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PROCEEDINGS



UniKL RCMP
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CONFERENCE (UNIC) 2024

UNIC 2024

UniKL RCMP NURSING INTERNATIONAL CONFERENCE 2024

COLLABORATION IN NURSING: ADVANCING HEALTHCARE EXCELLENCE

IN COLLABORATION



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Overview of UNIC

Recognising the global importance of nursing, the Faculty of Medicine, UniKL RCMP is planning to host the first UniKL RCMP Nursing International Conference (UNIC) 2024 that would bring together nursing professionals, researchers, educators, and policymakers from across Southeast Asian countries and Australia. It will also help UniKL RCMP establish and strengthen linkages between institutions locally and internationally. Furthermore, this conference will enhance the visibility of UniKL RCMP on both local and international levels.

About UNIC 2024

Nursing, a noble profession, stands at the forefront of healthcare settings. Nurses play essential roles and are the backbone of patient care and health promotion across diverse healthcare settings. In an era of rapid advancements in healthcare and medical science, the importance of the nursing profession cannot be overstated. Therefore, collaboration and knowledge exchange within the nursing profession are vital. As we navigate the complexities of modern healthcare, our collective commitment to advancing nursing education, research, and practice will undoubtedly shape the future of patient care globally. The conference featured inclusive activities such as Pre-conference Workshops, Plenary Sessions, and Talks. The participants included nursing leaders, professionals, academicians, and researchers from Malaysia and Southeast countries.

Objectives of UNIC 2024

- To bring together the knowledge and expertise of nursing leaders, professionals, academicians, and researchers fostering an informed and beneficial exchange of ideas and best practices.
- To discuss evolving challenges in the nursing profession in the era of rapid digitalization and technological advancement in healthcare.
- To enhance skills in wound care and gain updated knowledge on digitalisation in nursing education through the Pre-conference Workshop sessions.
- To establish professional networking and collaboration on an international scale.
- To contribute to advancing nursing evidence-based practice, education, and policy-making that drives excellence.

Acknowledgements

The UNIC 2024 organizing committee would like to thank the following committee members and reviewers for their support in reviewing and revising all of the content present in this conference proceedings.

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PLENARY SPEAKERS PRESENTATIONS

**Professor Michelle A Kelly, Professor of Nursing; Professorial Lead –
Simulation Teaching and Learning, University of South Australia, Australia**

Nursing Research: Bridging Gaps and Driving Excellence

Globally, nurses are the majority health workforce, and play a key role, in providing safe patient care. Ensuring nursing practice meets country specific national health priorities, nurse educators and academics need to ensure clinicians' practices are based on best evidence. Equally, ensuring the workforce of tomorrow – the nursing students of today – are equipped with the skills, knowledge and understanding to deliver appropriate care is a responsibility of all registered nurses. This presentation will trigger thinking about the importance of supporting and promoting the rigor of nursing research, and ways in which nurses can make a difference to patient outcomes within their own discipline and as core members of the healthcare team.

Educational approaches to learning about practice and reducing medical errors will be featured, including examples of simulation modalities. For students and novice nurses, strategies to help them understand the 'holism of practice' and ways of influencing decisions about patient management through research findings will contribute to bridging gaps and driving excellence.

**Dr Pong Kwai Meng Consultant Paediatrician and Neonatologist and Certified
Healthcare Simulation Educator, Penang Adventist Hospital, Pulau Penang,
Malaysia**

AI -Powered Healthcare for Better Patient Outcomes

Artificial Intelligence (AI) is rapidly transforming healthcare by improving patient outcomes through enhanced diagnostic accuracy, personalized treatment plans, and streamlined clinical workflows. Leveraging machine learning algorithms and data analytics, AI systems can analyze large volumes of medical data to detect patterns, predict disease progression, and recommend optimal interventions. AI-assisted imaging tools are improving early diagnosis of conditions such as cancer and heart disease, while predictive models aid in identifying at-risk patients and enabling proactive care. Additionally, AI-powered virtual assistants and chatbots enhance patient engagement and adherence to treatment. The integration of AI into clinical practice holds the promise of more efficient, precise, and patient-centered care, ultimately reducing medical errors and improving health outcomes. However, challenges such as data privacy, algorithm transparency, and equitable access need to be addressed to fully realize AI's potential in healthcare. AI use in Malaysia's healthcare sector is gradually expanding, driven by the government's push toward digitalization and healthcare modernization. AI technologies are being employed across various aspects of healthcare, from medical imaging to administrative support, improving diagnostics, treatment planning, and overall patient care.

Drammeh Hagie KT, President of Hadigala College, The Gambia and Bahoum Alagie, Head of Registered Nursing Program, Hadigala College

Nurses Go Global: Strategies to Recruit and Retain Nurses in Healthcare

Abstract: This paper discussed the strategies of managing recruitment and retention of nurses that avoids leaving of nurses in order to guarantee optimum and well-motivated health workforce. The demand and supply of Health Human Resource (HHR) with particular reference to nurses is affected by workforce environment, economic pressure, employment opportunities, sociocultural and political influence. The supply of nurses is influenced by changes in the health care system, nursing education, economic condition and nurses' demographics. The strategies to recruit and retain an effective nursing workforce may also guide nursing leaders in developing their future recruitment and retention efforts and resource allocation, especially nursing position allocation in financially tight situations. Consequences of recruitment and retention problems were identified to include adverse effect on quality of care and cost. It was noted that policy intervention is crucial to keep nurses in the workforce and to improve recruitment.

Keywords: strategy, recruitment and retention, nursing workforce, nurses, resource allocation, healthcare sector, patient, quality.

