



MESSAGE FROM THE PRESIDENT



Selamat Hari Raya Aidilfitri and Happy holidays. Welcome to our first issue of the MSGH bulletin for the year 2023. Once again, the editorial board did a marvellous work sharing the latest happening from our members and the Society.

First and foremost is the World Digestive Health Day that we celebrate on 29th May and this year the theme is 'A Healthy Gut from the Start'. The first 1000 days of newborn is a most important window period that with a balance in diet and microbiota, then a healthy gut will ensue. This is also in jive with our planned monothematic meeting during GUT 2023, the 12th Asian Pacific Topic Conference (12th APTC) to be held on the 19th and 20th August. The 12th APTC is co-hosted by the Asian Pacific Association of Gastroenterology (APAGE) with the theme on gut microbiota. The science of gut microbiota has grown exponentially in the past decade, and its importance in real-world practice is greatly felt. Brought to you by a scientific team led by Professor Dr Emad El-Omar (Sydney, Australia) the current meeting hopes to bridge the gap between science and clinical practice and will feature an excellent faculty and a programme that is nothing short of illuminating.

Second, since we are featuring GUT 2023, the Organising Committee welcomes you to join us this **18th to 21st August 2023** at the **Shangri-La Hotel, Kuala Lumpur, Malaysia** for the 28th Annual Scientific Meeting of the Malaysian Society of Gastroenterology

and Hepatology (MSGH). As indicated earlier, this year GUT 2023 is special because of the joint meeting i.e. the 12th Asian Pacific Topic Conference (APTC) 2023. The overarching theme is 'Translating Science into Real-World Practice'. Please read our announcement to find out more.

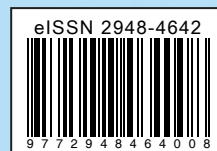
Third, the much awaited Endoscopy 2023, on 19th and 20th May is finally here. The theme is 'Advancing Precision Endoscopy'. Among the highlights include the GIA course, EUS course, a full-day hands-on ESD course with APSDE featuring Drs Takashi Toyonaga and Stephen Tsao, young GI consultant forum and the entertaining workshop dinner. There is also the MSGH Special Lecture and Universiti Malaya Distinguished Endoscopy Lecture to be delivered by Professor Krish Ragunath and of course live endoscopy demonstrations. I take this opportunity to congratulate the team from Universiti Malaya who has made it possible.

Last but not least, I urge all members to make use of our NEW membership portal at the MSGH website to register and access your membership details. The website also features an educational portal that house all recorded educational materials as part of the membership benefits. Again, if you feel we did well, please share your thoughts on social media (#MSGH #GUT2023) and or write to me personally (my email: yylee@usm.my). Likewise, if we could have done better, do email me and let us know.

Professor Dr Lee Yeong Yeh

CONTENTS

Message from the Editor's Desk	2	Joint OESO-SEMPIRE, MSGH and MUGS Hybrid Conference	8 - 9
A Fellow's Journey	2 - 3	IBD Preceptorship Programme	10 - 13
3 rd GI Endoscopy DOPS Workshop	4 - 5	2023 Events	14
The RAPID initiative: A new dawn for KASID and MSGH	6 - 7		





It's been a bustling 2023 and we have surely been kept on our toes with this business of putting life first!

I extend my best wishes to everyone, wishing all in good spirits and health.

For GUT this year, we will publish GUT PROCEEDINGS which will comprise the articles of the oral presentations and posters, with the aim to have the proceedings indexed with ISBN as an added value for the hard work of the authors.

Hence, I would like to invite you to submit your articles to nikrazi@yahoo.com. The articles submitted should be up to a maximum of 1000 words including a short

summary of 150 words and only one table/figure is allowed, if needed.

For the budding writers in you or if you needed to get something off your chest, I also welcome non-research articles for the next bulletin. These could be something in the form of opinions, thoughts, suggestions and point-of-views that may benefit or inspire us.

Lastly, I'm delighted to invite everyone to join us for the Endoscopy Workshop in May 2023 at UMMC and GUT 2023 in August 2023 at Shangri-la Hotel, Kuala Lumpur. Hope to you there.

Dr Nik Razima Wan Ibrahim

A Fellow's Journey

by Dr Naveen a/l Ramasami

Delving through the Lines and Waves: An experience like no other...

Manometry is a mere tip of the iceberg in the field of motility, or more aptly and comprehensively termed neurogastroenterology. Despite being a well-established field in other parts of the globe, it's gaining a foothold in this country, albeit a gradual one.

