

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 6
RUANGAN : NATION

NST MIS 6 NATION 27/2/2025 (KHAMIS)

MEDICAL COST INFLATION

PRIVATE HOSPITAL RATES 'LACK TRANSPARENCY'

Study needed to understand the discrepancies, says deputy finance minister

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A STUDY on billing claims by private hospitals to insurers and takaful operators (ITOs) has revealed instances where treatment costs were higher for patients using guarantee letters, compared with those who opted for "pay-and-claim" method.

Deputy Finance Minister Lim Hui Ying said due to the lack of transparency, a more detailed

study was needed to fully understand the issues surrounding these discrepancies and any potential follow-up actions.

"The government is aware of this issue, including the concerns raised by the public during the Public Accounts Committee's (PAC) recent public session on the matter.

"Through the Health Ministry, the government is collaborating closely with relevant stakeholders, including the Finance Ministry, private hospitals and ITOs, to find long-term solutions to address the issue.

"The government will prioritise comprehensive health reforms to tackle medical cost inflation and charges at private hospitals, including increasing transparency in the pricing of medications and common medical procedures.

"An integrated action plan has been presented to the PAC yesterday (Tuesday)," she told the Dewan Rakyat yesterday.

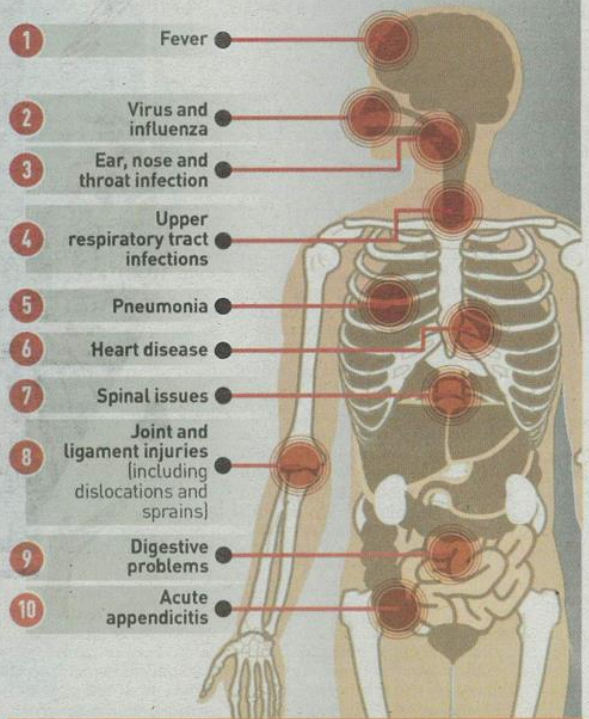
Lim said this in response to Sim Tze Tzin (PH-Bayan Baru), who inquired about the 10 most commonly claimed medical insurance conditions by Malaysians, as well as the difference in charges between payments made on a pay-and-claim basis and those using a guarantee letter.

On the 10 diseases with the highest frequency of medical insurance claims, Lim said that they were pneumonia, spinal issues, digestive problems, heart disease, joint and ligament injuries (such as dislocations and sprains), acute appendicitis and upper respiratory tract infections.

The last two were ear, nose and throat infection, and fever.

The list, she said, was based on initial findings from the integrated claims database of the insurance and takaful industry, which examined the frequency of claims for specific treatments at hospitals in 2023.

10 DISEASES WITH HIGHEST CLAIMS



INFOGRAPHIC NST

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 6
RUANGAN : NATION

NST M156 NATION 27/2/2025 (KHAMIS)

Maintain 42-hour workweek for health workers, urges panel

KUALA LUMPUR: The Parliamentary Special Select Committee on Health has recommended that the Health Ministry and the Public Service Department (PSD) maintain the working hours for healthcare workers at 42 hours per week.

In a statement, its chairman, Suhaizan Kaiat, said the decision was made after three engagement sessions with the Malaysian Medical Association, the Malaysian Nurses Association and the Malaysian Association of Medical Assistants.

He said increasing working hours to 45 per week posed several health risks, including fatigue, a higher risk of negligence, reduced quality time with family, and an increased likelihood of accidents while commuting.

