

## Log Book for 2016

**Name :** ZURAINA BINTI ABDUL GHAFAR  
**HCP Category :** Pegawai Teknologi Makanan  
**Grade :** C48  
**IC No :** 780127135202  
**Organisation :** Makmal Kesihatan Awam Ipoh  
**Supervisor :** NORALIZA BINTI MOHD AKHIR

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
A1	Attended Congress/Conference in related field/core business (Local/ international)	20	15	15		
	Topic					
	NIOSH 4TH SCIENTIFIC CONFERENCE ON OCCUPATIONAL SAFETY AND HEALTH (SCI COSH) 2016		15		15/11/2016 6:00AM	16/11/2016 6:00AM
A2	Attended Scientific Meetings of Chapters of Academy/ Universities/ Colleges/Association/ Institutions/ Ministry of Health & other related agencies	20	0	0		
	Topic					
			0			
A3	Attended Workshops/ Courses/ Fellowships/ attachment etc. (include hands-on & skills courses)	30	76	30		
	Topic					
	KURSUS PENGENALAN EKSA		6		12/02/2016 9:00AM	12/02/2016 4:00PM
	STATISTIK TALK ON PROFICIENCY TESTING		10		26/01/2016 9:00AM	27/01/2016 5:00PM
	BENGKEL RISK MANAGEMENT		10		14/04/2016 8:30AM	15/04/2016 5:00PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	BENGKEL HARMONISASI DOKUMEN MAKMAL MAKANAN		15		23/02/2016 6:00AM	25/02/2016 6:00AM
	WORKSHOP ON MANAGEMENT OF CHEMICALS AND WASTES		10		16/05/2016 8:30AM	17/05/2016 5:00PM
	KURSUS HAZARD IDENTIFICATION RISK ASSESSMENT AND RISK CONTROL (HIRARC)		10		09/05/2016 8:00AM	10/05/2016 5:00PM
	SEMINAR HALA TUJU KESIHATAN AWAM PERAK 2017		15		21/11/2016 8:00AM	23/11/2016 5:00PM
A4	Attended CME sessions/other professional activities e.g. Topic seminar, Forum, Lectures, Journal Club, Formal Ward/Teaching rounds, Clinic attendance, Hospital clinical meeting, Video show, Video conferencing, Reflective Notes, Morbidity and mortality reviews, Epidemiological reviews	20	19	19		
	Topic					
	PEMBENTANGAN LSIP		1		13/01/2016 2:30PM	13/01/2016 5:00PM
	GOOD MANUFACTURING PRACTICE		1		28/01/2016 2:30PM	28/01/2016 3:30PM
	TAKLIMAT HACCP		1		28/01/2016 3:30PM	28/01/2016 4:30PM
	MAKAN PERPADA-PADA : PEMAKANAN SIHAT UNTUK KEHIDUPAN BERKUALITI		1		11/02/2016 9:30AM	11/02/2016 12:00PM
	KURSUS GAJI, ELAUN DAN KEMUDAHAN PENJAWAT AWAM		1		22/02/2016 9:00AM	22/02/2016 11:00AM
	INTEGRITI DALAM PERKHIDMATAN AWAM / BUDAYA KERJA CEMERLANG		1		07/03/2016 8:30AM	07/03/2016 12:30PM
	PENCEGAHAN KEBAKARAN		1		13/05/2016 10:00AM	13/05/2016 11:00AM
	KEPENTINGAN CPD		1		13/05/2016 11:00AM	13/05/2016 12:00PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	VIRUS ZIKA		1		16/06/2016 2:30PM	16/06/2016 3:30PM
	TAKLIMAT PEMURNIAN EKSA		1		17/06/2016 9:00AM	17/06/2016 12:00PM
	BASIC CHEMICAL CALCULATION		1		01/08/2016 2:30PM	01/08/2016 4:30PM
	HAZARD DI TEMPAT KERJA		1		02/09/2016 10:30AM	02/09/2016 12:00PM
	ALAT PERLINDUNGAN DIRI (PPE) DAN FIT TEST UNTUK PPE		1		05/09/2016 11:00AM	05/09/2016 1:00PM
	TERMINOLOGI KEBAKARAN DAN PENGURUSAN PENCEGAHAN KEBAKARAN		1		05/09/2016 9:00AM	05/09/2016 11:00AM
	PENGURUSAN STRES DAN STRATEGI DAYA TINDAK		1		08/09/2016 10:00AM	08/09/2016 11:30AM
	PENGURUSAN SAKIT BELAKANG DAN SAKIT LEHER		1		08/09/2016 11:30AM	08/09/2016 1:00PM
	WRITING MANUSCRIPTS AND PUBLICATIONS		1		15/09/2016 9:00AM	15/09/2016 1:00PM
	PENGURUSAN DIET DIABETIS ,DARAH TINGGI DAN KOLESTROL		1		19/09/2016 9:00AM	19/09/2016 10:30AM
	BENGKEL KECERMELANGAN DIRI DAN ORGANISASI BERTERASKAN IBRAH SURAH YUSUF		1		17/10/2016 9:00AM	17/10/2016 1:00PM
A5	Presentation at official meetings/functions	20	12	12		
	Topic					
	BUAYA DI SARAWAK		5		01/04/2016 9:00AM	01/04/2016 11:00AM
	MONITORING OF CHLORAMPHENICOL IN HONEY SAMPLED IN PERAK		7		31/05/2016 8:00AM	03/06/2016 5:00PM
A6	Publication of articles in journal/ chapters in book /reports	30	0	0		
	Topic					
			0			

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
A7	Self-study/ Group study/ case study / Distance learning e.g. Reading scientific papers from indexed journals, Audio-visual, Organized group discussion under accredited co-coordinator	20	0	0		
	Topic					
			0			
A8	CME Online	20	0	0		
	Topic					
			0			
A9	Attended Post-basic courses / further training	30	0	0		
	Topic					
			0			
A10	Basic Degree / Masters Degree / Postgraduate Diploma / PhD / DrPH / Subspeciality training	50	0	0		
	Topic					
			0			
A11	Involvement as committee or project member	20	0	0		
	Topic					
			0			
B1	Edition	10	0	0		
	Topic					
			0			
B2	Other supporting activities related to personal development and self-improvement: Leadership, Management, IT, Organizing Committee/Secretariat, Innovation, Arts, music, Languages, Teamwork, Member of professional body, etc	10	6	6		
	Topic					
	KURSUS MEMPERKASA KEPIMPINAN YANG BERWIBAWA		3		28/03/2016 9:00AM	28/03/2016 5:00PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	MINGGU PENYUSUAN SUSU IBU SEDUNIA PERINGKAT NEGERI PERAK		3		10/08/2016 9:00AM	10/08/2016 1:00PM
B3	Attended Annual General Meeting of Societies / Association / NGO registered with Registrar Of Society (ROS)	5	1	1		
	Topic					
	ANNUAL GENERAL MEETING (KELAB KEBAJIKAN DAN REKREASI MKAI)		1		23/03/2016 9:00AM	23/03/2016 12:00PM

CPD Credit Points Equivalent (cumulative)

Total Cumulative Points : 129 Total Actual Points : 83

### TK 3 - TK 6

51 dan ke atas serta mendapat sekurang-kurangnya 10 mata kredit di kategori A5,A6,A11,B1 atau B2(atau kombinasi)

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Disahkan Oleh (Supervisor):

(.....)

Cop Rasmi :

Tarikh :