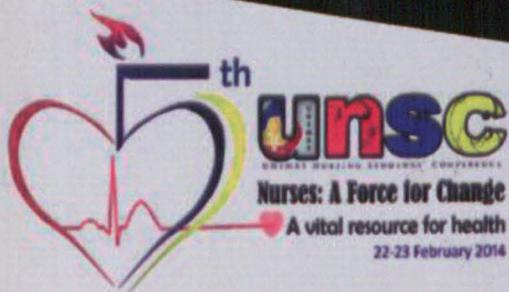


5th  
UNIMAS NURSING STUDENTS'  
CONFERENCE  
2014



**Nurses: A Force for Change - A vital resource for health**



DeTAR PUTRA  
UNIMAS Kota Samarahan  
22-23 February 2014

# Logo Description



No	Icon	Description
1.	5 <sup>th</sup> UNSC	5 <sup>th</sup> UNIMAS Nursing Students' Conference
2.	Heart	The force for change comes from the core of every nurse: The sincere heart and love for nursing drives the profession beyond its boundaries.
3.	Yellow, red, and blue colors	UNIMAS corporate colors.
4.	Nurses: A Force for Change - A vital resource for health	Theme for the 2014 International Nurses' Day.
5.	Sinus rhythm with a heart	It is in the normal nature of every dedicated nurse to "care" for their patients – It is this humbling yet biggest and most fulfilling aspect of nursing which keeps the heart of the profession beating and full of life.
6.	Flame	Inspired from Nightingale's "Lady with the Lamp" which represents the burning dedication of nurses who go beyond adversities and the call of duty to serve. The flame burns continuously in everlasting generations of nurses.
7.	22-23 February 2014	The date of the 5 <sup>th</sup> UNIMAS Nursing Students' Conference.

Logo designed by: Ms. Lina Wong

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## Vice Chancellor, UNIMAS

YBhg Prof Dato' Dr Mohamad Kadim Suaidi



I would like to extend my warmest welcome to all delegates to the 5<sup>th</sup> UNIMAS Nursing Students' Conference 2014 with the theme "Nurses: A Force for Change - A vital resource for health".

UNIMAS is well known for its advanced facilities and professional teaching force which is vital for students to realise their dreams and excel in their studies. This conference provides a forum for nursing students, academicians and nurses both nationally and internationally to share knowledge and experiences.

With the current globalisation and advancement, the health care system is faced with new challenges. Being the front liners of the healthcare system, nurses are expected to be the force of change to lead the profession and healthcare system forward.

Thus, I would like to take this opportunity to thank the organising committee of the 5<sup>th</sup> UNIMAS Nursing Students' Conference from the Nursing Department for their initiative in organising this conference. To all delegates, I hope that you will benefit from the conference and apply the knowledge gained into practice.

## Dean, Faculty of Medicine and Health Sciences UNIMAS

Prof Dr Hj Ahmad Hata Rasit



Warmest greetings to all.

First and foremost, I am honoured to personally welcome all delegates to the 5<sup>th</sup> UNIMAS Nursing Students' Conference 2014. For the past 4 years, this annual event has been a great platform for presenters and participants to share their knowledge and experiences in nursing.

I would like to congratulate the Final Year Nursing Students for organising the 5<sup>th</sup> UNIMAS Nursing Students' Conference 2014. It is astounding to witness these students building up their courage and gather their effort in order to actualise such a memorable and successful event. I am proud to see this annual conference growing and reaching new heights every year and particularly this auspicious year as the Faculty of Medicine and Health Sciences celebrates it's 20 years.

The conference theme this year, **"Nurses: A Force for Change-A Vital Resource for Health"** focuses on the role of nurses as health resources to clients. This implies that nurses have to be empowered with knowledge and cutting-edge skills to be able to meet the needs and expectations of today's healthcare consumers.

It is our aspiration that the knowledge and experiences gained and shared throughout this conference would not only benefit individuals but also leave a lasting impact on the profession and healthcare as a whole.

Thank You.

## Head of Nursing Department, UNIMAS Yang Berusaha Assoc Prof Dr Zabidah Putit



Welcome to the 5<sup>th</sup> UNIMAS Nursing Students' Conference.

This is made possible by the highly motivated and energetic final year UNIMAS nursing students. This year is the 5<sup>th</sup> year of the annual conference – another remarkable event to note.

The theme “Nurses: A force for change. A vital resource for health” is in line with the Faculty of Medicine and Health Sciences’ philosophy....capable of achieving the challenges of change. As the Faculty strives forward in its twentieth year in pursuit of excellent, a force for change is indeed crucial in evolving the nursing profession.

Amongst the highlights of this conference is the nursing students’ presentation. This includes presenters from several nursing colleges, the IPTAs and IPTS in Malaysia. They contribute to developing creative and innovative project in nursing – credit is due to them. Besides, the conference also offers impressive range of invited experts in nursing of various specialisations. I hope you find this conference as illuminating as it was in the previous years.

I would like to congratulate the organising committee for you have worked hard and long hours to ensure that this conference is a success despite your academic demands.

I hope delegates have a productive learning and take this opportunity to network with one another.

## Organising Chairperson of 5<sup>th</sup> UNSC Ms Natally Henry



Greetings and warmest welcome to the 5th UNIMAS Nursing Student's Conference 2014.

