



Within Earshot

E-NEWSLETTER MARCH 2011-10;2

10/12 EXEC

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It's All About MASH

Hey everyone! Second issue for the year, and still counting. Thank you to all members for the endless support!

This issue focuses on the history of MASH. Did you know that it has been 15 years that MASH has been officially registered as

an association? And still going strong at that.

Please find the special attachment of pre-BHSM campaign. Join in the fun and invite everyone else too!

Till then, happy reading!

The President's Address

Dear Colleagues,

Greetings to all! We are happy and excited to begin the planning of activities and events for the upcoming Better Hearing and Speech Month of May 2011. We hope to provide a medium for you to showcase your work as well as a platform to the public to know and understand the fields of speech-language pathology and audiology better. We trust in your support. If you have ideas or resources you are willing to share please let us know. We look forward to hearing from you.

This past month has been one full of unfinished administration issues for me! I am constantly challenged on my use of time. Would anyone like to write in and share how they manage their time efficiently? It has also been a period of revising goals and growing in our mission and plan. The EXCO has been busy with correspondence, revising financial administration processes, and reviewing and revising MASH material. We might be silent but we are working. I am hoping, however, for shorter and trimmer EXCO meetings! This does not seem possible at the time but we will keep trying. One lives in hope.

We have an upcoming event: a talk entitled "Patients, Protection, Profession" to be held on March 26, 2011. It is being given by a professional lawyer and pertains to the law and how we progress as a profession. It is certainly not on issues peculiar to the professions of Audiology and Speech-Language Pathology but to our other allied health colleagues as well. So please inform your other colleagues in the field: occupational therapists, physiotherapists, psychologists and the like of this talk and its goal. We look forward to seeing you there. Till our next issue then.

Warm Regards,

In Focus: The Malaysian Association of Speech-Language and Hearing:

A Blast From the Past by Melissa Peter, MASH President 2010/2012

The following is a brief history of the association compiled from interviews with various speech-language pathologists and audiologists. It is a combination of memory and documented events. Due to the absence of local speech pathology and audiology programs, Malaysians interested in pursuing such professional qualifications had to do so in the United Kingdom, United States, India or Australia. Returning graduates were faced with the daunting task of establishing Speech Pathology and Audiology services in their places of employment. The few who remained in this country to take up this challenge deserve commendation. Initially, the local speech-language pathologists met informally to provide support both moral and professional to each other.

The first documented meeting was held in December 1992 at Bethany Home in Teluk Intan. This group of speech-language pathologists and audiologists who met consisted of 3 Malaysians and 5 expatriates. Subsequent meetings were held at Yayasan Sultan Idris Shah in Ipoh, Malaysia Care in Brickfields, Spastic Centre in Petaling Jaya, and Universiti Kebangsaan Malaysia in Kuala Lumpur on a regular basis. The purpose of these meetings was to:

- a. Get to know speech-language pathologists and audiologists working in Malaysia.
- b. Share in local resources and materials which were in very short supply.
- c. Discuss a plan for future speech therapy and audiology needs in Malaysia.
- d. Learn about the different speech therapy service provisions available in Malaysia i.e. government, non-government, clinical community-based rehabilitation, school.

In 1994, it was felt that there was a need to officially register ourselves as a professional body representing Speech-Language Pathologists and Audiologists. The name Malaysian Association of Speech-Language and Hearing was agreed upon. Several reasons led to the members making this decision:

- i. The recognition of the professional status of Speech-Language Pathologists and Audiologists was crucial to the development of both the professions.
- ii. The need to work towards the professional body governing the Speech-Language Pathology and Audiology professions, issuing a certificate to practice in Malaysia. This would be a legal requirement.
- iii. The need to carry out public education aimed at promoting awareness of speech, language and hearing disorders and measures to be undertaken in terms of prevention, treatment and rehabilitation. The Malaysian Association of Speech-Language and Hearing was officially registered by the Registrar of Societies on 26 December, 1995. It was a proud day for all Speech-Language Pathologists and Audiologists in the country.

The Association's first Annual General Meeting was held at Malaysian Care in Brickfields on 16th March, 1996. At this meeting, the present office bearers were elected to office for a 2 year term. Since its' inception, the Association's main concerns have been:

1. The official launching of the Association
2. A six year plan to establish the Malaysian Association of Speech-Language and Hearing as a professional body
3. Public education of the different speech, language and hearing disorders
4. Forging links with related professional bodies in the country and overseas
5. Providing support to newly graduated speech-language pathologists and audiologists

It is our fervent wish that the number of Speech-Language Pathologists and Audiologists practicing in Malaysia increase rapidly to cater the growing demand for these professional services. The advent of the local 4 year courses in Speech Sciences and Audiology at Universiti Kebangsaan Malaysia has been an exciting development .

