

## Personal details

Dr. Boon-How Chew (detailed [CV](#))

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World Top 2% Scientist in Clinical Medicine in [2020](#), [2021](#), [2022](#), [2023](#) and [2024](#)

The [2nd Top Diabetes-related Author-researchers](#) Between 2000 and 2018 in Malaysia

Expertise in Type 2 Diabetes Mellitus by [Expertscape](#), Top 1% from 2013 through 2023

### Education and Professional Trainings

1. PhD, University of Utrecht, the Julius Center for Health Sciences & Primary Care, University Medical Center Utrecht, The Netherlands, December 2013- December 2017.
2. Master in Family Medicine (MMed. Fam. Med.), 2007, University of Malaya, Kuala Lumpur.
3. Medicine Degree (M.D.), 1999, University Science Malaysia (USM), Kubang Kerian, Kelantan, Malaysia.
4. Registered with Malaysia Medical Council (MMC) since 2000 (Registration no. 36222)
5. Good Clinical Practice (GCP) Certified since 9 July 2008, Clinical Research Centre, Hospital Ipoh, Malaysia.
6. Attended Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT™) Professional Test User Certification Program, 23-24 November 2010, Sydney, Australia.
7. Certification on [AI For Healthcare Programme](#), 9 Dec 2022 - 3 Mar 2023. National University of Singapore Yong Loo Lin School of Medicine.
8. Certification on [No Code AI and Machine Learning: Building Data Science Solutions](#), 2 Dec 2023 - 17 Mar 2024. Massachusetts Institute of Technology ([MIT](#)).

### Present and Past Positions

1. Head of Clinical Research Unit Hospital Sultan Abdul Aziz Shah (HSAAS, previously known as Hospital Pengajar Universiti Putra Malaysia HPUPM) Teaching Hospital, December 2020-December 2023.
2. Coordinator and Head of the [Pandemic Scientific Response team](#) that published series of articles on COVID-19 since 2020.
3. Founding Chief Editor of [RECRUS Res. Newsl.](#) by Clinical Research Unit HPUPM, July 2020- present
4. Visiting Scholar | Dept. of Biomedical Informatics, YLL School of Medicine, NUS, Mar-Dec 2024.

5. Visiting Senior Lecturer| Psychological Medicine, Institute of Psychiatry, Psychology and Neuroscience), King's College London 2020 to 2022.
6. An international participant-scientist to the 2-week long training workshop the [2023 International Training Workshop on Open Science and SDGs](#) in Beijing, China from 28th August to 8st September 2023.
7. Full professorship Since 1st November 2024.
8. Associate professor at Universiti Putra Malaysia, 1st August 2015 till August 2024
9. Senior Medical Lecturer at Universiti Putra Malaysia, 1st July 2009 till 31st July 2015
10. Family Medicine Specialist at Universiti Putra Malaysia, 1st July 2009 till current

## Personal statement

I aspire to further contribute to the field of clinical research. My passion lies in coaching clinical researchers, guiding research proposals to robust study designs in collaboration with biostatisticians, facilitating training activities in clinical research support centres, writing for publication, coordinating high-quality research proposals for funding, and collaborating with national and international organizations on emerging research areas, including digital technology, digital medicine, and AI transformation. The affirmed passion and calling occurred when I took up the responsibility as the [Head of the Clinical Research Unit \(CRU\)](#) in our teaching hospital, Hospital Sultan Abdul Aziz Shah from 2021-2024. I initiated [High-quality Research-True Academics-Real Experts movement](#), founded the [RECRUS Research Newsletter](#), [Research Design Clinic](#), self-publishing two books on Understanding and Conducting Clinical Research- A Clinical Epidemiology Approach by a Clinician for Clinicians (ISBN 978-967-960-449-8), and An Illustrated Version- Understanding and Conducting Clinical Research- A Clinical Epidemiology Approach by a Clinician for Clinicians (ISBN 978-967-960-450-4) to assist clinicians, clinical trainees and students in health sciences, and during the COVID-19 pandemics initiated multidisciplinary and regional [Pandemic Scientific Response, making clarion call to learn and do true science](#). I am an associate expert to Coalition for the Advancement of Research Assessment (CoARA) and a keen member of research on research, meta-research and meta-science to promote and encourage high-quality research and reforms in research assessment. This includes being a member to the ASEAN Primary Care Research Excellence Framework (APREF). Below are articles (disseminated and in the process) on metaresearch and educating the public on appraising research quality:

1. Chew Boon How. ***How do you judge the quality of clinical researches, findings?*** *Bernama THOUGHTS*, published on 20/05/2020 10:37 AM. <https://www.bernama.com/en/thoughts/news.php?id=1843391>
2. Boon-How Chew, Shaun Wen Huey Lee, Lim Poh Ying, Soo Huat Teoh, Aneesa Abdul Rashid, Navin Kumar Devaraj, Adibah Hanim Ismail Daud, Abdul Hadi Abdul Manap, Fadzilah Mohamad, Aaron Fernandez, Hanifatiyah Aliy, Puteri Shanaz Jahn Kassim, Nurainul Hana Shamsuddin, Noraina Muhamad Zakuan, Akiza Roswati Abdullah, Indah S. Widyahening. ***A Systematic Review of Medical and Clinical Research Landscapes in Primary Medical Care in Malaysia***. Published on JCTR 2025, 00071 <https://doi.org/10.36922/jctr.24.00071>, online Poster for virtual presentation at the Ninth International Congress on Peer Review and Scientific Publication, which will be held September 8-10, 2022, in Chicago, Illinois. Access on 12 October 2024, <https://peerreviewcongress.org/abstract/a-systematic-review-of-medical-and-clinical-research-landscapes-in-primary-medical-care-in-malaysia/>; Poster available

here: <https://peerreviewcongress.org/wp-content/uploads/2022/09/PRC22-0645-Poster.pdf>; video presentation is available here: <https://underline.io/lecture/59224-a-systematic-review-of-medical-and-clinical-research-landscapes-in-primary-medical-care-in-malaysia>.

3. The Crisis Of Superficiality In Malaysian Academia: A Call To Reform MYRA (Part 1)
4. Urgent Call For Reform: Aligning MYRA With Malaysia's Future In Scientific Research (Part 2)
5. Research Assessment Shortfalls: Saving & Empowering Clinician-researchers. [Medium](#), 18 February 2025.

Fuelled by a passion for patient care, I am currently focused on leveraging digital medicine, health technology, and AI to overcome challenges in managing type 2 diabetes at the primary care level. My commitment extends to exploring minimal yet effective psychological interventions to alleviate emotional distress among patients, thereby enhancing their quality of life. Being always on the look-out and futuristic in my personal and professional vocations, I also initiated the [Digital Health Research Initiative](#) during my tenure at CRU, and got myself trained and credentialed in [No Code AI and Machine Learning: Building Data Science Solutions](#) from MIT and in [AI For Healthcare Programme](#) from NUS. I further my closer-up exposure to AI/ML in healthcare and clinical by being a [visiting scholar](#) to the Department of Biomedical Informatics in NUS during my sabbatical leave. Below are manuscript titles on AI in medicine, and on type 2 diabetes research quality and care in digital age that are being finalised:

1. **Boon-How Chew**, Kee Yuan Ngiam. *Artificial Intelligence Tools Development: What Clinicians Need To Know?* BMC Med 23, 244 (2025). <https://doi.org/10.1186/s12916-025-04076-0>, with Supplementary File 1: key features of the referent materials with STable 1: Recommended guidelines, checklists (wait and check for STARD-AI and PROBAST-AI) and assessment frameworks and recommendations and STable 2: AI ethics, safety and dataset diversity policy frameworks; Supplementary File 2: Outline of an AI Research Proposal; and Supplementary File 3: Characteristics of guidelines, checklists, and frameworks related to AI tools (according to the alphabetical and ascending year of the publication). Submitted to BMC Medicine.
2. **Boon-How Chew**, Kee Yuan Ngiam. *Important ethical, technical, and epidemiological considerations in an AI tool production (ETEPAI)* <https://doi.org/10.5281/zenodo.14799133>, with 2 supplementary files on key features of the referent materials ie. STable 1: Recommended guidelines, checklists and assessment frameworks and recommendations, and STable 2: AI ethics, safety and dataset diversity policy frameworks, and an Outline of an AI Research Proposal.
3. **Chew, B. H.** (2025). *Enhancing Research Proposal Preparation with Artificial Intelligence: An Emerging Guide for Novel Researchers in Clinical and Health Sciences*. Zenodo. <https://doi.org/10.5281/zenodo.15074780>
4. **Boon-How Chew**, Pauline Siew Mei Lai, Dhashani Sivaratnam, Nurul Iftida Basri, Geeta Appannah, Barakatun Nisak Mohd-Yusof, Subashini C. Thambiah, Zubaidah Nor Hanipah, Ping Foo Wong and Li-Cheng Chang. *Efficient and effective diabetes care in the era of digitalisation and hypercompetitive research culture: a focused review in the Western Pacific Region with Malaysia as a case study*. Health Systems & Reform, 11(1). <https://doi.org/10.1080/23288604.2024.2417788>
5. Yew SQ, Trivedi D, Adanan NIH, Chew BH. *Facilitators and Barriers to the Implementation of Digital Health Technologies in Hospital Settings in Lower- and*

## MODULE 1 - How have you contributed to the generation of knowledge?

I had led more than 30 clinical research and of which more than 5 were clinical trials that span mostly across type 2 diabetes and other chronic diseases. I had supervised more than 20 clinical research with family medicine clinical trainees, MSc and PhD students. I had published more than 90 journal articles of which more than three quarters were as the first or senior author. In addition to my research prowess, I actively contributes to conferences, review committees, and professional organizations. As a peer reviewer for numerous publishers (>40) and a Subject Matter Expert in the Research Evaluation Committee for the Ministry of Health Malaysia, I contribute significantly to the advancement of clinical research methodologies. My international recognition includes roles in the DDEA Grant Review Committee and the International Committee for Talent Development.

