

# OGSM NEWSLETTER

2014-2015 COUNCIL ISSUE 3

## FROM THE PRESIDENT'S DESK



Obstetrical & Gynaecological  
Society of Malaysia

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Dear Members,

As my term comes to an end, allow me to share my reflections of the past year, in particular, the two achievements I consider to be the most significant, and my thoughts about the direction of the society for the future.

One of the greatest achievements of the society this term and the one that I am most proud of, is the launching of our very own Intensive Course in Obstetric Emergencies (iCOE). Under the very capable leadership of Dr Gunasegaran PT Rajan and Dr Thaneemalai Jeganathan, the inaugural iCOE was held in Yangon, Myanmar in early 2014 followed by three more in KL in September and December 2014 and a third in March this year. The first Malaysian iCOE was evaluated by Dr Henry Murray, Maternal Fetal Chair, AOFOG, and supported by his very favourable feedback, is in the process of being formally recognised by AOFOG. It is my belief that this course will greatly benefit many Obstetricians, present and future, in our united efforts to improve the standard of care of women and their unborn children in Malaysia and beyond.

Another great achievement of this year has been the work on the commemorative book to mark the 50th anniversary of our society, entitled 'A History of Obstetrics & Gynaecology in Malaysia' led by Prof Zainul Rashid. Many, many hours have been invested in this project and I am certain that it will be a document that all of us will be proud of.

As we look ahead to the next term under the able leadership of Prof Zainul Rashid, my greatest concern for our fraternity is the increasingly hostile environment in which we are being made to practise, and exponentially rising costs of professional indemnity, which if uncurbed will result in a paucity of practitioners of our art in the near future. It is my vision that the society should form a subcommittee dedicated to advocating for this cause, and as its starting point, work towards presenting a paper to the Prime Minister detailing the scope of the problem both current and future,

(cont. pg 5)

Membership Matters 1



# 50<sup>th</sup> anniversary OGSM

## **"A HISTORY OF OBSTETRICS AND GYNAECOLOGY THROUGH THE EYES OF OGSM"**

To commemorate the 50th anniversary of OGSM, we decided to put pen to paper and document the journey of our speciality. The idea of having a book was born when we started to archive the many documents housed in our office. Seeing the early correspondence, the humble beginnings of our speciality and ultimately the birth of our OGSM; it inspired us to start this daunting task, to preserve our history for the future generations.

Professor Zainul Rashid was handed the task to organise, oversee and edit. A committee was formed and given the task of collecting information for this book. We sent out emails, interviewed past presidents and even resorted to cold calling to try to garner information. When we came up short, we employed social media and managed to establish contact with some of our past presidents that way. Prema and Jenny were sent to the National Archives to get copies of newspaper articles. They even went to houses of people who were willing to let us copy their precious photographs. The Royal College of Obstetricians and Gynaecologists were also of enormous help, sending us photos and correspondence from the early years of our fraternity. It was really, a labour of love.

Although a lot has been done, there is still a lot to do. Proudly, we will be launching the book at this year's AOCOG 2015 Gala Dinner in conjunction with our OGSM 50th year celebrations. Please come and be a part of history. It is after all, a book commemorating our society, celebrating the pillars of our fraternity and a reflection of how far we have come.

**DR. THANEEMALAI JEGANATHAN**



## OGSM'S 50TH ANNIVERSARY COMMEMORATIVE BOOK

Obstetrician and Gynaecologist,  
General Hospital, / Office.  
Kuala Lumpur.

Ref. No. \_\_\_\_\_  
Tel. \_\_\_\_\_

7th July 19 61.

Dr. Ariffin,  
General Hospital,  
Ipoh.

Dear Dr. Ariffin,

I have had a long letter from Prof. DeWattville regarding the formation of an Obstetrical & Gynaecological Society in Malaya. I feel that this would be most desirable but perhaps we might manage to discuss the matter together sometime soon. I feel at present the simplest way might be to form an Obstetrical & Gynaecological Section of the Malayan Medical Association. This could be affiliated to the International Federation of Gynaecology & Obstetrics. At a later date we could then form a separate Obstetrical & Gynaecological Society. Perhaps you might care to give me your views.

Meanwhile kind regards.

Yours sincerely,

(Dr. J. D. Llewellyn-Jones)

Obstetrician and Gynaecologist.  
General Hospital.  
Kuala Lumpur.

JDL/GM

## The beginnings of OGSM

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6

LOURDENADIN  
LMS (THAM) S. C. N., MRCOG, MRCOG

TEL. OFFICE - 21284  
HOME - 23207

OBSTETRICIAN & GYNAECOLOGIST  
GENERAL HOSPITAL  
KUALA LUMPUR

Date 14th May, 1965.

