

3rd NATIONAL NURSING RESEARCH COLLOQUIUM 2019

Theme:
Health for all: Networking, Connecting and Sharing Knowledge



24th - 25th APRIL, 2019

- Auditorium Kompleks E, Presint 1, Pusat Pentadbiran Kerajaan Persekutuan, Wilayah Persekutuan Putrajaya

ORAL PRESENTATION

Schedule of Oral Presentation

Session OR1	1100-1115	Presenter: Kristy Karthini John Abdullah Title: The Experience Of Family Caregivers Living With Cancer Patients Receiving Chemotherapy In Sarawak
Session OR2	1115-1130	Presenter: Norazlina Binti Md Jazli Title: Believe, Attitude And Practices On Childhood Immunization In “Close Knit Community” In PKD Gombak, Selangor.
Session OR3	1130-1145	Presenter: Nooraniza Binti Mohd Kassim Title: Mortality Rate Of Patient Undergoing Percutaneous Coronary Intervention (PCI) With Cardiac Rehabilitation Programme (CRP) Participants And Non-Participants In Hospital Pulau Pinang (HPP)
Session OR4	1145-1200	Presenter: Umi Nadrah Binti Daud Title: Factors Associated With Late Antenatal Care Booking At The Selected Public Health Clinic In Langkawi.
Session OR5	1200-1215	Presenter: Norjannah Binti Hussain Title: Stress Contributing Factors Among Nurses In Medical And Surgical Wards At Selected Public Hospitals
Session OR6	1215-1230	Presenter: Norrasidah Binti Mohtar Title: Health Literacy And Its Association With Knowledge, Attitude And Practice Of Breast Self Examination Among Women In Sungai Besar, Selangor.
Session OR7	1230-1245	Presenter: Umi Kalsom Binti Kasran Title: Identify Contributing Factors For Bacterial Contamination Of The Newborn Incubators In Neonatal Intensive Care Unit (NICU) Hospital Tengku Ampuan Rahimah (HTAR), Klang
Session OR8	1245-1300	Presenter: Rahizan Binti Mohammad Title: A Study On Factors Associate With Low Coverage Of Pap Smear Screening In Pontian District
1300-1400: Lunch break/Prayer/ Poster viewing		

PM SESSION

Session OR9	1415-1430	<p>Presenter: Zarida Binti Omar</p> <p>Title: Relationship Between Maternal Second Hand Smoking Exposure With Newborn Birth Weight Among Postnatal Mothers In Hospital Sultanah Bahiyah In Year 2017</p>
Session OR10	1430-1445	<p>Presenter: W. Nur Azwani Binti Wan Jusoh</p> <p>Title: Blood Transfusion Knowledge Among Nurses In Hospital Sultanah Nur Zahirah, Kuala Terengganu.</p>
Session OR11	1445-1500	<p>Presenter: Emakustini Binti Laman</p> <p>Title: Knowledge And Attitude Towards Continuous Professional Development (CPD) Among Registered Nurses In Sarawak General Hospital.</p>
Session OR12	1500-1515	<p>Presenter: Maizatul Akmar Binti Ibrahim</p> <p>Title: Knowledge, Practice And Attitude Related To Surgical Wound Management Among Registered Nurses At A Public Hospital</p>
Session OR13	1515-1530	<p>Presenter: Azrimah Binti Zainudin</p> <p>Title: The Level Of Family Burden That Cares For Patients In Palliative Ward</p>
Session OR14	1530-1545	<p>Presenter: Chen Ai Ling</p> <p>Title: The Experience Of Women Living With Breast Cancer In Sarawak</p>
Session OR15	1545-1600	<p>Presenter: Noraida Binti Mohamad Kasim</p> <p>Title: Prevalence Of Visual Disability Among Fall Elderly In Malaysia: Findings From National Health And Morbidity Survey (NHMS) 2018: Elderly Health</p>
Session OR16	1600-1615	<p>Presenter: Parmeswary A/P Pathmanathan</p> <p>Title: Nurses' Job Satisfaction In Managing Aggressive Patient In Acute Ward.</p>
Session OR17	1615-1630	<p>Presenter: Sreevali A/P Muthuvadivelu</p> <p>Title: Effectiveness Of Malaysia Healthy Plate Method (Suku-Suku Separuh) On Weight Loss In Obese Adults.</p>
Session OR18	1630-1645	<p>Presenter: Aminatuzzahrah Binti Abdul Halek</p> <p>Title: Perception And Application Of Situation Background Assessment Recommendation Evaluation (SBARe) Framework In Nursing Documentation And Handover Report Among Nurses In Hospital Bentong</p>
Session OR19	1645-1700	<p>Presenter: Hazelina Binti Daud</p> <p>Title: Effectiveness Of An Early Mobilization Protocol On Intensive Care Unit Patients</p>
Session OR20	1700-1715	<p>Presenter: Nur Syahida Azreen Binti Zainal</p> <p>Title: Self-Monitoring Blood Glucose (SMBG) For Type 2 Diabetes Mellitus Patient In Hospital Alor Gajah, Melaka</p>
	1715-1730	Refreshment & Adjourn



Name Kristy Karthini John Abdullah (U29), Hospital Umum Sarawak. **Title** The Experience of Family Caregivers Living with Cancer Patients Receiving Chemotherapy in Sarawak. **Authors & Affiliations** Kristy K. J., Yee B.L. & Rosnida A. B.

