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BULLETIN—CRC MELAKA Vol.

RESEARCH THAT MATTERS TO PATIENTS

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FOREWORD



Datuk Dr. Teoh Siang Chin
Director of Health, Melaka State

Dear Colleagues and Researchers,

It gives me great pleasure to provide the foreword for this, the very first issue of CRC Melaka Bulletin. During the first five years, of its existence, the fledgling CRC has outperformed expectations. There has been a marked awareness and realization of the value of research as an activity to improve patient care. Thus it is timely that the bulletin is started to document and record all research activities in the state of Melaka. The contents will showcase the various research activities, from the different disciplines which have been recognized and presented at scientific meetings and specialist conferences.

Clinical research plays a vital role for the healthcare sector to offer new advancement in disease management and a wider and better choice of treatment modalities for our community. The Ministry of Health has vast experience and depth in service delivery and recently has strengthened training programs for a multitude of certificate, diploma, undergraduate and post graduate qualifications for various categories of medical personnel. Additionally, we need to involve our staff in clinical research to complete the three pillars of a center of medical excellence – service, education and research. The rewards are immense for healthcare organizations which invest in their future through research.

This inaugural publication of CRC Melaka Bulletin further cements the commitment of the healthcare professionals in Melaka to participate in research. I want to thank and congratulate the team at the CRC Melaka for this effort which will be significant milestone in our journey to research excellence. We all look forward for further editions of this research publication.

Datuk Dr. Teoh Siang Chin

"There has been a marked awareness and realization of the value of research as an activity to improve patient care."

Opening of new CRC building

Our new CRC building in Hospital Melaka was officially launched on 5th November 2012 by Dr. Chua Hong Teck , Director of PEMANDU (Healthcare & Low Income Households)



Right to left: Dr Goh Pik Pin, Dr Abdul Raof, Dr Chua Hong Teck, Dr. Kauthaman



Our services in CRC Melaka

- **Support in conducting research**

1. **NMRR Registration**
2. **Statistical Consultation (Friday 3pm - 5pm at CRC Melaka)**
3. **Free usage of original SPSS version 20**
4. **Research Grant Application**
5. **Site coordinators and Research Assistants to help investigators**
6. **Arrangements and liason with sponsors, Contract Research Organisation (CRO), Clinical Research Associates (CRA) for conducting clinical trials initiated by the Pharmaceutical or Device Manufacturing Industry**
   - ⇒ **Feasibility Request Identification**
   - ⇒ **Site Selection Visit**
   - ⇒ **Trial Contact Review**
   - ⇒ **Site Initiation Visit**
   - ⇒ **Recruitment of Subjects**

- **Coordinate patient registry**

- **Clinical Research Training**

1. **How to write research proposal**
2. **Registering your project in National Medical Research Registry (NMRR)**
3. **Using statistics in analysing your data**
4. **How to write up your research for publication**
5. **Tips on Oral And Poster Presentations**
6. **Good Clinical Practice (GCP) certification for potential researchers**

Facilities

1. **Blood taking , centrifuging, packaging, shipment analysis**
2. **Vital Signs Monitoring including weight, waist circumference and BMI**
3. **Electrocardiogram (ECG)**
4. **Lung Function Test**
5. **Consultation Rooms for Subject examination**
6. **Waiting Room for Consultation**
7. **Subject Education**
8. **Communication via Interactive Voice Response System (IVRS) and Interactive Web Response System (IWRS)**
9. **Investigation Product Storage and Dispersing**
10. **Storage and Retrieval of trial related records**
11. **Frozen Sample Storage (-30℃ Medical freezer)**
12. **Meeting Arrangement for Site Monitors, Auditors and Inspectors**
13. **Internet and Wifi accessibility at 1 megabyte speed**

Contributors
This bulletin serves to record all research activities in Melaka.
Please email to Melaka@crc.gov.my

Contents of this bulletin is available on
http://mohcube.moh.gov.my

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Association between psychosocial factors in the work place and work related upper limb disorder (WRULD) among nurses at health clinic in Malacca

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(First Prize Winner of Oral Presentation in Melaka Research Day 2011)

Introduction & Objectives

Work related upper limb disorder (WRULD) represents one of the most common occupational problems in nursing The objective of the study are to determine the prevalence of work related upper limb disorder (WRULD) and its risk factors especially psychosocial factors in workplace among nurses in health clinic.

Methodology

A cross-sectional study was conducted among nurses working at the Health Clinic in Malacca from July 2007 to September 2007. Data was collected using self-administered questionnaires .

Results

The response rate was 91.9% (n=285). Prevalence of WRULD among nurses for the past 12 month was 55.8% (n=159). Generally the commonest parts having the WRULD were the shoulder (40%) followed by neck (38.9%), hand/wrist (26.3%) and elbow (5.6%). Significant factors associated with WRULD were stress [Adjusted OR 1.92, 95% CI (1.06, 3.48), *P-value <0.001] and work load [Adjusted OR 1.21, 95% CI (1.08,1.35)].*

Conclusion

This study has established that there is a high prevalence of WRULD among nurses in the health clinic. This high prevalence is associated to psychosocial factors in the workplace. Recommendations proposed to prevent WRULD among nurses should take into account psychosocial intervention.

RESEARCH 2011

"High prevalence of work-related upper limb disorder among nurses."

Evaluation Of Stress, Anxiety, Depression, Work Satisfaction And Its Associated Factors Among Pharmacy Staff In Hospital Melaka

Noorazlinda Yacob, Department of Pharmacy, Hospital Melaka
(Third Prize Winner of Oral Presentation in Melaka Research Day 2011)

Introduction & Objectives

The pharmacy profession in Ministry of Health (MOH) is currently experiencing major changes in practice development. This aim of this study was to determine the level of stress, anxiety, depression and job satisfactory among pharmacy staff and to explore the associated factors determining these levels.

Methodology

A cross-sectional self-administered survey was conducted in Pharmacy Department Hospital Melaka from 1 August 2011 to 12 August 2011.Demographic data was collected using specified data collection form and stress, anxiety and depression score was assessed using a previously validated DASS score.

Results

Responses were received from 111 out of 151 distributed questionnaires (73.51%). Overall mean score for stress, anxiety and depression was 8.6, 6.52 and 5.41 respectively. Those with multi-tasking job were reported to have higher mean score for stress, anxiety and depression (13, 13 and 12 respectively). Job position as attendant, works in store pharmacy and in patients unit, those without working experience and those with multitasking job were significant factors in determining stress, anxiety and depression score. Majority of staff (62.4%) satisfied with their current practice.

Conclusion

Overall, pharmacy staffs in Hospital Melaka were satisfied with their current positions and had reported stress, anxiety and depression within the normal level. Finding from this study might help the top leaders to improve job satisfaction among hospital pharmacy staff and could assist in retention of current employees or attracting the recruitment of new ones.



A Qualitative Study Exploring Perceptions Among Quit Smoking Clinic (QSC) Defaulters Towards Qsc Service Provision In The State Of Malacca, Malaysia

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Presented at
1) Second Prize Winner of Oral Presentation in Melaka Research Day 2011
2) 14th ISPOR Annual European Congress in Madrid, Spain on November 8th, 2011.
3)15th World Conference On Tobacco or Health (WCOTH) 2012.

RESEARCH 2011

Introduction & Objectives

Considering the recognized smoking hazards and cessation benefits, it is expected that smokers' intention to quit and their access to public-funded cessation programmes should lead to a high participation rate and thus culminate in successful cessation intervention. However, it was found that there was no correlation between the initial enrolment rate for smoking cessation programmes and the eventual quit rate due to the significant default rate. In Malaysia, the average default rate of government-funded cessation clinics was 51.8% at 24 weeks of follow-up [1]. This default rate, interpreted as negative treatment outcome, affects the cessation services' design and delivery since substantial resources are spent on engaging this subgroup of smokers. Thus, this qualitative study aimed to explore the reasons for dropping out after initial contact at the QSCs among defaulters who remained smoking, taking into account the barriers encountered and the smoking and cessation beliefs of the smokers.

Methodology

Drawing from the patients' register at two different QSC settings; one managed by a team of physicians, medical assistants and nurses while another is seen by pharmacists, 15 current adult smokers were interviewed face-to-face, from May 2010 to March 2011. The smokers were at least eighteen years old and able to converse in English, Malay or Mandarin and had attended the programme between 2008 and 2010 but defaulted after less than six months. Smokers who had concomitant addiction to other substances of abuse and underlying psychiatric disorders were excluded. The smokers were sampled purposively based on age, gender, ethnicity, education level, occupation and their nicotine dependence level. Each smoker received MYR50 honorarium. Informed consent was obtained prior to each interview. All interviews lasted for 60-90 minutes. The semi-structured interviews focussed on smoking, cessation and QSC. Interviews were audio-recorded and transcribed verbatim. The non-English transcripts were subsequently translated to English. Thematic analysis was employed to group similar codes into specific categories, sub-themes and subsequently, these formed the themes of this study. A coding framework was then utilized to code the remaining transcripts.

"Overall the barriers encountered comprised of lack of skills and poor attitudes in the healthcare providers and the perceived unavailable and ineffective SCA provided."

Results

This heterogeneous subgroup of smokers revealed shared ambivalence towards smoking and cessation, indicating underlying unreadiness to quit and low self-efficacy. The dynamic interaction between components of QSC; the degree of relationship established between the healthcare providers and the efficacy and availability of smoking cessation aids (SCA) were perceived as extrinsic motivational cues to enable these smokers to quit. Overall the barriers encountered comprised of lack of skills and poor attitudes in the healthcare providers and the perceived unavailable and ineffective SCA provided.

Conclusion

It is necessary to optimize the interplay of extrinsic motivational cues to steer these smokers to quit using the QSC approach. This study underlines the need to address a tailored stepped-care approach in relation to gender and socio-economic status, encompassing a wider stance in the tobacco control policy.

RESEARCH 2011

Perception and Knowledge of Patients Who Are Undergoing Methadone Maintenance Therapy (MMT) In Hospital Melaka

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First Prize Winner of Poster Presentation in Melaka Research Day 2011

Introduction & Objectives

Negative perceptions or misinformation regarding methadone may lead to poor compliance to methadone maintenance therapy (MMT). Thus, this study is aimed to assess the knowledge and perception regarding methadone among patients in Methadone Clinic of Hospital Melaka and to identify factors associated with compliance to MMT.

