AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 7
RUANGAN : NATION

NST M/S 7 NATION 11/4/2025 (JUMAAT)

HEALTHCARE SERVICES

Ministry to place emergency medical specialists in all hospitals within 3 years

TAPAH: The Health Ministry aims to place emergency medical specialists in all hospitals within three years.

Its minister, Datuk Seri Dr Dzulkefly Ahmad, said to achieve this target, the ministry has begun efforts to place the specialists in all hospitals, including non-specialist ones, in stages.

"I intend to place at least two specialists in hospitals without specialists, as part of an effort to encourage patients and residents around the hospital to use a wider range of healthcare facilities instead of solely relying on specialist or minor specialist hospitals.

"The first is an EP (emergency physician) trauma specialist and the second is an internal medicine specialist (physician) to enable residents (living around the hospital) to seek treatment at these hospitals without specialists."

Dzulkefly said this after a meet-and-greet session with healthcare workers of Batang Padang district at Tapah Hospital.

He said that the ministry would place emergency medicine specialists in 10 hospitals without specialists in stages by August at the latest.

He said so far, the ministry had stationed emergency medicine specialists in 15 hospitals without specialists and district hospitals, namely Jitra Hospital, Kuala Nerang Hospital, Sik Hospital and Yan Hospital in Kedah, as well as Sungai Bakap Hospital and Balik Pulau Hospital in Penang.

Datuk Seri Dr Dzulkefly Ahmad

Other hospitals are Kuala Kangsar Hospital in Perak, Sabak Bernam Hospital and Kuala Kubu Baharu Hospital (Selangor), Alor Gajah Hospital and Jasin Hospital (Melaka), Cameron Highlands Hospital (Pahang), Pasir Mas Hospital and Pasir Putih Hospital (Kelantan), and Limbang Hospital (Sarawak).

Dzulkefly said the ministry had also decided to place an emergency medicine specialist at Tapah Hospital permanently, starting May 1.

Meanwhile, he also announced that the 24-hour emergency service (at Tanjong Malim health clinic) would reopen starting April 15.

The facility will use existing staff members through the active on-call system.

Dzulkefly said the decision was made following the high demand from residents in the area.

The cessation of a 24-hour emergency services at the clinic drew flak from residents who wanted the service to be reinstated, citing the distance to Slim River Hospital to get treatment. **Bernama**

AKHBAR : SINAR HARIAN
MUKA SURAT : 10
RUANGAN : NASIONAL

SINAR HARIAN M/S 10 NASIONAL 11/4/2025 (JUMAAT)

Sasar pakar perubatan di semua hospital dalam tempoh 3 tahun

TAPAH – Kementerian Kesihatan Malaysia (KKM) akan menempatkan pakar perubatan kecemasan di 10 hospital tidak berpakar menjelang Ogos ini.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad berkata, langkah itu sebagai usaha berterusan kementerian memastikan perkhidmatan kecemasan lebih cekap dan menyeluruh di hospital tidak berpakar di seluruh negara.

Beliau berkata, sebelum ini pakar perubatan kecemasan sudah ditempatkan di 15 hospital tanpa pakar dan hospital daerah seluruh negara.

"KKM memulakan usaha secara berperingkat bagi menempatkan sekurang-kurangnya seorang pakar perubatan kecemasan di semua hospital dalam tempoh tiga tahun.

"Insya-ALLAH, seramai 10 pakar akan ditugaskan di hospital tanpa pakar secara berperingkat menjelang Ogos 2025," katanya selepas Majlis Penerapan Nilai-Nilai Murni dan Ramah Mesra Bersama Warga Kesihatan Daerah Batang Padang di Hospital Tapah di sini pada Khamis.

Kesemua 15 hospital itu ialah Hospital Jitra, Hospital Kuala Nerang, Hospital Sik dan Hospital Yan di Kedah; Hospital Sungai Bakap dan Hospital Balik Pulau di Pulau Pinang; Hospital Kuala Kangsar, Perak; Hospital Sabak Bernam dan Hospital Kuala Kubu Baharu, Selangor.

Dr Dzulkefly (kanan) ketika sidang akhbar selepas menghadiri Majlis Penerapan Nilai-Nilai Murni dan Ramah Mesra Bersama Warga Kesihatan Daerah Batang Padang di Hospital Tapah pada Khamis.

