

# OGSM NEWSLETTER

## FROM THE PRESIDENT'S DESK



Obstetrical & Gynaecological  
Society of Malaysia

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Greetings from OGSM.

It was just the other day I was the incoming president and now in 2 months time I will be the past president. It has been a very hectic year for all.

The society has steadily gained in strength and stature in the past year. We have become more visible in the eyes of the Ministry of Health and have

been rightfully recognized as the main custodian of women's health.

Our own homegrown Intensive Course in Obstetric Emergencies (ICOE) has gone regional with increasing recognition from our peers. This has added another feather to OGSM.

Our preparatory courses for our trainees are very well received and the response very encouraging. The society is looking at more platforms to engage our budding obstetricians to enhance their training.

Preparations are in full swing for the 25th congress to be held in Shangri-La Kuala Lumpur this coming end July. It promises to be an exciting, educational and fun filled event. The scientific committee has come up with an excellent menu to satisfy the voracious appetite of us all. It is an event not to be missed.

Looking forward to catch up with one and all at The Shang.

**DR J. RAVICHANDRAN R. JEGANATHAN**

# O&G NIGHT KELANTAN

## REPORT ON OGSM DINNER, KELANTAN BRANCH

The annual dinner of OGSM Kelantan Branch was held on Friday, 30th December 2016 in Hotel Perdana Kota Bharu. The objectives were fulfilled with a talk by the speaker that really went into the hearts of trainees and junior doctors. The guests were of different levels from junior doctors to senior consultants from all over Kelantan mixing around and having a jovial time throughout the event. Tables were assigned and door gifts were handed out during the registration.

Similar to last year, the O&G team from HRPZ II hosted this event and it was well attended by over 60 guests. We were very happy to see the seniors and juniors in the field mingle under one roof. This event was different from last year as it was attended by honorary guests such as Dr Hj Abdul Rahman and Prof Shukri, former Head of Department from HRPZ II and USM, both retired few months prior, and all the heads of departments and their representatives from other hospitals from all over Kelantan.

The night began at 7.30pm with the registration of guests. Our beautiful medical officers from HRPZ II, Dr Fadilah and Dr Izzati, hosted the event nicely. A beautiful do'a was recited by Dr Zahrin, our house officer, for a blessing from the All Mighty at 8.30pm.

It was then followed by a welcome speech by the OGSM Kelantan Branch representative at 8.45pm. In his speech Dr Sukri Ahmad, also Head of Department of Obstetrics and Gynaecology at HRPZ II, mentioned how happy he was to see such a large and diverse crowd. All the tables were fully seated. In fact some requests to attend had to be



declined, according to his speech. He thanked the guests for their attendance and continued support. Those who were not members of OGSM were encouraged to join the society.

Dinner was served at 9.00pm and every one enjoyed the Chinese cuisine. During dinner, Dr Hoo Pek Sung, an obstetrician and gynaecologist from USM, gave a talk entitled MRCOG vs MOG - Career Pathways.

We continued the night with a video show on the mannequin challenge, and games with participants from the crowd.

We ended the night at 10.30pm. All in all, it was another very enjoyable and successful gathering of the society.

**DR SUKRI AHMAD**  
Kelantan Representative



## MR CHONG'S APPRECIATION GATHERING



When I was a medical officer, I was "instructed" by my specialist to join OGSM. So I, along with a few other medical officers, went to the old OGSM office to register. We went after work, thinking that the office would for sure be closed being that it was close to 6:00pm. Much to our surprise, the office was still open and there was a kind gentleman finishing off some paper work with an organised clutter all around the office (this was about 2 weeks before the annual congress). This man was My Chong and I, along with so many other OGSM members, will always associate him as the "The Heart" of OGSM.



Throughout the years, Mr Chong has not only been the heart of the society, he's been the nervous system, the backbone, a vital organ in the continued running of the society. He was and still

remains tireless in his work, always with a calm smile on his face.

Thus, many of us were saddened when he announced his retirement. Although we were sad that he would no longer be around as much as he previously was, we respected and understood his reasons.

In true Mr Chong fashion, he did not want any big ceremony. Being the ever humble man that he is, he requested the gathering be kept small and simple. So, on a Tuesday evening, on the 10th of January 2017, the current council members, the AOCOG president and the society's trustees met at the OGSM office in Plaza Mont Kiara to show our appreciation to a man who played a pivotal roll in our society's growth.

A cheque to show our appreciation was presented to Mr Chong by past president and trustee Dr Sheikh Johari Bux. Mr Chong, being a man of few words, gave a VERY short speech. There was a lot of reminiscing for the remainder of the evening, laughter shared even though it was with a heavy heart.