**INVITED
SPEAKERS
PRESENTATIONS**

Associate Professor Dr Wilson Tam, Deputy Head (Research), Alice Lee Centre for Nursing Studies (ALCNS), National University of Singapore

Sleep and Health: Traditional Problem, Present-Day Challenges!

Dr Tam's presentation delves into the historical and intricate link between sleep and health, drawing inspiration from ancient Chinese insights and modern scientific research. He will discuss his research on sleep disturbances, focusing on two critical areas: (i) the prevalence of subjective sleep quality issues, which affect a significant portion of the population, and (ii) Obstructive Sleep Apnea (OSA), a serious condition with widespread health implications. Dr Tam will present his meta-analysis that establishes a connection between poor sleep quality and elevated blood pressure, emphasizing the broader health risks associated with inadequate sleep. Additionally, he will share findings from a cohort study examining the heightened risks of OSA for major cardiovascular and cerebrovascular events in patients who have undergone coronary artery bypass grafting. In addressing the complexities of detecting OSA, Dr Tam will discuss various methodologies and the inherent challenges, while sharing insights from a recent randomized controlled trial that offers innovative solutions to improve diagnosis and management. Finally, he will outline potential directions for future research, aiming to advance understanding and treatment of sleep-related health issues.

**Associate Professor Nguyen Hoang Long, Nursing at the College of Health Sciences,
VinUniversity, Ha Noi, Vietnam**

**Perspective on evidence-based nursing in Vietnam: Lessons from diverse healthcare
system**

Evidence-based practice (EBP) is a tool for ensuring the quality of nursing care. However, various factors hinder the successful integration of EBP into nurses' daily practice. Those challenges vary from individual to organizational and national levels. The nursing system in Vietnam has been reformed during the last decade. The profession witnesses significant changes in policies and education that facilitate nurses' EBP. However, EBP does not happen overnight. This presentation describes the current Vietnamese healthcare and nursing system. The roles of selected main driving forces that vastly impact EBP are also discussed. Some of them are the variety of nurses' educational backgrounds, the working culture, the lack of available evidence, and the unfamiliarity with EBP. Lessons learned and recommendations are also presented.

Dr. Hussain Saadi, Senior Lecturer (Public Health), Universiti Kuala Lumpur – Royal College of Perak, Malaysia.

Building Collaborative Research Networks for Comprehensive Healthcare Improvement

Collaborative Research Networks (CRNs) are a vehicle for scholars with common interests to connect with each other, share their work, and pursue sociolegal research in common as part of the Law and Society Association. In a simpler concept, it is when Scientists manage to convert their research findings to policies and practices within the healthcare or, try to convince the healthcare providers that the current policy or protocol or practice needs few reforms or amendments.

Research networks are collaborative platforms that bring together healthcare providers, researchers, and stakeholders to drive innovation and improve patient outcomes. By leveraging shared data, resources, and expertise, these networks can tackle complex healthcare challenges more effectively.

We can achieve this comprehensive healthcare improvement through the collaborative research networking by identifying key stakeholders and aligning objectives of the research or project, establishing effective communication and knowledge sharing channels, fostering cross-disciplinary collaboration and interdependence, leveraging data analytics and emerging technologies, addressing ethical considerations and data privacy concerns, implementing continuous evaluation and adaptation processes, scaling successful initiatives and disseminating the best practices.

We believe our community research activities in UniKL are contributing to the comprehensive healthcare improvement of people of Perak.

**Dr Cho Lee Wong Associate Professor, The Nethersole School of Nursing,
Faculty of Medicine, The Chinese University of Hong Kong**

Integrating Virtual Reality into Healthcare

Imagine stepping into a vibrant world filled with charming characters and seamlessly interacting with virtual objects that respond to your every movement. This presentation explores the exciting realm of innovative technologies, with a particular emphasis on virtual reality interventions.

It takes a look at different types of virtual reality, highlighting their unique features and applications. By introducing several funded projects, it illustrates how virtual reality can be effectively utilised in paediatric care and adult surgical patients. It also discusses in detail the various ways in which virtual reality interventions can have a positive impact on patients' physical and psychological symptoms. By immersing individuals in controlled and engaging environments, virtual reality shows promise in reducing pain, alleviating anxiety, and improving overall well-being, demonstrating its transformative potential to enhance patient experiences and outcomes.

Finally, it offers insights and suggestions for future research program development in the field of virtual reality.

**Assistant Professor Dr. Thitipong Tankumpuan Associate Dean for Research,
Faculty of Nursing, Mahidol University, Thailand.**

Digital health literacy for healthcare providers: Navigation through IR 4.0

Digital health literacy for healthcare providers is the degree to which providers have the ability to use and apply information and services to inform health-related decisions and actions for improve the outcomes of care. Healthcare providers during the fourth industrial revolution should be able to integrate the advancement of technology with population health management including Industrial Internet of Things (IIoT), cloud connectivity, artificial intelligence, and machine learning. Big data is volume, high-velocity and high-variety information assets that demand cost-effective, innovative forms of information processing for enhanced insight and decision making. Moreover, big data is the important component to improve decision-making and promote population health and well-being in terms of: 1) increasing earlier diagnosis and the effectiveness and quality of treatments; 2) widening possibilities for monitoring of diseases; 3) improving of patient safety; and 4) predicting of health outcomes. Therefore, nursing profession need to be prepared for the new era of healthcare reevaluation in order to achieve the precision nursing at all dimensions including research, education, clinical practice, administration and health policy.

Adjunct Associate Professor Yong Keng Kwang, Group Chief Nurse and Chief Wellness Officer, National Healthcare Group, and Assistant Chief Executive Officer, Institute of Mental Health, Singapore.

