

MSOExpress

Contents

Personality Focus:
The Journey from
an Ophthalmologist
to an Oculoplastic
Surgeon

Page 3

BOSS—Borneo
Ophthalmic Surgical
Symposium

Page 6

Tribute to Dr Zainal
bin Mohamad

Page 8

MALAYSIAN SOCIETY OF OPHTHALMOLOGY

Unit #UG33 PJ Midtown
Jalan Kemajuan, Seksyen 13
46200 Petaling Jaya, Selangor.

03-7931 8728 / 012-240 3318
admin@mso.org.my
msophth@gmail.com



Dear MSO members,

In the span of 3 months since the last edition, time seemed to have stood still, yet passed by so quickly at the same time. The nation was put under a Full Movement Control Order (FMCO) since June 1 due to the unprecedented number of cases and deaths due to Covid-19, with many new Variants of Concern (VOC). Schools were closed, and offices were restricted in the number of staff allowed at any one time. Cabin fever is real. The struggles faced by the rakyat to make ends meet is a sobering reminder of the untold damage caused by this pandemic. Our hearts go out to the families of those who have lost their loved ones directly or indirectly due to Covid-19.

Healthcare workers have trudged on bravely for more than a year now, but this recent wave of sicker patients and greater infectivity is something we are still coming to terms with. In the midst of fighting the pandemic, many of our frontline doctors (our contract medical officers) are faced with the prospect of losing their jobs in a few months' time once their contract ends.

The Malaysian Medical Association (MMA) has started a movement in solidarity with our contract healthcare workers (HCWs). The "Code Black" movement aims to raise awareness of the plight of our contract HCWs in the hope that an amicable solution can be found quickly for the affected staff. MSO is giving our full support for this movement as the current situation will have a profound impact on the future of our healthcare system if nothing is done. We hope our members will do their part in showing support to this movement. If you are unsure how you can show your support, do get in touch with us. I believe that with each of our participation, we could create a ripple effect to mandate change.

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." - Mother Teresa

In this issue of the newsletter, we highlight the struggles and achievements of Dr Kamala Devi Lingam throughout her career in our Personality Focus. Being the pioneer oculoplastic surgeon in the country was certainly not an easy task, but our country is now reaping the benefits of her persistence and dedication to the profession. The Oculoplastic Special Interest Group (SIG) under the auspices of the MSO is one of the most active SIG, and we have to thank passionate doctors like Dr Kamala for this.

Another pioneer featured in this edition is the Borneo Ophthalmic Surgical Symposium (BOSS), the brainchild of Dr Dennis Kong who felt the need for more professional development activities for the ophthalmologists and trainees in Borneo. Did you know that it was originally called the Kuching Eye Forum? From its humble beginnings, it is now one of the most popular events involving participants from Malaysia and even Brunei. Do check out the article to know more about the history and future events by BOSS.

Lastly, we pay tribute to the late Dr Zainal Mohamad, consultant paediatrician and refractive surgeon at the Tun Hussein Onn Eye Hospital (THONEH) who sadly passed away on 7th February 2021 due to Covid-19 complications. His passing is a grim reminder how this virus is closer and deadlier than ever to each of us.

Stay safe everyone and do look out for one another!

DR TEH WEE MIN

Editor, MSO Express
Consultant Ophthalmologist
OasisEye Specialists, Seremban



PERSONALITY FOCUS: THE JOURNEY FROM AN OPHTHALMOLOGIST TO AN OCULOPLASTIC SURGEON

**Dr Kamala Devi d/o
S D Lingam**

Dr Kamala was born in Kuala Lumpur and is the eldest and only daughter for her parents. She studied in Sentul Convent and was very active in the sports field being the school player for netball, badminton and high jump. Medicine was not her first choice as she was more interested in becoming an architect or commercial artist. She enjoyed painting and making handicrafts for which she received awards in national school competitions. She studied French and took it as a subject in Senior Cambridge Examination hoping to pursue architecture in France or Australia. However, God had other plans for her.

