Transforming Mental Health: Managing Transitions

18th Malaysian Conference on Psychological Medicine
1st Asian Federation of Psychiatric Associations Regional Meeting
22nd - 24th May 2014 | Kuala Lumpur, Malaysia
Sheraton Imperial Kuala Lumpur
Dear Friends and Colleagues,

The Malaysian Psychiatric Association has been organising its annual conference for the past 18 years. We have seen various collaboration, with the ASEAN Federation of Mental Health, CINP and now we are working together with the 1ST Asian Federation of Psychiatric Associations (AFPA) Regional Meeting which will be held at the Sheraton Imperial Hotel, Kuala Lumpur from 22nd-24th May 2014. We hope this congress will provide more opportunities to strive towards greater local, regional and international collaborations for enhancing mental health services, education and research.

The theme of the congress “Transforming Mental Health: Managing Transition” was chosen to emphasize the future direction of mental health services. Over recent years, there has been tremendous therapeutic advancement and service transformation in the mental health care. This transformation will demand shared learning among countries, and the deployment of innovations suitably adapted for local needs. Thus, moving forward we must devote all resources to bring about awareness and detailed attention in order to create a harmonious transition at the level of the individual, community and nation for a more effective and comprehensive mental health care.

I have great pleasure to welcome you all to the vibrant and exciting city of Kuala Lumpur. The organising committee have been working hard to come up with an exciting scientific programme with the help of our Asian colleagues. Furthermore, the excitement of Visit Malaysia Year 2014 is a great opportunity for all of you to explore some of the sights and sounds of Kuala Lumpur, which has a mixture of various cultures and showcases the diversity of Malaysia. Do come and join us for an enriching learning experience and please enjoy your stay.

SELAMAT DATANG & A Warm WELCOME to Kuala Lumpur!

Thanking you…

Yours sincerely,

Dr Abdul Kadir bin Abu Bakar
President, Malaysian Psychiatric Association & Organising Chairman

Dear Asian colleagues,

Asia comprises 60% of the world’s population. Many people are suffering from mental disorders. Forming a unified platform to promote scientific communication among all concerned in the Asian region is necessary. The Asian Federation of Psychiatric Associations (AFPA) was thus established for this network.

Previously, AFPA held its biennial congress called the World Congress of Asian Psychiatry (WCAP). At the WCAP 2013 in Bangkok, the AFPA decided to hold its regional meeting (RM) in the years between the WCAP. So, the 2014 Regional Meeting of AFPA will be the first RM and will be held in Kuala Lumpur (KL) which is one of the major cross roads of Asia.

Many prominent speakers from the Asia Pacific region have been invited to contribute at this particular regional meeting. The theme of the meeting is “Transforming Mental Health: Managing Transition” and will be very up-to-date on the current situation. The first AFPA-RM will be an excellent opportunity for Asian psychiatrists and mental health workers to share their experiences on managing mental health in this transition period.

Lastly, I would like to express my sincere thanks to our local host, the Malaysian Psychiatric Association (MPA), especially to Dr. Abdul Kadir Abu Bakar who is the current MPA President and also the Secretary General of AFPA. With his past experiences in the MPA in organizing many international congresses and regional meetings, I am sure that the first AFPA-RM in conjunction with the 18th Malaysian Conference on Psychological Medicine (MCPM) will be a big event and a fruitful meeting.

The year 2014 is also the Visit Malaysia Year which is the nation’s biggest and grandest tourism celebration. The co-occurring event will be a memorable experience for the participants of AFPA-RM. I look forward to meeting you at this regional meeting in KL on 22-24 May 2014.

Yours sincerely,

Prof Pichet Udomratn, M.D
President, AFPA (2013-2015)
# Pre conference Workshop

**22nd May 2014 (Thursday)**

## Workshop 1 - WAPR

**Psychosocial Rehabilitation in Asia**

- **8.00am** Introduction
  Developing Psychosocial Rehabilitation (PSR) Services in Asian Region
  - Dr Afzal Javed (UK) & Prof Pichet Udomratn (Thailand)

- **8.30am**
  Needs and Opportunities for PSR in Asian Region
  - Prof Mohan Isaac (Australia)

- **Developing Models of PSR Service Provision**
  - Prof T Murali (India)