Cultivating a diverse and inclusive nursing workforce: Challenges and Best Practices

While Singapore residents have a long life expectancy (on average), studies have shown that many of them live the last 10 years of their lives with disabilities. Singapore's Ministry of Health launched the Healthier SG initiative in July 2023 as a multi-year and multi-pronged strategy to empower our residents to take control and enjoy more years of healthy life. As this healthcare landscape evolves, Nursing in the National Healthcare Group (NHG) will also need to pivot to contribute more effectively. The speaker will share his perspectives on the key areas of considerations for NHG Nursing, as they prepare the workforce to better support the Healthier SG initiative.

Prof. Dr. Nursalam, M.Nurs (Hons), Universitas Airlangga, Surabaya, Indonesia

Translating Research Findings Into Clinical Nursing Practice

Introduction: The development of nursing practice has a gap between practice and clinical insights of research. Nursing practice must be integrated into research to improve healthcare and patient outcomes. **Objective:** This study aimed to explore research findings to be translated into clinical nursing practice. **Methods:** This study used the 2020 Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) guidelines literature review design with PubMed, Science Direct, Scopus, and Web of Science (WOS) databases. Search for studies with experimental study designs in English published 2015-2024. **Results:** This literature found 7 articles that developed theories that can be applied to clinical nursing practice, namely the development of clinical pathways based on Indonesian nursing diagnosis standards, the development of effective handover communication instruments based on SBAR, the development of international patient safety goals (IPGS) based on knowledge management, the development of clinical-based supervision training, the development of early assessment of diabetic feet based on android applications, the development of education based on information motivation behavior, and the development of peer group support based on the chronic care model. **Conclusion:** Translation of nursing research drives further cultural and behavioral changes that will address gaps in the research-practice continuum and embed robust research evidence into practice. Thus, nurses can improve patient safety through better responses to care and provide better nursing care.

Keywords: Evidence-Based Practice, Nursing Practice, Research, Translation

ORAL PRESENTATIONS

THE ROLE OF ARTIFICIAL INTELLIGENCE IN OFFERING MENTAL HEALTH SUPPORT IN CANCER PATIENTS: A LITERATURE REVIEW

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Background: The diagnosis and treatment of cancer significantly affect patients' mental health, leading to some psychological symptoms (e.g., anxiety, depression, fear of recurrence.) that hinder their treatment adherence. Conventional approaches to assessing and addressing their mental health issues have several limitations, including reliance on self-reported data and infrequent clinical monitoring. **Objective:** This literature review aims to explore the role of artificial intelligence (AI) in providing mental health support to cancer patients. **Method:** We searched PubMed and Medline databases with key concepts: neoplasms, AI and mental health on 4 Sep 2024. Two researchers independently conducted Study selection and data extraction. **Results:** Five studies that met the criteria were included. The application of AI in the field of cancer mental health involved early identification and prediction, effective support, and comprehensive evaluation. A protocol outlined plans to use machine learning models to identify and predict depressive symptoms in breast and lung cancer survivors. Additionally, research has utilised machine learning techniques to detect patient subgroups based on psychological parameters. Further, a study found that intelligent mobile apps could effectively improve psychological symptoms in breast cancer patients. Chatbots designed to empower breast cancer patients can also provide personalised insights and emotional support. As for evaluation, studies have applied natural language processing and AI frameworks to automatically detect emotional changes in prostate cancer patients after participating In online cancer support groups. **Conclusion:** This review shows the promising potential of AI-powered tools to support the mental health of cancer patients, enabling early identification and prediction, effective support and comprehensive evaluation. However, the application of artificial intelligence in this area has not been prioritized and is still evolving, requiring more cancer type-specific research, especially rigorous randomised controlled trials. Moreover, attention needs to be paid to challenges related to data privacy, algorithmic transparency and public trust in AI in healthcare.

Keywords: artificial intelligence (AI); mental health; cancer; literature review

THE EFFECTS OF HUMOUR THERAPY ON MIND-BODY AND QUALITY OF LIFE IN ADULT CANCER PATIENTS: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Background: Humour therapy (HT) can be defined as any intervention that facilitates physical, emotional, cognitive, or spiritual well-being by stimulating playful detection, articulation or appreciation of life's absurdities or incongruities. HT has been increasingly used in cancer care, but its potential benefits on the mind-body and quality of life of cancer patients remain unclear. **Objective:** Therefore, this systematic review aimed to explore the characteristics of HT and its effects on adult cancer patients. **Methods:** Seven English databases and two Chinese databases were searched from their inception to September 11, 2024. Risk of bias was evaluated using the Cochrane risk-of-bias tool. The data were analysed using Review Manager software 5.3. **Results:** Twenty-five studies with 1,503 mixed cancer patients were included in this systematic review. Nurses with HT qualifications were the most common implementers. The forms of intervention included: structured laughter therapy, structured laughter yoga, watching humorous videos/live performances, telling jokes, discussing humorous topics, and playing fun games. Four studies provided only one 10-60 min session of intervention. Other studies had multi-session, with each session lasting 20 to 60 min, dosages ranging from once per two weeks to once per day, and duration spanning 3 days to 8 weeks (or the whole chemotherapy/radiotherapy cycle). Meta-analyses showed HT had moderate positive effects on anxiety (SMD= - 0.73, 95% CI [- 0.92, - 0.54], $P < 0.01$), depression (SMD= - 0.77, 95% CI [- 1.05, - 0.49], $P < 0.01$), and pain (SMD= - 0.73, 95% CI [- 1.24, - 0.21], $P < 0.01$), and large beneficial effects on stress (SMD= - 0.89, 95% CI [- 1.12, - 0.67], $P < 0.01$) and quality of life (SMD=1.10, 95% CI [0.16, 2.03], $P = 0.02$). While for fatigue, nausea, and vomiting, the pooled results did not show statistically significant effects. **Conclusion:** HT can be considered an effective complementary and alternative therapy for improving mind-body and quality of life in adult cancer patients. More rigorous theory-based randomised controlled trials are needed to further determine the effectiveness of HT and its optimal intervention programme.

