

Research Officer's Past Year Experience and Future Aspiration



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I was placed in CRU in Dec 2021, and this marked my journey here for about 2 years. I learned that being in CRU was very encouraging where politeness, trustworthiness, and respect were expected by all unit members whilst turn-taking, resilience, and taking chances were taught. Having experience of my own, made me realize the enjoyment involved in the encouragement of are growth and achievement of someone else and how proud I become of the smallest things. I still count on many of the good times spent together, and the impact of all of these had on my wellbeing. I feel appreciated in CRU for these qualities and the supportive environment so far.

As a research officer, I worked independently and or on a team, and used my initiative and organization skills to continuously be a team player, open-minded and cooperative. I did question a thing or two, and argued opinions, to not just accept things bluntly as for me to create new, rich experiences for developing knowledge. It was important to me to understand each other's ideas, and open up my mind, and space for improvement. During these years, it taught me organization skills, the ability to manage ongoing demands, and an awareness of the researcher's needs through listening and patience, whilst encouraging the right approach and understanding of others. Speaking personally, I learned a lot in this research sphere, my view has changed, my knowledge has improved, my skills have better, and my confidence has rebuilt. There was guidance and direction way make up for critical thinking when I was in doubt. All are due to the CRU team always being supportive and completing to each other. Many of these research skills were the pillars provided in the CRU.

CRU has strengthened its foundation through these years. I recall being a small unit in 2020 for providing research support & and management services for HSAAS researchers, it is now in 2023 providing more training, and research consultation services, opening the door to new potential opportunities to expand research and services for inter/multisectoral collaboration and partnerships at national and international levels. With great leadership, focus, and well-planned direction, this is what CRU has reached so far. I hope to withstand for witness the growth and success of CRU soon, whoever is there as direction may be changed and replaced by other great leaders and team members.

To the team, I cannot thank you much. My 2021 – 2023 has been wonderful. Prof. Chew seems a great mentor in research, Syuhada always being there for my doubtfulness, Dr. Sam is the real icebreaker, Dr. Aazifah delivers good advice and the pro-side/the con-side arguments, Nurfaizah and Imah Hafizah being my good discussion mates, where Intan dan Eylal always understand the needs of my helplessness. Thanks for being there and all the best for 2024!



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Embarking a new journey in CRU in 2021 without prior experience in conducting clinical research proves to be immensely challenging for me. Nevertheless, I count myself extremely fortunate to be supported by a leader and colleagues who willingly guide, encourage, and generously share their expertise and experiences in clinical research. The CRU leader serves as a mentor, not only imparting knowledge but also providing unwavering support and motivation to delve into new realms of knowledge and innovation within clinical research.

Time flies and the CRU family is getting smaller. Suddenly assuming responsibility for administrative tasks emerged as the most significant challenge this year. However, through the valuable assistance and cooperation from all involved parties, this task has progressively been executed as requested.

As competency gained with knowledge and experiences, I hope this year brings more opportunities for me to learn and improve myself, especially in clinical trials.

My aspiration for CRU this year is that whatever is planned and will be implemented will elevate the quality of CRU services, aiming to enhance both the quantity and quality of clinical research at HSAAS and foster good networks and linkages in clinical research. May CRU continue to evolve and succeed under the new leadership.

To my mentor, Assoc. Prof. Dr. Chew Boon How, I really appreciate your endless support and encouragement. Thank you for everything, Prof.

To my beloved family in CRU, we always have each other, and I am feeling so blessed to be part of us.
 Thank you 💖

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As I reflect on my journey as a Research Officer in the Clinical Research Unit (CRU), the past year has been a transformative experience that has shaped not only my skills as a research officer but also self-development in the dynamic field of clinical research not limited only to research conduct but research-capacity building and administrative duties as well.

Joining CRU in August 2021 marked the beginning of an exciting chapter in my career. Over the past year, I have had the privilege of gaining invaluable experience and knowledge, shaping my abilities to become a quality researcher committed to providing high-quality evidence while upholding the highest ethical standards. One of the highlights in CRU has been the opportunity to work alongside an amazing team of individuals, each bringing unique perspectives and expertise to the table. The unity among teammates, with our diverse personalities complementing and completing each other, has been a key factor of success in completing our tasks and goals.

A significant contributor to the positive work culture within CRU is the leadership provided by Associate Prof. Dr. Chew Boon How. His guidance and mentorship have been instrumental in shaping my approach to research. Prof. Chew's commitment to excellence, coupled with his supportive leadership style, has created an environment where every idea is celebrated and welcomed, and every team member feels empowered to contribute their best.

Looking ahead, my future aspirations in CRU align with a vision of furthering the unit's role in supporting clinical research and research activities for all HSAAS staff. I envision CRU as a hub of innovation and collaboration in clinical research, where researchers have the resources and support needed to explore new frontiers in healthcare. By fostering an environment that encourages interdisciplinary collaboration and continuous learning, CRU can play a pivotal role in advancing the research knowledge and capabilities of HSAAS staff, ultimately contributing to high quality evidence-based care for the improvement of patient care and outcomes.

In conclusion, the past year in CRU has been a fulfilling and empowering experience, providing a solid foundation for my growth as a research officer. With a great team, supportive leadership, and a shared commitment to excellence, I am eager to contribute to CRU's continued success and play a part in shaping the future of clinical research in HSAAS and UPM as a whole.