

VIRTUAL MEDICAL RESEARCH SYMPOSIUM



MEDICAL RESEARCH
DURING PANDEMIC:
ADAPTING & INNOVATING
IN ADVERSITY

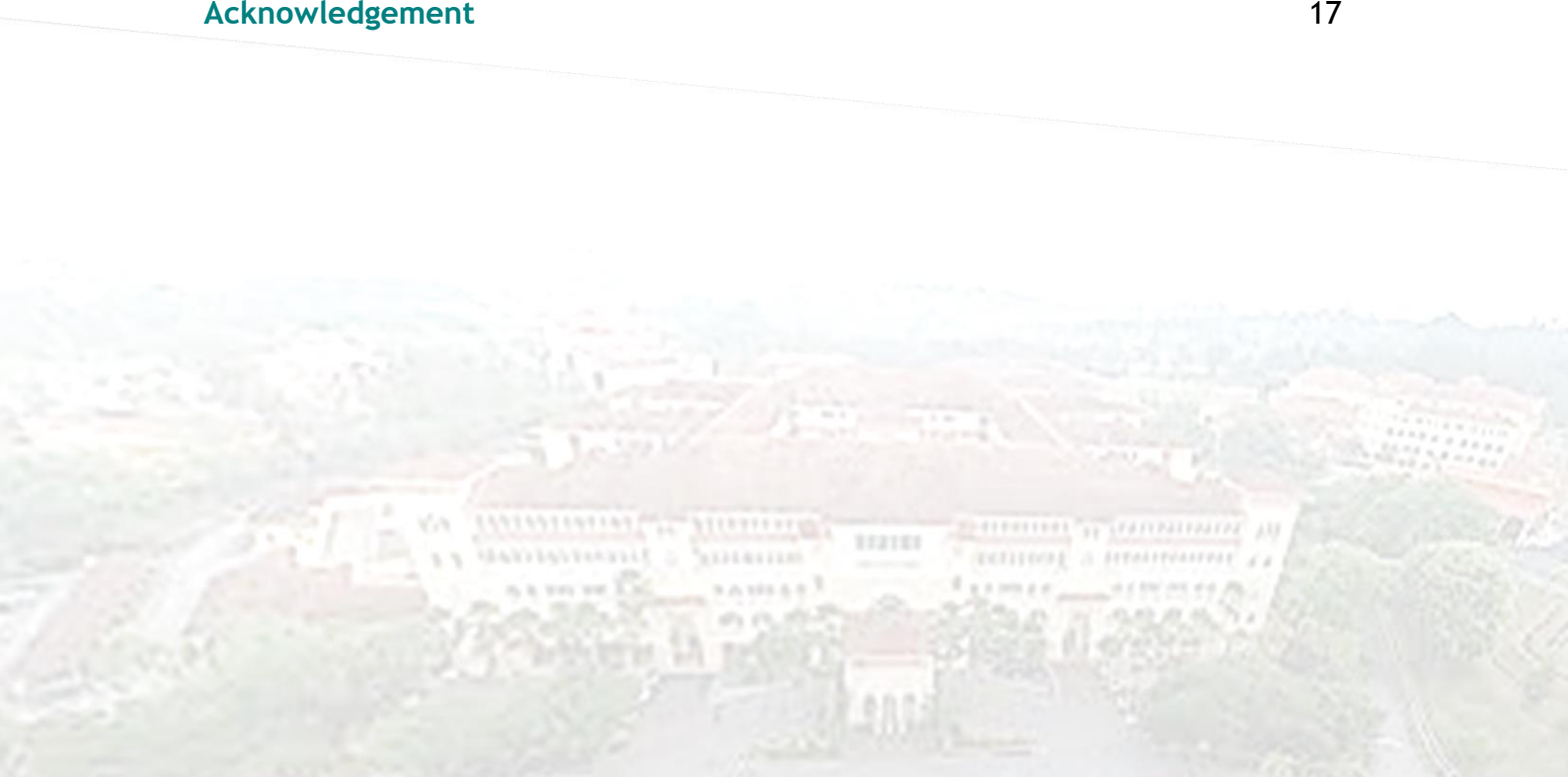
14TH DECEMBER 2021

PROGRAMME BOOK



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WELCOMING REMARKS



In the name of Allah, the most gracious and the most merciful.