Keywords: humour therapy, mind-body, quality of life, cancer, systematic review

EXPERIENCE WITH FOOD INSECURITY THREATS AND STRATEGIES IN MANAGEMENT OF TYPE 2 DIABETES MELLITUS

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Background: People with Type 2 Diabetes Mellitus (T2DM) face an increased risk of food insecurity. It is important for T2DM to have access to adequate, varied, safe, and nutritionally appropriate food. However, little is known about food insecurity threats and strategies in management of type 2 diabetes mellitus in East Java Province, Indonesia. **Objective:** The purpose of this study was to explore food insecurity threats and strategies in the management of type 2 diabetes mellitus. **Methods:** A qualitative descriptive study was used. Purposive sampling was used to recruit 18 patients with T2DM patients in Surabaya, Indonesia. Data were collected through direct interviews and analysed using the Colaizzi method. **Results:** Participants were aged between 45 and 60 years. Qualitative analysis identified three themes related to experiences that increase the risk of food insecurity in T2DM, namely: 1) surviving in a mediocre economy, 2) diabetes changes the perception of the pleasure of food, and 3) struggling with diabetes management. Four themes were identified as strategies in the management of T2DM against food insecurity threats, namely: 1) purchasing cheap but healthy foods, 2) choosing foods that last, 3) making choices, and 4) adjusting medications. **Conclusion:** Our study provides information that people with T2DM are at increased risk of food insecurity due to a lack of economic resilience and struggles to maintain a diet. Several strategies need to be developed to cope with the economic constraints and the need to meet daily needs. It is important to provide direct health education to people with T2DM for more information and more resources to manage their patient's needs and food security.

Keywords: Type 2 Diabetes Mellitus (T2DM), health risk, food insecurity, self-management

PREVALENCE AND FACTORS RELATED TO PRE-HOSPITAL DELAY IN YOUNG PATIENTS WITH ST-ELEVATION OF MYOCARDIAL INFARCTION (STEMI)

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Background: ST-elevation myocardial Infarction (STEMI) remains a leading cause of sudden cardiac death, particularly among younger patients with comorbidities such as diabetes mellitus (DM), hypertension (HPT), hyperlipidemia, and smoking habits. **Objective:** This study investigates the prevalence and factors related to pre-hospital delays among STEMI patients aged under 55. **Methods:** A retrospective study was conducted on patients under 55 years old admitted to the Coronary Care Unit (CCU) at Hospital Raja Permaisuri Bainun, Ipoh, from January 1, 2020, to December 31, 2022. Data analysis was performed using SPSS version 29. **Results:** Medical records of 340 patients were reviewed. 45-55 (57.1%), and Malay (58.8%). The most common comorbidities were smoking (69.7%), HPT (43.8%), and DM (34.1%). In-hospital mortality rate was 3.2%. Pre-hospital delays occurred in 45.6% of patients, with a median delay of 7.01 hours (IQR: 10.34 hours). Factors significantly related to delays included DM, initial response “did nothing, hope it will go away” [OR: 3.63 (95% CI: 1.36, 9.69)] or “lay down and tried to relax” [OR: 2.94 (95% CI: 1.43, 6.07)], and first medical contact (FMC) with a general practitioner (GP) [OR: 11.32 (95% CI: 2.20, 58.27)]. **Conclusions:** Public awareness campaigns should target younger individuals to improve symptom recognition and emphasize seeking immediate care. Training is essential to enhance early diagnosis and timely referrals.

Keywords: factors, prevalence, pre-hospital delay, STEMI, young

BEST PRACTICES FOR INCORPORATING EMERGING TECHNOLOGIES INTO NURSING CURRICULUM TOWARDS ACCEPTANCE OF TECHNOLOGY IN NURSING EDUCATION

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Background: This study explores the impact of both online and traditional exams on students' performance at a private university in Klang Valley, Malaysia, with a specific focus on nursing education. The research examines several key dimensions that influence student achievement, including attitude, e-learning self-efficacy, perceived usefulness, behavioral intention, interactive learning activities, and confidence in using technology. These dimensions are essential for understanding how to optimize the integration of emerging technologies into nursing education to enhance learning outcomes. **Objective:** The primary objective of this research is to identify effective strategies for incorporating technology into nursing curricula and to assess the current level of technology acceptance among students and educators. **Methods:** A survey questionnaire was distributed to nursing students, and the results were analyzed to evaluate their experiences with online assessments compared to traditional classroom settings. **Results:** Findings reveal that online assessments can significantly enhance the teaching and learning process, leading to improved student performance. In particular, two key dimensions, confidence in using technology and interactive learning activities were identified as critical factors that positively influence student achievement. These results suggest that a well-implemented digital learning environment can foster higher engagement and better learning outcomes in nursing education, demonstrating the importance of technology acceptance in the transformation of traditional education practices.

