

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 18
RUANGAN : FORUM

Kualiti penjagaan kesihatan lebih baik bila tambah bilangan jururawat berijazah

KERJAYA kejururawatan di Malaysia berkembang dengan pesat sejak penubuhan sekolah kejururawatan pertama pada 1946 di Johor Bahru, Pulau Pinang dan Kuala Lumpur.

Selring dengan kemajuan teknologi dan perubahan dalam bidang perubatan, jururawat memainkan peranan yang semakin penting dalam memastikan kualiti penjagaan kesihatan berada pada tahap tinggi. Namun, persoalan mengenai peranan dan impak jururawat berijazah dalam meningkatkan kualiti rawatan terus menjadi topik perbincangan hangat.

Di peringkat global, pelbagai kajian dijalankan untuk menilai keberkesanan jururawat berijazah dan hasil kajian ini mula mencetuskan perdebatan tentang kepentingan laluan pendidikan dalam profesion kejururawatan.

Di Malaysia, persoalan ini menjadi semakin relevan dengan tumpuan Kementerian Kesihatan terhadap pembangunan modal insan yang berkualiti dalam sektor kesihatan.

Pada 2010, Institut Perubatan Kebangsaan, Amerika Syarikat (IAS), mengemukakan peningkatan peratusan jururawat berijazah kepada 80 peratus menjelang 2020. Cadangan ini berdasarkan laluan pendidikan yang berbeza dalam menjadi jururawat berdaftar di AS iaitu diploma, ijazah bersesku dan ijazah sarjana muda.

Buat pertama kalinya pada 2003, hasil kajian selampunan penyelidik dari University of Pennsylvania, Philadelphia, menunjukkan kadar kematian pesakit selepas pembedahan dapat dikurangkan bila mana dirawat jururawat berijazah. Kajian ini disokong kajian-kajian lain yang dilakukan di seluruh dunia sejak lebih 20 tahun lalu termasuklah kajian yang dijalankan di 665 wad di AS, 300 buah hospital di Eropah, 14 buah hospital pengajar di Korea Selatan, 49 buah hospital di Kanada dan tujuh buah hospital di Belgium.

Sebagai contoh, satu kajian dilakukan di 519 buah hospital di AS untuk menilai kesan pengambilan jururawat berijazah dalam

memberikan impak kepada penjagaan pesakit. Penyelidik membandingkan data kajian pada 2006 dan 2016 untuk menentukan sama ada pengambilan jururawat berijazah boleh meningkatkan kualiti jagaan rawatan di hospital tersebut. Data yang diambil kira adalah daripada soal selidik dalam kalangan jururawat, Tinjauan Tahunan Persatuan Hospital Amerika dan data tuntutan pembedahan pesakit daripada agensi negeri di California, Florida, New Jersey serta Pennsylvania.

Dilaporkan nisbah purata jururawat berijazah di hospital tersebut meningkat daripada 41 peratus kepada 56 peratus dalam tempoh 10 tahun. Peningkatan ini terbukti berjaya mengurangkan kadar kematian, merekodkan kadar kemusuhan semua ke hospital dan memendekkan tempoh penginapan di hospital.

Secara keseluruhannya, bukti yang kukuh daripada pelbagai kajian antarabangsa menunjukkan pengambilan jururawat berijazah dapat meningkatkan kualiti penjagaan kesihatan dengan ketara.

Hasil kajian ini selaras dengan hasrat Malaysia untuk memperkasakan perkhidmatan kesihatan melalui pembangunan modal insan yang berpengetahuan dan berkemahiran tinggi.

Dalam usaha untuk meningkatkan taraf perkhidmatan kesihatan di negara ini, langkah ke arah meningkatkan bilangan jururawat berijazah di hospital dan klinik merupakan satu pendekatan yang wajar dipuji serta terus dipertingkatkan penjawatannya dari semasa ke semasa.

Dengan sokongan yang berterusan daripada pihak berajasa, pemegang taruh serta institusi pendidikan kesihatan, impian untuk memberikan penjagaan kesihatan yang lebih berkualiti dapat direalisasikan.

