



Message from the President

The term August 2023 to August 2025 marks a new beginning, a new chapter and a new challenge to my tenure as the incumbent President of the Malaysian Society of Gastroenterology and Hepatology (MSGH). First and foremost, I would like to extend my deep and utmost gratitude and appreciation to all the members of MSGH for their trust and

confidence in electing me as the President. It is indeed a huge privilege and honour for me to lead this magnificent Society to greater heights.

The MSGH Executive Committee for the term consists of an excellent blend of both senior and well-known gastroenterologists and endoscopists, as well as junior consultants from the public and private sectors, and academic institutions of this country. It is hoped that, together, we can achieve and do more for the members of MSGH.

I would like to take this opportunity to express my deep sense of gratitude to the immediate past president and my good friend, Professor Dr Lee Yong Yeh. Professor Lee has played a stellar role in leading the Society for the past two years, along with his Executive Committee members. He was instrumental in successfully organising the GUT 2023 Meeting which also incorporated the 12th Asia Pacific Topic Conference (APTC) 2023 on Gut Microbiota. This meeting was held from 18th to 20th August 2023, in Shangri-La Hotel, Kuala Lumpur, which saw a record breaking attendance of over 600 delegates. We hope to emulate this feat in the next GUT conference 2024, which will be held in Kota Kinabalu, Sabah, (The Land Below The Wind) on 16th to 18th August 2024. Personally, I am really excited to host this year's edition of GUT Meeting in Kota Kinabalu, after a lapse of 16 years (the last GUT Meeting in Kota Kinabalu was back in 2007). I hope members, colleagues and friends will be able to attend this meeting and enjoy what the city of Kota Kinabalu has to offer.

EndoQE 2023 International Endoscopy Workshop (7th Edition) was held recently in Hospital Queen Elizabeth, Kota Kinabalu, from the 23rd to 25th November 2023. This endoscopic workshop with the theme of "Endoscopic Potpourri", was jointly organised by the Gastroenterology Unit, Department of Medicine, Hospital Queen Elizabeth, with the MSGH. EndoQE 2023 was the first major event for this current Executive Committee after taking over in August 2023. This endoscopic workshop turned out to be a resounding success with plenty of other areas of interest being covered including manometry, capsule endoscopy and research. This meeting was specially targeted for GI fellow trainees

and junior gastroenterologists in Malaysia. There was also a dedicated one-day event for our gastrointestinal assistants (GIAs) during this workshop just like in previous years. This was crucial as GIAs all round the country are our major 'back bone' and the strength of any endoscopy unit will be dependent on them. The MSGH has always been supportive of this and holds them in the highest regards. They are an integral part of our fraternity, and I hope the collaboration and networking will continue to be enhanced in future.

The year 2024 will be an important year to remember for all of us, as we will be moving into our MSGH office to the Medical Academies building in Putrajaya once work is completed. The Executive Committee is pleased to announce that affiliated medical societies and members can utilise the office space if they so wish.

The upcoming major activity for the year 2024 will be the annual prestigious Universiti Malaya Endoscopy Workshop in Kuala Lumpur, which will be held from the 23rd to 25th May 2024. We hope this year's meeting will attract more delegates, both doctors and GIAs. The MSGH, just like in the previous years, will extend financial support for all GI trainees to attend, as part of its contribution to their training and development. We sincerely hope all trainees can maximise this opportunity.

Research and publication is another important area which the MSGH has been thriving to excel over the years. We have financial grants for members every year to this effect. Again, I hope members can utilise these grants. The MSGH will be more than willing and committed to be part of the Society's activity. It is important for all of us in the Society to continue to support and promote research.

Last but not least, I would like to thank the Editor-in-chief of MSGH bulletin cum Honorary Secretary, Dr Nik Razima Wan Ibrahim, for her excellent work and commitment in ensuring the publication of this vibrant and worth-to-read bulletin. I would like to also welcome all Executive Committee Members and new members who have joined the Society. A special thanks goes to our secretariat, headed by Miss Molly Kong who has been the integral person and inseparable part of the MSGH for all her contributions over the years, and I am sure that she and her team will continue to provide the same services in the next two years of my term.

Thank you.

Datuk Dr Raman Muthukaruppan

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From the Editor's Desk

As we bid farewell to 2023 and embrace the dawn of 2024, we hope this Bulletin will find you well and filled with anticipation for the exciting times ahead.

Reflecting on the past year, we have witnessed remarkable moments, achieved significant milestones, and celebrated the collective efforts of our vibrant community.

Two most recent key highlights of the last few months of 2023 were our annual GUT conference held at the Shangri-La Hotel, Kuala Lumpur, in August 2023, and the ENDOQE Workshop which took place at the Hospital Queen Elizabeth, Kota Kinabalu, Sabah, in November 2023.

Both were exciting events filled with interesting lectures and sharing sessions. The events not only enriched our knowledge but also strengthened the bonds within our community.