Methodology

A cross-sectional study was conducted from February to April 2011 to explore patients' knowledge and perception towards MMT, using self-reported questionnaires. Association between compliance with knowledge and perception was analysed using chi-squared test.

Results

A total of 102 subjects were included in this study. More than 80% of the subjects showed good response on questions related to the benefits gained from MMT. But a considerable proportion of subjects were still not aware of the side effects associated with MMT. Generally, subjects have good perception regarding methadone. No significant difference was observed between compliance level with patients' knowledge and perception (*p value 0.583* and *0.605* respectively). The only factor found to be associated with compliance is duration in MMT. Subjects with duration in MMT for more than one year were 24% more likely at odds of having a good compliance compared to those with duration less than one year (*p=0.048*).

Conclusion

The overall result obtained for both knowledge and perception assessment is not significant ($p>0.05$). However, based on the current perception and knowledge of methadone patients in Hospital Melaka, further effort can be done by providing counselling to improve their self-awareness and confidence to MMT.

Prevalence Of Access Block In Emergency Department, Hospital Melaka

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Second Prize Winner of Poster Presentation in Melaka Research Day 2011

Introduction & Objectives

Access block is defined as a situation where patients unable to gain access to an inpatient bed from emergency department within a reasonable timeframe. Patients were kept in emergency department instead of receiving inpatient care in wards due to various reasons for example shortages of beds, bed preparation and ambulance unavailability. Excessive numbers of admitted patients in emergency department will affect the safety and quality of emergency care. Adverse incidents such as medication errors and missed diagnostic tests will increase. In view of that, we analyzed the prevalence of access block on year 2008 in setting of Malacca Hospital.

Methodology

This was a retrospective analysis of data from the monthly census of Emergency and Trauma Department, Hospital Melaka for the calendar years 2008. Admitted patients in emergency department were observed. Time spent lodging in emergency department before gaining access to respective wards were noted down by staff nurses in charged on daily basis. The daily data was then compound to be monthly census of emergency department. Analysis on the monthly census was done to study the waiting hours of admitted patients in emergency department Hospital Melaka.

Results

We studied 38384 emergency department attendances. Throughout year 2008, 27177 patients (70.8%) gained direct admission to the ward, whereas 11207 patients (29.2%) waited for inpatient bed in emergency department. Out of the 11207 patients, 3198 (29%) patients were admitted within 2 hours, where as 4662 patients (42%) were admitted to the respective wards in 2-6 hour. In other words, 35037 patients (91.3%) of total admission gained access to inpatient bed within 6 hours. 3073 patients (27%) waited 6 – 12 hours in emergency department for inpatient bed. Patients who waited for 12-24 hours for inpatient beds were 274 (2%)

Conclusion

Less than 9% of total emergency attendances in Malacca Hospital waited more than 6 hour before gaining access to inpatient bed. None the less, negative effects of access block to health care system should be aware of and precaution should be taken to prevent its occurrence.

Impact of pharmacist role in analgesic prescribing in Orthopaedic Ward, Hospital Melaka

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Department of Pharmacy, Hospital Melaka
Presented at Melaka Research Day 2011

Introduction & Objectives

Analgesics has been used widely among patients in the orthopaedic ward as they are commonly associated with pain. Effective analgesic therapy is important to enhance patient's quality of life and it also may helps in the physical therapy. Main objective of this study is to assess the impact of pharmacist role in the usage of analgesic agents in Orthopaedic Wards, Hospital Melaka by identifying the types of analgesic prescribing errors and also to compare the rate of analgesic prescribing errors in orthopaedic ward with pharmacist and without pharmacist

Methodology

The study was conducted in all Orthopaedic Wards, Hospital Melaka (D1, D2, D3 and D4). It is an observational prospective study where medication profiles of patients were reviewed to detect any analgesic prescribing errors that occurred. Any errors that have been detected were classified into types of errors provided for this study and then, they were analyzed using SPSS 17.0 Software for comparison of errors that occurred in the orthopaedic wards with pharmacist and without pharmacist.

Results

There are ten types of errors in analgesic prescribing have been detected during the study. The highest frequency type of error that occurred is adverse effects (31 errors, 31%), followed by inappropriate prescribing (25 errors, 25%) and wrong frequency (23 errors, 23%). %). The lowest frequency type of error that has been detected during the study is wrong drug and wrong route (3 errors, 3%). Total numbers of errors that have been detected in orthopaedic ward with pharmacist and without pharmacist were found to be significantly difference by -1.500 (p-value 0.00 and 95% CI -1.839, -1.161). Among all types of errors that occurred; errors of wrong dose, wrong frequency, contraindication, polypharmacy, inappropriate prescribing, adverse effects and illegible handwriting are significantly different when comparing orthopaedic ward with pharmacist and without pharmacists (p-value < 0.05).

Conclusion

Visibility and accessibility of pharmacist in orthopaedic wards help to reduce medication errors in prescribing analgesics to the patients as well as preventable adverse effects.

Antiretroviral Therapy In Hospital Melaka

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Presented at Melaka Research Day 2011

Introduction & Objectives

In 2010, a total of 33.4 million people are living with Human Immunodeficiency Virus (HIV) worldwide, whereby Malaysia contributed 90,000 for this cohort. Highly active anti-retroviral therapy (HAART) is one of the major breakthrough that has benefited human race. We hope to illustrate the demographic of the patient who have attended the Retroviral Disease Medication Therapy Adherence Clinic (RVD MTAC) in year 2011 and to demonstrate the HAART regimes used for these patients.

Methodology

Patients who have visited RVD MTAC for HAART exploration and adherence counselling between 1 January 2011 and 31 July 2011 were included into this study. Their demographic data were captured together with the HAART regime. The data were analyzed using Microsoft Excel 2007.

Result

A total of 86 adults with mean age 40.3±11.1 years have attended our RVD MTAC during the study period. Our population mainly consists of Malay (70 %) and Chinese 20.9%. Approximately 61.6% (53) of the patients are of male gender. Majority of the patients is married upon diagnosis and nearly three quarters of them are staying with the family members. More than 90% of this population was started on first line regime with two nucleoside reverse transcriptase inhibitors (NRTIs) plus one non-nucleoside reverse transcriptase inhibitors (NNRTIs). Combination of (zidovudine + lamivudine + efavirenz) comprises 36% of the population followed by (stavudine + lamivudine + efavirenz) with 24.4%.

Conclusion

Melaka has the similar demographic pattern with the global data in term of disease burden. The productive age groups are affected more with majority of them are male. The main regime used in Melaka is zidovudine plus lamivudine plus efavirenz, as suggested by WHO guideline.

The outcomes of pharmacists' intervention during Diabetes Medication Therapy Adherence Clinic in type II diabetic patient

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Pharmacy Department, Hospital Melaka
Presented at Melaka Research Day 2011

Introduction & Objectives

Diabetes is a group of metabolic disorders characterized by hyperglycemia as a result from defects in insulin secretion, insulin sensitivity or both. In Malaysia, the prevalence of DM type II has increased over the past two decades and it has raise worrisome to the society. This study has been carried out to determine the outcome of pharmacists' intervention in type II diabetes mellitus management in Diabetes Medication Therapy Adherence Clinic in Hospital Melaka.

Methodology

A cross-sectional study was conducted between Jan–Jun 2010 and samples were selected by convenience sampling. The subjects were divided into two groups (ie. control and study group) with 30 patients for each group. Both groups are followed up for 2 visits, which have an average of 2 months gap, and data collected were analysed. The analysis was to assess the changes in fasting plasma glucose level, compliance and HbA_{1c} level.

Result

The change of mean fasting plasma glucose level in the control group was 9.20 mmol/L to 10.15 mmol/L during 1st and 2nd visit respectively. Meanwhile in the study group the mean change was 10.56 mmol/L to 8.98 mmol/L. The mean difference between control and study of -1.957 was statistically significant ($p<0.001$) with 95% CI (-2.702,-1.193). In comparing HbA1c in the study groups, there were significant reduction ($p<0.001$) in mean values of HbA_{1c} from 9.4% to 8.38% with 95% CI (1.398,1.635); no significant changes were noted in the control group. Subjects' compliance was assessed with Modified Morisky Scale both visits. After pharmacists' intervention, the compliance of study group had improved with $p<0.001$, $\chi^2=47.232(8)$.

Conclusion

In this study, pharmacist interventions in the management of diabetes mellitus has shown positive outcome. There was reduction in fasting glucose level, HbA_{1c} values and compliance.

Antibiotics Use And Concordance To Guidelines For Adult Patients With Community-Acquired Pneumonia In 4-1 & 4-3 Female Medical Wards, Malacca Hospital

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Presented at Melaka Research Day 2011

Introduction & Objectives

Community-acquired pneumonia (CAP) is a common illness and potentially life threatening especially in older adults and those with co-morbid disease. It is a major cause of morbidity and death worldwide. In Malaysia, the Malaysian Thoracic Society together with the Ministry of Health and the Academy of Medicine, Malaysia are developing guidelines for the management of CAP in adults.[1] In year 2009 and 2010, total number of patient admitted Malacca Hospital due to Community Acquired Pneumonia were 2316 and 2607 respectively. In this study, we evaluate concordance levels of physicians to National Antibiotic Guidelines 2008 in Malacca Hospital for CAP.

Methodology

This is a retrospective study conducted in ward 4-1 and 4-3 female medical Malacca Hospital from March 2011 to July 2011. The study sample includes all female patients age 18 years and above from all races. Data obtained were analyzed using Microsoft Excel 2007 software. All data will be presented in the form of chart, graph and table in paper.

Results

Among 88 of the patients, 62 (70%) received guideline-concordant empiric antibiotic therapy and 26 (30%) were not treated accordingly. Groups were similar with respect to severity of illness and processes of care. The mean duration of stay for patients who were treated concordantly were shorter (Mean: 3.0 days) compared with the patients who were not treated concordantly (Mean: 3.9 days).

Conclusion

There are 30% of the CAP cases were not treated concordantly. Guideline-concordant antibiotic therapy was associated with a significant reduced in duration of stay of patient. Hence, it is important for a physician to prescribe antibiotics concordantly to guideline in the treatment of CAP.

Audit Of Patient Admitted To Cardiac Care Unit Melaka General Hospital From Data Collected From National Cardiovascular Disease Registries (NCVD)

Aslannif Roslan
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Presented at Melaka Research Day 2011

Introduction & Objectives

This audit look into the characteristics of patients admitted to Cardiac Care Unit for the whole year of 2010, looking specifically on those with ST elevation myocardial infarction so that comparisons can be made to subsequent years. We look in particular in term of young STEMI, aspirin failures, door to needle times and also mortality.