**1. Diabetes Mellitus [EDDMQoL]:** I led a project funded by the Malaysia MOH-NIH Research Grant (MRG), and Research University Grant Scheme (RUGS)/Putra Grant focusing on developing a **value-based emotion-focused educational program called VEMOFIT to reduce diabetes-related distress among adults with type 2 diabetes**. Publications are as below:

**i. Chew BH, Vos RC, Fernandez A, et al.** The effectiveness of an emotion-focused educational programme in reducing diabetes distress in adults with type 2 diabetes mellitus at 12-month follow-up: a cluster randomized controlled trial. *Therapeutic Advances in Endocrinology and Metabolism*. 2019;10.

doi:10.1177/2042018819853761. <https://doi.org/10.1177/2042018819853761>

**ii. Boon-How Chew, Rimke C. Vos, Rebecca K. Stellato, Mastura Ismail, Guy E.H.M. Rutten.** Effectiveness of an emotion-cognition-focused educational program to reduce diabetes distress in adults with type 2 diabetes (VEMOFIT): a cluster randomized controlled trial. *Diabetic Medicine* 2018;35(6):750-759. DOI: 10.1111/dme.13615. [ISSN: 1464-5491] <https://onlinelibrary.wiley.com/doi/epdf/10.1111/dme.13615>

**iii. Boon-How Chew, Aaron Fernandez and Shariff-Ghazali Sazlina.** Psychological interventions for behavioral adjustments in diabetes care- a value-based approach to disease control. *Psychology Research and Behavior Management* 2018; 11:145-155. DOI: 10.2147/PRBM.S117224. [ISSN: 1179-1578] [https://www.dovepress.com/articles.php?article\\_id=38152](https://www.dovepress.com/articles.php?article_id=38152)

**iv. Boon-How Chew, Rimke C. Vos, Frans Pouwer, Rebecca K. Stellato, Guy E.H.M. Rutten.** The associations between diabetes distress and self-efficacy, medication adherence, self-care activities and disease control depend on the way diabetes distress is measured: Comparing the DDS-17, DDS-2 and the PAID-5. *Diabetes Research Clinical Practice* 2018; 42:74-84. DOI: 10.1016/j.diabres.2018.05.021. [ISSN: 0168-8227] <https://www.sciencedirect.com/science/article/pii/S0168822717320326?via%3Dihub>

**v. Boon-How Chew, Rimke Vos, Sazlina Shariff Ghazali, Nurainul Hana Shamsuddin, Aaron Fernandez, Firdaus Mukhtar, Mastura Ismail, Azainorsuzila Mohd Ahad, Narayanan N. Sundram, Siti Zubaidah Mohd Ali, Guy EHM Rutten.** The effectiveness of a value-based EMotion-cognition-Focused educational programme to reduce diabetes-related distress in Malay adults with Type 2 diabetes (VEMOFIT): study protocol for a cluster randomised controlled trial. *BMC Endocrine Disorders*. 2017;17:22. DOI: 10.1186/s12902-017-0172-

8. <http://bmcendocrdisord.biomedcentral.com/articles/10.1186/s12902-017-0172-8> [ISSN: 1472-6823]
- vi. **Boon-How Chew**, Rimke C. Vos; Monique Heijmans; Sazlina Shariff-Ghazali; Aaron Fernandez; Guy E.H.M. Rutten. Validity and reliability of a Malay version of the Brief Illness Perception Questionnaire for patients with type 2 diabetes mellitus. *BMC Medical Research Methodology*. 2017;17:118. DOI 10.1186/s12874-017-0394-5. <http://rdcu.be/ujbH> [ISSN: 1471-2288]
- vii. **Boon-How Chew**, Rimke C. Vos, Rob JPM Scholten, Guy EHM Rutten. Psychological interventions for diabetes-related distress in patients with type 2 diabetes mellitus. *Cochrane Database of Systematic Review* 2017. Issue 9. Art. No.: CD011469. DOI: 10.1002/14651858.CD011469.pub2. <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD011469.pub2/abstract> [ISSN: 1469-493X]
- viii. **Boon-How Chew**, Rimke C. Vos, Rebecca K. Stellato, Guy E.H.M. Rutten. Diabetes-Related Distress and Depressive Symptoms Are Not Merely Negative over a 3-Year Period in Malaysian Adults with Type 2 Diabetes Mellitus Receiving Regular Primary Diabetes Care. *Frontiers in Psychology* 2017;8:1834. DOI: 10.3389/fpsyg.2017.01834 <https://doi.org/10.3389/fpsyg.2017.01834> [ISSN: 1664-1078]
- ix. **Boon-How Chew**, Rimke Vos, Sherina Mohd-Sidik, Guy E.H.M. Rutten. Diabetes-related distress, depression and distress-depression among adults with type 2 diabetes in Malaysia. *PLoS One* 2016; 11(3): e0152095. DOI:10.1371/journal.pone.0152095. <http://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0152095> [ISSN: 1932-6203]
- x. **Boon-How Chew**, Rimke Vos, Sherina Mohd-Sidik, Guy E.H.M. Rutten. EDDMQoL- Dataset for the Study on Diabetes-Related Distress, Depression and Distress-Depression among Adults with Type 2 Diabetes Mellitus in Malaysia.sav. Figshare 2016. DOI: 10.6084/m9.figshare.3103060. <https://dx.doi.org/10.6084/m9.figshare.3103060.v1>
- xi. **Boon-How Chew**, Rimke Vos, Monique Heijmans, Rob JPM Scholten, Guy EHM Rutten. Psychological interventions for diabetes-related distress in adults with type 2 diabetes mellitus [Protocol]. *Cochrane Database of Systematic Reviews* 2015;(1) Art. No.: CD011469. DOI: 10.1002/14651858.CD011469. <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD011469/full> [ISSN: 1469-493X]
- xii. **Boon-How Chew**, Sherina Mohd-Sidik, Noor-Hasliza Hassan. Associations of diabetes-related distress, depression, medication adherence and health-related quality of life with HbA1c, blood pressure and lipids in adult patients with type 2 diabetes - a cross-sectional study. *Therapeutics and Clinical Risk Management* 2015;11:669-681. DOI <http://dx.doi.org/10.2147/TCRM.S81623>. [http://www.dovepress.com/articles.php?article\\_id=21540](http://www.dovepress.com/articles.php?article_id=21540) [ISSN: 1178-203X].
- xiii. **Boon-How Chew**, Noor-Hasliza Hassan, Sherina Mohd-Sidik. Determinants of medication adherence among adults with type 2 diabetes mellitus in three Malaysian public health clinics: a cross-sectional study. *Patient Preference and Adherence*. 2015; 9: 639-648. DOI: <http://dx.doi.org/10.2147/PPA.S81612>. [http://www.dovepress.com/articles.php?article\\_id=21623](http://www.dovepress.com/articles.php?article_id=21623) [ISSN: 1177-889X].
- xiv. **Boon-How Chew**. Medication adherence on quality of life among adults with Type 2 diabetes Mellitus: an exploratory analysis on the EDDMQoL study. *Quality of Life Research* 2015; 24 (11): 2723-2731. DOI: 10.1007/s11136-015-1006-7 <http://link.springer.com/article/10.1007/s11136-015-1006-7> [ISSN: 0962-9343]
- xv. **Boon-How Chew**, Sherina Mohd-Sidik, Sazlina Shariff-Ghazali. Negative effects of diabetes-related distress on health-related quality of life: an evaluation among the adult patients with type

2 diabetes mellitus in three primary healthcare clinics in Malaysia. Health and Quality of Life Outcomes 2015; 13:187. DOI: 10.1186/s12955-015-0384-4. <http://www.hqlo.com/content/13/1/187> [ISSN: 1477-7525]

**xvi. Boon-How Chew**, Firdaus Mukhtar, Sherina Mohd-Sidik, Fuziah Paimin, Noor-Hasliza Hassan, Nor- Kasmawati Jamaludin. The reliability and validity of the Malay version 17-item Diabetes Distress Scale. Malays Fam Physician. 2015;10(2):22-34. [ISSN: 1985-2274]

**xvii. Boon-How Chew**, Shariff-Ghazali Sazlina and Aaron Fernandez. Psychological aspects of diabetes care: Effecting behavioral change in patients. World Journal of Diabetes 2014; 5(6): 796-808. doi: 10.4239/wjd.v5.i6.796. <https://www.wjgnet.com/1948-9358/full/v5/i6/796.htm> [ISSN: 1948-9358]

## 2. MYGODDESS Study (Malaysian Gestational Diabetes and Prevention of Diabetes Study):

Led by me, this groundbreaking initiative received substantial funding from KPT and MRC UK, totaling RM 828,300 and £334,130.13. I spearheaded research on gestational diabetes and diabetes prevention while overseeing the development of the MyManis mobile application (MyManis: Apple AppStore | Google Play | Huawei AppGallery) and MyManis website (<https://mymanis.upm.edu.my/>), providing valuable resources for women navigating gestational diabetes and postpartum care. Publications are as below:

i. Iklil Iman Mohd Sa'id; Iliatha Papachristou Nadal; Angus Forbes; Kimberley Goldsmith; Irmi Zarina Ismail; Faezah Hassan; Siew Mooi Ching; Nicola Guess; Helen Murphy; Matthew Prina; Barakatun Nisak Mohd Yusof; Nurul Iftida Basri; Mazatulsafura Sf Salim; Nur Hafizah Mahamad Sobri; Choiriyatul 'Azmiyaty Amar Ma'ruf; Pamela Phui Har Yap; Khalida Ismail; **Boon How Chew**. A protocol of process evaluations of interventions for the prevention of type 2 diabetes in women with gestational diabetes mellitus: a systematic Review. International Journal of Qualitative Methods. 2021;20:1-9. [ISSN: 1609-4069] doi:10.1177/16094069211034010 <https://doi.org/10.1177/1609406921103>

ii. Sobri NHM, Ismail IZ, Hassan F, Papachristou Nadal I, Forbes A, Ching SM, Ali H, Goldsmith K, Murphy H, Guess N, Mohd Yusof BN, Basri NI, Salim MS, Azmiyaty C, Mohd Sa'id II, **Chew BH**, Ismail K; MYGODDESS Project Team. Protocol for a qualitative study exploring the perception of need, importance and acceptability of a digital diabetes prevention intervention for women with gestational diabetes mellitus during and after pregnancy in Malaysia (Explore-MYGODDESS). BMJ Open. 2021 Aug 26;11(8):e044878. doi: 10.1136/bmjopen-2020-044878. [ISSN: 2044-6055]

doi: 10.1136/bmjopen-2020-044878; <http://dx.doi.org/10.1136/bmjopen-2020-044878>

iii. Yap PPH, Papachristou Nadal I, Rysinova V, Basri NI, Samsudin IN, Forbes A, Noor NM, Supian ZA, Hassan H, Paimin F, Zakaria R, Mohamed Alias SR, Ismail Bukhary NB, Benton M, Ismail K, **Chew BH**. Study protocol on risk factors for the diagnosis of gestational diabetes mellitus in different trimesters and their relation to maternal and neonatal outcomes (GDM-RIDMAN). BMJ Open. 2022 Jul 26;12(7):e052554. doi: 10.1136/bmjopen-2021-052554. <https://bmjopen.bmj.com/content/12/7/e052554?rss=1>

iv. Benton M, Iman I, Goldsmith K, Forbes A, Ching SM, Papachristou Nadal I, Guess N, Murphy HR, Mohd Yusof BN, Baharom A, Mahamad Sobri NH, Basri NI, Salim MS, Ismail IZ, Hassan F, Ismail K, **Chew BH**. A Mobile Phone App for the Prevention of Type 2 Diabetes in Malaysian Women With Gestational Diabetes Mellitus: Protocol for a Feasibility Randomized Controlled Trial. JMIR Res Protoc. 2022 Sep 8;11(9):e37288. [ISSN: 1929-0748] doi: 10.2196/37288. <https://www.researchprotocols.org/2022/9/e37288>

v. Sa'id I, Hotung N, Benton M, Nadal I, Baharom A, Prina M, Nisak Mohd Yusof B, Goldsmith K,

Birts S, Siew Mooi C, Forbes A, Ismail K, **Chew BH**. Process Evaluations of Interventions for the Prevention of Type 2 Diabetes in Women With Gestational Diabetes Mellitus: Systematic Review Interact J Med Res 2025;14:e51718. DOI: 10.2196/51718. <https://www.i-jmr.org/2025/1/e51718>

Reports in drafts and different stages of publication:

vi. Women's experiences of diabetes prevention interventions during pregnancy in Malaysia: a qualitative study

vii. Exploring the experiences and perceptions of dietitians in delivering diabetes prevention interventions to women with gestational diabetes mellitus in Malaysia

viii. Mobile phone application for the primary prevention of type 2 diabetes in Malaysian women with gestational diabetes mellitus (MYGODDESS): A feasibility randomized controlled trial

ix. Development and Evaluation of MyManis app prototype as a digital diabetes prevention intervention for women with gestational diabetes mellitus in Malaysia

x. Dietary Characteristics of Women with Gestational Diabetes Mellitus (GDM) participating in a feasibility Randomised Controlled Trial of MyManis app for type 2 diabetes (T2DM) prevention.