She studied Medicine in Kasturba Medical College Manipal which included a compulsory internship and graduated in 1979. She did her housemanship in Seremban followed by medical

officers posting in Melaka whereby she worked in paediatrics department for about 1½ years and in Klinik Kesihatan of Merlimau Jasin and Sungai Rambai for about 9 months. She was then posted to Hospital Jelebu, Negeri Sembilan for 6 months and subsequently to the Eye department of Hospital Tuanku Ja'afar Seremban. She worked with the late Dr Gomathi for 1 year.

She joined the third batch of the Masters Programme of Ophthalmology UKM which she completed in 1988.

Why Ophthalmology? because it was a mixture of fine surgical skills and medicine.

She worked in Hospital Kuala Lumpur as a specialist from 1989 to 1992 during which time she started the vitrectomy service before she was transferred to Hospital Sultanah Aminah, Johor Bahru. She was then appointed as the Head of Ophthalmology service in the state of Johor from 1992 till 1998. It was a very challenging period as she had to balance her time between administrative work, upgrading clinical services, starting new eye services in the various district hospitals and training clinical specialists and Masters trainees.

She was determined to pursue a career in Oculoplastics. To her, the ophthalmologist is the best person to manage pathologies surrounding the eye or orbit instead of referring these patients out to other departments.

While in Johor Bahru she obtained a scholarship to do Oculoplastics in 1997 at the Queens Hospital in Nottingham. She then returned a year later and set up the Oculoplastic service in Hospital Kuala Lumpur. It was very tough being the first and the only one in the government service. Many of the



Dr Kamala with her masters of ophthalmology colleagues, lecturers and examiners



Dr Kamala in HSAJB with the late Dr Joseph

departments were not aware of the word “oculoplastics”. Besides, it was not easy to set up a new service at that time as budget was always an issue and priority was given to vitreoretinal services.

Responsibilities involved travelling to other parts of the country also to perform surgeries. At the same time, she was fully involved with teaching post graduates, subspeciality training, giving talks to all levels of staff and also in international meetings. Dr Hamidah Budin is her first fellow to be trained in Oculoplastics.

She was not spared to assist in administrative work and also to do her fair share of calls. When there is administrative responsibility, one has to work doubly hard to keep abreast with clinical work. She enjoyed operating especially challenges related to management of orbital tumours, lid tumours and socket reconstruction.

It was a very difficult journey for Dr Kamala – to place oculoplastics as a subspecialty in this country.



Dr Kamala at the voluntary cataract camp in Sri Lanka with Tzu Chi

She also felt lonely too as she did not have any colleagues to share or discuss doubts. That's when she joined the Asia Pacific Society of Ophthalmic Plastic and Reconstructive Surgery (APSOPRS) in Manila in the year 2000 and became the representative for Malaysia.

She took optional retirement from government service in 2001 and joined Melaka Manipal Medical College as Head of Ophthalmology till February 2008. She continued providing Oculoplastic services in Hospital Melaka. At the same time, she also started the oculoplastic services in University Hospital and Dr Zurina was the first trained in the University. Subsequently she joined International Specialist Eye Centre (ISEC) in June 2008 where she is currently still working.

The progress in Oculoplastics took place over the last 15 years in Hospital Serdang as it was recognised as the Oculoplastic centre for Malaysia.

She was very happy when she managed to organise the 1st international oculoplastic



meeting in 2009 with the support from ISEC. It was an astounding success. Currently the formation of the Oculoplastic Special Interest Group has proved to be a good platform for case discussions, organisation of meetings, post graduate teaching and international recognition. This helps to keep abreast with new developments in the various fields in oculoplastic from minimally invasive techniques to progress in the aesthetic field.

Life is not all about work. What she enjoys most is travelling and is determined to see 75% of the world. The COVID pandemic has tied her down. She has had her share of good and bad times, failures and regrets. With every bad experience she became stronger and looked at the positive side, with support from her family and friends and most of all her silent belief in God. Her father was the biggest influence in her life. She believes life is a journey with problems to solve, lessons to learn and most of all experiences to enjoy.