Dr. S.S. Ratnam,  
Kandang Kerbau Hospital,  
Singapore.

Dear Dr. Ratnam,

....

Herewith the papers I have received  
from the Ministry of Health.

From this you will note that the  
Obstetrical and Gynaecological Society has  
been gazetted.

Yours sincerely,

*S. Lunden*

Official Gazettement Letter of the  
Obstetrical and Gynaecological  
Society of Malaysia

# OBSTETRICAL AND GYNAECOLOGICAL SOCIETY OF MALAYA

## MINUTES OF FIRST GENERAL MEETING

Date: 4th August, 1963.

Place: Maternity Hospital, Penang.

Members present: Dr. Ariffin bin Marzuki  
Dr. K. Kanagasabam  
Dr. J. S. McCoy  
Dr. T. Ng Khoo Fong  
Dr. S. Govaratnam  
Dr. A. V. Shenoy  
Dr. Sulaiman b. Md. Attas  
Dr. T. H. Loan Sze  
Dr. A. Tharmaratnam

I. Minutes of the Inaugural Meeting: The minutes were read and passed on a proposal by Dr. S. Govaratnam, seconded by Dr. T. H. Loan Sze.

### II. Matters arising:

- (i) Registration of the Society: The application for registration was being considered by the Registrar of Societies.
- (ii) Letter to Ministry of Health: The Secretary was instructed to write to the Ministry of Health requesting that the Government reimburse travelling expenses incurred by Government doctors attending meetings of the Society.
- (iii) Constitution of the Society: The meeting proposed the following amendments:  
Article 11 (4): The quorum at all General Meetings of the Society shall be 25% of its membership.

### III. Election of Office-bearers:

The following were elected:

President	.. Dr. S. Lourdénadin
President-elect	.. Dr. K. Kanagasabam
Hon. Secretary/Treasurer	.. Dr. J. S. McCoy
Committee Members	.. T. Ng Khoo Fong S. Govaratnam
Non. Auditors	.. A. Tharmaratnam A. V. Shenoy

### IV. General:

- (i) Scientific Meetings: It was decided that three meetings be held each year and that one of the meetings should coincide with the opening of the new Maternity Block in Taiping.
- (ii) Membership Drive: Each member was urged to send application forms to general practitioners so that the membership would increase.
- (iii) Subscriptions for 1963: It was decided that each member should pay £5/- as a half year subscription for 1963.
- (iv) Journal: Dr. A. Tharmaratnam suggested that the Society should have its own Journal. This was agreed to and Dr. Tharmaratnam was appointed Editor.

The meeting then adjourned.

.....  
J. S. McCoy  
Hon. Secretary/Treasurer

## LIST OF MEMBERS

<u>NAME</u>	<u>ADDRESS</u>
I. S. CHALIMERS	- 2, JALAN ANSANG, KUALA LUMPUR.
J. F. D'COSTA	- 24, JALAN ABDULLAH, SEGAMAT.
S. DHARWALINGAM	- STATE HOSPITAL, KOTA BAHRU.
K. KANAGASABAM	- DISTRICT HOSPITAL, TAIPING.
J. D. LLEWELLYN-JONES	- MATERNITY HOSPITAL, KUALA LUMPUR.
J. LOH KIM YEW	- GENERAL HOSPITAL, KUANTAN.
S. LOURDENADIN	- MATERNITY HOSPITAL, KUALA LUMPUR.
J. S. MCCOY	- MATERNITY HOSPITAL, KUALA LUMPUR.
J. NATHAN	- 12, WATSON ROAD, KLANG.
T. NG KHOO FONG	- GENERAL HOSPITAL, JOHORE BAHRU.
A. P. RAVET	- ASSURTA HOSPITAL, PETALING JAYA.
R. SATHIAN	- 96, JALAN TENKUKU KELANA, KLANG.
S. SEEVARATHAN	- 45, JALAN TURKUS HASSAN, SEREMBAN.
A. V. SHENOY	- GENERAL HOSPITAL, PENANG.
SOC KIN LAM	- 142, ISTALING STREET, KUALA LUMPUR.
SULAIMAN b. MD. ATTAS	- 4433, PULAU SERANG, P.O. TANJIN.
TEH LOAN SZE	- 2, GREEN LANE, IPOH.
A. THARMARATHAN	- GENERAL HOSPITAL, MALACCA.
S. VIDYALINGAM	- 96, JALAN TENKUKU KELANA, KLANG.