During GUT in August 2023, we had our Annual General Meeting, and elected the Executive Committee for 2023–2025, as follows:

<i>President</i>	<i>Datuk Dr Raman Muthukaruppan</i>	
<i>President-Elect</i>	<i>Professor Dr Ida Normiha Hilmi</i>	
<i>Immediate Past President</i>	<i>Professor Dr Lee Yeong Yeh</i>	
<i>Honorary Secretary</i>	<i>Dr Nik Razima Wan Ibrahim</i>	
<i>Honorary Treasurer</i>	<i>Dr Sattian Kollanthavelu</i>	
<i>Committee Members</i>	<i>Datuk Dr Jayaram Menon</i>	<i>Dr Khoo Stanley</i>
	<i>Associate Professor Dr Nazri Mustafa</i>	<i>Datuk Dr Jayaram Menon</i>
	<i>Dato' Dr S Mahendra Raj</i>	<i>Professor Dr Raja Affendi Raja Ali</i>

The Executive Committee, at its first meeting, coopted the following into the Committee:

<i>Coopted Committee Members</i>	<i>Dr Abraham George</i>	<i>Dato' Dr Fitzgerald Henry</i>
	<i>Dr Syuhada Dan</i>	<i>Dr Deborah Chew</i>
	<i>Dr Lau Su Yin</i>	



In addition to this, we encourage our members to share their experiences, insights, and achievements, by submitting reports. Your stories are not only a testament to our collective journey but also a source of inspiration for others.

This time around, I am pleased to present a collection of a summary of reports of events from our friends from Penang and Kuala Lumpur, for your reading pleasure.

Thank you for being an integral part of the Malaysian Society of Gastroenterology and Hepatology community. Together, let's make 2024 a year of even greater accomplishments, growth, and shared success.

Dr Nik Razima Wan Ibrahim

A JOURNEY OF LEARNING: LIFE AS A TRANSPLANT HEPATOLOGY FELLOW IN LEEDS, UNITED KINGDOM

by Dr Hoo Chai Zen

I first arrived in the vibrant city of Leeds, United Kingdom, in August 2022, with my husband and son. Situated in the heart of Yorkshire, Leeds, beckons with its diverse culture and rich history.

The journey begins each day with a sense of purpose, walking through the corridors of Leeds Teaching Hospitals NHS Trust, where every step resonates with the anticipation of learning, healing, and making a difference. The National Health Service (NHS), a behemoth of healthcare, offers a diverse and inclusive environment, welcoming doctors from around the world. The opportunity to work within this esteemed institution is often a dream come true for many foreign doctors, signifying a chance to contribute to a renowned healthcare system while broadening their horizons. Every day unfolds as a journey filled with discoveries, challenges, and growth.

Leeds Liver Unit is situated in St James's University Hospital, and is popularly known as Jimmy's among the locals. It is one of the seven liver transplant centres in the UK and has both deceased donor and live donor liver transplant programmes. It also delivers Level 2 and 3 liver disease services across the large population within the North of England and has a broad range of Hepatology inpatient and outpatient services.

Apart from joining rounds (joint round between the transplant surgeon and the hepatology team) and attending various outpatient hepatology and

transplant hepatology outpatient clinics, I also have the opportunity to participate in the weekly liver transplant MDT, radiology MDT and pathology MDT. As a tertiary referral centre for hepatology, I was also given the opportunity to provide input and discuss complex hepatology cases referred from hospitals within the North of England.

Collaboration is the cornerstone of effective patient care, and Leeds Liver Unit exemplifies this ethos. Working alongside esteemed transplant surgeons, interventional radiologists, pathologists, clinical nurse specialists, and other allied healthcare professionals, fosters a culture of teamwork and interdisciplinary excellence. This collaborative approach not only enhances patient outcomes but also nurtures a culture of continuous improvement.

Beyond the clinical confines, Leeds, with its blend of urban sophistication and cozy charm, serves as an ideal backdrop to enrich life beyond the hospital walls. Balancing the demands of a rigorous medical career with the need for personal rejuvenation and family life becomes a seamless part of the journey. From the bustling streets adorned with historic architecture to the tranquil parks offering serene respites, the city caters to both the adventurous spirit of youth and the nurturing needs of parenthood.

The days outside hospital begin with the cheerful chaos of getting ready-mornings coloured with giggles, mischief, and boundless enthusiasm. Embracing the role of a mother means not just managing schedules and responsibilities but cherishing the precious moments of innocence and wonder that a child brings to life.

One of the city's treasures lies in its diverse array of child-friendly activities and spaces. The Royal Armouries Museum, a paradise for young adventurers with its exhibits and interactive displays, never fails to ignite



curiosity. Parks like Roundhay Park, with its expansive greenery and playgrounds, offer a sanctuary where both child and parent can unwind and play. The ruins at Kirkstall Abbey, one of the best preserved medieval Cistercian abbeys in Britain, provide a fascinating and unique ground to discover. Just outside Leeds, there are many more places to explore and they are easily accessible via public transport. Balancing motherhood with personal pursuits becomes a harmonious dance – a testament to the city's ability to cater to various facets of life.



As I reflect on my experience as a Transplant Hepatology fellow at the Leeds Teaching Hospitals, I realise that it is not just about acquiring medical knowledge and honing technical skills. It is about embodying resilience, a commitment to patient-centric care, especially for those battling with liver diseases and a dedication to advancing transplant hepatology in Malaysia. Every interaction, every shared moment of cultural exchange, and every step taken to embrace this vibrant city with a child in tow becomes a testament to the beauty of

diversity and the enriching experience of life in Leeds.

