



COVID-19 Memories



A Letter from the CEO

This newsletter is a little different from the usual newsletters that IJN produces biannually.

Many, if, not all, of our previous newsletters have imparted important medical knowledge that is useful, for our patients and the general public, with a particular focus on cardiothoracic and related matters. With anecdotes thrown in here and there for good measure, they have been relatively light, enjoyable and, we hope, useful reading.

In this issue, we digress a little, and the focus is a minuscule virus and the sizeable and totally unanticipated impact it has had, and is still having, on our health and well-being, as well as the way we live, work and socialise - COVID-19.

Yes, we have been inundated with more than enough information, guidelines, rules, SOPs and bad news regarding this matter, and are probably completely tired of even hearing the word "COVID-19". But allow us the opportunity to tell our story.

To the man on the street, the primary concern is protection from the virus, playing individual roles to help contain the spread, and how to go about daily lives with all the restrictions in place.

To a hospital, a frontliner with precious lives on the line - both in terms of staff and vulnerable patients - those have also been our concerns, with the gargantuan roles and responsibilities of mitigating the situation within a hospital setting and contributing to the national fight against the virus.

This pandemic has pulled from us unwavering commitment and dedication, asked for more than we thought we could give, stimulated and challenged our capacity and capabilities, pushed us to think out of the box, and made us go more than just the extra mile.

Necessity certainly has been the mother of invention as we found various ways to contend with and manage situations and requirements. Every single action contributed to our fight against COVID-19 as we continued to function as Malaysia's National Heart Institute.

This newsletter is our story - of how IJN has played a myriad of roles in combating COVID-19, the medical issues our doctors have dealt with, the administrative systems we put in place, the practical implementation of new norms and methods, our doctors' views and approaches, our outreach to the public and contribution

to the nation. We share these stories with you, to illustrate the efforts, talent, sacrifices and knowledge gained these past months, the experiences of our staff and the work they have done.

It has been a journey fraught with nerves, tinged with sadness at lives lost, filled with sleepless nights and countless man-hours. It has also been a journey that has shown us what we are capable of, forced us to make changes for the better and highlighted the true spirit of human resilience and capacity.

This is Team IJN, a medical entity humbled by a tiny unseen virus, yet performing at its very best...and we are proud to serve you.

DATUK DR AIZAI AZAN ABDUL RAHIM
Chief Executive Officer

