

# 21<sup>st</sup> Century Health for Seniors

2<sup>nd</sup> MMA Conference  
on Health of the Older Person



9-11 July 2019

Pullman Kuching Hotel, Sarawak



Registration & Information online: [www.mma.org.my](http://www.mma.org.my)  
Abstract submission: [hop@mma.org.my](mailto:hop@mma.org.my)

***(20 CPD points will be awarded)***

# 21<sup>st</sup> Century Health for Seniors

CONFERENCE SCIENTIFIC PROGRAMME

<b>Day 1 AM/PM</b>	<b>9 July 2019 (Tuesday)</b>	
<b>0730</b>	<b>REGISTRATION</b>	
0830-0930	<b>Opening Ceremony</b>	
0930-1015	<b>Plenary 1: OLDER PERSONS' VIEWS ON QUALITY OF LIFE ISSUES</b> Presented by: Datu Professor Dr Andrew Kiyu <i>Professor of Public Health</i> <i>University Malaysia Sarawak (UNIMAS)</i>	
1015-1100	<b>Plenary 2: ELDERLY-FRIENDLY BUILT ENVIRONMENT</b> Presented by: Dr Lawrence Tseu, PhD <i>Urban Planner, Kuching, Sarawak</i>	
1100-1130	<b>TEA BREAK</b>	
1130	<b>Symposium 1 Dietary Needs in Ageing</b>	<b>Symposium 2 Aesthetics for Seniors</b>
1130-1200	<b>Growing your own garden – going organic</b> Presented by: Mrs Vimala Purushothaman <i>Agricultural Scientist (Retired)</i> <i>MARDI</i>	<b>Dental Implants – keep that smile</b> Presented by: Dr Tie Sing Fong <i>Periodontist</i> <i>Dental Clinic, Jalan Masjid, Sarawak</i>
1200-1230	<b>Are we over-supplementing on OTC – role of natural supplements</b> Presented by: Mr James Pereira <i>General Manager</i> <i>Malaysian Dietary Supplement Association (MADSA)</i>	<b>Eyes – sight is precious</b> Presented by: Dr Shamala Retnasabapathy <i>Head &amp; Consultant Ophthalmologist</i> <i>Sungai Buloh Hospital</i> <i>Selangor</i>
1230-1300	Q&A	Q&A
1300-1430	<b>LUNCH</b>	
1430	<b>Symposium 3 Elderly and the Living Environment</b>	<b>Symposium 4 Free Paper Presentation</b>
1430-1500	<b>Enabling community engagement and intergenerational living</b> Presented by: Mdm Gill Raja <i>Lecturer, Social Work Programme (Retired)</i> <i>Faculty of Social Sciences, UNIMAS</i>	<i>Judges:</i> <i>Professor Dr John T Arokiasamy (IMU)</i> <i>Dato' Professor Dr. Abdul Rashid Khan</i> <i>(RCSI &amp; UCD Malaysia Campus)</i> <i>Associate Professor Dr Mohd Faudzi Abdullah</i> <i>(UniSHAM)</i>
1500- 1530	<b>Housing for the aged</b> Presented by: Dr Carol Yip <i>CEO, Aged Care Group Sdn Bhd Kuala Lumpur</i>	
1530-1600	<b>Professional caregivers perspective</b> Presented by: Dr Tiong Ing Khieng <i>Geriatrician, Geriatric Unit, Medical Department</i> <i>Hospital Umum Sarawak</i>	
1600-1630	Q&A	
1630-1700	<b>TEA BREAK</b>	
<b>Day 2 AM/PM</b>	<b>10 July 2019 (Wednesday)</b>	
<b>0730</b>	<b>REGISTRATION</b>	
0900-0945	<b>Plenary 3: Digital Democratization of Healthcare</b> Presented by: Mr Navdeep Vij Singh <i>CEO, Cognifyx</i>	
0945-1030	<b>Plenary 4: Maintaining Financial Security As We Age</b> Presented by: Tengku Rozani Putra Bt Tengku Ahmad Nerang <i>Licensed Financial Planner</i> <i>FA Advisory Sdn Bhd</i>	
1030-1100	<b>TEA BREAK</b>	

