

AKHBAR : BERITA HARIAN
 MUKA SURAT : 13
 RUANGAN : MINDA PEMBACA

Perkasa amalan gaya hidup sihat secara berterusan

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Jika ditanya apakah kemewahan sebenar dalam hidup ini, jawapannya adalah kesihatan. Ia adalah aspek penting dalam hidup yang membawa kesejahteraan bukan hanya untuk individu itu, tetapi juga masyarakat dan negara.

Namun, berapa ramai daripada kita yang melihat kesihatan sebagai perkara 'mewah'? Disebabkan rutin harian yang sentiasa sibuk disebabkan pekerjaan dan persekitaran, sebahagian kita meletakkan diri sendiri dalam keadaan tertekan tanpa disedari. Ini menjadi pencetus kepada 'rosaknya' kesihatan.

Pada masa kini, banyak penyakit kronik berlaku berpunca daripada kegagalan mengamalkan gaya hidup sihat.

Hal ini bertambah teruk apabila sebahagian kita sudah mengamalkan cara hidup yang tidak sihat sejak kecil. Ia mungkin disebabkan kurangnya pengetahuan mengenai penjagaan kesihatan, selain tiada bimbingan golongan dewasa.

Setiap tahun kita melihat peratusan bilangan individu yang berhadapan penyakit kronik semakin bertambah. Sama ada penyakit jantung, buah pinggang atau pelbagai jenis kanser, angkanya berpotensi untuk terus meningkat sekiranya kita gagal menyedari kepentingan kesihatan seterusnya mengamalkan gaya hidup sihat.

Dalam hal ini, kita perlu berpegang pada sikap 'mencegah itu lebih baik daripada merawat'. Ia seharusnya menjadi amalan hidup masyarakat de-

mi melahirkan rakyat yang sihat dan cergas berteraskan amalan gaya hidup sihat.

Masyarakat yang sihat akan melahirkan generasi proaktif dan membawa kemakmuran kepada negara. Kesihatan yang baik juga memudahkan kita untuk melakukan amal ibadah.

Amalan gaya hidup sihat secara berterusan dalam kehidupan seharian perlu diperkasakan selari dengan kesedaran untuk menjaga kesihatan. Ini terutama jika menyentuh mengenai 'penyakit gaya hidup' misalnya masalah jantung atau obesiti.

Makanan seimbang

Kita tidak nafikan kehidupan pada zaman ini sangat berbeza. Zaman ini semuanya serba pantas dan mudah. Kepantasan dan perkembangan teknologi menyebabkan kita lebih mudah tertekan. Hal begini boleh dilerai dengan bersikap lebih tenang, sabar dan menjalani hidup dengan lebih sihat.

Selain itu, pastikan gaya hidup sihat dicapai dengan pengambilan makanan seimbang, penjagaan kesihatan mental dan aktiviti fizikal.

Elakkan mengambil makanan berlemak atau mempunyai kandungan garam, gula atau bahan seperti penambah perasa dalam kadar yang tinggi. Ia boleh mendatangkan pelbagai penyakit kronik, justeru menjadi punca kematian tertinggi di negara kita.

Selain itu, aktiviti senaman yang berkala mampu menjadikan kehidupan seseorang itu lebih produk-

tif. Aktiviti senaman mampu menjadikan peredaran darah manusia berjalan lancar serta menghasilkan sistem imunisasi yang tinggi.

Malah, kita boleh lakukan senaman ringkas, sekitar 30 minit satu sesi tiga kali seminggu sudah memadai. Senaman bukan sahaja membantu mengurangkan berat badan dan mencegah penyakit, ia juga mampu meningkatkan tenaga dan menjadikan seseorang individu lebih gembira menerusi penghasilan hormon dopamin, adrenalin dan endorfin.

Gaya hidup sihat sebenarnya perlu diamalkan oleh setiap orang tanpa halangan usia, latar belakang kehidupan, perkauman, agama mahupun status kehidupan mereka. Ia bukan hanya terhad kepada mereka yang sudah berusia. Malah sebenarnya generasi muda, misalnya mahasiswa di universiti juga perlu menitikberatkan hal ini.

Sebilangan besar pelajar tidak bersarapan pagi sebelum memulakan aktiviti harian mereka. Hal ini boleh menyebabkan otak kekurangan oksigen. Fenomena remaja kita pada hari ini yang tidak bersarapan pagi dianggap perkara biasa. Namun, ramai pakar pemakanan berpendapat mengambil sarapan adalah sumber pertama untuk memulakan kehidupan seharian, sekali gus kekal positif dan bersemangat.

Sarapan pagi disusuli dengan amalan bersenam, makan makanan seimbang dan menjaga kebersihan diri adalah langkah baik dalam penjagaan kesihatan.

AKHBAR : BERITA HARIAN
 MUKA SURAT : 14
 RUANGAN : NASIONAL

MMA harap peruntuk bajet pertingkat modal insan

Kuala Lumpur: Persatuan Perubatan Malaysia (MMA) berharap peruntukan lebih berkesan akan diberikan kepada sektor kesihatan negara dalam Belanjawan 2023 yang akan dibentangkan 24 Februari ini, dengan penekanan terhadap mempertingkatkan sumber manusia penjagaan kesihatan.

Presidennya, Dr Muruga Raj Rajathurai, berkata hasil tinjauan yang diterbitkan laman web berita kesihatan CodeBlue baru-baru ini, mengesahkan isu yang sering dibangkitkan MMA selama ini dan ramai pekerja sektor kesihatan awam yang kecewa dengan sistem sedia ada.

"MMA percaya Perdana Menteri, Datuk Seri Anwar Ibrahim yang juga seorang reformis memahami kepentingan sistem penjagaan kesihatan yang berdaya tahan.

"Justeru, kami berharap bajet untuk kesihatan akan mencerminkan komitmen kerajaan terhadap pembaharuan penjagaan kesihatan yang amat diperlukan," katanya dalam kenyataan semalam.

Berdasarkan tinjauan yang diterbitkan CodeBlue baru-baru ini, 95 peratus daripada 1,652 kakitangan kesihatan meliputi jururawat dan doktor kerajaan menyatakan sistem kesihatan awam negara kini berdepan krisis, dengan 73 peratus daripada mereka sedang mempertimbangkan untuk meletak jawatan.