Methodology

The National Cardiovascular Disease Database (NCVD) is established to integrate these various database and other data source to achieve nation-wide cardiovascular database. Melaka General Hospital has participated since 2007, where all patients admitted to its cardiac care unit was updated into the database. Our study criteria:

1-All patients who was diagnosed as having ST elevation myocardial infarction, and 2-Admitted to Cardiac Care Unit Melaka General Hospital between 01/01/2010 to 31/12/2010. Our outcome:

1-Age of presentation (<30 years old, 30-40 years old, 40 -50 years old and >50 years old) 2-Aspirin failures (defined as those on aspirin at least 7 days before presentation) 3-Door to needle time (defined as the time from index event to the time thrombolysis started) 4-Mortality (overall and inpatient mortality)

Results and Conclusion

The National Cardiovascular Disease registries have collected data regarding patients admitted with the diagnosis of Acute Coronary Syndrome since year 2007. The latest completed patient data is 2010. This audit shows the data for year 2010. In 2010 there are a total of 134 patients admitted to cardiac care unit in Melaka General Hospital. 122 of those are ST elevation myocardial infarction (STEMI), 2 are non-ST elevation myocardial infarction, and 1 unstable angina and the rest is patient with other diagnosis. As a comparison there are 114 STEMI in 2009 and 145 STEMI in 2008. Of the 122 patients with STEMI, 2 are under 30 years of age (1.64%) , 9 patients between 30 to 40 years of age (7.38%), 26 between 40 to 50 (21.3%) and the rest are above 50 years of age. There are 17 patients with aspirin failure (13.9%) , defined as those taking aspirin at least 7 days or more prior to STEMI. There are 6 patients who died inpatient (4.92%) and 2 patients died after discharged (1.6%). The door to needle time varies significantly with the shortest time of 5 minutes and the longest 2040 minutes. The average door to needle time is 466 minutes (7 hours 48 minutes).

The Prevalence of Defaulted Cases and Its Association Factors That Contribute to Non-adherence in Quit Smoking Clinic in Hospital Melaka from July 2009 to July 2010

Khairul Anuar, Ho Mei San, Robin Choo Sing Meng, Azura Kasim
Department of Pharmacy, Hospital Melaka
Presented at Melaka Research Day 2011

Introduction & Objectives

This study was to identify the major factors associated with missed follow-up appointment in Quit Smoking Clinic in Hospital Melaka.

Methodology

A retrospective cohort study using non-probability random method to identify the factors associated with missed follow-up appointment in Quit Smoking Clinic in Hospital Melaka was conducted from July 2009 to July 2010. Sociodemographic analysis was conducted and analysed using SPSS 18. Missed appointment subjects were interviewed via telephone to identify factors associated with missed appointments which was then analysed using template style.

Results

A total of 174 patients attended Quit Smoking Clinic from July 2009 to July 2010. The number of patients missed appointment was 133 (76.4%). Patients with chronic illness were found to be 4 times more likely to miss clinic appointments (p-value of 0.035).For qualitative analysis, clinic factors, personal factors, clinical factors as well as practitioner factors were identified as factors associated with missed appointment at quit smoking clinic. There were 41 subjects were interviewed (41 males and 1 female, 32 Malay and 9 non-Malay, 8 not married and 33 married, 22 working and 19 not working, 32 have chronic illness and 9 do not have chronic illness and 29 used medication and 11 used non-medication therapy). For clinic factor, several patients claimed that they lost their appointment card and therefore, they did not know the exact date to attend. Many subjects told that they were too busy to attend the clinic due to busy working schedule and having difficulty to take leave. Besides that, many subjects informed that they need family help in order to bring them to hospital (personal factor). For clinical factor, many subjects claimed that the treatment was not effective which resulted in missed appointment. Some subjects already quitted smoking and therefore they did not see the point of continuing follow-up at the clinic. Under practitioner factor, a few patients claimed that they received only counselling and no treatment was given. A subject informed that he was asked to buy the treatment himself. Besides, a subject complained that he did not receive complete information about quit smoking.

Conclusion

Despite much of the factors given by patient correlated with clinical factors and practitioner factors, the firm conclusion cannot be drawn from this study as this study only focusing on patient perspective. It is needed for the future to analyze quit smoking clinic system as well as provider perspectives because of many of the published studies found that healthcare system affecting patient to keep their appointment. By inclusion of all 3 perspective areas, the definite conclusion regarding missed clinic of quit smoking clinic appointment can be established.

RESEARCH 2011

Evaluation Preference Of Usage Between Insulin Device

Chris Ting Tze Leong, Nurul Fadhilah Adenan, Chong Jia Hui , Wong Shien Woan, Ching E Ling
Department of Pharmacy, Hospital Melaka
Presented at Melaka Research Day 2011

Introduction & Objectives

Insulin pen has been shown to improve the quality of life of Insulin Dependent Diabetes Mellitus by providing a more convenient way and accurate way of insulin delivery. The study was carried out to determine the ease of usage between Humapen® Ergo and Novopen® 3 and also to access patient's insulin pen technique.

Methodology

Data was collected using questionnaire from patients who were admitted to medical wards, Hospital Melaka in between April and September 2010.

Result

A total of 70 patients were included in the study. 70 patients (100%) find that Humapen® Ergo is easier to use than Novopen® 3. The ability of Humapen Ergo which allows patient to recorrect the dosage mistake makes it more user friendly for patients compare to Novopen 3. In the insulin pen checklist, Humapen got the most votes from the patients as replacing the cap, handling of the screw, reading of the units through dose window and priming of the pen is much easier than Novopen 3. 67 patients (97%) chose humapen Ergo as their desired insulin pen, while 3 patients (3%) chose Novopen 3.

Conclusion

In conclusion, although the price for humapen insulin is more expensive, the ease of usage will increase the compliance rate. Majority of the patient pick Humapen as their choice of device in the delivery of insulin due to its ease of usage which in return will greatly benefit patients especially those who are facing difficulty with Novopen 3.

The Appropriateness of Use and Outcomes of Treatments with Piperacillin-tazobactam, Carbapenems and Cefepime for Nosocomial Infections in Hospital Melaka

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Department of Pharmacy, Hospital Melaka
Presented at Melaka Research Day 2011

Introduction & Objectives

Nosocomial infections are associated with higher incidence of mortality, morbidity, increased financial burden and increased hospital stay. The broadest-spectrum antibiotics, such as fourth -generation cephalosporin, piperacillin-tazobactam and carbapenems, play an important role in the empirical and definitive therapy of serious nosocomial infections. Aim of this study is to look at the appropriateness of use of piperacillin-tazobactam, carbapenems and cefepime for nosocomial infections; to assess the outcomes of treatments with piperacillin-tazobactam, carbapenems and cefepime for nosocomial infection as well as to investigate the association between patients' demographics and treatment outcome.

Methodology

Patients prescribed with piperacillin-tazobactam, carbapenems or cefepime for nosocomial infections between January and July 2011 were selected and followed up until discharge or death. Appropriateness of use was evaluated based on pre-defined criteria. Outcomes were described in terms of clinical outcome, microbiological outcome, length of stay and mortality.

Result

A total of 59 patients were enrolled in this study. Clinical success occurred in 100% of cefepime group, 90.9 % of piperacillin-tazobactam group and 46.2 % of carbapenems group. Microbiological success was 31.8% for piperacillin-tazobactam, 15.4% for carbapenems, and 66.7% for cefepime. Microbiological failure was documented in 4.5%, 15.4% and none of patients receiving piperacillin-tazobactam, carbapenems and cefepime respectively. Microbiological success followed by superinfection occurred in 36.4%, 38.5%, and 33.33% of piperacillin-tazobactam, carbapenems and cefepime group. Overall appropriateness of piperacillin-tazobactam, carbapenems and cefepime usage were 50.0%, 64.7% and 25.0% respectively. Patients' demographics were found to be not significant for each treatment outcome.

Conclusion

In general, the appropriateness for piperacillin-tazobactam, carbapenems and cefepime were 50.0%, 64.7% and 25.0% respectively. Clinical success could be seen 100% in cefepime group, 90.9% in piperacillin group and 46.2% in carbapenems group. The patient demographic was not significantly associated with the treatment outcome.

The impact of playing video games on human reaction time- randomized controlled trial

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Presented at Melaka Research Day 2011

Introduction & Objectives

Video games have been implicated to have beneficial effects on humans in many ways. Previous studies have shown there is a relationship between playing video games and reaction time. The purpose of our study is to establish a link between playing video games and the performance in reaction time tests.

Methodology

A single blinded randomized controlled trial with 66 individuals (45.5% Male and 54.5% Female) from Melaka Manipal Medical College, who were first stratified according to Video Gamers (>3 hours per week) and Non Video Gamers, along with gender. Then they were redistributed with the help of random number table into six groups, namely video gamers with 30 minutes of video game play , video gamers with 30 minutes of visual display watching, video gamers with no intervention, non video gamers with 30 minutes of video game play, non video gamers with 30 minutes of visual display watching, non video gamers with no intervention. Their reaction times were then assessed by an online reaction time test after their respective intervention of 30 minutes in a controlled environment, the computer lab of MMMC.

Result

It is evident that those who played video games for 30 minutes have significantly quicker reaction time in comparison with those who watched comedy for the equal amount of time ($p<0.05$). However, when compared to the non interventional group, it was not shown to have any significant difference between them ($p>0.05$).

Conclusion

Conclusion: Videogames do improve reaction time and we recommend that playing video games appropriate for age with wise allocation of time without ignoring all essential daily activities and responsibilities yields greater benefits than expected harm.

Comorbidities amongst patients with psoriasis in Dermatology Department, Hospital Melaka

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Presented at Melaka Research Day 2011

Introduction & Objectives

Psoriasis is a systemic, inflammatory autoimmune disease that is connected with an elevated risk for other serious, chronic and life-threatening conditions, including cerebrovascular disease, ischaemic heart disease, hypertension, insulin resistance, obesity and dyslipidemia. The relationship between psoriasis and co morbidities such as metabolic syndrome and cardiovascular disease is likely linked to the underlying chronic inflammatory process. The objective of this study is to show the common comorbidities of patients with Psoriasis in Hospital Melaka.

