

Development of pictorial asthma action plan

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Year: 2024

Cite this article as:

Theng, Cheong Ai, Ying, Lim Poh, Mohamad, Fadzilah, Salim, Hani Syahida, Shariff Ghazali, Sazlina, Lee, Ping Yein, Hussein, Norita, Hanafi, Nik Sherina, Ramdzan, Siti Nurkamilla, Ramli, Rizawati, Tan, Siow Foon, Nordin, Norasnita, Mohamed Yusoff, Fazlina, Aman, Zuzana, Wong, Chee Kuan, Khoo, Ee Ming, Pinnock, Hilary (2024). Development of pictorial asthma action plan. Malaysian Family Physician. Family Medicine Specialist Association (FMSA) of Malaysia.

Archived in UPM Institutional Repository on 28 October 2025, 13:30 GMT+8

prevalence of PE and its associated factors among men attending health clinics in Kuantan, Pahang.

Methods: A six-month cross-sectional study (March 2023 – August 2023) was conducted at twelve health clinics in Kuantan, Pahang. The selected respondents were sexually active men over 18 years old, excluding those with psychiatric illness or illiteracy. Data were collected using questionnaires on sociodemographic, medical history, the validated Malay version Premature Ejaculation Diagnostic Test (PEDT), and the Depression, Anxiety and Stress Scale (DASS-21). PE was defined as a PEDT score above 9. Descriptive analysis and simple and multiple logistic regression were performed using SPSS.

Results: Out of 300 eligible men, 287 responded (95.7% response rate). The prevalence of PE was 32.4% (n=93), with 17.8% (n=5) classified as probable PE and 14.6% (n=42) as PE. Logistic regression showed statistically significant associations of PE with stress [AOR (95% CI): 3.83 (1.33 – 11.00); p-value = 0.013] and anxiety [AOR (95% CI): 2.60 (1.29 – 5.25); p-value = 0.008].

Conclusion: The study revealed a high incidence of PE among men, potentially linked to stress and anxiety. Raising awareness among the public and healthcare providers could improve detection rates in primary care. Therefore, routine PE screening is recommended for men attending health clinics as well as for those exhibiting stress and anxiety. Such measures would facilitate early diagnosis and treatments.

Poster Abstract P26

MAwar Web Application to Increase Intention for Breast and Cervical Cancer Screenings in Three Primary Care Health Clinics in Klang, Malaysia

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Introduction: Regular screenings for breast and cervical cancers for early detection remains low in Malaysia. Digital health interventions offer promising solutions to enhance screening intention. We evaluated a MAwar web application to increase intention for breast and cervical cancer screenings.

Methods: A pre-post study design was conducted among women attending 3 primary care clinics in Klang, Malaysia. The intervention was a web-based application to Motivate and raise Awareness on screening of breast and cervical cancers (MAwar app). Women aged ≥20 years and sexually active, or aged 50-

75 years old, regardless of previous/current sexual activities participated in this study. We collected at baseline (socio-demographic, health information, knowledge on breast and cervical cancers' risk factors, barriers to screening and intention and uptake for breast and cervical cancer screenings) and at 3 month follow-up (knowledge on breast and cervical cancers' risk factors, barriers to screening and intention for breast and cervical cancer screenings). We analysed the data using Chi-square and McNemar tests with a significant level of p<0.05.

Results: We recruited 654 eligible women with 637 women completing the 3 month follow up (97.4% retention rate). At 3-month post-intervention, there was a significant improvement in screening intention for breast cancer (p<0.001) and for cervical cancer (p<0.001), knowledge of cervical cancer risk factors (p<0.001), and perceived barriers to screening (p<0.001).

Conclusion: The MAwar application showed significant improvement in the intention for breast and cervical cancer screenings, demonstrating the potential for user-centred digital health interventions in promoting health behaviours aimed at increasing cancer screening rates.

Poster Abstract P 27

Development of Pictorial Asthma Action Plan

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Introduction: Asthma action plans are used to support self-management and have been shown to improve clinical outcomes. Pictorial asthma action plans (PAAP) have the potential to benefit all patients regardless of their health literacy. We aimed to develop a culturally tailored PAAP to support patient self-management.

Methods: A literature review was performed to inform the content of the plan. The PAAP was then designed by a graphic designer. An expert panel consisted of two respiratory physicians and three family physicians was invited to assess the relevance and clarity of the PAAP contents and graphics using a structured questionnaire. The item content validity index (I-CVI) was used for the assessment. Public, patients and healthcare providers were also invited to review the PAAP.

