

AKHBAR : KOSMO
MUKA SURAT : 2
RUANGAN : NEGARA!

Teleperubatan alternatif kurangkan masa di hospital



TELEPERUBATAN akan menghubungkan doktor dengan pesakit tanpa memerlukan mereka hadir ke hospital swasta. - GAMBAR HIASAN

PETALING JAYA - Teleperubatan yang menggunakan sistem telekomunikasi untuk penjagaan kesihatan jarak jauh perlu digunakan di negara ini sebagai alternatif bagi mengurangkan kesesakan pesakit di hospital.

Pengurus sebuah syarikat pembekalan teleperubatan di ibu negara yang hanya mahu dikenali sebagai Mohd. Faizal berkata, sistem itu telah pun digunakan secara meluas di negara maju.

"Melalui sistem teleperubatan, pesakit dengan temu janji penyakit tertentu seperti darah tinggi, kencing manis dan sebagainya tidak perlu pun hadir ke hospital.

"Mereka akan menggunakan alat teleperubatan di rumah dan tahap kesihatan mereka dapat dipantau oleh doktor di hospital. Doktor kemudiannya akan menetapkan preskripsi ubat-ubatan berdasarkan data kesihatan mereka," katanya.

Mohd. Faizal berkata, melalui teleperubatan pihak hospital dapat mengurangkan kesesakan di wad kerana tahap kesihatan pesakit terutama yang tidak kritikal boleh dipantau di rumah.

Jelas beliau, sistem itu malah diyakini lebih efisien kerana doktor dapat memantau tahap kesihatan pesakit dengan lebih kerap berbanding hanya semasa pesakit

hadir di hospital.

"Sebagai contoh semasa pemeriksaan tekanan darah di hospital mungkin baik, tetapi selepas itu mungkin tekanan darahnya turun naik," katanya.

Menurut Mohd. Faizal, manfaat teleperubatan yang lain termasuk mengurangkan beban kerja kakitangan hospital termasuk doktor, mengurangkan kos operasi serta mengurangkan kos pesakit untuk ke hospital.

"Semua pihak termasuk hospital kerajaan, swasta, penjaradan juga pekerja di pelantar minyak dapat juga memantau tahap kesihatan mereka melalui teleperubatan," katanya.

AKHBAR : SINAR HARIAN

MUKA SURAT : 8

RUANGAN : NASIONAL

Individu pertama derma darah

Che Adam tampil sebagai rakyat Malaysia pertama derma darah pada tahun 2023

Oleh NORHASPIDA YATIM
KUALA TERENGGANU

Pengaruh Angkatan Pertahanan Awam Malaysia (APM) Pahang, Leftenan Kolonel (PA) Che Adam A Rahman melakar sejarah tersendiri apabila menjadi rakyat Malaysia pertama menderma darah pada tahun 2023.

Beliau mendaftar menggunakan sistem Blood Bank Information System (BBIS) tepat jam 12.05 tengah malam Ahad dan menderma darah di Unit Tabung Darah Hospital Sultanah Nur

Zahirah (HSNZ) di sini pada jam 8 pagi.

"Saya bersyukur kerana hasrat untuk menjadi individu pertama menderma darah pada tahun ini menjadi kenyataan.

"Semoga usaha kecil saya ini dapat membantu Unit Tabung Darah HSNZ meningkatkan bekalan darah bagi membantu pesakit yang memerlukan seperti kemalangan, talasemia, anemia dan wanita yang tumpah darah selepas bersalin.

"Ia juga menjadi sebahagian inisiatif saya dalam menyokong untuk mem-

promosi kempen derma darah oleh Kementerian Kesihatan Malaysia (KKM) supaya ia dijadikan sebagai rutin dalam kalangan rakyat negara ini," katanya yang telah 88 kali menderma darah sejak berusia 21 tahun.

Rekod Che Adam sebagai rakyat Malaysia pertama yang menderma darah pada 2023 disahkan oleh Ketua Unit Transfusi Darah HSNZ, Dr Muhaimin Kambali berdasarkan semakan data daripada sistem BBIS di seluruh negara.



Che Adam (tengah) bersama Dr Muhaimin (kiri) ketika menderma darah di Unit Tabung Darah Hospital Sultanah Nur Zahirah (HSNZ) di Kuala Terengganu pada Ahad.

Dalam pada itu, Che Adam berkata, tahap kesihatannya semakin baik dan menjadikan rutin menyumbang darah sekali dalam tempoh tiga bulan sebagai amalan.

"Walaupun sudah 88 kali menderma darah, tahap kesihatan saya kekal di tahap terbaik dengan mengamalkan pemakanan seimbang di samping senaman yang teratur," ujar beliau.

Ibu kongsi kegembiraan lahir bayi tahun baharu

KUANTAN - Tiga ibu berkongsi kegembiraan apabila melahirkan bayi masing-masing pada Tahun Baharu 2023 di Hospital Tengku Ampuan Afzan (HTAA) di sini pada Ahad.