For many of us, myself included, Mr Chong has been the face of OGSM. He will be missed. So raise your glasses to a truly great man.

**DR. SHARMINA KAMAL**

# CONTRACEPTION COURSE

## THE OGSM BASIC CONTRACEPTION COURSE

I am happy to report that we have so far conducted 15 courses nationwide since early last year starting from Kota Kinabalu, Sabah, to the latest at University Malaya, Petaling Jaya.

All together we have trained 2034 health care professionals so far, comprising of nurses, midwives, doctors, pharmacists and medical students including support staff such as paramedics and even social & occupational therapists.



The level of doctors who participated ranged from housemen, medical officers, family medicine specialists, O&G specialists, university lecturers and general practitioners. There were equal numbers of participation from both government and private sector.

The government Doctors and nurses were from Public Health and Hospitals whereas private sectors were from General Practitioners clinics, hospitals and non governmental agencies.

The OGSM Long Acting Reversible Contraceptive guidelines were distributed at all course venues to participants.

The course was well received by all with many positive feed backs and numerous requests for a repeat course.

We managed to impart the most important principles of contraceptive practice and many found that the practical knowledge and discussion shared was indeed very informative, useful and able to show them a brand new perspective and concept change of how they view and manage contraception.

The most critical message being that the role of contraception in decreasing unintended pregnancies, abortions, improving the Health of women, saving mothers and infants' lives was

shared and well received. We also managed to share the importance of using the WHO Medical Eligibility Criteria for Contraceptive Use as our main tool in managing the contraceptive method choices as well as reproductive rights and the legal environment pertaining to Reproductive Health and Rights.

The 15 venues where the courses were conducted with the various collaborators are listed below:

1. Luyang Health clinic Kota Kinabalu with Jabatan Kesihatan Negeri Sabah
2. Connexion@Nexus, Bangsar South with Exeltis Pharma
3. Sibu, Sarawak with Sarawak Family Planning Association
4. Kota Kinabalu with Sabah Family Planning Association
5. Penang with Penang Family Health Development Association
6. Miri with Sarawak Family Planning Association
7. Keningau, Sabah with Keningau Hospital
8. Labuan, Federal Territory with Labuan Hospital
9. Kuching with Sarawak Family Planning Association
10. Temerloh, Pahang with Hospital Sultan Ahmad Shah
11. Johor Bahru with Johor Family Planning Association
12. Kota Bahru with the Reproductive Health Association of Kelantan
13. Negeri Sembilan with Hospital Tuanku Jaafar, Seremban
14. Kota Kinabalu with the Sabah Pharmaceutical Society
15. Petaling Jaya, Selangor with Department of O&G, University Malaya



# CONTRACEPTION COURSE

There are another 8 upcoming courses planned for the rest of the year, namely Tawau, Kota Kinabalu, Penang, Ipoh, Negeri Sembilan, Malacca, Kuala Terengganu & Johor Bahru.

The future plan for this course is to hopefully upscale it with the collaboration of Ministry of Health and all stakeholders and even perhaps an online version too. It is hoped that if we are able to institutionalise this training and create continuous updated contraceptive knowledge and practice nationwide, we can offer a more rewarding, healthier and safer future for all women and girls in this country.

I would like to take this opportunity to thank OGSM for supporting this course and giving rise to the "Birth of a Brand new way" of contraceptive practice, all collaborators, fellow colleagues and sponsors

for which without them, the smooth running of this course would never be possible.

I would also like to end this report by paraphrasing Melinda Gates who said "If you care about giving a child a chance for a healthy future, if you care about giving women a chance to take their families from poverty to prosperity and if you care about giving poor nation a chance to be rich, then you must care about contraceptives!"

I am glad so many of you care!

Thank you!

**DR. JOHN TEO**  
Coordinator OGSM Basic  
Contraception Course  
16th April, 2017





The 7th Congress of the Asia Pacific Initiative on Reproduction (ASPIRE 2017) was held in the Kuala Lumpur Convention Centre, Kuala Lumpur, Malaysia, from 30 March – 2 April 2017

There were 3 Pre-Congresses held on 30 March 2017. A total of 1245 delegates from 40 countries attended the congress. This was the highest number of delegates ever recorded for an ASPIRE conference. The ASPIRE conference is the biggest fertility conference in the Asia Pacific region. The conference used to be held once every 2 years. Kuala Lumpur marked the first milestone where the conference was held annually. The conference in Kuala Lumpur cemented ASPIRE as a major conference with a minimum 1000 delegates participating every year. There were 300 Malaysian participants in the conference.

