Not everyone can write (like Shakespeare). Scientific writing is different from literature writing. While many struggle to write in beautiful literature, scientific writing is a skill that we all can learn. In fact it is much easier because scientific writing is structured, well-organized, concise and clear.

The ultimate aim of research is publication. Publication allows us to share our work and research results with international/national colleagues. Many healthcare researchers stopped after conference presentation and did not pursue publication. Those who attempted publication, have given up after received much rejection from editors. What we have forgotten is that Isaac Newton also failed 9999 times before his light bulb invention. And perhaps, the main reason for rejection is that, researchers simply did not write in the right scientific writing format!

It was CRC’s honor to invite Dr. Kalaiarasu M. Peariasamy to conduct the scientific writing workshop for us. Dr Kalaiarasu, as a Senior Consultant in paediatric dentistry and HOD of Sg Buloh Hospital CRC, has written, published and reviewed many journal articles and academic books. We suspect that reviewing and rewriting manuscript is actually his hobby as he relentlessly helped to correct all participants’ manuscripts. Participants benefit most from this workshop as they have one-on-one time with Dr Kalaiarasu. He tried to correct the manuscript so that it is more publish-able.

Scientific writing is a skill, the more you practise and sharpen it, the better you become. Anyone who wish to know more about this, CRC do have a library book on scientific writing. It covers the writing format and skill for all types of article, eg. Case report, audit report, RCT, observational study and systematic review.

Here are some tips for scientific writing:

<table>
<thead>
<tr>
<th>Do’s</th>
<th>Don’ts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Œ - Use active voices</td>
<td>X - Long and wordy sentences obscure key scientific statements.</td>
</tr>
<tr>
<td>Œ - Proper use of comma, period, hyphen, brackets, unit of measurements, numbers (be diligent with minor details)</td>
<td>X - Flowery and unnecessary words. (if you can truncate sentences, CUT it!)</td>
</tr>
<tr>
<td>Œ - Use the appropriate tenses.</td>
<td></td>
</tr>
<tr>
<td>- Established knowledge and previous results (present tense)</td>
<td></td>
</tr>
<tr>
<td>- Methods, material, results (past tense)</td>
<td></td>
</tr>
<tr>
<td>- Description of tables, figures (present tense)</td>
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<tr>
<td>- Discussion, conclusion (mixture of past, present and future tense)</td>
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**Scientific Writing Workshop**

**INSIGHT**

Scientific Writing workshop ——— 1  
Evidence Base medicine ———— 2  
HTAsia-Link Conference  
Education ———— 3  
New Upcoming ISR ———— 4  
Welcoming new CRC staff ———— 4
It was such an honor to have **Associate Prof Dr. Liew Su May** and her colleagues **Dr. Norita Hussein** and **Dr. Adina Abdullah** from University of Malaya as speakers for the Critical Appraisal Workshop for us healthcare workers in Sabah.

The workshop took place from 10th to 11th April, in CRC Meeting Area. Since it was a working day, the organizers were very happy that participants took time off from work to learn new critical appraisal skills from Assoc. Prof. Dr. Liew and her facilitators. In fact, the limited seats of this workshop sold like hotcakes as soon as we released the news. Many were hungry for the knowledge. It was a fruitful, insightful two days learning from the experts. We conducted this workshop in the unconventional way, consists of short but concise lectures while many hours were dedicated to group work discussion.

In this workshop, we focused on appraising randomized controlled trials and systematic review. Useful appraisal technique were taught. It is the technique passed on from Assoc. Prof. Dr. Liew when she pursued her PhD in the University of Oxford which her supervisor was also one of the members in Centre of Evidence-Based Medicine, UK.

When you get your hands on an article, we first scan for PICO. If PICO matches our interest, then we dive into details in method and result sections. She warned us to **never look only** at abstract and conclusion as it could be misleading even for articles published in high impact journals.