However, the path of settling into a new city is not without its challenges. Adapting to a different lifestyle, understanding local customs, and navigating the intricacies of daily life can be a learning curve. As for hospital work, one of the foremost challenges faced as a foreign doctor is navigating a new healthcare system, which often operates differently from systems in our country. The intricacies of NHS protocols, administrative procedures and cultural nuances can present steep learning curves demanding a rapid assimilation of knowledge and adaptation to new practices – Slow K is not an internationally known treatment and POD means patient with paracetamol overdose. Juggling childcare, professional aspirations, and personal well-being requires resilience and adaptability – even more so in a foreign country.



Dr Hoo Chai Zen with consultants and colleagues from Leeds Liver Unit.

However, within these challenges lie opportunities for personal and professional growth. The diverse patient population and the exposure to a wide array of medical cases enriches my clinical acumen and broadens my scope of practice. Additionally, the camaraderie among colleagues and support from the consultants and networks within the NHS create a sense of community and mutual support.



Enjoying some family time with her son at the local library.

GUT 2023

Our annual GUT conference, now in its 28th iteration, took place from 18th to 20th August 2023, at the Shangri-La Hotel, Kuala Lumpur, Malaysia. This year, GUT 2023 also incorporated the 12th Asian Pacific Topic Conference (APTC) 2023 on Gut Microbiota. The 12th APTC is a single topic conference co-hosted with the Asian Pacific Association of Gastroenterology (APAGE). The overarching theme is “Translating Science into Real-World Practice”.

The event was backed by world-renowned invited faculties including Professor Dr Emad El-Omar (Sydney, Australia), Professor Dr Justin Wu (Hong Kong), Professor Dr Siew Ng (Hong Kong) and Professor Dr Ben Devereaux (Australia) among others. The MSGH oration lecture was given by Professor Dr Michael Kamm (Australia), addressing on “The GUT Microbiome – Cause and Cure of Gut Diseases”. Professor Dr Jose Sollano (Philippines), graciously delivered the Panir Chelvam Lecture on “The Debate of NAFLD, MAFLD, MASLD and Fatty Liver”.

Overall, the three-day phenomenal event went off successfully. This year, we also had two separate pre-congress workshops, the first one was a GI Motility Workshop held as a two-day event at the UiTM Puncak Alam, Selangor, Malaysia.

The second was an evening session on “New Insights on Chronic Liver Disease and Portal Hypertension: Update from Baveno VII”. At the Presidential Dinner held on 18th August, the Society held a special session in the loving memory of Professor Dr K L Goh. It was a very memorable and nostalgic event with both international and local esteemed members of the gastroenterology community paying tribute and recounting their acquaintance and affiliation with Professor Goh. Overall, the GUT conference this year had attracted about 700 delegates with participation from 38 industry partners. This was our biggest achievements for this conference, so far.



Professor Lee Yeong Yeh (right), presenting Professor KL Goh's portrait to his siblings.

GUT 2023



MSGH Executive Committee with the International Faculties.



The President of MSGH, Professor Dr Lee Yeong Yeh, with Professor Dr Emad El-Omar (right), and Professor Dr Justin Wu (left).



Delegates of GUT 2023.



Professor Dr Emad giving a lecture.



Professor Dr Uday C Ghoshal delivering his talk.

7TH INTERNATIONAL ENDOSCOPY WORKSHOP

“ENDOSCOPY POTPOURRI”

A Global Fusion of Medical Knowledge Exchange and Expertise at ENDOQE 2023

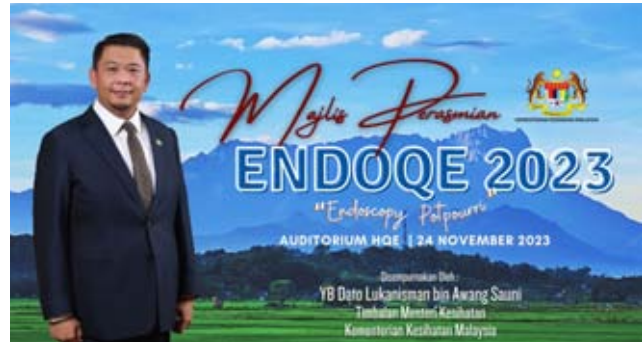
by Dr James Emmanuel

INTRODUCTION

“Endoscopy Potpourri” became the guiding theme for the 7th International Endoscopy Workshop, this year’s ENDOQE event, creating an intellectual blend of insights and experiences from distinguished faculty members, both local and international. Returning on 23rd to 25th November 2023, after a four-year hiatus due to the global Covid-19 pandemic, ENDOQE 2023 marked its presence at the Queen Elizabeth Hospital in Kota Kinabalu, Sabah. Organised by the Malaysian Society of Gastroenterology & Hepatology (MSGH) in collaboration with the Ministry of Health Malaysia and the Malaysian Gastroenterology Nurses/Assistant Medical Officers & Associates (MSGNMA), this seventh edition of the event brought together more than 300 delegates for a three-day extravaganza which explored the limits of Endoscopy and promoted knowledge exchange. The event not only showcased the resilience of the medical community but also introduced a revamped format to cater to the evolving needs of practitioners. The long-awaited event brought together a diverse group of professionals eager to delve into the latest advancements and clinical practices in Gastroenterology and Hepatology.

