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Oral Abstracts

Oral Abstract 1

Behavioural intervention for weight loss among obese women in rural area: Does the walking exercise really work?

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Introduction: Obesity is a major problem in Malaysia. Surprisingly, Malaysia is ranked sixth in the Asia-Pacific region for obesity and tops the list in South-East Asia for both obesity and diabetes, particularly among women. The objective of the study is to evaluate the effect of weight loss intervention program through walking exercise promotion combined with nutrition education among obese women (BMI ≥ 30.0 kg/m²) in Bachok, Kelantan.

Methods: A quasi experimental design approach was used in this study. Only 28 obese women consented to participate in a 9-weeks behavioural intervention program. Nutritional statuses of participants were measured through anthropometry, body composition, abdominal obesity, and dietary intake and step counts at baseline and post intervention. The intervention group (n=15) received an established weight loss intervention package with emphasis of walking exercise. Whereas, the control group (n=13) did not receive any intervention package. Control group received the intervention package as what in experimental group after they have completed their study for the purpose of benefit to them acted as participant in control group.

Result: In term of univariate analysis, independent T-Test showed a significant reduction of body weight, body mass index, waist circumference, percentage of body fat, body fat and energy intake for intervention group after completing 9 weeks weight loss program. Furthermore, their daily physical activity increased, where the mean step per day increased significantly (baseline: 6,999+2,448 steps and at post intervention: 9,351+2679 steps) (p=0.012). However, in control group, no significant difference in physical activity level between groups before and after program through Two Way ANOVA analysis, especially in step counts.

Conclusion: The behavioural weight loss program through walking exercise plus with nutrition education have shown a significant results in weight loss among obese women in rural area of Kelantan. This pilot study should be extended into a larger population in a future research.

Oral Abstract 2

Management of pulmonary tuberculosis at two government health clinics in Klang Valley, Malaysia

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Introduction: Despite the existence of the national tuberculosis clinical practice guidelines (CPG), the prevalence and

incidence of PTB continue to increase in the country. A new tuberculosis CPG was recently issued in 2012 to guide health care professionals in diagnosing and treating tuberculosis effectively. Clinical audits attempt to determine implementation of guidelines.

This audit aimed to evaluate primary health care providers' implementation of CPG Tuberculosis (2012) during the diagnosis, follow-up, treatment and outcome of pulmonary tuberculosis cases.

Methods: This audit was conducted at Klinik Kesihatan Sungai Buloh (KKSB) and Klinik Kesihatan Taman Ehsan (KKTE) of Gombak district in September 2014. All newly diagnosed PTB among adults aged ≥ 18 years who had completed at least intensive phase between September 2013 to September 2014 were included. The indicators and criteria were based on the current Malaysian Tuberculosis CPG. A structured pro-forma was used to collect data. Data was analyzed using the Statistic Package for Social Science program (SPSS 17.0, Chicago, IL, USA).

Results: This audit involved 76 cases and the median age was 39 ± 24 years. There were 68.4% (n=52) males, 31.6% (n=24) females, and 94.7% (n=72) were smear positive cases. All subjects had acid fast bacilli (AFB) smear but only 95% (n=72) had chest X-ray done at diagnosis. Only 90% (n=64) of subjects had HIV screening test done. All patients were started with appropriate intensive and maintenance regime but 7.9% (n=6) defaulted treatment. However, only 51% (n=39) had their first follow up within one month for liver function test, symptoms and compliance review. The cure rate obtained by those who had negative repeat AFB smear and marked clinical improvement among the smear negative PTB upon completion of treatment was 78% (n=29).

Conclusions: Implementation of Tuberculosis CPG (2012) should be enhanced among primary health care providers with regards to diagnosis of PTB, follow-up care and its cure rate, aiming to increase the number of correctly diagnosed PTB and to improve treatment outcome.

Oral Abstract 3

Study on knowledge and attitudes of primary care nurses on human papilloma virus (HPV) Infection and its Vaccines

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Introduction: Cervical cancer is the second most common gynaecological cancer in the world leading significant morbidity and mortality. Persistent infection with HPV has been causally linked to cervical cancer. Two HPV vaccines have been in use for the past five years in Malaysia. As the school based vaccination program is exclusively run by the nurses, their level of knowledge and support is invaluable for the success of this program. This study aim to assess nurses' knowledge and attitude toward human papilloma virus infection and vaccination.

Methods: This is cross sectional study done from June till July 2014 in Kelantan primary health clinics. The respondents were selected through multistage random sampling process and self-administered questionnaires were used. Data were analyzed using SPSS version 22.

Results: A total of 330 nurses involved with 32.4% were from outpatient unit and 67.6% from maternal child health unit. The

mean knowledge and attitude scores (SD) were 5.3 (1.7), 29.8 (3.5) respectively. Overall, 82% of nurses knew that HPV is the cause of cervical cancer; 67% knew that Gardasil protects against four types of HPV and 54% knew HPV infection may never show sign and symptoms. However only 24% of nurses knew HPV is the most common sexually transmitted disease. Most of the nurses reported comfortable in discussing sexual behavior with adolescents. About 64% of nurses were not sure about the efficacy of vaccine. This is the first study in Malaysia to assess primary care nurses knowledge and attitudes about HPV infection and HPV vaccination.

Conclusion: Findings from this study indicate that nurses are in urgent need of improving HPV related knowledge and its actual vaccination. We encourage similar studies in other states of Malaysia to have a broad estimation in order to make a national based education program to increase knowledge of nurses in this matter.

Oral Abstract 4

Prevalence of chronic diseases and multimorbidity among the elderly population in residential homes in Klang District

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Introduction: Multimorbidity is commonly defined as co-existence of two or more chronic diseases in the same individual. Multimorbidity is a common problem in aged populations with a wide range of individual and societal consequences. Since chronic diseases are associated with advanced age and the number of aged persons in the population is rising, multimorbidity increasingly becomes an important issue in health care. Studies indicate that older people are more prone to develop two or more chronic conditions than younger one. Thus, many studies have been limited to focus to older persons when studying multimorbidity. The objective of the study was to explore patterns of co morbidity and multimorbidity in an elderly population in residential homes in Klang Health District.

Methods: This was a cross sectional study. Data were gathered from November 2013 till February 2014 at the residential homes in Klang District. Information on the presence of 6 chronic conditions was collected in a standardized questionnaire by investigators.

Results: A total of 102 participants were recruited into the study with the mean age 70.7. There were 37 (36.3%) participants who have multimorbidity. Hypertension, hyperlipidemia and diabetes mellitus were the most common disorders with prevalence of 49%, 25.5%, 22.5% respectively. This followed by stroke 11.8% and the least are Ischemic Heart Diseases 3.9% and Malignancy 3.9%. 8.1% of the participants had sexual dysfunction due to multimorbidity as compared to those without multimorbidity (P= 0.002)

Conclusion: This study showed that multimorbidity present in 36.3% of the elderly in the residential homes in Klang District. About 8.1% participants had suffered from sexual dysfunction.

Oral Abstract 5

Spouse's knowledge, attitude and support on menopause: The hidden facts

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Introduction: Research findings suggested that social support may ease the transition of menopause in women. However, the role of spouses and their support for perimenopausal women in Asian countries, particularly in Malaysia is still not well studied. The purposes of this study were to identify the spouse's knowledge, attitude and support towards their perimenopausal women, to determine the correlation between knowledge with attitude and support of the spouse and also the associated factors for support.

Methods: Eighty three spouses of perimenopausal women were recruited from attendees of Hospital Universiti Sains Malaysia, Kelantan. The subjects answered the validated Malay version of knowledge, attitude and support questionnaire on menopause.

Results: The mean aged of spouse was 56.3 years +6.1. The results showed that mean knowledge score of spouse was 16.1 +6.53, attitude score was 1.7 +1.7 and support score was 6.4 +2.08. There was a strong correlation between knowledge and attitude (r=0.602, p=<0.001). However, the correlation between knowledge and support was weak (r=0.271, p=0.14). Spouses who communicate about menopause with their partner were more supportive than those who did not communicate (p< 0.032, 95% CI 2.38, 5.021).

Conclusion: Education program for the spouse may improve their attitude towards menopause related issues and hopefully can increase their support for the perimenopausal women.

Oral Abstract 6

Socio-demographic characteristics and blood pressure control among hypertensive patients attending government primary health care centre in Sarawak

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Introduction: NHMS 2011 showed the prevalence of hypertension in Sarawak was 40.5 % and controlled blood pressure among hypertensive patients on treatment was 22.6%. This aim to determine the prevalence of uncontrolled blood pressure among treated hypertensive patients in Sarawak, and its association with their socio demographic characteristics.

Methods: This is a cross sectional study done in government primary health care clinics in Sarawak involving 25 Health Clinics with doctors and 10 Outpatient Departments in the district hospitals. Systematic random sampling was used. Hypertensive patients' socio demographics, medical data and physical examination findings were recorded. Investigations including ECG were performed. All results were reviewed and recorded by medical officers and Family medicine specialists in a standard form.

Results: 2289 patients were involved in this study. Mean age was 56.2±11.3 years. Majority respondents were females (65.9%), predominantly Iban ethnicity (43.1%). and completed secondary education (42.2%). Almost half were housewives (40%) and majority had household income below RM2000 (76.3%). Most respondents stayed within 15km radius from their health clinic (77.8%), took less than 20 minutes to reach (60%) and spent less than RM 10 for the journey. More than half of the respondents do not exercise (56.2%) and a minority exercised ≥30mins each session (26.1%). Most were in class 1 and 2 obesity (69.5%). Forty-two percent had hypertension ≤5 years, 1/3 had diabetes, 55.4% had dyslipidaemia and 4.1% has IHD. The prevalence of uncontrolled blood pressure was 40.2%. Multivariate analysis found older age ($p = 0.001$, 95% CI, 0.975- 0.993), self-employment ($p = 0.003$, 95% CI, 0.411-0.839), housewives ($p=0.01$, 95% CI 0.514- 0.913) , secondary education ($p=0.008$, 95% CI= 0.494-0.901) middle income, ($p=0.03$, 95% CI, 0.519-0.968) obesity class 2 ($p= 0.017$ 95% CI, 1.062-1.861)and travelling with public transportation were independent factors significantly associated with poor blood pressure control.

Conclusion: Prevalence of uncontrolled BP among treated hypertensive outpatient in Sarawak is 40.2% and poor blood pressure control were associated with older age, self-employment, housewives, secondary education, middle income, obesity class 2 and travelling with public transportation.

Oral Abstract 7

Antibacterial activity of different honey types alone or combined with antibiotic on some pathogenic bacterial strains isolated from infected wounds in KSA

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Introduction: With the irrational and massive use of antibiotics all over the world, there was an increased resistance to even newly discovered antibiotics which led to increased interest in using natural remedies. Honey has been a product that has received a growing amount of attention in wound care. This research studies the antibacterial uses of honey, particularly with respect to its possible role in improving wound infection either alone or combined with different classes of antibiotics against wound pathogens.

Methods: Three bacterial strains; methicillin sensitive *Staphylococcus aureus* (MSSA), methicillin resistant *Staphylococcus aureus* (MRSA) and *Pseudomonas aeruginosa*

(PA) were isolated from wound infections and identified using classical methods. The sensitivity or resistance of the isolates to eleven different types of honey and to their combination with various antimicrobial compounds was determined by Kirby-Bauer disk diffusion susceptibility test. Diameters of inhibition zones were measured and translated as synergism or antagonism. The effect of honey on the morphology of the strains was further studied by Scanning Electron Microscope. The mechanism of action of honey on the bacterial pathogens was assessed using SEM images and pH measurement.

Results: Results revealed critical discrepancies between the different types of honey and their antibacterial activity on the different isolates. Southern and Yemen Sidr honey showed the most potent results followed by Al-Madinah honey. Different combinations of honey with antibiotics showed potent synergism (> 7 mm difference in zone diameter) against MSSA while only vancomycin combination with different honey showed enhanced activity against MRSA. In the case of PA isolates, combinations of honey with either ciprofloxacin or sulphamethoxazole/trimethoprim were synergistic while ceftriaxone combination was antagonistic. SEM images demonstrated a clear change in the morphology of the isolates upon treatment with honey and total destruction of bacterial cells in honey antibiotic combination samples.

Conclusions: It is definitely worthy to consider honey as a promising future antibiotic to be tested and studied. Rediscovering honey as a natural remedy for wound pathogens proved its effectiveness on antibiotic resistant strains of bacteria including MRSA and PA.

Oral Abstract 8

The study on new HIV patients seen in Klinik Kesihatan Tanglin in 2013

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Introduction: Malaysia is a country with concentrated HIV epidemic with the infection rates remains high above 5% among most at risk populations. In 2011, sexual transmission has superseded IDU (Intravenous Drug Use) as the main driven factor for the epidemic and male continue to represent the majority (90%) of cumulative HIV cases in Malaysia. Thus the aim of this study is to look at the profile of new HIV cases seen in Klinik Kesihatan (KK) Tanglin throughout the year 2013

Methods: The study involved retrospective analysis of the case notes of new HIV patients seen in KK Tanglin in 2013. The data collected were analysed using SPSS version 16.

Results: A total of 142 case notes were reviewed retrospectively. 90.8% were male. Sexual transmission is the main mode of infection (69.1%) and homosexual contacts superseded heterosexuals (42.3% versus 26.8%). 33.8% were already in the AIDS category ($CD4 < 200/\mu l$) at presentation. Syphilis is the most common Sexually Transmitted Infection (STI) noted and it is significantly more common among the homosexuals (p value 0.000). As of June 2014, 78.9% of these patients remained under follow up.

Conclusion: The profile of HIV patients seen in KK Tanglin closely follow that of national data in term of demographic and mode of transmission. A third of the patients are late presenters

and the public health implication is they might be spreading the disease unknowingly. Further studies should be conducted to look into the reasons for their late presentation.

Oral Abstract 9

Factors associated with non-achievement of LDL-C target and adherence to statin therapy among patients with type2 diabetes mellitus (T2DM) in outpatient clinic, HUSM

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Introduction: Low density lipoprotein cholesterol (LDL-C) is the primary target in the management of dyslipidaemia and achievement of LDL-C target is crucial in prevention of cardiovascular disease. Statins are potent drug to reduce cholesterol especially the LDL-C, however the effectiveness is limited by the poor adherence. To determine proportion of achievement of LDL-C target, factors associated with the non-achievement of LDL-C target and the adherence to statin therapy among patients with (T2DM).

