

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 4
RUANGAN : DALAM NEGERI

Jangka masa tubuh Suruhanjaya Perkhidmatan Kesihatan

15 tahun terlalu lama

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PETALING JAYA: Jangka masa 15 tahun untuk menubuhkan Suruhanjaya Perkhidmatan Kesihatan disifatkan terlalu lama dan dibimbangi akan mengakibatkan sistem kesihatan negara terbeban dan berdepan kemudaratan.

Presiden Persatuan Perubatan Malaysia (MMA), Dr. Muruga Raj Rajathura berkata, apa sahaja boleh berlaku dalam tempoh masa tersebut termasuk perubahan dalam kepimpinan negara yang akan memberi kesan kepada dasar di Kementerian Kesihatan.

Menurut beliau, Malaysia sedang menuju kepada negara tua yang menjadikan keperluan penjagaan kesihatan penduduk meningkat dengan drastik dan memerlukan tindakan segera daripada kerajaan.

"Jika 10 tahun pun ia sudah terlalu lama. Kita perlu bertindak dengan cepat bagi menangani isu ini, ia akan melibatkan pengambilan ramai kakitangan dan latihan penjagaan kesihatan. Kita juga kekurangan tenaga pakar di seluruh bidang," katanya ketika dihubungi *Utusan Malaysia*.

Terdahulu, akhbar ini melaporkan, kerajaan tetap akan menubuhkan Suruhanjaya Perkhidmatan Kesihatan yang

dituntut banyak pihak walaupun perkara tersebut tidak dinyatakan secara jelas dalam Kertas Putih Kesihatan yang diluluskan dalam sidang Dewan Rakyat baru-baru ini.

Menteri Kesihatan, Dr. Zaliha Mustafa berkata, pihaknya menasaskan Suruhanjaya Perkhidmatan Kesihatan boleh ditubuhkan dalam tempoh 15 tahun akan datang.

Menurut beliau, bagi merealisasikan penubuhannya, Kementerian Kesihatan sedang meneliti model terbaik berdasarkan negara-negara lain untuk disesuaikan dengan situasi di Malaysia termasuk melihat dari sudut perundangan atau pentadbiran.

Dr. Muruga berkata, KKM perlu mengutamakan penubuhan Suruhanjaya Perkhidmatan Kesihatan dan segera mewujudkan sebagai langkah mereformasi sistem kesihatan negara.

Jelasnya, antara masalah utama dalam sistem kesihatan negara adalah disebabkan kekurangan tenaga kerja yang mana boleh diselesaikan dengan penubuhan suruhanjaya tersebut.

"Apa yang penting adalah suruhanjaya ini dapat memenuhi tujuan penubuhannya, perlu diberi kuasa untuk membuat keputusan berkenaan sumber tenaga kerja, logistik dan juga kewangan," katanya.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 24
RUANGAN : GAYA

Oleh PROF. MADYA
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MASALAH denggi masih menjadi isu yang serius di negara kita. Saban tahun, tidak ada petunjuk yang jelas sama ada jangkitan nyamuk Aedes mampu ditamatkan seperti malaria.

Walaupun kes semasa adakalanya menurun, namun atas faktor-faktor tertentu seperti kebersihan alam sekitar yang tidak baik menyebabkan kes kembali melonjak.

Misalnya, sampah plastik yang tidak terurus, hujan, kewujudan kawasan pembiakan dan kemungkinan wujudnya perubahan jenis strain virus denggi di persekitaran.

Pola turun dan naik jangkitan denggi ini turut menyebabkan angka kematian agak signifikan.

Sejumlah 39 kes kematian denggi direkodkan sehingga Jun 2023 berbanding 37 kematian pada 2022.

Nyamuk Aedes disuntik bakteria, kurangkan populasi

“Walaupun kes semasa adakalanya menurun, namun atas faktor-faktor tertentu seperti kebersihan alam sekitar yang tidak baik menyebabkan kes kembali melonjak.”

Majoriti kes berlaku di Selangor iaitu 49.9 peratus daripada jumlah keseluruhan 55,512 di Malaysia.

Pencegahan jangkitan denggi melalui pendekatan tingkah laku sosial masih relevan dan perlu terus dikukuhkan.

Sejak program vaksin denggi di Filipina digantung pada 2017, kesihatan awam masih menantikan vaksin yang sesuai untuk



KITARAN hidup nyamuk Aedes dari telur ke dewasa hanya mengambil masa tujuh hari.

digunakan dalam konteks mencegah jangkitan dan komplikasi serius.