Additionally, international benchmarks indicated that the proposed working hours were unreasonable. The United Kingdom, Japan and Singapore had set their standard at 40 hours per week, whereas Australia was at 38 hours and France at 35.

Suhaizan said Malaysia's shortage of healthcare personnel had resulted in a higher workload

compared with other countries, making it unreasonable to increase working hours beyond international benchmarks.

Extending the work week by three hours would result in a loss of 12 hours per month, equivalent to a full-day leave, he added.

He cited a study conducted by the Delegation of Nurses, which found that 95.5 per cent of the 28,373 healthcare workers polled opposed the proposed three-hour increase.

Suhaizan said the committee was proposing that urgent attention be given to increasing the number of healthcare personnel to reduce the workload and improve the quality of healthcare services for the public.

The Health Ministry reportedly intended to increase nurses' working hours from 42 to 45 hours per week under the Public Service Remuneration System. However, the proposal was heavily criticised.

Health Minister Datuk Seri Dr Dzulkefly Ahmad said yesterday that the ministry was appealing for a moratorium on the implementation of the 45-hour work week for shift workers as discussions with the PSD continued.



Parliamentary Special Select Committee on Health chairman Suhaizan Kaiat (inset) says a study conducted by the Delegation of Nurses has found that 95.5 per cent of the 28,373 healthcare workers polled opposed the proposed three-hour increase in their workweek. NSTP FILE PICS

AKHBAR : THE SUNDAILY
MUKA SURAT : 1
RUANGAN : FRONT PAGE

'No' to anti-smoking vigilantes

Rights and legal experts warn against empowering public to check violation as move open to abuse, while recording individuals without consent could lead to legal consequences.

Report on
page 5

Human rights advocate suggests having designated smoking areas rather than imposing a complete ban that disrupts social habits. - AMIRUL SYAFIQ/THE SUN



**NO SMOKING
OR VAPING
BEYOND THIS POINT!**

**"THIS IS A SMOKE FREE
PREMISES"**



AKHBAR : THE SUNDAILY
MUKA SURAT : 5
RUANGAN : NATIONAL

THE SUNDAILY M/S 5 NATIONAL 27/2/2025 (KHAMIS)

NATIONAL 5

Caution against anti-smoking lookouts

► Citizens' involvement 'normalises' mass surveillance: Advocate

BY DEEPALAKSHMI MANICKAM
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PETALING JAYA: Empowering civilians to police smoking violations opens the door to harassment, privacy breaches and misplaced priorities, warned legal experts.

They were commenting on a statement by Johor Health and Environment Committee chairman Ling Tian Soon, who encouraged the public to report such cases by photographing or recording offenders in no-smoking areas.

"The public can submit the images

or videos to the district health office for enforcement action."

Previously, smoking bans were enforced through official channels under the Control of Smoking Products for Public Health Act 2024, with a focus on education and gradual implementation before penalties were imposed. Violators were typically issued fines or warnings after on-site inspections.

Human rights advocate Charles Hector Fernandez said the new approach raises ethical and legal questions.

"Intentionally making false reports is a crime while public reporting systems can be abused."

He argued that recording and sharing images or videos without consent, even for enforcement purposes, violates personal privacy.

"The reason for recording is irrelevant as privacy is a fundamental right. Even if smoking causes air pollution, it pales in comparison

with vehicle exhaust fumes. The priority should be to fix public transport and reduce overall air pollution."

Charles cautioned that encouraging civilians to record and report others normalises mass surveillance and promotes a culture of policing among citizens.

"It's better to set up a nationwide CCTV system that will prevent crime and provide strong evidence for convictions."

He referred to the recent shooting incident at KL International Airport and said a comprehensive surveillance system could have helped prevent it.

He added studies show that smoking rates are higher among the working class, but eateries frequented by lower income groups are more likely to be monitored.

"Are we criminalising the poor while wealthier individuals enjoy cigars in private spaces? If you drive

an expensive car or have an emblem of 'position', you are less likely to be stopped for a licence, road tax and other traffic checks, which proves discrimination against the lower income group exists."

He said while the restrictions are meant to protect public health, they must be balanced with ethical enforcement.

"We support anti-smoking laws, but enforcement shouldn't come at the cost of privacy and fairness."