Methods: This is a cross sectional study involving 234 patients aged 18 years old and above who had comorbid T2DM and Dyslipidaemia. Systematic Random Sampling with replacement method was applied to select participants who attended outpatient clinic, HUSM. Both self-administered and interviewed administered questionnaires were used to obtain the socio demographic and clinical characteristics. Adherence to statin therapy was assessed using compliance questionnaire. The data was analysed for descriptive statistic and multiple logistic regression.

Result: The percentage of patients with type II diabetes who achieved LDL-C target was only 37.6%. The percentage of patients who adhered to statin therapy was 98.3% and 20.5% of them had full adherence. HbA1c is the only significant factor associated with LDL-C target achievement (Adjusted OR 1.3 [95%CI 1.08, 1.49, p<0.05]).

Conclusion: Managing both dyslipidaemia and glycaemic control still need hard work at primary care level either in government or academic institution setting.

Oral Abstract 10

The open labelled Randomised clinical trial of fluoxetine versus dapoxetine among men with premature ejaculation and its effect on marital satisfaction: Preliminary results

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Introduction: Premature ejaculation (PE) resulting in reduced sexual satisfaction and quality of life for men and their partner. Fluoxetine and Dapoxetine have been used in treatment of premature ejaculation with Dapoxetine is the first Selective Serotonin Reuptake Inhibitor (SSRI) with a short half-life specifically developed for the treatment of PE. We compared the efficacy of Fluoxetine and Dapoxetine treatment and its effect on

marital satisfaction. The objective of this study is to determine the mean differences on PE score and marital satisfaction score between Fluoxetine and Dapoxetine over 8 weeks period

Methods: The study was conducted with two arm- open labelled randomised control trial. Enrolled in this study were randomly assigned 36 consecutive men who met inclusion and exclusion criteria. 18 patients were prescribed with daily Fluoxetine 20mg while 18 patients were prescribed with Dapoxetine 30mg on demand (maximum fortnightly) for 8 weeks. Patients were followed at 4 and 8 weeks after therapy and were evaluated for compliance, side effects and efficacy of drugs and re-administration of the questionnaires respectively. Data were analysed statistically.

Results: The preliminary result involving 18 subjects on Fluoxetine and 17 subjects on Dapoxetine group. Both groups showed significant reduction in PEDT score at the end of 8th week. For Fluoxetine group, the median (IQR) of PEDT reduced from 10.50 (3.25) to 4.50 (4.50), p<0.001 and for treatment group, it reduced from 13.00 (6.50) to 2.00 (5.00), p<0.001. DS-DAS score significantly increased within both groups. For Dapoxetine group, median (IQR) for DS-DAS score increased from 32.50 (7.00) to 40.00 (7.00), p<0.001 and for the Dapoxetine group, it increased from 38.00 (11.00) to 45.00 (7.00), p<0.001. Comparison of the magnitude of changes for PEDT and DS-DAS score revealed that median (IQR) of PEDT score reduction was significantly greater in Dapoxetine group [-6.00 (4.50) in Fluoxetine vs. -9.00 (6.00) for Dapoxetine group, p=0.002]. No significant different in the magnitude of changes of DS-DAS score between Fluoxetine and Dapoxetine group [7.00 (5.00) vs. 7.00 (6.50), p=0.753].

Conclusion: Both Dapoxetine and Fluoxetine groups showed significant improvement in PEDT and DS-DAS score. Greater improvement in PEDT score was observed in Dapoxetine group

Oral Abstract 11

Predictors of dengue mortality in Malaysia in 2013

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Introduction: Dengue is the most common and serious arthropod borne viral disease. The disease has a wide spectrum of clinical presentations and its clinical course can be unpredictable. Therefore, identification of those at high risk of mortality will allow for appropriate monitoring, supportive treatment and referral to be delivered in the earlier stage of illness. The objective of this study was to determine the predictors of dengue-related mortality in a cohort of patients registered in the national dengue database in 2013.

Methods: This was a retrospective cohort of all patients registered in 2013 in the Malaysian national dengue database (e-Dengue). Dengue-related mortality was used as an outcome measure. Sociodemographic and clinical data were described using proportions. Associations between variables and outcomes were analysed by using multivariate analysis.

Results: In 2013, there were 43 347 cases of dengue that were notified and entered into the database with 92 dengue-related mortalities. Hence, the dengue case fatality rate in 2013 was 0.2%. Predictors of dengue-related mortality were

older age (aOR=1.04;CI:1.03-1.06;p<0.001), female gender (aOR=1.54;CI:1.01-2.35;p=0.044), nausea and vomiting (aOR=1.85;CI:1.20-2.87;P=0.006), bleeding (aOR=3.21;CI:1.37-7.51;p=0.007), lethargy (aOR=6.56;CI:2.41-17.82;p<0.001), severe plasma leakage (aOR=16.61;CI:1.64-168.53;p=0.017) and shock (aOR=1307.48;CI:90.23-18946.60;p<0.001).

Conclusion: Patients with these symptoms should be given closer attention so that early referral for hospitalisation can be made when indicated.

Oral Abstract 12

Awareness & utilisation of clinical practice guideline for management of adult dengue infection in Malaysia

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Introduction: The Clinical Practice Guideline (CPG) for Management of Dengue Infection in Adults (revised 2nd Edition) was published and disseminated in 2010. This CPG provides evidence-based guidance for the management of dengue infection in adult patients. However, the awareness and utilisation of this CPG among doctors remain uncertain. The objective of this study is to evaluate the level of awareness and utilisation of CPG Management of Dengue Infection in Adults (revised 2nd Edition) among doctors in Malaysia.

Methods: A cross-sectional study was conducted among registered medical practitioners practicing at public or private Health Clinics and Hospitals in Malaysia. Doctors practicing only at hospital Medical and Emergency Departments were included, while private specialist clinics were excluded in this study. A multistage proportionate random sampling according to region (Central, Northern, Southern, Eastern, Sabah and Sarawak) was performed to select study participants.

Results: A total of 860 validated self-administered questionnaires were distributed and collected from all participants either by hand, post or fax between January 2014 and November 2014. The overall response rate was 74% (84% from public hospitals, 82% from private hospitals, 70% from public clinics, and 64% from private clinics). Majority (76%) of the respondents were medical officers with a mean length of service of 14 years and a range of 1 to 15 years. A higher percentage of doctors from public facilities (99%) were aware of the CPG compared to those in private facilities (84%). The proportion of doctors utilising the CPG were also higher (98%) in public facilities compared to private facilities (86%). The high proportions of doctors using the CPG in both public (97%) and private (94%) hospitals were also observed. However, only 69% of doctors in private clinics utilised the CPG compared to doctors in public clinics (98%).

Conclusion: This study found that there is a need to improve utilisation of the CPG especially in private clinics.

Oral Abstract 13

Detection of dementia and its associated risk factors among elderly population in Kuching, Sarawak.

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Introduction: Prevalence of dementia is expected to increase with the rise in ageing population. Hence, screening for dementia in primary care is needed to identify dementia in its earlier stages. This study was conducted to screen elderly patients for dementia in primary care setting using the Mini Mental State Examination (MMSE).

Methods: A cross sectional study was done on a group of elderly patients aged 60 years and above attending primary health care centers, using a systematic random sampling. Geriatric Depression Scale (GDS) was used to exclude patients with depression. The patients were then assessed with the MMSE for presence of dementia using the cut off score of 21.

Results: The prevalence of dementia among 300 subjects was 20.7% (CI 1.869, 6.649; P<0.001). This study showed that age, low income, no formal education, female gender, living without spouse and not on statin were associated risk factors in developing dementia. After controlling for the possible confounding factors, dementia was independently associated with age, no formal education (adjusted OR: 4.920; 95% CI: 2.347, 10.314; P<0.001), household income below median (RM825) (adjusted OR: 5.563; 95% CI: 2.259, 13.698; P<0.001) and living without spouse (adjusted OR: 2.107; 95% CI: 1.020, 4.350; P=0.044). Those above 80 years of age were eleven times more likely to develop dementia (adjusted OR: 11.280; 95% CI: 2.818, 45.148; P=0.001) and those in the 70-79 year age group were three times more likely to develop dementia (adjusted OR: 3.556; 95% CI: 1.694, 7.466; P=0.001) compared to those in the 60-69 year age group.

Conclusion: The prevalence of dementia among elderly population in Kuching, Sarawak was 20.7%. Promoting awareness on mental health is important in educating the public regarding dementia.

Oral Abstract 14

Under five mortality review: An in-depth analysis of lethal congenital malformation and associated maternal factors in Selangor

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Introduction: The MDG 4 initiative is aimed at reduction of Under Five Mortality in the nation. Under five mortality would include the early neonatal deaths, late neonatal deaths, infant deaths and death of children below five years of age. With better reporting system since 2012 involving both public and private facilities there is an increase of mortality reported since. Among the top five causes of infant death, are due to conditions originating in perinatal period, congenital malformation &

chromosomal abnormalities. Through the review of all the mortalities it was noticed that more cases of lethal congenital malformation were being reported. It was reported in Netherlands that lethal congenital malformation contributed to 51% of mortality in the still birth group. In Selangor majority of the deaths in the early neonatal period is contributed by lethal congenital malformation. With this observed increased, an analysis of data was done to understand the types of lethal congenital malformation that contributed to the under five mortality in Selangor. The aims of the study were to find out the types of lethal congenital malformation presented and the associated maternal factors

Methods: This is a retrospective study on all under five mortalities that occurred between 1.1.2014 to 31.12.2014 in Selangor state. Data was obtained from the under-five mortality reporting format and the consolidation reports. All deaths due to lethal congenital malformation were identified and analysed using SPSS version 16.

Results: A total of 106 deaths were due to lethal congenital malformation. Majority of the mothers were Malays reflecting the racial distribution of Selangor. Mothers' factors including social, educational, parity, medical conditions were analysed. The different types of lethal congenital malformation was also analysed to see whether there was an association with the maternal factors.

Conclusion: With the in-depth analysis preventive measures could be suggested to be given to women with the aim of reducing under 5 mortality due to lethal congenital malformation

Oral Abstract 15

Calcium supplement use among primary care patients attending a primary care clinic

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Introduction: Calcium supplement is one of the commonly used supplements even without medical indications. This inappropriate use is worrisome as it can lead to various adverse effects. Thus, this study aimed to examine this practice among primary care patients.

Methods: This cross sectional study involved 193 patients attending a primary care clinic at Pusat Perubatan Primer UKM, selected through convenient sampling. A self-administered questionnaire was used to assess the practice of calcium supplement, as well as sociodemographic and clinical characteristics of the participants. The questionnaire had undergone content and face validity. The data was analysed using SPSS version 21.

Results: The proportion of the participants who used calcium supplement without medical indications was 57.5%. Only small proportions of them had various risk factors for osteoporosis: menopause among females (24.0%), family history of osteoporosis or hip fracture (21.6%), smoking (12.3%), and underweight (1.0%). Nevertheless, about quarter consumed calcium supplement every day. Many of them had never or seldom taken it with: vitamin D (69.4%) or food (50.9%). Preventing fracture (66.7%) and insufficient dietary calcium intake (53.2%) were the most common reasons for their use. More than 90% of them had never or rarely consulted doctors regarding calcium use. About

50% of them claimed that it was their own decision to take calcium supplement without any influence from others. Older age ($p=0.02$) and positive family history of osteoporosis or fracture ($p=0.01$) were found to be significantly associated with the use of calcium supplement.

Conclusion: The use of calcium supplement without medical indications and risk factors was not uncommon among primary care patients, especially among those who were old or with family history of osteoporosis or fracture. However, many users were non-compliant and had been consuming it incorrectly. Therefore, this study highlights a need for promotion of safe and proper use of this supplement.

Oral Abstract 16

Chronic kidney disease in patients with type2 diabetes mellitus in primary care in Kelantan

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Introduction: Chronic kidney disease (CKD) is an irreversible loss of renal function and poses a major public health problem. In Malaysia, diabetic kidney disease (DKD) accounts for 58% of new patients accepted for dialysis. In Australia about half of all patients with Type 2 Diabetes Mellitus (T2DM) consulting their general practitioner were found to have CKD (Merlin C Thomas et al 2006). The aim of the research is to study CKD among T2DM patients in primary care in Kelantan. Specifically, to describe socio demographic and clinical characteristics of T2DM patients seen at primary care, to determine the prevalence of CKD among T2DM patients and to determine the proportion of patients with CKD who was referred to specialists.

Methods: This is a cross sectional study involving T2DM patients registered and attending government health clinics in Kelantan. Inclusion criteria is adult aged 18- 75 years and exclusion criteria are known case of obstructive uropathy (eg renal calculi, BPH) , known case of CKD not due to diabetic. Calculated sample size was 422. The samples were chosen using systematic random sampling. Diabetic cards were reviewed for sociodemographic, clinical characteristic, laboratory results and referral status. The eGFR was calculated using MDRD formula.

Results: A total of 430 participants were recruited. Mean age was 56.7 (SD 10.24). Majority was female 286 (66.5%), had secondary educational level 184 (42.8%) and housewife 234(54.5%). Mean duration of diabetes was 6.51 (SD7.67) years with mean HbA1c 9.21(SD5.01), Mean SBP 142.7 (52.8) DBP 79.54 (SD11.9). The prevalence of CKD was 64%, Stage 1: 15.8%, Stage 2: 26.7%, Stage 3: 12.6%, Stage 4: 6.3% and stage 5: 2.6%. More than quarters (26.5%) of those were referred.

Conclusion: The prevalence of CKD in primary health care in Kelantan is high, but the majority was in stage 3 or below, in which there is still room for intervention to retard the progression.