Introduction Cancer is a disease which affects not only patients but also their family caregivers (FCs) by physically and emotionally. However, the journey of caregiving that FCs experienced every day is still poorly understood. **Methodology** Data were collected and audiotaped through one round of open ended and semi-structured individual interviews. Colaizzi's (1978) Seven Steps Approach was used to analyze the transcribed verbatim data obtained from 10 randomized FCs. **Results** The study findings were grouped under six main themes: alternative treatment beside chemotherapy; knowledge and perception about cancer; difficulties, challenging and coping styles; relationship with healthcare personnel (doctors and staff nurses); improving the facilities; and knowledge to be the best caregivers. **Discussion/Conclusion** This study revealed that in order to get an optimal spiritual and healing process, most FCs and cancer patients preferred to use Shaman and Rukyah as their alternative treatment. FCs was found to have transportation and financial difficulties during chemotherapy similar to those in the literature. FCs expected more information about chemotherapy and possible side effects to help them to overcome the difficulties. Supported from the healthcare professionals and also having comfortable environment in the hospital was among their other expectations. In conclusion, FCs suffers a lot many social problems physically and emotionally during care giving process. Thus, healthcare professionals should support and pay attention to the needs of FCs

OR 1



Name: Norazlina Binti Md Jazli (U41), Pejabat Kesihatan Daerah Gombak, Jabatan Kesihatan Negeri Selangor. **Title:** Believe, Attitude And Practices On Childhood Immunization In “Close Knit Community” in PKD Gombak, Selangor. **Authors & Affiliations:** Norazlina M. J.

Introduction Immunization is one of the most effective ways to protect children and proven as a tool for controlling and eliminating life threatening infectious diseases and has been estimated to avert deaths of children each year. **Methodology** This was a quantitative cross-sectional study design done at “close knit community” in Rawang area. Sampling method used was convenience random sampling with total 100 respondents who met inclusion criteria at study setting. Self-administered questionnaire was used in this study and provided in bilingual version which is in Malay and English and consisted of four sections included section A for socio demographic, section B for belief, section C for attitude and section D for practice towards childhood immunization. The instrument was adapted from previous study and modified to suit the culture and belief of Malaysian context. **Results** Result from this study indicates that majority of the respondents was age more than 30 years old. Most of them had educational level until secondary school which represented 58%. More than half (52%) had higher level of belief meanwhile 59% and 76% of total respondents had low level of attitude and practice towards childhood immunization. Result also showed that there is statistically not significant between level of belief, level of attitude and level of practice towards childhood immunization with socio demographic characteristics of respondents where the *p-value* was more than 0.05. **Discussion/Conclusion** Study showed that even though belief towards childhood immunization was high but the attitude and practice towards it was low and there is no relationship between level of belief, attitude and practice with socio demographic characteristics.



Name Nooraniza binti Mohd Kassim (U41), Hospital Raja Permaisuri Bainun, Ipoh Perak. **Title** Mortality Rate of Patient Undergoing Percutaneous Coronary Intervention (PCI) with Cardiac Rehabilitation Programme (CRP) Participants and Non-participants in Hospital Pulau Pinang (HPP). **Authors & Affiliations** Nooraniza M. K.

Introduction CRP is the coordinated sum of interventions required to ensure the best physical, psychological and social conditions and preserve or resume optimal functioning in society through improved health behavior, slow or reverse progression of disease. **Methodology** A retrospective study was used and data was retrieved based on CRP record patient involved in CRP in 2016. Total 82 participants for both 41 participants for both CRP participant and non-participant cardiac folder was trace in Cardio Clinic, HPP. **Results** In CRP participant, majority of CRP participants was 17 (41.5 %) is under group of ages 41-50, while non-participants, about 14 (33.3%) is under group of ages 61-70, majority of respondents are male participants. There is no mortality for CRP participants while for non-CRP participants, there is 3 (7.1%) mortality. There is no significant correlation between risk factor (DM, HPT, family history, smoking and obesity) and mortality rate. Besides, there is no significant difference between the demographic data (age, gender and mortality rate) and mortality rate. **Discussion/ Conclusion** There is difference for mortality rate of patient undergoing PCI in CRP participant and non CRP participant. Risk factor not affecting mortality rate of patient undergoing PCI in CRP participant and non CRP participant.



Name Umi Nadrah Binti Daud (U44), Hospital Sultan Abdul Halim, Sungai Petani, Kedah. **Title** Factors Associated with Late Antenatal Care Booking at the Selected Public Health Clinic in Langkawi. **Authors & Affiliations** Umi N. D., Diyana I., Nur Husnita H., Nur Rabbiatul A. R. & Nurul Illana A. Z.

