

# Malaysian Family Physician

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



*Embracing  
Primary Care Evolution,  
Upholding Core Values*

**23RD FAMILY MEDICINE  
SCIENTIFIC CONFERENCE**  
22rd - 25th September 2021 • Kuala Lumpur



2021 Volume 16 Supplement 1  
PP2089/12/2012 (031677)  
ISSN :  
1985-207X (Print)  
1985-2274 (Electronic)



# About MFP

The *Malaysian Family Physician* (MFP) is the official journal of the Academy of Family Physicians of Malaysia (AFPM). It is jointly published by the Family Medicine Specialist Association (FMSA) of Malaysia. The MFP is published three times a year. It also started an Online First section in January 2021, where accepted articles are published online ahead of the issue.

**Goal:** The MFP is an international journal that disseminates quality knowledge and clinical evidence relevant to primary care. The journal acts as the voice of family physicians, researchers and other members of the primary care team on clinical practice issues.

**Scope:** The MFP publishes:

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  2. Important learning points
  3. Relevant to family practice
- iii. Invited debate, commentary, discussion, letters, online, comment, and editorial on topics relevant to primary care.
- iv. A Moment in the Life of a Family Physician – We encourage submission of a short narrative to share perspectives, voice, views and opinions about a family physician's experience that has affected their practice or life. This moment should be a reflective piece of fewer than 500 words in length.

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**Circulation:** The journal is freely available online.

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 Dr. Nor Azam Kamaruzaman  
 Family Medicine Specialist and Lecturer  
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**Conclusions:** In conclusion, there is a need to highlight the knowledge on HIV/AIDS through health education programme especially among adolescent group. There is necessity to tailor suitable awareness school-based campaigns in disseminating information and education on HIV/AIDS as it can act as starting point for young people for a better understanding.

## Poster Abstract 2

### Long Term Benefit of a Targeted Diabetes Education Program: The KK Chini Experience

Nor Azam K<sup>1</sup>, Bustamanizan B<sup>2</sup>, Asyikin Z<sup>3</sup>, Hafizah P<sup>3</sup>

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**Introduction:** An effective diabetes education may empower the patient in reinforcing self-care and a healthy lifestyle. We aim to evaluate the one-year outcome of an education program on a targeted group of diabetic patients at a primary health clinic.

**Methods:** This is a cohort survey recruiting poorly controlled diabetic patients into a locally designed education program at KK Chini, Pahang. The four-hour program consists of empowering the small group of 5-6 patients with self-care practices given by doctor, diabetes educator, nutritionist, occupational therapist, and pharmacist. The cohort of 37 patients participated in 2017 and 2018 with complete record were included in this study. All relevant diabetes management information before and one year after the program were obtained and analysed using SPSS 24.0 version.

**Results:** All participants were Malays and residents of FELDA's settlement. Men (68.6%) and elderly aged > 60 (65.7%) formed the majority. The mean age of participants was 60±7. Before the program, mean HbA1c level was 9.8% and a significant reduction in mean HbA1c of 1.2% was shown one year after the program. For the same duration of time, there were no new incidence of co-morbidities (hypertension, dyslipidemia, overweight) or diabetic complications (CVD, eye, foot, CKD), and no significant changes in fasting blood glucose, serum creatinine and body weight was found among these patients. In term of treatment, the total dose/day of diabetic medications (ODAs, insulin) received at pre, and one-year post-program also showed no significant difference.

**Conclusion:** Diabetic education program which is structured, multi-disciplinary and targeted on poorly controlled patients was shown to be beneficial in a one-year outcome without the need for intensification of therapy.

## Poster Abstract 3

### Association Between Screen Time and Sleep Among Children Between 3 to 6 Years Old

Foo SX<sup>1</sup>, Marina AN<sup>2</sup>, Aparna M<sup>3</sup>, Afaaf E<sup>4</sup>, Amy Pakiam DJy<sup>5</sup>, Hew SY<sup>6</sup>, Verna Lee KM<sup>7</sup>, Fa'iza A<sup>8</sup>

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**Introduction:** It is very common now for very young children to be exposed to electronic devices. They require sufficient sleep for brain development, learning and character building. Excessive screen time may reduce their total duration and quality of sleep. To determine the association between screen time and sleep problems among children aged 3-6, specifically bedtime resistance, sleep anxiety and daytime sleepiness.

**Methods:** We conducted a cross-sectional study on 252 parents with children aged 3-6, attending four government clinics in Kuala Lumpur and Putrajaya from July-December 2019. Parents reported their socio-demographic data, type of gadgets and child's screen-time. Sleep problems were assessed using the validated and pilot tested Children's Sleep Habits Questionnaire (CSHQ) in English and Malay. Spearman's correlation was used to assess association of mean screen time with sleep duration, total CSHQ score and the specific subtypes of sleep problems.

**Results:** The commonest used gadget was television (97.8%) and mobile phones (73.2%). Mean daily screen time is 5.4 ± 3.7 hours and mean total sleep duration is 9.9 ± 1.64 hours. The mean age of first exposure to electronic devices is 28 months, mean total CSHQ score 55 (range 44-76) and mean sub-score for bedtime resistance, sleep anxiety and daytime sleepiness are 13.2, 8.0 and 12.8, respectively. Bivariate analysis revealed weak relationship between total screen time and sleep duration (R= -0.08, p=0.23), CSHQ (R=0.078, p=0.24), bedtime resistance (R=0.056, p=0.398), sleep anxiety (R=0.003, p=0.963) and daytime sleepiness (R= -0.149, p=0.02).

**Conclusion:** Despite high total CSHQ scores, our study showed no significant association between screen time and sleep problems among these children.

## Poster Abstract 4

### Prevalence of Depression Among Type 2 Diabetes Mellitus Patients in Selected Primary Care Clinics in Perak and Its Associated Factors

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**Introduction:** Diabetes mellitus (DM) is becoming increasingly prevalent worldwide and is often associated with depression due to multiple factors. The primary objective of this study was to determine the prevalence of depression



