

Log Book for 2014

Name : AZLINDA BINTI HAMID

HCP Category : Pegawai Sains(Zat Makanan)

Grade : C44

IC No : 780629016078

Organisation : Pejabat Kesihatan Putrajaya

Supervisor : OTHMAN BIN WARIJO

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
A1	Attended Congress/Conference in related field/core business (Local/ international)	20	50	20		
	Topic					
	LACTATION MANAGEMENT WORKSHOP		10		05/06/2014 8:30AM	05/06/2014 5:00PM
	THIRD REGINOL CONFERENCE ON NUTRITION AND OBSTETRIC & GYNAECOLOGY 2014		15		23/08/2014 9:00AM	24/08/2014 5:00PM
	KURSUS KECERGASAN DAN SENAMAN BAGI IBU HAMIL, KANAK-KANAK OBES DAN WARGA EMAS		15		23/09/2014 9:00AM	25/09/2014 10:00PM
	SEMINAR TAHUNAN KESIHATAN "WANITA SEJAHTERA, LELAKI PERKASA"		10		09/04/2014 6:00AM	09/04/2014 4:30PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
A2	Attended Scientific Meetings of Chapters of Academy/ Universities/ Colleges/Association/ Institutions/ Ministry of Health & other related agencies	20	2	2		
	Topic					
	MESYUARAT PENGURUSAN TEKNIKAL PEJABAT KESIHATAN PUTRAJAYA BIL 1/2014		2		25/04/2014 9:00AM	25/04/2014 1:00PM
A3	Attended Workshops/ Courses/ Fellowships/ attachment etc. (include hands-on & skills courses)	30	47	30		
	Topic					
	TAKLIMAT PENILAI HOSPITAL RAKAN BAYI BAGI KRITERIA BAHARU		15		24/02/2014 2:00PM	27/02/2014 2:00PM
	LAWATAN KOSPEN DAN ONE STOP CENTRE MELAKA		6		18/06/2014 7:30AM	18/06/2014 6:00PM
	GLOBAL FOOD SECURITY FORUM 2014		10		07/07/2014 9:00AM	08/07/2014 5:00PM
	KURSUS KESEDARAN KESELAMATAN DAN KESIHATAN PEKERJAAN		6		13/11/2014 8:00AM	13/11/2014 5:00PM
	NUTRITION RESEARCH PRIORITY WORKSHOP		10		19/11/2014 8:30AM	21/11/2014 10:30PM
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	13	13		
	Topic					
	PERHIMPUNAN BULAN MEI 2014		1		14/05/2014 7:30AM	14/05/2014 8:30AM
	MESYUARAT JKPP KLINIK KESIHATAN PUTRAJAYA PRESINT 9		1		08/07/2014 2:30PM	08/07/2014 4:30PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	PERHIMPUNAN BULAN JULAI 2014		1		09/07/2014 7:30AM	09/07/2014 8:30AM
	MESYUARAT HASIL PENULAIAN AUDIT HOSPITAL RAKAN BAYI, HOSPITAL PUTRAJAYA		1		05/12/2014 3:00PM	05/12/2014 5:00PM
	MESYUARAT PENGURUSAN DAN TEKNIKAL, PEJABAT KESIAHATAN PUTRAJAYA BIL 2/2014		1		22/08/2014 9:00AM	22/08/2014 12:30PM
	MESYUARAT PAGI BIL 19/2014		1		14/11/2014 9:00AM	14/11/2014 12:30PM
	MESYUARAT PAGI BIL 5/2014		1		07/03/2014 9:00AM	07/03/2014 12:30PM
	FORUM KESIHATAN SEMPENA MAJLIS PENUTUP SLIM SHAPE PERBADANAN PUTRAJAYA		1		06/11/2014 9:00AM	06/11/2014 1:00PM
	MESYUARAT PAGI BIL 1/2014		1		10/01/2014 9:00AM	10/01/2014 12:30PM
	MESYUARAT REASSESSMENT HOSPITAL RAKAN BAYI HOSPITAL KPJ KAJANG		1		29/10/2014 9:00AM	29/10/2014 2:30PM
	MESYUARAT WISN BAGI PEGAWAI SAINS PEMAKANAN		1		17/11/2014 9:00AM	18/11/2014 5:00PM
	MESYUARAT JAWATANKUASA KALIBRASI PEJABAT KESIHATAN PUTRAJAYA BIL.2/2014		1		24/12/2014 2:30PM	24/12/2014 5:00PM
	MENGHADIRI TEMUDUGA PERMOHONAN HLP BAGI PHD 2015		1		20/11/2014 4:00PM	20/11/2014 4:30PM
A5	Presentation at official meetings/functions	20	92	20		
	Topic					
	MILK SUPPLY, PRACTICES THAT ASSIST BREASTFEEDING		10		03/04/2014 2:00PM	03/04/2014 5:30PM
	PROGRAM PEMBANGUNAN KESIHATAN DAN SAHSIAH MURID SEKOLAH RENDAH PERINGKAT WILAYAH PERSEKUTUAN PUTRAJA		10		25/06/2014 11:00AM	25/06/2014 1:00PM
	MYBFF@SCHOOL SMK9 (1)		10		16/04/2014 7:30PM	16/04/2014 8:30PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	MEMULAKAN MAKANAN PELENGKAP - JURANG TENAGA, VIT A DAN ZAT BESI		7		27/06/2014 8:00AM	27/06/2014 5:30PM
	PENILAIAN PERTUMBUHAN DAN PEMAKANAN BAYI & KANAK-KANAK		10		27/06/2014 8:00AM	27/06/2014 5:00PM
	PEMAKANAN DI BULAN RAMAHDAN, TRIM & FIT KPKT		10		04/07/2014 2:30PM	04/07/2014 3:30PM
	PEMAKANAN DAN PENGURUSAN BERAT BADAN		10		27/10/2014 2:30PM	27/10/2014 4:30PM
	PAMAKANAN DAN PENGURUSAN BERAT BADAN SIRI 2		10		03/11/2014 2:30PM	03/11/2014 4:30PM
	PEMAKANAN DAN PENGURUSAN BERAT BADAN SIRI 3		10		10/11/2014 2:30PM	10/11/2014 4:30PM
	HIDANGAN SIHAT UNTUK PENGENDALI MAKANAN		5		12/08/2014 4:00PM	12/08/2014 5:00PM
A6	Publication of articles in journal/ chapters in book /reports	30	0	0		
	Topic					
			0			
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			