**3. Red Palm Olein on Inflammation and Gut Health:** I involved in a project funded by the Malaysia Palm Oil Board (MPOB) to explore the effects of red palm olein on inflammation and gut health in people with type 2 diabetes and metabolic syndrome.

i. Yee Lin Gan, Oi Ming Lai, **Boon How Chew**, Kah Hay Yuen, Kalanithi Nesaretnam, Kim-Tiu Teng, Kanga Rani Selvaduray, Puvaneswari Meganathan, Ju Yen Fu. Safety Assessment Of Tocotrienols Supplementation In Subjects With Metabolic Syndrome: A Randomised Trial. Journal of Oil Palm Research 2016; 28(1): 34-43. <http://jopr.mpob.gov.my/safety-assessment-of-tocotrienol-supplementat-ion-in-subjects-with-metabol-ic-syndrome-a-randomised-control-trial/?v=true> [ISSN: 1511-2780].

ii. Yee-Lin Gan, Ju-Yen Fu, Oi-Ming Lai, **Boon-How Chew**, Kah-Hay Yuen, Kim-Tiu Teng, Kalanithi Nesaretnam, Kanga Rani Selvaduray, Puvaneswari Meganathan Effect of palm-based tocotrienols and tocopherol mixture supplementation on platelet aggregation in subjects with metabolic syndrome: a randomised controlled trial. Scientific Reports 2017;7: 11542. DOI:10.1038/s41598-017-11813-w. <https://www.nature.com/articles/s41598-017-11813-w.pdf> [ISSN: 2045-2322].

iii. Shuen-Yeing Mo, Oi-Ming Lai, **Boon-How Chew**, Ruhaini Ismail, Sallehudin Abu Bakar, Norli Abdul Jabbar, Kim-Tiu Teng. Interesterified palm olein lowers postprandial glucose-dependent insulinotropic polypeptide response in type 2 diabetes. European Journal of Nutrition 2019;58(5):1873–1885. <https://doi.org/10.1007/s00394-018-1738-6>[ISSN: 1436-6207].

iv. Teng KT, Loganathan R, **Chew BH**, Khang TF. Diverse impacts of red palm olein, extra virgin coconut oil and extra virgin olive oil on cardiometabolic risk markers in individuals with central obesity: a randomised trial. Eur J Nutr. 2024 Jun;63(4):1225-1239. doi: 10.1007/s00394-024-03338-6. <https://doi.org/10.1007/s00394-024-03338-6>

MY professional journey includes pivotal roles in various clinical research and healthcare projects:

**1. The China-based mixed methods study on the expectations and acceptability of a smart nursing home model among Chinese elderly people** with Dr. Helen Zhao who is now with Zhejiang Dongfang Polytechnic, China. The project had explored Chinese elderly and family members about their expectations and willingness to move to a smart nursing home. A new questionnaire was created for a survey in four representative cities in China. Dr. Yuanyuan Zhao has since progressed to become an academician at the School of Smart Health and Wellness

(Health Medical College), Zhejiang Dongfang Polytechnic, China. She is given the trust to develop a laboratory of Smart Health Elderly Service and Management, and responsible for facilitating international collaboration on projects related to smart nursing for older adults which include technology development, education programs (student and lecturer exchange programs).

Publications are as below:

- i. Yuanyuan Zhao, Fakhrol Zaman Rokhani, Shariff-Ghazali Sazlina, Jing Su, **Boon-How Chew**. The Chinese elderly people's expectations and acceptability to a smart nursing home model: A mixed methods study protocol. PLOS One. 2021 Aug 23;16(8):e0255865. [ISSN: 1932-6203] doi: 10.1371/journal.pone.0255865, <https://doi.org/10.1371/journal.pone.0255865>
- ii. Yuanyuan Zhao, Fakhrol Zaman Rokhani, Shariff-Ghazali Sazlina, **Boon-How Chew**. Defining the concepts of a smart nursing home and its potential technology utilities that integrate medical services and is acceptable to stakeholders: A scoping review protocol. BMJ Open 2021;11:e041452. doi: 10.1136/bmjopen-2020-041452. [ISSN: 2044-6055] <https://bmjopen.bmj.com/content/11/2/e041452.info>
- iii. Yuanyuan Zhao, Fakhrol Zaman Rokhani, Shariff-Ghazali Sazlina, Navin Kumar Devaraj, Jing Su, **Boon- How Chew**. Defining the concepts of a smart nursing home and its potential technology utilities that integrate medical services and are acceptable to stakeholders: A scoping review. BMC Geriatrics 2022;22(1):787. doi: 10.1186/s12877-022-03424-6. <https://doi.org/10.1186/s12877-022-03424-6>
- iv. Zhao Y, Sazlina SG, Rokhani FZ, Chinna K, Su J, **Chew BH**. The expectations and acceptability of a smart nursing home model among Chinese older adults: a mixed methods study. BMC Nurs. 2024 Jan 13;23(1):40. [ISSN: 1472-6955] doi: 10.1186/s12912-023-01676-0. <https://doi.org/10.1186/s12912-023-01676-0>

Since graduation, we continue to collaborate into related field of nursing care:

- i. Zhao Y, Tu Y, Chew BH, et al Mapping an evidence-based end-of-life care framework for older adults in Chinese nursing homes: protocol for a scoping review BMJ Open 2024;14:e083018. doi: 10.1136/bmjopen-2023-083018. <https://bmjopen.bmj.com/content/14/12/e083018>
- ii. Zhao Y, Tu Y, Chew BH, Zhu H. Chinese Community-dwelling Older Adults' Expectations Regarding the Delivery of Integrated Care through Case Managers: A Mixed-Methods Study Protocol. JMIR Preprints. 16/01/2025:71394. DOI: 10.2196/preprints.71394. <https://preprints.jmir.org/preprint/71394>

## 2. Chronic Kidney Disease Nurse-Led Self-Management (CKD-NLSM) Program:

In collaboration with the National Kidney Foundation (NKF), I supervised Dr. Al Sawad Ayat Ali to lead a project focused on enhancing the self-management skills of patients with chronic kidney disease. The project, funded by the Technological Horizons for Compound Fertilizer Factory in Dammam, Saudi Arabia, aimed to improve patient outcomes and quality of life. Dr. Al Sawad Ayat Ali has been as an assistant director of nursing services for research and EPB, also became as an external member of an academic faculty in IAU nursing college teaching nursing students in preparation Year. She was pivotal in established intensive EBP continuing education and skills building program based on ARCC model. She is active in clinical research, completed 4 researches, in which 2 of them under peer reviewed journals, and further facilitated 11 projects.

- i. Ayat Ali Al Sawad, Soo Kun Lim, Tang Li Yoong, Aneesa Abdul Rashid, **Boon How Chew**. The effectiveness of a Nurse-led Self-management Program for people with Chronic Kidney Disease stage 3 and 4 (CKD-NLSM): study protocol for a Randomized Controlled Trial. Scientific Progress. 2021;104(2):1-27. [ISSN: 2047-7163] <https://doi.org/10.1177/00368504211026159>
- ii. Al Sawad AA, Lim SK, Tang LY, Rashid AA, **Chew BH**. Cultural adaptation and validation of the Malay Chronic Kidney Disease Self-management instrument (MCKD-SM). BMC Nephrol.

2022 Dec 1;23(1):384. doi: 10.1186/s12882-022-03016-x. <https://doi.org/10.1186/s12882-022-03016-x>

### 3. Effectiveness of Breathing Exercises, Foot Reflexology, and Back Massage (BRM) during Labour:

I supervised Dr. Kamilya Jamel Baljon to lead a research initiative in partnership with Ummu Al-Qura University, Saudi Arabia. The study focused on assessing the impact of BRM techniques on various aspects of labour and aimed to contribute to improving maternal healthcare practices. Dr. Kamilya has been promoted as a professor assistant in the nursing college, and is responsible for teaching OBG-YN nursing, pediatric nursing, fundamental nursing, medical surgical nursing, and critical care nursing. She is also teaching master of the community health and bridging nursing program. She is a course coordinator for OBG-YN nursing and pediatric nursing beside being a member of the midwifery program in my nursing college. She is an active member in some committees such as the high committee for curriculums, internal ship committee, and occupation committee, a committee of the Promotion of Mental Health. She is responsible for internalship training for many of these students. She will be a candidate for head of the midwifery program in nursing college beside being the head of nursing students club.

i. Kamilya Jameel Baljon, Muhammad Romli, Adibah Ismail, Lee Khuan, **Boon-How Chew**. Effectiveness of breathing exercises, foot reflexology and back massage (BRM) on labour pain, anxiety, duration, satisfaction, stress hormones and newborn outcomes among primigravidae during the first stage of labour in Saudi Arabia: a study protocol for a randomised controlled trial. *BMJ Open* 2020;10:e033844. doi: 10.1136/bmjopen-2019-033844. [ISSN: 2044-6055] <http://bmjopen.bmj.com/cgi/content/full/bmjopen-2019-033844>

ii. Kamilya Jameel Baljon, Muhammad Romli, Adibah Ismail, Lee Khuan, **Boon-How Chew**. Effectiveness of Breathing Exercises, Foot Reflexology and Massage (BRM) On Maternal and Newborn Outcomes Among Primigravidae in Saudi Arabia: A Randomised Controlled Trial. *2022;14:279-295*. doi: 10.2147/IJWH.S347971. <https://doi.org/10.2147/IJWH.S347971>

