23RD FAMILY MEDICINE
SCIENTIFIC CONFERENCE

“ Embracing Primary Care Evolution, Upholding Core Values ”

Pre- conference (Fully Virtual)
• 22nd September 2021

Conference (Fully Virtual)
• 23rd- 25th September 2021

Click or scan to register online:
http://fmsconference.net/2021/

Organised by

In collaboration with
Dear colleagues,

With great honour, we invite you to the 23rd Family Medicine Scientific Conference organised by the Family Medicine Specialists’ Association.

Due to the COVID-19 pandemic crisis, the conference will be held fully virtual. Despite the unprecedented challenges, we are incredibly excited to be able to organise this conference!

The conference theme is:
“EMBRACING PRIMARY CARE EVOLUTION, UPHOLDING CORE VALUES”

While retaining the high-spirited atmosphere of physical conferences, we aim to invigorate and inspire you to explore the most recent developments in family medicine with our captivating scientific program and highly prestigious speakers. We intend to provide the most updated scientific and technical information covering the areas related to Primary Health Care Services.

Fortunately, with the facilitation of advanced digital world, we are extremely thrilled to offer numerous opportunities to interact with our colleagues not only across the country but also globally. Additionally, there will be a diverse number of fascinating plenaries and symposiums that will be delivered by our local speakers as well as international speakers. We hope that this conference will be a conducive platform that will strengthen the relationship and networking between government and private healthcare professionals.

We look forward to meeting you virtually. Save the date!

Best wishes,
Dr. Rohayah Ismail
Chairman
23rd Family Medicine Scientific Conference 2021
INTRODUCTION

The aim of the conference is to provide up to date scientific and technical informations related to Primary Health Care Services. Rows of interesting plenaries and symposiums, which will be delivered by esteemed local and international speakers have been laid out.

We hope this conference will be a good platform to strengthen relationships and networking among private and government Health Care Professionals.

TARGET AUDIENCES

- Family Medicine Specialists/ Academicians
- Public Health Specialists
- General Practitioners
- Post Graduate Trainees in
- Family Medicine/ Public Health
- Medical Officers
- Nurses/ Assistant Medical Officers
- Allied Health Providers
- Medical Students
- Other Medical Professionals with interest in Primary Health Care

OUR AIM

1. FACILITATE
   To facilitate continuous learning in scientific and practical aspects of primary health care.

2. PROVIDE PLATFORM
   To provide a platform for both local and international panel of experts to bring the latest clinical and best practice updates to the primary care provider community.

3. PROMOTE RESEARCH ACTIVITY
   To promote research activities related to primary care via posters and free paper presentations.
ORAL & POSTER PRESENTATION

Email your abstract to: FMSC2020KL@gmail.com

Submission dateline: 15th August 2021

GENERAL ABSTRACT GUIDELINES

1. All abstracts should be sent to FMSC2020KL@gmail.com

2. The Scientific Committee (SC) encourages the submission of original scientific material unpublished at the time of the abstract submission deadline.

3. Do not submit the same study in multiple abstracts. Abstracts that appear as more than one version of a single study will be rejected.

4. Abstracts should be submitted in clear English to allow the reviewers to focus on the scientific content of the abstract.

5. Abstracts should be checked for grammar and spelling errors. Abstracts will not be modified once submitted.
## Pre-Conference Pharma Symposiums

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speakers/Facilitators</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.00 – 2.00 PM</td>
<td>Lunch Symposium By Duopharma</td>
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<tr>
<td>2.45 – 6.00 PM</td>
<td><strong>Workshop 1</strong>&lt;br&gt;How To Develop Digital Health Solution?&lt;br&gt;Hands-On Guide For Family Physician</td>
<td><strong>Associate Professor Dr. Adina Abdullah</strong>&lt;br&gt;Department of Primary Care Medicine, Faculty of Medicine, University of Malaya</td>
</tr>
<tr>
<td></td>
<td><strong>Workshop 2</strong>&lt;br&gt;Mindful Spa: For Cultivating Emotional Resilience &amp; Preventing Burnout</td>
<td><strong>Professor Dr. Ng Chirk Jenn</strong>&lt;br&gt;Department of Primary Care Medicine, Faculty of Medicine, University of Malaya</td>
</tr>
<tr>
<td></td>
<td><strong>Workshop 3</strong>&lt;br&gt;Empowering Healthcare Provider With Exercise Prescription</td>
<td><strong>Associate Professor Dr. Nasriah Zakaria</strong>&lt;br&gt;Associate Professor UM eHealth Unit, Faculty of Medicine, University of Malaya</td>
</tr>
<tr>
<td>3.00 – 4.00 PM</td>
<td>Afternoon Tea Symposium By DKSH</td>
<td></td>
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<tr>
<td>6.30 - 7.30 PM</td>
<td>Dinner Symposium By GSK</td>
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## Workshop 1: How To Develop Digital Health Solution?<br>Hands-On Guide For Family Physician