Introduction Antenatal care is provided to improve the health of pregnant mother and her baby by monitoring progress of the pregnancy, detecting and managing any problems. It is recommended that first antenatal visit should be as early as in the first trimester, which is before 12 weeks of gestation. This study aimed to identify the factors associated with late antenatal care booking at the selected public health clinic in Langkawi. **Methodology** An analytical cross sectional study design was used by retrospective data collection from the 'Rekod Kesihatan Ibu, Simpanan Klinik' namely KIK/1(b)/96(Pind. 2012). These data were collected from four public health clinic namely Klinik Kesihatan Kuah, Klinik Kesihatan Padang Matsirat, Klinik Kesihatan Ayer Hangat and Klinik Kesihatan Temonyong in Langkawi, Kedah. There were 290 samples taken by using cluster sampling method. Data were collected using data collection form created by the researcher based on previous study. The socio-demographic (age, marital status, educational level, antenatal mothers' job, husband job and residency) and maternal factors (number of gravida, number of parity, history of abortion, medical problem in previous pregnancy, and mode of previous delivery) are included in this data collection form. Pearson Chi Square and Two independent t-test were used in this study to identify the association with antenatal care booking status. **Results** 25.9% of late antenatal care booking was recorded from Jan-July 2017. Marital status and husband job shows significant association with late antenatal care booking where p-value is 0.002 and 0.004 respectively. Married mothers show 85.3% while mothers with working husband show 85.3% late antenatal care. **Discussion/ Conclusion** Late antenatal care has been associated with poor pregnancy outcome such as low birth weight, prematurity and increased delivery intervention. Mothers with the significant factors must be identified and highlighted so that they will not come late for antenatal care booking.



Name Norjannah binti Hussain (U44), Hospital Ampang, Selangor . **Title** Stress Contributing Factors among Nurses in Medical and Surgical Wards at Selected Public Hospitals. **Authors & Affiliations:** Norjannah H., Armeza A. R., Hasliza A., Zalina A.G., Nursyida J., Chitra R., Samsinar H.M. & Jahlilawati I.

Introduction Nurses are expected to deliver better nursing care. However, due to shortage of staff, they are burdened with workloads affecting quality of nursing services. Previous studies showed that 50 percent of nurses from Medical and Orthopedic Department have moderate to severe level of stress. Thus, this study is aimed to assess the main stress contributing factors among nurses in medical and surgical wards **Methodology** A cross-sectional, quantitative study, using 67 questions of self structured questionnaire. One Way ANOVA test was used to test associations with main stress contributing factors and work experiences. Meanwhile, independent t- test was used to test association with main stress contributing factors and work departments. **Results** A total of 294 nurses working in medical and surgical department at selected public hospitals. The highest mean score of stress factor was on the subscale of dealing with patients and families (M: 2.29 ± 0.87), followed by workload (M: 2.20 ± 0.85), and supervisor (M: 2.01 ± 0.92). While lowest mean of stress contributing factor is discrimination on sexual harassment (M: 1.25 ± 1.04). There is significant difference between the type of department (Surgical and Medical) and subscale of dealing with patients and families, workload, and supervisor (p value < 0.05). **Discussion/Conclusion** Findings of this study showed that higher mean score is in dealing with patients and families. Nurses reported they do not have enough time to respond to the needs of patients' families. Nursing administrators should seriously act upon these findings and take measures to improve work environments: 1. Train nurses to cope with stress 2. Provide time and training to respond to the needs of patients and their families



Name Norrasidah Binti Mohtar (U32), Hospital Kuala Kubu Baru, Selangor. **Title** Health Literacy and its Association with Knowledge, Attitude and Practice of Breast Self Examination among Women in Sungai Besar, Selangor. **Authors & Affiliations** Mohtar N., Shariff N., Kahar N., Nasruddin S. N. & Indiranee B.

Introduction Breast cancer is a major global health problem and the leading cause of death among women in all countries. Rate of breast cancer incidence in Selangor increasing from 458 to 460 in a year. There is the need to reduce incident of breast cancer by assessing health literacy to ensure successful health communication. Therefore the researchers aim to investigate knowledge, attitude and practice of breast self-examination (BSE) among women and the association with health literacy in Sungai Besar, Selangor. **Methodology** A descriptive cross sectional study design with convenient sampling. Data were collected via structured questionnaire containing 20 questions on demographic characteristic, knowledge about early signs and symptoms of breast cancer, attitude towards breast self-examination, knowledge about BSE practices and All Aspects of Health Literacy Scale (AAHLS). Data were analyzed by SPSS version 25 using independent t - test, chi square and Pearson correlation coefficient test. The significance level was set at 0.05 **Results** Total respondent 115. The mean (SD) result of knowledge 27.85 (6.09), attitude 32.50 (4.95), practice 5.36 (1.45) and health literacy 16.56 (3.31). An association between demographic characteristic with knowledge is not significant ($p > 0.05$), attitude stated, there is a correlation on level of education and having family history but for practice only marital status and having family history was associated ($p < 0.05$). There is a weak correlation between health literacy and attitude ($r = 0.211$, $p = 0.023$). **Discussion/Conclusion** Studies by Al-Sharbatti et al., 2013, found that lack of awareness of BSE and poor attitude towards BSE were identified as barriers to BSE. Findings were helpful for doctors, nurses and persons who are involved in health care services to improve public awareness and further to play an advocacy role on educating the public on the importance of BSE.