Kajian itu juga mendapati sebanyak 53 peratus responden yang sebahagiannya ialah golongan profesional, bersetuju dengan status 'sangat marah' akan situasi semasa sistem kesihatan awam.

Sebanyak 83 peratus responden merasakan kerajaan bersikap remeh dalam menangani isu sistem kesihatan awam, manakala 80 peratus responden pula bersetuju yang mereka tidak dibayar gaji setimpal dan 78 peratus menyatakan beban kerja mereka terlalu berat.

Dr Muruga berkata, walaupun hanya sejumlah kakitangan kesihatan yang mengambil bahagian dalam tinjauan itu membabitkan doktor, doktor gigi, ahli farmasi, pembantu perubatan, jururawat dan pekerja penjagaan kesihatan bersekutu di seluruh negara, namun ia tidak harus dipandang mudah.

"Apa yang membimbangkan, bukan hanya doktor muda yang tidak berpuas hati, malah doktor kanan dan pekerja penjagaan kesihatan bersekutu juga kecewa dengan sistem berkenaan.

"Jika seramai itu yang fikir untuk berhenti, kita bimbang berapa lama lagi mereka boleh menahan kekecewaan semasa menjalankan tugas. Adakah pembaharuan yang dirancang KKM akan berlaku sebelum mereka putus asa dan pergi ke peluang yang lebih baik?" katanya.

Langkah selesai isu sistem kesihatan jadi keutamaan

KKM bincang keperluan aspek infrastruktur, digitalisasi sistem, sumber manusia

Oleh Zanariah Abd Mutalib
 zanariah_mutalib@bh.com.my

Kuala Lumpur: Kementerian Kesihatan (KKM) dalam proses merangka langkah bagi menyelesaikan isu berbangkit dalam sistem kesihatan negara, ke arah reformasi sistem melalui pendekatan secara bersasar.

Menterinya, Dr Zaliha Mustafa, berkata isu seperti kebajikan, kesihatan fizikal dan mental petugas kesihatan, sistem sumber manusia, penetapan gaji yang saksama, jaminan pekerjaan dan isu lain sentiasa menjadi keutamaan KKM, berikutan tiada penyelesaian mudah bagi isu berkenaan.

Beliau berkata, KKM juga akan bertemu dengan Kementerian Kewangan bagi membentangkan perincian berhubung keperluan untuk mendapatkan peruntukan yang lebih besar meliputi aspek infrastruktur, digitalisasi sistem dan sumber manusia.

"Kami menghargai pandangan dan maklum balas yang diberikan petugas kesihatan mengenai situasi semasa sistem kesihatan negara.

"KKM mengambil berat dan



KKM dalam proses merangka langkah menyelesaikan isu sistem kesihatan negara ke arah reformasi sistem melalui pendekatan secara bersasar. (Foto hiasan)

95 peratus doktor, jururawat sifatkan sistem kesihatan dalam krisis: Kaji selik

Keratan akhbar BH, semalam.

sedang melakukan pelbagai langkah menyeluruh daripada aspek dasar dan teknikal," katanya dalam ciapan di Twitter, malam kelmarin.

Berdepan krisis

Berdasarkan hasil tinjauan diterbitkan laman web berita kesihatan, CodeBlue, baru-baru ini sejumlah 95 peratus daripada 1,652 kakitangan kesihatan meliputi

jururawat dan doktor kerajaan menyatakan sistem kesihatan awam negara kini berdepan krisis, dengan 73 peratus daripada mereka sedang mempertimbangkan untuk meletak jawatan.

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Pada masa sama, Dr Zaliha menjelaskan, pertemuan berka dengan semua pihak berkepentingan juga akan terus dilaksanakan bagi mendapatkan maklum balas, terutama dapatan daripada kakitangan di lapangan.

"Ini termasuk bagi mengenal pasti penyelesaian jangka pendek dan panjang yang perlu diberi keutamaan dalam situasi sekarang. "Sebahagian besar proses perubahan sistem kesihatan ini menuntut pendekatan merentasi agensi," katanya.

Dr Zaliha berkata, KKM komited terus berganding bahu dengan Kementerian dan Agensi lain, demi kebaikan serta manfaat pekerja sektor kesihatan dan masyarakat Madani keseluruhannya.

Tiada kompromi pegawai langgar peraturan

Putrajaya: Kementerian Kesihatan (KKM) memandang serius dakwaan bahawa dua pegawai kanannya dikatakan telah bertemu wakil daripada industri tembakau, yang didakwa melanggar Artikel 5.3 Konvensyen Rangka Kerja Kawalan Tembakau Pertubuhan Kesihatan Sedunia (WHO FCTC) dan polisi berkaitan.

Timbalan Ketua Pengarah, Datuk Dr Norhayati Rusli, berkata hasil siasatan awal yang dijalankan terhadap dakwaan itu mendapati dua pegawai KKM berkenaan dikunjungi dua individu yang memperkenalkan diri mereka sebagai pemilih syarikat basikal dan syarikat pencetakan.

Katanya, siasatan juga mendapati pegawai berkenaan dimaklumkan pertemuan itu bertujuan membincangkan cadangan mengadakan program intervensi

pengurangan berat badan.

"Namun tiada sebarang perincian dibuat semasa perbincangan itu. KKM memandang serius dakwaan ini yang sedang tular. Dakwaan ini menggambarkan imej yang tidak baik khusus kepada KKM dan amnya kepada kerajaan.

"KKM tidak akan berkompromi dengan mana-mana pegawai yang melanggar garis panduan Artikel 5.3 dan polisi berkaitan," katanya dalam kenyataan semalam.

Terdahulu Majlis Kawalan Tembakau Malaysia menyuarakan kebimbangan berhubung isu dua pegawai kanan KKM yang dikatakan bertemu dengan wakil industri tembakau.

Selain itu Dr Norhayati berkata, kakitangan KKM diingatkan bahawa tanggungjawab untuk

memastikan sebarang perjanjian bersama mana-mana syarikat swasta mahupun badan bukan kerajaan mestilah bebas daripada konflik yang boleh menjurus kepada kepentingan diri sendiri.

