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and Family Medicine Specialist Association of Malaysia



'PRIMARY CARE - FOR EACH AND EVERYONE'

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 2. Author, 2019
 3. Author, 2016
 4. Hashim S, Ayub ZN, Mohamed Z, et al. The prevalence and preventive measures of the respiratory illness among Malaysian pilgrims in 2013 Hajj season. J Travel Med. 2016;23(2):tav019. Published 2016 Feb 8. doi:10.1093/jtm/tav019
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- 2 Development and Psychometric Validation of a Video-Based Intervention (VBI) on Self-Care Practices for Hypertensive Patients in the Malaysian Primary Care Setting
- 3 Resilience and Religious Coping in Caregivers of Patients with Cancer
- 4 Metaphoric Medicine: Analogies as a Possible Effective Consultation Tool in Managing Type 2 Diabetes Mellitus Patients on Insulin
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- 10 Correlation Between Social Support, Problem-Focused Coping and Self-Care in Women with Type 2 Diabetes
- 11 Experiences and Coping Strategies amongst Patients with Post-COVID Conditions (PCC) at a Primary Care Centre. A qualitative study
- 12 Depression Among University Students in Central Region of Peninsular Malaysia
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POSTER ABSTRACTS

Poster Abstract P1

Prevalence and Epidemiological Characteristics on Sexually Transmitted Infections: A One Year Cross Sectional Study from A Private Primary Care Centre.

Ahmad RZ¹

¹*U.n.i Klinik Taman Tun Dr Ismail, Kuala Lumpur*

Introduction: Sexually Transmitted Infection (STI) screening is an important diagnostic tool for those with high-risk sexual behaviours regardless of being asymptomatic or symptomatic. Prevalence data on STI in Malaysia is sparse, which curbs early intervention for specific targeted groups in the population. This study aimed to ascertain the epidemiology of STI in private primary care centre.

Methods: A cross sectional study was conducted for a period of one year (May 2020 – May 2021) from all patients visited to clinic for STI screening regardless of being symptomatic or asymptomatic.

Results: There were 139 patients visited the clinic for STI screening [female 89/139 (64%); male 50/139 (35.9%)]. 105 (75%) patients were asymptomatic and only 34 (25%) were symptomatic. 94 (67%) patients were young adults, aged from 20-29 years old. From the total screenings carried out, 82 (58%) patients were positive for STI (single or multiple infections). Out of the positive STI cases, majority [52/82 (63%)] were young adults, aged from 20-29 years old. 43 patients with single infection were young adults predominantly caused by *C. trachomatis* (n=18). There were 39 patients with multiple infections (more than two STIs) predominantly from the young adult group as well caused by HSV and *C. trachomatis* concomitantly (n=15).

Conclusion: This study represents an urban epidemiological review on STI prevalence in private primary care centre which may contribute to a better STI surveillance and intervention towards specific targeted population including vast awareness and destigmatization strategy.

Poster Abstract P2

Development and Psychometric Validation of a Video-Based Intervention (VBI) on Self-Care Practices for Hypertensive Patients in the Malaysian Primary Care Setting

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Introduction: Improving self-care practices among hypertensive patients have been shown to improve blood pressure control and medication adherence. Video-based interventions (VBI) have been shown to increase a patient's self-care practices among hypertensive patients. Furthermore, validated VBI in the Malay language for patients in the primary care setting are scarce. The objectives of this study were to develop and validate a VBI series for hypertensive

patients in the primary care setting to improve their self-care practices.

Methods: This study was conducted in three phases: (1) pre-production (2) production (3) postproduction phase. The pre-production phase involved designing the storyboard and scripts which then underwent content validation by a panel of experts and subsequently by hypertensive patients. Once the storyboards and scripts achieved acceptable consensus, the videos were then recorded (production phase). The post-production phase included video editing and face validation among hypertensive patients. Statistical analysis included calculation of item content validation index (I-CVI) and item face validation index (I-FVI) in the content and face validation respectively.

Results: The storyboard and scripts for five videos were developed. The I-CVI of all videos was 1.0 after two rounds of content validation among 6 content experts. I-CVI among 5 hypertensive patients was 1.0 for all videos. Five videos were recorded and edited which then achieved an I-FVI of 1.0 during face validation among ten hypertensive patients. These videos are considered comprehensive compared to other VBI as the contents are mapped to the Information, Motivation and Behaviour (IMB) theory.

Conclusion: A VBI series consisting of 5 videos was developed and validated to be used among hypertensive patients in the Malaysian primary care setting to improve their self-care practices and blood pressure control.

Poster Abstract P3

Resilience and Religious Coping in Caregivers of Patients with Cancer.

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Introduction: It is well known that cancer causes significant physical and emotional impairments, not only to its sufferers but also to the caregivers. Caregivers are an important source of support for cancer patients, but they often shoulder a high workload while providing care. The objective of this study is to investigate the resilience levels in caregivers of patients with cancer and its association with, the relationship between these levels of caregiver burden, religious coping, sociodemographic and clinical factors

Methods: This cross-sectional study was done from December 2021 to June 2022. Two hundred and three participants were recruited from the oncology clinic and wards of Hospital Universiti Sains Malaysia (Hospital USM), Kelantan, Malaysia. The questionnaires used in this study were the Connor-Davidson Resilience Scale, Brief Religious Coping Questionnaire and Zarith Burden Interview.

Results: The result showed a mean score of resilience was 29.92 ± 4.89 (range = 0–40), the caregiver burden score was 12.33 ± 9.77 , (range = 0–88), positive religious coping (PRC) scores was 22.3 ± 4.14 , (range = 7–28) and negative religious coping (NRC) scores was 8.75 ± 2.95 (range = 7–28). The findings showed that the patient's age [OR 0.04; 95%CI: (0.01, 0.09), $p = 0.04$] and

negative religious coping [OR -0.35, 95% CI (-0.52, -0.06); $p = 0.02$] were significant predictors of caregiver resilience.

Conclusion: Our study showed a high resilience score among the caregivers, and it also highlighted the role of religion on resilience in the caregivers in our community. More studies need to be done on the role of spirituality and its interaction with resilience, coping, and burden in caregivers.

Poster Abstract P4

Metaphoric Medicine: Analogies as a Possible Effective Consultation Tool in Managing Type 2 Diabetes Mellitus Patients on Insulin.

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Introduction: Analogies are powerful cognitive tools extensively employed in human reasoning, problem-solving, and learning. In medicine, analogies could serve as a valuable means of explaining intricate physiological, pathological, and pharmacological processes pertaining to challenging diseases such as type II Diabetes Mellitus (T2DM) to patients. We have devised a consultation module intended for T2DM patients on insulin (A Practical Guide on Consulting the Type II DM Patients on Insulin in Primary Care), tailored for primary care physicians. This module incorporates a comprehensive consultation framework based on local clinical practice guidelines, and it encompasses rapport building, history taking, diet and exercise advice, as well as insulin use and intensification, employing the 'Garbage and Lorry' analogy as a unifying thread for each topic addressed during the consultation, assisted by visual aids.

