

CLINICAL RESEARCH UNIT (CRU), HPUPM PRESENTS

RESEARCH DEVELOPMENT WORKSHOP

A hybrid workshop to learn and conduct a proper and high-quality clinical, biomedical and health sciences research.

25 – 26 AUGUST 2022 | 8.00 AM – 4.30 PM

BOOK YOUR PREFERRED SLOT

1. GO-NOW Hands-on Physical Sessions
Participants*

OR

2. Attendees* (Physical / Online)

Categories of participants

GO-NOW Participants To attend with output*

Attendees Without output

*Output:
Research proposal/ mini review/ peer-review

GO-NOW Participants are required to submit 500 words essay to introduce and argue on a topic of own professional interest or areas to pursue; at least **one month** before workshop to CRU.

**LIMITED TO
10 SEATS
ONLY!**

Venue: Hospital Pengajar UPM,
Serdang

LIVE 



Category	Fees
HPUPM/ FPSK staff/ students	RM 200
Other UPM faculties	RM 300
Non-UPM (Malaysians)	RM 500
Non-Malaysians	USD 500

For pre-registration, scan QR code below

Or click [\[HERE\]](#)

*Register Now
PAY LATER*



***An email will be sent for registration and payment confirmation near to the workshop date.

For further information, please email: cru_hpupm@upm.edu.my or contact: 03-9769 9763/ 9759/ 9761



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TENTATIVE OF THE WORKSHOP

Hour	Talk/ Topic	Tentative speaker
DAY 1 (25 AUGUST 2022)		
0800 - 0815	REGISTRATION	
0815 - 0830	Introduction : Quality healthcare, research, KPI & career advancement	CBH & TDPA
0830 - 0845	Testimony I : Personal sharing by an outstanding researcher	Prof. Sherina
0845 - 0915	Interactive talk 1 : Understanding the whole research process	CBH
0915 - 1015	Interactive talk 2 : Fundamental concepts of clinical epidemiology	CBH
1015 - 1030	Interactive talk 3 : Classification of epidemiologic research	CBH
BREAK		
1045 - 1115	Interactive talk 4 : An introduction to qualitative study & designs	Dr. Irmis
1115 - 1145	Interactive talk 5 : Research question, literature review & conceptual framework	CBH
1145 - 1215	Interactive talk 6 : An introduction to databases & search strategies	CBH & an invited speaker
1215 - 1245	Interactive talk 7 : Theoretical design	CBH
1245 - 1315	Interactive talk 8 : Data collection design	CBH
LUNCH		
1400 - 1430	Interactive talk 9 : Sample size estimation	CBH
1430 - 1500	Interactive talk 10 : Statistical design	CBH
1500 - 1515	Interactive talk 11 : Summary: clinical epidemiology & research methodology	CBH
1515 - 1545	Interactive talk 12 : Writing up a study proposal	CBH
1545 - 1615	Interactive talk 13 : Ethics clearance for a clinical study	Prof Johnson
1615 - 1645	Interactive talk 14 : Funding opportunities	Ms. Nurfaizah
DAY 2 (26 AUGUST 2022)		
0800 - 0815	REGISTRATION	
0815 - 0915	Interactive talk 15 : Statistical analysis	CBH
0915 - 1000	Interactive talk 16 : Comprehensive reporting, quality writing	Ms. Iman
1000 - 1030	Interactive talk 17 : Publication process	Ms. Salwana
BREAK		
1045 - 1245	Interactive talk 18 : Intellectual Property. UPM IP Putra Science Park and the Sistem PRiMS (Putra Research & Innovation Management System)	Dr. Zahira
LUNCH		
1400 - 1500	Interactive talk 19 : What is evidence-based practice? Appraise the evidence: primary research and systematic reviews & meta-analysis	CBH
1500 - 1530	Interactive talk 20 : Summary: a suggested roadmap for clinicians to higher quality in research and publication	CBH
1530 - 1545	Testimony II : Personal sharing by an outstanding researcher	Prof Amin
1545 - 1630	Closure : Summary & What have you learned? Q&A	CBH
Break & dismissed		
DAY 3 (AFTER 2-3 MONTHS POST-WORKSHOP)		
*For GO-NOW Participants only		
0800 - 0830	REGISTRATION & Intro	
0830 - 1630	Study proposal presentation	Facilitator CBH