Based on the feedback from the delegates, they loved the scientific content. The speakers were good. The opening ceremony highlighted Malaysian culture in one of the Petronas towers. The speakers' dinner was also highly praised. The dinner was held at Marini's on 57. It was a very impressive location for a dinner. They were delighted with the views and the location.

The delegates loved the venue and the view of the iconic twin towers. The guest of honour for the

opening ceremony was the Princess of Pahang, Tunku Azizah Aminah Maimunah Iskandariah. She delivered a very endearing speech that touched the hearts of many and made them to shed a tear as she recounted her previous journey in fertility and IVF.

The delegates were delighted with the Malaysian cultural shows that we had lined up for them and also the Malaysian exhibits that we had laid in the foyer for them ranging from the gamelan to the songket and to the pewter manufacturing processes. We had an evening filled with dances and performances by Malaysian artistes.

The conference was well attended for all 3 days. Several delegates mentioned that the Malaysians have raised the bar very high in terms of the organisation and the way the conference was managed.

Apart from that, we also generated a profit, thus generating a good revenue to run our society.

We are glad that everything worked out very well and the delegates went back with happy memories.

**DR SURINDER SINGH**  
Chairman of ASPIRE 2017

# ASPIRE CONGRESS



# ASPIRE CONGRESS





## TRAINEES' MASTERCLASS ON ADOLESCENT GYNAECOLOGY

The masterclass started bright and early on the 17th of December 2016 at the OGSM office. The participants were enthusiastic, especially for a Saturday, and all eager to learn with more than 20 trainees attending.

As usual, the masterclass started and ended with practice SBA questions. In between, we had experts from government hospitals, universities and the National Clinical Research Centre giving interesting and informative talks.

The committee would like to thank the speakers; namely Dr Normaliza Omar (Head of Medical Sciences Department, USIM), Dr Kavitha Nagandla (Consultant O&G, IMU), Prof Zarina Abdul Latif (Paediatrician, HUKM), Dr Lavitha Sivapatham (Paediatric and Adolescent Gynaecologist, HKL), Dr Shamala Devi (National Clinical Research Centre) and Dr Janani Sivanathan (Fellow in Fetal Maternal Medicine, Hospital Shah Alam)

**DR SHARMINA KAMAL**

## TRAINEES' MASTERCLASS ON FETAL MATERNAL MEDICINE

The very first Trainees' Masterclass for 2017 was held on the 18th of March at our OGSM office. Fetal Maternal Medicine was the topic and we were lucky to have leading experts in the field share their knowledge with us.

The day started off with talks on Fetal Screening and Amniocentesis vs CVS by Dr. Janani Sivanathan, followed by lectures on Fetal Infections and Medications / Substance Abuse and Its Effects on the Fetus by Prof Nazimah Idris. To end things we had a wonderful, interactive session with our last speaker of the day, Dr T.P. Baskaran who walked us through the Approach to Small Fetus and Placental Abnormalities. The sessions were an eye opener and hope it helps improve our knowledge and daily practice.

**DR RATHIMALAR KERISNAN**

## OGSM MRCOG PART 2 MOCK EXAM

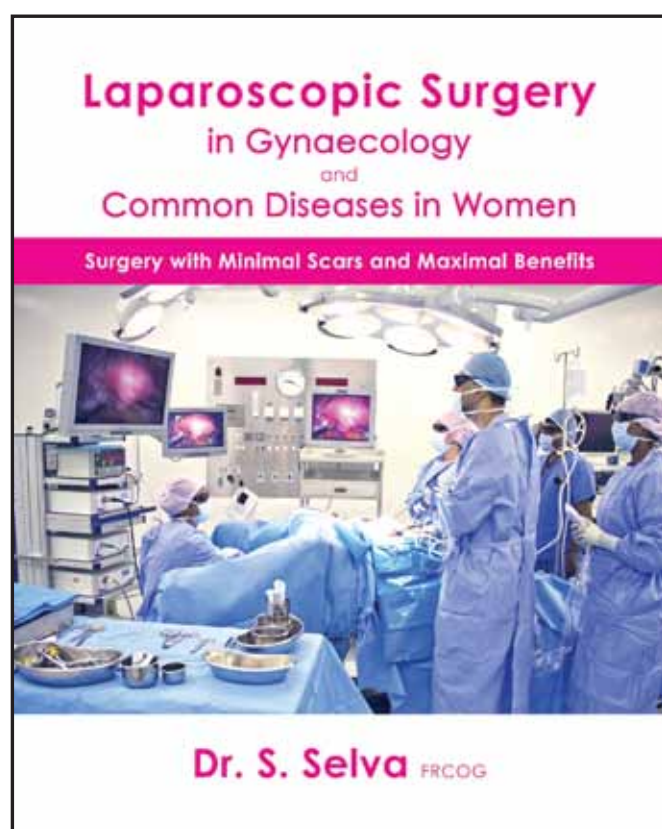
This has now become a continuing part of the OGSM calendar and on the 11th of February 2017, the OGSM MRCOG Part 2 Mock Exam was held at the OGSM office as planned. More than 20 trainees attended.