An ancient Chinese proverb once said "the journey of a thousand miles begins with a first step." Thus, my sojourn journey for the quest of knowledge brought me to Hospital Universiti Sains Malaysia, Kubang Kerian, Kelantan. Professor Dr Lee Yeong Yeh, one of the giants in neurogastroenterology, welcomed me with open arms to be his fellow in training. A quick perusal of the text book on neurogastroenterology co-authored by

Professor Lee himself provided a concise and impactful glimpse in this realm.

Hospital University Sains Malaysia (HUSM), being an established centre of learning and research excellence, inculcates a thriving environment. The wide plethora of



cases and diverse disciplines makes learning holistically robust and fruitful. The GiFM (Gastrointestinal Functional and Motility) Lab is the most complete and well-equipped motility and functional laboratory in the country with exceptionally trained staff.

I was exposed to a wide array of motility tests and cases encompassing High Resolution Esophageal Manometry, High Resolution Pharyngeal Manometry, 24hour pH Impedance Studies, Wireless Capsule pH study, High Resolution Anorectal Manometry, Hydrogen and Methane breath tests, colonic transit studies, endoanal ultrasound, gastric emptying test; just to name a few.

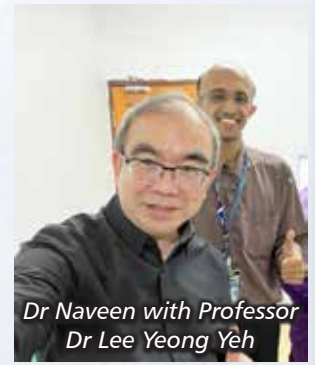


With the team in the motility lab

Besides diagnostics, therapeutic interventions including biofeedback therapy formed part of the core services. The availability of different systems and protocols in HUSM gives a new ray of hope for patients coming here from all over the country. Nevertheless, the diverse cases make learning the essential biofeedback concepts easier.

Being a pioneering neurogastroenterology centre in the country, teamwork from different specialties is crucial. Managing complex cases in MDT clinics involving

numerous specialties was exhilarating indeed. Among the MDT clinics available included the Dysphagia MDT clinic and the Brain-Gut Clinic initiative. It was really a cool sight to see the well synchronised teamwork between various specialties managing complex cases.



Dr Naveen with Professor Dr Lee Yeong Yeh

Research ideas and topics flowed seamlessly during my training. We were involved in several research endeavours and a few remains as work in progress. Professor Dr Lee's keen acumen in research was a guiding and driving force to complete several projects.

No matter how many times one can read and study all the available guidelines, nothing can be compared to a clinical fellowship attachment. This attachment opens a new perspective in clinical practice, strengthens core knowledge, acquisition of new skills and moulds a holistic gastroenterologist. With one of the well esteemed neurogastroenterologists at our doorstep, a clinical attachment for future trainees in motility and neurogastroenterology is highly laudable.

No words or pen can adequately vouch my gratitude to Professor Dr Lee. His uttermost generosity in sharing knowledge, experience and tips and tricks in clinical practice was priceless. The knowledge acquired and key concepts learned during our case discussions and reporting sessions, which was a daily routine, was inexplicable. The weekly presentation on the core topics in motility was something I earnestly cherish.

Overall, the clinical fellowship was definitely an experience like no other...



One of our "meeting" sessions

3rd GI Endoscopy DOPS Workshop

by Dr Khairul Najmi



A hands-on colonoscopy workshop was successfully conducted on 8th March 2023, at Hospital Canselor Tuanku Muhriz, Universiti Kebangsaan Malaysia. This 3rd GI Endoscopy DOPS Workshop was co-organised by the Gastroenterology Unit, Department of Medicine, HCTM and Endoscopy Service Centre, HCTM in collaboration with the Malaysian Society of Gastroenterology &

Hepatology (MSGH) and National Gastroenterology & Hepatology Training Committee. The main aim was to expose the participants to structured supervision (DOPS) for colonoscopy procedures. Besides, it provided the opportunity for the participants to learn many tips and tricks from the expert trainers.

A total of 23 participants consisting of gastroenterology fellows (year 2 and year 3) and surgical trainees



participated in this workshop, with the involvement of 44 patients. They were supervised and facilitated by 15 consultant gastroenterologists and surgeons who were invited from various Ministry of Health, Universities and private hospitals. This event was supported by eight different companies, with Olympus Sdn Bhd as the main sponsor.