*CBH: Associate Prof. Dr. Chew Boon How

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CLINICAL RESEARCH UNIT, HPUPM



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SHORT BIOGRAPHIES OF THE SPEAKERS

ASSOCIATE PROFESSOR DR. CHEW BOON HOW

MD (USM), MMed Family Medicine (UM), PhD (Utrecht)



The main speaker is [Associate Prof. Dr. Chew Boon How](#) who was the top 2% scientist in clinical medicine disciplines in year [2019](#) and [2020](#), [best clinical researcher in UPM in 2021](#), was trained in the world-renowned centre of clinical epidemiology Utrecht University Medical Center who graduated with a PhD degree while published [> 20 articles](#) during that period of 4 years from both his PhD and collaborative research.

He is an Associate Professor of Family Medicine, a Consultant Family Medicine Specialist at Family Medicine Specialist Clinic Universiti Putra Malaysia Teaching Hospital (HPUPM), and also the Head of the Clinical Research Unit in HPUPM. He was a research mentor in the Advanced Training in Family Medicine (ATFM) the Graduate Certificate in Family Medicine (GCFM), the postgraduate qualification of the MAFP/icFRACGP (International Conjoint FRACGP) by the Academy of Family Physicians of Malaysia.

He is a Visiting Senior Lecturer to King's College London for the Malaysian Gestational Diabetes and prevention of DiabtES Study (MYGODDESS) (2020- 2022). He is a Member of the International Committee for Talent Development with the Danish Diabetes Academy (2018-2021). He is a board member in the Ethics Committee for Research Involving Human Subjects Universiti Putra Malaysia (JKEUPM). He was involved in the Scientific Review Board of the Institute for Health Systems Research, and the Committee for Research Assessment (JPP-NIH), National Institute of Health Malaysia, Ministry of Health Malaysia. He was an associate editor and guest editor for Malaysian Family Physicians, World Journal of Diabetes, Frontiers in Endocrinology and Asia Pacific Journal of Public Health.

His research is mainly on diabetes mellitus focusing type 2 diabetes and gestational diabetes mellitus beside other chronic diseases and healthcare issues related to health behaviours and psychosocial wellbeing. He is skilled in clinical epidemiology.

He had been supervising > 5 PhD, > 5 MSc and > 5 MMed students. He has been involved in more than 30 clinical research, >20 of which is as the principal investigator, and >10 are clinical trials. Had published > 70 journal articles, > 4 books, and 5 chapters, > 5 teaching materials, 2 training manuals, 2 national reports (diabetes and asthma) and a few monographs.

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SHORT BIOGRAPHIES OF THE SPEAKERS

PROFESSOR DATIN DR SHERINA MOHD SIDIK

MBBS (Malaya), Family Medicine (UKM), Community Health (Auckland)



Sherina Mohd Sidik is a Professor & Consultant in Family Medicine at the Faculty of Medicine & Health Sciences, Universiti Putra Malaysia. She was Deputy Director of the Cancer Resource and Education Centre, Universiti Putra Malaysia from 2016-2020. Professor Sherina's research interests focuses mainly on mental health and behavioural intervention in the community and primary care settings. She has been lead / principal investigator for many research in these areas and has more than 150 publications in international and local journals and books. Prof Sherina has received several awards for her publications, namely the national award "Anugerah Akademik Negara" for "Anugerah Penerbitan Makalah Jurnal" in 2019, the "Anugerah Hadiah Fellowship Naib Canselor" from Universiti Putra Malaysia for "Anugerah Penerbitan Makalah Jurnal" in 2018, "Insentif Makalah Jurnal" in 2016 and "Anugerah Penyelidik Berprestasi Tinggi Fakulti Perubatan dan Sains Kesihatan" in 2019. She is among the eight Faculty of Medicine and Health Sciences, UPM academicians who were listed under the 'World's Top 2% Scientists (Single Year Achievement)' in 2020.