Selain itu, Hospital Alor Gajah dan Hospital Jasin, Melaka; Hospital Cameron Highlands, Pahang; Hospital Pasir Mas dan Hospital Pasir Putih, Kelantan dan Hospital Limbang, Sarawak.

Manakala, penambahan 10 hospital tidak berpakar untuk ditempatkan pakar perubatan kecemasan ialah Hospital Tapah, Hospital Batu Gajah, Hospital Sri Iskandar, Hospital Sungai Siput, Hospital Sabak Bernam, Hospital Jasin, Hospital Alor Gajah, Hospital Tumpat dan Hospital Pasir Mas.

Dalam pada itu, Dr Dzulkefly turut mengumumkan pelaksanaan semula perkhidmatan kecemasan 24 jam di Klinik Kesihatan (KK) Tanjung Malim selepas menerima permintaan tinggi daripada penduduk setempat.

"Perkhidmatan ini pernah beroperasi 24 jam lebih 20 tahun lalu sebelum wujudnya Hospital Slim River. Buat masa ini, ia dijalankan menggunakan kakitangan sedia ada menerusi sistem panggilan luar waktu bekerja (aktif).

"Penambahan kakitangan akan dipertimbangkan dan kelulusan pembayaran elaun tugasan kepada Pembantu Pegawai Perubatan juga sudah diperoleh," katanya.

Terdahulu, Dr Dzulkefly turut melakukan lawatan kerja ke Hospital Tapah dan KK Tanjung Malim bagi meninjau keperluan semasa fasiliti kesihatan.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 3
RUANGAN : DALAM NEGERI

UTUSAN MALAYSIA M/S 3 D/NEGERI 11/4/2025 (JUMAAT)

Pakar perubatan kecemasan di 10 lagi hospital mulai Ogos

Oleh ASLIZA MUSA
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TAPAH: Kementerian Kesihatan Malaysia (KKM) akan menempatkan pakar perubatan kecemasan di 10 hospital tanpa pakar di seluruh negara secara berperingkat menjelang Ogos ini.

Menteri Kesihatan, Datuk Seri Dr. Dzulkefly Ahmad berkata, antara hospital tersebut adalah Hospital Tapah, Hospital Batu Gajah, Hospital Seri Iskandar, Hospital Sabak Bernam, Hospital Sungai Siput, Hospital Tumpat, Hospital Alor Gajah, Hospital Jasin dan Hospital Pasir Mas.

Menurutnya, penempatan pakar perubatan kecemasan bagi Hospital Tapah secara tetap akan bermula pada 1 Mei ini.

"Salah satu daripada usaha dan hasrat saya adalah untuk meletakkan paling tidak dua pakar iaitu pakar trauma dan pakar perubatan am di hospital tanpa pakar.

"Malah, KKM juga telah memulakan usaha menempatkan pakar-pakar perubatan kecemasan ini di semua hospital termasuk yang tidak berpakar dalam mencapai sasaran sekurang-kurangnya seorang pakar perubatan kecemasan ditempatkan dalam tempoh tiga tahun," katanya.

Beliau berkata demikian pada sidang akhbar selepas Majlis Penerapan Nilai-Nilai Murni dan Ramah Mesra Menteri Kesihatan bersama warga kerja kesihatan daerah Batang Padang di Hospital Tapah, di sini, semalam.

DZULKEFLY Ahmad menghadiri Majlis Penerapan Nilai-Nilai Murni dan Ramah Mesra bersama warga kerja kesihatan daerah Batang Padang di Hospital Tapah, semalam. – UTUSAN/MUHAMAD NAZREEN SYAH MUSTHAFA

Sehingga kini katanya, sebanyak 15 hospital tanpa pakar perubatan telah berjaya menerima penempatan pakar perubatan kecemasan termasuk Hospital Jitra, Hospital Kuala Nerang, Hospital Sik, Hospital Yan, Hospital Balik Pulau, Hospital Sungai Bakap, Hospital Kuala Kubu Baharu dan Hospital Limbang.

"Keberadaan pakar perubatan kecemasan ini bukan sahaja menjadi tarikan kepada penduduk sekitar untuk mendapatkan rawatan di hospital tanpa pakar malah membantu meningkatkan penyampaian perkhidmatan kesihatan secara am," katanya.

