

ANNUAL REPORT

DEPARTMENT PHYSIOTHERAPY SARAWAK GENERAL HOSPITAL 2025

HEAD OF UNIT: DR. NANCY BINTI GEORGE JETTE

INTRODUCTION

The physiotherapy services in Sarawak General Hospital were introduced in the 60s where the provision of service was limited to inpatients only. As the years continued to 1975, the progress in human resource allowed outpatient services to be added. By 1994, the physiotherapy unit has extended its operating hours to include schedules to be carried out during the weekend and public holidays. The development of the profession grew with bigger workforce and programs in tandem with the needs of community along with its continuous contribution towards advancement in healthcare.

The location of physiotherapy unit has shifted once since its inception. The first set up was at the current kitchen area but was shifted to the level 2, specialist clinic once the building specialist block was completed. Although the venue was of inconvenience to patient due to the dependence of elevator, time along with the good support service of the hospital, the adaptation was without a hitch.

21st century saw an increase of programs being offered ranging from the disciplines of musculoskeletal to women's and men's health. This was also the first time that 2 specialized programs were separated from the State Hospital in order to meet the needs of specialized hospitals like Pusat Jantung Sarawak where programs of cardiac rehabilitation along with geriatrics physiotherapy were transferred. Physiotherapy profession continues to stay relevant in current times and is in line with the trend of evidence-based practice.

DEPARTMENT OBJECTIVES

Vision

To provide the highest quality of efficient professional physiotherapy services to fulfil our clients' expectations.

Mission

To provide physiotherapy services that are professional, effective, efficient and accessible which are responsive to our clients' needs.

Objectives

1. To provide a comprehensive, holistic and effective treatment for our clients.
2. To provide a platform for physiotherapists to be specialized in area of interest.
3. To constantly improve the knowledge and skills in line with the development of physiotherapy practices.
4. To continuously expand the scope of physiotherapy services in line with their roles.

SCOPE OF SERVICES

1. Inpatient Services
 - Services are extended to all wards in the hospitals during working office hours only.
2. Scheduled Overtime Services
 - Established as a response towards the critical demand for intensive pulmonary care.
 - Availability of services is from 8 am to 1 pm during weekend and public holidays only.
3. Outpatient Services
 - Rehabilitation of musculoskeletal and pain management
 - Hand therapy
 - Rehabilitation of stroke and neurological conditions
 - Early childhood development and cerebral palsy program
 - Sport's Injury program
 - Women's and men's health program
 - Antenatal and postnatal program
 - Lymphoedema therapy
 - Obesity program
 - Vestibular rehabilitation
 - Pulmonary rehabilitation
 - Amputation rehabilitation
 - Phototherapy
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4. Patient Education - provision of physiotherapy role in non-communicable diseases of hypertension, asthma and diabetes.
5. Training - a training hub for working physiotherapists as well as for students.
6. Quality control
 - Supervision, support and guidelines in standard of current practices while inculcating system and performance monitoring through audit.

STAFFING

Position	Grade	Filled Post	Vacant Post
Pegawai Pemulihan Perubatan Fisioterapi	U48	1	0
	U41/U44	2	0
Jurupulih Perubatan Fisioterapi	U40	1	0
	U38	1	0
	U36	2	0
	U32	4	0
	U29	22	0
	U29 (Contract)	1	0
Pembantu Perawatan Kesihatan	U11	3	0
Total Number of Staffing		37	

WORKLOAD

Chart 1: Total Number of Patients

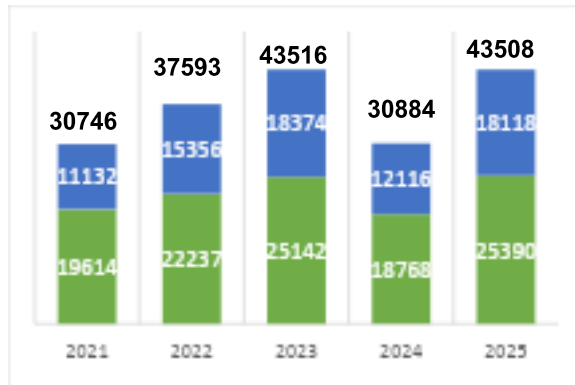
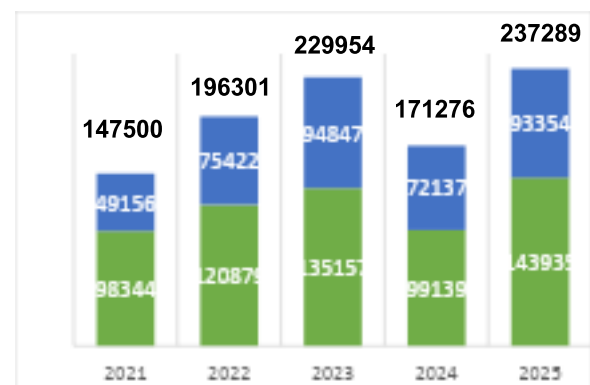


Chart 2: Total Number of Treatments



■ Inpatient ■ Outpatient

ACHIEVEMENTS/ AWARDS

1. Anugerah Perkhidmatan Cemerlang 2024
 - i. Sharonina anak Bill (Jurupulih Perubatan Fisioterapi U5)
 - ii. Magretha Sweety anak Barron (Jurupulih Perubatan Fisioterapi U5)

DEPARTMENT ACTIVITIES

1. **State level**
 - i. CSR AHP 2025
2. **Hospital level**
 - i. Kempen Acute Pain Free Hospital 2025
 - ii. Kempen Stroke
 - iii. World Osteoporosis Day 2025
 - iv. Breast Awareness Day
 - v. SGH Open Day 2025
 - vi. Pink Walk
 - vii. World Diabetes Day 2025
 - viii. MyExs Activity
3. **Department level**
 - i. Clinical Audit Documentation
 - ii. Fire drill
 - iii. Gotong-royong of Physiotherapy Unit
 - iv. Family Day Physiotherapy SGH
 - v. Physiotherapy SGH Annual Dinner (Physio Cruise Dinner 2025)
 - vi. Farewell Party for Puan Nur Rusyda Binti Ishak and Puan Ling Sui Mei.

FUTURE PLANS AND STRATEGIC DIRECTION

Moving forward, the Physiotherapy Unit plans to:

1. Strengthen service quality through regular monitoring and evaluation
2. Enhance staff competency via continuous training and professional development
3. Optimize workflow and resource utilization to improve efficiency
4. Promote multidisciplinary collaboration to ensure holistic patient management

APPENDIX



14 April 2025 – 17 April 2025
: Pain Free Awareness



25 July 2025:
CSR at Rumah Seri Kenangan



6 August 2025 - 10 Dec 2025:
MyExercise



15 October 2025: October Breast Cancer Awareness Month



11 October 2025: Physio Cruise Dinner 2025



18 October 2025: SGH Open Day 2025



25 October 2025: CSR AHP 2025 at Viva City Megamall



4 November 2025 : World Diabetic Day 2025

Disahkan oleh;


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 Ketua Unit Fisioterapi
 Hospital Umum Sarawak