- **10.00am** Tea Break

- **10.30am**
  Service Delivery - What Works and Does Not Work - The Malaysian Perspective
  - Dr Abdul Kadir Abu Bakar (Malaysia)

**PSR for Urban and Rural Models**
  - Dr Yongyud Wongpiromsarn (Thailand)

- **12.00pm** Lunch

- **1.30pm**
  Developing Teaching & Training Modules in PSR
  - Prof M. Thirunavukarasu (India)

**Psychosocial Rehabilitation for Special Groups**
  - Dr Maria Tomasic (Australia)

- **Involvement of Patients, Carers and Families in PSR Programmes**
  - Prof Nalaka Mendis (Sri Lanka)

- **4.00pm**
  Discussions / Recommendations
  - Prof Lourdes Ladrado-Ignacio (Philippines)

- **4.30pm** Launching of WAPR – MPA Chapter

## Workshop 2

**Physical Therapy in Psychiatry**

- **8.00am** Registration

- **8.30am**
  An overview of Transcranial Magnetic Stimulation (TMS) - Prof Mohd Fadzillah Abd Razak (Malaysia)

- **9.15am**
  TMS in Depression - Prof Mohd Fadzillah Abd Razak (Malaysia)

- **10.00am** Demonstration of TMS
  - Prof Mohd Fadzillah Abd Razak & Mr Berinoe Rojey (Malaysia)

- **10.15am** Tea Break

- **10.30am**
  ECT Dosing and The Machine
  - Dr Chee Kok-Yoon  (Malaysia)

- **11.15am**
  ECT and Concomitant Medications
  - Dr Shane Varman (Malaysia)

- **12.00pm** Maintenance and Continuation ECT
  - Prof Chittaranjan Andrade (India)

- **12.45pm** End of course

## Workshop 3 – AFPA

**Writing Scientific Paper**

- **8.00am** Registration

- **8.30am** Introduction
  - Prof Hatta Sidi (Malaysia) (Chairperson)

- **8.45am**
  Writing a Clinical Paper & Journal Selection
  - Prof Shigenobu Kanba (Japan)

- **9.00am** How to Write - Part 1 (Title, Abstract, Introduction)
  - Prof Shigenobu Kanba (Japan)

- **9.40am** How to write - Part 2 (Writing Methodology, Presenting Result)
  - Prof Winston W. Shen (Taiwan)

- **10.20am** Tea Break

- **10.45am** How to write - Part 3 (Writing Discussion)
  - Prof Winston W. Shen (Taiwan)

- **11.25pm** Preparing and Submitting your Manuscript
  - Prof Hatta Sidi (Malaysia)

- **11.45am** Dealing with Editors and Reviewer’s Comment
  - Prof Winston W. Shen (Taiwan)

- **12.00pm** Problems and Challenges in Publishing
  - Prof Hatta Sidi (Malaysia)

- **12.15pm** Q & A

- **12.45pm** End of Session

## Workshop 4

**Practical Psychopharmacology**

- **1.30pm** Registration

- **2.00pm**
  Psychotropic Drug Interactions in Patients with Ischemic Heart Disease
  - Prof Chittaranjan Andrade (India)

- **3.30pm** Tea Break

- **3.45pm**
  Psychotropic Drug Interactions in Patients with Schizophrenia
  - Prof Chittaranjan Andrade (India)

- **5.15pm** Discussion / Closing

## Other Events

- **5.00pm** AFPA EC, Council & Board Members Meeting

- **6.30pm** Cocktail Reception - AFPA with MPA Committee and Presidents of National Societies
## Conference Day 1
### 23rd May 2014 (Friday)