DR CHAN JAN BOND

Consultant Ophthalmologist & Cataract
Refractive Surgeon
International Specialist Eye Centre (ISEC)

BOSS — BORNEO OPHTHALMIC SURGICAL SYMPOSIUM

The Borneo Ophthalmic Surgical Symposium or BOSS was originally called the Kuching Eye Forum. It had its inaugural in-person meeting in Kuching in 2018 followed by the second event in 2019. The main objective of the meetings is to promote and encourage ophthalmic Continuous Professional Development (CPD) activities in the Borneo states of Sarawak and Sabah which are rather isolated from Peninsular Malaysia not just geographically but in CPD activities as well. Dr Peter Kong from Kota Kinabalu has been integrally involved and incredibly supportive since our inception in 2018. The emphasis has always been on surgical video recordings and presentations to improve the microsurgical skills of the attendees.

In 2020, due to the onset of the Covid-19 pandemic, we were forced to host the meetings on a virtual platform. This has turned out to be a blessing in disguise, as we were able to transcend physical boundaries to reach out to a wider audience and encouraged more participation from across the Straits.

The inaugural BOSS virtual meeting was held on 8 May 2020, with a theme focusing on “Capsular Problems, Management of Subluxated IOL and Yamanie IOL Fixation”. The meeting was particularly insightful for cataract surgeons facing issues with capsular bag instability and offered innovative solutions to the fixation of the intraocular lens. The panel of speakers comprised of Dr Lee Mun Wai, Dr Choong Yean Yaw and Dr Dennis Kong respectively. Dr Chin Pik Kee was the moderator.

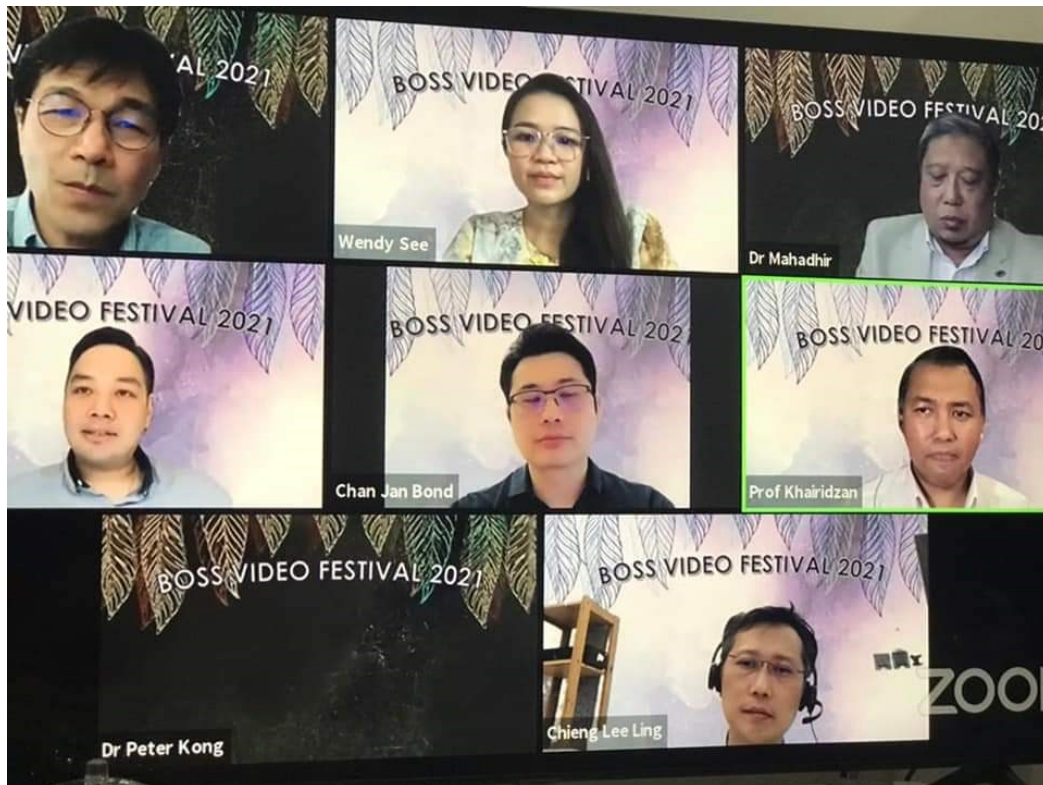
The second BOSS webinar was on the topic of “Recording, Editing and Presentations of Surgical Videos”. Held on 2 June 2020, our invited speakers comprised of a mix of local and international ophthalmologists: Dr Sarbjit Singh (India) and Dr Chan Jan Bond (Malaysia). The panelists were Dr Dennis Kong, Dr Lee Mun Wai and Dr Benjamin Ho. A lot of valuable tips and tricks were shared by the two speakers on how to optimise surgical recording settings and also editing of these videos for presentations and surgical video festivals.