It is with great pleasure I welcome you all to our Virtual Medical Research Symposium (MRS) 2021. This year is we are conducting the symposium online for the first time after a year in silence due to the pandemic condition. The theme for this year is “Medical Research During the Pandemic: Adapting and Innovating in Adversity”.

The organizing committee headed by Assoc. Prof. Dr. Roslina Abdul Rahim, has prepared relevant scientific programs to foster and educate both the academic staff and students on medical research possibilities in the pandemic era.

This year, we have several prominent speakers. There are Prof. Dr. Ahmad Hafiz Zulkifly our Deputy Rector (Responsible Research and Innovation), Prof. Emerita Datuk Dr. Asma Ismail (Holder of the Ibnu Sina Chair, Kulliyah of Medicine), Assoc. Prof. Dr. Farahidah Mohamed, (Deputy Director, Innovation and Commercialisation, RMC). All these speakers will highlight possible tips and tricks in doing research and commercialization during the pandemic.

Not to forget, this year we have also invited two extraordinary speakers. Prof. Dr. Ima Nirwana Soelaiman (UKM), the Winner, Medical Book Category, Anugerah Buku Negara 2020. She will be sharing with us tips and tricks on writing an award-winning textbook. Meanwhile, Assoc. Prof. Dr. Wan Amir Nizam bin Wan Ahmad (USM) will be sharing with us how to mentor and collaborate on research during the pandemic. We are also highlighting our homegrown researchers where Asst. Prof. Dr. Norhidayah Kamarudin will update on Covid-19 vaccinations, Mental health issues by Assoc. Prof. Dr. Nora Mat Zin, and opportunities and challenges in commercialization by Assoc. Prof. Dr. Ailin Razali.

I hope that the works from this Medical Research Symposium can become an opportunity for the progress of our research work and lead in a good direction to reach excellence in research. Please take care and stay safe wherever you are.

Thank you and Wassalam.

PROFESSOR DR. JAMALLUDIN AB RAHMAN

Dean

Kulliyah of Medicine, IIUM.

Advisor, Virtual Medical Research Symposium, 2021

FOREWORD BY THE CHAIRMAN



In the name of Allah, the most gracious and the most merciful.

It's a pleasure on the behalf of organizing committee to start this auspicious program by heartily welcoming all the Professors, Associate Professors, Drs, and dear students to our Virtual Medical Research Symposium 2021.

Alhamdulillah, despite the pandemic era we are still able to conduct the Medical Research Symposium virtually this year. I would like to thank the organizing committee who have worked diligently and efficiently as a team for planning, organizing, and executing the program successfully today. I would like to thank our sponsor My Medic Resources for your kind sponsorship for our symposium. May Allah SWT repay all your good deeds.

This year we have received 125 research abstracts from IIUM Kuantan Campus and other universities with a total of 158 registered participants. This symposium aims to encourage and inculcate research culture among our academics and students and to exhibit their research findings despite limitations in the Covid-19 epoch.

Other than that, this year we are going to invite the winners of oral presentations to write a full article in our SCOPUS indexed journal, the IIUM Medical Journal Malaysia (IMJM). The other participants will also be given a chance to write a chapter in our Research book. This is the first time we are going to execute the Research book project. This project aims to increase the number of publications of our kulliyah contributing to our MyRA performance.

I hope that this symposium will benefit all of us and help us to strategize in our research and academic pathway. Please spend your time with us until the end of the session. Please take care and stay safe.

Thank you and Wassalam.

ASSOCIATE PROFESSOR DR. ROSLINA ABDUL RAHIM
Head of Responsible Research and Innovation,
Kulliyah of Medicine, IIUM
Chairman, Virtual Medical Research Symposium 2021

