

Log Book for 2016

Name : RAWA ANAK BAU

HCP Category : Pegawai Perubatan

Grade : U54

IC No : 740607135440

Organisation : Klinik Kesihatan Bintulu

Supervisor : Supervisor Not Available

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
A1	Congress/Conference (Local/ international)	20	20	20		
	Topic					
	MALAYSIAN SOCIETY OF HYPERTENSION CONFERENCE 2016		20		15/01/2016 8:30AM	17/01/2016 5:00PM
A2	Scientific Meetings of Chapters of Academy/ Universities/ Colleges/Association/Institutions/ Ministry of Health & others	20	20	20		
	Topic					
	ISU IMUNISASI DAN VAKSIN		6		11/06/2016 8:00AM	12/06/2016 5:00PM
	10MP RESEARCH EVALUATION		6		23/06/2016 8:00AM	24/06/2016 5:00PM
	FMS SCIENTIFIC MEETING ON DM UPDATES		6		23/07/2016 8:00AM	24/07/2016 5:00PM
	PENGURUSAN SARINGAN KOLOREKTAL DI PERINGKAT KLINIK		2		24/08/2016 9:00AM	24/08/2016 1:00PM
A3	Workshops/ Courses/ Fellowships/ attachment etc. (include hands-on & skills courses)	30	31	30		
	Topic					
	EAST MALAYSIA CARDIO RESPIRATORY WORKSHOP		6		16/04/2016 8:00AM	16/04/2016 5:00PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	MENTORING AND COACHING BAGI FMS		15		18/04/2016 6:00AM	20/04/2016 6:00AM
	KURSUS NCD		10		23/05/2016 6:00AM	25/05/2016 6:00AM
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	16	16		
	Topic					
	MANAGEMENT OF GDM		1		22/01/2016 3:30PM	22/01/2016 5:00PM
	MANAGEMENT OF QUIT SMOKING PATIENT		1		13/01/2016 12:30PM	13/01/2016 2:00PM
	INSULIN UPDATE		1		14/07/2016 12:30PM	14/07/2016 2:00PM
	RESPIRATORY MTAC		1		29/07/2016 7:30AM	29/07/2016 9:00AM
	MANAGEMENT OF DM IN ADULT		1		21/01/2016 3:00PM	21/01/2016 5:00PM
	CHAMPIX-POWER TO QUIT		1		13/01/2016 12:30PM	13/01/2016 2:00PM
	MANAGEMENT OF SHYLLIS IN PRIMARY CARE		1		15/04/2016 7:30AM	15/04/2016 8:30AM
	MANAGEMENT OF HPT IN ADULT		1		04/03/2016 7:30AM	04/03/2016 8:30AM
	HYPERTHYROIDISM		1		15/07/2016 7:30AM	15/07/2016 8:30AM
	MANAGEMENT OF TUBERCULOSIS		1		01/07/2016 7:30AM	01/07/2016 8:30AM
	ANEMIA IN PREGNANCY		1		13/05/2016 7:30AM	13/05/2016 8:30AM
	BRONCHIAL ASTHMA IN ADULT		1		10/06/2016 7:30AM	10/06/2016 8:30AM
	MANAGEMENT OF OF HYPOTHYROIDISM		1		12/08/2016 7:30AM	12/08/2016 8:30AM
	LANTUS EFFICACY AND SAFETY		1		11/04/2016 12:00PM	11/04/2016 2:00PM
	HAND HYGIENE AND INFECTION CONTROL		1		02/09/2016 7:30AM	02/09/2016 8:30AM
	HRMIS ON LINE		1		26/08/2016 7:30AM	26/08/2016 8:30AM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
A5	Presentation at Accredited meeting	20	25	20		
	Topic					
	APPROACH TO CHILD WITH FEVER		10		22/03/2016 9:00AM	22/03/2016 10:30AM
	ABNORMAL BLOOD PRESSURE AMONG ANTENATAL PATIENT AT BOOKING		5		16/01/2016 10:00AM	16/01/2016 11:00AM
