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New Straits Times (Malaysia)

January 23, 2011 Sunday

**Chinese medicine programme at IMUhas many options**

**SECTION:** Pg. 11

**LENGTH:** 576 words

WHEN considering an undergraduate course in **Chinese** **medicine,** many prospective students enquire about career options that are available for them.

Used for generations by our multicultural community in Malaysia and based on practices that date back 5,000 years, a **Chinese** **medicine** practitioner uses Chinese herbal medicine, **acupuncture**, diet, exercise therapy, tuina, moxibusion or **cupping** to aid in a patient's healing process.

It is important for students to get a degree in Chinese medicine from a university which is accredited.

The International Medical University's (IMU) Bachelor of Science (Hons) Chinese Medicine is accredited by MQA (Malaysian Qualifications Agency).

The graduate also must complete internship training in an accredited Chinese medicine hospital.

IMU has collaborated with many partner universities in China for IMU graduates to complete this one year internship. This is needed for registration to practice with Ministry of Health once the Traditional and Complementary Healthcare Practices Bill is passed by Parliament in the near future.

Once registered with the Ministry of Health, the Chinese medicine practitioner can work in integrated healthcare in any government or private hospital or clinic.

A qualified practitioner can also open up their own clinic to practice. The Chinese medicine practitioner can further specialise in many areas like acupuncture, moxibusion, tuina, bone manipulations, Chinese classics and many other specialties like paediatrics, obstetrics and gynaecology, neurology or geriatric diseases.

With additional postgraduate qualifications, the Chinese medicine practitioner can also work as a lecturer in an institution of higher learning.

Alternatively, this practitioner can also be a researcher in an academic institution or herbal or pharmaceutical manufacturing company or be a specialist in a hospital.

At the IMU in Bukit Jalil, Kuala Lumpur, students who are interested in this course have the option to complete the entire four-year Chinese medicine programme at IMU or transfer part of the programme to one of the university's partners in Australia or China.

Through this arrangement with the partner universities, IMU's Chinese medicine students wishing to move on to one of these partner universities will receive academic credits for the subjects they have successfully completed in IMU and use these towards the completion of their degree.

Partner universities for this programme are RMIT University, Melbourne, Australia, Shanghai University of TCM, China, Shandong University of TCM, China and Guangzhou University of TCM, China.

Under this collaboration, students will study up to three years at IMU and then spend the second part of their programme at one of these partner universities, where they would graduate.

Partner universities in China, mentioned above, together with the Beijing University of Chinese Medicine have also agreed to take IMU graduates for the one-year internship required by the Malaysian government for registration as a Chinese medicine practitioner.

The Chinese medicine programme in IMU is also accredited by the Ministry of Higher Education and taught in a medical university which also offers medical and health sciences programmes.

The first intake for the Chinese medicine programme is in February.

Applications are now open and the IMU welcomes students with pre-university qualifications to join.

For more information, call 03-27317272 or visit www.imu.edu.my

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New Straits Times (Malaysia)

May 12, 2010 Wednesday

**Learn Chinese medicine at MSU**

**SECTION:** LOCAL; Pg. 15

**LENGTH:** 751 words

MEDICINE is not all about modern treatments but encompasses other methods to cure patients.

Traditional medicine is one alternative, offering patients an alternative such as **traditional** **Chinese** **medicine,** whose efficacy has long been recognised.

**Traditional** **Chinese** **medicine** today exists side by side with Western medicine. It comprises herbal treatment, **acupuncture**, diet therapy and massage.

The practices are based on observing and adapting to nature, the universe as well as the human body, which has been studied for thousands of years.

The concept of balance such as ying and yang, the circulatory system, organ theory and the likes are emphasised.

In traditional Chinese medicine, among its mainstay practices are:

Acupuncture, which is derived from Latin acus (needle) and pungere (to prick), is a procedure where practitioners insert fine needles into various points of the body to increase energy (qi) flow and balance in the body.

Diet therapy, which is the recommended diet according to the needs of individual patients based on the five elements theory of Chinese herbalism. A balanced diet helps the healing process.

Herbal medicine, which is regarded as the basic therapeutic model of internal medicine. It also enhances the immune system.

Cupping, a type of massage where reverse pressure is generated.

Public recognition of traditional Chinese medicine has not only strengthened the field of alternative medicine but also provide individuals with career opportunities.

Realising the prospects, the Management & Science University (MSU) has taken the lead in offering a programme in Traditional Chinese Medicine at the diploma and bachelor levels.

Introduced last year under the Faculty of Health and Life Sciences (FHLS), the programme is in collaboration with Beijing University of Chinese Medicine, which has expanded the international cooperation between MSU and foreign institutions of higher learning.

Students are exposed to various recognised Chinese medical techniques.

The programme's experienced and well-trained teaching staff also ensure students cope well with their theory and practical lessons.

A conducive training and certified modules are some of the "extras", apart from a comprehensive and systematic learning system.

Love for pharmacy keeps Elsa going.

ELSA Azzelia Ahmad chose to study pharmacy at the Management and Science University (MSU) because she had full confidence in its experienced teaching staff and practical up-to-date learning approach.

"My deep interest in pharmacy has been a great encouragement in coping with the workload.

"I take the challenges positively and regard them as new experiences that will enhance my career," said the 23-year-old Kuala Lumpur-born lass.

She has been attached with the Pharmacy Department of University Malaya Medical Centre since 2008.

Elsa's ability to rise to the occasion could be attributed to the exposure she received at MSU.

For example, she was involved in community activities such as the mentor-mentee programme with orphans.

"The experience has brought me closer to society which is also beneficial as the scope of my work involved the community.