The members of the Association wish to express their sincere gratitude to all those who have contributed their facilities, their time and expertise.

The above was compiled for publication in an early issue of Within Earshot and was communicated to the writer via snail mail from Audrey Colliver, a Speech-Language Pathologist based in Ipoh at the time.

MASH: A Blast from the Past (cont.)

The following was compiled through interviews with some members who remember the early days: Sharimila Ambrose reminisces; "My earliest memory of MASH is 1992 when I was contemplating the Speech-Language Pathology as a career. I went to Bethany Home, Teluk Intan to observe Kay Solomon at work with the children there. There was a gathering of 5 professionals there: 4 speech-language pathologists and an audiologist. It was an informal meeting for the setting up of an association. Audrey Colliver was already working at this time." Sharimila vividly remembers taking a photo of the five and sighed that it was not her camera. Her experience at Bethany strengthened her passion for the field. "By the following year they had already begun a series of regular meetings towards the setting up of a formal professional association. I had meanwhile left for studies and by the time I returned in 1997 MASH was already a well-established and thriving association."

Sandrie Soh (nee Thesiera) was a speech-language pathologist who was working then and who is currently not active in the field. She had to be asked a few leading questions to jolt her memory: "I had a degree in Special Education and a Masters in Speech-Language Pathology and had come back ready to work in Malaysia. I remember calling the Health Ministry at the time because the then Health Minister had made a statement in the newspapers about how we needed speech-language pathologists in the country. However, upon calling the ministry I was passed on from one person to the next only to finally discover that there were no vacancies. I then called University Hospital and spoke to Ms. Vanaja, the audiologist there. I got a place to work but had to spend the first two weeks cleaning out the storeroom and ordering materials. At the time I remember there were only 4 SLPs in Malaysia!"

As with regards to MASH Sandrie remembers that it was already registered and the Pro-Tem team was hard at work forming the constitution and organizing themselves. She vividly remembers working on the committee forming the association headed by Cheng Ying Teo whom she recalls as having much wisdom and foresight.

Cheng Ying Teo is one of the longer serving speech-language pathologists in the city. She has an undergraduate degree in English Literature and a double Masters, one in TESL (Teachers of English as a Second Language) and in Speech-Language Pathology. She currently works in private practice in Kuala Lumpur.

"I returned to Malaysia in 1993. I was aware of the association and its activities as I was in contact with Chia Kien Eng, an SLP, before and while away. I was very actively involved in forming the first draft of the constitution. This was then presented to the committee who then worked on this and adapted it for MASH. I remember how we had many meetings to iron out criteria for membership; wanting only those with the appropriate professional credentials to be accepted. I remember writing to ASHA to request permission to use many elements and parts of their constitution. They had responded positively and granted permission; hence the basic form and content of our current constitution. This was important as it had a direct bearing on our professional development. There were different issues that needed to be dealt with and much animated discussion! We met in all sorts of places and there were many who opened their places so that we could meet. Most notable among these people was Aina from Malaysia Care. Along with Terri Faust, they were exceedingly supportive of the early work of MASH and their goals. It was an exciting time. I remember the early years of the association as one in which each President contributed greatly in her own way. I also vividly remember Audrey Colliver as the person who spearheaded and set MASH on a focused path. She was instrumental in guiding MASH to its current organization."

The above only remain some of the thoughts and memories of members of MASH. The Editorial Team would be delighted to hear from you. Do you have a memory to add, something that will give us a better idea of how MASH evolved? Do write us with your little story.

Have a walk through memory lane as past issues of Within Earshot will be uploaded on www.mash.org.my. The information is still relevant so please have a look!

Across the World: What's their Story?

The editorial team scoured the web and came up with a list of Speech-Language and Hearing Associations across the globe and their year of inception. The list is not exhaustive; WE is sure there are many more associations out there. But do check out our counterparts' websites to learn more (in association's age order, as of year 2011):