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MENINGKATKAN bilangan jururawat berijazah merupakan satu pendekatan yang wajar dipuji dalam memberikan penjagaan kesihatan lebih berkualiti.

AKHBAR : BERITA HARIAN
MUKA SURAT : 20
RUANGAN : NASIONAL

20

Nasional

Khamis, 14 November 2024

UMSC anjur simposium klinikal, sedia jadi hospital rujukan perubatan seluruh dunia

Hospital swasta miliki kelengkapan teknologi terkini tawar penjagaan kesihatan kuaternari

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Kuala Lumpur: Kelengkapan teknologi terkini dan perkhidmatan kesihatan bertaraf kuaternari serta kemudahan yang disediakan UM Specialist Centre (UMSC) menjadikannya antara hospital pilihan negara ini.

UMSC juga satu-satunya hospital di negara ini yang menawarkan penjagaan kesihatan kuaternari.

Menurut Ketua Pegawai Eksekutif UMSC, Norzaiton Senusi, penjagaan kuaternari adalah penjagaan menyeluruh dan menjalankan penyelidikan yang dikira terhadap penyakit dan rawatan diberikan.

Katanya, terdapat tiga elemen utama yang perlu ada untuk sebuah hospital dikira sebagai hospital kuaternari.

"Pertama, yang menawarkan perkhidmatan multidisiplinari, iaitu pendekatan rawatan melibatkan kerjasama antara pelbagai disiplin atau kepakaran dalam bidang perubatan.

"Dalam perkhidmatan ini, pakar dari bidang seperti perubatan, kejururawatan, fisioterapi, pemakanan dan psikologi bekerjasama memberikan penjagaan komprehensif dan holistik kepada pesakit.

"Elemen kedua, adalah pendekatan perubatan berdasarkan bukti dan kajian seperti dilakukan oleh pakar di UMSC yang terlibat dalam penyelidikan klinikal di Universiti Malaya (UM) dan Pusat Perubatan Universiti Malaya (PPUM). Selain itu pakar berkenaan turut menerbitkan rujukan kajian berkenaan penyakit yang berkaitan dengan kepakaran mereka serta memastikan penyelidikan klinikal yang dijalankan dikira di peringkat antarabangsa.

"Elemen ketiga pula adalah penggunaan teknologi termaju dan terkini dalam bidang perubatan. Sebagai contoh, UMSC adalah hospital rujukan swasta pertama di Malaysia yang menggunakan *Centre for Image Guided and Minimally Invasive Therapy (CIGMIT)*," katanya kepada BH.

Norzaiton berkata, UMSC adalah hospital swasta pertama di Asia Tenggara yang memasang implan berteknologi tinggi terbaharu pada pesakit bagi mengurangkan simptom Parkinson pada 17 Oktober lalu.

"Dengan adanya hubungannya dengan institusi kesihatan kuaternari UMSC kepada UM dan PPUM, hubungan sinergi ini terus memperkuat perkhidmatan, penyelidikan dan pendidikan dalam bidang perubatan.

Katanya, UMSC adalah alternatif terdekat dalam membantu PPUM menguruskan situasi kesesakan pesakit.

"Ini kerana perubatan UMSC sejak 1988 adalah untuk kelestarian kepakaran di bawah naungan UM dengan adanya hospital tambahan untuk mereka memperbanyakkan sesi rawatan," katanya.

Katanya lagi, kerjasama itu juga memastikan perkongsian sumber dan fasiliti seperti peralatan teknologi, makmal dan ke-



Ketua Pegawai Eksekutif UMSC, Norzaiton Senusi.

mudahan lain yang dapat mengurangkan kos rawatan pesakit.

"Melalui sokongan penuh Fakulti Perubatan, UMSC dan PPUM dapat mengembangkan perkhidmatan perubatan dalam bidang kepakaran lebih khusus.