Methods: This consultation module was piloted in Klinik Kesihatan Senawang, Negeri Sembilan. From January to June 2023, a total of 106 T2DM patients on insulin, with a mean age of 57 and a mean latest HbA1c of 11.8%, were recruited for a specialized once-a-week clinic by referral from Medical Officers. These patients were attended to by two medical officers who had undergone training in the consultation module and were seen every two months.

Results: After 6 months, the subjects underwent a repeat HbA1c. Out of the 106 recruited patients, 31% (33/106) defaulted. The remaining 74 patients continued their participation, and 39% (29/74) experienced a mean reduction in HbA1c levels by 2.5% (equating to a mean percentage reduction of 20%) after the 6-month period.

Conclusion: This consultation module, built upon a simple analogy that can be easily comprehended by patients of diverse ages, races, and backgrounds, could emerge as a valuable tool for improving doctor-patient communication. It aids patient comprehension and engagement, and ultimately improves outcomes for T2DM patients on insulin.

Poster Abstract P5

Knowledge & Attitude of Ipoh Residents Towards Using "Time Bank" in the Care of the Elderly

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Introduction: Time banking is a service exchange system where time is used as a currency. Time credits earned for work can be exchanged for services. This study aims to identify the knowledge and attitude of Ipoh residents towards the use of time banks in the care of the elderly.

Methods: Ipoh residents aged ≥ 18 years answered a pretested questionnaire on demographic data, health status, knowledge and attitude towards time banking, via an online google form. Sample size calculated was 384. The knowledge scores were divided into poor, moderate and good. Attitude assessed using Likert scores (1-5), were grouped into poor, moderate to good (positive) attitude. Chi square test was used to analyze for any significant association (p value < 0.05).

Results: There were 386 respondents (males 44%, females 56%; aged 18-35 years (48%), 36-50 years (18%), > 50 years (34%). The majority were Malays (70%), married (53%), living with family (72%) and college / university educated (80%), with 42% employed, 28% students and 19% retirees. Eleven percent had chronic health problems requiring constant assistance and 22% needed help with household chores. Eighty-one percent had no prior knowledge of time banking and how it worked. The majority (72%) were interested to know more about time banking; 64% agreed that time banking could help the elderly get free domestic services and 60% were interested in participating if implemented (60%). Singles, college/university educated, students / those employed, those with no chronic health problems had more positive attitude towards time banking (p -value <0.05).

Conclusion: The majority of the respondents showed a positive attitude towards time banking in the care of the elderly but less than half felt that Malaysia was ready (43.5%) and safe (42%) for its implementation.

Poster Abstract P7

Mental Health Status Among Adults' Type 2 Diabetes Mellitus Attending Selected Government Health Clinics in Melaka

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Introduction: Diabetes is a demanding chronic disease that not only affects physically but also mentally, particularly depression and anxiety. Those with diabetes and concomitant mental health distress have been associated with poor glycemic control outcome and quality of life. Early identification of mental health disorders and the characteristics of people living with diabetes who are at higher risk for mental health disorders may help to improve the management of diabetes. Thus, this study was conducted to determine the prevalence and its associated factors of depression, anxiety, and stress (DAS) among Type 2 diabetes mellitus (T2DM) adults in selected government clinics in Melaka.

Methods: A cross-sectional study was conducted among adults T2DM in six selected government health clinics in Melaka from March to May 2022. Those with psychiatric disorders, pregnancy or postpartum 6 weeks were excluded. Systematic random sampling was used. Data collection includes primary data (DASS-21) and secondary data (clinical notes). Analysis used SPSS version 28. Chi-square test, Mann-Whitney U test and logistic regression were used to measure the association.

Results: 450 participants were recruited in this study. The majority had normal mental health status. The prevalence of DAS was 7.1%, 14.0% and 4.9% respectively. Males have 30% more risk of suffering from depression comparing to females (aOR 0.3, 95% CI 0.1-0.8). Those who adhered to diet control have double the risk of having anxiety (aOR 2.1, 95% CI 1.1-4.2). As for stress, there was no significant association among all the variables.

Conclusion: The prevalence of DAS in this study was low among T2DM adults. However, the fact that there is still some prevalence of DAS especially anxiety, showed that screening for mental health is still essential when managing T2DM. Gender differences and adherence to diet control aspects should be considered when identifying those at risk for mental health disorders.

Poster Abstract P8

A Case Control Study on Risk of Overweight and Obesity among Under Five Children in Kuantan

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Introduction: Overnutrition, low physical activity, high screen time and inadequate sleep contribute to the rise in overweight and obesity. This study aims to explore how these factors affect the occurrence of overweight in children under-five.

Methods: An unmatched case control study involving a total of 225 children (45 overweight children and 180 with normal BMI) was conducted among attendees at seven health clinics in Kuantan district in 2023. An interviewer-guided questionnaire was used to gather the relevant data from the caregivers and data was analysed using the IBM SPSS Version 26.

Results: The mean age was 29.4 + 12.1 months, with 53.3% of them were boys. Most were Malay (92.8%) and came from the B40 family group (74.4%). Children with excessive intake of carbohydrates food and milk (more than feeding recommendation) have more than three times (OR: 3.62 [95% CI 1.7-7.87]) and six

times (OR: 6.43 [95% CI 2-20.7]) significant risk of becoming overweight respectively. Children with inadequate physical activity (<180 minutes per day) and excessive screen time (> 1 hour per day) have six times (OR: 6.04 [95% CI 1.67-21.81]) and nearly three times (OR: 2.76 [95% CI 1.28-5.93]) significantly higher risk of becoming overweight respectively. Lastly, children with inadequate sleep time (according to age recommendation) have more than three times higher risk of becoming overweight (OR: 3.49 [95% CI 1.48-8.24]).

Conclusion: Caregivers and relevant authorities must play an active role to prevent childhood obesity through reduction in sedentary behaviours and implementing healthy feeding and sleep practice among infants and young children.

Poster Abstract P9

Knowledge, Attitude and Risk of Type 2 Diabetes Mellitus among Undergraduate Students of Malaysia: A cross sectional study

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Introduction: Diabetes mellitus is one of the most serious worldwide public health issues, and Malaysia has the highest rate of diabetes in the Western Pacific region. The prevalence of Type 2 Diabetes Mellitus (T2DM) has been increasing throughout the decades, especially among the younger population and 18.3% in 2019. This study aimed to identify the knowledge, attitude and risk of type 2 diabetes mellitus and its association with sociodemographic characteristics among undergraduate students of Universiti Tunku Abdul Rahman (UTAR).

Methods: A cross-sectional study was conducted among undergraduate students in both Sungai Long and Kampar campuses of UTAR. A validated questionnaire was to explore the knowledge, attitude and risk of T2DM among the students. Data was analysed by using IBM-SPSS version 27.

Results: A total of 296 students participated in the study. The majority of the respondents fall under the category of moderate knowledge level, positive attitude and low-risk level of T2DM. There was a significant association between ethnicity, faculty and family income with knowledge level. The students from higher-income families and medical discipline demonstrated higher knowledge levels. There was no significant association between any sociodemographic characteristics and attitude level. There was a significant association between ethnicity and risk level. There was a statistically significant positive linear relationship between knowledge and attitude.

