

Helmy Haja Mydin

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Education

- 2014 - Certificate of Completion of Training, Respiratory and General (Internal) Medicine (UK)
- 2014 - Postgraduate Certificate in Executive Leadership for Healthcare Professionals (Cornell University, USA)
- 2012 - Specialist Certificate in Respiratory Medicine (UK)
- 2009 - MRCP (UK)
- 2005 - MBBS, Newcastle University, UK

Scholarships/Prizes

1. European Respiratory Society COPD Travel Grant
 - Grant of €1,000 awarded to authors with the best abstracts related to COPD (European Respiratory Society 21st Annual Congress in Amsterdam, 2011)
2. Malaysian National Trust Fund (MARA) Scholarship (2000-2005)
 - National-level scholarship awarded in Malaysia to pursue undergraduate medical studies in the UK. Awarded for the amount of approximately RM750 000. This was a full scholarship, with no bond or payback clause to the awarding institution.

Summary

I am an Associate Professor and consultant respiratory physician at the Universiti Malaya Medical Centre. A graduate of Newcastle University, I received my Certificate of Completion of Training from the Royal College of Physicians, UK for general and respiratory medicine.

I hold a Certificate in Executive Leadership for Healthcare Professionals from Cornell University, USA. My areas of interest include healthcare reform, tobacco control and airways disease. I was elected to the British Thoracic Society's Professional and Organisational Standards Committee as well as its Tobacco Specialty Advisory Group. I have numerous peer-reviewed publications and have presented nationally, in Europe and the United States.

More recently, I was appointed to the Malaysian Ministry of Health's Technical Committee on the Effects of Shisha and Electronic Cigarettes and co-founded Project SCOPE, a national training program on smoking cessation, under the auspices of Universiti Malaya's Nicotine Addiction Research & Collaborating Centre. I am in the working committee of two national clinical practice guidelines and the National Taskforce Committee for Early Lung Cancer Screening. I am passionate about the challenges affecting society and am an Associate of the Institute for Democracy and Economic Affairs, a Malaysia-based think tank dedicated to promoting market-based solutions to public policy challenges.

A self-awareness of my strengths and weaknesses has allowed me to work well within multi-disciplinary settings. My Myers-Briggs Type Indicator is ENTJ (Extraverted, iNtuitive, Thinking, Judging). Individuals with this personality type are self-driven, assertive, confident, competitive and build on long-term strategy. My organisation skills has allowed me to indulge my passion for writing (both academia and the mass media) despite the demands of full-time clinical commitments and a young child.

Career Aspirations

My areas of interest are airways disease, tobacco and the process of streamlining services. It is my intention to actively participate in the development of healthcare policy and identifying methods to improve service safety and deployment.

Work/Clinical Experience

Academic posts:

Associate Professor, Department of Medicine, Faculty of Medicine, University Malaya (October 2014-)
Clinical Co-ordinator for Universiti Malaya Medical Programme

Honorary Clinical Lecturer, School of Medicine and Dentistry, Division of Applied Health Sciences,
University of Aberdeen (April 2013-August 2014)

Clinical posts:

2014-present

Consultant physician in general and respiratory medicine, Universiti Malaya Medical Centre

2009-2014

Specialty Trainee (ST) in Respiratory Medicine and General (Internal) Medicine (GIM), United Kingdom

2008-2009 – ST2 in Core Medical Training (CMT) at Bishop Auckland General Hospital (BAGH)

- Gastroenterology, Endocrinology and Cardiology (4 months each)

2007-2008 – ST1 in CMT at James Cook University Hospital (JCUH), Middlesbrough

- Cardiology, Respiratory, Care of the Elderly (4 months each)

2006-2007 – Foundation 2 doctor at Cumberland Infirmary, Carlisle

- Cardiology, Critical Care, Obstetrics & Gynaecology (4 months each)

2005-2006 – Foundation 1 doctor at Cumberland Infirmary, Carlisle

- Acute Stroke Unit, Gastroenterology, Lower GI Surgery, Orthopaedics (3 months each)

