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Conclusion: From this study, it was concluded that there was no difference in terms of knowledge and attitude of fathers in the exclusive or non-exclusive breastfeeding group. However, mutual decision of parents on exclusive breastfeeding practice was an important determinant for exclusive breastfeeding practice. Previous exclusive breastfeeding experiences and mutual decision on exclusive breastfeeding practice were favourable factors for exclusive breastfeeding practice. However, working mothers and older fathers were considered as non-favourable factors for exclusive breastfeeding practice.

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Evaluation of the Knowledge of Individuals Related to Family Planning Methods Before Marriage

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Introduction: Family planning methods are important to lead a healthy life, especially for the mother as well as for children. The aim of this study was to find out the level of knowledge about family planning of the couples who are on the verge of getting married.

Methods: This study was performed by the Department of Family Medicine of Trakya University Medical Faculty in 136 couples who applied to the Edirne Municipality Marriage Office for marital procedure and accepted to take part in the study between June and September 2012.

Results: The mean age of the participants was 24.6 ± 3.7 years for women and 27.7 ± 3.8 years for men. This mean age also reflected the age at marriage for men and women. The mean age of marriage showed coherence with the data of developing countries. Concerning educational status, 52.2% of the couples were university graduates and 32% were higher secondary graduates.

Conclusion: 64.7% of the couples had no knowledge and education about family planning and 69.8% was unaware of any family planning method. 60.5% accepted that they had insufficient knowledge and education on family planning methods. There is a need to raise awareness in public about family planning under the guidance of healthcare providers.

Keywords: primary care, family planning, marriage

PP184

Adherence to Recommended Pap Smear Screening Guideline and Its Associated Factors Among Women at Klinik Kesihatan Bandar (KKB) Kota Bharu

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Introduction: Cervical cancer is the second most frequently occurring cancer among women in Malaysia and worldwide. Although the cervical screening programme had been started since the 1960s and is provided free in all government health facilities in Malaysia, the coverage and adherence rate to the recommendation among Malaysian's women remains to be low. This study aims to explore the adherence rate to pap smear screening guidelines and factors associated with non-adherence according to the Health Belief Model.

Methods: This was a cross-sectional study involving 316 women aged 20–65 years who had done the first pap smear at least 5 years ago and attended KKB Kota Bharu from January to April 2013. A self-administered questionnaire was used to obtain the socio-demographic characteristics, socio-health data and perceptions about cervical cancer and pap smear

Results: The proportion of non-adherence to pap smear screening was 90.5%. Age, marital status, duration of marriage, education level, employment, household income and number of children were not significantly associated with non-adherence. Women with low perceptions of susceptibility were significantly more likely to non-adhere to screening guidelines ($p = 0.002$). Perceived severity, perceived benefit, perceived barrier and cues to action did not show a significant association with non-adherence to pap smear screening.

Conclusion: Non-adherence to pap smear screening was high among women who attended KKB Kota Bharu. Socio-demographic characteristics did not have any influence on pap smear screening practice. Low perceived susceptibility was associated with non-adherence to pap smear screening guidelines. Therefore, health promotion should be targeted to increase awareness regarding risk factors for cervical cancer.

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Maternal Knowledge, Attitude and Practice Regarding Breastfeeding in Temerloh, Pahang, Malaysia

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Introduction: Although, breastfeeding provides the best nutrients for infants, the prevalence of practicing exclusive breastfeeding (EBF) for 6 months and continuing it up to 2 years varies from 75% to less than 20% in the Asia-Pacific region, while in Malaysia it was 23.7% in 2011. The aim of this study was to assess maternal knowledge, attitude and practices on EBF and continuing it up to 2 years, including influencing factors and reasons for discontinuation of breastfeeding before 2 years.

Methods: A cross-sectional study was conducted among 500 mothers of children aged zero to three years who attended the Maternal and Child Care Clinic, Temerloh, Pahang, between July and December 2012. A face-to-face interview was done by using a semi-structured, pre-tested questionnaire with open-ended questions to collect data. A cross-analysis was done to infer statistical significance of influencing factors that affect the pattern of breastfeeding in terms of age, occupation, educational level of the mother and socioeconomic status of family.

Results: Of the 500 mothers, 96% had knowledge regarding benefits of breastfeeding and sources of information were health personnel (45.1%), media (20%), family (16.3%) and friends (14%). All mothers agreed that breast milk is the ideal food for babies. Although 81% of them had early commencement of breastfeeding, the EBF rate and continuing breastfeeding up to 2 years of age were 37.2% and 34.5%, respectively. The reasons for discontinuing breastfeeding were no breast milk production (81.7%), working mother (63.4%), refusal to feed (46.2%), retracted nipple (14%), maternal sickness (13%) and others reasons (37.6%). Influence of maternal employment on EBF and monthly family income on continuing breastfeeding up to 2 years were significant ($p < 0.05$).

Conclusion: Although the EBF rate of Temerloh, Pahang was higher than the national rate, the ways to support mothers to achieve a higher EBF rate should be found.

Keywords: knowledge, attitude, practices, mothers, breastfeeding, up to 2 years, exclusive breastfeeding, Malaysia