Conclusion: In conclusion, although the knowledge of T2DM among undergraduate university students was moderate, the attitudes were positive, and risk levels were low, interventions need to be taken to improve the certain knowledge and attitude and reduce the risk level of type 2 diabetes mellitus. As the university is the main area of providing knowledge for the students, it was recommended to enhance campus-based health promotion campaign to reduce the risk of T2DM among younger population.

Poster Abstract P10**Correlation Between Social Support, Problem-Focused Coping and Self-Care in Women with Type 2 Diabetes**

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Introduction: Malaysia is currently witnessing a surge in the number of cases of type 2 diabetes (T2DM). A substantial proportion of Malaysians with diabetes are women. Implementing self-care is crucial to achieving optimum glycemic control and preventing women from mortality and morbidities. Individuals with diabetes require an effective coping strategy and good social support when managing diabetes. Nevertheless, there is limited information on how these two aspects correlate with self-care, specifically in women with diabetes.

Methods: A cross-sectional survey was conducted in Seremban Health Clinic from January to March 2023. A self-administered questionnaire in both English and Malay language was distributed. The questionnaire assessed sociodemographic characteristics, self-care activities using the Summary of Diabetes Self-care Activities scale, problem-focused coping from the Brief COPE and social support through the Multidimensional Scale of Perceived Social Support. Correlation analysis was performed between social support, problem-focused coping and each self-care domain.

Results: A total of 414 women with T2DM were recruited for this study, but only 346 completed the questionnaires. The majority are above 50 years old (86.4%), live with family or friends (94.8%) and have a household income of less than RM5000 (70.8%). Approximately half are Indian (48.3%) and only attained a secondary level of education (51.7%). More than half are housewives (57.8%) and married (66.5%). Social support is significantly correlated with four domains of self-care: general diet ($r=0.13$, $p=0.015$), exercise ($r=0.30$, $p<0.001$), self-monitoring blood glucose ($r=0.32$, $p<0.001$) and footcare ($r=0.26$, $p<0.001$). Likewise, problem-focused coping has a significant correlation with four domains of self-care: general diet ($r=0.27$, $p<0.001$), exercise ($r=0.36$, $p<0.001$), self-monitoring blood glucose ($r=0.39$, $p<0.001$) and footcare ($r=0.30$, $p<0.001$).

Conclusion: Our findings highlighted that social support and problem-focused coping significantly correlate with self-care. Future research is recommended to explore how these two aspects can influence self-care in women with T2DM.

Poster Abstract P11**Experiences and Coping Strategies amongst Patients with Post-COVID Conditions (PCC) at a Primary Care Centre. A qualitative study**

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Introduction: Post-COVID conditions or PCC, describes the persistent or newly developed symptoms affecting individuals, four weeks after a COVID-19 infection. This study focuses on PCC following mild COVID-19, as this group of patients are often monitored at home during their acute illness and are not routinely given a follow-up appointment for symptoms monitoring. Hence, their experiences are less known to us. Here, we explore the experiences and coping strategies of patients traversing from mild COVID-19 to PCC in the Malaysian primary care setting.

Methods: Six women were selected through purposive sampling for in-depth interviews. Interviews were structured using a topic guide guided by Mishel's Uncertainty in Illness Theory, Lazarus and Folkman's Coping Theory, and existing literatures. The interviews were audio-recorded and subsequently transcribed verbatim. We used content thematic analysis to analyze the data.

Results: Study participants reported various PCC symptoms that severely affected their daily life and narrated the coping strategies they employed to manage these repercussions. Our analysis identified three overarching themes: 1) Deterioration from acute to chronic symptoms, 2) Navigating the uncharted territory, and 3) Being resilient to heal. In dealing with the challenges posed by PCC, our participants were steadfast in overcoming their struggles adopting various strategies to accommodate and mitigate the impacts of their PCC.

Conclusion: These findings offer invaluable insights into the multifaceted challenges and adaptive strategies amongst patients who developed PCC following a mild COVID-19 infection. This understanding is critical to equip primary care providers with the insight to approach these patients with comprehensive, holistic management.

Poster Abstract P12**Depression Among University Students in Central Region of Peninsular Malaysia**

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Introduction: Malaysian university students are vulnerable to poor mental health which could be due to many factors. This research aimed to determine the prevalence of depression and its factors among university students in the central region of Malaysia.

Methods: This cross-sectional study was conducted between June and December 2019. The Patient Health Questionnaire (PHQ-9) was used to determine depression. Inclusion criteria were Malaysian students 18 years old and above and studying in

selected universities in Peninsular Malaysia. The questionnaires were in English and Bahasa Malaysia and consisted of sections on sociodemography, academic, psychosocial and psychological factors. Sample size was calculated using cluster sampling. Ethics approval was obtained from the Ethics Committee for Research Involving Human Subjects from Universiti Putra Malaysia (JKEUPM-2018-400), Ministry of Higher Education Malaysia, and the Ethics Committee from the selected universities. Written consent was obtained from students involved in this study. Data analysis was done using IBM Statistical Package for Social Sciences (SPSS) software version 25, where data at $p < 0.05$ was significant. The presence of depression was determined at a cut-off point of ten and above (PHQ-9 ≥ 10).

Results: The prevalence of depression was 35.5%, with 121 out of 341 students having a risk of depression. Poor sleep quality, having doubt about their future, and problems with other students were factors significantly associated with depression ($p < 0.01$).

Conclusion: Depression can cause sleep disturbances, creating a negative impact to mental health among students, whereas students with self-doubt regarding their future were found to have low self-esteem which can influence mental health, and students with low social support were shown to have more likelihood in developing depression. Depression among university students warrants attention and effective intervention. Factors found to be associated with depression should be addressed and managed accordingly.

Poster Abstract P14

An Infectious Disease Outbreak in A Children Welfare Home in Kuala Kangsar District: A Spotlight on Public and Primary Child Health Concerns

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Introduction: Outbreaks of diarrhoea in children welfare homes are underreported and frequently go unnoticed in developing countries. A District Health Office identified an outbreak of acute gastroenteritis (AGE) in welfare institution on 4/1/24. The outbreak began on 1/1/24 and ended on 16/1/24.

Methods: A case-control study was conducted to identify the causes for this outbreak of AGE. Active case investigation and case detection activities were carried out using the Acute Gastroenteritis Investigation/Outbreak Report Form [FWBD/KRM/BG/001 (Amendment 2006)].

Results: 39 residents from 5 dormitories, and 3 staff members (27.5% of exposed individuals) were affected. Symptoms included diarrhoea in 37 cases (88.1%), vomiting in 28 cases (66.7%), and fever in one (2.4%). All 42 patients have made a full recovery. 8 virology samples (100%) tested positive for Rotavirus, and 1 additionally tested positive for Adenovirus. 2 out of 12 bacteriology samples tested positive for E. coli. 4 environmental samples from Dormitory Mahsuri (DM) also tested positive for Rotavirus. Overcrowding at DM, which housed 25 children (aged 0-5 years) was the biggest risk factor for this outbreak. None of these children had received the Rotavirus vaccination. The persistent presence of 4 positive environmental samples for

Rotavirus on day 9 indicated unsatisfactory hygiene practices in DM, and ineffective disinfection process. 2 children whose bacteriology samples tested for E. coli were identified to have developmental concerns leading to coprophagia and inadequate hygiene. They were diagnosed with autism spectrum disorder and enrolled for early intervention in the Health Clinic.