Methodology

The study is a prospective systematic collection of data from Malaysian Psoriasis Registry (MPR) of which Melaka Hospital is one of the source data providers. MPR is the first skin disease clinical registry under the National Dermatology Registry established in 1998 and extensively revised in 2007. All patients who are clinically diagnosed to have psoriasis by registered dermatologist or by medical practitioner under the supervision of a dermatologist are included. Confirmation of diagnosis by histopathology examination is optional. Patients whose diagnosis is in doubt are excluded. Data are collected on the patient's first visit to the participating centre and thereafter every 6 months during follow-up visits.

Result

During the period from January 2008 to September 2011, a total of 939 patients with psoriasis were registered. 31.17% are overweight and 22.41% are obese. A total of 139 (14.80%) have arthritis, 1.78% cerebrovascular disease, 20.03% diabetes mellitus, 5.65% ischemic heart disease, 28.27% hypertension and 14% hyperlipidemia.

Conclusion

Because psoriasis is associated with serious co morbid conditions, it is increasingly important to monitor all patients with psoriasis who may be at risk for a variety of associated conditions. This registry provides a platform for future clinical research in various aspects of psoriasis co morbidities. With a longer follow-up period, the outcome of various co morbidities which are associated with psoriasis can be investigated in the future.

Nutritional Aspect of Patients on Chemotherapy in Hospital Melaka: The Facts & the Future

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Poster Presentation in 11th MPS Pharmacy Scientific Conference 2011

Introduction:

Malnutrition and weight loss are common problems in cancer patients that adversely affect the quality of life and survival. The importance of early identification of the severity of malnutrition in cancer patients who are receiving active therapy is contemplated. The treatment goal for malnourished cancer patient is thus provision of nutrition supports reverse or decrease the cachectic state. Early intervention is important for management of nutrition issues in these patients.

Objective:

To evaluate the nutrition status of patients undergoing chemotherapy and to determine an appropriate tool for nutritional assessment for these patients.
Methods: This cross sectional study was performed from January to May 2010, involving all cancer patients admitted for chemotherapy. Subjects were interviewed and evaluation of nutrition status was done using Patient-Generated Subjective Global Assessment (PG-SGA) and Malnutrition Screening Tool (MST).

Results:

More than 75% of cancer patients receiving chemotherapy was malnourished. More than 50% complained of not eating well. Less than a third of subjects were referred to dietitian for review during hospitalization stay. MST is a relatively simple and accurate nutritional evaluation tool comparable to the well-developed PG-SGA (r=0.758, p=0.01).

Conclusion:

The nutritional aspect of cancer patients receiving chemotherapy requires urgent attention. MST, a relatively simple nutritional evaluation tool, can be used for early detection of nutrition status in these patients for the provision of appropriate nutrition intervention and better treatment prognosis.

The Use of N-Acetylcysteine in Paracetamol Poisoning in Hospital Melaka

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Introduction:

N-Acetylcysteine (NAC), an intravenous preparation, is the drug of choice in the treatment of paracetamol (PCM) poisoning.
Objective: To asess the use of NAC in the treatment of PCM poisoning based on the serum level of PCM and the total dose of PCM ingested.

Methods:

A retrospective review of Therapeutic Drug Monitoring (TDM) form as well as patient's case not was performed for all patients that required blood monitoring for suspected toxicity of PCM from January 1, 2008 to December 31, 2008.Data collected included details regarding PCM poisoning and sampling time, medication served in the ward and laboratory results such as liver profile, TDM and coagulation profile. Appropriateness of NAC given were further examined and compared with the toxic dose of PCM ingested (>150mg/kg), TDM results, coagulation and liver profiles.

Results:

There were 100 paracetamol overdose cases that met the inclusion criteria. Of these, based on the serum level of PCM, only 20 (20%) patients were recommended to be treated with NAC by the TDM pharmacist. However, NAC was prescribed in 39 (39%) patients and 34 of these patients completed the 20.25 hours course of NAC. Twenty patient were admitted with total dose of PCM ingested of more than 150mg/kg and 15 (15%) were prescribed with NAC. Six patients with PCM level indicative of toxicity developed raised Alanine Transferase (ALT)($p<0.05$).

Conclusion:

Serum level of PCM should be the main indicator prior to the start of treatment with NAC in patients admitted to emergency department with PCM overdose.

Efficacy of two weeks dermatological posting in skin clinic on increasing knowledge and confidence level of immediate medical officers in Melaka Hospital.

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First Prize Winner Of Oral Presentation in Melaka Research Day 2012

Introduction & Objectives
Knowledge on dermatological cases among Medical Officers in Hospital Melaka and Health Clinics is still lacking. We have analyzed 70 referrals from Health Clinics and other specialized departments in Hospital Melaka to skin clinic from 1st March to 7th March 2012. We found out that more than 50% of the diagnosis were wrong and around 10% referrals were without diagnosis. This finding showed that medical officers were still lacking of knowledge and confidence in treating skin related diseases. The objective of this study is to increase the dermatological knowledge of the immediate medical officers and to increase their level of confidence in managing common dermatological disorders.

Methodology
Immediate medical officers were rotated to 2 weeks dermatology training at skin clinic, Melaka Hospital. On day 1, the candidates were given 30 MCQs and 10 slides quiz to attempt. For 2 weeks, these candidates wil be trained by senior medical officers in skin clinic. At the end of the posting, the candidates are given the same sets of question for them to attempt as post test. Their result were recorded and kept. Upon completion of the posting, the candidates will go back to their respective department. After 2 weeks, a phone call were made to assess their confident level of handling dermatological cases at their respective unit. Their confidence level scores were taken and recorded.

Result
A total of 30 immediate medical officers who came to do 2 weeks attachment in skin clinic from a period of June 2011 to March 2012 were taken into the study. Their post test result had improved significantly ($p<0.001$). Their confidence level in treating common dermatological problem also had increased ($p<0.001$) after 2 weeks attachment in skin clinic.

Conclusion
2 weeks training in dermatology clinic for immediate medical officers have shown to improve immediate medical officers knowledge and confidence level of treating common dermatological problem.

RESEARCH 2012

Incontinentia Pigmenti In Dichorionic Diamniotic Female Twins: A Case Report

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Presented at Melaka Research Day 2012

Abstract

Incontinentia pigmenti or Bloch-Sulzberger syndrome is a rare X linked dominant disorder which usually presents with characteristic cutaneous manifestation and often associated with abnormalities of the hair, teeth, nails, eyes and the central nervous system. We report the case of a pair of dichorionic diamniotic female twins presenting with vesicular eruptions at birth. They were initially thought to have congenital herpes simplex infection. The herpes serology invalidates this diagnosis and the eruptions subsequently evolved to be suggestive of incontinentia pigmenti. There is no other systemic involvement at the moment. Twins with incontinentia pigmenti are extremely rare and here we would like to describe the typicality of their cutaneous manifestation which is consistent with the first stage of the syndrome.

Disaster Management: Are Nurses Prepared?

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Introduction & Objectives

Disaster is unpredictable events and the numbers increase each day. Disaster kills, demolishes properties and disrupted environment. Disaster happens in Malacca almost every year. Malacca has many disaster prone areas. Nurses are the largest group of health care workforce during disaster. During a disaster, nurses play vital a role in managing the victims. Thus, it is crucial for nurses to be prepared for disaster and aftermath. The aim of this study is; 1) to determine knowledge, attitude and practice of nurses in Hospital Melaka regarding disaster preparedness; 2) to explore the correlation between knowledge, attitude and practice of nurses towards disaster preparedness; 3) to determine if duration of service and working in different disciplines has any correlation to knowledge, attitude and practice among nurses towards disaster preparedness.

Methodology

This is cross-sectional descriptive study conducted in Hospital Melaka. Data was collected during September 2012 with self administered close ended questionnaire. Sample was selected using systematic random sampling method with total sample selected 284 nurses including all discipline in Hospital Melaka with a response rate 100 per cent.

Results

The results showed that level of knowledge, attitude and skills of nurses in Hospital Melaka fall into moderate score with mean knowledge score of 3.99, mean attitude score of 3.92 and mean skills score of 3.11. There is a significant positive correlation between knowledge, attitude and skills of nurses in Hospital Melaka in disaster preparedness. Working areas **affects** nurses' disaster preparedness, with the highest score from the Emergency Department nurses. Nurses with a longer duration of services (> 15 years) have a higher score of knowledge and attitude, but a lower score for skills.

Conclusion

Nurses must have good knowledge, attitude and practice to ensure patients receive optimal care during disaster.

Empathy amongst students in Melaka-Manipal Medical College: A cross sectional study

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First Prize Winner of Poster Presentation in Melaka Research Day 2012

Introduction & Objectives

Empathy is defined as the ability to understand the patient's situation, perspective, feelings and to act on it. There are many factors that can affect the level of empathy among the students which include age, gender speciality preference and many others. There is increasing concern among the educators about the effect of clinical exposure on the levels of empathy among the students in the medical school. T the objective of our study is to assess the empathy level among medical students in Malaysia based on the time and the different types of clinical exposure.

Methodology

A cross-sectional study was conducted in May 2012 at Melaka-Manipal Medical College (MMMC), Melaka campus at Bukit Baru, Melaka. A total of 369 questionnaires were distributed in month of June 2012; of which a universal sampling was done involving students from MBBS, BDS and foundations in science department. The analysis was done by using Microsoft Excel and EpiInfo 2008 Version 3.5.1.

Result

The most students came from MBBS which accounts for 215 students. BDS had 18 students and the Foundation in Science students tallied at 79 students. Hence the students with one year of clinical experience have the lowest empathy level compare to the students having 3 years of exposure and those who are not exposed (J-shape pattern)

Conclusion

There is significant association between gender, duration of clinical exposure and personality with empathy level among medical students in Malaysia. Organizational changes should be introduced to buffer the students who just enter the clinical phase academically and emotionally.

Factors affecting short term memory: A Cross-sectional study

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Second Prize Winner of Poster Presentation in Melaka Research Day 2012

Introduction & Objectives

Short term memory involves the retention of information in a short period of time from a few seconds to one hour. Recent research showed that visual short term memory was limited by the number of objects that can be stored in the brain and the factors that could affect cognitive functions are malnutrition, fasting and dieting, exercise, and sleep duration. The aim of this study was to to identify significant factors affecting short term memory. This study is done as no papers have been published on the factors affecting short term memory in Malaysia database to date.

Methodology

This cross sectional study was conducted in Melaka Manipal Medical College, Malaysia from 23th July to 31 August 2012. This study examined the relationship between fasting, short term memory and other variable of interests among 240 students in a period of 5 weeks. Chi-square test, independent sample t-test were used. Data Analysis was performed by employing Epi-info version 3.5.1.