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PROGRAMME TENTATIVE

TIME	PROGRAMME
0800	Registration
0825	Du'a Recitation
0830	<i>Welcoming Remarks</i> Professor Dr. Jamalludin Ab Rahman <i>Dean, Kulliyah of Medicine, and the Advisor of e-MRS 2021</i>
0840	<i>Plenary I</i> Galvanizing Research During Covid-19 Professor Dr Ahmad Hafiz bin Zulkifly <i>Deputy Rector (Responsible Research & Innovation), IIUM</i>
0905	<i>Keynote</i> Research Trend During the Pandemic Professor Emerita Datuk Dr. Asma binti Ismail <i>Holder of the Ibnu Sina Chair, Kulliyah of Medicine, IIUM</i>
0950	<i>Plenary II</i> Recalculating: Navigating the Pandemic During Ongoing Research Associate Professor Dr. Farahidah binti Mohamed <i>Deputy Director, Innovation and Commercialisation, RMC</i>
1010	Break
1030	<i>Symposium I</i> Tips & Tricks in Writing an Award-Winning Textbook During the Pandemic Professor Dr. Ima Nirwana Soelaiman <i>Faculty of Medicine, UKM</i>
1100	Mentoring and collaborations during pandemic Associate Professor Dr. Wan Amir Nizam bin Wan Ahmad <i>School of Health Sciences, USM</i>
1130	Update on Covid-19 Vaccination in Pahang Assistant Professor Dr. Norhidayah binti Kamarudin <i>Department of Pathology & Laboratory Medicine, Kulliyah of Medicine, IIUM</i>
1200	Q & A
1220	Lunch

TIME	PROGRAMME
	<i>Symposium II</i>
1400	Mental health during the pandemic Associate Professor Dr. Nora binti Mat Zin <i>Department of Psychiatry, Kulliyah of Medicine, IIUM</i>
1420	Opportunity and challenge for potential product commercialization in research Associate Professor Dr. Ailin binti Razali <i>Department of Otorhinolaryngology-Head and Neck Surgery, Kulliyah of Medicine, IIUM</i>
1440	Q&A
1500	Concurrent session (8 minutes/presenter) <i>Oral Presentation - Clinical</i> <i>Oral Presentation - BMS/Public Health/Others</i>
1640	Commentary from Head of Judges
1655	Best Oral & Best Poster Award Presentation
1655	Closing Remarks Associate Professor Dr. Roslina binti Abdul Rahim <i>Head of Responsible Research and Innovation, Kulliyah of Medicine, IIUM and the Chairman of e-MRS 2021</i>

KEYNOTE ADDRESS

RESEARCH TREND DURING THE PANDEMIC

Professor Emerita Datuk Dr. Asma binti Ismail

Holder of the Ibnu Sina Chair,

Kulliyyah of Medicine, International Islamic University Malaysia



COVID-19 represents the greatest threat to global public health and economies in the 21st century. No country or region has been spared and the crisis has laid bare stark weaknesses in almost every health care system. Within and between countries we have witnessed how already vulnerable and marginalized populations including women bear a disproportionate burden of infection and issues due to the pandemic including mental health. To combat COVID 19 we see the need for sustained investment not only in global health research but also but also planetary health issues that comprises of human health, animal health, environmental degradation and climate change that are intricately combined. Positive effect of Covid 19 include creating a unique opportunity to re-imagine and transform global health so that future pandemics are not nearly as devastating. It has not only charted the path of research areas to be done but also transformed trends in how research should be done. With the advent of industry 4.0, disruptive technologies have entered into our daily lives and livelihoods with numerous victories. In short, modern technologies and discoveries have been used to identify, track and forecast outbreaks. Diagnosis, Drug discovery, vaccine developments and disease surveillance have been accelerated using disruptive technologies including artificial intelligence. This paper will discuss how Covid 19 is influencing research trends globally and in Malaysia as stipulated in the 10-10 MySTIE niche areas for the medical sector to ensure future pandemic preparedness and resilience.

PLENARY 1

GALVANIZING RESEARCH DURING COVID-19

Professor Dr. Ahmad Hafiz bin Zulkifly

¹Deputy Rector (Responsible Research & Innovation), International Islamic University Malaysia

²Department of Orthopaedics, Traumatology & Rehabilitation, Kulliyah of Medicine, International Islamic University Malaysia



The highly contagious severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has affected from every aspect of life including research. Many academic medical researchers/scientists have paused research activities due this pandemic Covid19 era. Even in the face of institutional shutdowns, scientists/researchers; basic science and clinical research could not stop attending to their laboratories because research is a fundamental tool in evaluating the safety and efficacy of new drugs, medical devices, and health system interventions.

As a researchers/scientist, several strategies include working remotely, think creatively to sustain your research activities, maintain communication with team members for upcoming issues, fulfill time with research activities, online courses and do more publication (peer-reviewed publication) need to be implemented to maintains the research activities.