Bagi Siti Solehah Mohamed Ariffin, 26, dari Jaya Gading di sini, ketibaan tahun baharu diraikan dengan kegembiraan berganda apabila bayi lelaki pertamanya lahir pada hari istimewa itu.

Suri rumah itu berkata, berdasarkan jangkakan awal, bayinya itu dijangka lahir pada 12 Januari ini.

"Memang tidak sangka saya bersalin lebih awal pada pagi tahun baharu.

"Gembira sangat kerana bayi lelaki yang ditunggu-tunggu lahir sebagai bayi tahun baharu jam 7.20 pagi tadi (Ahad)," katanya yang mempunyai dua anak perempuan berusia lima dan setahun.

Perasaan sama turut dikongsi Ain Amira Rashid Wejdi, 32, dari Balok di sini apabila menimang cahaya mata perempuan keempat jam 4.45 pagi.

Dia berkata, bayinya lahir dua hari lebih awal dari tarikh yang dijangka.

"Alhamdulillah, ditakdirkan dia lahir hari ini dan jadi bayi tahun baharu," katanya.

Sementara itu, bagi jururawat, Noor Hidayah Mohd Rodhi, 35, kelahiran bayi lelakinya pada tahun baharu melengkapkan pasangan anaknya dua



Siti Solehah bersama bayinya antara yang diraikan pada Sesi Sambutan Bayi Tahun Baharu 2023 bersama Dr Nor Azimi (dua dari kiri).

Kalsom (tiga dari kiri) melawat tiga daripada enam bayi yang dilahirkan di Hospital Melaka pada Ahad.

perempuan dan dua lelaki.

Katanya, dia bersalin melangkaui tarikh jangkakan pada 25 Disember lalu.

"Mungkin rezeki tahun baharu dia lahir pada tarikh ini," katanya.

Bayi tahun baharu yang dilahirkan di HTAA diraikan pada Sesi Sambutan Bayi Tahun Baharu 2023 bersama Pengarah Kesihatan Negeri Pahang, Datuk Indera Dr Nor Azimi Yunus.

Sementara itu, Dr Nor Azimi berkata, enam kelahiran bayi tahun baharu direkodkan di negeri itu sehingga jam 9 pagi pada Ahad.

Menurutnya, empat bayi terdiri daripada tiga lelaki dan satu

perempuan dilahirkan di HTAA manakala dua lagi bayi lelaki lahir di Hospital Sultan Haji Ahmad Shah (HoSHAS), Temerloh.

"Bayi pertama lahir jam 12.53 pagi di HTAA secara pembedahan manakala yang lain secara normal dengan berat antara tiga hingga 3.9 kilogram.

"Semua ibu dan bayi berada dalam keadaan baik," katanya.

Tambah beliau, jumlah kelahiran bayi tahun baharu di negeri ini dijangka meningkat memandangkan terdapat senarai ibu dalam proses bersalin.

Dalam pada itu di MELAKA, turut direkodkan enam bayi bertuah yang dilahirkan pada tahun baharu di Hospital Melaka di sini



Ain Amira (tengah) dan Noor Hidayah (kiri) bersama bayi masing-masing ketika ditemui di wad bersalin HTAA, Kuantan pada Ahad.

bermula jam 1.20 pagi.

Sehingga jam 9 pagi Ahad, hospital berkenaan menerima seramai empat bayi lelaki dan dua bayi perempuan.

Exco Hal Ehwal Wanita, Pembangunan Keluarga dan Kebajikan Melaka, Datuk Kalsom Noordin berkata, lima daripada

bayi berkenaan dilahirkan secara normal manakala seorang dilahirkan secara pembedahan.

Tambahnya, setakat ini tiada kelahiran baharu direkodkan di dua lagi hospital kerajaan di Melaka iaitu Hospital Alor Gajah dan Jasin sehingga jam 1 petang.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 4

RUANGAN : NATION

SUPER BUG

EXPERTS WARN OF MOSQUITOES RESISTANT TO FOGGING

Fogging kills just adult insects but larvae and breeding ground remain

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RESearchers recently found that dengue-spreading mosquitoes — *Aedes aegypti* and *Aedes albopictus* — have mutated to become more resilient, adaptive and virulent, causing widespread epidemics.

They said this worrying development must be factored in when devising and implementing measures to control mosquito populations.

Malaysia keeps the number of dengue fever cases manageable through the heavy use of insecticides to curb mosquito populations.

However, insecticide resistance in *Aedes aegypti* threatens the ef-

fectiveness of the vector control tool, said a 2017 paper published in *PLOS Neglected Tropical Diseases*.

“Genetic mutations in these mosquitoes in response to the widespread use of insecticides are likely the cause (of their heightened resistance),” epidemiologist and health informatician Professor Datuk Dr Awang Bulgiba Awang Mahmud of Universiti Malaya said.

