

Introduction: This audit was performed to evaluate the standard of practice in the management of patients with warfarin in a primary care clinic.

Methods: Data of patients on warfarin who attended the INR clinic from July 2022 to June 2023 were retrieved. Those who were on regular follow-up with at least 3 traceable readings in the electronic medical record were included, except for those who were less than 18 years old, pregnant and those who were transferred to other facilities. The audit criteria were set based on the 2nd edition of the Malaysian CPG on Anticoagulation Medication Adherence Clinic (AC-MTAC). The standards were set with reference to CPG and the latest published standards of care.

Results: A total of 75 medical records were included in this audit. For process of care, 10 out of 22 criteria (first visit record) and 5 out of criteria (follow-up visits) did not meet the standards. These include: (a) a referral letter/form for every new patient referred to the INR clinic (87.5%) and (b) documentation of: warfarin initiation date (56.2%), duration of INR treatment (18.75%), patient's current warfarin dose (93.75%). and (c) assessment of: compliance (87.5%), signs and symptoms of thromboembolism (93.75%), drug interaction (87.5%), alcohol status (18.75%), nicotine intake (43.75%), advice on safety netting (93.8%), missed doses (98.67%), assessment for changes in medication intake (98.67%), assessment for alcohol intake (33.33%), assessment for nicotine intake (70.67%), and assessment for signs and symptoms of thromboembolism (98.67%). Outcomes in the INR clinic was measured in terms of the presence of complications (thromboembolic or bleeding events) and the time in the therapeutic range (TTR).

Conclusion: Overall, 19 out of 51 criteria did not meet the standard of management of patients on warfarin set for this audit. The problems and issues have been identified and strategies have been formulated to address them.

Poster Abstract P23

Defaulter Rate During the Covid-19: A Longitudinal Study of Tele-Primary Care (TPC) Clinic

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Introduction: The COVID-19 pandemic has largely affected accessibility to healthcare services, particularly on the timeliness of healthcare services delivered to the population. Defaulter rate is one of the proxy indicators recommended to monitor timeliness. This study assessed and compared the defaulter rate of services in primary care clinics during the pandemic and pre-COVID-19 period.

Methods: This longitudinal study utilised data from the Ministry of Health administrative routine database and Tele-Primary Care (TPC) system, available from 78 health clinics throughout the country. Data on number of defaulters and total attendances for

three services; outpatient, antenatal and child health from January 2019 to December 2020 were extracted, with date prior to January 2020 defined as pre-COVID-19. The monthly defaulter rates of respective months in 2019 and 2020 were compared using paired t-tests via SPSS version 26.

Results: During COVID-19, the defaulter rates ranged from 0.033-0.123 for OPD as compared to 0.032-0.042 in 2019. The rate varied from 0.093-0.138 during the pandemic for antenatal, whereas in 2019, it was between 0.099-0.116. As for child health, the rate ranged from 0.062-0.184 during COVID-19 as compared to 0.066-0.080 in 2019. Comparing 2020 and 2019, higher defaulter rates for outpatient and child health services were seen during March, April, and June 2020 ($p < 0.05$). No significant differences were seen for antenatal services throughout the months, although the rate was highest in March 2020.

Conclusion: Defaulter rates were significantly higher during the second wave of COVID-19 in outpatient and child health services, whilst antenatal care services appeared unchanged. This study provides valuable insights into the effect of a pandemic on the timeliness of primary care services, specifically in TPC clinics. Strategies to maintain timeliness of healthcare services during future disease outbreaks should consider more vulnerable services to ensure healthcare access is maintained across all services.

Poster Abstract P24

Sexual Risk Behaviour Among Malaysian Youth – A Nationwide Cross-Sectional Study

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Introduction: Youths are typically at their peak of exploring new things including sexual risk behaviour (SRB) which often results in multiple reproductive health problems, complications and death. This study aims to determine the prevalence and association between multi-system factors and SRB among local youths studying in higher education institutions.

Methods: A cross-sectional online survey was conducted on 28 higher education institutions which were selected using stratified random sampling. Participants were recruited using the convenience sampling method. The questionnaire consisted of participants' socio-demographic characteristics, academic background, substance abuse, childhood abuse, religiosity, knowledge on sexuality, attitude on pre-marital sex, parents' parenting behaviour, peer influence and sexual risk behaviour was used. Descriptive statistics were computed for all variables. The association between variables was measured using logistic regression analysis. The level of significance was set at $p < 0.05$.