Charles suggested having designated smoking areas instead of a complete ban that disrupts social habits.

"For the lower income, having a cup of coffee and a cigarette after work is 'socialising'. The ban has affected businesses too."

He urged authorities to address concerns about surveillance, enforcement bias and ethical policing to ensure public health measures do not come at the expense of

fundamental rights.

Lawyer Kokila Vaani Vadiveloo said there are legal risks to public reporting, particularly concerning privacy breaches and defamation.

She said while Malaysia's Personal Data Protection Act 2010 primarily applies to businesses, Article 5(1) of the Federal Constitution protects personal privacy.

"Recording without consent, especially in private settings, could lead to legal consequences," she said adding that false reports could result in defamation claims under the Defamation Act 1957 or having criminal defamation charges framed under Section 499 of the Penal Code.

She also said while Section 182 of the Penal Code penalises false reporting, the lack of strict verification could allow recordings to be misused to settle personal grievances.

theSun reached out to the Health Ministry for comment but as of press time there was no response.

AKHBAR : BERITA HARIAN

MUKA SURAT : 1

RUANGAN : MUKA DEPAN

Kos rawatan lebih tinggi guna GL

Kajian Kementerian Kewangan mendedahkan, terdapat kes tertentu menunjukkan kos rawatan lebih tinggi dikenakan ke atas pesakit yang menggunakan surat jaminan (GL), berbanding membayar dahulu dan membuat tuntutan kemudian (pay-and-claim). Berdasarkan bil tuntutan hospital swasta kepada syarikat insurans dan pengendali takaful (ITO), 10 jenis penyakit catat kekerapan tuntutan tinggi pada 2023, sekali gus memerlukan penyelesaian jangka panjang bagi tangani isu caj perubatan.

Oleh Zanariah Abd Mutalib dan Latifah Arifin
→ Nasional 5



AKHBAR : BERITA HARIAN
MUKA SURAT : 5
RUANGAN : NASIONAL

BERITA HARIAN MISS NASIONAL 27/8/2025 (KHAMIS)

10 jenis penyakit rekod tuntutan tinggi bagi rawatan di hospital

Kajian hasil dapatan berdasar pangkalan data industri insurans dan takaful

Oleh Zanariah Abd Mutalib
zanariah_mutalib@bh.com.my

Kuala Lumpur: Satu kajian Kementerian Kewangan mendapati sekurang-kurangnya 10 jenis penyakit yang merekodkan kekerapan tuntutan yang tinggi bagi rawatan di hospital pada 2023 di bawah insurans dan takaful perubatan dan kesihatan.

Penyakit itu ialah pneumonia, masalah berkaitan tulang belakang, masalah sistem pencernaan, penyakit jantung serta kecederaan sendi dan ligamen, seperti dislokasi dan terseliuh.

Selain itu, penyakit apendiks akut, jangkitan virus dan influenza, masalah lain berkaitan saluran pernafasan, penyakit

berkaitan telinga hidung dan tekak serta demam.

Caj rawatan guna GL tinggi

Timbalan Menteri Kewangan, Lim Hui Ying, berkata ia adalah hasil dapatan awal kajian Kementerian berdasarkan dapatan awal pangkalan data tuntutan bersepadu industri insurans dan takaful.

Menjawab soalan Sim Tze Tzin (PH-Bayan Baru) di Dewan Rakyat semalam, Hui Ying berkata, kajian juga mendapati hospital mengenakan caj rawatan lebih tinggi ke atas pesakit yang menggunakan surat jaminan (GL), berbanding pesakit yang membayar

dahulu dan membuat tuntutan kemudian (*pay-and-claim*).

Katanya ia berdasarkan kajian dibuat ke atas bil tuntutan hospital swasta kepada pihak syarikat insurans dan pengendali takaful (ITO).

“Berikutan caj yang dikenakan kurang telus, kajian lebih terperinci perlu dijalankan untuk memahami dengan lebih lanjut isu perbezaan caj ini dan langkah susulan yang boleh diambil.

“Kerajaan peka terhadap isu ini, termasuk terhadap pengalaman rakyat yang disuarakan pada Sesi Pendengaran Awam yang dilaksanakan Jawatankuasa Kira-Kira Wang Negara (PAC)

baru-baru ini,” katanya.

