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Conclusion: More Chinese met LDL-cholesterol treatment targets for compared to Malays and Indians. Diet habits and exercise were not associated with achieving treatment-targets**.**

Poster Abstract 4

Association between asthma control and healthcare expenditure: Results from a longitudinal study in a primary care setting

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Introduction: Asthma control can be assessed using instruments such as the Asthma Control Test (ACT). An ACT score of 20 or higher indicates good asthma control. Patients pay for their consultation and treatment in the fee-for-service primary healthcare system in Singapore. We hypothesised that achieving asthma control would result in lower asthma costs including reduced acute exacerbations, fewer physician consultations and lower lost productivity.

Objectives: The study quantifies the healthcare costs of patients who achieved asthma control, compared to those with suboptimal asthma control based on ACT scores. The factors influencing asthma control and healthcare expenditure over time were also examined.

Methods: 939 patients were enrolled into an asthma care program in two polyclinics at different times between 2004 and 2013. Direct cost of asthma management was derived from the frequency of polyclinic consultations, medication costs and hospitalization. Indirect costs were estimated from lost work-days due to exacerbations. The Generalized Estimating Equation (GEE) approach was used to model the longitudinal data to examine the factors associated with total healthcare expenditure.

Results: Patients with ACT of 20 or higher in a visit spent on average S$30 less per visit (p<0.01) (S$23 for males and $36 for females). Obese patients cost more than normal weight patients (S$21, p<0.01). Smokers incur higher costs than non-smokers (S$37, p<0.01). More severe asthma patients (measured by GINA) are positively correlated with higher total asthma costs. Indians have highest costs per visit, followed by Chinese and Malays. Males incur less cost than female patients.

Conclusion: Optimal asthma control was associated with reduced healthcare costs. An effective treatment regimen should also consider other modifiable factors such as smoking and weight control to achieve asthma control and eventually reduce asthma costs.

Poster Abstract 5

Attitude, knowledge and treatment practices of gout among doctors working in General out-patient clinics in Hong Kong

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Introduction: Gout is a common form of inflammatory arthritis, with a prevalence rate of 5-6% in Hong Kong. Previous studies in other places showed that the quality of care provided to gout patients was suboptimal. If the knowledge or treatment practices of doctors are suboptimal, further continuing medical education may be needed.

Objectives: This study aims to examine the attitude, knowledge and treatment practices of gout among doctors working in General Out-Patient Clinics (GOPCs) in Hong Kong.

Methods: This is a cross-sectional questionnaire survey. All doctors working in the GOPCs in Kowloon West Cluster of Hospital Authority in Hong Kong were included. The exclusion criteria excluded hospital-based trainees who only need to attend GOPCs once per week.

Attitudes, knowledge, treatment practices, continue medical education and demographic data of doctors were collected. The answers of each question about knowledge or treatment practices were marked to calculate a total score.

Results: A total of 107 questionnaires were distributed and 87 valid questionnaires were received. The response rate was 81.3%. The median mark for the part of knowledge was only 16 out of 36 marks and the median mark for the part of treatment practices was only 8 out of 30 marks. Knowledge was positively correlated to treatment practices with moderate strength of Spearman's correlation coefficient 0.592 (p <0.001). Reading journal articles (p=0.01) or guidelines (p <0.001) about gout correlated with better knowledge. Attending training about gout (p=0.005), reading journal articles (p<0.001) or guidelines (p <0.001) correlated with better treatment practices.

Conclusion: Many doctors had inadequate knowledge about gout and most doctors reported suboptimal treatment practices. It is crucial for family doctors to improve knowledge or treatment practices of gout by attending continuing medical training, reading medical journals and clinical guidelines.

Poster Abstract 6

Blood pressure control among treated hypertensive outpatients in Bintulu, Sarawak

Bau R[1], Jok L[1], Ayub A[2], Syafizah[2], Aida SN[1], Mazlan SNN[3], Gara MAA[2], Faira SNNA[1], Jalanan JMF[1]
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Introduction: In NHMS 2011, prevalence of hypertension for Malaysia was 32.7% with prevalence for Sarawak is 40.5%. Audits of government health clinic in year 2006 reported that only 28.5% of hypertensive patient had good blood pressure control.

Objectives: To determine the prevalence of blood pressure control among treated hypertensive patients in Bintulu, Sarawak, and its association with their sociodemographic and medical characteristics.

Methods: This is a cross sectional study done in three

government primary health care clinics in Bintulu, Sarawak. Systematic random sampling was used. Hypertensive patients' socio demographics, medical data and physical examination findings were recorded. Two blood pressure reading was taken and mean blood pressure ≤140/90mmHg considered having good control.

Results: 246 patients were involved in this study. Mean age was 54.9±11.8 years.