My early passions in medication education and health services including medical audit, primary care for cancers and shared-decision making, recorded my impactful work on the Effect of Emotional Intelligence on the Medical Student's Academic Performance, "Personal Mission Statement": A Comparison of Medical Students' and General Practitioners' Reflections on Personal Belief, Value, Purpose and Goal in Life, and the Perception of Malaysian Healthcare Professional on Family Medicine Specialists (PERFAMS), Job Satisfaction of Malaysian Primary Care Doctors, and the Prevalence and Treatment Outcomes of Emergency Cases at Community Health Clinics in Malaysia. Publications are as below:

i. Aaron Fernandez, Kit-Aun Tan, Stephanie Knaak, **Boon How Chew**, Sazlina Shariff Ghazali. Effects of Brief Psychoeducational Program on Stigma in Malaysian Pre-clinical Medical Students: A Randomized Controlled Trial. *Acad Psychiatry* (2016); 40(6): 905-911. doi:10.1007/s40596-016-0592-1. <http://link.springer.com/article/10.1007/s40596-016-0592-1> [Print ISSN: 1042-9670; Online ISSN: 1545-7230]

ii. **Chew Boon How**, Faezah Hassan, Azhar Md. Zain. Medical Students With Higher Emotional Intelligence Were More Aware of Self-Anxiety and Scored Higher in Continuous Assessment: A Cross-Sectional Study. *Medical Science Educator* 2015; 25(4): 421-430. DOI:10.1007/s40670-015-0168-9 <http://link.springer.com/article/10.1007%2Fs40670-015-0168-9> [ISSN: 2156-8650]

iii. **Boon-How Chew** and Sri-Wahyu Taher. Primary Care for Cancers: Epidemiology, Causes, Prevention and Classification- A Narrative Review. *J Family Med Community Health* 2014; 1(1): 1002. <http://www.jscimedcentral.com/FamilyMedicine/familymedicine-1-1002.pdf>

iv. **Chew Boon How**, Azhar Md. Zain, Faezah Hassan. The Relationship Between The Social

- Management Of Emotional Intelligence And Academic Performance Among Medical Students. *Psychol Health Med.* 2014; 28:1-7. DOI: 10.1080/13548506.2014.913797. <http://www.tandfonline.com/doi/full/10.1080/13548506.2014.913797> [ISSN: 1354-8506 (Print), 1465-3966 (Online)]
- v. **BH Chew**, AT Cheong. Ethnic Groups Difference in Discriminatory Attitude towards HIV/AIDS Patients among Medical Students: A Cross-Sectional Study. *Malaysian Journal of Medicine and Health Sciences* 2014; 10(1): 61-69. [https://medic.upm.edu.my/dokumen/FKUSK1\\_MJMHS\\_2014V10N1\\_Artkl\\_9%5B1%5D.pdf](https://medic.upm.edu.my/dokumen/FKUSK1_MJMHS_2014V10N1_Artkl_9%5B1%5D.pdf) [ISSN: 1675-8544]
- vi. **Chew Boon How**, Lee Ping Yein, Irmī Zarina Hassan. "Personal Mission Statement": Medical Students' and General Practitioners' Reflections on Personal Belief, Value, Purpose and Goal in Life. *Malays Fam Physician* 2014;9(2):26-33. <http://e-mfp.org/pdf/2014v9n2/personal-mission-statement.pdf> [ISSN: 1985-2274]
- vii. **Chew BH**, Cheong AT. Assessing HIV/AIDS Knowledge And Stigmatizing Attitudes Among Medical Students In Universiti Putra Malaysia- A Cross-Sectional Study. *Med J Malaysia.* 2013; 68(1):24-29. <http://www.e-mjm.org/2013/v68n1/knowledge-on-HIV-AIDS.pdf> [ISSN: 0300-5283]
- viii. **Chew Boon How**, Sri Wahyu Taher. Primary care for cancers at diagnosis and follow-up: a narrative review. *Family Medicine and Community Health.* 2013; 1(1):56-67. DOI: 10.15212/FMCH.2013.0109. <http://www.ingentaconnect.com/content/cscript/fmch/2013/00000001/000000001/art00010> [ISSN: 2305-6983]
- ix. **Chew Boon How**, Azhar Md. Zain, Faezah Hassan. Emotional Intelligence is related to Better Academic Performance in the First and Fifth Years Medical Students. *BMC Medical Education.* 2013; 13:44. DOI:10.1186/1472-6920-13-44. <http://www.biomedcentral.com/1472-6920/13/44> [ISSN: 1472-6920]
- x. Ng CJ, Lee PY, Lee YK, **Chew BH**, Engkasan JP, Irmī ZI, Hanafi NS, Tong SF. An overview of patient involvement in healthcare decision-making: a situational analysis of the Malaysian context. *BMC Health Services Research.* 2013; 13:408. DOI: 10.1186/1472-6963-13-408. [ISSN: 1472-6963] <http://www.biomedcentral.com/1472-6963/13/408>
- xi. **Boon-How Chew**, Anis Safura Ramli, Mimi Omar, Irmī Zarina Ismail. Preliminary Study of Job Satisfaction and Motivation of Malaysian Primary Healthcare Professionals- A Cross-sectional Study. *Malays Family Physician.* 2013; 8(2): 15-25. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4170481/> [ISSN: 1985-2274].
- xii. **Chew Boon How**, Cheong Ai Theng, Sazlina Shariff-Ghazali (Eds). *An Introduction to Family Medicine And Its Essential Skills in Primary Medical Care.* Universiti Putra Malaysia Press, Serdang. 2015. ISBN: 978-967-344-433-5. <http://research.intllabs.com/product/an-introduction-to-family-medicine-and-its-essential-skills-in-primary-medical-care/>

I were also a Visiting Senior Lecturer to the Psychological Medicine, Institute of Psychiatry, Psychology and Neuroscience, King's College London from 2020 to 2022, and world top 2% scientist in clinical medicine from year 2020 till 2024 (year of this report preparation). Further exemplified in my consultancy portfolio and showcasing a diverse range of impactful projects and collaborations contributing to healthcare, medical research, and academic development. Beyond project leadership and research initiatives, I had actively engaged with professional organizations, providing valuable insights and guidance. Below are some of my most recent engagements:

1. Invited to be the speaker and judge for the 'Proposal Writing Workshop' organized by the Clinical Research Centre, Hospital Putrajaya.
2. Spoke to the Asian Medical Students' Association UPM (AMSA-UPM) in Research

- Methodology 2023.
3. Spoke in the Research Fun Day's Academic Writing organized by the Clinical Research Centre, Hospital Putrajaya.
  4. Invited to speak in CNIC Annual User Conference: Scientific Big Data Technology and Application.
  5. Spoke to urologists in China in the 3rd Minjiang International Academic Conference of Urology.
  6. Boon-How was the Scientific Chair for the Academy of Family Physician Malaysia's 2023 Annual Scientific Meeting, and an Oral Judge for the 9th Asia Pacific Primary Care Research Conference (APPCRC) 2023.
  7. Invited to participate in the International Training Workshop on Open Science and SDGs, 28 August to 08 Sept 2023 in Beijing, China. Leading a report on Statements on Open Science for Sustainable Development Goals.
  8. Invited to be a member of the ASEAN Primary Care Research Excellence Framework (APREF) by the Primary Care Research Institute, SingHealth Singapore
  9. Invited to join for the Coalition for the Advancement of Research Assessment (CoARA) 'Ethics and Research Integrity Policy in Responsible Research Assessment for Data and Artificial Intelligence Working Group (ERIP-WG)' as an associated expert member.
  10. Invited to be a conference reviewer for the WONCA Asia Pacific Regional Conference 2024 will be held in Singapore on 21-24 August 2024.
  11. As a judge in the UiTM's Invention, Innovation & Design Exposition (iidex2023) on 14 December 2023.

## Fundings

1. Effect of Emotional Intelligence on the Medical Student's Academic Performance. NMRR-10-1407-6264. Primary Investigator & RUGS (RM 29,500)
2. Perception of Malaysian Healthcare Professional on Family Medicine Specialists (PERFAMS). NMRR-11-1054-9190. Primary Investigator & FMSA+UPM (RM10,000 + RM 3,000)
3. Empowering Patients and Primary Care to Improve Chronic Disease Outcomes: The EMPOWER Participatory Action Research (EMPOWER-PAR). NCT01545401. Co-researcher & ERGS (RM 179,900)
4. The acute effects of triacylglycerol structure of palmitic acid rich fats on insulin secretion and sensitivity, haemostatic markers in Type II diabetic patients. NMRR-12-146-11363. NCT01906359. Co-researcher & MPOB (RM 155,000)
5. The effects of tocotrienols supplementation on platelet aggregation in subjects with metabolic syndrome. NCT01631838. Co-investigator & MPOB (RM 200,000)
6. Communication in Primary Healthcare Among Healthcare providers in a multilingual society: An exploratory study. Co-investigator & ERGS (RM 50,000)
7. Pre-diabetes Intervention Programme. Co-investigator & Health Promotion Board (RM 620,000 )
8. Emotional Distress and its Effect on Disease Control, Medication Adherence and Quality of Life in Patients with Type 2 Diabetes Mellitus [EDDMQoL] NMRR-12-1167-14158. Primary Investigator & RUGS 3 (RM 22,000)
9. Communication Structure and Dynamics of Bedside Teaching and Learning. NMRR-12-1360-13846. Co-investigator & RUGS 3 (RM 40,050)
10. The effectiveness of a value-based emotion-focused educational programme to reduce diabetes-related distress in adults with type 2 diabetes (VEMOFIT). NMRR-15-1144-

24803. NCT02730078. Principal Investigator & Malaysia MOH-NIH Research Grant (MRG) RM 155,800.
11. Anti-inflammatory Effect of Tocotrienol Supplementation in Subjects with Moderately Elevated Inflammation (INTOC). NMRR-15-2229-28701 (IIR). Co-investigator & MPOB (RM 500,600)
  12. Emotional Distress, Illness Perception and its Effect on Quality of Life, Self-management and Disease Control in Adult Patients with Type 2 Diabetes Mellitus- a Cross-sectional Study. NMRR-16-2727-29733. (FMSA) Principal Investigator (RM 6,000)
  13. Red Palm Olein on Inflammation and Gut Health. : UPMrrNCPI/RMC/1.4.18.2 (JKEUPM) : 19 November 2018. Co-investigator & MPOB (RM 1,549,000)
  14. The effectiveness of breathing exercise, foot reflexology, and back massage (BRM) during the first stage of labor on labor pain, duration, anxiety, satisfaction, stress hormones, and newborn outcomes in women in Saudi Arabia who are pregnant for the first time. ISRCTN87414969. Principal Investigator & Ummu AL-Qura University, Saudi Arabia (Rs 95,800 about RM 105,700)
  15. Psychosocial adjustment of persons with spinal cord injury in Malaysia and its association with spiritual belief. NMRR-19-2648-46562. 8 Rehabilitation departments in West and East Malaysia Principal Investigator & Geran Putra IPS (RM 24,438)
  16. Effectiveness of Chronic Kidney Disease Nurse-Led Self-Management (CKD-NLSM) Program: A Randomised Controlled Trial. SPS6999. NCT03974646. Principal Investigator & Technological Horizons For Compound Fertilizer Factory, Saudi Arabia (RM 50,000)
  17. The Malaysian Gestational Diabetes and Prevention Of Diabetes Study (MYGODDESS). Principal Investigator & MyPAIR-NCD Newton (RM 828,300)
  18. Malaysia Clinical Performance Evaluation (CPE) of CO-Check SARS-CoV-2 Antigen Lateral Flow Immunoassay (LFIA). Co-investigator (RM195,550)
  19. The effectiveness of AI mobile application assisted-healthy lifestyle of low carbohydrate diets and multicomponent exercises for the remission of type 2 diabetes mellitus. Pusat Kos: 9759100. Principal Investigator & GERAN PUTRA INISIATIF (GPI) (RM 12,000 + RM8,000)

### Awards

1. Excellence in Service Award from the State of Perak Health Office in 2008.
2. Excellence in Service Award from Universiti Putra Malaysia in 2011.
3. Excellence in Service Award from Universiti Putra Malaysia in 2012.
4. Excellence in Service Award from Universiti Putra Malaysia in 2013.
5. Excellence in Service Award from Universiti Putra Malaysia in 2018.
6. Excellence in Service Award from Universiti Putra Malaysia in 2019.
7. Excellence in Service Award from Universiti Putra Malaysia in 2020.
8. Excellence in Service Award from Universiti Putra Malaysia in 2021.
9. "Best 5 Clinical Researchers' Award" from Faculty of Medicine & Health Sciences, UPM in 2012.
10. Best poster presentation award (1st prize) from College of Family Physicians, Singapore in conjunction with the 4th Asia Pacific Primary Care Research Conference 2012 in National University of Singapore, Singapore.
11. "Best 10 Clinical Researchers' Award" from Faculty of Medicine & Health Sciences, UPM in 2013.
12. "Best 10 Clinical Researchers' Award" from Faculty of Medicine & Health Sciences, UPM in

2014.