Result

In this study, 101 (35.4%) of the students had good short term memory and 184.0 (64.6%) had poor short term memory. Our study showed that the vegetarian diet has significant association with good short term memory (OR=2.2, 95%CI 1.2-3.9, p-value 0.008).Other factors such as fasting, smoking, coffee or tea drinking, sleeping hours and regular exercise were not significantly associated short term memory among the students.

Conclusion

There is significant association between vegetarian diet and good short term memory among students. Further studies are recommended for identifying the nutrients and detailed diet type which affect short term memory.

Study of the Effect of Standardized Chemotherapy Order Forms on Inappropriate Prescribing of Anti-emetics and IV Granisetron Cost

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Presented at Melaka Research Day 2012

Introduction & Objectives

Many inappropriate prescribing of anti-emetics and excessive use of IV granisetron might be prevented by the use of a standardized chemotherapy order form (SCOF). The study was carried out to evaluate the impact and effectiveness of SCOFs on inappropriate prescribing of anti-emetics and IV Granisetron cost in Hospital Melaka.

Methodology

Data collected prospectively from 338 patients admitted for chemotherapy in Hospital Melaka between July 2009 and June 2010. During the control period, using anti-emetic guidelines, 21 SCOFs representing the most commonly used chemotherapy regimens in the institution were developed. The IV granisetron cost was determined by multiplying cost per vial with the number of used vials. Rate of inappropriate prescribing antiemetics was determined by the ratio of total number of inappropriate prescribing of antiemetics to total prescription volume. Differences in inappropriate prescribing rate of anti-emetics and cost for IV granisetron used inappropriately were compared between control and test period.

Result

During the control period, 381 orders with mean cost of RM149.07 for IV granisetron used inappropriately were dispensed while during test period, 500 orders dispensed with a mean cost of RM60.19 for IV granisetron used inappropriately. A savings of RM4131.60 resulted from a reduction of the amount of IV granisetron used inappropriately in the test period. The difference in mean cost of IV granisetron between the control and test period was not significant (P= 0.2047). 74.6% of inappropriate prescribing of anti-emetics were detected in the control period, while 11.2% were detected during the test period. However, there was a significant difference (P <0.0001) between the two periods.

Conclusion

In conclusion, SCOFs significantly reduced inappropriate prescribing rate of anti-emetics but not significant in terms of cost for IV granisetron used inappropriately over a six-month period.

RESEARCH 2011

Voluntary Helping Behavior Among Nurses. The Influencing Role of Job Design Characteristics, Work Engagement and Personality.

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Introduction & Objectives
Due to the increased emphasis on flexibility, collaboration and teamwork in contemporary organizations, it has become important to foster voluntary helping behavior such as Organizational Citizenship Behavior (OCB) among employees. Using the Expanded Work Design Model (Humphrey et al., 2007) as a guiding framework and drawing upon the Job Characteristics Theory (Hackman & Oldham 1975), and the Social Exchange Theory (Blau 1964), the current study was undertaken to explain the predictive effects of employee perception of job design characteristics, work engagement and employee personality on OCB. Specifically, this study examined the direct effects of eight dimensions of job design characteristics upon OCB, the indirect effects of these job design characteristics dimensions upon OCB through work engagement as the mediator, and the moderating effects of employee personality on this mediated model.

Methodology
A total of 646 nursing and clinical employees holding non supervisory jobs in 3 public hospitals in Melaka participated in this study. A dyadic response design was used in data collection as a means to reduce same source bias.

Results
Hierarchical multiple regression results indicated a significant positive relationship between autonomy, feedback, task significance, task identity, physical job demand and OCB. Task significance and feedback were among the strongest predictors of OCB. Work engagement was found to partially-mediated the relationships between feedback and OCB and between task significance and OCB. A moderated regression analyses further revealed that agreeable personality moderate the relationships between the job design characteristics (autonomy & social support) and OCB for those employees with high agreeable personality

Conclusion
As a conclusion this study found a significant influence of job design characteristics, work engagement and personality on employee display of OCB. To increase work engagement of employees, leaders are suggested to make their employees feel that they make a difference in the organization. Limitations and directions for future research is discussed.

Effect of Neurology MTAC on medications compliance and knowledge among Parkinson's patients

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Presented at Melaka Research Day 2012

Introduction & Objectives
Parkinson's disease (PD) is a chronic and progressive movement disorder that involves the malfunction and death of neurons in an area of brain. Adherence to prescribed therapies for PD plays a vital role in optimizing outcomes. Therefore, patient education on medication is important for Parkinson's disease to achieve a better compliance and thus a better treatment outcome.

Methodology
An interactive study was done in MTAC from February 2009-May 2009. 16 patients were recruited as those who received diagram aided counseling (interviewer group), while 13 patients received verbal counseling (control group). Knowledge and compliance were measured during visit 1 and reassessed during their next TCA (visit 2). The score difference were analyzed using paired t-test.

Results
Ccomparison between intervention group and control group, there is significant difference in median knowledge score ($p<0.05$) for visit 1 and visit 2. The comparison of median compliance score between intervention group and control group in visit 1 and 2 are not significant differences ($p>0.05$).Comparison between visit 1 and visit 2, there are significant differences of both median knowledge score and median compliance score between visit 1 and 2 in both intervention group and control group ($p<0.05$).

Conclusion
From visit 1 to visit 2, control group showed 5% increase in knowledge score whereas intervention group showed 9.09% increase in knowledge score. Thus, diagram aided counseling can be used as additional tools to increase patient's knowledge instead of verbal counseling alone.

Association between exercise and academic performance: A Cross-Sectional Study

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Third prize winner of poster presentation in Melaka Research Day 2012

Introduction

Academic performance is an important educational indicator to evaluate students' success. It is still unclear regarding the association of exercise and academic performance among college students. The objective of this study is to identify the effects of exercise and other factors on the academic performance in college students.

Methodology

This was an analytical cross-sectional study involving 168students and conducted from 24thJuly to 30thAugust 2012 in Melaka-Manipal Medical College, Malaysia. Self administered questionnaire was used to collect the information after obtaining the informed verbal consent. Chi-square test was used for data analysis. Odds ratio and its 95% confidence interval were described. Epi-info software version 3.5.1 was employed.

Results

Among the 168 respondents, 109 (64.9%) exercised while 59 (35.1%) students did not exercise. There was no significant association between different types of aerobic exercise as well as anaerobic exercises and academic performance. However, among M.B.B.S students, those who were involved in running exercises were significantly less likely to have good academic performance (OR=0.2, 95%CI=0.0-0.8, p-value=0.011). Among lifestyle habits, alcohol drinking and smoking had negative effects on academic achievements. Students who consumed alcohol and smoked were significantly less likely to have good academic performance (alcohol drinking: OR=0.1, 95%CI=0.0-0.7, p-value=0.005; smoking: OR=0, 95%CI=0-0.63).

Conclusion

This study found that almost all of the different types of exercises had no effect on the academic performance. However, it was highlighted that alcohol consumption and smoking had negative impact on academic achievement. It should not be neglected and health promotive and behavior change intervention should be introduced among the college students.

The Implementation of Nurse-led Preoperative Assessment Questionnaire (PAQ) in the Anaesthetic Clinic

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Presented at Melaka Research Day 2012

Introduction & Objectives

Preoperative assessment by Anaesthetists no longer require early admission for patients optimisation, whereby patients are assessed in Anaesthetic Clinic as outpatient basis. Patients are assessed in Anaesthetic Clinic based on their health status, seen by Anaesthetic doctors and proceed for surgery once they are optimised. Nurses in Anaesthetic clinic also assist the Anaesthetist in running the clinic & identifying problematic patients.

Methodology

This was a case-control study which comprised of patients, who came to Anaesthesia Clinic and sampled via universal sampling. We developed a questionnaire to be used as a screening tool to shorten the time taken for Anaesthetists to assess patients, as well as to help nurses in Anaesthetic clinic in categorising patients based on American Society of Anaesthesiology (ASA) Physical status.

Result

This study included 679 patients; 349 patients were assessed without the PAQ (control) and 330 patients assessed with the aid of PAQ (case). All the 330 patients who answered the PAQ were also categorised by nurses based on ASA physical status and subsequently by Anaesthetist. The Anaesthetist result was the reference standard. In **27%** of patients, the ASA categorisation by nurses were not accurate. ASA categorisation by nurses & Anaesthetists differ significantly ($p<0.001$) The mean time taken for assessment by Anaesthetist were 11.87 minutes with the aid of PAQ, while without PAQ 13.6 minutes respectively(mean difference -1.74, p-value <0.05, 95% CI -3.23, -0.241).

Conclusion

Thus, with the implementation of nurse-led PAQ, nurses can identify patients who may proceed for surgery without unnecessary investigation and Anaesthetist can focus more on those who require additional attention & optimisation prior to surgery.

Patients with Osteoarthritis: Their awareness on the side effects of NSAIDs

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Presented at Melaka Research Day 2012

Introduction & Objectives
Osteoarthritis is a clinical syndrome of joint pain accompanied by varying degrees of functional limitation and reduced quality of life.[1] NSAIDs are the most widely prescribed and used classes of drugs for the management of osteoarthritis. Nevertheless, NSAIDs have considerable side effects, mostly affecting the upper gastrointestinal system.

Methodology
A preliminary, descriptive study was conducted with questionnaire distributed to osteoarthritis patients prescribed with NSAID in Out-patient Department Hospital Melaka. The sample size is 100 osteoarthritis patients.

Results
From our study, majority of the respondents were female (76%) and approximately half of the total subjects (46%) fell within the age category of 60-69 years old. This study demonstrated that osteoarthritis patients in Hospital Melaka have a low level of knowledge about the side effects of NSAIDs. Out of 100 patients, only 24 subjects are aware of the side effects. The subject's sources of knowledge on possible side effects of NSAIDs are from doctors, friend, internet, medical assistant, newspaper and pharmacist.

Conclusion
As a part of the rational pharmacotherapy of osteoarthritis, this study reveals the necessity of doctors and pharmacist to educate their patients about the side effects of these drugs. Future work is needed to develop more comprehensive instruments for measuring osteoarthritis patient's knowledge on NSAIDs.

