

ABSTRACTS

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A view into the future of nursing: Nursing Transformation towards IR-4.0

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ORAL PRESENTATION

Attitude Towards the Use of Opioid Analgesic in The Management of Pain in Sickle Cell Disease Patients Among Nurses' Working at Nizwa Hospital

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ABSTRACT

Introduction: Misconception on potential addiction to opioid analgesics among Sickle Cell Disease's (SCD) patient interfered thenurses' attitude in the management of pain among SCD patients. This study examined the nurses' knowledge and attitude towards the use of opioid analgesics in the management of pain in SCD patients working at Nizwa Hospital. **Methods:** A total of 150 nurses working in Medical Wards, Emergency Department and Medical Out-Patient Department at Nizwa Hospital, Oman were selected using simple random sampling technique. Data was collected using Self-Administered Questionnaire. **Results:** About 87.4% aged between 26-35 years while, 79.1% were female. About 50% were Diploma and 47.5% were bachelor holders. About 61.6% have worked experience between 6 to 11 years. A low percentage of 51.1% answered correctly the questions on knowledge on the use of opioid analgesic in pain management. A total of 51.3% responded negatively on items assessing attitudes towards use of opioid analgesic for pain among SCD patients. There is a significant association between level of knowledge and attitude towards use of opioid analgesic as indicated by $p = 0.05$, $p = <0.05$ of Chi-square test. No significant association between sex, qualification, duration of employment and the use of narcotic analgesic in pain management among SCD patients. **Conclusions:** The finding suggested that lower level of knowledge on the use of opioid analgesic has significant impact on the attitude towards the use of opioid analgesic in chronic pain management. It is recommended to consider pain management in continuous education and nursing undergraduate curricula.

Keywords: Sickle Cell Disease, Attitude, Narcotic Analgesic

Labour Pain And Satisfaction Toward Labour Support Among Partrurient Mothers

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ABSTRACT

Introduction: Severe labour pain and dissatisfaction towards supports received from midwives during labour are common experiences among parturient mothers. These negative emotional experiences need to be given attention as they are associated with higher acute stress reactions and postpartum depressive symptoms. Therefore, this study examined the labour pain and satisfaction toward labour support and their influential factors. **Methods:** A total of 136 parturient mothers registered for a labour in the Universiti Kebangsaan Malaysia Medical Centre were included in this study using simple random sampling. The mothers had met the eligibility criteria; live and singleton pregnancy, able to communicate in English, Malay or Mandarin. Visual analogue scale and Bryanton Adaptation of the Nursing Support in Labor Questionnaire (BASILIQ) which contained both quantitative and qualitative questions were used to measure the pain and satisfaction level respectively. Descriptive statistics, Spearman correlation, Mann-Whitney and Kruskal-Wallis tests and also content analysis were utilised to analyse the data. **Results:** Labour pain was low (Mean=2.24, SD=2.20) and satisfaction toward the labour support was high (Mean=76.9, SD=8.75). Both the pain and satisfaction were not significantly related to each other and also to any of the mothers' demographic ($p > 0.05$) and obstetrical data ($p > 0.05$). However, 32.9% (n=25) out of 76 subjects who responded to the qualitative questions had highlighted the need of having friendly and helpful nurses during their labour. In addition, 56% (n=14) out of 25 subjects who provided additional comments had suggested to include the emotional support to reduce their labour pain, fear and anxiety. **Conclusion:** Friendly and helpful nurses are part of the emotional support for labour. Therefore, it is recommended that a structured emotional labour support should be made available to parturient mothers. Further research examining the effectiveness of the emotional support on the pain and satisfaction, nevertheless, is warranted.

Keywords: Labour Pain, Satisfaction, Labour Support, Parturition, Midwives

Perceived Barriers Among Cardiac Patients Towards Cardiac Rehabilitation Programme: A Preliminary Study

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ABSTRACT

Introduction: Cardiac rehabilitation is one of the secondary prevention programme to reduce morbidity and mortality in cardiac patients. However, adherence towards this programme is still sub optimal. The objective of this study is to determine the perceived barriers on cardiac rehabilitation programme among cardiac patients and its association with the sociodemographic characteristics. **Methods:** A preliminary study using the Cardiac Rehabilitation Barrier Scale (CRBS) was conducted in a tertiary hospital among 40 patients. The CRBS tool was validated and tested for reliability. Convenience sampling method was used among those who have attended the cardiac rehabilitation programme. Ethical approval was obtained from the institution ethical committee. There were total of 22 items in the CRBS except for the last item (22nd) being an open-ended item to enable the patients to share their opinion on any other barriers towards attendance to cardiac rehabilitation programme. The 21 items assessed on patients' opinion on the perceived barriers during their attendance to the cardiac rehabilitation programme in a form of Likert scale. **Results:** The overall mean (SD) score for the 21 items was 60.70 (8.77) showed that the patients were able to understand and gave their best options on the opinions towards CRBS. The highest mean on item 11 on 'time constraints' at 3.58 (0.75). Thus, the majority of the patients scored the item "time constraints' as the highest perceived barrier during attendance in the cardiac rehabilitation programme. The association of the sociodemographic status had significant difference ($p < 0.05$) for gender with item 4 on 'family responsibilities' and item 13 on 'I don't have energy' with ($p = 0.035$) and ($p = 0.020$) respectively. Level of education too showed significant difference to item 9 on 'I find exercise tiring and painful' and item 12 on 'work responsibilities' with ($p = 0.034$) and ($p = 0.048$). **Conclusion:** Thus, measures should be taken for other barriers to ensure patients' adherence to the cardiac rehabilitation programme.

Keywords: Cardiac Patients, Perceived Barriers, Cardiac Rehabilitation Programme

Peripheral Intravenous Canula (PIVC) Assessment Skills Among Pediatric Nurses: Audit-based Approach Study

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ABSTRACT

Introduction: Peripheral Intravenous Cannula (PIVC) placement can cause undesirable effects, such as phlebitis. Poor PIVC care can irritate tunica intima layers of the superficial vein. The incidence of phlebitis had become a national nursing indicator, with a standard of less than 0.9%. The standard care of the patient with intravenous includes a routine PIVC assessment. However, what the assessment should be based on remained unclear. The objective of this study is to assess nurses' skill in performing PIVC assessment. **Methods:** This is a descriptive study using an audit-based approach. It is conducted in a pediatric hospital. Nine pediatric wards were identified via stratified sampling methods. A total of 86 registered nurses consented to participate in this study. A validated research instruments ($\alpha = 0.83$), PIVC Assessment Skill (PIVC-AS) checklist is used to audit nurses in performing PIVC assessment. PIVC-AS consists of nine audit criteria (AC), AC1: communication skill, AC2 until AC7: PIVC assessment skill, AC8: documentation skill and AC9: PIVC management. **Results:** Nurses communication skills to patient as in AC1 shows compliance rate of seventy six percent. The compliance rate can be explained that this study was done in the pediatric setting. Participants may skip this communication due to handling with a pediatric patient. More than eighty eight percent nurses comply with AC2 to AC6 which indicated their excellent skill in performing PIVC assessment every shift. However, in the AC7, only sixty seven percent comply to palpate PIVC area for any evidence of venous cord and warmth. **Conclusion:** This study concludes that communication between nurses and pediatric patients prior to PIVC assessment often missed out by nurses. The palpation techniques also not been carried out as compared to observation technique in pediatrics setting. Palpation technique is crucial to detect 'warmth to touch' because it differentiates between the early and medium stage of phlebitis.

Keywords: Peripheral Intravenous Cannula (PIVC), Phlebitis Assessment, Thrombophlebitis, Nursing audit, nurses skills

Prevalence of Lipohypertrophy In Insulin-Treated Type 2 Diabetes Mellitus

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ABSTRACT

Introduction: Lipohypertrophy is one of the most common complications of insulin injection. Early detection of lipohypertrophy is very important to prevent the risk of hyperglycemia or hypoglycemia, arisen due to inconsistencies in absorption of insulin. The purpose of this study is to determine the prevalence of lipohypertrophy in insulin-treated type 2 Diabetes Mellitus. **Methods:** This is a quantitative descriptive study which was carried out from June to August 2017 in one of tertiary hospital in Sabah. Participants were recruited via purposive convenience sampling. This study was divided into 2 parts which includes questionnaire survey and examination of lipohypertrophy based on inspection and palpation techniques. Study participants were patients with type 2 Diabetes Mellitus and on insulin injection more than 3 months. The finding of the injection site examination recorded as “presence” and “not presence” based on the features of lipohypertrophy. The features of lipohypertrophy include a palpable lump, swelling of fatty tissue around the subcutaneous insulin injection site, thickened ‘rubbery’ swelling of tissue that is soft and firm, and less pain sensation. Respondent who have one or more of these features considered as presence of lipohypertrophy. **Results:** Out of 130 patients, more than half of respondents (51.5%, n=67) had lipohypertrophy and 48.5% (n=63) without lipohypertrophy. The occurrence of lipohypertrophy is shown to be higher in patients who had a longer duration of insulin injection ($p=0.002$), Failure of changing needle ($p=0.026$) and failure of rotation injection site ($p=0.017$) at each time of injection. **Conclusion:** The high prevalence of lipohypertrophy shown in this study highlights the need for prevention strategies, which include regular assessment for the presence of lipohypertrophy and health education on insulin injection. Health education should emphasize on self-assessment of lipohypertrophy, and the importance of right injection techniques.

Keywords: Lipohypertrophy, Diabetes Mellitus, Type 2 Diabetes Mellitus, Insulin, Prevalence

Factors Associated with Attitude and Practice in Disaster Management Among Critical Care Nurses in the East Coast Hospitals of Malaysia: A Cross-Sectional Study

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ABSTRACT

Introduction: The east coast hospitals of Malaysia are regularly stricken by flood disaster and nurses make up the majority of frontline responders in disaster. So, they should equip themselves with knowledge and skills related to disaster management. The objective of this study was to explore the factors associated with attitude and practice in disaster management among critical care nurses in the east coast hospitals of Malaysia. **Methods:** This was a quantitative study with a descriptive cross-sectional study design that were involved 250 critical care nurses from the east coast hospitals of Malaysia by used stratified random sampling method. Data were collected by using a validated questionnaire. Multiple logistic regression analysis was used to determine the factors associated with attitude and practice in disaster management. **Results:** A majority of the critical care nurses had a positive attitude (92.4%, n=231) and adequate practice (80%, n= 200) in disaster management. Among the selected factors studied, attending disaster training/ education was significantly associated with attitude (AOR 4.23, 95% CI: 1.474, 12.144, p = 0.007) and practice (AOR 4.203, 95% CI: 2.102, 8.402, p = 0.000). Disaster response experience had a significant association with practice (AOR 2.697, 95% CI: 1.122, 6.479, p = 0.027) but no significant association with attitude. Level of education, years of service and workplace showed no significant association with attitude and practice in disaster management. **Conclusion:** This study revealed that disaster training/ education was one of the factors that would ensure positive attitude and adequate practice in disaster management among critical care nurses in the east coast hospitals of Malaysia. Therefore, it is recommended for disaster management programme to be included in continuing education training for critical care nurses to ensure them to be well-prepared and respond competently when disaster happen.

Keywords: Disaster Management, Attitude, Practice, Critical Care Nurses, Malaysia

Pattern of Antibiotics Usage, Perception and Attitude Towards Antibiotic Compliance among UNIMAS Undergraduate Students

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ABSTRACT

Introduction: Increase in antibiotic resistance (ABR) worldwide, specifically in developing countries, requires the need to pay attention to self-medicated antibiotics, perception and attitude of ABR. Self-medication on antibiotics practices have a major pitfall, which is that users do not follow a prescribed course of drug and may usually stop the drug regimen once they feeling better. The spread of ABR is known to be associated with inadequate dosing, and incomplete courses which increases the actual cost of treating illnesses and social burden. This research is motivated by the alarming spread of ABR in Malaysia, the paucity of data on self-medication with antibiotics, and the alarming rate of pharmacy or drug stores that sell antibiotics and prescription-only medicines that are unauthorized to do so. Thus, the study has been done to observe the pattern of antibiotics usage of undergraduate students in a public university. **Methods:** Quantitative study with cross-sectional study have been chosen in this study and the target sample is localUniversiti Malaysia Sarawak(UNIMAS) undergraduate students with use of convenience sampling method. Besides, data collection has been done at main library (Centre for Academic Information Services)of UNIMASand students pavilion, UNIMAS by using the fully English online and hardcopy self-administered questionnaire adapted from previous study. Then, the data collected has been analysed by using SPSS Version 22. **Results:** In this study, 30.5% out of 403respondents have admitted that have taken antibiotics within 6 months and common reason of taking antibiotics given are fever, respiratory tract infection, and pain. Besides, there are 36% of respondents are not compliance to their antibiotics once prescribed with reason of already felt better and healed from the illness. More than 50% of the respondents are believed that antibiotics can treat the viral infection and work on the cold or coughs. For the attitude's aspect, more than 60% of the respondents are expecting the doctor to prescribed them antibiotics when they are having cold symptoms and 49.9% will take antibiotics when they get cold to help them recover more quickly. **Conclusion:** This study has showed that there about a quarter of respondents (36%) still using antibiotics in improper method of consumption. Besides, some of the respondents have misunderstanding perception toward antibiotics and bad attitudes on compliance toward the antibiotics. Thus, this problem from the young adult population could contributes to the increasing trend of antibiotics resistance in Malaysia.

Keywords: Antibiotic resistance, Antibiotic usage and Compliance, Perception, Attitude, University students

Inculcating Collaborative Practice Among Healthcare Professionals: Initiative from Hospital Universiti Malaysia Sabah

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ABSTRACT

Introduction: Collaborative working culture is an important milestone to be inculcated in a hospital setting. In the process of preparation for the upcoming teaching hospital of Universiti Malaysia Sabah (HUMS), the organisational value of innovative, collaborative, compassionate, empowering, and sustainable needs to be inculcated to the both management and clinical staffs. The objective of this study was to assess the efficacy of a collaborative practise workshop in staff. **Methods:** A two days experiential learning workshop was conducted to deliver and inculcate the organisational value of HUMS to 32 existing and newly recruited healthcare professionals, which include doctor, nurses, assistant medical officer, dental assistant, pharmacist, and radiographer. The topics consisted of principles of collaborative practice, skill of validation, feedback-giving method, approach for value identification and goal setting, reflective practice, public communication during crisis, shared decision making, and organisational problem solving. Different delivery methods include round table discussion, role play, and group work were used. Innovative real time practice of giving feedback to the management was performed directly to the hospital chief executive officer and chief clinical officer. **Results:** Immediate feedback from the participants found that the candidates found the course was enriching and it helped them to develop an alternative perspective on how to get work done. The staffs expressed their idea, concern, and expectation more openly with the method learned using what they had learnt. The limitation included the challenge of transition from previous working culture to new environment without further supervision. **Conclusions:** Further systematic evaluation using more detailed assessment tool is needed to understand the long term efficiency and translatability of the learning outcomes into clinical practice once the hospital is ready.

