



# 4<sup>th</sup> UNIMAS

**Nursing Students' Conference**

**&**

**Post Conference Workshop**

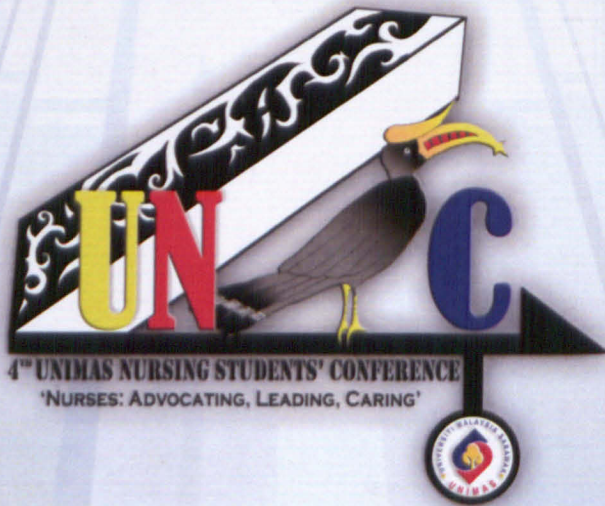
**NURSES: ADVOCATING, LEADING, CARING**

**23-24 Feb 2013**

**Dewan Tunku Abdul Rahman  
(DeTAR) Putra**

**Universiti Malaysia Sarawak**

# Logo Description



**UNSC** = UNIMAS NURSING STUDENTS CONFERENCE

**UNC** = YELLOW, RED AND BLUE (Official UNIMAS colour)

**TERABAI** = **ADVOCATING**, a unique personality of nurses whom love to provide support, encouragement, backing for the right of patients and promoting a better life style to the community.

**Arrow** = **LEADING**, nurses today able to be independent and a leader in managing the care for their patients. A strong team work between nurses lead the nursing care today become more advancing and modernize.

**Arrow and UNIMAS logo** = together with UNIMAS this conference will continue to bring the nurses to the new and advancing nursing skills and knowledge.

**KENYALANG** = Showing capital S, place of this conference in Sarawak, most importantly showing the symbol of **CARING**. Like a bird they guide their chick until able to be independent and able to survive in outside world. These show how nurses do their care promoting a good care until the patient able to gain their health back.

**Terabai, arrow and UNIMAS logo** = make the number 4 represent the 4<sup>th</sup> UNSC.



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# Welcoming Message



Assistant Minister of Public Health,

Malaysia

Member of Parliament

P198 Mambong

I would like to extend my gratitude to the Faculty of Medicine and Health Sciences Universiti Malaysia Sarawak (UNIMAS), especially to the Final Year Nursing students for inviting me to officiate the 4<sup>th</sup> UNIMAS Nursing Students Conference 2013 and Post Conference Workshop. I am sure many delegates are eager to participate and share knowledge and experiences in this conference which gather the various categories nurses from all over Malaysia and also Singapore. I would like to welcome all delegates to the conference.

'Nurses: Advocating, Leading, Caring' fits the purpose of conference as it is the Theme of this year's Nurses Day. There is a need to provide the best quality care in health and to provide nurses with skills that can enhance their career as advocator, leader and carer.

In order to be someone who can advocate, lead and care for their patients they need to be constantly updated to refine their skills.

Nurses should always be 'ahead of others' in search of new knowledge and creating new innovations to improve nursing profession through evidence-based practice. Lastly, to all the delegates, the moment we stop learning, life stops.

**YB Dr Jerip Ak Susil**

# Welcoming Message



UNIMAS Vice-Chancellor



On behalf of UNIMAS, it is my great pleasure to extend a warm welcome to all participants to the 4<sup>th</sup> UNIMAS Nursing Students' Conference 2013 and Post Conference Workshops with the themes of Nurses: Advocating, Leading and Caring.

UNIMAS has always been encouraging students to be the frontline to pursue excellent in research and innovation. Nursing Conference allows nursing students, academics and nurses throughout Sarawak to share their knowledge and experiences particularly in nursing. Bringing both practitioners and academicians in this conference creates the cohesiveness and collaboration for nursing profession in search of new frontiers of nursing education.