Association of depression risk with asthma control, medication adherence and quality of life among adult asthmatics attending chest clinic in a tertiary care hospital

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Presented at Melaka Research Day 2012

Introduction & Objectives
In long-term asthma management, the potential importance of psychosocial and emotional factors should be taken into account whilst attain and sustain clinically controlled asthma with an adherent toward asthma treatment. This study therefore determined the level of depression risk, asthma control, medication adherence and quality of life, and their association among studied adult asthmatics.

Methodology
In this cross-sectional prospective study, questionnaires encompassed of Asthma Control Test (ACT), Standardized Asthma Quality of Life Questionnaire (AQLQ(S)), Modified Morisky Adherence Scale eight-item (MMAS-8) and Patient Health Questionnaire-9 (PHQ-9) were disseminated to recruited adult asthmatics attending follow-up appointment at Chest Clinic, Hospital Melaka, Malaysia, between July to November 2011. Both descriptive and inferential statistics were used for data analysis whereby *p value < 0.05 was considered as statistically significant.*

Results
The mean (±SD) age of 73 subjects was 50.6 (±14.9) years old (19 - 80 years old). Majority were female (n = 56; 76.7%), Malays (n = 54; 74.0%) and had completed high school education (n = 31; 42.5%). About 46.6% of subjects (n = 34) had at least well-controlled (ALWC) asthma. Three (7.7%) out of overall 39 not well-controlled (NWC) asthma (53.4%) however were not on controller medication. About 34.3% (n = 25) and 43.8% (n = 32) of subjects demonstrated high and low adherence toward asthma medications, respectively. Thirty six percent of subjects (n = 26) demonstrated overall AQLQ(S) scores ≥ 6 indicated minimal quality of life (QoL) impairment conversely only 2 (2.7%) had no QoL impairment at all. About 37.0% of subjects had possibility presented with at least mild depression (overall PHQ-9 scores ≥ 5 points). There were significant associations between the risk of depression among subjects with ALWC and NWC asthma (*p = 0.001) and overall QoL and each domain of AQLQ(S) (p < 0.001), but not medication adherence (p = 0.811).*

Conclusion
This study suggests that depression risk, irrespective to degree of medication adherence, may influence the asthma control and quality of life in asthma patients.

Does The Administration Of Peri-operative Intravenous Ketamine Reduce The Incidence Of Chronic Post Surgical Pain Syndrome In Patients Undergoing Appendicectomy In Hospital Melaka?

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Presented at Melaka Research Day 2012

Introduction

Ketamine is a dissociative anaesthetic agent which primarily antagonises the NMDA (N-Methyl-D-Aspartate) receptor. In subanaesthetic doses, it has gained interest in acute and chronic pain management and has been used as "pre-emptive" analgesia.

Methodology

We conducted a Randomised Placebo Controlled Trial over 2 years to study the effect of perioperative intravenous (IV) ketamine in reducing the incidence of chronic post surgical pain syndrome in patients undergoing appendicectomy in Hospital Melaka. All patients between ages of 16 – 35 years old were included. We excluded patients with hypertension and bradycardia, those with hypersensitivity to ketamine, patients with previous abdominal surgery, glaucoma, psychiatric problems, with perforated appendicitis and those with a body mass index (BMI) of more than 30. Patients were randomized to receive IV ketamine 0.5ml(mg)/kg bolus preincision, vs a placebo in the operating theatre after induction by general anaesthesia. This was followed by IV ketamine vs the placebo infusion at 0.1ml(mg)/kg/hr for one hour intraoperatively. Post operatively both groups were given similar analgesics. They were discharged with analgesics for another 5 days. Patients were reviewed in the Pain Management Clinic at 3 and 6 months. Pain scores and side effects were determined using a questionnaire.

Results

Data was analysed using comparison of median pain score between the ketamine and the control group at 3 and 6 months.

Conclusion

We concluded that there was no significant difference between the ketamine and the placebo group at both 3 and 6 months post operatively.

The impact of unit-of-use versus unit-of-dose drug distribution system in a surgical ward in Hospital Melaka

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Presented at Melaka Research Day 2012

Introduction:

A drug distribution system is required to supply medications prescribed for each inpatient. The main objective of this study was to compare the impact of unit-of-use (UoU) and unit-dose (UD) drug distribution systems in a surgical ward in Hospital Melaka in term of duration of drug administration, types of medication error, drug utilization and cost of drugs incurred.

Methodology:

An intervention study was carried out at a surgical ward in Hospital Melaka from January to April 2011. Drug utilisation was measured by the defined daily dose (DDD) per 100 bed-bays. Total cost of drugs incurred was calculated using the price list supplied by the hospital pharmacy store.

Results:

Throughout the study period, there are 57 patients involved in the study. There was a significance reduction in duration of drug administration time to patient post-implementation of UD drug distribution system with the mean difference of average drug serving time per patient of 0.07 minutes (p=0.027, 95% CI 0.01, 0.12). The medication error rate for extra dosage and omission of drugs were found to be significantly different between pre and post implementation of UD drug distribution system (p=<0.0001).The rate of drug omission reduced while rate of extra dosage increased post implementation of UD drug distribution system. There was a marginally significant difference in drug utilisation (p=0.047, 95% CI 0.05, 7.57) and 23% reduction in drug cost (p=0.004) post-implementation.

Conclusion:

UD drug distribution system shown a positive impact in reducing medication errors, drug utilisation and drug cost in a surgical ward. A similar impact would be expected if the UD drug distribution system is implemented in other types of ward.

Audit On In-Patient Prescriptions In Wards With Unit Dose (UD) Drug Distribution System In Hospital Melaka

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Presented at Melaka Research Day 2012

Introduction

In-patient prescription is a written order for medication by a properly authorized person (doctor). Improper writing of prescription may eventually lead to the occurrence of medication error which may cause unwanted effect and subsequently prolong hospitalization.

Objectives

To determine the adherence of written in-patient prescriptions according to Ministry of Health (MOH) Guideline for In-patient Pharmacy Practice, to determine medication errors and to make improvement in adherence to the guideline of writing prescription.

Methods

Cross-sectional study in which the in-patient prescriptions were audited once for each ward involved in Hospital Melaka. The wards randomly selected were obstetric and gynecology ward (3-1), psychiatric ward (C1), orthopedic ward (D3), surgical ward (4-4), and medical ward (3-2). The data audited were availability of patient details, prescribed medication, medication errors, and trend of writing medication chart.

Results

A total of 547 in-patient prescriptions were audited. Only 13 prescriptions (2.4%) completely adhered to the guideline. Average mean adherence to the guideline in term of the writing of patient details on prescription is 69.16% and in term of the writing of prescribed medication on prescription is 97.55%. The percentage of prescriptions with medication error is 2.4%. The percentage mean for adherence to the use of prescription for a total of 7 days is 93.92% whereas for the sending of yellow slip to pharmacy is 81.46%.

Conclusion

Only 2.4% of the prescriptions completely adhered to the guideline on writing of prescription and 2.4% medication error detected. Hence, various interventions targeting both doctors and staff nurses should be carried out to increase the adherence of proper prescription writing and to prevent medication error.

The relationship between learning styles, personality traits and academic performance among medical students

Benny LCW, Reena LLC, Amin I, Dhiraj SR
Melaka Manipal Medical College
Presented at Melaka Research Day 2012

Introduction & Objectives

It is a challenging task for the academic providers to figure out the factors that affect students' academic performance and find effective methods of teaching that can augment the learning process and thus improves academic performance of students. The purpose of this study was to depict whether the student's academic achievement is dependent on their learning styles, personality traits and other socio-economic factors.

Methodology

This was a cross-sectional analytical study and conducted during July to August, 2012 in Melaka-Manipal Medical College, Malaysia. Self administered questionnaires were distributed to 140 students after obtaining oral informed consent. Index of Learning Style (ILS) and Myers-Briggs Type Indicator (MBTI) questionnaires were used. Chi-square test was used and odds ration with its 95% CI was determined. Epi-info version 3.5.1 was employed. **Result**

Result

This study revealed that students who preferred active learning style performed significantly poorer academically compared to other learning styles (OR=3.1, 95%CI=1.5-6.6, p-value=0.001). There was no significant association between dimensions of personality traits whether extrovert or introvert and academic performance. However, there were some other socio-economic variables such as ethnicity, religion, accommodation, and father's education level showed significant association to academic achievement.

Conclusion

Learning styles played a important role in improving academic performance, hence it was recommended for understanding of different learning styles by the students to be included in educational settings.

Reasons For Wastage Medication

Azliah bt Sakiman, Nurul Hayani Norddin bt Mohd Norddin, Nur Maisara bt abd Raheem, Low Li Ying
Farmasi Kesihatan Melaka Tengah
Presented at Melaka Research Day 2012

Introduction

This Return Medication campaign started 2009 in Kesihatan Melaka Tengah. Medication wastage is estimated to cost billions of dollars per annum worldwide while in Kesihatan Melaka Tengah itself cost around 40 thousands Ringgit Malaysia and above. Factors such as poor compliance, discontinuation of medication, adverse effects and dose changes have led to an ongoing issue of unused or expired medicines being hoarded in some households. The research is to identify the main Reasons of medicines being returned to pharmacies KK Melaka Tengah that can't be reuse or being waste and thus propose a method to minimize drug wastage.

Methodology

A multicentered, prospective, observational study was conducted from January to August 2011 at all pharmacies KK Melaka Tengah. All returned medications will record in 'BUKU DAFTAR PEMULANGAN UBAT, BPF KKM'. Drugs returned were assessed in terms of type, cost and reasons for returning. Cost of the drugs were accounted according to the PKD Melaka Tengah purchase price at the end of 2010. Data gathered were analysed using Microsoft Excel.

Results

25% (RM 10 212.07) of drug returned can't be reused. Majority (76.77%) of the wastage because of damaged, 23.23% was expired. Most of the retun medications are cardiovascular drugs, antidiabetics, supplement and pain killers. Reasons for returning medicines were non-compliance (36.9%), change regime (14.55%) and discontinuation of medicines (11.78%).**Conclusion**

Damaged drugs are the main factor most returned drug unable to reuse. Noncompliance to medications are the most important factor that percentage of returned drugs are high. One of the role of pharmacist is to councel patient regarding various ways to keep their medications and the importance compliance to medication s for their health. Hence the wastage of drugs will be reduced markedly by counselling.

Factors Affecting Retention Rate Among Methadone Patients in Hospital Melaka

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first place (Pharmacy Practice Category) in Poster Presentation in 12th MPS Pharmacy Scientific Conference 2012

Introduction:

Patient retention is crucial in methadone maintenance programme.