Tambah beliau, Artikel 5.3 WHO FCTC menetapkan agar Malaysia sebagai negara anggota perlu melaksanakan dasar kesihatan awam berkenaan dengan kawalan tembakau serta melindungi dasar terabit daripada kepentingan komersial dan kepentingan industri tembakau berlandaskan undang-undang negara.

Artikel 5.3 WHO FCTC sudah menetapkan satu garis panduan pelaksanaan di mana langkah-langkah kawalan mesti diwujudkan iaitu menghadkan sebarang interaksi bersama in-

dustri tembakau, memastikan ketelusan interaksi yang berlaku, menolak perkongsian dan perjanjian bersama industri tembakau dan mengelakkan konflik kepentingan bagi pegawai serta kakitangan kerajaan.

Dr Norhayati, berkata sebagai anggota parti kepada World Health Organization Framework Convention on Tobacco Control (WHO FCTC) sejak 16 September 2005, KKM sentiasa memastikan sebarang interaksi bersama industri tembakau adalah mematuhi garis panduan Artikel 5.3.

Selain itu polisi berkaitan yang juga dirujuk adalah seperti Polisi Pengurusan Percanggahan Kepentingan, Polisi Antirasuah, Polisi Pengurusan Hadiah, Polisi Pengurusan Pengaruh Luar dan Surat Sokongan; dan Polisi Kod Etika dan Tatakelakuan.

AKHBAR : HARIAN METRO

MUKA SURAT : 8

RUANGAN : LOKAL

KKM mendengar 'rintihan' kakitangan

Kuala Lumpur: Kementerian Kesihatan (KKM) dalam proses merangka langkah bagi menyelesaikan isu berbangkit membabitkan situasi semasa sistem kesihatan negara, kata Menteri Kesihatan Dr Zaliha Mustafa.

Beliau berkata, pendekatan bersasar yang dirancang melibatkan usaha menangani pelbagai isu termasuk soal kebajikan, kesihatan fizikal dan mental petugas kesihatan, penetapan gaji yang saksama serta jaminan pekerjaan.

"KKM juga akan menga-

dakan pertemuan dengan Kementerian Kewangan bagi membentangkan perincian mengenai keperluan untuk mendapatkan peruntukan yang lebih besar meliputi aspek infrastruktur, digitalisasi sistem dan sumber manusia," katanya dalam catatan di Twitter-nya, kelmarin.

Katanya, pertemuan berkala dengan semua pihak berkepentingan juga akan terus dilaksanakan bagi mendapatkan maklum balas terutamanya dapatan daripada kakitangan di lapangan. - Bernama

AKHBAR : HARIAN METRO

MUKA SURAT : 7

RUANGAN : LOKAL

Dapur kotor, penuh keladak

18 premis kedai makan langgar aspek kebersihan diarah tutup sementara

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Alor Setar

Bahagian lantai, atas dinding serta dapur yang kotor serta berkeladak adalah kesalahan 18 premis kedai makan dalam tiga daerah diarah tutup sementara dalam operasi Bersepadu oleh Jabatan Kesihatan Negeri (JKN) Kedah, kelmarin.

Operasi Bersepadu melibatkan pegawai Kementerian Kesihatan Malaysia (KKM), Polis Diraja Malaysia (PDRM), pegawai Kementerian Perdagangan Dalam Negeri dan Kos Sara Hidup (KPDN) serta pihak berkuasa tempatan (PBT) itu dilakukan serentak di Kota Setar dan Pokok Sena, Sik dan Baling.

Pengarah JKN Kedah, Dr Othman Warijo berkata, tindakan penutupan selama 14 hari itu dilakukan kerana premis terbabit gagal mencapai penilaian premis kurang 75 peratus.

Beliau berkata, tumpuan operasi kali ini adalah membatikan aspek kebersihan premis makanan, penguatkuasaan kesalahan merokok, rokok elektronik dan vape di

Terdapat lantai, dapur atau bahagian atas dapur di premis yang diperiksa nampak kotor dan berkeladak yang boleh menarik minat lalat, tikus serta lipas"

Dr Othman

tempat makan serta pemeriksaan dan pembiakan nyamuk aedes di kawasan tumpuan ramai.

Katanya, antara kesalahan lain yang ditemui ketika pemeriksaan dilakukan adalah tempat penyimpanan makanan yang sudah siap dimakan dan bahan dicampur dalam peti sejuk yang sama.

"Terdapat lantai, dapur atau bahagian atas dapur penyediaan makanan di premis yang diperiksa juga nampak kotor, berkeladak dan sebagainya yang boleh menarik minat lalat, tikus serta lipas.

"Selain itu, hasil pemeriksaan juga mendapati cara penyusunan bahan rencah juga tidak teratur dan dicampur dalam satu kotak termasuk yang lama dan ba-



PEGAWAI JKN Kedah melakukan pemeriksaan di ruang dapur sebuah premis kedai makan di sekitar Alor Setar.



PEGAWAI JKN Kedah menampal notis penutupan kedai makan selama 14 hari kerana didapati mengabaikan aspek kebersihan.

ru kerana ia bukan saja tidak bersih malah menjejaskan kesihatan pelanggan," katanya pada sidang media di Jalan Pintu 10, di sini kelmarin.

Dr Othman berkata, antara alasan yang sering diberikan adalah mereka mendakwa premis kedai makan mereka baru sahaja beroperasi sebulan selepas mengambil alih daripada pemilik

sebelumnya.

Katanya, itu antara alasan yang paling popular ketika ini namun pihaknya tidak pasti kesahihan alasan yang diberikan itu benar atau tidak.

"Sepanjang tempoh aktiviti penguatkuasaan dilakukan, sebanyak 230 premis makanan sudah pun diperiksa dan 135 notis kesalahan di bawah Peraturan-Peratu-

ran Kebersihan Makanan yang dikeluarkan dengan nilai tawaran kompaun sebanyak RM 39,450.

"Sebanyak 18 premis dikenakan tindakan penutupan kerana gagal mencapai penilaian premis kurang 75 peratus," katanya.

Dr Othman berkata, bagi kesalahan di bawah akta Peraturan-Peraturan kawalan Hasil Tembakau 2004, se-

banyak 10 notis dikeluarkan bernilai RM 2,750 dengan pecahan kesalahan dengan pelbagai kesalahan.