Poster Abstracts

Poster Abstract 1

Prevalence of depression and its associated factors among Malay male methadone maintenance therapy patients in selected primary care clinics in Kuantan, Pahang

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Introduction: Depression is one of the most common psychiatric conditions among men with methadone maintenance therapy (MMT) in Malaysia. Poor psycho-social functioning and risk of relapse to heroin use among MMT patients could be predicted based on their depression level. The treating doctors should know depression status of MMT patients to reduce the impact of depression on the individual and compliance to MMT. This study was conducted to determine the prevalence of depression and its influencing factors on methadone maintenance therapy patients

Methods: A cross sectional descriptive and analytical study was conducted in Kuantan, 2014. Four government methadone clinics from primary care and 82 Malay Men MMT patients were selected by two-stages sampling method. A pre-tested questionnaire was used to collect demographic and clinical characteristics data and depression status was assessed using the self-administered validated Depression and Anxiety Stress Scales 21 (DASS 21) Malay version. Fisher's exact test, "t" test, ANOVA "F" test and sample liner correlation were applied to infer significant association between depression status of the MMT patients and its influencing factors

Results: Prevalence of depression was 43.9% – mild (19.5%), moderate (19.5%), severe (3.7%) and extremely severe (1.2%). Recent significant life event was a significant influencing factor on depression status of the patients. The highest prevalence of depression was seen among the patients with 1-2 years MMT treatment (41.7%). Correlation between depression score and duration of MMT was higher ($r = 0.36$) among the patients with recent significant life event than those without it (0.12). Significant influence of socio-demographic factors and clinical background on the depression level of patients was not found.

Conclusion: Depression status of MMT patients should be assessed when history of recent significant life events present to prevent poor compliance of MMT and risk of relapse to use heroin by providing timely treatment for depression.

Poster Abstract 2

The efficacy of relaxation therapy as adjunctive therapy on symptoms, physical function and medication intake in patients with knee osteoarthritis

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Background: Osteoarthritis is the commonest arthritis especially in the elderly. Despite the usage of pharmacotherapy in managing this disease, psychological therapy such as Guided Imagery Relaxation (GIR) has been shown to reduce stress and pain in various types of chronic diseases. The objective of our study is to determine the efficacy of relaxation therapy as adjunctive therapy on symptoms, physical functions and analgesic consumption in patients with primary knee osteoarthritis.

Methods: A randomized controlled trial with two arm parallel comparative study for relaxation therapy versus control among patient with knee osteoarthritis was carried out to see the its efficacy in improving pain, symptoms and physical function. Sixty knee osteoarthritic patients were recruited for this study. Knee injury and Osteoarthritis Outcome Score (KOOS) was used to measure pain, symptoms, sports and recreational, activity of daily living and health related quality of live scores among these patients. Analgesic consumption was calculated throughout the intervention period to see the difference between intervention and control groups. The treatment consists of listening to 12 minutes MP3 with pre-recorded Guided Imagery with Relaxation Therapy at least once per day for the duration of 8 weeks. ANCOVA test was used to compare the score differences between intervention and control groups after the intervention.

Results: A total of sixty patients enrolled into the study however only 59 patients completed the study (98.3%). The mean age of the patients is 52.2(7.08). There were significant improvements of pain ($p < 0.004$), activity of daily living ($p < 0.02$), sport score ($p < 0.005$), and quality of life score ($p < 0.01$) in intervention group compared to control group. The analgesic score as lower in the intervention group, however it was not statistically significant.

Conclusion: Guided imagery with Relaxation therapy has shown positive effects in managing patients with knee osteoarthritis. This intervention has significantly reduced pain, improve activity of daily living and also health related quality of life. This result justifies further investigations of Guided imagery with Relaxation therapy as self-management in patients with knee osteoarthritis.

Poster Abstract 3

Blood pressure control assessment among type2 diabetes patients: A preliminary retrospective cohort study in Kuantan, Pahang State, Malaysia

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Introduction: Hypertension (HPT) is the most common co-morbidity among diabetes mellitus (DM) patients which result to an increased risk of morbidity and mortality from cardiovascular disease (CVD). Thus, HPT control status of DM patients should be assessed and summarized to improve treatment outcome. The objective of this study is to assess prevalence and control status of hypertension among Type2 DM patients

Methods: A retrospective study was conducted at one public primary care clinic in Kuantan in 2014. Records of DM

patients who actively come for the treatment at least one year were selected to collect data regarding HPT and DM duration, as well as BP and HbA1C (%) measurements at the last visit and one year before. BP control status was classified as; controlled ($\leq 130/\leq 80$), uncontrolled ($>130/>80$), systolic ($>130/\leq 80$) and diastolic ($\leq 130/>80$) hypertension. HbA1C (%) changes was classified into no changes, higher and lower. HbA1C level changes among different BP controlled groups was analysed using the Chi-square test, paired sample "t" test, ANOVA "F" test.

Results: Out of 154, prevalence of HPT among DM patients was 72.1%. HPT was diagnosed before and after DM was 42.3% and 29.8% respectively; diagnosed both at the same year was 27.9%. The patients with controlled, uncontrolled, diastolic and systolic hypertension at the last visit and one year before were (55.8% vs 33.1%), (9.1% vs 4.5%), (14.9% vs 51.9%) and (20.1% vs 10.4%) respectively while those with higher, lower and no changes of HbA1C level after taking one year treatment were 53.9%, 40.9% and 5.2% respectively. There was no significant HbA1C changes among different BP controlled groups.

Conclusion: After one year follow up, DM patients have better BP controlled and lower HbA1C%. However, there was high prevalence of HPT in DM patients alarmed to intensify primary and secondary prevention activities in both HTP and DM patients.

Poster Abstract 4

Cognitive impairment and self-management in elderly diabetics in Hospital University Science Malaysia

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Introduction: In 2006, prevalence diabetes of mellitus in Malaysia is about 14.9 % according to National Health and Morbidity Survey III. While adult age more than 60 years, they account more than 20% of all diabetics patient. Type2 diabetes mellitus is a risk factor for cognitive impairment and dementia. While diabetes self-management is, the process of individuals to manage their diabetes has been considered an important part of clinical management. The goals of diabetes self-management are to optimize metabolic control, prevent acute and chronic complications, and optimize quality of life. This study will look for prevalence of cognitive impairment in elderly diabetics' patient and its associated factor with self-management of diabetes.

Methods: This is a cross sectional, done in diabetics Klinik Rawatan Keluarga and KPP HUSM. It involved 379 patient type2 DM who attending Klinik Rawatan Keluarga HUSM, age more than 60. This study utilize Malay version Mini Mental State Examination , Malay version Geriatric Depression Scale (MGDS 14) and diabetes knowledge questionnaire Malay version The participants is elderly diabetics age 60 and above.

Results: Out of 379 subjects, 15 or 3.96% found to have cognitive impairment. There is significant difference of self-management of diabetes between those having cognitive impairment and those without cognitive impairment. Mean score of Malay version diabetes knowledge questionnaire among cognitive impairment only 9.9 while in no cognitive impairment group much high 13.0 and p-value < 0.05. From

multiple logistic regression, there is significant association between cognitive impairment, depression, diabetic control (HbA1c) and self-management of diabetes.

Conclusion: The prevalence of cognitive impairment nearly double in comparison to normal elderly people compared to diabetes mellitus patient. There is significant association between cognitive impairment, depression, diabetic control (HbA1c) and self-management of diabetes.

Poster Abstract 5

Stroke risk factors and stroke knowledge among hypertensive patients in primary care setting, Terengganu

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Introduction: Stroke is a leading cause of long-term disability among adult worldwide. It was estimated that the number of stroke increases to twenty three million and was associated with 7.8 million deaths, by 2030 if no clinical or public health intervention initiated. Hypertension was known to be the most important risk factor for stroke. Study on knowledge about stroke and source of stroke information in community have been conducted all over the world, however the study was very limited in Asian countries especially in Malaysia. The objectives of this study were to determine the proportion of stroke risk factors among hypertensive patients in primary care setting, to determine the score of stroke's KAP (knowledge, attitude and practice) and its associated factors among hypertensive patients in primary care setting.

Methods: It was a cross-sectional study involving all hypertensive patients whom attended government health clinics in all districts in Terengganu, Malaysia. Two health clinics from each district with 66 registered hypertensive patients whom fulfilled the study criteria were randomly selected. The validated Malay version of KAP stroke questionnaire was used through interviewer-guided questionnaire with close-ended questions.

Results: More than half, 229 (56.5%) of hypertensive patients had uncontrolled blood pressure despite on antihypertensive treatment, 297 (73.4%) respondents were fall under category of overweight and obese, as well as 305 (75.3%) of hypertensive patients have waist circumference of more than normal. Approximately half, 200 (49.4%) of them were included under physically inactive. The mean KAP score was 69.0 marks (SD 5.38) from total 95 marks, equivalent to 72.6 percent (SD 5.67%). More than half of respondents, 275 (68%) were categorized under poor KAP score. There was a close relationship between education level and the source of stroke information from family members, relatives or friends and stroke information from health talks or health seminar with good KAP score.

Conclusion: The results highlights the lack of knowledge of stroke definition, warning symptoms, warning signs and poor practice among high risk population of the survey. Stroke is believed can be reduced substantially by an active lifestyle, cessation of smoking and healthy diet. Therefore, we suggest that, more aggressive and sustainable interventions are needed to detect and prevent stroke in hypertensive patients especially those with older age.

Poster Abstract 6

USM Health Engagement through Art (H.E.ART) project: A preliminary report

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Introduction: USM Health Engagement Through Art (H.E.ART) Project aims to educate teenagers about high risk behaviors through arts. The arts reflect the particularity of health care situations and relationships that blend aptly into medicine. This is a preliminary report on data specifically focusing on road safety behavior aiming to provide baseline information on the effectiveness of the current delivery of health education. The objective of this study was to obtain the background profile on knowledge, attitude and practice on road safety behaviors among primary school students.

Methods: All standard four, five and six students from 2 sub-urban primary schools in the area of Bachok and Tumpat, Kelantan were assessed on their current knowledge, attitude and practice using a guided self-administered questionnaire. The questionnaire was validated with a Cronbach's alpha of 0.79.

Results: A total of 200 males (55.7%) and 159 females (44.3%) Malay Muslims primary school students participated in the project with age between 10 and 12 years old. Regarding knowledge, 56 to 68% aware that motorcycle riding under the age of 16 is illegal, legal age for driving licence is 17 years old, driving above speed limit can have legal implication and racing motorcycle on non-principle road is illegal. In terms of attitude while driving, 18% agreed that helmet is not required on the non-principle road. Around 70% agreed that using mobile phone may lead to death and car passengers are required to wear seat belt. The practice of road safety behaviour showed that 21% of students ride motorcycle by themselves, 30% do not use helmet as a pillion rider and 25% admitted that they rides with non-licensed motorcyclist.

Conclusions: Despite borderline knowledge on the road safety behavior, the primary school students in the studied sub-urban area have a relatively good attitude and practice. However, a significant percentage of them still practicing dangerous road safety behaviors that need further intervention.

Poster Abstract 7

Audit on appropriate management of anemia during pregnancy in District of Seremban, Negeri Sembilan

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Introduction: Anaemia is a worldwide public health problem which has an eminence impact on pregnant mother. The aim of this study was to assess on appropriate management of anaemia in pregnancy by health care provider before and after implementation of a New Flow Chart on Management of Anaemia during Pregnancy.

Methods: A retrospective record review study was conducted

in district of Seremban. The new flow chart on Management of Anaemia during Pregnancy was developed in December 2011 as the intervention tool and has been implemented from 1st January 2012. Antenatal cards from 1st January until 31st December 2011 was audited as pre-intervention sample and antenatal cards from 1st January until 31st December 2013 was audited after intervention implemented.

Results: A total of 410 antenatal cards with anaemia were audited. Hundred and seventy-four cases were in pre-intervention groups whereas 236 cases were from post-intervention group. All cases (100%) were given appropriate treatment in both study groups. About 56.4% offered investigations in post-intervention group in comparison with 9.2% in pre-intervention group. The cause of anaemia by full blood picture was determined in 38.6% in post-intervention group compared to 8.1% in pre-intervention group. About 32.2% of pregnant women with anaemia in post-intervention group were due to iron deficiency. The mean haemoglobin (Hb) at 36 weeks in pre-intervention and post-intervention group was 10.6g% (0.96) and 10.7g% (0.81) respectively. There was no significant difference in percentage of anaemia severity among pregnant women at 36 weeks gestation in both study groups. Only 37.7% have Hb > 11.0g% at 36 weeks gestation in post-intervention group whereas 33.9% in pre-intervention group.

Conclusion: The new flow chart was able to change and improve the practice of healthcare provider in early detection, investigation and management of anaemia during pregnancy.

Poster Abstract 8

Awareness and perception on kidney transplant among relative attending nephrology clinic in teaching's hospital: A cross sectional study

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Introduction: Numbers of dialysis patients increase exponentially with the low numbers of transplantation rate in Malaysia. Living related kidney transplant is one of the best approaches to overcome this scarcity. The objective of this study was to assess the awareness and perception on kidney transplant among relatives to the end-stage renal failure (ESRF) patients who attending the nephrology clinic in Universiti Kebangsaan Malaysia Medical Centre (UKMMC), its associated factors and reasons contributing to lack of donors.

Methods: A cross sectional study was conducted from June until August 2013 involving 430 relatives of ESRF patients (response rate=95.6%) who were selected by convenience sampling. Data were collected through the use of self-administrated validated questionnaire on awareness and perception on kidney transplant and analyzed using SPSS version 19.0.

Results: Analysis showed moderate level of awareness; 3.44(0.53) and high level of perception; 3.77(0.56) among relatives of ESRF. Overall, all socio-demographic characteristics (gender, age, ethnicity, religion, education level, marital status, employment status and household income per month) have significant association with awareness and perception (p<0.05), except employment status for awareness (p=0.076) and gender

for perception ($p=0.912$). Almost ninety-seven of relatives agreed that lack of knowledge on kidney transplant was the main reason for lack numbers of donors among relatives.

Conclusion: This study found that there were moderate level of awareness and high level of perception on kidney transplant among relatives to ESRF patients. As for the reason of lack of donors among relative to ESRF patient, this study found that poor knowledge in kidney transplant and fear to donate their kidneys was an important factor. There were significant relationships between socio-demographic characteristics and awareness, and perception on kidney donation among the relatives of ESRF patients.

Poster Abstract 9

Pattern of physical activity among outpatient elderly subjects in Hospital Universiti Sains Malaysia

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Introduction: Physical activity may reduce morbidity and mortality as well as improve quality of life in the elderly. It is also associated with better cognitive function and is a protective factor for dementia in older persons. The aim of this study was to assess the pattern and predictors of physical activity among elderly attending outpatient clinics at HUSM.

