

Malaysian Family Physician

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Official Journal of the Academy of Family Physicians of Malaysia
and Family Medicine Specialist Association

Empowering Primary Care Towards Universal Health

1st-4th August 2018
Ipoh Convention Center, Perak

**Empowering Primary Care
Towards Universal Health**

1st-4th August 2018 • Ipoh Convention Center, Perak



2018 Volume 13 Supplement 1
PP2089/12/2012 (031677)
ISSN :
1985-207X (Print)
1985-2274 (Electronic)



CONTENTS

Poster Abstracts

- 1 **Active case detection of leprosy among indigenous people in Sarawak, East Malaysia**
Maurice Steve Utap, Andrew Kiyu
- 2 **How good is breast self-examination techniques among health clinic attenders in urban areas in Terengganu?**
Norwati D, Wan Suliana WS, Siti Norazlina J, Harmacy MY
- 3 **Knowledge and attitude on colorectal cancer and screening among primary care providers in west Malaysia**
Norwati D, Harmacy MY, Norhayati MN, Amry AR
- 4 **Knowledge and attitude on colorectal cancer and screening among private general practitioners in Kelantan, Malaysia**
Masliza Y, Faridah MZ, Nani D, Harmacy MY, Norwati D
- 5 **Identifying electrocardiogram changes among athletes in a primary care setting**
Farnaza A, Rizmy Najme K, Ilham Ameera I, Mohamed Syarif MY, Noorhida B, Hasidah AH, et al
- 6 **Quality of life among infertile individuals in Malaysia: How do we fair against other Asian countries?**
Farnaza A, Suzanna D, Ani Amelia Z, Roszaman R, Zaliha I, Abdul Kadir AK, et al
- 7 **Quality of life and comorbidities among elderly attending a wellness program at a primary care clinic**
Nor Aliah MN, Syuhaidah S, Siti Hajar MZ, Izzuddin K, Tengku NA, Noor Harzana H, et al
- 8 **Individualized glycaemic targets among Type 2 Diabetes Mellitus (T2DM) patients in Klang district health clinics**
Rizawati R, Salbiah MI, Norasmita N, Sharifah Norsuhaida SAK, Noor Azreen M
- 9 **Prevalence of diabetic peripheral neuropathy among type 2 diabetic patients in primary care kota tinggi district**
Nur FA, Farah NJ, Lokman AR, Norlizah P, Dewi JMN
- 10 **Clinical Audit on Patient Waiting Time in The Primary Care Clinic**
Aida J, Ambigga Devi SK, Ng KK, Maizatullifah M, Hasliza AH, Dalyana H
- 11 **Patients' acceptance with family doctor concept clinic (FDC) in Klinik Kesihatan Seri Tanjung**
Mohd Azlan MA, Rosmiza A
- 12 **Two Case Series of Diagnosing Smear Negative Pulmonary Tuberculosis in Patients with Diabetes Mellitus**
Phan AP, Ruzita M, Harmacy MY, Muhammad Hamdi Suki
- 13 **Tinea Imbricata: A Case Report In An Aboriginal Boy in Malaysia**
Kang PS, Ng YM, Tang JJ
- 14 **The Family Medicine Specialist Grooming Program in Negeri Sembilan**
Mastura I
- 15 **The Impact of Parental Perinatal Depressive and Anxiety Symptoms on Newborn Low Birth Weight**
Sakinah MR, Mohd Aznan MA, Hashima EN
- 16 **Retroviral disease (RVD) patients' management in public primary health clinics in Selangor - where are we in ending AIDS?**
Logakodie S, Ho BK, Azahadi O, Salmah N, Vickneswari A, Fuziah P, et al
- 17 **Prevalence of non-alcoholic fatty liver disease (NAFLD) among adult patients in UiTM primary care clinics**
Hayatul Najaa M, Anis Safura R, Hilwati H, Mariam M, Zahirah T

Introduction: Athletes are at risk of sudden cardiac death (SCD). The 12-lead electrocardiogram (ECG) is reliable in identifying potential cardiac abnormalities in the screening of athletes. The aim of this abstract is to identify the ECG pattern changes among athletes during a 'pre-participation' screening.

Methods: A 'pre-participation' screening for athletes was conducted in a primary care specialist clinic from the 1st-28th February 2018. The screening was based on the Football Association Medical (FAM) proforma which includes cardiovascular risk e.g. blood pressure, fasting sugar, lipid profile, ECG and Echocardiogram. The ECG patterns are analyzed based on the International criteria for electrocardiographic interpretation in athletes and divided into normal versus abnormal changes. The descriptive data was analyzed using SPSS v24.