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Day 2 AM/PM		10 July 2019 (Wednesday)	
1100	<b>Symposium 5 Quality of Life for Seniors</b>	<b>Symposium 6 Elderly and Mental Health</b>	
1100-1130	<b>Assessing Quality of Life (QoL) in ageing populations</b> Presented by: Associate Professor Zafar Ahmed <i>Lecturer, Faculty of Medicine and Health Sciences UNIMAS</i>	<b>Falls and mental health in older individuals</b> Presented by: Professor Dr Tan Maw Pin <i>Division of Geriatric Medicine Department of Medicine, Faculty of Medicine University of Malaya, Kuala Lumpur</i>	
1130-1200	<b>Positive mindset in ageing</b> Presented by: Dr Simon Mucara Kigundu <i>Obstetrician &amp; Gynaecologist and Secretary General Kenya Medical Association, Nairobi, Kenya</i>	<b>Mild cognitive impairment</b> Presented by: Dr Susy Mathew <i>Consultant Geriatric Psychiatrist Belmont Private Hospital, Queensland, Australia</i>	
1200-1230	<b>Physical activities towards youthfulness</b> Presented by: Mrs Jagjeet Singh <i>Founder of Nordic Walking Malaysia</i>	<b>Coping with depression</b> Presented by: Associate Professor Dr Ritabelle Fernandes <i>Department of Geriatric Medicine JABSOM, University of Hawaii, USA</i>	
1230-1300	Q&A	Q&A	
1300-1400	<b>LUNCH</b>		
1400	<b>Symposium 7 Financial Security and the Elderly</b>	<b>Symposium 8 Elderly and Physical Activities</b>	
1400-1430	<b>Finance in the golden years</b> Presented by: Ms Mariam Vicky Stephen <i>Vice President (Client Advisory) Whitman Independent Advisors Sdn. Bhd.</i>	<b>Ageing in sports &amp; exercise – what happens to the body as we age</b> Presented by: Dr Kamaljeet Singh <i>Sports Medicine Physician, Kuala Lumpur Hospital</i>	
1430-1500	<b>Independence in old age – a new take on insurance</b> Presented by: Dr Parveen Kaur Shadan <i>Medical Consultant Tokio Marine Life Insurance Malaysia</i>	<b>Maintain ageless agility through exercise</b> Presented by: Assoc.Prof. Dr Mohd Nahar Azmi Mohamed <i>Consultant Sports Physician, Universiti Malaya Medical Centre, Kuala Lumpur</i>	
1500-1530	Q&A	Q&A	
1530-1630	<b>Awards Ceremony</b> <i>Chairperson: Dato' Professor Dr Abdul Rashid Khan Head, Department of Public Health Medicine, RCSI &amp; UCD Malaysia Campus, Penang</i>		
1630-1700	<b>TEA BREAK</b>		
Day 3 AM/PM		11 July 2019 (Thursday)	
0730	<b>REGISTRATION</b>		
0900-0945	<b>Plenary 5: The Sarawak Experience: the Generational Longhouse</b> Presented by: Datu Robert Lian Balangalibun <i>Member, Public Service Commission, Kuching, Sarawak</i>		
0945-1030	<b>Plenary 6: Living Longer and Healthier: Aspiration or Reality?</b> Presented by: Professor David Whitford <i>RCSI &amp; UCD Malaysia Campus</i>		
1030-1100	<b>TEA BREAK</b>		
1100	<b>Symposium 9 Caring in the Era of Globalism</b>	<b>Symposium 10 Communication in this Age of Connectivity</b>	
1100-1130	<b>Restoring the philosophy of 'wisdom of the years'</b> Presented by: Associate Professor Dr Ritabelle Fernandes <i>Department of Geriatric Medicine JABSOM, University of Hawaii, USA</i>	<b>Getting digitally savvy</b> Presented by: Mr Joachim Rajaram <i>Chief Corporate Affairs Officer Digi Telecommunications, Kuala Lumpur</i>	
1130-1200	<b>The Forest Supermarket</b> Presented by: Dr Katharine Georgina Pearce	<b>Home consultation through the net</b> Presented by: Dato' Chevy Beh <i>Founder of BookDoc</i>	
1200-1230	<b>Family enhances cultural richness &amp; intergenerational ties</b> Presented by: Datin Sri Garnette Jalla Ridu	<b>Special needs transportation for the elderly</b> Presented by: Ar Mustapha Kamal Zulkarnain <i>Architect, Kuala Lumpur</i>	
1230-1300	Q&A	Q&A	
1300-1400	<b>LUNCH</b>		

# 21<sup>st</sup> Century Health for Seniors

## INTRODUCTION

The shifting demographic transition towards an ageing society will tremendously impact the economics, health and social well-being of a population. Healthy ageing fostered systematically by planned health promotion efforts is closely linked to active ageing that includes a safe environment for seniors to thrive: through life-long learning; longer and flexible employment terms with an option to retire later and more gradually; being active after retirement; and, engaging in capacity-enhancing and health-sustaining activities.