Similar to previous sessions, there was a full Paper 1 and Paper 2 exam followed by a self marking and discussion session. The program lasted the whole day and ended at 5:30pm.

**DR. SHARMINA KAMAL**

# BOOK LAUNCH

## LAPAROSCOPIC SURGERY IN GYNAECOLOGY AND COMMON DISEASES IN WOMEN BOOK LAUNCH



The society would like to congratulate Dr. S. Selva on the publication of his book Laparoscopic Surgery in Gynaecology and Common Diseases in Women. The book was launched by DYMM Tengku Puan Pahang Tunku Hajah Azizah during the recent Seminar on Laparoscopic Surgery.

This book is 488 pages and is a treasure trove of sharp glossy photos and explanation regarding laparoscopic surgery. Dr. Selva's book will be available during the upcoming OGSM Congress and can also be purchased through the OGSM office.

*"It is a delight to see the 3 sections clearly defined i.e. the Gynaecological Conditions, Laparoscopy and Hysteroscopy. The additions of real cases add reality to the book and give it a personal insight ... Most appealing to me is the inclusion of QR codes to view the videos and this adds an interactive element to the book. Dr Selva definitely has an admirable exhaustive library of videos."*

- Dr Gunasegaran Rajan, FRCOG, Past OGSM President

**ANUGERAH BUKU NEGARA**



We are all proud of our society's book History of Obstetrics and Gynaecology in Malaysia. The book editorial committee slaved away, night after night, through blood, sweat and tears to produce such an exceptional book.

Therefore, the award of "Buku Sejarah Perubatan Terbaik" (Best Historical Medical Book) bestowed on our book at the "Anugerah Buku Negara" (National Book Awards) on the 14th of December 2016 at PWTC during the Malaysia Book Expo was an award that was well deserved. Dr. Thaneemalai Jeganathan, our president elect, was on hand to receive the award.

Our book is something to be truly proud of. Here's to more great things to come.

**DR SHARMINA KAMAL**

# PROLAPSE AND FISTULA CLINIC

Dr Tan Gaik Imm is a fellow in Urogynaecology and has just returned after a year in Australia for her training. This is her experience as a volunteer in a prolapse and fistula clinic in Uganda.

## 6TH JULY

We departed Entebbe at 0700 hours on a 7.5 hour car journey for Kagando. Passed a multitude of villages on the way,



I got a glimpse of life in Uganda and wonder of the beautiful landscape along the way. After a long journey which seemed to last for days, it was such a relief to reach the equator,



and the road that turned off to Kagando and to see the beautiful mountain backdrop,



and to finally arrive at Kagando Hospital.



## THE PROLAPSE CAMP (6-12TH JULY 2016) THE START OF THE CAMP

We arrived at 1445H and wasting no time, we organized our equipment, and by 1500H we were on our feet, walking to the wards, to be greeted by Harriet on the way down the hill (pic- far right: Harriet has worked in Kagando hospital for over 20 years and together with the other nursing staff has played a pivotal role in travelling into distant villages and finding and screening women with prolapse and fistula for the camp, looking after them pre and post operatively).



She was delighted to see us and said that she had popped in and checked if we had arrived numerous times, and that she and the 40 over patients were starting to get worried that we were not coming.

# PROLAPSE AND FISTULA CLINIC



View on the daily walk down to the hospital

There were women sitting out on the lawn just outside the ward, and the hospital had set up a makeshift tent as a ward to accommodate the patients post operatively.



We set ourselves up at the screening room where we would assess the patients to determine if they would require surgery and plan the surgery or necessary treatment.

We assessed a total of 50 ladies within 3 hours with the help of the nurses as translators. The patients included some chronic proctidias, fistulas and even a child as young as 8 years old.

We sat down after the screening to schedule patients for theatre, and organize the operating lists for the next day. We had identified 40 over ladies who required surgery and this would happen over the next 5 days.

We got back to the guesthouse just in time for dinner, had a long awaited shower, unpacked and organized equipment and perishables for work the next day, and finally rested. The anticipation of work the next day and settling into the new environment kept some of us awake for sure. The next day, we headed down to the wards by 0800H to do some last minute organization and to see if any more patients had turned up overnight (there were none). We went to the operating theatre. As this was the first day of the camp's surgery and at other times, the hospital would not have to deal with such big volumes of patients over the course of a few days, it took awhile to set up the theatres and the necessary instruments.