Keywords: Collaborative Practice, Experiential Learning, Role Play, Hospital Initiatives

The Spiritual Care Competence Scale: A Confirmatory Study of The Malay Language Version

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ABSTRACT

Introduction: Measuring the competence of nurses in spiritual care and their ability to provide spiritual care is important and check the validity and reliability of the instrument is recommended in the literature. Thus, the aim of this study was to validate the translation of the spiritual care competence (SCC) scale to the Malay language version.

Methods: Data were collected from staff nurses at the hospital Universiti Sains Malaysia. A total of 270 nurses participated in the study (female: 92.6%, male: 7.4%), with the mean age of 35 years (SD = 8.4). Spiritual care competence was assessed with the 27-item SCC-M. Standard forward-backward translation was performed to translate the English version of the SCC into the Malay version (SCC-M). All the participants completed the SCC-M. **Results:** The initial measurement models tested (6-factor models) did not result in a good fit to the data. Subsequent investigation of the confirmatory factor analysis (CFA) results recommended some modifications, including adding correlations between the item residuals within the same latent variable. These modifications resulted in acceptable fit indices for the 6-factor model (RMSEA = .050, CFI = .900, TLI = .885, SRMR = .065). The final measurement models comprised all 27 SCC-M items, which had significant factor loadings of more than .40. The composite reliability was .696-.853 for 6-factors model. These results suggest that the subscales in 6-factor SCC-M model are unique, the factors do not overlap much, and each factor explains different variance than the other factors. **Conclusions:** The translated version of the SCC-M was valid and reliable for assessing the level of spiritual care competence among hospital nurses in Malaysia.

Keywords: Spiritual care, validity and reliability, nurses, translation, competence

The Use of Simulation Technique among Undergraduate Nursing Student

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ABSTRACT

Introduction: Simulation is widely practiced as learning strategies in many disciplines including nursing. It is considered an updated technological approach towards providing safe and sound patients care. Thus, this study was conducted to assess the level of knowledge among nursing students using a simulated mannequin for cardiovascular assessment. **Methods:** This is a cross-sectional study design focusing Year 4 nursing students at Kulliyah of Nursing, International Islamic University Malaysia (IIUM). A simulation mannequin was used for students performing a cardiovascular assessment. Level of knowledge was tested using an adapted questionnaire. The study was approved by the Kulliyah of Nursing Postgraduate Research Committee (Ref: IIUM/313/DDAA/20/4/10) and IIUM Research Ethics Committee (Ref: IREC 2018-024). **Results:** A total of 57 nursing students involved in this study revealing good cardiovascular assessment knowledge. Majority of them reported that simulation exercise is one of the good learning strategies to enhance their capabilities and increase their confidence level. **Conclusions:** The results from this study could indicate that using technological simulation approach could provide a similar effect in performing cardiovascular assessment among nursing student IIUM. Future larger scale is needed including for any other disciplines in nursing to facilitate students' preparation towards the real clinical setting.

Keywords: Simulation, nursing, undergraduate, student, education

The Journey and Glitches: A Study on Burnout and Turnover Syndrome Among the Nursing Students in One of the Nursing Institutions of Higher Learning in Malaysia

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ABSTRACT

Introduction: Burnout is a psychological syndrome experienced by an individual who is exposed to chronic stress. It is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often associated with feelings of hopelessness and difficulties in dealing with work efficiency. As for students, going-through the process of learning is a complex stressful phenomenon causing of poor academic performance. The aim of the study was to explore causes of student nurses' burnout followed by the intention to leave the program. **Methods:** This is a cross sectional study with total of 127 respondents selected based on Krejci Morgan (1970) sample size calculation from year 1 till year 3 nursing students. Maslach Burnout Inventory (2016) was used to measure the burnout-self test comprised of emotional exhaustion, depersonalization and personal achievement. Twenty-two (22 items) with 7-points scale measuring responses of "Never (0)" to "Every day (7)." For Part B, three open ended questions applied to the intention of leaving the program. **Results:** A total of 35% of students had the intention of leaving the nursing program and 54% occurred during the first and second year of the study. Stress and financial struggles triggered the intention of quitting the program and 68% felt the study was breaking them down. **Conclusion:** Pursuing the program despite of the glitches worth the fights, 99 % of respondents acknowledged that this program is worth their future profession. Through this program they learnt to handle their emotional problem calmly and look after patients and colleague's problem effectively. Nursing is a field of knowledge of humanities, exclusively in the care of patients and Nursing has been able to educate and transform the society who were insufficient in lives into useful human beings.

Keywords: Burnout, turnover syndrome, journey, glitches, nursing students

The Efficacy of *Morinda citrifolia* Leaves Extracts in Diabetic Wound Treatment

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ABSTRACT

Introduction: An economical and alternative diabetic wound care product is needed to address the escalating cost of diabetic wound ulcer treatment in Indonesia. *Morinda citrifolia* or commonly called noni, is a medicinal plant, dietary supplement, and traditional wound care product. This leaves extract contains antioxidant, anti-inflammatory, immune-stimulant, and antimicrobial properties. *Trigona honey* which is currently used to treat the diabetic wound at Kitamura Wound Specialist Clinic, Pontianak, Indonesia is known for its anti-inflammatory, anti-microbial and anti-proliferative properties. This study aims to compare the effectiveness of *Morinda citrifolia* leaves extract and *Trigona honey* in diabetic wound healing. **Methods:** A quasi-experimental study (a randomized control trial design) was conducted in the clinic on two subjects with diabetic foot ulcers (DFU). *Trigona honey* and *Morinda citrifolia* leaves extract packing was done to the ulcer of controlled subject and treatment subject respectively as a primary dressing. DFU assessment was done every 2 days using the MUNGS assessment tool and a wound closure rate formula. Wound C&S was analysed using a bacterial count machine. **Results:** *Morinda citrifolia* leaves extract was able to promote wound contraction, improved MUNGS score (from 9 to 8), reduced bacteria count significantly (from 8.51×10^5 to 1.00×10^5), reduced the percentage of slough by 70% and increased granulating tissue by 60% after the first application. Whereas, *Trigona honey* extract showed no wound contraction but improved MUNGS score (from 11 to 7). However, bacteria count was maintained at the lowest level (1.00×10^5), reduce the percentage of slough by 10%, and only increased granulating tissues by 10% after the first application. **Conclusion:** Both products were able to promote diabetic wound healing but the *Morinda citrifolia* leaves extract was found to be more effective, thus concludes the potential use of *Morinda citrifolia* leaves extract in treating DFU.

Keywords: *Morinda citrifolia*, Wound, Diabetes, *Trigona honey*, Wound healing, Wound contraction

Widespread Pandemic, Wide-Ranging Response: Student-Led Virtual Telemedicine and Digital Community-Based Healthcare Provision in A University Healthcare Centre in Response to Coronavirus Quarantine Measures

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ABSTRACT

Introduction: Isolation and border control measures, with home quarantine measures, are essential to stem the spread of the newly emergent novel Covid-19. Such measures are doomed to fail if reliant on traditional isolation methods, which entail small numbers of overworked healthcare staff screening and surveilling large numbers of well individuals who are potential false positives. Innovative method employed by Hospital UMS to overcome these logistics difficulties. **Methods:** A total of 440 returning China students to UMS were planned for home quarantine measures for 14 days. In the intervening 14 days, groups of ten quarantined individuals were assigned to 1 Mandarin-speaking medical student liaison officer (LO). LOs performed assessment toolkit for 14 consecutive days virtually via WhatsApp and WeChat and reported back to NCOV central command if any symptoms ensued. **Results:** 45 China students have been put on home quarantine. Two (2) students with symptoms were monitored virtually till resolution of symptoms. Also, five (5) students with uncontactable phone numbers required tracking down, using various methods eg: retrieval from close contacts through wide-bore virtual search. No cases so far have been positive for NCOV or have required referral to tertiary hospitals. Qualitatively, such methods are a vital public health intervention, as task shifting happens to semi-professionals. Hospital UMS first trial of two cherished founding principles: community-based rather than healthcare-facility center healthcare delivery, and judicious use of digital health communications, applications, and rudimentary telemedicine. **Conclusion:** Student-led virtual telemedicine and digital health delivery has potential in public health crises like NCOV, freeing frontline healthcare staff to devote energies to their specialties of screening and treatment. Integration of video and biometrics to incorporate true telemedicine, allowing individuals to be “hospitalized” in a community setting in situations of low risk.

Keywords: Novel Coronavirus, quarantine, students, healthcare staff

A Staff-initiated Quality Improvement Project: From Paper to Web Report

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ABSTRACT

Introduction: Continuous quality improvement of system is essential to improve efficiency of working environment. Limited financial allocation in low resource setting results in the vicious circle of having inadequate money to purchase a new system and print paper documents that are required for the operation of clinic. A staff-initiated system improvement with the name of “PRW UMS Staff Portal” was attempted to break-free from the vicious cycle.

Methods: An online system covering different aspects of routine clinical work of healthcare workers was created in Dec 2019 and implemented in Feb 2020 using Google Site™ by the nurses of a local university community clinic, which included: submission of daily reports of nurses and assistant medical officers, submission of reports of all programmes conducted by the clinic, surveillance of health status of working staffs, announcement and request of working roster, archiving of documents, and medication inventory. The system could only be accessed using official working email for general documents while accesses to sensitive documents were restricted to relevant staffs to protect privacy and confidentiality of information. Qualitative interviews were performed with all nursing staff involved.

Results: Qualitative feeling of improvement in coordination of workflow was reported by all 23 staffs working in the clinic in view of the easy access of system using smartphone and computer at workstation. It also reduced the need to move away from the working station in order to access, replenish, or submit the printed documents and reports. Significant amount of paper and printing were saved monthly. **Conclusions:** Despite positive feedback from the staffs, the system requires further improvement in terms of function and security. Further evaluation on cost-efficiency of the system can be done to promote the system to other universities.

Keywords: Paperless record, electronic nursing record, continuous quality improvement, system efficiency, system security

Assessing Health Lifestyle Patterns of Adults Attending Fitness Centres in Nizwa, Oman: Basis for Community Health Promotion

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ABSTRACT

Introduction: It is a common impression that those who attend fitness centres therefore will have more active and healthier lifestyle. Research results on these matters are, however, conflicting and fitness centres regarded as new setting for health promotion has been inadequately assessed. In Oman, no research undertaking has been reported about the status of health lifestyle pattern among adults attending fitness centres. Thus, the current study assessed the health lifestyle patterns among adults attending fitness centres. **Method:** The study was a quantitative descriptive study using convenience sample of 85 participants attending fitness centres in Nizwa, Oman. Data collection was done using survey questionnaire with items on demographic profile and the Health style: A Self-Test that assessed health lifestyle patterns. **Results:** The overall mean level of Health Lifestyle Patterns of participants was 7.39, classified as good. Cigarette smoking was highest (M=9.71), classified as excellent indicating that participants were aware of the effect of smoking on their health. The lowest mean score was on eating habits (M=5.96), indicating this aspect as a health risk. A statistically significant gender difference existed on eating habits ($p < .05$), where females had higher scores than males and on the aspect of exercise and fitness ($p < .05$), males scored higher than females. No significant difference was found in the health lifestyle pattern between regular and non-regular membership in fitness centres. **Conclusion:** Adults attending fitness centre in Nizwa, Oman revealed good level of health lifestyle patterns, however, there is still an area to improve by identifying lifestyle aspects that can be made better to be healthier. Results of this study can pose a challenge on fitness centres to successfully function as health promoting settings in the community. Further studies should be conducted by involving more fitness centres in Oman.

Keywords: Healthy lifestyle, assessment, fitness centre, lifestyle pattern

The Association between Sleep Quality and Quality of Life among Undergraduate Student in Private University

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ABSTRACT

Introduction: Studies found that low sleep quality (SQ) is associated with many factors such as health, quality of life (QOL), work or academic performance and co-curriculum activities. Hence, improvement to maintain SQ to enhance students' QOL is important. Approximately 43% of Malaysian were unaware of their sleep problem and how it affects their physical and mental health, especially among the younger generation. The study aims to investigate the association between SQ and QOL among undergraduate students in UTAR Sungai Long Campus. **Method:** A cross-sectional study among 256 undergraduate students recruited by purposive sampling was conducted. The Pittsburgh Sleep Quality Index (PSQI) and the World Health Organization Quality of Life Instruments (WHOQOL-BREF) were administered to evaluate SQ and QOL, respectively. Self-reported demographic data were collected with a structured sociodemographic profile. Associations were evaluated using Spearman's correlation coefficient, Chi-square test and independence t-test. The level of significance was $p < 0.05$. **Result:** Results showed more than one half of students had poor SQ ($F=137$, 53.5%) and poor QOL ($F= 159$, 62.1%). All seven PSQI components were significantly associated with at least one QOL domain. Sleep disturbances, sleep latency and daytime dysfunction were correlated with all four QOL domains which are physical health, psychological, social relationships, and environment. Among the sociodemographic variables, only time travelled from place of stay to campus was associated to SQ ($p = 0.04$). However, there was no significant association between SQ and the selected sociodemographic variables such as gender, working part-time job, and travel distance from place of stay to campus. **Conclusion:** Overall, the results from this study showed one half of students suffered from poor SQ and QOL. SQ among undergraduate students is vital in developing good QOL.

Keywords: Sleep quality, sleep index, quality of life, satisfactory of life, university students

Effects of Lower Urinary Tract Symptoms (LUTS) Towards Men's Sexual Quality of Life

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ABSTRACT

Introduction: The numbers of male lower urinary tract symptoms (LUTS) and sexual dysfunction (SD) are increasing worldwide including Malaysia. Both disorders caused significant effects on quality of life. Most men assume both disorders as age-related problem and opt to go untreated. Exploring the prevalence of both disorders and their effects on males' quality of life in Sarawak by nurses is highly relevant. There has to be a significant change in the way these two health problems are assessed and managed by the nurses often with little or no medical participation. This study was aimed to determine the occurrence of LUTS and SD in men, and their effects on quality of life in Sarawak.

Methods: A cross-sectional, survey-based study was used involving 162 male outpatients of age ≥ 40 years, recruited at outpatient clinics in Sarawak General Hospital. Questionnaires on International Prostate Symptoms Score; Danish Prostatic Symptoms Score-Sex and International Index for Erectile Function; and quality of life - Short Form-36 were given to eligible participants. **Results:** Results revealed that the occurrence of moderate to severe LUTS among male respondents attending non-urological clinics were 14.8% and most common in 60-69 years old males. 84.6% of them experienced nocturia. 47.83% had severe erectile dysfunction and most common in 70-79 years old males. LUTS were also positively associated with erectile dysfunction. However, the findings on quality of life showed that both diseases were negatively associated with physical and mental composite summaries in Short Form-36.

Conclusions: The results implied that prevalence of both disorders and their effects on men's quality of life is significant and have impacts on clinical practice. Contributing factors to male LUTS and SD were identified and need to be addressed accordingly to minimise the occurrence and complications of both disorders to men.