Bagi tujuan itu, tingkah laku pencegahan yang positif perlu kekal dilaksanakan.

Individu perlu memainkan peranan penting untuk mencegah titik panas berleluasa dengan sentiasa menjaga kebersihan dan

menggunakan abate bagi membunuh jentik-jentik.

Pendekatan lain ialah pelepasan nyamuk Aedes yang disuntik bakteria Wolbachia untuk menurunkan jumlah populasi nyamuk yang infektif

sekali gus mengurangkan risiko jangkitan di persekitaran.

Usaha rintis yang dimulakan sejak 2016 itu meliputi majoriti kawasan yang dikenal pasti merupakan lokasi titik panas untuk kes-kes denggi.



JENTIK-JENTIK berubah menjadi pupa dan dewasa dalam masa singkat.



PENGUNJUNG melihat demonstrasi mengenal pasti nyamuk

AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 25

RUANGAN : GAYA



PENGLIBATAN MASYARAKAT

Sudah pasti, aktiviti ini memerlukan penyertaan masyarakat dan komitmen yang berterusan.

Beberapa syarat perlu



isti nyamuk Aedes betina.

dipenuhi sebelum nyamuk Aedes berWolbachia itu dilepaskan dalam lokalti antaranya ialah memusnahkan kawasan yang berpotensi sebagai sarang pembiakan, kajian dan pemusnahan jentik-jentik serta kawalan sampah persekitaran.

Data terkini menunjukkan terdapat penurunan ketara kes-kes denggi dan indeks larva di lokalti yang mempunyai populasi nyamuk Aedes berWolbachia.

Pola sedemikian diharap mampu menurunkan jumlah kes denggi tahunan serta membantu mengurangkan kes-kes teruk dan kematian.

Berdasarkan data dan praktis semasa, kita perlu memahami tiada pendekatan unggul untuk memerangi denggi.

Menurut kenyataan tidak rasmi di lapangan, liputan pelepasan nyamuk berWolbachia di seluruh Malaysia dijangka dapat dicapai menjelang tahun 2025 nanti.

Pengalaman mendepani wabak denggi sejak dikesan di negara ini menunjukkan semua pihak perlu memainkan peranan termasuk di tempat kerja untuk memastikan risiko jangkitan kekal rendah.

Tanggapan pencegahan dan kawalan hanya tanggungjawab pihak kementerian sahaja perlu diperbetulkan.

Demikian juga dengan tanggungjawab membersihkan sampah-sarap di lapangan.

Sebagai ahli masyarakat, kita turut sama bertanggungjawab untuk memastikan semua pihak terhindar daripada risiko jangkitan denggi.

Unsur-unsur populis yang bersifat jangka pendek seperti melibatkan golongan popular dalam aktiviti lapangan boleh digunakan untuk menarik minat masyarakat terlibat secara langsung.

Namun, perancangan jangka panjang juga perlu dilakukan bagi membolehkan aktiviti berkenaan kekal mampan serta dimanfaatkan oleh mereka yang terlibat.

Tanggungjawab mengelak jangkitan denggi dan mengawal perebakan titik panas kawasan yang berisiko memerlukan komitmen setiap kita.

Penulis adalah Pakar Perubatan Kesihatan Awam Fakulti Perubatan dan Sains Kesihatan (FPSK), Universiti Putra Malaysia (UPM).



PERSEKITARAN kotor yang dipenuhi sampah-sarap mampu menjadi tempat pembiakan nyamuk Aedes.

“Pengalaman mendepani wabak denggi sejak dikesan di negara ini menunjukkan semua pihak perlu memainkan peranan termasuk di tempat kerja.”



SEMBURAN kabus dilakukan di kawasan wabak bagi mengawal masalah denggi.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 7

RUANGAN : NATION / NEWS



AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 10
RUANGAN : NATION / NEWS

Getting inactive teens moving

Four out of five adolescents do minimal physical activity, says Zaliha

PUTRAJAYA: Four out of five teenagers in the country are physically inactive, says Health Minister Dr Zaliha Mustafa.

In addition, two out of three teenagers practise fitness activities at a sedentary level, she said in the Suara Menteri slot broadcast in conjunction with the Health Promotion in Learning Institutions (Hepili) Programme 2023 virtual assembly on Wednesday.

"More and more of our teenagers are not active. So, why wait, let's start now. Exercise every day. Only 30 minutes, five times a week. Easy, isn't it?" she said, Bernama reported.

Dr Zaliha, in the virtual assem-

bly themed "We want to live healthy", said that despite being a busy person, it did not stop her from doing daily exercises to take care of her health.