VENUE AND INAUGURATION

The picturesque backdrop of Kota Kinabalu, Sabah, served as the perfect setting for ENDOQE 2023. Delegates and participants gathered at the Queen Elizabeth Hospital, creating an environment conducive for the exchange of ideas and advancements in the field of gastroenterology and hepatology. The Deputy Health Minister of Malaysia, YB Dato’ Lukanisman bin Awang Sauni, graced the occasion, officially inaugurating the event on 24th November 2023. His presence underscored the importance of the event in the medical calendar and its significance in advancing healthcare practices.



Deputy Health Minister, YB Dato’ Lukanisman bin Awang Sauni, officiating the Opening Ceremony by hitting the gong three times.



Group photo session at the Opening Ceremony.

ABOUT THE EVENT

ENDOQE 2023 embraced a new format, featuring concurrent tracks that catered to the diverse interests and needs of the attendees. State-of-the-art Lectures enriched the intellectual landscape, offering insights into the latest research and developments in the field. Live endoscopy demonstrations took centre stage, providing a first-hand look at cutting-edge

procedures and techniques. The parallel sessions included the Intestinal Ultrasound in IBD workshop, Motility Masterclass and the Capsule Endoscopy course with each track being tailored to meet the specific needs of each group.

ADDRESSES AND SPEECHES

The welcoming address was delivered by the Organising Chairman and President of the Malaysian Society of Gastroenterology and Hepatology, Datuk Dr Raman Muthukaruppan Chettiar.

Dr William Gotulis, Director of Queen Elizabeth Hospital, also addressed the audience, setting the tone for an event focused on advancing medical knowledge and fostering collaboration.



Press conference with YB Dato' Lukanisman bin Awang Sauni.

DISTINGUISHED FACULTY

The event boasted a stellar lineup of faculty members, combining local expertise with insights from around the globe. Among the international contributors were Dr Rajvinder Singh from Australia, Dr Pradermchai Kongkam from Thailand, Dr Mohan Kumar Ramchandani and Dr Partha Pal from India, along with Dr Yip Hon Chi from Hong Kong. The local faculty comprised esteemed professionals including Dr Ryan Ponnudurai, Dr Jayaram Menon, Dr Lee Yong Yeh, Dr Ho Shiao Hooi, and Dr Chan Wah Keong. This diverse group of experts ensured a comprehensive exploration of the latest developments in the field.

EVENT HIGHLIGHTS

The event kicked off with the GIA (Gastrointestinal Endoscopy Assistants) workshop, a vital component featuring didactic lectures and a GIA hands-on session. Approximately, 200 GIAs attended this workshop, emphasising the importance of skill enhancement and continuous learning in the field of endoscopy. Concurrently, the Fellows Forum provided a unique platform for Gastrointestinal fellows to discuss and share their experiences on clinically relevant topics, offering valuable insights into their day-to-day challenges. This mini-seminar created an open forum for interactive discussions on various approaches and management options, enriching the learning experience for all participants.



Dr Rajvinder delivering the lecture during the GIA workshop.



Fellows Forum.



Fellows Forum.



EUS and ERCP Hands-on workshop.



Live Demonstration with Dr Pradermchai and Dr Ryan.



Dr Yip Hon Chi performing a case of POEM in a patient with Achalasia Cardia.



Live Demonstration with Dr Mohan performing a case of G-POEM.

CONFERENCE PROGRAMME

A notable addition to the programme was the Endoscopic Ultrasound (EUS) and Endoscopic Retrograde Cholangiopancreatography (ERCP) Hands-on workshop. In response to the rapidly evolving role of Artificial Intelligence (AI) in endoscopy, Dr Rajvinder delivered a central lecture, exploring its utility and presenting landmark developments in the field.

The main highlight of the programme was the live endoscopy demonstration that was performed by the faculty members and which was, simultaneously, streamed from all four endoscopy rooms to the Hospital auditorium for the delegates. The selection of cases comprised pancreaticobiliary endoscopic

intervention namely EUS guided cyst-gastrostomy and cholangioscopy-guided laser lithotripsy, as well as third space endoscopic procedures which included POEM, G-POEM and ESD.

The hands-on training sessions for Endoscopic Ultrasound (EUS) and Endoscopic Retrograde Cholangiopancreatography (ERCP) allowed participants to hone their skills under the guidance of seasoned professionals. The parallel sessions covered a spectrum of specialised topics, including the Intestinal Ultrasound in Inflammatory Bowel Disease (IBD) workshop, Motility Masterclass session, and Capsule Endoscopy course. Each track was meticulously tailored to address the specific needs of the respective groups, ensuring a comprehensive and personalised learning experience.



Motility Masterclass with Dr Lee Yong Yeh.



Intestinal USG in IBD workshop, with Dr Partha Pal.

INTESTINAL ULTRASOUND IN IBD HANDS-ON WORKSHOP

Dr Partha Pal, a faculty member from AIG Hyderabad, conducted the Intestinal Ultrasound in

IBD Hands-On Workshop which was the first of its kind in Borneo, providing delegates with exposure to this invaluable tool in assessing patients with Inflammatory Bowel Disease.



Capsule Endoscopy Workshop with Dr Sattian.