"Ini kerana Fakulti Perubatan sering mengahstikan pakar dalam bidang baharu seperti perubatan gaya hidup, rawatan kanser, atau teknologi rawatan baharu. Ini memberikan peluang kepada UMSC memperkenal dan mengembangkan perkhidmatan dalam bidang itu untuk memenuhi keperluan pesakit," katanya.

Perkhidmatan berkualiti

Norzaiton berkata, menerusi kerjasama swasta dan awam pula, kedua-dua sektor itu menyediakan perkhidmatan berkualiti kepada rakyat.

"Malah, UMSC turut menyumbang pendapatan kepada UM secara berterusan demi kebaikan pelajar dan penyeli-

kan yang mereka jalankan," katanya.

Norzaiton berkata, selepas 26 tahun penubuhan UMSC, pusat perubatan itu bersedia menjalankan pelan strategik sebagai pusat rujukan perkhidmatan kesihatan kuaternari di Malaysia.

Malah, katanya UMSC turut bekerjasama dengan hospital dan institusi dari negara jiran seperti Singapura dan Korea Selatan bagi latihan dan penyelidikan.

Penglibatan UMSC sebagai salah satu pengasas dalam Asian University Alliance (AUA) membawa hospital ini bersatu tenaga dengan hospital peneraju Asia yang lain dalam mendorong kemajuan dalam penjagaan pesakit, pendidikan perubatan, dan inovasi saintifik.

Katanya, ia bagi memastikan kemajuan dalam teknologi perubatan atau peralatan terbaru bagi mengaplikasikan teknologi terkini dalam operasi dan rawatan.

"Selain itu, diharap dengan

pembabitannya UMSC sebagai ahli dalam Persatuan Hospital Swasta Malaysia (APHS) dan Majlis Pelancongan Kesihatan Malaysia (MHTC) memberi peluang untuk memiawa nama UMSC ke peringkat Asia.

"Ini sekali gus dapat meredakan aspirasi negara dalam menjadikan Malaysia destinasi perkhidmatan kesihatan utama global menjelang 2035," katanya.

Susulan usaha UMSC ketika ini, Norzaiton berkata, pusat perubatan itu mengadakan UMSC's 1st International Clinical Symposium 2024 yang berlangsung hari ini.

Katanya, kira-kira 150 pakar perubatan dijangka menghadiri simposium sehari yang akan diadakan di Hotel Renaissance Kuala Lumpur.

"Objektif simposium ini adalah untuk mengingkatkan ilmu kepakaran perubatan klinikal daripada UM sendiri serta rakan negara jiran, iaitu Singapura bagi berikongsi pengetahuan dan pengalaman dalam perkhidmatan kesihatan bertaraf kuaternari.

"Seramai 13 ahli panel ternama akan memberi input terkini perkembangan rawatan dalam parkinson, kanser respiratori, pertumbuhan otak, pemindahan buah pinggang dan masalah berkaitan perut dan usus," katanya.

Justeru, Norzaiton berharap simposium kuaternari pertama di Malaysia akan menjadi permulaan kepada program soterusa yang memberi fokus kepada penjagaan kesihatan kuaternari dan aplikasi teknologi terkini dalam rawatan yang disediakan seiring dengan perkembangan semasa.

Untuk maklumat lanjut berkenaan UMSC's 1st International Clinical Symposium 2024 boleh layari www.umscsymposium.my.

AKHBAR : THE STAR
MUKA SURAT : 1
RUANGAN : MUKA HADAPAN



AKHBAR : THE STAR
MUKA SURAT : 3
RUANGAN : NATION

THE STAR, THURSDAY 14 NOVEMBER 2024

'Check rising cost of medical treatment'

Health Minister says private hospital charges have increased alarmingly

By JUNAID IBRAHIM
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KUALA LUMPUR: The Health Minister has urged private healthcare facilities to take more decisive action to control the escalating cost of medical treatment, which have risen sharply in recent years.

Datuk Seri Dr Dzulkefly Ahmad expressed concern over Malaysia's medical inflation rate, currently standing at 12.5%, more than double the global average.