"It has enhanced my communication skills. MSU's learning system is unique as lecturers and students are like a family," she said.

"The mentor-mentee programme has motivated me and my colleagues, as well as assisted us in making our career choice."

Although busy with work, Elsa strives to enhance her soft skills by becoming the assistant chief editor of the Universiity Malaya Medical Center staff union bulletin.

"Being involved in the bulletin's publication allows me to communicate with staff at all levels. The experience is valuable," she said.

Elsa sees pharmacy as a career with a lot of potential because the demand for pharmacists is high.

Upon graduation and before joining UMMC, she worked at a polyclinic in Shah Alam to gain experience.

The stint has exposed her to realities in the working world.

Elsa credits her parents, lecturers and colleagues as her source of inspiration and motivation to excel.

"They have given me a lot of encouragement during some difficult times, which I appreciate very much."

MSU offers bachelor and diploma programmes in various disciplines that meet industry demand such as medicine, biomedical sciences, optometry, pharmacy, nursing and medical assistant.

( END )

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New Straits Times (Malaysia)

November 3, 2006 Friday

**Traditional ways can work with Western methods**

**BYLINE:** Wong Pei Chen; Santha Oorjitham

**SECTION:** LOCAL; Pg. 11

**LENGTH:** 329 words

A STROKE patient is being given **acupuncture** treatment in the **traditional** **Chinese** **medicine** wing on the second floor of Tung Shin Hospital in Kuala Lumpur.

Over at the Western wing, a patient is prescribed Western medicine only for the same ailment. Nearby, another patient is taking Western medicine before going for **acupuncture** at the Chinese wing.

Tung Shin, which was set up in the late 19th century, opened 12 traditional Chinese medicine wings in February this year - with physicians trained in a range of fields, including acupuncture, orthopaedics, oncology and gynaecology.

And although the 15 traditional Chinese doctors and 37 Western-trained doctors operate separately in different wings, the hospital does offer integrated medicine.

Lam Wah Ee Hospital in Penang, however, has opted not to integrate - for now.

Tung Shin's Chinese Medical Department head Professor Zhao Tian Yong says they don't exchange opinions about a patient's condition or plan treatment together. But they do suggest appropriate treatments to their patients.

As an oncologist, he recommends surgery and chemotherapy to his patients if they need it, but he also uses traditional Chinese medicine which, he says, can protect the patient and reduce side effects of chemotherapy such as thirst.

"This also happens in the Western Medical Department. Their doctors will recommend coming here if they feel traditional Chinese medicine is more suitable for them," he says.

At Lam Wah Ee Hospital, medical superintendent Datuk Dr Yip Kok Thye says his Western division and the traditional Chinese division do not recommend or refer patients to each other, "but they are free to move to either side on their own accord".

Yip is cautious about combining both schools of treatment.

"We need more information and very good clinical trials on whether integrated medicine works and complements Western treatment," he warns.

The Ministry of Health is taking the right step by conducting a pilot project first, he says.

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New Straits Times (Malaysia)

August 22, 2010 Sunday

**Meet Dr Zubir, the acupuncture advocate**

**SECTION:** Pg. 12

**LENGTH:** 476 words

PEKAN: **Acupuncture** and **cuppings** in the armed forces?

There were many puzzled glances over a banner proudly proclaiming the first-ever free health clinic offering **acupuncture** and **cupping** by the armed forces here yesterday.

Many visitors to the presentation ceremony of Hari Raya cookies to the serving military men at the Pekan Umno building, were again taken aback when they came in and saw a lone Malay army doctor performing the treatments, traditionally the domain of the Chinese.

After two years of offering traditional Chinese medicine (TCM) as a complementary treatment at the military hospitals, Colonel Dr Zubir Ahmad who heads the first-ever Acupuncture Clinic at the Armed Forces Hospital in Section 2, Wangsa Maju, Kuala Lumpur, is used to these reactions.

Dr Zubir who studied the subject for a year in 2007 at a TCM university in Shanghai, said he was honoured to be given the chance to pioneer the treatment at the military hospitals.

"The clinic offers pain management therapy for patients with chronic pain and the treatment of acupuncture and cupping are either given as complementary or as an alternative medicine.

"Since we opened in April, we have received many referrals from our specialist clinics at the hospital and from government hospitals nearby," said Dr Zubir, who heads the four-member team at the clinic.

The 52-year-old father of five, with 25 years of service, said his interest in TCM stemmed from his frustration with modern medicine which mainly promoted the use of painkillers to manage pain.

However, it took some doing for him to convince his superiors to allow him to go for the one-year training, with a grant from the Chinese People's Liberation Army.

Since the grant only covered the fee and allowance, he had to seek additional funding from the armed forces.

"I was the only Malaysian in the class of 35 and I had to rely on a translator. It was hard at first as TCM is completely different from modern medicine.

"Some of my colleagues thought I was crazy for wanting to study TCM at my age as I was 49 at the time but luckily my family supported me.

"I had to re-tune my way of thinking but it was worth it when I saw patients with chronic pain like osteo-arthiritis gradually reduce their visits after treatment."

Dr Zubir who went on to prescribe a blend of modern and TCM after his return, said the idea of an acupuncture clinic was mooted by Armed Forces Health Medical Services director-general, Lieutenant-General Datuk Seri Dr Sulaiman Abdullah last year.

"Our clinic is small with only two beds and our services are limited as I am the only one who can perform the acupuncture and cuppings.

"The number of patients is limited to eight people per day and so far we've had 98 patients from referrals.

"I hope there will be other army doctors who will be interested in studying TCM so we can expand the operations."

( END )

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