I am honoured to be given the opportunity and trust to lead the committee to organise this year's nursing students' conference. I would like to extend my gratitude to our patron, Prof Dr YBhg Ahmad Hata Rasit, our advisor and Head of the Nursing Department, Assoc Prof Dr Zabidah Putit, Senior Assistant Registrar, Mr Ezalman Tambi Lee and our dedicated facilitators, Mdm Rose Nanju and Mr Dev Nath Kaushal. I would also like to thank the conference scientific committee leader, Dr Sidiah John Siop, the staff of UNIMAS Nursing Department and the management of the University for guiding and facilitating our efforts in realising this event.

My sincere appreciation and gratitudes goes to the Organising Committee who has tirelessly worked to make this conference a success. On behalf of the organising committee, I would like to thank all the sponsors, booth operators, senior alumni of 2009/2010 and the media in contributing to the success of the 5th UNIMAS Nursing Student's Conference.

"Nurses: A force for change-a vital resource for health" was chosen as this year's conference theme, inline with the theme for this year's International Nurses Day. We hope to inspire students and nurses alike through this conference. I wish all delegates a fruitful conference and let us take this opportunity to network, share and learn from each other to advance the profession.

<b>Patron</b>	:	Prof Dr Hj Ahmad Hata bin Rasit (Dean of FMHS)
<b>Advisor</b>	:	Assoc Prof Dr Zabidah Putit Mr Ezalman Tambi Lee Mr Ahmad Katang
<b>Facilitator</b>	:	Mdm Rose Nanju Mr Dev Nath Kaushal
<b>Scientific Committee</b>	:	Dr Sidiah John Siop (Leader) Assoc Prof Dr Chang Ching Thon Assoc Prof Dr Zabidah Putit Dr Chan Kim Geok
<b>Organising Chairperson</b>	:	Natally Henry
<b>Deputy Chairperson</b>	:	Michelle Sally Atong Liana ak Jirin
<b>Secretary</b>	:	Anith Al Bakri A/P Mustafa Al Bakri
<b>Vice secretary</b>	:	Mahirah Zahirah bt Rejli Refelisia bt Johiun
<b>Treasurer</b>	:	Macschendo ak Mawat
<b>Vice treasurer</b>	:	Zafirahtunur bt Abdul Rajat
<b>Secretariat</b>	:	Ida James Niatie Dindun ak Sigie
<b>Publicity / IT Support and Multimedia</b>	:	Valerie Song Zi Yun Dytku Nurul Atirah bt Awg Suhaimi Cristie Subang ak Eddie
<b>Protocol</b>	:	Nadia bt Abdullah Siti Aisyah Hasan Aryati binti Abd Rahman Philumena Kueh Jing Feng



# Organising Committees



<b>Abstracts, Programme Book, &amp; T-shirts:</b>	:	Lina Wong Nor Azia bt Othman
<b>Food and Beverages</b>	:	Nur Atiqah bt Abdul Malek Ting Siew Ching Siti Saidatul Aqmar bt Kasim
<b>Logistics</b>	:	Poney bt Ubin Ronisah Brono Dyg Noraini bt Tajudin
<b>Gift &amp; Souvenir</b>	:	Amyliavella ak Tora Susan ak Jilo Carolynna ak Pelo Wong Li Ching
<b>Transport &amp; Placement</b>	:	Philumena Kueh Jing Feng Awg Nashyaruddin
<b>Performance</b>	:	Nur Safira bt Asman Nur Fadizlastiana bt Dawid
<b>Sponsorship</b>	:	Nur Faridah bt Husni Andrew Lawrence Helen Kiu Ling Ting
<b>Special Task Unit</b>	:	Awg Nashyaruddin Dyg Noraini bt Tajudin
<b>Photographer</b>	:	Cristie Subang ak Eddie

**Saturday, 22<sup>nd</sup> February 2014 (Day 1)****Session 1 Chairpersons:**

Natasha binti Anas

Ruzainthee a/p Selvamoney

- |      |   |
|------|---|
| 0700 | Registration  |
| 0745 | Innovation Project Presentation: 4E's Box   |
| 0810 | Innovation Project Presentation: Breastfeeding Support Pillow   |
| 0835 | CNE 1: <i>Changing practice: A force for change</i><br>Dr Sidiah John Siop (UNIMAS)   |
| 0915 | Innovation Project Presentation: Rapid Restraint  |
| 0940 | Tea Break   |
| 1000 | Video Presentation  |
| 1030 | <u>Arrival of VIPs</u><br>YBhg Prof Mohd Fadzil Abdul Rahman,<br><i>Deputy Vice-Chancellor (Student Affairs &amp; Alumni), UNIMAS</i><br>YBhg Prof Dr Hj Ahmad Hata Rasit,<br><i>Dean of the Faculty of Medicine and Health Sciences, UNIMAS</i><br>Yang Berusaha Assoc Prof Dr Zabidah Putit,<br><i>Head of Nursing Department, UNIMAS</i><br>YBhg Assoc Prof Dr Khatijah Lim Abdullah,<br><i>Head of the Department of Nursing Sciences, Faculty of Medicine,<br/>University Malaya</i><br>YBhg Dr Hushairi Zen,<br><i>Deputy Dean of the Faculty of Engineering, UNIMAS</i><br>YBhg Dr Norazuna Norahim,<br><i>Dean of the Centre for Language Studies, UNIMAS</i><br>Yang Berusaha Ms. Natally Henry,<br><i>Organising Chairperson of the 5<sup>th</sup> UNIMAS Nursing Students'<br/>Conference 2014</i> |