"Antaranya termasuklah dua notis di bawah Peraturan 11 (1) (d) iaitu merokok di kedai makan, tujuh notis di bawah Peraturan 12 (1) (a) kepada pemilik premis yang gagal mempamerkan tanda larangan merokok serta satu notis dikeluarkan bagi lain-lain kesalahan.

"Bagi kesalahan di bawah Akta Pemusnahan Serangga Pembawa Penyakit 1975, sebanyak 10 premis dikesan membiakan dengan nilai kompaun RM5,000," katanya.

Menurutnya, sekiranya Orang Yang Dikenakan Notis tidak menjelaskan kompaun yang ditawarkan dalam tempoh masa ditetapkan, tindakan mahkamah akan diambil.

Katanya, jika disabitkan kesalahan mereka boleh didenda tidak melebihi RM10,000 atau dipenjarakan selama tempoh tidak melebihi dua tahun di bawah Peraturan-Peraturan Kawalan Hasil Tembakau 2004.

AKHBAR : KOSMO
MUKA SURAT : 7
RUANGAN : NEGARA

KKM ambil berat luahan petugas kesihatan

PETALING JAYA - Kementerian Kesihatan (KKM) sedang melakukan langkah menyeluruh meliputi aspek dasar dan teknikal bagi menambah baik sistem kesihatan negara.

Menterinya, Dr. Zaliha Mustafa menerusi ciapan di Twitter berkata, ini kerana KKM memandang serius pandangan dan maklum balas oleh petugas kesihatan negara mengenai sistem semasa.

"KKM dalam proses merangka langkah-langkah untuk menyelesaikan isu yang dibangkitkan dengan mengambil pendekatan secara bersasar bagi melakukan reformasi sistem kesihatan.

"Isu-isu berbangkit seperti kebajikan, kesihatan fizikal dan mental petugas kesihatan, sistem sumber manusia, penetapan gaji yang saksama, jaminan pekerjaan serta isu-isu lain sentiasa menjadi keutamaan KKM memandangkan tiada penyelesaian mudah untuk isu-isu ini," katanya.

Menurutnya, KKM akan melakukan pertemuan bersama Kementerian Kewangan bagi membentangkan perincian tentang keperluan untuk mendapatkan peruntukan lebih besar meliputi aspek infrastruktur, digitalisasi sistem dan sumber manusia.

"Justeru, kami komited untuk terus berganding bahu dengan kementerian serta agensi lain demi kebaikan dan manfaat pekerja sektor kesihatan dan masyarakat madani ke-



KERATAN Kosmo! 30 Januari 2023.

seluruhnya.

"Semua perkara yang disebut juga merupakan sebahagian daripada pembaharuan dan keutamaan Kertas Putih Kesihatan yang akan dijadikan penanda aras kepada pelbagai reformasi sektor kesihatan pada masa akan datang," jelasnya.

Isnin lalu, muka depan Kosmo! melaporkan, industri perubatan dan kesihatan di Malaysia bakal berdepan dengan isu kekurangan kakitangan apabila ramai doktor muda memilih luar negara sebagai tempat mencari rezeki.

Bukan sahaja tiada hala tuju dan sistem kontrak yang tidak jelas, mereka juga mendakwa sukar untuk mengembangkan cita-cita sebagai pakar sepanjang berkhidmat di negara ini.

Selain itu, menurut laporan itu, isu buli, bayaran tidak berbaloi dengan perkhidmatan, waktu kerja tidak rasional, sistem kontrak yang tidak jelas serta faktor tekanan emosi dan psikologi disebabkan persekitaran negatif, antara sebab lain yang menyumbang.

AKHBAR : KOSMO
 MUKA SURAT : 16
 RUANGAN : NEGARA



PEGAWAI Jabatan Kesihatan Negeri Kedah memeriksa kebersihan dan kualiti makanan yang dijual oleh peniaga dalam operasi bersepadu dijalankan di Simpang Kuala, Alor Setar semalam.

18 kedai kotor di Kedah ditutup

Oleh MOHD. RAFIE AZIM

ALOR SETAR – Jabatan Kesihatan Negeri (JKN) Kedah mengarahkan 18 premis ditutup sementara setelah didapati gagal mencapai penilaian kebersihan premis 75 peratus dalam operasi bersepadu pada kelmarin.

Operasi di Alor Setar, Pokok Sena, Baling dan Sik itu dijalankan 118 anggota serta pegawai JKN, polis, Kementerian Perdagangan Dalam Negeri dan Kos Sara Hidup (KPDN) serta pihak berkuasa tempatan (PBT).

Pengarah Kesihatan Negeri, Dr. Othman Warjo berkata, sebanyak 230 premis diperiksa dalam operasi tersebut dan 13 notis di bawah Peraturan-Peraturan Kebersihan Makanan berjumlah RM39,450 dikeluarkan.

"Kita juga mengenakan 10 notis di bawah Peraturan-Peraturan Kawalan Hasil Tembakau 2004 dengan nilai keseluruhan

RM2,750.

"Di bawah peraturan itu, dua notis dikeluarkan kerana merokok di kedai makan, tujuh notis dikeluarkan kepada pemilik premis kerana gagal mempamerkan tanda larangan merokok.

"Satu lagi kerana merokok di kawasan larangan iaitu kompleks membeli-belah," katanya selepas mengetuai operasi berkenaan pada malam kelmarin.

Menurutnya, sebanyak 10 premis turut dikenakan kompaun di bawah Akta Pemusnahan Serangga Pembawa Penyakit 1975 dengan nilai keseluruhan RM5,000 setelah mengesan pembiakan serangga di kawasan mereka.

"Kesemua yang menerima notis dan kompaun perlu menjelaskannya dalam tempoh masa ditetapkan. Jika tidak, tindakan pendakwaan di mahkamah akan diambil," ujarnya.

Mengulas lanjut katanya, anta-

ra kesalahan yang sering dilakukan di premis menjual makanan adalah penyimpanan makanan yang telah dimasak dan bahan mentah di tempat sama terutama dalam peti sejuk.

"Selain itu ada antara premis kurang menitikberatkan aspek kebersihan antaranya lantai, dapur dan penyedut asap dapur yang kotor sehingga berkeladak. Semua itu dikhuatiri mengundang kehadiran lalat, tikus dan lipas.