- ◆ American Speech-Language-Hearing Association (ASHA)
Year of Inception: 1925 (86 years old!)
Website: www.asha.org
- ◆ Canadian Association of Speech-Language Pathologists & Audiologists (CASLPA)
Year of Inception: 1964 (47 years old)
Website: www.caslpa.ca
- ◆ Indian Speech & Hearing Association (ISHA)
Year of Inception: 1967 (44 years old)
Website: www.ishaindia.org.in
- ◆ Speech-Language-Hearing Association, Taiwan (SLH-ROC)
Year of Inception: 1986 (25 years old) (as the association's logo implies)
Website: www.slh.org.tw (be warned, everything is in Taiwanese!)
- ◆ The Korean Academy of Speech-Language Pathology and Audiology
Year of Inception: 1986 (25 years old) (as the website implies)
Website: www.kasal986.or.kr (be warned, everything is in Korean!)
- ◆ Speech-Language & Hearing Association Singapore (SHAS)
Year of Inception: 1994 (17 years old)
Website: www.shas.org.sg
- ◆ Malaysian Association of Speech-Language and Hearing (MASH)
Year of Inception: 1995 (16 years old!)
Website: www.mash.org.my
- ◆ Japanese Association of Speech-Language-Hearing Therapists (JAS)
Year of Inception: 2000 (11 years old)
Website: www.jaslht.or.jp
- ◆ Speech & Hearing Association of Pakistan (SHAP)
Year of Inception: 2002 (9 years old)
Website: www.shap.org.pk
- ◆ South African Speech-Language-Hearing Association (SASLHA)
Year of Inception: not stated on the website
Website: www.saslha.co.za



SPEECH-LANGUAGE PATHOLOGIST OF THE MONTH

SHARIMILA MAGDELINE AMBROSE

This month our focus is on our Immediate Past President, Ms. Sharimila Ambrose, who graduated from University of Wales Institute Cardiff 14 years ago. She has since worked in various settings; private practice, in various medical establishments and in a university setting. She has been attached to Universiti Kebangsaan Malaysia (UKM) as a full-time tutor and later on as a part-time basis as a clinical supervisor. Later in May, 2006 she ventured into private practice and there she has been since. She continued with clinical supervision at UKM until end of 2009.

Sharimila admits it is her passion for people that keeps her in the profession of speech-language pathology. She is thrilled to see a child utter their first words and seeing adults having a sense of communication after suffering neurological insult. These remain some of the peaks in her chosen career today.

In the past, as a new graduate she found that having been thrown into full-time teaching was an enormous challenge as there were limited hours for clinical work. However that experience had created in her an avid love for teaching. After leaving full-time work at UKM in 2000, Sharimila worked at Gleneagles Intan Medical Centre in Kuala Lumpur for 5 years, where she had the opportunity to pioneer the speech-language pathology service there and develop her clinical expertise and interests. Her experience with MASH on the other hand was totally different. It was a challenge for her to head the association, work with policy makers/agencies, organize meetings and public awareness campaigns whilst she and her fellow executive committee team members balanced their regular daytime clinical work with the responsibilities that comes with leading MASH. Nevertheless, she believes that the experience gained during her tenure was both exciting and demanding and has provided an invaluable life-learning experience, "what no book can teach". It has helped place a professional perspective and has helped her be more creative in terms of problem-solving. Currently, her greatest challenge remains travelling one hour into the city (from her home in Rawang) to see some of her clients in their home setting and battling with traffic jams in Kuala Lumpur! She finds herself constantly trying to manage her time more effectively.

The past year has created in her a greater thirst for knowledge and a sort of rekindling of an old spark in teaching and research. The future for her is exciting as she embarks on a 3 year doctorate program. She sees herself doing more research especially in her interest areas, i.e., children's early language and communication development. Her plan is to continue with clinical and teaching work upon completion of her program and has purposed in her heart to make a difference in people's lives wherever she goes. For aspiring Audiologists and SLPs, she has one advice, "when working with clients, work with passion, applying your heart with the head knowledge gained".

KNOW YOUR MASH EXCO

Nor Shahrina Mohd Zawawi

Treasurer



Hometown: Kuala Lumpur

Professional Qualification:

B.Sc. Speech Sciences (UKM, 2000);
M.Sc. Speech-Language Therapy
(University of Canterbury, New Zealand,
2010)

Place(s) of employment/experience:

Pusat Perubatan UKM (PPUKM) since
year 2000

MASH member since: 2000

Previous experience in MASH:

ordinary member;
member of Research Issues Portfolio
(year of inception—2008);
Vice President of MASH (2008—2010);
Treasurer of MASH (2010—current)

Hobby: Reading (but really, it is hard to
find time to enjoy my reading now!)

Motto: Passion and self-belief—that's
what we need

KNOW YOUR MASH

NEWBIE

Ang Ai Lee

Audiologist



Hometown: Butterworth, Pulau Pinang

Professional Qualification:

B.Sc. Audiology (UKM, 2010)

Place(s) of employment/experience:

Sunway Medical Centre since year 2010

Expectation(s) from MASH: MASH to
organize more activities for the public
(e.g. workshop) with members as the
organizing committee. In that way,
members can know each other better.