**Saturday, 22<sup>nd</sup> February 2014 (Day 1)****Emcees:**

Andrew Lawrence &amp; Awang Khairul Abid bin Awang Rohan

**Launching Ceremony**

- |      |   |
|------|---|
| 1035 | National Anthem and UNIMAS Gemilang Song  |
| 1045 | Recitation of Doa   |
| 1050 | Welcoming performance   |
| 1100 | Welcoming speech by Ms. Nattaly Henry<br><i>Organising Chairperson of the 5<sup>th</sup> UNIMAS Nursing Students' Conference</i>                    |
| 1110 | Welcoming speech by YBhg Prof Dr Hj Ahmad Hata Rasit<br><i>Dean of the Faculty of Medicine and Health Sciences, UNIMAS</i>                          |
| 1120 | Opening speech and launching ceremony by YBhg Prof Mohd Fadzil Abdul Rahman<br><i>Deputy Vice-Chancellor (Student Affairs &amp; Alumni), UNIMAS</i> |
| 1130 | Photography / Press conference  |
| 1200 | Keynote speaker: Assoc Prof Dr Khatijah Lim Abdullah (UM)<br><i>Learn the past, watch the present, and create the future</i>                        |
| 1245 | Lunch   |

**Session 2 Chairpersons:**

Sharon Melissa anak Telingai &amp; Michelle Kueh

- |      |   |
|------|---|
| 1400 | Plenary session: <i>Issues and challenges related to nurses: A major workforce within the health care system</i><br>Dr Chan Kim Geok (UNIMAS) |
| 1440 | CNE 2: <i>Nurses and midwives: A force for health</i><br>Assoc Prof Dr Chang Ching Thon (UNIMAS)  |
| 1505 | Innovative Project Presentation: "SCWOP" Comfort Seat   |
| 1530 | CNE 3: <i>End of life: Where is the care?</i><br>Mdm Rose Nanju (UNIMAS)  |
| 1555 | Tea break   |
| 1600 | End of session  |

**Sunday, 23<sup>rd</sup> February 2014 (Day 2)****Concurrent Session Chairpersons****Hall A (DELIMA)**

Natasha binti Anas

Ruzainthee a/p Selvamoney

**Hall B (ZAMRUD)**

Sharon Melissa anak Telingai

Michelle Kueh

0730 Registration

0830 **Concurrent Session I***CNE 4: Nursing anecdotes-Promoting quality of care*

Mdm Daisy Segie

International College of Advanced Technology Sarawak (ICATS)

*CNE 5: Making a difference in the clinical area with innovations:**Parental participation in serving oral medication*

Nursing Sister Sim Lan Ing

Sarawak General Hospital (SGH)

0910 **Concurrent Session II***CNE 6: Undergraduate nursing students' experience of their clinical practice*

Mdm Lily Lim (UNIMAS)

*CNE 7: The effect of education on the level of knowledge and anxiety in women going for colposcopy procedure*

Ms. Feryante Rintika Belansai (UNIMAS)

0950 Tea break

1020 **Concurrent Session III***Free paper I: Reflecting journeys: A phenomenological pilot study of Malaysian student nurses' perceptions of their reflective practices*

Mdm Dyg Zuraina Abg Hj Kashim (UNIMAS)

*Free paper II: Public perceptions and attitudes towards people living with HIV/AIDS*

Ms. Norheiza Mohd Benedict (Kuching Specialist Hospital)

**Sunday, 23<sup>rd</sup> February 2014 (Day 2)**

- 1045      Concurrent Session 1V  
 Free paper III: *Behind the curtain of single adolescent parent having unwanted pregnancy in Sarawak*  
 Mr Ibi Gibreson (Normah Medical Specialist Centre)
- Free paper IV:  
*Women's Perceptions & Experiences of Exclusive Breast Feeding at Kampung Sigandar*  
 Ms. Debby Flynn anak Denney (National University Hospital, Singapore)

**Session Chairpersons**

Nur Izzati binti Ishak

Rachel C Bopulas

- 1110      CNE 8: *The importance of EQ in nursing profession*  
 Mdm Chin Siew Kiaw  
 Kolej Sains Kesihatan Bersekutu (KSKB) Kuching
- 1150      Lunch / Zohor prayer
- 1400      Forum  
 Panelists: Assoc Prof Dr Chang Ching Thon, UNIMAS (Leader)  
 Dr Sidiah John Siop, UNIMAS  
 Assoc Prof Dr Khatijah Lim Abdullah, UM  
 Nursing Sister Sim Lan Ing, SGH  
 Mdm Chin Siew Kiaw, KSKB Kuching  
 Mdm Daisy Segie, ICATS  
 Moderator: Mr Dev Nath Kaushal, UNIMAS
- 1530      Closing ceremony  
 Speech by Assoc Dr Zabidah Putit, HOD Nursing, UNIMAS  
 Closing performance
- 1545      Tea break
- 1600      End of session

**Abstract:**

Transforming the health care system to provide a safe, patient centered, and quality care will require a comprehensive rethinking of the roles of many health care professionals, nurses' chief among them. Their close proximity to patients and scientific understanding of care processes across the continuum of care give them a unique ability to effect wide reaching changes in the health care system.