The next BOSS event was the Cataract Video Festival held on 12 December 2020. It is the first dedicated cataract surgery video festival to be held in the country. It was divided into 2 sections for invited speakers and an Open category. The Open Section was a competitive video festival open to all Malaysian ophthalmologists and trainees. Many were encouraged to submit their surgical videos, and attractive prizes were up for grabs. The event was a resounding success, with 22 shortlisted video entries in the Open Section and 8 invited speaker videos. The moderators of the event were Dr Mahadhir Alhady Sulaiman and Dr Tan Niaz Ming.

Riding on the success of the first video festival, the next event held on 1 May 2021 was a general video festival called BOSS Video Festival. For the first time since its inception, we had our counterparts from Brunei participating in this event, making it a truly Borneo experience. Many interesting videos were shared, including management of persistent pupillary





membranes in a paediatric eye by our friends from Brunei. The hosts for this event were Dr Mahadhir Alhady Sulaiman and Dr Wendy See.

To enable more people to gain from these events, all video submissions and talks have been uploaded to the "Borneo Ophthalmology" YouTube channel for viewing on demand.

I would like to thank the Malaysian Society of Ophthalmology, Dr Peter Kong, Dr Choong Yean Yaw, industry sponsors and all speakers who have supported this brainchild of mine all these years and made it to what it is today.

I would also like to take this opportunity to promote the next virtual festival, which will be the BOSS MSCRS (Malaysian Society of Cataract and Refractive Surgery) Cataract Video Festival on 11 December 2021. This jointly organised event will be divided into an Open Section and a Young Ophthalmologist (YO) Section. Details of the festival has been shared by many and also posted on MSO's Facebook page. We are looking forward to a good number of video submissions and there will be prizes for the winners.



DR DENNIS KONG KET MING

Consultant Eye Surgeon and Medical Director
Eye Specialist Centre Kuching

TRIBUTE TO DR ZAINAL BIN MOHAMAD

Dr Zainal bin Mohamad
09.08.1959 – 07.02.2021

The late Dr Zainal bin Mohamad was born on 9th August 1959 at the Kajang District Hospital. From an early age, he showed an aptitude for the books as well as extracurricular activities. Enrolled in the prestigious St John's Institution in Kuala Lumpur for his secondary education, he was an active debater as well as a member of the school band. After high school, he pursued his medical undergraduate degree at Universiti Kebangsaan Malaysia (UKM) and obtained his MD (UKM) in 1985. A strong interest and an inquisitive mind led him to further train as an ophthalmologist in UKM. His willingness to impart knowledge to others led to him being appointed as a Lecturer in the Department of Ophthalmology, UKM in 1991.

He took his career to the next level by completing his fellowship in Paediatric Ophthalmology in Nottingham, United Kingdom in 1998. He then joined the Tun Hussein Onn National Eye Hospital (THONEH) in 1999, where he served as the Consultant Paediatric Ophthalmologist and Refractive Surgeon with distinction until his last day. His quiet and unassuming demeanour belie the various leadership positions that he held. Dr Zainal was appointed the Person-In-Charge in THONEH on 17th April 2015. He became the Honorary Secretary of the Malaysian Medical Association (MMA)'s Ophthalmological Society from 1994 to 1997, and he was also actively involved as a committee member of Masjid Jamilhuda in Ampang.

In his pastime, his favourite indulgences include travelling and reading. He is survived by his wife and 3 children, all of whom have successful careers as professionals.

The loss of one of our own still rattles many in the fraternity. We have lost a humble teacher and skilled surgeon. Our deepest condolences to his family. May Allah grant him a higher place in Jannah.



DR TEH WEE MIN

Consultant Ophthalmologist
OasisEye Specialists, Seremban