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Dr Sheliza binti Jamil is a Consultant Anaesthesiologist with over 20 years of anaesthesia experience. She graduated Medical School from University Kebangsaan Malaysia in 1995. After completing her Houseman ship at HSAJB in 1996, she was posted to a rural Health Clinic in Pontian, Johor. She then started her stint in anaesthesia at Hospital Sultanah Aminah Johor Bahru in 1998 and was subsequently awarded a Master in Medicine (Anaesthesiology) in 2007, after which she was posted to Hospital Kuala Lumpur till November 2022. She is currently attached to Hospital Cyberjaya, Selangor since December 2022. Her current interests are Pain as 5th Vital Signs and Pain Free Hospital Programme and have been involved in MOH's Pain Free Hospital Certification Audits since 2017 till present. She is also a member of the development group for the MOH's Clinical Practice Guidelines for Geriatric Hip Fractures since 2021.