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>7.30am</td>
<td>Registration</td>
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</table>
| 8.30am | **Welcome Address** - Dr Abdul Kadir Abu Bakar (President of MPA) & Prof Pichet Udomratn (President of AFPA)
         | **AFPA Lifetime Achievement Award Presentation** - Prof Naotaka Shinfuku (Japan) & Prof Lourdes Ladrido-Ignacio (Philippines) |
| 8.50am | **Keynote Address 1** - Transforming Mental Health in Asia - Prof Naotaka Shinfuku (Japan)
         | Chairperson: Prof Pichet Udomratn (Thailand)                                                |
| 9.10am | **Keynote Address 2** - Disaster Mental Health in Asia - Prof Lourdes Ladrido-Ignacio (Philippines)
         | Chairperson: Dr Abdul Kadir Abu Bakar (Malaysia)                                           |
| 9.30am | **Plenary 1:** Patient and Treatment for Major Depressive Disorders: Connecting the Dots - Dr Ting Joe Hang (Malaysia)
         | Chairperson: Dr Yen Teck Hoe                                                                |
| 10.15am | **Tea Break**                                                                               |
| 10.45am | **Plenary 2:** Restoration of Emotions to Improvement of Functioning: Clinical Implications - Prof Thomas C. Baghai (Germany)
         | Chairperson: Dr Salina Mohamed                                                              |
| 11.30am | **Plenary 3:** Treatment Options in Bipolar Disorder: A Question of Balance - A/Prof Ng Chong Guan (Malaysia)
         | Chairperson: Dr Rahima Dahlan                                                               |
| 12.15pm | **Lunch Symposium:** Social Functioning as a Variable Outcome for Schizophrenia - Dr Afzal Javed (UK)
         | Chairperson: Dr Cheah Yee Chuang (Malaysia)                                                 |
| 12.45pm | **Lunch**                                                                                 |
| 2.30pm | **Symposium 1:** AFPA
         | **Transforming Teaching Psychiatry in Asia Pacific** - Chairperson: Prof Ahmad Jallili (Iran)
         | **Recruitment into Psychiatry Training in Australia and New Zealand** - Co-chairperson and Speaker: Prof Murray Patton (New Zealand)
         | **Should Leadership Development Form An Integral Component of Psychiatrists’ Training In Asia-pacific?** - Prof Mohan Isaac (Australia)
         | **Psychiatry Training in Asia and Pacific- Overcoming The Challenges Confronting Reforms** - Prof Nalaka Mendis (Sri Lanka)
         | **Learning About Learning – Cutting Edge in Education and Training in Psychiatry** - Dr Raja Natarajan (UK) |
| 4.00pm | **Symposium 2:**
         | **Psychogeriatric - Transforming Elderly Mental Health Services in Asia** - Chairperson: Dr Suraya Yusoff (Malaysia)
         | **Reducing The Use of Anti-psychotics in Dementia: Are We There Yet?** - Dr Suraya Yusoff (Malaysia)
         | **From Tynemouth To Jb: A Model of Community Mental Health Team for Older People** - Dr Kartini Mohd Nor (Malaysia)
         | **Innovate Dementia Diagnosis : Convergence of Technology and Medicine** - Prof Suh Guk Hee (Korea)
         | **Evolution of Dementia - The New DSM-5 Neurocognitive Disorder** - Prof Masatoshi Takeda (Japan) |
| 6.00pm-7.30pm | **Symposium 4:** Together In Transforming The Care for Mentally Ill: The Role of Allied Health Professionals - Chairperson: Dr Siti Hazrah Selamat Din (Malaysia)
         | **Creating Work – The Social Enterprise Way** - Encik Zullydee Saiman (Malaysia)
         | **Supported Employment- A Model of Good Care** - Dr Siti Salwa Ramly (Malaysia)
         | **Managing Aggressive Patients Using Minimally Intrusive Options – No Physical Restraint** - Matron Nor Dalia Ahmad (Malaysia) |
|          | **Free Paper 1**
         | **Judges:** - A/Prof Ramli Musa - A/Prof Normala Ibrahim - Dr Tuti Iryani Mohd Daud (Malaysia) |
|          | **Free Paper 2**
         | **Judges:** - A/Prof Ng Chong Guan - A/Prof Azlin Baharudin - Dr Chee Kok Yoon (Malaysia) |

**Asia-Pacific Mental Health Forum – RANZCP (first session) until 4.00pm**
Conference Day 2
24th May 2014 (Saturday)

8.00am  Plenary 5: Transforming Elderly Mental Health Services in China - A Model for Asia - Prof Helen Chiu (Hong Kong)
Chairperson: Dr Suraya Yusoff

8.45am  Plenary 6: Moving Towards Early Detection and Diagnosis of Dementia - Dr José L Molinuevo (Spain)
Chairperson: Dr Suraya Yusoff

9.30am  Plenary 7: Advances in Mood Disorder: When 2 is Better Than 1 - Dr Ang Jin Kiat (Malaysia)
Chairperson: Dr Siti Hazrah Selamat Din