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speakers/Facilitators</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.45-3.00 PM</td>
<td>Introduction</td>
<td><strong>Associate Professor Dr. Adina Abdullah</strong>&lt;br&gt;Department of Primary Care Medicine, Faculty of Medicine, University of Malaya</td>
</tr>
<tr>
<td>3.00-3.15 PM</td>
<td>Overall development planning</td>
<td><strong>Professor Dr. Ng Chirk Jenn</strong>&lt;br&gt;Department of Primary Care Medicine, Faculty of Medicine, University of Malaya</td>
</tr>
<tr>
<td>3.15-3.30 PM</td>
<td>Choosing an appropriate platform: App vs Web</td>
<td><strong>Associate Professor Dr. Nasriah Zakaria</strong>&lt;br&gt;Associate Professor UM eHealth Unit, Faculty of Medicine, University of Malaya</td>
</tr>
<tr>
<td>3.30-3.45 PM</td>
<td>Exercise: Choose your platform</td>
<td><strong>Facilitators</strong></td>
</tr>
<tr>
<td>3.45-4.15 PM</td>
<td>Understanding user requirements</td>
<td><strong>Dr. Lim Hooi Min</strong>&lt;br&gt;Family Medicine Specialist&lt;br&gt;Department of Primary Care Medicine, University of Malaya</td>
</tr>
<tr>
<td>4.15-4.30 PM</td>
<td>Exercise: listing requirements / storyboard the content</td>
<td><strong>Facilitators</strong></td>
</tr>
<tr>
<td>4.30-4.45 PM</td>
<td>Tea break</td>
<td><strong>All speakers</strong></td>
</tr>
<tr>
<td>4.45-5.00 PM</td>
<td>Design principles and processes</td>
<td><strong>Dr. Teo Chin Hai</strong>&lt;br&gt;Senior Lecturer UM eHealth Unit, Faculty of Medicine, University of Malaya</td>
</tr>
<tr>
<td>5.00-5.20 PM</td>
<td>Software testing</td>
<td><strong>Associate Professor Dr. Adina Abdullah</strong>&lt;br&gt;Department of Primary Care Medicine, Faculty of Medicine, University of Malaya</td>
</tr>
<tr>
<td>5.20-5.40 PM</td>
<td>Technical development process and communications</td>
<td><strong>Professor Dr. Chiew Thiam Kian</strong>&lt;br&gt;Associate Professor Dr. Chiew Thiam Kian&lt;br&gt;Department of Software Engineering, Faculty of Computer Science and Information Technology, University of Malaya</td>
</tr>
<tr>
<td>5.40-6.00 PM</td>
<td>Panel discussion: Summary &amp; Q&amp;A</td>
<td><strong>All speakers</strong></td>
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</table>
PRE-CONFERENCE

WORKSHOP 2: MINDFUL SPA: FOR CULTIVATING EMOTIONAL RESILIENCE

By Low Mi Yen, Clinical Psychologist, Trained teacher of Mindful Self-Compassion with Centre for Mindful Self-Compassion USA & Apprentice Teacher of Mindfulness-based Cognitive Therapy with Oxford Mindfulness Centre.

- Mindfulness and Self Compassion Skill is a shift with loving awareness toward difficult experiences (mindfulness) and bringing loving awareness (self-compassion) for enhancing our self-resiliency in managing stresses, difficult emotions and challenging relationships in life.

