

RESEARCH ACTIVITIES REPORT CRU ASSOCIATE MEMBERS (GRAMS) AND CLINICIAN SCIENTIST COTERIE (CSC) FOR SERIE 2/2022

SHARING FROM GRAMS AND CSC'S MEMBER!



By Salwana Ahmad

GRAMs Online Meeting was held every 2 months among GRAMs Members, Clinician Scientist Coterie (CSC) Members and staff among Hospital Pengajar, UPM and Faculty of Medicines and Health Sciences, UPM. This session was intended for the GRAMs members to share their research activities in the department and how they are coping with all the coming challenges and strive to keep moving forward. During the session, the members will have to present their research activities report comprising of remarkable research activities and outputs, promoting positive perceptions and motivation for facing challenges, improving clinical research, and cultivating research & networking. In light of cultivating the spirit of research and knowledge sharing, here are the summaries of the presentation shared for all of us to get to learn how is everyone is doing in proceeding with the quality research in UPM.



DEPARTMENT OF OTORHINOLARYGOLOGY, HEAD AND NECK SURGERY (ENT) – CONSULTATION AND TREATMENT WISE.

Background:

The ORL head and neck surgery department was first established as a unit under the department of surgery in Faculty of medicine and health sciences in the year 1998. It was subsequently upgraded to become a full-fledged department in 2020. Currently, the department has a combined total of 10 lecturers and clinical specialists who are specialized in the field of ORL and head and neck surgery. Clinical services and clinical teachings are conducted in Hospital Serdang as well as Hospital Pengajar UPM. Among the clinical services available are consultation and treatment for ear nose throat diseases; head and neck diseases involving the oral cavity, thyroid gland, salivary gland, lymph nodes, upper aero digestive tract; voice disorders; audiology and speech therapy.



GRAMs Member: Assoc. Prof. Dr. Sethu Thakachy Subha

REMARKABLE RESEARCH ACTIVITIES AND OUTPUTS

Publications:

The department has encouraged all team members to establish good reputation in research by having Good Clinical Practice certified for its 9 lecturers. A research target has been created to ensure that the direction towards publishing good journal and getting high reputation in research as such:

- Target for publications among all team members: 22.5% with minimum of 1 CIJ publication per lecturer per year
- 2021 achievement : 5.75%

Achievements:

✓ 5 CIJ journals were published, 2 new papers were accepted, 19 other papers were submitted, 3 papers already on press and 19 efforts for submission have been made for publication. However, 2 papers had been rejected form journal. Congratulations to Dr. Loh Tze Liang and Dr. Khairina Khairuddin for the publication with 5 in total!

PI and SA	Target CIJ	Achieved CIJ	Active grants Ongoing
Assoc. Prof. Dr. Sethu Thakachy Subha	3	3 (+2 in press, 4 submitted)	RM 78,6950
Dr. Atiqah Farah Zakaria	3	(1 in press ,2 submitted)	
Dr. Loh Tze Liang	3	3	
Dr. Noor Liza Ishak	3	(2 submitted)	RM 45, 300
Dr. Azlan Iskandar Ishak	3	(1 submitted)	
Dr. Fong Voon Hoong	3	(1 submitted)	RM 59,830
Dr. Mohd Hazmi Mohamed	3	(1 submitted)	RM 46, 600
Dr. Nurfarissa Hussin	3	(1 submitted)	
Dr. Nor Khairina Binti Khairuddin	3	(2 submitted)	
Dr. Zuraini Mohammad Nasir	1.5	2.75 (+3 submitted)	
Total	22.5	5.75	

Current Research Project:

Lecturer	Research Project	Duration	PI/CO	Ongoing / Completed	Source of research fund
Assoc. Prof. Dr. Sethu Thakachy Subha	Investigating the Relationship between Selected miRNA Differentially Expressed with PD-1, PD-L1 on Severity of Staging, Grading and Recurrence Rate of Head & Neck Epithelial Malignant Tumours	2018-2022	PI	On-going	UPM Grant Putra RM50,000
	Detection of viruses other than SARS-CoV-2 in COVID-19 suspected patients during the outbreak in Malaysia. NMRR-20-3118-56910	2020-2022	PI	On-going	Applied for IPS Grant & Seahun Grant - rejected On-going
	Influence of the immunogenetic environment on survival of induced leukemic cells .NMRR-17-2697-38131	2017-2021	CO	Completed	FRGS Grant RM 168000
	Clinically actionable genes for the management of nasopharyngeal carcinoma	2018-2022	CO	On-going	MOH Grant RM. 736950
	Impact of Obstructive sleep apnoea on patients with open angle glaucoma in a tertiary hospital in Malaysia .9661400	2018-2022	CO	On-going	UPM Grant Putra RM50,000
	NMRR-18-2796-43737				FRGS grant RM.239000
	Elucidating the correlation and the role of microRNA and mitochondria in the development of cancer stem cells and carcinogenesis.	2020-2022	CO	On-going	On-going
	Elucidating the roles of Epstein-Barr virus strains in clinicopathological characteristics of nasopharyngeal carcinoma in Malaysian population by evaluating the differential expression of mRNA, microRNA and long non-coding RNA.	2022-2025	PI	Public	FRGS
Dr. Noor Liza Ishak	Role of Narrow Band Imaging as a Diagnostic Tool in Patients with Laryngoharyngoreflux	2020-2022	PI	On-going	UPM GERAN PUTRA RM45,300
Dr. Mohd Hazmi Mohamed	Neurocognitive Impairment Screening Amongst Obstructive Sleep Apnoea Patients	2017-2021	PI	Completed	UPM, GERAN PUTRA RM46,600
Dr. Fong Voon Hoong	Elonide vs nasonex comparative study	2020-2022	PI	On-going	Private-Industrial HOE PHARMACEUTICALS SDN. BHD RM59,830.00
Dr. Mohd Hazmi Mohamed	Effect of antioxidant and Neurotrophic Vitamin B in Subjects with tinnitus -EFFORT		PI	Public	Innovation Seed Fund 2022
Dr. Nurfarissa Hussin	Observational study to evaluate the actual use and effectiveness of Dymista nasal spray in Asian patients.		PI	Industry	

Attended Conference:

Lecturers	Topics	Conference
Assoc. Prof. Dr. Sethu Thakachy Subha	-Risk factors and management of paediatric rhinosinusitis patients Sialendoscopy: A Paradigm Shift in the Treatment of Obstructive Salivary Gland Disease	EAACI HYBRID CONGRESS 2021 ASEAN ORL-HNS Congress
Dr. Atiqah Farah Zakaria	Silent massive bleeding from an ectopic lingual thyroid: A case report	Asean Society Head and Neck and Oncology (ASHNO) Conference 2021
Dr. Noor Liza Ishak	Prevalence of laryngopharyngeal reflux and its associated factors among staff of FMHS UPM	ASHNO) Conference 2021
Dr. Azlan Iskandar Ishak	Overcoming severe upper airway obstruction with lingual tonsillectomy: A case report	ASHNO) Conference 2021
Dr. Mohd Hazmi Mohamed	Prevalence and factors associated with dizziness and imbalance among elderly with healthy ageing in Malaysia. Factors associated with neurocognitive impairment amongst obstructive sleep apnoea patients.	ASHNO) Conference 2021
Dr. Nurfarissa Hussin	Infected fungal ball in concha bullosa: A rare cause of headache	ASHNO) Conference 2021
Dr. Zuraini Mohammad Nasir	Correlation between quantitative laryngeal electromyography and voice assessment in unilateral vocal fold paralysis	ASHNO) Conference 2021

Completed Research Project:

Lecturer	Research Project	Duration	PI/CO	Ongoing / Completed	Source of research fund
Assoc. Prof. Dr. Sethu Thakachy Subha	Novel Multidisciplinary Salivary Gland Society (MSGs) Questionnaire: An International Consensus.	Sept 2019 to Feb 2020	CO	Completed and published in Q1	Hospital University Geneva, Switzerland
	A new screening tool to monitor Radioiodine complications. (As Co-researcher) Project ID-2019-00253	Sept 2019 to Feb 2020	CO	Completed and published in Q2	Hospital University Geneva, Switzerland

PROMOTING POSITIVE PERCEPTIONS AND MOTIVATION FOR FACING CHALLENGES, IMPROVING CLINICAL RESEARCH, and CULTIVATING RESEARCH & NETWORKING.

Challenges in move forwarding for continuous research activities and how to improve clinical research:

- The researchers were having difficulty in finding students in which some of them are currently in forthcoming semester.
- There were limited public research grant funds available and the change in getting are less due to competitiveness..
- Students were not able to carry out research due to unavailability of research grant allocation for students.
- It was not easy to practice research culture due to execute busy schedule.
- It was hard

In promoting positive perceptions and motivations for improving clinical research and cultivating research, Dr. Subha mentioned in her sharing that few strategies had been implemented: as such:

- Improve in number for grant proposal submission.
- Provide more research-supporting workshop to help members improve skills and knowledge.
- The department also had dedicated writing session to help team members improve the skill and knowledge while writing continuously.
- Promote to find and share alternative resources from outside to help with the research in department.