Also giving speeches were Communications and Digital Minister Fahmi Fadzil, Youth and Sports Minister Hannah Yeoh and Education Minister Fadhlina Sidek.

In his speech, Fahmi encouraged the public to do stretching known as X-break, which is a physical activity performed within three to five minutes after sitting for a long time or more than two hours.

Meanwhile, Yeoh said that at a young age an individual needs to

be active to build endurance and character, while Fadhlina said hot weather is not an excuse not to exercise as it can be done indoors.

The virtual assembly was attended by approximately 548,000 participants from all over the country.

The National Health and Morbidity Survey (NHMS) 2022 has shown a rising prevalence of obesity, physical inactivity, sedentary behaviour, poor dietary choices and excessive consumption of carbonated soft drinks and fast food among Malaysian adolescents aged 13 to 17 years.

The survey stated that four in five adolescents are physically inactive, with two in three adoles-

cents leading predominantly sedentary lifestyles.

The NHMS 2022 also revealed that four in five adolescents do not consume an adequate amount of fruits and vegetables.

The lack of nutrients in their diet can stunt their growth and development, and compromise their immune system, making the teenagers more prone to illnesses.

Separately, Dr Zaliha said they would launch the Madani Afiat programme, a platform to disseminate basic disease prevention information and health promotion programmes to the people, on July 9 in Gombak.

She said Selangor was chosen as the launch venue because the

state government had successfully implemented various health initiatives for its people.

"Many initiatives have been carried out by the Selangor government; for example, the Madani medical scheme," she said when appearing as a guest in the radio programme *Bicara Khas*, produced by SelangorFM.

Dr Zaliha said the Madani Afiat programme would include health exhibitions, as well as health screening and anti-dengue campaigns.

"We want the community to have the awareness to undergo health screening for early diagnosis of diseases and to avoid complications," she said.

Experts: Masking up can prevent other infections, not just Covid-19

By GERARD GIMINO
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PETALING JAYA: Despite it no longer being mandatory to wear a mask on public transport or in healthcare facilities, health experts say doing so is still beneficial.

They say it not only prevents Covid-19 infections but also mitigates the catching of upper respiratory tract illness (URTI).

"It is still a good practice to wear a mask. You can unknowingly protect yourself from other infections that spread through the air, namely URTI.

"This includes the cough and cold or influenza that travels through fine droplets in the air," said Universiti Kebangsaan Malaysia public health specialist Prof Dr Sharifa Ezat Wan Puteh.

She said those with flu-like symptoms should wear a mask to prevent spreading any potential URTI infections.

Masks were encouraged when one enters congested locations such as when using public transport services, she added.

Dr Sharifa said those in locations with a higher Air Pollutant Index or high temperatures should also wear a mask to reduce



any particulate matter from entering their respiratory system.

"Children who are constantly unwell, perhaps due to weakened immune systems, should wear masks as they can easily get affected.

"Those entering healthcare facilities are also advised to mask up there given the higher risk of being infected with viruses other than Covid-19," she added.

Association of Specialists in Private Medical Practice of Malaysia president Datuk Dr Balwant Singh Gendeh said those who had yet to receive their

boosters or have not completed their primary Covid-19 vaccinations were also advised to wear a mask.

"People have to be aware and acknowledge their status. If they are not yet vaccinated, do wear a mask," he said.

Dr Balwant said those using public transport, which can sometimes be packed to the brim, were also advised to wear a mask.

"This applies more towards the elderly and those with comorbidities or weakened immune systems," he said.

Wearing a mask could also pre-

vent the transmission of flu, said Dr Balwant, who is a Fellow at the Academy of Sciences Malaysia.

Earlier, Health Minister Dr Zaliha Mustafa said masking up was no longer compulsory in public transport or hospitals effective Wednesday.

However, she said that people with respiratory symptoms were encouraged to mask up to avoid spreading infections on public transport.

Covid-19 positive individuals and those handling them are, however, required to wear face masks in healthcare facilities.

Staying safe:

Many commuters on public transport still choose to mask up although it is no longer mandatory.
— RAJA FAISAL HISHAN/The Star



Public reminder: Dr Sharifa (top) and Dr Balwant.

The Health Minister also said the isolation period for Covid-19 patients had been shortened from seven to five days.

This was in view of studies which showed that infectivity was high in the first five days from the onset of symptoms, when the viral load was high.