A 2022 study published in the *Parasites & Vectors* medical journal said *Aedes aegypti* mosquitoes were very resistant to insecticides currently in use and other solutions should be sought.

A 2021 paper in *PLOS Neglected Tropical Diseases* said the *Aedes aegypti* population in Senegal had a high metabolic resistance to widely used insecticides.



Professor Datuk Dr Awang Bulgiba Awang Mahmud says genetic mutations in *Aedes* mosquitoes in response to the widespread use of insecticides are likely the cause of their heightened resistance. FILE PIC

“It is only natural for simple creatures like insects, such as mosquitoes, to evolve and adapt to a changing environment,” environmental health expert Professor Dr Jamal Hisham Hashim said.

“For *Aedes* mosquitoes, this changing environment is mainly due to urbanisation and climate change. They have adapted to breed in discarded containers, small puddles of clean water, gutters and clogged drains in urban settings.”

MOSQUITO FOGGING QUESTIONED

Mosquito fogging is usually done in areas where dengue cases have been reported, to kill any adult mosquito that may be carrying the dengue virus.

While fogging would have some

success in killing adult mosquitoes, experts warned that it was not enough to prevent dengue infections.

“Mosquito fogging has always been a short-term measure which targets only adult mosquitoes,” said Dr Awang Bulgiba.

“It does not get rid of the larvae, nor does it get rid of mosquito breeding sites. So, while it does have its benefits, this is unsustainable nor an effective long-term vector-control strategy.”

Jamal Hisham said fogging was a short-term vector-control measure to control the spread of a localised dengue outbreak.

He said destroying *Aedes* breeding sites and using larvicides would be a more effective strategy.

Public health expert and epidemiologist Professor Datuk Dr Lokman Hakim Sulaiman said insecticides might kill mosquitoes, but a review of the scientific literature found “no evidence that fogging works”.

“I never believed that fogging was cost-effective. During my time (in office), I had even reduced fogging to once from twice for each reported case.

“To me, we continue doing it because it is the politically correct thing to do,” said the former deputy health director-general.

Public health expert Datuk Dr Zainal Ariffin Omar called for a review of the policy of frequent fogging, taking into account the hazards of fogging chemicals to the environment.

‘Relying on authorities to control dengue unsustainable’

KUALA LUMPUR: Experts have outlined various ways in which Malaysia can build a resilient response against dengue fever.

Epidemiologist and health informatician Professor Datuk Dr Awang Bulgiba Awang Mahmud of Universiti Malaya said the nation’s dengue vector control required a holistic approach.

He said this would include using biological (such as the use of the *Wolbachia* bacteria), environmental (like sub-soil drainage), source reduction (such as getting rid of used tyres), chemical (pesticides), personal protection (use of mosquito repellents), genetic (releasing genetically modified mosquitoes) methods and others (such as larvae traps).

“Equally important is health education. Relying on the au-

thorities to control dengue is unsustainable as there are other public health priorities.

“Furthermore, the healthcare system is already stretched.”

Public health expert and epidemiologist Professor Datuk Dr Lokman Hakim Sulaiman said to fight mosquito-borne diseases, one must tackle all four factors in its transmission dynamics, but dengue had issues in all four, unlike malaria.

“We have no effective drug to kill the virus.

“Unlike malaria, *Aedes* mosquitoes bite when humans are active, making bed nets useless.

“Insect repellent does help to prevent mosquito bites but this has not been actively promoted.

“We, including local govern-

ments, must examine the environment, as well as construction sites, abandoned premises, poor or illegal waste disposal sites, and clogged rain gutters that perpetuate mosquito breeding.

“And there are issues with insecticides (which are becoming less effective in killing *Aedes* mosquitoes).”

He said there was a need for long-term measures through local government by-laws/regulations to ensure *Aedes*-free buildings and environment, and called for compulsory mosquito screening for newly constructed housing areas.

Malaysia, he said, also needed proactive intervention based on predictive models.

Several have been developed, including the D-MOSS system, which uses satellite weather data for better prediction.

Studies had shown that using mosquito repellent, covering water containers, removing stagnant water and using insecticides are effective dengue-prevention methods, but less than 80 per cent of people practised moderate to good dengue preventive measures.

Public health expert Datuk Dr

Zainal Ariffin Omar highlighted the importance of using mosquito repellent and “doing the basics” as informed by the authorities to control the spread of dengue.

“Human behaviour is a crucial factor in *Aedes* breeding and dengue transmission,” he said.

Associate Professor Dr Pratap Singhasivanon, an authority on the epidemiology of tropical diseases and vector-borne infectious diseases in Thailand, said besides vector control, environmental management and vaccines were crucial to tackling dengue.

“These three intervention measures, when taken together, will lead to a more sustainable reduction in transmissions at the community level.”



Professor Datuk Dr Lokman Hakim Sulaiman