UNIMAS
UNIVERSITI MALAYSIA SARAWAK
FACULTY OF MEDICINE & HEALTH SCIENCES

ATRIA

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MEDICAL FMHS

Little Lives Big Care

Physical & Infectious Illness

Learning & Development Conditions

Parenting & Everyday Care

Community & Support

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FACULTY PROFILE

UNIMAS
UNIVERSITI MALAYSIA SARAWAK
FACULTY OF MEDICINE & HEALTH SCIENCES

Vision

A Global Leader in Medicine and Health Sciences Education.

Mission

To enhance the health and well-being of the global community through the pursuit of excellence in teaching, research, and strategic collaboration.

FOREWORD

Dear readers,

It is a great pleasure to see the fourth issue of ATRIA. Each edition of ATRIA has sought to highlight topics that matter deeply to our community, and this issue is no exception. In this edition, we turn our attention to those who represent our future our children.

The theme, *"Little Lives, Big Care"*, reminds us that the health and well-being of children require more than medical treatment alone. It calls for a collective commitment from families, healthcare professionals, educators, and communities to ensure that every child has the opportunity to grow, learn, and thrive.

Within these pages, readers will find a diverse collection of articles covering childhood illnesses, learning and developmental issues, parenting and caregiving, as well as the importance of early screening and timely intervention. Together, these topics highlight the many dimensions of child health and the vital role that prevention, awareness, and compassionate care play in shaping healthier futures.

At the Faculty of Medicine and Health Sciences, we remain committed to advancing health through education, research, and community engagement. By fostering greater understanding of children's health needs, we hope to contribute towards a society where every child receives the care and support they deserve.

I extend my sincere appreciation to the editorial team and all contributors for their dedication in producing this issue of ATRIA. I hope this edition informs, inspires, and reminds us of the profound responsibility we share in caring for the youngest members of our society. For in every child we nurture today lies the promise of a healthier and brighter tomorrow.

Happy reading.

Prof. Dr. Asri bin Said
Dean

Dear Readers,

This issue brings **Little Lives, Big Care** into focus, reminding us how thoughtful care can make a lasting difference in a child's life. Caring for children is not merely about treating illness; it is about nurturing growth, protecting potential, and shaping healthier futures.

There is a well-known saying, ***"It takes a whole village to raise a child."*** In medicine, that village extends far beyond the clinic walls. It includes families, communities, educators, nurses, doctors, allied health professionals, policymakers, and advocates; each playing a vital role in supporting a child's wellbeing. When this village stands united, care becomes comprehensive, compassionate, and sustainable.

This issue not only explores clinical insights and innovations, but also highlights parent sharing; powerful narratives that remind us of lived experiences, resilience, and the value of partnership in care.

As you read through this issue, we hope it gently reminds you that every role matters, and that your care, compassion, and commitment can make a meaningful difference in a child's life.

Together, let us continue offering big care to the little lives who trust us most.

Amelia Mohamad
Chief Editor

MORE THAN A FRACTURE:

Lesson in Parenting and Support

Parenthood often unexpectedly teaches us.
On 30th January 2026, my 12 years old boy, Jayden, sustained an injury to his right foot at his daycare centre after school. A heavy wooden bench accidentally fell onto his right foot, causing immediate swelling, bruises, and pain whenever he tried to stand. As a parent and a member of the medical staff, I knew this injury required urgent attention.

Dr. Lim Siong Hee
Public Health Medicine Specialist

X-ray of right foot shows fracture over proximal of fifth metatarsal bone.

Jayden was brought to an X-ray at a hospital that same evening. The imaging clearly showed an un-displaced closed fracture of the right fifth metatarsal head. Although the treatment was conservative, he was advised to avoid weight-bearing for at least 1 week or 2, and subsequent follow-up will determine the treatment plan based on the progress of healing. The expected healing period of four to six weeks for his age, provided he follows all the instructions and advice.

I was very fortunate to consult Prof. Dr. Haniza Sahdi, the UNIMAS consultant orthopaedic surgeon, who provided reassurance and appropriate management for Jayden. A backslap was applied, and initially, Jayden required crutches or a walking frame to walk. This posed challenges, as his bedroom was on level one and his classroom was located on the second floor. Prolonged absence from school could have affected his academic progress. Additionally, all his daily activities were affected. This includes simple routine self-cleaning and ambulating.

Initially ambulating using walking frame with most of the body load over the left leg which causing some muscle ache. Walking frame is not suitable for stairs and narrow space.