Conclusion: The Rotavirus outbreak in RKKSAA highlighted the need for stringent measures in control and prevention of future outbreaks. Some measures undertaken include health education, periodic demonstration of disinfection process, Rotavirus supplementary vaccination, and routine developmental assessment and intervention for these children. In conclusion, the infectious disease outbreak in the children welfare home underscores the importance of proactive measures to protect the health and well-being of vulnerable children.

Poster Abstract P15

Questionnaire Translation and Its Result: Factors Associated with the Practice of Home Blood Pressure Monitoring Among Healthcare Providers in all Putrajaya Public Healthcare Clinics

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Introduction: Hypertension is a prevalent medical condition affecting over 1.28 billion adults worldwide, with half undiagnosed. In Malaysia, hypertension is the leading cause of death and contributes to disability-adjusted life years. Home Blood Pressure Monitoring (HBPM) is important in managing hypertension. However, implementing HBPM faces challenges due to inadequate training and knowledge among healthcare providers (HCPs). About 98% of doctors recommend HBPM but lack skills for accurate monitoring, leading to incorrect readings and ineffective treatment. This study aims to fill the gap in associated factors of HBPM instruction methods among primary HCPs for better blood pressure control.

Methods: An English questionnaire from the Obara et al. study was translated into Malay and pilot-tested with a 10% sample size to ensure clarity by two subject matter experts (SME). Forward and backward translations to ensure accuracy. Following translation, the questionnaire underwent pilot testing in the first two weeks of January 2024 to assess the clarity of meaning and appropriateness of language. The HCPs who met the inclusion criteria were invited to participate.

Results: The translated scales showed excellent reliability (Cronbach's Alpha = .97), with no alterations made. Among the 30 respondents, consisting of Family Medicine Specialists (n=3, 10%), Medical Officers (n=12, 40%), Jururawat Masyarakat (n=3, 13.3%), Staff Nurses (n=9, 30%), Pharmacists (n=1, 2%), and medical assistant (n=1, 3.3%). Among respondents, most had attended hypertension management courses (76.6%) and managed a high proportion of hypertensive patients weekly (56%). All HCPs recommended HBPM to their patients, but

only 60% demonstrated high recognition. About 6.6% of HCPs have optimal practice of HBPM instruction methods, and 17% correctly identified the reference values. No significant associations were found in this study.

Conclusion: The HBPM Practice Questionnaire in the Malay version is a reliable tool. Although most HCPs recognize and recommend HBPM, many have inadequate knowledge of HBPM instruction methods.

Poster Abstract P16

Transient Elastography in Primary Care: Findings from a Point Prevalence Survey in Two Primary Care Clinics in Malaysia

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Introduction: Metabolic-associated fatty liver disease (MAFLD) is an increasing healthcare burden in Malaysia. Point-of-care transient elastography like FibroScan© is a convenient and affordable tool to detect and measure fatty liver and fibrosis in primary care settings. This point prevalence survey from two primary care centres in Malaysia offers insights into the demographic distribution and degree of fatty liver and fibrosis among primary care patients.

Methods: Two primary care centres that partner with Angsana Health utilized FibroScan©, after training by the manufacturer Echosens©. A retrospective analysis was conducted with 202 patients who had undergone FibroScan between April 2023 and January 2024. Deidentified and aggregated information was collected: gender, age, controlled attenuation parameter (CAP) and liver stiffness measurement (LSM) values to evaluate the degree of fatty liver and degree of fibrosis, respectively.

Results: There were 56.9% (n=117) males and 43.1% (n=87) females categorized into six age groups: 18-30 (n=26), 31-40 (n=51), 41-50 (n=38), 51-60 (n=37), 61-70 (n=37), and 71 and above (n=13). The survey reveals a significant prevalence of fatty liver disease, with 35.6% (n=72) of patients exhibiting a high degree (>66%) of fatty liver. Amongst patients with a high degree of fatty liver, 65% were associated with risk factors for fatty liver disease. The prevalence of patients who may have advanced fibrosis (LSM 10 and above) is 9.4% (n=19). While fatty liver is highly prevalent, the prevalence of severe liver fibrosis is infrequent within this primary care cohort.

Conclusion: FibroScan© is a realistic tool in clinic-GP settings, not just hospital-specialist settings. The findings underscore the importance of early detection, administering proactive lifestyle modifications, and making early referrals to hepatologists. The high prevalence of fatty liver disease suggests a need for targeted interventions for those at higher risk, emphasizing the significance of continued surveillance and early intervention in primary care settings.

Poster Abstract P18

Study of Intravenous Iron Venofer in The Treatment of Anaemia in Pregnancy in Kota Bharu, Kelantan.

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Introduction: Iron deficiency is the commonest cause of anemia in pregnancy. In Kota Bharu, the prevalence of anaemia in pregnancy in 2021 until 2023 approximately was 25%. This study aims to describe the characteristics of antenatal mother who received Intravenous iron Venofer and to examine the efficacy of intravenous iron used.

Methods: We conducted a retrospective cohort study from January 2022 till June 2023 to all pregnant women who made booking at all antenatal health clinics in Kota Bharu's Health District Office and who had completed the prescribed course of Intravenous iron Venofer. The calculated sample size was 125. The patient's antenatal booklets were examined and recorded in the proforma.

Results: The majority of the participants were between 20 to 45 years old, Malay and married. 59% of the participants had education level till secondary school and 31% till tertiary education level. 50% of the participants were housewife. 85% of the respondents received parenteral iron at the 3rd trimester of pregnancy. 81% of them had mild anaemia and 19% had moderate anaemia. 86% of them had serum ferritin less than 30 ug/L. The mean haemoglobin level in non-iron deficient group (serum ferritin more than 30 ug/L) after given parenteral iron at 2nd, 4th, 6th and 8th week were 9.91 g/L, 10.42 g/L, 10.69 g/L and 10.4 g/L respectively. While in iron deficient group (serum ferritin less than 30ug/L) at 2nd, 4th, 6th and 8th week were 10.3 g/L, 10.94 g/L, 11.23 g/L and 11.4 g/L respectively.

Conclusion: In our study, we observed that the iron deficient group responds well, compared to the non-iron deficient group. The peak rise in haemoglobin level is between 6th to 8th week post parenteral Iron given. Hence, timely screening, diagnosis and correct intervention is needed for improvement of iron store and haemoglobin level in the antenatal mother.

