



APPLYING ACUPRESSURE For Occupational Diseases

HRDCorp Training Programme No: 10001311196



ASIAN INTEGRATED MEDICAL SDN BHD



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Corporate Profile

Asian Integrated Medical Sdn Bhd (1016900-U), better known as iElder, was established since 2012 in Malaysia.

iElder has been approved as a training center for the Capacity Building Course (KPK) in the field of Traditional Chinese Medicine practice since 2021 by Traditional and Complementary Medicine Council, Ministry of Health Malaysia.

Our founder, Dr. Kong Why Hong has been appointed as a panel member specializing in the review of the standard program: Traditional and Complementary Medicine (TCM) by Ministry of Health. He is one of the elite few medical practitioners in Malaysia known as an Integrative Doctor with more than 20 years of combined qualification, knowledge, and experience in both Traditional Chinese Medicine and Modern Medicine.

iElder is an officially registered training provider accredited by the Human Resource Development Corporation (HRD Corp) to assist employers in retraining and upskilling their employees in line with their operational and business requirements.

Xiamen University Malaysia (XMUM) and Inti University collaborate with iElder provide training base, internships and employment opportunities for Traditional Chinese Medicine (TCM) students.

Introduction

Are you searching for effective ways to address occupational diseases and promote a healthier work environment?

Look no further! Join our Acupressure for Occupational Diseases training program and unlock the power of this ancient healing technique. Learn how to prevent and alleviate workplace health issues while enhancing employee well-being.

Benefits:

- 1.Reduce Occupational Diseases:** Gain a comprehensive understanding of common occupational diseases and their root causes. Learn acupressure techniques to prevent and address these health issues proactively.
- 2.Improve Employee Well-being:** Acupressure has been proven to reduce stress, alleviate pain, and enhance overall mental and physical health. Discover how to integrate acupressure into your workplace wellness programs for improved employee well-being and job satisfaction.
- 3.Boost Productivity:** By implementing acupressure techniques, you can reduce absenteeism caused by occupational diseases. Enhance productivity and create a positive work environment that fosters employee engagement and motivation.
- 4.Cost-effective Solution:** Acupressure offers a cost-effective approach to addressing occupational diseases. Reduce healthcare costs and the need for extensive medical interventions by empowering your employees with self-care techniques.
- 5.Expert Guidance:** Benefit from the expertise of our experienced trainers who will provide practical insights and techniques to effectively apply acupressure for occupational diseases. Learn from the best to achieve the best results.

It will **enhance workplace health, reduce absenteeism, and foster a happier and more productive workforce.**

APPLYING ACUPRESSURE FOR OCCUPATIONAL DISEASES

Introduction

Occupational diseases are illnesses associated to the occupation or industry. It may result from a variety of biological, chemical, physical, and psychological factors at the work environment or related to encounters during employment. These work-related illnesses can be managed or controlled by applying acupressure at certain parts of the body.

Objectives

Participants will benefit by being able to:

- identify health related concerns
- demonstrate correct techniques
- develop 'acupressure' action plan

MODULE 1 - DISCOVERING OCCUPATIONAL DISEASES

- Addressing work-related diseases
- Identifying connected factors
- Classifying types of illnesses
- Taking preventive measures
- Activity 1 – find out causes among your work-related health problems

MODULE 2 – EXPLORING WONDERS OF ACUPRESSURE

- Traditional Chinese medicine
- Describing 'Meridian' in the body
- Identifying 'Acupoint' along the 'Meridian'
- Carrying out Acupressure techniques
- Activity 2 – practicing acupressure techniques among participants

MODULE 3 – ARRESTING KILLING HEADACHES EASILY

- Types of headache
- Causes and Symptoms of headaches
- TCM diagnosis of headache
- Acupressure point for killing headache
- Activity 3 – clerking and applying acupressure therapy among participants for headache

MODULE 4 – RELIEVING NECK & SHOULDER ACHES

- Types of neck and shoulder pain
- Causes and Symptoms of neck and shoulder pain
- TCM diagnosis of neck and shoulder pain
- Acupressure point for relieving neck and shoulder pain
- Activity 4 – clerking and applying acupressure therapy among participants for neck and shoulder pain

MODULE 5 – GETTING TO ROOT CAUSE OF INSOMNIA

- Types of insomnia
- Causes and Symptoms of insomnia
- TCM diagnosis of insomnia
- Acupressure point for insomnia
- Activity 5 – clerking and applying acupressure therapy among participants for insomnia

APPLYING ACUPRESSURE FOR OCCUPATIONAL DISEASES

MODULE 6 – TREATING COMMON STOMACH PAIN

- Types of stomach pain
- Causes and Symptoms of stomach pain
- TCM diagnosis of stomach pain
- Acupressure point for resolving stomach pain
- Activity 6 – clerking and applying acupressure therapy among participants for stomach pain

MODULE 7 – HELPING TO REDUCE HYPERTENSION

- Types of hypertensions
- Causes and Symptoms of hypertension.
- TCM diagnosis of hypertension
- Acupressure point for reducing hypertension.
- Activity 7 – clerking and applying acupressure therapy among participants for hypertension.

MODULE 8 – CORRECTING THE LOWER BACK PROBLEM

- Types of lower back pain
- Causes and Symptoms of lower back pain
- TCM diagnosis of lower back pain
- Acupressure point for correcting lower back pain
- Activity 8 – clerking and applying acupressure therapy among participants for lower back pain



Methodology

- Lectures, group discussion
- Video clips, group presentation
- Games activities, exercise
- Practical sessions (on-the-spot counselling)

Target Audience

- Company director, managers, head of departments
- Personnel responsible for staff safety and general well being
- All employees

Fee and Duration

- **Duration** : 2 days
- **Time**: 9am to 5pm
- **Venue** : at your office premise
- **Medium**: English
- **Training Provider**: Asian Integrated Medical Sdn Bhd (iElder)
- **In-house technical/interactive training**
Max 25 pax per group,
RM6000 per group per day
Fee includes trainer and material

Enquiry

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About the Trainer

Dr. Kong Why Hong received his training as a Traditional Chinese Medicine (TCM) practitioner at Guangzhou University of TCM (China) in 1998. In 2010, he went on to pursue a medical doctorate degree at Crimea State Medical University (Ukraine).

He holds a Ph.D. in Traditional Chinese Medicine (TCM) with a specialization in oncology (cancer). His extensive TCM expertise was acquired through over 23 years of dedicated practice at his private TCM clinics in Malaysia.

Dr. Kong possesses a wealth of extensive medical practice expertise, encompassing both emergency care and rehabilitation, gained through his tenure at prominent government hospitals. Additionally, Dr. Kong served as a Senior Assistant Director in the Traditional and Complimentary Division within the esteemed Ministry of Health in Malaysia. In his pursuit of academic excellence, he also held a part-time lecturing position at Xiamen University Malaysia and INTI International University.

Dr. Kong's professional credentials include registration as a medical doctor with the Malaysia Medical Council (MMC). He also fulfills the role of General Secretary in the esteemed Malaysia Chinese Medical Association (MCMA), alongside holding lifelong memberships in the Malaysia Medical Association (MMA), Acupuncture Association of Malaysia (MAAM), and Malaysia Oncology Society (MOS).

Previously, Dr. Kong served as the Head of Clinical at GHHS MINES wellness city, where he demonstrated his exceptional leadership and clinical acumen. He is currently practicing as a medical doctor in Poliklinik Perdana in Cheras Perdana and practicing acupuncture therapy in AIM Healthcare Acupuncture TCM center. Dr. Kong is also the founder of iElder.asia, a medical equipment supply company centered on geriatric and home care.