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PROGRAM BOOK

4th Health Research Colloquium 2019

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THE 4th HEALTH RESEARCH COLLOQUIUM 2019
All Seasons Jakarta Thamrin

BOOK PROGRAM

THE 4th HEALTH RESEARCH COLLOQUIUM 2019
Makara Journal of Health Research
23 November 2019| All Seasons Jakarta Thamrin

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LIST OF ABSTRACTS

Obesity and Mental Well Being Among School Children

Mohd Said Nurumal, Rohulizzat Zainal Abidin, Wisam Nabeel Ibrahim,
Muhammad Lokman Md Isa, Muhammad Kamil Che Hasan

Kulliyyah of Nursing International Islamic University Malaysia

ABSTRACT

Background: Overweight and obesity among children are now on the rise for many countries especially in the metropolitan. This non-communicable disease could lead to depression. **Objectives:** This study was conducted to measure obesity and depression among school children in Kuantan. **Methods:** Three different primary schools in Kuantan were chosen randomly by giving a modified and self-administered questionnaire about depression. Their body mass index (BMI) and body fat percentage (BF%) were calculated based on their weight, height, neck, hips, and waist measurements. Data were analysed using SPSS version 20.0 and the Chi-square and correlation test was conducted for the variables. **Results:** A total of 300 school children involved showed that 14.3% of the children were underweight, 37.7% were normal, 11.0% were overweight and 37.0% were obese. Statistically, there was no association between obesity and ethnicity as well as obesity and gender. There was a significant association between obesity and age. There was a significant association between obesity and depression among children. There was also a strong correlation between BMI and BFP among the children. **Conclusion:** Our findings suggest the need for strategies and further research to reduce the tendency of obesity and depression among children.

Key words: Obesity, mental well-being, depression, school children

Cervical Cancer Awareness and Acceptance Regarding Cervical Cancer Vaccination Among the Females of Punjab, Pakistan

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ABSTRACT

Background:

This study was conducted to evaluate about the cervical cancer knowledge, its screening, prevention and acceptance towards the vaccination among the females reported in gynae OPD of Lady Willingdon hospital, Lahore, Pakistan. **Method:** A cross-sectional self-administered paper-based questionnaire was carried out from 2016 to 2018. Convenient sampling included 200 females attending the gynae OPD of Lady Wallingdon hospital Lahore, Punjab. **Results:** Extreme lack of knowledge is seen regarding the risk factors associated with cervical cancer and availability of cervical cancer vaccine (99%). A significant association ($p > 0.005$) was noted among the level of education and cervical cancer awareness, its mode of transmission and screening test. **Conclusion:** Knowledge and perception regarding cervical cancer and its vaccine among the females of Punjab, Pakistan were inadequate. Efforts should be emphasized for the prevention and control of cervical cancer in Pakistan through establishing proper strategies like health education programs regarding cervical cancer awareness, prevention, its screening and vaccination through health care providers and media support.

Key words: Cervical cancer; Vaccination; HPV; Cervical Cancer; Screening; Pap smear

**The Viability Effect of Cancer Cell Line in Media Added with
Fucose**

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ABSTRACT

Background: Fucose has potential in various application such as cosmetic, pharmaceutical and dietary supplement. Fucose is a hexose deoxy sugar which the fundamental subunit of the seaweed polysaccharide, fucoidan. The fucose is similar to the other type of monosaccharides which important in providing the energy for every cell in the body. The fucose could be consumed either by the healthy or cancer cell. Yet the information related to pattern of cancer versus healthy cells in consuming fucose is still insufficient. Therefore, this study aimed to evaluate the viability pattern of human cancer and normal cell lines treated with fucose. **Methods:** The human gingival fibroblast (hGF), colorectal adenocarcinoma (HT29) and skin malignant melanoma (A375) cell lines were cultured and treated with additional fucose with three respective concentration; 1 mg/ml, 5 mg/ml, 10 mg/ml. Then, the cell viability was measured by using MTT-assay. The data were analysed by using Statistical Package for the Social Sciences software. **Results:** The pattern of the percentage of viability for hGF cells showed rapid decline after day 1 of treatment. Both HT29 and A375 are capable to survive with the high fucose condition. The data were highly significant with *p*-value is less than 0.001. **Conclusion:** The high fucose concentration could be toxic to the hGF. Meanwhile, the HT29 and A375 have the potential to adapt in hyperglycaemic condition.

Key words: Monosaccharide, hGF, HT29, A375, fucose, cancer, hyperglycaemic.