Keywords: Lower urinary tract symptoms, male sexual dysfunction, erectile dysfunction, prevalence, quality of life

The Brunt of Intensive Simulation Airway Management Training Programme on the Final Year Nursing in one of Health Training Institutions in Sabah

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ABSTRACT

Introduction: Airway management is one of the most important steps in emergency patient care, and it is part of the core content of emergency training programme in nursing. Besides, learning in the real clinical area on artificial airway management is almost impossible due to the complexity of clinical conditions and non-uniform treatment algorithms that make the training strategies even more difficult to develop. This study was to evaluate the effectiveness of the simulation airway management training programme developed for the final year nursing students. **Methods:** This was a quasi-experimental with convenience sampling technique approach used. Students were exposed with the Intensive simulation of airway management technique which includes BLS, oropharyngeal measure and insertion, high flow O₂ administration, interpret ECG, use of defib and understanding role of arrest team during emergency. The questionnaire on confident level was given before and after the simulation of airway management. **Results:** The results showed significant different in the mean score of pre-tests and post-tests (CI95% (-0.53414, -0.09586), $t = -3.009$, $df = 19$, $p < .05$), since the probability value (sig. 2-tailed) obtained (.007) is less than predetermine alpha value (.05), thus null hypothesis was rejected. **Conclusion:** Intensive simulation training programme on airway management serves as a bridge on the gap between classroom instruction and the practical application. It acts as a reinforcement strategy on the technical and nontechnical skills to determine their competency the most important thing derived from this study is the increases of students' sense of security and confidence before they are exposed to real clinical areas. Therefore, this programme is a steppingstone to prepare them to gain on the real experience.

Keywords: Airway management, simulation training, nursing student, confident level, emergency

Is It My Fault? Contemplative Reactions Among Nurses Toward the Existence of Blaming Culture in Relation to Their Documentation: A Malaysian Context

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ABSTRACT

Introduction: Nursing documentation is the key to nursing care in hospitals. Nursing documentation contains evidences which demonstrate a significant association between the comprehensive level of nursing care and nurses' professional practice. Therefore, nurses in Malaysia are trained to abide with the code of professional practice (1998) which required them to contrive a complete and comprehensive nursing documentation. Despite the importance of nursing documentation in the nursing professional practice, such study almost non-existent in Malaysia. Hence, there is a need to explore nurses understanding about existence of professionalism within their documentation, from a Malaysian context. **Methods:** The study utilized a qualitative approach which aimed to explore the perceptions among nurses in Malaysia on their documentation with relation to professionalism in nursing. Forty semi structured interviews were conducted in order to obtain an understanding of nurses' views on their documentation and its influence on their ways of preparing and completing their documentation. Thematic analysis was used to identify categories and themes in nurses' accounts of their documentation with relation to professionalism in nursing. **Results:** One of many profound findings from the study is the fear among nurses of "blaming culture" in that occurs their clinical setting. The nurses perceive "blaming culture" do not tolerate mistakes and they are more likely to be blamed for poor patient safety and insufficient quality of care. This is because nurses are directly involved in delivering care to patient or client in the hospital. "Blaming culture" however motivates nurses to ensure their documentation is complete, comprehensive and contemporaneous. **Conclusion:** Interestingly, the nurses perceive their documentation as an important evidence if there are possible future medical legal issues that they might have to involve with.

Keywords: Nursing Documentation, Blaming Culture

If Doctors and Nurses Said Vaping is Safe ... It is safe... Why not! A Study on the Acceptance of E- Cigarettes Among Future Healthcare Providers in One of Higher Learning Institutions in East Malaysia

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ABSTRACT

Introduction: Vaping is a use of electronic devices which do not produce smoke or steam, rather an aerosol consisting of fine particles, containing varying amounts of propylene glycol, glycerine, flavourings and other chemicals. It is battery-powered devices that mimic the action of smoking. In Malaysia, vaping has become a major trend. Videos are going viral on social media showing school students in uniform proudly puffing away. The aim of this study was to find out the acceptance of vaping among medical and nursing students. **Methods:** A descriptive cross-sectional study with multiple stage of sampling technique on population of 624 medical and nursing students. Total samples were 389, by Krejci Morgan (1970) sampling technique. Structured questionnaires by A. Gorukanti (2018) with 15 items consisted of knowledge, attitude and acceptance and attitude and believe as data collection tools. **Results:** Results showed 9% to 10% of respondents are still smoking, they believed e- cigarette is safe and would not affect one's health, as it is a water-based product trademarked. They also regard e-cigarette a way of quitting or cutting down smoking. **Conclusion:** 10% of respondents consistently believed e-cigarettes is harmless. Although the percentage may look small but the impact on the public is huge. However, 90% strongly agreed e-cigarettes 'vapour is dangerous to babies and kids. What concerns us is the consistent group of the 10%, are students who will become our healthcare providers in the future. Their strong-belief in vaping will influence the future of the public understanding, "If doctors and nurses said vaping is safe ... it is safe... right? why not. which is harmful. However, this study has impelled us not only to look at the strength and the significance outcomes of study and neglecting the trifle ones that may prime to serious healthcare consequences of the future society.

Keywords: Vaping, medical students, nursing students, higher learning, e-cigarette

Use of Web-Based Instruction in Learning Drug Dosage Calculation Among Nursing Students University of Nizwa, Oman

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ABSTRACT

Introduction: Nursing students have had difficulties in mastering and retaining drug dosage calculation (DDC) skills. Effective teaching approaches are needed to overcome these difficulties. The aim of this study is to examine the use of web-based instruction (WBI) in learning DDC among the nursing students. **Methods:** One hundredtwenty Second Year nursing students, were randomly assigned into Control and Experiment groups based on mathematics diagnostic test (MDT). 25% low performers, 41.6% medium performers and 33.3% high performers. Pertest using modified intravenous additive test (MIVAT) was conducted after the theory on DDC was completed. Tutorials on DDC using WBI was given to Experiment group and traditional classroom learning (TCL) to Control group. Post-test I was conducted after the intervention phase and Post-test II was conducted 11 months after Post-test I. **Results:** Majority, (81.6%) of the students aged between 20 - 25 years and 47.5% have had the experience in WBI courses. About 50.3% from the Control group answered correctly DDC questions during Pertest, 61.8% during Post-test I and 63.8% during Post-test II, while, 55.1% from Experiment group answered correctly in Pre-test, 68.5% in Post-test I and 67% in Post-test II. There is a significant improvement in DDC skills between the groups with Experiment group outperforming Control group with $p = 0.01^*$, $p = <0.05$ of T –Test. No significant difference in the rate of retention of DDC skills between both groups. **Conclusion:** The present study showed that there is significant difference in superiority between the use of WBI and TCL in improving DDC skills, however, there is no significant difference in the rate of retention in DDC skills.

Keywords: Web-based instruction, traditional classroom learning, drug dosage calculation, rate of retention

Effect of Hanging White Bedsheet Around Phototherapy Unit on TSB Level in Neonatal Jaundice: A Comparative Study

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ABSTRACT

Introduction: Phototherapy is the primary treatment for neonatal jaundice and is evaluated via total serum bilirubin (TSB) level. Hanging white material around phototherapy unit can multiply energy delivery by many folds. This study is to evaluate the effect of hanging white bedsheet around phototherapy unit on the reduction of TSB level. **Methods:** Comparative interventional study was conducted in two public hospitals. 200 eligible neonates with hyperbilirubinemia were recruited and assigned to intervention (n=100) and control group (n=100). Neonates assigned into intervention group were nursed under phototherapy with the addition of white bedsheet hanging around the unit while the control group were nursed under phototherapy with non-white curtains. **Results:** Mothers' blood group ($x = 3.75$, $p = .29$), neonates' blood group ($x = 2.87$, $p = .41$), birth weight ($t = 1.41$, $p = .16$), baseline total serum bilirubin (TSB) level ($p = .08$), baseline irradiance of phototherapy prior to the hanging of curtains ($p = .13$) and hours of phototherapy ($p = .53$). The mean for TSB level in intervention and control group at 24 hours was $235.82\mu\text{mol/L}$ and $208.67\mu\text{mol/L}$ respectively. The mean difference in TSB level between intervention and control group was statistically significant at 24 hours ($x = 27.15$, $t = 4.56$, $p < .001$) and 48 hours ($x = 19.27$, $t = 2.32$, $p = .02$) after initiation of phototherapy. **Conclusion:** The baseline and demographic characteristics of the neonates and mothers were comparable between the intervention and control group. The TSB level at 24 hours and 48 hours were significantly lower in control group if compared to the intervention group. Therefore, hanging white bedsheet did not significantly hasten the reduction of TSB level when compared to ordinary non-white curtains.

Keywords: Phototherapy, neonatal jaundice, total serum bilirubin level, hanging white material

The Efficacy of Honey-Cinnamon Commixture in Diabetic Wound Healing

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ABSTRACT

Introduction: Delayed wound healing and a hefty cost of treatment poses a burden to those undergoing treatment for Diabetic wound care. An alternative wound product to speed up wound healing may address this problem. Honey has been recognized around the world for its efficacy as treating wounds, eczema, and inflammation while cinnamon has a variety of biological functions including anti-diabetic, anti-microbial, and anti-inflammatory. As both cinnamon and honey possess different properties in wound healing, it is hypothesized that combining both products can accelerate wound healing. This study is to compare the efficacy of pure honey, pure cinnamon and honey-cinnamon commixture in Diabetic wound healing. **Methods:** Three volunteers were selected from Kitamura clinic, Pontianak, Indonesia participated in this study. Each of them was given a different wound product which were pure honey (subject 1), pure cinnamon extract (subject 2), and honey-cinnamon commixture (subject 3). The wound bed percentage, size, and characteristics were recorded and compared. **Results:** Usage of pure cinnamon was discontinued during the second visit due to its drying effect. Subjects 1 and 3 both presented with an increase in granulation and reduction in sloughing of cells and biofilm. However, subject 3 showed faster wound contraction and reduction in maceration as compared to subject 1. **Conclusion:** Pure cinnamon extract should not be used as a standalone wound product due to its drying properties. However, topical co-administration of honey and *Cinnamom cassia* extract has a synergistic interaction effect, improves wound healing in diabetic individuals and is recommended as a new topical herbal drug production for treating of the diabetic wound. Further studies on the therapeutic concentration of honey-cinnamon commixture should be conducted.

Keywords: Cinnamon, Honey, Commixture, Diabetic, Wound healing

A Study on the Knowledge and Attitude towards Premarital Screening among Nursing Students in University of Nizwa

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ABSTRACT

Introduction: Due to the high rate of consanguineous marriages in Oman, there is a correspondingly high prevalence of hereditary blood disorders like Sickle Cell Disease (SCD), Beta-thalassemia and Glucose-6-Phosphate-Dehydrogenase (G6PD) deficiency. Hence, Pre-marital screening appeared to be a smart step to address this problem in the Sultanate. This programme includes free optional screening for SCD, Beta-Thalassemia and G6PD Deficiency and counselling for carriers of these disorders. Awareness towards this programme is very important. Thus, this study focused on determining the knowledge and attitude towards Premarital Screening among nursing students in University of Nizwa. **Methods:** Based in the selection criteria, 100 respondents in the School of Nursing were taken as sample size using purposive sampling technique. Socio-demographic variables, knowledge and attitude towards Premarital Screening were assessed using a structured questionnaire. Findings were analyzed using Statistical Package for Social Science (SPSS 15.0) including frequency, percentage distribution and weighted mean. **Results:** The findings revealed that out of 100 respondents, most of them (66%) had parents who were blood relatives. Moreover, 48% of the respondents had known family history of hereditary blood disorders. The study also showed that students' knowledge towards Premarital Screening program was high. All respondents exhibited adequate knowledge towards the programme. Results also showed a positive attitude with a total mean score of 37.14. **Conclusion:** The present study revealed that the level of knowledge of nursing students in University of Nizwa towards premarital screening program is relatively high and they have an overall positive attitude towards the programme.

Keywords: Knowledge, Attitude, Premarital Screening, Nursing Students

Association between Breast Self-Examination Knowledge Level and Practice among the Chinese Female Students of a Private University in Kajang

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ABSTRACT

Introduction: The incidence of breast cancer is high among Malaysian females especially those aged 25-59 years old and from Chinese ethnic background. Breast Self-Examination (BSE) is a traditional, cost-free screening method to identify breast abnormalities like growth and cancer. If performed correctly and consistently, it can facilitate early detection, early treatment and better prognosis. Despite having high risk, there is insufficient evidence about the BSE knowledge level and practice among Malaysian Chinese females. This research determines the association between BSE knowledge level, practice and selected socio-demographic variables among the Chinese female students of a private university in Kajang. **Methods:** Quantitative, correlation study was conducted among 192 Chinese female students in a private university. Purposive sampling method was utilized to recruit participants. Data were collected using self-administered questionnaire and analysed in terms of frequency and percentage. Chi-Square test was used for inferential analysis with significance level, p , set at <0.05 . **Results:** Generally, BSE knowledge level is moderate (mean=5.37) where only 27.1% ($n=52$) out of the total participants have good BSE knowledge. Among the BSE performers ($n=56$), less than a quarter (23.2%, $n=13$) performs it monthly. Most of the non-performers claimed that they do not know how to do (59.6%, $n=81$). Association between BSE knowledge level and practice were statistically significant ($p=0.007$). Individually, BSE knowledge is significantly associated with age ($p=0.014$), education level ($p<0.001$) and education field ($p<0.001$), whereas BSE practice was only significantly associated with education field ($p=0.042$). **Conclusion:** Collective statistics and research serve as evidence for the inevitable rising need for awareness. Therefore, the importance and techniques of BSE should be widely disseminated to combat morbidity and mortality caused by breast cancer.

Keywords: Breast cancer self-examination knowledge and practice, Malaysian Chinese

Knowledge and Perceptions of Palliative Care Among Cancer Patients in A Tertiary Hospital

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ABSTRACT

Introduction: Early integration in palliative care for patients with advanced cancer has been correlated with an improvement quality of life, relieved depression while having survival benefits. Negative perceptions towards palliative care or misconception about the idea of palliative care were reported as one of the causes for late referral by physicians. The aim of this study was to determine the knowledge and perception of palliative care among cancer patients in a tertiary hospital. **Methods:** A cross-sectional survey with populations of 139 cancer patients was conducted using convenience sampling. Quantitative data were collected by a structured questionnaire. A total of 92 responses were obtained. **Results:** Most of the participants were female (66.3%), Malay (71.7%) and attended secondary school (56.5%). The mean age of participants was 56.13 (± 12.61) years while the mean income was RM 1944.20 (± 2472.70). Majority of the participants had breast cancer (37.0%), followed by colorectal cancer (32.6%). Many of them were in stage IV (42.4%), followed by stage III (25.0%). Most of the cancer patients had a high level of knowledge and positive perception towards palliative care. They agreed that psychological, social and spiritual issues are a part of palliative care which helped to manage pain and other symptoms. Besides, responses portrayed positive perceptions of palliative care through the aspect of emotional reactions, cognitive reactions and palliative care needs. **Conclusions:** The current study has demonstrated that cancer patients in the tertiary hospital had better knowledge and perceptions in palliative care. High knowledge level and positive perception towards palliative care might increase the acceptance and palliative care practiced.