Objectives:

To identify factors associated with defaulter, as part as ongoing evaluation and improvement in treatment policy.

Methods: An unmatched case control study (1:2) was conducted among patients who undergone Methadone Maintenance Programme in Hospital Melaka from 1st January 2008 to 31st December 2010. Cases were classified as defaulter patients, while controls were those who still active more than 90 days during the study period. Both cases and controls were selected based on specified inclusion and exclusion criteria. Medical records for selected patients were retrospectively reviewed using specified data collection form.

Results:

A total of 175 patients were analyzed in this study, which comprised of 60 cases and 115 controls. Factors associated with defaulter were clinic distance from home [Adjusted OR 1.10, 95% CI (1.03,1.17), *P*-value 0.004], living alone [Adjusted OR 5.23, 95% CI (1.36,20.19), *P*-value 0.010], alcoholic [Adjusted OR 14.13, 95% CI (2.24, 89.33), *P*-value 0.005], history of abuse among family member [Adjusted OR 12.93, 95% CI (2.59,64.56) *P*-value 0.002], number of individual counseling attended during treatment [Adjusted OR 0.56, 95% CI (0.36,0.85), *P*-value 0.007] and those without take away dose privilege [Adjusted OR 31.16, 95% CI (2.27, 427.01), *P*-value 0.010]. Validity of the model was good (AUC-ROC= 0.94; overall correctly percentage (88.3%); and Hosmer-Lemeshow *P*-value = 0.084).

Conclusion:

This study suggest that retention rates would be significantly improved by a change in the treatment strategies.

Hospital Melaka: Cough & Cold medicines in Pediatric

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Poster Presentation in 12th MPS Pharmacy Scientific Conference 2012

Introduction:
The Food and Drug Administration (FDA) had issued a warning against safety usage of cough and cold medicine (CCM) in children under two years old. In fact, the rationale use of CCM in this group of patients has been repeatedly reviewed.
Objective: To describe the usage of CCM among pediatric patients in Hospital Melaka.

Methods:
This is a descriptive study involving retrospective screening of outpatient prescriptions received from May to June 2011.

Results:
A total of 36368 outpatient presciptions were screened. Out of this, 10.25% were for pediatrics. 17.79% of this pediatrics' prescriptions contain CCM. Majority of CCM was prescribed by Emergency & Trauma Department (ETD), 45.40%, and to pediatrics between 2-6 years old (40.61%) followed by 7-11 years old (39.82%) and less than 2 years old (13.57%). Chlorpheniramine (35.75%) and Tripolidine (18.25%) were the most commonly used CCMs among pediatrics.

Conclusion:
The usage of CCM among pediatrics in Hospital Melaka warrant further action. Approximately one out of every five pediatric was prescribed with CCM, with majority of them aged less than the recommended six years old.

RESEARCH 2012

Study on the effectiveness of asthma action plan in enhancing compliance towards paediatric asthma management in Hospital Melaka

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[1]Department of Pharmacy, Hospital Melaka

Introduction
Asthma is the most common chronic disease among children. Exacerbation of asthma often leads to school absenteeism and reduced participation in school activities among youngsters. Failure of parents to detect early signs and symptoms of asthma increases the likelihood of the development of chronic asthma episodes. Written asthma action plan (WAAP) is a plan which gives specific instruction on the management of asthma by using inhalers and the awareness on its importance in the management of asthma.

Objectives
To assess the effectiveness of WAAP in enhancing compliance of care takers towards asthma management, knowledge and asthma control in paediatric patients.

Methods
An intervention WAAP survey was carried out on care takers of asthmatic paediatric patients from January until August 2011 in two paediatric wards and paediatric asthma clinic with the introduction WAAP and its usage. The survey was carried out through a 'face-to-face' or a telephone interview in a period of 3 or 4 months. Descriptive analysis and frequency was used in analysing all data obtained.

Result
Out of 31 respondents, 29.03% showed significant improvement in compliance of care takers towards their child's medication ($p<0.05$). The mean (SD), frequency of emergency department visit also reduced from 0.87(0.757) to 0.39(0.583) ($p<0.001$). During the follow up, asthma control had increased by 12.9% and mean (SD) knowledge had also increased from 4.0(0.871) to 4.4(1.070). This study found that WAAP can significantly improve the compliance of the care takers to their child's medications. It helped to decrease the severity and duration of an asthmatic attack.

Conclusion
In conclusion, WAAP improves the compliance of care takers towards their child's medications, the knowledge of inhaler usage and patient's asthma control.

STUDY OF WARD PHARMACISTS' INTERVENTIONS IN MELAKA HOSPITAL IN YEAR 2010

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[1]Department of Pharmacy, Hospital Melaka

Introduction
Pharmacists are uniquely trained in therapeutics to provide comprehensive drug management. Many studies have shown that pharmacists can effectively identify and intervene to prevent clinically significant drug-related problems.

Objectives
To describe various interventions done by ward pharmacist and to evaluate the acceptance rate.

Methods
Monthly clinical meeting reports in year 2010 which contained all the interventions done by 12 ward pharmacists were reviewed and categorised. Correlation between the interventions done and accepted was calculated using Pearson correlation (SPSS version 17)

Result and discussion
Total number of ward pharmacists' interventions in year 2010 was 7437 with an average of 28 interventions per day. Most interventions done were under incorrect/ inappropriate/ inadequate regime(n=5095; 68.5%), followed by incomplete prescription (n=1235; 16.6%), miscellaneous (n=737; 9.9%) and inappropriate prescription (n=370; 5%). Inappropriate/inadequate drug contributed 2566 cases (34.5%) as the highest intervention performed. Three hundred (4.0%) interventions were done on polypharmacy. Intervention acceptance rate was 98.3% (R2<0.01). Antibiotic (n=1390; 23.7%) and cardiovascular medication (n=1304; 22.3%) were the most common medication groups involved in the interventions. Drug dosage was the most information provided to physician, other medical staff and patients. (n=299; 32.53%)

Conclusion
Active participation of ward pharmacists optimised rational pharmacotherapy mainly in the area of incorrect/inappropriate/ inadequate regime. There was a high rate of acceptance of interventions done.

ASSOCIATION OF ASTHMA CONTROL WITH MEDICATION ADHERENCE AND QUALITY OF LIFE IN ADULT ASTHMA PATIENTS IN HOSPITAL MELAKA

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[2]Faculty of Pharmacy, UniversitiTeknologi MARA, PuncakAlam

Introduction
The goal of asthma treatment is to achieve and maintain optimal asthma control with high adherence towards pharmacological intervention. The degree of asthma control influences the health-related quality of life.

Objectives
This study was to determine the level of asthma control, medication adherence and quality of life and their association

Methods
A cross-sectional study was conducted (via questionnaires) at the Chest Clinic of Hospital Melaka (from 21st July to 24th November 2011)involving all adult asthmatics who satisfied the inclusion-exclusion criteria of the study (Socio-demographic data, Asthma Control Test, Standardized Asthma Quality of Life Questionnaire (AQLQ(S)), Modified Morisky Adherence Scale eight-item)

Results
The mean + SD age of 73 subjects was 50.6± 14.9 years old. About 70% were female and Malays. Forty seven percent of subjects had at least well-controlled (ALWC) asthma. Seventy one percent of ALWC subjects had at least one co-morbidity disease ($p = 0.020$). Eight percent of not well-controlled subjects were not on controller medication. Thirty four percent of subjects were considered to be highly adherence to their asthma medication compared to 44% with low adherence. Overall AQLQ(S) scores ≥ 6 was 36%; where the best score (AQLQ(S)=7) was 2.7%. there was no association between asthma control and adherence ($p = 0.799$) but asthma control was significant with the overall quality of life and each domain of the AQLQ(S) questionnaire ($p<0.001$)

Conclusion
The study suggested that the degree of asthma control influences the quality of life of the asthmatic. Besides adherence, other factors such as proper inhalation techniques, patient understanding, and knowledge of the disease and medication are also important components in achieving optimal asthma control. Therefore, the continuity of an enhanced asthma educational programme is essential to improve the asthmatics' quality of life.

ASSESSING ACUTE POST-OPERATIVE PAIN MANAGEMENT AND PATIENT SATISFACTION IN SURGICAL WARDS, HOSPITAL MELAKA

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Department of Pharmacy, Hospital Melaka

Introduction
Patient's satisfaction with post-operative pain management is an important outcome of hospital care, however, inadequate pain management after surgery has been well documented in many studies

Objectives
The objectives of the study were to determine the appropriateness of post-operative pain management, patients' satisfactory towards pain management and the mean cost difference of analgesics used in patients undergoing appropriate and inappropriate pain management.

Methods
Cross-sectional study was conducted using American Pain Society – Patient Outcome Questionnaire – Modified (APS-POQ-Modified), involving patients who were admitted for elective general surgery from January 2011 to June 2011, in surgical wards of Hospital Melaka. Categorical data was presented using descriptive statistics. Independent T-test and Mann-Whitney U test were used to analyse numerical comparison.

Result
A total of 65 samples collected consisted of 41.5% male respondents and 58.5% female respondents. Seventy percent of respondent was of Malay ethnicity. Respondents had a mean (SD) age of 37.97 (±17.78). Overall, patients were satisfied with pain management received (mean score 15.27 (±1.058)). Thirty eight percent of pain management was appropriate. Mean (SD) pain score was higher in those with inappropriate treatment; 5.512 (±1.592) as compared to the appropriately treated group; 3.222 (±1.414), p=0.214. However the appropriate treated group had a higher mean rank for Defined Daily Dose (DDD) (34.70) indicating median drug cost was higher in the appropriately treated group (31.94), (p=0.545).

Conclusion
This study shows that post-operative patients were satisfied with pain management in surgical wards. Nevertheless, treatment plan should be reviewed to ensure better pain control through the appropriate use of analgesics.

ROLE OF SULPERAZONE (CEFOPERAZONE/ SULBACTAM) AND POLYMYXIN B IN MULTIPLE DRUG RESISTANCE ACINETOBACTER BAUMANNI (ACB) IN ICU HOSPITAL MELAKA PATIENTS

S.W. Wong, Y.L. Chin, K.Y. Goh, Y. Lim
Department of Pharmacy, Hospital Melaka

Introduction
AcinetobacterBaumanni (ACB) has emerged as an important nosocomial pathogen which is often associated with high rates of mortality, morbidity and multi-drug resistance.