I am blessed with the presence of speakers, who are competence and more experiences in their respective area. Their participation and contributions are deeply appreciated.

Last but not least, I wish to convey my sincere appreciation, to the organizing committee who has worked very hard to organize this event and I sincerely hope all the participants will benefit from the technical contents of this conference. I wish you a fruitful and successful conference.

YBhg Prof Datu Dr Khairuddin Ab Hamid

# Welcoming Message



Dean

Faculty of Medicine and Health Sciences

It is my great pleasure to extend my sincere welcome to all the participants of the 4<sup>th</sup> UNIMAS Nursing Students' Conference and Post Conference Workshop.

I would like to congratulate the final year nursing students on their efforts in organizing this conference. This is golden opportunity to learn and improvise skills in organizing events. I am assured that this conference will run well guided by experienced lecturers and other professionals in the faculty.

Knowledge and experiences are important ingredients to make the best of nurses profession. Knowledge and experience passed on from one person to another and thereby propagate until this age. Through this kind of conference, knowledge is shared and thus improves the quality of care given to the patient. Students are encouraged to participate in conference to learn more. This conference is a platform for students from various institutions and colleges to share and gain knowledge from each other.

We are blessed with the presence of our distinguished speakers, who are prominent scholars in their respective areas. Their participation and contributions are deeply appreciated.

I hope that both organizer and participants will benefit from the contents of this conference. As you graduate and practice your profession there will be new frontiers and new challenges to face that will test your resilience and innovativeness in expanding the scope and depth of knowledge in your profession.

I wish you all the best.

**Prof Dr Haji Ahmad Hata**

# Welcoming Message



Head of Nursing Department

Faculty of Medicine and Health Sciences



Welcome to the 4<sup>th</sup> UNIMAS Nursing Students Conference 2013.

Congratulations to the organizing committee, the final year UNIMAS nursing students of session 2009/2010 intake. This group took up the challenges to organize this 4<sup>th</sup> UNIMAS Nursing Students Conference 2013.

You all have succeeded in organizing this conference. On the top of your compelling pressures as final year students, you worked extra hard and long hours. It indicates that you are aware of the importance of sharing knowledge.

UNIMAS Nursing Programme values creativity in developing human potential and encourages students to be both critical thinkers and independent learners.

The theme, *Nurses: Advocating, Leading, Caring* is appropriate and the topics presented are relevant not only for nursing students but also other health professional.

I hope delegates take this opportunity to network and learn from each other.

Wishing you all a productive conferencing

Dr Zabidah Putit

# Welcoming Message



Message from

Organising Chairperson

Assalamuailaikum w.b.t and Salam Perpaduan.

I wish to extend greetings and welcome to all delegates of the 4<sup>th</sup> UNIMAS Nursing Students Conference 2013.

I am honored and grateful that I was given the opportunity to lead my committee to organize this nursing conference.

The theme "Nurses: Advocating, Leading, Caring" is in line with the International Nurses Day. More and more people are expecting better services in terms of nursing care especially from nurses. Nurses are the patient advocator. They are leader in the health care service. The nurses also show their caring attitudes to the patient.

Nurses need to empower themselves with knowledge and desire to improve and expert nursing practice. This reflect professionalism be recognised as part of the theme in the health system.

This conference serves as a platform for nursing students and nurses alike to share knowledge and experiences in the clinical settings as well as in nursing education. Learning never stops, sharing helps us to grow and to become a competent nurse.

I am sure all delegates benefit from the conference. Happy conferencing.

Thank you.

**Norheiza Binti Mohd Benedict**



# Organising Committee

## Organising Committee

**Patron** : Prof. Dr. Haji Ahmad Hata bin Rasit (Dean of Faculty of Medicine and Health Sciences)

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En Ezalman bin Tambi Lee

**Facilitator** : Mdm Rose Nanju  
Ms Jane Buncuan

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Ms Jane Buncuan  
AP Dr Chang Ching Thon

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# Organising Committee



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<b>Sponsorship &amp; Fund Raising</b>	: Noorul Izzah Ibrahim Siti Musliha Bt Sani