Keywords: E-learning, students' performance, proctoring online exams, E-learning revolution

BEYOND VERTIGO: A UNIQUE CASE OF VESTIBULAR NEURITIS WITH AUTONOMIC SYMPTOMS IN A MIDDLE-AGED WOMAN

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Vestibular neuritis is an acute disorder involving inflammation of the vestibular nerve, usually caused by viral infections and characterized by rapid onset vertigo and balance instability. Nevertheless, atypical presentations can occur, where symptoms overlap with other conditions, complicating diagnosis and management. This case study presents an atypical manifestation of vestibular neuritis in a 43-year-old female, highlighting the importance of differential diagnosis and tailored management. We present a case of a 43-year-old woman with a left-sided headache radiating to the right clavicle associated with severe dizziness, and sudden palpitation with mild tremors. There was no prior respiratory illness, but she had an episode of dizziness without palpitations. Neurological assessment was unremarkable, with intact cranial nerves. A positive head impulse test on the left was observed, and dizziness increased with head movements. Cardiovascular assessment showed resolved palpitations and regular heart rate. MRI of the brain ruled out stroke and differential pathologies. Laboratory findings were within normal limits. Based on clinical findings, vestibular neuritis was diagnosed. The patient was treated with vestibular suppressants and reported marked symptom improvement at the two-week follow-up, with resolved headache and palpitations. This case report displays an atypical demonstration of vestibular neuritis, with no preceding respiratory signs and the unique association of dizziness and palpitations. The left-sided headache spreading to the clavicle suggests possible cervical association, complicating the diagnostic process. Identifying atypical presentations and understanding the interaction between vestibular disorders and autonomic symptoms, such as palpitations, is necessary for effective diagnosis and management. More research into these rare presentations may improve understanding and treatment of vestibular neuritis in complex cases.

Keywords: vestibular neuritis, vertigo, palpitations, balance disturbances, cranial nerves

EMPOWERING STROKECARE: A DIGITAL SOLUTION TO PREVENT COMPLICATIONS AND ENHANCE QUALITY OF LIFE FOR STROKE PATIENTS

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Background: Stroke is the leading cause of disability and the second leading cause of death globally. Many stroke patients experience muscle weakness, speech difficulties, and vision impairments, necessitating assistance with daily activities. Objective: The study aims to develop the StrokeCare application to prevent complications and enhance quality of life for stroke patients. Methods: The StrokeCare application was developed based on research into self-care and recovery in stroke patients. After testing and refinement, the application was piloted with stroke-prone patients, survivors, and their families at Puskesmas Tambora, as well as in Posbindu in Duri Utara, Duri Selatan, and Jembatan Lima from 26 September to 23 October 2024. Respondents were selected based on their communication ability and willingness to participate. They received instructions on app usage and completed evaluation forms. Ethical approval was obtained for the study (No. KEPK/UMP/67/VIII/2024). Results: The StrokeCare app, designed with a clinical pathway model and Decision Support System (DSS), is compatible with Windows, Linux, and MacOS. It allows patients and families to perform speech and muscle training independently, tailored to their condition. The app also provides feedback on training outcomes. Results indicated that 89-96% of respondents found the app user-friendly, informative, and motivating for independent exercise. Continuous app use could accelerate recovery and enhance daily independence. Conclusion: The StrokeCare app has the potential to support stroke recovery through independent training and ongoing support, enhancing the quality of life for stroke patients. Further testing on a larger scale is recommended.

Keywords: StrokeCare application, stroke patients, daily activities

A SYSTEMATIC LITERATURE REVIEW AND ROLE OF NOMINAL GROUP TECHNIQUE (NGT) IN DEVELOPING DIABETIC KIDNEY DISEASE MOBILE APPS

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Background: One of the most serious non-communicable diseases is diabetic kidney disease (DKD) which will progress to end-stage renal failure if not managed properly. Thus, a suitable feature for mobile applications should be developed for the purpose of proper educational and self-management information in managing their disease. **Objective:** The objective of this study was to determine the main content and sub-contents for the educational and self-management features of mobile apps for DKD patients. **Methods:** A systematic literature review (SLR) was conducted following the Preferred Reporting Items for Systematic Reviews and Meta Analyses (PRISMA) 2020 guidelines across four electronic databases, utilizing nominal group technique (NGT) sessions in developing these features. NGT session with five experts related to DKD management and two potential mobile apps consumers gathered to finalise the proposed features. **Results:** A total of 28 studies were selected during SLR and self-management and educational features were concluded. After finalising the findings within the research team, NGT session was followed. During the meeting, most voted mobile apps main content was “medication”, for sub-content were “diabetes medication”, “co-morbidities medication” and “self-monitoring blood glucose” with a 100% score for each. The voting score of all other items was between 82.86% and 97.14%. All the main content and sub-content items that have been rated more than 70% will be included in the mobile apps for DKD patients. **Conclusion:** The SLR has an impactful result in gathering relevant information for the purpose of developing self-management and educational features for mobile apps. Subsequently, the individual voting during NGT session finally concluded the seven items of main contents and 36 sub-content items proposed will be used for an educational and self-management mobile apps for DKD patients.

Keywords: diabetic kidney disease mobile apps, self-management, educational mobile app

SEBORRHOEIC DERMATITIS: A TOPICAL REVIEW

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Background: Seborrhoeic dermatitis (SD) is a common chronic skin condition. It has a bimodal pattern of incidence, affecting infants and another peak of onset in adulthood. The pathophysiology of SD involves an interplay between the density of *Malassezia* skin colonisation, availability of lipid rich sebum and host related factors including immune- mediated reaction towards *Malassezia* metabolic products (particularly oleic acid) and loss of ‘immune-privilege’ of involved hair follicles. **Clinical Presentation:** Cutaneous lesions in SD are typically greasy and scaly, involving sebum rich areas (facial, scalp, chest, groin, flexures) with varying magnitude of inflammation. The severity of SD is increased in patients with compromised cell-mediated immunity. The clinical presentation of infantile SD and adult-onset SD will be presented in a pictorial form. SD is typically a benign condition but may be complicated with severe forms such as pityriasiform seborrhoeide and rarely erythroderma. It may also be complicated by secondary events such as blepharitis, secondary bacterial infection and post-inflammatory pigmentary changes. **Diagnostic work-up:** The diagnosis is usually a clinical one. Skin scrapings for microscopy and culture are sometimes carried out to rule out other fungal or bacterial infections. Skin biopsy is rarely necessary for diagnosis. **Management:** The mainstay of management for seborrhoeic dermatitis are topical agents generally with azoles ± steroids. The choice of product depends on the area of the body affected. Ketoconazole shampoo is particularly useful in scalp disease. Systemic therapy is occasionally required for resistant disease which includes oral antifungals, low-dose isotretinoin and oral tetracyclines. Phototherapy has also been utilized in the management of SD albeit limited clinical evidence to support its utility as part of standard therapy. The indications for different treatment modalities will be discussed in this presentation.