Katanya, KKM turut merancang untuk membuka semula perkhidmatan kecemasan 24 jam di Klinik Kesihatan Muallim, menggunakan kakitangan sedia ada dan mempertimbangkan penambahan kakitangan bagi memastikan perkhidmatan yang lebih cekap.

Katanya, langkah itu diambil sebagai respons kepada permintaan tinggi daripada penduduk setempat yang memerlukan akses perkhidmatan kecemasan yang lebih baik dan pantas.

"Setakat ini, pelaksanaannya akan menggunakan kakitangan sedia ada melalui sistem tugasan panggilan luar waktu bekerja (Aktif).

"Sebagai langkah penambahbaikan, penambahan kakitangan akan dipertimbangkan bagi memastikan penyampaian perkhidmatan yang lebih cekap.

"Kelulusan juga telah diperoleh bagi pembayaran elaun tuntutan kepada Pembantu Pegawai Perubatan (PPP) yang melaksanakan tugasan panggilan," katanya.

AKHBAR : BERITA HARIAN
MUKA SURAT : 18
RUANGAN : NASIONAL

Dr Dzulkefly pada Majlis Penerapan Nilai-Nilai & Ramah Mesra YB Menteri Kesihatan bersama Warga Kerja Kesihatan Daerah Batang Padang di Hospital Tapah, semalam.
(Foto BERNAMA)

BH M/S 18 NASIONAL 11/4/2025 (JUMAAT)

KKM tempatkan pakar perubatan di 10 lagi hospital

Tapah: Kementerian Kesihatan (KKM) akan menempatkan pakar perubatan di 10 lagi hospital di seluruh negara selewat-lewatnya Ogos ini, ke arah mencapai sasaran menempatkan sekurang-kurangnya seorang pakar perubatan kecemasan di semua hospital dalam tempoh tiga tahun.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad, berkata usaha menempatkan pakar di 10 hospital berkenaan susulan penempatan pakar perubatan kecemasan di 15 hospital tanpa pakar dan hospital daerah, seluruh negara sebelum ini.

Katanya, penempatan pakar perubatan kecemasan secara tetap di 10 hospital itu dimulakan 1 Mei di Hospital Tapah, di sini.

"Sehingga hari ini, KKM sudah menempatkan pakar perubatan kecemasan di 15 hospital tanpa pakar dan hospital daerah, di mana kita letakkan dua jenis pakar, iaitu pakar perubatan kecemasan dan pakar perubatan Am.

"Hasrat saya paling tidak, ada dua pakar, iaitu pakar perubatan kecemasan dan pakar perubatan am di semua hospital tanpa pakar ini. Ini adalah hala tuju yang saya tekankan," katanya.

Beliau berkata demikian kepada pemberita selepas menyempurnakan Majlis Penerapan Nilai-Nilai Murni & Ramah Mesra YB Menteri Kesihatan bersama warga kerja kesihatan Daerah Batang Padang di Hospital Tapah, di sini, semalam.

Hadir sama Pengarah Kesihatan Perak, Dr Feisul Idzwan Mustapha.

Semua 15 hospital itu adalah Hospital Jitra, Hospital Kuala Nerang, Hospital Sik dan Hospital Yan di Kedah; Hospital Sungai Bakap dan Hospital Balik Pulau (Pulau Pinang); Hospital Kuala Kangsar (Perak); Hospital Sabak Bernam dan Hospital Kuala Kubu Baharu (Selangor).

Selain itu Hospital Alor Gajah dan Hospital Jasin (Melaka); Hospital Cameron Highlands (Pahang); Hospital Pasir Mas dan Hospital Pasir Putih (Kelantan) dan Hospital Limbang (Sarawak).

Sementara itu, penambahan 10 hospital tidak berpakar untuk ditempatkan dengan Pakar Perubatan Kecemasan itu adalah Hospital Tapah, Hospital Batu Gajah, Hospital Sri Iskandar, Hospital Sungai Siput, Hospital Sabak Bernam, Hospital Jasin, Hospital Alor Gajah, Hospital Tumpat dan Hospital Pasir Mas.

Operasi KK Muallim

Dalam pada itu, Dzulkefly mengumumkan perkhidmatan operasi Klinik Kesihatan (KK) Muallim di Tanjung Malim yang ketika ini beroperasi sehingga jam 5 petang, agar dilaksanakan semula perkhidmatan kecemasan 24 jam susulan peningkatan permintaan ke atas perkhidmatan kecemasan di KK terbabit.

