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VENUE : MAIN AUDITORIUM, FACULTY OF MEDICINES & HEALTH SCIENCES,
UNIVERSITI MALAYSIA SABAH
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SUMMARY

1. Turning PKU (UHC) central, more significant, synergising with others, strategic and focused in making our moves, and results-based. Using technology/ medical technology in healthcare: IT, Robotics, 3D printing and others without replacing the one-to-one touch of healthcare practitioners with patients.
2. Human challenges are communication, managing the workplace, ensuring harmonious workplace relations, motivation. More prevalent challenges example the international students, monetary/financial, human resources, expansion.
3. Review on current needs - need to have buy-in from top management and of course, government.
4. Educating the public/stakeholders at the universities – a continuous effort. More selective and focused program to achieve certain results.
5. The leaders need to empower themselves with more skills in managing (and leading) in our current state and ensure their needs are heard and fulfilled.
6. The incidence and prevalence of chronic disease is rising in most developed and developing countries and will constitute the main cause of death by 2020.
7. Epidemiological transition as a consequences of increased life expectancy due to improvements in nutrition, hygiene and control of infectious diseases.
8. The management of any chronic condition in young adult, a time of rapid growth and physiological changes accompanied by important individuation and socialization processes, constitutes a major challenge for the individual, his/her family and the health-care team.
9. It is the responsibility of the employer to care for the safety, health and welfare of the staffs.
10. A vital factor in achieving a balance is making sure that work does not overwhelm or dominate and does not cause damage to the individual by way of negative stress.
11. Burnout is more common among physicians than among other workers. The syndrome characterized by a loss of enthusiasm for work (emotional exhaustion), feelings of cynicism (depersonalization), and a low sense of personal accomplishment.

12. Burnout may erode professionalism, influence quality of care, increase the risk for medical errors, and promote early retirement. Adverse personal consequences, including contributions to broken relationships, problematic alcohol use, and suicidal ideation
13. Workplace flexibility is a business strategy that allows workers to make choices about core aspects of their work related to **TIME** (when and how long work is performed), **PLACE** (where work is performed) and **TASK** (the specific tasks that are performed).
14. Employees are happier and healthier when nutrient intake is improved, having better physical health, job stress decreased and improved in sleep pattern.
15. Every individual has **different values and goals** which vary across different phase of life. **No one-size-fits-all solution** on how to achieve work-life balance.
16. Management and employer need to collaborate and construct a satisfying, extraordinary and self-motivated work environment to improved achievement in institution.