Poster Abstract P19

Unravelling Host Microbiota Shifts in COVID-19: A Scoping Review

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Introduction: The COVID-19 pandemic spurred intensive investigations into various facets of microbes-host interaction. The human microbiota, comprising trillions of microorganisms inhabiting diverse niches like the gut, upper and lower respiratory tract, plays a crucial role in maintaining host homeostasis and modulating immune responses. This study reviewed studies that investigated the relationship between human microbiota and COVID-19, to shed light on the compositional changes within these microbial communities during infection.

Methods: Keywords 'microbiota', 'microbiome' and 'COVID-19 infection' were used to search the PubMed, Scopus and EBSCOHost databases. The search identified a total of 707 papers: 24 papers (PubMed), 628 papers (Scopus) and 55 papers (EBSCOHost), which were narrowed to 50 papers based on the titles screened. A total of 16 original full papers were obtained and reviewed.

Results: The healthy gut microbiota composed mainly of phyla Firmicutes and Bacteroidetes, followed by Verrucomicrobia and Actinobacteria. Common genera of microbiota in the upper respiratory tract include Staphylococcus spp., Propionibacterium spp., Corynebacterium spp., Moraxella spp., Dolosigranulum spp., Haemophilus spp., Streptococcus spp., Neisseria spp., Rothia spp., Veillonella spp., Prevotella spp., and Leptotrichia spp. The main phyla identified in healthy lungs are Bacteroidetes, Firmicutes, Proteobacteria, Fusobacteria, and Actinobacteria. Most of the studies showed that microbiota diversity was significantly reduced in COVID-19 patients compared to healthy controls. The angiotensin-converting enzyme 2 (ACE2) serves as the major receptor for SARS-CoV-2 entry. ACE2 also proved to be a modulator of the gut microbiota. Findings propose an association between ACE2 dysfunction and gut microbiota dysbiosis.

Conclusion: This scoping review shows that the pathophysiological aspects of the COVID-19 disease are tightly linked to the microbiota. Dysbiosis of the microbiota is seen in COVID-19. Increasing the advantageous microorganisms in the host's microbiota and reducing the opportunistic pathogens may prevent an inflammatory environment. This is essential to prevent complications of COVID-19 like acute respiratory distress syndrome.

Poster Abstract P20

Barriers Of Domiciliary Care Services at Hospital Seberang Jaya: A Qualitative Study on The Views of The Healthcare Professionals

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Introduction: The domiciliary service comprises of medical and rehabilitation services done at the home of patients to ensure uninterrupted care upon early discharge from hospital. It renders support to the family members in training the caregivers and reduces readmission by providing quality medical care at home and in the community. **Objective:** To explore the barriers of domiciliary services at Hospital Seberang Jaya (HSJ), Penang

Methods: A total of 53 respondents (34 trained nurses, 5 matrons, 8 sisters, 4 occupational therapists and 2 physiotherapists) involved in domiciliary care from the medical, surgical, orthopedic and pediatric wards of HSJ were interviewed using a semi-structured questionnaire as a guide. The interviews were done in homogenous focus groups or as individual interviews, which were audio recorded, transcribed and thematically analyzed using NVivo 12 Plus.

Results: Health System Barriers (inadequacy in; manpower, support services, public domiciliary dissemination, basic ward equipment, ward staff orientation on domiciliary, prolong bed occupancy, ineffective domiciliary team with no remedial measures).

Health Professionals Barriers; Concerning doctors (bias selection of cases, default in responsibilities and weekend discharges). Concerning nurses (lacking initiative, compromise nursing tasks and facing intimidating factors). Concerning other allied health respondents (facing language barrier, poor comprehension and non-committal of caretakers to attend coaching sessions).

Patient and Caregiver Barriers ;(Incompetent caregiver, locale inconvenience especially when decant, non-conducive home to receive home visits, misconception on nursing role in wards lightened when caretaker takes over, lacking self-confidence to learn and financial issues) were also noted. Encompassing all barriers were lack of continual monitoring, supervision, knowledge updates and default communication within and with health centers.

Conclusion: Overcoming barriers in health system, health professionals, patients and caregivers will catapult towards excellent domiciliary services at HSJ.

Poster Abstract P21

Warfarin Management in A Primary Care Clinic: A Clinical Audit

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Introduction: This audit was performed to evaluate the standard of practice in the management of patients with warfarin in a primary care clinic.

Methods: Data of patients on warfarin who attended the INR clinic from July 2022 to June 2023 were retrieved. Those who were on regular follow-up with at least 3 traceable readings in the electronic medical record were included, except for those who were less than 18 years old, pregnant and those who were transferred to other facilities. The audit criteria were set based on the 2nd edition of the Malaysian CPG on Anticoagulation Medication Adherence Clinic (AC-MTAC). The standards were set with reference to CPG and the latest published standards of care.

Results: A total of 75 medical records were included in this audit. For process of care, 10 out of 22 criteria (first visit record) and 5 out of criteria (follow-up visits) did not meet the standards. These include: (a) a referral letter/form for every new patient referred to the INR clinic (87.5%) and (b) documentation of: warfarin initiation date (56.2%), duration of INR treatment (18.75%), patient's current warfarin dose (93.75%), and (c) assessment of: compliance (87.5%), signs and symptoms of thromboembolism (93.75%), drug interaction (87.5%), alcohol status (18.75%), nicotine intake (43.75%), advice on safety netting (93.8%), missed doses (98.67%), assessment for changes in medication intake (98.67%), assessment for alcohol intake (33.33%), assessment for nicotine intake (70.67%), and assessment for signs and symptoms of thromboembolism (98.67%). Outcomes in the INR clinic was measured in terms of the presence of complications (thromboembolic or bleeding events) and the time in the therapeutic range (TTR).

Conclusion: Overall, 19 out of 51 criteria did not meet the standard of management of patients on warfarin set for this audit. The problems and issues have been identified and strategies have been formulated to address them.

Poster Abstract P23

Defaulter Rate During the Covid-19: A Longitudinal Study of Tele-Primary Care (TPC) Clinic

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Introduction: The COVID-19 pandemic has largely affected accessibility to healthcare services, particularly on the timeliness of healthcare services delivered to the population. Defaulter rate is one of the proxy indicators recommended to monitor timeliness. This study assessed and compared the defaulter rate of services in primary care clinics during the pandemic and pre-COVID-19 period.

Methods: This longitudinal study utilised data from the Ministry of Health administrative routine database and Tele-Primary Care (TPC) system, available from 78 health clinics throughout the country. Data on number of defaulters and total attendances for

three services; outpatient, antenatal and child health from January 2019 to December 2020 were extracted, with date prior to January 2020 defined as pre-COVID-19. The monthly defaulter rates of respective months in 2019 and 2020 were compared using paired t-tests via SPSS version 26.

Results: During COVID-19, the defaulter rates ranged from 0.033-0.123 for OPD as compared to 0.032-0.042 in 2019. The rate varied from 0.093-0.138 during the pandemic for antenatal, whereas in 2019, it was between 0.099-0.116. As for child health, the rate ranged from 0.062-0.184 during COVID-19 as compared to 0.066-0.080 in 2019. Comparing 2020 and 2019, higher defaulter rates for outpatient and child health services were seen during March, April, and June 2020 ($p < 0.05$). No significant differences were seen for antenatal services throughout the months, although the rate was highest in March 2020.