Pada Disember tahun lalu, Ahli Parlimen PKR dalam kenyataan bersama, berkata caj perubatan yang berbeza sehingga empat kali ganda dikesan berlaku antara pemegang insurans dan pesakit yang membayar tunai.

Kenyataan oleh Tze Tzin, Jimmy Pua (Tebrau), Taufiq Johari (Sungai Petani), Chiew Choon Mun (Miri) dan R Yuneswaran (Segamat) serta Senator Bob Manolan itu, memaklumkan perkara itu didedahkan Bank Negara Malaysia (BNM) dan Kementerian Kesihatan (KKM) dalam satu taklimat kepada Ahli Parlimen.

Sebagai contoh katanya, pesakit denggi yang menggunakan GL akan membayar RM4,978, manakala pesakit ‘pay and claim’ hanya membayar RM1,288.

Mengulas lanjut, Hui Ying berkata, kerajaan melalui KKM dengan kerjasama semua pihak berkepentingan, termasuk Kementerian Kewangan, hospital swasta dan pihak ITO sedang mencari penyelesaian jangka panjang berhubung isu caj perubatan itu.

“Berikutan caj yang dikenakan kurang telus, kajian lebih terperinci perlu dijalankan untuk memahami dengan lebih lanjut isu perbezaan caj ini dan langkah susulan yang boleh diambil”

Lim Hui Ying,
Timbalan Menteri Kewangan



10 jenis penyakit catat kekerapan tuntutan tinggi rawatan hospital pada 2023

- 1 Pneumonia
- 2 Masalah berkaitan tulang belakang
- 3 Masalah sistem pencernaan
- 4 Penyakit jantung
- 5 Kecederaan sendi dan ligamen seperti dislokasi serta terseliuh
- 6 Penyakit apendiks akut
- 7 Jangkitan virus dan influenza
- 8 Masalah berkaitan saluran pernafasan
- 9 Penyakit berkaitan telinga hidung dan tekak
- 10 Demam

Infografik BH

AKHBAR : BERITA HARIAN
MUKA SURAT : 5
RUANGAN : NASIONAL

BERITA HARIAN MISC NASIONAL 27/2/2025 (KHAMIS)

250,000 kes kanser dilaporkan sejak 2017 hingga 2023

Kuala Lumpur: Sebanyak 250,000 kes kanser dilaporkan sejak 2017 hingga 2023, sekaligus menjadi punca kematian ketiga tertinggi di negara ini.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad, berkata mengikut laporan Jabatan Perangkaan Malaysia tahun lalu, peratusan kematian akibat kanser meningkat daripada 12.6 peratus pada 2022 kepada 13.8 peratus pada 2023.

Katanya, sebagai langkah proaktif, Kementerian Kesihatan (KKM) memperkenalkan Inisiatif Kesihatan Paru-Paru Kebangsaan 2025-2030 untuk memperkukuh aktiviti pencegahan, saringan, rawatan dan kawalan penyakit paru-paru.

“Selain kanser paru-paru, inisiatif ini turut merangkumi Penyakit Pulmonari Obstruktif Kronik (COPD), asma dan tuberkulosis.

“Kanser bukan sekadar statistik, ia adalah realiti yang menjejaskan kehidupan ramai rakyat negara ini dan KKM mengenali pasti lima jenis kanser utama yang dilaporkan, iaitu kanser payudara, kolorektal, pa-

ru-paru, limfoma dan hati,” katanya sempena Hari Kanser Sedunia 2025 yang bertemakan ‘Penyatuan dalam Keunikan’, di sini, semalam.

Yang turut hadir Ketua Setiausaha KKM, Datuk Seri Suriani Ahmad, Ketua Pengarah Kesihatan, Datuk Dr Muhammad Radzi Abu Hassan; Presiden Persatuan Kanser Kebangsaan Malaysia (NCSM), Datuk Dr Saunthari Somasundaram dan Pengarah Urusan NSCM, Prof Madya Dr Murallitharan Munisamy.