OR 6



Name Umi Kalsom Kasran (U32) , Hospital Tengku Ampuan Rahimah Klang, Selangor
Title Identify Contributing Factors For Bacterial Contamination Of The Newborn Incubators In Neonatal Intensive Care Unit (NICU) Hospital Tengku Ampuan Rahimah (HTAR), Klang. **Authors & Affiliations** Kasran Umi Kalsom, Ang Ee Lee, Kittappa Mouckammal & Kamarudin Rohaisham

Introduction Incubator is a device developed to maintain thermal stability in low birth weight (LBW) and ill newborns, thus improve their survival .Care should be taken as this can also be a source of nosocomial infections leading to morbidity, mortality, increase length of stay and cost. Therefore, the objective of our study is to identify the source of contaminations which is mainly the incubators, to describe ways to control such infections and to suggest routine for decontaminating the incubators. **Methodology** Retrospective review of the NICU bacillus species contaminated incubators percentage. Data were collected from 2014 to 2017 and noticed that there were persistent Bacillus blood culture positive in our patients and their incubators cultures were also positive for the same organism in August 2014. There were a total of 52 incubators in our NICU and swab cultures were sent. Out of the 52 swab culture 17 were positive for Bacillus, meaning that almost 33% of our incubators were contaminated during the surveillance period August 2014, which was alarmingly high. **Results** Immediate remedial actions were taken by improving the incubators care practices. Our incubators contaminations rate have progressively reduced from 33% in 2014 to 11.5% in 2015, 7.7% in the year 2016 and 2017 respectively



Name Rahizan binti Mohammad (U41) , Pejabat Kesihatan Pontian, Johor . **Title** A Study On Factors Associate With Low Coverage Of Pap Smear Screening In Pontian District. **Authors & Affiliations** Rahizan M. & Marwiyah S.

Introduction Pontian district has recorded decreasing trend of pap smear screening among sexually active women from 2012-2014. The aim of this study is to determine factors associate low coverage of pap smear among sexually active woman specifically to identify reason on patient refused to do pap screening and to determine association between demographic and pap smear screening activities. **Methodology** Multicentre study was undertaken at healthcare clinics at Pontian, Johor. A cross sectional study design to determine factors cause low coverage pap smear screening via validated questionnaire during receiving treatment at health clinics. The association was checked by chi-square test. P value of 0.05 or less was taken as statistically significant. **Results** Between 1st until 31st July, 257 respondent universally recruited to respond the questionnaire. Majority were malay (229: 89%), muslim (234:91%), high school (166:64%), length of married less than 5 years (91:49%), unemployed (114:58%), have less than 2 child (118:76%) and age between 21 to 30 years old (106:41%). From 257 respondents, 72 respondents (28%) did not agree to do a pap smear screening. The reason they did not agree are because they do not have time (27%), shy (27%), thinks the procedure is painful (23%), afraid to know the result (19%) and thinks screening is not important for them (4%). Respondent that have less than 2 children, age between 21-30 years, tertiary education and length of married less than 5 years ($p < 0.05$) . **Discussion/ Conclusion** Overcome the factors will increase the coverage of pap smear screening.



Name Zarida Binti Omar (U29), Hospital Sultan Abdul Halim, Sungai Petani, Kedah.
Title Relationship between Maternal Second Hand Smoking Exposure with Newborn Birth Weight Among Postnatal Mothers In Hospital Sultanah Bahiyah In Year 2017.
Authors & Affiliations Paramesvari V., Zarida O., Mastura Y.D., Noor Azreen A.M., & Nor Asma A.

Introduction SHS exposure during pregnancy is a main risk factor for LBW and also faces an increased risk of serious health problem as newborns have chronic lifelong disabilities such as mental retardation and learning problems. This study aimed to determine the relationship between exposure to SHS during pregnancy and newborn birth weight Postnatal Mothers in Hospital Sultanah Bahiyah in Year 2017. **Methodology** A non-experimental cross sectional study was conducted and the research design for this study was between subjects designs where there were two different people were compared (those who are exposed to SHS verses not exposed). The sample size was calculated by using a sample size calculator by Creative Research System for a quantitative research. The sample size was 280 post-natal mothers with the entry confidence level of 95%, confidence interval is 5% and estimated population was around 960 in 3 month's statistic. Data was analyzed by using Statistical Package for the Social Sciences (SPSS) version 21 software. **Results** The prevalence of SHS exposure among pregnancy mother in Hospital Sultanah Bahiyah, Kedah. The result shows 186 (66%) of the pregnant mothers are expose to SHS compare with non-exposure only 94 (34%). The relationship between exposure to SHS during pregnancy and newborn birth weight were tested with Independent t test. There are statistically significant between exposure of SHS during pregnancy with newborn birth weight with the p value is < 0.001 . **Discussion/ Conclusion** The existing research shows that there is high prevalence of SHS exposure among pregnancy women (66%) with is indirectly can affect the health of an unborn baby. There is a significant difference in the mean birth weight between women who were exposed or not exposed to SHS where the exposed women will have decrement birth weight of baby.

