

Sabah Respiratory Update 2026

The Sabah Respiratory Update 2026 was successfully held on 13–14 August 2026 at the Kota Kinabalu Marriott Hotel. The event was jointly organised by the Respiratory Department, Queen Elizabeth Hospital (QEH) and the Respiratory Department, Universiti Malaysia Sabah (UMS), marking the first collaboration between the two respiratory departments in organising a major respiratory educational event in Sabah.

The event attracted a total of 192 registered participants: 44 registered for both the lectures and hands-on workshop, 78 for the lectures, and 70 for virtual participation. Participants comprised physicians, medical officers, nurses, pharmacists and other healthcare professionals. The programme also brought together clinicians and speakers from across Sabah, including QEH, Hospital Tawau and Hospital Likas, as well as invited experts from HUKM and Hospital Pulau Pinang. This wide representation provided an excellent opportunity for professional networking, exchange of experience and strengthening of respiratory care across the state.

The first day featured a full programme of lectures covering key areas in respiratory medicine, including tuberculosis and drug-resistant tuberculosis, pleural disease, interstitial lung disease, chest radiograph interpretation, pulmonary nodules and advanced bronchoscopy, lung cancer, central airway obstruction, and sleep apnoea. The sessions focused on current evidence and practical approaches relevant to everyday clinical practice. The second day continued with focused updates on inflammatory airway diseases, spirometry and inhaler selection, followed by the Mastering Inhaler Selection: A Hands-On Clinical Workshop. Participants rotated through practical stations covering different inhaler devices, including metered-dose inhalers, spacers, dry-powder inhalers and soft-mist inhalers, together with inspiratory flow and FeNO assessment. The hands-on sessions were a highlight of the programme, allowing participants to practise inhaler techniques and translate the knowledge gained during the lectures into clinical practice.

Overall, the Sabah Respiratory Update 2026 was a great success. The combination of up-to-date lectures, interactive discussions and practical training provided a comprehensive learning experience for participants. We hope that the Sabah Respiratory Update will continue to grow as a regular platform for sharing knowledge, developing practical skills and advancing respiratory care in Sabah.





Prepared by,
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Chairperson
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