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About MFP

The *Malaysian Family Physician* (MFP) is the official journal of the Academy of Family Physicians of Malaysia (AFPM). It is jointly published by the Family Medicine Specialist Association (FMSA) of Malaysia. The MFP is published three times a year. It also started an Online First section in January 2021, where accepted articles are published online ahead of the issue.

Goal: The MFP is an international journal that disseminates quality knowledge and clinical evidence relevant to primary care. The journal acts as the voice of family physicians, researchers and other members of the primary care team on clinical practice issues.

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 1. Novel aspects
 2. Important learning points
 3. Relevant to family practice
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interviewed. A semi-structured questionnaire was used to guide the interview. The interviews were done in homogenous focus groups or as individual interviews, which were, audio recorded, transcribed and thematically analysed.

Results: The factors that facilitated domiciliary care were health system factors (ongoing measures to update domiciliary knowledge and the monitoring of it, having domiciliary file in ward as reference, ongoing standardised approach, cluster hospital concept that helped decant patients to avoid prolong hospitalisation, a dedicated person in charge), health professional factors (teamwork, convincing and synchronised explanation from doctors and all nursing teams, having pre planned discharge), patient and caregiver factors (single identified appropriate caregiver, locale convenience of Health facility near home) and finally the proactiveness, motivating and supportive factors that encompasses all 3.

Conclusion: To facilitate a successful domiciliary care, health system factor health professional factors, patient and caregiver factors need to be addressed. Implementation of domiciliary care will involve all the stakeholders to work for a common goal.

Poster Abstract P11

A Qualitative Research Study Exploring the Attitude of Mothers Towards A Smartphone Application for Neonatal Jaundice Monitoring

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Introduction: Neonatal jaundice (NNJ) is common. Non-invasive NNJ monitoring uses Transcutaneous Bilirubinometer, a specialised equipment only available in healthcare facilities. This method of NNJ monitoring necessitates inconvenient in-person visits for new-borns and exposure to healthcare facilities. Using mobile health (mHealth) application (app) is a novel system that allows mothers to monitor their new-borns' NNJ remotely. However, end-users' views on this mHealth app are unknown.

Objective: The study aimed to assess the attitude of Singapore mothers towards using a mHealth app for NNJ monitoring.

Methods: Mothers attending video consults for early postpartum care in two primary care clinics were invited to watch an instructional video on monitoring NNJ using a mHealth app. An independent researcher conducted in-depth interviews with twenty-five mothers assessing their views on using a mHealth app for NNJ monitoring based on the video viewed. All interviews were audio-recorded, transcribed verbatim, checked, and managed using Nvivo qualitative data management software. Data analysis was done by thematic analysis. The themes identified were grouped under perceived usefulness and ease of use.

Results: Mothers valued the perceived convenience and objectivity offered by the mHealth app to monitor NNJ remotely. However, they felt that its perceived applicability is limited in severe jaundice. Mothers raised concerns about the

accuracy of the app and expressed their lack of confidence in using it. Nevertheless, they alluded to improving intent to use by receiving adequate guidance from healthcare providers and validating the accuracy of the application. Mothers proposed pairing teleconsultation with the mHealth app to enhance its adoption.

Conclusion: Mothers had positive attitude towards using mHealth app for NNJ monitoring. The needs of end-users should be reflected in the development and implementation of the mHealth application to increase successful adoption. Combining the mHealth app and teleconsultation to monitor NNJ remotely represents an accessible and acceptable care delivery model.

Poster Abstract P12

Depression, anxiety and stress levels during COVID-19 pandemic among frontliners of IIUM hospital and Kuantan campus and its associated Factors

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Introduction: The COVID-19 pandemic has instigated a substantial physical and psychological burden on the frontliners globally, leading to physical and psychiatric illnesses, reduction in productivity and burnout. Assessing their mental health status is essential in providing effective and efficient mental health care.

Objective: To investigate depression, anxiety, and stress levels, and associated factors among the frontliners of International Islamic University Malaysia (IIUM) Hospital and Kuantan Campus during the COVID-19 pandemic.

Methods: A cross-sectional study was conducted among 261 frontliners working in IIUM hospital and 125 from the Kuantan campus from March 2021 to March 2023 using a self-administered validated DASS-21 questionnaire for depression, anxiety and stress. The data were analyzed using descriptive statistics, Chi-Square and Fisher's Exact tests.