9.30am  Asia-Pacific Mental Health Forum- RANZCP (second session) until 12.45pm

10.15am Tea Break

10.45pm Symposium 5: AFPA
Prescribing Antidepressants in Asia: Results from The Real World Settings
Chairperson: Prof Naotaka Shinfuku (Japan)
Overview and History of REAP-Antidepressants Collaboration
- Prof Naotaka Shinfuku (Japan)
Reap-antidepressants: Age and Country Variations in Depressive Symptom Profile in Asia
- Dr Chee Kok Yoon (Malaysia) (Co-Chairperson)
Trend of Antidepressant Prescription in Japan
- Dr Yuma Ogushi (Japan)
Prescription Pattern of Antidepressants in India: A Multi-centric Study
- Prof Roy Abraham Killiavallyal (India)

11.45pm Symposium 6:
Psycho-oncology – A New Approach in Cancer Care
Chairperson: Prof Nor Zuraida Zainal (Malaysia)
Psychosocial Issues in Breast Cancer Survivors
- Prof Nor Zuraida Zainal (Malaysia)
Depression in Cancer Patients
- A/Prof Ng Chong Guan (Malaysia)
Mindfulness-based Supportive Therapy (MBST) – A Palliative Psychotherapy to Address Suffering in Palliative Care
- Dr Tan Seng Beng (Malaysia)

12.00pm Plenary 8: Gateway to Improving Patients’ Outcome - Latest Innovation in Opioid Dependence Treatment - Dr Philip George (Malaysia)
Chairperson: Dr Rusdi Abd Rashid

12.45pm Lunch Symposium: The role of Noradrenaline and Dopamine in The Treatment of Major Depressive Disorder - Prof Lourdes Ladrido-Ignacio (Philippines)
Chairperson: Dr Rajinder Singh (Malaysia)

2.00pm Symposium 8: AFPA
Disaster Mental Health
Chairperson: Prof Mohamed Hatta Shaharom (Malaysia)
Cultural and Other Sensitivities In Disaster Relief
- Prof Mohamed Hatta Shaharom (Malaysia)
Developing Post-Disaster Mental Health Service System in Indonesia: Where are We Now and How to Scale it Up
- Dr Albert Maramis (Indonesia)
Psychosocial Intervention after Supertyphoon Yolanda: The Iloilo Experience
- Dr Japhet Fernandez De Leon (Philippines)

2.00pm Symposium 9:
Sleep-Related Problems - Healthy Sleep, Healthy Living
Chairperson: Dr Rusdi Abd Rashid (Malaysia)
Electroacupuncture as Adjunctive Therapy in Managing Sleep Problems and Opiate Withdrawal Among Methadone Patients During Induction Phase
- Dr Rusdi Abd Rashid (Malaysia)
Management of Primary and Secondary Insomnia
- Prof Syed Hassan Syed Ahmad Al Mashoor (Malaysia)
Sleep and Heart Diseases
- A/Prof Imran Zainal Abidin (Malaysia)
Use of Biotinil (Chinese herbs) for Managing Sleeps Problems
- Prof Rusli Ismail (Malaysia)

3.30pm Free Paper 3
Judges: Prof Maniam Thambu, A/Prof Normala Ibrahim, Dr Tuti Iryani Mohd Daud (Malaysia)

3.30pm - 5.30pm Free Papers And Poster Presentation Winner Announcement & Closing Ceremony
### Congress Location

**Sheraton Imperial Kuala Lumpur Hotel (Conference Hotel)**

<table>
<thead>
<tr>
<th>Room Type</th>
<th>Room Rates (Single)</th>
<th>Room Rates (Double)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deluxe Room (ROH)</td>
<td>MYR 390.00++ per room per night (with daily buffet breakfast)</td>
<td>MYR 430.00++ per room per night (with daily buffet breakfast)</td>
</tr>
<tr>
<td>Executive Club Room</td>
<td>MYR 590.00++ per room per night (with daily buffet breakfast &amp; Club Benefit)</td>
<td>MYR 650.00++ per room per night (with daily buffet breakfast &amp; Club Benefit)</td>
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</tbody>
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*Note: Please kindly fill up the Hotel Reservation Form and fax to +60 3 2717 9955 (secure fax) or email to SIKL.Res@starwoodhotels.com*

*Any inquiry please contact Sheraton Imperial KL at +60 3 2717 9889*
18th Malaysian Conference on Psychological Medicine & 1st Asian Federation of Psychiatric Associations Regional Meeting
"Transforming Mental Health: Managing Transitions"
22nd - 24th May 2014       Sheraton Imperial Hotel, Kuala Lumpur

HOTEL RESERVATION FORM

Please fax or email this booking form to the fax number and email address stated below to secure your room by 5th May 2014. Booking after the cut-off date is subject to room availability at time of booking.