DEPARTMENT OF PSYCHIATRY – HOLISTIC AND COMPREHENSIVE SERVICES

Background:

The Department of Psychiatry provides services in psychiatry and clinical psychology for the public that includes adults, children, adolescents and elderly individuals. The service provided comprises an outpatient clinic and ward admission for acutely ill patients. The department also provides the facilities for teaching undergraduate medical program, psychiatry specialty and postgraduate clinical psychology programs that are offered by Universiti Putra Malaysia (UPM), research activities and consultation in the field of psychiatry. The service in psychiatry is provided by a group of specialists, medical officers and paramedic staff who are highly dedicated and committed to deliver the service that is holistic and comprehensive. In addition, the department is also committed to conduct programs that can help in the prevention of mental health issues through health education to the public. Overall, the department has aimed to provide services of psychiatry and clinical psychology that is in line with Hospital UPM tagline ie: Providing Extraordinary Care Together.

CRAMs Member: Dr. Ruziana Masiran



REMARKABLE RESEARCH ACTIVITIES AND OUTPUTS

Past Research Projects:

Research Project	Duration	Source of research fund/Achievement
A Multicentre, Randomised, Double-blind Study To Evaluate The Efficacy, Safety, and Tolerability of Oral Aripiprazole/Escitalopram Combination Therapy in Patients With MDD	2011	
A Multicentre, Active-controlled, Double-blind, Parallel Group-comparison Trial to Investigate the Efficacy and Safety Aripiprazole IM Depot (OPC/14597MD) Compared with Aripiprazole labels in patients with Schizophrenia	2011	
Phase 3, Multicenter, Randomised, Double-blind, Placebo-Controlled Trial to Evaluate the Efficacy, Safety and Tolerability of Brexpiprazole (OPC-34712) as Maintenance Treatment in Adults with Schizophrenia	2012	
Efficacy and Safety of Agomelatine for 12 weeks in non-depressed outpatients with Generalised Anxiety Disorders	2012	
A Long-term, Phase 3, Multicenter, Open-label Trial to Evaluate the Safety and Tolerability of oral OPC-34712 as Maintenance Treatment in Adults with Schizophrenia	2012	
Development Of A Cognitive Vulnerabilities Model For Psychological Problems In Adolescents: Attachment And Negative Life Events As Predisposing Factors	2016	<ul style="list-style-type: none"> ▪ FRGS, 2 years, RM 59, 200 ▪ 2 publications ▪ 1 conference proceeding ▪ 1 student

Current Research Projects:

Research Project (Public Grant)	Duration	Source of research fund/Achievement
Effectiveness of Optimal Health Program in Improving Self-Efficacy in Patients with Diabetes in Putrajaya, Malaysia	2018-2022	Geran Putra GP-IPS (RM 24, 040) 2 publications
Efficacy of Cognitive Behavioral Therapy on Psychological and Clinical Parameters among Thalassemia Adolescents in Selangor: A Randomised Controlled Trial	2019-2022	Geran Putra GP-IPS (RM 25, 000)
Efficacy of Incredible Years Parenting Intervention for Children with Behavioural Problems in Malaysia: A Randomized Controlled Trial	2018-2022	Geran Putra GP-IPM(60, 000) 2 publications
Prevalence and Predictors of Depression and Anxiety Among Patients with Chronic Skin Disorders in Dermatology Clinic	2018-2022	Geran Putra GP-IPM (60, 000) 1 publication
Attachment Dimensions, Rumination and Psychological Distress of College Students	2019-2022	Geran Putra GP-IPM (RM 40, 000)
A Study of Parenting Styles, Screen Time, Sleep Time, and Physical Activity with Executive Function Among 5-6 Years Old Preschool Children in Hulu Langat, Selangor.	2022-2024	Geran Putra GP-IPM (RM 20, 000)
Effectiveness of a "mHealth App" on Pelvic Floor Muscle Exercise in Improving Compliance and Continence Status Amongst Pregnant Women	2018-2022	Geran Putra Berkumpulan (RM 150, 000) 8 publications, 1 under review
Quality of Life and Predictors Among Students in Malaysia: A Comparative Study with Iran	2015-2022	Matching Grant (University of Tehran (RM 95, 082) 1 publication, 1 under review
Establishing a Digital-Assisted Parenting intervention in Promoting Children Mental Health	2020-2022	(RM 91, 000) 1 submitted article 2 students
Development and Feasibility of Ehaematological Oncology Parent Education (EHOPE), an eHEALTH System for Informational Support among Parents of Children with Haematological Cancer	2022-2024	MOST1 Technology Development Fund (RM 162, 723)