# Conference Programme

**SATURDAY 23rd February 2013**

**0700** Registration

**0800** Innovation Project Presentation I

## **Official Opening**

**0815** Arrival of Invited guests:

Dr. Zabidah Putit

Head of Nursing Department, UNIMAS

YBhg Prof Dr. Hj Ahmad Hata Rasit

Dean of Faculty of Medicine and Health Sciences, UNIMAS

YBhg Prof Dr. Peter Songan

Deputy Vice Chancellor (Research and Innovation) of UNIMAS

**0840** Arrival of YB Dr Belek @ Jerip ak Susil

Menteri Muda Kesihatan Awam Sarawak

**0850** Singing of National Anthem and UNIMAS Gemilang

**0900** Welcoming performance

**0905** Recitation of Doa

**0915** Welcoming speech by Miss Norheiza Bt Mohd Benedict

Organizing Chairperson of 4<sup>th</sup> UNIMAS Nursing Students Conference and Post Conference Workshop

# Conference Programme

- 0920** Welcoming speech by Vice Chancellor YBhg Prof Datu Dr Khairuddin Ab Hamid UNIMAS
- 0930** Opening Speech and Launching Ceremony by YB Dr Jerip ak Susil  
Menteri Kesihatan Muda Awam Sarawak
- 1000** Photo Session
- 1010** Tea Break
- 1030** Keynote Speaker I – Dr Zabidah Hj Putit
- 1115** Free Paper I: Mr Roslani
- 1140** Free Paper II: Ms Evelyn a k Mujah & Ms Kantan ak Minggu
- 1205** Innovation Project Presentation II
- 1230** Lunch/Zohor Prayer
- 1400** Keynote Speaker II - AP Dr Chang Ching Thon
- 1445** Innovation Project  
Presentation III
- 1510** Free Paper III: Ms Ivy (IMU)
- 1535** Free Paper IV: Ms Zakira Mamat (USM)
- 1600** Tea Break
- 1625** Free Paper V: Ms Joan (IMU)
- 1650** Free Paper VI: Ms Sofyana Binti Pius & Ms Ivina Efa Anak Kalong

# Conference Programme

**SUNDAY 24th February 2013**

**0730** Registration

**0830** Concurrent Workshops

1. CNE 1: Mary William (SGH)
2. CNE 2 : Saloma Pawi (UNIMAS)

**1000** Tea Break

**1030** Concurrent Workshops

1. CNE 3 : Dr Greta Miranda Goh (UNIMAS)
2. CNE 4 : Rose Nanju (UNIMAS)

**1100** Lunch/Zohor Prayer

**1330** Panel Discussion

*Forum*

**1430** Closing Ceremony

- Speech by HOD Nursing, UNIMAS, Dr Zabidah Hj Putit
- Performance by Nursing student

**1445** Tea break

**1500** End of Session

# Keynote speaker

## I



### “Nurses: Advocating, Leading, Caring”

Dr Zabidah Putit

Department of Nursing, UNIMAS

The vast knowledge and skills nurses possess and being in a profession, who is with the patients throughout the time, gives the opportunity for nurses to advocate, lead and care for the patients and his/her family. Within the hospital setting, nurses advocate by explaining information about patient's sickness, the procedures and treatment into a language patients and relatives could comprehend. Nurses lead in the caring profession. As a well-informed, well-educated and passionate nurse, the concept of advocacy does not stop at patient's bedside but also at a broader level. In the community, nurses become health advocates and see the need for change.

#### Biodata

Dr Zabidah Putit is currently the Head and a Senior Lecturer in the Nursing Department, Universiti Malaysia Sarawak (UNIMAS). She obtained her PhD from the University of Bristol UK, MHS (Hons) in New Zealand, and BNSc (Hons) from Universiti Malaya, while her midwifery and nursing qualification were gained at the Nursing College in Kuching, Sarawak.

She has been a nurse since 1983. She joined academia in 1997. She has nursing experience at Bristol Royal Infirmary Hospital, UK. She also had the opportunity teaching at the School of Policy Studies, University of Bristol, UK from 2005 to 2008. Her research interests are in family, public health, domestic violence and nursing, and she has presented her related research projects both nationally and internationally. Besides publishing her works in journals, Dr Zabidah Putit is also the author of several books: *Perempuan Di(Se)Balik dinding kaca* (2006), *Domestic Violence: Towards a better exit* (2010) and a chapter of the book entitled *Sarawak women, treading the path of post-independence years* (2011) and *Sarawak Women in Politics* (2012).