COFFEE WITH EXPERTS

The event rounded up with a session of Coffee with Experts that saw the panellists discussing topics that ranged from the Management of Complications in EUS-guided Biliary Drainage to more contentious

subject matter such as the Spiralling Journey of Motorised Enteroscopy, as well as the Approach to Patients with Positive Margins following EMR for Early Colon Cancer. It was an insightful series of discussion that lent perspective from the faculty members on how best to approach challenging cases.

GIA DINNER

Cultural Integration, Collaboration and Networking. Beyond the academic agenda, ENDOQE 2023 offered moments of cultural celebration with Faculty Dinner, Workshop Dinner, and GIA Dinner, featuring captivating local cultural dance performances. These events provided a relaxed environment for networking among faculty members and delegates. The event fostered an atmosphere of camaraderie where practitioners could engage in meaningful discussions, exchange ideas, and establish collaborative networks for future endeavours. The three-day event, which concluded on 25th November, provided a unique platform for healthcare professionals to collaborate, share experiences, and build lasting connections.

CONCLUSION

“Endoscopy Potpourri” at ENDOQE 2023 proved to be more than just a conference; it was a confluence of minds, ideas, and experiences which showcased the commitment to advancing the field of gastroenterology and hepatology. By incorporating live demonstrations, hands-on training, and specialised workshops, ENDOQE 2023 emerged as a pivotal event in the medical calendar, setting new standards for knowledge exchange in the pursuit of better patient care. The success of this event serves as a testament to the dedication of the Malaysian Society of Gastroenterology & Hepatology and the Ministry of Health Malaysia in promoting excellence, commitment to continuous learning and pushing the boundaries of medical science.



Speech by Dr Pradermchai during the Faculty Dinner.



Workshop Dinner.



GIA Dinner.

THE INAUGURAL COLONOSCOPY FOR COLORECTAL CANCER DRIVE 2023

by **Dr Joash Tan-Loh**

Gastroenterology and Hepatology Fellow, Hospital Kuala Lumpur

Hospital Kuala Lumpur's (HKL) Gastroenterology and Endoscopy Unit organised a colonoscopy drive on 16th and 17th November 2023. Themed "Colonoscopy for Colorectal Cancer", this event aimed to increase detection of colorectal cancer (CRC) and increase public awareness of CRC. The team performed 117 colonoscopies en masse for patients, exceeding the original target of 100 colonoscopies over the course of two days. The majority of patients enrolled had positive faecal immunohistochemical tests (FIT) screened and referred from the community clinics (Klinik Kesihatan).

"We organised this event in response to an increasing need for earlier colonoscopies in our community", Dr Gew Lai Teck, Head of Gastroenterology Unit, HKL, and event organiser explained. "There is a need to reduce the interval between FIT positivity and cancer detection. It goes without saying that the earlier we detect, the better it is, not only for the patient per se but also to the community that said person supports and contributes to".

Performing the colonoscopies in this two-day event were consultant gastroenterologists and surgeons from HKL, supported by four other consultants from other centres including Hospital Sultanah Bahiyah, Alor Setar (Dr Kiew Kuang Kiat, national head of gastroenterology services), Universiti Malaya Medical Centre (Dr Chuah Kee Huat), Hospital Sultanah Nora Ismail, Batu Pahat (Dr Mohamed Amin bin Kader) and Hospital Raja Perempuan Zainab II, Kota Bharu (Dr Praveena Nagaratnam). "It was excellent!" Dr Kiew Kuang Kiat, national head of gastroenterology services expressed. "It was well done, and I feel that we should have these sessions often", said Dr Mohamed Amin, grateful to be able to attend this event. Sharing similar thoughts, Dr Chuah Kee Huat, from UMMC, was

delighted to contribute to the event. "Colonoscopy surveillance plays a crucial role, events like this enhances the well-being of the community", Dr Chuah commented.

Conducting 117 colonoscopies represented a notable achievement in logistical and technical aspects. Among FIT positive patients, adenoma detection rate (ADR) was 41.6%. Two early CRCs were detected and referred to our colorectal surgeons. Another accomplishment was a 97.4% complete colonoscopy rate (caecal intubation) with zero complications in the 117 colonoscopies performed, a testament to the skills and proficiency of the participating endoscopists and GIAs in providing high quality colonoscopies during this event.

With preparation beginning well over three months prior, staff involved have coordinated with patients and caretakers to ensure proper understanding of the colonoscopy, bowel preparation and timely arrival for the colonoscopy. Male Nurse (MN) Hasbullah, a senior nurse in the Gastroenterology Unit, and the team from HKL Gastroenterology Clinic, spent weeks compiling FIT patients referred from Klinik Kesihatan, enrolling and inviting them to participate. He felt that many patients in the community remained oblivious to the importance of screening programmes such as FIT or colonoscopies. "Some of them were apprehensive for fear of 'discovering problems about their health', but with patience and explanation, we're glad that many agreed to participate".

"You couldn't possibly imagine how encouraged we felt when patients were actually enthusiastic to know about their own bowel health!", Hasbullah said that this was motivation that kept the team going late into evenings and on weekends preparing the patient list.