WORKSHOP 3: EMPOWERING HEALTHCARE PROVIDER WITH EXERCISE PRESCRIPTION

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>2.45-3.00 PM</td>
<td>Introduction to Exercise Prescription</td>
<td>Professor Dr. Sazlina Shariff Ghazali</td>
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<tr>
<td></td>
<td></td>
<td>Department of Family Medicine, UPM</td>
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<tr>
<td>3.00-3.15 PM</td>
<td>Benefits of Exercise on Health</td>
<td>Associate Professor Dr. Cheong Ai Theng</td>
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<td></td>
<td>Department of Family Medicine, UPM</td>
</tr>
<tr>
<td>3.15-3.45 PM</td>
<td>Pre-participation Safety Evaluation in Exercise</td>
<td>Dr. Abdul Hadi Bin Abdul Manap</td>
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<tr>
<td></td>
<td></td>
<td>Department of Family Medicine, UPM</td>
</tr>
<tr>
<td>3.45-4.15 PM</td>
<td>Principles of Exercise Prescription</td>
<td></td>
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<tr>
<td>4.15-5.00 PM</td>
<td>Hands on circuit (15 min per circuit):</td>
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<tr>
<td></td>
<td>Aerobics training</td>
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<td></td>
<td>Functional tests: 6MWT &amp; 3MST</td>
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<tr>
<td></td>
<td>Resistance training</td>
<td></td>
</tr>
<tr>
<td>5.00 PM</td>
<td>Q&amp;A session</td>
<td></td>
</tr>
</tbody>
</table>

Register now online:
http://fmsconference.net/2021/

Contact No.:
+60123512458 (Dr Nor Azlina Siddik)
+60123083441 (Dr Alidahani)
+60174715110 (Dr Fuziah)
## CONFERENCE TENTATIVE

### CONFERENCE: SCIENTIFIC PROGRAMME DAY 1: 23RD SEPTEMBER 2021 (THURSDAY)

### 0830 – 0915

**Plenary 1**  
Transforming Primary Care Service Delivery: Upholding Family Medicine Core Values  
Dr. Rozita Zakaria  
Head of Service for Family Medicine, Ministry of Health, Malaysia

### 0915 – 1000

**Plenary 2**  
Uberization of Primary Care: The Defining Healthcare Trends of the 21st Century  
Dr. Mohd Safiee bin Ismail  
MOH

### 1000 – 1045

**Keynote Address**  
Primary Care on the Frontline of Covid 19 Pandemic: Time to integrate the Public and Private Sector?  
YBhg Tan Sri Dato’ Seri Dr. Noor Hisham Abdullah  
Director General of Health, Ministry of Health, Malaysia

### 1045 – 1115

**Opening Ceremony**  
YB Dato’ Sri Dr. Adham bin Baba  
Minister of Health, Malaysia

### 1115 – 1145

**Break & Visiting Booths**

### 1145 – 1315

#### Symposium 1: Embracing Primary Care Reform

- **Primary Care Governance & Service Delivery Reform: Why, How and When?**  
  Dr. Norsiah Ali  
  Consultant Family Medicine Specialist, MOH

#### Symposium 2: The Covid 19 storms aftermath

- **SARSCoV-2 infection: what have we learned**  
  Dato Dr. Suresh Kumar A/L Chidambaram  
  Consultant ID Physician  
  MOH

#### Symposium 3: Fighting Malignancy-from prevention to End of Life care

- **Eliminating Cervical Cancer in Malaysia: What does it take?**  
  Professor Dr. Woo Yin Ling  
  Medical Director, Hospis Malaysia

### 1210 – 1235

- **Peka B40: A Public-Private Integration Model for NCD Screening & Management**  
  Associate Professor Dr. Mohammad Husni Haji Ahmad Jamal  
  CUUMS

#### Symposium 4: Sharing Innovative & Best Practices in Primary Care

- **STEMI Network in Pahang**  
  Dr. Saniah Senik  
  Consultant Family Medicine Specialist, MOH

#### Symposium 5: Child & Adolescent Health

- **Doc, Is My Child Growing Well?**  
  Associate Professor Dr. Azriyanti Anuar Zaini  
  Consultant Paediatric Endocrinologist, UM