Nurses need to be prepared to meet the diverse patients' needs; function as leaders; and advance science to deliver safe, quality patient centered care. Nurses must achieve higher levels of education and training through an improved education system that promotes seamless academic progression. The need for specific training at both an undergraduate and post graduate level is not in question. What is in question is the professional readiness to change. So what are the blocks? Is there an opportunity for nursing to demonstrate its professional maturity and embrace change that is driven by the needs of our communities?

Through facilitation of literature review and personal experience, the main focus of this paper will considered the many challenges that face nursing education system in Malaysia and some of the solutions to strengthen health care workforce to better able to meet the health needs of the population. The paper will also argue the need to harness and simulate passion of all our nurses to help in the transformation of nursing in Malaysia.

**Biodata**

Assoc Prof Dr Khatijah Lim is Head of the Department of Nursing Sciences, Faculty of Medicine, University Malaya. She obtained most of her academic qualifications in the United Kingdom, Doctorate in Clinical Practice (Nursing) from the University of Southampton (2007), Master of Science in Health Service Management (1997) and Bachelor of Science in Nursing Studies from the University of Manchester (1993). She also obtained Certificate in Understanding and Application to Research, Certificate In Teaching and Assessing English Nursing Board (1993), Midwifery from Berkshire College of Nursing and Midwifery, and Certificate in Intensive Care of the Newborn from Bath and Swindon College of Health Studies (1991) in the United Kingdom.

She joined academia in 1998 as a lecturer in the Nursing Sciences Unit, Faculty of Medicine, University of Malaya. Her research interests are in midwifery, intensive care of the newborn, paediatric, nursing and nursing education. Assoc Professor Dr Khatijah Lim has several book and journals publications, one of which is the Nursing Management published in 2010. She is a reviewer for Asia Pacific Journal of Public Health, Buletin: Rangkaian Penyelidikan Kejururawatan dan Sains Kesihatan Bersekutu, KKM, committee member (Examination and Curriculum Panel) in the Malaysia Nursing Board, external examiner for Diploma in Nursing University of Sultan Zainal Abidin, Vice President of Qualitative Research Association Malaysia and panel of assessor for the Malaysia Qualifications Agency.

## Issues and Challenges Related to Nurses: A Major Workforce within the Health Care System

By Dr Chan Kim Geok (UNIMAS)

### Abstract

Nurses make up the largest group of health professionals who are the closest and often the only available health workers to the population globally. The nursing workforce as a vital resource for health encounters various challenges and contemporary issues. These could have impacts on how nurses function in the health care system. The importance of a good working environment and significance of an educated nurse workforce which could influence the level of quality of care provision to the patients and families are discussed. The needs for nurses to assume personal responsibility and to work effectively and efficiently within the financial and human resource constraint will be highlighted.

### Biodata

Dr Chan Kim Geok, is a Senior Lecturer in the Department of Nursing, Universiti Malaysia Sarawak. She obtained her the certificate in midwifery cum public health nursing, certificate in post basic paediatric nursing, BSc in Nursing Science (Teaching), and Master of Nursing in Paediatric, Child and Youth Health from Queensland University of Technology, Doctor of Philosophy (Nursing) from University of Malaya in the year 2012. Chan Kim Geok is involved with teaching undergraduate nursing students, in particular, paediatric nursing courses. Chan has research interests related to paediatric and child health, and disability-related issues. She has several journal articles to her credit. She has also presented at several international and national level conferences. She is an active member of the Sarawak Dyslexia Association, committee of the Community-Based Rehabilitation Centre PIBAKAT2, and the Society for the Critically Sick Children (SOS Kids) Sarawak

## **CNE I: Changing Practice: A Force for Change**

By Dr Sidiyah John Siop (UNIMAS)

### **Abstract**

Health care is continuously challenged as a result of the prevailing forces of economics, demographics and the ever – changing technology. Hence, nursing has and continues to keep abreast with these changes. How do we measure up in the changing healthcare climate? Do we have what it takes to lead change in our profession? Nurses are aware that they are responsible for their personal and professional growth by continuing their education. However, increased education will only be useful if nurses are able and willing to fully use their knowledge, experience and expertise to improve practice. In this new millennium, I would like to challenge nurses to be courageous enough to change.

### **Biodata**

Sidiyah ak John Siop is a Senior Lecturer in the Department of Nursing, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak (UNIMAS). She obtained her PhD in Gerontology from Universiti Putra Malaysia, Master of Health Science (Hons) from the Auckland University of Technology New Zealand, and the Bachelor of Health Sciences (Nursing) from the University of Western Sydney Nepean Australia. She is a trained public health nurse before embarking into academia. She has served in several Health Districts in Sarawak including at the Sarawak State Health Department's Tuberculosis Control Programme.

Her area of research interest is the ageing population particularly in disability and health needs. She has presented papers related to her area of research interest both nationally and internationally. Her current research involvement is on constructing prevention framework about pandemic influenza outbreak for rural communities. She is a reviewer for the Asia Pacific Journal of Public Health.



## CNE 2: Nurses and Midwives: A Force for Health

By Assoc Prof Dr Chang Ching Thon (UNIMAS)

### Abstract

Nurses and midwives make up the largest proportion of the health workforce, providing expert and skilled care to the population and as such, play a key role in the successful delivery of health services. ICN states that "As the largest group of health professionals, who are the closest and often the only available health workers to the population, nurses have a great responsibility to improve the health of the population as well as to contribute towards the achievement of the Millennium Development Goals". Like the rest of the world, Malaysia is facing many challenges: inequality; climate change and urbanization, rural urban migration; an ageing population with more people living with chronic conditions and need long-term care. In addition, the implications of the global financial crisis and new emergence of infectious diseases also have health consequences for the population. Against this backdrop, it is necessary to examine how nurses and midwives are developing their professional roles and determine what challenges affect their contribution to health service development and delivery. This paper will share the research findings from European region and ICN's position in promoting the value and cost-effectiveness of nursing.