Methods: A cross-sectional study was conducted involving elderly patients aged > 60 years who visited outpatient clinics at HUSM, beginning from August 2011 until December 2011. Structured reporting forms which included socio-demographic and Modified Baecke questionnaires were used via face to face interviews.

Results: Three hundred and thirty two subjects were recruited with a response rate of 90.9%. 142 (41.9%) were male and 197 (58.1%) were female, with a mean age of 67.7 (6.0). The main type of physical activity was gardening (52%) followed by walking (33%). Physical activity score was highest for leisure type physical activity compare to household or sports. Most of the subjects (64%) were overweight, but did not perceive their weight as a problem (87%) or as disrupting their activity (90%). The associated factors for physical activity were age (adjusted b) -0.10 (95% CI: -0.20,10.01), female -(adjusted b) 2.37 (95% CI: -3.52,-1.21), not working (adjusted b) 1.76 (95% CI: 0.46,3.06) and do not perceived body weight as a problem (adjusted b) 2.50 (95% CI: 0.78,4.21).

Conclusion: The predictors for physical activity level among elderly attending outpatient clinics HUSM were age, female, not working and not perceived body weight as a problem. Majority of elderly subjects in this study were overweight and did not perceive this as a health issue.

Poster Abstract 10

The clinical profile and metabolic control of proliferative diabetic retinopathy patients detected by fundus photo

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Introduction: In Malaysia, diabetic eye disease is the commonest cause of visual loss in the adult working age group. The stage of Proliferative Diabetes Retinopathy is the main cause of blindness and commonly associated with other systemic diabetic complications. The objective of this study was to determine the clinical profile and metabolic control of Proliferative Diabetes Retinopathy (PDR) patients.

Methods: This retrospective study was done on patients with type 2 diabetes mellitus attending diabetic clinic in HUSM. Patients were screened by fundus photography and classified into 2 groups of proliferative diabetic retinopathy (PDR) and no apparent diabetic retinopathy (NA DR). Socio-demographic data, clinical profile and recent metabolic controlled were obtained from medical records.

Results: A total of 130 patients were recruited, with 30 patients in PDR group and 90 patients in NA DR group. Mean(SD) age of PDR patients was 52(7.94) years and 58(12.31) years in a NA DR. Mean (SD) systolic blood pressure and diastolic blood pressure for NA DR was 130mmHg (17.27) / 78mmHg (8.8) and PDR was 143mmHg (26.54) /83mmHg (10).Mean(SD) waist circumference for NA DR was 92.1cm (11.89) and PDR 91.37cm (11.95). Systemic hypertension and hyperlipidemia were the most common comorbidities found in this study. HbA1c level >6.5% and LDL level > 2.6mmol/L were higher in PDR group. Associated factors for PDR were age, smoking, duration, systolic blood pressure, diastolic blood pressure, HbA1c, fasting blood sugar, HDL, nephropathy and peripheral neuropathy.

Conclusion: The stage of PDR detected by fundus photo is suggestive of poor metabolic control in diabetic patients.

Poster Abstract 11

The effect of islamic mindfulness on nicotine withdrawal symptoms among muslim men attending primary care clinic HUSM

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Introduction: Nicotine craving and withdrawal symptoms are associated with higher relapsed among those abstaining from cigarette smoking. Mindfulness is a mind-body approach to well-being that can help someone change the way he think about experiences. Study had shown mindfulness-based intervention able to significantly reduce nicotine withdrawal score.

Methods: Eligible smokers attended primary care clinic who are at contemplation phase were randomized into Islamic mindfulness group or control group. A week before orientation day, all subjects received a phone call informing the orientation date and were asked to set their quit date a day after the orientation day. On the orientation day, subjects were taught different way to cope with smoking urge and withdrawal symptoms. Mindfulness group were taught on mindfulness coping by reciting 4 chapters in the Al-Quran while the control group use '12M' method. They were followed up every four week to strengthen the cessation strategies and measurement of Wisconsin withdrawal score. At Week4, carbon monoxide level was re-assessed and number of cigarette consumption was obtained at baseline and at Week12 through phone call.

Results: Forty-eight subjects participated until Week4. Among groups, there was significant change in craving score ($p=0.005$) at Week4. Carbon monoxide level was not significantly reduced. There was significant change in the number of cigarette smoke ($p=0.006$) at Week12.

Conclusion: Islamic mindfulness resulted in a statistically significant change in craving at Week4 and reduction of cigarette consumption at Week12 among smoker attempted to stop smoking.

Poster Abstract 12 Severe dengue with hemophagocytosis syndrome

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Dengue is considered as one of the most significant public health threats, causing high morbidity and mortality worldwide. In recent years, there has been increasing cases of dengue fever associated with hemophagocytic syndrome (HPS) reported in the literature. However this condition is still considered rare and under recognized but yet a dangerous disorder that carries high mortality. Reactive HPS is associated with infections, autoimmune disorders or malignancies. The infections that have been previously linked with HPS are Epstein-barr virus, influenza virus, mycobacteria, cytomegalovirus and human immunodeficiency virus, to name a few. Prolonged duration of fever and cytopenia together with multi-organ dysfunction, out of proportion to the plasma leakage phase should alert clinicians to consider this condition. We highlighted a 45 year-old woman with underlying diabetes, who was admitted due to dengue fever with warning signs on day 9th of illness. Her conditions deteriorated quite fast; she had spontaneous bleeding, evidence of plasma leakage, (pleural effusion), severe hepatitis and coagulopathy on day 11th of illness. With the support of other blood results such as raised serum ferritin and lactate dehydrogenase, she was diagnosed as severe dengue with hemophagocytosis syndrome. She responded well to intravenous Dexamethasone and was discharged on day 19th of illness. Her liver enzymes derangement returned to normal at 1 week follow-up.

Poster Abstract 13

The underlying theories on smoking initiation among adolescents and its predictors

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Introduction: Understanding the theories behind Experimental Substance Use (ESU) is essential in developing an effective tobacco use prevention strategy. Despite the available strategies developed, the proportion of adolescents using tobacco is still very significant with an increasing trend among the girls. The objective of the study is to review the available theories on ESU and its predictors.

Methods: Data were collected from all accessible published literatures from 1977 to 1995. The keywords used were smoking, initiation, adolescent and theory. Databases explored were EBSCOHost, PubMed, Springerlink, SCOPUS, ERIC and Proquest. Data extraction and synthesis were done using a consensus approach by the authors.

Results: Petriatis, Flay & Miller (1995) reported four major theories capable of predicting ESU: Theory of Planned Behavior (Ajzen, 1985, 1991), Social Learning Theory (Akers, 1977; Bandura, 1977b), Social Attachment Theory (Elliott et al., 1985; Hawkins and Weis, 1985) and Problem Behavior Theory (Jessor and Jessor, 1977). Predictors derived from Theory of Planned Behavior are the knowledge on cigarettes' availability and smoking action, and inability to resist temptation. Social Learning Theory proposed differential association, differential i.e. weak conventional commitment and weak attachment. Problem Behavior Theory assumed the interaction of the person and the environment as predictors.

Conclusion: The knowledge on the predictors of ESU is essential in developing an effective tobacco use prevention strategies.

Poster Abstract 14

An audit on microvascular complications among newly diagnosed Type2 diabetes mellitus at Klinik Kesihatan Wakaf Bharu, Kelantan

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Introduction: Microvascular complications such as diabetic retinopathy, diabetic peripheral neuropathy and diabetic nephropathy are associated with considerable medical and economic impact among persons with diabetes. The objective of this study was to identify the barrier factors for microvascular complications screening not done among newly diagnosed type 2 diabetes mellitus (T2DM) and to audit the percentage of patients screened for microvascular complications after intervention was done.

Methods: The first data collection was conducted by auditing numbers of patients were screened for nephropathy, retinopathy and neuropathy among newly diagnosed type 2 diabetes mellitus from January to March 2012. Group discussion was done among staff to identify why screening for microvascular complications were not done among newly diagnosed T2DM patients. After intervention was introduced, second data collection was done by auditing numbers of patients were screened for nephropathy, retinopathy and neuropathy among newly diagnosed T2DM.

Results: A total of 35 diabetes cards were audited during the first data collection cycle. Twenty-one patients (60%) were checked for urine microalbumin and 9 patients (43%) showed that positive test. For retinopathy only one patient (3%) was checked for fundus camera and the result showed the patient had moderate non proliferative retinopathy. Sixteen patients (46%) were checked for neuropathy by performing foot examination and showed normal result. The problems for fundus camera not done are due to lack of time, only one medical assistant was trained to do fundus camera and no appointment given to the patient. Meanwhile, foot examination was not done due to lack of time and poor knowledge of staff on how to perform it. Furthermore, urine microalbumin was not done due to lack of awareness among laboratory technician. A total of 47 diabetes cards were audited during second data collection cycle. Thirty-two patients (68%) were checked for urine microalbumine and sixteen patients (50%) showed positive test. For retinopathy fifteen patients (37%) was checked for fundus camera and the result showed two patients had mild non proliferative retinopathy. Twenty-two patients (46%) were checked for neuropathy by performing foot examination and showed one abnormal foot examination.

Conclusion: Fundus camera had the highest increment after the intervention was done and for foot examination, no changes yet were seen.

Poster Abstract 15

Factors associated with clustering of lifestyle cardiovascular risks among apparently healthy government servants in Kuala Terengganu, Malaysia

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Introduction: Previous studies showed that the clustering of cardiovascular risks significantly increase the risk of developing cardiovascular events. Lifestyle cardiovascular risks such as dietary habits, physical inactivity and smoking are considered fundamental risk factors for cardiovascular disease. This study aimed to determine factors associated with clustering of lifestyle cardiovascular risks.

Methods: A cross-sectional study was done from June to September 2013 among 121 government servants in Wisma Persekutuan, Kuala Terengganu. A questionnaire which consists of socio-demographic data, International Physical Activity Questionnaire (IPAQ) and the dietary component of WHO STEPs were used as tools. Clustering of lifestyle cardiovascular risks was defined as the presence of two or more of these three risk factors.

Results: The study response rate was 90.9% (110 of 121). The prevalence of clustering of lifestyle cardiovascular risks was 57.3%. Respondents with income less than RM 3,000 was significantly associated with clustering of lifestyle cardiovascular risks ($p=0.032$). They had 2.57 times the odds to have clustering of lifestyle cardiovascular risks. Gender, education level, marital status and age were not significantly associated with clustering of lifestyle cardiovascular risks ($p=0.67$, $p=0.48$, $p=0.11$, $p=0.36$). Among the lifestyle risks, sedentary physical activity was the most strongly associated with clustering of lifestyle risks ($p < 0.001$).

Conclusion: Measures needed to be done to promote affordable healthier diet and healthy lifestyle activities. Promotion of healthy lifestyle behaviors should be done via synergistic action of public health and primary care sectors and emphasis should be made at primary care level to screen those with multiple lifestyle cardiovascular risks in order to optimize cardiovascular disease prevention.

Poster Abstract 16

The coping behavior among women with breast cancer in Hospital Universiti Sains Malaysia

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Introduction: Coping refers to behavior that protects people from being psychologically harmed by problematic social experience. It is a behavior that importantly mediates the impact of societies on cancer patients. For women with breast cancer, the diagnosis of any type of cancer and its treatment create a lot of distress, depression, fear, anxiety and uncertainty. The objective of this study was to determine the coping self-efficacy scores and associated factor for coping in women with breast cancer.

Methods: This cross-sectional study was conducted at Radiotherapy Unit and Oncology clinic in Hospital Universiti Sains Malaysia using brief Cancer Behavior Inventory (CBI) self-administered coping questionnaire. The study involved 168 breast cancer women who were diagnosed within 3 years (2009-2012). Patients who are age above 18 years old and histological confirmed breast cancer were included in this study. We excluded patients who are illiterate and have cognitive impairment.

Results: The mean coping self-efficacy scores among our participants was 98.13 (95%CI:96.07,100.19). Education level, income, radiotherapy and surgery are significantly associated with coping self-efficacy.

Conclusion: These results concluded that the coping self-efficacy scores are better in patients with higher education level, good income, and received Radiotherapy than the rest. However, surgical treatment causes poor coping scores among women in this study.

Poster Abstract 17

Validity and reliability of a Malay-version questionnaire assessing knowledge and attitude of breastfeeding: A measurement tool

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Introduction: Questionnaires were instrument for systematic and standardized measurement for data collection. A valid and reliable questionnaire could be used as a measurement tool to monitor and evaluate any health education or interventional programme. This study aimed to determine the validity and reliability of the Malay version of a breastfeeding knowledge and attitude questionnaire and to describe the breastfeeding knowledge and attitude among postnatal mothers in Hospital Universiti Sains Malaysia (HUSM).

Methods: A cross-sectional study was conducted from the 1st October to the 31st December 2014 among postnatal mothers who delivered vaginally to a healthy baby and able to initiate breastfeeding while in the postnatal ward in the HUSM. The interviewer-guided questionnaire contains 47 items assessing breastfeeding knowledge and 23 items assessing attitude was given to the respondents. The questions on knowledge were adapted and modified from previous study while questions on attitude were developed in stages; searching the literature and discussion with four experts in breastfeeding for content validity. Face validity, exploratory factor analysis, internal consistency reliability, and descriptive analysis of respondents' knowledge and attitude were conducted.

Results: A total of 150 postnatal mothers participated in the study. Factor analysis constructed for knowledge questionnaire using 10 sub-domains from previous study identified 6 items for exclusion, leaving 41 items in the final questionnaire. Using three sub-domains for attitude, 12 items were excluded, leaving 11 items in the final questionnaire. Cronbach's alpha of the final questionnaire was 0.85 for knowledge and 0.79 for attitude. The mean total score was 29.34 (SD 6.23) for knowledge and 44.16 (SD 4.26) for attitude.

Conclusion: The questionnaire was valid and reliable to assess the breastfeeding knowledge and attitude among postnatal mothers and could be used as a measurement tool.