### 1235 – 1300

- **Health Financing Reform to Achieve Universal Health Coverage in Primary Care**  
  Deputy Director, National Health Financing Section, MOH

#### Symposium 6: Free Paper Presentation

- **Wound Care Management in Mengkibol Health Clinic: A Holistic Approach**  
  Dr. Hanihaselah Mohd Salleh  
  Consultant Family Medicine Specialist, MOH

- **Stunted growth: nutritionist perspective**  
  Professor Dr. Norhasmah Sulaiman, UPM

### 1300 – 1315

**Q&A**

### 1315 – 1430

- **Break**  
  Lunch Symposium by Sanofi Pasteur

### 1430 – 1600

#### Symposium 7: Sharing Innovative & Best Practices in Primary Care

- **Wound Care Management in Mengkibol Health Clinic: A Holistic Approach**  
  Dr. Hanihaselah Mohd Salleh  
  Consultant Family Medicine Specialist, MOH

#### Symposium 8: Child & Adolescent Health

- **Doc, Is My Child Growing Well?**  
  Associate Professor Dr. Azriyanti Anuar Zaini  
  Consultant Paediatric Endocrinologist, UM

### 1430 – 1455

- **The Challenge in Leprosy Management in Rural Sarawak**  
  Dr. Maurice Steve Utap  
  Family Medicine Specialist, MOH

### 1455 – 1520

- **The Challenge in Leprosy Management in Rural Sarawak**  
  Dr. Maurice Steve Utap  
  Family Medicine Specialist, MOH

#### Symposium 9: Free Paper Presentation

- **Stunted growth: nutritionist perspective**  
  Professor Dr. Norhasmah Sulaiman, UPM

### 1520 – 1545

- **The Challenge in Leprosy Management in Rural Sarawak**  
  Dr. Maurice Steve Utap  
  Family Medicine Specialist, MOH

### 1545 – 1600

**Q&A**

### 1500 – 1600

Afternoon Tea Symposium by Bayer

### 1600 – 1700

Session with MFP Journal Editorial Board

### 1700 – 1800

Dinner Symposium by Novo Nordisk

### 2000 – 2130

FMSA AGM
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| 0830 – 0915 | Plenary 3  
Artificial Intelligence in Primary Care: Is It a Threat to Family Medicine Core Values?  
Dr. Nazrila Hairizan Nasir  
Deputy Director (Primary Care Section), Ministry of Health, Malaysia |
| 0915 – 1000 | Plenary 4  
Virtual Clinic in Primary Care: Embracing Innovation in Family Medicine Practices  
Associate Professor Dr. Tan Ngiap Chuan  
Senior Consultant Family Physician, SingHealth Duke-NUS, Singapore |
| 1000 – 1030 | **Symposium 7:** Embracing Primary Care Evolution Towards Digital Health  
**Symposium 8:** Mental Health in Primary Care  
**Symposium 9:** Care for the Elderly |
| 1030 – 1200 | The ScreenMen Mobile App: Empowering Hard-to-Reach Men to Screen  
Professor Dr. Ng Chirk Jenn  
Consultant Family Medicine Specialist, UM |
| 1055 – 1120 | The EMPOWER-SUSTAIN Mobile App: Transforming Cardiovascular eHealth Intervention in Primary Care  
Professor Dr. Anis Safura Ramli  
Consultant Family Medicine Specialist, UTM |
| 1120 – 1145 | Three decades of Primary Care Evolution: Where are we heading?  
Dr. Sri Wahyu Taher  
Consultant Family Medicine Specialist, MOH & FMSA President |
| 1145 – 1200 | Q&A |
| 1200 – 1300 | Lunch Symposium by Servier  
**Symposium 10:** Women Are From Venus - Challenges in Women’s Health  
**Symposium 11:** Men Are From Mars – Evolution in Men’s Health  
**Symposium 12:** Free Paper Presentation |
| 1200 – 1430 | Q&A  
**Symposium 10:** Women Are From Venus - Challenges in Women’s Health  
**Symposium 11:** Men Are From Mars – Evolution in Men’s Health  
**Symposium 12:** Free Paper Presentation |
| 1300 – 1600 | Q&A  
**Symposium 10:** Women Are From Venus - Challenges in Women’s Health  
**Symposium 11:** Men Are From Mars – Evolution in Men’s Health  
**Symposium 12:** Free Paper Presentation |
| 1430 – 1600 | Q&A  
**Symposium 10:** Women Are From Venus - Challenges in Women’s Health  
**Symposium 11:** Men Are From Mars – Evolution in Men’s Health  
**Symposium 12:** Free Paper Presentation |
| 1500 – 1800 | Dinner Symposium by Astra Zeneca  
**Public Forum:** Perang terhadap Covid 19: Sudahkah kita menang  
Moderator: Dr Mohazmi Mohamad |
| 1800 – 1900 | Q&A  
**Symposium 10:** Women Are From Venus - Challenges in Women’s Health  
**Symposium 11:** Men Are From Mars – Evolution in Men’s Health  
**Symposium 12:** Free Paper Presentation |
| 1900 – 2000 | Afternoon Tea Symposium by Novartis  
**Public Forum:** Perang terhadap Covid 19: Sudahkah kita menang  
Moderator: Dr Mohazmi Mohamad |
| 2000 – 2100 | Q&A  
**Symposium 10:** Women Are From Venus - Challenges in Women’s Health  
**Symposium 11:** Men Are From Mars – Evolution in Men’s Health  
**Symposium 12:** Free Paper Presentation |
CONFERENCE TENTATIVE