13. The 2nd Prize of the “Best 10 Clinical Researchers’ Award” from Faculty of Medicine & Health Sciences, UPM in 2015.

14. Excellence in Publication - Individual Category” from the Office of The Deputy Vice Chancellor (Research and Innovation), UPM in 2016.

15. “Top 10 Most Prolific Researchers- Clinical Category” Award from Faculty of Medicine & Health Sciences, UPM in 2018.

16. World Top 2% Scientist in Clinical Medicine in Year [2020](#), [2021](#), [2022](#) and [2023](#), and [2024](#).

17. Superb reviewer by Pharmacoepidemiology & Drug Safety: Chichester, West Sussex, GB

18. Anugerah Jaringan Industri dan Masyarakat 2019. Kategori Penjanaan Pendapatan Tertinggi (Tempat Pertama). Faculty of Medicine & Health Sciences, UPM 2020

19. Anugerah Jaringan Industri dan Masyarakat 2019. Kategori Kerjasama Industri (Tempat Kedua). Faculty of Medicine & Health Sciences, UPM 2020

20. Best Researcher Award (Anugerah Penyelidik Terbaik) 2020. Faculty of Medicine & Health Sciences, UPM 2021

21. Best Researcher Award (Anugerah Penyelidik Terbaik) 2021. Faculty of Medicine & Health Sciences, UPM 2022

22. **Boon How Chew**, Iklil Iman, Natasha Hotung, Kimberley Goldsmith, Siew Mooi Ching, Barakatun-Nisak Mohd Yusof, Anisah Baharom, Nurul Iftida Basri, Irmis Zarina Ismail, Hafizah Mahamad Sobri, Mazatulfazura Sf Binti Salim, Angus Forbes, Madeleine Benton, Iliatha Papachristou, Nicola Guess, Helen Murphy, Khalida Ismail. Feasibility outcomes of MyManis mobile application for the prevention of T2D in Malaysian women with GDM: a randomized controlled trial. Oral Presentation. 2nd Prize. WONCA APR Conference 2022 takes place from 5-7 December 2022.

23. Nur Hafizah Mahamad Sobri, Irmis Zarina Ismail, Madeleine Benton, Iliatha Papachristou Nadal, Angus Forbes, Nicola Guess, Barakatun Nisak Mohd Yusof, Iklil Iman Mohd Sa’id, **Boon How Chew**, Khalida Ismail, On behalf of the MYGODDESS Project Team. Exploring the experiences and perceptions of dietitians in delivering diabetes prevention interventions to women with gestational diabetes mellitus in Malaysia. Malaysian Dietitian's Association National Conference, 1st - 2nd July 2024, CCEC @ The Vertical, Bangsar, with the theme "Opportunities and Diverse Roles in Dietetics." Oral Presentation. 3rd Prize.

### Intellectual Property Rights

1. Diari VEMOFIT- 201612271205

2. Buku Kerja VEMOFIT- 201612271204

3. Risalah-risalah Maklumat 1-10 - 201612271203

4. Malay Brief Illness Perception Questionnaire (MBIPQ)- 201612271202

5. The Malay version 17-item Diabetes Distress Scale (MDDS-17)- 201612271201

### BOOKS/CHAPTERS

1. [submitted] Ana Luisa Neves and Liliana Laranjo (Eds). *Digital Health For Primary Care*. Geva Greenfield, Ana Rita Luz, **Boon How Chew**, Kam Cheong Wong and Cristina Jácome. Digital Health in Primary Care: Preparing medical students to work in evolving health care systems. WONCA Series. CRC Press, Taylor & Francis, 2025.

2. Zalinah Binti Ahmad (Ed). Professionalism & Personal Development 1. **Boon How Chew** and Puteri Shanaz Jahn Kassim. *Topic 10: Evidence-based Medicine 1*. UPM Press, 2024. ISBN: 978-629-7689-22-7. <https://www.e-sentral.com/book/info/414601>
3. Zalinah Binti Ahmad (Ed). Professionalism & Personal Development 1. **Boon How Chew** and Puteri Shanaz Jahn Kassim. *Topic 14: Evidence-based Medicine 2*. UPM Press, 2024. ISBN: 978-629-7689-22-7. <https://www.e-sentral.com/book/info/414601>
4. **Chew Boon How**. 2019. Understanding and Conducting Clinical Research- A Clinical Epidemiology Approach by a Clinician for Clinicians. ISBN 978-967-960-449-8. UPM Serdang, Malaysia.
5. **Chew Boon How**. 2019. An Illustrated Version- Understanding and Conducting Clinical Research- A Clinical Epidemiology Approach by a Clinician for Clinicians. ISBN 978-967-960-450-4. UPM Serdang, Malaysia.
6. Khalida Ismail, Stefan R. Bornstein, Andreas Barthel and Julio Licinio (Eds). Kirsty Winkley, Ebaa Al-Ozairi and **Boon How Chew**. *Chapter 17: Cultural and global perspectives: Depression and Type 2 Diabetes*. Oxford University Press, 2018. ISBN: 9780198789284. <https://www.oupjapan.co.jp/en/node/22788>
7. **BH Chew**. Handling emotional distress in Malaysian adults with type 2 diabetes [PhD Dissertation]. University Utrecht, Utrecht 2017. ISBN: 978-90-393-6896-1. <https://dspace.library.uu.nl/handle/1874/356682>
8. **Chew Boon How**. Religions and Religiosity on Type 2 Diabetes Mellitus in Primary Care: The Effect of Religions & Religiosity on the Control of T2D Using the Beliefs and Value Scale. LAP LAMBERT Academic Publishing, Germany. November 23, 2012. ISBN: 3838371496; ISBN-13: 978-3838371498. <https://www.amazon.com/Religions-Religiosity-Diabetes-Mellitus-Primary/dp/3838371496>
9. **Chew Boon How**, Cheong Ai Theng, Sazlina Shariff-Ghazali (Eds). An Introduction to Family Medicine And Its Essential Skills in Primary Medical Care. Universiti Putra Malaysia Press, Serdang. 2015. ISBN: 978-967-344-433-5. <http://research.intllabs.com/product/an-introduction-to-family-medicine-and-its-essential-skills-in-primary-medical-care/>
10. **Chew BH**, Fatanah I, Noridah M.S, Ramli A.S, Zil Falillah M.S. National Healthcare Establishments & Workforce Statistics (Primary Care) 2008-2009. Chapter 4: Primary Care Services in Malaysia. The National Healthcare Statistics Initiative (NHSI). Clinical Research Centre, National Institute of Health, Malaysia. March 2011. ISSN: 2231-7899.
11. **Chew BH**, Fatanah I, Noridah M.S, Ramli A.S, Zil Falillah M.S. National Healthcare Establishments & Workforce Statistics (Primary Care) 2008-2009. Chapter 5: Primary Care Facilities in Malaysia. The National Healthcare Statistics Initiative (NHSI). Clinical Research Centre, National Institute of Health, Malaysia. March 2011. ISSN: 2231-7899.

## MONOGRAPHS/ LEARNING TEACHING MATERIALS

1. Satwant, **BH Chew**. The Third National Morbidity and Health Survey 2006 (NHMS III) Perak: Asthma (Children).
2. Cheong Ai Theng, Zaiton Ahmad, **Chew Boon How**, Sri Wahyu Taher, Mohd Fozi Kamarudin. Chapter Two: Clinical Presentation Upon Complications. Wan Mohamad WB, Mastura I, Jamaiah S (Eds). Diabetes Registry Malaysia: Report of An Audit Of Diabetes Control and Management (January-December 2009), Kuala Lumpur. 2011.
3. Cheong Ai Theng, Zaiton Ahmad, **Chew Boon How**, Sri Wahyu Taher, Mohd Fozi Kamarudin. Chapter Two: Clinical Presentation Upon Complications. Wan Mohamad WB,

- Mastura I (Eds). Diabetes Registry Malaysia: Preliminary Report of An Audit Of Diabetes Control and Management (July-December 2008), Kuala Lumpur. 2010.
4. **Chew Boon How**, Win Maw, Faisal Hj Ibrahim. A Man With Profuse Diarrhoea. Facilitator guide Problem Based Learning (PBL) Year 2 Medical Program.
  5. Lecturer and Student Guidebook. Case Reports. Family Medicine Posting SPK 3711 Year 4 Medical Program.
  6. Huzlinda Hussin, Herni Talib, **Chew Boon How**. Ectopic Pregnancy. Facilitator guide Problem Based Learning (PBL) Year 2 Medical Program.
  7. **Chew Boon How**. Hypertension and Hormone Replacement Therapy: Management of Hypertension- Training Module for Healthcare Providers. Ministry of Health, Malaysia. Putrajaya, 2010.
  8. Mastura Ismail, **Chew Boon How**, Cheong Ai Theng. Diabetes – Assessment of risk factors, complication, outcomes and treatment profiles. RESEARCH HIGHLIGHT ADCM/1 of 2010 MOH/S/CRC/12.10(TR)
  9. Mastura Ismail, **Chew Boon How**, Nafiza Mat Nasir. Audit Diabetes Control & Management in Negeri Sembilan (July-Dec 2008). RESEARCH HIGHLIGHT ADCM/2 of 2010 MOH/S/CRC/12.10(TR).
  10. **Chew Boon How**, Teng Cheong Lieng, Mazapuspavina Md Yasin. Decision Support: Chronic Disease Management Training Module. Ministry of Health, Malaysia. 2011

## MODULE 2 - How have you contributed to the development of individuals?

Recently I was selected as a mentor for the WONCA Working Party on Research Mentorship Program in collaboration with the Young Doctor Movement, where I will guide three mentees: Jing Fang (China), Muhammad Thoriq (Indonesia/Australia), and Rica Dale Butay (Philippines), to develop high-quality clinical research proposals that are relevant, feasible, efficient and impactful. This will last for six months from December 2024 to May/June 2025.