This one-day event was officiated by Professor Datin Dr Marina Mat Baki, Deputy Dean for Industry & Community Partnerships Affairs, Faculty of Medicine, UKM. Apart from hands-on training, a few lectures (colonoscopy tricks & tips, ergonomics in endoscopy, AI-endoscopy, and cauterization system) were also delivered.

Overall, this workshop has gained positive feedback from the participants and facilitators. We would like to

express our gratitude to everyone who have been involved in this workshop and looking forward to the 4th workshop next year.



The RAPID Initiative: A New Dawn for KASID and MSGH

by Dr Thevaraajan Jayaraman

The Regional Academic Partnership for Intestinal Disease (RAPID) was an initiative started by the Korean Association of Intestinal Disease (KASID) in 2016 as the Region-Specific Forum (RSF) with partner countries from South East Asia for academic exchange. Subsequently the GO IMKASID program was launched in 2018 to provide opportunities for young doctors from Asia to visit a gastroenterology center of excellence in a South Korean University Hospital. In 2021 the RSF scientific committee was formed consisting of researchers from Indonesia, Malaysia, Myanmar, Thailand, and Vietnam who were formerly participants of the GO IMKASID program to conduct international joint studies and knowledge exchange via the International Multi-Society Online Case Conference for Intestinal Disease (IMOTICON).

As part of their continued efforts to promote regional collaboration in education and research, KASID invited the Malaysian Society of Gastroenterology & Hepatology (MSGH), The Gastroenterological Association of Thailand (GAT), Indonesian Society of Gastroenterology (ISG), Myanmar Gastroenterology & Liver Society (MGLS), and Vietnam Association of

Gastroenterology (VNAGE) for the RAPID launching meeting and signing of memorandum of understanding (MOU) in Hanoi, Vietnam on the 14th January 2023. The RAPID program will expand the current network of collaboration to include more gastroenterologists from the participating member countries specifically into 3 main groups i.e. the research committee, education committee and media committee.

The Malaysian delegation to the meeting consisted of Professor Dr Lee Yeong Yeh, as President of MSGH, Dr Wong Zhiqin, as a pioneer member of RAPID and one of the original members of the RSF scientific committee, and Dr Thevaraajan Jayaraman, as a new member of RAPID's research committee. The other two new members, namely Dr Khairul Najmi Muhammad Nawawi (research committee) and Dr Nik Razima Wan Ibrahim (media committee) joined via the virtual platform. The meeting was hosted by the committee members of VNAGE at the 108 Military Central Hospital in Hanoi.



The meeting started with the customary meet-and-greet followed by the formal introduction of the dignitaries and presidents from all the member societies. There was a large delegation from various academic institutions from South Korea led by Professor Seung-Jae Myung, the current president of KASID, underlining their commitment to making this program a great success. The meeting then formally started with welcoming speeches by the local hosts and leaders from KASID. Most notably, Professor Dr Hyun Gun Kim, the Director of the International Academic Exchange

Committee of KASID, educated the audience on the history of the formation of RAPID along with the successes achieved with the six pioneer members from the South East Asian countries including Dr Wong Zhiqin, who had steadfastly represented Malaysia and participated actively to further the cause of the initiative. The next agenda was the signing of the MOU between the President of KASID and the presidents of the member countries from South East Asia. Professor Dr Lee duly discharged his responsibility as the President of MSGH and signed the MOU signifying the beginning of a new chapter in the partnership between KASID, MSGH and our friends from the region. The meeting then continued with lectures delivered by experts from all the RAPID member countries on a broad range of topics on lower gastrointestinal disorders including inflammatory bowel disease and colorectal neoplasia. Dr Khairul Najmi Muhammad Nawawi expertly delivered a talk titled "Colorectal Cancer Screening Updates and Differences from an Asian Perspective" during this session which was well received and stimulated a good discussion among the attendees.



Following the conclusion of the talks, the meeting was closed, and the participants were ushered to the dining hall for the Gala Dinner. Everyone in attendance were hosted to a grand meal consisting of various local delicacies in the spirit of goodwill and friendship. The event then concluded with the participants bidding each other goodbye with a renewed commitment to elevate the regional partnership to greater heights via the RAPID programme.