"Ada juga premis mencampurkan adukkan susunan recah dalam keadaan tidak teratur, tidak bersih dan berkulat. Semua itu boleh menjejaskan kesihatan pelanggan," katanya.

Jelas Othman, antara alasan diberikan peniaga-peniaga terbabit adalah mereka baru saja mengambil alih premis dan masih tidak sempat untuk membuat pembersihan dan penambah-baikkan.

AKHBAR : SINAR HARIAN

MUKA SURAT : 25

RUANGAN : NEGERI

Hospital Sultanah Hajjah Kalsom lakar sejarah berjaya lakukan pembedahan laparoskopik

KUANTAN - Hospital Sultanah Hajjah Kalsom, Cameron Highlands melakar sejarah apabila berjaya menjalankan pembedahan laparoskopik pada 2 Februari lalu.

Pengarah Kesihatan Negeri Pahang, Datuk Indera Dr Nor Azimi Yunus berkata, pembedahan yang dijalankan oleh Jabatan Obstetrik dan Ginekologi dengan bantuan kepakaran dari Hospital Kuala Lipis itu melibatkan pesakit wanita Orang Asli berumur 21 tahun dari Kampung Terisu, Cameron Highlands.

Menurutnya, pesakit menjalani pembedahan tersebut untuk membuang ketumbuhan pada ovari.

"Pembedahan laparoskopik adalah pembedahan dalam ruang abdomen menggunakan sistem kamera dengan hirisan kulit kecil. Pesakit kurang mengalami kesakitan semasa pembedahan dan boleh discaj lebih awal berbanding pembedahan konvensional.

"Pembedahan sebegini akan digiatkan lagi untuk meneruskan inisiatif pembedahan global pada masa akan da-

tang.

"Jabatan Kesihatan Negeri Pahang (JKNP) sentiasa merancang untuk menambah baik perkhidmatan kesihatan dan perkhidmatan pembedahan di Hospital Sultanah Hajjah Kalsom bagi manfaat penduduk daerah itu," katanya dalam satu kenyataan pada Khamis.

Dr Nor Azimi berkata, Hospital Sultanah Hajjah Kalsom ialah sebuah hospital daerah tanpa pakar yang beroperasi sejak Januari 2007.

Beliau berkata, hospital berkenaan memulakan perkhidmatan pembedahan kecil pada penghujung 2018.

"Pada 1 Disember tahun lalu, hospital tersebut berjaya memulakan pembedahan pembiusan am melibatkan pembedahan ortopedik.

"Perkhidmatan pembedahan pembiusan am telah dikembangkan sejajar dengan inisiatif pembedahan global. Sehingga kini, sebanyak 17 kes pembedahan anestesia am dan sembilan kes anestesia spina berjaya dijalankan di hospital tersebut," jelasnya.

Pembedahan laparoskopik ke atas pesakit wanita Orang Asli pada 2 Februari lalu mencatat kejayaan buat Hospital Sultanah Hajjah Kalsom, Cameron Highlands.



AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 10

RUANGAN : DALAM NEGERI

Tingkat motivasi pegawai perubatan

PETALING JAYA: Masalah melibatkan kakitangan perubatan Kementerian Kesihatan (KKM) perlu dipandang secara holistik dalam mencari penyelesaian supaya ia tidak meruntuhkan sistem kesihatan negara.

Ini memandangkan kira-kira 80 peratus penduduk di negara ini mendapatkan rawatan daripada doktor yang bertugas di perkhidmatan kerajaan.

Naib Presiden Peratuan Pakar Perubatan Kesihatan Awam Malaysia (PPPAM), Prof. Dr. Jamalludin Ab. Rahman berkata, isu 'brain drain' sentiasa berkait rapat dengan perkara lain dan ia tidak boleh dipandang dalam satu sudut sahaja.

Jelasnya, kerajaan perlu melihat bagaimana menaikkan motivasi pegawai perubatan supaya kumpulan tersebut tidak berada di dalam tekanan sehingga membuatkan mereka mengambil keputusan berhenti.

"Keseluruhan isu ini kita tidak boleh melihat kepada konteks perkhidmatan kesihatan sahaja, kita kena tengok secara menyeluruh iaitu situasi bekerja dalam Malaysia.

"Antaranya kondisi tempat kerja dan ia melibatkan banyak perkara," katanya ketika dihubungi *Utusan Malaysia*.

Terdahulu akhbar ini melaporkan, tujuh daripada 10 kakitangan perubatan KKM mahu berhenti kerja dengan 95 peratus daripada keseluruhan 1,652 responden dalam tinjauan sebuah laman web berita kesihatan percaya sistem penjagaan kesihatan awam Malaysia berada dalam 'krisis'.

Jamalludin berkata, bagi meringankan tugas pegawai perubatan dalam merawat pesakit terutama di hospital kerajaan, KKM perlu menguar-uarkan alternatif lain dan rakyat sendiri perlu cerna mengenai informasi disampaikan.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 2

RUANGAN : NEWS / NATION

Healthcare red alert

How to let issues become crises

MALAYSIA's public healthcare is on code red, a crisis mode that may be spiralling out of control. So says CodeBlue, a health portal, following an analysis of responses from 1,652 public health officers, including doctors and nurses, in a nationwide survey conducted from Jan 11 to Jan 24. We are not surprised. A couple of NST Leaders in the recent past had highlighted the brewing danger. The Health Ministry mustn't dismiss the survey results as the voices of a disgruntled few. Sure, a survey of 1,652 doesn't represent the entire public healthcare workforce, but it is a significant sample, statistically speaking. CodeBlue's sample size is even larger than the one polled by YouGov, a British pollster, among National Health Service workers in Britain. Admittedly, there would be potential self-selection bias as social network respondents tend to share similar opinion. CodeBlue openly acknowledges this. And the survey title: "Dissatisfaction among healthcare professionals and workers in Malaysia's healthcare services" is certainly of no help. Be that as it may, the ministry mustn't turn a deaf ear to the cry

CodeBlue and other polls of earlier vintage point to one thing: people who matter are not managing issues as they should be.

for help. Granted many of the problems are old, but the bureaucracy that the public service is tends to bury rather than rush to resolve them. This must be unlearned. Business as usual is to turn issues into crises.

