal

Paediatric Rehab
 Pn. Ida Haani Shaari & Pn. Nur Farhana Md Yunus

Paediatric Rehab
 Pn. Nor Azizah Mohamad

Falls Prevention Exercises Among Older Person
 Dr. Noor Azliyana Binti Aziz

FORUM PROFESSIONALISM IN PHYSIOTHERAPY

Pn. Halizahanim Hassan
 (Senior Manager in Pantai Integrated Rehabilitation Sdn. Bhd.)

Dr. Mohd Haidzir Bin Abd Manaf
 (President of Malaysian Physiotherapy Association)

Pn. Nur Hidayah Ong Abdullah
 (Deputy Head of Physiotherapy Profession, MOH)



The Physiotherapy Student Association (PHYTAS) of the Faculty of Sciences, UiTM organised a National Physiotherapy Student Workshop 3.0 on 12 & 13 October 2019. 180 students attended talks, workshops and forums on topics such as spinal cord injury and spinal rehabilitation, professionalism in physiotherapy and pediatric, geriatric, low back pain and hand rehabilitation techniques.

CAREER TALK 2019

UTAR



CAREER TALK

MPA was invited by the Physiotherapy Department of UTAR to give a talk to young and passionate future physiotherapists about the MPA and the physiotherapy profession. The talk was given by the former MPA President, Yew Su Fen and Andrew Teh.



2020

57TH ANNUAL GENERAL MEETING 2020

12 SEPTEMBER 2020
EVERLY HOTEL, PUTRAJAYA

The 57th AGM was held on 12 September 2020 in Everly Hotel, Putrajaya. Due to restrictions imposed by the government during the Conditional Movement Control Order (CMCO), only 46 members attended.



WORLD PHYSIOTHERAPY DAY 2020



In conjunction with World Physiotherapy Day 2020, ILKKM, Sungai Buloh held an Update in Physiotherapy Outcome Measures Workshop. It was launched by Datuk Dr. Hj. Rohaizat Hj. Yon, the Deputy Director-General of Health. 160 participants attended this event which had sessions on outcome measures in neurology, geriatrics and cardiorespiratory.

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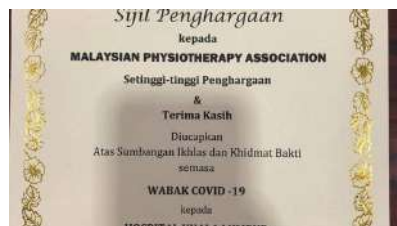
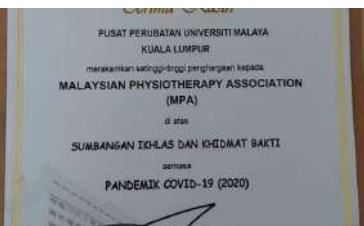
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PPE DONATIONS

In support of our frontliners, MPA donated personal protection equipment (PPE) as well as hand sanitisers to four hospitals namely Hospital Sultanah Aminah (Johor), Hospital Kuala Lumpur, Hospital Queen Elizabeth (Sabah) and University Malaya Medical Centre.





**PROSEDUR OPERASI STANDARD
DAN
*PHYSIOTHERAPY MANAGEMENT
INFORMATION AND GUIDANCE***

**PENILAIAN PERMOHONAN KEBENARAN BEROPERASI KEPADA SEKTOR TAMBAHAN BAGI
MELINDUNGI EKONOMI NEGARA PASCA PERINTAH KAWALAN PERGERAKAN BAGI
PERKHIDMATAN FISIOTERAPI**

4 MEI 2020

KEMENTERIAN KESIHATAN MALAYSIA

COVID 19

PHYSIOTHERAPY MANAGEMENT

INFORMATION AND GUIDANCE



MALAYSIAN PHYSIOTHERAPY ASSOCIATION



PHYSIOTHERAPY PROFESSION TECHNICAL COMMITTEE
ALLIED HEALTH DIVISION, MINISTRY OF HEALTH

24/3/2020

In light of the Covid-19 pandemic and the announcement of the Movement Control Order by the government, MPA and MOH formulated a set of guidelines that would enable physiotherapists to continue providing patient care and treatment during the MCO. The full set of guidelines can be found at the MPA website (shorturl.at/jEORg).

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W E B I N A R
S E R I E S

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WEBINAR 2020

MAY & JUNE 2020

In an effort to ensure the continual professional development of our members, MPA organised a series of free webinars in 2020. Participants met over Google Meet to engage in discussions on various topics ranging from Covid-19 practice challenges to cancer rehabilitation and workplace based assessments.

TOPIC : COVID CHALLENGES AND RESPONSES: PHYSIOTHERAPY PERSPECTIVES IN HOSPITAL BASED SETTING

SPEAKERS:

PN. NUR HIDAYAH ONG ABDULLAH
PN. HALIZAHANIM HASSAN

MODERATOR:

MR. JOACHIM FERNANDEZ

WEBINAR

COVID19: CHALLENGES AND RESPONSES
Physiotherapy Perspectives in Hospital Based Setting

DATE : 17th MAY 2020 (10 am – 12 pm)
VENUE : Google Meet

Panelist

PN. NUR HIDAYAH ONG ABDULLAH
Ketua Profesion Fisioterapi
Kementerian Kesihatan
Malaysia

PN. HALIZAHANIM HASSAN
Senior Manager –
Operations and Development
Paritintegrated Rehab
Services

Moderator

EN. JOACHIM FERNANDEZ
Honorary Secretary
Malaysian Physiotherapy Association

WEBINAR

COVID19: CHALLENGES AND RESPONSES
Preventive Measures, Education and Clinical Practice