Poster Abstract 18

Factors associated with unmet needs among parents of children with disabilities at support institutions in Kelantan

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Introduction: Around four in five children with disabilities are living in developing countries. CWD require not only high quality primary care, but often require multifaceted specialized care on a long-term basis. This study was aimed to determine

the unmet needs and its associated factors of parent with CWD.

Methods: A cross sectional study was conducted from September 2013 for four months period involving parents from four support institutions in Kelantan namely Pusat Pemulihan Dalam Komuniti (PDK), Pusat Asuhan Kanak-kanak Spastik (PUSAKAS), Yayasan Orang Kurang Upaya (YOKUK) and Persatuan Kanak-kanak KRISTAL. A validated Malay version Family Needs Survey (FNS) was administered to 226 respondents. The questionnaire has 35 item tabulated in six subscales; information, social support, community services, explaining to others, financial support and family functions.

Results: The mean age of parents and children were 44.6 (8.99) and 10.2 (4.85) years old respectively. The most common type of disabilities was learning disability (n=151, 66.8%). Out of six subscales, the need for information had the highest rating (97.8%), followed by need for social support (93.8%), need for community services (90.3%), need for financial support (82.7%), need for family functioning (67.7%) and need for explaining to others (57.5%). The unmet needs varied within the subscales. We found that age of children (p value=0.008) and type of institution (p value= 0.013) have been associated with unmet needs of information. Meanwhile, type of institutions (p value=0.016) was associated with unmet needs of social support.

Conclusion: More effective intervention programs are needed in our community to reduce those unmet needs so that parents can have better care for their children.

Poster Abstract 19

Pedometer with group support: An effective motivational tool to promote physical activity

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Introduction: Many studies have shown that pedometer is an effective motivational tool to promote walking however there is lack of evidence which combines pedometer and group support in motivating patient to increase their physical activity. The aim of the study is to determine the effectiveness of pedometer and group support versus pedometer only on physical activity level and cardiovascular risk factors among sedentary adults in Kota Bharu, Kelantan.

Methods: This was a prospective randomized comparative trial. Volunteers for the study were recruited using adverts at Hospital Universiti Sains Malaysia (HUSM) outpatient clinics and government facility around Kota Bharu. Eighty participants were randomly assigned to pedometer-based walking program plus group support (N=40) or pedometer-based walking program only (N=40) for 12 weeks. Both groups received physical activity counselling using Patient Centred Assessment and Counselling on Exercise (PACE) counselling. The intervention group had monthly group meeting for support and also walking activities. Measures for step-counts, 7-day physical activity recall, body mass, BMI, waist and hip circumference, blood pressure, total cholesterol, HDL cholesterol and fasting blood sugar were taken at baseline and at week 12. Analyses were performed using repeated measures ANOVA and analysis of co-variance (ANCOVA).

Results: Sixty two participants completed the study. The

mean age in the intervention group were 48 (4.43) years old and 47 (5.08) years old in the control group. There were significant improvements in the intervention group in terms of step-counts ($p < 0.001$), weight ($P < 0.05$) and BMI ($p > 0.05$) compared to control group. However there was no significant difference in term of other health outcome.

Conclusion: A pedometer-based walking program, incorporating a physical activity consultation and group support, is effective in promoting walking and improving health outcome in community based individuals. Studies of longer duration need to be done to see the sustainability of the above intervention.

Poster Abstract 20

Depression and anxiety among HIV/AIDS; associated factors and the level of social support in a retroviral clinic in Kedah

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Introduction: Depression and anxiety associated with HIV/AIDS has been linked to negative medical consequences and poor quality of life. Evaluation of social support is important as it influenced the disease management and outcome. This study was aimed to determine the prevalence of depression and anxiety among HIV/AIDS patients, and to evaluate the level of perceived social support.

Methods: This was a cross-sectional study of adult HIV-positive >18-year old using systematic randomized sampling among outpatient attending a Retroviral Clinic in Kedah. The respondents' socio-demographics and clinical characteristics were obtained. Depression Anxiety Stress Scale DASS21 was used to screen for depression and anxiety. The social support was assessed by Multidimensional Scale Perceived Social Support questionnaire. Data was analyzed by SPSS version 20.0.

Results: A total of 220 respondents participated in this study. The prevalence of depression and anxiety was 13.6% and 18.1% respectively. There was significant association between depression and diabetes co-morbidity ($p=0.049$). There were significant association between anxiety and recreational drugs use ($p=0.019$) and alcohol intake ($p=0.008$). Almost half (51.4%) of the respondents had moderate acuity of perceived social support (mean score of 53.) In addition, there was no significant association between level of social support with depression and anxiety.

Conclusion: The prevalence of depression and anxiety found in this study were comparable to previous studies elsewhere. Those HIV/AIDS patients with concurrent diabetes, using recreational drugs and alcohol should be screen for depression and anxiety. Level of social support seems had no relation with HIV/AIDS patients with depression and anxiety

Poster Abstract 21

An audit on diabetes management at health clinics in Sabak Bernam District, Selangor

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Introduction: District of Sabak Bernam has 4936 active diabetes patients who were registered in six health clinics in 2014. Diabetes control in this district; HbA1c < 6.5% was 17.13%, way below the state standard level which is > 30%. The aim of the study is to identify shortfall in quality and factor contributing diabetes management in patients with uncontrolled diabetes.

Methods: A retrospective study involved 200 patients with uncontrolled diabetes (HbA1c >6.5%); 100 patients were selected from National Diabetes Registry (NDR) audit and another 100 selected randomly from clinic registry. To identify the problems in diabetes management, comparisons between management of patients and model of good care was done. Twenty seven health care staffs dealing with diabetes patients were selected to assess their training related to diabetes and usage of clinical practice guidelines. A questionnaire were given to 30 patients selected randomly for knowledge, attitude and practice related to diabetes.

Results: Management of uncontrolled diabetes patients compared to model of good care was no different between NDR groups and randomly selected sample. The problems identify includes inadequate; counselling and health education, complication screening, treatment intervention, poor monitoring of diabetes control and improper defaulter tracing. Lack of training among doctors and paramedics was the main identify problems in diabetes management. 63% of them never attended course on diabetes and 56.6% attended it more than 6 months. Diabetes patients also had poor knowledge toward their disease, attitude and their practice which is not parallel which contribute to poor diabetes control among them.

Conclusion: Shortfall in management of diabetes in this district not only involved medical staffs but also diabetes patients themselves. Management of diabetes patients can be improved by improving knowledge and awareness of the staffs and the patients themselves.

Poster Abstract 22

Patient's perspective towards intramuscular injections for acute illnesses

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Introduction: In developing countries, primary care providers frequently receive requests for an injection when providing care to the acutely ill patient. While acknowledging the lack of scientific basis for such requests, they often find difficulty refusing such requests from patients with strong psychosocial

motivations. This study aims to understand the perspective of adult patients towards the use of intramuscular injections during an acute illness and its demographic association

Methods: This cross sectional study done among patients presenting to private and government health clinics in the state of Johor, Malaysia. Data was collected by interviewing the participants using structured questionnaire and analyzed using SPSS

Results: A total of 300 participants were involve in the survey, 34.7% of them were ever requesters for injections. Doctors and health care personnel were the source of motivational influence for such requests. Disagreement level to various known misconceptions about injections and their awareness of known harms of injections were measured. Strong misconception levels exist about the benefits of injections especially for quick relief and cure, and an overall lack of awareness towards harms especially for structural and infective complications. Professional occupation and Chinese ethnicity were associated with less misconception about injection benefits while older age and urban location were associated with lower awareness of harms.

Conclusion: Overall level of knowledge towards intramuscular injection in acute illness among adult patients was relatively low and a need for proper education from doctors & health personnel

Poster Abstract 23

Increasing rate of clinical practice guideline adherence in managing hypertension in Batu 2 ½ Health Clinic

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Introduction: The total numbers of hypertensive patient in Batu 2.5 Health Clinic are increasing every year. Out of this number, majority of these patients came with uncontrolled hypertension and later developed complication. Almost half of the hypertensive patients did not come according to the given date, this leads to overcrowding of patients on clinic days, longer waiting time and poor patients management in terms of carrying out proper examination, urine and blood investigation. Defaulters are being missed and unable to be traced. These problems had contributed to the low CPG adherence in managing hypertensive patients in the clinic which later brought to a more serious impact which is increasing number of. The objective of the study is to increase adherence to Clinical practice guideline in managing hypertensive patients' hypertensive emergencies, failure in detecting complication and other CV risk factor.

Methods: This is a retrospective study comprises 40 hypertensive patients who came for follow up in the health clinic BT 2.5 Out Patient Department from March to May 2014. A clinical audit was done on all samples using the CPG Audit form. Patient managed at least 80% according to the hypertension CPG.

Results: After analysis was done, only 10% of the sample taken achieves more than 80% of the CPG adherence score. Majority of 70% of the sample only achieve 40%-60% of the CPG adherence score. 13.3% from the sample achieve

60%-80% of the CPG adherence score and the other 6.60% achieve 0-40% of the CPG adherence score. The strategy for change are divided into three component. Improvement of knowledge for the staff and patient via CME for staff and education for patient. Good attitude for patient and medical staff by supervision and counseling for patient. Improvement in practice and documentation by form a tabulated hypertensive registry. After intervention was done, the sample which achieve at least 80% of the CPG adherence score increase to 18.18%. Majority of the sample which is 57.57% achieve 60%-80% of the CPG adherence score. There is an improvement to the score which reach the standard target which is 80% from the CPG adherence score from 10% to 18% after the intervention.

Conclusion: In the management of hypertension, it is very important to increase the CPG adherence score to achieve proper management for the patient as the patient increases every year.

Poster Abstract 24

The effects of Tualang honey versus honey cocktail on cardiovascular parameters and safety profile among postmenopausal women

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Introduction: There were numerous studies conducted all over the world aiming to evaluate the medicinal value of honey and bee products. However, there was no reported study on the effect of honey in long term human study on the effects of honey and bee products on cardiovascular systems and safety. This study investigated the effects of Tualang Honey versus Honey Cocktail (mixture of honey, bee bread and royal jelly) on cardiovascular markers and safety profile among postmenopausal women.

Methods: A randomized, double blinded two-armed parallel study involving postmenopausal women aged 45 to 65 was conducted. One hundred subjects were randomized into either 20 g/day of Tualang Honey or Honey Cocktail and followed up for 12 months. Cardiovascular parameters (systolic and diastolic blood pressure, total cholesterol, triglycerides, high density lipoprotein, low density lipoprotein and fasting blood sugar), renal function and liver function were assessed at baseline, six months and 12 months. RM ANOVA was performed with SPSS version 22.0.

Results: There were significant improvements in diastolic blood pressure (p=0.014) and fasting blood sugar (p=0.017) in Tualang Honey group compared to Honey Cocktail group at 12 months. However for total cholesterol, triglycerides and low density lipoprotein there were marked improvements observed in Honey Cocktail group at 12 months, however they were not statistically significant. In terms of safety profile, there were no significant differences between the groups in serum creatinine, alanine amino tranferase and aspartate aminotransferase level at baseline and 12 months.

Conclusion: Both Tualang Honey and Honey Cocktail have beneficial effects on cardiovascular parameters and were found to be safe in postmenopausal women.

Poster Abstract 25

Missed opportunities for type2 diabetes mellitus screening among women with a history of gestational diabetes mellitus

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Introduction: Majority of women with history of gestational diabetes mellitus will develop type 2 Diabetes Mellitus later in life. Despite this fact, there are a large proportion of women with Gestational Diabetes Mellitus (GDM) that fails to be screened for glucose tolerance in the postpartum period. Several studies showed that the rate of postpartum glucose tolerance testing is low ranging from 20-25% The study aimed to determine the prevalence of gestational diabetes mellitus mother who undergone postpartum diabetes screening at 6 weeks after delivery.

Methods: An observational study was conducted retrospectively at all 11 health clinics in Muar district from January 2008 until December 2012. Women with GDM during the study duration were identified in the clinics' register. Data was extracted from their antenatal records.

Results: The prevalence of gestational diabetes mellitus mother who undergone postpartum diabetes screening at 6 weeks after delivery was 65%. Less than quarter (23%) of patient undergone postpartum screening had persistent abnormal glucose tolerance. Statistical analysis showed there was significance association between age and postpartum diabetes screening after delivery, (OR 1.092, 95% CI:1.036, 1.151) (p<0.001).

Conclusion: These findings suggest that most women with gestational diabetes mellitus are not screened for type 2 Diabetes Mellitus after delivery. These contribute to missed opportunities to test and use dietary, lifestyle, and pharmacological interventions that might prevent or delay the onset of type 2 diabetes in affected women.

Poster Abstract 26

Oral cancer awareness among dental patients attending polyclinic, Kulliyah of Dentistry, International Islamic University Malaysia: A preliminary study

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Introduction: Oral cancer is the 6th most common cancers worldwide. Malaysia ranks at no-14 in the world with the age adjusted death rate 7.72 per 100,000 populations. Although, survival of early detected oral cancer is high, many people present in late stages because of their low awareness. This study aims to assess the awareness of dental patients on oral cancer and its relation to socio-demographic background.

Methods: A cross-sectional survey was conducted among 100 dental patients attending at Polyclinic, Kulliyah of Dentistry,

IIUM in 2014. Awareness on oral cancer was assessed using a pre-tested questionnaire in which signs and symptoms, risk factors, complications and prevention of oral cancer awareness questions were included. Grand total awareness score (GTAS) was 18. Awareness level was graded into low (≤ 9) and high (>10). A cross analysis, independent sample 't'-test and ANOVA 'F' test were applied to infer the relationship between socio-demographic and awareness of oral cancer.

Results: Out of 100 patients, 43 % of them had high awareness on oral cancer. Minimum, maximum and mean (SD) of GTAS were 0, 16 and 8.7 (4.2). The highest mean GTAS was found in female (9.38), India (12.50), 20-30 years age group (9.45) and university graduates (9.73). However, influence of gender, race, age and education level on awareness of oral cancer was not statistical significant in both mean score comparison and cross analysis. The patients with no awareness (score=0) were found in outcomes (19%), signs and symptoms (27%), risk factors (30%), complications (31%) and prevention of oral cancer (4%).

Conclusion: Low awareness on oral cancer (57%) particularly in signs and symptoms, risk factors and outcomes of oral cancer was highlighted. Lack of significant association between oral cancer awareness and socio-demographic background pointed out that oral health promotion should be implemented among all without discrimination of socio-demographic background.