Majority respondents were females (63.0%), predominantly Iban ethnicity (72.4%) and 40.7% never go to school. Majority does not exercise (78.0%), 10.2% are smoker and 22.4% taking alcohol at least once a month. Forty-five percent had hypertension ≤5 years, 28.0% had diabetes, 65.5% had dyslipideamia and 1/3 had ≥3 diseases. Majority are taking Calcium-Channel-blocker (72.8%) and 63.0% were on combination therapy for their hypertension.

The prevalence of good blood pressure control was 51.6%. Factors related to good blood pressure control are: older age, regular exercise, shorter duration of having hypertension, taking CCB and having other chronic illnesses such as IHD and dyslipideamia.

Multivariate analysis found that regular exercise with duration of >30minutes per-session (p value 0.025, OR2.719, CI 1.134, 6.518) and those taking Calcium-Channel-blocker (p value 0.021, OR2.023, CI 1.134, 6.518) are the independent predictors for good blood pressure control.

Conclusion: Prevalence of good blood pressure control among treated hypertensive outpatient in Bintulu is 51.6%. Predictors for good blood pressure control are regular exercise with duration >30minutes each times and taking calcium channel blocker as one of the anti-hypertensive.

Poster Abstract 7

Evaluation of total body fat and visceral fat distribution according to age, gender and Body Mass Index (BMI) by Bioelectrical Impedance (BIA) among Hospital Seberang Jaya Staffs

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Introduction: Visceral fat also known as abdominal fat that explained as a type of body fat that exists in the abdomen and surrounds the internal organs. It is associated with serious health problems including cardiovascular disease, diabetes and hypertension if there is an excessive deposit.

Objectives: The study conducted is to observe the total body fat and visceral fat level distribution among Hospital Seberang Jaya staffs based on their age group, gender and BMI respectively.

Methods: A total of 112 of Hospital Seberang Jaya staffs' visceral fat level were measured by using Bioelectrical Impedance (BIA) machine from February 2015 until July 2015 regardless of their occupation, health status, age and gender.

Results: More than half of the staffs measured were in very high total body fat group (53.6%) which is defined as >25% for male and >35% for female. For the visceral fat level, high (10.0 – 14.5) and very high (15.0 – 30.3) group represents 24.1% and 18.8% respectively. More than half of the staffs (54.5%) belong to the overweight (25.0 – 30.0) and obese (>30) categories.There were significant correlations (p<0.01) between percentage of total body fat, visceral fat level and BMI in males and females. As for age, there was a significant correlation (plevel 10) group. They can be considered as high risk group that may lead to conditions such as hypercholesterolaemia, cardiovascular disease and type 2 diabetes. In order to prevent or improve these conditions, it is important to reduce the amount of visceral fat level to an acceptable level by changing the lifestyle, diet or supplement intake.

Poster Abstract 8

Impact of perceived social support on quality of life in patients awaiting for Coronary Artery Bypass Grafting (CABG) surgery

Soe T[1], Chong MC[1], Surindar KSS[2]
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Introduction: Perceived social support has been of concern among patients who are awaiting Coronary Artery Bypass Grafting (CABG) surgery, yet the level of social support and its effect on an individual's quality of life are inconclusive. This study aimed to survey perceived social support and its effect on quality of life in patients awaiting CABG surgery at Outpatient Department of National Heart Institute, Malaysia.

Methods: In this cross-sectional study, we surveyed perceived social support and its effect on quality of life in 317 patients awaiting CABG surgery at Outpatient Department of National Heart Institute. All participants completed the 12-item Multidimensional Scale of Perceived Social Support (MSPSS) and 26-item World Health Organization Quality of Life (WHO- QOL) questionnaires.

Results: Out of 317 respondents, 242 (76.3%) patients reported poor quality of life. However those aged between 31-50 years and Chinese patients reported significantly higher quality of life as compared to other groups with p-value of <0.05 in ANOVA test. Perceived social support was positively correlated with their quality of life in Pearson correlation test. A linear regression analysis confirmed that there was an association between perceived social support and quality of life with r-value of 0.59.

Conclusion: Evidence indicates that patients who perceived receiving social support while awaiting for their CABG surgery had better quality of life. The results from this study can facilitate health care personnel to design an appropriate structured pre-operative assessment on social support and education program for patients awaiting CABG surgery to improve their quality of life.

Poster Abstract 9

Oral Variant Erythema Multiforme-A Case Study

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Introduction: Erythema multiforme can present as a single mucosal oral lesion without skin target lesions. It is important to identify and distinguish oral erythema multiforme from other ulcerative disorders involving the oral cavity for early management and most importantly because subsequent attacks can produce more severe forms of erythema multiforme involving the skin.