Dr. Helen Zhao who is now with Zhejiang Dongfang Polytechnic, China. The project "The expectations and acceptability of a smart nursing home model among Chinese elderly people" had explored Chinese elderly and family members about their expectations and willingness to move to a smart nursing home. A new questionnaire was created for a survey in four representative cities in China. Dr. Yuanyuan Zhao has since progressed to become an academician at the School of Smart Health and Wellness (Health Medical College), Zhejiang Dongfang Polytechnic, China. She is given the trust to develop a laboratory of Smart Health Elderly Service and Management, and responsible for facilitating international collaboration on projects related to smart nursing for older adults which include technology development, education programs (student and lecturer exchange programs).

In collaboration with the National Kidney Foundation (NKF), I supervised Dr. Al Sawad Ayat Ali to lead a project focused on enhancing the self-management skills of patients with chronic kidney disease. The project, funded by the Technological Horizons for Compound Fertilizer Factory in Dammam, Saudi Arabia, aimed to improve patient outcomes and quality of life. Dr. Al Sawad Ayat Ali has been as an assistant director of nursing services for research and EPB, also became as an external member of an academic faculty in IAU nursing college teaching nursing students in preparation Year. She was pivotal in established intensive EBP continuing education and skills

building program based on ARCC model. She is active in clinical research, completed 4 researches, in which 2 of them under peer reviewed journals, and further facilitated 11 projects.

I supervised Dr. Kamilya Jamel Baljon to lead a research initiative in partnership with Ummu Al-Qura University, Saudi Arabia. The study focused on assessing the impact of BRM techniques on various aspects of labour and aimed to contribute to improving maternal healthcare practices. Dr. Kamilya has been promoted as a professor assistant in the nursing college, and is responsible for teaching OBG-YN nursing, pediatric nursing, fundamental nursing, medical surgical nursing, and critical care nursing. She is also teaching master of the community health and bridging nursing program. She is a course coordinator for OBG-YN nursing and pediatric nursing beside being a member of the midwifery program in my nursing college. She is an active member in some committees such as the high committee for curriculums, internal ship committee, and occupation committee, a committee of the Promotion of Mental Health. She is responsible for internship training for many of these students. She will be a candidate for head of the midwifery program in nursing college beside being the head of nursing students club.

Beside the above, there are a variety of students of different levels as below whom have become useful citizens and workers of different organizations.

1. Hannah Izzati binti Mohamed Khir (MSc Graduated in 2023)
2. Danial Asyraf Bin Saharuddin (MSc Graduated in 2022)
3. Choo Sulin (MSc Graduated in 2018)
4. Mo Shuen Yeing (MSc Graduated in Nov 2017)
5. Gan Yee Lin (MSc Graduated in 2014)
6. Nur Husna Binti Mohamad (MMed Fam. Med Graduated in 2024)
7. Fakhru Radhi Bin Mohd Fazli (MMed Fam. Med Graduated in 2023)
8. Elango A/L Letchumanan (MMed Fam. Med Graduated in 2024)
9. Thresaangelin Pulvendiran (MMed Fam. Med Graduated in 2022)
10. Keng Wei Xiong (MMed Fam. Med Graduated in 2022)
11. Noor Alyia Binti Azizi (MMed Fam. Med Graduated in 2022)
12. Loke Wen How (MMed Fam. Med Graduated in 2021)

I was a research mentor in the Advanced Training in Family Medicine (ATFM) the Graduate Certificate in Family Medicine (GCFM), the postgraduate qualification of the MAFP/icFRACGP (International Conjoint FRACGP), and appointed as the scientific chair for the Annual Scientific Meeting 2023 by the Academy of Family Physicians Malaysia. Graduates from the **Advanced Training in Family Medicine, Australian Royal College of General Practitioner:**

Cohort 2018-2020

1. Dr. Saidatul Akmar bt Mohammad Redzuan
2. Dr. Thenmoli A/P Palaniyappan
3. Dr. Venotha A/P Ganasan
4. Dr. Priyasini A/P Suntharalingam
5. Dr. Paream Kaur
6. Dr. Puteri Normalina bt Megat Abu Bakar

Cohort 2013-2014

1. Dr. Manroshen Singh

2. Dr. Lee Kam Pong
3. Dr. Gouri Gandhi
4. Dr. Sharmilee Ramanathan
5. Dr. Jaswant Singh a/l Polar Singh
6. Dr. Muhammad Salahuddin [BRUNEI]
7. Dr. Ng Shiau Pei
8. Dr. Norhasyimah bt Mahadi

## TEACHING

### 1. Undergraduate

- MDR3101- Evidence-based Medicine, Semester 1 & 2
- SPP 36210- Undergraduate Medical Doctor program- 2<sup>nd</sup> year medical student Research Methodology Project
- SPK 3711- Undergraduate Medical Doctor program -Family Medicine posting
- SPK 3821- Supervisor for Fourth Year 2009/2010 medical student Community Follow-up posting
- Clinico-pathological Conference (CPC) for year 5 Medical Doctor program
- SPP 3591- Problem-Based Learning module for 2<sup>nd</sup> year medical student
- SPP 3111- Professional Development module for 2<sup>nd</sup> year medical student
- NUR3402- Primary Care Nursing- Bachelor Program
- Task-based Learning- Cyberjaya University College of Medical Sciences (CUCMS) Family Medicine Posting

### 2. Postgraduate

- Master in Family Medicine, Universiti Putra Malaysia 2017-2023- Research Methodology
- Master in Family Medicine, Universiti Putra Malaysia 2013-2021- Evidence-based Medicine
- Master in Family Medicine, Universiti Putra Malaysia 2013-2014- Ethics and Professionalism
- Master in Family Medicine, Universiti Putra Malaysia 2012-2013- Ethical Issue in Family Medicine
- Master in Family Medicine, Universiti Putra Malaysia 2018-2021- OSCE Mock Examination
- Master in Family Medicine, 2011-2012- Practice Diary Mock Examination
- Advance Training Programme (ATP) Research Mentor for Academy of Family Physician Malaysia 2012-2014 and 2018-2020
- Committee member in drafting up UPM master degree program for Family Medicine

### 3. ACADEMIC COORDINATOR

- 2009 – 2013: Coordinator of the Professional Development modules.
- 2009 – 2011: Coordinator for the planning of UPM Family Medicine Clinic.
- 2018- Present: Research Coordinator for Department of Family Medicine at the Faculty of Medicine and Health Sciences, UPM

- 2018- 2021: MMed Family Medicine Year 2 Coordinator for Department of Family Medicine at the Faculty of Medicine and Health Sciences, UPM

## MODULE 3 - How have you contributed to the wider research community?

The following shows some of the engagement I have with some research community, spanning from local institutions, national to international. An example is the publication of an Essay on Data Science Journal with a group of scientists across the globe on Open Science for SDGs:

1. **Chew, B.H.**, Maxwell, L., Anyiam, F.E., Menouni, A., Kurniawan, T.A., Dimobe, K., Sharma, T.P.P., Ali, G.A.M., Shah, R.D.T., Saleem, R., Mashroofa, M.M., Nasr, M., Abbas, B., Atapattu, A.J., Mahmoud, M., Singh, N. and Sarker, M.R. 2024 Statements on Open Science for Sustainable Development Goals. *Data Science Journal*, 23: 49, pp. 1–8. DOI: <https://doi.org/10.5334/dsj-2024-049>

*This paper explores how Open Science (OS) can drive innovation, elevate research quality, and accelerate progress toward achieving the Sustainable Development Goals (SDGs). Featuring 20 General and 70 Specific Statements, it offers a comprehensive framework for policymakers, researchers, and public institutions to integrate OS principles into national strategies. Key takeaways emphasize rigorous science, transparency, inclusivity, and practical applications in education, health, and climate action, with a focus on regular progress assessment. Supplementary resources and notable initiatives, including the Leiden Ranking Open Edition and the BIP! Indicators, provide additional tools to support OS practices and SDG implementation. This publication calls for collective action toward a transformative global impact by 2030.*

2. **Chew, BH.** et al. (2025) 'Efficient and Effective Diabetes Care in the Era of Digitalization and Hypercompetitive Research Culture: A Focused Review in the Western Pacific Region with Malaysia as a Case Study', *Health Systems & Reform*, 11(1). doi: 10.1080/23288604.2024.2417788. <https://doi.org/10.1080/23288604.2024.2417788>

*This paper presents a comprehensive, evidence-based 5-year roadmap for transforming diabetes care, using Malaysia—a country with one of the highest global burdens of diabetes mellitus- as a case study. The publication addresses key challenges in suboptimal diabetes care and proposes strategic interventions, emphasizing the role of high-quality research, multidisciplinary collaboration, and digital innovation.*

Highlights

include:

- **Evidence-Based Roadmap:** A structured plan for improving primary care delivery in resource-limited settings, leveraging lessons from the Enhanced Primary Healthcare (EnPHC) initiatives.
- **Research Quality:** Strategies to navigate research biases, prevent misconduct, and uphold standards for impactful clinical studies.
- **Digital and AI Tools:** Insights into the development and integration of AI systems for personalized and efficient diabetes care.
- **Open Science Practices:** An introduction to the transformative potential of Open Science for advancing research and healthcare delivery.

*Key audiences—patients, allied health professionals, policymakers, pharmaceutical companies, and tech developers—are guided through tailored strategies to empower self-management, enhance psychosocial support, implement systemic reforms, improve access to medications, and create validated AI tools. This roadmap offers a vision for efficient, patient-centered diabetes care*

*in the digital age, driving innovation and equitable health outcomes globally.*

3. Developing the ASEAN Primary Care Research Excellence Framework (APREF). A Delphi study is being planned to gather experts' consensus on the importance and feasibility of certain criteria in research units' and researchers' performance evaluation.