Results: Two pictorial asthma action plans were developed: one for the preferred track (The use of combination budesonide and formoterol as preventer and reliever) and another for the alternative track (The use of inhaled corticosteroid as preventer and short-acting beta-agonist as reliever) according to GINA and Malaysia Clinical Practice Guideline for Management of Asthma. The contents and graphic designs of the PAAP had I-CVI ranging from 0.83 to 1.00 (satisfactory). The PAAP was amended based on the expert feedback and the revised version was presented to the public, patients and healthcare providers. Subsequently the wording was further refined for ease of patients' understanding.

Conclusion: The two PAAPs developed for the preferred and alternative track according to GINA and Malaysian CPG for asthma are valid with successful engagement from various stakeholders.

Poster Abstract P 28

The Practice Of Diabetic Retinopathy Screening In Relation To Knowledge And Attitude Of Diabetic Retinopathy Among Doctors In Primary Care Malaysia: A Cross-Sectional Study

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Introduction: Diabetic retinopathy is one of the treatable complications of diabetes mellitus. Knowledge and practice of primary care doctors are important to ensure early screening to prevent disease progression. We assessed the practice of diabetic retinopathy screening in relation to the knowledge and attitude of diabetic retinopathy of primary care doctors in Malaysia and the association of practice with sociodemographic characteristics.

Methods: This cross-sectional study was conducted among 390 primary care doctors throughout Malaysia using a self-administered online-based questionnaire. A set of 32 questions comprising three sections were used. Good knowledge, attitude, and practice levels were defined when the response rate was more than 80% of the correct response for the assessed domains. The association of sociodemographics and practice was tested with non-parametric tests using Mann-Whitney and Kruskal-Wallis, followed by Spearman correlation analysis. The p-value of <0.05 was taken as significant.

Results: Our survey found that 284 (72.8%) had a good level of knowledge, 350 (89.7%) had a good level of attitude and only 117 (30%) of respondents had a good level of practice. There was a moderate correlation between practice and attitude ($r_s = 0.7$, $p < 0.001$). However, practice and knowledge had no significant correlation ($r_s = 0.08$, $p : 0.87$).

Conclusion: Primary care doctors in Malaysia showed good levels of knowledge and attitude but not for good practice. An exploratory study is needed to look at the contributing factor and other barriers to good practice in diabetic retinopathy among primary care doctors in Malaysia.

Poster Abstract P 29

Effectiveness of Diabetic Retinopathy E-Module to Improve Diabetic Retinopathy Detection Rate Among Primary Care Doctors

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Introduction: Diabetic retinopathy (DR) is the leading causes of blindness in diabetic patients. Training efforts is an important component in improving DR screening. We aimed to assess the improvement in DR detection rates among primary care doctors after training with the online DRS e-module.

Methods: This pre and post intervention study involved 50 doctors from the Master of Family Medicine UKM program (2021/2022), selected via stratified random sampling. Sociodemographic data were collected, and participants completed a Google Form questionnaire with 35 funduscopy images, each representing different stages of DR- mild, moderate or severe non proliferative diabetic retinopathy (NPDR), proliferative DR, maculopathy, advanced diabetic eye disease and normal eye. Subsequently participants were trained with the Diabetic Retinopathy Screening module (DRS e-module), developed by the College of Ophthalmologists Malaysia, to be completed within 1 month. The same questionnaire was given 2 weeks post completion.

Results: 47/50 participants completed the study (94% response rate). Majority were clinic-based (59.6%) had mean (SD) of 9 (2.28) years of practice and 89.4% never received funduscopy training. There was significant improvement in the total mean (SD) score pre and post intervention [(17.64 (5.95) vs 22.91 (5.11)], out of a possible maximum score of 35, ($p < 0.001$). Detection of DR stages significantly increased post intervention for normal eye ($p = 0.001$), mild (NPDR) ($p < 0.001$), moderate NPDR ($p < 0.001$), severe NPDR ($p = 0.007$), PDR ($p = 0.028$) and diabetic maculopathy ($p < 0.001$).

Conclusion: The detection rate of DR among primary care doctors significantly improved post-intervention. Thus, the DRS e-module shows potential for improving the DR detection rate among primary care doctors.

Poster Abstract P 30

Prevalence of erectile dysfunction and its associated factors among male type 2 diabetes mellitus patients with chronic kidney disease in Hospital Universiti Sains Malaysia, Kelantan

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