

Log Book for 2015

Name : DR. ZAIRINA BINTI ZAINURAIN
HCP Category : Pegawai Pergigian
Grade : U54
IC No : 780502135862
Organisation : Jabatan Kesihatan Negeri Sarawak
Supervisor : CHIA JIT CHIE

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
A1	Congress/Conference (Local/ international)	20	20	20		
	Topic					
	MIDEC : MALAYSIA-INTERNATIONAL DENTAL EXHIBITION AND CONFERENCE		20		12/06/2015 8:00AM	14/06/2015 2:00PM
A2	Scientific Meetings of Chapters of Academy/ Universities/ Colleges/Association/Institutions/ Ministry of Health & others	20	26	20		
	Topic					
	MESYUARAT PEMANTAPAN PENJAGAAN KESIHATAN PERGIGIAN PRIMER		3		22/04/2015 8:30AM	22/04/2015 5:30PM
	PERBINCANGAN PASCA BENGKEL HALATUJU KESIHATAN PERGIGIAN PRIMER - KANSER MULUT		6		16/04/2015 8:30AM	17/04/2015 5:00PM
	PERBINCANGAN PASCA BENGKEL HALATUJU KESIHATAN PERGIGIAN PRIMER - KANSER MULUT 2		6		17/09/2015 8:00AM	18/09/2015 5:00PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	MESYUARAT PEMANTAPAN PRGORAM PEMFLUORIDAAN AIR NEGERI SARAWAK BIL. 2/2015		2		06/10/2015 2:00PM	06/10/2015 5:00PM
	MESYUARAT PERKHIDMATAN PERGIGIAN SEKOLAH MENENGAH NEGERI SARAWAK		6		07/10/2015 8:00AM	08/10/2015 4:30PM
	MESYUARAT JDPKP BIL. 6/2015 (KESIHATAN PERGIGIAN)		3		14/12/2015 8:00AM	14/12/2015 6:00PM
A3	Workshops/ Courses/ Fellowships/ attachment etc. (include hands-on & skills courses)	30	40	30		
	Topic					
	PERSIDANGAN TAHUNAN 2015 BAHAGIAN KESIHATAN PERGIGIAN SARAWAK		10		10/02/2015 6:00AM	12/02/2015 6:00AM
	TAKLIMAT MEDICAL EQUIPMENT ENHANCEMENT TENURE (MEET) ZON UTARA		6		24/03/2015 9:00AM	24/03/2015 5:30PM
	TAKLIMAT DAN SESI MEREKOD DATA OUTCOME BASED BUDGETING		10		10/03/2015 8:00AM	11/03/2015 5:30PM
	PERSIDANGAN TAHUNAN 2015 PEJABAT TPKN(G) SARAWAK		4		01/04/2015 8:00AM	01/04/2015 12:00PM
	LEADERS" FORUM		4		21/10/2015 8:30AM	21/10/2015 12:30PM
	INTERNATIONAL ENVIRONMENTAL HEALTH CONFERENCE		6		28/10/2015 8:30AM	28/10/2015 4:00PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
A4	CME sessions/ other professional activities e.g. Topic seminar, Forum, Lectures, Journal Club, Formal Ward rounds (teaching rounds), Clinic attendance, Hospital clinical meeting, Video show, Video conferencing, Reflective Notes, Morbidity and mortality re	20	11	11		
	Topic					
	CREATIVITY INDEX FOR RMK11		1		26/01/2015 9:00AM	26/01/2015 10:30AM
	GOODS AND SERVICES TAX		1		30/03/2015 9:00AM	30/03/2015 10:00AM
	TAKLIMAT BENGKEL PENEMPATAN SECARA PENTADBIRAN JKN SARAWAK		1		28/05/2015 9:00AM	28/05/2015 10:00AM
	RASUAH MASA		1		13/01/2015 8:00AM	13/01/2015 9:00AM
	TAKLIMAT PELAKSANAAN PROJEK MEET		1		24/03/2015 8:00AM	24/03/2015 5:30PM
	80:20 PRINCIPLES		1		29/07/2015 2:00PM	29/07/2015 3:00PM
	BAD BOSSES		1		29/07/2015 3:00PM	29/07/2015 4:00PM
	MS ISO BRIEFING		1		27/08/2015 9:00AM	27/08/2015 2:00PM
	TAKLIMAT AKTA PERANTI PERUBATAN 2012 (1)		1		29/10/2015 8:30AM	29/10/2015 10:00AM
	TAKLIMAT AKTA PERANTI PERUBATAN 2012 (2)		1		29/10/2015 10:30AM	29/10/2015 12:30PM
	PLA MEETING WITH REPRESENTATIVE FROM PENANG TRAINING COLLEGE		1		30/10/2015 10:00AM	30/10/2015 11:30AM
A5	Presentation at Accredited meeting	20	20	20		
	Topic					
	WORK OUTPUT TARGET 2015		5		11/02/2015 2:00PM	11/02/2015 3:00PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	STRATEGIES TO IMPROVE ORAL HEALTHCARE DELIVERY TO SECONDARY SCHOOL CHILDREN IN SARAWAK		5		22/04/2015 9:00AM	22/04/2015 11:00AM
	5 SEBELUM 5		5		08/04/2015 8:00AM	08/04/2015 8:30AM
	DASAR BARU 2017		5		21/10/2015 11:00AM	21/10/2015 12:30PM
A6	Publication of articles in journal/chapters in book/reports	30	0	0		
	Topic					
			0			
A7	Self Study / Group Study / Distance Learning	20	0	0		
	Topic					
			0			
A8	CME Online	20	0	0		
	Topic					
			0			
A9	Post-basic courses	30	0	0		
	Topic					
			0			
A10	Education	50	0	0		
	Topic					
			0			
A11	Involvement as committee or project member	20	5	5		
	Topic					
	MAJLIS ANUGERAH PERKHIDMATAN CEMERLANG JKN SARAWAK		5		18/03/2015 7:00AM	18/03/2015 3:00PM
B1	Edition	10	0	0		
	Topic					
			0			

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
B2	Other supporting activities related to personal development and self-improvement	10	10	10		
	Topic					
	PERARAKAN HARI KEMERDEKAAN TADIKA KEMAS, KUCHING		2		31/08/2015 7:00AM	31/08/2015 3:00PM
	UPACARA MAJLIS PERASMIAN UTC SARAWAK, KUCHING OLEH PM		3		26/02/2015 2:00PM	26/02/2015 11:00PM
	MAJLIS SAMBUTAN HARI GURU DAN HARI IBU TADIKA KEMAS		2		29/05/2015 8:00AM	29/05/2015 12:00PM
	MAJLIS JASAMU DIKENANG - JT PERGIGIAN U40 SARAWAK (EN. DAUD ARSAD)		3		22/10/2015 6:00PM	22/10/2015 10:30PM

CPD Credit Points Equivalent (cumulative)

Total Cumulative Points : 132 Total Actual Points : 116

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 :