OR 9



Name Wan Nur Azwani Binti Wan Jusoh (U44), Hospital Sultanah Nur Zahirah, Kuala Terengganu, Terengganu. **Title** Blood Transfusion Knowledge Among Nurses In Hospital Sultanah Nur Zahirah, Kuala Terengganu. **Authors & Affiliations** Siti Hajar M., Nur Zahirah, Rashidah R., W. Nur Azwani W.J, Siti Zuridah I., Wan Nur Hafsa W. L. & Norihan H.

Introduction Transfusion is infusion of blood products for the purpose of restoring circulating volume. Nurses have an important role is a safe blood transfusion. Lack of knowledge of various aspects of blood transfusion by nurses continues to be real threat to patient safety. **Methodology** This was a descriptive study that involved a random sample of registered nurses from Hospital Sultanah Nur Zahirah. 302 nurses were selected as respondents. A modified version of the Routine Blood Transfusion Knowledge Questionnaire (RBTQ) comprising 7 sections and 43 items was used. **Results** Two hundred and ninety three (97.0%) completed RBTQ, with a mean knowledge score 51.3% (SD 7.3). The majority of nurses lacked knowledge regards to preparation prior to blood bag collection, and the importance of proper patient identification. In addition, about 50% nurses unable to answer correctly regarding complications related to blood transfusion. **Discussion/Conclusion** This study highlighted deficits knowledge deficits which have the potential to treated patient safety and reduce the effectiveness of the transfusion. Patients are placed at serious preventable risks such as receiving incorrect transfusions and acquiring bacterial infections. Mandatory ongoing blood transfusion training for our nurses is needed.



Name Emakustini Binti Laman (U29), Hospital Umum Sarawak. **Title** Knowledge And Attitude Towards Continuous Professional Development (CPD) Among Registered Nurses In Sarawak General Hospital . **Authors & Affiliations** Emakustini Laman

Introduction Continuous Professional Development (CPD) is a lifelong learning in a professional career after a point of qualification. It is to improve the quality of nursing care to the patient among registered nurses with new skills and knowledge. The objectives of this study are to evaluate the level of knowledge and attitude of nurses in CPD activities in order to develop criteria that would assist with the provision programs. To assess nurse's awareness of their responsibility to continue their education beyond initial pre-service training. To examine the extent to which nurses participate in CPD activities, to ascertain whether nurses support the introduction of mandatory CPD and to determine the barriers to participation in CPD. **Methodology** A survey, quantitative research design was used to collect data from the sample of registered nurses who work in Sarawak General Hospital. A random sampling technique was used to select 100 participants from the population as per study requirement. Total of 5 – 10 questionnaires has been distributed to each 15 different groups of wards/units. Firstly, 50 questionnaires distributed to different wards/units at one time. The following day, the remaining 50 questionnaires distributed and at the same time, data collected from the first 50 participants. **Results** The results indicated that the average age of the majority participating nurses are 33 years. 59% are married, with majority having family responsibilities. A small number (14%) have obtained a post basic qualification after on average 6 years lapsed before they undertook post basic. The reasons for attending CPD are wanted to improve confidence, be knowledgeable about area specialty, motivated to learn, and as part of their career planning. Although a lot of in-service education program offered, only 28% have access to this learning opportunity. **Discussion/Conclusion** The finding shows that the registered nurses are aware the important of CPD however there still barriers that enable them to participate such as family responsibility, financial and accommodation constrains, unable to get study leave and lake of motivation from the superior. Although, the participant does not support the program but they are keen to improve themselves with knowledge and skills through formal or non-formal learning opportunity.