Professor Sherina collaborates closely with the Malaysian Ministry of Health, as well as with several other national and international organisations; namely the World Organisation of Family Doctors (WONCA Working Party on Research) and Oxford International Primary Care Research Leadership Programme, United Kingdom. She is currently appointed as an international advisor in the Advisory Committee for the Primary Health Care Research Consortium, which has members from USA, Africa, Australia, New Zealand, Lebanon, Bangladesh and India. Professor Sherina served as an Editorial Board Member in two well recognised and established Malaysian journals; the Medical Journal of Malaysia (2016-2020), and the Malaysian Journal of Medicine & Health Sciences (2011-2018). She was guest editor for the Malaysian Armed Forces Journal (2017-2018). She also served in the International Advisory Board for the Journal of Primary Health Care, New Zealand (2013-2014). She has supervised more than 20 PhD and 18 MSc students as supervisor and co-supervisor, including more than 50 medical students in their research projects.

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SHORT BIOGRAPHIES OF THE SPEAKERS

PROF. DR. JOHNSON STANSLAS

Johnson Stanclas obtained his Ph.D. degree in the field of Cancer Pharmacology from the School of Pharmacy at The University of Nottingham (UK) in 1998. He carried out his doctoral research under the supervision of Prof. Dr. Malcolm Stevens, the discoverer of the brain tumour drug temozolomide (TEMODAR®). Upon returning from the U.K, he joined Universiti Putra Malaysia (UPM) as a lecturer in December 1998. He was promoted to senior lecturer in 2004 and subsequently, Associate Professor in 2006. In April 2013, he was appointed to the rank of full professor. He has been the Head of the Pharmacotherapeutics Unit at the Department of Medicine, Faculty of Medicine and Health Sciences, UPM, since 2009, and is the leader of the informal research group 'Cancer Research and Drug Discovery (CRDD)' which was established on the 13th December 2002. He is currently heading the Precision Medicine Research Group at the Faculty of Medicine and Health Sciences, UPM. He is actively involved in the discovery and preclinical development of new anticancer and anti-inflammatory agents (for allergic asthma and neuroinflammation). To date, he has been successful in discovering lead anticancer molecules for the treatment of breast, prostate, colon, and pancreatic cancers. His research also extends to efficacy and toxicity studies of cytotoxic and molecular targeted agents in cancer patients with the intention of translating laboratory findings to the clinic, for improvement in cancer management. He recently concluded a study looking at the pharmacogenomics and pharmacometabolomics of SSRIs in major depressive disorder patients. To date, he has received several research grants amounting to almost RM 6 million from local funding bodies, such as the Ministry of Higher Education (MOHE), Ministry of Science, Innovation, and Technology (MOSTI), Ministry of Agriculture (MOA) as well as UPM, for projects related to drug discovery and translational medicine. Through international collaborations involving Singapore and the USA, he has secured joint grants which are based in the hosting countries. He has also collaborated with several research institutes and industries, such as the School of Pharmacy, University of Nottingham (United Kingdom); Institute of Cancer Research (University of Bradford, United Kingdom); Universiti Malaya Medical Centre, Universiti Kebangsaan Malaysia Medical Centre, the University of Texas Health Science Center at Houston, UTHealth (USA), Department of Pharmacology (Yale University, USA) and Autoimmune Sdn. Bhd. (Malaysia). Thus far, 26 Ph.D. and 27 MSc students have successfully graduated under his supervision. He has more than 130 publications within his area of specialty and has been published in reputable international peer-reviewed journals. As of 2022, his publications have been cited 2359 times with an H-index of 24, as tracked by SCOPUS, and more than 3620 times with H- and i10-indices being 31 and 72, respectively, as tracked by Google Scholar. He has been invited to present his research at plenaries as well as been an invited speaker at local and international conferences. He frequently evaluates local and international grant proposals. He serves as a consulting editor of Pharmacological Research and an editorial board member of Cancer Management and Research, Oncologie and Current Pharmacogenomics and Personalized Medicine. He has been a reviewer for many international journals in the fields of pharmacology and therapeutics. He founded and is the current President of the Malaysian Association of Cancer Research (MACR) as well as a committee member of the Malaysian Society for Music in Medicine (MSMM). He is a member of the American Society for Pharmacology and Experimental Therapeutics (ASPET), American Association for Cancer Research (AACR), Malaysian Oncological Society (MOS), and Malaysian Society for Neuroscience (MSN). He has been a member of the Universiti Putra Malaysia medical research ethics committee since 2008 and presently serves as the Chair of the Post Approval Sub-committee (PASC).



