

TMCNews



HAPPY 2021!

A new year is a time for new beginnings.

Here at TMC Life Sciences Berhad, we're starting the year with a bang with new offerings and services. Check out our new Stroke Screening Package and Thomson TCM's Qi Harmony Package to help you sleep better. A new Gastric & Reflux Clinic is also in the works. In November 2020, we donated PPE to the Sabah State Health Department; this year, our CSR continues with the sale of face masks to aid those in the lower income group.

LATEST PROMOTIONS

Stroke screening package

According to our Consultant Neurologist and Physician Dr Tan Wee Yong, one in four people will, at some point in their lifetime, suffer a stroke. So you may want to consider getting yourself screened for stroke. A recommendation from our Consultant Neurologist is required to be eligible for this screening package. For more information, call our Health Screening Centre at +603 6287 1084 or email us at healthscreening@tmclife.com. You can also visit <https://thomsonhospitals.com/latest-services/stroke-screening-package/>

No more sleepless nights, no headaches!

Have you ever found it hard to fall or stay asleep? Are you prone to headaches? Not keen on taking medication for either? Fall asleep naturally and ease your pain in a natural and holistic way with Thomson TCM's Qi Harmony Package. There are two packages to choose from and besides a free first consultation, you will also get one complimentary package when you buy four packages.

Click here bit.ly/2y3sovU for more information and to book your package today!

EVENTS

Face mask to support the less fortunate

Our hospital is supporting vulnerable communities through a partnership with Yayasan Sejahtera, an organisation that seeks to eradicate poverty. When you buy a reusable cloth face mask at THKD, 100% of the purchase price goes to Yayasan Sejahtera. These masks are sewn by women in lower income groups from Kuala Lumpur, Kelantan and Sabah. Available for both adults and children in a variety of designs, you can purchase the masks from any of our cashiers. The masks are priced at RM25 and RM23 each for adult and kids-size respectively.

Coming soon: New Gastric & Reflux Clinic

Thomson Hospital Kota Damansara will soon be launching another new service: our Gastric & Reflux Clinic. Gastroesophageal Reflux Disease (GERD) is a digestive disorder that occurs when stomach acid flows back up from the stomach into the oesophagus. Such acid reflux can cause discomfort or a burning sensation and unfortunately, is relatively common. With this new service, our Consultant Gastroenterologists will diagnose you and render effective treatment. This new clinic will be up and running by mid January, so stay with us for further updates!

HEALTHCARE TEAM SPOTLIGHT



Ms Siow Yie Chwee Nurse Supervisor, Infection Prevention and Control Department

Sister Siow (as she is fondly referred to here at THKD) was one of the key people in managing infection prevention and ensuring that guidelines were adhered to by everyone in our hospital. Her contributions were rewarded when she was one of three employees to be given the Duck Award by our Chairman, Professor Emeritus Dato' Dr Khalid Abdul Kadir. Find out more about her in our interview below.

Rising to the Challenge

1. As the leader of the infection control team, 2020 must have been a challenging year for you. What are some of the most difficult parts of your job?

Upon completion and passing of my Post Basic Infection Control in Kota Bharu in Aug 2019, there were many challenges awaiting me, with high expectations from the top management of THKD. My first challenge upon reporting back to work was to establish and set up an Infection Prevention and Control Unit with scarce resources available at that time. However, my six month stint in Kota Bharu really prepared me physically and mentally to take up all the challenges that I faced until today. With the current Covid-19 situation in the country, the next challenge is to keep up-to-date with all information/SOP outlined by the Ministry of Health and ensure our facilities comply with the SOPs set in order to create a safer environment for everyone in THKD.

2. Congratulations on being one of the recipients of Prof Khalid's Duck Award! What are your thoughts about this?

First of all, I would like to thank the top management for nominating me as one of the recipients of Prof Khalid's Duck Award. This award came as a surprise and I am honoured to accept this award for the first time. This is a small appreciation and recognition given to my contributions towards improving the quality and standard of THKD. I would like to take this opportunity to thank my Infection Prevention and Control Team for their continuous and endless support that makes everything possible.

3. What is your advice to our patients and general public who feel "pandemic fatigue" and are frustrated about following all the preventive measures?

Pandemic fatigue is gripping many of us. It is a natural response to a prolonged public health crisis. However, my advice is to always stay focused on the goal of stopping the spread of Covid-19 with simple SOPs as follow:

- Perform hand hygiene frequently.
- Wear a mask properly.
- Keep social distancing.
- Keep good personal hygiene and environmental hygiene.

We can't quit now!

4. What do you do to relax and take your mind off the burdens of work?

I like reading detective comic books and watching detective dramas or movies as they provide hundreds of minor characters, backgrounds, motives and personalities that put them under suspicion during the investigation. It thrills me! Besides that, I also clean and tidy my house when I am off work. I like cooking too.

5. What is your advice to people who are afraid to come to hospital?

This Covid-19 pandemic has made people afraid to go anywhere in public, including to hospital to seek health care for conditions that could require immediate medical intervention. You should not be afraid of coming to hospital as delaying treatment or care could result in poorer overall health outcomes and even life-threatening situations. You just have to follow simple SOPs (wear mask properly, hand hygiene frequently and social distancing) at all times to keep safe. At THKD, we are continually taking steps to update our staff with the latest acknowledge and skills. We also provide sufficient personal protective equipment, hand hygiene facilities and other essential precautionary measures to ensure the safety of our patients and staff.

FEATURE ARTICLE

What is Antimicrobial Stewardship (AMS)?

"AMS includes all forms of activities to ensure that antimicrobials are used appropriately and only when needed."

This is vital as antimicrobial resistance (AMR) is one of the biggest global threats today with an alarming increase in the emergence of superbugs and scarce treatment options available

In fact, it is forecasted that AMR can take up to **10 million lives** a year by 2050.

How can we keep our antimicrobials effective?

As a patient:

- Take antimicrobials as prescribed by the doctor.
- Ensure that the course is completed as instructed.
- Never consume antimicrobials belonging to other people.
- Keep your vaccinations up to date.
- Wash your hands regularly

As a healthcare professional:

- Ensure that the antimicrobial prescribed is appropriate for the infection.
- Practise good infection control.
- Antimicrobials are given only when it is truly needed, for a suitable duration.
- Ensure that 5R is upheld when dispensing antimicrobials.

Antimicrobial Stewardship



Ensures patient safety



Delivers safe & efficacious treatment



Administered at right route, time, dose & duration

Right Patient. Right Drug. Right Dose. Right Time. Right Route

Article contributed by THKD Antibiotic & Infection Control Committee & Pharmacy Department. Originally published in Issue II, 2020 of Antimicrobial Stewardship.



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