Results: A total of 85 athletes participated in the screening. The mean age is 20.11 ± 2.996 . The mean pulse is 55.22 bpm, systolic pressure (123.66 mmHg) and diastolic pressure (70.55 mmHg). Normal "athlete's heart" changes are 80%, and abnormal are 20%. The normal ECG changes are lead III, V1 T-inversions (72%), J-point elevation (58%) and incomplete RBBB (4.7%). The abnormal ECG changes are Multiple leads T-inversions (5.9%), Hypertrophy (2.4%), prolonged PR interval (3.5%) and deep Q waves (8.2%). Echocardiogram abnormalities are found in 7.1% athletes with one consistent with apical hypertrophy. Abnormal Echocardiogram are significantly consistent with abnormal ECG with $p < 0.05$.

Conclusion: To reduce SCD among athletes, physicians should be trained in ECG interpretation to distinguish between normal physiological changes from abnormal findings suggestive of pathology.

Poster Abstract 6

Quality of life among infertile individuals in Malaysia: How do we fair against other Asian countries?

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Introduction: Infertility problems has been shown to reduce quality of life and can affect a person's overall health and well-being. The Fertility Quality of Life (FertiQoL) questionnaire has been translated into Malay and has been showed to have good properties with consistency in validity and reliability.

Objectives: This is the first study conducted in Malaysia to measure the QoL among infertile individuals and to compare with other Asian countries.

Methods: This is a cross sectional study and was conducted among those who attended four major public fertility clinics in Malaysia. A demographic details were collected and participants

answered the FertiQoL (Malay) questionnaire consists of 4 Core domains with 24 questions for measuring Quality of life. Data was analyzed using SPSS v24. Ethical approval was obtained from the University Ethics Committee.

Results: A total of 395 participants were analyzed with mean age of 33.18 ± 4.45 SD. 57.2% were female and 82.5% were Malays with 7.6% Chinese, 7.6% Indian and 2.3% others. The total Core FertiQoL scores are 74.68 (14.35) and are divided into Mind-body 77.56 (17.55), Emotional 70.26 (18.98), Relational 77.32 (17.19) and Social 73.56 (15.74) domains. This total score is higher in comparison to other Asian countries such as Indonesia 70.05 (13.36), Pakistan 52.17 (13.13) and Taiwan 55.12 (13.72)

Conclusion: Malaysians with infertility have good quality of life in comparison to other Asian countries. However, the ability to assess and refer for counseling is crucial for those who need it within primary and secondary care settings.

Poster Abstract 7

Quality of life and comorbidities among elderly attending a wellness program at a primary care clinic

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Introduction: Presently, quality of life among the elderly is receiving increased attention. There are multiple factors influencing quality of life in the elderly. Some of these factors include health, co-morbidities and socio-demographic profile.

Objectives: This study was designed to estimate the quality of life, comorbidity and the socio-demographic profile amongst the elderly attending a wellness program at Pandamaran Health Clinic.

Methods: This was a cross-sectional descriptive study conducted by face-to-face interview among individuals aged ≥ 60 years attending a wellness program at Pandamaran Health Clinic from March 2016 – March 2018. To detect the quality of life CASP19 questionnaires was used. The questionnaires were age specific and were used to assess quality of life in the elderly. Data was analyzed using SPSS 21.

Results: Hundred twenty-four older people volunteered in the program. The mean age was 68 ± 5 years and they were mostly females, 85(68%). The mean score of CASP 19 was 42. Common co-morbidities included diabetes mellitus, 71(56.8%), hypertension 88(70.4%), heart disease 20(16%), stroke 13(10.4%), respiratory problem 21(16.8%), visual problem 73(58.4%), hearing problem 44(35.2%), dental problem 38(30.4%), incontinence 31(24.8%) and cancer 6 (4.8%). About 72(57.6%) had poly-pharmacy issues, 48(38.4%) had nutritional issues, 31(24.8%) had sexual problems, 45(36%) had history of fall(s), 75(60%) had physical inactivity, 21(16.8%) were current and ex-smokers.

Conclusions: Comorbidities in the elderly are multiple and may affect the quality of life. A structured health program in the community may improve the quality of life. Further study is needed to see the outcome of such intervention.