Keywords: Outer root sheath, sebocytes, lymphocytic exocytosis, topical imidazole.

**COMMUNITY PHARMACY-BASED INTERVENTION USING MENTAL
HEALTH FIRST AID FOR PHARMACISTS IN MANAGING INDIVIDUALS
WITH POTENTIAL MENTAL ILLNESS AT THE COMMUNITY
PHARMACY SETTINGS: A STUDY PROTOCOL**

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Background: Mental illness has become a significant global disease burden. In Malaysia, nearly half a million people experience symptoms of depression, according to the 2019 National Health and Morbidity Survey. Despite this, many individuals with serious mental illnesses remain untreated. Pharmacists, as the most accessible healthcare professionals within the community, can play a crucial role in connecting individuals seeking help with mental health services (MHS). However, community pharmacists currently lack a dedicated tool to support individuals with potential mental illness (PMI) in their practice. **Objective:** This study aims to support pharmacists in managing individuals with PMI by developing and implementing the Mental Health First-Aid for Pharmacists (MHFAP) toolkit. The specific objectives are: 1) to evaluate the feasibility of using the MHFAP as a toolkit for pharmacists to manage individuals with PMI in community pharmacy settings, and 2) to assess the effectiveness of pharmacists' interventions in connecting individuals with PMI to MHS. **Methods:** This feasibility study involves a step-by-step intervention where pharmacists use the MHFAP toolkit to identify individuals with PMI and guide them to MHS, such as counsellors. Community pharmacists participating in the study will use this tool to manage walk-in individuals presenting with mental concerns. **Results:** The study protocol will demonstrate how the MHFAP is utilized to expand community pharmacy-based interventions for managing individuals with PMI and bridging the treatment gap. **Conclusions:** The MHFAP is expected to be a valuable tool for community pharmacists, enabling them to effectively manage individuals with PMI and facilitate connections to appropriate MHS.

Keywords: mental health services, community pharmacists, mental illness

PREDICTIVE MODELING AND EXPLORATORY DATA ANALYSIS FOR DIABETES USING MACHINE LEARNING TECHNIQUES

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Background: Diabetes mellitus is a prevalent chronic metabolic disorder that affects millions globally, causing severe complications if not diagnosed early. Early detection is critical for effective management and prevention. The Pima Indians Diabetes dataset (PIDD), which consists of 768 records with key variables such as glucose, BMI, insulin, and age, provides a valuable resource for predicting diabetes. **Objective:** This study aims to apply machine learning (ML) techniques to predict diabetes using the PIDD dataset and explore the relationships between various features and the likelihood of diabetes. **Methods:** The study began with exploratory data analysis (EDA) to assess the dataset, handle missing values, remove outliers, and normalize the data. Various machine learning algorithms were applied to construct prediction models, including Logistic Regression, Naïve Bayes, Support Vector Machine (SVM), Decision Tree, and Random Forest. Model performance was evaluated using key metrics: accuracy, specificity, sensitivity, and precision. Feature selection was also conducted to identify the most significant predictors of diabetes. **Results:** The results showed that the models demonstrated varying levels of performance. Among all classifiers, Logistic Regression achieved the highest accuracy, reaching 89.12% after parameter tuning. Key features such as glucose, insulin, and BMI showed strong correlations with the diabetes outcome. Sensitivity and specificity were also high, confirming the reliability of Logistic Regression in detecting diabetes. **Conclusion:** This study highlights the potential of Logistic Regression for early diabetes detection. By using various ML algorithms and performing thorough data preprocessing, the models provide valuable insights that could aid in the early diagnosis and prevention of diabetes. The findings support the integration of machine learning techniques in healthcare settings for improving diabetes management.

Keywords: diabetes prediction, machine learning, Pima Indians Diabetes dataset, exploratory data analysis, classification models

POSTER PRESENTATIONS

INTERDISCIPLINARY EDUCATION IN ADVANCED WOUND CARE FOR NURSES

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Background: As advanced wound care methods evolve, nurses require continuous education to stay updated with the latest technologies and techniques. **Objective:** This study investigates the impact of interdisciplinary education programs, developed through collaboration between nurses, wound care specialists, and physicians, on enhancing nursing proficiency in advanced wound care. **Methods:** An interdisciplinary education program was implemented at Hospital Shah Alam, focusing on advanced wound care techniques such as negative pressure wound therapy (NPWT), enzymatic debridement, and bioactive dressings. Nurses participated in hands-on workshops and case-based discussions led by wound care specialists. Post-training knowledge retention and ability to apply advanced wound care techniques were assessed using pre- and post-program tests. **Results:** Nurses who completed the program showed a 40% increase in knowledge retention. Additionally, they demonstrated improved competency in applying advanced wound care techniques and reported increased confidence in managing complex wounds independently. Collaborative learning with wound care specialists was identified as a key factor in enhancing understanding and practical skills. **Conclusion:** Interdisciplinary education programs that involve collaboration with wound care specialists significantly improve nurses' proficiency in advanced wound care. These programs bridge knowledge gaps and equip nurses with the skills necessary to provide high-quality, evidence-based wound care, ultimately advancing healthcare excellence.