Minutes of the First General Meeting of Obstetrical and Gynaecological Society of Malaya



# PRIVATE MATERNITY CENTRES MOH DISCUSSION

During this year, the OGSM council has been made aware of the struggles of some of our fraternity who own private maternity homes. With this in mind, OGSM has formed a ad hoc working committee and appointed Dr Jaspal Singh Sachdev as a Chairman.

A working committee comprising of 20 members were formed and several recommendations were made. We are happy to report that a meeting was successfully arranged between the Ministry of Health and this working committee.

The following problems and possible solutions were discussed

## 1) Resident Doctors

OGSM Proposal	Ministry Feedback
<ul style="list-style-type: none"> <li>Centres without resident anaesthetists and paediatricians must have a visiting doctor available at all times.</li> <li>In the event the visiting doctor is unable to attend, a referral mechanism must be in place.</li> </ul> <p><b>ATTENDING BABY ON DELIVERY IN LABOUR ROOM</b></p> <pre> graph TD     A[BEFORE DELIVERY CHECK ALL EQUIPMENTS PRESENT AND FUNCTIONING TO "CELE" BY IN CHARGE STAFF ROOM WARM, INFANT RADIANT HEATER ON AND PREPARE SEVERAL PREWARMED DRY TOWEL RECHECK MOTHER'S CASE NOTE HISTORY FOR ANY RISK FACTORS] --&gt; B[ON DELIVERY OBSTETRICIAN ASSESSES BABY FOR GENERAL APPEARANCE AND APGAR SCORE]     B --&gt; C{IF BABY NOT BREATHING ADEQUATELY OR NOT CRYING OR WITH MUCOUSUM'S TAPEDED L.O. OR ON CONCERN OF STAFF}     B --&gt; D{IF BABY CRYING AND BREATHING SMOOTHLY WITH GOOD APGAR SCORE}     C --&gt; E[OBSTETRICIAN STABILIZES MOTHER AND ATTENDS TO THE NEWBORN - EXPERIENCE STAFF]     E --&gt; F[AIRWAY, BREATHING AND CIRCULATION WARM, DRY, SUCTION, TACTILE STIMULATION AND OXYGEN ATTACH PULSE OXIMETER]     F --&gt; G{IF STILL NOT BREATHING ADEQUATELY}     G --&gt; H[CONTINUE IF ATTENDING TO BABY]     G --&gt; I[TO CALL PAEDIATRICIAN ON CALL OR HOSPITAL PAEDIATRICIAN FOR ADVICE]     I --&gt; J[STATE NURSE TO CALL FOR AMBULANCE]     J --&gt; K[OBSTETRICIAN TO MONITOR AND LOOK AFTER THE BABY WITH STAFF - WHILE WAITING FOR PAEDIATRICIAN OR AMBULANCE]     D --&gt; L[EITHER HAND THE BABY TO MOTHER IF REQUESTED OR TO EXPERIENCE STAFF]     L --&gt; M{IF BABY CRYING AND BREATHING SMOOTHLY WITH GOOD APGAR SCORE}     M --&gt; L     </pre>	<ul style="list-style-type: none"> <li>The referring hospital will have to be responsible for emergency cases such as fetal distress, cord prolapses and abruption placenta.</li> <li>Medical Officers who has at least 3 years of experience working under a specialist (in the related field) who is more than 5 years post specialization may work if they have been credentialed and privileged by their Heads of Department in the Government Hospital.</li> <li>This medical officer must have a covering specialist who will help to manage complicated cases.</li> <li>The visiting specialist will need to include the maternity/single discipline O&amp;G setup in their APC.</li> <li>Resident obstetricians should be present in the centre at least 60% of the time in a 9 to 5 working day week. They will have to list their practice as the primary place of practice in the APC.</li> </ul>



# PRIVATE MATERNITY CENTRES MOH DISCUSSION

## 2) Post Basic Training for Nurses in Midwifery, Perioperative (OT) care and Paediatrics

OGSM Proposal	Ministry Feedback
<ul style="list-style-type: none"> <li>To allow the staff nurses to have inhouse training by their respective consultants (O&amp;G / Paediatricians) with ongoing CMEs and NRPs.</li> <li>Staff nurses with 3 years or more experience in a discipline can be allowed to stand in for post basics.</li> <li>A fellowship training programme to be arranged with the nearby government hospital.</li> </ul>	<ul style="list-style-type: none"> <li>The private hospital / centre must send their nurses with more than 3 years experience in midwifery, perioperative nursing and paediatrics (if phototherapy is provided) for an attachment at a government facility to be credentialed and privileged for those fields.</li> </ul>