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
A10	Basic Degree / Masters Degree / Postgraduate Diploma / PhD / DrPH / Subspeciality training	50	0	0		
	Topic					
			0			
A11	Involvement as committee or project member	20	40	20		
	Topic					
	KURSUS PENGURUSAN LAKTASI 20 JAM		5		10/04/2014 8:00AM	12/04/2014 5:30PM
	PROGRAM JOM HIDUP SIHAT		5		02/05/2014 9:30AM	02/05/2014 1:00PM
	KURSUS SUKARELAWAN KOSPEN PERINGKAT PEJABAT KESIHATAN PUTRAJAYA 2014		5		23/05/2014 10:30AM	23/05/2014 12:30PM
	MYBFF@SCHOOL		5		01/01/2014 8:30AM	24/06/2014 5:00PM
	PROGRAM KEMBARA PASARAYA SIHAT		5		22/05/2014 9:00AM	22/05/2014 1:00PM
	KOSPEN KOMUNITI PRESINT 16		5		20/04/2014 8:30AM	20/04/2014 11:00AM
	AHLI JAWATANKUASA ISO KKP9-KETUA UNIT PEMAKANAN		5		03/02/2014 8:00AM	03/02/2014 5:00PM
	UPDATES ON EFFECTIVEN COOKING DEMONSTRATION FOR HEALTH PROVIDERS		5		29/09/2014 9:00AM	29/09/2014 5:00PM
B1	Edition	10	10	10		
	Topic					
	PORTAL MYHEALTH ONLINE KKM		10		01/04/2014 8:30AM	04/04/2014 5:00PM
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	5	5		
	Topic					
	AHLI PERSATUAN PENGKAJI OBESITI MEALAYSIA (MASO)		5		20/06/2014 4:00PM	20/06/2014 8:30PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
B3	Attended Annual General Meeting of Societies / Association / NGO registered with Registrar Of Society (ROS)	5	1	1		
	Topic					
	MASO AGM MEETING 2014		1		20/06/2014 4:00PM	20/06/2014 8:30PM

CPD Credit Points Equivalent (cumulative)

Total Cumulative Points : 260 Total Actual Points : 121

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 :