### **Professional Consultancy & Services**

1. Research Championship coach for the 4th Asia Pacific Primary Care Research Conference 2012, 2014, 2016, 2025 (upcoming)
2. Abstract reviewer 16th Malaysian Family Medicine Scientific Conference 2012
3. Reviewer for a research proposal and grant of Curtin University Sarawak 2014
4. Reviewer for a research proposal and grant for of Family Physicians Malaysia (AFPM) 2015
5. Abstract reviewer 7th Asia Pacific Primary Care Research Conference 2018
6. A member of the international Committee for Talent Development of Danish Diabetes Academy 2018-2020, followed on as a member of the DDEA Grant Review Committee 2023-2027
7. Final consensus panelist for the SCORE-IT DIABETES project, 24th January 2019, University of Liverpool, UK
8. Medical Advisor to the Puchong Chinese Presbyterian Church, Selangor on Outreach Program, 2018-2019
9. Speaker in Family Medicine Specialist Grooming Program in Negeri Sembilan, 2017,2018,2019
10. An External Reviewer for "Scientific Review Board" of the Malaysian Institute for Health Systems Research Jun 2019 – December 2020 (SRB-IHSR)
11. Subject Matter Expert in Research Evaluation Committee (JPP-NIH) for Ministry of Health Malaysia | 2021-2023
12. Chairman for the Annual Scientific Meeting of the Academy of Family Physicians of Malaysia (2022-2023).
13. Poster Judge to Research Week 4th October 2022, Ruang Legar, Aras LG, Hospital Putrajaya by CRC Hospital Putrajaya
14. Research Proposal Presentation Judge by CRC Hospital Putrajaya 16hb Mac 2023 (Khamis): Dewan Mak.an, Aras 6, Kementerian Perdagangan Dalam Negeri Dan Hal Ehwal Pengguna (KPDNHEP) W. P. Putrajaya
15. Oral Presentation Judge during the 9th Asia Pacific Primary Care Research Conference (APPCRC) 2023, 2nd – 4th June 2023
16. A Judge at the Invention, Innovation & Design Exposition (iidex2023), 12 – 15 December 2023. Dewan Berlian Universiti Teknologi MARA (UiTM) Puncak Alam, Selangor, Malaysia.
17. An Associated Expert in the Ethics and Research Integrity Policy in Responsible Research Assessment for Data and Artificial Intelligence Working Group (ERIP-WG) by the Coalition for Advancing Research Assessment (CoARA) since 2023.
18. Guest Lecturer for Universiti Malaya's MQH7006 – CLINICAL EPIDEMIOLOGY MSc Programme 2025.
19. A member of the Expert Review Panel for the Evaluation of Tocotrienol Clinical Research project proposals (EPTCR) under the Tocotrienol Matching Grant 2025.
20. Scientific Committee Member of the 10th Asia Pacific Primary Care Research Conference (APPCRC), 19 to 21 June 2025, at the Academia, SGH Campus, Singapore.

## Present and Past Positions

1. Life member of Malaysian Medical Association (MMA) since 2008
2. Life member of the Association of Clinical Registry Malaysia (ACRM) since 2009
3. Life member of Family Medicine Specialist Association (FMSA) of Malaysia since 2009
4. A member of Academy of Family Physicians Malaysia (AFPM) since 2010
5. Editorial Board Member of the Malaysian Family Physician (MFP) 2015-2021
6. Editorial Board Member of the International Journal of Diabetes Research (ISSN 2414-2409) since 2016
7. Editorial Board Member of the World Journal of Diabetes (ISSN 1948-9358) since 2016
8. Editorial Board Member of the Asia Pacific Journal of Public Health (APJPH) 2020-2021
9. Guest editor for Frontiers in Endocrinology section Clinical Diabetes on Research Topic [Achieving Effective and Efficient Diabetes Care at the Primary Care Setting: Now and in the Future](#) 2019-2021
10. A Panel Member of the Ethics Committee for Research Involving Human Subjects (JKEUPM) May 2019- Sept. 2020
11. An External Reviewer for “Scientific Review Board” of the Malaysian Institute for Health Systems Research Jun 2019 – December 2020 (SRB-IHSR)
12. Subject Matter Expert in Research Evaluation Committee (JPP-NIH) for Ministry of Health Malaysia | 2021-2023
13. Committee member of Workshop Clinical Examination Practice (CEP) Part I Program Master Perubatan (Perubatan Keluarga) Sesi 2022/2023
14. Committee member of Workshop Clinical Examination Practice (CEP) Part II Program Master Perubatan (Perubatan Keluarga) Sesi 2022/2023
15. Committee member of Workshop Putrawefit September 2023
16. Committee member of Perpustakaan Universiti Puyta Malaysia, 1 June 2020 – 31 May 2023
17. Committee member of Post Approval Subcommittee JKEUPM, 9 November 2020 – 4 September 2023
18. Committee member of Kerja Sistem Maklumat Hospital Bersepadu (THIS) HPUPM, 20 February 2020- 19 February 2022
19. Committee member of Penilaian Permohonan Geran Penyelidikan Peringkat Universiti, 2020,2021
20. Committee member of Peperiksaan Bahagian III Master Perubatan (perubatan Keluarga) 2018, 2019, 2020, 2021
21. Committee member of Vetting Peringkat Jabatan Peperiksaan Professional Master Perubatan (perubatan Keluarga) 2018, 2019, 2020, 2021
22. Committee member of Pembangunan Kursus Di Bawah Open Online Courses (MOOC) 2018, 2019, 2020, 2021
23. Committee member of Workshop ‘Clinical Examination Practice’ (CEP) Part II’ Program Master Perubatan (Perubatan Keluarga) Sesi 2020/2021
24. Vetting Committee Di Peringkat Jabatan Untuk Paperiksaan Profesional III OSCE (Perubatan Keluarga) Program Doktor Perubatan Sesi 2010/2011
25. Committee member of Kerja PBL-Cases, 2012

## INVITED AS SPEAKER/ EXPERT PANEL

1. The Control of Type 2 Diabetes and its Complications in a Primary Care Centre in Malaysia. The Singapore Disease Management Conference 2008 & 1st International Conference On Healthcare Transformation 2008: Primary Care Focus. 8-11th May 2008. Suntec Convention Centre, Singapore.
2. Medical Records and Confidentiality. Diploma in Family Medicine- Workshop on Professionalism, Ethical Practice and the Law. 3rd and 4th July, 2010. Grand Season Hotel, Kuala Lumpur.
3. Medical Reports and Confidentiality. Diploma in Family Medicine- Workshop on Professionalism, Ethical Practice and the Law. 15th and 16th July, 2011. Grand Season Hotel, Kuala Lumpur.
4. World Hepatitis Day- Public Talk in conjunction with World Hepatitis Day on 28<sup>th</sup> July 2011 at Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor.
5. Medicalization or Not [Mandarin]. Public Talk on 22<sup>nd</sup> October 2011 at Serdang Chinese Methodist Church, Selangor.
6. Medical Ethics and Professionalism. Diploma in Family Medicine- Workshop on Professionalism, Ethical Practice and the Law. 14th and 15th January, 2012. Grand Season Hotel, Kuala Lumpur.
7. Nutrition in Family Medicine. UPM Research Week. 30<sup>th</sup> May 2012.
8. Emotional Intelligence and Academic Performance in UPM Medical Students. Faculty's CME on 10<sup>th</sup> October 2012.
9. Why do people develop prediabetes/diabetes (who are at risk?). Lecture 5, 2130 - 2230 hours (1 hour): Train The Trainer for Prediabetes Intervention Programme, PNB Ilham Resort, Port Dickson, 18th Jan 2013.
10. Evidence-based practice A how-to guide for busy doctors in the era of information explosion, and how to quickly screen for quality research papers. ASEAN Regional Primary Care Conference (ARPaC KL 2019). Workshop 4, 29<sup>th</sup> March 2019, Sunway Putra Hotel, KL.
11. Introduction to Clinical Research and Clinical Audit. The FMS Grooming Program. Negeri Sembilan State Health Office. 21st June 2019.
12. Speaking in Writing Clinic: Publication Workshop for International Journal Submission. Saturday, November 7th, 2020. Time: 9.30 –30 a.m. (Indonesian time GMT+7). Place: Virtually via Zoom.us. Topic: Publishing Articles from Submission to Acceptance: Editor's Perspective. The 5th International Conference & Exhibition on Indonesian Medical Education and Research Institute (ICE on IMERI) organizing committee Indonesian Medical Education and Research Institute, Faculty of Medicine, Universitas Indonesia.
13. Research Behind Smartphone Applications: The MyManis App Experience. Research Week 2021 Wilayah Persekutuan Kuala Lumpur & Putrajaya by Clinical Research Centre (CRC) Hospital Putrajaya. 11th October 2021, Monday| Zoom
14. Theoretical & Data Collection Designs; Statistical Design; Statistical analysis & Comprehensive reporting. The Physical & Online Workshop on Clinical Epidemiology Research Methodology (CERM) Series 1 & 2. 2018, 2019, 2020, 2021.
15. Meta-Journal Hour: Appraising Important Journal Paper. Moderator & Panel Member. 2021, 2022. <https://www.youtube.com/channel/UCPCIC0WXbOckRmABlob3cVg>
16. Sesi 3 - Transforming Clinical Audit to impactful research!. Bilik Mesyuarat Jabatan Dietetik, HPUPM, 6hb Mac 2023 (lsnin).

17. Sampling in Clinical Research, 9th June 2023 (Friday), Seminar Room 4, Level 1, HSAAS or Hybrid via Webex, by Clinical Research Unit Hospital Sultan Abdul Aziz Shah (HSAAS).
18. Empowering Excellence: Unleashing the Power of Medical Audit for Enhanced Patient Care organized by Clinical Research Unit Hospital Sultan Abdul Aziz Shah (HSAAS) on Thursday, 3rd August 2023.
19. Writing for Publication during the Research Week 13th September 2023 by Clinical Research Centre (CRC), Insitut Endokri, Hospital Putrajaya.
20. Research development in ASEAN region and the importance of assessing research quality. [Universitas Indonesia's ce-ebm module for medical students](#), 6th October 2023.
21. Clinical audit for impactful research. 2023 3rd Minjiang International Conference on Urology (MJICU 2023) to be held during November. 24-25, Chengdu, China.
22. General Tips on Scientific Writings during the "Research Workshop for Trainers" Workshop on 6 Mac 2024, Cyberview Resort and Spa by Clinical Research Centre (CRC), Insitut Endokri, Hospital Putrajaya.
23. Keynote: Rural medicine for an efficient and effective care in the era of digitalisation and hypercompetitive research culture with diabetes care in Malaysia as a case study. The Belt & Road International Biomedicine and Rural Medicine Science and Technology Cooperation and Exchange Conference, Xi'an Medical University, China 19 September 2024.
24. Invited as a Symposium speaker on psychological interventions for diabetes-related distress in adults with type 2 diabetes mellitus at *Shape the Future of Diabetes* at IDF Bangkok 2025, 7-10 April 2025.