## 3) Nursing Quota

OGSM Proposal	Ministry Feedback
<ul style="list-style-type: none"> <li>Quota will remain as 2 beds to 1 staff into 3 shifts at all times. Total requirement will be divided into 45% registered nurses and 55% nursing assistants.</li> </ul>	<ul style="list-style-type: none"> <li>Nursing staff may include JM, Penolong Jururawat, JD, Pembantu Jagaan Peribadi/ Nurse aides, MA</li> </ul>

## 4) Licensing

OGSM Proposal	Ministry Feedback
<ul style="list-style-type: none"> <li>To allow licenced centres to continue with current structure and policy and to give time (5 years) for any necessary changes when made.</li> </ul>	

## 5) Regular Meetings with MOH

OGSM Proposal	Ministry Feedback
<ul style="list-style-type: none"> <li>To have a working committee from members of the MOH, Private Maternity and OGSM to discuss changes on a regular basis. (annually)</li> </ul>	

All the feedback from the Ministry is pending final approval from their meeting with the Deputy Director General of Health.

**DR. JASPAL SACHDEV SINGH**

*OGSM wishes to thank Dr Jaspal and his dedicated team for their hard work.*

## FROM THE PRESIDENT'S DESK

from page 1

and proposing an alternative approach based on the Australian and New Zealand models that have been remarkably successful at tackling the very issues threatening our profession by implementing policies of limited compensation and arbitration rather than trial.

It has been an honour to serve as President of OGSM, a distinguished society unparalleled in esteem, accomplishments and status. I am deeply indebted to my team, the Council of 2014-2015, and our ever faithful secretariat, Mr Chong and Ms Jenny Kaur for without them none of the achievements of the last year would have been possible.

Thank you.

**DR. SHANKAR SAMMANTHAMURTHY**



# 2ND TRAINEE CONFERENCE

## OGSM MRCOG PART 2 OSCE COURSE

The last session held in September 2014 was such a success, we decided to hold another MRCOG OSCE course but this time in University Sains Islam Malaysia (USIM) Ampang campus. The course was held on the 14th of March 2014 and was attended by 6 very enthusiastic trainees. This time, along with both junior specialist and senior consultants as examiners, we also had a few university professors who were actively involved in OSCE courses in the UK.

As usual per previous OSCE courses, lectures were short and concise. The talks were informative and trainees were encouraged to discuss the topics presented. 2 full OSCE circuits were also done.

We hope to continue these OSCE courses and have decided that they will be held 2 weeks after every MRCOG Part 2 written exam. This is to ensure that trainees have ample amount of time arrange their schedules to attend the course.

Our wonderful and tireless speakers and volunteers:

Prof Dato' Dr Nik Mohd Nasri bin Nik Ismail  
Prof Ramesh Kuppusamy  
Prof Omar Sany  
Prof Imelda Balchin  
Dr. Kavitha Nagandla  
Dr. Teoh Ai Wei  
Dr Tan Gaik Imm  
Dr. Salleha Khalid  
Dr. Sharmina Kamal

And of course, there would be no course without the help from the OGSM team. Thank you Jenny.



## 2ND OGSM TRAINEE CONFERENCE

The 2nd OGSM Trainee Conference was held on the 4th & 5th April 2015 at Connexion Nexus, Bangsar South. The date was chosen to tie in with the visit of the RCOG visiting fellow and as such, the highlight of the conference were the two infertility talks given by Professor Siladitya Battacharya. He talked on The Approach to the Management of Infertile Couples and Treatment of Unexplained Infertility.

All the talks given from the various subspecialties were informative and though provoking. There were talks on urogynaecology, gynaecology oncology, materno-fetal medicine and maternal medicine. But it wasn't just clinical O&G. The trainees also were briefed on training pathways in Malaysia and what they can hope for in years to come.

In between the talks and lectures, the trainees got to test their knowledge with EMQ and SBA questions.

There were only 25 trainees registered for the conference this year. We had trainees all the way from Sabah and Sarawak who flew in just for the conference. However, there was an overwhelming response from medical students from local universities, namely IMU, USIM and Melaka Manipal. They even attempted to do the EMQ and SBA questions!

Even though it was 2 whole days (and a weekend) of lectures and practise exams, the hall remained full and our participants listened attentively through out.

As many trainees were unable to attend due scheduling difficulties, the committee has decide that the annual trainee conference be held around the same time every year in December so that trainees have ample amount of time to arrange their schedule.