Research Project (Private Grant)	Source of research fund/Achievement
Vrelax-Stress Therapy Virtual Reality System	UNITEN R&D Sdn. Bhd. RM 25, 000
A Randomized, Open-label, Rater-blinded, Active Controlled, International, Multicenter Study to Evaluate the Efficacy, Safety and Tolerability of Flexibly Dosed Esketamine Nasal Spray Compared with Quetiapine Extended-Release in Adult and Elderly Participant with Treatment-Resistant Major Depressive Disorder Who Are Continuing a Selective Serotonin Reuptake Inhibitor/Serotonin-Norepinephrine Reuptake Inhibitor	Johnson & Johnson Sdn. Bhd. RM 124, 687
Open-label Long-term Extension Study for Participants with Treatment Resistant MDD Who Are Continuing Esketamine Nasal Spray Treatment From Study 54135419TRD3013	Johnson & Johnson Sdn. Bhd. RM 200, 000
Youth Exodus: Forced Migration of Youth from Southern Thailand to Malaysia	The Sasakawa Peace Foundation RM 243, 678
The Role of Attachment Styles, Mentalizing, and Emotion Regulation on Perceptions of Academic Stress among Malaysian Medical Students and Psychiatric Trainees during the COVID-19 Pandemic	Royal College of Psychiatrists, United Kingdom (Medical Psychotherapy Faculty Small Project Grant) RM 2, 213.73
Research for Youths: Developing a Measure of Youth Well-Being in Malaysian Adolescents	Iman Research RM 50, 000
Evaluating a Violent Extremism Prevention Training Workshop for Teachers	Iman Research RM 50, 000

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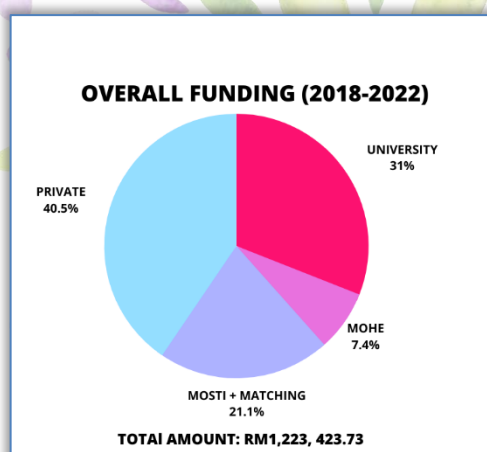


Figure 1 Amount of research funding secured in 2018 - 2020

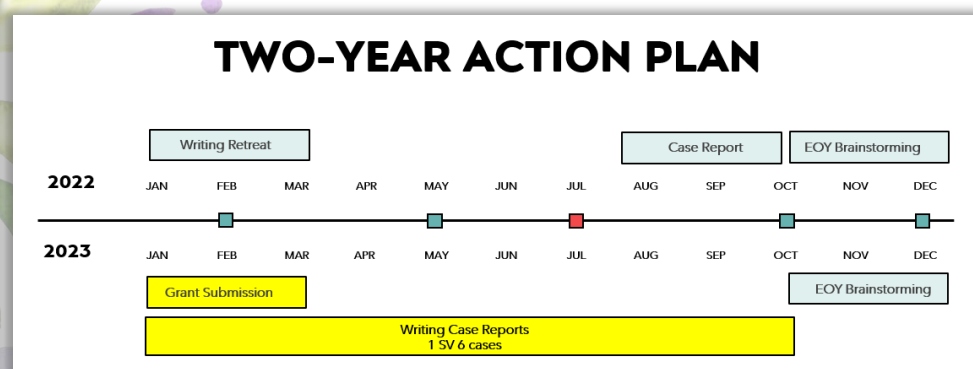


Figure 2 Action plan and strategies to improve research culture.

Current Research Projects (Private Grant):

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In doing the research, the department faced challenges in many ways like all researchers in the field. The top 3 mentioned challenges were (i) Limited number of public and private grant; (ii) to keep unwavering writing momentum and (iii) most of the lecturers are newbies in the research field. The other 2 challenges were the higher publication cost and time spent on the research was low.

To overcome the challenges issues, they had shared a few steps and actions undertaken to improve such as:

1. Encouraging lecturers to apply more public and private grant while for young lecturers, they can apply form university's grant from RMC.
2. Held research meetings with colleagues to write up clinical cases.

Strategies to improve research cultures:

1. The members had writing retreats as such manuscripts from Manuscripts from Masters Students' Dissertation.
2. Subscribed to BMJ Case Reports for any suitable clinical case report.
3. Had E-O-Y Brainstorming for preparing next year grant application and publications.

We would like to thank Assoc. Prof. Dr. Sethu Thakachy Subha and Dr. Ruziana Masiran for the sharing. We hope that the sharing can transform tacit knowledge into explicit, written, and easily communicated knowledge for the right people to receive the right information at the right time. See you the next time!.

Check out more information about our CRU Associate Members (CRAMs) for the Year 2022/2023 Member on HPUPM website at [CRAMs Members](#).



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