We are aware that Health Minister Dr Zaliha Mustafa is pushing the Finance Ministry to give the public

healthcare service more money to resolve its many issues. Welcome news, no doubt. But the code red isn't just about money. It is money and more. Granted more money means more hospitals, better facilities and more manpower. But money can't buy everything. Take the long hours doctors are asked to work. This points to two things. One, we just don't have enough doctors in our public healthcare service. Yet, Parliament was told in August 2020 that we had one doctor for every 186 people. The very long queues in public hospitals and clinics throughout the country gives the ratio a lie.

Two, there are top specialists who love bullying housemen and medical officers. Money may help in curing the former, but not the latter. The CodeBlue survey can be read in many ways. Those who are on the receiving end would say that the responses are mere grouches from a disgruntled few. Our response is this: 1,652 isn't a few, disgruntled though they may be. Dismissing them so would only force many — 73 per cent, according to the survey — to quit the service. Another 50 per cent are saying they may go on strike if nothing is done. If this isn't a crisis, we don't know what is. CodeBlue and other polls of earlier vintage point to one thing: people who matter are not managing issues as they should be. Time is of the essence. Overworked doctors are dangerous men and women with stethoscopes. Exhausted eyes, ears and hands are likely to get the diagnosis wrong. And wrong diagnosis may mean disaster for patients. But don't get us wrong. We aren't saying the Health Ministry isn't doing anything. We know it is on a fund hunt. We also know that it is scripting a white paper on the many problems that are filling its issues bank to the brim. Doing it is one thing, doing it timeously is another.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 6

RUANGAN : NEWS / NATION



A doctor checking on a patient at Hospital Kuala Lumpur in 2021. According to a survey, 15 per cent of Kuala Lumpur healthcare workers are dissatisfied with the nation's healthcare system. FILE PIC

TARGETED APPROACH

NO EASY WAY TO REFORM HEALTHCARE

But ministry is committed to addressing issues raised by medical fraternity

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THE Health Ministry is taking a targeted approach to reform the healthcare system, which may help resolve issues raised by the medical fraternity.

Its minister, Dr Zaliha Mustafa, said this would include identifying short-term and long-term solutions that must be prioritised in the current situation.

"We will hold a meeting with the Finance Ministry to present details on these concerns and the need for the ministry to be given a bigger allocation in the upcoming budget," she said in response to a survey depicting the country's healthcare system was in crisis.

A survey entitled "Dissatisfaction Among Health Care Professionals and Workers In Malaysia's Health Services" revealed that up to 95 per cent of 1,652 healthcare workers, consisting of government doctors and nurses, felt that the country's public health system was in crisis, driving 73 per cent of them to consider quitting their jobs.

The survey said Selangor healthcare workers were the most dissatisfied with the nation's healthcare system at 25 per cent, followed by Kuala Lumpur with 15 per cent, Sabah and Penang at nine per cent each and Perak at six per cent.

Dr Zaliha also said budget allocation must take into account infrastructure, digitalisation of systems and human resources.

"Periodic meetings with all

stakeholders will also be held to obtain feedback from staff on the ground.

"These initiatives are part of the reforms and priorities that have been included in the Health White Paper that would later be used as a benchmark for various health sector reforms in the future."

Stressing the ministry's commitment to address and improve issues related to the welfare and mental health of medical workers, Dr Zaliha did not discount that it would be an uphill task.

"We appreciate the views and feedback of health workers. The ministry is committed to improve the country's healthcare system, including welfare, physical and mental health of health workers, human resources, fair wage determination and job security.

"However, there are no easy solutions to these issues," she said in a thread on Twitter posted on Wednesday night.

MMA: Some reforms can be fast-tracked

KUALA LUMPUR: The Malaysian Medical Association (MMA) wants the Health Ministry to implement improvements that do not require long administrative processes and to get additional funding to speed up reforms in the healthcare system.

MMA president Dr Muruga Raj Rajathurai said some of the immediate reworking should include improving the work environment and the work-life balance of healthcare workers.

He was responding to findings of a survey by health portal Code-Blue, which highlighted that up to 95 per cent of 1,652 healthcare workers — comprising government doctors and nurses — felt that the country's public health system was in crisis, driving 73 per cent of them to consider quitting their jobs.

The respondents who thought of resigning from the public health sector were government doctors (across all seniority), pharmacy and dental officers, nurses, assistant medical officers and allied healthcare workers.

"We believe there is enough data to work with to make some immediate improvements.

"The MMA is deeply concerned as the dissatisfaction with the system can have a negative impact on the delivery of care.

"Human resources is the most important asset to any organisation, therefore we urge the Health

Ministry to prioritise the wellbeing of our healthcare workers as it seeks ways to improve the system.

"If this many are thinking of quitting, we are concerned as to how much longer can they endure their frustration while carrying out their duties.

"Will the Health Ministry's planned reforms take place before they break down or leave for better opportunities?

"The health minister has been working hard and has shown a strong commitment towards healthcare reforms. However, some of the improvements have to be fast-tracked."

He added that data on bed utilisation and distribution of housemen, medical officers, specialists, nurses, assistant medical officers, pharmacists and allied healthcare workers should immediately be used to address the irregularities in distribution of manpower.

The MMA, Dr Muruga said, hoped that the government would prepare a more meaningful budget for health with emphasis on increasing and enhancing healthcare human resources.

"We believe the prime minister, who is a reformist himself, understands the importance of a resilient healthcare system and therefore we hope that the budget for health will be reflective of the government's commitment towards the much-needed healthcare reforms."

AKHBAR : THE SUN

MUKA SURAT : 4

RUANGAN : NEWS WITHOUT BORDERS

Modern treatment for cancer offers hope to patients

KUALA LUMPUR: This year, World Cancer Day falls on Feb 4 and is celebrated to raise awareness surrounding cancer in its many forms and effects, as well as treatments and recovery.

Sunway Medical Centre Velocity said in a statement cancer fighting technology has improved in leaps and bounds in recent years, and one newer technology that has been known to be effective in treating cancer is immunotherapy, which is available in Malaysia.

It said immunotherapy is unique in the way that it uses the body's own immune system to fight cancer.

According to its consultant clinical oncologist Dr Hafizah Zaharah Ahmad, the immune system is like the police force of our bodies.

She said it is designed to protect the body against infection, illness and disease.