### Biodata

Dr Chang Ching Thon is an Assoc Prof at the Department of Nursing, Faculty of Medicine and Health Sciences, UNIMAS. She is currently a Board Member for Asia Pacific International University, Thailand, Board member for Adventist College of Health Sciences, Penang, Panel of Assessor for Malaysian Qualification Agency, and a member of Faculty Post-Graduate 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 a consultancy project partnered with Universiti Malaya funded by National Population and Family Development Board Malaysia. She had published several papers in national and international journals and a reviewer for two international journals.

### CNE 3: End of Life: Where is the Care?

By Mdm Rose Nanju (UNIMAS)

#### Abstract

When cure is no longer possible, dying individuals primarily need good nursing care. Nurses are the firsthand witnesses to the plight of patients throughout the dying process and are able to recognize and appreciate their complex needs. As nurses are with patients round the clock, we have unique insights about what patients' value and desire for care at the end of life. Patients often trust their nurses to guide them through the dying process and look up to them to be their advocates when they cannot do so for themselves. Nurses should be their patients' hands when they cannot reach, their voices when they can no longer speak and to be their eyes when they can no longer see. The unique insight of nurses who provide hands-on care to dying individuals are therefore invaluable in defining the issues of care of the dying.

Nurses have been, and will continue to be leaders in end-of-life care. As the largest group of healthcare professionals and those most connected with the comprehensive needs of the terminally ill and their families, nurses have long advocated for humane and dignified care at the end of life. Without competent and caring nurses, end-of-life care risks to be reduced to a mechanical exchange devoid of human presence and holistic care. Nurses understand the failings of our current system for caring for the dying and are committed to fundamental reform of our education, practice and social systems. But is the care still there? Let us explore this together.

#### Biodata

Mdm Rose Nanju is a lecturer in the Nursing Department of Faculty of Nursing UNIMAS. Besides Nursing and Midwifery Certificates, she obtained her Masters of Nursing Degree, Bachelor of Nursing Degree, Post graduate Diploma in Teaching and Learning and Counseling Certificate. Mdm Rose has worked as a registered Nurse, Registered Midwife and Patient Educator with the Ministry of Health from 1982 – 2007, prior to joining UNIMAS. She has also been a Palliative Care Nurse, with the Oncology Department SGH. She is now the Student counselor for Nursing Department UNIMAS. She is also the year coordinator for Year 1 Nursing Programme as well as the Ahli Jawatankuasa Persatuan Akademik UNIMAS (PPAU) and member of many other NGO's.

Beside her routine work, she is also an active member of her Church, reaching out to the rural communities.

## CNE 4: Nursing Anecdotes – Promoting Quality of Care

By Mdm Daisy Segie (ICATS)

### Abstract

Often described as an art and a science, nursing is a profession that embraces dedicated people with varied interests, strengths and passions because of the many opportunities the profession offers. As nurses, we work in various health settings and assume many roles. Sometimes we find ourselves having to choose between doing what we think is the right thing and doing the expected thing, the required thing, or the profitable thing. Changes in nursing is inevitable in the name of advancement but let us not just be a tool doing without humanistic values in our endeavors to restore health within the society. We need nurses who are not only competent in research or clinical and technical practices but with professional ethics and regulations along with virtue. We need nurses who do the right things with practical wisdom or character. With advancement, nurses must still remember the basis: honesty, virtue and wisdom: lest we forget is it a job or a calling?

### Biodata

Mdm Daisy Segie is an experienced Nurse Educator at the International College of Advanced Technology (ICATS). She joined the teaching field in 1987. Mdm Daisy Segie graduated as a State Registered Nurse (SRN) from Sarawak General Hospital in 1972 and was a Registered SRN with England and Wales. She has worked in various departments and health institutions both in Malaysia and the United Kingdom. Mdm Daisy undertook Advanced Nursing Education Programme (ANEP) at University Malaya in 1987 and graduated as a Midwifery Tutor. She obtained a Bachelor of Nursing Sciences degree from St. Martins, Lancaster University, UK in 1997. From 1987 to 2000, she worked as a *Pengajar Kebidanan* at the School of Paramedical Personnel Kuching Sarawak and in charge of the Midwifery Program. She took premature retirement from the Ministry of Health in the year 2000 and continued her service of teaching in the Diploma of Nursing Program at Normah Medical Specialist Centre which presently is conducted at the International College of Advanced Technology (ICATS).

## **CNE 5: Making a Difference in the Clinical Area with Innovations: - Parental Participation in Care- Serving Oral Medications**

By Nursing Sister Sim Lan Ing (SGH)

### **Abstract**

The theme “Nurses - a force for change - A vital resource for health” requires nurses to examine their roles and practices. They should no longer be chronic routine practitioners. They need to work with more critical thinking and be more innovative in their practices, having the skill, knowledge and confidence to question routine tasks and processes and work towards being the change agent for better patient care.

Innovation is about “doing something different”. It is about better solutions that meet new requirement. For example, the traditional practice of nurses serving oral medications. Is it not possible for mothers to be empowered to serve the medications whilst in the ward.

