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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. Up to December 2022, the MFP published three issues per year. It also started an Online First section in January 2021, where accepted articles are published online ahead of the issue. Starting from January 2023, the MFP is adopting continuous publication as soon as each article is ready for publication. This is to ensure knowledge is disseminated in a timely manner.

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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 1. Novel aspects
 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.
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of loneliness (AOR = 5.30; 95% CI: 1.14–24.57; $p = 0.033$). Higher educational attainment was protective, while multiple comorbidities were associated with increased odds (AOR = 1.76; 95% CI: 1.00–3.09; $p = 0.050$). Other factors were not significant.

Conclusion: Loneliness is highly prevalent among elderly residents in FELDA communities. Targeted interventions focusing on social support, educational engagement, and chronic disease management are crucial to mitigate loneliness and improve well-being among the elderly.

Keywords: Loneliness, Elderly, FELDA

Clinical Study / Trial_16

Adherence to Clinical Practice Guidelines in Managing Hypertensive Patients with Cardiovascular Diseases in Gombak, Selangor: Prevalence and Associated Factors

#FMSC2026-032

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Introduction: Hypertension is a major modifiable risk factor for cardiovascular diseases, significantly contributing to global morbidity. In primary care, adhering to clinical guidelines is essential for effective management. This study used a validated evaluation to determine the prevalence of guideline adherence and identify associated factors in a high-risk subpopulation already living with cardiovascular disease.

Methods: This cross-sectional study reviewed 455 hypertensive patients with CVD (2020–2023) across Gombak, Malaysia. A multistage sampling method (weighted stratified and systematic) was used to ensure representative data collection, and adherence was evaluated using JL Milchak's validated adherence framework aligned with guideline recommendations. Multivariate logistic regression identified factors associated with adherence, while subgroup analysis examined its impact on blood pressure (BP) control.

Results: A high prevalence (79.1%) of adherence to the 5th hypertension guideline was found. This adherence is significantly associated with smoking risk factor (odds ratio, OR = 2.26, 95% CI: 1.12, 4.53, $p = 0.021$) and stroke as a CVD type (OR = 0.51, 95% CI: 0.28, 0.92, $p = 0.026$). However, the overall association between CPG adherence and blood pressure (BP) was not significant. In sub-analysis, BP control was higher in Category B among guideline-adherent (66.7%) compared to non-adherent (63.9%), while Category A showed lower BP control (45.5%) among adherents.

Conclusion: High adherence failed to improve blood pressure control, with smoking and CVD type affecting results. Addressing systemic barriers, such as polypharmacy, is crucial. Integrating standardised registries with individualised care in primary settings is essential to translate guideline compliance into improved outcomes.

Keywords: Adherence, Clinical Practice Guideline, Blood Pressure Outcome

Clinical Study / Trial_17

Prevalence of Primary Sarcopenia among Community-Dwelling Older Adults in Seberang Perai Utara District, Penang and Its Associated Factors

#FMSC2026-035

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Introduction: Sarcopenia is an age-related decline in skeletal muscle mass, strength, and physical performance, associated with adverse outcomes such as frailty, disability, and mortality. This study aimed to determine the prevalence of primary sarcopenia and its associated factors among community-dwelling older adults in Penang, Malaysia.

Methods: A cross-sectional study was conducted among adults aged ≥ 60 years in Seberang Perai Utara, Penang, using convenience sampling. Sarcopenia was diagnosed based on the Asian Working Group for Sarcopenia (AWGS) 2019 criteria based on muscle mass, muscle strength, and physical performance. Sociodemographic data, comorbidities, and physical activity levels (IPAQ short form) were collected. Logistic regression analysis was performed to identify associated factors.

Results: A total of 226 participants were included. The overall prevalence of sarcopenia was 32.7%, comprising 17.7% with sarcopenia and 15.0% with severe sarcopenia. Multivariate analysis showed that increasing age was independently associated with higher odds of sarcopenia (adjusted OR 1.096, 95% CI 1.017–1.181). In contrast, higher body mass index (adjusted OR 0.778, 95% CI 0.703–0.861) and greater physical activity levels (adjusted OR 0.954 per 100 MET-min/week, 95% CI 0.925–0.983) were associated with lower odds of sarcopenia.

Conclusion: Sarcopenia is highly prevalent among older adults in this community. Increasing age is a key risk factor, while higher body mass index and physical activity are protective. Targeted interventions promoting active lifestyles and healthy body composition are essential to reduce the burden of sarcopenia.