The roles of intra-household gendered dominance in unmet need for family planning across Myanmar

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ABSTRACT

Background: Unmet need for family planning in Myanmar (estimated 15.8 percent by the UN in 2017) is relatively high compared to other South East Asia countries. Moreover, Social Institutions and Gender Index in Myanmar is very high and cultural norms promote childbearing. Thus, this paper was conducted to examine role of intra-household gendered dominance (IGHD) in unmet need for family planning across Myanmar to set more effective intervention for family planning. **Methods:** The study utilized secondary data from 2015-16 MDHS. Total 7652 married women in reproductive age (MWRA) were included and 16 percent of them had unmet need for family planning. Binary Logistic Regression Analysis was conducted to examine the association of each explanatory variables with outcomes variables. **Results:** IGHD factors which are decision on women's health and women's attitude towards wife beating are significantly associated with unmet need. Moreover, socio-economic factors which are place of residence and women's education level have significant impact on unmet need as well. **Conclusions:** Based on the findings of this study, the government of Myanmar should address dominance of social and cultural gender norms by conducting gender equality awareness campaign and family planning program should target to reach rural and uneducated women.

Key words: intra-household gendered dominance, married women in reproductive age, Myanmar, unmet need for family planning

Chronic Constipation among Community-Dwelling Older People in the East Coast Region of Peninsular Malaysia

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ABSTRACT

Background: This study aimed to investigate the prevalence, symptoms and factors associated with chronic constipation among community-dwelling older people in the East Coast region of Peninsular Malaysia. **Methods:** A cross-sectional study was conducted in four selected health clinics using stratified cluster sampling. A face-to-face interview was carried out among the elderly outpatients, in order to complete a structured questionnaire. **Results:** A total of 400 participants were included in the study. The mean age was 68.7 ± 6.4 , and 55% of the cohort were women. The prevalence of chronic constipation was 32.3% among the sample population. The most common symptom was 'sensation of incomplete evacuation' (63.6%), and none of the participants reported having 'less than three defecations per week', 'straining', or 'lumpy or hard stool'. Educational level ($p = 0.005$), number of defecations per week, stool form, time spent for defecation and abdominal bloating were significantly associated with chronic constipation ($p < 0.001$). **Conclusions:** Chronic constipation was common in older people and associated with a low educational level. Recognition of symptoms was predominantly based on clinical features of constipation and will require the healthcare providers to consider these factors in their routine assessment of older people.

Key words: Associated factors, elderly, constipation, symptoms, Malaysia

**CAREGIVER BURDEN FROM CARING FOR DEPENDENT
ELDERLY IN YANGON, THE REPUBLIC OF THE UNION OF
MYANMAR**

May Zun Naing, Sein Yaw May, Min Htike Aung

Community Health Nursing Department University of Nursing

ABSTRACT

Background: Elderly population and well-being of those are emerging as major challenges for families and communities. This study aimed to identify caregiving burden among caregivers who care for dependent elderly. **Methods:** A cross sectional descriptive study was conducted in Tharkayta Township, Yangon, Myanmar. Total 200 caregivers were selected applying multi-stage sampling method and structured questionnaires were used to collect data. Dependent score of elderly was assessed by using Barthel Index of activities of daily living (ADL) and assessment of caregiver burden through Zarit Burden Interview. **Results:** The results showed that over one fifth of caregivers 21.5% had experienced severe burden, 39.5% had experienced moderate burden, 32.5% had experienced mild burden and only 6.5% had experienced no/little burden. Among elderly population, 11.5% were fully dependent, 40.0% were highly dependent, 46.0% were semi dependent, and only 2.5% were almost independent. Burden of caregivers and dependent score of elderly were negatively correlated ($\beta = - 0.247, p = 0.000$) and statistically significant association between age group and burden level ($X^2 = 17.335, p = 0.008$). **Conclusions:** This study highlighted that community health nurses should emphasize on health education activities regarding caregivers training and home visit program for elderly and their caregivers.

