

Paediatric Healthcare Challenges: Cutting the Gordian Knot



Programme Brochure

About the Malaysian Paediatric Association

The Malaysian Paediatric Association (MPA) plays a key role in advocacy on paediatric health issues. The Association also endeavours to gather and disseminate relevant information on paediatric health issues to further the professional advancement of its members. The MPA was founded in 1979 and is affiliated with the Asian Pacific Paediatric Association (APPA) and the International Paediatric Association (IPA). Locally, the MPA is affiliated with the National Council for Child Welfare.

The Malaysian Paediatric Association is committed to:

- Advancing the knowledge and practice of paediatrics
- Promoting child health
- Promoting research in Malaysia in the field of paediatrics and child health
- Bringing together medical practitioners periodically for scientific discussion on paediatric subjects
- Acquiring, establishing, printing and publishing books, magazines, periodicals, leaflets or other literary or scientific works that the Association may consider desirable for the promotion of its objectives with the approval of the authorities concerned

About the Programme

General information

Parents and healthcare professionals are active contributors to shaping the health and well-being of children. Achieving optimal health and nutritional status during early life ensures a strong foundation for future health. When faced with a sick child, many parents tend to consult their general physician. General physicians are regarded as a trusted and reliable source of health and nutritional advice. Hence, the role of a general physician extends beyond primary care and monitoring child growth. General physicians can in fact play a vital role in maintaining the nutritional well-being and overall health of children. To keep up with these increasing professional expectations, it is important for general physicians to update their knowledge on paediatric health and nutrition.



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The CME programme on *'Paediatric Health Challenges: Cutting the Gordian Knot'* is an online training course that seeks to update general physicians on handling key challenges in paediatric healthcare. It is developed by MEDINSCRIBE in association with the Malaysian Paediatric Association. The course is designed to offer a practical perspective on the management of two paediatric health concerns, namely:

1. Paediatric obesity
2. Developmental disorders

Paediatric obesity has deleterious health consequences that impact the well-being of an individual both during childhood and adulthood. It increases the risk of adult obesity, which in turn aggravates the risk of comorbidities such as type 2 diabetes and cardiovascular disease. General physicians are usually the first point of contact with parents and children and can therefore play a crucial role in the treatment and prevention of paediatric obesity.

Developmental disorders are common in many children and represent a major challenge in the paediatric field. Screening children to identify developmental disorders (autism, attention deficit hyperactivity disorder, dyslexia) and providing early intervention for the same have assumed prime importance in recent years.

The causes and management of paediatric obesity and developmental disorders are complex and represent the Gordian knot in paediatric healthcare. The CME programme on *'Paediatric Health Challenges: Cutting the Gordian Knot'* aims to offer a clear understanding of these two paediatric health issues.

Aim and objectives of the programme

The CME programme on *'Paediatric Health Challenges: Cutting the Gordian Knot'* strives to offer up-to-date scientific data on paediatric obesity and developmental disorders. General physicians can enhance patient care and improve outcomes by applying this information to their daily clinical practice.

On completing the CME programme, general physicians will be able to:

- Understand the magnitude of paediatric obesity and developmental disorders
- Use relevant assessment methods for identifying these health issues
- Understand relevant recommendations and algorithms for the management of these health issues

Format of the CME programme

- Articulate-enabled online case-based training programme with two modules - one on paediatric obesity and the other on developmental disorders, available at www.paediatricchallenges.com
- An online multiple choice evaluation as part of the training programme

Duration of the programme

3 months

CME points

One CPD point for each module from the Malaysian Medical Association

To claim two CPD points from the MMA, it is mandatory to complete both the modules of the CME programme.