Keywords: Sarcopenia, physical activity, older adult

Clinical Study / Trial_18

Prevalence of Prediabetes and Its Associated Factors among Adults Attending Outpatient Primary Health Clinic in Kuantan Pahang

#FMSC2026-040

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Introduction: Prediabetes is a major public health concern due to its risk of progression to type 2 diabetes and related complications. Early identification of risk factors is essential for timely prevention. This study aimed to determine the prevalence of prediabetes and its associated factors among adults attending a primary health clinic in Kuantan, Pahang.

Methods: A cross-sectional study was conducted among 180 respondents. Sociodemographic, clinical, and lifestyle data were collected using a structured questionnaire. Blood glucose status was categorized as non-diabetes or prediabetes. Descriptive statistics summarized the data, while independent t-tests and Chi-square tests were used for bivariate analysis. Variables with $p < 0.25$ were included in multivariate logistic regression to identify independent predictors. Statistical significance was set at $p < 0.05$.

Results: The prevalence of prediabetes was 8.3%. The mean age of respondents was 33.37 ± 12.31 years. Bivariate analysis showed that age ($p = 0.038$), waist circumference ($p = 0.018$), and psychological status ($p = 0.041$) were significantly associated with prediabetes. Logistic regression analysis revealed that increasing age (AOR = 1.051, 95% CI: 1.002–1.103, $p = 0.040$), central obesity (AOR = 4.779, 95% CI: 1.004–22.751, $p = 0.049$), and depression (AOR = 5.283, 95% CI: 1.070–26.084, $p = 0.041$) were significant predictors.

Conclusion: Despite the low prevalence of prediabetes, increasing age, central obesity, and depression were significant predictors. These findings emphasize the need for early screening and targeted interventions on weight management and mental health.

Keywords: prediabetes, risk factors, primary care

Clinical Study / Trial_19

Knowledge, Attitude, and Practice of Exclusive Breastfeeding among Mothers in Kerian District

#FMSC2026-052

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Introduction: The exclusive breastfeeding rate in Malaysia is low despite its significant health benefits for both infants and

mothers. This study aims to determine the prevalence of exclusive breastfeeding practice up to 6 months post-delivery and factors associated with it.

Methods: A cross-sectional study was conducted between 3rd March and 29th May 2025, across 11 government health clinics with maternal and child care service in Kerian district. Using convenience sampling, a validated self-administered questionnaire was given to mothers with infants aged 6 to 12 months. The data were analyzed using Chi-square tests, Mann-Whitney tests, and multivariate logistic regression.

Results: A total of 402 mothers participated in the study. The prevalence of exclusive breastfeeding practice up to 6 months in Kerian district was 67.4% (271/402). Multivariate logistic regression identified maternal occupation, intention to breastfeed and knowledge as significant predictors for exclusive breastfeeding practice. Housewives had higher odds of exclusively breastfeeding compared to mothers working in the private sector or self-employed (AOR=1.867). Mothers who had the intention to exclusively breastfeed were significantly more likely to do so (AOR=3.373). Higher breastfeeding knowledge scores were significantly associated with practice of exclusive breastfeeding (AOR=1.063).

Conclusion: The prevalence of exclusive breastfeeding in the Kerian district (67.4%) is approaching the global target of 70%. Because maternal unemployment, breastfeeding intention, and high breastfeeding knowledge are strong predictors of this practice, the researchers recommend strengthening prenatal breastfeeding education and providing targeted support for working mothers to encourage continued breastfeeding.

Keywords: Exclusive breastfeeding, 6 months, Kerian district

Clinical Study / Trial_20

Exploring the Unmet Needs of Women with End Stage Renal Failure on Haemodialysis in Primary Care Settings: A Qualitative Study

#FMSC2026-054

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Introduction: Women with end-stage renal failure (ESRF) on haemodialysis experience complex physical, psychological, and social challenges, yet care in Malaysia remains predominantly centred in dialysis units rather than in the community. The needs of this group of women have been largely neglected, with little emphasis placed on supportive interventions that might assist and support them in their ongoing care. The aim is to explore the unmet needs of women with ESRF on haemodialysis in Malaysia and to identify opportunities for primary care doctors to better support their ongoing care, well-being, and family and social roles.

Methods: This qualitative study explored women's perceived needs, support received, and unmet needs from initiation of dialysis onwards. Semi-structured interviews were conducted with 21 women with ESRF from six dialysis centres, recruited through