Keywords: Supportive care, awareness, understanding, oncology patients, Hospital University

Knowledge and Practice Among the Adolescent Girls Toward Menstruation and Menstrual Hygiene In Wilayat Nakhal

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ABSTRACT

Introduction: Menstruation is a unique physiologic condition occurring in women signifying the onset of puberty. Menstrual hygiene is just one among the issues that every girl or woman would face in their entire life. In an Islamic culture like in the Sultanate of Oman, issue on menstrual hygiene remains to be a taboo. Women avoid talking about the issue, making them less knowledgeable on the possible complications unhygienic menstrual practices could arise, thus the need to assess their knowledge and practice is imperative. **Methods:** The study utilized a Descriptive Cross-sectional study design. It was conducted in WilayatNakhal, Governorate of South Al Batinah in the Sultanate that catered to adolescent girls belonging to the age bracket of 12 to 19 years' old with known risks to unhygienic practices. A total of 102 respondents participated in the study. **Results:** Of the 102 respondents, 66.4% have excellent knowledge, while 33.6% have good knowledge. All the respondents agree that menstruation is a normal physiologic process and not a curse from God. However, some respondents believed that menstruation is a disease process. The level of practice suggested that 63.73% exhibited good practice while 36.27% had poor practice. Frequency of changing pads and proper perineal care are aspects needing emphasis on proper menstrual practice. **Conclusions:** Knowledge makes practice more accurate and meaningful. Adequate information enhances understanding on the nature of health-related issues preparing an individual to take part in maintaining health by being accustomed to the correct and acceptable health care practices.

Keywords: Menstrual hygiene, knowledge, practices, adolescent girls

Study on Menstrual Characteristics, Primary Dysmenorrhoea, and Their Association with Socio-Demographic Variables among Chinese Undergraduate Students in a Private University

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ABSTRACT

Introduction: Dysmenorrhoea is the most common gynaecology problems female's goes through in their life. In Malaysia, the overall prevalence of dysmenorrhoea is 78%. There were studies revealed that there is significant association between dysmenorrhoea and quality of life (QoL). Female who is having dysmenorrhoea has a lower quality of life compared to others. However, most female ignore this issue as they feel it is a normal female phenomenon. Nevertheless, health education and interventions should be given to reduce dysmenorrhoea, thus improve QoL. The main aim of this research was to determine the menstrual characteristics, primary dysmenorrhoea, and their association with selected socio-demographic variables among Chinese undergraduate students. **Methods:** A cross-sectional study was carried out among 317 participants, aged between 19 to 25 years. Purposive sampling method was utilized to recruit the participants. Questionnaire on menstruation was distributed to collect the information regarding socio-demographic background, menstrual characteristics, and primary dysmenorrhoea. **Results:** The incidences of primary dysmenorrhoea were reported by 63.4% (n=201) in this study. Only a few socio-demographic variables were detected to have a significant association with menstrual characteristics and primary dysmenorrhoea. Associations between age and menstrual duration was discovered (p=0.005). Besides, menarche was associated with presence of blood clot during menstruation (P<0.05). Family history of primary dysmenorrhoea was found to have significant association with few menstrual characteristics and dysmenorrhoea. **Conclusion:** Interventions to reduce the risk of abnormal menstruation and primary dysmenorrhoea among the high-risk group highly encouraged to improve the female quality of life. In future studies, it was recommended to include participants in different ethnicity and different level of study to improve the generalisation of the study result. In addition, long term close follow up for at least six months may provide a better understanding on the menstrual pattern.

Keywords: Menstrual characteristics, Primary dysmenorrhoea, Prevalence

Understanding Brief Illness Perception Among Cardiac Patients: A preliminary Study

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ABSTRACT

Introduction: Illness perceptions involve personal beliefs that patients have about their illness and may influence health behaviour considerably. This preliminary study evaluates the understanding of illness perception among cardiac patients' and correlations of each of the items. **Methods:** A preliminary study was conducted using the on Brief Illness Perception Questionnaire (BIPQ) in a tertiary hospital among 40 cardiac patients. Ethical approval was obtained from the institution ethical committee. There are 9 items in the BIPQ with 0-10 response scale measuring causal factors and an open-ended item. Items 1 to 5 assesses on the cognitive illness perception which comprises of consequences, timeline, personal control, treatment control and identity. Item 6 and 8 are on emotional response and item 7 is on coherence. **Results:** The overall mean score of the 8 items of BIPQ was 7.04 (1.07) with the highest mean for item 4 on treatment control and item 6 on personal control at 8.02 (0.92) and 7.03 (1.77) respectively while the lowest mean was item 7 on understanding at 6.63 (1.83). The causal factor for the open-ended question was mostly on consumption of fatty food intake, sedentary lifestyle and stress at work. Perceiving personal control was significantly being affected by perceiving treatment control for the cardiac disease ($r=0.50$) and being concerned about their cardiac symptoms was significantly related to perceiving consequences of the disease ($r=0.54$), perceiving identity ($r=0.75$) and perceiving emotional control ($r=0.67$). Perceiving emotional control on their symptoms was significantly related to perceived consequences on cardiac disease ($r=0.51$), perceived identity ($r=0.53$) and perceived concern on cardiac disease ($r=0.67$). **Conclusion:** The results shown significant correlations with relevant outcomes measures. It is useful in clinical practice to assess and potentially modify patient's perceptions on understanding, emotional control, personal control, consequences and perceived concerned over their cardiac disease.

Keywords: Illness perception, treatment control, personal control, emotional response

Stress, Psychological Well-Being and Coping Strategies Among Nurses in Sabah

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ABSTRACT

Introduction: Nursing is a highly stressful profession that affects the nurses' physical and mental health. To maintain the quality of health services, nurses must have physically and mentally healthy. Given this, the present study aimed to examine the level of Stress and Psychological Well-Being among nurses and the methods used by nurses to cope with them. **Methods:** A self-administered questionnaire was used to assess psychological well-being and coping strategies with stress which include Ryff's Psychological Well-Being (RPWB), Ways of Coping Questionnaire (WOCQ) and Nursing Stress Scales (NSS) for the data collection on 637 nurses in nine hospitals in Sabah. **Results:** The results revealed that the main Sources of Stress among nurses was Conflict with Other Nurses. Also, Purpose in Life was found to have the highest mean score in terms of psychological well-being among nurses. Furthermore, Positive Re-appraisal was found to be employed by nurses in dealing with stress. The study also revealed there was relationship between the sources of stress and the psychological well-being among nurses. **Conclusion:** Thus, to reduce work stress among nurses, hospital administration should keep themselves aware of the work dynamics and address the negative conflict occurred in nurses as soon as it is recognized. Recognizing the impact of work stress and using the technique of coping plays a vital role in minimizing the stress of nurses.

Keywords: Psychological Well-Being, Coping Strategies, Sources of Stress, Nurses, Sabah

Unwed Motherhood: The Lived Experience of Teenage Mothers in Malaysia

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ABSTRACT

Introduction: Teenage pregnancy is common and has become a key public health concern for all. This study aims to discover the meaning of lived experiences and to strategize in addressing the phenomenon from the previous or current unwed pregnant girls' or young women's perspective. **Methods:** A qualitative study was conducted among 10 girls or young women recruited during their stay at two shelters in Selangor but came from various state in Malaysia; who have experienced becoming unwed mothers when they were between 10 to 19 years old. All participants gave informed consent. In-depth face-to-face interviews were conducted, audiotaped and transcribed. All quotes were encoded using Qualitative Data Analysis (QDA) Miner program. Data were analyzed using interpretative phenomenological analysis. **Results:** The themes emerged from the analyses; i) Trajectory of sexual activity, ii) struggles of motherhood to un-wed teenage mother. Most of these girls were pregnant due to consensual sexual intercourse although there were some refutes but their actions have led them for this to happen. They described how indirect relationship such as communication via telephone and the internet may have initiated the desire for sexual activity which led to a short first-time meeting and short term partnership, caused them to enact the sinful deed. They were overwhelmed with ambivalence feelings of wanting to terminate the pregnancy, abandon the newborn or to endure the journey of motherhood together with their ex-nuptial baby. **Conclusion:** The findings of this study showed that the strength of indirect relationship is able to evoke sexual desire that contributes to out-of-wedlock pregnancy. Maximum support is needed from all; peers, parents, educators and the whole community structures.

Keywords: Unwed, Teenage mothers, Lived experiences, Motherhood

POSTER PRESENTATION

Regular Meals with Family and Its Association with Children's BMI In Kota Kinabalu, Sabah

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ABSTRACT

Introduction: Nutrition is an issue of great academic and public importance. However, there is evidence that parents do not have family breakfast, lunch or dinner with their children. This study aims to assess the prevalence of having regular family breakfast, lunch, dinner among primary school children age 7 to 12 years in Kota Kinabalu and its association with children's weight status. **Methods:** The study is based on 485 children (mean age: 11.5+/-0.7 years, 54% girls) randomly selected in five primary schools in Kota Kinabalu who participated in a cross-sectional school-based survey in 2019. Data on family meals were self-reported by the parents by answering a validated questionnaire. Children's height and weight were measured to determine BMI status. Binary regression analyses assessed the associations of having regular family meals with children's obesity status and to assess potential differences in having family meals according to gender and parental education. **Results:** The mean BMI male gender 24.3 ± 4.05 versus mean BMI female gender 17.9 ± 3.62 from 7 to 12 years old. The father mean BMI was 33.2 ± 8.24 versus 26.17 ± 9.63 mean BMI in mother from 32 to 52 years old. The prevalence of obesity within five (5) selected schools in Kota Kinabalu was only 13.2%. Regarding potential socio-demographic determinants, children of higher educated parents (STPM, DIPLOMA)[OR = 1.85 (95% CI 1.20–2.85)] were more likely to have breakfast together, while children of lower educated parents (SRP, SPM) [OR = 1.08 (95% CI 0.91–1.44)] were more likely to have dinner together. No significant associations of having family meals with gender observed. The prevalence of regular family meals was 94.6%, 74.17% and 93.8% for breakfast, lunch and dinner respectively. **Conclusion:** This study showed that having regular family breakfast, lunch and dinner was associated with children normal BMI between 18.50-24.99.

Keywords: Regular meals, school children, parents, BMI, Kota Kinabalu

Learning Critical Thinking and Critical Thinking Disposition among Year 3 Diploma Nursing Students of UMS

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ABSTRACT

Introduction: Nursing students have been educated with critical thinking in client care. However, nursing students are often considered to be lacking in critical thinking especially during their clinical experience. This is likely due to lack of knowledge of critical thinking as the opportunities for learning critical thinking (LCT) are limited and less encouraged to use critical thinking during the teaching and learning process. Therefore, it contributes to poor learning outcomes. The aim of this study was to identify level of LCT and critical thinking disposition (CTD) among diploma nursing student of UMS. **Methods:** A cross sectional survey design using purposive sampling methods. Sixty (60) of 66 year 3 nursing students completed a CTD Inventory for Chinese Medical College Students (CTDI-M) by Wang et al (2019) and The LCT Inventory (LCTI) and the Teaching Critical Thinking Inventory (TCTI) developed by van Zyl, M.A., Bays, C.L., & Gilchrist, C. (2013). Approval to conduct study obtained from Dean of faculty of Medicine and Health Sciences, UMS. **Results:** The data were analyzed through descriptive method using SPSS for window 21.0. Total score for CTD ranging from a low (M= 1.5) to a high (M=5.00), Mean value 3.86, (SD +/- .572). Total high-level CTD 58(96.7%). Total LCT scores ranging from a low (M=2.00) to high (M=5.00) and Mean value 4.02, (SD +/- .711). Total high level LCT 54(90%). The two subscale categories were analyzed for perceived LCT. Respondents reported significantly high level of both instructor helped in LCT 51(85%) and 56 (93.3%) provides support and encouragement in LCT, mean value 4.19 (SD +/- .713). **Conclusion:** The level of CTD and LCT was high, shows that nursing students perceive themselves as having a high level of critical thinking motivation, instructor providing guidance to assist and encourage to learn using critical thinking.

Keywords: Critical Thinking Disposition, Learning Critical Thinking, Nursing Students

International Chinese Student's Satisfaction Towards University Malaysia Sabah's Nursing Mobility Program

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ABSTRACT

Introduction: Promotion of internationalization of higher education is a strategic marketing in public and private Malaysia universities. University Malaysia Sabah (UMS) hosted the international nursing mobility programme involving 15 nursing students from Hunan and Yangtze University of China. Students from China obtained hands-on learning experience and exposed to indigenous health practices in Sabah. After 12 weeks of the programme, although casual face-value audit of the mobility program was deemed adequate, there was a need to objectively gauge the Chinese student's satisfaction and identify issue of contention that can be remedied. This study is to evaluate Chinese international nursing students' satisfaction during their mobility posting tenure in UMS and identify issues of discontentment for improvement. **Methods:** the study entailed a cross sectional survey involving a convenient sample of all 15 nursing students from China who had completed the 12-week UMS-nursing mobility programme. The study tool consisted of a 25-item questionnaire which used Likert-like statements to anchor level of satisfaction on 5 sub-domains items namely; arrival orientation; logistic arrangements; learning opportunities; cultural experience and perceived worth-for-money. **Results:** Cumulative ratings counts from 15 Chinese international students who had participated in the UMS-nursing mobility program in this study rated the following sub-domains as satisfactory and highly satisfactory: (i) learning experience (88%), (ii) Sabah's cultural experience (90%), (iii) worth for money (88%). Sub-domains rated as dissatisfactory or strongly dissatisfactory by the China students were: (i) adequacy of 1st - day arrival orientation (72%), (ii) quality of logistic arrangement (72%). **Conclusion:** Findings imply that the China students were satisfied with the overall learning experience during the UMS-nursing mobility programme. However, areas of grievances such as the conduct of the 1st - day arrival orientation and logistics management of the UMS-mobility program needs to be addressed.

Keywords: China nursing students, Satisfaction, Experiential learning

Resilience Among Undergraduate Nursing Students in University Malaysia Sabah

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ABSTRACT

Introduction: Resilience is an important coping mechanism that nurses need to inculcate as they often faced with numerous psychosocial conflicts and stressors in providing day to day patient care. Student nurses are particularly vulnerable to psychosocial stressors and studies indicates that poor resilience is associated with poor academic performance, burn out, depression and high risk of drop out. This study was to examine the level of resilience and associated factors among nursing students in University Malaysia Sabah. **Methods:** The study entailed a descriptive cross-sectional survey assessing the level of resilience involving student nurses. Ethical clearance for this study was obtained from REC UMS and as well as respondent's consent. A total of 100(N) nursing students was selected through stratified sampling by year of study (year 1, n=35; year 2 n=35; and year 3 n=30). Sample selection randomization for each year of study was done using full name list generated using Microsoft excel. The study tool consists of a validated instrument (reliability $\alpha= 0.82$) benchmarked from a previous study which captured respondent's demographics and a 28-item inquiry related to resilience. Data analysis use descriptive statistics and Fisher's-Exact test for correlates. **Results:** In this study among 100 nursing students 82% (n=82) had high resilience score (cut-off mean score more than 3.5) and 18% low resilience score (cut-off mean score lower than 3.4). Comparing distribution of resilience scores, respondents with low resilience scores were higher among the first-year nursing student and students of family origin from rural settings. **Conclusion:** Findings imply that most nursing students in this study have a high level of resilience and a small cohort of the student nurses have low resilience vulnerable to stressors and risk poor achievement and drop out. There is a need to address nursing students with poor resilience and this paper will discuss some pragmatic strategies.