The organising committee would like to thank the speakers who volunteered their weekend to help with this course:

Dato' Ravendran Jegasothy  
Prof Nazimah Idris  
Dr. Krishna Kumar  
Dr. TP Baskaran  
Dr. Ng Poh Yin  
Dr Jamil Omar  
Dr. Mohamed Faiz Mohamed Jamli  
Dr. Kavitha Nagandla  
Dr. Sharmina Kamal

**DR. SHARMINA KAMAL**



## MASTERCLASS ON MRCOG PART 2: UNDERSTANDING UK PRACTICE

The Masterclass on MRCOG Part 2: Understanding UK Practice was successfully held on 9th May 2015 at Seminar Room 1, International Medical University (IMU) Seremban, with total of 33 participants mainly from west Malaysia. This course was organised by OGSM trainee conference, which catered mainly for MRCOG Part 2 goers to help them understand the clinical practice in the United Kingdom. The organising committee were Prof Nazimah Idris, Dr. Kavitha Nagandla, Dr. Teoh Ai Yean, Dr. Chong Jun Joy, Dr. Lim Kian Hwa, Dr. Tan Ying An, and Dr. Rosita Khanum.

We were honoured to have Prof Omar Sany and Dr. Shilpa Nambiar as our speakers. Prof Omar was formerly working as consultant in the UK and with his vast working experience there, he had helped the trainees understand the basic concept in labour ward management and prioritisation based on UK practice. As one of the RCOG examiner and MRCOG Part 2 course provider, Dr. Shilpa had given an eye opener to the trainees on how to pass the MRCOG Part 2 exam. She gave informative and useful advice on how to prepare for the exam, recommended reading materials

and how to prepare for the exam. She also gave lectures on risk management and clinical audit, topics which have become increasingly important both in clinical practice and as a favourite exam topic. There were Q&A sessions after each lecture and the trainees active participation made the course both interesting and lively.

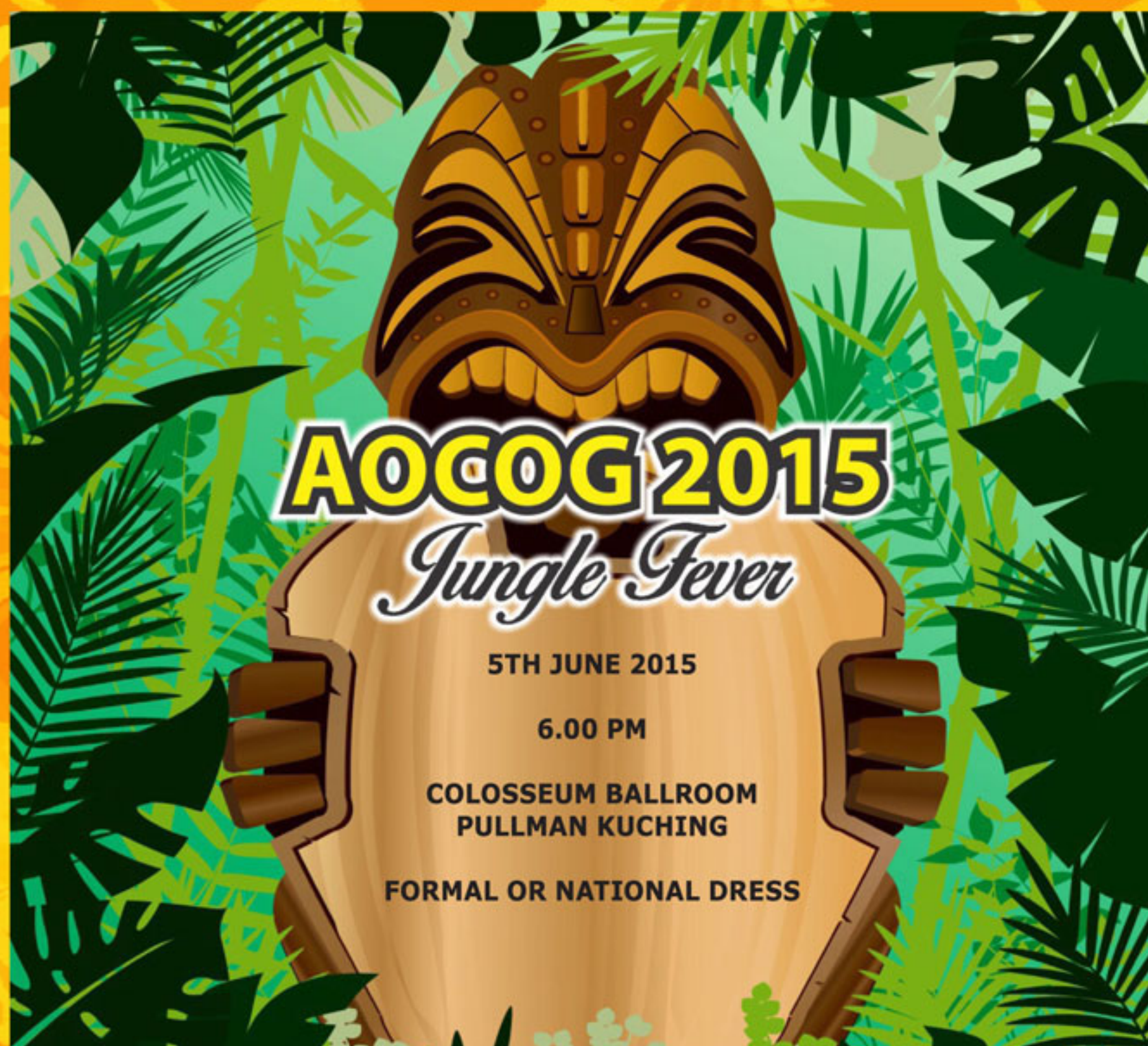
The half-day course ended well with positive feedback from the participants. They had also suggested for OGSM Trainee Conference to conduct further courses mainly to help them tackle EMQs in labour ward management, statistic and risk management.