SHORT BIOGRAPHIES OF THE SPEAKERS

PROF. DR. AMIN BIN ISMAIL

Dr. Amin bin Ismail is a Professor at the Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia (UPM). Currently he is a Director of Center for Quality Assurance of UPM. Dr. Amin's research areas focus on chemistry and biochemistry of foods, food composition analysis, cocoa polyphenols, and exploring of underutilised plants for human nutrition and their health-promoting components. Dr. Amin has graduated more than 20 PhD and 25 Master Science students. To date, Dr. Amin has more than 250 publications, and *h-index* is 49 (based on SCOPUS). Currently, he is an Associate Editor for "Food Chemistry" and Editorial Board Member for "Journal of Functional Foods" and few international journals. He is an Editor-in-Chief for Pertanika Journal of Tropical Agricultural Science of UPM. Since 2012, he has been appointed as a Visiting Researcher at the Guangxi Academy of Agricultural Sciences, Nanning, China. In 2018, he was received the Malaysia's Research Star Award for high impact paper in "Agricultural Sciences" category awarded by Elsevier and Ministry of Education Malaysia.



DR IRMI ZARINA ISMAIL

MD (USM), MMed Family Medicine (UM)

A Consultant Family Medicine Specialist at Family Medicine Specialist Clinic Universiti Putra Malaysia Teaching Hospital (HPUPM), and the Head of the Department of Family Medicine, Faculty of Medicine and Health Sciences, UPM. She has deep interest in teaching. She is a research mentor in the Advanced Training in Family Medicine (ATFM) the Graduate Certificate in Family Medicine (GCFM), teaches Clinical Audit at the Diploma in Family Medicine and frequently involved in talks on qualitative study



She is a current associate editor for Malaysian Family Physicians and has assisted in reviewing many papers from PLOS One and MFPJ. She is also the current secretary for Qualitative Research Association Malaysia.

Her research is mainly on diabetes mellitus focusing type 2 diabetes and preconception care besides having involved in creating reproducible learning objects for medical students and patients. Her PhD study mainly involved qualitative study especially in the case study design. She had been supervising > 5 MMed students and co supervise >5 PhD and Master of Science Students.

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SHORT BIOGRAPHIES OF THE SPEAKERS

DR. ZAHIRA MOHD ISHAN



DR. Zahira MOHD. ISHAN is a Deputy Director of Putra Science Park (PSP), Universiti Putra Malaysia (UPM) and an Associate Professor at the School of Business and Economics, UPM. She obtained a degree of Laws (Hons.) from the International Islamic University Malaysia in 1994, a Master of Laws in Commercial and Corporate Law from the University of London in 1996, and a PhD in Business Law from UPM in 2008. She also attended certified courses relevant to technology transfer managers, namely the series of Technology Transfer Workshop under the Alliance of Technology Transfer Professionals (ATTP); the JPO/IPR Training Course for IP Trainers 2018; the Licensing Academy by PIPRA and UC Davis School of Law 2014; SRI's Five DOI 2014; SRI's Venture Plan Essentials Boot Camp 2013, and Professional South East Asian Patent Drafting Course (SEAD) 2013, apart from several other seminars and courses on technology transfer and commercialization. She was also a Professional Trainer (MIM-CPT) (Malaysian Institute of Management) in 2010-2012.