Keywords: Resilience, Student's Nurses, Coping Mechanism

Readiness to Enter Working Life as A Registered Nurse of Final Year Nursing Students In A Public University

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ABSTRACT

Introduction: The final year of the study period is the time students should be in the mood of ready to enter working life. There are concerned that newly graduated nurses do not have the necessary skills and competence once they enter the working life. The final year nursing students seldom have confidence because they were not getting enough experience in the clinical posting. The soft skill and not being able to perform in the clinical area and their readiness to work in real working life. Thus, this study is to assess final year and newly graduated students' readiness to enter the real working life environment after graduated from the institution. **Methods:** This study using cross-sectional survey design using convenience sampling method. Adapted questionnaire is used and distributed via on-line Google form to all final year nursing and newly graduated of nursing students Universiti Malaysia Sabah. **Results:** Total 71 respondents (63.38% third-year and 21.12% newly graduated students) responded to this survey. 68 students (95%) were ready to enter the real working life and there were two students (5%) that still not ready to perform on their own after the course finished. Majority 70 (98.59%) find that early exposure to a real working environment was important to polish student soft skill and enhance student performance skill in doing any procedure. 96% responded that early exposure will develop student competency in leadership qualities to guide their teamwork and adaptation from the real scenario on how they will perform in their work in the future. Complete facilities in the practical area can make the student feel excited to start working in clinical area is the possible factor rated in more than half of the responded (57.7%). **Conclusion:** Most of the participant is ready to apply their knowledge and skill in a real working situation.

Keywords: Nursing students, competence, readiness, working life

Beet-root Oral Rehydration Salts and Carrot Oral Rehydration Salts formula in Stopping Diarrhea and Enhancing Hydration Status

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ABSTRACT

Introduction: Cholera is an infection caused by the bacterium *Vibrio cholerae* that causes severe watery diarrhoea, which can lead to dehydration. Beet-root has been shown to induce favourable outcomes and holds promise as an economic, practical natural dietary intervention in cholera. **Methods:** Systematic search of peer-reviewed literature on beet-root ORS and carrot ORS use for acute diarrhoea in below 6-year-old. We identified 3 studies for abstraction. **Results:** A study had compared a commercial carrot/rice-based ORS A (Na 52 mmol/L) and two glucose-based ORS B (Na 55 mmol/L) and C (Na 90 mmol/L). Fluid intake, faecal and urine output and absorption of fluid was measured in 161 infants and children (3-48 months old) during the first 48 hours after admission. The number of stools ($p < 0.01$) and the mean faecal output ($p < 0.05$) per kg body weight were significantly lower in group A. Children in group A also had significantly ($p < 0.01$) greater fluid absorption (mean 464 ml/kg) than in groups C (312 ml/kg) and B (140 ml/kg). **Conclusions:** While there are some promising results, this analysis indicates that the need for further investigation into approaches to increasing beet-root ORS and carrot ORS use.

Keywords: Beetroot ORS, Formula, Carrot ORS, diarrhoea, Hydration status

Career Preferences of Graduating Medical Students in Universiti Malaysia Sabah

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ABSTRACT

Introduction: Health workforce education and training is a complex investment, which align education, finance, labour market and policies. Most medical universities have limited residency programs to satisfy the postgraduate career preference and lack of supervision career and social orientations to medical students which lead to misunderstandings of personal learning plans and preferences in medical profession. Therefore, this study aimed to examine medical students' career choices and attitudes towards medical instruction in preparing the medical students to work in rural and remote areas of Sabah. **Methods:** 98 First and 95 fifth year medical students were obtained consent to answer UMS Career Study Questionnaire consisting 29 questions on (1) medical schools - school career orientation; (2) students- study year; (3) student values- academic performance, and attitudes; (4) satisfaction- salary, secure, workload. (5) Perception on specialty (6) perception of potential benefits. **Results:** The first three selected specialties of choices for postgraduate training. Obstetrics and Gynaecology 26 (15.2%), surgery 23 (13.5%), paediatrics and child health 18 (10.5%) of the medical students, respectively. The main reasons for specialty preferences were opportunity to learn community health problems (35%), adequate time to study in rural health facilities (28%) and privilege for specialty training (24%), family live in rural area (20%). **Conclusions:** Medical students' inclination towards few clinical specialties might raise a concern in shortage in various clinical speciality areas.

Keywords: Education, Training, Medical Profession, Career Choices

Napping During Night Shift Among Nursing Staff: A Study Among Nurses Working at Ibra Hospital, Oman

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ABSTRACT

Introduction: Long working hours and sleep deprivation due to night shift cause exhaustion and sleepiness that usually lead to work errors and mishaps. Brief break or short napping can help nurses rejuvenate and cope work better and improve performance. The objective of this study was to examine napping during the night shift among nurses working at Ibra Hospital, Oman. **Methods:** Ninety nurses involved in night shift were selected using simple random sampling technique. Data was collected using self-administered questionnaire. Data was analysed using SPSS V20. **Results:** The finding showed that 37% of the subjects aged between 21years-25years, 34.4% between 26years-30years. Female outnumbering the male at the ratio of 60:40. About 42.2% have served from 2-4 years and 23.3% between 5 - 7 years. 89% were positive on napping during night shift. 67.8% napped when the ward is not busy, 67.8% napped during break time. 63.3% napped at the nurse counter, 62.2% napped when there is other nurse around, 61.1% napped when ward is stabilized and 60% napped after carrying out all treatment orders. On barrier to napping, 87.8% no proper place to nap, 85.6% due to busy ward, 84.4% looking after critically patients, 83.3% too many procedures to be done, 82.2% break time is too short, 81.1% too much work to do, 78.8% not feeling relax and 77.8% not enough staff to go for break. **Conclusion:** The present study suggests that napping during night-shift is beneficial to nurses' health and performance. Strategies to address the barriers to night-shift napping among the nurses should actively be developed by the hospital management.

Keywords: Napping at work, perception, night shift

The Usage of Cosmetic Product Containing Skin-Lightening Ingredients Among Female Nursing Students in Sabah, Malaysia: A Pre-Liminary Study

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ABSTRACT

Introduction: Rooted from the ancient times, having a white and a delicate skin has been a dream of all women as it is perceived as a perfect beauty. Due to this high desideratum, the global beauty industry had taken an advantage to this target group promising an instant white skin for as early as three days. Global industry analysts (GIA) predicted that this year 2020 the global market for skin lighteners will reach \$23 billion. Despite the effectiveness of using skin-lightening, some had reported of having adverse effect including dermatological as well as neurological. **Methods:** This is a quantitative study using descriptive analysis approach to all nursing students in Sabah. The type of sampling is using snowball sampling methods. A questionnaire was developed and distributed to all nursing colleges in Sabah. **Results:** A total of 161 nursing students responded. Based on this study, most of students start are using cosmetic product in the age of 15 years old. Using an open-ended question, the top three cosmetic products containing skin-lightening ingredients use by students are Safi (27.9%), Garnier (25.5%) and Simple (16.1%). Majority experience acne (47.5%) and skin irritation (18.8%) after using cosmetic products containing skin-lightening ingredients while 36.6% did not experience any skin problem. It is about 80% concern about safety when choosing skin care contain skin-lightening ingredients, 76.9% will make an effort to read leaflet provided prior to purchasing, 69.4% aware about the list of dangerous ingredients in choosing skin care contain skin-lightening ingredients, 78.1% aware about its side effect. **Conclusion:** The outcome of this preliminary study lead to the conclusion that nursing students in Sabah are aware that using a cosmetic product contain skin-lightening ingredient is harmful for them.

Keywords: Skin Care, Mercury, Awareness, Skin-Lightening Product, Cosmetic

Association Between Parental Restriction, Control and Reward on Limiting Children to Eat Unhealthy Foods in Kota Kinabalu, Sabah

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ABSTRACT

Introduction: This study aimed to investigate the relationships between parental effort to control the child's food intake among primary school children with parents' 'control', 'restriction' and 'reward' on limiting children to eat unhealthy foods. **Methods:** Data were collected among 485 primary school children and their parents. Questionnaire for Obesity survey among primary school children was used to document on the child's daily food intake for one week. **Results:** All predictor variables are significant at the $p < 0.05$ level. The regression parameter for parents' effort to restrict the next meal if child eats more than usual, is associated with 0.68631 increase in the parents' effort to control the child's food. Similarly, the regression parameter for parents' effort to restrict the next meal if child eats more than usual is associated with 1.11653 increase in the parents' effort to control the child's food intake. Likewise, healthy food as a reward for bad behaviour is associated with 0.37709 increase in the parents' effort to control the child's food intake. **Conclusion:** This research showed that parental effort to control the child's food intake with the purpose of limiting unhealthy food when the level of parents' education varies is explained by three predictors (control, restriction, reward) that are interpreted as the effects in long term. Clinicians, nutritionists and researchers should pay attention to improve parental practices in the communities.

Keywords: Parents, Food Restriction, Children, Physical Activity, Food Rewards

Body Mass Index (BMI) Status and Associated Lifestyle Factors among Nursing Students in Universiti Malaysia Sabah

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ABSTRACT

Introduction: The Ministry of Health Malaysia over the last 20 years has initiated healthy lifestyle campaign to curb obesity but the issue has remained an escalating problem affecting Malaysians. Obesity among students in higher institute is a concern. Undergraduate student nurses as role-model advocating health, being overweight can be a problem. This study is to identify BMI status and determine associated lifestyle factors among undergraduate nurses in UMS. **Methods:** The study deployed a cross-sectional descriptive survey using a questionnaire to empirically assess BMI status and associated dietary and exercise practice among student nurses. Ethical clearance for the study was obtained from UMS's REC and as well as respondents' consent. A total of 100(N) nursing students were selected through stratified sampling by year of study (year 1, n=35; year 2 n=35; and year 3 n=30). Random sampling for each year of study was done using full name list generated using Microsoft excel. The study tool consists of a validated instrument which captured the respondent's demographics, BMI index, Healthy Eating Practice Index, and Exercise Practice Inventory. **Results:** Among the 100 student nurses in this study, 28 students had BMI index of more than 24.9 (either being overweight, obesity Type I or Type II). Students from final Year 3 are significantly overweight ($p=0.03$) compared to Year 1 or Year 2 students. Comparing respondents with optimum BMI and non-optimum BMI, students who are overweight had significantly poorer Healthy Eating Practice scores and poorer Exercise practice scores. **Conclusion:** Findings from this study imply that 1 in 4 nursing students are overweight mostly related to poor lifestyle habits. These findings raise the rhetoric and implication of overweight nurses as health care role -models and this paper will discuss some suggestions to address the issue.

Keywords: BMI, Student Nurses, Life-style Practice

Knowledge, Attitude and Practice of Diabetic Foot Care in Patients in HUMS Polyclinic, Sabah

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ABSTRACT

Introduction: Diabetic foot is an alarming complication of Diabetes Mellitus, results from neurological and vascular insufficiencies. If untreated, it may lead to amputation, resulting in a significant reduction in the quality of life and increase the risk of early death. Proper foot care with daily foot inspection and hygiene can prevent amputations. The objective of this study is to evaluate the knowledge, attitude, and practise of Diabetic foot care thus to establish the baseline reference for the effective foot care education and to propose an intervention method that is suitable for various cultural, religious and local circumstances. **Methods:** It was a cross-sectional survey conducted on diabetic patients who are seeking health care at HUMS Polyclinic, Kota Kinabalu, Sabah. A semi-structured Knowledge, Attitude and Practice validated questionnaire were used to get the information. **Results:** Around 93% of 30 diabetic patients knew that the self-examination was required but only 14 patients (46%) had the proper knowledge of foot care. Only 50% of respondent knew the correct way of cutting nails. 53% of the respondents were aware of proper foot-ware. The attitudes towards diabetic foot care, 96% were motivated to perform self-care. Although a high percentage of patients knew about diabetic foot care, but in practice the activities such as washing (100%), proper drying (83%), moisturizing (90%) and massaging (46%) were not executed together. Regarding nail cutting, only 33% practices proper technique and only 40% uses proper foot ware. **Conclusions:** Early detection and recognition of high-risk feet by patients and health care providers at regular intervals should be encouraged. It is essential to improve the awareness and practice of diabetic foot care daily by patients. Effective educational strategies should be established for both the health care providers and diabetic patients to create awareness for effective foot care.

Keywords: Knowledge, Attitude, Practice, Diabetic Foot Care

Loneliness among Elderly in Community Residence at Pontian District, Johore

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ABSTRACT

Introduction: Loneliness is a major social problem among the elderly that has gone through almost all countries in the world. Even though loneliness is seen as the health-threatening but, the loneliness assessment is still marginalized in routine medical check-up for every senior citizen. **Methods:** This is a sequential explanatory mixed-method study with a cross-sectional community survey was conducted among 380 community residence elderly followed by in-depth interview among eight respondents. This study aims to measure the loneliness and to explore loneliness experienced by older adults. Data were collected using the short form of Social and Emotional Loneliness Scale for Adults (SELSA-S) and data were analysed using SPSS (version 23.0) for windows. In the qualitative study, eight respondents were interviewed face-to-face and data were analysed using thematic analysis Braun and Clarke (2006). **Results:** The results revealed that 37.2% of respondents had loneliness. Bivariate analyses showed the age, level of education and marital status were significantly associated with loneliness. The results of multiple logistic regression discovered gender (OR=1.75,95%CI:1.04-2.93; p=0.03) and marital status (OR=2.24,95%CI: 1.33-3.77;p= 0.002) were a significant predictor of loneliness. In a qualitative study, the result showed two main themes were recorded as causes of loneliness among the elderly are 'changing the lifestyles' and 'ineffective communications'. The sub-themes included 'loss of someone who significant', 'limited physical mobility', 'all alone' and 'no support'. **Conclusion:** The issue of loneliness needs critically to be addressed even though Malaysia has not reached the 'aging population', but the loneliness prevalence experienced by the older adult has similarities with other countries that have attained that status.

Keywords: Loneliness, Older Adult, Elderly, Community, Residence

Universiti Malaysia Sabah`s Medical and Nursing Undergraduate Student`s Satisfaction Towards Rural Community Outreach Health Promotion Posting in Ranau, Sabah

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ABSTRACT

Introduction: EC1773 is a community outreach program conducted annually by Universiti Malaysia Sabah (UMS). It serves as a platform for nursing and medical students to collaborate hands-on health promotion for rural communities. As of date, there has been no empirical study to gauge student`s post-program satisfaction. This study aims to evaluate satisfaction among students who have undergone the UMS-led community out-reach program and identify gaps for improvement. **Methods:** The study entailed a cross-sectional design involving 165 (N) nursing (n=65) and medical students (n=100) who had completed a 10-day rural outreach program. Ethical approval was obtained from the Research Ethics Committee of UMS as well-informed consent from respondents. A 25- item questionnaire requiring Likert-scale response was used to evaluate the level of satisfaction across 5 sub-categories namely; pre-departure preparation & briefing; onsite facilities and logistics; teamwork; community participation and learning achievements. **Results:** Among 165 nursing -medical students in the study, 88% (n=146) were satisfied and 12% (n=19) were dissatisfied with the UMS-led outreach program. Sub-category items rated as satisfactory were community participation 96% and learning achievements 91%. Poor satisfaction highlighted by respondents regarding the out-reach program were inadequacy of facilities and poor logistics 62% and quality of pre-departure preparation and briefing 66%. Nursing students reported significantly higher dissatisfaction ($p=0.04$) regarding teamwork and adequacy of onsite facilities and logistics. **Conclusion:** Findings from this study infers that student`s post-evaluation towards the UMS-led outreach is generally satisfactory but has specific shortfalls that need to be addressed.

