Sharing session Graduate on Time (GOT)

Sesi Taklimat Program Kepakaran Laluan Paralel Dengan Biasiswa KKM Sesi 2026/2027

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How did I survive?

My Journey

- Houseman: Hospital Sultanah Nur Zahirah for 2 years
- Medical Officer: Hospital Sultanah Nur Zahirah for 2 years

- No UROLOGIST!
- Mr Noor Azam Nasuha

Life as a Urology Trainee began,

- Hospital Raja Perempuan Zainab 2 - Year 0 and Year 1
- Dr Noor Azam Nasuha with Dr Azhan
- Hospital Alor Setar - Year 2
- Dr Tham Teck Meng/ Dr Rohana Zainab with Dr Karthika
- Hospital Pulau Pinang - Year 3
- Dr Khoo Say Chuan/ Dr Lee Say Bob with Dr William
- Hospital Kuala Lumpur - Year 4
- Dr Ashani, Dr Susan, Dr Murali, Dr Warren, Dr Vijay, Dr Poongkodi, Dr Fong with Dr Tam, Dr Suria, Dr Lim LY

- Fellowship under Monash Health, Melbourne 2023-2024, covering Casey Hospital, Moorabbin Hospital, Dandenong Hospital, Clayton Hospital
    - With 15 urologist
- Hospital Kuala Lumpur
- Flexi - day
- With a 5 year old daughter

- Exposure to different clinical practices (own workflow, protocols, patient demographics, different supporting staffs)
- Broader Surgical Experience (different case mixes and equipments, exposure to various surgical techniques and technologies, how different surgeons handle complications and difficult cases)
- Peer learning (surgical tips, exam preparation, ward management, work- life balance)
- Every Rotation Has Something to Teach You

Why do we rotate

- Many trainees see rotations as: STRESSFUL, DISRUPTIVE, CONSTANTLY STARTING OVER

- But rotations are designed to:
  - BROADEN EXPOSURE
  - INCREASED ADAPTABILITY
  - ACCELERATE LEARNING

Skills That Matter MORE Than You Think

- Reliability
- Punctuality
- Preparation
- Good Documentation
- Teamwork

Common Mistakes

- Comparing hospitals negatively
- Resisting local practices
- Being passive observers
- Waiting to be taught
- Avoiding feedback

How to GRADUATE on TIME

- Understand your curriculum thoroughly
- Know the expected: case numbers, logbook requirements, assessments, research/ publication requirements, courses and examinations
- Many trainees struggle not because they are weak, but because they discover missing requirements too late.

- Don’t postpone Exams (if possible)
- Keep your logbook updated
- Identify deficiencies early
- Start research early- start NOW
- Be professional and reliable- consultants remember reliability more than anything
- Seek help early (clinical performance, exams, research, work-life balance)

Habits of Trainees Who Graduate on Time

- not the smartest or most talented

- They are usually
  - Organized
  - Consistent
  - Coachable
  - Self-aware
  - Proactive
  - Able to accept feedback

Building Professional Network

- Rotations help you build relationships with:
  - Consultants
  - Trainees
  - Nurses
  - Allied health staff

What Makes a Good Trainee?

- Humility
- Curiosity
- Professionalism
- Accountability
- Adaptability

- Learn from every hospital
- Learn from every mentor
- Learn from every patient
- Learn from every working partner

How many of you have learned a surgical tip, guideline update, or exam point from social media in the last month?

Social media is a powerful tool.

- Continuos learning
- Global networking
- Exam preparation
- Academic development

- Social media can either accelerate your growth or damage reputation.
- Use it as a learning platform, not just an entertainment platform.

Social Media - use it wisely

Maintain Professionalism - YOUR DIGITAL FOOTPRINT IS PERMANENT

- Never
  - Share identifiable patient information
  - Post patient images without proper authorization and institutional approval
  - Discuss confidential cases inappropriately
  - Post content that may damage professional credibility

Before posting, Ask Youself:

- Is it true?
- Is it professional?
- Is it respectful?
- Would I be comfortable if my consultant, patient, examiner, or future colleagues saw this?
- If the answer is DOUBTFUL to any to these: DON’t DO IT!!
- It’s not for Complaints, Arguments, Negative Comments about colleagues or institutions.

Is Work-Life Balance a Thing during Training?

How many of you think it exists during surgical training

- Yes- but it may not look like what you expect.
- There will be periods when:
  - Exams are approaching
  - Research deadlines are due
  - Calls are heavy
  - Rotations are demanding

Work-Life Integrity

- Instead of aiming 50:50
- Protect the essentials: sleep, exercise, family and personal wellbeing
- Learn to prioritize and say no when necessary
- Sustainable habits are more important than short bursts of intense effort.
- Success in training should not come at the cost of your health or relationships.

Take Home Message

- Your success in training is not determined by a single hospital, a single mentor, or a single examination.
- It is determined by your willingness to learn from every rotation, every mentor, every trainee and every patient.
- Graduate on time, but more importantly, graduate as a competent, compassionate and trustworthy urologist.