<table>
<thead>
<tr>
<th><strong>R</strong> - Recruitment</th>
<th><strong>Q</strong> - Question (PICO)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong> - Allocation (randomization/consealment)</td>
<td><strong>F</strong> - Find (sufficient search)</td>
</tr>
<tr>
<td><strong>M</strong> - Maintenance</td>
<td><strong>A</strong> - appraise</td>
</tr>
<tr>
<td><strong>M</strong> - Measurement</td>
<td><strong>S</strong> - synthesis (summarize in tablet or plot)</td>
</tr>
<tr>
<td><strong>b</strong> - blinding</td>
<td><strong>o</strong> - outcome</td>
</tr>
</tbody>
</table>

"**Be critical while appraising, practise makes perfect.**"

The next question subjected to us is that, how are we going to make use of this critical appraisal skills? Revamp journal club? Practice more? Change our practice? Take it as a brain exercise for critical thinking? Those are the questions left for all of us to ponder.
It is the time of the year again for Health Technology Assessment (HTA) Asia Link conference! The 6th HTAsia-Link conference was held in the hustle bustle city of Hanoi. Every year, HTA researchers and academics gathered to network and share experiences.

It was a closed conference where invitations were extended to only certain parties. This year we have attendees from Vietnam, Singapore, Thailand, Malaysia, Korea, Taiwan, Sri Lanka, India, Indonesia, UK, Canada, Australia, Europe and etc. The year 2017 theme was “Health technology assessment in designing and implementing benefit health package for universal health coverage.”

There were plenary talks on universal health coverage and oral presentations on economic evaluation and health system research. The oral presentations were particularly insightful as we listened to researchers running amazing researches in their countries. Malaysian representatives were from USM, MaHTAS and Pharmacy Service Division (PSD). My interest was mainly on economic evaluation and there was so much to learn in this conference. Quoting the organizer’s joke, “You know you are in a good conference when you come in confused and... go out confused, but at a higher level.”

There were intriguing researches being presented. For example, “The cost effectiveness study of dabigatran on stroke prevention”, “Utility measurement in ACS patients”, “heart failure cost of disease burden” and many more outstanding researches. It was a fun learning experience and we have made use of the opportunity to network and making new friends for potential collaboration in future.

⇒ Reported by Yang Su Lan (Pharmacist in CRC).
WELCOME OUR NEW FAMILY MEMBERS
SN INDOITUWO/MASITAH & GRAZELE JENARUN

Grazele Jenarun (BSc. Food Science and Nutrition) joined CRC HQE II as a Research Officer since April 2017. She was introduced to the field of research since her undergraduate years, and has since shown great interest in doing research especially in matters related to public health science and nutrition. As an avid learner, she continues to develop her skills and knowledge as a researcher, striving to excel in this arena.

Staff nurse Indoituwo Binti Kawaru has been in service with the government for 33 years. She has experience as an infection control nurse for fourteen years in Hospital Lahad Datu. For the past two years, she played an important role as state infection control coordinator in JKNS under Infection Control Unit. She’s a very dedicated staff and she hopes with the experiences that she has, she can serve CRC for a better future.

New Upcoming ISR
1. BIOMIME
2. PASSWORD
3. COROFLEX NEO REGISTRY
4. FIREHAWK

FAREWELL SISTER LILYIANA PENGUI

We wish the very best for Sis. Lilyiana Pengui who was transferred to Hospital Tawau. We would also like to express our heartfelt gratitude for all her contributions towards our research for the past 2 years. Thank you for being such a dedicated and diligent manager Lily!

RESEARCH CONSULTATION CLINIC

Research Consultation Clinic aim to assist researches in:

1. Literature review search
2. NMRR registration
3. Protocol development
4. Protocol review
and many more.

Please do not hesitate to contact us for more information.

Contact:
Tel: 088-324600 (ext. 2019)
Email: rcc.crchqe2@gmail.com

Please visit our website eCRC for more details

Please scan here to register our workshop and book an appointment for Research Consultation Clinic.