Keywords: Rural Outreach Health Promotion Program, Student Satisfaction

Knowledge and Certainty About Medication Administration Among Nursing Students In University Malaysia Sabah

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ABSTRACT

Introduction: Medication error always happens among the nurses either the trained out staffs nor in nursing students. These errors may harm any patient that is involved and it may lead to legislation issue. Therefore, this study aims to identify nursing students knowledge and assurance in medication administration. **Methods:** This study using a cross-sectional survey design using a convenience sampling method. Ethical approval was obtained from The Faculty of Medicine and Health Sciences Ethical Committee. Adapted questionnaire divided into three sections with 14 multi-choice questions for each section (pharmacology, drug management and drug calculation) score (0-14) and Self perceived certainty on their correct answer were scored (1-high certainty, 2-moderate and 3-low certainty). Questionnaires were distributed through the online google form to Diploma of Nursing students of year two and three of Faculty Medicine and Health Science of University Malaysia Sabah. Result reported in mean (+SD). **Results:** Total of 71 students volunteered responded to the survey. 42.3% of respondents (n=30) are the Year Two students and 57.7% (n=41) are the Year Three students. In knowledge about pharmacology mean score was 9.33 (2.37) and their certainty mean score was 1.9 (0.55), Drug management mean score was 8.42 (2.55) and their certainty mean score was 1.90 (0.45), While for their drug calculation mean score was 8.04 (3.03) and certainty mean score was 2.13 (0.51). **Conclusion:** Knowledge in drug management and drug calculation both were below the appropriate score (less than 9) respectively. These indicate that more practices and training on the medication administration should be done to the students in order familiar with the context of medication administration. Their certainty level found moderate indicate that their confidence level on medication administration should be reinforced. Nursing educators need to facilitate the students in their learning process and training periods to gain their confidence before their graduation.

Keywords: Medication administration, nursing students, certainty, knowledge

Knowledge, Attitude, Response of Complementary and Alternative Medicine (CAM) among Nursing Students of Faculty of Medicine and Health Sciences, Universiti Malaysia Sabah

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ABSTRACT

Introduction: The National Centre for Complementary and Alternative Medicine (NCCAM) defines complementary and alternative medicine (CAM) as a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. Many types of CAM practices, and they may be grouped into categories such as natural products, mind–body, and body-based practices. A broad collection of own-care and practitioner-based practices, (CAM) has been a major stream health care to meet the primary health care needs of people for centuries. A good proportion of the world’s population, even in developed countries, continue to depend on CAM. This study aimed to find out the knowledge, attitude, and responses among nursing students of Faculty of Medicine and Health Sciences, Universiti Malaysia Sabah, Malaysia. **Methods:** This cross-sectional study was carried out between June 2015 and June 2016. One hundred and eight (108) nursing students participated by simple random sampling. After taking informed consents, data were collected by structured questionnaire. The first section of survey data contained demographic profile. The second, third and fourth sections of the survey instrument consisted of the items assessing the knowledge of, interest in, and attitudes toward CAM. The last section consisted items to assess the attitude towards the teaching-and-learning in the curriculum. Descriptive statistics were used to present the data. **Results:** Out of 108 students, there were 19 males and 89 females. Knowledge did not have any relation ($p>0.05$) to response towards CAM but both positive and negative attitude was significantly ($p<0.001$) related to the response. **Conclusion:** Changes in the attitude will increase the use of CAM as complementary to the modern medicine. This attitude change requires extensive scientific studies regarding usefulness, side effects, and mechanism of actions of CAM.

Keywords: CAM, Knowledge, Attitude, Response, Nursing Students

A Call for Knowledge and Awareness with Reference to Organ Donation among Nursing Students

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ABSTRACT

Introduction: Role of nurses is very important in raising awareness, motivation level and increasing rate of organ donation subsequently. There are many studies on critical care nurses' roles and education affect organ donation.

Methods: A narrative literature review article of published research. Twelve published articles from ten different countries were found using different renowned online search engines. **Results:** Knowledge about organ donation among nursing students almost all over the world is inadequate than expectation and requirement in respective country. Marlene R et al showed that scores on the knowledge, attitudes, and beliefs subscales were positively correlated with the number of requests for tissue and organs and consents obtained (0.76); and consents obtained for tissues and consents obtained for organs (0.72). Professional education was indicated in 43% of nurses surpassing family beliefs, religion and mass media. The cognitive part (knowledge) is directly depends on non-cognitive (Awareness and Attitude). Findings from almost all articles suggest the need of adding organ donation topic in the nursing and medical curriculum to prepare competent nurses and health care providers for future. **Conclusion:** This study suggests that there is a need to integrate organ donation aspects into the educational program to prepare nurses for their roles in organ and tissue procurement as well as awareness among policy makers in this regard for the well-being of our patients.

Keywords: Organ Donation, Awareness, Nurses

Universiti Malaysia Sabah Student Nurses' Perceived Readiness in Caring for Patients Infected with Coronavirus

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ABSTRACT

Introduction: Recent Coronavirus outbreak has raised concern among student nurses who are doing their clinical posting tenure regarding the risk of patient acquired infection. This study examined perceived readiness to provide coronavirus patient care during clinical posting among student nurses in UMS. **Method:** This study deployed a cross-section survey design using a self-rated questionnaire to evaluate respondents' level of readiness towards Coronavirus patient care. A total of 177 (N) respondents comprising of nursing students from UMS (year 1 n=55, year 2 n=56, year 3 n=66) participated in the study. The study questionnaire captured demographics and comprised of 15 Likert-scale items that assessed the level of perceived readiness to provide Coronavirus patient care. The questionnaire was adapted from a previous SARS pandemic study and revalidated within the local context ($\alpha = 0.78$). Data analysis used descriptive statistics by frequency counts and Fisher exact test for demographic correlates with the level of readiness. **Results:** Among 177 student nurses in this study 68% (n= 121) were willing and ready to provide Coronavirus patient care and 32% (n = 56) were hesitant or not willing. Regarding confidence of safety using PPE to provide patient care, 34 % (n = 61) of respondents rated not confident and deemed it hazardous even with full PPE use. On the issue of if legally mandated to care for Coronavirus patients, 22% were hesitant to provide care and will consider leaving nursing training if compelled to do so. There was a significantly lower perceived level of readiness towards Coronavirus patient care among 1st-year student nurses and those who had not attended any Coronavirus educational session ($p= 0.06$). **Conclusion:** The findings indicate although the majority of student nurses are willing to provide care for Coronavirus infected patients during their clinical posting tenure, a small proportion of student's nurses were hesitant.

Keywords: Student nurses' readiness, Coronavirus patient care

Online Versus Face-To-Face: Perception and Satisfaction Among the Nursing Students, University of Nizwa

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ABSTRACT

Introduction: Currently, education system has shifted from traditional face-to-face classroom to online or web-based education method. This study examined if there is, any difference in the perception between on-line and face-to-face courses, the level of satisfaction and association between selected demographic variables and level of satisfaction between the two mode of learnings. **Methods:** 50 nursing students from School of Nursing, University of Nizwa, Oman, were selected using simple random sampling technique to participate in the study. Collection of data was done using self-administered questionnaire. **Results:** The results showed that 72.0% of the subjects aged between 21-23 yrs. 76.0% were female. 74.0% from Year Four. 42% have registered five courses full time and 42% online courses. The finding showed that there is a “no significant association” between the gender and satisfaction on online courses based on $p = 0.40$, $p = <0.05$ of Chi-square test. In examining the association between gender and satisfaction towards courses conducted face-to-face, the finding showed that there is a “no significant association” between the gender and satisfaction on courses conducted face-to-face based on $p = 0.19$, $p = <0.05$ of Chi-square test. The finding also showed that the students have ‘Positive’ perception towards courses conducted face-to-face approach. **Conclusion:** The results suggest that the two delivery methods were similar in terms of final learning outcomes, but that both may be improved by incorporating aspects of the other. Future work is needed for other courses, other fields, and other types of academic institutions.

Keywords: Online Courses, Face to Face Courses, Satisfaction and Perception

Preliminary Development of Assessment Tool of Leadership Style

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ABSTRACT

Introduction: Leadership is hard to define, but it's easy to recognize. Leaders know that to lead they must keep up their leadership skills. Effective leadership skills required from nurse managers which include the ability to create an organization culture that combines high-quality health care and patient/employee safety with highly developed collaborative and team-building skills. This paper presents the preliminary study of the development of the assessment leadership tool emphasising on the process of validation and implementation of necessary steps in tool development. **Methods:** Questionnaires on leadership style was adopted from Northouse (2014) and working motivation from Purohit et al., (2016). Modification for leadership styles from 35 modified into 48 question and tool on nurses' motivation from 19 items modified into 28 items. Developed questionnaires were finalized with literature guidance and two content experts. A pre-test was done with 30 respondents for each set of questionnaires. **Results:** Preliminary development of tool Reliability test result shown that for leadership styles questionnaires which are consisted of 48 items is ($\alpha = 0.77$) and working motivation consisted of 28 items is ($\alpha = 0.70$). Minor modification needed after the literature searching and analysis of pre-test stage, the discussion with expert person after they go through the questionnaires also suggested some additional info are needed. After doing validation process the questionnaires are more stable and valid to use for the author target group. **Conclusion:** These leadership styles assessments are beneficial to guide nurse managers to use suitable styles to manage their nursing staffs. Assessment on working motivation among nurses is also recommended to overcome the issues on working retention among them. In future further investigation regarding which appropriate leadership style need to be explored and the level of working motivation among nursing staff should be monitored regularly.

Keywords: Leadership Style, Assessment Tool, Nurse Manager

UMS Nursing Student Awareness on the Impact of Social Media on Nursing Profession

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ABSTRACT

Introduction: Social media have been used widely by majority of population around the world and have been proved to be useful for sharing information as well as gain knowledge. For student, media social plays a huge role especially during learning session. Recently, a lot of issues regarding nursing services flooded social media, which gave a negative impression about nurses profession. This study aims to identify the awareness on the impact of social media in regards to nursing services among Faculty of Medicine and Health Sciences (FMHS), UMS nursing students.

Methods: Descriptive quantitative cross-sectional study using modified questionnaire for data collection was conducted in FMHS, UMS. A total of 100 nursing student, year 3 (37%), year 2 (40%) and year 1 (23%) participated in the study. **Results:** Overall, 51% respondents agree and 45% strongly agree that social media is a powerful tool to connect among individuals. 63% agree and 34% strongly agree that social media can make jobs more efficient and innovative. 63% agree and 32% strongly agree that social media can be an agent of providing clinical education to nurses by facilitating conversations with colleagues about best practice and advanced healthcare. 51% agree and 22% strongly that social media can be trace and legal action can be taken towards nurses. 54% agree and 20% strongly agree that social media can be used to reveal malpractice among nurses. 45% agree and 40% strongly agree that social media can be misuse by the non-healthcare provider. **Conclusion:** Based on this study's result, the respondents are well aware with the positive and negative impact of social media on nursing profession. There may has a small number of unaware or unsure about the impact among the respondents, with that the recommendation for this study is to ensure the UMS nursing students to abide with the professional and personal etiquettes and use common sense and caution while communicating on social media.

Keywords: Effects, Social media, Social network, Nursing student, Nursing Services

'oQ-Ba' the Universal Bins Trolley

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ABSTRACT

Introduction: Clinical and sharp bins are commonly found in clinical settings. The usage of these bins is vital to ensure that health care facilities remain hygienic, free from any microbial transmissions and incidences of needle stick injuries. 'oQ-Ba' is a Japanese phrase that means bin. In real clinical settings, it is difficult to gather all bins at once while performing procedure due to limitations of space, frequency and mobility of bins. Therefore, 'oQ-Ba' the Universal Bins Trolley is developed to improve the waste management practice and increase the efficiency and effectivity of care delivery. **Methods:** A total of 40 respondents comprised of staffs from Emergency and Trauma Department and Haemodialysis Unit at Serian District Hospital were selected to use "oQ-Ba" the Universal Bins Trolley. They were given self-administered questionnaires pre and post-trials which composed of 'yes' or 'no' answers to obtain feedbacks on the effectiveness of this project. Descriptive statistics include frequencies, means and percentages were used to analyze the data using the SPSS version 22. **Results:** The staffs found that the prototype helps to ensure the availability of the three bins as the bins are all attached together under one compartment. The staffs also found that the prototype is more convenient compared to the existing waste bins because of its mobility and unique design which consumed little amount of space. **Conclusion:** 'oQ-Ba' the Universal Bins Trolley provides handful of benefits to medical practitioners as it can ensure the availability of the three bins during a procedure.

Keywords: Waste management, Clinical waste, Hospital bins, Infection control, Hospital waste

Smartphone Usage and Addiction Among Nursing Students in Universiti Malaysia Sabah

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ABSTRACT

Introduction: Smartphone has become an essential Smart-tool for IT-based learning among university students. However, excessive use of smartphones can be addictive leading to psychological distress, poor academic performance, social isolation and depression. In the context of University Malaysia Sabah (UMS), the issue of contention is whether smartphone addiction is a problem among nursing undergraduate students and thus the justification for this study. This study evaluated the pattern of usage smartphone and addiction among nursing students in UMS. **Methods:** The study deployed a cross-sectional survey design involving 100 (N) respondents selected through clustered convenient sampling from year 1 (n=35), year 2 (n=35) and year 3 (n=30) nursing students who are currently pursuing their diploma study in UMS. Ethical approval was obtained from the Research Ethics Committee of UMS as well-informed consent from respondents. The study tool consisted of a well-established validated questionnaire benchmarked from a previous study (reliability Cronbach $\alpha = 0.78$) which captured respondents' socio-demographics, smartphone usage characteristic proforma and Smart Addiction Scale (SAS). **Results:** Among 100 nursing students in this study, 78% (n=78) of them had high smartphone usage averaging 4.3 hours daily. The overall prevalence of smartphone addiction among nursing students in this study was 25% (n=25). Male student nurses significantly had higher smartphone addiction scores compared to female students (p=0.01). Likewise, year 3 students had higher addiction scores compared to their peers in year 2 or year 1 (p=0.002). **Conclusion:** findings from this study imply that smartphone addiction affects 1 in 4 nursing students in UMS and there is a need to develop 'digital detox' strategies to address the issue.