# Keynote speaker II



**"Nurses: Advocating, leading, caring." What does this phrase really mean?**

Associate Professor Dr. Chang Ching Thon

Department of Nursing, UNIMAS

Since the era of Florence Nightingale, the goal of nursing focuses on providing a safe and caring environment that promotes patients' health and well being. To achieve this goal, nurses at all level should perform the key roles of advocating, leading and caring. Of these three roles, advocacy is yet to become the mainstay of nursing especially among Malaysian nurses who are still struggling to gain its place as a profession. Advocacy is an active process of supporting a cause or position. An advocator works on behalf of self and/or others to raise awareness of a concern and to promote solutions to the issue. Leading is the art of influencing one or more people in a positive manner. Caring is the essence of nursing. While this phrase of advocating, leading and caring should be the dogma of nursing, what does it really mean for nurses who work in the field? This paper will address this issue.

## **Biodata:**

Dr. Chang Ching Thon is an Associate Professor at the Department of Nursing, Faculty of Medicine and Health Sciences, UNIMAS. She is currently a Board Member for Asia Pacific International University, Thailand, Panel of Assessor for Malaysian Qualification Agency, a member of Faculty Post-Graduate Committee, and a member of Faculty Research Committee. Presently she is involved in a research entitled "Physical activity and sustainable health: nutrition status, community wellbeing and environmental enhancement" under Universiti Sains Malaysia Research University Grand (Team) as well another research "Factors associated with physical activity levels among adolescents attending school in Kuching Division, Sarawak" funded by Sarawak Heart Foundation. She had published several papers in national and international journals and a reviewer for international journals.



# Continuous Nursing Education (CNE)

## **CNE I : INFECTION CONTROL PRECAUTIONS IN HOSPITAL SETTINGS**

Mary William

Infection Control Unit, SGH

Nosocomial infection affects many lives and cause unnecessary death in the hospital settings. Nosocomial infection can be prevented through proper control measures such as hand washing. Protective personal equipment (PPE) is also important in infection control. It is a specialized clothing or equipment that creates barriers against any body fluid that could have been contaminated. This presentation will highlight the precautionary measures that should be practised by health care providers.

## **CNE II : COPING WITH ROLE TRANSITION OF NEWLY GRADUATED NURSES**

Saloma Pawi

Department of Nursing, UNIMAS

Newly graduated nurses are usually eager to join the workforce. However, they experience a role transition from school/college/university to the "reality" of nursing practice. They face various situations and knowledge gaps in the workplace that challenge their clinical competency. In addition, the newly graduated nurses' knowledge is being tested by other trained nurses. Effective coping mechanisms could reduce stress level and avoid burnout.



# Continuous Nursing Education (CNE)

## **CNE III : Complementary and Alternative Medicine (CAM): To Use or Not To Use**

Dr Greta Miranda Goh, PhD

Department of Nursing, UNIMAS

Health care professionals need to be aware that patients might use complementary and alternative medicine (CAM). CAM encompasses a wide range of therapies and health care modalities. Although most CAM users also partake in conventional medicine, many of these patients do not disclose their usage to the health care providers. This presentation raises important issues about CAM usage among patients; explore who uses it and explain how to begin the discussion with patients.

## **CNE IV : Nurses Advocating, Leading and Caring: Communication Skills.**

Rose Nanju

Department of Nursing, UNIMAS

Communication is essential in nursing. It is a process that requires interpretation, sensitivity, imagination and active participation. Communication is a lifelong learning process especially for nurses. It is the basic element of human interactions that allows people to establish, maintain and improve contacts with others. Research however, indicates that poor communication in nursing is probably the most frequently cited source of interpersonal conflict. It is imperative for nurses to acquire good communication skill to lead, advocate and care effectively.

# Innovation Projects

## "BECH Occluder"

Bibi Wong S. H., Chen A. L., Eva Aftar Noor M. T., & Fong N. M.