Results: Among the 386 respondents, 82.1% were categorized as clinical frontliners, 65.8% were female, and 65.8% married. The overall prevalence of depression was 15.8%, anxiety was 29.5%, and stress was 9.3% among the frontliners. They were not different statistically between the clinical and non-clinical frontliners; or between the IIUM Hospital and on-campus frontliners. The frontliners with post-traumatic event had a significant association with depression and anxiety ($p < 0.001$ and 0.001 , respectively), and those with chronic disease(s) were significantly associated with anxiety ($p=0.034$).

Conclusion: More than one-fourth of frontliners suffered

from anxiety during the COVID-19 pandemic, and 9-15% experienced depression and stress. Those with post-traumatic events (such as a terminal disease, disaster, divorce, and death) or with chronic disease(s) require(s) additional support in coping with their mental health burden. There was no significant difference in anxiety, depression and stress levels between the clinical and non-clinical or between hospital-based and on-campus frontliners, which mandate comprehensive mental health promotion and timely intervention to all frontliners regardless of their post or area of services.

Healthcare provider should pay special attention towards the carers' wellbeing and their unmet needs as they are the integral part of the post stroke care in the community.

Poster Abstract P13

Postpartum Depression (PPD) detection-family medicine postgraduate trainee knowledge, attitude and practice

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Introduction: Postpartum depression can compromise maternal and child health. However, the detection rate for PPD detection is still low.

Objective: This study aims to determine the knowledge, attitude, and practice among Primary care physicians.

Methods: This cross-sectional study was conducted amongst postgraduate family medicine trainees of the Academy of Family Physicians of Malaysia. The researchers used a validated four section questionnaire developed from previous studies with addition of 3 video vignettes. It consists of 24 items, 12 items and 6 items for knowledge, attitude, and practice respectively. The video vignettes have 2 questions each to assess competency in practice (depicting normal postpartum period, postpartum blue and postpartum depression). Standard setting was conducted by three family medicine specialists and three psychiatrists, providing pass mark of knowledge items as 54.2%. The pass mark was standard set by three family medicine specialists and three psychiatrists. The videos were validated by a community psychiatrist and respondents were deemed competent in practice if they correctly diagnosed all video vignettes.

Results: A total of 85 respondents took part in this study giving a response rate of 69.7%. The knowledge component was passed by 97.6% (n=83) of the respondents, with a mean score of 70.3%. 61.2% (n=52) of the respondents were competent in PPD detection. Overall, there was no significant association between respondents' gender, years of service, family history, experience, and passed knowledge with competent practice. Only a minority (12.9%) often screen for PPD, even though the majority (64.7%) were aware of its existence. Most

respondents (88%) believed that PPD screening is required, and 92.1% were familiar with PPD screening techniques.

Conclusion: Family medicine postgraduate trainee has good knowledge and a positive attitude toward PPD. However, they have average competency to recognize PPD. Having adequate knowledge does not ensure competency in PPD management.

Poster Abstract P14

Management of Co-occurring Coronary Heart Disease and Anxiety Disorder through Family Medicine Approach

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Introduction: "Coronary artery disease or CAD is the leading cause of death in the world and in Indonesia. The physiological prognosis of CAD is influenced by psychosocial factors including anxiety. The process of treatment in the continuum of care has an impact on the dynamics of the patient, the family, and the community. Here we report the case of an adult man who presented with CAD, and underlying metabolic syndrome, and was later found to have an anxiety disorder that complicates both. The family medicine approach to comprehensively manage both CAD and Anxiety Disorder has helped not only the patient but also improved overall family & community health."

Poster Abstract P15

Association of coping mechanisms with medication adherence among young people living with HIV (PLHIV)

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Introduction: As young PLHIV will need to take HAART for life, there is a need to understand their coping mechanisms in living with the disease. Patients with good coping mechanisms result in adherence to their medications and hospital follow up, thus leading to good disease outcomes and improved life expectancy. The pattern of coping strategies were assessed using the 28-item Brief COPE questionnaire in English and Malay language which was validated and found to have good internal consistency.

Objective: The aims of this study were to determine the pattern of coping mechanisms in young PLHIV and its association with medication adherence.

Methods: This was a cross sectional study amongst young PLHIV patients (aged 18-40 years old) attending two HIV clinics in Klang Valley. Data was collected between February to August 2022. Statistical analysis included descriptive statistics, single and multiple logistic regression.

Results: A total of 395 respondents were recruited into