Conclusion: Defaulter rates were significantly higher during the second wave of COVID-19 in outpatient and child health services, whilst antenatal care services appeared unchanged. This study provides valuable insights into the effect of a pandemic on the timeliness of primary care services, specifically in TPC clinics. Strategies to maintain timeliness of healthcare services during future disease outbreaks should consider more vulnerable services to ensure healthcare access is maintained across all services.

Poster Abstract P24

Sexual Risk Behaviour Among Malaysian Youth – A Nationwide Cross-Sectional Study

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Introduction: Youths are typically at their peak of exploring new things including sexual risk behaviour (SRB) which often results in multiple reproductive health problems, complications and death. This study aims to determine the prevalence and association between multi-system factors and SRB among local youths studying in higher education institutions.

Methods: A cross-sectional online survey was conducted on 28 higher education institutions which were selected using stratified random sampling. Participants were recruited using the convenience sampling method. The questionnaire consisted of participants' socio-demographic characteristics, academic background, substance abuse, childhood abuse, religiosity, knowledge on sexuality, attitude on pre-marital sex, parents' parenting behaviour, peer influence and sexual risk behaviour was used. Descriptive statistics were computed for all variables. The association between variables was measured using logistic regression analysis. The level of significance was set at $p < 0.05$.

Results: 1172 respondents were recruited in this study. The prevalence of SRB among the students was 84 (7.2%) with a mean score of 0.07 ± 0.26 . The mean age of participants was 20.16 ± 1.66 . Age, smoking or vaping history, alcohol use, non-organized religious activity (NORA), father care and peer pressure were found to be significantly associated with SRB.

Conclusion: The prevalence of SRB among Malaysian youths was 7.2%. Those factors required further exploration and are relevant in the preventive strategies of SRB. Preventive plans must be made parallel to the needs of the local youths as this generation represents the future of the country.

Poster Abstract P26

Disability Domain and Its Determinants Among Elderly in Bukit Baru, Melaka, Malaysia.

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Introduction: The elderly population is increasing globally. Disability is common among elderly resulting from physiological changes and morbidities. Inability to manage their daily activities due to disability will affect the quality of life of the elderly and their family. This study is to assess the domain and the level of disability and its association with sociodemographic factors, living arrangement and morbidities.

Methods: A cross-sectional study was carried out in ten residential areas in Bukit Baru, Melaka. A total of 432 elderly were conveniently selected and interviewed using World Health Organization Disability Assessment Survey 2.0 questionnaires to assess 6 disability domains that are Cognitive disability, Mobile disability, Self-care disability, social impairment, Life activities disability and Participation disability. The disability domain and level were analyzed to assess its association with sociodemographic factors, living arrangement and number of morbidities.

Results: The most common disability was Participation followed by Mobility and Cognitive disability. The highest disability score was Participation, followed by Mobility and Life-activities. There were significant association between age, marital status, and number of morbidities and all disability domains ($p < .05$). Age, marital status, and number of morbidities were also significantly associated with level of disabilities ($p < .05$). Gender and living arrangement were not significantly associated with disabilities.

Conclusion: This study showed that disability was relatively common among elderly living in Bukit Baru, Melaka, however the majority were mild. The most common disability was Participation. Age, marital status, and number of morbidities were the determinants of disabilities.

Poster Abstract P27

Knowledge, Attitude and Perceptions of Patients Attending a University-Based Multidisciplinary Weight Management Clinic for Obesity

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Introduction: Obesity is a chronic disease influenced by various risk factors which requires a holistic approach for intervention. In view of this, the assessment of patients' knowledge, attitude and perception towards obesity is important to identify modifiable behavioural factors. This study aimed to review the knowledge, attitude and perceptions of patients attending a university-based multidisciplinary weight management clinic as part of patients' personalized treatment plan.

Methods: This is a cross-sectional study involving all participants who attended the weight management clinic program from March 2016 until December 2023. Sociodemographic and clinical history data was collected using a standardized clinic proforma. Knowledge, attitude, and perception on obesity was assessed using an adapted questionnaire from Simkhada et al (2011) using a 10-point Likert scale with 1 'Not Agree' and 10 'Agree'. Descriptive data were analyzed using SPSS 28.

Results: A total of 204 patients were included in the study. Majority were male (51%), Malay ethnicity (95.6%) and had tertiary level of education (70.1%). The mean baseline weight was 119.62 kg ($SD = \pm 30.91$) and body mass index (BMI) was 44.61 kg/m² ($SD = \pm 10.09$). Overall knowledge on obesity among participants was good (Mean score 57.4 ± 7.33 , total score = 70). For the attitude and perception, majority of the participants did not agree with the perception that obesity is the symbol of richness and prosperity, and obese people are untidy. However, the majority perceived that obese people should not expect to live normal lives and that people who are overweight tend to be lazier than those with normal BMI.

Conclusion: The participants had good knowledge obesity; however, the results are mixed for the attitude and perception on obesity. Negative attitudes and perception could deter obese patients from achieving their treatment target. Patient education and awareness is important to cultivate positive attitude and perception on obesity.

Poster Abstract P28

Cutis Verticis Gyrata Related to Pregnancy: A Case Report

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Background: Cutis Verticis Gyrata is a benign disorder of the scalp characterized by convoluted folds and deep furrows which resemble

cerebral sulci and gyri. It is also known as paquidermia verticis gyrata, cutis verticis plicata, and “bulldog” scalp syndrome. Cutis Verticis Gyrata can be primary or secondary. Primary is idiopathic, meaning the cause is unknown, and it usually occurs during adolescence or early adulthood. Secondary is associated with underlying diseases such as scalp inflammatory diseases, tumors, or genetic syndromes.

Case presentation: We report here a case of a 28-year-old lady, primigravida, with antenatally iron deficiency anemia, newly diagnosed Hepatitis B Infection in pregnancy, and Gestational Diabetes Mellitus on diet control. The patient presented with a thickening of skin on her forehead with cerebriform convoluted folds and furrows during 24 weeks of pregnancy. She was seen by the dermatology team too and treated as Cutis Verticis Gyrata in Pregnancy secondary to hormonal changes. No active intervention for the dermatology side. Subsequently, the symptoms resolved postpartum.

Conclusion: In summary, this is a case report of Cutis Verticis Gyrata, which spontaneously developed and resolved due to hormonal changes during pregnancy. The present case may reveal the existence of a new pregnancy-related syndrome that may present with transient Cutis Verticis Gyrata, elevated androgens, and empty sella.

Poster Abstract P29

Unravelling Diagnostic Dilemmas: A Tale of Deceptive Silence – False Negative RPR in an Untreated HIV Case

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Background: Syphilis is a treatable sexually transmitted disease that remains a global health concern as 7.1 million new infections were reported in 2020 (WHO, 2021). The interplay between syphilis and HIV introduces a complex dynamic, as studies reveal syphilis's potential to facilitate HIV transmission, elevate viral load, and impede immune response (Wu et al., 2021). The coexistence of HIV and syphilis may lead to heightened risks of neurosyphilis, ocular syphilis, and treatment failure (Tang et al., 2022).

