

Report of the Selangor Paediatric Asthma Workshop and Update 2026

The *Selangor Paediatric Asthma Workshop and Update 2026* was successfully held on 5-6th May 2026 at the Auditorium, Level 3, Hospital Sultan Idris Shah Serdang, Selangor. The two-day workshop was organised with the aim of strengthening knowledge, enhancing clinical competency, and improving practical skills in the management of paediatric asthma based on the latest *Malaysian Clinical Practice Guidelines (CPG) on Childhood Asthma 2024*.

The workshop gathered paediatric respiratory specialists, trainees, paediatricians, family medicine specialists, emergency physicians, medical officers, nurses, and medical assistants from various hospitals across Selangor including Hospital Ampang, Hospital Banting, Hospital Cyberjaya, Hospital Orang Asli Gombak, Hospital Putrajaya, Hospital Selayang, Hospital Shah Alam, Hospital Sungai Buloh, Hospital Sultan Abdul Aziz Shah HPUPM, Hospital Tanjung Karang, Hospital Klang, Hospital Kajang, Hospital Sabak Bernam and nearby Pejabat Kesihatan Daerah (PKD) including Hulu Langat, Petaling and Sepang. The programme provided a comprehensive update on current paediatric asthma management while emphasising multidisciplinary and hands-on learning approaches.

The event commenced with a prayer recitation by MA Muhammad Faris, followed by a special montage presentation showcasing the services, achievements, and activities of the Paediatric Respiratory Unit, Hospital Sultan Idris Shah Serdang. The montage highlighted the unit's commitment towards advancing paediatric respiratory care, multidisciplinary efforts, patient education, and continuous professional development, setting an inspiring tone for the workshop.

The opening ceremony was officiated by the Deputy Director of Hospital Sultan Idris Shah Serdang, Dr Marina binti Abdullah Sani. The programme then commenced with an *Overview on Childhood Asthma* delivered by Dr Dg Zuraini Sahadan, followed by a session on *Paediatric Asthma: Diagnosis and Assessment in Clinical Practice* by Dr Noor Hafiza Noordin. The topic *"From Control to Confidence: Follow-up Care in Paediatric Asthma"* was delivered by Dr Nor Diyana Ismail, followed by *"When Asthma Flares: Managing Exacerbation in Children"* by Dr Tan Yen Yen. Both sessions received active discussion and engagement from attendees during the question-and-answer session. The final lecture for Day 1 was presented by Dr Anita Suppiah on *"Asthma Action Plan: From Concept to Clinical Practice"*, which emphasised the importance of structured asthma education and personalised management plans.

Prior to the lunch break, participants also attended a sponsored lunch talk by Compass Medic, where Mr Jeff Chong presented on *"Impulse Oscillometry"*, highlighting its clinical application in paediatric patients. The morning lecture sessions were concluded with an engaging Kahoot quiz session. Prizes were awarded to the top two winners, adding excitement and encouraging active participation throughout the programme.

The highlight of the workshop was the practical skill stations conducted on both days. For the first day, participants rotated through interactive sessions involving asthma action plans, inhaler techniques using MDI and spacers, DPI and nebulisation techniques, peak expiratory flow rate (PEFR) assessment and acute asthma management. These sessions enabled participants to gain hands-on experience and improve confidence in delivering evidence-based asthma care.

The second day focused on complex and evolving areas in paediatric asthma care, including Preschool Wheeze by Dr Dayang, Gastroesophageal Reflux Disease (GERD) and Asthma by Dr Anita and Immunotherapy in Asthma Care by Prof Intan. After the morning tea break, the series of lectures continued on with Severe Asthma Ventilation Strategies by Dr Thavani, Asthma and Obstructive Sleep Apnoea (OSA) by Dr Tan Yee Yen, Allergic Rhinitis and Asthma by Ms Saraiza, Asthma and Eczema by Dr Raihan, and Biologics in Severe Asthma by Dr Diyana.

The second day of the workshop continued in the afternoon with practical hands-on sessions comprising several interactive skill stations. These included stations on spirometry, impulse oscillometry (IOS), fractional exhaled nitric oxide (FeNO), eczema care, and skin prick testing. Participants were given the opportunity to gain direct exposure to the techniques, interpretation, and clinical applications of these procedures, enhancing their practical knowledge and confidence in the multidisciplinary management of paediatric asthma and allergic diseases.

Before the conclusion of the programme, participants gathered once again in the auditorium for the lucky draw session. Eligible participants who had successfully collected stamps through visits at the vendors' exhibition booths were given the opportunity to participate in the draw. Another highlight of the programme was the distribution of copies of the *Malaysian Clinical Practice Guideline (CPG) on Childhood Asthma 2024* by the Malaysian Thoracic Society (MTS) to representatives from each participating hospital and PKD. These copies were intended for shared use within paediatric clinics and wards to support evidence-based clinical practice, enhance asthma management, and promote standardised care among healthcare providers managing children with asthma.

The workshop featured an experienced list of speakers and facilitators comprising paediatric respiratory specialists, immunologists, intensivists, dermatologists, and otorhinolaryngologists. Their expertise contributed greatly to the quality of discussions and practical teaching sessions.

The objectives of the workshop were successfully achieved through comprehensive lectures, interactive case discussions, and practical demonstrations. Participants gained updated knowledge on paediatric asthma care, strengthened clinical decision-making skills, improved competency in asthma-related procedures, and enhanced confidence in providing asthma education to patients and caregivers.

Overall, the *Selangor Paediatric Asthma Workshop and Update 2026* was well received and served as an important platform for continuous medical education and professional collaboration in paediatric respiratory medicine. The organising committee hopes that the knowledge and

skills acquired during the workshop will contribute towards improving the quality of asthma care and patient outcomes among children in Malaysia.

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