"It can also protect us from the development of cancer. Normally, it can detect and destroy faulty or mutated cells in the body and

eliminate them before they become a significant threat."

She also said cancer can still develop when the immune system is not strong enough to kill cancer cells, or when the cancer cells hide from the immune system, adding that cancer cells can camouflage themselves as normal cells.

Hafizah said immunotherapy is more targeted as a cancer treatment.

"Immunotherapy can boost or change how the immune system works so it can recognise and kill cancer cells."

She said as cancer cells start out as normal cells, the immune system does not always recognise them as a threat, adding that various immunotherapy agents are given as an infusion into a vein typically once every two, three or four weeks

and can be given by themselves, or in combination with targeted therapy or chemotherapy.

She said for advanced stage cancer, immunotherapy treatment generally is given for two years, alongside close monitoring, Bernama reported.

Although immunotherapy may seem like the light at the end of the tunnel for cancer patients, Hafizah cautioned that not all cancers will respond well to the treatment.

She added that immunotherapy can be used as a treatment for various cancers, including non-small cell lung cancer, triple-negative breast cancer, those affecting the head and neck, cervix, liver, colon and bladder, gastric cancer, oesophageal cancer, melanoma, renal cell carcinoma and endometrial cancer.

She also said as with any form of treatment, immunotherapy presents its own sets of side effects.

"Generally, the treatment is well tolerated, with possible side effects such as feeling tired, skin rash and muscle or joint pain.

"Although rare, some patients could also exhibit allergic reactions including dizziness, fast heart rates, face swelling or breathing problems.

"Signs of autoimmune reactions that can cause serious problems may occur in the lungs, intestines, liver, hormone-making glands, kidneys, or skin.

"Examples of symptoms to look out for are diarrhoea, severe abdominal pain, worsening cough, shortness of breath or difficulty in breathing."

Hafizah said cancer research has pushed treatment to new frontiers, leading to higher cancer control or cure rates, but recommends taking on medical insurance to manage the rising cost of treatment.

AKHBAR : THE SUN

MUKA SURAT : 4

RUANGAN : NEWS WITHOUT BORDERS

Ministry will not tolerate violations of WHO tobacco control policy

KUALA LUMPUR: The Health Ministry will not compromise with any official who violates Article 5.3 of the World Health Organisation Framework Convention on Tobacco Control (WHO FCTC) and related policies.

Health Deputy Director-General (Public Health) Datuk Dr Norhayati Rusli said the ministry viewed the allegation that two of its senior officials had met tobacco industry

representatives seriously.

The meeting is said to have violated Article 5.3 of the WHO FCTC.

Norhayati said initial investigations found that the two officials were visited by two individuals, who had introduced themselves as the owners of a Putrajaya bicycle company and a printing company.

The purpose of the meeting was to discuss a proposal to organise a

weight loss programme, but nothing was agreed to during the discussion.

"The Health Ministry is taking the allegations seriously. This puts the ministry and the government in bad light."

She added that as civil servants, it is their responsibility to ensure that any conflict of interest is avoided when meeting private companies or NGOs.

Article 5.3 of the WHO FCTC

stipulates that Malaysia, as a member state, must implement a public health policy on tobacco control and protect it from commercial interests and the interests of the tobacco industry based on local laws.

The article sets out guidelines on control measures that must be established such as limiting any interaction with the tobacco industry, ensuring the transparency of any

interaction that occurs, rejecting partnerships and agreements with the tobacco industry and avoiding conflict of interest for government officials and employees.

Norhayati said as a signatory to the WHO FCTC since Sept 16, 2005, the Health Ministry has always ensured any interactions with the tobacco industry complies with the guidelines set out in Article 5.3.
- Bernama

AKHBAR : THE SUN

MUKA SURAT : 3

RUANGAN : NEWS WITHOUT BORDERS

Johor hospital provides more parking bays

JOHOR BAHRU: The Sultan Ismail Hospital at Jalan Mutiara Emas Utama in Taman Mount Austin here has opened an area for additional parking.

Menteri Besar Datuk Onn Hafiz Ghazi, when announcing this, hoped that the additional parking will reduce traffic congestion at the hospital.

"Be assured that the state government will always do its best to assist the Health Ministry in improving the quality of services, not only in terms of healthcare, but also infrastructure, for the well-being of the Bangsa Johor," he said in a post on Facebook yesterday.

Onn Hafiz also expressed his appreciation to State Health and Unity Committee chairman Ling Tian Soon, State Health director Datuk Dr Aman Rabu and State Public Works Department director Abu Bakar Abd Aziz.

In August last year, the state government announced an allocation of RM500,000 for upgrading the parking area and RM95,000 for the replacement of the roof and related works, as well as RM75,000 for the purchase of chairs. - Bernama

AKHBAR : THE STAR

MUKA SURAT : 6

RUANGAN : NATION

No more chaotic parking

JOHOR BARU: The chaotic and haphazard parking situation at Hospital Sultan Ismail (HSI) here will soon be a thing of the past, with more parking bays being introduced, says Johor Mentri Besar Datuk Onn Hafiz Ghazi.

He said upgrades to the hospital's parking area, including 88 additional bays, came from the state government's allocation of RM500,000 in August last year.

"The new parking bays are now

open to the public.

"I hope the upgrade will also reduce traffic congestion, which has been an issue at the hospital for years," he said in a Facebook post after visiting the site yesterday.

Onn Hafiz added that the upgrades were made possible with the cooperation of state health and unity committee chairman Ling Tian Soon, as well as relevant agencies such as the Health Department and Public Works Department.

"Apart from upgrading the parking area, the state government had previously allocated RM95,000 to replace HSI's polycarbonate roofs and RM75,000 to add linked chairs for its waiting area.

"We always try our best to assist the Health Ministry in providing quality service for the comfort of the Johor people," he said.

Last August, Onn Hafiz announced an allocation of RM670,000 to upgrade the hospital's facilities.



Less worries: An additional 88 parking bays will be added at Hospital Sultan Ismail to overcome the congestion problem.

AKHBAR : THE STAR

MUKA SURAT : 8

RUANGAN : NATION

Using the body's own immune system to fight cancer

KUALA LUMPUR: It's World Cancer Day tomorrow, an occasion to raise awareness surrounding cancer in its many forms and effects, as well as treatments and recovery.