Poster Abstract 27

Questionnaire study on menstrual disorders among premarital course participants in suburban Malaysia: Implication for primary care practitioners

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Background: Menstruation has an important impact on quality of life for many women, ranging from a simple inconvenience to a major health concern. It is commonly affect adolescent and young women and a common reason for them to seek medical care. Objectives: To determine the prevalence of menstrual disorders among young adults. Design: This was a comparative cross sectional study

Materials and methods: This study was conducted on Muslim women aged 18-40 years who attended Premarital Course from January to June 2012 in Kelantan. The data was collected by means of a questionnaire that consists of information on socio-demographic data, women's menstrual history and information on menstrual disorders.

Results: A total of 228 women respondents were involved in this study. Prevalence of menstrual disorders among premarital women was 78.9% with the highest prevalence on dysmenorrhea was 53.3%, followed by polymenorrhea at 7.5% and oligomenorrhea was 4.4%.

Conclusion: Menstrual disorders prevalence was high among premarital women that need further attention by health care professional.

Poster Abstract 28

The role of family factors in youth sexual activity

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Introduction: In most countries, age of sexual consent is at 18 years. To some youths this is the licence for sexual activity that exposes them to risky sexual practices. Family may become less important in their life. This study aimed to determine the influence of family factors on the sexual activity of youths above 18 years old.

Methods: A cross sectional survey using self-administered questionnaire was conducted among randomly selected unmarried college students in the Klang Valley, Malaysia. Hierarchical regression analysis was used to examine the relationship between youth sexual activity and family factors (family structure, family relationship and parenting behaviours) and controlled for personal socio-demographic factors.

Results: A total of 1,026 unmarried college students aged between 18 and 22 years took part in this study. Among them, 57.4 % were females, 65.0% were staying away from their family and 87.5% of their parents were still married. Most (73.2%) came from small family with 6 or fewer members and 81.4% had monthly family income of less than RM5000. The prevalence of ever had sex was 10.7%, 8.7% reported being sexually active over the last 1 year and 4.3% were currently sexually active. The family factor that increased the risk for sexual activity was having high maternal control (OR: 1.15, 95% CI: 1.05-1.25). The protective factors were having older mothers (OR: 0.94, 95% CI 0.89-0.99) and presence of high parental monitoring (OR: 0.90, 95% CI: 0.814-0.96). The maternal control and parental monitoring contributed to 5% of variance in youth sexual activity.

Conclusion: Family still play an important role in determining youth sexual activity. For youths above 18 years, presence of parental monitoring is beneficial while high maternal control may not produce the expected positive effect in youth premarital sexual activity. Thus in dealing with sexually active youths of this age, involving parents in the therapy may provide a favourable outcome.

Poster Abstract 29

Clinical audit of referral letters received by a tertiary centre primary care clinic

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Introduction: Physician-to-physician communication is vital to the success of an outpatient referral. Optimal communication involves transfer of relevant clinical information in both

directions (from the referring physician to specialist and vice versa). Breakdowns in communication can lead to poor continuity of care, delayed diagnoses, polypharmacy, increased litigation risk, and unnecessary testing. The objective of the study is to audit the quality of referral letters received by Primary Care Clinic at University Malaya Medical Centre (UMMC).

Methods: This is a clinical audit done from 28th August 2013 until 24th September 2013. All referral letters are analyzed based on ten (10) audit criteria adopted from targets recommended for referral documents by Scottish Intercollegiate Guidelines Network (SIGN). The expected outcome is 90% performance in each criterion. Data is analyzed using IBM SPSS Statistics 20.

Results: Out of 200 referral letters analysed, 56 (28%) came from public referring facilities, the rest came from private. In terms of referring specialties, 164 (82%) of the letters were from General Practitioner (GP) and the rest by specialists. Based on our study, most 30 % (n= 60) are lacking 5 out of the 10 criteria and there is no letter that fulfil all criteria. The criteria that did not achieve gold standard of 90% were clinical warning and allergy (1%, n=2), regular medications (13.5%, n=27), first line treatment (19%, n=38), past medical history (28.5%, n=57), investigation results (34%, n=68), physical examination finding (51.5%, n=103) and history of presenting illness (72%, n=144). Only the criteria of referral destination, presenting problem and reasons for referral reached the expected outcome of gold standard 90%.

Conclusion: Referral letters received by the primary care clinic are not up to standards. Ways to improve this should be looked into as complete information from referring doctors would lead to better care of patients by reducing errors and cost.

Poster Abstract 30

Modern versus conventional wound care dressing for diabetic foot ulcer in primary care health clinics in Selangor

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Introduction: Diabetic foot complications pose a substantial problem in diabetic population. They are a major source of morbidity, a leading cause of hospital bed occupancy and account for substantial health care costs and resources. Therefore efficacious and cost effective wound dressing is important to promote rapid recovery and prevention of further complications.

Methods: To evaluate the clinical activity-based cost effectiveness of wound care dressing for treatment of Diabetic Foot Ulcer (DFU) in Primary Health Care Setting in Selangor Methods: Thirty health centres throughout Selangor were randomised into intervention and control groups using the computer generate randomisation. Diabetics with DFU who fulfil the inclusion and exclusion criteria were enrolled. Details

on sociodemographic data, diabetic status as well as DFU were documented. Participants were followed up according to respective modern or conventional dressing protocol.

Results: Total of 107 patients has been recruited into the study with 39.25%(n=42) control and 60.75% (n=65)intervention. There were no significant difference in term of age(54.48 vs 56.63 years old), gender(p=0.76), ethnicity(p=0.35) and employment(p=0.75)between the two groups. There was significantly better wound healing outcome in the intervention group compared to control group (0% vs 7.1% remained unhealed, 60.0% vs 57.1% developed partial wound healing, 26.2% vs 11.9% achieved complete healing, 13.8% vs 23.8% defaulted follow up, p=0.035). Majority of the DFU (92.8%%) attained at least 50% wound size reduction at 2 month compared to control (66.9%) p=0.004.

Poster Abstract 31

Smoking cessation practices among family medicine specialists in malaysia

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Background: According to National Health Morbidity Survey (NHMS), smoking prevalence in Malaysia has increased from 21.5% in 2006 to 23.1% in 2011. Health care professionals play a key role in smoking cessation and their smoking cessation practices have been effective in increasing cessation rates. However, little is known about the level of practice of smoking cessation among Family Medicine Specialists (FMS) in Malaysia.

Objective: The objectives of this study were to determine the proportion of FMS with good practice on smoking cessation and its associated factors.

Methods: This study was a cross sectional study done among FMS working with the Ministry of Health (MOH) in Malaysia. A total of 84 FMS were selected using simple random sampling from February 2014 to March 2014. A self-administered questionnaire was used to obtain the socio-demographic data and clinical characteristics of FMS and smoking cessation practices of FMS. FMS with good practice was defined as those who have practiced 'very often' behavior to all 12 smoking cessation practice questions. Associated factors were analysed using simple and multiple logistic regressions. They were age, gender, ethnicity, working experience, practice location, availability of quit smoking clinic and attended formal training in smoking cessation.

Results: The survey response rate was 88% (74/84). The proportion of good practice on smoking cessation among the FMS was 71.6% and those who have attended formal training in smoking cessation was the only significant associated factor for good practice on smoking cessation (OR 4.22, 95% CI 1.34, 13.27).

Conclusion: The proportion of FMS with good practice on smoking cessation is high and formal training in smoking cessation seemed to affect their good practice.

Poster Abstract 32

Menstrual problem among premarital course participants in north-eastern state of Peninsular Malaysia

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Introduction: Menstruation has an important impact on quality of life for many women, ranging from a simple inconvenience to a major health concern. It is commonly affect adolescent and young women and a common reason for them to seek medical care. The objective of the study is to determine the prevalence of menstrual disorders among young adults.

Methods: This was a comparative cross sectional study. This study was conducted on Muslim women aged 18-40 years who attended Premarital Course from January to June 2012 in Kelantan. The data was collected by means of a questionnaire that consists of information on socio-demographic data, women's menstrual history and information on menstrual disorders.

Results: A total of 228 women respondents were involved in this study. Prevalence of menstrual disorders among premarital women was 78.9% with the highest prevalence on dysmenorrhea was 53.3%, followed by polymenorrhea at 7.5% and oligomenorrhea was 4.4%.

Conclusion: Menstrual disorders prevalence was high among premarital women that need further attention by health care professional.

Poster Abstract 33

Hepatitis B, influenza and pneumococcal vaccinations profile of apparently healthy women nurses at Hospital Universiti Sains Malaysia

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Introduction: Healthcare workers (HCWs) are constantly exposed to infectious diseases whereby some are preventable through vaccination. The Malaysian Ministry of Health recommended Hepatitis B, Influenza and Pneumococcal vaccines to HCWs. HCW's are encouraged to receive these vaccinations at Hospital USM. Apparently healthy are those without underlying cardiovascular disease. We postulated that working nature (shift/non-shift) will influence the immunization status. The objective of the study is to describe the socio-demographic profile, the immunization status for Hepatitis B, Influenza and Pneumococcal, and its association with working nature among apparently healthy women nurses at Hospital USM.

Methods: This is a cross sectional study involving 127 apparently healthy women nurses at Hospital USM. Socio-demographic details and immunization history (Hepatitis B, Influenza and Pneumococcal) were obtained using a self-administered

questionnaire. Descriptive data were entered and analyzed using SPSS 22.0.

Results: The median age was 47(IR8) years and 89(70.1%) were doing shift work. 121(95.3%) were Malays and 115(90.6%) were married. 104(85.2%) received diploma education. 89(70.1%) received Hepatitis B vaccination, 39(41.5%) received influenza vaccination and 9(10.5%) received pneumococcal vaccination. There was no significant association between the working nature and receiving Hepatitis B (X² 1.53, p-value 0.216), Influenza (X² 0.00, p-value 0.988) and pneumococcal (Fisher's exact test, p-value 0.55) vaccinations.

Conclusions: A significant number of apparently healthy nurses did not receive Hepatitis, Influenza and Pneumococcal vaccinations regardless of their working nature. We recommend an active intervention to increase the number of vaccination intake.

Poster Abstract 34

Evaluation of urinary iodine status among pregnant women from selected rural districts in Sabah

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Introduction: Inadequate iodine intake during pregnancy can result in miscarriages, still births, and other major impairments of the fetus. Most of the interior regions of Sabah are prone to iodine deficiency disorders (IDDs). In 2000, legislation on universal salt iodisation (USI) was enacted in Sabah to treat IDDs among its population. The aim of this study was to evaluate the urinary iodine status among pregnant women from selected rural districts in Sabah after the implementation of the USI.

Methods: Cross-sectional studies were conducted from May to July in six selected rural districts in Sabah (Keningau, Kota Marudu, Nabawan, Ranau, Tambunan and Tenom) in year 2011, 2012 and 2013. Urinary iodine status was measured, and interviews was conducted to determine the iodised salt consumption among respondents. Iodine status was determined based on the median urinary iodine concentration (UIC), categorised as insufficient (<150µg/L), adequate (150-249µg/L), above requirement (250- 499µg/L) and no added health benefit expected (≥500µg/L).

Results: A total of 566, 571 and 417 respondents participated in the surveys in year 2011, 2012 and 2013 respectively. Data indicated that all of them are using iodised salt in their homes. However, the distribution of urinary excretion showed that 47.2% (n=267), 52.5%(n=300) and 64.5%(n=269) of respondents had insufficient iodine (<150µg/L) in year 2011, 2012 and 2013 respectively. In addition, the median UIC had decreased significantly from 164.5µg/L(IQR,79.4-237.7µg/L) in 2011 to 139.6µg/L(IQR, 70.5-240.8µg/L) in 2012 and dropped further to 96.6µg/L(IQR,48.7-182.1µg/L) in 2013.

Conclusion: In countries where USI has been successfully implemented, pregnant women normally have adequate iodine intakes. However, the above observations revealed that IDDs still exist among pregnant women in Sabah despite

the implementation of the USI. More research is needed to determine the iodine content in the salt and the use of iodised salt among pregnant women in Sabah.

Poster Abstract 35

Development and validation of knowledge on calcium supplement-8 (KnowCaS-8) questionnaire

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Introduction: Practice of taking calcium supplement may be influenced by knowledge on the role of calcium, its risks and benefits. This paper reports the development and validation of a tool to measure the knowledge on calcium supplement. The objective of this study is to develop and validate questionnaire on knowledge on calcium supplement.

Methods: Various aspects of knowledge regarding calcium supplement were identified through literature review and interviews with ten primary care doctors. Twelve related statements with a yes/no/don't-know response were created. These statements reviewed by an expert panel; two family medicine specialists and an orthopaedic surgeon for its content validity. Face validation of the 12 items were then carried out among seven patients. Principle component analysis using Varimax rotation was used to determine the tool's construct validity. The internal consistency, test-retest reliability and discriminative validation of the constructs were also tested.

Results: Item-1 was removed because of poor inter-item correlations (r: 0.009-0.195). The Kaiser-Meyer-Olkin measure of the remaining 11 items was 0.66 and the Bartlett's test of sphericity was significant. The scree plot revealed three components were to be extracted. Items with factor loading of >0.4 were retained. Subsequently, three items were dropped due to low item-total correlations, resulting two factors retained: 'dietary calcium' (3 items) (Cronbach alpha 0.54) and 'benefits and risks of taking calcium supplements' (5 items) (Cronbach alpha 0.70). The overall internal consistency was 0.67. The test-retest reliability with a retest interval of two weeks were good (p=0.45). Median scores of the questionnaire were significantly different among doctors, medical students and patients (p<0.001), indicating good discriminative validation.

Conclusion: The KnowCaS-8 questionnaire had good construct validity to measure patients' knowledge regarding dietary calcium and benefits and risks of calcium supplement. It has acceptable internal consistency, and good discriminative validation and test-retest reliability. It has value for future studies on public's knowledge regarding calcium supplement.

Poster Abstract 36

A review on anencephalic pregnancies in health centres in Besut

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Introduction: Anencephaly is a lethal and most common type of neural tube defect. The objective of this study is to determine the incidence of anencephalic pregnancies in Besut in past 11 years, to describe the maternal and fetal parameters and the pregnancies' outcome.

