



SEKRETARIAT ETIKA PENYELIDIKAN UKM • UKM RESEARCH ETHICS SECRETARIAT

Reference: UKM PPI/111/8

Date : 12 November 2024

Associate Professor Dato' Dr. Nur Ayub Md Ali
Department of Surgery
Faculty of Medicine UKM

Dear Professor/Datuk/Dato'/Datin/Sir/Madam,

ETHICAL APPROVAL TO CONDUCT RESEARCH IN THE NATIONAL UNIVERSITY OF MALAYSIA

Research title : The Effectiveness Of High-Intensity Interval Training Versus Moderate Intensity Continuous Training In Prehabilitation Among Patients Undergoing Upper Abdominal Surgery

Ethics Ref. No. : JEP-2024-527

Approval period : 06 November 2024 – 05 November 2026

Study Site : Hospital Canselor Tuanku Muhriz

Sample Size : 74 for Web Survey
60 for RCT

With reference to the above.

2. The Research Ethics Committee, The National University of Malaysia (RECUKM) has provided ethical approval for above study. Please be reminded permission from the Deputy Dean of research of the faculty or Director of Institute/Centre and all relevant heads of departments / units where the study will be carried out must be obtained prior to the study. You are required to follow and comply with their decision and all other relevant regulations.

3. Please note that the investigator's responsibility is to ensure that:

- i. All Adverse Events should be reported to RECUKM as soon as possible.
- ii. Progress report should be submitted every **6 Months**.
- iii. All changes / amendments to the study documents / study sites / study team must be notified to the RECUKM. All changes must be approved by RECUKM before continuation of the study.
- iv. Application for renewal of the approval has to be submitted to RECUKM within one month (1 month) prior to the expiry of ethical approval.
- v. Final Report should be provided to RECUKM when the project is complete.
- vi. Please take note that all records and data are to be kept strictly CONFIDENTIAL and can only be used for the purpose of this study. All precautions are to be taken to maintain data confidentiality.

Required forms can be obtained from the The Research Ethics Committee, The National University of Malaysia (RECUKM) website: <https://www.ukm.my/jepukm>

Thank you.



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Yours sincerely,

PROFESOR DR MOHD SHAHRIR MOHAMED SAID

Chairman
Research Ethics Committee
The National University Of Malaysia

- c.c. - **Director**
Hospital Canselor Tuanku Muhriz
- **Deputy Dean (Research & Innovation)**
Faculty of Medicine, UKM
- **Head of Department Surgery**
Faculty of Medicine UKM
- **Dr. Nor Azura Azmi**
Center for Rehabilitation and Special Needs Studies (ICaRehab)
Faculty of Health Sciences
- **Dr. Katijjahbe Mohd Ali**
Medical Rehabilitation Services
Hospital Canselor Tuanku Muhriz
UKM Medical Centre
- **Dr. Chik Ian**
- **Dr. Suriah Ahmad (P138488 – Master Candidate)**
Department of Surgery
Faculty of Medicine UKM
- **Dr. Syarifah Noor Nazihah Syed Masri**
Department of Anaesthesiology & Intensive Care
Hospital Canselor Tuanku Muhriz
UKM Medical Centre
- Approval letter File 2024



SEKRETARIAT ETIKA PENYELIDIKAN UKM • UKM RESEARCH ETHICS SECRETARIAT

NAME OF ETHICS COMMITTEE/IRB: Research Ethics Committee, The National University of Malaysia	ETHICS COMMITTEE/IRB REF NO : JEP-2024-527
PROTOCOL TITLE: The Effectiveness of High-Intensity Interval Training versus Moderate Intensity Continuous Training in Prehabilitation among Patients Undergoing Upper Abdominal Surgery.	
PRINCIPAL INVESTIGATOR: Associate Professor Dato' Dr. Nur Ayub Md Ali Department of Surgery Faculty of Medicine UKM	

The following items have been received and reviewed in connection with the above study to be conducted by the above investigator.

Documents

- Research Application Form (UKM-JEP-BO01)
 Review Form (UKM-JEP-BO02)
 Non-Disclosure Agreement (UKM-JEP-BO03)
 Conflict Of Interest Form
 Research Proposal / Protocol
 Participant Information Sheet:
 Malay English Others :
 Participant Consent Form:
 Malay English Others :
 Questionnaire:
 Malay English Others :
 Curriculum Vitae of Researchers:
 Principal Co-researcher Student
 Good Clinical Practice Certificate (GCP)
 Project Agreement

The Research Ethics Committee, The National University of Malaysia operates in accordance to the International Conference of Harmonization Good Clinical Practice Guidelines.

Comments (if any): _____

Date of Approval: 06 November 2024

PROFESSOR DR. MOHD SHAHRIR MOHAMED SAID
Chairman
Research Ethics Committee
The National University of Malaysia