**JOURNAL REVIEWER** <https://publons.com/author/308552/boon-how-chew#profile>

1. AIDS Care
2. Asia Pacific Family Medicine
3. Asia-Pacific Journal of Public Health
4. ASM Science Journal
5. Australian Family Physician
6. BMC Family Practice
7. BMC Health Services Research
8. BMC Medicine
9. BMC Pregnancy and Childbirth
10. BMC Public Health
11. BMJ Open
12. BMJ Open Diabetes Research & Care
13. British Journal of Medicine and Medical Research
14. Canadian Journal of Diabetes
15. Clinical Teacher
16. Cochrane Database of Systematic Reviews
17. Diabetes Research and Clinical Practice
18. Diabetologia
19. Expert Review of Anti-infective Therapy
20. Frontiers in Psychological and Behavioral Science
21. Health and Quality of Life
22. Health Psychology

23. Internal Medicine Journal
24. International Journal of Diabetes in Developing Countries
25. International Journal of Diabetes Research
26. JAMA Psychiatry
27. Journal of Affective Disorders
28. Journal of Diabetes Investigation
29. Journal of Diabetes Research & Clinical Metabolism
30. Journal of Psychosomatic Research
31. Malaysian Journal of Medicine and Health Sciences
32. Medical Journal of Malaysia
33. Malaysian Family Physician
34. Malaysian Journal of Medical Sciences
35. Patient Preference and Adherence
36. Pharmacoepidemiology and Drug Safety
37. Phytotherapy Research
38. PLoS One
39. Postgraduate Medicine
40. Primary Care Diabetes
41. Quality of Life Research
42. DynaMed- Chikugunya Fever <http://dynamed.ebscohost.com/about/reviewers>
43. Problem Based Learning- Cases For Medical Students

## MODULE 4 - How have you contributed to broader society?

Beyond my professional endeavours, during my tenure as the Head of the Clinical Research Unit (CRU) at HSAAS, and during the COVID-19 pandemic from year 2020 to 2022 I founded the [Pandemic Scientific Response team](#) coordinating a series of public responses to the unfolding disease and its evidence to guide the public on the best approaches. Below are the responses published as [flyers](#) that were eventually leading to the formation of the [RECRUS Research eNewsletter](#) (eISSN 2805-5004). Additionally, together with the newly formed [Diabetes Research Group](#), a news daily article was published drawing the public attention to the possible occurrence of diabetes mellitus following COVID-19.

1. Pandemic Scientific Response team. The Delta Variant of the SARS-CoV-2. RECRUS Research Newsletter. 2021,01 July;1(1):1-3
2. Boon-How Chew, Hui-Yee Chee for the Pandemic Scientific Response team. COVID-19 Vaccination: Dosing Intervals and Mixing Types on Vaccines Effectiveness. RECRUS Research Newsletter. 2021,08 July;1(2):1-7
3. Yit-Siew Chin, Boon-How Chew and Indah S Widyahening for the Pandemic Scientific Response team. Dietary Practices and Nutrition for the Prevention of COVID-19. 2021,22 July;1(3):1-5
4. Boon-How Chew and Indah S. Widyahening for the Pandemic Scientific Response team. Ivermectin on COVID-19: Scientific Plausibility, Clinical Evidence, Clinical Epidemiological Issues of the Studies. 2021,29 July;1(4):1-7
5. Boon-How Chew, Nurul Iman Hafizah and Beng-Kah Song for the Pandemic Scientific Response team. What and How to Kill (Inactivate) SARS-CoV-2? 2021,12 August;1(5):1-5

6. Boon-How Chew, Hui-Yee Chee for the Pandemic Scientific Response team. Waning Immunity, Breakthrough Infection and Booster Dose in COVID-19. 2021, 30 August;1(6):1-8
7. Boon-How Chew and Hui-Yee Chee for the Pandemic Scientific Response team. Vaccine safety and vaccination against COVID-19 in adolescents. 2021,14 September;1(7):1-7
8. Boon-How Chew, Beng-Kah Song, Hui-Yee Chee and Yit-Siew Chin for the Pandemic Scientific Response team. Living with COVID-19 endemic (of SARS-CoV-2 Omicron): self-test with RTK-Ag, antibody testing and antivirals against SARS-CoV-2. 2021, 23 December; 1(10):82-91
9. Nur Aazifah, Nurul Iman Hafizah and Boon-How Chew for the Pandemic Scientific Response team. COVID-19 Vaccination and COVID-19 Complication: Multisystem Inflammatory Syndrome in Children (MIS-C) What Parents Should Know? 2022, 22 February; 2(12):177-81
10. Chew, Boon How and Lee, Yee Lin and Mohd Yusof, Barakatun Nisak and Chellappah Thambiah, Subashini Diabetes linked to Covid-19. in The Star, (8 April 2022), p. 15. (Call Number: 2022/4-047) <http://psasir.upm.edu.my/id/eprint/97768/1/Diabetes%20Linked%20to%20Covid-19.pdf>

Also, during my tenure as the CRU Head, I initiated a 5-year movement on "High-quality Research, True Academics, Real Experts" and founded the RECRUS Research Newsletter. This reflects my unwavering advocacy for high-quality research, Open Science and my commitment to nurturing integrity in clinical research. My written advocacy are found here:

- [The lessons learned from the COVID-19 pandemic: A reformed research culture needed for the new](#) RECRUS Res.Newsl.Nov 2023;Vol. 3, Issues 20:Page 510.
- [Open Science Practice in Clinical and Biomedical Research](#). RECRUS Res.Newsl.Nov 2023;Vol. 3, Issues 25:Page 859. <https://cstr.cn/33294.43.032523.RECRUS.12>.
- A response to pushing publication in journals on JCR JIF Q1-Q2. Res.Newsl.Nov 2023;Vol. 3, Issues 25:Page 828. <https://cstr.cn/33294.43.032523.RECRUS.4>
- My Experience and Commentary as the Head of CRU. RECRUS Res.Newsl.Jan 2024;Vol. 4, Issues 26:Page 912. <https://cstr.cn/33294.43.042624.RECRUS.2>

#### INVITED AS SPEAKER/ EXPERT PANEL

1. Cancer and I [Mandarin]. Public Talk on 30<sup>th</sup> April 2011 at Logos Presbyterian Church, Old Klang Road, Kuala Lumpur.
2. World Hepatitis Day- Public Talk in conjunction with World Hepatitis Day on 28<sup>th</sup> July 2011 at Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor.
3. Medicalization or Not [Mandarin]. Public Talk on 22<sup>nd</sup> October 2011 at Serdang Chinese Methodist Church, Selangor.
4. Dementia & Alzheimer's Disease [Mandarin]. Public Talk on 23<sup>rd</sup> May 2012 at Serdang Chinese Methodist Church, Selangor.
5. Bones & Joints in the Elderly [Mandarin]. Public Talk on 5<sup>th</sup> June 2013 at Serdang Chinese Methodist Church, Selangor.
6. Diabetes Mellitus: The Disease, The Causes & The Complications. A Public Health Talk on 14<sup>th</sup> July 2013 At KL Cantonese Methodist Church.

7. Health-Death and Advance Healthcare Directives [Mandarin]. Public Talk on 6th May 2015 at Serdang Chinese Methodist Church, Selangor.
8. Psychological Health from Christians' Perspective [English-Mandarin]. Public Talk on 12th June 2015 at Serdang Chinese Methodist Church, Selangor.
9. Midlife Crisis [English-Mandarin]. Public Talk on 23th August 2015 at Serdang Chinese Methodist Church, Selangor.
10. Elderly Eye Care [English-Mandarin]. Public Talk on 17th August 2016 at Serdang Chinese Methodist Church, Selangor.
11. Basics on First Aid and An Unconscious Casualty [English-Mandarin]. Boys' Brigade First aid and First Response course on 18th February 2017 at Puchong Chinese Presbyterian Church, Selangor.
12. Cardiopulmonary Resuscitation (CPR) [English-Mandarin]. Boys' Brigade First aid and First Response course on 25th February 2017 at Puchong Chinese Presbyterian Church, Selangor.
13. Bleeding and Shock [English-Mandarin]. Boys' Brigade First aid and First Response course on 4th March 2017 at Puchong Chinese Presbyterian Church, Selangor.
14. Allergic Reaction and Burns & Scalds [English-Mandarin]. Boys' Brigade First aid and First Response course on 11th March 2017 at Puchong Chinese Presbyterian Church, Selangor.
15. Minor Injuries- Soft Tissue Injuries, Cuts and Grazes [English-Mandarin]. Boys' Brigade First aid and First Response course on 25th March 2017 at Puchong Chinese Presbyterian Church, Selangor.
16. Fractures [English-Mandarin]. Boys' Brigade First aid and First Response course on 1st April 2017 at Puchong Chinese Presbyterian Church, Selangor.
17. Practical Skills in Bandaging [English-Mandarin]. Boys' Brigade First aid and First Response course on 8th April 2017 at Puchong Chinese Presbyterian Church, Selangor.
18. What is health and medicine today? Health Expert Program Series 1 [English-Mandarin]. 2nd December 2018 at Puchong Chinese Presbyterian Church, Selangor.
19. What is illness and how to cope? Health Expert Program Series 2 [English-Mandarin]. 30th December 2018 at Puchong Chinese Presbyterian Church, Selangor.
20. What is illness and how to cope? Health Expert Program Series 3 [English-Mandarin]. 6th January 2019 at Puchong Chinese Presbyterian Church, Selangor.
21. Ageing, degenerative condition and illnesses. Health Expert Program Series 4 [English-Mandarin]. 20th January 2019 at Puchong Chinese Presbyterian Church, Selangor.
22. The occurrence of illnesses and their classifications. Health Expert Program Series 5 [English-Mandarin]. 27th January 2019 at Puchong Chinese Presbyterian Church, Selangor.
23. Disease timelines. Health Expert Program Series 6 [English-Mandarin]. 17th February 2019 at Puchong Chinese Presbyterian Church, Selangor.
24. Navigating healthcare systems. Health Expert Program Series 7 [English-Mandarin]. 24th February 2019 at Puchong Chinese Presbyterian Church, Selangor.
25. Disease prevention. Health Expert Program Series 8 [English-Mandarin]. 3rd March 2019 at Puchong Chinese Presbyterian Church, Selangor.
26. Health promotion & Self-management. Health Expert Program Series 9 [English-Mandarin]. 10th March 2019 at Puchong Chinese Presbyterian Church, Selangor.
27. Cardiopulmonary Resuscitation. Public Health Talk & Workshop. Logos Presbyterian Churches, Selangor and WP Kuala Lumpur. 10<sup>th</sup> & 17<sup>th</sup> August 2019.

28. 老化和衰老必失健康于生命？Must ageing and senescence lead to illnesses and death? [Mandarin-English] Public Health Talk. Setapak Logos Presbyterian Churches, WP Kuala Lumpur. 9th November 2019.
29. 糖尿病diabetes mellitus, 高血压hypertension, 高胆固醇 Online Public Talk via Zoom on 14th November 2020 for Shop.com Unfranchise Business Owners from Malaysia, Singapore and Australia.
30. 心脏病Heart disease [Mandarin-English]. Online Public Talk via Zoom on 21st November 2020 at Serdang Chinese Methodist Church, Selangor.
31. Pertolongan Cemas (First aid). Health Campaign with the Logos Puchong Chinese Prebysterian Church to Kedah Jeram Aborigine Village, 5 August 2023.

## Additions

Beyond academia, I participated as a medical volunteer and charity work to aborigine villages in East and Peninsular Malaysia, and oversea in medical relief team to Sichuan earthquake in 2018. I served as the Medical Advisor to the Puchong Chinese Presbyterian Church and contributes to the Family Medicine Specialist Grooming Program in Negeri Sembilan.

**Chew Boon How.** Medical Relief to 2008 Sichuan Earthquake, China. *Malays Family Physician*. 2008;3(3):170-172. [https://www.e-mfp.org/old/2008v3n3/pdf/medical\\_relief\\_to\\_Sichuan.pdf](https://www.e-mfp.org/old/2008v3n3/pdf/medical_relief_to_Sichuan.pdf) [ISSN: 1985-2274; Scopus]