	ALCOHOL INTERVENS DI KLINIK KESIHATAN		10		26/04/2016 11:00AM	26/04/2016 1:00PM
A6	Publication of articles in journal/chapters in book/reports	30	20	20		
	Topic					
	TLC VS SIMVASTATIN VS SIMVASTATIN AND TLC IN HYPERCHOLESTEROL		20		01/01/2016 6:00AM	30/01/2016 5:00PM
A7	Self Study / Group Study / Distance Learning	20	0	0		
	Topic					
			0			
A8	CME Online	20	10	10		
	Topic					
	PNEUMOCOCCAL DS PREVENTION IN CHILDREN		1		01/09/2016 8:00AM	01/09/2016 9:00AM
	MS PATIENT ENGAGEMENT AND DMD		1		29/08/2016 7:00AM	29/08/2016 8:00AM
	HUNTINGTON DISEASE:ARE WE MAKING PROGRESS		1		28/08/2016 7:00AM	28/08/2016 8:30AM
	RESPIRATORY WEBINAR:ASTHMA,COP D, INHALATION THERAPY		1		18/08/2016 7:00AM	18/08/2016 9:00AM
	NEW DIETARY INTERVENTIONS TO STOP CHILDHOOD OBESITY		1		26/05/2016 7:00AM	26/05/2016 9:30AM
	DOES CHILDHOOD OBESITY AFFECT HYPERTENSION RISK		1		10/05/2016 7:00AM	10/05/2016 8:30AM
	NONADHERENCE TO ADHD MEDICATIONS TIELDS ILLICIT DRUG USE		1		19/07/2016 7:00AM	19/07/2016 8:30AM
	NEW DRUGS PAYMENT PLAN		1		15/06/2016 7:00AM	15/06/2016 8:00AM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	THE DOMINO EFFECT WEBCAST-DIABETIC MANAGEMENT		1		04/05/2016 7:00AM	04/05/2016 8:30AM
	ITCHY LESIONS, SORE THROAT AND MILD FEVER		1		30/04/2016 7:00AM	30/04/2016 8:30AM
A9	Post-basic courses	30	0	0		
	Topic					
			0			
A10	Education	50	0	0		
	Topic					
			0			
A11	Involvement as committee or project member	20	15	15		
	Topic					
	APPROACH TO UNWELL CHILD FOR SARAWAK STATE		5		29/02/2016 8:00AM	02/03/2016 5:00PM
	LATE BOOKING AND PREGNANCY OUTCOME		5		01/03/2016 8:00AM	28/07/2016 5:00PM
	QA PAP SMEAR		5		11/08/2016 7:00AM	27/08/2016 5:00PM
B1	Edition	10	0	0		
	Topic					
			0			
B2	Other supporting activities related to personal development and self-improvement	10	16	10		
	Topic					
	KETUA RH SUKAN PERINGKAT PKB BINTULU		2		01/02/2016 6:00AM	28/07/2016 5:00PM
	AHLI PANEL PENASIHAT KK BINTULU		2		01/02/2016 6:00AM	28/07/2016 5:00PM
	AHLI JK OSTPC		2		01/07/2016 6:00AM	28/07/2016 5:00PM
	HAND & HAND FAMILY RUN		2		03/07/2016 6:30PM	03/07/2016 8:30PM
	SOPMA BATON RUN		2		28/08/2016 6:00AM	28/08/2016 8:00AM
	AEROBATHON SEMPENA KEM I NAK SIHAT PKB BINTULU		2		31/08/2016 6:00AM	31/08/2016 12:30PM
	GEGAR 10 RIBU LANGKAH DAN KEM SAYA NAK SIHAT		2		03/09/2016 6:00AM	03/09/2016 12:30PM

CPD Category	Description	Max Points	Cumulative Points	Actual Points	Start	End
	BINTULU 21/10 KM RUN		2		31/07/2016 6:00AM	31/07/2016 10:30AM

CPD Credit Points Equivalent (cumulative)

Total Cumulative Points : 173 Total Actual Points : 161

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 :