(A) Particulars

* First Name       Surname
* Company       *Designation / Position
* Business Address
* City       State       Country
* Nationality       * Passport No.    Date of Birth                  (y)           (m)          (d)
* Telephone No.       Fax Number / Email add.

(B) Flight Details

Arrival Date      May 2014  Flight number   ETA
Departure Date       May 2014 Flight number    ETD

(C) Room Details

Room Type                Room Rates (Single)                            Room Rates (Double)
Deluxe Room (ROH)   MYR 390.00++ per room per night   MYR 430.00++ per room per night
Executive Club Room   MYR 590.00++ per room per night   MYR 650.00++ per room per night
Smoking         Yes (         )          No (        )

TERMS & CONDITIONS
• The above room rates are subject to 10% service charge & 6% government tax per room per night.
• Rates are inclusive of Breakfast and Internet Access for Deluxe Room.
• Rates are inclusive of Sheraton Club Benefits for Executive Club Room.
• The rates are applicable 3 days prior and 3 days after the main event date which is 21 – 24 May 2014.
• An early arrival or extension of stay will be charged at promotion or corporate rate (whichever is lower).
• Should there be no-show on the day of arrival or early departure after check-in, a charge equivalent to entire stay will be charged.

(D) Airport Transfer (Hotel Limousine)

Arrival transfer @ MYR 190 nett per car per way Yes (  )  No (   )
Departure transfer @ MYR 190 nett per car per way Yes (  )  No (   )
Note: 50% Midnight surcharge apply to transfer between 12am to 6am

TERMS AND CONDITIONS
No bookings will be accepted without credit card details. In the event of no-show or cancellation within 14 days prior to arrival for a guaranteed booking, full length of stay will be charged. Check-in time is after 1500 hours and check out is before 1200 hours. Half-day room charge will apply for late check out till 1800 hours. Rooms occupied beyond 1800 hours will be charged a full-day rate.

FOR HOTEL USE ONLY

Reservation Center       Sheraton Imperial Kuala Lumpur
Facsimile No :  + 60 3 2717 9955 (secure fax)
Tel :         + 60 3 2717 9889             E-mail :   SIKL.Res@starwoodhotels.com

Reservation Status       Confirmed       Yes / No
Waitlisted       Yes / No
Confimation number
Remarks
Date and Hotel stamp
18TH MALAYSIAN CONFERENCE ON PSYCHOLOGICAL MEDICINE

Organizing Chairman
Dr Abdul Kadir Abu Bakar

Treasurer
Prof Marhani Midin

Committee member
Dr Abdul Kadir Abu Bakar
Prof Mohd Fadzillah Abdul Razak
Dr Suraya Yusoff
Prof Marhani Midin
A/Prof Nik Ruzyanei Nik Jaafar
Dr Hazli Zakaria
Mr Rajinder Singh
Dr Chee Kok Yoon
Dr Rusdi Abdul Rashid
Dr Yen Teck Hoe
Dr Rajinder Singh
Dr Johari Khamis

Publication
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A/Prof Suriati Mohamed Saini

Social Programme
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Mr Rajinder Singh

Secretory
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Publicity & Protocol
Dr Suraya Yusoff
Dr Chee Kok Yoon

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Mdm Sabedah Osman

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Please email abstract to A/Prof Suriati
Email Address:
suriati@medic.ukm.my / drsuriati@gmail.com / suriati.saini@yahoo.com.my
Deadline: 30TH April 2014

Note:
• Abstract should be submitted in English following international scientific writing IMRAD method with Times New Roman 12 fonts, 1.5 spaced and 300 words maximum.
• Please indicate whether abstract submission is for oral or poster presentation.

For further information, please visit our website at
www.psychiatry-malaysia.org

Or kindly contact:
Email Address: 2014MCPM@gmail.com