Joint OESO-SEMPIRE, MSGH and MUGIS Hybrid Conference

by Dr Chuah Kee Huat

On 26th February 2023, the Malaysian Society of Gastroenterology and Hepatology (MSGH) and the Malaysian Upper Gastrointestinal Surgical Society (MUGIS) joined hands with OESO-SEMPIRE to proudly present a hybrid conference on disorders of esophagogastric junction (EGJ) outflow (i.e. achalasia and EGJ outflow obstruction). OESO is a world organization for specialised studies on diseases of the esophagus, while SEMPIRE represents the Stanford Esophageal Multidisciplinary Programme in Innovative Research Excellence. Along with this hybrid conference, the new OESO-SEMPIRE Educational Platform was launched by the founder of OESO, Professor Robert Gull.



The physical event was held in Mandarin Oriental Hotel in Kuala Lumpur and limited to invited participants only. On the contrary, more than 100 participants from all over the world joined the virtual session. Professor Lee Yeong Yeh and Dr Hans Mahendran, President of MSGH and MUGIS respectively, led the local experts, including Professor Dr Sanjiv Mahadeva, Associate Professor Dr George Ho Shiw Hooi, Datuk Dr Raman Muthukarappan, Dr Lau Peng Choon and Dr Tan Phei Oon in chairing the sessions and presenting some interesting cases. I, myself, also had the privilege to present a challenging case of atypical achalasia with a diagnostic and treatment dilemma. In addition, we

were very fortunate to have many world renowned speakers and panels from Asia, Europe and the United States, including some experts from the working group of Chicago Classification: esophageal motility disorders on high resolution manometry. The topics covered were who and how should one be tested?, diagnostic dilemmas and conundrums, surgical management and non-surgical management. The conferences under the banner of OESO-SEMPIRE are unique as the events usually last as short as two hours with each presenter limit to <10 minute presentation. Nevertheless, the topics that were covered were extensive and yet concise.

Although motility and functional gastrointestinal disorders are deemed not as 'sexy' as EUS, ERCP and inflammatory bowel disease amongst gastroenterologists and trainees, the majority of the patients who consulted specialists for GI related symptoms had such conditions. Their GI and non-GI symptoms +/- related motility tests were often overlooked. Hopefully, this educational conference will be able to create more awareness and interest amongst clinicians on the field of neurogastroenterology and motility.

Thanks to the pandemic, the platform for virtual conference has developed maturely. We now have the choice of attending a virtual conference with many world renowned speakers in the comfort of our home. At the same time, in hybrid conference, we have the



option to attend physical meeting and take the opportunity to face-to-face interact with friends and colleagues.

Overall, I strongly felt that this hybrid conference was very beneficial for clinicians. I was particularly overjoyed

to be able to meet old and new friends from both gastroenterology and upper GI surgical subspecialties.

P/S: The experts from both MSGH and MUGIS are developing a consensus on the diagnosis and management of disorders of EGJ outflow. Stay tuned!



IBD Preceptorship Programme

by Dr Nik Razima

After years of planning, the IBD Preceptorship Programme finally became a reality! The programme, headed by Professor Dr Ida Normiha Hilmi, was made possible by the collaboration of MOH, MOE and MSGH as well incredible support from Janssen Sdn Bhd. The steering committee decided to have the programme held twice a year and is open to all Gastroenterology and Hepatology fellows. The whole course, delivered over a five-day period, consists of lectures, clinic attendance and hands-on workshops. Participants are also required to complete an online module before entering the programme. To date, two sessions have taken place on 26th to 30th September 2022 and 13th to 17th March 2023. All in all, it has been a great success with many positive feedback from the attendees.



Steering committee meeting in May 2022

Short Reflective Essay by Dr Shahreedhan Shahrani
(Attended programme on 26th to 30th September 2022)

Although I was privy to the planning and organising of our inaugural local IBD preceptorship, as a participant myself and being on the ground with the other participants, I could see that the programme was truly excellent, comprehensive and more than met all the participants' expectations.

I appreciated the way how the approach was all-inclusive - focusing on clinical, dietary, surgical, radiological, histopathological and even from the psychological aspects. There was a diverse panel of

experts and it was conducted in a more close, relaxed setting which was conducive to a rapid sharing of experiences and thoughts.



Participants discussing case with Professor Dr Khong Tak Loon



Participants hands-on colonoscopy doing chromoendoscopy

One of the highlights for me was meeting Professor Dr Hamzaini, being inspired by his training experience in Canada and picking his brain on MRE and IUS. Hopefully, in the future, we would be able to collaborate together in IUS to hopefully extend these services and provide this to our own local IBD community. I also loved seeing how the Committee had managed to gather all the GI/hep histopathologists in one room for us to learn from.

