

Karen Sharmini Sandanasamy

Public Health Physician

Currently positioned as the Senior Principle Assistant Director , Mental Health Unit , Disease Control Division, Ministry of Health Malaysia.

My portfolios include Mental Health at Workplace, Suicide Prevention, National Mental Health Action Plan 2018-2025, Psychosocial First Aid in Disaster management and Mental Health Screening at schools and Primary Health Care. My doctorate thesis was adolescent Mental Health. Would like to venture into Dementia and including Malaysia into the Global Dementia Observatory.

Outgoing and detail-oriented, proficient at building and maintaining professional relationships.

Experience

Personal Info

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E-mail

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Date of birth

1974-01-29

**2016-03 -
present**

Senior Principle Assistant Director

Mental Health Unit, Disease Control Division, Ministry of Health

1. Assist in providing inputs, coordinating and implementing Mental Health Programs in Malaysia where the Scope of programme includes;

- promotion of mental health,
- prevention and early detection through screening for mental health problems,
- treatment at primary health care
- □ and psychosocial rehabilitation.

2. To provide inputs and assist in developing psychosocial interventions at the health clinics in every district in Malaysia

3. To assist, coordinate, and monitor the implementations of psychosocial services provided during disaster, to all relevant stakeholders at the Ministry as well as the NGOs.

4. To assist in training and awareness related to psychosocial support during disasters for healthcare workers in Malaysia.

5. To provide inputs, training and monitoring of the Healthy Mind Program in schools and the community where the objective is to promote mental health screening, to assess the mental health status as well as to identify stress, anxiety and depression among those screened and to provide the necessary intervention to those found with relevant symptoms.
6. To assist in providing inputs, training and monitoring of Mental Health at workplace where the scope includes; promotion of mental health at workplace, prevention and early detection through screening for mental health problems.
7. To assist in providing awareness in suicide prevention which includes promotional activities as well as to spread the importance of suicide prevention to relevant stakeholders both governmental and NGO's
8. To assist in Mental Health Promotional activities such as providing inputs and coordinating annual events such as World Mental Health Day celebrations nationwide.

2013 - 2014	Doctor of Public Health Attachment Student <i>Kuala Langat District Health Office</i> responsible for communicable disease control; assessing environmental threats to human health; providing leadership in public health emergency situations; ie Floods, fire and boat tragedies. overseeing health surveillance activities; ie) Dengue situation
2004 - 2011	Assistant Secretary <i>Malaysian Medical Council</i> Duties include; To determine and regulate the conduct and ethics of registered medical practitioners; To consider the cases of medical practitioners who, because of some mental or physical condition, may be unfit to practise medicine; To review the competence of medical practitioner; To advise and make recommendations to the Minister of Health on matters relating to the practice of medicine in Malaysia; and To perform such other functions so as to give effect to the Medical Act 1971 as may be prescribed in the Act or assigned by the Minister. to provide input to guidelines or policies relating to ethical medical practices in Malaysia Secretariat in charge for the Amendments to the Medical Act 1971
2002 - 2004	Medical Officer <i>Bentong Hospital, Pahang</i>
2001 - 2002	House Officer <i>Pusat Perubatan Univeristi Malaya</i>

Education

1995 -	Manipal Academy of Higher Education (MAHE)
1999	Bachelor of Medicine & Bachelor of Surgery
2012 -	University Malaya
2013	Master in Public Health (MPH) CGPA 3.55
2013 -	University Malaya
2016	Doctor of Public Health (DrPH) CGPA 3.62

Awards

1. Anugerah Perkhidmatan Cemerlang (Excellence Service Award), Ministry of Health, 2007
2. Best Oral Presentation “Sociocultural differences to disordered eating among rural and urban school in Selangor” 46TH ASIA PACIFIC ACADEMIC CONSORTIUM FOR PUBLIC HEALTH CONFERENCE 2014

3. Significant Contributions / Outputs In Public Health

CURRENT POSITION (MENTAL HEALTH) – present

1.	Mental Health Programme in Schools	Facilitator at Ministry level
2.	KOSPEN PLUS-Mental Health at Workplace	Contributor and Co-Editor
3.	National Mental Health Action Plan	Contributor and Editor
4.	Mental Health Promotion and Advisory Council (Majlis Penasihat Promosi Kesihatan Mental)	Secretariat
5.	World Mental Health Day national level	Coordinator MOH
6.	National Women Health Action Plan	Contributor
7.	Mesyuarat Pra Bengket Technical Working Group(Twg) Bagi Pembentukan Pelan Tindakan Pembangunan Kesihatan Belia	Contributor
8.	Decriminalizing Suicide Seminar with various stake holders	Coordinator

9.	TWG for Asia Pacific Research on Mental Health	Contributor
10.	National Guideline for Mental Health Psychosocial support to Disasters	Contributor and Co-Editor

GLOBAL CONTRIBUTIONS

1. WHO GLOBAL ACTION PLAN ON DEMENTIA- INTERNATIONAL CONTRIBUTOR
2. White paper contribution on The APEC White Paper on Workplace Mental Health and Safety -Contributor

OTHER ACADEMIC/TECHNICAL ACTIVITIES

1. Mental Health Promotional Activities –World Mental Health Day 2016-2019 Planning and Coordination
3. Panelist in forum discussion: “Emosi Mantap Akal Sejahtera (EMAS) – Community Mental Health Awareness
4. Providing inputs on mental health for Minister’s speeches, WHO, NGO’s, Parlimen and Press (media)

PRESENTATIONS (LOCAL AND INTERNATIONAL LEVELS)

1. Presentation for NCD actions on Workshop on National Action Plan for Womens Health (August 2016)
2. Presentation on Enablers and Challenges to Dementia at WHO-Workshop on Global Action Plan on Public Health Response to Dementia at Jakarta (November 2017)
3. Presentation on ‘Sociocultural differences to disordered eating among rural and urban school in Selangor’.46TH ASIA PACIFIC ACADEMIC CONSORTIUM FOR PUBLIC HEALTH CONFERENCE 2014
4. Poster Presentation at the 45th Asia Pacific Conference of Public Health ‘ Validation on the BM version of the Sociocultural Pressure Scale’
5. Presentation on Community Mental Health at the Workshop on best practices for community-based mental health services *on 30 April–1 May 2019 at the Grand Hyatt Incheon, Incheon, Republic of Korea.*

TRAINING AND MENTORING

1. Conducting training sessions for Mental Health at workplace both private and public organizations
2. Conducting visits to primary health care and schools to check and mentor on the mental health programs around the country

OTHER CONTRIBUTIONS / INVOLVEMENT

- 1. Catholic Doctors Association Malaysia (CDAM) : member 2009 - present**
- 2. PIBG Sekolah Rendah Kebangsaan Assunta 2 – committee member 2016-present**
- 3. Providing Free Health check up to Refugee Schools in Kuala Lumpur through CDAM**
- 4. PJ HALF Marathon 2016**
- 5. KUANTAN HALF 21km MARATHON 2017**
- 6. MYHART in ACTION RUN 12KM 2017**
- 7. SAVE THE BORNEO ELEPHANTS RUN 10km 2015**
- 8. PENANG BRIDGE MARATHON 21KM NOVEMBER 2017**
- 9. MOUNT KINABALU HIKE TO PEAK APRIL 2018**
- 10. MALAYSIAN WOMEN's MARATHON 2018 & 2019 -21KM Finisher**