Visual acuity (VA) test is a simple, common, yet essential screening test on the acuteness or clearness of vision in ophthalmology. Currently, *Astron Lorgnette Mask (ALM) occluder* (hand-held) is the tool commonly used in practice. During our posting at Ophthalmology Clinic in Sarawak General Hospital, we observed that *ALM occluder* is uncomfortable, inconvenient for frail elderly, physically impaired and illiterate patients. Moreover, some patients pressed the occluder hard on their face, or peeped from the occluded eye which might affect the accuracy of the reading. Thus, we invented the spectacle pinhole occluder named *BECH occluder*. The *BECH occluder* eases the visual checking process for elderly and physically impaired. It also enhances comfort and eases the assessment process for those with language barrier, illiterate or cognitively impaired. This improves the accuracy of VA reading and is time saving. Majority of the staff and patients agreed this innovation project is beneficial and they suggested that *BECH occluder* should be used.

## "Nebulization Chart"

Arviana bt Rantai, Jesiendra Jango, Nuramnani bt Shahrin,

Norheiza bt Mohd Benedict

The innovation project was done during our elective posting at Emergency and Trauma Unit, Sarawak General Hospital. The purpose of the project was to improve the nebulization procedure and documentation. This innovation is the outcome our assessment which showed that there was no clear protocol for nebulization procedure at the Asthma Bay of Emergency and Trauma Department in Sarawak General Hospital. Health personnel who are involved in administering nebulizer treatment need to read pages of instruction to get the information related to nebulizer treatment. Thus, this



# Innovation Projects

delays the treatment procedure. There is also a possibility of ineffective nebulization due to misinterpretation of instruction. Hence, our group came up with the idea to create the *Nebulization Chart* to ease and hasten the nebulization procedure. This innovation has shown that it has improved the treatment process and is therefore recommended to be used.

## The use of E-Kits to enhance the motor skills of older adults at the Old Aged Home, Kuching

Debby Flynn Ak Denney, Jamaliah binti Peli, Jesiendra Jango, Noorul Izzah binti Ibrahim, Norheiza binti Mohd Benedict, Rafidah binti Rosli, Sabarina Salamat, Siti Musliha binti Sani, Siti Hajar binti Abdul Rahim, Siti Fatimah Zaharah binti Musa

As time goes by, older adults face the processes of ageing. They may experience limitations in engaging with activities of daily living. Occupational therapy intervention may provide support for older adults experiencing physical and cognitive changes. One of the innovative projects designed for older adults is the E-kit set. This instrument is a combination of FM set, Ex Set and D-bag. Each combination has its own role in enhancing the motor skills of older adults. Feedback from older adults suggests that the E-kit set is a useful instrument to enhance their motor skills such as picking up and holding objects. Thus, the E-kit is recommended for used by older adults in the Old Aged Home.

## **Advocacy: Visible In Action**

Mohd Roslani Bin Hashim  
Hospital Az-Zahrah

Advocating is one of the nursing roles that seem to be neglected at the workplace. Being patient's advocator is not seen as important when delivering nursing care. This role should be used in protecting patients' rights. Nurses seem to think that they do not have the power to influence the health care team. Nurses need to be well-informed and competent in order to be able to advocate for patients. There are many tools that can be used in patient's advocacy. In this presentation, real experiences as a student and graduate nurse will be shared.

## **Hair Shampoo Pan**

Evelyna ak Mujah & Kantan ak Minggu  
College of Nursing SibU

Hair hygiene is an important element of grooming. For patient who is hospitalized and unable to manage their own self grooming, nurses need to assist them in maintaining personal self care. A survey was conducted to explore why hair shampoo was not done on most patients in the wards. The data showed there were several contributing factors. As a result of the finding, a device called "Hair Shampoo Pan" was invented.

## **A Preliminary Study: Perception and Level of Understanding of Consent Form among adult patients in a Malaysian Healthcare Organization.**

Joann Chan, Ivy Mong & Pak Fong Wong  
Nursing Division, International Medical University

Patients are required to sign the consent form before they undergo certain procedures especially general anesthesia. When patients give an informed consent, it is assumed that they understood the information that was given and make a decision after having considered each option. The purpose of the study was to describe the perception and level of understanding of the information given while obtaining the informed consent

from adult patients prior to the procedure. Patients in a private hospital were randomly selected using systemic random sampling method. Face-to-face interview were conducted using a 4-point Likert scale questionnaire. The perception and understanding of the patients towards informed consent has not reached the satisfactory level where the patients did not understand the purpose of the consent form, the implication of the form as well as their rights as a patient (n=10). There is a need for the nurses to assess patient's perception and level of understanding towards informed consent. It is important that nurses need to be aware of the legal implications of informed consent in order for them to care and advocate for the patients. This is a pilot study. The actual study consists of 101 samples is on-going.