Most importantly for me, and I believe even for the other participants too, in addition to the dissemination of knowledge, this programme also provided as a means to build bridges between one another, between different centres, between different expertise, between clinical and industrial support, as ultimately our goal is to provide the best service and care we can give to serve our patients, community and society, together.



Congratulations and a huge thank you to the whole organising committee and to Janssen Sdn Bhd for a well-executed pilot launch of our local IBD preceptorship programme.



Short Reflective Essay by Dr Dr Nik Arsyad Affendi
(Attended programme on 13th to 17th March 2023)

First of all, I would like to congratulate everyone who was involved in making this IBD preceptorship a big success. A very well done and huge applause to the Organising Committee. Personally, I think the

introduction of this programme is exactly at the right timing as we are expecting IBD burden in Malaysia to continue to rise in the next decade and I believed that all of us will see more and more IBD patients in the future. It also an interesting time for IBD world in general as we are observing accelerated interest and rapid development of newer and better medications in IBD,

hence the management of IBD has become more complex and difficult to master. So, it is a must for every young gastroenterology to be familiar and comfortable to manage IBD patients in their day-to-day practice. This make IBD preceptorship a very relevant programme to all young trainees.



Dr Nik Arsyad (left) with fellow colleague Dr Ng Ying Zhuang

sessions and exposure to clinical IBD work with introduction to lead experts in the field. This programme not only update your knowledge, provide you with close-up clinical experience and boost up your confidence but also introduce you into a bigger IBD network in Malaysia.



Professor Dr Ida Normiha Hilmi with the Histopathologists - Datin Dr Nik Raihan, Dr Pavithrata and Dr Malini



Lecture session

I understood the limitation in selecting participants for this programme at this time due to the large number of trainees involved; however, I believed that the best time to organise this event is early in year 3 of the gastroenterology training programme. By doing this, we can actually increase trainee interest toward IBD and provide them with adequate time to decide for their fellowship interest. We may also use this opportunity to offer interested candidates for further IBD fellowship in both KKM and university IBD centre.

I believed that the overall reception and feedback of this preceptorship programme is indeed very good. The strength of this programme is that it is a "one stop" unique systematic organised multidisciplinary teaching

I am sure that IBD preceptorship will continue to grow and further develop in the future. Without any doubt, this will benefit all trainees, gastroenterology community and most importantly our patients.



Clinic sessions with Professor Dr Ida Normiha Hilmi and Dr Alex Leow Hwong Ruey





Participants with Dr Alex Leow Hwong Ruey and Dr Nik Razima



Hands-on chromoendoscopy at PPUKM

IBD PRECEPTORSHIP PROGRAMME

2023 | MARCH



Last day of the second preceptorship programme with PPUKM team; Dr Deborah and Professor Dr Raja Affendi Raja Ali

2023 Events

MARCH

- » Colorectal Cancer Month
- » Obesity Day - March 4
- » International Women's Day - March 8
- » World Tuberculosis Day - March 24

APRIL

- » IBS Awareness
- » World Health Day - April 7
- » World IBS Day - April 19
- » World Liver Day - April 19
- » Earth Day - April 23

MAY

- » World Digestive Health Day - May 29

JUNE

- » World Environment Day - June 5
- » June e-WGN Publication Date - June 4

JULY

- » World Hepatitis Day - July 28

SEPTEMBER

- » September e-WGN Publication Date - September 13
- » World Patient Safety Day - September 17

OCTOBER

- » Liver Cancer Awareness Month
 - Global Liver Institute

NOVEMBER

- » Crohns & Colitis Month
- » Stomach Cancer Awareness Month
- » World Pancreatic Cancer Day (Third Thursday)
- » World Pancreatic Cancer Month
- » GERD Awareness Week - November 19-25

DECEMBER

- » International Volunteer Day
- » December e-WGN Publication Date - December 13



Malaysian Society of
Gastroenterology and Hepatology

Organised by



Universiti Malaya



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ENDOSCOPY 2023

Advancing Precision Endoscopy

19th & 20th May 2023

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University Malaya Medical Centre
Kuala Lumpur, Malaysia



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GUT 2023



Malaysian Society of
Gastroenterology & Hepatology

incorporating:



Asian Pacific Association
of Gastroenterology

Annual Scientific Meeting of **MSGH**
incorporating

12th Asian Pacific Topic Conference 2023
on Gut Microbiota

Translating Science into Real-World Practice

18th to 20th August 2023

Shangri-La Hotel, Kuala Lumpur, Malaysia

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