Dr Zahira joined UPM in 1994 and PSP in 2013. She has the experience teaching Business Law, Company Law, International Trade Law, Franchising Law and Intellectual Property (IP) Law courses and her research interest is in legal business relation and IP. As a Deputy Director, she is responsible for managing UPM's intellectual property protection and experienced in negotiations for IP matters in research collaboration, joint ownership, licensing and assignment deals. She speaks on the issues of intellectual property rights and intellectual property management in seminars and workshops at the national and international levels. She had also actively participated in a series of the World Intellectual Property Organization (WIPO) regional meetings for the establishment of the Technology and Innovation Support Centre (TISC) in Malaysia and in UPM as well as the Enabling the IP Environment (EIE) Project. Her contribution to IP management in UPM includes bringing up the university's name by winning the National IP Award for the Best Organization in IP Management in 2014, 2016, 2017 and 2018. DrZahira is also actively involved in a non-profit association for the technology managers of Malaysia, namely the Innovation and Technology Managers Association (ITMA) Malaysia since 2015, where she held the post of Secretary of ITMA Malaysia for the 2016/2017 and 2017/2018 sessions, Assistant Secretary for the 2018/2019 session, and currently appointed as Committee Member for 2020/2022 session. She was also appointed as a member of Franchise Advisory Board (2007-2009) and became a member of the Malaysian Franchise Association .



SHORT BIOGRAPHIES OF THE SPEAKERS

NURFAIZAH SAIBUL

BSc. Nutrition and Community Health (UPM), MSc. Community Nutrition (UPM)



Nurfaizah Saibul is a research officer at the Clinical Research Unit (CRU), Hospital Pengajar Universiti Putra Malaysia (HPUPM). She formerly worked as a social research officer at Institute for Social Science Studies (IPSAS), Universiti Putra Malaysia from 2011 to 2013. She worked as a research officer at the Cancer Resource and Education Center (CaRE), Universiti Putra Malaysia from 2014 to 2021. She had many years of experience in conducting social science research, health promotion activities, and community intervention programs. She had experience in industry and community relations activities, particularly in cancer education, awareness, and support. She had several publications in journal articles (2 as author and 2 as co-author) and research book chapters (2 books) and was actively involved in popular writing. She is being trained to be a speaker and facilitator in research development programs and activities in CRU to help researchers in HPUPM on research, particularly on clinical trials. Currently, she was certified in good clinical practice (GCP) and is looking forward to conducting clinical trials for future endeavors.

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SALWANA BINTI AHMAD

BSc. (Hons) Science (Biology Genetic) (UKM), MSc. Science (Environmental) (UOW)
Ph.D. Candidate (Biotherapeutic), UPM



Salwana Ahmad is a Research Officer at Clinical Research Unit (CRU), Teaching Hospital, Universiti Putra Malaysia. She was previously appointed as a research officer in the Cancer Resources and Education Centre with 5 years of experience in the Community Research and Cancer Education Program. She also leads administration tasks for Internal UPM Audit, 5S, and EKSA. Currently, she held a position in CRU as a research officer for Clinical and Health Sciences related research mainly for providing support services for clinicians and research members in HPUPM. She led Randomization Services and lead two ongoing Research protocols for Research Integrity and Evidence-Based Medicine while supporting other services in CRU. She contributes as Papers Editor in the RECRUS Research Newsletter. She believes that written and analytical skills are part of academic excellence in critical thinking, thus proceeding with her Ph.D. in Clinical Trial Polit study as part of knowledge enhancement for her future career.

NURUL IMAN HAFIZAH BINTI ADANAN

BSc. Nutrition and Dietetics (Hons) (UiTM), MSc. Clinical Nutrition (UPM)



Iman is a research officer at Clinical Research Unit (CRU), HPUPM. She is a dietitian by qualification and has obtained her postgraduate degree in MSc. Clinical Nutrition from UPM in 2017. Previously, she was a lecturer at MAHSA University and was the key person for Academic Writing module for undergraduate students. During her postgraduate research, she has published several papers in JCI-indexed journals. In 2018, she was awarded Education Grant by Malaysian Dietitian Association (MDA) to present her research works at the International Conference of Renal Nutrition and Metabolism (ICRNM). Her passion in research and writing has awarded her best research presenters and most recently, Best Thesis Award (2nd prize) from MDA in 2021. Currently, she is a Paper Editor for CRU RECRUS Newsletter. She has delivered a webinar on "Key Points in Academic Writing" in 2021 targeting postgraduate students and early career researchers. This year, she hopes to extend her experiences and knowledge to help researchers to write better.

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