Objectives
The purpose of this study was to evaluate the role of sulperazone and polymyxin B in ACB management in terms of clinical outcomes and microbiological outcomes.

Method
Retrospective record reviews were conducted for patients admitted to the ICU Hospital Melaka and who were on sulperazone or polymyxin B for at least 48 hours from 1st Jan 2010 to 31st December 2010 were included. Data were analysed using SPSS version 15

Result
Over the study period of year 2010, there were total of 72 samples identified of which 27 of them were excluded as they failed to meet the criteria. Forty patients were on sulperazone and 5 were on polymyxin B. Patients included in sulperazone group had a mean age of 47.43 (±22.32) whereas patients included in polymyxin B group had a mean age of 46.5 (±15.06). Furthermore, there were 58.1% of male subjects and 41.9% of female subjects recruited in sulperazone group. Twenty percent of male subjects and 80% of female subjects recruited in polymyxin B group. In the sulperazone group, the cure rate was 47.5% (n=19) followed by a death rate of 40% (n=16) and a failure rate of 12.5% (n=5). However, for the polymyxin B group, there was a 100% (n=5) death rate. As for microbiological outcomes, 45.8% (n=11) of the cases had complete eradication and 33.3% (n=8) of the cases had presumed eradication. However, there is 20.8% (n=5) of treatment failure.

Conclusion
The use of sulperazone in MRO ACB results in the high cure rate in clinical outcomes. However, the use of polymyxin B could not be concluded because of the relatively small sample size.

Evaluating Measles Surveillance System in a previously low incidence area, 2011

Dr Intan Azura Mhd Din, Dr Noor haida Ujang, Dr Noor Aizam Mohd Said, Dr Hashimah Hassan, Dr Ismail Ali, Dr Fadzillah Kamaludin

First place in poster competition (6th National Conference for Clinical Research 2012)

Introduction:
Malaysia Measles Elimination Programme started in 2004. Case notification and investigation with laboratory support were important to prompt public health action. In 2011, Melaka noted a high incidence rate of Measles (20.3/1,000, 000 population) with 3 outbreak when compared to previous 3 years despite a good immunization coverage (98.1%). This study was carried out to evaluate the performance of the Measles Surveillance System with respect to certain attributes such as timeliness, data quality, simplicity, acceptability, sensitivity and positive predictive value and to provide recommendation towards improvement of the Measles surveillance system in Melaka.

Methodology:
A cross sectional study was conducted. Notification and investigation form, outpatient card and laboratory result were reviewed.Interview using questionnaire with key informants involved in the surveillance system was done. Attributes measured were timeliness for diagnosis to notification and notification to investigation, completeness of data, simplicity, acceptability , sensitivity of case detection at the health clinic and positive predictive value for case notification.

Results:
Timeliness from diagnosis to notification <24hours was 87.5% and notification to investigation <48hours was 54.8%.None of cases reported from private doctor. The system was simple and the quality of data was good and actively used by stakeholder especially at state level. Positive Predictive value was 12.5%.

Discussion/Conclusion:
Timeliness for notification and investigation is delay that can cause delay in implementation of control measure. Reporting rate also low especially among the private doctor. The current surveillance system need further strengthening. Continuous training and supervision especially to new staff such as doctors, the investigator and also to the private sectors are important to make sure this can be achieved.

Parents' Perspectives on The Important Aspects of Care in Dying Children with Life Limiting Conditions: A Qualitative study

GL Kuan, Department of Paediatrics, Malacca Hospital, Melaysia.
WY Low, Medical Education & Research Development Unit, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia.

Presented in Singapore Palliative Care Conference 2012

Introduction
The importance of Paediatric Palliative Care (PPC) is increasingly recognized worldwide, with the WHO and AAP endorsing the development and wide availability of PPC. When these children are in the terminal phase of their illness, PPC should be tailored to the different needs and desires of the child and the family, with the goal of providing the best possible quality of life (QOL) for the days that remain.

Method
This is a needs based qualitative study where parents views were solicited, as to the important aspects of care in their children during the terminal phases of their illness. A purposive sampling was done amongst fifteen parents of nine deceased children (aged 2-14 years, eight cancer, one Prader Willi Syndrome) who had received care in the Paediatric Department in a Malaysian government hospital. Two focus group discussions (FGDs) and three in-depth interviews (IDIs) were conducted, based on a semi-structured interview guideline developed by the authors. The interviews were audio taped with permission and the tape recordings were transcribed verbatim. The data was managed and analyzed by NVivo 9 software using a thematic analysis approach.

Result & discussion
Amongst the concerns parents raised were dissatisfaction towards the healthcare system e.g. lack of oncology specialists; poor technical and soft skills of staff; better symptom control and a wish to die at home. There is a need to improve PPC in Malaysia. The frequently emerging themes from the parents' interviews are useful issues to consider in the development of a PPC program.

How well are Malaysian children with life limiting conditions dying at home?

GL Kuan, Department of Paediatrics, Malacca Hospital, Melaysia
WY Low, Medical Education & Research Development Unit, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia.
Presented in Asia Pacific Congress of Paediatrics, Kuching, Sarawak 2012

Introduction
What are the expectations of parents and their children dying at home? The mean duration of terminal care (Kohler 1985) has been described as 5-6 weeks, with most children dying at home after a brief period of obvious deterioration. The quality of life of these children has been described to be influenced by their being at home during this terminal period (Sirkia 1997).

Method
This is a qualitative study where parents views were solicited, with regards the important aspects of care in their children during the terminal phases of their illness. A purposive sampling was done amongst fifteen parents of nine deceased children (aged 2-14 years, eight cancer, one Prader Willi Syndrome) who had received care in the Paediatric Department in a Malaysian government hospital. Two focus group discussions (FGDs) and three in-depth interviews (IDIs) were conducted, based on a semi-structured interview guideline developed by the authors. The interviews were audio taped with permission and the tape recordings were transcribed verbatim. The data was managed and analyzed by NVivo 9 software using a thematic analysis approach.

Result & discussion
Five children died at home. Amongst the difficulties parents faced were tremendous burden of coping with uncertainty & fear, lack of a key person for guidance and advice; poor symptom control, absence of anticipatory guidance as death approached; as well as difficulties post death practicalities.

AN OUTBREAK OF HEPATITIS A AMONG AMONG LOCAL INDIGENOUS COMMUNITY IN ALOR GAJAH DISTRICT, MELAKA FROM NOV 2011 TILL APRIL 2012

Shazelin AP, Intan Azura MD**, Jamal A*J, Hashimah H **, Zaharudin T**
*Alor Gajah District Health Office, **Malacca State of Health Department

Background: Hepatitis A is an Enterically transmitted viral disease. Contact with an infected person and ingestion of contaminated food or water are the major routes. Outbreaks frequently reported in communities with poor water supply, latrine coverage and environmental sanitation in developing countries. A Hepatitis A outbreak occured among local Indigenious community in Alor Gajah District from Nov 2011 to April 2012. It was reported by a local person regarding a large number of individuals with jaundice in early February 2012.

Objectives : This study was carried out to describe the outbreak by time, place, person and clinical ,to identify the source of infection and to take control and preventive measures to contain the outbreak

Methods : A case was defined as any person from Kampung Bukit Payung and Kampung Air Dusun who presented with jaundice or fever with or without nausea and vomiting and diarrhoea starting from November 2011.Cases retrieved by active case detection and passive case detection.Environmental investigations conducted were water sampling, coverage of drinking water supply and latrines .

Results : Eighteen cases were reported as Hepatitis A; 16 confirmed cases and two probable cases. Cases were mainly among the age group of 15-19 years old(Mean age = 21.9(SD±12). There were three main symptoms which were fever (100%), icterus (83.3%) and dark coloured urine (61.1%). Epidemiological curve showed propagated source that indicated people to people transmission. Contributing factors identified were poor sanitation facilities in several houses together with poor sanitation practices. Other factors were drinking unboil GFS water and sharing of household utensils for eating and drinking. Measuring factors taken were chlorination of GFS and intensive health education to the orang asli on drinking water and sanitation practices.

Conclusion : The spread of infection could have been due to water contamination and person to person transmission. Control measures taken seem to show an impact by reduction in number cases and able to contain the outbreak.

Keywords: Outbreak, Hepatitis A, epidemiological investigations

EVENTS/ACTIVITIES 2013

No.	Course/Workshop/Event	Date	Venue	Number of participants
1	Excel Course	29 Jan 2013	Meeting Room, CRC Hospital Melaka	21
2	Literature Search With Virtual Library	31 Jan 2013	Meeting Room, CRC Hospital Melaka	13
3	Proposal Writing Workshop	04-05 Feb 2013	Forensic Seminar Room, Hospital Melaka	18
4	CME-Clinical Trial on Going-by Dr Kauthaman	14 Feb 2013 (4..30-5.00pm)	Meeting Room, Klinik Kesihatan Peringgit	17
5	Good Clinical Practice Workshop (in collaboration with Pertubuhan Persatuan Lepasan Ijazah Hospital Melaka)	21-23 Mar 2013	Auditorium Baiduri Hospital Melaka	69
6	Emel dan Etika IT	12 Apr 2013	Computer Room JKN Melaka	28
7	CME:NMRR Registration New Version	July-September 2013	Road Show- 12 Departments/Units Hospital Melaka	264
8	Statistic Workshop	11-12 Sep 2013	Manipal Medical College	29
9	Scientific Writing, Oral, Poster Presentation and Publication	23-24 Sep 2013	Forensic Seminar Room, Hospital Melaka	19
10	Mock Research	1 Oct 2013	Auditorium Baiduri Hospital Melaka	22
11	NMRR Reviewer	5 Oct 2013 (9.00am-2.00pm)	Meeting Room, CRC Hospital Melaka	16
12	Melaka Research Day 2013	7 Oct 2013	Auditorium Baiduri Hospital Melaka	144
13	Good Clinical Practice Workshop (in collaboration with Mahkota Medical Centre & Pertubuhan Persatuan Lepasan Ijazah Hospital Melaka)	15-17 Nov 2013	Mahkota Medical Centre Melaka	38
14	Proposal Writing Workshop	2-3 Dec 2013	Dewan Zamrud, Hospital Melaka	48

PHOTO GALLERY

Protocol Writing Workshop— 12-13/03/2012





Good Clinical Practice—02, 03, 05/04/2012





Good Clinical Practice Collaboration With Mahkota Medical Centre—28-30/09/2012





Statistics Workshop



Scientific Writing Course



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