Keywords: Smartphone addiction, university students

The Journey and Glitches:A Study on Burnout and Turnover Syndrome Among the Nursing Students in One of the Nursing Institutions of Higher Learning in Malaysia

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ABSTRACT

Introduction: Burnout is a psychological syndrome experienced by an individual who is exposed to chronic stress. It is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often associated with feelings of hopelessness and difficulties in dealing with work efficiency. As for students, going-through the process of learning is a complex stressful phenomenon causing of poor academic performance. The aim of the study was to explore causes of student nurses' burnout followed by the intention to leave the program. **Methods:** This is a cross sectional study with total of 127 respondents selected based on Krejci Morgan (1970) sample size calculation from year 1 till year 3 nursing students. Maslach Burnout Inventory (2016) was used to measure the burnout-self test comprised of emotional exhaustion, depersonalization and personal achievement. Twenty-two (22 items) with 7-points scale measuring responses of "Never (0)" to "Every day (7)." For Part B, three open ended questions applied to the intention of leaving the program. **Results:** A total of 35% of students had the intention of leaving the nursing program and 54% occurred during the first and second year of the study. Stress and financial struggles triggered the intention of quitting the program and 68% felt the study was breaking them down. **Conclusion:** Pursuing the program despite of the glitches worth the fights, 99 % of respondents acknowledged that this program is worth their future profession. Through this program they learnt to handle their emotional problem calmly and look after patients and colleague's problem effectively. Nursing is a field of knowledge of humanities, exclusively in the care of patients and Nursing has been able to educate and transform the society who were insufficient in lives into useful human beings.

Keywords: Burnout, turnover syndrome, journey, glitches, nursing students

Shift Work Disorders Among Nurses Working at Nizwa Hospital, Sultanate of Oman

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ABSTRACT

Introduction: Nurses working in shift reported that they suffered from shift-work disorders. About 25-30% experience symptoms of the disorder such as excessive sleepiness or insomnia, emotional instability, body aches, loss of appetite, physical and mental stress and others. Shift-work is also linked to physical and mental health problems, performance, and safety. **Methods:** One hundred and twenty (25%) from 420 nurses worked in these areas at the time of the study were selected using simple random sampling procedure. 10 of the subjects were selected for the pilot study which was conducted prior to the actual study. These 10 subjects were then excluded from the main study. However, 6 subjects did not return their survey forms, thus, they were excluded from the study. **Results:** From the 104 subjects surveyed, majority of the subjects, 90.4% were female while 9.6% were male. 50.0% of the subjects aged between 26-30 years. 68.3% were Omani nationality. 86% have the duration in shift work of between 6 to >10 years. 64% admitted having sleep disturbances, 68.4% experiencing musculoskeletal discomfort, 73.3% experiencing social life disturbances. Shift work does not have impact on quality of work neither effect on their work satisfaction. **Conclusion:** Finding from the study indicated that shift worker nurses suffer from sleep disorder, musculoskeletal discomfort and social life disturbances. There is a need to reorganize the shift work rotation. Shift working conditions should be improved to provide less stressful conditions for nurses in ensuring their ability to function without compromising their quality of patient care.

Keywords: Shift-work disorders, shift work, job satisfaction

Student Nurses' Knowledge and Practice on Performing and Interpreting Electrocardiography: A Cross Sectional Study

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ABSTRACT

Introduction: In clinical settings, nurses are often the first to be called upon to perform ECG procedures and as such, it is imperative nurses can interpret and immediately report basic anomalies in electrocardiograms. In Universiti Malaysia Sabah (UMS), although student nurses are taught ECG both in theory and hands-on learning through simulation, there is no study examining the extent of student's knowledge-skill retention regarding ECG. This study is to determine the learning attitude, level of knowledge and skill retention on electrocardiography among student nurses in UMS. **Methods:** A study entails a descriptive cross-sectional design. Nonprobability purposive sampling was used, where 100 (N) nursing students (2nd year n=50, 3rd-year n= 50) with selection criteria of respondents with prior learning on ECG were recruited for the study. A validated questionnaire (Cronbach $\alpha=0.81$) benchmarked from a previous study was used to assessed learning attitude, level of knowledge and practice (skills) regarding ECG. **Results:** 85% (n=80) of the student nurses in this study had good to fair level knowledge and 15% (n=15) scored poor level of knowledge regarding ECG. With regards to practice competency, 87% (n=87) had fair to good level and 13% (n=13) scored poor skill level regarding ECG. Learning attitude towards ECG was positive among 88% (n=88) with 12% having a negative stance on readiness towards learning ECG. Sub-analyses showed a strong positive correlation between knowledge on ECG and practice ($r=0.64$). **Conclusion:** There is fair to good learning attitude, knowledge, and practice competency regarding ECG among the majority of nursing students in this study but a small cohort of students in this study have competency deficit regarding ECG. The deficit may compromise their ability to report critical anomalies present in patient electrocardiograms and there is a need to address this knowledge- practice gap.

Keywords: Electrocardiography Competency, Student Nurses

Patient's Confidentiality Policy Breach Among Nursing Students

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ABSTRACT

Introduction: Nursing is a regulated profession. Hence, the global commitment for nurses to maintain standards of practice is vital to deliver safe and competent care. Written policies will eliminate uncertainty, ambiguity, and legal issues. For this study, it focused on the importance of the nursing students to understand and practice the regulation on patient's confidentiality in healthcare setting with the usage of technology such as social media. There is a case like nursing student infringe the privacy of patients with the information they posted on social media, such as posting a patient's photos or videos without valid consent. **Methods:** This study is a quantitative, cross-sectional survey design. The respondents were selected as convenience sampling of 120 nursing students from the Faculty of Medicine and Health Sciences, Universiti Malaysia Sabah (FMHS, UMS). **Results:** There are 7.4% nursing students intentionally posted in social media, 18.0% maybe and 73.8% unintentionally. And for their guilty feeling after committing confidentially policy breach on patient, there are 8.2% said NO, 32.8% said MAYBE and 59% said YES. Overall, the nursing students are aware of the patient's confidentiality but there is still a leakage in practicing full nursing standards and regulation. Further study recommended to explore more on this issue. **Conclusion:** As a conclusion, this study is relevant to conduct among the nursing students to gain their understanding regarding the responsibilities as a future nurse in maintaining the patient's confidentiality as one of the most important nursing practices to ensure quality of care and continuation of professional service of nursing profession.

Keywords: Confidentiality, Policy, Breach, Nursing, Patient

Perception of Patients with Type 2 Diabetic Mellitus Towards Insulin Therapy

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ABSTRACT

Introduction: Insulin therapy is one of the prominent treatment methods to regulate the glucose level in blood. However, there are certain patients who refuse to even begin the insulin therapy. It is importance to identify patients' perception and their acceptance of insulin therapy. Purpose of this study is to determine the perception of patients with Type 2 diabetes mellitus towards insulin therapy. and to identify the differences in perception based on the respondents' age, gender, occupations and educational level. **Methods:** This is a quantitative descriptive study and was done in one of diabetic clinic in Kota Kinabalu, involving 50 patients with Type 2 Diabetes Mellitus and was not on insulin therapy. Participants were recruited via purposive convenience sampling. Questionnaires were used as research instrument. **Results:** Majority of the participants (80%) have negative perceptions towards insulin therapy and 84% refused insulin therapy because it would interfere with their working time and routine. Acceptance of insulin therapy among the female patients (Mean = 3.0) was better than the male patients (Mean = 2.8). Patients with high educational level were more positive in accepting insulin therapy (SM > 0.5). Age and occupation factor were categorized as the strong influential factors (SM < 0.5) in determining the patients' perception towards insulin therapy. The significant mean (mean \pm SD) for gender and educational factor showed more than 0.5 hence suggests positive perception in accepting insulin therapy. While, the significant mean (mean \pm SD) for age and occupation factor showed less than 0.5 thus suggests negative perception in accepting insulin therapy. **Conclusion:** Participants have negative perceptions towards insulin therapy and these negative perceptions may possibly deter them from receiving insulin therapy. Appropriate health education and counselling is necessary to help them change their negative perceptions.

Keywords: Perception, Acceptance, Diabetes mellitus. Insulin Therapy, Glucose

The Effectiveness of Antenatal Class Towards Improvement of Knowledge Among Pregnant Women in Hospital Chancellor Tuanku Muhriz (HCTM)

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ABSTRACT

Introduction: Antenatal knowledge is associated with positive outcome for pregnant women as it provides information to allow them to identify any problems during pregnancy. Studies have underlined the problems of the information overload is possible during an antenatal class, it is unclear to what extent information given during antenatal class are retained by mother, thus the need for this study. **Methods:** This is a quasi-pre-post experimental study involving 82 participants. Baseline pre and post knowledge on antenatal class was evaluated among respondents using validated questionnaires. T-test was used to determine the relationship between various socio-demographic factors and knowledge of respondents. **Results:** Chi-square test used to test pre and post knowledge score. There was a significant increase in the difference between before and after antenatal classes run against the knowledge. In addition, the study found no significant difference for participants who are professional and non-professional and level of education. **Conclusion:** This study concludes that the antenatal classes run in HCTM shows a positive impact in improving maternal care during pregnancy, childbirth and care after birth. It is best to suggest that to increase promotion and information regarding antenatal classes so that pregnant women and couples could attend and get the benefit from the class.

Keywords: Antenatal Class, Pregnant Mother, Knowledge, improvement

Nurses' Perceptions and Attitudes towards Family Presence During Resuscitation in Adult Critical Care Units

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ABSTRACT

Introduction: During resuscitation efforts, patients' families are routinely barred from the resuscitation area. Even there is an increased in demand from the family members requesting to be present during resuscitation of their loved one, health care providers not always offer the option for family presence. The major concerns of health care providers who are opposed to family presence during resuscitation (FPDR) were fear of psychological trauma to family members who witnessed the resuscitation. This study aimed to examine the critical care nurses' perception and attitudes towards the presence of patients' family members during resuscitation in adult critical care units. **Methods:** Study papers included were narrowed to primary study, published within 2003-2014, describing nurses' perceptions and attitudes on an adult inpatient family witnessed resuscitation in critical care units. **Results:** Seven studies included, and four main themes emerged mainly samples population, nurses' experiences of FPDR, nurses' responses toward FPDR and factor predicting nurses' attitudes toward FPDR. 20% - 42.2% of nurses had experienced FPDR. Only 4% - 6% of study participants working in hospital with established policy and 95% - 100% had not invited family members to witnessed resuscitation. Nurses would consider the option if family members are accompanied by trained staff. Nurses concern included difficult to concentrate, negatively affecting their performance, increased rate of legal action, inadequate staff and limited space. Concerns on family members included too distressing event, negative psychological impact argue and interfere with staff. Concerns on patient would be breach of confidentiality. **Conclusion:** Adult critical care nurses demonstrated negative perceptions and attitudes towards FPDR. Study participants in this review are not familiar with the concept of FPDR. There is a need for policy development and education on FPDR.

Keywords: Family Presence During Resuscitation, Adult Critical Care Units, Nurses' Perceptions

Infusion Phlebitis Assessment Method Used in Paediatric Setting: A Systematic Review of Literature

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ABSTRACT

Introduction: Phlebitis may localise to the insertion site or travel along the vein. The risk of phlebitis is higher in children as they have thin and weak blood vessels and move continuously due to the pain associated with insertion. Therefore, regular assessment of the risk of developing phlebitis is crucial. This review aimed to identify infusion phlebitis assessment tool used in the paediatric setting. **Methods:** Electronic databases used were Scopus, ProQuest, ScienceDirect, and Google Scholar. A total of ten studies which assess the development of infusion phlebitis on hospitalised children included in this reviewed. Study findings were discussed and concluded with a recommendation for clinical practice and future studies. **Results:** Phlebitis development rate was the primary outcome measures in ten studies. Of ten studies, six provided no actual definition of phlebitis. Eight reported phlebitis incidence and/or severity, eight used a scale and two used a definition alone in assessing the development of phlebitis. This review identified five different phlebitis assessment scales. **Conclusion:** Although there are applicable phlebitis scales can be used for paediatric setting, Limited studies have been conducted on infusion phlebitis assessment method in children. Therefore, it is suggested that more studies and vigorous test needed to identify applicable assessment tools in paediatric setting.

Keywords: Infusion phlebitis, measurement, peripheral intravenous catheter, scales, paediatrics

A Pilot Design of a Protocol for A University-Wide Community-Based Occupational Health Screening Project: HUMS2U

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ABSTRACT

Introduction: University-wide healthcare programme are difficult to implement without complete protocols. This paper describes a collaborative academia-nursing programme to design a quick, user-friendly primary care screening toolkit, to be used at community level at each faculty in UMS. **Methods:** A Primary Care Condition Assessment Questionnaire was designed by family medicine physicians, mental health doctors, and public health physicians. The questionnaire was pilot tested in 2 different faculties. The Primary Care Condition Assessment Questionnaire was manualized, and a one-day intervention training programme was administered. Subsequently 19 nurses and assistant medical officers were trained in the questionnaire administration and given concurrent communication skills and collaborative practice training to operate the questionnaire. Qualitative assessments of abilities to perform common primary health assessments were performed. **Results:** Trained nurses qualitatively felt they were more confident to perform primary care screening of common healthcare conditions and were able to deliver advice and refer screen-positive individuals to appropriate referral pathways. **Conclusion:** Public health programmes like HUMS2U put healthcare into the hands of nurses, allowing task-shifting to adequately trained non-specialist professions, and empowers nurses in basic non-communicable disease training and management. Further research will be performed to assess efficacy of the programme at all 23 faculties and departments of the university.

Keywords: Protocol, Community-Based Occupational, Health Screening, Primary Care Screening Toolkit

Knowledge, Attitude, And Practice of Voluntary Blood Donation Among The Nursing Students Of Universiti Malaysia Sabah

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ABSTRACT

Introduction: The healthy, active, and receptive huge student population is potential blood donors to meet safe blood requirements. The study aimed to assess the current level of knowledge regarding blood donation of nursing students of the Faculty of Medicine & Health Sciences, UMS and to observe their attitude towards voluntary blood donation and to explore their practice as a voluntary blood donor. **Methods:** This cross-sectional study was conducted from July 2015 to June 2018 among one hundred and eight (108) nursing students who were included in this study by simple random sampling. The researchers explained the study design, objectives, and methodology to the selected subjects and obtained written consent from them. The study assessed the current level of knowledge and observed their attitude towards voluntary blood donation and explored their active involvement in donating blood through a validated questionnaire. **Results:** There were 89 female and 19 male participants in the study. Almost every student (96%) knew their blood group and most of them were correct about the health status of a blood donor. They had a lack of knowledge regarding the time required for blood donation and the amount of blood collected in each bag. Although most of the students were very favourable to donate blood, only 34% had previous experience of donating blood out of them; only 6% regularly donated voluntarily and on demand. **Conclusion:** From this finding, it can be recommended that measures for increasing knowledge regarding blood donation should be taken, and that would result in increased blood donation.