**DR. TEOH AI YEAN**

OGSM Negeri Sembilan State Representative



## AOCOG 2015 GALA DINNER





# INFERTILITY MASTERCLASS



This event was jointly organised by OGSM and Persatuan Obstetrik dan Ginekologi Negeri Sembilan (POGNS) with the aim to help O&G trainees to understand the latest development and ethical issues in reproductive medicine. We had 43 OGSM enthusiastic trainees.

We were privileged to have 2 private practitioners speak, Dr. Leong Wai Yew and Dr. Navdeep Singh. It was a great opportunity for our trainees to have these experts in reproductive medicine share their personal experiences and relate the latest research in reproductive medicine in the Malaysian context.

Topics that were covered during the course included the assessment of both female and male infertility, the art of ART, special considerations in reproductive medicine and real life cases. The trainees were very interactive during the Q&A session of the lectures until the sessions had to be extended into the lunch hour due to the overwhelming passion and interest generated during the discussion.



The Masterclass was wrapped up with an OSCE session to enhance the understanding of reproductive medicine and application of the clinical knowledge. Three participants had voluntarily taken part in the OSCE station that was conducted in a fishbowl style, followed by discussion on the relevant answer scheme. It offers the trainees the chance to learn from observation and self-reflection techniques.

The eight hours Masterclass ended well with a positive feedback from all trainees.



**DR. TEOH AI YEAN**

OGSM Negeri Sembilan State Representative

# MATERNAL FOETAL MEDICINE MEETING

The MFM Sub Committee had organised the MFM Interest Group meeting on 25th of January 2015. It was a day event, starting from 9 am till 5 pm and was held at the Meeting Room, 7th floor, Women and Child Block, University Malaya Medical Centre (UMMC).

The morning session was a round table discussion on the Non invasive Prenatal Testing (NiPT), which was well attended by 50 O & G Specialists from the government hospitals, academic institutions and the private sector. There were 5 presentations from various key NiPT providers, followed by a lively round table discussion moderated by Dr Raman Subramaniam. The discussion was enlightening and it cleared doubts in many areas pertaining to Non invasive Prenatal Testing. The morning session was wrapped up with a talk on 'Genetic Counselling' by Ms Juliana Lee, a certified Genetic Counsellor.

The afternoon session started off with a guest lecture by Dr Tan Hock Lim, a Consultant Paediatric Surgeon from Prince Court Medical Centre on 'Fetal Hydronephrosis' followed by presentation of four interesting cases. The case presentation and discussion were by Assoc. Prof. Hamizah Ismail, Dr Anna Liza, Dr Haliza Ghazali and Dr Wong Yong Wee.

The meeting ended at 5 pm, with positive feedbacks from all those who attended. It was a fruitful meeting which brought about some very lively and interesting discussion on current clinical issues. We hope to have our next MFM Interest Group meeting in August this year.

**DR BAVANANDAN NAIDU**

MFM Sub Committee Chairperson.



# PALESTINE MERCY MISSION



The plight of the Palestinians was one that really touched me and so when I spotted an appeal in a local newspaper for OBGYN for a medical mission there, I jumped at that opportunity.