Case presentation: A 32-year-old male with newly diagnosed HIV with a nadir CD4 count of 170, was referred for antiretroviral drug (ARD) initiation after a private hospital admission for Pneumocystis pneumonia. Despite unprotected heterosexual activities five years prior, he displayed no symptoms of syphilis and denied prior treatment. Initial screening revealed negative rapid plasma reagin (RPR) but positive Treponema pallidum hemagglutination assay (TPHA). The subsequent RPR test was 1:2 at 2 weeks post ARD. He was treated as latent syphilis and his RPR at 1st month was 1:2 and was non-reactive at 3rd month post-treatment. Our patient, responded well to ARD treatment, achieving viral load suppression at six months.

The patient's compromised immune response may contribute to the initial RPR false-negative result (Devi, 2014). This case prompts reconsideration of screening protocols in Malaysia, where non-treponemal test is the primary screening tool (Baba & Ngadiman, 2015).

Conclusion: Acknowledging the potential for false negatives, we advocate for repeat RPR post-ARD treatment initiation or consideration of TPHA for early syphilis diagnosis. This case serves as a call to action for refining diagnostic protocols and enhancing syphilis management in the context of HIV co-infection.

Poster Abstract P30

Rare Presentation of Paraneoplastic Leukemoid Reaction in Gallbladder Carcinoma

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Background: Gallbladder cancer is a rare disease with ASR of 1.2 cases per 100,000 population of the world. In Malaysia, it has 5-year prevalence (all ages) of 0.22 cases per 100,000 population. It is very aggressive with a 5-year survival rate of 19%. Paraneoplastic Leukemoid Reaction (PLR) is commonly present in solid tumors, especially lung cancer but rarely reported in case of gallbladder cancer.

Case presentation: A 79-year-old man presented with recurrent right hypochondriac abdominal pain for one month with on and off fever. He was feverish with a 2x2cm tender mass below his liver margin with positive Murphy's sign. Bedside abdominal ultrasound revealed an enlarged gallbladder mass with multiple liver masses. His full blood count showed leukocytosis (WCC: 34×10^9) and macrocytic anemia. He was then referred to a tertiary hospital for sepsis secondary to acute cholecystitis.

Subsequently, his blood investigations revealed CA19-9 $>24,000$ IU/mL, AFP: 3.99 IU/mL with severe transaminitis. CECT liver 4-phase showed enhancing mass at gallbladder wall with multiple enhancing mass in the liver and a cystic lesion at segment 6 liver compressed the biliary system causing mild biliary tract dilatation. The diagnosis of advanced gallbladder carcinoma with liver metastasis with dilated bilateral intrahepatic duct was made and he was referred to hepatobiliary team for ERCP and bilateral metallic stenting. The patient then passed away two weeks after the procedure.

Conclusion: Gallbladder cancer is a rare disease with a high mortality rate due to delay in diagnosis. It is rarely presented with paraneoplastic leukemoid reaction.

Poster Abstract P31

Unmasking The Psoriasiform Syphilis as Secondary Reinfection

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Background: Syphilis is an evolving sexually - transmitted infection which appears in different distinguishable clinical stages: Primary, Secondary, Latent and Tertiary Syphilis. Secondary syphilis is a form systemic manifestation which is characterized by vast features. Psoriasiform syphilis is a rare and atypical form of secondary syphilis which imitates psoriasis. Here, we highlighted a case of psoriasiform syphilis with diagnostic challenges in primary care.

Case presentation: A 36-year-old homosexual man with underlying Human Immunodeficiency Virus (HIV) infection on ART and Psoriasis came to the HIV clinic appointment with complaints of generalized patchy thick red silvery skin scales for 3 months. He had a history of treated late latent syphilis in 2021 with final Venereal Disease Research Laboratory (VDRL) test result of 1:2. He had regular unprotected sexual intercourse with a male sexual partner for 3 months. He had visited a dermatology clinic and was treated as psoriasis flare up with phototherapy for 30 cycles. However, the skin condition is not improving, and it is leaving burn marks. VDRL test screening was done, and the result was 1:64. He was treated as secondary syphilis with 3 doses of intramuscular Benzathine Penicillin 2.4 million units in 3 weeks. His symptoms were resolved in 5 days of treatment. Subsequent VDRL titre result was 1:8 after 3 months.

Discussion: The polymorphism of skin lesions in secondary syphilis is undoubtedly challenging. Psoriasiform syphilis has been described in old dermatology literatures as syphilide psoriasiforme or psoriasis syphilitique. While modern literature reported most cases psoriasiform syphilis as palmoplantar psoriasis. Most of the cases, syphilis diagnosis was missed and treated as psoriasis.

Conclusion: Improperly treat psoriasiform syphilis as psoriasis flare with immunosuppressive drugs could potentially worsen the infection. Thus, clinicians should always be aware of psoriasiform syphilis with high index of suspicion to unmask the diagnosis.

Poster Abstract P32

High Dose Hook Effect of Molar Pregnancy - Identified in Primary Care

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Background: Gestational Trophoblastic Diseases (GTD) encompasses a spectrum of pregnancy related disorders attributed to abnormal placental trophoblastic proliferation. This includes complete and partial hydatidiform mole (molar pregnancy). Any form of GTD typically produces markedly elevated serum human chorionic gonadotropin (β -hCG), giving us a positive Urine Pregnancy Test (UPT). However, there is an exception in some rare cases whereby the UPT turns out to be falsely negative due to the “high-dose hook effect” of the β -hCG.

Case presentation: The main aim is to identify a patient presenting with molar pregnancy in Primary Care despite a negative UPT test. As we are well-versed, any woman in child-bearing age who presents with abdominal pain and per vaginal bleed, besides a complete physical and pelvic examination, UPT is mandatory. If the UPT is positive, this is followed by Pelvic Ultrasound. This patient, however, had a negative UPT and due to high index of suspicion, the Pelvic Ultrasound was done. Fortunately, the Ultrasound did show a typical snow-storm appearance of the abnormal trophoblastic cells enabling us to reach a diagnosis and manage the patient correctly. Hence it is extremely crucial for us to understand that the abnormally elevated hCG level present in urine exerts a “high dose hook effect”.

Conclusion: The diagnosis of Molar Pregnancy was initially missed

here. The false-negative UPT due to the “high dose hook effect” was indeed an eye-opener. So, whenever we have a high index of suspicion, sonographic evaluation is mandatory to be performed for accurate diagnosis. Only then will there be prompt gynecologic consultation followed by definitive operative treatment.

Poster Abstract P33

A Clinical Case Report: Vogt-Koyanagi-Harada Syndrome

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Background: To describe a case report of Vogt-Koyanagi-Harada Syndrome (VKH) that mimicked presentation of Acute closed-angle glaucoma (ACAG).