PLENARY II

RECALCULATING: NAVIGATING THE PANDEMIC DURING ONGOING RESEARCH

Associate Professor Dr. Farahidah binti Mohamed

¹Deputy Director, Innovation & Commercialisation Unit, Research Management Centre, International Islamic University Malaysia

²Department of Pharmaceutical Technology, Kulliyyah of Pharmacy, International Islamic University Malaysia



COVID-19 pandemic posed great challenge to all researchers all over the world. There were on-going researches, funded by various organisation, clinical, non-clinical, in vitro wet and dry labs, all the hi-touch types have been facing difficulties to be smoothly conducted. The departure from the norm and the luxury of accessibility were snatched away almost immediately leading to the risk of being terminated by the funders. The impossible research and invention to be conducted coupled with restriction to the work place have complicate the issues.

It is timely to recuperate and navigate the pandemic with first by listing all on-going projects, measure the strength and weakness of each project, choose and do what we can by prioritizing projects for self-benefit and sharpen with a good plan for future. Amongst aspects that need careful consideration are availability of funding and dedicated research assistant or personnel, equipment location and scopes of studies. The latter could involve the in vitro cell lines, the in vivo in animals and human clinical study. In a nutshell, one has to persevere with ups and downs in R&D, to enjoy doing things, to first benefit oneself and to intend and plan for commercialization. The output would have a ripple impact once it can reach patients or end users who will benefit from the invention.

SYMPOSIUM I

TIPS & TRICKS IN WRITING AN AWARD-WINNING TEXTBOOK DURING THE PANDEMIC

Professor Dr. Ima Nirwana Soelaiman

Department of Pharmacology,

Faculty of Medicine, Universiti Kebangsaan Malaysia



Writing a book can be or a burden or a pleasure, depending on where your interests lie. However, as an academic and an intellectual, authoring books is part and parcel of our duties. Thus, whether we are passionate about writing books or not, we must all write books!

Unlike writing scientific papers for peer-reviewed journal, which is strictly formatted, there is more freedom in writing a book. You are allowed to demonstrate individual writing style to a certain degree. However, as an academic, scientist, researcher, professional and intellectual, writing a non-fictional book must always be evidence-based. Even writing fiction requires the author to base certain facts on scientific or historical evidence.

My narrative is more of a casual approach to writing books, and is based partly on evidence, but mostly on experience. While it is possible to plan your writing towards winning awards, however, do not let that objective curtail your individual talent and style. Let the passion flow through your words, and forget about everything else. You will be surprised at the results!

SYMPOSIUM I

MENTORING AND COLLABORATIONS DURING PANDEMIC

Associate Professor Dr. Wan Amir Nizam bin Wan Ahmad

School of Health Sciences, Universiti Sains Malaysia



Mentoring is a mutually beneficial and collaborative connection that can occur at any time. A strong mentoring relationship will benefit both parties and foster networking, which is crucial in academia. We were taken off guard by the COVID-19 pandemics because we were unprepared. In the year 2020, the pandemic had a significant impact on many elements of academic life in the fields of science, technology, engineering, mathematics, and medicine (STEMM). To get the situation under control, universities and schools were obliged to close. Staff and students were not allowed to continue their laboratory work, therefore research was suspended and left in limbo. Except in selected circumstances where stringent standard operating procedures (SOP) apply, the majority of the training was done online.

This unprecedented event had a significant impact on the mentoring process and collaboration. Researchers discovered that maintaining typical face-to-face contact was difficult at first. However, many universities, including Universiti Sains Malaysia (USM), have increased web-based communication as a result of this incident, making remote mentoring and collaboration easier. As a result of the shared pandemic experience, there was also the benefit of relationship-building. We may conclude from our current experience that, even in the absence of such extraordinary events, this environment has the potential to inspire future efforts to strengthen mentorship and collaborative competence.

SYMPOSIUM I

UPDATE ON COVID-19 VACCINATION IN PAHANG

Assistant Professor Dr. Norhidayah binti Kamarudin
*Department of Pathology & Laboratory Medicine,
Kulliyyah of Medicine, International Islamic University Malaysia*



Vaccination has been established as one of the key measures to end COVID-19 pandemic. Since implementation in late February 2021, the country's National COVID-19 Immunisation Program has been running and transitioned smoothly between phases. Up until early December, over 54 million doses of COVID-19 vaccine have been administered nationwide with nearly 78% of total population being covered.