Case Description: An 11 years old girl presented to her general practitioner with fever, sore throat and painful ulcers on her lips. On day 11 after she was started on Carbamazepine for newly

diagnosed epilepsy, she complained of sore throat that was associated with low-grade fever. There was no rash on her trunk or limbs. Full blood count, liver function test and electrolytes were all within normal limits. Her fever increased progressively over the next 5 days and her lips became progressively red, swollen and painful. She was admitted to hospital and was immediately rehydrated with intravenous normal saline. She was also given intravenous amoxicillin- clavulanic acid and oral acyclovir. Carbamazepine was stopped. Her fever settled within 24 hour after admission. However, the ulcers progressed to pan-mucositis of her mouth and throat. Subsequent serological testing for Herpes simplex and Mycoplasma pneumoniae were negative. She recovered over the following 6 days.

Discussion: This case highlights some learning points to clinicians. All patients started on carbamazepine should be warned about possible drug reactions and to stop the drug immediately if there is any fever, oral ulcers or skin rash. There is a strong association between the HLA-B*1502 allele and carbamazepine-induced SJS and TEN in Han-Chinese, Thai, and Malaysian populations. HLAB* 1502 genotyping is highly recommended for all Asians prior to the use of carbamazepine. Such HLA testing is mandatory in Hong Kong, Taiwan and Singapore.

Poster Abstract 10

The effectiveness of pictorial based self-management among adult asthmatics in a primary care health clinic: a randomised controlled trial

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Introduction: Self-management asthma education should be delivered in an easy and comprehensible manner for successful utilisation. Pictograms have been shown to improve patients' understanding of asthma management among population with low literacy level. We tested this in a suburban population in Malaysia.

Objectives: To determine the effectiveness of a pictorial based asthma self-management towards asthma control

Methods: This was a non-blinded, single centre randomised trial. Sixty-two adult asthmatics attending a government primary care clinic in suburban Selangor and taking preventive inhaled corticosteroids were randomised into two groups: pictorial based self-management (*n*=31) or conventional care (*n*=31). The pictorial based group received a ten minute individualised counselling session on pictorial based self-management plan. The main outcome measures were improvement in asthma control test (ACT) scores, number of hospitalisations, unscheduled health care visits and absenteeism after three months of follow up.

Results: A total of sixty-two participants were analysed. Both groups had improvement of asthma control within the follow up period. However, there was no significant difference in the asthma control (ACT score change) between the intervention and control group with their median ACT score (IQR): 22(4) vs 21(4), p=0.391, respectively. The mean difference of ACT score from baseline (SD) were 2.2(3.2) vs 1.3(4.6) p=0.354, respectively. The control group had one hospitalisation and two absenteeism whereas the intervention group had none. No significant statistical difference was observed in the number of unscheduled healthcare visits among the two groups.

Conclusion: Pictorial based self-management did not offer any advantage over the conventional method in a suburban Malaysian population

Poster Abstract 11

Views of primary care doctors in managing patients with chronic low back pain: A qualitative study

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Introduction: Chronic low back pain (CLBP) is a common and often difficult to treat condition. There is a lack of studies on the challenges faced by primary care doctors in managing patients with CLBP.

Objectives: To explore the views and experiences of primary care doctors in managing patients with CLBP.

Methods: This was a qualitative study involving 23 primary care doctors using focus group discussions (FGD). The Theory of Planned Behaviour was used as a framework to develop the topic guide. Data were collected through audio-recorded interviews, transcribed verbatim and checked for accuracy. Data saturation was reached by the third FGD. Another FGD was included to ensure completeness, giving a total of four FGDs. A thematic approach using the one sheet of paper (OSOP) method was used to analyze the data.

Results: Matching of doctors and patients goals were perceived as being a predictor of satisfaction with the clinical consultation. Participants perceived that managing patients with CLBP was difficult because they were unable to meet patients' expectations such as requests for investigations and medical certificates. Managing CLBP elicited strong emotions, which were mainly negative, among the primary care doctors.

Conclusion: There were many challenges faced by primary care doctors in managing CLBP at individual level. Interventions to improve CLBP management should target identified barriers.

Poster Abstract 12

A clinical audit on type 2 diabetes mellitus care in UiTM primary care clinic

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Introduction: Evidence-based T2DM management in primary care as recommended by clinical guidelines is important to detect the condition early and to delay diabetes-related complications.

Objective: To assess the adequacy of T2DM management in UiTM Primary Care Clinic in relation to the current clinical practice guideline (CPG) recommendations.

Methods: A clinical audit was conducted in UiTM Primary Care Clinic in July 2015. A list of T2DM patients who attended the clinic from July 2014 to June 2015 were retrieved from the electronic medical record system. Only those who were seen at least twice by the postgraduate family medicine doctors in the last 1 year were included. Patients who have T1DM were excluded. Approximately 20% of the T2DM who fulfilled