CONFERENCE: SCIENTIFIC PROGRAMME DAY 3: 25th SEPTEMBER 2021 (SATURDAY)

0830 – 0915  
Plenary 5  
Shaping Innovations in Long-Term Care for Stroke Survivors in the Community  
Professor Dr. Noorazah Abd Aziz  
Consultant Family Medicine Specialist, National University of Malaysia

0915 – 1000  
Plenary 6  
Evidence Based Medicine in the Digital Era: Challenges and Opportunities  
Professor Dr. Lai Nai Ming  
Professor of Paediatrics, Taylor’s University

1000 – 1030  
Break & Visiting Booths

1000 - 1100  
Morning Tea Symposium by BI

1030 – 1200  
Symposium 13: Social Media Glamour & Woes  
Empowering Patients through Social Media: Benefits and Challenges  
Dr. Suhazeli Abdullah  
Consultant Family Medicine Specialist, MOH  

Symposium 14: Overcoming Challenges in NCD Management  
Preventing Diabetes in the Offspring: What Does it Take?  
Professor Dr. David Whitford  
Consultant Family Physician, President of RUMC Malaysia Campus  

Symposium 15: Overcoming Challenges in Infectious Diseases  
Hepatitis C Management: A Reality in Kedah Klinik Kesihatan  
Dr. Habshoh Hat  
Consultant Family Medicine Specialist, MOH

1030 – 1055  
Empowering Patients through Social Media: Benefits and Challenges  
Dr. Suhazeli Abdullah  
Consultant Family Medicine Specialist, MOH

1055 – 1120  
Social Media Addiction: Its Impact & Intervention  
Associate Professor Dr. Yee Hway Ann@Anne Yee  
Consultant Psychiatrist, UM  

Traditional, Complementary and Alternative Medicine Use among Patients with NCD: Benefits & Harm  
Professor Dr. Ching Siew Mooi  
Consultant Family Medicine Specialist, UPM

1120 – 1145  
Becoming a Celebrity Doctor: Is It Worth the Glamour?  
Dr. Imelda Balchin  
Consultant Obstetrician & Gynaecologist, KPJ Damansara Specialist Hospital  

Engaging Individuals to Undergo CVD Screening: What Are the Strategies?  
Associate Professor Dr. Cheong Ai Theng  
Consultant Family Medicine Specialist, UPM

1145 – 1200  
Becoming a Celebrity Doctor: Is It Worth the Glamour?  
Dr. Imelda Balchin  
Consultant Obstetrician & Gynaecologist, KPJ Damansara Specialist Hospital  