“The team and I, are extremely proud to be given this opportunity to organise this one-of-a-kind event”, said MN Nurul Fazly bin Abu Nain, senior Gastrointestinal Assistant (GIA) from HKL’s endoscopy unit. At the very core of this event, SN Fazly and the team of GIAs worked tirelessly to ensure adequate equipment and materials required for the smooth running of the event. “It may have been challenging to organise this event but we were supported by our team leaders. As such, we are grateful for leadership and guidances from Dr Gew and Sister Norleza (nursing head of endoscopy unit), in making this event a success”. Supporting the HKL GIA team were also 10 GIAs from other centres like Hospital Ampang, Hospital Cyberjaya, Hospital Sultanah Nora Ismail (Batu Pahat), Hospital Angkatan Tentera Tuanku Mizan, and Institut Jantung Negara, that participated in this event.

The event was also an opportunity to experiment with counselling and follow-up ideas. Pharmacists organised group counselling to explain bowel preparation from low residual diet, to the timely consumption of the pre-colonoscopy laxatives. “It was a great opportunity and experience for pharmacists to conduct a few sessions of group counselling to teach a large number of patients on the administration of bowel preparation regime before the colonoscopy”, said Miss Tay Chan Yen, pharmacist team leader involved with the group counselling. The group counselling by the pharmacists was well received by patients, evidenced by attendance of 65% upwards. Event organisers also utilised short messaging services

(SMS) to remind patients to attend pharmacy counselling, adhere to bowel preparation, and arrive on time. Both the SMS and group counselling engagement resulted in an impressive 95% turn-up rate, proving that services like SMS and conventional face-to-face counselling remain cornerstones in improving adherence and compliance.

Following this successful event, similar events could be replicated in other public hospitals in line with the National Colorectal Cancer Masterplan to improve awareness and detection of CRC among Malaysians. “You can say that this event was a testbed in developing a ‘prototype endeavour’ to resolve the transient overload of patients in any public setting”, reflects Dr Gew over the future of large population CRC screening. “With conjoined effort from the Ministry of Health, public hospitals and university hospitals, we can bring the best service to our public patients within the public setting”.

This event was graciously supported by the Malaysian Ministry of Health’s Medical Development Unit, HKL Director’s Office, EP Plus, Fujifilm, Medi-Life, Olympus Malaysia, and SYS healthcare. The organisers would like to specially thank the National Head of Gastroenterology Services, Dr Kiew Kuang Kiat; the Director of HKL, Datin Paduka Dr Rohana Johan; the Deputy Head of Pharmacy HKL, Puan Noraini Mohamad; Head of Medicine, HKL, Datuk Dr Noel Thomas; Matron Hasni binti Ismai; Sister Norleza binti Hassan; MA Ravindren Nimbeli and Sister Suraya binti Mohd Tohir, for their support.



Celebratory post event picture – Seated (L to R): MN Nurul Fazly, Dr Philip Pang Boon Cheong, Dr Gew Lai Teck (Head of Gastroenterology Unit and Event Organiser), Dr Joash Tan-Loh, and Dr Mohamed Amin bin Kader.



The Endoscopists and Event Organisers.

L to R: Dr Mohamed Amin bin Kader (Hospital Sultanah Nora Ismail, Batu Pahat), Dr Philip Pang Boon Cheong (HKL), Dr Praveenna Nagaratnam, Dr Chuah Kee Huat (UMMC), Dr Kiew Kuang Kiat (National Head of Gastroenterology Services, Hospital Sultanah Bahiyah), Dr Wong Chung Yeow (HKL), Dr Gew Lai Teck (Head of Gastroenterology Unit and Event Organiser, HKL), Dr Hari Suthan (HKL), and Dr Joash Tan-Loh (HKL).



Officiating the Colonoscopy for Colorectal Cancer HKL 2023.

From L to R: Matron Hasni binti Ismail (Matron-in -charge, Endoscopy Unit HKL), Mr (Dr) Hanif bin Hussein (Head of Surgery, HKL), Dr Hjh Shahrum binti Ismail (Deputy Director of HKL), Dato' Dr Mohd Azman bin Yacob (Director of Medical Development Unit, Ministry of Health Malaysia), Dr Gew Lai Teck (Head of Gastroenterology Unit, HKL, and Event Organiser), Datuk Dr Noel Thomas (Head of Medicine, HKL).



Dr Gew Lai Teck (Head of Gastroenterology Unit, HKL and Event Organiser), explaining the colonoscopy procedure to Dato' Dr Mohd Azman bin Yacob (Director of Medical Development Division, Ministry of Health) during the colonoscopy event. Said colonoscopy was performed by Dr Hari Suthan (HKL).

HKL cipta rekod, laksana 53 prosedur kolonoskopi, polipektomi dalam enam jam



MOHD. Azman Yacob (tengah) dan Gwe Lai Teck sempena Program Kolonoskopi Kanser Kolorektal di Kompleks Pakar dan Rawatan Harian, Hospital Kuala Lumpur (HKL) di sini hari ini.

Oleh RO GALINDA MD SAID 17 November 2023, 103 pm



KUALA LUMPUR: Hospital Kuala Lumpur (HKL) muncul hospital pertama di negara ini yang melaksanakan sebanyak 53 prosedur kolonoskopi dan polipektomi dalam tempoh enam jam, semalam.