"Ketika ini perkhidmatan kecemasan di KK Muallim beroperasi sehingga jam 5 petang dan selepas itu dikendalikan oleh pembantu pegawai perubatan melalui tugasan atas panggilan (pasif).

"Perkhidmatan kecemasan 24 jam di KK Muallim dicadang dilaksanakan semula selepas mengambil kira sejarahnya yang unik kerana sejak lebih 20 tahun lalu ia menjalankan perkhidmatan selama 24 jam, sebelum penubuhan Hospital Slim River," katanya.

AKHBAR : THE SUN
MUKA SURAT : 5
RUANGAN : NATIONAL

THE SUN M/S 5 NATIONAL 11/4/2025 (JUMAAT)

Doctor strikes RM12m jackpot after wedding anniversary dinner

PENANG: What began as a simple anniversary celebration turned into a life-changing moment for a 53-year-old general practitioner from Penang, who walked away RM11.77 million richer after winning the Toto 4D Jackpot 1 on March 29, all thanks to a pair of seemingly random digits on a dinner receipt.

The doctor revealed that the winning numbers, 4486 and 5704, came directly from the receipt at the restaurant where he and his wife had their anniversary dinner.

"These pretty numbers caught my attention after I paid the bill for our candlelight dinner.

"I understand now why the Cantonese say that if you love your wife, you will become rich."

With those numbers in mind, he purchased a System 3 ticket, a decision that earned him RM11,768,682.70, along with a System Play bonus of RM336.

They collected the prize and expressed heartfelt gratitude, calling it the best anniversary gift they could have ever received. He said he plans to share part of the winnings with his siblings and set aside the rest for his children's future.

The remaining jackpot, worth RM219,975, went to an i-System winner from Sarawak.

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 13
RUANGAN : LIFE & TIMES

NST M/S 13 LIFE & TIMES 11/4/2025 (JUMAAT)

Plant-based foods can be good for weight loss

Heal
By ETX Daily Up

OFTEN criticised in recent years for their salt, fat and additive content, many plant-based alternatives are now considered to be ultra-processed foods. Yet unlike potato chips or ready meals, they may still aid weight loss.

In 2021, French consumer magazine '60 Millions de Consommateurs' cast doubt on the health benefits of plant-based meat and protein alternatives. Their investigation found these products were not necessarily healthier than animal-based options. While these products do provide protein and a satisfactory amount of fibre, many of them are ultra-processed, manufactured in ways to make soya and legume-based patties and sausages more palatable. Above all, the magazine warned four years ago of the excessive presence of fat, but also of excessive salt and the presence of additives in these foods.

The image of these foods being healthy, by virtue of their commitment to animal welfare and/or the environment, doesn't automatically go hand in hand with ingredients or compositions that are good for human health. And, surprising as it may seem, European consumers were aware of this.

In March 2024, a report by the EIT Food Consumer Observatory indicated that 36 per cent of them considered vegan chicken pieces to be ultra-processed foods. The same was true of vegan cheese slices for 34 per cent of respondents.

So can soya patties be considered on par with potato chips and ready meals? When it comes to labelling them "ultra-processed foods," then yes. But when considering the composition of a diet to aid weight loss, not all these foods can be put in the same basket, according to a study by the Physicians Committee for Responsible Medicine (PCRM) published in the journal 'Nutrition & Metabolism'. This could sound surprising to consumers who were lumping all ultra-processed foods together. In fact, replacing animal products with plant-based foods — regardless of their level of processing — can lead to significant weight loss, notably thanks to lower fat and calorie content, while at the same time boosting fibre intake.

This conclusion was reached following an experiment involving overweight patients, who were asked to follow a low-fat plant-based diet with no calorie limit. At the same time, a control group of other patients who made no dietary changes was set up to compare results after a 16-week period. On average, those on a plant-based diet lost 5.9kg, while the weight loss of the control group was deemed insignificant by the researchers, they report in a news release.

"The top three predictors of weight loss were reduced consumption of processed animal foods (such as smoked fish), unprocessed or minimally processed animal foods (such as milk, beef, and eggs), and ultra-processed animal foods (such as cheese, fried chicken, and sausage)," the news release reads.

Research suggests that swapping animal products for plant-based foods — no matter how processed — leads to weight loss. PICTURE CREDIT: RIKE_ / GETTY IMAGES