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Research Roles

Principal and sub-investigator - Universiti Malaya, 2014

Sub-investigator - Aberdeen Royal Infirmary, 2012

Sub-investigator - Sir William Leech Centre for Lung Research, Freeman Hospital, 2010

Selected Publications

1. Haja Mydin H, Kerr K, Dempsey O. Calcified pulmonary chondromas in Carney's triad. *Thorax* 2014;**69**:969
2. Haja Mydin H, Murphy S, Clague H, Sridharan K, Taylor IK. Anemia and Performance Status as prognostic markers in acute hypercapnic respiratory failure due to chronic obstructive pulmonary disease. *Int J Chron Obstruct Pulmon Dis* 2013;8:151-7. doi: <http://dx.doi.org/10.2147/COPD.S39403>
3. Haja Mydin H, Currie GP, Denison AR, Kerr KM, Nicolson M, Srivastava P. A rare cause of pleural disease. *QJM* doi:10.1093/qjmed/hct069
4. Haja Mydin H, Fisher AJ. Pulmonary hypertension and lung transplantation: *Thorax* publication activity review 2008-2010. *Thorax* 2012;**67**:828-31
5. Haja Mydin H, Corris PA, Nicholson A, Perry J, Meachery G, Marrs ECL, Peart S, Fagan C, Lordan JL, Fisher AJ, Gould FK. Targeted antibiotic prophylaxis for lung transplantation in cystic fibrosis patients colonised with *Pseudomonas aeruginosa* using multiple combination bactericidal testing. *J Transplant* 2012;2012:135738. doi: 10.1155/2012/135738. Epub 2012 Jul 16

6. Haja Mydin H, Miller D, Chetty M, Currie GP. Recurrent breast cancer and endobronchial ultrasound-transbronchial needle aspiration. *Respiratory Medicine CME* 2012;**5**:14-5
7. Haja Mydin H. Journal Club: Bronchoalveolar lavage-directed therapy does not affect prevalence of *Pseudomonas aeruginosa* infection and structural lung injury in children with cystic fibrosis. *Thorax* 2012;**67**:341
8. Harris J, Haja Mydin H, Stevens P, Morris J. Keeping it real: Combating fake drugs in Malaysia. Policy paper jointly published by the International Policy Network (London) and the Institute of Democracy and Economic Affairs (Malaysia). 11/2011
9. Haja Mydin H, De Soyza A. Non-cystic fibrosis bronchiectasis. *InnovAiT* 2011;**4**(7):385-9
10. Haja Mydin H, West S. Obstructive sleep apnoea and driving. *Br J Hosp Med* 2011;**72**(7):306-8
11. Aujayeb A, Haja Mydin H. Patients' inpatient journeys – a survey. *Foundation Years Journal* 2010;**4**(9):54-7
12. Murphy S, Haja Mydin H, Fatah S, Antunes G. Predicting end-of-life in patients with an exacerbation of COPD by routine clinical assessment. *Respir Med* 2010;**104**:1668-74
13. Haja Mydin H. Case history: a case of adrenal insufficiency secondary to Symbicort. *InnovAiT* 2010;**3**:182-3
14. Ushewokunze S, Haja Mydin HN, Prasad R, Mendelow AD. Lumbar subcutaneous shunt: a novel technique for therapeutic decision making in normal pressure hydrocephalus (NPH) and benign intracranial hypertension (BIH). *Br J Neurosurg* 2008;**22**(5):678-81