Key words: Caregivers, Burden, Dependent Elderly

Oral Health Related Quality of Life in Stroke Survivors Under Long Term Rehabilitative Care : A Pilot Study

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ABSTRACT

Background: To assess the oral health related quality of life (OHR-QoL) of stroke survivors after discharge from hospital. **Methods:** This cross-sectional study involved post stroke patients who received regular rehabilitative care under family medicine specialist in a government primary care clinic. Patient demographic information were obtained. The oral health related quality of life (OHR-QoL) parameters were measured using validated and translated EuroQol five dimensions questionnaire (EQ-5D-5L) and Oral Health Impact Profile-14 (OHIP 14). **Results:** A total of 31 subjects with Barthel index (BI) less than 70 and stabilised stroke condition participated in this study. 71% of the subjects were not smokers. Close to three quarter (74%) of them presented with two or three co-morbidities. Most of the patients had no or slight problem(s) in 'self-care' (87.1%) and in carrying out 'usual activities' (57.1%) based on specific questions posed. 19% of the subjects self-admitted to having severe problem in mobility. There were not many subjects who reported severe pain/discomfort (3.2%) and anxiety/ depression (6.5%). Mean of total OHIP score was 22.03 (SD=6.07). Domains of 'physical disability', 'psychological disability', 'social disability' and 'handicap' showed low mean scores, indicating good state of oral health related quality of life. **Conclusion:** Stroke survivors perceived good oral health related quality of life under regular rehabilitative care.

Key words: Post stroke, general health, oral health, functional limitation, health care.

The Impact of Dental Caries on Oral Health Related Quality of Life amongst Adult Population in Pakistan

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ABSTRACT

Background: Dental caries in adults is a public health problem. A comprehensive assessment of the association between caries and Oral Health Related Quality of Life (OHRQoL) measures is essential for understanding how it impacts the daily life of people and for assessing their oral health needs. **Methods:** The survey was conducted at Rashid Latif Dental Hospital, from March-June 2019. A total of 373 adults aged 18-80 years were randomly enrolled in the study. Dental caries was the main exposure, measured clinically. The OHRQoL was measured through Oral Impacts on Daily performance (OIDP) questionnaire. Caries was dichotomized and the relationship to OHRQoL was determined. **Results:** The results showed that 87.6% of the people presenting to the hospital had one or more carious teeth. Difficulty eating, and relaxing/sleeping were among the top reported impacts. Adults with caries showed higher odds for reporting higher oral impacts compared to those without caries. For every added carious tooth, there is 1.38 increase in OIDP score. **Conclusion:** Individuals with caries were more likely to report more frequent and severe oral impacts that manifested into their daily lives through difficulty eating or relaxing. OIDP score increased linearly with increased exposure to caries.

Key words: OIDP, Caries, Adults, Oral conditions, Lahore

The experiences of parents and caregivers of children with disability on Community-Based Rehabilitation (CBR) services in Malaysia: A qualitative Study

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ABSTRACT

Background: The rehabilitation programme for disabled children is provided through CBR services by an initiative of the Department of Social Welfare Malaysia. This long-term programme needs commitment and compliance which relates to the quality of services experienced by parents and caregivers. Thus, the purpose of this study was to explore the experiences of the parents and caregivers of disabled children on the CBR services. **Methods:** This qualitative study utilised in-depth interview sessions held from March 2015 until May 2015. Fifteen parents and caregivers who had disabled children participating in the CBR programme were selected using purposive sampling method. All recorded conversations were transcribed verbatim and analysed using Atlas.ti version 8.0. The thematic analysis was used for identifying, analysing, and reporting the data obtained. The themes that emerged were read, re-read, and peer-checked until the researcher agreed on the thematic representation of the data. **Results:** Six major theme emerged from this study, including CBR activity, Facilities, Environment, Communication, Programme impact, and Management impact. **Conclusion:** The majority of the parents and caregivers had good experiences with the CBR services. However, several aspects could be given further attention to improve the CBR quality and to sustain its services for disabled children.

Key words: Parents and caregivers, view, experience, Community-Based Rehabilitation (CBR), rehabilitation, disabled children.

The effect of moisturizer contains 5% aloe vera extract on skin hydration status of diabetic patients

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ABSTRACT

Introduction: Xerosis is a skin complication of diabetes mellitus that often occurs. Giving moisturizers to the skin of patients with diabetes mellitus needs to be done to prevent further complications. There are no studies that examine the benefits of aloe vera on the xerosis skin hydration status of people with diabetes mellitus. **Objective:** This study aimed to determine the effect of moisturizers containing 5% aloe vera extract on the skin hydration status of xerosis patients with diabetes mellitus. **Methods:** This study was a double blinding randomized controlled trial (RCT) using time series design on 93 respondents with a sampling technique using consecutive sampling. Each respondent measured the hydration status of the stratum corneum before being given a moisturizing application and after being given the application. Posttest measurements were carried out 1 hour, 2 hours, 3 hours, and 7 days later. Data analysis using Wilcoxon signed rank test, independent t-test, and Anova. **Results:** There were significant differences between the values of the pretest and posttest hydration status in both the control and aloe vera groups. Moisturizers containing aloe vera extract 5% significantly improve skin hydration status better than controls. Observations on the difference in the value of hydration status between control group and aloe vera group showed that the mean difference of the aloe vera group was greater than control group. **Conclusion:** Moisturizers containing aloe vera extract 5% are effective for xerosis skin care for patients with diabetes mellitus and can be a therapeutic choice for treating skin disorders.