I really did not know what I was in for. It was not an automatic acceptance, there were interviews, a grueling selection process but I managed to secure a spot on the team. We were then sent for training. The initial excitement was slowly replaced by a reality that we were going to a war torn country where real dangers lie. Being a doctor would not shield me from a bullet! We were taught how to handle situations like "what to do if you get shot" " what to do if a bomb went off"; it was surreal. The doctors underwent more training targeted at triaging, resuscitation, setting up emergency camps.

After a 12 hour flight to Cairo, the real challenges began. We were briefed at the Malaysian Embassy and then transported to the 'Palestine Hospital' in Cairo. The 'hospital' was housed in an apartment building. What I saw there were both heartbreaking and inspiring. Severe injuries, emotional and physical scars but in the face a adversity, we also witness grace and courage. We approached a young man who had lost a leg and had painful 2nd degree burns on his abdomen. He greeted us with a cheery "how are you" and a beautiful smile. It is an image I will forever keep in my heart. He has suffered so much and yet could continue to smile.

We visited 2 other hospitals which housed injured patients from Palestine. The pattern of injuries were almost the same. Mainly lower limb injuries and burns.

The next morning our team prepared to cross the border into Gaza City. There were multiple delays and our frustrations mounted. We were greeted by masked, armed soldiers at the border. Our leaders negotiated for 6 hours for our team to cross but in the end, they only allowed 3 of our team to go. Teary goodbyes were said and we prayed hard for the brave men that continued on as it was a dangerous journey indeed as they entered the war zone. They brought with them a truckload of urgently needed food and medical supplies.

The rest of us went back to Cairo and visited other hospitals that housed injured Palestinians. Although only 3 of our team ultimately made it into Gaza, the mission was considered a success as we managed to delivered urgently need food and medical supplies.

This journey has opened my eyes to the wonder of the human spirit, from the strength of the Palestinians who has not lost hope even in the face of injury and loss, the dedication of the health care workers there, to the generosity of the Egyption government who provides medical attention for these refugees for free.

Malaysians has much to be thankful for, we live in peace and harmony. I pray that the war will end soon and that people will learn to share and appreciate each other more. To my fellow Malaysians, be thankful that we live in peace and harmony. I pray hard that we will never learn to live without it.

**DR. NORSHIDA IBRAHIM**



# WHAT TO DO IN SARAWAK

## SARAWAK, THE HOME OF ADVENTURE

It would be a crying shame to travel all the way to Sarawak and not experience the many sights and sounds unique to this part of the world. Drs Vicky Ho and Chung Soo Bee were compelled to reveal the must sees and must dos while visiting Kuching.

Whether you only have an evening or a few days, here are some adventures to be had.

### EVENING ADVENTURE:

Spend an evening enjoying seafood Sarawak style. Topspot, where fresh and abundant seafood is to be had. A must try is Umai, crawfish salad (the Sarawakian Ceviche). Wash it all down with a local desert, the ABC (shaved ice).

### EVENING ADVENTURE 2

A visit to Kuching will be incomplete if you have not visited Kuching's Waterfront. The Waterfront boasts a whole kilometre of captivating scenery and buildings along the river. This is perhaps one of the most 'happening' places in Kuching, you can shop, eat or just watch the world go by. Eateries (posh and humble), hotels (budget and 5 star), shops (souvenirs, clothing and more) can all be found here. You can even opt for a leisurely boat ride to catch in all the sights that the waterfront has to offer.

You can find monuments paying tribute to Raja Brooke, the oldest Chinese Temple in Kuching along here. Sunset at the waterfront is a photo opportunity not to be missed. After the sun sets, you will be rewarded with a breathtaking view of Kuching by night.

### SARAWAK HIGHLIGHTS

Start your adventure by soaking up the local culture at the Sarawak Cultural Village at the foothills of Gunung Santubong. Great for kids and those young at heart. The cultural show is a must. Feast your eyes on the grace, beauty and colour of native Sarawakian dances. Sooth your soul with its traditional tunes.

Stop for lunch at Kampung Buntal near Damai Beach for seafood. A hidden gem, Restoran 88

comes highly recommended. Do not be fooled by its humble surroundings, there is good food to be had here.

Walk your lunch off at the famous Damai Beach. Enjoy the serenity and fresh air. Complete your day exploring modern Sarawakian cuisine at the D'yak (details included in the gastronomic portion of this article)

### SARAWAK HIGHLIGHTS 2

Semenggoh Wildlife Centre is an experienced not to be missed. Founded in 1975, it is a rehabilitation centre for Sarawak Wildlife, most notably, the Orang Utan. A mere 30 minute drive, you will experience Sarawak nature at its best as you need to do a 20 minute trek before arriving at the centre. Feeding times are probably the best times to see these Orang Utan. Feeds are scheduled daily at 9am and 3pm.