OR 11



Name Maizatul Akmar binti Ibrahim (U32), Hospital Sultanah Aminah Johor Bahru, Johor. **Title** Knowledge, Practice and Attitude Related to Surgical Wound Management Among Registered Nurses at A Public Hospital . **Authors & Affiliations** Maizatul Akmar Ibrahim

Introduction The aimed of this study was to identify the knowledge, practice and attitude related to surgical wound management among registered nurses at a public hospital. The researcher intends to target the population in all the registered nurses currently working in the Surgical and Orthopedic wards. The sample size of the population is 77 eligible registered nurses to measure level of knowledge, practice and attitude in surgical wound management. **Methodology** The research design chosen in this study was a quantitative cross sectional research design. The questionnaires have been adopted and modified based on the Melaine Charalambous and Andreas Charalambous (2009) validated self-report questionnaires. **Results** Response rate was 100%. The finding was majority of the nurses know that they should do wound assessment before perform wound dressing and they must have knowledge for making decision in the appropriate wound dressing. 44 respondents (57.1%) said that they used the wound care guidelines in their daily practice. Most of the respondents said that they used all the precautions required to prevent risk of infection on wound care management. Majority of registered nurses are using updated technique or modern dressing and the results revealed that most of the nurses can make decisions to used up-dated modern dressing in surgical wound management procedure in their facility. Analysed on level of knowledge by years of working experience, presented that the p-value obtained was 0.661 which more than 0.05. The conclusion made was there were no significant differences within each years of working experience group towards level of knowledge. **Discussion/ Conclusion** The nurses need to have adequate and up-to-date knowledge on advances of current practice or training for wound care. Qualified nurses should be able to use decision-making skills to provide safe and effective nursing care. Clinical decision-making maybe related to education and/ or clinical experience. More up-to-date in-service training program should be organized to enhance nurses' competency regarding wound care management and eliminate knowledge deficit. Nursing requires a high degree of intellectual and physical attitude to perform various skills competently and safely. Predictive study of factors related to nurses' practice for surgical wound management is recommended for future study.



Name Azrimah Binti Zainudin (U29), Institut Kanser Negara. **Title** The Level Of Family Burden That Cares For Patients In Palliative Ward. **Authors & Affiliations** Azrimah Binti Zainudin, Margret Chai Yunn Li, & Puneswari A/P Paranjoth

Introduction Patient care needs high commitment from the carer especially from the family members of the patient. However, family members are also burden by giving best care for the patient in terms of physical, psychological, social and spiritual. The objective of this study is to assess the level of burden that gone through by caregiver while taking care of patient.

Methodology The design that been used is quantitative, descriptive and cross sectional is aim to assess the extent of the physical, psychological, social and spiritual burden of the family. The estimated sample size based Krejcie and Morgan table is 86, to estimate about 20% dropout rate. A total of 108 questionnaire was distributed. The questionnaire was adapted the revised version of Zarit Care Giver Burden Scale, the caregiver is asked to endorse using a 5-point scale. Response options range from 0 (Never) to 4 (Nearly Always).

Results A total of 108 questionnaires was distributed, however only 90 questionnaire was return. The result of the study showed that there is no significant levels of burden with work ($p= 0.148$) and income ($p=0.277$). The financial burden have a highest mean (4.17), Majority of the respondent have moderate to severe the level of burden.

Discussion/Conclusion The factors that influence the burden of care taker caring for the patient in palliative care ward are in terms of employment, financial, emotional and social.



Name Chen Ai Ling (U29), Hospital Umum Sarawak. **Title** The Experience Of Women Living With Breast Cancer In Sarawak. **Authors & Affiliations** Chen Ai Ling & Aini Ahmad

Introduction Breast cancer is the most common and leading cause of cancer mortality among Malaysian women. This study aim to explore the lived experience of women living with breast cancer in Sarawak. **Methodology** A qualitative study using semi-structured interviews is used. Using purposive sampling method, eight women diagnosed with breast cancer were recruited. Thematic analysis involves collating codes and gathering all data relevant to each potential theme. Similarities and divergence in women's experience were identified through thematic analysis of interview transcripts. **Results** There are four main themes with 15 subthemes emerged. For theme 1, the experiences of being diagnosed with breast cancer, three subthemes were identified that is different grief feeling, fatalism and non-disclosure. For theme 2, the experiences of treatment with breast cancer, four subthemes found were chemotherapy is painful, changes in functioning and activity, various side effects of chemotherapy and chemotherapy causes emergence of complication. For theme 3, the experiences of coping with breast cancer, four subthemes identified are work issues, financial issues, support system, and concerns for the future. For theme 4, the experiences of transition with breast cancer, the subthemes emerged are effect of illness, changes in dietary habit, financial burden and role as a mother. **Discussion/Conclusion** Overall, the women were optimistic about their experience as they benefited from positive coping and supports from family and friends. This study has contributed to understanding of psychosocial impact and experiences of women diagnosed with breast cancer in Sarawak. It is crucial for nurses in helping women with breast cancer to find themselves in confronting the changes that are a consequence of the illness.

OR 14



Name Noraida Binti Mohamad Kasim (U44), Malaysia Armforces, Health Service Division. **Title** Prevalence Of Visual Disability Among Fall Elderly In Malaysia: Findings From National Health And Morbidity Survey (NHMS) 2018: Elderly Health. **Authors & Affiliations** Noraida M. K., Noor Ani A., Rajini S., Norhafizah S., NurAzna M., Mohamad Aznuddin A.R., Fazly Azry A.A., Nor'ain A. W., Rashidah J., Nor Azizah I.W. &Tahir A.