Hasil saringan itu mendapati sejumlah 70 peratus pesakit memiliki polip atau ketumbuhan yang berisiko kanser dalam usus dengan kesemuanya selamat menjalani pematangan.

Perkembangan itu sekali gus mampu mengurangkan risiko kanser usus dalam kalangan pesakit di masa akan datang.

Event coverage by media Utusan Malaysia, dated 17 November 2023.

Source: https://www.utusan.com.my/terkini/2023/11/hkl-cipta-rekod-laksana-53-prosedur-kolonoskopi-polipektomi-dalam-enam-jam/?utm_source=dlvr.it

TERKINI

- ♦ Warga emas cedera parah dalam kejadian tanah runtuh di Kapit
9 Disember 2023, 4:30 pm
- ♦ Pertimbang semula GEG dalam RUU Kawalan Produk Merokok
9 Disember 2023, 4:21 pm
- ♦ 'Suami baru jamah makanan dalam van sebelum dirempuh'
9 Disember 2023, 4:17 pm
- ♦ Lebih 17,000 penduduk Gaza terbunuh, penggunaan katil hospital lebih 250 peratus
9 Disember 2023, 4:16 pm
- ♦ Latihan berterusan tingkatkan kualiti kepimpinan – Raja Muda Perlis
9 Disember 2023, 4:06 pm
- ♦ Dakwaan mangsa banjir tipu mahu dapat bantuan disiasat
9 Disember 2023, 4:00 pm



MALAYSIAN SOCIETY OF GASTROENTEROLOGY AND HEPATOLOGY (MSGH) METABOLIC DYSFUNCTION-ASSOCIATED FATTY LIVER DISEASE (MAFLD) INTEREST GROUP INAUGURAL MEETING

by Dr Ang Ban Hong

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INTRODUCTION

The inaugural meeting for the MSGH MAFLD Interest Group was convened on 20th August 2023, in conjunction with GUT 2023, with the objective of bringing together experts from different disciplines, including gastroenterologists and hepatologists, endocrinologists, and primary care physicians to discuss important issues on MAFLD. The overarching goal of the discussion was to enhance patient care, specifically on identification of patients with more severe MAFLD, and to establish and streamline an effective referral pathway considering the burden on the healthcare system.

The meeting was attended by experts from various fields who contributed their insights and expertise. The attendees included:

Dr Tan Soek Siam, Professor Dr Chan Wah Kheong, Professor Dr Lee Yeong Yeh, Dr Kiew Kuang Kiat, Professor Dr Rosmawati Mohamed, Dr Norasiah Abu Bakar, Dr Haniza Omar, Dr Syuhada Dan Adnan, Dr Lau Su Yin, Dr Rasnaizam bin Rasdi, Dato' Dr Andrew Chua, Dr Noor Aliza Abd Mutalib, Dr Hoe Chee Hoong, Dr Azlida Che' Aun, Datuk Dr Zanariah Hussein, Associate Professor Dr Lim Lee Ling, Dr Anis Safura Ramli, Dr Nik Mazlina, Dr Wong Ping Foo, Assistant Professor Dr Hajar Fauzan Ahmad, Dr Hee Yew Ping, Dr Nik Marina Ibrahim, Dr Yap Boon Keng, Professor Dr Krzysztof Tomasiewicz, Dr Goh Boon Bee, Dr Shanti, Dr Hussam Al Bannoud and Dr Dwijo Anargha Sindhughosa.

The meeting started with well-suited Mediterranean breakfast (menu chosen by Dr Tan Soek Siam) and a welcome speech by Profesor Dr Lee Yeong Yeh where he emphasised the rising prevalence of MAFLD in which the early form of disease is very preventable and treatable with lifestyle intervention.

This was followed by a short lecture by Professor Dr Chan Wah Kheong showing the alarming data on overweight and obesity in both Malaysian adults and children, which is closely linked with MAFLD and cardiovascular disease. He then highlighted the rising trend on MAFLD as cause of liver cirrhosis and liver cancer. This led to the need of ensuring patients with more severe MAFLD get appropriate referral and/or care considering the burden on the healthcare system. A comparison across national and international guidelines on screening modalities showed the consistent use of atwo-step approach using Fibrosis-4 index (FIB4), followed by liver stiffness measurement (LSM) to identify patients with more severe MAFLD. FIB4 has a high negative predictive value and has already been incorporated into the 6th Edition of the Clinical Practise Guidelines for the Management of Type 2 Diabetes, as well as recommended in the MSGH Consensus Statements on MAFLD. However, a new cut-off of 2.0 for patient >65 years old will be updated in the CPG to improve specificity in this age group. Lastly, Professor Chan suggested on having the next interest group meeting to discuss in-depth on screening in primary care in both public and private care and on strategies to better implement clinical pathway. He concluded the importance of a simple and clear assessment and referral pathway for MAFLD.

The second lecture was by Dr Kiew on the Ministry of Health (MOH)'s plan for secondary care liver services in managing MAFLD. Dr Kiew acknowledged the burden of the disease in Malaysia. There are only 34 Gastroenterologists and Hepatologists serving the whole country in the public sector. With only four centres equipped with LSM device, most can only use the FIB4, making the two-step recommendation difficult to be fully-implemented. Nevertheless, the majority of the hospitals are well-equipped for surveillance

of hepatoma and management of liver cirrhosis. He highlighted the lack of well-trained support staff in the MOH to properly implement lifestyle modification and this would be an area for further improvement to tackle MAFLD. Dr Kiew mentioned the plan to equip more centres to be able to perform LSM and to incorporate MAFLD as one of the conditions to be assessed and managed in patient with metabolic syndrome.

