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Dr. Suhaila earned her tertiary education (MB.BCh.BAO) from the National University of Ireland, Galway in 2000. Then in 2009, she completed her Master of Medicine (Psychiatry) at University Sains Malaysia. She later obtained her Fellowship in Geriatric Psychiatry (Psychogeriatric), from the Ministry of Health Malaysia and Mercer's Institute for Successful Ageing, St James's Hospital, Dublin, Ireland in 2014. In addition, she has also undergone specific training in older adults' health care in Kumamoto, Japan (2017). Dr. Suhaila has presented at numerous conferences nationally and internationally. Among others included Plenary Lecture: Nurturing World Class Doctors, Malaysians Overseas Graduates: Perception vs Reality' in Galway Ireland in 2014, and 'Country Report on Healthy and Active Ageing' in Bangkok, Thailand in 2017. She has also written country reports (2017) and information papers on Integrated Care for Dementia (ICD), a Geriatric Psychiatry project for the Asia Pacific Economic Cooperation (APEC) meeting in Chile in 2019 and Kuala Lumpur in 2020. Nationally, Dr. Suhaila holds several administrative posts, as well as a member of the board, advisory, and working committees, namely, Deputy Head of the Geriatric Psychiatry (Psychogeriatric) subspecialty, Strategy plan for dementia (risk reduction) committee, Dementia Clinical Practice Guideline (3rd edition) working group, and National Health Morbidity Survey (NHMS) 2018 for elderly in Malaysia working committee. Dr. Suhaila has also been involved in several research and publications throughout her career and led a national (psychiatry) project, the most recent one was as the principal investigator for the research entitled 'A Multicentre Randomized Control Trial: The Effectiveness of Integrating Psychoeducation and Cognitive Stimulation Therapy in Dementia'. Internationally, Dr. Suhaila is a member of the International Psychogeriatric Association.