Medical Air Walkder boot providing stability, comfort, and pain reduction assisted ambulation. This enables him to attending school at day four of injury. This also hugely reducing the barriers of his daily activities.

After a discussion with his school principal, Ms Prisca was very kind and considerate, and promptly relocated the entire class 6.2 from the second floor to the ground floor during Jayden's recovery. At the same time, I obtained an Air Walker Boot, which immediately improved his comfort and mobility. With appropriate support, he ambulated slowly without significant pain, although stairs remained difficult.

This experience taught me that caring for a child with temporary special needs requires more than medical treatment alone. The right supportive aids, understanding educators, and timely intervention play a crucial role in reducing barriers to daily activities. With empathy and teamwork, children can continue learning while healing.

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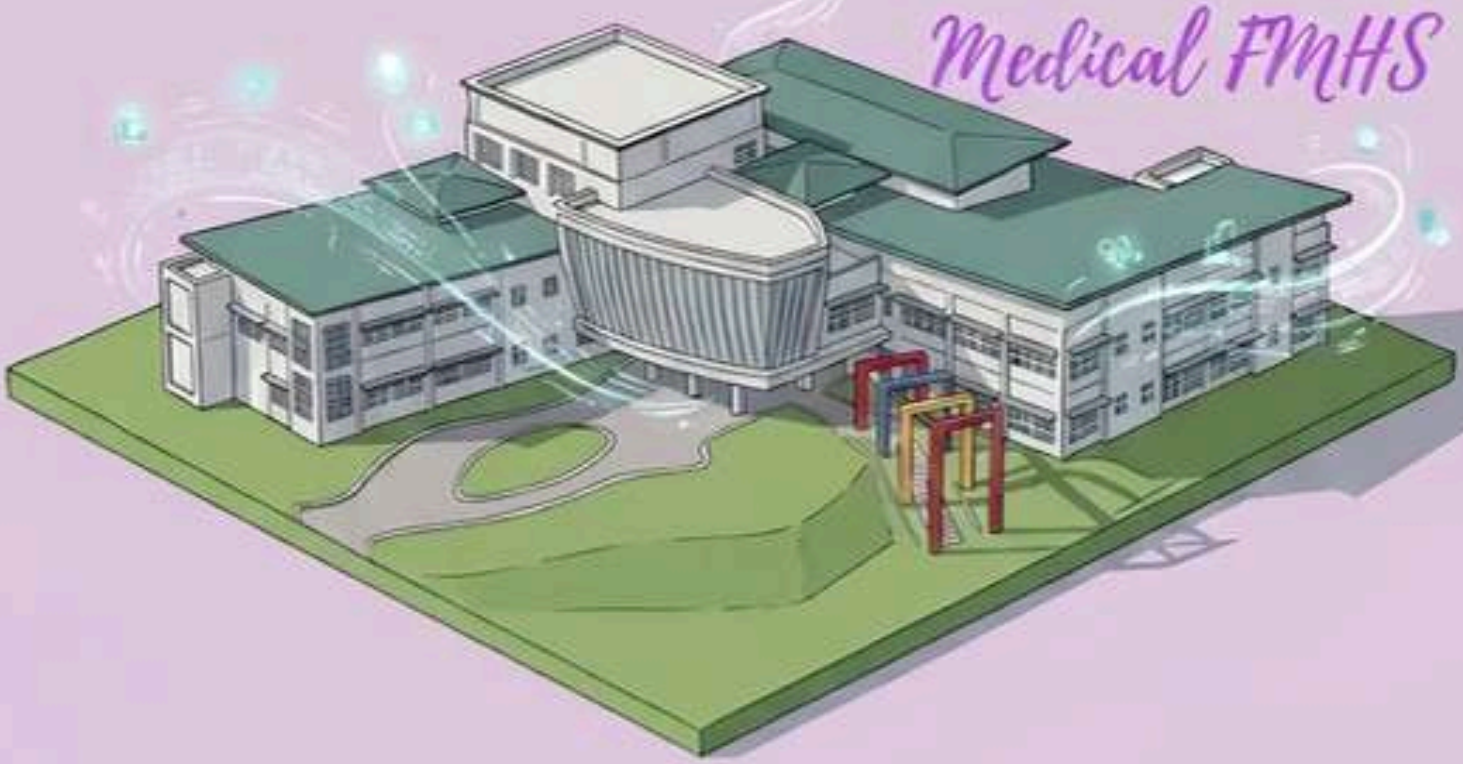
Medical FMHS



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