Pada majlis itu, dua Memorandum Persefahaman (MoU) dimeterai dengan kerjasama membabitkan 22 rakan strategik, iaitu Inisiatif Kesihatan Paru-paru Malaysia dan Perkhidmatan Berhenti Merokok (mQuit Services Fasa 4).

Inisiatif Kesihatan Paru-Paru Malaysia lebih bersifat pencegahan, promosi dan saringan awal, manakala Perkhidmatan Berhenti Merokok mengutamakan memperkukuh program berhenti merokok, iaitu langkah utama dalam mencegah kanser paru-paru.

Dr Dzulkefly berkata, negara



Dr Dzulkefly pada Majlis Perasmian Sambutan Hari Kanser Sedunia 2025 di Kuala Lumpur, semalam.

(Foto Nabila Adlina Azahari/BH)

juga komited dalam memperkukuh kawalan kanser dan kesihatan paru-paru di rantau ini memandangkan negara akan menjadi Pengerusi Mesyuarat Menteri-Menteri Kesihatan ASEAN 2026 (AHMM 2026).

“Malaysia akan membawa Resolusi Kesihatan Paru-Paru ke Perhimpunan Kesihatan Sedunia (WHA) 2025 dengan kerjasama Pertubuhan Kesihatan Sedunia (WHO) dan 14 negara anggota lain.

“Langkah ini bertujuan menjadikan kesihatan paru-paru sebagai agenda kesihatan global utama serta menggalakkan pelaburan lebih besar dalam saringan dan rawatan kanser paru-paru,” katanya.

AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 23

RUANGAN : GAYA

Gaya • CILIK

Um m/s 23 GAYA 27/2/2025 (KHAMIS)

Utusan Malaysia
KHAMIS • 27 FEBRUARI 2025

23

Tiga langkah cegah anak tercekik

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IBU bapa memainkan peranan penting dalam usaha menangani gejala tercekik dalam kalangan kanak-kanak.

Terdapat banyak punca yang boleh menyebabkan kanak-kanak tercekik.

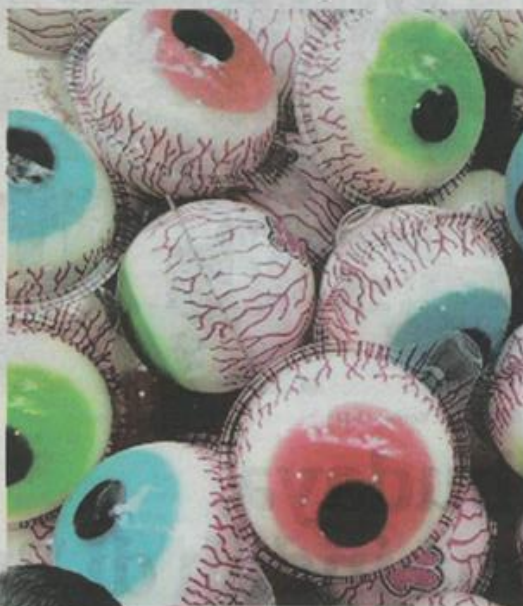
Antaranya, makan sambil berlari, bermain atau tidak mengunyah makanan dengan betul yang menyebabkan tersedak lalu tercekik makanan tersebut.

Bukan hanya makanan, kanak-kanak juga boleh tercekik disebabkan oleh mainan, misalnya belon getah.

Perunding Pediatrik dan Kardiologi Pediatrik, Dr. Yong Junina Fadzil berkata, terdapat kes di mana seorang kanak-kanak tercekik belon getah selepas cuba meniup belon tersebut.

Malangnya, belon getah yang melekat di saluran utama pernafasan (trakea) kanak-kanak tersebut menyebabkan oksigen tidak dapat sampai ke otak dan berakibat dengan kematian.

"Kes ini



GUMMY jenis melekit lebih sukar untuk dikeluarkan jika tercekik. - GAMBAR HIASAN



DR. YONG JUNINA FADZIL

diceritakan oleh pakar pediatrik anak saya. Kanak-kanak itu cuba meniup belon tapi disebabkan belum pandai meniup maka dia menyedut belon tersebut hingga melekat di trakea.

"Kanak-kanak itu tidak dapat diselamatkan. Ini menjadi pengajaran bahawa risiko tercekik ada di mana-mana sahaja dan memerlukan pantauan teliti daripada ibu bapa," katanya kepada Utusan Malaysia.