Lastly, the floor was opened for discussion and input from multiple key opinion leaders from respective fields. The key points include:

PATIENT GROUP SCREENING CRITERIA

Ultrasound as part of the evaluation of patients with elevated serum alanine aminotransferase (ALT) and/or aspartate aminotransferase (AST) level is usually accessible with waiting time about one month based on the experience of primary care physicians attending the meeting. However, some clinicians mentioned that the waiting time for US is much longer in hospital. By doing FIB4 as the first step, it will be more important for now, as this helps identify patients with more severe MAFLD who may require referral for specialist care.

Some primary care clinics do not have serum AST as a routine/in-house test due to cost issue,

which remains a barrier to be overcome for implementation of FIB4 for identifying patients with more severe MAFLD. A suggestion was made to limit blood investigation to only ALT and AST instead of the full liver panel to reduce the cost significantly. In addition, automation of FIB4 scoring with recommendations in blood test report can improve uptake of the referral pathway. There was a suggestion to introduce FIB4 as part of the KPI of diabetes care. Primary care physicians and endocrinologists attending the meeting are comfortable to manage MAFLD patients with LSM of <15kPa as the mainstay of management is lifestyle intervention and control of metabolic risk factors. Lastly, as a large portion of diabetes patients in Malaysia are managed by primary care doctors and general physicians, more awareness programme on FIB4, as well as Fibroscan interpretation, will greatly help in streamlining referrals besides increasing awareness on MAFLD and the importance of managing metabolic risk factors.

In conclusion, with the rising prevalence of MAFLD, this inaugural interest group meeting hoped to be able to bring together, more collaboration amongst different stakeholders with the shared goal of improving the care of patients with MAFLD.

Assessment	Result	Action
Blood tests (e.g. ALT and AST)	Normal ALT and AST	Repeat ALT and AST annually
	Elevated ALT and AST*	- US abdomen to diagnose fatty liver/exclude focal liver lesion - Repeat ALT and AST after 3-6 months - Exclude other causes of liver disease - Consider referral to Gastroenterologist/Hepatologist

*Exclude possibility of drug-induced liver injury

Assessment	Result	Action
Fibrosis-4 scoring	Fibrosis-4 index <1.3	Repeat every 2-3 years
	Fibrosis-4 index ≥1.3	Refer for liver stiffness measurement (Refer to Table 3-39) Consider referral to Gastroenterologist/Hepatologist

For patients ≥65 years old, Fibrosis-4 index cut-off 2.0 (instead of 1.3) may be used to improve specificity.

Liver stiffness measurement (kPa)*	Interpretation	Action
<10	Unlikely to have advanced liver fibrosis	NPV for F3-F4 fibrosis 93.8-96.8%
10-15	May have advanced liver fibrosis	- Requires monitoring e.g. repeat in 1 year - Consider referring to Gastroenterologist/Hepatologist
>15	Likely to have advanced liver fibrosis	- Should be considered for HCC surveillance - Consider referring to Gastroenterologist/Hepatologist
>20-25 (and/or presence of thrombocytopenia)	Likely to have clinically significant portal hypertension	- Should be considered for HCC surveillance and variceal screening - Requires referral to Gastroenterologist/Hepatologist

*Values obtained by transient elastography

Wong VWS, et al. Gut 2019.

Ministry of Health Malaysia. 6th Edition CPG on Management of T2DM 2020.

Ministry of Health Malaysia. 6th Edition CPG on Management of T2DM 2020.

McPherson S, et al. Am J Gastroenterol 2018.



Northern Endoscopic Ultrasound Workshop 2023

by Dr Ng Ying Zhuan

Gastroenterologist, Hospital Pulau Pinang

The Northern Endoscopic Ultrasound workshop took place at Hospital Pulau Pinang, on 1st & 2nd December 2023. The event was led by Dr Christopher Khor Jen Lock from Singapore General Hospital, Dr Kiew Kuang Kiat from Hospital Sultanah Bahiyah, Dr Gew Lai Teck from Hospital Kuala Lumpur, and Dr Khoo Stanley from Universiti Malaya Medical Centre. There were a total of 16 participants from different centres who attended the workshop. The first day of the workshop began with a series of interesting lectures by gastro trainees, followed

by hands-on sessions with real cases. Most of the cases were for diagnostic purposes, with only one therapeutic case of WON needing drainage with LAMS. The second day of the workshop took place at the Boston Scientific Plant with hands-on sessions using models. All participants benefited from the workshop by gaining knowledge, as well as skills from the experts. It was a great success and, hopefully, there will be more such events in the near future.



Dr Christopher Khor (centre), with Dr Kiew Kuang Kiat, and the rest of the trainers and participants of the workshop.



Malaysian Society of
Gastroenterology & Hepatology



Annual Scientific Meeting of MSGH

GUT 2024

16th to 18th August 2024

**Sabah International Convention Centre
Kota Kinabalu, Sabah, Malaysia**

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