Introduction Good quality vision is important in ensuring good quality of life. Visual disability among elderly is a major public health problem and more likely to fall. Study aims to determine the association of visual disability with fall elderly in Malaysia. **Methodology** Adults aged 50 years and above were invited to respond to visual disability module in a nationwide population based survey using stratified random sampling design and answered the locally validated Washington Group Questionnaire. Data was analyzed using SPSS version 22 with descriptive analysis. **Results** Overall prevalence of Malaysian elderly aged 60 years and above having visual disability was 4.5% (95%CI: 3.45, 5.90). The prevalence was almost similar between sex, which was 1.9% (95%CI: 1.07, 3.43) for male and 1.6% (95%CI: 1.06, 2.50) female. The prevalence was higher among those who stay with spouse/partner 1.9% (95%CI: 1.23, 2.91) compared to those without spouse/partner 1.1% (95%CI: 0.49, 2.31). Elderly with no formal education was noted to be the highest prevalence, 3.9% (95%CI: 1.79, 8.35). Based on employment status those who were employed showed higher prevalence of having visual disability 1.9% (95%CI: 1.13, 3.24). The prevalence also highest among those from the middle income group 2.1% (95%CI: 1.12, 3.92). There was 2.9% (95%CI: 1.39, 6.00) elderly had fall due to visual disability. **Discussion/Conclusion** Promoting of safe locomotion and preventing falls are the challenge for older people with visual disability. The risk of getting visual disability can be reducing by proper early assessment as well as regular eye examination.

OR 15



Name Parmeswary A/P Pathmanathan (U32), Hospital Permai Johor Bahru, Johor. **Title** Nurses' Job Satisfaction In Managing Aggressive Patient In Acute Ward. **Authors & Affiliations** Aminah S., Nor Dalia A., Noriha O., Norhizan A., Rozila O., Parmeswary P., Ammy M., Norhuda J., Tanggesvari B., Sarah Naziah Z.A., Azuan Yahya, Nor Adli Z., Norfazilah A. I., Nur Hidayah N. A, Marina Abdul R. S., Haslina M.Y, Suhaila M.S. & Abdul Kadir A.B

Introduction The aggression of some psychiatric patients is recognized as a major problem in healthcare circles, both locally and internationally. It creates a significant risk for psychiatric nurses as these nurses spend more time with their patients than nurses from other nursing disciplines. **Methodology** A qualitative design was employed to conduct the study. Thirty six nurses were interviewed to understand how they define patient's aggression and to explore their experiences of aggressiveness within the workplace. Using thematic content analysis, the problem, needs and practice analysis were conducted. Data was collected from 1 December 2017 to 31 January 2018. **Results** Finding from this study identified 7 themes where theme 1 (5 instances) mainly focus on experiences on handling patient's aggression. Theme 2 were recognizing the negative personal consequences. Theme 3 (2 instances) explain on knowledge and skills in handling patient's aggression. Theme 4 (3 instances) describe on managing aggression patient, staffing and teamwork from allied healthcare professionals. Theme 5 (2 instances) explain on reflection and comparison on management and treatment. Theme 6 explain on thoughts and feelings of staff in attending patient's aggression and theme 7 sharing experiences for further improvement in other organization. **Discussion/Conclusion** Experiencing patient aggressiveness may cause negative impacts to the nurses and to the organization. Though often considered to be art of the job, some nurses struggled with the role conflict between one's duty to care and one's duty to oneself following a critical incident. There is a need for increased education, more support and debriefing plus an improved working environment.

OR 16



Name Sreevali a/p Muthuvadivelu (U32), Hospital Taiping. **Title** Effectiveness of Malaysia Healthy Plate Method (Suku – Suku Separuh) On Weight Loss In Obese Adults. **Authors & Affiliations** Sreevali a/p Muthuvadivelu

Introduction Overweight and obesity are becoming a major health issue which contributes to increase in health morbidity and mortality. This study aimed to evaluate the effect of the diet intervention for weight reduction among obese adults. **Methodology** This was a quasi-experimental study using designed Structured Diet Program adapted from Malaysia Healthy Plate method for weight reduction that lasts for 10 weeks. The anthropometry and biochemistry parameters were monitored and collected pre and 10 weeks post-intervention. The WHO BMI criteria for Asian population cut off points will be used to define obesity in this study. **Results** 30 subjects were recruited. However, only 27 participants completed the program. The pre and post intervention mean BMI was 32.90kg/m² and 31.39kg/m² and weight was 81.25kg to 77.37kg. The Total Cholesterol reduced significantly with mean 5.65mmol/l to 5.34mmol/l. Other blood parameters showed some reduction but not statically significant with FBS mean 4.82mmol/l to 4.69mmol/l, mean HDL: 1.43mmol/l to 1.32mmol/l mean LDL: 3.54mmol/l to 3.42mmol/l mean TG 1.52 mmol/l to 1.31mmol/l. **Discussion/Conclusion** Overall, the programme led to a considerable reduction in body weight, BMI, and Total Cholesterol. Even though other blood parameters were not reduced statistically significant but clinically significant because they showed some reduction in post intervention. This method is recommended to be implemented among Malaysians for longer duration to achieve significant reduction in blood parameters. However the commitment and motivation of the participants are highly needed to ensure the effectiveness and adherence to the diet method.