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 15
RUANGAN : NATION / NEWS



AKHBAR : THE STAR

MUKA SURAT : 17

RUANGAN : VIEWS

YOUR OPINION

Why Health Services Commission is vital

RECENTLY, the media reported that, despite "it not being clearly stated" in the White Paper on Health that was approved by Parliament last month, Health Minister Dr Zaliha Mustafa said a "15-year Health Services Commission plan is in the works".

This is great news as I believe such a commission will set our public healthcare on the right track in the long run.

The public may not fully understand why this commission is important. The truth is that, once set up, this will have far-reaching implications, especially in terms of public healthcare.

Public healthcare today is not like it was 20 or 30 years ago. The Covid-19 pandemic has shown the immense complexity of managing public healthcare. Millions of lives are literally at stake and how well we manage public healthcare can directly impact our socio-economic well-being in a profound manner.

A critical aspect of public healthcare delivery is the medical personnel. Right now, doctors in public healthcare facilities are hired by the Public Services Commission (PSC).

A newly established Healthcare Services Commission will be able to cut through the red tape which the PSC is notorious for.

Besides, an independent commission comprising professionals in the fields of medicine and health sciences will be able to better understand the needs in the sector, compared with the



PSC, which hires the bulk of federal civil servants for a wide spectrum of areas, from engineering to social work.

In other words, the proposed Healthcare Services Commission will be better able to address the needs of public healthcare. We foresee not just a more expeditious hiring process with such a body, but that it will also be more transparent and efficient in areas like human resources management, staffing, training and career growth of public healthcare workers.

Overall, the welfare of public healthcare workers will be better taken care of. Doctors, nurses, lab assistants and a wide range of staff keeping our public healthcare up and running are our nation's unsung heroes. They put in long, punishing hours for meagre returns compared with their counterparts in the private sector. Once the new commission is set up, I am confident it will be

able to look into the plight of these selfless workers better.

Another reason why the Health Services Commission is highly anticipated is that we are hopeful it will resolve the longstanding issue of contract doctors and medical experts. These personnel have been getting a raw deal and we believe the commission can come up with long-term solutions to this problem.

Having said that, we know the proposed commission is not the silver bullet to our healthcare woes, but I believe it is definitely a step in the right direction. The Health Ministry under the leadership of Dr Zaliha should be lauded for finally getting the ball rolling. I would like to personally thank the minister for her efforts and look forward to many more positive developments in the health sector under her.

DR ZULKIFLI B.
Petaling Jaya

AKHBAR : THE SUN

MUKA SURAT : 4

RUANGAN : NEWS WITHOUT BORDERS

'High number of teens inactive'

PUTRAJAYA: Four out of five teenagers in the country are physically inactive and two out of three practise fitness activities at a sedentary level, said Health Minister Dr Zaliha Mustafa during the Suara Menteri segment broadcast yesterday in conjunction with a virtual health promotion programme for learning institutions themed "We Want to Live Healthy".

"More and more teenagers are not active. So, why wait? Let's start now. Exercise every day. Only 30 minutes, five times a week. Easy, isn't it?", she said, adding that despite being a busy person, her schedule does not stop her from doing daily exercises.

Communications and Digital Minister Fahmi Fadzil, Youth and Sports Minister Hannah Yeoh and Education Minister Fadhlina Sidek also gave speeches during the broadcast.

Fahmi encouraged the public to do stretching moves known as "X-Break", which is a physical activity performed in three to five minutes after sitting for more than two hours.

Yeoh said at a young age, an individual needs to be active to build endurance and character, while Fadhlina said hot weather was not an excuse not to exercise, as it can be done indoors and in enclosed areas.

The virtual assembly was attended by some 548,000 participants nationwide.
- Bernama

Anti-dengue crackdown in M'cca

MALACCA: The Health Department here has issued a total of 93 notices under Section 8 of the Destruction of Disease-Bearing Insects Act 1975 to owners of premises where mosquito-breeding sites were found as of last July 1.

State Health, Human Resources and Unity Committee chairman Ngwe Hee Sem said the notices were issued for the owners concerned to rid their premises of conditions likely to propagate or attract disease-bearing insects, adding that they were given seven days from the date of the notices to do so.

He also said checks were conducted at 44,338 premises during the period and 11.1%, or 4,910 sites, were found to have mosquito breeding grounds.

"From June 25 to July 1, a total of 21 dengue cases were recorded compared with only 13 during the corresponding week last year."

Ngwe said this brought the cumulative number of dengue cases recorded in the state this year to 498, an increase of 252 compared with the corresponding period last year, during which 246 cases were recorded.

No deaths due to dengue has been reported in the state since last year.
- Bernama