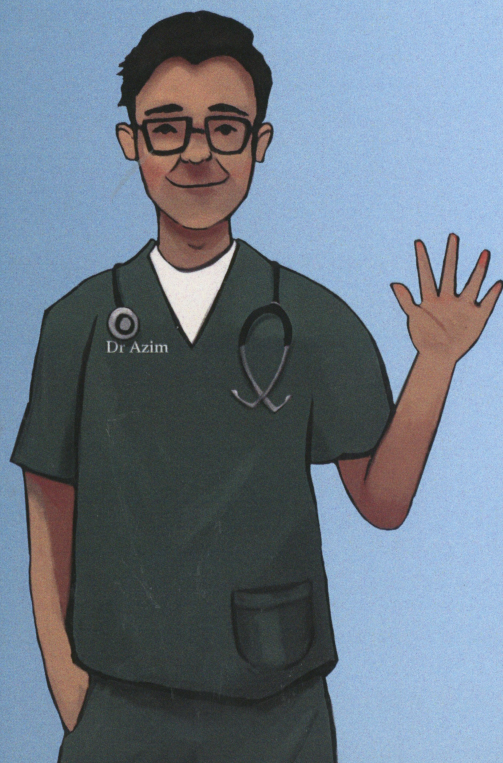


CONTINUE AS PLANNED: A MALAYSIAN DOCTOR'S 5-YEARS CHRONICLE

DR. AZIM HAZIZUDDIN



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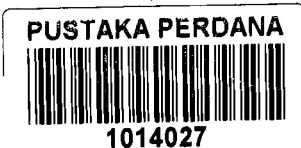
Dear Tun,

For everything I am,
for everything Malaysia is,

"Kerana mu"

Thank you.


Dr. Azim Harizuddin



#291742

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Perpustakaan Negara Malaysia

CONTINUE AS PLANNED: A MALAYSIAN DOCTOR'S 5-YEARS CHRONICLE

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To Mama, the timeless pillar upon which the edifice of who I am today stands. Your strength courses through my veins, shaping the contours of my character.

Abah, your penchant for thick novels, acquired during countless business trips, kindled the flames of my love for literature. Here, within these pages, I fulfill a promise—a pledge to become a writer. I yearn for the day you can read these words, though you are not physically present.

Al Fatihah.

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FOREWARDS



As I delved into the pages of the memoir, I found myself transported back to 2015, the early days of my own bittersweet journey as a junior doctor. Many of the stories felt intimately familiar, as if they were plucked from my own thoughts.

The author fearlessly shares the gritty details of his journey, revealing the unfiltered truth of life as a doctor - lives touched, battles fought, resilience tested. It truly is a life-changing experience but I wouldn't have it any other way.

My heartfelt gratitude to the author for affording me this opportunity. As I write this foreword I realised I relate to you in more ways than one. From being products of Russian universities to stepping out of the government service that is KKM and eventually taking that leap of faith.

It's all about tuning into your inner voice, understanding your passion and pursuing what truly resonates with you. And that for me, is the birth of my baby, The Luxe Clinic.

To Dr Azim, may this memoir stand as a testament to your remarkable story, inspiring others to embrace their own path and finding solace in the fact that they are not alone in this.

With deepest admiration & gratitude,

Dr. Diyana Shah

Co-founder of The Luxe Clinic

There is enough drama in the book to rival *Grey's Anatomy*. Azim's vivid description of life as a junior doctor in Malaysia brought back intense memory of my own experience. Some of the stories are shocking but that is the reality! I love his determination to improve the healthcare situation in Malaysia and he is already making a difference. Looking forward to read about the next 5 years of this amazing young leader.

Dr. Azhar Ahmad

Head of Medicine - Boehringer Ingelheim Malaysia, Singapore and Indonesia

Welcome to the intimate corridors of the medical world— where the heartbeat of humanity meets the relentless pursuit of healing. Within this book's pages lies a journey of self-discovery, resilience, and the power of compassion.

From the humble beginnings of housemanship to the profound moments of revelation, this narrative invites you to step into the shoes of a novice physician navigating the complexities of hospital life. Through the highs and lows, Dr Azim grapples with self-doubt, finds solace in unexpected places, and discovers the true meaning of purpose.

