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ACHIEVING SUSTAINABILITY**

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ABSTRACT BOOK

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ORAL PRESENTATION (CLINICAL)		
No	TITLE	PAGE
OC001	Mild cognitive impairment and its associated factors amongst the elderly attending government health clinics in Kuantan	9
OC002	Assessing the utility of fibula length measurement in estimating maximum femoral nail length: A comparative analysis with the standard ao method	10
OC003	Development of spouse-inclusive framework for digital management of perinatal depression and anxiety	11
OC004	ICU liberation (ABCDEF) bundle adherence rate and associating factors in critically ill patients	13
OC005	Visual search performance of colour search task between diabetic maculopathy with macular oedema and normal age-matched group	14
OC006	Burden among malaysian caregivers of children with autism spectrum disorder (ASD) and its associated factors	15
OC008	Prevalence of female sexual dysfunction and its association with hormonal contraception usage among postpartum women in SASMEC@IIUM, Kuantan	16
OC009	Forecasting COVID-19 case outcomes in malaysia: A machine learning approach	17
OC010	Prevalence of biopsy proven lupus nephritis and outcomes of their treatments in tertiary center in Kuantan	19
OC011	Life threatening hyperkalemia leading to cardiac arrest following durian fruit consumption: A case report	20
OC012	Prevalence and risk factors for recurrent ischemic stroke at two tertiary hospitals in kuantan	21
OC013	Enhancing stroke survivor recovery: the impact of 4 weeks of task-specific exercise, transcranial direct current stimulation, and their combination on serum brain-derived neurotrophic factor (BDNF)	22
OC014	Prevalence, severity, and associated factors of diabetic peripheral neuropathy among diabetic patients at Sultan Ahmad Shah Medical Centre @IIUM	23
OC015	Experience of intraoperative nerve monitoring (ionm) in thyroid surgery at sultan ahmad shah medical centre (sasmec) @iium: an interim analysis	24
OC016	Recurrent laryngeal nerve injury in conventional thyroid surgery	25
OC017	Enhancing community engagement for peripheral occlusive artery disease: insights from community engagement program in various districts of pahang, malaysia	26
OC018	Single stage brachio-basilic creation is a good alternative: Early experience from a tertiary vascular centre	27
OC019	Evaluation of catheter-related bloodstream infections in end-stage renal failure patients awaiting autologous arteriovenous fistula creation or corrective procedures	28
OC020	Experience of sentinel axillary node biopsy in early breast cancer patients at SASMEC: An interim analysis	29
OC021	The safety of labour using zhang's criteria over friedman's criteria at Sultan Ahmad Shah Medical Centre @IIUM: A retrospective study	30
OC022	Dual pathology in young female – a diagnostic challenge	31
OC023	Outcome of trans pars planar vitrectomy surgery for tractional retinal detachment in Sultan Ahmad Shah Medical Centre @ IIUM – a 4 years review	32
OC024	Clinical profile of retinal vein occlusion in Sultan Ahmad Shah Medical Center @ IIUM – 7 years review	33

OC003

Development of Spouse-inclusive Framework for Digital Management of Perinatal Depression and Anxiety

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Introduction: Spouse-inclusive intervention has been found effective to improve perinatal mental health, yet it was commonly delivered face-to-face, requires high commitment from spouses as well as healthcare professionals, therefore is not sustainable. While several digital applications demonstrate modest success in reducing the symptoms of depression and anxiety, the spouse's participation in such an approach is limited. Therefore, this study aimed to explore perspectives, preference, and information or educational needs of perinatal women and their spouse regarding spouse-inclusive intervention. **Materials and Methods:** Using a generic qualitative research design, in-depth interviews were conducted with 20 perinatal women (with symptoms of depression and anxiety) and 15 men (spouses) in the obstetrics and gynecology clinics in Sultan Ahmad Shah Medical Centre and Hospital Canselor Tuanku Muhriz. Interview data were analysed using framework analysis. The selected participants in this study were chosen using one of these methods: Edinburgh Postnatal Depression Scale (EPDS) score ≥ 12 or Depression Anxiety Stress Scale (DASS) score ≥ 8 for depression, ≥ 7 for anxiety. **Results:** Three main themes were identified from the interview which include: (i) adjusting to a new period of life, (ii) dealing with perinatal distress, and (iii) mobilising needs and support. While spouse support was perceived by the perinatal women one of the contributing factors to depression and anxiety, financial constraint was seen by the men (spouses) as the major factor leading to depression and anxiety. Both women and spouses preferred to have a user-friendly online intervention to obtain knowledge on maternal mental health. They expressed their informational needs on communication skills, depression and anxiety cues, self-screening, childcare management, perinatal care, and coping mechanism. **Conclusion:** Perinatal

women (with depression and anxiety) and the spouses acknowledge that mental health apps that include spouses' participation will help in reducing the symptoms that can contribute to depression and anxiety.

Keywords: Anxiety; depression; digital; intervention; perinatal; spouse support