DATE : 19th MAY 2020 (9 -10 pm)
VENUE : Google Meet

Speaker

PROF DR SUH-FANG JENG
Chairperson
WCPT – Asia Western Pacific

Moderator

DR HAIDZIR MANAF
President
Malaysian Physiotherapy Association

TOPIC : COVID CHALLENGES AND RESPONSES: PREVENTIVE MEASURES, EDUCATION AND CLINICAL PRACTICE

SPEAKER:

PROF. DR. SUH-FANG JENG

MODERATOR:

DR. HAIDZIR MANAF

TOPIC : TELEHEALTH FOR THE MANAGEMENT OF OSTEOARTHRITIS

SPEAKER:

PROF. DR. KIM BENNEL

MODERATOR:

PN. NUR HIDAYAH ONG ABDULLAH

WEBINAR

TELEHEALTH FOR THE MANAGEMENT OF OSTEOARTHRITIS

DATE : 21st JUNE 2020 (2 – 3 pm)
VENUE : Google Meet

Speaker

PROF DR KIM BENNEL
Redmond Barry Distinguished Professor
Department of Physiotherapy
Melbourne School of Health Sciences
The University of Melbourne

Moderator

MRS. NUR HIDAYAH ONG ABDULLAH
Head of Physiotherapy Profession
Ministry of Health, Malaysia

WEBINAR 2020

JULY & AUGUST 2020

TOPIC : EFFECTIVE STRENGTH TRAINING FOR WALKING IN NEUROLOGICAL REHABILITATION

SPEAKER:
DR. GAVIN WILLIAMS

MODERATOR:
DR. HAIDZIR MANAF



WEBINAR

**EFFECTIVE STRENGTH TRAINING FOR WALKING IN
NEUROLOGICAL REHABILITATION**

DATE : 18th JULY 2020 (2 – 3 pm)
VENUE : Google Meet

Speaker

DR GAVIN WILLIAMS
Associate Professor of Physiotherapy Rehabilitation
Epworth Healthcare and The University of Melbourne

Moderator

DR HAIDZIR MANAF
President
Malaysian Physiotherapy Association



WEBINAR

**SPINAL CONTROL FOR REHABILITATION OF
BACK PAIN**

DATE : 25th JULY 2020 (2 – 3 pm)
VENUE : Google Meet

Speaker

PROFESSOR PAUL HODGES
Chair, Research and Postgraduate Studies
School of Health and Rehabilitation Sciences
The University of Queensland

Moderator

JOACHIM FERNANDEZ
Honorary Secretary
Malaysian Physiotherapy Association

TOPIC : SPINAL CONTROL FOR REHABILITATION OF BACK PAIN

SPEAKER:
PROF. DR. PAUL HODGES

MODERATOR:
MR. JOACHIM FERNANDEZ

TOPIC : DIFFERENTIAL DIAGNOSIS FOR LYMPHEDEMA

SPEAKER:
MDM YEW SU FEN

MODERATOR:
SZE KIM EOW



WEBINAR

**DIFFERENTIAL DIAGNOSIS FOR
LYMPHEDEMA**

DATE : 15th AUGUST 2020 (2 – 3 pm)
VENUE : Google Meet

Speaker

MDM YEW SU FEN
Vice Chair
World Physiotherapy
Asian Western Pacific

Moderator

SZE KIM EOW
Exco
Malaysian Physiotherapy Association

WEBINAR 2020

AUGUST & NOVEMBER 2020

TOPIC : UNDERSTANDING SARCOPENIA AND ITS ASSESSMENTS

SPEAKER:
ASSOC. PROF. DR. MARIA JUSTINE

MODERATOR:
PN. NUR HIDAYAH ONG
ABDULLAH



TOPIC : INNOVATION, INVENTION & DESIGN: STANDING BED FOR PHYSIOTHERAPY EXERCISE (SB)

SPEAKERS:
PN. NORFARTANA ABDULLAH SANI
PN. MASNOR MAT DAUD

MODERATOR:
PN. NUR HIDAYAH ONG ABDULLAH

TOPIC : WORKPLACE BASED ASSESSMENT TO CAPTURE THE GRADUATES COMPETENCE: WHY IT MATTERS

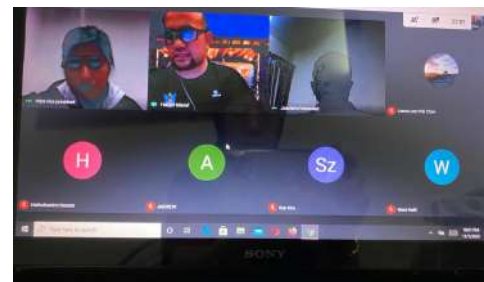
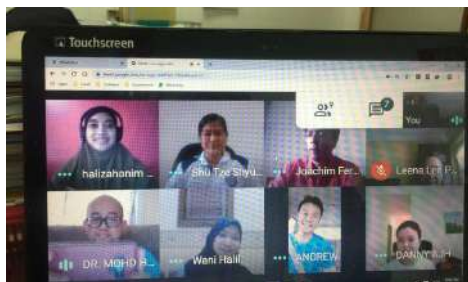
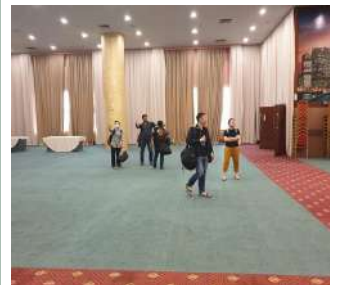
SPEAKER:
DR. BHAVANI VEASUVALINGAM

MODERATOR:
MR. JOACHIM FERNANDEZ





The EXCO meetings are held
once every month.





BULLETIN 2019 – 2020 EDITORIAL BOARD

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