"While there are some controls on doctors' fees, it is alarming how hospital charges have increased," Dzulkefly said during the launch of the Association of Private Hospitals Malaysia (APHM) Fact Book.

"The impact on the rakyat is substantial, necessitating further discussions to ensure that private healthcare services are priced more reasonably."

Previously, Bank Negara Malaysia had stated that Malaysia recorded a medical cost inflation

rate of 12.6% last year, surpassing the global average of 5.6%.

Despite these concerns, Dzulkefly acknowledged the valuable contributions of private healthcare facilities, particularly during the Covid-19 pandemic, when they served as transmission centres and eased the burden on public hospitals.

"These partnerships extend beyond secondary and tertiary services, including pre-hospital care, ambulatory services and primary care," he added, highlighting the importance of Public-Private Partnerships in driving healthcare reform in Malaysia.

At a press conference, the minister encouraged individuals in higher income brackets to obtain health insurance.

"I believe that out-of-pocket expenditures can contribute to inflation."

"Therefore, we encourage upper-middle-income earners and the T20s or T15s to consider health insurance," he told reporters yesterday.



Health concerns: Dzulkefly (second from right) with (from left) honorary secretary of APHM Amwar Anis, Dr Kuljit and deputy president of APHM Chin Keat Chyuan after launching the APHM Fact Book in Kuala Lumpur.

Discussing potential solutions to medical inflation, Dzulkefly noted that the Diagnostic-Related Group (DRG) payment scheme, which has yet to be put into place, was a "way forward".

"It is still a work in progress. Whether it's DRG or in fact moving into Case-Mix Group (CMG), I think we would be in a better position to mitigate and handle medical inflation," he said.

The DRG system categorises patients with similar clinical diagnoses to better manage hospital costs, while the CMG tool aims to enhance care efficiency and quality.

When contacted, APHEM president Datuk Dr Rajat Singh noted that while private hospitals strive to keep costs low, they face challenges balancing affordability with financial viability.

"Healthcare inflation is inevitable due to various factors, including rising technology and operational expenses."

"Striking this balance is crucial to maintain access to quality care

without compromising services," he told *The Star*.

Dr Kuljit said a study by APHEM revealed that the standard rate of inflation for private healthcare in Malaysia mirrored that of global trends.

"For instance, APHEM highlights that while prices may rise due to technological enhancements, the core healthcare costs, without these added factors, align closely with international benchmarks," he said.

He added that the healthcare inflation rate often did not account for the costs of new technologies, such as robotic surgery, which have become more common in Malaysia.

"These innovations improve patient outcomes and care quality but the associated costs are often labelled as medical inflation," he explained.

"The same applies to new and innovative drugs. These have a direct benefit to patient outcomes, and the quality of care, but added cost is unavoidable."

AKHBAR : THE STAR
MUKA SURAT : 3
RUANGAN : NATION

Exorbitant charges rile up patients at private hospitals

By DIVYA THERESA RAVI
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PETALING JAYA: Ever increasing fees at private healthcare facilities are leaving patients reeling, as basic services such as temperature checks and wound dressings come at a premium.

This financial strain is prompting some to explore more affordable options at public hospitals.

Fazureena Hashim, 46, claimed that private hospitals charge for every little thing, resulting in significant expenses compared to government hospitals.

"Private healthcare personnel bill you for everything they do, including minor things like checking your temperature or drawing blood, which should be included in the main fee.

"I do not understand why these private hospitals charge close to RM10 for cotton swabs and alcohol swabs.

"And this depends on how frequently you need to do wound dressing," said the lecturer, who had sought treatment for a ear, nose and throat complaint.

Stephanie Lim, 63, who suffers from rheumatoid arthritis, switched from a private hospital to a government facility for her medical consultation and medication.

"I have knee pain and I used to go see a consultant at private hospital for treatment and it was very expensive ... in the end I could not afford it.

"I started going to the government hospital instead," she said.

The retiree said that she did not mind the longer waiting times at the public hospital as the cost savings for her treatment were worth it.