Next stop for the more adventurous is Bau town. Bau was a gold mining town in its heyday but now serves as a stepping stone to 2 nearly natural wonders. Gua Pari-pari (Fairy Cave) is a limestone cave. Prepare to be awed by the stalagmites and stalactites in here. The Fairy Cave takes its name from one of these structures that is said to resemble the Chinese Goddess of Mercy or Kuan Yin. About 10 minutes away is Gua Angin (Wind Cave), named for the continuous breeze that flows through these caves. You will see the cave's natural inhabitants here in large numbers namely swiftlets and bats. The views from these caves are breathtaking and well worth the trip. It is however, not for the faint hearted. Come prepared with good walking shoes.

The Borneo Highlands would be a natural next stop to recharge your batteries. It sits about 1000m above sea level and you can enjoy refreshing cool mountain air. You can opt to play golf, go on garden tours or even indulge a meal at the Annah Rais Café which features produce grown in their own garden.



# THE SOCIAL SIDE OF AOCOG 2015

AOCOG 2015 not only promises an enticing and exciting scientific program, we can also promise you a good time. Going to conferences for most of us, is not only about the scientific value, there is also the forging of new friendships and strengthening old ties. AOCOG 2015 promises you plenty of time to let your hair down. We kick off our social calendar with the Opening Ceremony and Welcome Reception on the 4th June. Our Opening Ceremony will feature all the splendour that Sarawak has to offer. We will bring Sarawak to you at BCCK. Glorify in the grace and beauty of native Sarawak dances, be enchanted by her music and admire up close the intricacies of her native costumes. At the Welcome Reception, you can get your hands dirty with our interactive cultural stations. Get a tattoo, learn to dance like a Sarawakian, take your turn at the blowpipes. Stay for the food and the fellowship but above all, don't miss out on the fireworks display at the end of the evening. We intend to start with a BANG.

Get Jungle Fever at our Gala Dinner. Come and party, Sarawak style. We will be featuring a local Malaysian Band who will wow you with their dulcet tones. AOCOG has many hidden talents who we have tapped and persuaded to perform at our Gala Dinner. Don't miss out on this opportunity to be wowed by our colleagues, we have uncovered doctors who are not only leaders in their field but talented musicians in their own right. We will also be celebrating the Golden Jubilee of OGSM. Come be a part of history as we launch our very own book commemorating OGSM's 50th year, "History of Obstetrics and Gynaecology in Malaysia".

Come and say your goodbyes at our Closing Ceremony on the 6th June. We are honouring the presenters of the best papers at this congress here. OGSM's Intensive Course in Obstetric Emergencies will be recognising their trainers with the presentation of their certificates.

We have put plenty of thought into all our social events. We hope to see you there.

**DR HOO MEI LIN**  
AOCOG 2015 Social Chairman

## GASTRONOMIC TOUR OF KUCHING

Kuching is a foodie's dream. From the heart of the Cat City, we start our journey in the famous Carpenter Street. First stop; Noodle Descendant for the famous kolo mee. A few steps away, at Chong Choon Café, one of the best bowls of Sarawak Laksa is to be had. Don't forget to sample their 3 layer tea to wash down your laksa. Continue on to Aladdin Chicken Rice Shop where they have put their unique stamp onto this local delicacy. Here, their chicken rice is served with deep fried chicken. For the discerning coffee drinker, Blackbean Coffee is a must. In true old world meets technology style, Black Bean Coffee uses locally sourced and roasted coffee beans, brewed to perfection. Sarawak in a cup, not to be missed.

Kuching also boasts many fusion and western food eateries. Junk, the restaurant with its unique ambience and mouthwatering dishes will not disappoint. Highly recommended are the baby lamb rack, the cod in crab meat sauce, angelhair pasta with prawns, their bruschetta and pizza. D'yak boasts a contemporary feel to Dayak Cuisine. Dine the headhunter's way amidst resplendent décor from the Dayak culture, it will be an experience you will never forget. Highly recommended are 'Ayam Pansuh' or Manuk Lulun (chicken stewed in local herbs in bamboo), Midin (a fern unique to Borneo), Tilapia Terung Dayak (Tilapia stewed with a local eggplant) and for dessert, Tuak ice cream.

**DR. VICKY HO & DR. CHUNG SOO BEE**



# AOCOG 2015

24<sup>th</sup> Asian & Oceanic Congress  
of Obstetrics & Gynaecology

**3 - 6 JUNE 2015**

BORNEO CONVENTION CENTRE KUCHING,  
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