Selected Oral Presentations

1. Haja Mydin HN, Corris PA, Meachery G, *et al*. Targeted antibiotic prophylaxis for lung transplantation in cystic fibrosis patients colonised with *Pseudomonas aeruginosa*. International Society for Heart & Lung Transplantation 31st Annual Meeting and Scientific Sessions (San Diego, 2011)
2. Nicholson A, Perry JD, Marrs E, Haja Mydin H, Gould FK. Ten years experience of Multiple Combination Bactericidal Testing of *Pseudomonas aeruginosa* from cystic fibrosis patients. Federation of Infection Societies Annual Conference (Manchester, 2011)
3. Aujayeb A, Haja Mydin H. A survey of the patient journey: in-patients' perspective. Association of North of England Physicians Meeting (Durham, 2010)
4. Haja Mydin H, Fatah S, Murphy S. Clinical indicators for the implementation of the End of Life Care Pathway in chronic obstructive pulmonary disease. British Thoracic Society Winter Meeting (London, 2008)

Selected Poster Presentations

1. Haja Mydin H, Scott K, Douglas JG. Respiratory rate from a pulse oximeter: a novel method to detect the acutely ill respiratory patient. European Respiratory Society 23rd Annual Congress (Barcelona, 2013)
2. Probert G, Haja Mydin H, Murphy S. Anaemia and survival in COPD patients requiring non-invasive mechanical ventilation. European Respiratory Society 22nd Annual Congress (Vienna, 2012)
3. Haja Mydin H, Murphy S. Predictors of mortality in patients treated with non-invasive ventilation for acute hypercapnic respiratory failure due to COPD. European Respiratory Society 21st Annual Congress (Amsterdam, 2011). Winner of the European Respiratory Society COPD Travel Grant
4. G Miller, Haja Mydin H, De Soyza A. Airflow obstruction, functional disability and psychological dysfunction in bronchiectasis. European Respiratory Society 21st Annual Congress (Amsterdam, 2011)
5. Nicholson A, Marrs E, Wilkinson K, Peart S, Perry JD, Haja Mydin HN, *et al*. Bactericidal combinations for prevention of sepsis in lung transplantation for cystic fibrosis patients

- colonised with pan resistant *Pseudomonas aeruginosa*. International Society for Heart & Lung Transplantation 31st Annual Meeting and Scientific Sessions (San Diego, 2011)
6. Haja Mydin H, Aujayeb A, Clague HW, Joisce K. The role of thoracic ultrasound in the insertion of chest drains. International Forum on Safety and Quality in Healthcare (Amsterdam, 2011)
 7. Haja Mydin H, Fatah S, Antunes G, Murphy S. Characteristics of COPD-related deaths and predictors of in-patient mortality. European Respiratory Society Annual Congress (Vienna, 2009)
 8. Haja Mydin H, Fatah S, Antunes G, Murphy S. End of life care in COPD: Current practice and clinical indicators of end-stage disease. European Respiratory Society Annual Congress (Vienna, 2009)
 9. Haja Mydin H, Fatah S, Murphy S. Clinical indicators for the implementation of the End of Life Care Pathway in chronic obstructive pulmonary disease. British Thoracic Society Winter Meeting (London, 2008)
 10. Ushewokunze S, Haja Mydin H, Prasad R, Gupta S, Mendelow AD. Lumbar subcutaneous shunt - a novel technique for therapeutic decision making in normal pressure hydrocephalus and benign intracranial hypertension. Hydrocephalus International Conference (Gothenberg, 2006)

Selected Leadership Experience

- National Taskforce Committee for Early Lung Cancer Screening (2015)
- Working committee for National Clinical Practice Guidelines: asthma
- Working committee for National Clinical Practice Guidelines: smoking cessation
- Malaysian Thoracic Society - Assistant Treasurer (2015 -)
- Co-founder of SCOPE (Smoking Cessation: Organisation, Planning and Execution). A national training programme for primary care physicians on smoking cessation (2015)
- Clinical co-ordinator, Universiti Malaya Medical Programme (2015 -)
- British Thoracic Society - Professional and Organisational Standards Committee (2012 - 2014)
- British Thoracic Society - Tobacco Specialist Advisory Group (2011- 2014)
- British Thoracic Society - Specialist Trainee Advisory Group (Honorary Member, 2011-2014)
- Department of Postgraduate Education Faculty Development Steering committee. Sunderland Royal Hospital (2010)