

OBJECTIVES

With the advent of the digital age, never before has so much information been available to so many! The 12th National Symposium on Adolescent Health aims to update health care providers and those working with teenagers on new digital technologies and its health impact on adolescents and young people. Participants will be aware of the range of issues and will be empowered to provide balanced and optimal advice and support for patients, their families and carers. The symposium will be wrapped off with a public forum on parenting skills specifically touching the role of parents in the digital age.

The symposium also serves as a platform to strengthen collaboration and cooperation between Malaysian Association for Adolescent Health with the Ministry of Health, National Population and Family Development Board, Malaysian Medical Association, Malaysian Paediatrics Association and other bodies that work with adolescents.

WHO SHOULD PARTICIPATE

- Medical Practitioners
- Psychologists / Counsellors
- Teachers, Teenagers, Parents, NGO's
- Nurses and Medical Assistants
- Other Allied Health Professionals
- All those interested in Adolescent Health

REGISTRATION

Early bird registration (before 1st March 2016)

- Medical Practitioners, Allied Health Professionals & others : RM 450
- MAAH & MMA members : RM 400

1st March 2016 onwards

- Medical Practitioners, Allied Health Professionals & others : RM 500
- MAAH & MMA members : RM 450

* Payment can be made through cheque, bank draft, local order, cash deposit or online transfer
* Please refer to the registration form for more details (Softcopy can be obtained at maah.org.my)

CALL FOR ABSTRACT :

You are invited to submit your abstract proposal to contribute to the 12th NSOAH.

Presentation format: **Oral**
Theme: **Empowering Teens in the Digital Age**
Abstracts submission deadline: **29th February 2016**

Submission Guidelines

- * Word limit for presentation titles: 30 words (in English or Malay)
- * Word limit for abstracts : 300 words (in English or Malay)
- * For presentations on empirical studies, data collection and all analyses must be completed prior to submission.
- * Abstracts cannot be modified once submitted.

ORGANIZING COMMITTEE

Dr Kamarudin Ahmad
(*Organising Committee Chairperson*)
Dr Siti Aishah Saidin
(*Scientific Programme Chairperson*)
Dr Hamizah Mohd Hassan
Dr Hargeet Kaur Basant Singh
Mr Jamal Harim Abdullah
Dr Kasturi Maniam Nair
Mr Khairuddin Aziz
Assoc Prof Dr Mohamad Haniki Nik Mohamed
Dr Mymoon Alias
Dr Nazeli Hamzah
Brig. Gen Datuk Dr. N. Rajagopal (R)

Dr Nik Rubiah Nik Abdul Rashid
Assoc Prof Dr Sajar Othman
Dr S. Saravanan
Dr Shamsul Maali
Datin Dr Sheila Marimuthu
Dr Siti Nurbaya Shahrir
Dr Trishant K. Sandhu

SECRETARIAT

Ms Norlailatul Asikin Mohamad Nor
Ms Riadhoh Sofian

ACCOMMODATION:

Participants are encouraged to stay at the symposium venue for convenience.

Please contact:

M Suites Hotel, Johor Bahru (+607-221 1000)

Please book early as rooms are subject to availability. Please indicate if you are a Government officer.

Other accommodations nearby are:

Tune Hotel Danga Bay (+607-232 9010)
Kozi Hotel (+607-238 9001)
I Leaf Boutique Hotel (+607-232 9010)
Zoom Inn Boutique Hotel (+607-237 9323)

CONTACT US:

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Organized by:



EMPOWERING TEENS IN THE DIGITAL AGE

12th NATIONAL SYMPOSIUM ON ADOLESCENT HEALTH

DATE: 1st – 3rd April 2016

VENUE: M SUITES HOTEL,
JOHOR BAHRU



In collaboration with:



PROGRAMME

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| | 31st March 2016 (THURSDAY) |
| 1700-2100 | REGISTRATION |
| DAY 1 | 1st April 2016 (FRIDAY) |
| 0700 | REGISTRATION |
| 0745 | Doa & Welcome Address |
| 0800-0900 | Plenary 1 Youth, Digital and Online Technologies — Addressing Opportunities and Challenges <i>Dr Sangeet Bhullar, Founder of Wise Kids</i> |
| 0900 - 0930 | Plenary 2 Best of the Internet for Adolescents <i>Associate Prof Dr Noor Hazarina Hashim, Lecturer & Head of E- Marketing</i> |
| 0930 -1000 | Tea Break |
| 1000-1130 | Symposium 1: #Trending S1.1. Internet Addiction <i>Dr Hargeet Kaur Basant Singh, Adolescent Medicine Specialist</i> S1.2. Cyber-bullying <i>Eneng Faridah Iskandar, Senior Director</i> S1.3. Safe Surfing <i>Dr Syed Hussein Mohamed, Telekom Malaysia</i> |
| 1130-1230 | Symposium 2: From the Womb to the Tomb S2.1. The DOHaD Theory and USM Pregnancy Cohort Study Findings <i>Associate Prof Dr Hamid Jan, Senior Lecturer</i> S2.2. MyHeaART Study <i>Associate Prof Dr Hazreen Abdul Majid, Dietician</i> |
| 1230-1430 | Lunch Break |
| 1430-1600 | Symposium 3: Cyber Sickness 1.0 S3.1 Eating Disorders and the Media <i>Datin Dr Sheila Marimuthu, Adolescent Medicine Specialist</i> S3.2 Challenges in Exercising in the e-World <i>Associate Prof Dr Mohd Nahar Azmi Mohamed, Sports Physician</i> S3.3 Movement Disorders <i>Dr Tajul Arifin Tajudin, Paediatric Neurologist</i> |
| 1600-1700 | Symposium 4: Cyber Sickness 2.0 S4.1. Adolescent Bone Health and Sedentary Behaviour <i>Dr Vina Tan Phei Sean, Senior Lecturer</i> S4.2. Cybercondria <i>Associate Prof Dr T. Sivakumar, Consultant Psychiatrist</i> |
| 1700-1730 | Tea Break |
| DAY 2 | 2nd April 2016 (SATURDAY) |
| 0800-0830 | Plenary 3 Empowering Teens in the Digital Age <i>Dr N. Thiyagar, Adolescent Medicine Specialist</i> |
| 0830-0900 | Plenary 4 Generasiku Sayang <i>Dr Nik Rubiah Nik Abdul Rashid, Public Health Specialist</i> |

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| DAY 2 (Contd) | 2nd April 2016 (SATURDAY) |
| 0900-1030 | Opening Ceremony |
| 1030-1100 | Tea Break |
| 1100-1230 | Parenting Adolescents in the Digital Age <i>Mr Zaid Mohamad, Motivator</i> |
| 1230-1400 | Lunch Break |
| 1400-1530 | Symposium 5: No See, No Hear, No Speak S6.1. e-Blindness <i>Dr Shobana Nadarajah, Ophthalmologist</i> S6.2. e-Deafness <i>Siti Nadrah Zahir, Audiologist</i> S6.3. The Dos and Don't of e-Chat <i>Dr N. Thiyagar, Adolescent Medicine Specialist</i> |
| 1530-1700 | Free Papers & Video Competition |
| 1700-1715 | Tea Break |
| 1715-1815 | MAAH AGM |
| DAY 3 | 3rd April 2016 (SUNDAY) |
| 0800-0830 | Plenary 5 Vapers' World: What's New? <i>Mohd Ilyas Ismail, Young Speaker</i> |
| 0830-1000 | Symposium 6: #VapeOn S7.1. Vaping: Form, Function and Health Claim <i>Associate Prof Dr Mohamad Haniki Nik Mohamed, Pharmacist</i> S7.2. Teen Vaping <i>Dr Siti Nurbaya binti Shahrir, POYO Founder</i> S7.3. Misuse of e-Cigarette Modes <i>Associate Prof Dr Amer Siddiq Amer Nordin, Consultant Psychiatrist</i> |
| 1000-1030 | Tea Break |
| 1030-1230 | Symposium 7: e-Victims - Voices of the Teens S5.1. #TipahTerlanjur S5.2. Drug Addiction <i>Moderator: Dr Shamsul Maali</i> <i>Speaker: Dr Wan Fadhilah Wan Ismail, Family Medicine Specialist</i> <i>Associate Prof Dr T. Sivakumar, Consultant Psychiatrist</i> |
| 1230-1245 | Closing Remarks |
| 1245-1330 | Lunch |

* This programme has been prepared in good faith and may be subject to change without prior notification