Methods: Perinatal mortality reports and antenatal cards of 12 cases of anencephalic pregnancies from 6 health clinics in Besut, between 2003 and 2013, were retrieved and analysed.

Results: The incidence was 0.41 per 1000 births. Half of the mothers were in 30-34 years of age group and majority were primigravida. Sex distribution of the fetuses was similar. The fetuses were equally diagnosed during both second and third trimesters. Majority was live birth and delivered after 38 weeks of gestation.

Conclusion: It is hoped that with more extensive use of ultrasound in antenatal care, we can diagnose anencephaly earlier thus giving more time for the parents to come to term with the diagnosis. It is also important to include education on preconception folic acid supplementation to all women intending to become pregnant especially during premarital screening and courses. We should definitely offer detailed ultrasound during early pregnancy to detect recurrence as the risk of having another child is increased compared to the risk in the general population.

Poster Abstract 37

A knowledge, attitude and practice on dengue among adult population in Felda Sungai Panching Timur, Kuantan, Pahang

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Introduction: With increasing number of dengue cases in Malaysia, it's of utmost importance that immediate action be taken to limit the epidemic. Since dengue control is a behavioral problem, the knowledge, attitude and practice in population needs to be studied in order to control the disease. Hence, the aim of this study is to assess knowledge, attitude and practice regarding dengue and its associated factors among adult residents of Felda Sungai Panching Timur (SPT), Kuantan, Pahang, 2014.

Methods: A cross sectional study was carried out involving 265 adult respondents. A self-administered questionnaire which was divided into two parts (Part A: Sociodemographic; Part B: Knowledge, Attitude and Practice) was used. Data was analyzed using descriptive statistics, simple and multiple logistic regression.

Results: 53.2% of the respondents had good knowledge about dengue and it was found that the main source of information from mass media (76.6%). However, only 43.4% were found to have good attitude towards dengue. No association was found between socio-demographic characteristic with the level of knowledge on dengue and the attitude towards dengue. It was also found that there were no association between the knowledge of dengue and the attitude of the respondents towards dengue. Descriptive analysis on the practice of dengue showed majority of the respondents who had possible breeding

site for *Aedes* mosquitos (water container, drains/gutter roof/ flower pots/ tires) in their compound practiced good habit in preventing the *Aedes* mosquitoes from breed.

Conclusion: Although the knowledge and practice towards dengue was good, their attitude required improvement.

Poster Abstract 38

Nicotine dependency of adult male smokers and it's socio-economic determinants

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Introduction: Most smokers become dependent both physically and psychologically within a few years of daily smoking because of its major chemical component of nicotine in tobacco. Nicotine dependence is occurred at any time which effects on successful smoking cessation. The aim of the study was to measure the prevalence of nicotine dependence (ND) among adult male smokers and influences of socio-economic characteristics on it.

Methods: A cross-sectional study was conducted among 297 adult males participants with aged ≥ 18 years and who were recruited purposively from the house-holds which were selected using simple random sampling at FELDA Bukit Goh, Kuantan, Pahang in February 2015. Smoking and nicotine dependence status of the participants were assessed using a self-administered questionnaire in which consisted of modified smoking and tobacco use questions used in National Health Interview Survey and validated Malay version of Fagerstrom Test for Nicotine Dependence (FTND-M) assessment questionnaires. Fishers' exact test, ANOVA and median test were applied to infer association between nicotine dependency and socio-economic (SE) variables (age, education, occupation, income and marital status).

Results: In the study, 61.3% (182 /297) was current smokers. Among them, the prevalence of low, moderate and high nicotine dependence level were 76.4% (139 /182), 22.5 % (41 /182) and 1.1% (2/182) respectively. The smokers aged 31-40 years old with secondary education, self-employed, moderate monthly family income (1000-3000 RM) and married person were lower ND; however, these findings were no statistically significant when a cross analysis and comparing mean or median ND score among different SE background.

Conclusion: High prevalence of low nicotine dependency is a favorable condition to obtain successful smoking cessation among the adult male smokers. No significant socio-economic determinants on level of ND indicated that level of ND should be assessed before engaging in the quit smoking program to provide tailored NRT.

Poster Abstract 39

The pattern of physical activity among nurses in Labuan, Malaysia

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Introduction: Nurses are healthcare individuals that often deal with patient's management including health education. Poor physical activity among the nurses may affect health status as well as willingness to promote healthy lifestyle. The objective of this study is to assess the pattern of physical activity among the nurses and its associated factors.

Methods: This was a cross sectional study conducted in Department of Health in Labuan, Malaysia. All registered nurses working with Ministry of Health (MOH) were given a set of self-administered questionnaires including their social demography, physical measurements and validated Malay version of the International Physical Activity Questionnaires (IPAQ). Pregnant nurses and male nurses were excluded from the study.

Results: A total of 257 nurses answered the questionnaires out of 325 registered nurses in the MOH in Labuan giving a respond rate of 79%. In this study, 78.6% (n= 220) of the nurses in Labuan were physically active (Moderately Physical Activity 49% (n= 126) and High Physical Activity 29.6% (n=76). Factors that were associated with being physically active are normal Body Mass Index (BMI) and Waist Circumference (WC). There were no association between being physically active with participation in any exercise program and giving advice on exercise to patients.

Conclusion: About 78.6% of nurses in Labuan were physically active. It is recommended that health promotion should be targeted to those with high BMI and WC to improve their physical activity. However, all nurses are encouraged to participate in physical activity and give advice to patients on exercise regardless of their physical activity status.

Poster Abstract 40

Diabetes self-care and its associated factors among elderly diabetes patient in the Outpatient Department HUSM: A preliminary result

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Introduction: Diabetes mellitus is the most prevalent diseases that afflict senior citizens. One of the reasons of suboptimal glycaemic control and diabetes complications in Malaysia is lack of self-care. Self-care practices of individuals are influenced by multiple factors. There are many studies on self-care practices, but limited information available on the self-care practices among elderly with diabetes in Malaysia. The objective is to study on the level of diabetes self-care and its associated factors among elderly diabetic patient in the Outpatient Department HUSM

Methods: A cross sectional study was conducted from December 2014 to May 2015. All patients who fulfilled inclusion criteria will be enrolled in the study. Data were collected by interviewing patients using a set of questionnaires and via patients' medical records. The questionnaire consists of socio-demographic data, psychological data, dietary control, physical exercise, self-blood glucose monitoring, medication adherence, diabetes knowledge, and diabetic characteristics.

Results: Sixty eight patients were recruited with 30 (44.1%) males and 38 (55.9%) female with mean age of 67.2 ± 5.3 years

old. The mean glycosylated haemoglobin (HbA1C) was 8.4 ± 2.2 with HbA1C result ≤ 7.0% was 28 (41.2%) and > 7.0% was 40 (58.8%). A significant proportion practiced dietary restriction (72.1%, n=49) and adhere to medication (72.1%, n =49). However, more than half patients were physically inactive (64.7%, n =44) and did not test their blood sugar (54.4%, n =37).

Conclusion: More than half of elderly patients attending outpatient department HUSM have uncontrolled diabetes. Despite the important role of self-care practice in management of diabetes and preventing its serious complications, most elderly diabetic patients had inappropriate self-care practice in physical exercise and SMBG, which has critical role in controlling diabetes.

Poster Abstract 41

Validation of modified questionnaire on knowledge and attitude on cervical cancer and pap smear among pap smear naive women

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Introduction: Knowledge and attitude on cervical cancer and pap smear play an important role determining the uptake of the pap smear. This study aimed to determine the reliability and validity of a modified questionnaire to assess women's knowledge and attitude on cervical cancer and Pap smear.

Methods: The study was conducted using self-administered questionnaire from 1/4/12 to 30/4/12 among pap smear naive women attended Primary Care Clinic in Hospital Universiti Sains Malaysia (USM). Content and face validity performed. This questionnaire was modified from 'A Multicentre Comparative Study of the Knowledge, Beliefs and Socio-Behavioral Risk Factors in Women and Their Spouses on Pap Smear Screening' with 16, 13 and 20 items respectively on knowledge of cervical cancer, knowledge on pap smear and attitude construct. Construct validity was assessed using factor analysis with varimax rotation while reliability was assessed using Cronbach's alpha Data was analysed using SPSS version 20.

Results: Fifty women participated in this study. The final model consist of 14, 9 and 13 items with factor loading of 0.44-0.87, 0.46-0.89, 0.41-0.93 respectively on knowledge of cervical cancer, knowledge on pap smear and attitude construct. The Cronbach's alpha for each construct was 0.720, 0.722, 0.703 and overall Cronbach's alpha was 0.896.

Conclusion: This 36-item modified questionnaire is reliable and valid to be used for assessing knowledge and attitude on cervical cancer and pap smear among pap smear naive women.

Poster Abstract 42

A preliminary study on knowledge, decision making and acceptance of human papilloma virus vaccination among parents of primary school students in Kota Bharu

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Introduction: Cervical cancer is the third most common cancer in women and fifth most common cancer in the entire general population in Malaysia. The primary prevention, HPV vaccine is only approved for use in females in Malaysia. Children rely on parents not only for the consent even for the guidance and information about the vaccines. The study look into the level of parental knowledge, decision making and acceptance of HPV vaccination, and association between knowledge and acceptance.

Methods: This cross sectional study was conducted among 100 parents of primary school students in Kota Bharu. Systemic random sampling and a validated self administered questionnaire was used to assess knowledge of HPV vaccination. Data was analysed using SPSS version 22.

Results: Level of knowledge among parents in Kota Bharu was poor. The proportion of acceptance of HPV vaccine for girls was 60%. Acceptance of HPV vaccination was associated with good knowledge among parents ($p < 0.05$). Most decisions regarding vaccination was a decision made jointly with spouse, 78%.

Conclusion: Parent's level of knowledge is low despite the implementation of the HPV vaccine since 2010. Vaccine acceptance is dependent on the level of knowledge. Parents play an important role in determining the success of HPV vaccine program. Most couples make joint decisions in allowing vaccinations on their child.

Poster Abstract 43

Sexual and reproductive health needs of women with HIV in primary health clinic

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Introduction: Since the beginning of the HIV/AIDS epidemic, men has been affected more than women. The percentage of women with HIV has increased tremendously throughout the years. Hence it is important to recognize the challenges faced by them. The objective of the study is to assess the sexual and reproductive healthcare service of women with HIV in two primary health care clinics in Johor Bahru district. Assessment of comprehensive sexual and reproductive healthcare service integrated with HIV care was conducted to facilitate change to improve clinical practice.

Methods: The case notes of 20 women with HIV infections were audited. Assessment done include adherence to guideline recommendations, intervention to reduce the risks of transmission, screening of STIs and choice of contraceptive methods.

Results: The mean age of women with HIV infections were 35.8 years and 70% were started on HAART. Majority were Malays (70.0%) followed by Indians (15.0%) and Chinese (10.0%) women. All were infected through heterosexual transmission and all were screen for STIs. Only 55.0% undergone cervical cytology/pap smear testing. 70.0% practice contraceptive methods and only 45.0% uses condom consistently while 30.0% either abstain or did not use any form of contraceptive at all. Factors contribute to poor sexual and reproductive healthcare will be discussed.

Conclusion: Management of women with HIV in primary health clinic can improve access to sexual and reproductive healthcare service provided that the healthcare providers were given appropriate training and support.

Poster Abstract 44

Stillbirth rate in Selangor and its determinant factors

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Introduction: Stillbirth is defined as fetal death occurring at 22 weeks of gestation or later or birth weight of at least 500 grams. It is one of the important adverse pregnancy outcomes that has been used as a health indicator for the measurement of access and quality of obstetric care management. Perinatal mortality reviews in Selangor showed that deaths due to stillbirth still contributed significantly towards the perinatal mortality rate in the state. The objective of this study is to determine the stillbirth rate in Selangor, its Wigglesworth classification and determinant factors.

Methods: A retrospective review of all stillbirths occurring in Selangor for the year 2014. Data was collected in January and February 2015. Secondary data was obtained from the Stillbirth and Under 5 Mortality Death Forms received by the Selangor Health Department in 2014. Analysis was done using the SPSS version 19.

Results: A total of 452 stillbirths were reported in Selangor for the year 2014 with a rate of 4.76 per 1000 live birth. The majority of the mothers were Malays (67.0%), between the reproductive age group of 19-34 years old (73.5%) and received at least secondary education (69.3%). About two thirds (61.3%) of stillbirths that occurred were normally formed macerated stillbirth. 38.3% of mothers with stillbirth had no risks while 61.7% had either an obstetric, medical or both obstetric and medical risks. Premature labour (30.6%) was the commonest obstetric risk factor, followed by intrauterine growth retardation (20.9%) and vaginal bleeding (14.9%). Hypertensive diseases in pregnancy (40.5%) was the commonest medical risk factor, followed by diabetes mellitus (35.9%) and anaemia (18.5%). Almost all mothers (90.0%) were booked and received antenatal care. Shortfall in antenatal care was identified in 40.9% of stillbirth. The commonest being patient factor (54.1%), followed by inadequate obstetric and medical management (45.4%) and insufficient provision of antenatal care (39.5%). Most of the stillbirths were non preventable (82.3%)

Conclusion: The still birth rate in Selangor is comparable to the National stillbirth rate in 2010. Most of the stillbirth were non preventable. However remedial measures need to be taken to improve the antenatal care particularly in empowering patient involvement towards their care.

Poster Abstract 45

Comparison of maternal and fetal outcomes of gestational and non-gestational diabetes mellitus mothers attending public primary care clinics in Selangor

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Introduction: Prevalence of gestational diabetes mellitus (GDM) in Malaysia ranged from 12.7%¹ to 24.9%.² The overall pregnancy outcomes were poorer with higher risks of spontaneous miscarriage and caesarean section. Macrosomia, low Apgar Score, need for ICU admission, hypoglycaemia and respiratory distress syndrome (RDS) were also higher among GDM mothers.³ The objective of the study is to compare the maternal and fetal outcomes of GDM and non-GDM mothers attending public health clinics in Selangor

Methods: A cross-sectional study using retrospective data from existing antenatal records of new antenatal mothers who registered at 72 public health clinics in the state of Selangor from 1.1.2014 until 31.1.2014. Sample was collected through systematic random sampling. The demographic data, risk factors, MGTT, HbA1c results and the pregnancy outcome were extracted from the records. The inclusion criteria were all antenatal mothers who were registered in public antenatal clinics in Selangor from 1.1.14 to 31.1.14. Antenatal mothers who were transferred out at any gestation and those with pre-existing Type 1 or Type 2 diabetes mellitus were excluded. Data was analysed with SPSS version 21.

