

E-BOOKS



TITLE: Cardiovascular Risk Assessment and Glycaemic Control among Type-2 Diabetes Mellitus Patients at Selected Primary Care Clinics (KK) and Diabetic Specialist Clinic (Hospital-based) in Kuantan

SYNOPSIS: Cardiovascular risks assessment and good glyceimic control are important for better risk reduction management in preventing and improving CVD outcomes. The Ministry of Health (Malaysia) has carried out tremendous efforts in improving diabetic care in primary and hospital settings. This research book revisits the current situation on cardiovascular disease risk assessment and glyceimic control at both hospital-based and primary care clinics.

AUTHOR:

Asst. Prof. Dr. Faiza Abdullah

EDITORS:

Asst. Prof. Dr. Faiza Abdullah

Professor Dato' Dr. Mohd Basri Mat Nor

FORMAT: E-book

PRICE: FREE

eISBN: 978-967-19135-9-8

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RESEARCH BOOK

**CARDIOVASCULAR RISK ASSESSMENT
AND GLYCAEMIC CONTROL AMONG
TYPE-2 DIABETES MELLITUS PATIENTS
AT SELECTED PRIMARY CARE CLINICS
(KK) AND DIABETIC SPECIALIST
CLINIC (HOSPITAL-BASED) IN
KUANTAN**

DR FA'IZA ABDULLAH

CARDIOVASCULAR RISK ASSESSMENT AND GLYCAEMIC CONTROL AMONG TYPE-2 DIABETES MELLITUS PATIENTS AT SELECTED PRIMARY CARE CLINICS (KK) AND DIABETIC MELLITUS SPECIALIST CLINIC (HOSPITAL-BASED) IN KUANTAN

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Editor:

Asst. Prof. Dr. Faiza Abdullah
Professor Dato' Dr. Mohd Basri Mat Nor

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Published by:

Malaysian Integrated Medical Professionals Association (MIMPA)

Reg. No.: PPM-007-12-13092013

No 15 1st Floor Block H, Ruang Singgahmata 4,

Asia City, PO Box 16125,

88869, Kota Kinabalu, Sabah

e-ISBN

e ISBN 978-967-19135-9-8



AUTHOR BIOGRAPHY



FA'IZA ABDULLAH is a lecturer with the Department of Family Medicine, Kulliyyah of Medicine, International Islamic University Malaysia. She obtained her FRACGP qualification as Family Medicine Specialist in the year 2016 from the Royal Australian College of General Practitioners (RACGP) and Malaysia Academy Family medicine (MAFP). Her research interests include non-communicable diseases and mental health at the workplace. Presently she is a fellow of the Royal Australian College of General Practitioners (RACGP), a fellow of the Academy of Family Physicians Malaysia (FAFP), and a member of the Malaysian Primary Care Research Group (MPCRG). She held a position as head of IIUM Family Health Clinic from 2017 until 2021 and is currently an office-bearer of the Malaysia Medical Association (MMA) Pahang Branch. As a clinical lecturer, she actively does research and writes health cases. She is also active in the Malaysia medical association organizing scientific meetings for doctors and conveying health information to the public as a guest on Radio PahangFM and moderator for public forums.

BACK PAGE

Cardiovascular risks assessment and good glycemic control are important for better risk reduction management in preventing and improving CVD outcomes. The Ministry of Health (Malaysia) has carried out tremendous efforts in improving diabetic care in primary and hospital settings. This research book revisits the current situation on cardiovascular disease risk assessment and glycemic control at both hospital-based and primary care clinics. Assessments for CVD risks were found sufficient except for BMI calculation and waist circumference measurement. Hypertension and obesity were highly associated with T2DM. Both clinics have a small percentage of diabetes targets achieved, indicating the need for more enforcement to strengthen both pharmaco- and non-pharmacotherapy, hence will also improve the BP and lipid profile targets. Assessment and counselling on exercise, weight reduction, smoking status; dietician, and ophthalmologist referral should be performed on every T2DM patient for better risk reduction management.

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