Keywords: interdisciplinary education, wound care, nurses, advanced wound care techniques, knowledge retention, collaborative learning, healthcare excellence

PERILOUS COMPLICATIONS: A CASE REPORT OF SURGICAL INTERVENTION IN A DIALYSIS PATIENT WITH PERIPHERAL VASCULAR DISEASE

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Vascular artery disease, often a chronic condition that involves in the narrowing or blockage of arteries due to atherosclerosis or other vascular pathologies. This condition can lead to reduced blood flow, resulting in ischaemia and potentially severe complications, including gangrene and limb loss. Patients with end-stage renal disease (ESRD) are particularly susceptible to vascular complications due to factors reminiscent of altered hemodynamic, diabetes-related microvascular changes, and the impact of dialysis. **Clinical Presentation:** This case study details a 67-year-old Indian male with a 30-year history of diabetes mellitus, hypertension, hyperlipidaemia, and end-stage kidney disease (ESKD) who is on haemodialysis. The patient presented with pain and burning sensations in the right little finger and both palms for three months, accompanied by discolouration of the right little finger and toe for three weeks. **Diagnostic Work-up:** Ultrasound imaging revealed poor blood supply to the right upper and lower extremities, leading to the diagnosis of peripheral vascular disease (PVD). Symptoms intensified during dialysis due to an arteriovenous fistula (AVF) on the affected hand. **Management:** Patient was treated with blood thinner and yet it is unsuccessful. Therefore, a surgical intervention was deemed necessary, resulting in the amputation of the right little finger due to the inability to revascularize the digit. Postoperatively, the patient developed left-sided paralysis and remained unresponsive, ultimately succumbed two weeks after surgery. **Conclusion:** This case highlights the significant risks associated with surgical procedures in patients with complex comorbidities, particularly those with diabetes and ESKD. It emphasizes the need for comprehensive preoperative assessments and vigilant postoperative monitoring to mitigate potential complications. This report serves to raise awareness among clinicians regarding the intricacies involved in managing surgical interventions in high-risk populations and underscores the importance of multidisciplinary approaches in improving patient outcomes.

Keywords: diabetes, end-Stage kidney disease, peripheral vascular disease, amputation, postoperative complication

CHALLENGES FACED BY NURSING STUDENTS IN UNIKL RCMP DURING CLINICAL PLACEMENT

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Background: Clinical practice experience is critically important as it allows the students to apply their theoretical knowledge in a real environment. In clinical practice, many factors may affect students learning. These factors are listed as student behaviour, clinical environment-related, and clinical educator-related factors. To plan effective learning, it is essential to specify and organise these factors to support the student's learning. **Objective:** This study aims to identify the challenges faced by nursing students in UNIKL RCMP during their clinical placement. **Methods:** This quantitative cross-sectional study was conducted in UniKL RCMP Faculty of Medicine from April 2024 to May 2024 among semester 2 to semester 6 diploma in nursing (DIN) students. The study was conducted using a structured questionnaire among 448 nursing students. The participants were selected using the universal sampling method. **Results:** The study finding shows that 31.7% of the respondents felt that personal behaviour affects clinical placements, 23.4% felt clinical environmental factors affected their clinical placement and 42.6% felt clinical academicians contributed to the challenges in clinical placement. There is a significant relationship between gender and behavioural challenges, $p=0.043$, and a significant moderate correlation between clinical environmental factor (CCEF) and clinical educators (CCE). **Conclusion:** The study indicates that there is moderate correlation between environment factor and clinical educators. Therefore, this study recommends mentorship, student support system, clinical academician skill training and institutional policy reform to overcome the challenges among Diploma in Nursing students across the semesters.

Keywords: challenges, clinical learning, clinical learning environment, nursing students

FACTORS INFLUENCING THE CHOICE OF PHYSIOTHERAPY AS A CAREER AND PREFERRED SPECIALIZATIONS AMONG UNIKL RCMP PHYSIOTHERAPY STUDENTS

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Background: Physiotherapy plays a crucial role in healthcare, yet Malaysia faces a shortage of specialists in this field. To address this issue, understanding the factors influencing students' career choices and preferred specializations is essential. **Objectives:** This study aimed to identify these factors and preferences among physiotherapy students at UniKL RCMP. **Methods:** A descriptive cross-sectional survey design was employed, involving 219 physiotherapy students. Data was collected through an online self-administered questionnaire. A sample size of 219 was determined to be adequate, considering the total population of physiotherapy students and the desired level of precision. Inclusion and exclusion criteria were established to ensure the study's validity. **Results:** The findings revealed that most respondents were female, aged between 22 and 25. The primary factors influencing their choice of physiotherapy were the potential for high remuneration and the desire to help others. The least influential factor was the inability to gain admission to other programs. Regarding preferred specializations, Sports and Musculoskeletal were the most popular choices, followed by Cardiopulmonary, Paediatrics, and Geriatrics. Male students showed a stronger preference for Sports and Cardiopulmonary, while female students leaned towards Musculoskeletal and Paediatrics. **Conclusion:** Understanding these factors and preferences can inform strategies to attract and retain talented individuals in physiotherapy, ultimately contributing to a stronger healthcare workforce in Malaysia.