Mario Jaganathan, 24, said that when he was admitted for acute tonsillitis at a private hospital recently, he was charged several hundred ringgit each time the doctor visited the ward for check-ups.

He also claimed he had to take additional tests for Covid-19 and influenza that cost over RM200 each, which he found unnecessary.

"One of the antibiotics that I was prescribed cost RM2,000 for 10 tablets.

"Because of this, most time they double check if a patient has insurance because they know how expensive their services are.

"A single 10-minute consultation costs RM200 and after tax and medical prescriptions from the hospital pharmacy, you end up having to fork out RM800 or more," said Mario.

The escalating private hospital fees have prompted Health Minister Datuk Seri Dr Dzulkefly Ahmad to urge the private healthcare sector to control costs for the benefit of citizens.

Speaking at the launch of the Association of Private Hospitals Malaysia Fact Book yesterday, he said the significant rise in fees was alarming and needed to be addressed.

AKHBAR : THE STAR
MUKA SURAT : 15
RUANGAN : VIEWS

THE STAR, THURSDAY 14 NOVEMBER 2024



YOUR OPINION

Alarming rate of diabetes

TODAY is World Diabetes Day. Since it was launched by the International Diabetes Federation and the World Health Organisation in 1991 it has become the primary awareness campaign of the global diabetes community.

This year's theme, "Breaking Barriers, Bridging Gaps", emphasises the importance of reducing the risk of diabetes, and ensuring that all those who are diagnosed with diabetes have access to equitable, comprehensive, affordable, and quality treatment and care.

Every year on this date Malaysia's Health Ministry launches a campaign to create awareness of the effects of diabetes. In spite of this, the prevalence of diabetes mellitus in Malaysia, especially Type 2, has increased to epidemic proportions.

According to the National Health and Morbidity Survey 2023, almost 2.3 million adults in the country live with four major noncommunicable diseases, namely diabetes, hypertension, high cholesterol, and obesity. Diabetes has been identified as one of the major killer diseases in Malaysia. The report also stated that almost 3.6 million, or one in six adults (15.6%), were diabetic. Shockingly, 84% of adults aged 18-29 years with diabetes did not know that they are diabetic. It was also reported that, unusually, young adults were



Photo: AZLINA ABDULLAH/The Star

also affected.

Malaysian adults are also getting fatter, with a rising obesity rate at 54.6%. This trend in overweightness and obesity among adults in Malaysia rose 10% in a decade. With an obesity rate of 54.4%, a significant proportion of the population is at an increased risk to be diabetic.

A sedentary or inactive lifestyle is one of the causes of the increasing number of Malaysians becoming overweight and obese. According to experts, the "fat phenomenon" in our country can be attributed to a combination of poor eating habits, a diet high in calories, and a decline in physical activity, resulting in more caloric intake than is required by the body.

In addition, more meals eaten away from home, fewer family meals, and greater portion sizes may also have contributed to

overweightness. Furthermore, the boom in mobile entertainment devices and too much screen time has also contributed to sedentary lifestyles.

The diabetes prevalence rate in Malaysia has risen much faster than expected, almost doubling in magnitude over the last decade. Diabetes does not only take a toll on the country's resources, but also on the limbs (amputation), eyesight (blindness), kidneys (failure), heart (failure), and nerves (damage) of its sufferers.

Diabetes is a chronic disease that can be prevented and if for those affected, diabetes can be managed to delay or prevent its complications by maintaining a healthy lifestyle and making better diet choices.

In view of the alarming rate of diabetes among Malaysians, the Consumers Association of Penang urges the authorities to:

> Ism the use of high fructose corn syrup, a cheap and unhealthy substitute for refined sugar, in food products.

> Amend labelling laws to make manufacturers clearly indicate the amount of sugar in their products by showing the number of teaspoonful of sugar contained.

> Stop advertisements of high-sugar and other junk food and drinks in television.

> Ban the sale of junk food in school canteens and food hawkers within a fixed perimeter around schools so that school children are not tempted to purchase unhealthy food.