Prepare to be drawn into a whirlwind of emotions—a rollercoaster ride of triumphs and setbacks, love and loss, woven together with threads of hope and perseverance. As you turn the pages, you'll find yourself immersed in the poignant stories of patients, colleagues, and loved ones, each offering a glimpse into the fragile beauty of the human experience.

Be that as it may, this book is more than just a memoir—it's a celebration of the human spirit, a testament to the resilience within each of us. It reminds us that even in the darkest moments, there is light to be found and that every challenge is an opportunity for growth.

So, come along on this journey that will tug at your heartstrings, ignite your curiosity, and inspire you to embrace life's challenges. Because in the end, it's not about the destination—it's about the journey and the lessons learned along the way.

With anticipation and excitement,

Khalilul Rahman

Founder of padangbolasepak.com

Introduction

In the realm of Malaysian aspirations, the dream of having a doctor in the family often ranks as the numero uno choice of many parents. From the moment a child utters their first words, the notion of them one day donning a white coat and stethoscope becomes a whispered hope passed down through generations. I found myself caught in this wave of familial dreams, and somehow, in the distant land of Moscow, I managed to navigate the rigorous terrain of medical school and emerge on the other side as a certified doctor. The journey was arduous, demanding sacrifices of youth, energy, social life, sleep, and mental well-being. Yet, the question persisted in my mind – why do individuals embark on this demanding journey? Why do we, as aspiring doctors, willingly surrender so much?

Sure, the allure of a noble profession and the potential for financial success are appealing, but there are countless other careers that promise similar rewards without the immense sacrifices. So, why do doctors persist? Is it purely a passion for medicine, or is there a deeper motivation? This book seeks to unravel the mysteries behind the choices we make, the sacrifices we endure, and the relentless pursuit of a profession that demands so much.

As I reflect on my own journey, I ponder not only the motives that led me into the medical field but also the broader questions about the nature of this profession. Why does society hold doctors in such high regard? Are we truly selfless healers, or are there aspects of our journey that remain shrouded in complexity?

But beyond the personal motivations, a deeper sense of responsibility drove me to pen down these experiences.

I felt compelled to write this book because there is a notable absence of literature detailing the journey of being a doctor in Malaysia. For aspiring doctors or parents contemplating steering their children toward the medical profession, the lack of such insights can be a daunting void. This book aims to fill that gap, providing a firsthand account of the challenges, triumphs, and nuances of a medical career in Malaysia.

Moreover, this narrative extends beyond personal anecdotes. It captures a pivotal period in Malaysia's medical landscape—the introduction of the contract status, the echoes of junior doctors' protests, and the intricate process of transitioning from a clinical to a non-clinical setting. These elements add layers of significance to the narrative, offering a comprehensive exploration of the multifaceted nature of a medical career during a transformative era.

While I harbor aspirations to be published by renowned publishers in the future, the decision to self-publish this book is a testament not only to my commitment to authenticity and creative control but also to the urgency of sharing these experiences with a broader audience. It's an endeavor to contribute to the collective understanding of the medical profession in Malaysia, fostering informed decision-making for those who aspire to don the white coat or guide their loved ones on this challenging yet rewarding path.

This book is a chronicle of my unorthodox journey within the Malaysian Healthcare System. It's a personal narrative, an exploration of the complexities within the healthcare profession, and an invitation for readers to accompany me on this distinctive journey.

So, let us embark on this exploration together – a journey through the corridors of hospitals, the intricacies of medical decision-making, and the uncharted territories of unconventional storytelling. Welcome to "Continue as planned: A Malaysian Doctor's 5-years Chronicle." Enjoy the ride.

MEDICAL

Beyond the Stethoscope: A Doctor's Adventure In the Uncharted Territories of Healthcare.



Delve into the heartbeat of Malaysian healthcare with 'Continue as Planned: A Malaysian Doctor's 5-Year Chronicle.' Dr. Azim, the youngest Head of Medical, invites readers on an illuminating journey through the highs, lows, and transformative moments of his dynamic career. This book is a compass for aspiring doctors navigating the intricacies of their calling, a compass for medical professionals seeking inspiration, and a window for the curious into the ubiquitous tapestry of Malaysia's healthcare system. In 'Continue as Planned,' Dr. Azim crafts a narrative that transcends mere memoir, becoming a testament to resilience, innovation, and the enduring spirit of healthcare in Malaysia

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