Keywords: Voluntary, Blood donation, Nursing students, Knowledge, Attitude, Practice

Beginner Crisis Communication for Nurses: An Introductory Module Of Hospital Universiti Malaysia Sabah

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ABSTRACT

Introduction: Crisis communication is an important skill for healthcare professionals, especially during disaster period including the current 2019-nCoV pandemic. Nevertheless, the skill of crisis communication is not commonly an integral part of Malaysian nursing diploma and degree course. **Methods:** A half days session on how to communicate in the context of crisis was incorporated into an experiential learning workshop to 25 existing and newly recruited nurses together with 7 other healthcare professionals. The topics of nature of disaster, disease outbreak, preparation for disaster, principles and responsibility of crisis communication, preparing statement for press conference, and corporate communication were covered through brief lecture, round table discussion and tabletop simulations. Real time example of 2019-nCoV crisis communication was used to illustrate the skills required in the situation. **Results:** All participants confirmed that this was the first exposure to hands-on training on crisis communication and enlightening although majority of them were uncertain that they are capable to perform it during the crisis despite the ongoing 2019-nCoV issue in view of their the position that they are holding. Most nursing curriculums focus on clinical theory and clinical skill competency acquisition without addressing the need of learning how to communicate beyond clinical setting in the situation of disaster and panic, which is mostly learned at job. The limitation included the practice in tabletop simulations might not be immediately translatable into real life practice. **Conclusion:** Regular reinforcement through more workshops and incorporation into disaster may potentially be a solution to improve the competency of healthcare professionals in crisis communication. Further assessment on the practice of the participants in performing crisis communication is needed to ensure the competency level has been achieved and to evaluate the efficiency of the workshop delivery method.

Keywords: Crisis Communication, Experiential Learning, Role Play, Disaster, Corporate Communication

Healthy Lifestyle Behaviours among Adolescent Students of a Wilayat in Oman

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ABSTRACT

Introduction: Adolescents are often thought to be a healthy populace with specific health interests and needs. Since the implementation of the Health-Promoting Schools Initiative in Oman in 2004-2009, the research literature on health-promoting behaviours and quality of life of adolescent students in the country was found to be scarce. Thus, the current study assessed the healthy lifestyle behaviours of adolescent students of a wilayat or municipality in Oman. **Methods:** This quantitative descriptive study involved 187 adolescent students who were in grade 12 of a secondary school for male and a secondary school for female. Data collection was done using questionnaire consisting of items on demographic data and the Adolescent Healthy Lifestyle Questionnaire (ALHQ) adapted from literature. **Results:** The overall level of healthy lifestyle behaviours of adolescent students was high ($M=4.12$). The subdomain Life Appreciation ($M=4.586$) had the highest mean score, while the subdomains Physical Activity ($M=3.547$) and Stress Management ($M=3.330$) had the lowest mean score. Female adolescents significantly scored higher in the overall healthy lifestyle behaviours ($p < .001$) and in subdomains Health Responsibility ($p < .001$), Nutrition ($p < .05$), and Stress Management ($p < .05$). A statistically significant difference ($p < .05$) was also found on the overall healthy lifestyle behaviours, where students in the scientific section of the secondary school program scored higher than students in the literary section. **Conclusion:** Adolescent students have high or have usually healthy lifestyle behaviours however, there is a need to improve on aspects of physical activity and stress management. Schools have important roles to play in the promotion of healthy lifestyle among adolescent students. Future studies in other regions of the country should be considered and promote healthy lifestyle as a countrywide public concern.

Keywords: Healthy lifestyle, lifestyle behaviours, adolescent students

Knowledge, Attitude and Practices of First Aid among Female Secondary School Students at Al-Dakhiliyah Governorate, Sultanate of Oman

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ABSTRACT

Introduction: First aid is a primary lifesaving procedure given to an injured or sick person before getting specialized medical care. School children are exposed to various types of unintentional injuries which require immediate measures to safeguard life and prevent further complications. In order to provide best care, a proper understanding of the situation is very essential. Thus, the present study assessed the knowledge, attitude and practices of female school students on first aid in Secondary School, Oman. **Methods:** A descriptive cross-sectional study design was used in this study. After getting approvals from concerned authorities, a total of 100 female school students were recruited using systematic sampling technique with a response rate of 100%. Data was collected using self-administered questionnaire and was analyzed using Statistical Package for Social Sciences (SPSS V. 19). **Results:** The majority of the students had adequate knowledge on first aid. 90% of the students are aware of the management of fracture and at the same time 50% were not aware about wound management. Most of the students, 98% showed positive attitude towards first aid. Furthermore, 64% showed good practices on managing burns while, 47% were undecided about the practice of different types of burns. **Conclusion:** This study indicated the importance of having first aid topic in school curriculum to improve knowledge and skills of students to handle emergency situation.

Keywords: First aid, Knowledge, Attitude, Practices, Secondary School Students

Stigmatization of Cancer in Non-Patient Population: Perceptions of Senior High School Students

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ABSTRACT

Introduction: Illness-related stigma has drawn concern among researchers, but limited studies have investigated the stigmatization of cancer in the healthy or non-patient population. In Oman, there have been no studies conducted to determine stigmatization of cancer in general. Thus, the current study assessed cancer stigma in the non-patient population involving senior high school students. **Methods:** This descriptive survey used stratified random sampling to select 300 senior high school students from a secondary school for boys and a secondary school for girls in Al Rustaq, Oman. Data were collected using a survey questionnaire consisting of sociodemographic form and Cancer Stigma Scale (CASS) developed by Marlow and Wardle (2014). **Results:** The overall level of cancer stigma on a scale of 1 to 6 among students was moderate ($\bar{x} = 3.09$, $SD = 0.804$). The level of cancer stigma in the subdomain Awkwardness has the highest mean value ($\bar{x} = 3.76$, $SD=1.75$), while the subdomains with lowest mean value are Avoidance ($\bar{x} = 2.23$, $SD = 1.75$) and Policy opposition ($\bar{x} = 2.27$, $SD = 1.91$). Statistically significant differences were found in the overall level of cancer stigma among students when grouped according to gender ($p < .05$), age ($p < .001$), grade level ($p < .05$), and having been near a person with cancer ($p < .05$). Male students, students in the younger age group, those in lower grade levels and those who have not been near a person with cancer showed a negative attitude and perceptions of cancer. **Conclusion:** The present study showed moderate stigmatization of cancer in a non-patient population composed of senior high school students in Al Rustaq, Oman. Although the level of cancer stigma in this study was moderate, healthcare institutions should make commitment at lowering stigmatization by integrating cancer awareness through health education in the high school student population.

Keywords: Cancer, Stigma, Non-Patient Population, Cancer Stigma Scale, Oman

Knowledge of HIV/Aids and Attitudes Towards People Living With HIV/Aids (PLWHA) Among Undergraduate Students in University Malaysia Sabah

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ABSTRACT

Introduction: Globally, HIV/AIDS has been a growing global threat and one of the major public health challenges. In Malaysia, the number of PLWH is continued to increase year by year. What is of alarming concern is that the prejudices related to HIV/AIDS still exist within the community. Stigma and discrimination towards people living with HIV have been widely documented. It has extended their impact into the workplace and this hinders HIV prevention efforts and indirectly affected the national development processes. The aim of this study was to determine the knowledge of HIV/AIDS and the attitude of PLWHA among students in Universiti Malaysia Sabah. **Methods:** This is a cross-sectional study with convenience sampling techniques used. Data were collected among the 300 medical students and non-medical students. Self-administered questionnaires were distributed and comprise of; socio-demographic characteristics, items assessing knowledge of HIV/AIDS and attitudes towards PLWHA. **Results:** The majority of respondents were female (74%) who had never encountered PLWH (76%). The mean score of knowledge and attitudes were 4.04 ± 1.12 and 27.18 ± 4.0 , respectively. Year 1 male students were found to have more comprehensive knowledge of HIV/AIDS. They were also having a more positive attitude toward PLWH as compared to female students. **Conclusion:** Stigma and discrimination associated with HIV/AIDS are the most challenges issues-experienced by people suffering from the disease and it has been recognized. It is regarded as a serious threat to the fundamental rights of all infected people who are affected by or associated with this disease. This study highlights the need for better education programs on HIV/AIDS at the undergraduate level in order to increase knowledge of HIV/AIDS and shape the positive attitude toward PLWH.

Keywords: HIV/AIDS, Undergraduate Students

Emotional Intelligence and Stress Among Nursing Student, University Malaysia Sabah (UMS)

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ABSTRACT

Introduction: Most nursing students experience stress in nursing-related learning where they have to adapt to different teaching styles and clinical situations, to meet instructors' expectations, work independently on learning objectives, and manage conflicts. In some aspects of academic requirements may be considered as highly stressful. Therefore, nursing students are expected to have the ability to integrate emotional intelligence (EI) in their learning process. The aim of this study is to measure the level of EI and stress among UMS nursing students. **Methods:** A cross-sectional survey design using purposive sampling methods involving one hundred (100) nursing students. Trait EI Questionnaire-Short Form (TEIQue-SF) scale developed by Petrides & Furnham, (2006) and Jones Scoring Instrument: Students Nurse Stress Index (SNSI) scale developed by Jones and Johnston (1999) used to measure EI and stress level. Approval to conduct study obtained from Dean of faculty of Medicine and Health Sciences, UMS. **Results:** The data were analysed through descriptive method using SPSS for window 21.0. Total EI scores ranging from a low ($M=2.41$) to high ($M=6.53$) and Mean value 4.20, ($SD \pm 0.705$). Total high EI 62(62%). Total score for SNSI ranging from a low ($M=1.5$) to a high ($M=4.18$) and Mean value 2.92, ($SD \pm 0.606$). Total low stress 58(58%). Year 2 reported significantly high EI Mean value 4.24, ($SD \pm 0.779$) compared to the year 1 Mean value 4.22, ($SD \pm 0.738$), and Year 3, Mean value 4.15, ($SD \pm 0.618$). Year 1 reported significantly low stress Mean value 2.80, ($SD \pm 0.598$) compared to the Year 2, Mean value 2.90, ($SD \pm 0.656$), and Year 3, Mean value 3.06, ($SD \pm 0.547$). **Conclusion:** The level of EI was high and Stress level was low. However, attention should be given to nursing students with low EI as well as to nursing students with high levels of stress.

Keywords: Emotional Intelligence, Stress, Nursing Students

Autism: Awareness and Perception among Malaysian Nursing Students in Sabah

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ABSTRACT

Introduction: Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges. According to the 2017 survey by the Ministry of Health Malaysia, children between the ages of 18 to 26 months showed ASD occurs approximately 1.6 in 1000 children. In Sabah, 400 autistic children had been registered under Sabah Autism Society (SAS). The increasing prevalence of ASD had become a major concern not only to the parents but to the community. A correct understanding and perception about ASD are crucial especially to the nursing profession as they must be able to educate caregiver on how to manage patients with ASD. **Methods:** This is a quantitative study using a cross-sectional approach. The respondents are all nursing students in Sabah. The type of sampling is purposive, which is using snowball sampling methods. Research instruments were developed and distributed to all nursing colleges in Sabah. **Results:** A total of 115 students responded. The majority of age is within range of 18–20 years old and female students. Fifty percents (50%) respondents perceived that of autism is a socio-emotional and neuro-developmental disorder with a non-verbal behaviors' impairment, curable disorder with proper treatment. More than fifty percent (50%) disagree that autistic child does not want friends and equivalent stand on the statement about autistic child can live independently. Ninety five percent (90%) agree that social media plays an important platform to deliver facts about autism, and health care provider remains as a key role to increase the level of awareness to the community. **Conclusion:** Results of this study revealed that nursing students in Sabah have a good awareness and perception towards autistic disorder. Nursing students in Sabah agree that social media plays a vital part to increase the level of awareness and perception.

Keywords: Autism Spectrum Disorder, ASD, Autism, Socio-Emotional Disorder

Relationship Between Happiness and Emotional Expressiveness Among Nursing Student in University Malaysia Sabah

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ABSTRACT

Introduction: Nursing is an emotionally stressful occupation where nurses themselves are at risk of internalizing negative emotions when caring for patients who are suffering, in pain, anguish, and facing death. Studies indicate an individual's ability to emotionally express or vent these internalize negative emotions is associated with intrinsic happiness and well-being. Similarly, in the context of UMS, student nurses are at times exposed to overwhelming negative emotions during clinical postings and raise the question to what extent students use emotional expressiveness to vent such emotions. This study is to assess perceived happiness and emotional expressiveness and determine correlates of these attributes among student nurses in UMS. **Methods:** This study entails a cross-sectioned design involving 90 (N) participants selected through convenient stratified sampling from 1st year (n=30), 2nd year (n=30) and 3rd year (n=30) student nurses. Ethical clearance for this study was obtained from REC UMS and the respondent's consent. Two validated instruments, the Intrinsic Happiness Index (IHI, with 10 Likert scaled items, $\alpha = 0.78$) and Emotional Expressiveness Scale (EES, 17 Likert scaled item $\alpha = 0.82$) were used in this study. **Results:** Among 90 nursing students in this study, 81%(n=72) scored high and 19% (n=18) scored low in the happiness index. On emotional expressiveness ratings, 68% scored high with 32% scoring low. Higher happiness index scores correlated positively with high emotional expressive scores. First year students had significantly higher perceived happiness score ($p=0.02$) and higher emotional expressiveness score ($p=0.03$) compared to 2nd or 3rd-year students. **Conclusion:** Finding in this study imply that although the majority of student had good emotional disposition, but a small percentage of students have lower perceived happiness and emotional expressiveness, which may affect long term psychological well-being. This paper will discuss some remedial strategies to address the issue.

Keywords: Happiness, Emotional Expressiveness, Student nurses, Faculty of Medicine

Effect of Epidural Analgesia on Labour: A Retrospective Comparison Study

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ABSTRACT

Introduction: Epidural analgesia is the most effective method for intra-partum pain relief and most widely applied during childbirth. Various adverse effects of epidural analgesia have been described such as lower rate of spontaneous vaginal delivery, a higher rate of instrumental vaginal delivery and prolongation of labour, however it remains controversial. The aim of this study to determine the effect of epidural on maternal outcome. The objective of this study was to assess the effect of epidural analgesia on the mothers with epidural and non epidural parturient at Hospital Putrajaya. **Methods:** Retrospective cohort study was used to collect data through Total Hospital Information System (THIS) on all delivery cases in Hospital Putrajaya from 1st January to 31st December 2016. A total of 906 mothers was retrospectively investigated in a cohort of 8000 delivery; and was divided into two groups of 453 mothers with epidural analgesia and non-epidural analgesia. Data were analysed using inferential statistics. **Results:** The mean age in this study was 30.1 ± 4.1 years old with body mass index (BMI) was 28.5 ± 4.5 . Univariate analysis demonstrated that epidural group have lower rate of instrumental delivery (34.4%) and caesarean section (30.5%). However, they required more oxytocin used for augmentation (66.4%). The mean duration of first stage of labour was prolong in epidural group (6.0 ± 2.5 hours) compared with non-epidural group (4.3 ± 1.7 hours) while the duration of second stage of labour was also prolong in epidural group (15 ± 19 min) as compared with non-epidural (7 ± 11 min). **Conclusion:** Epidural analgesia had better maternal outcomes in term of mode of delivery but had adverse effects on duration of labour and oxytocin used.

Keywords: Epidural Analgesia, Non Epidural, Labour, Maternal Outcomes