Worldwide, there are now approximately 700 million people over the age of 60. By 2050, this number will reach 2 billion. This projected exponential increase in the number of older people will be greatest and most rapid in the developing world, with Asia as the region with the largest number of older persons, and Africa facing the largest proportionate growth. Hence, due attention to the particular needs and challenges faced by many older people is clearly required. We may anticipate that the majority of older men and women shall continue to function well on their own in society, if adequate guarantees are in place. Human rights lie at the core of all efforts in this regard.

Caring for older patients goes beyond understanding illnesses related to ageing. There is an urgent need to enhance knowledge and skills on holistic care of older individuals to ensure a better quality of life for seniors. Acknowledging that seniors contribute essentially to the social capital of a society may help key players to create a plan of care that includes their social, financial and personal goals, factors that are often neglected.

Thinking globally along the UN Secretary-General's guiding principle of "Leaving No-One Behind" and acting locally necessitates the understanding that sustainable development and population dynamics will shape key developmental goals for the world. In confronting demographic challenges in the 21st Century, we shall address the issues on an intergenerational platform to prepare the nation to join the ranks of ageing nations by 2030 when the elderly is expected to reach 15% of the total population.

## THEME

21<sup>st</sup> century health for seniors

## OBJECTIVES

MAIN AIM: Developing sustainable 21<sup>st</sup> century healthcare for seniors.

### GENERAL OBJECTIVE:

To share, enhance and disseminate knowledge among healthcare practitioners and students, allied health professionals, caregivers, institutions and individuals concerned with older persons.

### SPECIFIC OBJECTIVES:

- (i) Engaging stakeholders to address **Quality of Life Issues** holistically for all ages.
- (ii) Encompassing **Intergenerational Initiatives** into the equation, viz urban and housing development, communication and lifelong learning opportunities.
- (iii) Ensuring **Financial Equity** in healthcare through the ages.

### TARGET PARTICIPANTS

MMA Members and Students

Non-members and Allied Health Professionals

### REGISTRATION FEE

RM 500.00

RM 750.00

## CALL FOR ABSTRACTS

### ABSTRACT SUBMISSION GUIDELINES:

Abstract Submission Deadline 31st May 2019

### PRESENTATION TYPE:

#### Oral Presentation

#### Abstract Submission Guidelines:

- \* Abstracts must be in English
- \* The maximum length of the abstract title is 20 words
- \* The maximum length of the abstract body is 300 words
- \* Please indicate three keywords (MeSH terms when available)
- \* The presenting author must be registered as a participant of the conference (authors of accepted abstracts will not be provided with travel funds).
- \* Notification of abstract acceptance will be sent via email by the committee
- \* All accepted abstracts for oral presentation will be published in the conference souvenir book (provided at conference upon registration)

### Format of title & authors:

e.g

Abstract Title in Capital Letters, Times New Roman, Bold, Font 14, Centred

Last Name followed by Initials, Last Name Initials etc - Times New Roman, Font 12 & Italics

Department/Affiliation of Presenting Author - Times New Roman, Font 12 & Italics

Email address of Presenting Author - Times New Roman, Font 12 & Italics

### Format of references:

References to be written as follows:

1. Santos C, Munoz N, Klug S, Almonte M, Guerrero I, Alvarez M, et al. HPV types and cofactors causing cervical cancer in Peru. Br J Cancer. 2001;85(7):966-971. Times New Roman, Font 10

### Abstract Presentation:

- \* The submission file should be in Microsoft Word document file format
- \* The title is single spaced; using a 12-point font, italics rather than underlining (except with URL addresses)
- \* Background
- \* Objective(s)
- \* Method
- \* Results
- \* Conclusions
- \* Keywords

### Oral Presentation:

- \* Oral Presentation will be for 8 minutes and an additional 2 minutes question and answer session with the judges
- \* A total of 10 oral presentations will be accepted

All abstracts must be submitted through email: [hop@mma.org.my](mailto:hop@mma.org.my)

PRIZE FOR WINNERS	FIRST PRIZE	1 <sup>ST</sup> RUNNER-UP	2 <sup>ND</sup> RUNNER UP
ORAL PRESENTATION	RM1,000.00	RM800.00	RM500.00