Current professional challenge(s): Every
clinical day is a new challenge for me

**Most exciting professional moment to
date:** I was part of the team for
SunMed's Early Intervention Workshop
2010. It was tiring and stressful but it
was organized with great team spirit and
the outcome gave me full satisfaction.

Light & Easy: 10 Ways to be Happier and Healthier at Work

Here are 5 of the 10 strategies you can put into practice tomorrow that will make an enormous difference in the way you feel about your job and being there.

1. Stand up to your office chair.

It's great that you have the newest ergonomic chair. But if you sit in it all day, you'll reduce the amount of fat-burning enzyme called lipoprotein lipase by a whopping 94%. To keep this enzyme active and burning fat requires only 30 minutes a day of standing up to read, to talk on the phone, or to consult with a co-worker.

2. Embrace the power of repetition.

If you struggle with boredom from doing the same activities over and over at work, here's a trick that helps top athletes train every day for hours at a time. Embrace the repetition. Start to see chipping away at the same tasks day after day as powerful ways to reach your financial and professional goals. This is similar to the way our ancestors could plant an entire hillside with corn by hand, one kernel at a time, year after year.

3. Brush away impatience and frustration.

When you're impatient with a task that's taking too long, or frustrated with a complication such as a technology glitch, here's a simple way to quickly reset your workplace mood. Think of whatever you are doing at that moment -- say, consulting the user's guide for your computer -- as your top priority instead of the means to an end.

4. Change your routine to prevent monotony.

Like the idea of cross training for athletes, workers can stay mentally fit by mixing up the routine. If you work 9-5, try working 8-4. If you always check your email first thing, do something else for the first hour. Rearrange your office. Try making calls instead of emailing.

5. Stop procrastinating for 5 minutes.

Do you put off working on large projects or tasks as the deadline gets closer, and then eat yourself up with worry at night obsessing about them? Try this. Commit to working on it for just 5 minutes. That's it. Once you start, you might find it's not that bad. But even if it is, it will be easier to complete if you've been chipping away at it for 5 minutes a day.

The remaining 5 strategies to be shared in the next issue.

Source: Secunda, B. & Allen, M. (2010). 10 Ways to be Happier and Healthier at Work. *Fit Soul, Fit Body*. BenBella Books.

If one dream should fall and break into a thousand pieces, never be afraid to pick one of those pieces up and begin again. -Flavia Weedn

MASH Update

“As a support for the *Memorandum on the use of the term Speech-Language Pathology* we encourage all members to refer to speech-language pathology as the professional field and to refer to the professional as “speech-language pathologist”. We hope that in all activities and promotions for the upcoming BHS, May 2011 all members will strive to abide by this. We need to be internally consistent with using terminology before we expect other professionals and the public to do the same.”

Warm Regards,

Melissa Peter

President

Malaysian Association of Speech-Language and Hearing Association

Communication, Our Key to an Increased Quality of Life,

Better Hearing and Speech Month, May 2011



Listings

1. SPEECH & LANGUAGE FACILITATION For Children with Speech & Language Delay

Speaker: Pamela Thomas Joseph, Speech-Language Pathologist

Date: 13th March 2011

Location: Ipoh, Perak

About: This seminar was created and arranged based on frequent requests to have skills handed over to parents & teachers who are the main facilitators of the children.

Enquiries: coreen@trainingtrack.biz

2. “Patients, Protection, Profession”

Target Participants: Allied Health Professionals

Speaker: Isaac Paul

Date: 26th March 2011

Time: 3.00pm—6.00pm

Venue: Swan Convention Centre, Sunway Medical Centre

Enquiries: mash1995@yahoo.com

3. One-Day Workshop: Connecting the Autism Puzzle Together

Speakers: Dr. Rajini Sarvananthan, Developmental Paediatrician; Ms. Michelle Ho Sueh Yeng, Counsellor; Ms. Lok Siew Yean, Speech-Language Pathologist; Ms. Ng Yee Voon, Dietitian

Date: 2nd April 2011

Time: 8.30am—5pm

Venue: Swan Convention Centre, Sunway Medical Centre

Enquiries: dsh@sunway.com.my

Correction

In the previous publication, under the column “Update: Research Issues Portfolio”, team members were published as Low Hui Min, PhD Scholar and Farah Marliza Alkaf, PhD. It is actually Dr. Low Hui Min, PhD and Dr. Farah Marliza Alkaf, PhD. We regret the error and the inconvenience caused.