Parental participation in care is the conventional concept in paediatric nursing. It requires empowering parents with knowledge and skills in the care of their sick children. In 1996, nurses in Paediatric Ward of Sarawak General Hospital considered the possibilities of supporting and guiding parents with knowledge and skills so that an on going care can be safely delivered at home especially for the chronically sick child. One of the innovative changes was “Mother’s involvement in serving oral medication”. In 2004, a survey was conducted to evaluate its process, the pros and cons, its continuity and success. In 2010, the project was reviewed and the “Mother’s Oral Medication Checklist” was implemented for Paediatric Medical 2B, Sarawak General Hospital. This project currently is the norm of practice in the paediatric unit of Sarawak General Hospital.

### **Biodata**

Ms Sim Lan Ing is a nursing sister at the Paediatric Medical Ward, Sarawak General Hospital. Her professional training includes State Registered Nurse (Mount Vernon Hospital, Middleses, UK, 1972-1975), Midwifery cum Public Health Nursing (School of Paramedical Personnel, SGH, 1980-1981), Paediatric Nursing (Post Basic Nursing College, KL, 1986), Critical Care Nursing (Ashford Hospital, Adelaide, & Normah Specialist Medical Centre in Distant Learning Program, 1986), Health Personnel Management (Kolej Pembantu Perubatan, Hospital Bahagia, Ulu Kinta in Distant Learning Program, 1999). She undertook a distant learning program from Monash University, Melbourne and graduated with a Bachelor of Nursing in 2001. She has vast working experiences in various wards which include Paediatric Surgical Ward, Male Surgical Ward, Gynae Ward, Paed Unit, Maternity and Paediatric Ward.

She was awarded for her outstanding achievements in service with *Perkhidmatan Cemerlang (Emas)* in 1985, *Perkhidmatan Cemerlang (Melintang)* in 1993 and 1994, *Pencapaian Prestasi Cemerlang* in 2002, Long Service Medal (2003), *Anugerah Perkhidmatan Cemerlang* in 2004 and 2008.

## CNE 6: Undergraduate Nursing Students' Experience of Their Clinical Practice

By Mdm Lily Lim (UNIMAS)

### Abstract

This qualitative research explored the nursing students' perception of their clinical experiences. Participants consisted of undergraduate nursing students who had their clinical postings at the hospitals and clinics in Malaysia. Data was collected using interviews from purposive samples. Data were analysed using NVivo software. The findings were categorized into three major themes that included: 1) "Gaining insight into the hospital setting"; 2) "Challenges"; 3) "Coping mechanism". This study proposed practical strategies to empower students in clinical learning and increase their self-esteem and confidence. In order to improve quality of students' clinical education, adequate and effective work collaboration between nursing education and health care services as well as future research are recommended.

### Biodata

Mdm Lily Lim is currently a nursing lecturer with the Department of Nursing, Faculty of Medicine and Health Sciences, UNIMAS. Her academic qualification includes Advanced Nursing Certificate in teaching (Midwifery) from the University of Malaya, Bachelor of Healthcare Practice (Northumbria) and Master of Science, Nursing (UNIMAS). She has vast experience in clinical services and education in the Ministry of Health.

## **CNE 7: The Effect of Education on the Level of Knowledge and Anxiety in Women Going for Colposcopy procedure**

By Ms Feryante Rintika (UNIMAS)

### **Abstract**

Women experience a high level of anxiety and negative emotional responses at all stages of the cervical screening. High level of anxiety before colposcopy can have adverse consequences such as pain and discomfort. The aim of this study was to determine the effect of giving information leaflet on knowledge and anxiety in women going for colposcopy procedure. The result shows that there was a weak positive association between knowledge and anxiety level. There was an association between demographic variables with anxiety and knowledge level. In conclusion, the information leaflet has helped to reduce the anxiety level but not statistically significant. Providing information leaflet also has significantly increased the knowledge level in women attending colposcopy procedures.

### **Biodata**

Ms Feryante graduated from Universiti Malaysia Sarawak with a Bachelor Degree in Nursing (Hons) in 2003. She then worked as a registered nurse in Sarawak General Hospital from 2003-2011. She has worked at the main operating theatre, specialist clinic, and day care OT. In 2007, she undertook the Post Basic Midwifery course at Kolej Kesihatan Sains Bersekutu (KSKB) Kuching. She attained her Master of Nursing from University Malaya, Kuala Lumpur in 2013. Currently, she is appointed as a Nursing Lecturer in the Nursing Department, Faculty of Medicine and Health Sciences, Unimas.

## CNE 8: The Importance of EQ in Nursing Profession

By Mdm Chin Siew Kiaw (KSKB Kuching)

### Abstract

This session gives awareness on the importance of EQ among professional nurses in the health care system and especially for future nursing leaders and managers.

Nurses are forced to develop and maintain high EQ in today's nursing profession in order to provide more quality care and especially to reduce morbidity and mortality rate in the health care system.

As a novice, she or he must be able to acquire the right knowledge, skill and a better understanding about EQ. This is particularly true, if we wish to be successful future nursing leaders and managers. As a young nurse he/she should be able to differentiate the right emotional bank account and to acquire the basic qualities in EQ and the characteristics of an emotionally intelligent nurse.

A professional nurse must always keep his/her basic qualities in EQ and have a self-awareness on the impact of high EQ for his/her nursing performance at workplace.