Pahang is a state comprising approximately 1.7 million people and is divided into 11 administrative divisions. Although being the largest state in peninsular Malaysia, the immunisation campaign had been successful and well-coordinated with almost 70% of its total population having received a complete vaccination. The impact of relatively high vaccination coverage in Pahang had been reflected in the trend of positive case detection, hospitalization, need for ICU admission and mortality related to SARS-CoV-2 virus infection.

Yet the pandemic is still far from over. A constant and ongoing transmission of SARS-CoV-2 within the community will confer opportunity for novel variants to emerge. New variants may in time compromise the effectiveness of the pre-existing preventive measures. To prevent this from happening, the protective barrier of the community needs to be strengthened continuously. Among the anticipated challenges include execution of measures to achieve the highest immunisation rate possible and at the same time to elevate the acceptance of booster dose among the targeted population.

SYMPOSIUM II

MENTAL HEALTH DURING THE PANDEMIC

Associate Professor Dr. Nora binti Mat Zin

Department of Psychiatry,

Kulliyah of Medicine, International Islamic University Malaysia



End of the year 2019, the Wuhan community was shocked by the detection of Coronavirus infection. Since then, it has been spread to all continents resulting to the announcement of pandemic situation by the World Health Organization. It has created a 'panic' situation in the area of medical, social and economic of entire globe. Lack of knowledge is not just in the way of the disease transmission and its intervention but also in the administration of the country's affairs. Increased death toll, country's lock down, shutdown of the business and shift to the new norms situation affect the people's mental health. Increasing use of digital communication is seen in education, business, communication, working environment, life style and healthcare system. Certainly, it helps to enhance the concept of physical distancing while maintaining the function of the above system. However, the people are fearful and stress with the uncertainty of the information in social-media (Gao, 2020). Technostress and technophobia are known contributing factors to the mental health issue too. The lifestyle changes such as limited social gathering, "new passport" for any activities, mandatory vaccination and the needs to follow really put the people in the situation of "pandemic fatigue"

Unemployment increased by 10% in 2020 ((Buheji et al, 2020). Some industries lay off their workers due to the reduction of the activities. As such, the financial constraint became a major concern in a family. Fear, stress, depression and anxiety are the common mental health issues during pandemic (Rajkumar 2020). Pandemic is not just triggered the mental illness but also exacerbate the existing psychiatric condition. The patient with "Tsunami of the psychiatric illness" was reported. Suicide, depression, domestic violent and substance used were increased (Tendon, 2020). Quarantine and distancing resulted in social isolation, emotional disturbance, feeling of loss and grief (Karthivel, 2020). Meanwhile, depressive disorders increased by three folds in American adult population. The list of psychological and psychiatric disturbances can go on unless something could be done to manage the problem. Therefore, several steps and suggestion such as mental health promotion, screening program, regular communication, supportive measurement and psychoeducation are needed. Evaluation of the gap and prioritizing the need could help in managing the mental health issue during pandemic. This paper is intended to discuss the effect of pandemic to the mental health and how to approach some of the issue. Among the suggested plan are the worklife balance, improving the internet facilities, managing stress effectively and increase resiliency. The underlying reasons and challenges will be highlighted.

SYMPOSIUM II

OPPORTUNITY AND CHALLENGE FOR POTENTIAL PRODUCT COMMERCIALIZATION IN RESEARCH

Associate Professor Dr. Ailin binti Razali

*Department of Otorhinolaryngology-Head and Neck Surgery,
Kulliyah of Medicine, International Islamic University Malaysia*



Being academicians and researchers in academia, I am sure we have all heard of this ominous valley of death between potential products and their successful commercialized entrée, that looms enormous and treacherous and devours almost ninety percent of all research produced by the academia specifically from the higher learning institution (Murphy, 2003). Notwithstanding this very bleak prospective, there will be many (or hopefully at least a few) optimistic, brave, gung-ho souls among us who; upon completing our research and achieving what we have sought to accomplish, would be asking the inevitable ‘what’s next?’ questions. I hope to able to answer this in my twenty minutes lecture by summarizing how to do this, particularly based on my own experience being in the midst of a product commercialization endeavor and sharing particularly some issues that I wish I had known before embarking on this journey.

SPONSOR

We would like to thank the following sponsor for their generous contribution.



ACKNOWLEDGEMENT

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