> Initiate the removal of vending machines dispensing junk food and sugary drinks from areas such as hospitals, airports, and schools. Instead, provide drinking water in water dispensers at these places.

> Launch a massive campaign in the mass media to educate the public about the dangers of diabetes.

> Launch a massive campaign to encourage consumers to engage in physical activities to avoid being obese.

> Stop issuing 24-hour licenses to eating outlets.

MOHIDEEN ABDUL KADER
President
Consumers Association of Penang (CAP)

AKHBAR : THE SUN
MUKA SURAT : 5
RUANGAN : NATIONAL

Awareness, diet control vital to curb diabetes

➤ Prevalence of condition among youths likely due to high-calorie food, sugar-laden drinks and lack of exercise: Specialist

BY DEEPAKSHMI MANICKAM
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PETALING JAYA With today being World Diabetes Day, medical specialists are calling on authorities to promote greater awareness on diabetes and diet control.

The 2023 National Health and Morbidity Survey showed diabetes affects 15.6% of Malaysian adults, including a significant portion of youths.

Internal medicine physician and diabetes specialist Dr Lavanya Narayanan said the survey highlighted the need for increased awareness, prevention and effective management of the escalating health crisis as many individuals aged between 18 and 25 may be unaware that they have it.

She said the shift to younger people being affected by diabetes is largely due to changes in lifestyle, with high-calorie diets, sugar-laden drinks and lack of exercise becoming prevalent.

"Type two diabetes mellitus (T2DM) makes up the majority of diabetes cases in Malaysia and has become extremely common. Nearly one in five adults is affected."

"T2DM could lead to severe complications if not well managed, including vision loss from diabetic retinopathy, kidney failure requiring dialysis and increased risk of heart disease and stroke."

Diabetic neuropathy often affects the feet, leading to injuries that may go unnoticed and in extreme cases, require amputation.

She said managing T2DM can be an overwhelming and exhausting daily challenge as advanced-stage patients often experience nerve damage that limits their mobility and independence, which could disrupt even the simplest activities, such as



Lavanya said taking a proactive approach to disease management would give people a better chance at a full and active life despite their condition. —AMRUL SYAFIQ/THE SUN

walking or holding objects.

She added that studies showed that people with diabetes are twice as likely to experience depression compared with those without, while anxiety often comes from the unpredictability of blood sugar levels and the constant vigilance that is required.

Lavanya said diabetes distress, which encompasses the mental and emotional exhaustion that comes with constantly monitoring food, exercise and glucose levels, causes many to feel isolated, burnt out or hopeless because of the relentless pressure to manage their health.

She also said beyond the individual impact, it is essential to break the stigma around mental health issues affecting diabetic patients, acknowledging their challenges and encouraging open discussions.

According to her, World Diabetes Day serves as a reminder of the need to address diabetes in Malaysia as taking a proactive approach to disease management would give people a better chance at a full and active life despite their condition.

Universiti Malaysia Terengganu Food Technology Programme lecturer Assoc Prof Dr Mohamad Khairi Mohd Zainol recommended practical tips on balancing traditional rice-based dishes with blood

sugar control.

"Switching to wholegrain rice, such as brown or red rice, could help lower the glycemic impact. Another important factor is portion control, in which you fill your plate with more vegetables, lean meats and healthy fats to slow glucose absorption."

He recommended substituting ingredients such as white rice with mixed grains or adding vegetables and lean proteins to reduce carbohydrates and increase fibre intake.

He said it is tricky to regulate portion sizes due to the communal dining culture of Malaysia, in which family and friends share huge portions and high-calorie foods, that may cause diabetes cases to increase.

"Roti jawa served with curry and nasi lemak are heavy in fat and refined carbs, which have the potential to quickly raise blood sugar levels. Over time, they raise the risk of insulin resistance and cause diabetes."

"Beverages such as canned drinks and teh tarik, and desserts such as ais kacang increase daily sugar intake and are another serious issue."

He advised families to make healthier choices by adopting different cooking methods, such as steaming, grilling or air frying instead of deep frying as it cuts down on oils while preserving flavour.