As nursing is a caring profession, A high EQ Nurse is a vital resource for health. Our profession needs more high EQ Nurses, more than ever.

### Biodata

Mdm Chin Siew Kiaw is a Deputy Director (Academic) at the College of Allied Health Science Kuching, Sarawak. She joined academia as a Nursing Tutor at the School of Nursing, Kuching (1990-1998) and became a Senior Tutor (1998-2002). She was appointed as the Principal at the College of Community Nurse Serian (2003-2008) and Director of College of Nursing, Sibul (2009-2013).

She obtained her Certificate of Registered Nurse from the School of Para Medical Personnel, Kuching (1982), Certificate of Registered Midwifery from School of Nursing, Kuching (1986), Certificate of Advanced Nursing in Teaching from Medical Faculty, University of Malaya, Kuala Lumpur (1990), and Bachelor of Science with Honours in Health Care Practice Education from University of Northumbria, Newcastle (1998).

## Free Paper I: Reflecting Journeys: A Phenomenological Pilot Study of Malaysian Student Nurses' perceptions of Their Reflective Practices

By Mdm Dyg Zuraina Abg Hj Kashim (UNIMAS)

### Abstract:

Reflective practice is deemed a significant aspect in nursing education, and authors like Pierson (1998) suggest that it is important that nursing students be encouraged to learn how to think critically and be more innovative. The Malaysian nursing profession is still regarded as medically oriented, tended to positivist thinking, analyzing and solving problems without considering the human context. The Malaysian nursing profession is starting to become aware of the benefits of reflective practice, especially in view of keeping pace with advancements in technology and medicine in the country. However, promoting reflection among Malaysian nurses may be a challenge, due to majority of them were from traditional behaviorist education background. Although Malaysian nurse educators are beginning to implement reflective practice curriculum, it is still unclear as to what extent these students comprehend the practice of reflection, how they feel about it, and whether journal writing actually aids in acquiring skills of reflection. This presentation will share the findings of a study using phenomenological approach to understand the experiences, views and perceptions of Malaysian nursing students in a nursing school in Sarawak.

### Biodata:

Mdm Dayang Zuraina is currently a nursing lecturer at the Department of Nursing, Faculty of Medicine and Health Sciences, UNIMAS. She obtained her Diploma in Nursing from Normah Medical Specialist Centre in 2005, and thereafter she served as a registered nurse in the medical-surgical ward and Stroke Centre, whilst completing her Bachelor of Science (Nursing) with Monash University Australia. In 2010, Mdm Dayang Zuraina pursued her Masters of Science in Nursing at the University of Aberdeen, Scotland and graduated in 2011. She served as a nursing lecturer in Segi College Faculty of Nursing in 2012 prior joining UNIMAS.



**Free Paper II: Public Perceptions and Attitudes towards People Living with HIV/AIDS**

By Norheiza binti Mohd Benedict (Kuching Specialist Hospital)

**Abstract:**

People living with the diagnosis of HIV infection suffer both physical and social consequences. Not only having to face the challenge of living with managing the disease, they may also experience social stigma. A qualitative study which explored public perceptions and attitudes towards people living with HIV/AIDS (PLHAs) was conducted in Bintulu Sarawak. Findings from this study showed that the public still had negative perceptions towards PLHAs. They assumed that PLHAs were promiscuous. Apart from that they had misconceptions on transMsion of HIV/AIDS and fear of contagious of the disease. For attitudes, the public avoid physical contact with PLHAs; they rejected and discriminated the PLHAs. There should be more study and program to outreach the public on HIV/AIDS. Through this program and project we can increase public awareness on HIV/AIDS and also change their perception and attitude towards PLHAs who have undergone hardship as a result of the infection.

**Biodata**

Ms Norheiza binti Mohd Benedict is a staff nurse at Haemodialysis Unit, Kuching Specialist Hospital. She graduated with Bachelor of Nursing with Honours from UNIMAS in 2013. Together with Ms Jane Buncuan, their poster was awarded the most outstanding poster at the 3<sup>rd</sup> Global Congress of Qualitative Health Research 2013 in Khon Kaen, Thailand. She received the Professor Dr Allison Margaret Johnston award for the best undergraduate student in 2013 and was also in the Dean list's for few semesters during her undergraduate study. She was the organising chairperson of 4<sup>th</sup> UNIMAS Nursing Students' Conference in 2013.

### Free paper III: Behind the Curtain of Single Adolescent Parent Having Unwanted Pregnancy in Sarawak

By Mr Ibi Gibreson (Normah Medical Specialist Centre)

#### Abstract:

This study was done among adolescents with unwanted pregnancy in Sarawak. This qualitative study was to explore their experience of unwanted pregnancy and their coping strategies. The data was collected using in-depth interview. Data saturation was used to determine the sample size. Data analysis was done manually via thematic analysis. The findings encompasses four main themes namely, risky sexual behaviour, problems of unwanted pregnancy, coping strategies and orientation of choice for pregnancy. The main cause for unwanted pregnancy among adolescents in this study is risky sexual behaviour which further divided into two sub-categories, consented sex and unsafe sex. Problems aroused during unwanted pregnancy were disappointment, stigma and financial problem. Adolescents preferred emotion-focused coping and problem-focused coping. Furthermore, all adolescents chose to keep their child as their orientation of choice for pregnancy with supports. More efforts are recommended to prevent this social problem of unwanted teenage pregnancy and to improve public acceptance to these adolescents.

