



Welcome to Issue 7 of CRC Newsletter

Warmest greetings from CRC Sabah Hospital Queen Elizabeth II. The year 2014 was indeed an amazing year for all of us. Let's embrace the year 2015 and hope for yet another wonderful and fruitful year.

Malaria Research in Sabah

Dr. Timothy William is the Sabah Principal Investigator for the "Monkeybar" project funded by the UK Research Councils which aims to characterize disease dynamics and to determine risk factors for *P. knowlesi* malaria in Southeast Asia. The current malaria research team in Sabah collaborates with University of Malaya, University of Malaysia Sabah, Menzies School of Health Research, Darwin Australia and the London School of Hygiene and Tropical Medicine. The 5-year project was launched in 2012 and will bring in 3 million pounds of extramural grant from the UK Research Councils. As for now, 10 papers have been published in international peer-reviewed journals and findings have been adopted in the WHO guidelines for the treatment of *P. knowlesi* malaria.

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Daily Express

INDEPENDENT NATIONAL NEWSPAPER OF EAST MALAYSIA
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QEH malaria data help set WHO guidelines

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KOTA KINABALU: Sabah and Sarawak remain the key states for field research and clinical studies that help to set government guidelines and policy on the proper and correct treatment of severe malaria, and such invaluable knowledge and experience has guided the World Health Organisation (WHO) in their medical approaches and advisory to benefit the international community.

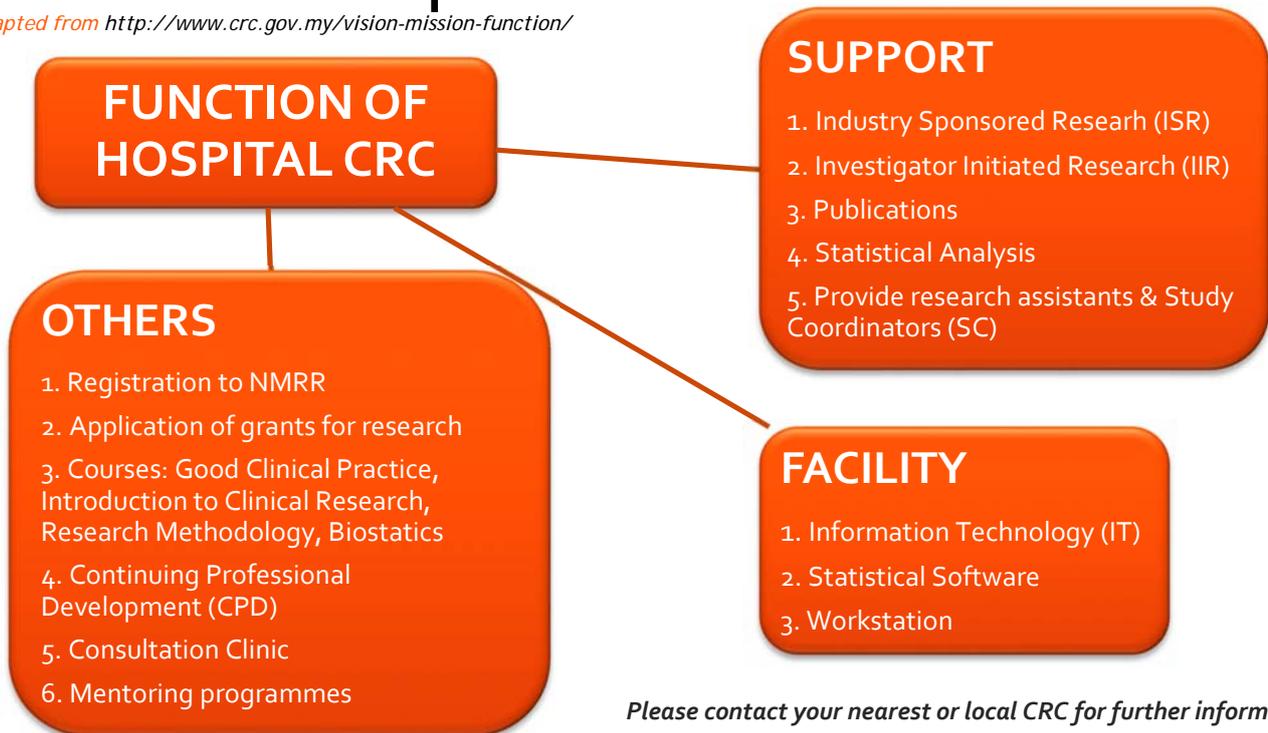
It was published that the WHO advisory on tropical medicine and international health on malaria that "although they contribute much less than *P. falciparum* to the global problem of severe malaria, both *P. vivax* and *P. knowlesi* can also cause severe disease and they too kill" (WHO 2014).

This has put local medical experts like Dr Timothy William of the Queen Elizabeth Hospital here in international prominence with other researchers from around the world.



Function of Hospital CRC

Adapted from <http://www.crc.gov.my/vision-mission-function/>



Good Clinical Practice (GCP)

Adapted from <http://www.clinicalresearch.my/gcp/>

Objective: Overall understanding on how to conduct GCP compliant clinical trial



Why I Do Research

Dr Wong Chii Koh is a Medical Officer at the Cardiology Department in Hospital Queen Elizabeth II. He has been involved in research since October 2014.

1. How long have you been involved in research?

Actually I am quite new to the field of research and was involved when I started my service in the Cardiology Department. I only did a small scale observational study while in university.

2. What was your view/perception about research before being involved in it?

To me, I think research is quite new and has yet to be developed in Malaysia. It is a challenging and tough field which involves a lot of teamwork.