Covid 19 Vaccination: new updates TBD  

1200 - 1230  
Closing Ceremony

1230 - 1330  
Lunch Symposium by Sanofi Pasteur

PACKAGES AND PAYMENT

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<td>Conference</td>
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<tr>
<td>FMSA member</td>
<td>RM 150</td>
<td>RM400</td>
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<tr>
<td>Specialist/ GP</td>
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<tr>
<td>FMS Trainees/ Medical Officer/ Pharmacist/ Nutritionist/ Dietician</td>
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<td>Paramedic</td>
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<td>Medical student</td>
<td>USD150</td>
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<tr>
<td>International Participant</td>
<td>USD150</td>
<td>USD200</td>
</tr>
</tbody>
</table>

All registrations and payments are to be made online at http://fmsconference.net/2021/

CANCELLATION POLICY
1. Cancellation within 2 months before event: 50% refund - RM50 (admin fee)
2. Cancellation within 2 weeks before event: No refund.

ANY INQUIRIES PLEASE CONTACT:
Registration Secretariat:  
1. Dr Nor Azlina Siddik (KK Jinjang) Email: fmscreg2020@gmail.com. Contact no: 012-3512458  
2. Dr Fuziah Paimin (KK Putrajaya Presint 9) Email: fmscreg2020@gmail.com. Contact no: 017-4715110  
3. Dr Alidahani Mohamad Yusof (KK Petaling Bahagia) Email: fmscreg2020@gmail.com. Contact no: 012-3083441

E-Payment Secretariat:  
Dr Siti Shafiatun (KK Cheras) Email: bendaharifmsc2021@gmail.com

Bank account name:  
Persatuan Pakar-Pakar Perubatan Keluarga

Account number:  
5644 8140 4332

Swift code:  
MBBEMYKL

Bank name & address:  
Malayan Banking Berhad (Maybank)  
Midvalley Branch  
G(E)-016 Ground Floor  
Mid-Valley Megamall, Mid-Valley City  
Lingkaran Syed Putra  
59200 Kuala Lumpur
23rd Family Medicine Scientific Conference
Kuala Lumpur 2021
Registration Form

NAME: ___________________________________________________________________
POSITION/GRADE: ________________________________________________________
WORKING ADDRESS: _______________________________________________________
PHONE NUMBER: __________________________________________________________
EMAIL: ___________________________________________________________________

Category of delegates:

- FMSA MEMBER
- NON FMSA MEMBER/SPECIALIST/GENERAL PRACTITIONER
- MASTER TRAINEE/MEDICAL OFFICER/PHARMACIST/NUTRITIONIST/DIETITIAN
- PARAMEDICS
- STUDENT (UNDERGRADUATES)
- INTERNATIONAL

Pre-conference workshop:

- WORKSHOP 1: HOW TO DEVELOP DIGITAL HEALTH SOLUTION? HANDS-ON GUIDE FOR FAMILY PHYSICIAN
- WORKSHOP 2: EMPOWERING HEALTHCARE PROVIDER WITH EXERCISE PRESCRIPTION
- WORKSHOP 3: MINDFUL SPA: FOR CULTIVATING EMOTIONAL RESILIENCE

Gala dinner: YES  NO  [ ] FMSA member  [ ] Non- FMSA member

Diet preference:

- Non-Vegetarian
- Vegetarian
- Not Attending

Method of payment:

- Sponsored:
  State Your Sponsorship: ___________________________
- Online Banking/Atm/Fund Transfer

All bank transfer should be addressed to:
Persatuan Pakar-Pakar Perubatan Keluarga Malaysia

All registrations and payments are to be made online at http://fmsconference.net/2021/

Bank: Maybank account No. 5644-8140-4332
Swift Code: MBBEMYKL

Email: bendaharifmsc2021@gmail.com

Cancellation policy:
☐ Cancellation within 2 months before event: 50% refund (+RM50 admin fee)
☐ Cancellation 2 weeks before event: No refund

*All refund will be done after the event.

I agree/disagree with the cancellation policy.
ORGANISED BY

PERSATUAN PAKAR-PAKAR PERUBATAN KELUARGA MALAYSIA
BILIK 14, TINGKAT 5
BANGUNAN MALAYSIAN MEDICAL ASSOCIATION
NO 124, JALAN PAHANG
53000 KUALA LUMPUR

In collaboration with