Results: A total of 745 antenatal records were reviewed. The prevalence of GDM mothers was 27.9% (n=184). GDM risks were higher with mothers aged >35 years old (p<0.001), obesity (p<0.001) first degree relative with diabetes (p<0.001), previous history of GDM (p<0.001), history of intrauterine death (IUD) (p=0.047), glucosuria ≥ 2 episodes (p=0.001) and gravida (p=0.001). Mean HbA1c was 5.5% with 21.2% (n=32) had HbA1c ≥ 6.0%. Only 23 (12.5%) were on insulin. There was a significant difference in the mode of delivery (p=0.007) but no significant difference in the fetal outcome of GDM mothers.

Conclusion: Prevalence of GDM among newly registered mothers in Selangor was higher than previous studies. Older age, obesity, family history of diabetes, previous history of GDM, IUD, glucosuria ≥ 2 episodes and polyhydramnios increased their risks of GDM. A fifth of GDM were uncontrolled but only 12.5% were on insulin. There was a significant difference in the mode of delivery but no significant difference in fetal outcome.

Poster Abstract 46

A retrospective study on social trend among under-age-users involved in motor vehicle accidents in West Pahang

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Introduction: Motor-vehicle-accident in Malaysia has become a major problem. One of the factors is the practice of handling vehicle among under-age-users. In Malaysia, law-full age to have a license is at 16 years for motorcyclists and 18 years for 4-wheel-drivers. Handling vehicle without license especially among under-age-users are dangerous as they lack awareness regarding law and road-safety. Education on road-safety can reduce the risk of motor-vehicle-accident. The objective of the study is to determine the social trend among under-age-users that involved in motor-vehicle-accident in West Pahang.

Methods: A retrospective study looking at motor-vehicle-accidents involving under-age-users who were admitted to Hospital Sultan Haji Ahmad Shah, a tertiary centre covering district of Temerloh, Jerantut, Jengka, Bera, Raub and Bentong. Convenience sample over period of 2 years involved 33 subjects below 16 years old whom involved in motor-vehicle-accidents. A questionnaire given regarding age, type of vehicle, permission from guardian, wearing or not wearing helmet, speed of the vehicle and nature of the injuries.

Results: Total of 33 cases were reported within age of 10-15 years old with mean age of 13.21 ± 1.21 (standard-deviation). 20 users were granted permission in handling the vehicle from their guardians. 32 cases involved motorcyclists whom 18 of them were not wearing helmet and 25 users were riding above speed limit. 24 users required surgery which majority cases involving lower limbs.

Conclusion: Majority of under-age-users involved were between 13-14 years old. Surprisingly they were granted permission by their guardians. Most of them were not wearing helmet and riding recklessly showing the unawareness of road-safety. Impact from this, most of them sustained severe injury which required surgery. Such social trend is preventable with better road-safety awareness and law enforcements.

Poster Abstract 47

Study on GDM risk factors among pregnant mother undergone MOGTT test in District Of Raub In 2008

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Introduction: Incident of Diabetes and Gestational Diabetes mellitus are increasing every year in Malaysia. Prevalence GDM was around 14%. Complications of Diabetes toward baby were very bad if not detected and treated well earlier. The objective of the study is to review GDM risk factors among mother who undergone MOGTT test in all Health Clinic under Raub Health District Office.

Methods: All pregnant mothers who undergone MOGTT test in Health Clinic in District of Raub. Retrospective antenatal card in year 2008 audit was done. Universal sampling method was used in which total 364 pregnant mothers with risk factor of GDM undergone MOGTT test. Collecting data was using antenatal card and data collecting sheet. Data was analyzed using SPSS version 16.

Results: Majority respondent were age between 21-30 years old, one third respondent were primid. Majority 241(66%) respondent were Malay. Weight gain during pregnancy, Family History, and age more than 35 were 3 main factor mother undergone MOGTT test. Majority respondent had one risk factor. Majority MOGTT test was done on second trimester.

Polyhydramnios, glycosuria and birth defect were 3 main risk factors for GDM base on FBS value. Abortion, History of GDM and age more 35 were 3 main risk factors for GDM base on 2HPP value.

Conclusion: Weight Gain during pregnancy, Family history DM and age more 35 years old were 3 main factors for MOGTT screening test TRO GDM.

Poster Abstract 48

Prevalence and patterns of sexual activity among Malaysian college students

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Introduction: Over the years, countless efforts have been geared towards reducing risky sexual activity among Malaysian youths. The aim of this paper is to describe the current pattern of sexual activity among college students in Klang Valley.

Methods: A cross sectional survey was conducted between June to October 2013. Students aged 18-22years and not married were randomly selected from twelve colleges in Klang Valley. Self-administered questionnaire was used to collect information on sexual activity and associated risky sexual behaviours.

Results: Among 1,026 students who responded to the survey, the prevalence of ever sexually active was 10.7% and was higher among male (16.3%) compared with female (6.3%) students. In the sexually active students, the proportion of heterosexual relationship was 80.9%, homosexuality was 8.2%, bisexuality was 0.9%, vaginal sex was 51.8%, oral sex was 36.4%, anal sex was 4.5% and sex with multiple sexual partners was 27.3%. The age of sexual debut ranged from 12 to 22 years with the mean age of 17.5±2.1years. Unsafe sex was common among the sexually active youth in which 50% to 64% infrequently used contraception or condom. Some of them took alcohol with sex (6.3%), were intoxicated during sex (5.4%) and had sex with new partner (13.7%) or prostitute (7.2%).

Conclusion: Among sexually active Malaysian college students, risky sexual behaviours are still prevalent and some begin at young age. Behaviours that need attention are increasing prevalence of homosexuality, presence of bisexual relationship, sex with multiple partners and unsafe sexual activity. It is high time to evaluate and strengthen intervention programs in order to be effective in combating the risky sexual activities among Malaysian youths especially the college students.

Poster Abstract 49

Preliminary results on cardiovascular risk assessment among apparently healthy women nurses at Hospital Universiti Sains Malaysia

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Introduction: Cardiovascular disease (CVD) is the main cause of death among women worldwide. In Malaysia, 25% of all female deaths in government hospitals are due to cardiovascular related diseases. Shift workers have higher cardiovascular risk compared to non-shift workers. Apparently healthy are those without underlying cardiovascular disease. The objective of the study is to describe socio-demographic and medical profile, and evaluate the level of 10-year Framingham risk score (FRS) among apparently healthy women nurses in HUSM, and to compare the level of 10-year cardiovascular risk between shift and non-shift nurses.

Methods: This is a preliminary cross sectional study involving 127 apparently healthy women nurses in HUSM. Framingham Risk Score 2008 was used to estimate the 10-year cardiovascular risk in this study. Ethical approval was granted by the Ethical Committee USM. Descriptive data were entered and analyzed using SPSS 22.0.

Results: The median age was 46.45 (IR 8.0) years. 89(70.1%) were doing shift work. BMI was 26.35(SD4.74)kg/m², waist circumference 80.62 (SD12.14)cm, total cholesterol was 5.74(SD0.95)mmol/L, HDL of 1.37(SD1.35)mmol/L, and blood pressure was 126.6/80.07 (SD 14.76/9.89)mmHg. 94.4% of them had FRS-predicted risk of < 10%. There was no significant difference in the mean Framingham score between shift and non-shift nurses (independent t-test 0.77, p- value 0.443).

Conclusions: Majority of apparently healthy nurses belong in the low cardiovascular risk group regardless of their working nature. We recommend an active cardiovascular risk screening intervention to all women nurses.

Poster Abstract 50

Opiate treatment index (OTI) among patients on methadone treatment in a primary care clinic in Malaysia

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Introduction: Methadone has been used as medical treatment for opiate dependency in many countries. Malaysia has started giving methadone since 2005. It is hoped that patients will benefit from this treatment and show reduction in illicit drug use. One of the important aspects in monitoring is by using Opiate Treatment Index (OTI). OTI questionnaires mainly assess drug use, HIV risk taking behaviour (injecting practice & sexual risky behaviour), social functioning, criminality and health status. Tampin Health Clinic, a primary care clinic in Malaysia, started methadone treatment since 2006. OTI was assessed at baseline and annually for every patient. The clinic conducted regular psychosocial interventions to assist in recovery. The objective of the study is to determine the trend of OTI monitoring scores among patients on methadone treatment in this clinic.

Methods: Retrospective chart review of 7 years data on baseline and annual OTI scores for six elements among patients registered on methadone treatment in Tampin Health Clinic from 2006- 2012. Data was analysed using SPSS version 20.

Results: There were 165 patients studied, all of them were male, Malays (90.8%), mean age of 39 years old (SD 8.27) at recruitment, 62.4% (N=103) were single, almost half had

received education up to secondary level and mostly work as non-professional worker in private sector. Their mean methadone dose was 38.4mg (min 0, max 90mg) and mean duration on methadone was 53.9 months (min 1, max 77 months). All OTI elements showed reducing trend over the years and the findings were statistically significant ($P < 0.001$).

Conclusion: Patients on methadone treatment in this study showed significant reduction in Opiate Treatment Index (OTI) score over the years and the findings reflect good treatment outcome.

Poster Abstract 51

Adequacy of infrastructure in methadone maintenance therapy service in Malaysia

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Introduction: Malaysia has started free Medication Maintenance Treatment (MMT) for opiate dependent patients since 2005. One of important criteria before and during implementation is adequacy of infrastructure. The World Health Organization (WHO) has produced a list of checklist as guidance before and during implementation to ensure success of treatment program. This study was conducted to assess adequacy of infrastructure in MMT services in this country.

Methods: This was a multi-centre retrospective cohort study among patients registered in Methadone Maintenance Therapy program in Malaysia in 2014. In this study, multistage stratified random sampling was used according to urban & rural centres. Patients, who were at least one year on methadone treatment, were randomly sampled from methadone registry at each selected centres that belongs to Ministry of Health. All selected centres were included in the study. Specific questions on infrastructure were derived from WHO guideline on MMT.

Results: There were 103 sites selected and took part, 54.5% (N=55) were located in urban area, 79.6% (N=82) were health clinics, 10.7% (N=11) were general hospitals and 9.7% (N=10) were district hospitals. There were 45.6% (N=47) sites had renovation before MMT service started, had written local standard requirement for infrastructure and was inspected before initiation of the service. Three quarter had reasonable space to run the service and a place for patient to rest after induction, open space for dispensing without partition/grills/screen and emergency treatment backup within the same compound. Only 47.6% had security guard service and 13.6% had CCTV. In term of methadone take away dose, more than half of study sites allowed for several days. Almost two third had group counselling. Social services provided were very minimal. The rest of the WHO listed parameters were found to be satisfactory.

Conclusion: Infrastructure for MMT services in Malaysia is generally adequate with some room for improvement.

Poster Abstract 52

The practice on colorectal cancer screening and its barriers among private general practitioners in Kelantan, Malaysia

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Introduction: According to National Cancer Statistics (2006), colorectal cancer (CRC) is the commonest cancer among male and second among female. Studies showed that screening practices of colorectal cancer among general practitioners are low and unsatisfactory. Most screening test is done on symptomatic than asymptomatic patients. The study aimed to determine the level of practice of colorectal cancer screening and its barriers among private general practitioners (GPs) in Kelantan.

Methods: A cross sectional study was done on 156 GPs from January to March 2013. A simple random sampling was done from 165 registered GPs which provide general medical services. A validated self-administered questionnaire with Cronbach alpha of 0.65 was used. It contained 25 questions on practice and barriers. A five point Likert Scale was used for the practice questions. The cut off point for good practice was 80%. Descriptive analysis was used using statistical Program for Social Science Version 20.0.

Results: A total of 127 GPs responded making the response rate of 81.4%. Only 4.7% had postgraduate training. Only 3.9% had good practice on CRC screening. Majority of GPs used faecal occult blood test (FOBT) for screening in already symptomatic patients. About 40% of them did not offer FOBT in patients who are at risk and did not follow recommendation guidelines. Among the reasons for not offering CRC screening (FOBT) to eligible patients were patients were not their regular patients, patient refusal and difficulty to get hospital appointment if the result is positive. Almost 50% of them said that the FOBT test was not available in their clinic.

Conclusion: This study indicates that CRC screening activities among private GPs are still poor. Given the importance of GPs role in Malaysia, efforts should be made to increase CRC screening activities in the private primary care setting.

Poster Abstract 53

Views and experiences of primary care physicians in treating patients with female sexual dysfunction: A qualitative study

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Introduction: Female sexual dysfunction (FSD) affects up to 54% of women worldwide. However, FSD is seldom discussed with primary care physicians, even when they are the first point of contact for patients. The objective of the study is to explore the views and experiences of primary care physicians regarding FSD with a focus on the barriers and facilitators towards the initiation of conversation on this topic.

Methods: A qualitative study design (involving semi-structured focus group discussions) was conducted among 19 primary care physicians at a teaching hospital in Malaysia from February to June 2014. All interviews were audio-recorded, transcribed verbatim and checked. Data was collected until data saturation was reached. The conceptual framework used was based on the theory of planned behaviour. Thematic approach was used to analyze the data.

Results: Participants perceived FSD as being unimportant and uncommon. Doctors were not proactive in asking about FSD as patients often presented with indirect complaints. Three main barriers were identified: doctor factors, perceived patient factors and system factors. Lack of skills and embarrassment

were the key barriers identified at the doctors' level. Lack of awareness among patients regarding FSD and local cultural and religious norms were perceived patient barriers. System barriers were lack of time and privacy. Various facilitators were suggested to encourage primary care physicians to initiate conversation about FSD.

Conclusion: Primary care physicians found it difficult to initiate conversation about FSD. They faced numerous barriers at the individual, patient and system level. A key barrier, not previously identified was cultural and religious norms. Interventions to encourage conversation on FSD should target this and other identified barriers.