Cancer-fighting technology has improved in leaps and bounds in recent years, said Sunway Medical Centre Velocity.

In a statement quoting its consultant clinical oncologist Dr Hafizah Zaharah Ahmad, it explained about immunotherapy, which uses the body's own immune system to fight cancer.

The immune system, she said, is like the "police force of our bodies" and is designed to protect the body from infection, illness and disease.

"It can also protect us from the development of cancer. Normally, it can detect and destroy faulty or mutated cells in the body and eliminates them before they become a significant threat," she said.

But cancer can still develop when the immune system is not strong enough to kill cancer cells, or when the cancer cells hide from the immune system, she said, adding that cancer cells have the ability to camouflage and resemble normal cells.

Dr Hafizah said immunotherapy is more targeted as a cancer treatment, adding: "It can boost or change how the immune system works so it can recognise and kill cancer cells."

As cancer cells start in normal cells, the immune system does not always recognise them as a threat, she explained.

"These cancer cells can push a 'brake' button on the immune cells so that the immune system will not attack them. Checkpoint inhibitors (a type of immunotherapy) take the 'brakes' off the immune system, which helps it recognise and attack the cancer cells," she said.

Although immunotherapy may seem like the light at the end of a tunnel for cancer patients, Dr Hafizah warned that not all cancers respond well to the treatment.

"Therefore, patients have to first undergo a specific biomarker test such as the PD-L1 test that will need

to be carried out on a cancer specimen to ensure that the patient will respond to the treatment," she said.

According to her, immunotherapy can be used to treat various cancers, including non-small cell lung cancer, triple-negative breast cancer, head and neck cancer, cervical cancer, gastric cancer, oesophageal cancer, bladder cancer, melanoma, liver cancer, renal cell carcinoma, endometrial cancer and colon cancer.

As with any form of treatment, she said, immunotherapy also presents its own sets of side effects.

"Generally, the treatment is well tolerated with possible side effects such as feeling tired, skin rash, or muscle or joint pain.

"Although rare, some patients

also have allergic reactions including dizziness, fast heart rate, face swelling or breathing problems.

"Signs of autoimmune reactions that can cause serious problems may occur in the lungs, intestines, liver, hormone-making glands, kidneys and skin.

"Examples of symptoms to look out for are diarrhoea, severe abdominal pain, worsening cough, shortness of breath or difficulty in breathing," Dr Hafizah said.

She said cancer research has pushed cancer treatment to new frontiers, leading to higher cancer control rates or cure rates, but recommends taking medical insurance to manage the rising cost of treatment. — Bernama

AKHBAR : THE STAR

MUKA SURAT : 14

RUANGAN : VIEWS

Closing the cancer care gap

COMING to its 23rd year, World Cancer Day is an annual event celebrated on Feb 4 that unites everyone across the world in the fight against cancer. It was launched in 2000 by the Union for International Cancer Control (UICC), the biggest and oldest international cancer organisation.

This significant initiative led by the UICC aims to increase awareness and improve education about cancer while pressuring governments and encouraging individuals to take action against this deadly disease.

According to the World Health Organisation (WHO), cancer is a leading cause of death globally, killing 10 million people every year.

The theme for World Cancer Day 2022-2024 is "Close the Care Gap". Spanning three years, this campaign focuses on addressing the inequities in cancer care globally.

Inequity is often affected by social factors such as income, race, age, gender, geographical location, education and lifestyle. These factors can negatively impact the quality of cancer care that an individual can receive, which includes services related to cancer prevention, early detection, diagnosis, and treatment.

Eventually, it can lead to unfavourable health outcomes.

In 2022, the campaign focused on understanding and recognising the problem. One of the many key issues related to cancer care is lack of awareness about cancer prevention.

Knowing that around one-third of cancer deaths are due to tobacco use, unhealthy diets, physical inactivity and alcohol consumption, initiatives such as raising awareness and providing education in addressing these preventable major cancer risk factors should be emphasised.

Another issue is lack of awareness about early detection of cancer. For example, many

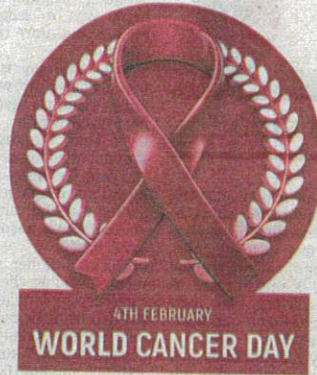


Image: Freepik.com

people fear a cancer diagnosis so much that they avoid attending screening programmes, leading to potentially fatal consequences.

In recent years, social media platforms have allowed the rapid spread of myths and misinformation about cancer, leading to false beliefs and dangerous self-diagnosis practices.

For instance, misleading news articles and headlines about supposed cancer "cures" contribute to the widespread dissemination of false information about cancer, which can lead to negative health outcomes.

Another issue of concern is the need to address disparities in cancer care and outcomes, particularly for disadvantaged communities. For example, individuals from low-in-

come backgrounds often face significant barriers to accessing quality healthcare, as many are unable to afford the expensive costs in their home countries.

Achieving progress in these areas can help to reduce the global burden of cancer and improve outcomes for those affected.

As the campaign continues in 2023, the focus is on uniting our voices and taking action.

Everyone is encouraged to come together and contribute to closing the cancer care gap, regardless of who they are or where they are from.

With every action taken, no matter how big or small, we believe that working together can make a difference in the lives of all those affected by cancer.

Most people believe that only governments, high level agencies or those who work in health care can make a difference in the fight against cancer, but this is not true. Everyone can and should contribute to this fight.

From arming yourself with reliable and credible knowledge and sharing cancer knowledge with your family and friends to organising cancer screening or fundraising events in your neighbourhood, there are many ways in which you can take a stance against cancer in conjunction with World Cancer Day 2023.

Get more information about what you can do to fight cancer from the National Cancer Society Malaysia's (NCSM) "What can I do for World Cancer Day?" booklet. Available in English, Bahasa Malaysia, Mandarin, and Tamil, it can be found on the NCSM Tun Abdul Razak Library website at: <https://cancer.org.my/get-ahead/tun-abdul-razak-digital-library/book-booklets/>.

NATIONAL CANCER SOCIETY MALAYSIA