#### Biodata:

Mr Ibi Gibreson is currently working as a staff nurse intern at the Medical Surgical Ward or Serapi Ward, Normah Medical Specialist Centre. He graduated with Bachelor of Nursing with Honours from UNIMAS in November 2013. His achievements during his undergraduate study in UNIMAS included as an Organising Chairperson of the 3<sup>rd</sup> UNIMAS Nursing Students' Conference and Exco of Public and International Relations of UNIMAS Student's Representative Council 2009/2010.

**Free paper IV: Women's Perceptions & Experiences of Exclusive Breast Feeding at Kampung Sigandar**

By Ms Debby Flynn anak Denney (National University Hospital, Singapore)

**Abstract:**

Exclusive breast feeding is recommended to the mothers for a better investment in infants' health for their first six months of life. Despite the benefits of exclusive breast feeding very small percentage of mothers in Malaysia do so. The purpose of this qualitative study was to explore the perceptions and experiences of mothers who exclusively breastfed their infants. In-depth interview was conducted on five mothers. Thematic analysis of the transcripts was done manually. Findings showed mother perceived breastfeeding as a gift given from God to share with the infants, feasible to practice and was a maternal willingness to sacrifice for their loves one. The mothers spoke of experiencing great joyful feeling to breast feed, the benefits of breast feeding and support needed for the continuation of exclusive breast feeding. Mothers who discontinued exclusive breast feeding felt stressful and been challenged as their baby kept on crying, they perceived to produce insufficient breast milk, been housebound and fear of their infants got addicted to breast milk. It is recommended that nurses to include findings of this study in their promotion activities to increase the percentage of mother to exclusively breastfeed.

**Biodata:**

Ms. Debby Flynn anak Denney is a registered nurse. She graduated from UNIMAS with her Bachelor in Nursing with Honours in 2013. Currently she is waiting for her work permit to work in the National University Hospital in Singapore.

## **Innovation Project I: 4E's Box**

By Tora, A., Al Bakri, A., Mawat, M., Atong, M.S., & Jilo, S.

The work process of Emergency and Trauma Department (ETD) should be systematic in order to provide quality care to the patients. During our posting to a hospital, we found that procedures such as wound dressing, catheterization, and toilet and suturing are frequently performed in the ETD. With the existing practice of organising storage of sterile items and sets, we found that it was time consuming to prepare the requirements for the procedures. As such we came out with the innovative project entitled 4E's Box which stands for Easy, Effective, Energy-saving, and Efficient Box. It helps the health care provider at ETD to perform their procedures effectively, efficiently, less time consuming and energy saving. Hence, it is recommended that 4E's Box can be used in the ETD setting to facilitate a better deliverance of care.

## **Innovation Project II: Rapid Restraint**

By Wong, L., Lawrence, A., Awang Nashyaruddin, James, I., Ubin, P., Brono, R., & Ting, S.C.

Physical restraint is still widely used in many healthcare settings. In the psychiatric setting, physical restraint may be necessary as a last option when alternatives have failed to prevent patient from injuring himself/herself, others or destruction of property. However, physical restraint may often lead to negative experiences and psychological trauma such as loss of dignity and respect and even death in some cases. Currently, the existing physical restraint practice meets the Mental Health Regulation Malaysia (2010). During our Elective Nursing posting at Hospital Sentosa, we noticed that the nurses have difficulty to untie the restraint during emergency. Some of the patients also ended up with bruises or red marks on their wrists and ankles particularly when the patients were struggling to remove their restraints. The Rapid Restraint idea came when we see the needs to improve the current restraint that should be user friendly for both the medical staffs and patients. The implementation of the project was carried out in the Female and Male Acute Ward, Hospital Sentosa for three weeks involving staff, students and patients. At the end of the product test, it was found that patients reported more comfort with our product and we found that it was easier to apply as well as release the patients under restraint in a shorter time. However, retraining of the staffs is necessary to maximize the benefits of the Rapid Restraint.

**Innovation Project III: Breastfeeding Support Pillow**

By Aryati, A.R., Nadia, A., Attiqah, M., Azia, O., & Kiu, L.T.

This innovation project was carried out during our Nursing Elective posting at Maternity Ward Serian District Hospital. The aim of this project is to promote comfort to mothers during breastfeeding as well as to help in reducing the occurrence of backache in mothers who breastfeed. This innovation project idea came about based on the problems that we have observed in the ward. We found that most mothers complained of discomfort and backache while breastfeeding. From our observation, they tended to use improper technique by hunching their back while breastfeeding. We implemented our project for a week in Maternity ward. We received positive comments and responses from mothers who volunteered to participate in our Breastfeeding Support Pillow innovation project.

**Innovation Project IV: "SCWOP" Comfort Seat**

By Song, V., Pelo, C., Wong, L.C., & Kueh, P.

Prolonged sitting can cause low back pain or discomfort, especially for haemodialysis patients. Chronic low back pain if unaddressed can affect the quality of life of a renal patient. Thus, this innovation project aims to promote comfort of the patient undergoing dialysis, thereby facilitating a better quality of life of renal patients. SCWOP comfort seat is designed to address low back pain and discomfort as experienced by most patients at Serian Haemodialysis Unit where we had our three weeks elective posting

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With Appreciation from  
Organising Committees of 5th UNIMAS Nursing Students Conference 2014





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