Name Aminatuzzahrah Binti Abdul Halek (U44), Hopital Bentong, Pahang. **Title** Perception of Situation Background Assessment Recommendation evaluation (SBARe) Framework in Nursing Documentation and Handover Report among Nurses in Hospital Bentong. **Authors & Affiliations** Aminatuzzahrah Abdul Halek

Introduction Nursing documentation is legal document about patient care and management provided during visit to healthcare facilities. Nursing Division Ministry of Health Malaysia slowly adopted Situation, Background, Assessment, Recommendation, evaluation (SBARe) framework to guide nurses in nursing documentation. The aim of the study is to assess the perceptions of nurses regarding the use of the SBARe tool in documentation and handover shift communication. **Methodology** Cross-Sectional Design using Handover Evaluation Scales and questionnaire among 64 nurses in Hospital Bentong. **Results** 92.2% respondent reported SBARe is effective in report writing and handover communication, but 4.7% had good satisfaction and 75% have average satisfaction on SBARe framework. 64.1% had good perception on SBARe. **Discussion/Conclusion** SBARe framework provides guidance to improve patient safety for continuous of care and treatment for inpatient services. It is recommended for healthcare facilities with actives monitoring and guide among nurses in Malaysia.



Name Hazelina Binti Daud (U41), Hospital Raja Perempuan Zainab II Kota Bharu, Kelantan. **Title** Effectiveness of an Early Mobilization Protocol on Intensive Care Unit Patients. **Authors & Affiliations** Hazelina Daud

Introduction Early mobility in the ICU is the initiation of a mobility program when the patient is minimally able to participate with therapy, haemodynamically stable, and receiving acceptable levels of oxygen. **Purpose** Therefore, the study was to assess the effectiveness of an early mobilization protocol on ICU patients. **Methodology** This study was used quantitative, non-experimental; Retrospective Cohort study design. This study was conducted among 236 of ICU patients (n=236) in Hospital Kuala Krai Kelantan from May 2013 until April 2015. The sample for pre implementation group consisted of 115 respondents (n=115) who were admitted to the intensive care unit (ICU) between May 2013 and April 2014. The post-implementation group consisted of 121 respondents (n=121) who were admitted to the ICU after the “Early Mobility Protocol” implementation between May 2014 and April 2015. The sampling technique in this study was non probability purposive sampling. A data collection form was used to assess effectiveness of an early mobilization protocol on ICU patients. **Results** The finding showed that there were significantly different ($p < 0.05$) between days on a ventilator and mortality rate for the both groups. Meanwhile, there was no significant correlation ($p > 0.05$) between age and clinical characteristic (LOS in ICU, LOS in Hospital and days on ventilator) for post implementation group. **Discussion/Conclusion** This study showed that the effects of an early mobility can be seen in decreasing days on ventilator and decreased mortality rate. In the future, research is recommended to identify other factors that will help the effectiveness of the implementation of the early mobilization protocol.



Name Nur Syahida Azreen Binti Zainal (U29), Hospital Alor Gajah Melaka. **Title** Self - Monitoring Blood Glucose (SMBG) For Type 2 Diabetes Mellitus Patient In Hospital Alor Gajah, Melaka.

Authors & Affiliations Nur Syahida Azreen Zainal & Aiyad Faryumi Khairul Anuar

Introduction Controlling blood glucose for type 2 diabetes mellitus patient is crucial to ensure blood glucose is maintain in normal level to prevent from complications e.g neuropathy, retinopathy, and nephropathy. Patient will be taught how to evaluate and determine self - monitoring blood glucose at home so that they can adjusting their lifestyles, diet and daily exercise to achieve their glycaemic targets. **Methodology** This study runs in cross - sectional studies in quantitative method using questionnaire as a tools for data collection. A hundred respondents was conveniently recruited in this study and data is analyzed using SPSS version 22. **Results** The results shown that there is no significant ($p > 0.5$) between socio - demography between gender and race for type 2 diabetes mellitus patients. The researcher failed to reject the hypothesis. The differences in mean score for these two socio - demography is not large enough to reject the null hypothesis. **Discussion/ Conclusion** Based on this study shown that, good socio - demography of the patients takes main roles to ensure SMBG can be effective. It shown that any gender of the patient does not affect the results if they knows about management of self monitoring blood glucose at home. Good exposure and proper knowledge from the healthcare provider will be able to improve their lifestyles to achieve the good glycaemic targets. Friends and families should takes their responsibility to ensure Diabetes Mellitus can be well manage and blood glucose also can achieve in normal targets and able to prevent the complications.