# PROLAPSE AND FISTULA CLINIC



CSSD



The operating theatre set up. Two operating tables in the room, with a curtain separating them. Without air conditioning. We tried to maintain as sterile a setup as possible.

It was very hot in theatre under scrubs, plastic aprons and gowns and at the end of each operation our scrubs were very wet! There were times when the electricity and water went off and we just used our battery operated headlights to see what we were doing.



But after we got off to a start, they were 'flying', getting one patient after another on the operating table and one sole anaesthetist running anaesthetics for both operations and having to run off for a Caesar or two in between as well. Kudos to Dr Richard, who didn't even have time for a lunch break and didn't complain!

We managed to complete the 11 scheduled surgeries for the day and popping by the ward to make sure the patients were alright postoperatively by 1830H. What a long and rewarding day to mark many more days to come.



Over the next 5 days we operated on 46 women with prolapse. Most of them had a vaginal hysterectomy, anterior and posterior repair and a sacrospinous fixation for a stage 3 or 4 prolapse. Some of the women wanted to keep their uterus and so had hysteropexies.

We had lunch brought down to the operating theatre tea room and then dinner at the guest house in the compound opposite the hospital after which we fell into our beds! We had no major complications - a few women had difficulty voiding post op but this resolved quickly.

Dr Barbara Hall accompanied by John then went to Fort Portal to train a local gynaecologist there for a few days so I took the opportunity to do some exploring in the Queen Elizabeth National Park looking at the wildlife and enjoying the views over the Rift Valley and have a rest!

## FISTULA CAMP (14-25TH JULY 2016) WITH PROF JUDITH GOH AND DR HANNAH KRAUSE



Judith and Hannah arrived from Entebbe for the camp and wasted no time in assessing the women who had been arriving for several days beforehand from far and wide. Judith and Hannah are very experienced fistula surgeons with international reputations who have been coming to Kagando for many years.

Again the staff Harriet and Issac had done very well with the screening and logistics of picking up women from various locations so they could be assessed, putting out radio adverts and arranging minivans to pick them up.

96 women were assessed - the potential VVF patients requiring dye tests and careful examination to see where the fistula was. Next day we were back to the operating theatre where we worked for the next 7 days with the 2 beds in one theatre.

69 operations were done - Judith and Hannah doing most of the VVFs - many of them were repeat surgeries (one patient had had 6 previous attempted repairs).

We mainly did the RVFs and a few more prolapse



L R: Dr Hannah Krause, Dr Barbara Hall, Prof Judith Goh

repairs. We were able to assist / observe many complicated fistula repairs and were amazed at their complexity and Judith and Hannah's abilities to find tissue planes to close the fistulae when there was so much tissue destruction. Local surgeons Drs Job and Marvin also observed and operated on a few cases and hopefully over time will be able to learn the skills to do fistula surgery effectively.

Many of the women had heartbreaking stories, many had no live children, traumatic Caesarean



sections with ureteric injuries etc, but the worst was one woman who had a traumatic VVF from the Rawandan Genocide in 1994. One 8 year old girl fell out of a mango tree and sustained a traumatic RVF.



The preoperative patients all had bowel prep, IV antibiotics, as at home, and the RVFs stayed for 5 days, the VVF s will be staying for 14-21 days and will have dye tests before discharge to check they were dry after we have gone.

The women were very stoic managing with paracetamol and diclofenac and the occasional Biscodyl for post op pain and constipation. The post operative ward rounds look like organised chaos with 40 + patients to see before the list

# PROLAPSE AND FISTULA CLINIC



We had 4 patients return to theatre - two RVFs broke down, one VVF leaked post op and was re-sutured and one haematoma drained from a prolapse repair.

It's amazing to be part of a team of dedicated and skilful colleagues from whom you can learn so much about what's possible to do in a resource poor environment and certainly puts you to the test professionally and personally.



For more scholarly fistula information you can download for free in I books "Practical obstetric fistula surgery" by Hancock and Browning (Royal Society of Medicine Press 2009).



starts in the morning but we managed not to miss anyone out because of Hannah's "book" which keeps track of everything!

As well as the fistulae and prolapses we saw a woman with a urethral diverticulum, a woman who needed a fat graft (Martius graft) and 2 laparotomies were done to re-implant ureters.

There were some patients who needed oxybutynin for their detrusor over activity and many needed bladder retraining and pelvic floor exercises which were done by the nurses in the ward.