3. Can you elaborate more on the challenges and difficulties you encounter as a young researcher?

Certain studies have many inclusion and exclusion criteria, which makes it difficult to find subjects who are eligible to join. Other than that would be to explain to the patients regarding the study and to get them to participate in the study willingly.

4. Do you like research?

For a beginner it is quite difficult. I do like it and will continue with the current studies in the department.



Dr Wong Chii Koh (Left)

5. How do you overcome your challenges?

I will try my best to convince the patients that being a part of the study can be beneficial to them and also to the future of patients.

6. How does being involved in research benefit you?

I gain experience on how the study is conducted and the methods used in the study.

7. Do you have any advice for future researchers?

Well you have to try hard in the beginning but once you get a hang of it, it will be easier.

Dr Ravi Subramanian has been a Cardiology Medical Officer for almost 2 years in Sabah Heart Centre.

1. How did you get involved in research?

I have been involved in research for a number of years, mainly in diabetes. I was not very well informed about research in the beginning, but when job opportunity came along to do some research in diabetes, it was quite an eye opener.

2. Well we know that you have been involved in research before you were here. So before you got involved in research, what was your perception about research?

It taught me a lot, mainly about good practices such as Good Clinical Practice (GCP) and also how to conduct clinical research. It was indeed a good learning experience for me.

DID YOU KNOW?

SUPERBRAIN YOGA

There are 4 types of brain wave: Beta, Alpha, Theta, Delta with its own specific function.

Benefits are more if the Alpha wave is generated.

- Relaxation of mind which makes a person more alert
- Synchronization of both sides of brain
- Helps relieve anxiety and reduces stress
- Elevate creativity and performance
- Strengthen the immune system, which improves the healing process
- Effective in reprogramming consciousness

Pilot studies were done and reported.

Results: There is a generalized overall increase in brain activity, especially the Alpha wave. Increase in Alpha wave activity is best appreciated over frontal, parietal & occipital regions of the brain. This exercise also balances the right & left sides of the brain, achieved due to synchronization of brain waves.

**Conclusion:**

- Energizes and activates the brain
- Reduces psychological stress and gives greater psychological stability
- Greater intelligence and creativity
- Proper functioning of the brain

The Superbrain Yoga must be done almost everyday to energize and activate the brain cells

FOR MORE INFORMATION

Please log onto:

<http://www.superbrainyoga.com.au/SuperBrainYoga.htm>

<http://www.lightstreams.com.au/downloads/sby-a-research-study.pdf>

http://bentonlearning.org/wp-content/uploads/2012/11/KimSiar_SBY_Adolescents.pdf

3. So were you interested in research before you got involved?

Not really. I just felt that maybe it would have been a good exposure and also to see whether research will be the field that I will be interested in the future.

4. What is your opinion on research now? Do you like it?

Yes I do, otherwise I will not be here. I quite enjoy the teamwork aspect of clinical research. Most of the clinical research that we do here is multinational research. We work with a team of people from different countries. It gives us a chance to interact with people from other regions.

5. What are the challenges faced as a young researcher and how do you face them?

I think the hardest part would be trying to start up a study and recruitment of patients partly because most of the research have very strict inclusion and exclusion criteria. It is quite hard to find the niche of patients to fill that part. However, once the ball starts rolling, it can prove to be quite rewarding.

6. How do you overcome this obstacles?

Time is always an issue. It can be with you or against you. You should be prepared for any shortcomings that come along the way and should not blame yourself. You should keep your chin up and move forward. Eventually you will find your way to overcome these obstacles. The most important thing is do everything in accordance with GCP and trial protocol.

7. What is your advice for future young researchers?

If you are interested in research, you should come on board and give it a go. Whatever experiences you obtain from research, is valuable and helps you a lot in building character and team building. It can be quite rewarding especially if you are part of a breakthrough trial. You will be very proud that you are changing so many lives around the world. Of course you might be quite disappointed if you are part of a trial that was called off. However, you should consider the positive outcome as you were able to build a good rapport with patients and improve doctor-patient relationship.



Dr Ravi Subramanian

Sabah CRC Activities & Gallery



One Day Workshop on Research Methodology

26 January 2015
Hospital Queen Elizabeth, Kota Kinabalu

Basic Biostatistics Workshop using SPSS

26 February 2015
Hospital Queen Elizabeth, Kota Kinabalu

Chinese New Year Celebration

6 March 2015
Hospital Queen Elizabeth II, Kota Kinabalu



GCP Workshop

18 – 20 March 2015
Hospital Queen Elizabeth II, Kota Kinabalu

Diprimac Study - Data collection activity

23 March, 26 – 27 March 2015
KK Kiulu, KK Tamparuli, KK Kundasang, KK Timbua and KK Paginatan

State Research Committee Meeting

5 February 2015

Visitation to Rumah Anak Yatim

15 February 2015
Sakinah, Papar

Upcoming Events

Medical Scientific Writing Workshop (19 – 21 May 2015, HQE)
 Research Methodology Workshop (25 June 2015, HQE)
 Good Clinical Practice Workshop (1 – 3 July 2015, HWKKS)
 NMRR Workshop (3 August 2015, HWKKS)
 Basic Data Analysis (8 – 9 August 2015, HQE)
 Good Clinical Practice (24 – 26 August 2015, HQE)
 Sabah Research Camp (11 – 13 September 2015, Kasih Sayang Resort)
 Sabah Research Day (15 – 16 October 2015, HWKKS)
 Research Methodology Workshop (23 November 2015, HQE)
 Basic Data Analysis (8 December 2015, HQE)
 Pharmacoeconomic Workshop (Date and venue to be confirmed)

Please contact your nearest or local CRC for further information.

The organizer reserves the right to cancel or alter any of the programs without liability including alteration or cancelation of the speakers and/or topics and/or the alteration of the event dates.



**CRC
SABAH
NEWSLETTER**

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