Results: 1172 respondents were recruited in this study. The prevalence of SRB among the students was 84 (7.2%) with a mean score of 0.07 ± 0.26 . The mean age of participants was 20.16 ± 1.66 . Age, smoking or vaping history, alcohol use, non-organized religious activity (NORA), father care and peer pressure were found to be significantly associated with SRB.

Conclusion: The prevalence of SRB among Malaysian youths was 7.2%. Those factors required further exploration and are relevant in the preventive strategies of SRB. Preventive plans must be made parallel to the needs of the local youths as this generation represents the future of the country.

Poster Abstract P26

Disability Domain and Its Determinants Among Elderly in Bukit Baru, Melaka, Malaysia.

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Introduction: The elderly population is increasing globally. Disability is common among elderly resulting from physiological changes and morbidities. Inability to manage their daily activities due to disability will affect the quality of life of the elderly and their family. This study is to assess the domain and the level of disability and its association with sociodemographic factors, living arrangement and morbidities.

Methods: A cross-sectional study was carried out in ten residential areas in Bukit Baru, Melaka. A total of 432 elderly were conveniently selected and interviewed using World Health Organization Disability Assessment Survey 2.0 questionnaires to assess 6 disability domains that are Cognitive disability, Mobile disability, Self-care disability, social impairment, Life activities disability and Participation disability. The disability domain and level were analyzed to assess its association with sociodemographic factors, living arrangement and number of morbidities.

Results: The most common disability was Participation followed by Mobility and Cognitive disability. The highest disability score was Participation, followed by Mobility and Life-activities. There were significant association between age, marital status, and number of morbidities and all disability domains ($p < .05$). Age, marital status, and number of morbidities were also significantly associated with level of disabilities ($p < .05$). Gender and living arrangement were not significantly associated with disabilities.

Conclusion: This study showed that disability was relatively common among elderly living in Bukit Baru, Melaka, however the majority were mild. The most common disability was Participation. Age, marital status, and number of morbidities were the determinants of disabilities.

Poster Abstract P27

Knowledge, Attitude and Perceptions of Patients Attending a University-Based Multidisciplinary Weight Management Clinic for Obesity

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Introduction: Obesity is a chronic disease influenced by various risk factors which requires a holistic approach for intervention. In view of this, the assessment of patients' knowledge, attitude and perception towards obesity is important to identify modifiable behavioural factors. This study aimed to review the knowledge, attitude and perceptions of patients attending a university-based multidisciplinary weight management clinic as part of patients' personalized treatment plan.

Methods: This is a cross-sectional study involving all participants who attended the weight management clinic program from March 2016 until December 2023. Sociodemographic and clinical history data was collected using a standardized clinic proforma. Knowledge, attitude, and perception on obesity was assessed using an adapted questionnaire from Simkhada et al (2011) using a 10-point Likert scale with 1 'Not Agree' and 10 'Agree'. Descriptive data were analyzed using SPSS 28.

Results: A total of 204 patients were included in the study. Majority were male (51%), Malay ethnicity (95.6%) and had tertiary level of education (70.1%). The mean baseline weight was 119.62 kg ($SD = \pm 30.91$) and body mass index (BMI) was 44.61 kg/m² ($SD = \pm 10.09$). Overall knowledge on obesity among participants was good (Mean score 57.4 ± 7.33 , total score = 70). For the attitude and perception, majority of the participants did not agree with the perception that obesity is the symbol of richness and prosperity, and obese people are untidy. However, the majority perceived that obese people should not expect to live normal lives and that people who are overweight tend to be lazier than those with normal BMI.

Conclusion: The participants had good knowledge obesity; however, the results are mixed for the attitude and perception on obesity. Negative attitudes and perception could deter obese patients from achieving their treatment target. Patient education and awareness is important to cultivate positive attitude and perception on obesity.

Poster Abstract P28

Cutis Verticis Gyrata Related to Pregnancy: A Case Report

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Background: Cutis Verticis Gyrata is a benign disorder of the scalp characterized by convoluted folds and deep furrows which resemble