

# Malaysian Family Physician

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and Family Medicine Specialist Association of Malaysia



**'PRIMARY CARE - FOR EACH AND EVERYONE'**

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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.

**Scope:** The MFP publishes:

- i. Research – Original Articles and Reviews
- ii. Education – Case Reports/Clinical Practice Guidelines/Test Your Knowledge. We only encourage case reports that have the following features:
  1. Novel aspects
  2. Important learning points
  3. Relevant to family practice
- iii. Invited debate, commentary, discussion, letters, online, comment, and editorial on topics relevant to primary care.
- iv. A Moment in the Life of a Family Physician – We encourage submission of a short narrative to share perspectives, voice, views and opinions about a family physician's experience that has affected their practice or life.  
*Read our Information for Authors section to learn more about these article types.*

**Strength:** MFP is the only primary care research journal in Malaysia and one of very few in the region. It is open access and fully online. The journal is indexed in Scopus and has a strong editorial team and an established pool of readers with increasing recognition both locally and internationally.

**Circulation:** The journal is freely available online.

**Publisher:** Academy of Family Physicians of Malaysia

**All correspondence should be addressed to:**

**Professor Dr. Ping Yein Lee**

The Editor

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Articles are accepted for publication on condition that they are contributed solely to the Malaysian Family Physician. Neither the Editorial Board nor the Publisher accepts responsibility for the views and statements of authors expressed in their contributions. All papers will be subjected to peer review. The Editorial Board further reserves the right to edit and reject papers. Authors are advised to adhere closely to the instructions given below to avoid delays in publication.

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The original research (including clinical audit) should be conducted in the primary care setting on a topic of relevance to family practice. Both qualitative and quantitative studies are welcome. The length should **not exceed 3000 words with a maximum of 5 tables or figures and 30 references**. Please include the following sub-headings in the manuscript:

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All types of review articles, including narrative review, scoping reviews and systematic reviews are accepted for publication in MFP. A comprehensive review of the literature with a synthesis of practical information for practising doctors is expected. For a systematic review, the PRISMA checklist (<https://www.equator-network.org/reporting-guidelines/prisma/>) must be followed. For a scoping review, the PRISMA-ScR checklist (<https://www.equator-network.org/reporting-guidelines/prisma-scr/>) should be followed. The length should **not exceed 4000 words with a maximum of 5 tables or figures and 40 references**. Please include the following sub-headings in the manuscript:

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The CPG should be relevant to primary care. Its length should **not exceed 4000 words and 40 references**. An abstract is required (no more than 300 words) together with the keywords. The CPG review should be written with case vignettes to illustrate its application in primary care practice.

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We encourage submission of a short narrative to share perspectives, voice, views and opinions about a family physician's experience that has affected their practice or life. It could be about being a doctor, educator, administrator/management, researcher, student or even patient. This type of article should be a **reflective piece of about 500 words in length**, and can be accompanied with photo(s). The journal also accepts articles which anchor on the photo(s) as the main content, this can be accompanied with captions (not more than 100 words) that describe the photo(s) with author's reflection on it.

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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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## Poster Abstracts

- 1 Prevalence and Epidemiological Characteristics on Sexually Transmitted Infections: A One Year Cross Sectional Study from A Private Primary Care Centre
- 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
- 5 Knowledge & Attitude of Ipoh Residents Towards Using "Time Bank" in the Care of the Elderly
- 7 Mental Health Status Among Adults' Type 2 Diabetes Mellitus Attending Selected Government Health Clinics in Melaka
- 8 **A Case Control Study on Risk of Overweight and Obesity among Under Five Children in Kuantan**
- 9 Knowledge, Attitude and Risk of Type 2 Diabetes Mellitus among Undergraduate Students of Malaysia: A cross sectional study
- 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
- 14 An Infectious Disease Outbreak in A Children Welfare Home in Kuala Kangsar District: A Spotlight on Public and Primary Child Health Concerns
- 15 Questionnaire Translation and Its Result: Factors Associated with the Practice of Home Blood Pressure Monitoring Among Healthcare Providers in all Putrajaya Public Healthcare Clinics
- 16 Transient Elastography in Primary Care: Findings from a Point Prevalence Survey in Two Primary Care Clinics in Malaysia
- 18 Study of Intravenous Iron Venofer in The Treatment of Anaemia in Pregnancy in Kota Bharu, Kelantan
- 19 Unravelling Host Microbiota Shifts in COVID-19: A Scoping Review
- 20 Barriers Of Domiciliary Care Services at Hospital Seberang Jaya: A Qualitative Study on The Views of The Healthcare Professionals
- 21 Warfarin Management in A Primary Care Clinic: A Clinical Audit
- 23 Defaulter Rate During the Covid-19: A Longitudinal Study of Tele-Primary Care (TPC) Clinic
- 24 Sexual Risk Behaviour Among Malaysian Youth – A Nationwide Cross-Sectional Study
- 26 Disability Domain and Its Determinants Among Elderly in Bukit Baru, Melaka, Malaysia



**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 glycaemic 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.