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## ABSTRACTS

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## ID 1. Investigating Self-medication Practice among Pregnant Women in Kuantan, Pahang

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**Introduction:** Pregnancy has been associated with discomfort and several health issues that may prompt self-medication. Although various reasons and types of self-medication among pregnant women have been reported worldwide, little is known whether this practice is common among pregnant women in Malaysia. **Objectives:** The study aimed to investigate the practice and factors of self-medication among pregnant women in Kuantan, Pahang. **Materials and Methods:** A cross-sectional survey was conducted by distributing a validated self-administered questionnaire among pregnant women who attended prenatal check-up at the International Islamic University Malaysia Medical Centre Kuantan, Pahang. Data was analysed using Statistical Package for Social Sciences version 22. **Results:** A total of 80 pregnant women participated in the study over a period of five months which accounted for 80% of total sample size. The range for age was 23–45 years and gestational age was 12 – 39 weeks. Most of them had experienced their symptoms such as fever and flu at home but only 32.5% (n=26) practiced self-medication, whereas 67.5% (n=54) did not agree without consulting doctors. Participants took modern medicines (18.75%, n=15), health supplements (76.2%, n=61) and herbal products (5%, n=4). Self-medication was practiced by women who took modern medicines (n=3), health supplements (n=19) and herbal products (n=3). Factors that influenced self-medication were information from the internet (70%), friends (53.75%), articles/books (40%), family members (41.25%) and media (33.75%). **Conclusion:** Self-medication occurred among pregnant women and involved various types of products. Intervention to improve this practice is required to prevent associated risks of adverse outcomes in pregnancy.

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deviation (RMSD) on cross docking method. The reported metabolites from *Zingiberaceae* plants was docked on HIV-1 protease, integrase and reverse transcriptase protein enzymes. **Results:** The docking result showed that the genera of *Zingiber*, *Etilingera* and *Alpinia* have potential metabolites that inhibit HIV protease, integrase and reverse transcriptase enzymes by possessing lower docking energy than native ligand of amprenavir, raltegravir and nevirapin, respectively. Among the metabolites, noralpendenoside B and alpendenoside A from *Alpinia densespicata* inhibited protease enzymes with the lowest docking energy of -18.02 and -17.90 kcal/mol, respectively. Meanwhile, zingiberanol from *Zingiber officinale* showed the lowest docking energy on integrase protein and pahangensin A from *Alpinia pahangensis* Ridley exhibited the lowest docking energy on reverse transcriptase enzyme with docking energy of -11.69 and -13.76 kcal/mol, respectively. **Conclusion:** This docking molecular study has identified the possible potential compounds from *Zingiberaceae* plants that might be used as anti HIV-1. So, this study suggested for further isolation and purification of the predicted compounds.

**Keywords:** Docking, HIV, integrase, protease, revers transcriptase, zingiberaceae

#### **ID 108. Determination of Vitamin C (Ascorbic Acid) Content From Orange Fruits (*Citrus reticulata* Blanco) Based on Temperature and Storage Time Using UV Visible Spectrophotometer**

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**Introduction:** West Sumatera Province in Indonesia produces three types of fruit. They are orange, mangosteen and banana every year. Orange fruit is one of favorite fruit because it is rich of Vitamin C, good taste and affordable prices. There are many ways of storing the orange fruit. Some people put it in refrigerator and others stored at room temperature. Then, the other people may eat orange fruit directly or store for several days. The different of those treatments may effect the Vitamin C content. Based on these two reasons, the research about Vitamin C content based on temperature and storage time had been conducted. **Objectives:** The purpose of this research was to determine the effect of temperature (refrigeration temperature/15°C and room temperature/30°C) and storage time (1, 3 and 7 days) toward Vitamin C content in orange fruit. **Materials and Methods:** The orange fruit was squeezed, filtered and diluted for 100 times. All prepared solution of orange fruit had been measured with Spectrophotometer UV Visible at maximum absorption wavelength 264 nm. **Results:** The results obtained there was a decrease of Vitamin C content in orange fruit based on different temperature and storage time. The orange fruit was stored in refrigeration temperature has decreased more than orange fruit that stored at room temperature. Then, orange fruit which storage in 7 days decreased more than orange fruit that stored for 3 days. **Conclusion:** In conclusion, the different of temperature and storage time have effect on the Vitamin C content.

**Keywords:** *Citrus reticulata* blanco, orange fruit, storage time, temperature, vitamin C

#### **ID 109. Self-medication Practice among Final Year Students of a Governmental University: A Comparison between Medical and Non-medical Students**

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**Introduction:** Self-medication is defined as any usage of the medications without having any proper diagnosis, consultation and prescription from a healthcare practitioner. **Objective:** This study aimed to determine the prevalence and pattern of self-medication among undergraduate final year students, and to compare the prevalence and pattern of self-medication between medical and non-medical final year students. **Method:** A cross-sectional study was conducted among final year students (4 medical programmes and 1 non-medical programme) from International Islamic University Malaysia, Kuantan Campus. A pre-validated questionnaire was distributed to 300 students in October 2016. Chi-square test was used to compare between medical and non-medical students. **Results:** 225 medical and 63 non-medical students (science programme students) answered the questionnaire. The mean age was 23.23 0.733 years. More than half of the participants (61%) practiced self-medication with no significant difference between medical and non-medical students (60.9% Vs 61.9%;  $P = 0.884$ ). The most common reasons of self-medication in both groups was "a previous experience with similar problem"; with fever being the most self-treated condition followed by flu/cold. The majority of both groups (89.9%; 92.1%) acknowledged the necessity of consulting a certified medical practitioner before taking any medications. However, only 69.3% of the non-medical students believed that self-medication could be harmful compared with 89.3% of the medical students ( $P < 0.001$ ). **Conclusion:** The prevalence of self-medication practice among medical and non-medical students was high and there was also a lack of awareness about its harm among non-medical students.

**Keywords:** Medical students, non-medical students, self-medication

#### **ID 110. The Potential Effect of Ketapang (*Terminalia cattapa*) Leaf Extract as Co-chemotherapy Agent of Doxorubicin on Breast (T47D) and Cervix (HeLa) Cancer Cell Lines**

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**Introduction:** Doxorubicin is one of the chemotherapy agents frequently used for curing breast and cervix cancer. Unfortunately, it has a severe negative effect; it is necessary to have co-chemotherapy to reduce the adverse reaction. To