Key words: diabetes mellitus, xerosis, aloe vera, hydration status

**The Impact of Religion on the healthcare professionals interaction
with adolescents in Malaysia**

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² Division of Nursing, Midwifery and Social Works, Faculty of Biology, Medicine and Health, The University of Manchester, United Kingdom

ABSTRACT

Adolescents are influenced by their surroundings and this may also include their sexual behaviour or the societal responses to this type of behaviour. It is therefore essential to understand the complexity surrounding the religious and socio-cultural disapproval of premarital sex from the perspectives of healthcare professionals. This qualitative study was aimed to explore the impact of religion on healthcare professional's interaction with adolescents about sexual and reproductive health. An interview topic guide was applied for in-depth interview with thirty-two healthcare professionals of several health clinics in Malaysia. The data was transcribed and entered into NVivo 11 software. Thematic analysis was used for data analysis. The pseudonyms were used when referring to the direct quotation from the interviews to maintain anonymity. The findings show that some of the healthcare professionals incorporating Islamic beliefs into sexual health education session. This study also highlights the strategies used by the healthcare professionals (discourse on risk, being selective, maintaining their own honour) when providing the sexual health services to adolescents. These findings revealed how religion perpetuate a 'moral' approach in the provision of sexual health services may negatively impact on adolescents' access to healthcare system.

Key words: sexual and reproductive health, adolescents, religion, healthcare professionals, risks

Meaning of life in the elderly with the chronic disease living with family: A Qualitative Study

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ABSTRACT

Many elders should undergo lifelong treatment caused by chronic illness. The older condition with chronic disease will cause symptoms that affect the physical, psychological, social and spiritual aspects. Spirituality plays an essential role in health conditions and social relationships so that the Elders can felt the meaning of life when the individual could see the wisdom of life events experienced. The purpose of this research to explore the old experience with chronic illness to their meaning of life. This research was using descriptive phenomenology method to 13 older with chronic illness by using thematic analysis of Collaizi. The meaning of elderly living with a chronic illness are (1) submitting to God; (2) the destiny of God; (3) taking care until death; (4) guarantee for health finance, (5) replacing role; and (6) see child or grandchild development while in dealing with chronic illness. The elderly with chronic illness be able to get the meaning of living positively with family support. Families are expected to facilitate the meaning of old living with chronic illness in order to support the fulfilment of the spiritual needs of the elderly.

Key words: Chronic disease, Elderly, Family support, Meaning of life, Spiritual

In Vitro Investigation Towards the Effect of Excessive Consumption of Glucose on The Cancer Cell Line

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ABSTRACT

Background: Glucose provides the energy for every cell in the body either healthy or cancer cell. It is very difficult to claim that glucose can increase the cell proliferation activity of the cancer cells. However, glucose is associated with the weight gain which subsequently increase the risk factor of getting cancer. The information on the effect of high glucose concentration on cell lines is insufficient. Therefore, this study aimed to evaluate the viability pattern of human cancer and normal cell lines are treated with glucose. **Methods:** The human gingival fibroblast (hGF), colorectal adenocarcinoma (HT29) and skin malignant melanoma (A375) cell lines were cultured and treated with additional glucose with three respective concentration; 1 mg/ml, 5 mg/ml, 10 mg/ml. Then, the cell viability was measured by using MTT-assay. The data were analysed by using Statistical Package for the Social Sciences software. **Results:** The pattern of the percentage of viability for hGF cells showed rapid decline after day 1 of treatment. Both HT29 and A375 are able to survive with the high glucose condition. The data were highly significant with p-value is less than 0.001. **Conclusion:** The high glucose concentration could be toxic to the hGF. Meanwhile, the HT29 and A375 have the potential to be adaptive to the hyperglycaemic condition.

Key words: Monosaccharide, hGF, HT29, A375, glucose, cancer, hyperglycaemic.