Keywords: physiotherapy, career choice, specialization, UniKL RCMP, Malaysia

MEN'S AWARENESS OF CERVICAL CANCER: A QUALITATIVE STUDY AMONG MALE STAFF IN UNIKL RCMP

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Background: Cervical cancer, originating from cells in the cervix, poses a significant health risk for sexually active women due to its association with HPV. Despite this, awareness among men regarding cervical cancer remains limited, with little information available on male involvement in its prevention. **Objective:** This study aimed to investigate men's awareness of cervical cancer to gain deeper insights into their perspectives and highlight their pivotal role in prevention efforts. This study also explores the knowledge, attitudes, and awareness of male staff at Universiti Kuala Lumpur Royal College of Medicine Perak regarding cervical cancer, as well as their perceived roles in its prevention. **Methods:** A qualitative approach was employed, involving focus group discussion with 13 participants, guided by the principle of data saturation. Semi-structured interview guides were utilised, and thematic analysis was conducted for data interpretation. **Results:** Participants generally indicated awareness of cervical cancer but lacked sufficient knowledge about its etiology and preventive measures. Many remained uncertain about their specific roles in preventing cervical cancer. Awareness levels varied based on participants' educational backgrounds and experiences. Additionally, several barriers hindering men's involvement in disease prevention were identified. **Conclusion:** This study highlights the inadequacy of male awareness and knowledge regarding cervical cancer prevention. While participants acknowledged a role for men in prevention efforts, their current awareness levels may not effectively contribute to disease prevention. Strategies are therefore warranted to enhance awareness and knowledge among men regarding cervical cancer prevention.

Keywords: cervical cancer, men's perspective, qualitative study, preventive measures

KNOWLEDGE OF AGEISM AMONG NURSING STUDENTS AND MEDICAL ASSISTANT STUDENTS

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Background: Ageism is a significant issue in healthcare education, impacting the care provided to older adults. Understanding ageism is essential for providing appropriate and respectful care to older adults. Students equipped with this knowledge are more likely to advocate for patients and promote dignity in care. Despite the growing emphasis on patient-centered care and increasing demographic of older adults, there is limited research examining awareness and understanding of ageism among nursing and medical assistant students. This gap in knowledge can perpetuate stereotypes and lead to inadequate care for older patients.

Objectives: To explore the knowledge level among diploma in nursing students and diploma in medical assistant students about ageism. **Methods:** A cross-sectional study was conducted with 409 participants, including nursing students (n=250) and medical assistant students (n=159). Data were collected through a structured questionnaire and analysed using descriptive and inferential statistics. **Results:** The mean knowledge score for nursing students was 63.750 (SD=15.466), while medical assistant students had a higher mean score of 68.763 (SD=13.561). Most participants demonstrated a moderate level of knowledge about ageism. A significant association between gender and knowledge was found among nursing students ($p<0.001$), but not among medical assistant students. Additionally, the year of study was significantly associated with knowledge levels for medical assistant students ($p<0.001$), though no such association was found for nursing students. Ethnicity did not significantly influence knowledge levels in either group. **Conclusion:** This study highlights critical gaps in ageism knowledge among students, suggesting the need for targeted educational interventions to enhance understanding and improve care for older adults.

Keywords: ageism, knowledge, nursing students, medical assistant students.

STIGMA AGAINST PLWH IN INDONESIA; SETU BABAKAN

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Background: HIV stigma in Indonesia is influenced by cultural taboos, fear, and misinformation, particularly in communities with limited HIV education. Setu Babakan serves as a representative case where traditional beliefs contribute to misunderstandings about HIV transmission and PLWH. **Objectives:** The study aims to assess community knowledge of HIV-related stigma, categorize types of stigma, and propose strategies to address stigma in Setu Babakan. **Methodology:** Data were collected through group discussions, community visits, and interviews with local residents, providing insight into community perceptions, attitudes, and experiences with PLWH. The methodology focused on identifying stigma sources and assessing knowledge gaps about HIV. **Results:** The findings show significant stigma and discrimination. Many respondents expressed fear or discomfort about interacting with PLWH, based on misconceptions regarding HIV transmission. Some support for PLWH rights exists, but stigma persists, affecting social interactions, access to public spaces, and healthcare services. Negative stereotypes also hinder PLWH's integration into the community. **Conclusion:** The study concludes that combating HIV stigma requires comprehensive solutions, including education and awareness campaigns, empathetic engagement with PLWH, social support initiatives, and factual HIV information dissemination. These interventions can foster empathy, correct misinformation, and create a more inclusive environment, ultimately improving quality of life for PLWH.

Keywords: HIV stigma, PLWH, Indonesia, Betawi community, Setu Babakan, social discrimination, health awareness, cultural beliefs

EXPLORING LOCAL ATTITUDES TOWARDS CHILDHOOD DIARRHEA IN THE BETAWI COMMUNITY

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Introduction: Childhood diarrhea remains a significant public health concern in low- and middle-income countries, especially within communities like the Betawi in Jakarta, Indonesia. Despite numerous public health initiatives, diarrhea continues to be a leading cause of morbidity and mortality among children under five. Cultural beliefs and traditional practices influence the community's response to diarrhea, impacting healthcare-seeking behaviors and treatment outcomes. **Methodology:** In-depth interviews were conducted with Betawi parents to understand local perceptions, traditional remedies, and healthcare-seeking behavior concerning childhood diarrhea. Two participants (one male and one female) were selected to provide insights into the community's attitudes and practices. **Results:** Findings revealed that parents commonly attribute diarrhea to specific dietary factors, such as consuming cold drinks and certain fruits. Initial treatment typically involves traditional remedies like guava leaves and moringa leaf applications. Professional medical care is sought only if symptoms worsen, with some parents facing challenges related to government health insurance accessibility, leading them to pay out-of-pocket. **Conclusion:** Traditional beliefs and limited access to efficient healthcare play a significant role in how childhood diarrhea is managed within the Betawi community. Educational programs to encourage timely professional care, along with improvements in health insurance accessibility, are recommended to reduce diarrhea-related child morbidity and mortality in this community.

Keywords: Childhood diarrhea, Betawi Community, Traditional remedies, Healthcare seeking behaviour.

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