Case presentation: A 31-year-old lady presented with acute onset of eye redness, blurry vision, eye pain, and photophobia for a week associated with severe headaches. She has no fever, nausea, or neck stiffness and no history of eye surgery or trauma. An ocular examination revealed signs of ciliary injection in both eyes, bilateral pupil reactive 3mm, visual acuity right eye 6/60 and left eye 6/18. She was referred to an ophthalmologist as acute angle-closure glaucoma. Fundoscopy showed bilateral swollen optic discs with multiple exudative retinal detachments. The applanation tonometry normal intraocular pressure. Blood investigations reveal normal full blood count, erythrocyte sedimentation rate not raised, negative antinuclear antibody, and VDRL not reactive. A CT brain with contrast was performed due to bilateral disc swelling, but no abnormalities were found.

She was admitted and treated with IV methylprednisolone followed by tapering oral prednisolone. Treatment aimed to alleviate symptoms, preserve eyesight by addressing ciliary spasm, inflammation, adhesiolysis, macular edema, and choroiditis. Follow-up showed improved vision in both eyes, resolution of retinal detachment, and reduced disc swelling.

Conclusion: VKH disease can mimic ACAG. Thus, primary care physicians play a role at the forefront of patient care for prompt recognition of uncommon causes of painless loss of vision for early treatment.

Poster Abstract P34

Revealing the Delayed Identification of Scrub Typhus in An Eight-Year-Old Girl: A Case Report

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Background: Scrub typhus, caused by *Orientia tsutsugamushi*, manifests as an acute febrile illness with a spectrum of symptoms, making timely diagnosis challenging.

Case presentation: This case involves an 8-year-old patient initially presenting with fever, myalgia, and respiratory

symptoms resembling acute tonsillopharyngitis. Despite initial treatment, the clinical condition worsened, prompting further investigation. Crucially, a physical examination revealed an eschar, a key diagnostic indicator. Laboratory analyses confirmed thrombocytopenia, elevated liver enzymes, and a positive PCR result for scrub typhus. The delayed recognition of the disease was attributed to overlapping symptoms with common febrile illnesses and initial misdiagnoses. This delay led to severe complications, notably septic shock and bilateral pleural effusion, emphasizing the gravity associated with delayed diagnosis.

Conclusion: The case underscores the importance of considering scrub typhus in patients with fever, especially when symptoms mimic other common febrile diseases. The presence of an eschar should raise suspicion and prompt appropriate diagnostic tests. Early diagnosis and administration of the right antibiotics, like doxycycline, is crucial to prevent complications such as septic shock and pleural effusion, highlighting the need for heightened awareness among healthcare providers to mitigate the impact of this potentially life-threatening disease.

Poster Abstract P35

Hydrops Fetalis with Cystic Hygroma: A Case Report

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Background: Hydrops fetalis is characterised by the excessive interstitial fluid collection in multiple compartments of a fetus. The prognosis of hydrops fetalis depends on several factors including its cause and amount of edema presence.

Case presentation: This case report illustrated an antenatal case who was diagnosed with hydrops fetalis with cystic hygroma at 15 weeks of pregnancy. Antenatal ultrasound findings demonstrated multicystic appearance at the back of fetal neck, generalised anasarca and increased amniotic fluid. Upon referral to Maternal Fetal Medicine Specialist, the patient was advised for termination of pregnancy. Examination of the aborted fetus revealed a cystic structure extending posterolaterally along the neck associated with ascites and fetal edema.

Conclusion: Antenatal scans at primary care clinics may detect fetal anomalies including hydrops fetalis. Genetic evaluation of the fetus and parents is recommended to establish the cause of hydrops fetalis. Termination of pregnancy is considered if it is diagnosed early with poor prognostic features.

Poster Abstract P37

Appropriateness of Antibiotic Prescription for Acute Pharyngitis, Urinary Tract Infection and Skin and Soft Tissue Infection in a University Primary Care Clinic in Malaysia.

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Introduction: Antimicrobial resistance is a problem caused by overuse of antibiotics, leading to increased mortality, morbidity, hospital stays, and expenses. This clinical audit aims to evaluate antibiotic prescribing practices for acute pharyngitis, urinary tract infection (UTI), and skin and soft tissue infections (SSTI) in a public university primary care clinic in order to identify potential target areas for quality improvement.

Methods: This is a retrospective clinical audit conducted among all adult patients (age ≥ 18 years old) who were diagnosed with acute pharyngitis, UTI and SSTI requiring antibiotics in a public university primary care clinic in Selangor, Malaysia. All medical records that fulfilled the criteria from June 2021 until June 2022 were included in this audit. Audit proforma was adapted from the antimicrobial stewardship (AMS) protocol. The appropriateness of antibiotics prescription was determined based on the accuracy of diagnosis, indication for antibiotics and adherence to correct usage (dose, frequency, duration) according to the Malaysia National Antibiotic Guideline 2019 (NAG 2019).

Results: A total of 307 patients were included from the electronic medical records, with 30 cases for acute pharyngitis, 181 for UTI and 96 cases for SSTI. The proportion of appropriate antibiotic prescription was 28.3% (n=87) overall, with 13.3% (n=4) for acute pharyngitis, 29.3% (n=53) for UTI and 31.2% (30) for SSTI. Incorrect antibiotic selection was the most common reason for the inappropriateness of antibiotic prescribing for UTI and SSTI cases (54.4% and 64% respectively). Meanwhile, for acute pharyngitis, wrong indication for antibiotic was the most encountered reason (69%).

Conclusion: Adherence and appropriateness of antibiotic prescription were low at this public university primary care clinic hence there is a need to take measures to improve appropriateness of antibiotic usage.

Poster Abstract P38

Timed-restricted Eating as a Management Modality for Back Pain in Elderly Patients with Multiple Comorbidities: A Review of the Evidence

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Introduction: Timed-Restricted Eating: A Novel Approach for Back Pain Management in Elderly Patients with Multiple Comorbidities – A Comprehensive Review

Background: Globally, back pain (BP) affected 619 million individuals in 2020, and projections anticipate a rise to 843 million cases by 2050, attributed mainly to population expansion and aging. Among older adults with musculoskeletal pain, 36 to 70% experience back pain, indicative of the escalating prevalence of osteoarthritis, disc degeneration, osteoporosis, and spinal stenosis associated with aging.

Methods: A thorough review of existing literature was conducted to explore the interplay between Timed-Restricted Eating (TRE) and back pain in the elderly. The focus centred on systematic reviews and observational studies that examined the efficacy of TRE as a non-pharmacological pain management modality.

Results: TRE, a dietary approach restricting caloric intake within

a consistent sub-12-hour daily window without caloric reduction, emerged as a promising non-pharmacological intervention. By mitigating oxidative stress and inflammation, TRE demonstrated efficacy in managing inflammatory musculoskeletal-related back pain, recognizing pain as a cardinal feature of inflammation.

Conclusion: The management of chronic back pain typically demands multidisciplinary interventions. In individuals aged 65 years and above, complexities arising from comorbidities often limit conventional interventions. Moreover, the age-related decline in kidney function poses challenges in utilizing non-steroidal anti-inflammatories. In keeping with this, our review positions TRE as a potential component in a holistic pain management strategy within the primary care setting. The findings underscore the necessity for further research to validate and refine the role of TRE in addressing the unique challenges faced by the elderly population in the management of back pain.