## **Module Intensive Cardiac Rehabilitation (IREKAF) Improved Quality of Life of Cardiac Surgery Patients in Kelantan**

Zakira Mamat<sup>1</sup>, Mohamad Ziyadi Ghazali<sup>2</sup>, Mohamed Rusli Abdullah<sup>3</sup> & Khatijah Lim Abdullah<sup>4</sup>

<sup>1</sup>Nursing Programme, School Of Health Sciences, Universiti Sains Malaysia,

<sup>2</sup>Department of Surgery, School of Medical Sciences,Universiti Sains Malaysia,

<sup>3</sup>Department of Community Medicine, School of Medical Sciences,Universiti Sains Malaysia,

<sup>4</sup>Department of Nursing Science, Faculty Of Medicine, Universiti Malaya

Intensive cardiac rehabilitation (IREKAF) is an effective programme to improve quality of life for patients after cardiac surgery. In developing countries cardiovascular disease is still the main cause of death and quality of life patient is low compared to other countries. This pilot study was conducted in HUSM using non-randomised controlled trial design to evaluate the quality of life of cardiac surgery patients after an intensive cardiac rehabilitation programme. A total of 30 patients with cardiac problems admitted to Coronary Intensive Care Unit (CICU) and planned for cardiac surgery were assigned into control (group A, n=15) and experimental (group B, n=15 ) groups. Participants in group A were using Intensive Cardiac Rehabilitation (ICR) module A (HUSM) whereas group B was using module B (IREKAF). Quality of life (QOL) was measured four times (pre-test, phase 1, phase 2 and phase 3) using self-administered questionnaire Mac New. The repeated measure ANOVA were used to analyse the difference in score of QOL among

group A and B and the time effect of QOL on patient following ICR. The results showed that group B scored higher than group A for Mac New ( $p < 0.05$ ). The time effect for Mac New showed that there was only one pair ( $t_1$  and  $t_0$ ) for which there were no significant difference with  $p$ -value  $> 0.05$ . The differences for all the other pair were significant at  $p < 0.05$ . Group B scored higher time effect compared with group A. In conclusion, findings of this pilot study indicated that ICR module B (IREKAF) was better than ICR module A in improving QOL of patients after cardiac surgery. It is recommended that an evaluation of QOL should be done after 85 days of cardiac rehabilitation programme. Mac New instrument is relevant to be used for the measurement of cardiac patient after cardiac surgery.

## **A reflection of nursing in Malaysia: advocating, leading and caring**

Joann Chan

Nursing Division, International Medical University

Nursing has evolved from being a doctor's handmaiden into a respected profession through tertiary education. Today, nurses continue to be challenged to expand their roles and explore new areas of practice and leadership. In 2011, the nurse-patient ratio was 1:387 in Malaysia (Ministry of Health, 2012). The work of nursing has become more complex and significantly more technical in nature. The basic nursing care that was once the hallmark of good nursing care is also slowly being left behind due to the shortage of staffs and the overwhelming workload. For example, backrubs have been replaced by the ripple mattress and bedpans have been replaced by the commercial diapers. Occasionally, we also heard patients complained that they have not received a bath, their diapers were not changed or remained fully soaked throughout a shift. We also observed that patient's bedside table was cluttered. These examples were disheartening, as a holistic nursing care should be delivered not only safely but also in a caring and compassionate manner.

## A critical incident report: A tepid sponging that end up with last office

Sofyana Binti Pius & Ivina Efa Anak Kalong  
College of Nursing Sibuh

A year 1 student nurse was attached to ward x at hospital b. It was her third week of attachment. She was instructed to perform a tepid sponging on a patient who was having hyperpyrexia. Being a novice, she performed the procedure enthusiastically and innocently, without knowing that the patient is going to leave this world. What happened next?



## Trade Exhibitor



- ◉ National University Health System (NUHS)
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We regret that only shortlisted candidates  
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