KESEDARAN MASIH RENDAH

Tambahnya, kesedaran mengenai risiko tercekik masih rendah dalam kalangan ibu bapa kerana menganggap perkara itu tidak akan terjadi

kepada anak mereka.

"Ibu bapa perlu memantau anak-anak ketika makan kerana selain bayi, anak yang sudah bersekolah juga berisiko tercekik jika makan sambil berlari atau bermain.

"Apabila tersedak, ruang pernafasan utama tersumbat dan menghalang oksigen ke otak. Hanya tiga minit oksigen tidak sampai ke otak sudah boleh menyebabkan kerosakan otak," jelasnya.

Justeru, beberapa langkah keselamatan boleh diambil bagi mengelakkan perkara tidak diingini ini berlaku.

Pertama, tanamkan dalam diri anak-anak mengenai adab ketika makan.

Seterusnya, didik anak untuk tidak makan gula-gula, gula-gula getah atau seangkatan dengannya.

Tambahan pula, jajan atau gula-gula tidak memberi sebarang manfaat kepada tumbesaran si cilik.

Katanya, jika gula-gula itu bersifat menyerap air dan kemudian tersangkut di trakea akan menyebabkan ia mengembang dan kemudian semakin sukar untuk dikeluarkan.

Malah, teknik pertolongan kecemasan untuk tercekik seperti tekanan abdomen (*heilmlich maneuver*) juga tidak akan berkesan.

Selain itu, kesedaran tentang khasiat makanan juga perlu ditingkatkan supaya anak-anak tidak terlalu 'galak' makan jajan atau gula-gula.

Seterusnya, ibu bapa juga perlu cakna dengan saiz makanan yang sesuai dengan usia anak.

"Saya paling tekankan anggur kerana ia berbentuk bulat dan senang buat anak tercekik.

"Ramai ibu bapa sambil lewa perihal memberi anggur kepada anak kecil dengan alasan 'mereka sudah biasa'.

"Nasihat saya, kalau hendak beri anak anggur, belahkannya kepada empat supaya mudah dimakan. Jika tercekik juga sekurang-kurangnya ia boleh melepasi trakea dan mungkin tersangkut di bahagian lain.

"Paling penting, makanan itu tidak menyumbat trakea kerana ia adalah saluran pernafasan utama yang penting," sarannya.

Justeru, kata Yong Junina, pihak berwajib perlu memantapkan peranan yang lebih efektif dalam menyampaikan kesedaran kepada awam supaya risiko dapat dikurangkan.

TANDA-TANDA KANAK-KANAK TERCEKIK

- Mulut terbuka atau terganggu
- Tidak mampu bercakap
- Wajah menjadi kebiruan
- Pengsan atau sawan

BANTUAN HEIMLICH MANEUVER

Bayi

- Pegang bayi dengan satu tangan. Letakkan kedudukan kepala di bawah dan lebih rendah daripada badan.
- Tepuk lima kali antara tulang belikat dengan menggunakan satu tangan
- Pusing bayi dan kekal pegang dengan satu tangan. Gunakan dua atau tiga jari, tekan tengah dada sebanyak lima kali.
- Ulang langkah tersebut sehingga objek tersebut keluar.

Kanak-kanak dan dewasa

- Berdiri di belakang mangsa
- Genggamkan tangan dan letakkan bahagian ibu jari genggamkan adan sedikit di atas pusat mangsa
- Eratkan tangan yang lagi satu ke genggamkan tangan anda
- Dengan pantas, tekan ke dalam dan ke atas badan mangsa dengan genggamkan anda
- Sekiranya melakukan bantuan ini kepada kanak-kanak, berlutut di belakang mangsa dan letakkan kepala anda di seinya

PERKARA PERLU DIELAKKAN

- Jangan memasukkan jari ke dalam mulut kanak-kanak yang tercekik untuk cuba mengeluarkan objek tersebut
- Tindakan itu akan menyebabkan objek itu lebih tertolak ke belakang dan memburukkan keadaan mangsa



LANGKAH kecemasan yang boleh dilakukan sekiranya bayi tercekik.